

My wife and I cannot attend the public hearing today, but respectfully ask to have our opinion included in any ongoing discussion regarding the much-appreciated efforts to eliminate Daylight Savings Time in Oregon. We found your email address in online research of the pending actions to dispose of DST.

We feel the antiquated, useless difficulties of the twice-yearly time change severely disrupt daily routines, including such things as:

- The lengthy bodily/mental adjustment and frustration caused by bedtimes and awakening hours earlier than normal.
- Problems caused by forgetting to change all manual clocks which can result in missed appointments, increased energy use from incorrect heat settings, disrupted family schedules, etc.
- The sheer absence of present-day logic to support such a ridiculous intrusion on already-stressful lives.
- Having lived in Arizona from 1983 to 1993, I observed that state's positive and long-term support and enjoyment of being exempted from time changes. As progressive Oregonians, we should no longer follow an outdated and exasperating practice.

Thank you.

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