

WASHINGTON (AP) — Daylight Saving Time begins Sunday. Remember, it's spring ahead, fall back.

If you like to stroll, swat a tennis ball or water the garden in the evening, then come Sunday you'll have an extra hour of light to indulge in all your favorite

stimes. But if you're a farmer or like to jog before breakfast—well, sorry.

Either way, clocks move forward Sunday one hour for the six months of Daylight Saving Time (DST) from 2 a.m. Sunday to 2 a.m. Oct. 31. And, if you get confused on which direction to move the hands, just remember the saying, "Spring ahead, fall back."

The extra daylight hour may come in handy for Congress as it grapples with proposals to change the system of six months of DST and six months of standard time.

Earlier this year, the Senate passed a bill to provide seven months of DST this year and next, from mid-March until mid-October. But inaction by the House Commerce Committee kept it from taking effect in time for the spring.

more important.

Until some sort of bill clears both houses of Congress, the nation remains on the pattern of six months of DST and six months of standard time each year.

The move to extend DST was begun in late 1973 during the peak of the energy crisis. Some advocates contended that longer evening daylight hours, when most persons are awake, can result in an energy savings.

But those opposing DST argue that less daylight in morning endangers school children and inconveniences farmers. They also said DST saved little, if any, energy