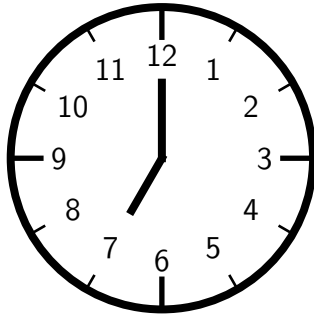Mr. X has a clock in his living room. The time is 7 AM. He knows the minute dial of the clock is 14 cm long and the hour dial is 6 cm long.

(a) Find out the length of the arc swept out by the minute dial when it's $7:30$AM.

(b) Mr. X claims the area swept out by the minute dial and the hour dial when it's 8AM is not the same. Is the claim true?