

Friendship International



MARCH 6, 2026

STORMY SPRING

As we've seen recently, our weather can be all over the place this time of year! Snowing one day, sunny and warm the next. Here in the Midwest, including right here in Lexington, March also marks the beginning of peak severe weather season.

Spring weather can change quickly. Warm air from the south collides with lingering cold air, creating strong thunderstorms. These storms can bring heavy rain, flooding, hail, damaging winds, and sometimes tornadoes. Kentucky sits in a region that is especially vulnerable during the Spring, so it's important for all of us to be "weather aware."

Being weather aware simply means paying attention and having a plan. Here are a few easy ways to be prepared:

1. Stay informed.

Download a reliable weather app and enable emergency alerts. A NOAA weather radio is also a helpful tool, especially at night when you may be sleeping.

2. Know your safe place.

Identify the safest spot in your home. This is usually a basement or an interior room on the lowest level, away from windows.

3. Have a simple emergency kit.

Keep a flashlight, extra batteries, bottled water, and basic first aid supplies in an easy-to-grab location.

4. Practice your plan.

Talk with your family about what to do if a tornado warning is issued. Knowing the plan ahead of time reduces fear and confusion.

Severe weather can feel intimidating, especially for those who are new to this region. But preparation brings confidence. By staying alert and taking a few simple steps, we can help keep ourselves and our families safe this spring. To learn more, [you can view the slides from the severe weather program](#) we had at Friendship a few years ago.



UPCOMING DATES

March 6	Group Wedding Dances
March 8	Daylight Saving Time Begins
March 13	Honoring Our Heritage
March 20	No Friendship
March 27	Easter Story with Jaime Riggs



ST. PATRICK'S DAY

Saint Patrick's Day is celebrated on March 17. It marks the anniversary of the death of Saint Patrick, the patron saint of Ireland. Though he is strongly associated with Irish culture, Patrick was actually born in Britain and later brought Christianity to Ireland.

In the United States, St. Patrick's Day is not an official holiday, but it is observed throughout the country as a celebration of Irish-American heritage. Many people wear green to honor Ireland, also known as the "Emerald Isle," and to join in the festive spirit of the day.

Here in Lexington, the Lexington St. Patrick's Parade & Festival is the longest-running citywide civic event in the city. While St. Patrick's Day falls on March 17, the parade and free festival will take place downtown on Saturday, March 14.

[Click here for more info](#)

In addition to the parade, the festival features live entertainment from Irish musicians and dancers, along with food and craft vendors. It's a fun, family-friendly way to celebrate community, culture, and the beginning of spring.

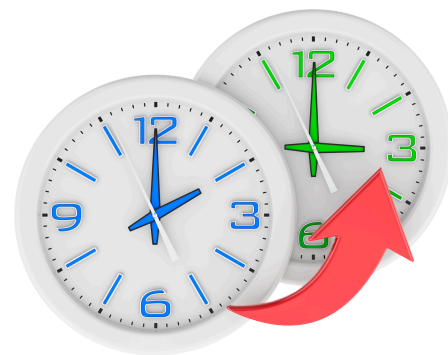
DAYLIGHT SAVING TIME

Each spring, most of the United States moves clocks forward one hour at the start of Daylight Saving Time, often called "Spring Forward." This year, remember to set your clocks ahead one hour before you go to bed on Saturday, March 7, so you'll be on time for Sunday activities.

Most phones, computers, smart watches, and other digital devices will update automatically. However, you'll still need to change manual clocks such as wall clocks, oven and microwave displays, car clocks, and traditional watches.

Why do we change the time? Daylight Saving Time was designed to make better use of natural daylight during the longer days of spring and summer.

While we do lose an hour of sleep Saturday night, the tradeoff is brighter evenings in the months ahead. That means more daylight for walks, outdoor play, and enjoying warmer weather. It's also a great reminder to check the batteries in smoke detectors and review emergency plans as we head into spring.



[MAKE PAPER TULIPS FROM COFFEE FILTERS](#)



[EASY DINNER: CHICKEN CHEESESTEAK SKILLET](#)