http://www.MSCNews.net/news/index.cfm?nk=75376

Time to "spring forward" this weekend (KNZA)--Its time to "spring forward."

Daylight Saving Time will begin at 2:00 Sunday morning. Don't forget to set your clocks ahead an hour before going to bed Saturday night.

Daylight Saving Time is observed everywhere in the United States except Arizona and Hawaii.

Fire department personnel also encourage you to install new batteries in your smoke detectors when you change your clocks to "spring forward" for Daylight Saving Time.

Many Signals Communications