

Get ready to 'Spring Forward' this weekend as Daylight Savings Time gets underway. After a little research, I found that the federal government actually doesn't require states to observe daylight savings time; and Arizona and Hawaii do not.

Before the Uniform Time Act of 1966, cities could dictate their own clocks and many adopted daylight savings time year round.

Most , North American and European nations will spring forward, while most African and Asian nations will not. In 2011 it was abolished in Russia, but dark mornings became so unpopular they formed a coalition in 2013 to bring it back. National Geographic said that 27% percent of people admitted they'd been an hour early or late at least once in their lives because they hadn't changed their clocks.

Ben Franklin is usually credited with the idea of rising an hour earlier. It wasn't until WWI, when Germany was the first to adopt time changes in an effort to save coal for the war. The US followed in 1918 for the states who chose to do so. The US did make it mandatory for the whole country during WWII to save resources, and from 1942-45 it was year round. During the 1973-74 Arab oil embargo, daylight savings time was extended through the winter, and thirty years later, the Energy Act of 2005, extended it by one month permanently.

According to National Geographic, each year at least 10 and often as many as 30 new bills appear in various state legislatures to advocate either permanently stopping daylight saving or going on daylight saving time all year long.

The article also quoted professor Michael Downing, author of *Spring Forward: The Annual Madness of Daylight Saving Time*, as saying: "This year I think the Kentucky/Tennessee situation is particularly interesting. Each state has two time zones, which adds to the complications, but if their two proposals went through their independent legislatures, Tennessee would be on permanent DST while Kentucky would be on permanent standard time. That would mean cities in Tennessee's eastern time zone and Kentucky's central time zone that are only 5 or 10 miles [8 to 16 kilometers] apart would have two-hour time differences.

SUNDAY IS TIME TO 'SPRING FORWARD'

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And now that you have the rundown on daylight savings time, you will have no excuse for being late Sunday morning.