

## March 2026 Highlight

### Daylight Saving Time Begins March 8<sup>th</sup>

On **Sunday, March 8<sup>th</sup>**, at 2:00 a.m., **Daylight Saving Time** begins. Set your clock time forward by one hour.

Although it is called Daylight Saving Time, no daylight, time, or energy is saved! It should more appropriately be called daylight “shifting” time, as solar noon is no longer near correlation with our manipulated timepieces!

During the months of DST, in the Asheville area, “high solar noon” occurs well after 1:00 p.m. local clock time.

