

I understand you are chairing a hearing regarding abolishing daylight savings time in Oregon.

I feel strongly that this would be a mistake for several reasons:

1. Putting Oregon on a different time schedule than surrounding states would be very awkward. Do we want to change our clocks and watches every time we cross the state line?
2. The purpose of DST was to provide quality family time during the summer months. Having this extra hour of daylight in the evening is important for families and for quality of family life and activities. Why should we take this away from families?
3. We are connected with other states for various business and commercial activities. Putting us out of step with those states and with the rest of the Pacific time zone would create problems.
4. If we stay on Standard Time in the summer, it will be getting light outdoors at about 4 AM in some areas. Who needs that extra hour of light at that time of day, rather than in the evening when it can be used to benefit more citizens.
5. People who might benefit from having the extra hour of light at that very early time of day are in the minority. I believe that most people will use it to better advantage in the evening.

Daylight time was initiated for a sensible reason. We manipulate time for our convenience. Doing so for long summer evenings makes sense. Also, I believe the comments about health issues are pretty over stated. People are flexible, and adjust quickly to the difference. Losing an hour of sleep for one night a year is pretty meaningless. The change is made on weekends when most people can go to bed an hour early or sleep an extra hour in the morning if they really feel the need to do so.

I hope your committee will recommended keeping Daylight Savings Time in place. It just makes sense. Let's not allow a small minority of people to spoil this for the majority.

Sincerely,

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