

Submitter: Kathryn Nichols

On Behalf
Of:

Committee: Senate Committee On Veterans, Emergency Management, Federal
and World Affairs

Measure: SB1548

February 13, 2024

Members of the Senate Committee on Veterans, Emergency Management, Federal
and World Affairs Committee:

I am writing to express my strong support for SB 1548 so that Oregon can finally make the changes to stay on standard time all year round. I believe that a majority of residents in all the western states share this position, and making it a reality has been a long time coming.

I grew up in Hawaii which stays on standard time all year round and only had to adjust to the change to daylight savings when I moved to Oregon to attend college. Health outcomes in the State of Hawaii are very strong; this may well be a part of the reason. Even after 30 years I still dread the days when we must change the clocks. It is a jolt for our systems, our calendars and our sleep patterns. The adjustment for me takes several weeks. Even our pets notice the difference!

Please make it a priority to pass this bill out of committee so that it can become law.

Sincerely,
Kathryn Nichols
Portland, Oregon