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Daylight Saving Time - It “ticks” people off

By Jenny Castillo, Neighborhood News Staff Writer

Like many things, Daylight Saving Time (DST) stirs in people a mix of emotions. I found hundreds of online commentary of peoples’ opinions. DST has its critics, but also its fans. Whether you’re for or against this biannual clock adjustment, one thing is certain, widespread mispronunciation. The word *saving* in DST should be singular, grammatically. But can our feeling about Daylight Saving Time give us a singular sensation?

Old Timers

Historically, Daylight Saving Time has been erroneously attributed to Benjamin Franklin. He commented about daylight in an essay, however his thought was, if people rise with the sun, candles could be saved. Saving of energy is actually where our modern use of DST began, saving energy in war time. During World War I and World War II, DST was enacted to save fuel for the war effort.

What people are “tocking” about?

After the war, DST was here to stay... That’s where critics have argued against it. Modern habits of energy consumption have people running lights and air conditioning units 24 hours a day. Energy consumption has actually increased with the start of DST. There is more daylight to enjoy fuel powered recreational vehicles for outdoor activities and more time to run errands later into the day. Supporters, on the other hand, tout enjoyment of more daylight hours in the summer months for recreational activities.

Have the time of your life

Some places do not follow Daylight Saving Time. For Arizona, because of the hot climate, residents prefer cooler night temperatures in which to enjoy outdoor activities, so an earlier sunset is a reprieve. Places along the equator do not follow DST because daylight hours are similar throughout the year. Adjusting clocks to optimize daylight hours is unnecessary. Animals don’t follow Daylight Saving Time either; they are tuned to nature’s time, and besides, their furry fingers make it hard to adjust a watch. When the sun is up, they are active. Animals optimize natural transitions of the light. Let’s take a cue from nature and be active with the light—have the time of your life!

Resources for further reading:

- <https://www.history.com/news/8-things-you-may-not-know-about-daylight-saving-time>
- <http://www.webexhibits.org/daylightsaving/e.html>
- <https://www.almanac.com/content/when-daylight-saving-time>
- <https://thefurbearers.com/blog/three-tips-to-keep-wildlife-safe-as-daylight-saving-time-begins/>
- <https://www.wxpr.org/post/animals-and-daylight-saving-time#stream/0>

