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The Imperial Republican

This weekend, Standard Time returns and people will be waking up to earlier morning light and seeing it become darker sooner in the evenings.

The end of Daylight Saving Time (DST) arrives early Sunday morning, Nov. 3, officially at 2 a.m.

That's when clocks will be turned back one hour, following the old adage, "spring forward, fall back."

Most people choose to turn their clocks back the one hour when they go to bed Saturday night.

In recent years, the length of Daylight Saving Time in the U.S. has been extended so it now begins in the second Sunday in March and ends the first Sunday in November, for nearly eight months of DST.

It lasted only seven months from 1987 to 2006. The current schedule started in 2007.

Most of the U.S. participates in DST except Hawaii and most of Arizona.