Senator Kristina Roegner September 19, 2019
One Capitol Square
Columbus, OH 43215

RE: In Support of Ohio Sunshine Protection Act, Senate Bill 119

My name is Carla Lowery, I am a resident of the state of Ohio in Lake County, and I strongly support Senate Bill 119. Thank you for listening to the people's feedback and bringing this Bill to Congress.

Changing the clocks twice a year has been a loathsome tradition all my life. Now, as a working mom, it is a new kind of nuisance. Preparing for this letter, I did a quick internet search on "Moms" and "Time Change." The topics that came up were very familiar. "How to get a baby used to the time change." (Good luck, they KNOW you are trying to trick them!) "How to get kids to wake up earlier when the time changes." (They also KNOW but now they can tell you with words!) "How to convince kids to go to sleep when they are not sleepy yet" or "when it's still light outside." The list goes on and on...

I haven't even mentioned the effects on parents yet. My husband and I work professional jobs, and we have fine-tuned our schedules to have better work-life balance. Like so many parents trying to *make it all work*, we found that the earlier you start your job, the earlier you can be back home with the kids after school. Husband's morning alarm is set for 5:45am. Mine (shudder) is 4:30. Imagine how 4:30 am feels on the Spring-forward time change. We leave the house in the dark most days (time change or not). The semi-annual sabotage of sleep schedules is useless and absurd to us.

My background includes a Bachelor's degree in Psychology. Since there are no official syndromes, symptoms or side effects listed for time changes, the best definition I can find to describe the feeling is: "**jet lag**." If we are very lucky, the jet-lag-like feeling caused by a time change only lasts for a few days. Unfortunately, for most of us, the sense that our internal clock is "off" lingers on for weeks. Too often, the day we wake up and feel 100% adapted to the Spring time change, it is almost time for the next one in Fall.

Who do we have to thank for this unique form of torture? The centuries-old original reason was to save energy. However today, the springing forward and falling back NO LONGER REALLY SAVES ENERGY. Therefore, I am not very concerned with who invented the clock-changing, I am more interested in who we can thank when the process comes to an end!

Ohio is a crucial state when it comes to political decisions, and it would be wonderful for Ohio to lead by example, and other states to follow suit. It's "time" we got rid of this antiquated system, and make a much-needed easement for hard-working people and families of Ohio.
Please vote YES on Senate Bill 119.

Thank you,

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