

Submitter: Amanda Delzer Hill

On Behalf Of:

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

Measure, Appointment or Topic: SB566

The West Coast has said they are in agreement that changing our time twice a year is outdated and no longer fits with our modern way of life, not to mention the unpleasantness of being jetlagged twice a year. This unpleasantness is of course multiplied in any households with children! I would wholeheartedly support our Pacific time zone staying on Daylight time permanently!

However, changing to Pacific STANDARD Time permanently is a catastrophic plan. The proportion of people who will be able to make use of the extra hour in the evening during the 8 months you propose to put us onto Standard Time so far eclipses those who would enjoy a 3.45am dawn in June, it's comical. Additional daylight in the afternoon and evening hours means more children can play outside (which has positive public health implications), and streets are safer with better visibility as people walk and drive home from dinners and community and cultural events. More of the population will also be exposed to more of the usable hours for vitamin D production, low levels of which is something much of Oregon already struggles with. In closing, please don't take away one of the things that makes the dark gray winters here worthwhile: the 8 months of Pacific Daylight Time (and consider expanding it to the rest of the year! No one wants it to be dark at 4pm in the winter).

Thanks for your attention.