

Friendship International



NOVEMBER 8, 2024

WHY DO WE CHANGE THE CLOCKS TWICE A YEAR?

If your home country does not change their clocks twice a year, the practice here in the U.S. probably seems strange to you! Daylight Saving Time, or "DST," is a system used in the U.S. and some other countries to make better use of daylight in the evenings. The idea is to shift the clock forward by one hour in spring to give people more sunlight in the evening and less in the early morning hours. This change lasts from March through the end of October.

It first started during World War I when some countries tried DST to save fuel by reducing the need for artificial light in the evening. Germany and Austria were the first to use DST in 1916, with several more countries after that. Finally, the U.S. followed in 1918.

The U.S. used DST again during World War II, but after the war, the states could choose if they wanted to follow DST and when they changed the clocks! As you can imagine, this could be quite confusing.

In 1966, the Uniform Time Act was passed and made the use of DST more consistent across the country. Now, most states in the U.S. change their clocks at the same time each year, except for two states (Hawaii and most of Arizona) that do not use it at all.

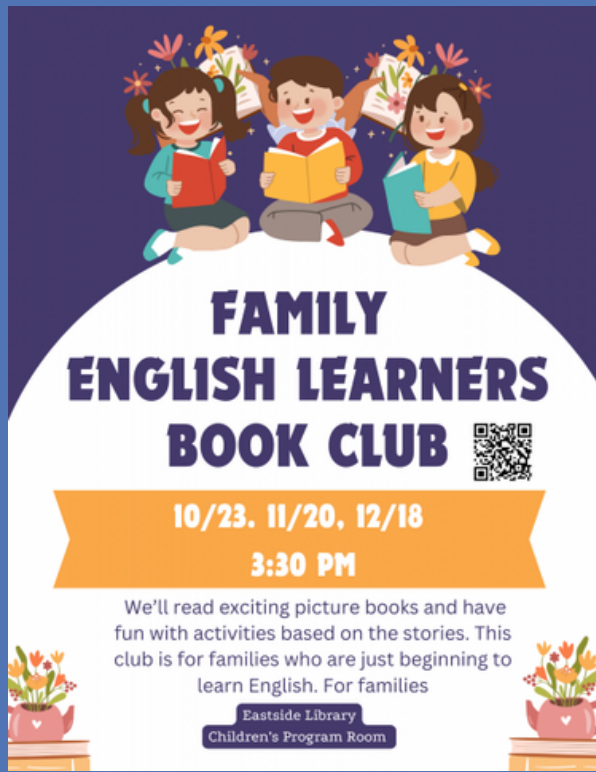
So, to this day, we set our clocks to "spring forward" one hour in March and "fall back" one hour in early November. Recently, some have questioned the need to continue doing this. In 2022, the U.S. Senate unanimously approved the Sunshine Protection Act, a measure that would have made DST permanent across the U.S. (this means we would never change back to "Standard Time.") However, the measure was never brought to a vote in the U.S. House of Representatives.

It's possible it could come back around again. But until that day comes, we will continue to spring forward and fall back each year!



UPCOMING DATES

November 8	What is the Bible? with Julie Tennent
November 15	VisitLEX (guest speaker)
November 22	Thanksgiving Meal
November 29	Thanksgiving Day
November 30	No Friendship International



Family English Learners Book Club

Wed November 20 and Wed December 18

3:30 – 4:30 PM

Lexington Library Eastside Branch

3000 Blake James Drive

Join the Lexington Library's Family English Learners Book Club! You will read picture books and have fun with activities based on the stories. This club is for children who are just beginning to learn English.

[Click here for more information](#)

MORE LOCAL LIBRARY EVENTS

Lexington Library: Eastside Branch 3000 Blake James Drive

Cook with a Book: Turkey Trouble

Sat, Nov 16th, 2-3PM

Visit the library to read a Thanksgiving book and make an edible centerpiece to take home. Each child will have their own materials to work with, while supplies last.

DIY Wood Slice Turkey

Sun, Nov 17th, 1:30-2:30PM

Participants will be given wood slices and other supplies to create their turkey masterpiece. Supplies are limited, so don't be late!

Lexington Library: Marksbury Family Branch

2197 Versailles Road

DIY Candy Sushi

Thurs, Nov 14th, 4-5PM

Stop by the library to make your very own candy sushi while celebrating and learning about Japanese food culture! For families.

Citizenship Class

Mon, Nov 18th, 5-6:45PM

Join instructors from Kentucky Refugee Ministries for this free citizenship class to review for the U.S. citizenship exam. Student must be a Green Card holder for at least 4 years and 9 months. No registration is required.



IF YOU GET SICK THIS FALL AND WINTER
TRY THIS CINNAMON SORE THROAT TEA



PRACTICE THANKFULNESS THIS MONTH AND
MAKE A GRATITUDE BOOK