

Did You Remember to Set Your Clock Back? About Daylight Savings Time

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Fall back, spring ahead — you have an extra hour today. Did you remember? Did you show up at church an hour early?

It's a lot easier to get the time right nowadays, when we rely on our phones to be our watches. Then again, there's always that digital clock we need to figure out how to reset.

Here are some recent articles about daylight savings time:

- Vox: [It's time to make daylight savings time year-round](#)
- Washington Post (blog): [Why daylight savings time could be even more awesome than you think](#)
- Fox News: [6 tricks for saving your sleep \(and sanity\) at the end of daylight saving time](#)
- CBC News: [Daylight time: Politics makes for strange time zones](#)

Now that we're thinking about time, some quotes about it (we have no idea how accurate these quotes we found on the Internet are, but many quotes for a long time have been inaccurately ascribed):

"Time is precious; waste it wisely."

"Time is what we want most, but what we waste worst." — William Penn

"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back." — Harvey Mackay

"If you love life, don't waste time, for time is what life is made up of." — Bruce Lee