

Submitter: Lori Bosteder

On Behalf
Of:

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

Measure: SB1548

I support a shift to year-round standard time for Oregon. I understand why some folks would prefer DST; in many ways, I would, too. However, medical research shows that being in sync with the Sun supports our health better, and being on DST all year could do the opposite. I suspect many of us don't know that.

If we are going to change what we have been doing with time, I hope we will keep in mind the health of everyone, from children to seniors. Thank you.