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Daylight Savings: It's That Time Again

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*By Annabeth Miller,
ShowMe Times Editor*

Watch out — it's that time again. There's not a minute to spare.

Well, actually, there are 60 of them.

After what has been a very mild winter it feels - and looks - like spring already here but officially it won't arrive until Tuesday, March 20.

But a sign that it'll be here soon, daylight saving time begins this weekend.

Daylight saving time was put into effect during World War II and was observed from the Febr. 9 to September 30. After the war it varied from state to state.

Then in the 1980s until fairly recently, daylight saving time ran from April through mid October.

But the dates were changed again in an effort to try and save energy. The Energy Policy Act of 2005 changed the starting and ending dates. Daylight saving time now begins on the second Sunday of March and ends on the 1st Sunday of November

At 2 a.m. local time Sunday, daylight saving time sends standard time to the bench until the fall.

So, turn that clock ahead before slipping under the covers Saturday night. Don't bemoan one night of 60 fewer minutes of sleep; there's the promise of many months ahead with an extra hour of evening sunlight.

Technology in some modern clocks – and devices such as computers and cell phones - helps users avoid resetting when daylight saving time begins and ends. Such clocks automatically adjust to the proper time based on signals they receive from a remote transmitter.

Not every place makes the switch. The exceptions are Hawaii, most of Arizona (Navajo Indian territories do observe the change), Puerto Rico, the Virgin Islands, American Samoa, Guam and the Northern Marianas.

Standard time returns Nov. 4. Two days later, it's election time.

Links of Interest

- [National Institute of Standards and Technology](#)
- [Official U.S. Time](#)

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