

To whom it may concern,

I'm an ER nurse in the state of Oregon. I've been a licensed RN for over 20 years. Daylight Savings time has been proven to increase heart attacks and other health problems. It disturbs our body's natural circadian rhythms.

Switching times back and forth each year is confusing and unhealthy. It's also just irritating. Let's vote together to stay on one time and not flip flop back and forth.

I do not know anyone who wants to continue this archaic tradition or any positive benefits from it. Please vote to get rid of changing our time every 6 months.

Thank you, Anne Mortensen

Oregon voter from Yamhill County