

Submitter: Carla Hanson

On Behalf Of:

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

Measure, Appointment or Topic: SB566

Dear Chair Manning, Vice Chair Thatcher, and members of the Committee,

With great respect to our West Coast neighbors, it's imperative that we pay more attention to latitude than longitude. We swing from barely over 8 ½ hours light in the depth of Winter to 15 hour+ Summer days for about 2 months - a 7 hour swing from Solstice to Solstice. By contrast, Arizona, which has year-round Standard time, (and many national year-round Standard Time advocates who have visited these Hearing Rooms) has only a 4 hour swing.

In fact, research has found that circadian rhythms are actually less powerful in latitudes further away from the equator, and that genetics play a role in a living organism's biological time clock. To truly come to the best answer for Oregon, an even broader interdisciplinary approach is needed, incorporating the work of geneticists, neuroscientists, psychiatrists, psychologists, environment scientists and more, with focus on geographic areas that straddle the 45th parallel.

And we cannot leave out economic considerations and assessments.

I am not a scientist, but where I am an expert is in operating my small business. My economic viability certainly has a greater impact on my overall health than the twice-yearly 1 hour adjustment of my clocks. Shifting to year-round PST would be crushing to my business.

Oregon has a vast "Summer Economy" that is dependent on long days and evenings of sunlight. Many small outdoor businesses, often owned, operated and staffed by people of color, rely on a healthy summer of work to get through the winter months. Year-round standard time would cost those businesses thousands of dollars because you just can't just shift that later lively work hour to the impractically early a.m.

I operate one of those kinds of businesses that has an asymmetrical calendar; I am a mobile business owner doing minor paint repair on cars and trucks, mostly outdoors. In 2019, I estimated that I would lose about 10% of my gross income if I lost that hour of late light - an hour that I assuredly cannot make up at 4:30 in the morning. This year, I estimate my loss would range between \$7000 and \$10,000, a significant chunk for a lone wolf business.

Senators, think of your own hometowns and Summer evenings.

Oregon's massive Summer calendar and tourism economy is reliant on the later hour sundown in the Summer months. Losing that extra hour, every day, on the beach or in the festivals in our cities will cost local businesses dearly. Those extra hours of outdoor recreation - pickleball, softball and every other outdoor activity that doesn't have the benefit of expensive outdoor lighting - won't shift to 4:30 a.m.; they will just be gone. And the leagues that play under the lights will have an extra hour of expense. Maybe the golf courses will feature 4 a.m. Tee Times, but I doubt the neighbors will be happy.

So the question really is, does it make more sense to have that 15th hour of daylight between 4:30 and 5:30 a.m. when most folks are in bed, or between 8 and 9 p.m. when most are active?

I am not sure if the best answer is the current 1-hour shifting in the Spring and Fall or year-round Daylight Savings Time, (although I definitely would prefer year-round DST), but I am absolutely confident that for the thousands of Oregon workers who make their living on a seasonally unbalanced schedule, year-round Standard Time would be devastating.

This isn't Arizona.

Please vote NO on SB 566

Persistence, Entrainment, and Function of Circadian Rhythms in Polar Vertebrates
<https://journals.physiology.org/doi/full/10.1152/physiol.00045.2014>

Amplitude of circadian rhythms becomes weaken in the north, but there is no cline in the period of rhythm in a beetle
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0245115>

What drives circadian rhythms at the poles?
<https://www.sciencedaily.com/releases/2019/11/191104141656.htm>