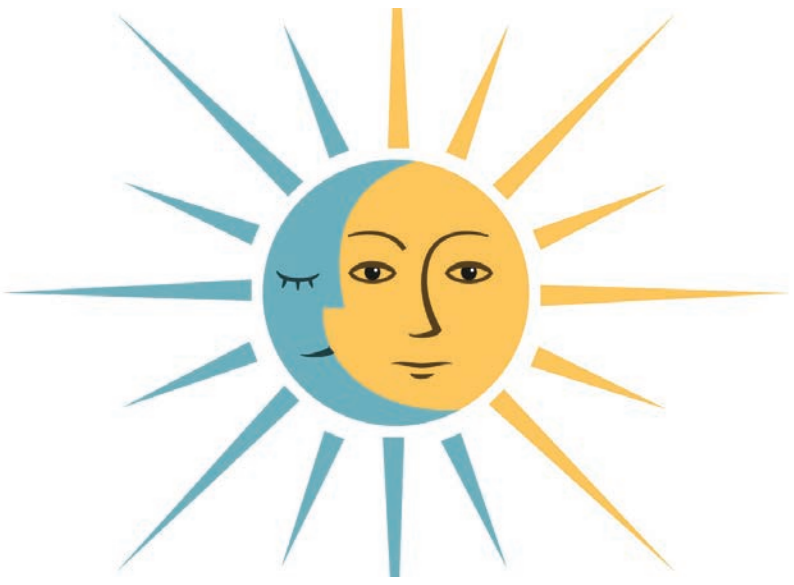




Recently, the U.S. Senate (unanimously...imagine that?!) passed the Sunset Protection Act (SPA), which would eliminate the annual reversion to Standard from Daylight Savings Time. Who doesn't love extra late-day light?



Not so fast. Nothing is ever as simple as it seems. Consider the math and science (as our current president, who graduated with a dual degree in history and political science – which isn't really "science," per se, but whatever – 506th in his class of 688, from the University of Delaware – often referred to as "the Harvard of the other Newark" – implores us to: "Follow the science." So, indeed, work through the calculus with me...

Standard Time governs our clocks for four months each year, approximately 120 days. Without "falling back," we'll recoup an hour of waking-time sun each of those 120 days. One hundred twenty hours is equivalent to five days. Five more days of direct sunlight. Sounds great, right?

Not according to many leading geriatricians. Studying the deleterious effects of sun exposure to aging skin and the attendant toll on the rest of the body's systems, researchers conclude an inverse relationship between hours of afternoon sun and human lifespan. So, you're going to gain an hour of golf time a day from November

through March, but you'll effectively sacrifice five days from the expected duration of your existence for each year the new time system is in place.

What's the practical implication? Think of it thusly: Instead of recognizing today as April 6 (which, it is, as I type), I would have "lost" five days off my life attributed to increased sun exposure during the winter of '21/'22. In other words, today wouldn't be **April 6** for me, as my calendar say, but **April 1**, and if I live another 30 years, 2052 will be finished on the last day of July.

So, the SPA, which is ironically similar and totally antithetical to SPF (the number on your sunscreen tube), might not be such a "bright" idea after all.

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