

# Springing Ahead

Tonight is the night we change our clocks for Daylight Savings Time. I guess we're ending Daylight Savings – or maybe we're starting it. I don't know and I don't really care. All I know is that I will be losing an hour of sleep. Ok, it's not THAT bad; I do like when the sun stays out later, although there is no sun in the weather forecast for the next few days... But I loathe the idea of losing a precious hour of sleep. If I remember correctly, the time change throws the kids into a tizzy for a few days every year until their bodies readjust – something else to look forward to.

So anyway, this should serve as your reminder to change those clocks – no excuses about being late to church or theater meetings tomorrow! And yes, you must flip the clocks forward, not backward. Remember, it's SPRING ahead, FALL back. And try not to fret about losing that hour of sleep. As Jay Leno said last night referring to this horrible economy that only seems to be getting worse:

“After losing your job, your 401K, and your house, losing an hour of sleep seems like nothing!”