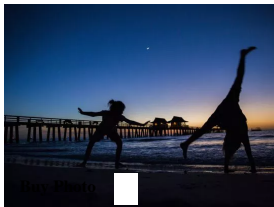


# 3 To Know: Are you ready to spring forward?

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(Photo: Katie Klann/Naples Daily News)

## 1. Are you ready to spring forward this weekend?

Daylight Saving Time begins Sunday, so don't forget to set your clocks forward one hour before you go to bed Saturday night (officially the time changes at 2 a.m., March 12)

It was March 19, 1918 that the U.S. first implemented Daylight Saving Time, with the official reason being that it would save fuel and money. Researchers have found the opposite may be true.

A 2011 study indicates electric consumption grew as much as four percent after some Indiana counties began observing Daylight Saving Time.

Although a standard practice in the U.S. and much of the world, Arizona and Hawaii do not observe Daylight Saving Time. Several other states have debated the issue.

Florida and New Mexico have actually considered staying on Daylight Saving throughout the year, according to previous news reports.

## 2. Thousands expected at Saturday's St. Patrick's Day parade in Naples

Thousands are expected Saturday for the St. Patrick's Day Parade in downtown Naples.

The parade, in its 41st year, is hosted by the Naples St. Patrick Foundation Inc. and will run from 11 a.m. to 1:30 p.m. The city expects 30,000 to 40,000 attendees.

"It's the largest parade of the year, for sure," said Mike Leslie of the community services department.

The parade will start on 10th Avenue South, go north on Third Street South to Fifth Avenue South, then east to Eighth Street South.

The city suggests parking in the two downtown parking garages. There also are public lots at Eighth Street South and Eighth Avenue South; Fourth Street South and Fourth Avenue South; Seventh Street South and Third Avenue South. -- Joseph Cranney/Staff

## 3. Naples/Marco Island is the happiest, healthiest city in the U.S. for second year in a row

For the second year in a row, Naples and the nearby communities of Marco Island and Immokalee tops the ranking at the number one spot in the Gallup-Healthways State of American Well-Being 2016 Community Rankings, released on March 7.

The report measures how residents of 189 U.S. cities feel about their physical health, social ties, financial security, community and sense of purpose. Communities are uniquely positioned to promote well-being improvement by transforming policies and environment so that people move naturally, eat wisely, connect, and have the right outlook—all of which can lead to living longer, better.

Greater Naples, Florida is actively engaged in the Blue Zones Project wellness initiative, with many area businesses, restaurants, and schools achieving Blue Zones Project Approved status for maintaining healthy workplace initiatives, restaurant menus and more.

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