

# The



# LINK

Volume XVI, Number 9, Friday, March 9, 2007

The Mountain Empire Community College official  
weekly employee newsletter

Published by the Office of Community Relations  
Sharon Fisher - Editor • Lana Kennedy - Design

## ART EXHIBIT

The artistic talents of students from nine area high schools are currently on display through March 30 in the Slemp Gallery.

The show includes a number of pen and pencil drawings, oil and watercolor paintings, and pieces such as a paper mache mask, a mosaic using paper materials, and sculptures made from wire. Subjects range from Jesus to Batman, and from everyday items and things found in nature to abstract creations originating from the students' imaginations.

Art is featured from students of Appalachia, Gate City, John I. Burton, J. J. Kelly, Lee, Powell Valley, Rye Cove, St. Paul, and Twin Springs' high schools.

The Slemp Gallery is open from 8 a.m. to 8:30 p.m. on Monday through Thursday, 8 a.m. to 4:30 p.m. on Friday, and 10 a.m. to 2 p.m. on Saturday. It is located in the Wampler Library of Robb Hall.



## COMMONHEALTH WINNER

As part of the Governor's Healthy Virginians Initiative, CommonHealth offered the Plan It My Weigh program last fall. As a result of completing the assessment and post-assessment, **Cheryl Bryington** (Education Support Specialist in the Financial Aid Office) was one of six employees statewide selected in the grand prize drawing to win a \$1,000 VISA gift card.

Congratulations Cheryl!



## RED FOX GRILL BUFFET MENU

Closed for Spring Break.

Will reopen Monday, March 19.

## UPCOMING EVENTS

### John Fox, Jr. Festival

March 21 - 10:00 am - Goodloe Center

### Campus Blood Drive

March 21 - 9:00 - 4:00 - Robb Hall Parking Lot

# FASTips



A weekly feature by the Office of  
Financial and Administrative Services

**O**n the MECC home page click MECC Employees to access travel and purchasing forms and for links to other helpful sites including *DPS State Contract Listing and State Travel Regulations*.

# DAYLIGHT SAVING TIME

Don't forget to turn your clocks forward at 2:00 am on Sunday, March 11.

The main purpose of Daylight Saving Time is to make better use of daylight. DST saves energy because energy use and the demand for electricity is directly related to the when people go to bed at night and rise in the morning. There is also a public health benefit to DST, as it decreases traffic accidents. Several studies in the U.S. and Great Britain have found that the DST daylight shift reduces net traffic accidents and fatalities by close to one percent.

The idea of daylight saving was first conceived by Benjamin Franklin during his sojourn as an American delegate in Paris in 1784, in an essay, "An Economical Project." The idea was first advocated seriously by London builder William Willett (1857-1915) in the pamphlet, "Waste of Daylight" (1907).

Daylight Saving Time has been used in the U.S. and in many European countries since World War I. At that time, in an effort to conserve fuel needed to produce electric power, Germany and Austria began saving daylight at 11:00 p.m. on April 30, 1916, by advancing the hands of the clock one hour until the following October. The plan was not formally adopted in the U.S. until 1918. An Act to preserve daylight and provide standard time for the United States was enacted on March 19, 1918. It both established standard time zones and set summer DST to begin on March 31, 1918. DST was observed for seven months in 1918 and 1919. After the War ended, the law proved so unpopular that it was repealed in 1919 with a Congressional override of President Wilson's veto.

During World War II, President Franklin Roosevelt instituted year-round DST, called "War Time," from February 2, 1942 to September 30, 1945.

On January 4, 1974, President Nixon signed into law the Emergency Daylight Saving Time Energy Conservation Act of 1973. Beginning on January 6, 1974, he implemented the Daylight Saving Time Energy Act.

Under legislation enacted in 1986, Daylight Saving Time in the U.S. began at 2:00 a.m. on the first Sunday of April and ended at 2:00 a.m. on the last Sunday of October. In the U.S., 2:00 a.m. was originally chosen as the changeover time because it was practical and minimized disruption. For the U.S. and its territories, Daylight Saving Time is NOT observed in Hawaii, American Samoa, Guam, Puerto Rico, the Virgin Islands, and Arizona. The Navajo Nation participates in the Daylight Saving Time policy, even in Arizona, due to its large size and location in three states.

On August 8, 2005, President George W. Bush signed the Energy Policy Act of 2005 extending Daylight Saving Time in the U.S. beginning in 2007, though Congress retained the right to revert to the 1986 law if the change proves unpopular or energy savings are not significant.

*Information found at [webexhibit.com](http://webexhibit.com)*

# SAFETY AT WORK

## Safe Lifting Reminders

Post this checklist where you'll see it often.

### DO:

- Plan your lift
- Keep a shoulder-width stance
- Squat - bend the knees
- Tighten stomach muscles
- Maintain your back's natural curves
- Lift with your legs
- Minimize the weight you must lift
- Get help and make use of special handling equipment
- Exercise and limit stress on your back

### Avoid These Back Breakers

### DON'T:

- Bend at the waist or lift with your back
- Twist while lifting or carrying
- Try to lift more than you can handle
- Reach over your shoulders for a load
- Try to recover a falling load
- Pull any load