

# Losing an hour: the ongoing debate over daylight savings time

Ivelysse Leighton  
Staff Writer

At 2 a.m. on Sunday, March 8, clocks across the United States will jump forward one hour as Daylight Saving Time begins. For most people, that means losing an hour of sleep and starting the week feeling slightly off balance.

Phones and computers update automatically, but the grogginess that follows often lingers. Morning alarms come too early, routines feel slightly off, and many people spend the first few days of the week adjusting to the shift.

For decades, Americans have accepted the twice-a-year routine of changing their clocks. Recently, however, more people—including lawmakers—have started asking a simple question: why are we still doing this?

A System That Started More Than a Century Ago

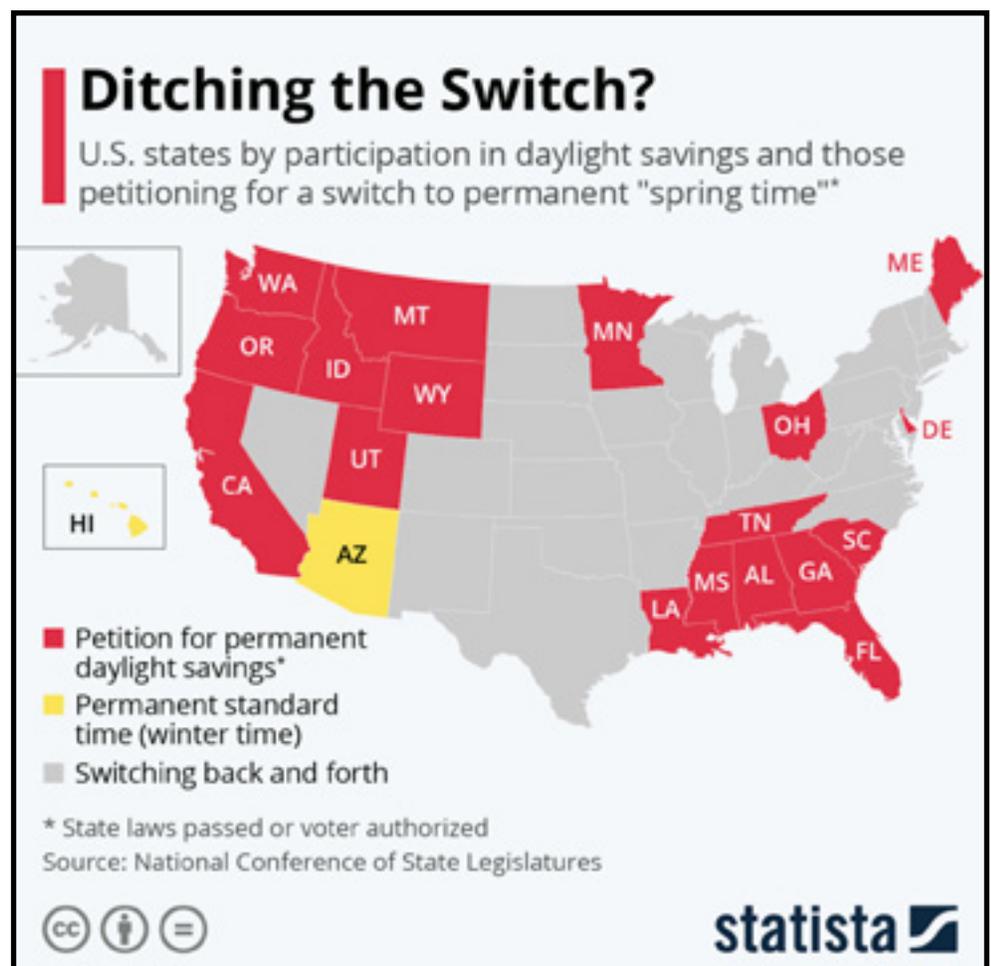
Daylight Saving Time (DST) has been part of American life for over 100 years. The modern version was first introduced during World War I to conserve fuel. By shifting daylight later into the evening, people relied less on artificial lighting and used less electricity.

The practice returned during World War II and eventually became standardized with the Uniform Time Act of 1966, which created the system the country still follows today. Every spring, clocks move forward an hour, and every fall they move back again.

The idea behind the system was straightforward. More daylight in the evening meant more time to work, recreate, and have economic activity. Businesses that depend on evening customers, like restaurants, retail stores, and outdoor recreation industries, often benefit when daylight lasts later into the day.

For many people, longer evenings still feel like a positive change. More daylight after work or school means more opportunities to spend time outside, exercise, or socialize before it gets dark.

However, over time, the system has become



This chart shows the U.S. states by participation in daylight savings time and the states petitioning for switching to "spring time" permanently (as of March 17, 2022). Infographic and outline by Statista.

less convenient and more disruptive.

## The Impact of Losing an Hour

The biggest complaint about Daylight Saving Time is simple: sleep. When the clocks move forward into the spring, people lose an hour of rest almost instantly, disrupting circadian rhythms—the body's internal clock that regulates sleep and wake cycles.

For some people, adjusting to the change takes several days. During that time, fatigue, irritability, and difficulty concentrating are common.

Researchers have also studied the broader effects of the time shift. Some studies have linked the springtime change to temporary increases in workplace accidents, car crashes, and cardiovascular events in the days following the transition.

## Banff Mountain Film Festival returns to BC

The internationally acclaimed Banff Centre Mountain Film Festival World Tour returns to Brevard College this spring, bringing a curated selection of the world’s most inspiring mountain and adventure films to the big screen for an unforgettable weekend. Hosted by the Brevard College Outdoor Leadership and Experiential Education program, the festival will take place at the Paul Porter Center for Performing Arts on the BC campus March 13 – 15.

Showtimes are 7 p.m. on Friday, March 13; 7 p.m. on Saturday, March 14; and 1 p.m. on Sunday, March 15, with a completely different lineup each day to offer audiences a fresh experience at every screening.

Single-day and weekend package tickets are on sale now, but availability is limited and screenings are expected to sell out. Secure your tickets today at [brevard.edu/Banff-mountain-film-festival](http://brevard.edu/Banff-mountain-film-festival).

Now in its 50th anniversary year, the Banff Centre Mountain Film and Book Festival takes place each fall in Alberta, Canada, showcasing one of the world’s premier celebrations of mountain culture, outdoor storytelling, and global adventure. From hundreds of international submissions, only the most powerful and visually stunning films are selected to travel on the World Tour.

Audiences can expect breathtaking cinematography, heart-pounding expeditions, deeply personal narratives, and stories that celebrate resilience, creativity, and the spirit of exploration.

Adding to the excitement, this year’s event features a Banff Film Festival Road Warrior, who brings high energy, insider insight, and an enhanced live-event atmosphere to each screening.

The 2025-26 World Tour launched in December following the 2025 Banff Centre Mountain Film and Book Festival, widely regarded as one of the largest and most prestigious mountain festivals in the world. This year, the World Tour will visit 40 countries across the globe.

Tickets are going fast – don’t miss your chance to be part of this global celebration of adventure. For more information or to order tickets, visit to [brevard.edu/Banff-mountain-film-festival](http://brevard.edu/Banff-mountain-film-festival).



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## Daylight Savings Time: will we see a change?

One widely cited study even found that fatal car accidents increased by about 6% in the week after the springtime change, likely due to sleep disruption and darker morning commutes.

While the research is still being debated, many experts agree that even small disruptions to sleep schedules can affect how people function during the day.

For college students already balancing classes, athletics, jobs, and late-night studying, the time change can make the start of the week feel even longer.

The disruption to sleep is often the most noticeable effect, but critics argue the issue goes beyond just feeling tired.

### Do the Benefits Still Apply?

When Daylight Saving Time was first introduced, the United States used far more energy for lighting than it does today. Extending daylight into the evening helped reduce electricity use because people needed fewer lights in their homes and workplaces.

Modern energy use, however, looks very different. Today, electronics, heating, and air conditioning account for a much larger share of energy consumption.

Because of this shift, some researchers argue that the energy-saving benefits of Daylight Saving Time may be smaller than originally believed. Other studies suggest that effects vary by climate and location, with warmer regions sometimes seeing increased air-conditioning use during longer daylight hours.

These mixed findings have helped fuel a growing national conversation about whether the clock change still makes sense.

### A Growing Push to End the Clock Change

In recent years, lawmakers across the country have proposed eliminating the twice-annual time change. Several states have already passed legislation supporting the idea of permanent Daylight Saving Time, meaning clocks would stay “sprung forward” all year.

The idea gained national attention in 2022 when the U.S. Senate unanimously passed the Sunshine Protection Act, a bill that would have made Daylight Saving Time permanent nationwide. Although the bill ultimately stalled in the House of Representatives, it showed growing political interest in changing the system.

Supporters of permanent Daylight Saving Time argue that it would provide longer evening daylight throughout the year. For many people, especially during the darker winter months, the idea of having more daylight later in the day is appealing. However, not everyone agrees that permanent Daylight Saving Time is the best solution.

### The Other Side of the Debate

Some sleep scientists believe that if the clock change is abolished, the country should keep standard time rather than Daylight Saving Time.

Their reasoning focuses on morning light. Standard time aligns more closely with natural circadian rhythms because it allows the sun to rise earlier in the day. Under permanent Daylight

Saving Time, winter sunrises in some parts of the country could occur much later in the morning, leaving students and workers commuting in darkness for much of the season.

Organizations such as the American Academy of Sleep Medicine have recommended eliminating the time change while keeping standard time year-round. In their view, this option would better support healthy sleep patterns.

The debate highlights a challenge lawmakers continue to face. Many people agree that the current system is inconvenient, but there is still disagreement about what should replace it.

### A Debate That Continues

Public opinion polls consistently show that many Americans would prefer a single, permanent time system rather than switching between two every year. Yet reaching a national solution has proven difficult, partly because any permanent change would require federal legislation and coordination across states.

For now, the familiar routine remains.

On Sunday morning, most Americans will wake up one hour “later” than their bodies expect them to. Alarms will ring, coffee will brew, and people will once again begin adjusting to the small but noticeable shift in time.

For something as simple as moving the clock forward one hour, the debate surrounding Daylight Saving Time has proven surprisingly complicated. Until lawmakers decide otherwise, Americans will continue to lose—and gain—that hour every year.

# Unity in Motion event to take place on March 24

## Registration closes March 12

**Madeleine Pollock**  
Copy Editor

The OLEE department will host the Unity in Motion event on advising day, March 24, from 9:30 a.m. to 12:30 p.m., in partnership with The Unity Folks and Oboz Footwear. Registration will be open until March 12.

“This day is about meeting new friends and making connections around solo stove campfires and enjoying time together outdoors on campus,” says OLEE Professor and Director Dr. Jennifer Kafsky. “It is a way to learn about the varied opportunities to become involved in a wide variety of outdoor experiences available and get familiar with the tools to do it safely.”

The event will take place at the Creekside Field next to the turn stadium; all majors are welcome to attend. Pre-registered students will qualify for a free pair of Oboz insoles.

According to their website, “The Unity Folks’ mission is to invite and welcome more folks to camp and enjoy the outdoor industry and lifestyle with anyone and everyone.”

“They work directly with a variety of outdoor partners across the US, like state parks, campgrounds and outdoor resorts, outdoor manufacturers and retailers, summer camps and outdoor programs to help build awareness of the ways that we can join together to welcome more people to the outdoors,” says Kafsky.

The Unity Folks founder, Earl B. Hunter Jr., will kick off the event with a speech, followed by a series of activities that encourage unity in the outdoors.

Registration can be done until March 12 via the QR Code on the attached flyer. Students will be asked to answer a few short questions.

“This helps us with planning for the event, to secure appropriate sizes for insoles, and to help The Unity Folks gather information about how students today engage in the outdoors, trying to understand and smooth barriers, ultimately to help make outdoor experiences more welcoming and accessible to everyone,” says Kafsky.

At the time of completing the survey, students can register to complete the Unity Blaze Certification as part of the Unity Blaze Academy. The certification, normally valued at \$99, will be free

for students and will teach students how to create and engage in a more welcoming outdoor space

# Takeaways from the NCCMA Conference keynote speaker

**Zoe Hughes**  
Managing Editor

The Clarion and Chirascuro, the Brevard College literary magazine, staff attended the North Carolina College Media Association (NCCMA) conference, and they listened to the keynote speaker, David Hodges.

This year, the conference was hosted by Elon University. The day generally goes as follows: breakfast provided by the host school, a welcome panel, various journalism and media panels, lunch and the keynote speaker, followed by media awards, then two more sessions of panels for students to pick from.

The keynote address was given by 2012 Elon University graduate David Hodges. He works as an investigative reporter for WBTV in Charlotte. Hodges described how he became a successful journalist. There were three main constituents to his 30-minute address: “Show

up and be kind, you make your own luck, and be open to being wrong.”

**“Show up and be kind.”**

Your best networking tool is being a nice person. Hodges spoke of a time when he received a tip from someone with whom he bonded over the lemon, lime, and orange soda, Sun Drop. Being a kind human being and a respected journalist will set you apart.

**“You make your own luck.”**

The success in your life was not random luck or chance, but manufactured by your own deci-

sions. Hodges emphasized the importance of intentionally making decisions that will benefit you in the future. He also strongly suggested working for those who appreciate you and want you to grow.

**“Be open to being wrong.”**

Many people do not know what they want for their life and career, and those who do often change their minds. Hodges was highlighting how, over time, your wants are going to change, and it is important to be prepared to change directions.



From left to right: Olivia Tiner, Zoe Hughes, Autumn Jones, Karis King, Mia Rijkenberg, Rowyn Roberts.

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## Make new connections at the Unity in Motion event on Advising Day!

for all, and can be added to a resume.

The Unity Folks hosted the first version of this event last October in collaboration with Lees Mrae College's Outdoor Recreation Management Program. “The Outdoor Leadership and Experiential Education program is thrilled to be selected as the second pilot program to help smooth the process to bring this program to campuses across the country,” says Kafsky.

“The OLEE program invites all Brevard College students to attend the event and see the many opportunities to connect in meaningful and authentic ways together in the outdoors on campus and in the plentiful and beautiful public lands that surround us,” Kafsky continued.

More information can be found on the attached poster or at <https://theunityfolks.com/https://theunityfolks.com/>.

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✉ **Letters Policy:** The Clarion welcomes letters to the editor. We reserve the right to edit letters for length or content. We do not publish letters whose authorship cannot be verified.

# What are The Clarion Staff planning to do during spring break?

**Madeleine Pollock**  
Copy Editor

With spring break fast approaching, our small but mighty Clarion Staff is ready for a well-deserved break. Read below to find out more about some of our plans and what we are most and least excited for during the week of March 7 to 15!

**Autumn Jones**

“I am planning to stay on campus for spring break! I’ll be spending my mornings hiking as much as possible with my roommate, and then working in the afternoons. I am most excited about exploring new places and, hopefully, enjoying sunny weather. My sister will also be visiting for a couple of days, which adds to my excitement. I am looking forward to every aspect of spring break—everyone needs a break!”



Editor in Chief of The Clarion, Autumn Jones, is planning to hike over the break!

**Zoe Hughes**

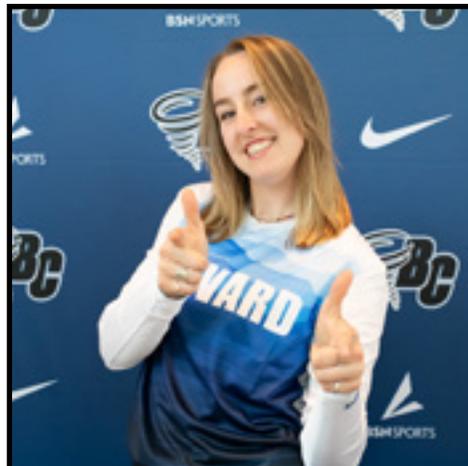
“I’m going to Surfside with some friends! I’m most excited about relaxing on the beach, but not very excited about the five-hour drive there.”



Zoe Hughes is the Managing Editor of the Clarion, and is planning to go to Surfside Beach!

**Madeleine Pollock**

“I will be racing gravel in Dahlonega, Georgia, and mountain bikes at Ride Rock Creek Bike Park over the break! I am also planning to go to Jekyll Island with friends for some beach and tourist time. I am excited to see some new places, but hoping I will find some time to rest before the second half of the semester!”



Madeleine Pollock is the Copy editor of the Clarion, and she has some biking and beach adventures planned over the break!

**Ivelysse Leighton**

“For spring break, the softball team will play a tournament in Myrtle Beach! I'm most excited about being with my teammates and making more memories in the hotel, van rides, and on the beach. I'm the least excited about the early mornings on spring break.



Ivelysse Leighton is a Staff Writer for The Clarion who is going to Myrtle Beach for a softball tournament.

**Emma Murray**

“I am going home for spring break! I'm most excited to spend time in nature and see my cat, Kevin! I am least excited that my spring break doesn't line up with my friends from home. I will still get to spend time with them towards the end of our break, though.”



Emma Murray does layout for The Clarion and will be spending time with her cat, Kevin, over the break!

# Tornados fall to SVU in USA South Conference Tournament Championship

The most accomplished season in Brevard College women's basketball's NCAA history concluded on Saturday as the Tornados (23-5) fell by a final of 82-74 at the Boshamer Gymnasium to the No. 2 seed Southern Virginia (21-7) in the USA South Conference Tournament Championship.

The result wraps up a 2025-26 campaign that saw BC set new single-season highs for overall wins (23) and conference wins (16) in the NCAA era. Brevard secured the program's first USA South Conference Regular Season Title and earned the top overall seed in the USA South Tournament for the first time.

Senior guard and All-Conference Second Team selection Jada Petty-Wilkins led BC with

20 points in the Championship, hitting four 3-pointers with six rebounds and three steals. Sophomore guard Malayka Rankin sparked BC off the bench with 14 points, while Analee Morris scored 12 points with six free throws. For their efforts throughout the Tournament, Morris and Petty-Wilkins were each selected to the All-Tournament Team.

USA South Player of the Year and Tournament MVP Abigail Snider played all 40 minutes in the Championship win for the Knights, scoring a game-high 28 points with 12 field goals and four 3-pointers, with 20 of her points coming in the first half to set the tone for SVU. Snider was one of three Knights who grabbed double-digit rebounds, as SVU held a dominant 51-27 edge on the glass with 22 offensive boards to propel itself to victory.

Aysia Foster added 24 points with 11 rebounds and shot a highly efficient 12-of-15 from the field. Maria Savvun rounded out SVU's All-Tournament trio with 17 points and a game-best six assists.

Despite the tight nature of the Championship, with the margin in single digits through most of

the contest, SVU was able to fend off the Tornados and lead wire-to-wire. BC got within one point in the first quarter, 10-9, but a quick 9-2 stretch from the Knights pushed the lead out to eight, and the visitors held a six-point lead after the first period, 22-16.

Aleysya Hill hit an and-one floater at the 5:10 mark in the second period to bring BC back within one, 2-26, but the Tornados were unable to get over the hump as SVU kept the lead and took a five-point edge at halftime, 41-36.

SVU scored the first six points of the second half, forcing a BC timeout at the 6:38 mark as the Knights held a double-digit lead for the first time, 47-36. Petty-Wilkins helped spark a 9-0 Tornado run out of the timeout, as the Tornados cut the deficit back down to two points, 47-45. The Knights found a response, going punch-for-punch with the Tornados to maintain a five-point lead at the end of the third, 61-56.

BC got to within two possessions twice in the fourth quarter, but the Knights never let Brevard get closer, holding out for the eight-point victory, marking the second-straight season that SVU has defeated BC in the Tournament title.



All photos by Chris Fortman.



All photos by Tony Belcher.

# Brevard Women's Lacrosse opens season with win

The Brevard College women's lacrosse team (1-1, 1-0 USA South) secured a well-deserved victory in its USA South Conference opener, defeating N.C. Wesleyan (0-3, 0-1 USAS), 13-8 on Tuesday afternoon on Stallings Field at Vernon T. Bradley, Jr. Stadium.

Sophomore Arianna Casertano led the goal scorers with five strikes, won a team-best six draw controls, and caused a team-high four turnovers in addition to a team-best four ground balls. Senior Xan Hill facilitated the offense with three goals and five assists, while junior Madi Norris scored three times and won three draws. Sofia Hardin added two goals to Brevard's 13-goal effort.

Junior shot-stopper Kyla Smith-Fondall made a total of 15 saves while adding two ground balls and two caused turnovers to the ledger.

NCWU was kept in contention by Maxima

Iglesias, who scored six times with one assist, caused six turnovers, and won four draws.

Brevard started the contest off scoring the first four goals within the first three minutes of game action. Hardin found the back of the net within 48 seconds for her first score of the 2026 campaign. Hill then won the ensuing draw control and scored, tallying her second goal in a row at the 13:11 mark on a free position attempt. Norris continued her stellar start to the season, converting at 12:21 off a Hill assist, putting the Tornados up 4-0.

Casertano scored two-straight for the Tornados as the surge continued, as the sophomore attacker put in a pair of Hill assists to extend the margin to six goals at the end of the first period.

Norris put in a free-position goal a minute into the second period, and Hardin followed up with her second goal of the contest at the 11:16

mark in the stanza.

Hill found the back of the net for the third time in the first half, pushing the Tornados up to a 9-0 margin. With 4:55 remaining in the second quarter, BC's Casertano put Brevard past the 10-goal threshold with her third goal of the half. NC Wesleyan took advantage of a pair of Tornado cards, scoring its first goal of the afternoon on the power play at 2:05, making the halftime score 10-1 in favor of the Tornados.

Maxima Iglesias, who scored NCWU's first goal, put in three more in a row to start the second half of action, trimming the Tornado lead to a six-goal margin, 10-4. At the 2:18 mark in the third period, Nicole Triassi scored off an Iglesias assist, officially cutting the deficit in half at 10-5.

Each side traded strikes in the final period of play, as the Tornados utilized their large first-half lead to complete their first win of 2026.



BC track athletes Antonio King, Donningtun Walters and Hank Tarte swept the Men's Weight Throw event at the 2026 USA South Conference Indoor Track & Field Championships Feb. 27 in Winston-Salem. King, a senior from Pamlico County, also took the Field Athlete of the Meet honors.

# Track takes second in championship, highest BC finish since joining NCAA

## King and Bailey claim Field Athlete and Rookie of Meet

WINSTON-SALEM, N.C. - The Brevard College indoor track & field teams competed in the 2026 USA South Conference Indoor Track & Field Championships on Friday at the JDL Fast Track.

Brevard's men's squad earned its highest-ever finish in a conference meet (indoor or outdoor) of the entire NCAA era, securing second place with 91 points as a team. Senior thrower Antonio King secured Field Athlete of the Meet accolades, while freshman jumper Tyrell Bailey was selected as the Field Rookie of the Meet.

BC has now secured three major awards in the two indoor conference championships it has competed in.

On the women's side, BC secured fifth place and earned medals in three different events, highlighted by freshman Makynna McDonald's

Women's Long Jump conference championship.

BC placed top-three in seven different men's events, garnering 10 different medals and two conference championships with Bailey winning the Men's Triple Jump, and Donningtun Walters securing the Men's Weight Throw in a BC podium sweep alongside King and Hank Tarte.

BC's men's 400-meter distance medley team of Shay Granger, Zyrell Abercrombie, Colbin Hill, and Ethan Carlan placed second to earn all-conference honors.

Senior jumper/hurdler Jaxsen Wilkerson earned second place in both the men's 60-meter hurdles and the men's triple jump, while Cameron Eubanks and King went 2-3 in the men's shot put. Abercrombie, Bailey, Ty Breeze, and Jeffrey McDougald finished third in the men's 4x400-meter relay, rounding out the podium

finishers on the men's side.

In addition to McDonald's conference championship, freshman Akeelah Hurley placed second in the women's 60-meter dash, while Elizabeth Foster secured third in the women's 60-meter hurdles.

Tarte and Anne Herring represented the Tornados on the All-Sportsmanship squad for the indoor season.

*To follow the latest news and updates surrounding Brevard College Athletics, follow the Tornados on Twitter and Instagram @bctornados, subscribe to 'Brevard College Tornados' on YouTube, and follow 'Brevard College Athletics' on Facebook. In addition, follow 'brevardcollege' on Flickr for photos from Brevard College events.*