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Save daylight by keeping DST on

Rejoice! Gone are the days of driving home in the dark of night. Past are Sunday mornings being rudely awoken by the too-early sun. Daylight saving time — summer time — is back.

With daylight saving time back, expect good things to come with it. With more afterschool sunshine, kids will return to the parks. Working people are more



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likely to go for a jog, or “go out” shopping and to restaurants if the sun is still out. Make no mistake, evening sunshine that replaces cozy, stay-in winter nights with the energetic twilights of spring-time is a health, economic and overall wellbeing and happiness boon.

Statistics back up all of my rambling. The Brookings Institute for Public Policy notes a seven percent decrease in crime once daylight time starts; most crimes are committed late in the day, but fewer when the sun is out, so the later the sun is out, the less crime.

Historically, TV ratings take a huge hit — up to 10 percent — when daylight time kicks in. With more evening sunshine, people spend less time indoors, and I think we can agree getting moving and getting fresh air and soaking up sunshine is better than sitting in front of the television for people of all ages.

The worst thing about daylight saving time, you probably agree, is this first week. It takes time to adjust. This adjustment results in temporarily increased traffic accidents and, from personal experience, general grogginess. Fall back, in November when daylight time makes way for standard time and you get a free hour given to you instead of taken away feels much better.

But it’s worse. For the longest time, I was convinced that the only practical reason to switch to standard time was to make it dark early enough for trick-or-treat. So, when it moved back to November from its original October date, I was baffled. I still am.

Let’s consider it this way. If the clocks never changed, should it always be standard time (like in winter), or always be daylight time (like in summer)?

If standard time happened in July, sunrise would be at about 4 a.m., and sunset around 8 p.m., instead of daylight time’s 5 a.m. and 9 p.m. Would you rather have the sun up at 4:30 in the morning or 8:30 in the evening? In which would you use the sun more? Is this even a debate?

That’s what I thought. Case closed.

I’m an outdoors kind of guy, so when the clocks change in the fall, I begin counting down the days until daylight saving time returns in the spring. With it returns the time to go for a run after work, the safety of walking the dog with better visibility.

The extra hour we get in November does feel nice. I agree. But notice how great these next eight months are, and like me you’ll be wishing it were daylight saving time year round.