



## SPRING FORWARD SUNDAY MARCH 8:

The clocks are set ahead one hour during Spring Forward.

In 2015, this occurs on Sunday, March 8. Daylight Savings Time, or DST, begins on the second Sunday of March and ends on the first Sunday of November. In March, clocks are moved forward one hour from 2 a.m. standard time to 3 a.m. DST, and in November, clocks are moved back one hour from 2 a.m. DST to 1 a.m. standard time. The phrase “spring forward, fall back’ is a helpful reminder of these time changes.

See more at <http://www.timeanddate.com/time/dst/>



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