

# Friendship International



FEBRUARY 28, 2025

## IN LIKE A LION, OUT LIKE A LAMB

Here in America, we have a proverb we like to say around this time of year, "March comes in like a lion and goes out like a lamb."

I have been hearing this proverb every March for as long as I can remember! The idea is that winter weather roars like a lion when March begins, but is gentle and calm as the temperatures warm up and Spring arrives later in the month. Especially in this part of the country, the idea that this phrase describes the weather is generally pretty accurate!

However, some say the phrase is linked to the stars in the sky. At the beginning of the month, the constellation Leo (the lion) is prominent in the eastern horizon at sunset, while by the end of March, Aries (the ram or lamb) is visible in the western horizon.

Another interpretation ties the proverb to Christian symbolism, where Jesus is referred to as both the Lion of Judah and the Lamb of God.

We probably have not seen the last of winter weather here in Kentucky, and what a winter it has been! However, as I write this, the forecast for our area on March 1 is partly sunny and high of 54 degrees. Maybe we are mostly past the roaring lion part of winter?

There is plenty about winter to be grateful for, but I am truly looking forward to more "mild and gentle" weather in the coming weeks.

Have you heard this phrase before or do you have a similar saying in your home country?



## UPCOMING DATES

February 28	Extended Classes (No Program)
March 7	Fred Nez-Keams - Navajo Flute
March 9	Daylight Saving Time Begins
March 14	No Friendship International
March 21	Scrapbooking Program

## TAKE & MAKE KIDS CRAFT: RAMADAN

Take & Make kids craft kits (with a Ramadan theme) are available for pick up at the Central Library, while supplies last, and are limited to one per customer. For kids 5-12 years old.

**Saturday, March 1st**

Lexington Library:  
Central Branch  
140 E. Main Street  
Lexington, KY



[Click here for the library's website](#)

## LEXINGTON COMMUNITY CENTERS

The city of Lexington operates several community centers located throughout Lexington. Activities offered vary at each center but most include programming for youth and adults.

Click below to access a list of community centers in Lexington and explore what is offered at each location.

[Click here for community center information](#)

## TIME TO "SPRING" FORWARD!

Each spring most of the United States moves their clocks forward one hour at the start of Daylight Saving Time (also referred to as "Spring Forward"). **You need to set some of your clocks forward one hour before you go to bed next Saturday, March 8th to ensure you are on time to your activities the following day!**

Most phones, computers, smart watches and other devices will automatically change. You will need to think about changing clocks like your (not smart) watch, wall clock, oven, microwave, and the one in your car, for example.

What does this mean? Sadly, you will lose an hour of sleep Saturday night, unless you go to bed earlier! 😊 After the time change, the sun will rise later in the morning than it has been and it will become dark later in the evening. This means more daylight in the evenings for outdoor activities as the weather continues to get warmer!



FLOWER PAINTING (MADE EASY WITH A STRAW)



ROASTED VEGETABLE QUICHE