

Submitter: Haley Omanson  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

I am against Senate Bill 1548. As a doctorate of psychology student, my immense concern is that the earlier darkness would have severely negative effects on children and adolescents' physical and mental health. Time spent outdoors and in extra curricular activities in the summer months is crucial for their social development and well being. My concern stems from the impact that COVID-19 has already had on children's mental health. Limiting this time for children would severely diminish their well-being and send a poor message from our political leaders about their overall concern for mental health. Based on my research and studies as a doctorate student, I fear that limiting their relationship to these activities would directly diminish the well-being of your constituents and affect the future of this great state in a negative way.

I understand that permanent daylight savings time would also bring risks to children, due to safety concerns with darker mornings. For this reason, the changing of clocks may be a necessity for our mental health year-round. However, the main point is that I strongly oppose moving to permanent standard time.

Meanwhile, on a personal level - for my doctorate program, my classes are in Hillsboro, but my practicum is in Vancouver, so I represent the group that splits time 50/50 between Oregon and Washington. Forcing the states to be in different time zones for half of the year would create constant scheduling difficulties and also lead to the same health risks of inconsistent sleep schedules that people fear with a twice-a-year time change - although it would happen several times every week.