

# Duped About Daylight

**Dear Tim:**

I see that Daylight Saving Time starts this Sunday. I get the origin of Daylight Saving Time and the incredible value it once held for family farmers, but in the era of LED lights and factory farming, is it really still necessary? Don't get me wrong, I love when it's light out until 9:00 in July. I'm just not thrilled about the sleep I'm going to lose this weekend.

**-Timed Out on Teeway**

**Dear Timed:**

No one hates losing sleep more than me. Except when the grandkids stay over. Then it's fine. Because everything they do is fine. Mostly. But Daylight Saving Time is something I can get behind, even with the lost sleep. Because despite what you've heard, there are still a lot of family farms here in Ohio. And I should know. We buy fresh vegetables, meat and dairy products from them every week. And anything that's good for them is good for us (and for you).



**DEAR  
TIM**

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**Dear Tim** is presented as a public service by Tim Huffman, owner of Huffman's Market. Write to him in care of Huffman's Market, 2140 Tremont Center, Upper Arlington, Ohio, 43221, stop by and say hi, or visit [www.huffmansmarket.com](http://www.huffmansmarket.com).