

# Help kids prepare for November time change

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The rainy season is here, leaves are changing color and the sun goes down earlier each day, which means Daylight Saving Time is approaching and clocks will roll back by one hour.

Although this timekeeping issue happens twice yearly, it still generates confusion. Remember “spring forward, fall back,” which means at 2 a.m. on the first Sunday in November, clocks reset to 1 a.m.

Being a science teacher, I understand the disruption and stress DST can cause in children and their caretakers. For instance, the physiological process this November time switch impacts the most is circadian rhythms, which is the body’s way to regulate its sleep and wake cycle.

Children’s internal clocks can get disrupted, resulting in very early wake times and not being ready for bedtime. Experts compare it to jet lag or moving over one time zone. This rhythmic adjustment could last a few weeks.

Teen sleep deprivation is already a public health epidemic according to pediatric experts. The sleep loss this age group experiences from time conversions compound that epidemic, hurting academic performance like test scores, focus and memory recall.

“Early to bed, early to rise...”, while



Reinhardt

smoother.

## Time management

One common suggestion that many parents may be familiar with is to gradually move bedtimes 15 minutes earlier every night for a few days before the time shift arrives. For instance, if your younger kiddo goes to bed at 7 p.m., change it to 6:45 p.m., and so on, until they adjust.

In another scenario, a teenager who usually stays up until 11 p.m. should hit the hay at

10 p.m. because their biological clock won’t be tired for another hour.

Getting good sleep with minimal interruptions is always important for children, especially during this transition.

## Nightly routine

When bedtime routines are relaxing and consistent, circadian rhythms tune in and help children prepare for sleep.

that’s only part of Benjamin Franklin’s famous saying, it’s well-timed for families planning for the upcoming time change.

I hope that by sharing the following tips, families make this transition

Sticking to positive activities is essential, especially right before and after a time change.

Nightly sleep routines for the little ones, might include a bath, and reading stories, while older children may listen to calming music.

## Healthy habits

A clock switch allows families to talk about sleep routines and check on healthy practices, which include screentime and physical fitness.

Smartphones, computers, video games and other electronics can be big sleep disruptors. The blue light from screens interferes with the body’s natural sleep cycle, so researchers urge children to turn off electronic devices at least 30 minutes to an hour before bed.

During this changeover, exercise is key. The more kids go outside and get lots of physical activity, the easier they will fall asleep and acclimate to the changing clock.

Likewise, supertime and sleep time are related, so make sure to modify meal schedules before DST changes.

Patient parenting is a bonus when a daylight saving shift throws off a kid’s sleep schedule. Try to be sympathetic if children are extra cranky. Even if the tips above don’t alleviate all of the DST disruptions, things should be back to normal soon.

Parents should remember self-care during this period and give themselves grace.

Finally, during the DST switchover, parents might ask their kids to assist with a tedious task — changing the clocks on devices that don’t update automatically, especially in the kitchen like one at my house called the microwave!

## Helpful resources

● **Circadian rhythms:** [nigms.nih.gov/education/fact-sheets/Pages/Circadian-Rhythms.aspx](https://nigms.nih.gov/education/fact-sheets/Pages/Circadian-Rhythms.aspx)

● **Length of sleep, school adjustment:** [pubmed.ncbi.nlm.nih.gov/19346161/](https://pubmed.ncbi.nlm.nih.gov/19346161/)

● **Teen sleep deprivation epidemic:** [med.stanford.edu/news/all-news/2015/10/among-teens-sleep-deprivation-an-epidemic.html](https://med.stanford.edu/news/all-news/2015/10/among-teens-sleep-deprivation-an-epidemic.html)

● **DST, sleep deprivation on academic performance:** [parents-together.org/4-tips-to-help-students-adjust-to-daylight-saving-time-this-week-end/](https://parents-together.org/4-tips-to-help-students-adjust-to-daylight-saving-time-this-week-end/)

● **Healthy sleep tips:** [healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx](https://healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx)

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# Where to get fresh hops beer in Salem

**Em Chan** Salem Statesman Journal | USA TODAY NETWORK

The beginning of fall means the onslaught of seasonal flavors, from pumpkin spice lattes to apple cider – but for beer lovers, it’s also fresh hop season.

Hops are the flowers of the hop plant that are added to beer for a bitter flavor. Fresh hops are special since not all breweries across the nation have access to them, due to only being useable within 24 hours after being picked off the bine. The harvest season runs from mid-August to late September.

Fortunately, breweries in Salem are close enough to hop farms that they are able to purchase fresh hops and brew them right away. Most beers brewed with hops use dried or pelletized hops, the types of beers which most commonly use hops include lagers and ales, like the Indian Pale Ale (IPA). Beers brewed with fresh hops have different flavors than dried hops, so for those that enjoy hoppy-flavored beers, this is the perfect time to try fresh hop brewed beer.

## Differences between fresh and dried hops

Comparing the flavor profile between fresh and dried hops is “like comparing grapes to raisins,” said Jim Smiley, Santiam Brewing co-owner. “Fresh hops taste quite a bit different than the dried hops we use throughout the year.”

Dried hops are stronger in flavor, due to their concentrated and dehydrated state, which results in beer that is more bitter, with a heavier flavor of the hops.

Fresh hops, on the other hand, are less concentrated, so they need more hops per brewing session in order to get a flavor similar to their dried counterpart. The bitterness is not as strong, with less of a bite, but has a more fresh, floral or “green” taste.

Though the state of dried and fresh hops has initial flavor differences, flavors can vary depending on what variety of hop is used.

“There are dozens of hop varieties, all with different profiles and flavors,” Smiley said. “They range from citrus and pine to earthy or herbal, grassy, all kinds of flavor and aroma compounds from those.”

Popular varieties of hops include Citra, Cascade, Strata, and Sabro, which is a newer one and gaining popularity, Smiley said.

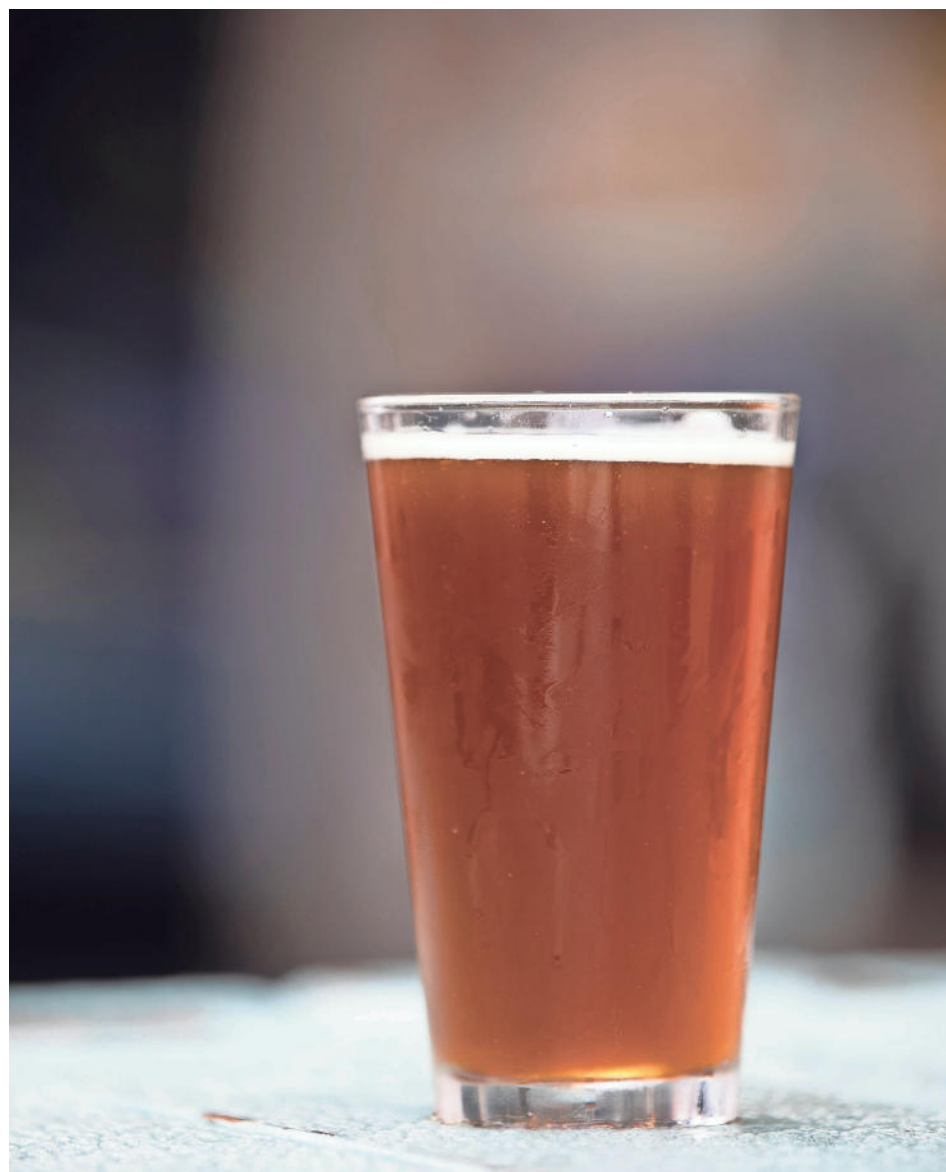
Most brews are done with one variety of hop per brew, but Noble Wave’s “Rye’d the Wave,” uses two experimental varieties of fresh hops, Talus and HBC 630. This brew has been offered before, but previously using different fresh hops.

“As a juicy rye IPA, it has more malt flavor than other brews with fresh hops,” said Riley Vannoy, Noble Wave CEO. “The experimental hops have a more cherry, black currant and spicy flavor – almost peppery – but the spicy flavors shine through. It’ll be a heavier, spicy beer, which is different than what you’d expect from an IPA.”

Experimental hops are bred by farmers and then if they are able to be cultivated and remain viable against intensive testing, which can sometimes take upwards of a decade, they can then be named and acknowledged as a variety.

## Brew differences

Another avenue where different flavors can be present is when in the process of brewing the hops are added, which can be in one of two placements: hot side or cold side process.



**Noble Wave's Rye'd the wave features Talus hops and an experimental hop HBC-630.** PHOTO BY BRIAN HAYES/STATESMAN JOURNAL

Hot side process, also referred to as the whirlpooling stage, is when hops are added after the wort, which is a beer starter, resulting in a beer with hop flavors that are more bitter, rather than prominent aroma or flavor.

Cold side process is exactly how it sounds: adding in hops after everything else in the brew has cooled down, Smiley said. This process is also referred to as dry hopping, but not related to the state of the hops used.

If you look at a beer menu at some places, you may have seen IBU next to the ABV, alcohol by volume. IBU, or International Bitterness Units scale, is commonly used to scale a beer’s bitterness, but because of the fresh hop season’s limited time frame, not all offered will have their IBUs listed.

## Taste test

Here are some notes on a few recent fresh hop beers:

- Most consistent hop taste: Hop Picker Citra 2021 (Ratchet Brewery)
- Most hop forward: Citralicious (Santiam Brewing)
- My Top Two: Fresh Hop Noble Light (Noble Wave), Ecotopia (Santiam Brewing)

## Hoppity hop toward fresh hop brewed beers – here are some locally brewed options

- Bine Valley Brewing: Off the Bine Mosaic (6.6%) and Off the Bine Citra (6.7%)
- Gilgamesh Brewing: Pacific Fresh (6.0% ABV, 50 IBU) – fresh hop version of Pacific Crush IPA
- Noble Wave: Fresh Hop Noble Light (Sabro) (4.7% ABV) and Rye’d the Wave (Talus, HBC 630) (6.5% ABV)

- Ratchet Brewery: Hop Picker Sabro 2021 (5.8% ABV) and Hop Picker Citra 2021 (5.5% ABV)
- Santiam Brewing: Citralicious (6.3%) and Ecotopia (6.7%)
- Xicha Brewing: Lúpulo Fresco 2021 (El Dorado) (5-6% ABV)



**Santiam Brewing's Citralicious features fresh Citra hops at Santiam Brewing in Salem, Oregon on Friday, Oct. 22, 2021.** BRIAN HAYES / STATESMAN JOURNAL



**Santiam Brewing's Citralicious features fresh Citra hops at Santiam Brewing in Salem, Oregon on Friday, Oct. 22, 2021.** BRIAN HAYES / STATESMAN JOURNAL



**Santiam Brewing's Citralicious and Ecotopia both feature fresh hops at Santiam Brewing in Salem, Oregon on Friday, Oct. 22, 2021.** BRIAN HAYES / STATESMAN JOURNAL



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