

I am writing in fervent support of getting rid of the time change.

If daylight saving time is OK for nine months out of the year, why not just get rid of the pointless 3-month time change?

It's inconvenient for everyone, aside from the lost sleep it's also disruptive to business in general. A large portion of my work colleagues are in Arizona or overseas, and the time change invariably causes a week of schedule confusion as meetings jump forward or backward an hour depending on who scheduled them.

However, for me and many other migraine sufferers in Oregon, that time change amounts to a cruel 2-week stretch of migraine hell as our clock-sensitive systems adjust to the sudden disruption to our carefully defined sleep schedules. Please have mercy on us and end this stupid time change!!

Sincerely,
Diana Carroll
Hillsboro, Oregon