

2005 -
The Energy Policy Act of 2005 extended Daylight Saving Time in the U.S. From 2007 forward, Daylight Saving Time in the U.S. begins at 2:00 a.m. on the Second Sunday of March and ends at 2:00 a.m. on the first Sunday of November.

1974 -
Due to the oil embargo, President Nixon signs into law the Emergency Daylight Saving Time Energy Conservation Act of 1973.

1942 -
President Franklin Roosevelt instituted year-round Daylight Saving Time from 1942 to 1945 in response to WWII.



Daylight Saving Time

TIMELINE

1883 - Adoption of U.S. time zones brought about by the railroads to standardize their schedules.

1907 - London builder William Willett proposes advancing clocks 20 minutes on four Sundays in April and then retarding them by the same amount on four Sundays in September.

1918 - Following the example of European nations, the U.S. adopts "An Act to preserve daylight and provide standard time for the United States," in an effort to conserve fuel during World War I. The unpopular law was repealed in 1919.



web wonders

Feel like you live in a jungle?
Check out these animals at:

www.giantzoo.com

We know you've been curious.
Find out some fun information on:

www.watertowers.com

A little corny, but you'll have some fun with these arcade games:

www.chibiarcade.com

Help your spelling habits:

www.spellthings.com

Pasta

WITH EASY ALFREDO

1/2 pkg. of uncooked pasta
8 oz. pkg. of cream cheese
1 cup of chicken broth
Cooked veggies (about one cup) broccoli, frozen green peas (which have been thawed) or any veggie your family likes.

Cook pasta. While pasta cooks combine the cream cheese and chicken broth in pan and heat until cream cheese is melted—stirring frequently. Drain pasta. Pour sauce over pasta. Add the cooked veggies immediately. Toss and sprinkle generously with parmesan cheese. Double recipe if needed. Cooked meat such as deboned chicken or shrimp is delicious with this.



Happy
St. Patrick's Day

Brush up on your St. Patrick's Day trivia:

For every 10,000 three leaf clovers,
there is one four leaf clover.

The first St. Patrick's Day parade took place in the United States by Irish soldiers serving in the English military, March 17, 1762.

There are 33.7 million U.S. residents who claim Irish ancestry; nine times the population of Ireland itself.

Kissing the Blarney Stone in Ireland gives the kisser the gift of persuasiveness. Some call it the gift of gab or bit o' blarney.

The most popular boy names in Ireland are Jack and Sean; the most popular girl names are Sarah and Emma.

Find out more at: www.ireland-fun-facts.com

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ON A Budget



Help your money grow stronger with these tips:

- Always save a little extra each month, as much as 5% to 10%. If you direct deposit, put some into savings each pay period.
- Overspend in groceries one month? Deduct from your "out to eat" fund. Keeping a spending diary for one month can open your eyes to where your money goes.
- Take advantage of "No Spend Days." Pick one day a week and do not spend any money!
- Really in the hole?
Cancel things: cable, home phone, internet, etc.



Healthy HABITS

How long do you sleep each night?

Sounds like common sense, but many people don't get the minimum amount of shuteye needed to stay alert. Sleep is vital to good health and to your mental and emotional well being. Make sure you are getting at least seven to ten hours of sleep each night. Kids need more sleep, depending upon their age. Keep in mind that we change to daylight saving time on Sunday, March 13. Go to bed an hour earlier to catch up on that hour of sleep!

"Even when I'm old and gray, I won't be able to play it, but I'll still love the game."

Michael Jordan

