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On Behalf Of: astronomers
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Measure: SB1548

We should get rid of Daylight Savings Time for two reasons.

It harms human biology to twist sleep schedules into an arbitrary standard and then to twist it again repeatedly. I know because I worked rotating shifts as an air traffic controller for 28 years (swing, swing, day, day, graveyard crammed into 4 days, try to recapture sleep deprivation, then repeat). That was a schedule mandated to all employees. Like so many of my colleagues, I now am obese, have sleep apnea, and have type II diabetes, chronic kidney failure, ulcerative colitis, and a history of intestinal surgeries and kidney stones from the resulting permanent dehydration. It royally f*#&@ed up my life.

Most kids today have never seen the Milky Way, our own galaxy, partly because it doesn't get dark enough until after bedtime. Every culture on this planet has a history filled with astronomy lore and agricultural timetables guided by watching the progression of the seasonal stars. This lore is best passed on to our kids in the evening because in the US no one has time before dawn for this.

Those who live near the equator enjoy many more hours of darkness to accomplish this because their dusk 'til dawn is nearly 6 pm to 6 am all year round. But at Oregon's 45 degree latitude, and because of the curvature of the planet, our hours of darkness don't start until about 10 pm during the northern summer when it's the best time to sit around a telescope and share the beauty. Daylight Savings Time delays that another hour at the most precious time of year.

Kids are missing out on being inspired by seeing with their own eyes the rings around the gas giants, the star forming regions that teach them about rebirth, and the changing shadows of mountains along the moon's terminator where the 2 week long lunar day is beginning. They don't learn that sailing ships used the stars to cross the oceans or that we'll use them to explore each new horizon of each new planet. Think of how many of us were inspired into our careers by those nights under the stars.

Everyone will go to work their shifts and earn their pay no matter what a clock says so let's scrap the arbitrary, and harmful, DST. Imagine a life with no alarm clocks.