

I'd like to begin with a few of the pleasures and opportunities provided by daylight saving time.

- Enjoying a picnic supper while listening to a concert in the park.
- Having time to mow the lawn after work knowing it will rain on the weekend.
- Camping in August and not crawling into the tent when it gets dark at 7:30.
- For seniors who no longer drive at night, going out to dinner or to visit friends in the evening.
- Going to the beach and dining at a fine coastal restaurant at the end of the day, and not driving home in the dark.
- Looking out the window and seeing trees and streets and people. For many seniors who live alone, looking a black into darkness can be the loneliest of times.
- Spending an evening at the dog park or even kayaking on the river.
- Letting children play and socialize outside after supper instead of sitting inside looking at a small screen.
- Just barbecuing on the deck with family and sipping a glass of wine.

Yes, It can be a bit of a hassle to adjust to the change of the clock, but the Mayo clinic says it just takes one to one and a half days to adjust for a one hour change of time. People do it voluntarily all the time to catch an early flight, go fishing or celebrate New Year's Eve. Some people make changes frequently to accommodate jobs and family. This weekend, I will make the adjustment in half hour increments over two nights. I have yet to meet anyone who said they would not go to Hawaii because they would have to change their watch. Or anyone who said they were going to spend the rest of their life just traveling north and south in the Pacific Time zone.

My friend Anne used to talk about people burning daylight, meaning wasting those productive hours when the sun is shining. If we were on standard time, the sun would rise before 5:00 AM on 129 days of the year. That would certainly be burning daylight. Please, allow Oregonians continue to enjoy those glorious summer evenings before the dark, rainy tunnel of winter closes in.