

For release
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The equinox! It is customary to speak of the equinox as exactly 12 hours of sunshine and 12 hours night, for the sun is directly over the equator then. Equinox occurs at about 5:30 a.m. today, E.S.T. However, the sun really shines from two to four minutes earlier (according to the latitude) than the time of sunrise and later than the time of sunset as calculated. This extra time is due to the refraction or bending of the sun's rays, causing the sun to appear to rise earlier and set later by a few minutes. So, the actual sunshine time today all over the world is longer than indicated by the word "equinox".
