



for kids
by kids

The facts and fiction of St. Patrick



BY LAUREN MURPHY
Of No Adults Allowed

March 17th is the celebration of St. Patrick's Day. This day, much like Valentine's Day, has an interesting history.

Although he is traditionally associated with Ireland, St. Patrick was actually born in Britain. He was brought to Ireland at the age of 16, went back to Britain and eventually returned to Ireland. He is thought to be the one who brought Christianity to Ireland.

The most famous story about St. Patrick isn't actually true. As part of bringing Christianity to the Emerald Isle, St. Patrick is said to have rid the island of snakes. In reality, fossil records show that Ireland is one of the few places in the world where there were no snakes of any type. While there are certainly snakes in Ireland, now, they were brought by people who kept them as pets.

There are many different

traditions and myths surrounding St. Patrick's Day. A common image is a shamrock, which is said to be a metaphor for how Patrick described the Holy Trinity.

Another tradition is to pinch people who aren't wearing green. This tradition stems from the 19th century. In America people used to celebrate St. Patrick's Day by wearing blue, but Irish people wore green. It was part of how they connected to their homeland and celebrated their heritage. The other thing stemmed from this was pinching people who weren't wearing green. In Chicago, Ill., city leaders pour 40 pounds of green vegetable dye to turn the Chicago River green for several hours.

Remember, there is no wrong way to celebrate St. Patrick's Day: wear a little green, eat corned beef, or try to catch a leprechaun. But whatever you do, remember to keep the true spirit of the day in mind, celebration and fun.

Those snakes? Never happened.

Salty Irish goodness

Growing up, my grandma and I spent a couple of St. Patrick's Days together, especially when they fell on three day weekends. One of the things I vividly remember about those trips was her insisting that we eat something Irish.

We looked through every cookbook until we found something to connect us to our roots: cabbage, corned beef, and potatoes. There were always lots of potatoes. One of my favorite potato recipes is something my dad makes. There are many ways to make Syracuse salt potatoes but this one seems the easiest.

What you'll need:

- 2 pounds of new potatoes
- 1 cup of salt (any will work, we usually use sea salt)
- ½ cup of melted butter
- 1 full adult
- 6 cups of water

Have your adult bring the water to a boil on the stove. While you're waiting for the water to boil, you can wash the potatoes so that they're nice and clean. Do not skin them. Once the water is boiling, stir in the salt till it's dissolved.

Carefully, use the adult to add the potatoes into the salt water. Boil them for about 20-30 minutes. You can tell they're done when a fork will slide in and out of the potato easily.

Help your adult strain the potatoes and let them sit out for a few minutes. While you're letting your potatoes cool off, put the pan back on the stove and melt the butter. Once it's melted, add the potatoes back in and stir them around so that they're coated in butter.

Finally, and this step is my favorite, grab a fork and dig in!



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CORNER

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