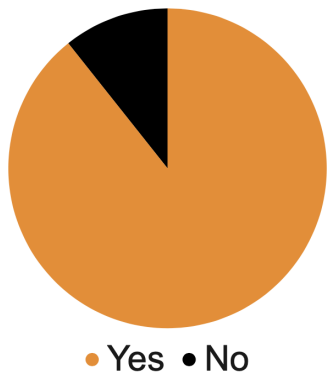


What's Your Opinion?

Should we get rid of Daylight Savings Time?

Out of 28 responses:
Yes -- 25
No -- 3



Next Poll:

Movie Remakes

Should studios stop trying to remake/reboot films?

Students can answer the poll on The Herald's Instagram page, [@astateherald](#). Instagram polls are posted on Mondays. Previous poll results can be found on [astatetheherald.com](#). Have an idea for a poll? Send your ideas to heraldopinion1921@gmail.com.

These and future articles can be found on the Opinion section of The Herald's website.

The sun has set on daylight savings time

CAROLINE AVERITT
LIFE EDITOR



Caroline Averitt is a senior multimedia journalism from Jonesboro.

If you are like me, a college student who can't seem to get enough sleep, the extra hour that comes when the clocks "fall back" may sound enticing.

But those 60 precious minutes come with a price.

Daylight saving time (DST) will end Nov. 5 and people across the U.S., except in Arizona and Hawaii, will set their clocks back an hour.

According to Time, the U.S. was first exposed to DST during World War I, used for the purposes of conserving fuel. The current DST model has been used since 2007.

The Sunshine Protection Act, legislation introduced by Sen. Marco Rubio in 2022, would make DST

permanent throughout the year.

Maybe you have never questioned daylight saving time, but its observance creates confusion and can negatively impact health.

Arizona does not observe daylight saving time, according to USA Today, because an extra hour of daylight in the summer was deemed unnecessary in its desert climate.

Utah, a neighbor to Arizona in the same time zone, does observe DST. This means for part of the year, it is the same time in Utah and Arizona but the rest of the year, the states are an hour apart.

This could lead to scheduling problems, especially for those near the state border who spend time in both states. Having a standard time could help alleviate those issues.

This problem exists within the borders of the state as well. The Navajo Nation observes DST, despite being partially located in Arizona.

Even in a broader sense, travelers or those who work in international relations may experience confusion or frustration when time differences between countries are not consistent throughout the year.

Scheduling can also be thrown off within areas that observe the time change.

According to National Geographic,

groups such as farmers and parents have problems with DST.

Many farmers do not like the time change because it disrupts feeding or milking schedules for their livestock.

Parents often dislike the time change because it means they have to send their kids to school in the dark.

In addition to scheduling confusion, the time change can cause physical and mental health problems.

Circadian rhythms, the body's natural processes that follow a 24-hour cycle, can be disrupted when the time changes. According to CNN, this disruption can lead to cluster headaches or migraines.

The time change can also lead to an increase in seasonal affective disorder, a form of depression associated with the months with shorter days and less daylight.

Many agree the time change causes problems, but want to switch to permanent DST.

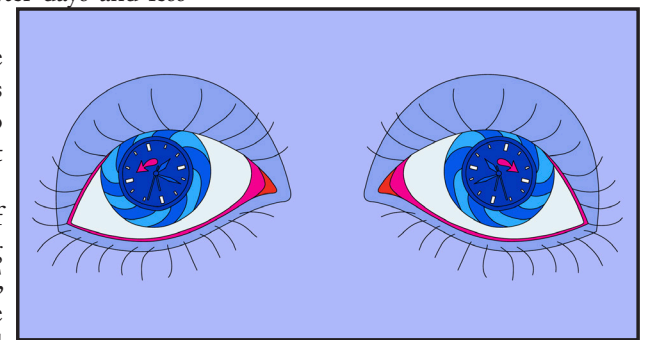
While much of the English-speaking world observes DST, a large portion of the world follows standard

time. Switching to permanent DST would cause the U.S. to not match up with the rest of the globe's time zones.

Some religious groups have a problem with daylight saving time because it disrupts their daily practices. For example, Jewish law requires its followers to pray at sunrise. According to the Religion News Service, permanent DST would cause followers to skip prayers or make them late for work or school.

It's time to stop changing the clocks and start using standard time. It would eliminate confusion, improve health and make more sense overall.

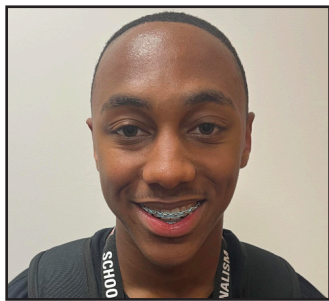
Regardless of how you feel about DST, don't forget to change your clocks this weekend and be sure to enjoy that precious extra hour of sleep.



ARTWORK COURTESY OF DANA DAVIS
Artist rendition of tired eyes after daylight saving time change.

The ACT is not so smart

BENJAMIN MCDOWELL
STAFF WRITER



Benjamin McDowell is a first year multimedia journalism major from Wynne.

American colleges use a multitude of factors to determine student enrollment. The main factor that determines college admissions is the standardized test. I believe this should not be the case.

Whether it is the ACT or the SAT, nearly every high school graduate will have taken one of them before and will probably have a horror story to tell about their experiences.

Most universities have no preference for which standardized test a student takes, but since most at A-State took the ACT, I will be focusing on that.

The American College Test (ACT) is used as a standard to determine if a person is college-ready or not. It is often a determining factor in if a student

is accepted into school or denied admission.

I believe that these standardized tests are not a fair way to measure a student's intelligence or potential.

"The average composite score on the ACT dropped for the sixth-straight year from 19.8 for the class of 2022 to 19.5 for the class of 2023, according to ACT, the nonprofit organization administering the exam. Average English, math, reading, and science scores also declined from 2022 (best colleges)," according to an article from US News.

The ACT does not define a student or their identity as a person. One simple test score has kept students from attending their dream schools because of admission policies or scholarship requirements for the test being high.

A bad ACT score could stop a student from receiving scholarships they desperately need in order to attend school. Their application could be excellent in all other areas but their low ACT takes them out of consideration.

A student with an excellent high school GPA that clearly shows them at the college level may be deemed not "college ready" because of the current standardized testing system.

Test scores do not determine any true information on a human or their

status, but the over-reliance on these tests makes it seem like the end-all-be-all for students.

ACT also does not account for the money students have to pay to take the test. Low-income families often can not provide for their child or children to take the ACT multiple times.

While ACT does offer a waiver for students on free and reduced lunches to get free tests, it only covers four exams. Considering a student can take the ACT up to 12 times, this puts those who can't afford the \$60 test fee after the waiver's been used at a massive disadvantage.

Time limits are another obstacle when considering the ACT. For example, a student may be a slower reader than other students. This student would suffer on the reading portion due to only 35 minutes being given to complete 40 questions. This is on top of having to read four passages, fully comprehend them and then turn around and answer the questions.

Or consider the mathematics section. It has 60 questions and gives students 60 minutes to answer. That's a minute per question and some of the questions, especially those at the back half of the exam, take way more than a minute to complete.

A better system would be to focus primarily on GPA. GPA is a measure of both the work and sacrifice high school students put forth in their classes. College acceptance, scholarships and courses should be based on students' GPA not just their ACT score.

The sooner we can focus on the entirety of a student's high school academic journey, rather than one test, the better off our students and colleges will be.



ARTWORK COURTESY OF MELANIE LAMBRICK
Artist rendition of student taking standardized test.

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