



# Why DO We Fool with the Clocks???

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# Standard to Daylight Time 2025

☆ In Canton we are currently in EST

EST = Eastern Standard Time

☆ 2 am on Sunday, March 9 change to EDT

EDT = Eastern Daylight Time

Daylight Time Begins on

March 9, 2025

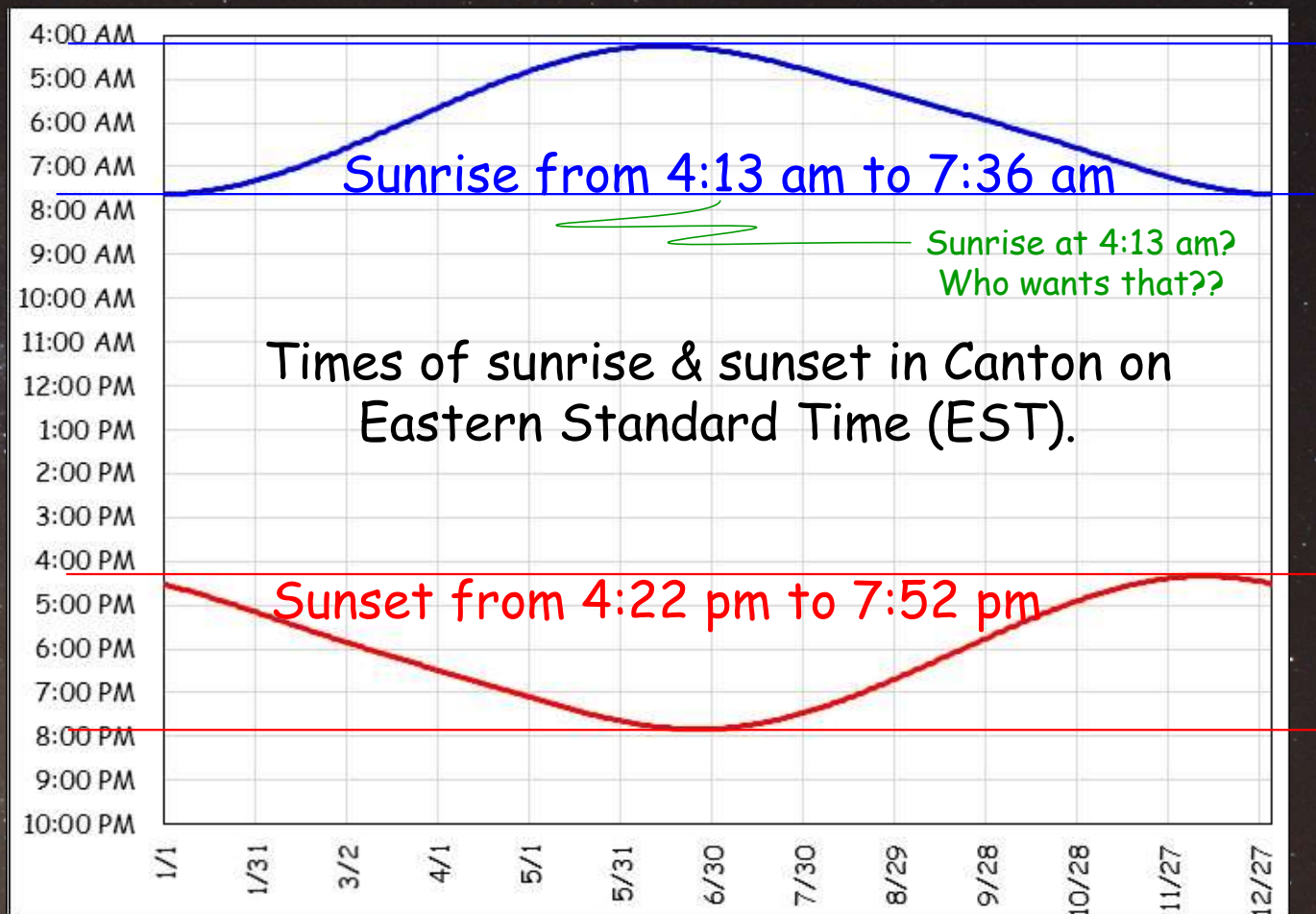
“Spring Ahead”

# Standard Time

## ☆ Day lengths in Canton

🌍 Longest = 15<sup>h</sup>33<sup>m</sup>57<sup>s</sup>, Shortest = 8<sup>h</sup>49<sup>m</sup>05<sup>s</sup> s

🌍 Natural sunrise & sunset varies:



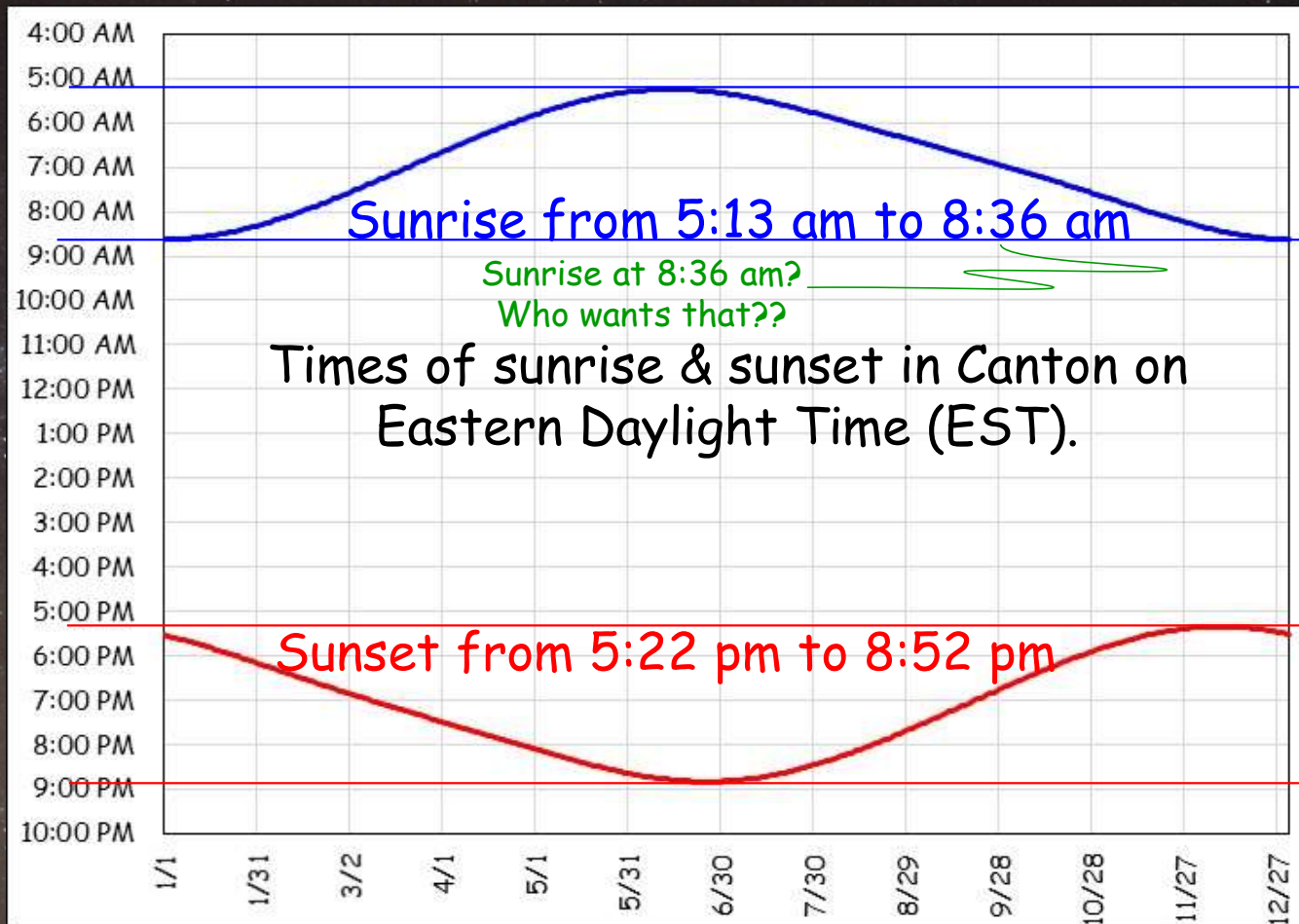
# Daylight Saving Time

☆ Shifts an hour of sunlight to evening

🌐 Industrial workday: 8 am - 5 pm

› Shifts daylight from before work to after work

› Was thought to save energy (more light after work)



# Why Change?

☆ All-year EST or EDT has problems

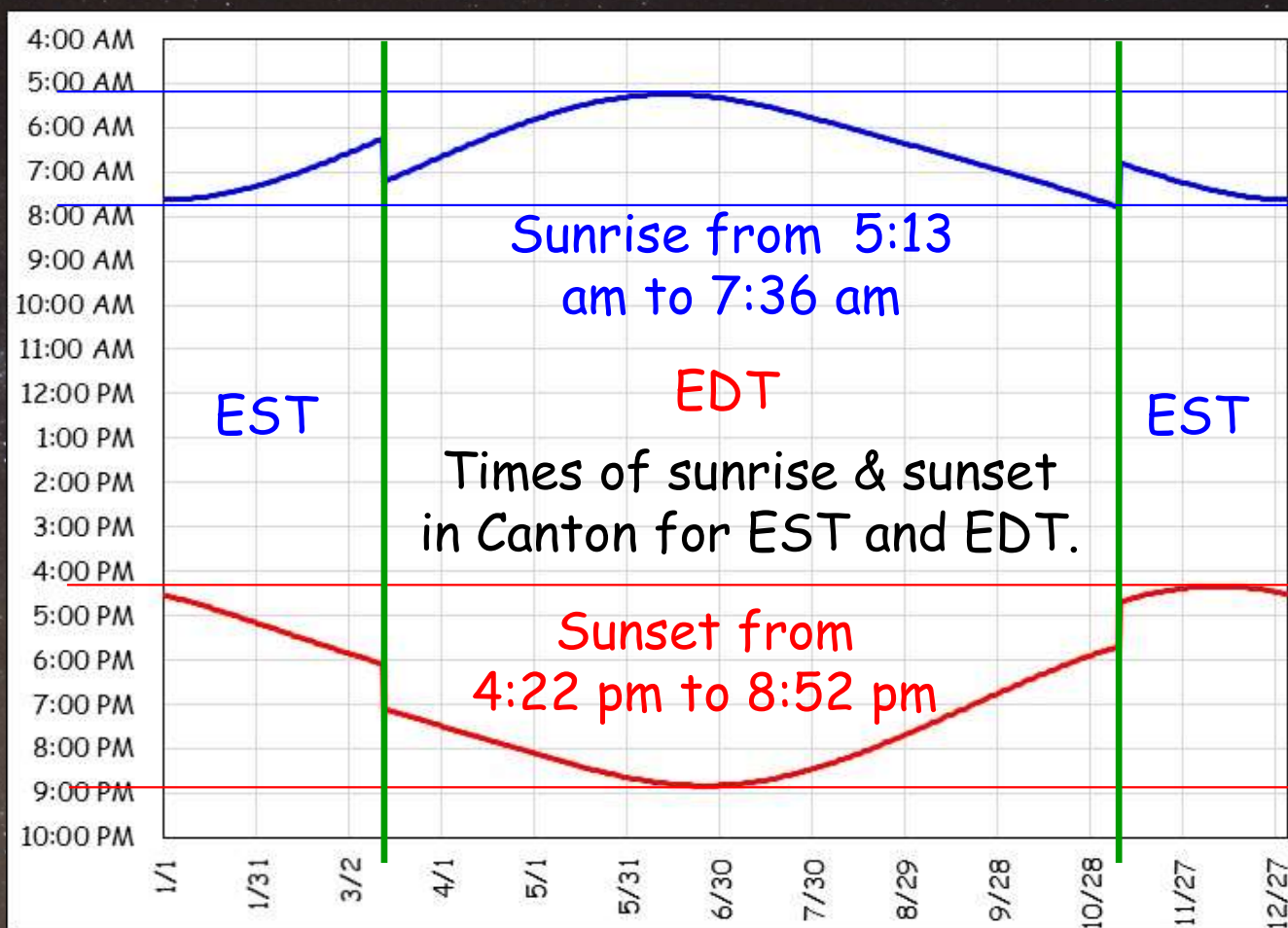
🌍 EST: Summer Sun rises at 4:13 am

🌍 EDT: Winter Sun rises at 8:36 am

⇒ Keep sunrise from being really early or late: Switch!!

Narrows range  
of sunrise

Widens range  
of sunset



# Daylight to Standard Time 2025

☆ 2 am on Sunday, March 9 begin EDT

EDT = Eastern Daylight Time

☆ 2 am on Sunday, November 2 begin EST

(First Sunday after Halloween)

EST = Eastern Standard Time

Standard Time Begins on

November 2, 2025

“Fall Back”