

Daylight Saving Time – Set Your Clocks This Weekend

Daylight Saving Time begins at 2:00 a.m. on March 8, 2009. Be sure to move your clocks forward before you go to bed Saturday night. In the United States, clocks change at 2:00 a.m. local time. The time was originally chosen as the changeover time because it was practical and minimized disruption. Most people were at home and this was the time when the fewest trains were running. It is late enough to prevent the day from switching to yesterday, which would be confusing. It is early enough that the entire continental U.S. switches by daybreak and the changeover occurs before most early shift workers and early churchgoers are affected.

Daylight Saving Time has been used in the U.S. and in many European countries since World War I. At that time, in an effort to conserve fuel needed to produce electric power, Germany and Austria took time by the hand and began saving daylight at 11:00 p.m. on April 30, 1916, by advancing the hands of the clock one hour until the following October. Many other European countries soon followed suit. The plan was not formally adopted in the U.S. until March 19, 1918, when 'An Act to preserve daylight and provide standard time for the United States'.

During World War II, President Roosevelt instituted year-round Daylight Saving Time, called "War Time", from February 9, 1942 to September 30, 1945. From 1945 to 1966, there was no federal law regarding Daylight Saving Time, so states were free to choose when it began and ended or whether or not to observe. The Uniform Time Act of 1966 signed into law by President Lyndon Johnson created Daylight Saving Time to begin on the last Sunday of April and end on the last Sunday of October. The Energy Policy Act of 2005 extended time to begin on the second Sunday of March and end on the first Sunday of November.

REMEMBER to change your clocks!