

Submitter: Iwana McKay

On Behalf  
Of:

Committee: Senate Committee On Veterans, Emergency Management, Federal  
and World Affairs

Measure: SB1548

I support staying on Standard Time year round because to maintain the best of health for our bodies, stability in daily schedule is of utmost importance. Changing the time schedule is very disrupting to our mental health and to our physical health. Note the challenges faced in the classroom when children are forced into the new time schedule. It also forces some children to have to walk to their bus or to school in the dark which is very unsafe. Note the increase in automobile accidents and in crime with each time change. And there are many other things we can note. The natural systems of our bodies are upset when disrupted, which cause many different traumas and problems.

There is no real monetary benefit in having the time change. In today's general culture electricity, etc. is going to be used more either in the morning or the evening whichever system we are on.

I believe that our bodies were created to function in seasons that were created for them to live in. For the least negative results and for the best and healthiest function, we should just leave the the time set on Standard Time. Let each individual adjust to the seasons as they choose within the natural set Standard Time system.

Thank you for choosing health, safety and natural stability in staying on Standard Time.