

Submitter: Susan Weber  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

I strongly support SB 1548 and urge its passage to restore permanent Standard Time in Oregon. Please ditch the switch, end Daylight Saving Time (DST). Data clearly shows that permanent Standard Time is the best clock for the health and wellbeing of Oregonians.

My late mother was strongly in favor of permanent year round Standard Time and I wished she could have experienced it. Continuing to change clocks to DST is troublesome, negatively impacts our health by disrupting natural human circadian rhythms, and serves no benefit for which it was originally designed.

Furthermore, the states of Washington, California and Idaho are all considering this same legislation. Pass this legislation in Oregon and continue to lead the way for others, as having done so multiple times on other legislation in the past. As they say, the West is best!

There's no need for me to repeat what so many other supporters have already voiced. Follow the data. Please pass this bill for a healthier and happier Oregon.