

February 22, 2024

Oregon State Senate
Chair and Members of the Senate Committee on Rules

Re: Senate Bill 1548

I am writing to *strongly* oppose Senate Bill 1548, eliminating Daylight Saving Time (DST) in Oregon and imposing year-round standard time. This would be a death sentence to spring, summer, and early fall outdoor activities. While the spirit of the legislation is to address real problems with time changes, it will result in devastating losses that do not outweigh any benefit it would bring. Sacrificing *hundreds* of evening daylight hours per year is NOT the answer to addressing problems with twice-yearly time changes. The table attached below shows just how problematic standard time is. Currently, we have an average of 130 days per year (131 in 2024) in which to be active outside until 8 pm or later. Year-round permanent standard time would reduce this to just *TWENTY-SIX DAYS per year* (27 in 2024). That is a loss of over 4 months of evening light and the opportunity to be outside when most people are awake and have the time to do so. Sunrises under standard time would be as early as 4:21 am, when most people are sleeping or getting ready for work. This is why I refer to standard time as “Daylight Wasting Time”. It’s an absolute waste because the vast majority of individuals have obligations to fulfill during the morning and daytime hours (i.e., work) and do not have the freedom and flexibility to participate in the same outdoor activities and for the same length of time that evenings allow.

To illustrate this, I will provide an example of a favorite summer/fall weekday evening in which my family and friends enjoy, paddle boarding. Under DST, we have the potential to do evening paddles with adequate daylight between approximately April 17th and August 25th. Assuming a typical 8:00 am to 5:00 pm work schedule:

5-6 pm: leave work, drive to launch

6 pm-8 pm/9 pm: 120-180 min paddle

8 pm-9:00 pm: return home, clean up etc (time allotted is not restricted)

Under year-round standard time, our ability to do *any* paddling after 8 pm would be completely eliminated. Our window to paddle or do other activities until 8 pm would shrink to a 26-day period (27 days in 2024, June 12th-July 8th). In a country where people are becoming more and more sedentary, this loss is unacceptable.

For those that assume we can just shift all our outdoor recreation to the mornings, think again. Here is an example of what that would entail:

3:30 am-4:30: wake up, drive to launch to catch earliest sunrise of the summer

4:30 am to 5:00 am: *30 min maximum paddle; 75-83% reduction in time compared to evening under DST*

5:00 am-6:00 am: return home, clean up equipment

6:00 am to 7:00 am: Prepare for work, shower etc.

7:00 am to 8:00 am: Commute to work.

Not only is it preposterous to have to wake up at 3:30 in the morning, this schedule is a “best case scenario”, only theoretically possible during the earliest of sunrises and restricts the activity time to just 30 minutes. I haven’t even mentioned the differences in temperature at 4:30 am vs. afternoon and early evening hours. We do not live in Arizona or Hawaii. The only two states that chose to adopt year-round standard time. They experience much less extreme differences in winter and summer daylight and mild year-round temperatures. Only on the rarest of occasions is it warm 4:30 am in Oregon. It is unreasonable to expect individuals who have day jobs to participate in the same activities in the wee hours of the morning and it is impossible to do so for the equivalent amount of time available in the evenings under DST.

Not everything we do is about recreation and not everyone has the privilege to do fun leisure activities. Have you considered the loss of evening hours available to complete day-to-day home/yard maintenance? What about going for a walk after dinner or playing outside with your children? If it takes 2 hours to complete outdoor chores and you don’t get home until 6 pm, you would have just 26 days a year to do so (27 in 2024). My son rode his bike with neighbors for just 30 min last week because the early sunset at 5:36 cut the activity short. After spending November to mid-March evenings inside, in the dark, the last thing we need is more darkness and time spent indoors.

I cannot pretend or behave as if it’s DST either, trust me, I’ve tried. Our society runs on a schedule. You can’t attempt to save your evening hour by showing up at 7 am to a scheduled 8 am event under standard time and expect to do anything other than wait (i.e., waste) an hour. It doesn’t work. I experience this every fall when we change to standard time. I’m up and ready to start my day, only to have to sit there for an hour, because what was 9 am is now only 8 am. Every year I count down the days until DST. I do not like losing sleep but it is a temporary inconvenience, and absolutely not worth the loss of evening light and the ability to be active for a significant portion of the year.

People often mention our dark mornings during winter as an argument in favor of year-round standard time. I have bad news. It will still be dark. My child is at the bus stop no later than 7:05 am. The change from DST to standard time in November results in a whopping 8 days of morning light at the bus stop before disappearing again. Year-round standard time would still result in 100 days of dark walks to the bus stop and is *not* an

acceptable trade-off for the hours of useful afternoon and evening light provided under DST.

I urge you to look at the harmful consequences that year-round standard time would inflict on people's ability to do outdoor recreation and activities, and the darkness and depression that would take its place. The obvious solution to eliminating problems associated with time changes is to adopt permanent DST, *not* standard time. I find the lack of states' choice to do this outrageous. If you want to make a difference, advocate for what was already passed back in 2019, permanent DST. Until Congress decides to take urgent action and provide states the choice to adopt permanent DST, we are stuck with the negative effects of twice-yearly time changes. Do not trade a temporary inconvenience in the spring for an eternity of dark and shuttered lifestyles. Reject SB 1548.

Sincerely,

A handwritten signature in black ink, appearing to read "Alice Austin", written in a cursive style. The signature is positioned above a vertical line that serves as a separator between the signature and the typed name below.

Dr. Alice Austin

Sample: 01/01/2024 to 12/31/2024 DST/Standard mix vs. Year-Round Standard Time losses

	CURRENT STANDARD AND DAYLIGHT SAVING TIME (MARCH 10, 2024 TO NOVEMBER 3, 2024)	PROPOSED YEAR-ROUND STANDARD TIME	LOSS IN EVENING DAYLIGHT
SUNSETS AT 9:00 PM OR LATER	6/12/24 to 7/8/24	n/a	
	27 days	0 days	-26 days lost
	7% annually	0% annually	100% loss
SUNSETS AT 8:00 PM OR LATER	4/17/24 to 08/25/24	6/12/24 to 7/8/24	
	131 days	27 days	-104 days lost
	36% annually	7% annually	80% loss
SUNSETS AT 7:00 PM OR LATER	3/10/24 to 9/25/24	4/17 to 8/25/24	
	200 days	131 days	-69 days lost
	55% annually	36% annually	35% loss
SUNSETS AT 6:00 PM OR LATER	3/3/24 to 10/29/24	3/3/24 to 9/25/24	
	241 days	207 days	-34 days lost
	66% annually	56% annually	14% loss
SUNSETS AT 5:00 PM OR LATER	1/21/24 to 11/2/24	1/21/24 to 10/29/24	
	287 days	283 days	-38 days lost
	78% annually	68% annually	13% loss
SUNSETS BEFORE 5:00 PM	11/3/24 to 1/20/25	10/30/24 to 1/20/25	
	79 days	83 days	-4 days lost
	21% annually	22% annually	5% loss