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**FOR IMMEDIATE RELEASE**

### **DAYLIGHT SAVINGS BEGINS MARCH 11**

**WAKE FOREST, NC – March 5, 2012** – Daylight savings time begins Sunday, March 11, at 2 a.m. Residents are urged to set clocks forward one hour before bed Saturday evening. Clocks are set ahead one hour at 2 a.m. local standard time, which becomes 3 a.m. local daylight time.

The Wake Forest Fire Department encourages residents to use the occasion to replace batteries in smoke alarms, flashlights, and weather radios.

On the first Sunday in November, clocks are set back one hour at 2 a.m. local daylight time, which becomes 1 a.m. local standard time. The next clock change will be Nov. 4, 2012.

Standard time was instituted in the U.S. and Canada by the railroads in 1883. However, it was not established in U.S. law until the Act of March 19, 1918, sometimes called the Standard Time Act. The act also established daylight saving time, which was repealed in 1919, but standard time in time zones remained in law.

During the "energy crisis" years, Congress enacted earlier starting dates for daylight time. In 1974, daylight time began on Jan. 6 and in 1975 it began Feb. 23. After those two years, the starting date reverted back to the last Sunday in April. In 1986, a law was passed that shifted the starting date of daylight time to the first Sunday in April, beginning in 1987. The ending date of daylight time was not subject to such changes, and remained the last Sunday in October.

The Energy Policy Act of 2005 changed both the starting and ending dates. Under the new law, Daylight Saving Time begins three weeks earlier than before, on the second Sunday in March, and is extended by one week to the first Sunday in November. The new start and stop period began in March 2007.

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For more information about the Town of Wake Forest, contact Public Information Officer Bill Crabtree at (919) 435-9421 or [bcrabtree@wakeforestnc.gov](mailto:bcrabtree@wakeforestnc.gov).