

Submitter: Carole Long
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

Dear Legislatures

I whole heartedly support keeping Oregon on standard time!

The switch back in forth is really difficult on the body, especially when we spring forward in the Spring.

There is documentation that show the challenges for many who work, go to school etc. with adjusting and functioning after this switch.

Why it even became law in the first place is a bit confusing and hope that we can all move beyond this back and forth that really serves no purpose.

Thank you, Carole Long