

LET'S TALK ABOUT DAYLIGHT SAVINGS TIME!®

by Dan Pemble, Kissimmee, FL – November 1, 2025)



For centuries, the changing seasons of the year throughout the northern hemisphere and elsewhere in the world have been directly related to the tilt of the earth on its axis and its elliptical orbit around the sun and the associated consequential change in the angle that the sun strikes various points on earth. Of course, more sunlight striking a particular point on earth translates to longer daylight hours and warmer temperatures for that area, versus less sunlight, resulting in shorter daylight hours and cooler temperatures. The seasons of the year are based on these recurring astrological manifestations that have been consistent for thousands of years; as a result, corresponding meteorological dates for the four major seasons have also been established.

So, what does the above have to do with “daylight savings time” in the USA? Let’s see!

As it is understood, throughout the years, the US Congress passed on-again/off-again/on-again mandates stating that “to preserve daylight hours”, during a date in the spring of each year, all clocks are to be set ahead by 1 hour and during the late fall, clocks are to be re-set behind by 1 hour! “Spring ahead and fall back”; the respective dates for these time changes are established as March 9 and November 2. Although President Trump has stated his desire to end this clock-switching annual routine, it is up to the US Congress to do so. However, currently the states of Hawaii and Arizona do not observe daylight savings time clock changes for reasons of their own. As far as the rest of the United States and you and me, perhaps we are complacent and nonchalant about these yearly clock manipulations and simply fall in “lock step” because that’s just the way it is! Interestingly, outside of Europe and the U.S. & Canada, the ritual of changing the clocks is also practiced in Paraguay, Chile, Cuba, Haiti, the Levant (a region in the Eastern Mediterranean that includes parts of modern-day Israel, Jordan, Lebanon, Syria, and Palestine), New Zealand and parts of Australia.

It seems that beyond upsetting “body clocks” and usually causing a bit of at least initial, if not prolonged & unnecessary confusion, is there any appreciable true benefits gained from the time-worn “daylight savings time” practices!? Why not simply acknowledge the recurring seasonal changes in our environment that we already know about such as, the naturally-longer daylight hours during the summer months and less daylight hours during the winter months, and leave the clocks alone!?

