

Friendship International



MARCH 10, 2023

SPRING FORWARD

**DAYLIGHT SAVING TIME BEGINS AT
2AM ON MARCH 12, 2023**

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").

Why do we do this? Some say it began to help farmers have more daylight in warm summer months, while others say it started to conserve light and energy sources. Recently there have been bills proposed in the government to get rid of the time change altogether, but nothing has been passed yet.

So remember to set your clocks forward one hour before you go to bed this Saturday, March 11th to ensure you are on time to your activities the following day! Most phones, computers and other similar devices will automatically change. Think about clocks like your watch, oven, microwave, in your car, etc.

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. The good news is this means more daylight in the evenings as the weather grows warmer!

Do you change the clocks on a schedule in your home country?



UPCOMING DATES

March 10th	Program: Line Dancing
March 12th	Daylight Saving Time Begins at 2AM
March 17th	No Friendship (no school for Fayette County)
March 20th	First Day of Spring

Kid Eat Free (or Cheap!)

Many restaurants in the area offer "Kids nights" where kids eat free (or cheap) on certain nights of the week.

There may be limitations around the offer, such as requiring the purchase of an adult meal, only being available during certain hours, or age limitations, so be sure you understand the offer of each restaurant so that you know what to expect when you go.

The link below from the "Lex Fun 4 Kids" website shows a full listing of all the restaurants in the area who have some type of kids deal! The offers are listed by the day they're available - all restaurants with a deal on Mondays, and so on.

[Click here or the image to the right to see the list.](#)



St. Patrick's Day Parade and Festival

Saint Patrick's Day is celebrated on March 17. It marks the anniversary of the death of Saint Patrick, the patron saint of 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 culture.

The St. Patrick's parade is the longest-running citywide civic event in Lexington.

St. Patrick's Day is on March 17th, but the parade and Festival will be held downtown Lexington on Saturday, March 11th.

In addition to the parade, the free festival includes entertainment from Irish musicians and dancers, plus food and craft vendors

[Click here for more information and a schedule of events.](#)



[EXCITED FOR SPRING! A CRAFT FOR THE GROWN-UPS: PRETTY SPRING MASON JARS](#)



[FEATURED RECIPE FROM THE COOKING CLASS: WARM UP WITH CHICKEN TORTILLA SOUP](#)