

# Why I Dislike Time Change

Just a few of the reasons why I dislike the time change, especially the “Spring Ahead” version:

1. LOSING AN HOUR OF SLEEP

2. Mechanical clocks can be reset, kids’ internal clocks cannot. I will lose an hour of sleep, and my kids will still wake up at the same time, which doesn’t bode well for the “fall back” version of the clock change. In the spring, the kids will still want to go to bed at the same time, no matter what the clock says – see #2.

3. Normally I would like having the sun out later into the evening, but with 4 kids who don’t want to go to bed until it’s dark, the old go-to-bed reply, “but it’s not dark out yet” can actually make sense until 10pm where we live. I both like having daylight until 10pm in the summer and dislike it at the same time – a conundrum for now, maybe something I’ll like better when my kids get older.

4. LOSING AN HOUR OF SLEEP (that hour is so precious, it’s on here twice)

5. There is a HUGE difference between 9:45pm and 10:45pm that I wouldn’t have noticed if not for the time change tonight. At 9:45, the night was young, I had time for my shower, some laundry, and maybe a quick tv show or two to watch with Hubby before bed. But before getting into the shower, I changed the clocks, and suddenly it was 10:45. Suddenly there is only time for the shower and maybe a quick load of laundry before getting to bed too late to really feel good tomorrow anyway. And no kid-free time with Hubby because (see #2). ☐

6. LOSING THAT HOUR OF SLEEP (so important, it needs to end the list)

Don't forget to set your clocks ahead one hour everyone, and forgive me if I chuckle at those of you who show up late to church tomorrow – maybe it will help me feel better about my tiredness!! ☐

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## It's a love/hate relationship

I've often wondered about the time change we go through. Why change the clocks for part of the year so it stays lighter longer in the evening. This really does nothing to the amount of light we actually received during the day, just how much we are awake for. For me, I wouldn't mind if they just kept the time the same all year round.

I like the fact that I have a little more daylight to do somethings after work, but my astronomy hobby doesn't like the fact that it takes so long to get dark. I sometimes like not having to drive into the sunrise in the morning, but give it a few weeks and I'll be driving into the sunrise a second time this year. That actually makes 4 times a year that the sun is coming in so lo that the visor doesn't help, too bright for no sunglasses, but not bright enough for my dark pair. I don't want to miss the deer that like the dawn to move from place to place.

And I often wonder, why am I more tired during this week. Getting up an hour earlier? I don't get any less sleep, but then again I don't get anymore. But I get tired earlier too. Is it all in my head? Probably that is it. That is where all my sleep problems lie.

So, until next November we have daylight savings. I know it never saved me any daylight. I get up when I please, or when the alarm rings, and stay up until all hours. Heck, I work

most of the sunlight away anyway, in my dark windowless cubical...

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## Time and then some

Today, I didn't forget to help at the theater. Yesterday I did. Time slipped away from me. I would like to say prior commitments prevented me, but I was back in time to help out. I just forgot. Time passed me by.

Now I look at the clock and see it well past time to get some sleep. But I was working on some video editing and sleep won't come.

Life is all about change. And my life is changing. Time ticks down the events of my life and the life of my friends and family. My family is growing again. For those who don't know, I 'adopt' each of my daughters' husbands. They are my sons. The good part about this is that they are grown sons, and I don't have to 'raise' them. As long as they treat my daughters with respect, I will treat them as one of my family. Some may say this is an honor, it could also be a curse. Talk to my daughters sometime. I expect a lot from them, and have rarely been disappointed. I've always felt that they have made their ways in life because of what was expected of them. I always wanted them to give their best effort in the things they do. Never perfection (that is almost unattainable, until you inherit it. □ family joke), but to give their best. I now expect that from my sons (and the 'future' son). That way I can expect the 'best' for their growing families.

Time, it slips by and things change. Sometimes for the better, sometimes for the worse. Life is what you can make it, or so I've been told. Time slips by, and things stay they same.

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# Not much going on

Don't I wish!! At work I have a Major project again or is that still. I need a break!!! I've scheduled time off between Christmas and New Years, but that is still over 1 month away. Oh what fun.

Time... If I could save time in a bottle, and words could make wishes come true... (Jim Croce "Time in a Bottle") Again, something I would wish for. Just a little more time.

Longer... Longer than there've been stars up in the heavens... (Dan Fogelberg "Longer") Yep, longer than that and still.

Day... One more day, one more time, one more sunset, maybe I'd be satisfied (Diamond Rio "One More Day") But then again...

Life... I know I'll often stop and think about them, In my life I love you more (Lennon/McCartney "In my life) Like now maybe?

Sanity... I'm not crazy, I'm just a little unwell. I know right now you can't tell (Matchbox 20 "Unwell")  
Sometimes life just goes that way.

Reminiscing ... The memories come along Older times we're missing Spending the hours reminiscing (Little River Band "Reminiscing") Yep, been doing a lot of that.

Why all the songs. Many with special meanings to me, some I just like the words, but today they all project just a little bit of what I am thinking. Much easier sometimes to use the words of others, when they match your thoughts.