

Dear Senator Thatcher-

This is to show my strong support for SB 99 and SB 690. Let's please, PLEASE abolish 'daylight savings' for numerous reasons of which I'm certain you're already aware, not the least of which that it was enacted during and for the WWII effort, and after all, WWII has been over a few months short of 70 years now...

Additionally, my mother is in a retirement center which fortunately is only 3 blocks from our residence, so it's easy to visit her more frequently than most families might visit their folks, and we often join her for meals, take care of errands and small projects, and so on.

Twice a year I see the time change by that one hour, and since the retirement center is, after all, a business, the kitchen and all other staff follow the daylight savings time. The day following and for several days after I see a great many of the residents (as I would also guess many, many more thousands of seniors in Oregon) struggle to adjust their routines to the sudden time change, which appears as no small disruption in their lives, as I see how it affects them. Watching the confusion and difficulty suffered by many of them as they suddenly must readjust their routine (sleeping, eating, appointments, activities, even their pets typical 'potty' hours, [explain THAT to your pet!] etc. etc.) almost seems cruel. And, many of them have early stages of dementia, Alzheimer's disease, memory problems, etc. Frankly, it's tough on many of our seniors.

Of course, even people much younger of all ages also have difficulty with the time change. To the best of my recollection, in my 58 years, I recall NO ONE who wished daylight savings to remain in effect. And, as a person with a chronic sleep disorder, I have to go through my own tired struggle as well. Lastly, wouldn't it be nice if, in the middle of summer, the sun and temperature were beginning to go down at 9:00 pm instead of 10:00 pm? It's difficult to go to bed and attempt sleep when it's still bright out - even with the blinds closed.

Thank you,

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P.S.- If passed, any possibility of enacting this sooner than 5 years from now