**Daylight Savings Time**

Daylight saving time began this past weekend in the United States, springing clocks forward one hour, and will last until standard time resumes in early November. Every year when this happens, people seem to divide themselves into two opposite camps: those who love having an extra hour of daylight and those who hate disrupting their internal clocks for the time change. Which category do you fall into? Do you look forward to this time of year when the days start to get longer, or do you dread feeling jet-lagged and sluggish as your body adjusts to the new schedule?

Imagine that you are writing an opinion piece for your local newspaper on the annual time change. Do you think it is valuable and necessary? Confusing and disruptive? Somewhere in between? Formulate your argument in your personal journal, explaining your reasons for defending or criticizing daylight saving time. Tell anecdotes illustrating how you have benefited or suffered because of it. Describe how much better or worse off you and other citizens would be if the policy were to change.

Click or tap here to enter text.