

Dear Honorable Senators.

Please vote to approve the bill to have Daylight Savings time be all year. The change is disruptive to us all.

Besides the sleep cycle disruption, and general bodily effects the time change has on most twice a year, I think more daylight in the evenings would encourage exercise and recreation outside, which most Americans need. In winter-dreary Oregon, this is especially needed. If it is cold and rainy, it is safer and a little more pleasant to at least have some light to go out and walk, etc.

Also, my husband and I live in the country with terrible well water. We have an elaborate system of iron., PH, softness, and another filter, and every time the time changes, we have to reset each system so they coordinate when they recharge late at night (each has to do its thing separately, one after the other within a certain period of time) .

Then there is the issue of changing clocks and any other mechanisms that need to be adjusted to the change.

So let's have the whole West Coast be on the same time, with no change twice a year. Please support and pass this bill.

Thank you for serving our state as senators.

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