



**SENATOR ELIZABETH STEINER
DISTRICT 17**

February 12, 2024

Chair Manning, Vice Chair Thatcher, and Members Senate Committee on Veterans, Emergency Management, Federal and World Affairs

I write to you today in support of Senate Bill 1548 which would bring Oregon to permanent Standard Time.

Switching the clocks back and forth is not great for our health. There is a higher rate of car accidents, heart attacks, and strokes among other bad medical outcomes. These typically last for a week or more. From a health perspective the right thing to do is stick on one time.

As a morning person, I've always preferred standard time. As a Jewish person, I was opposed to Senate Bill 320 (2019) which would keep the state on daylight time. In the winter, the sun rises around 8:30am which makes it difficult for people to do their morning prayers which must occur after sunrise. In the Jewish faith, prayer can last between 30 to 45 minutes and must occur at certain time of the day. If we stick to daylight time Jewish people are unable to pray until almost 9 in the morning at that time of year. This poses an incredible challenge to follow their beliefs and make it to work on time.

Unlike staying on permanent daylight time, changing to permanent standard time does not require federal approval. We would be able to make the switch and stick with that time. It is my understanding that there are similar considerations in Washington, California, and Idaho to stay on standard time, and I am happy to support this final switch.

Thank you,

Senator Elizabeth Steiner