

Good morning,

Please approve Senate Bill 320 to end the time change in Oregon and stay on one timetable year round.

Every year when we 'spring ahead' one hour, I suffer the effects of that lost hour for up to a month. I work full time and have chronic health conditions. The stress of full time work on top of chronic health conditions are exacerbated by my internal clock trying to catch up.

Please end this useless and archaic policy of springing forward and falling back each year.

Thank you,
T. Welsh