



REAL ESTATE, RATES AND RECIPES

MARCH 2004

Service With an Old-Fashioned Touch

Happy St. Patrick's Day

Who Was St Patrick?

Historians generally agree that St. Patrick was born Maewyn Succat in Scotland or Wales, around 370 A.D., to Roman parents living in Britain. It was after being sold into slavery in Ireland as a teenager, and his subsequent

escape back to Britain, that he began his official religious studies.

He returned to Ireland around 432 A.D. as an official missionary, and quickly won the hearts of the Irish through his engaging personality, humility, and tireless construction of churches and schools. He is believed to have died on March 17, around 460 A.D., concluding nearly three decades of service to an adopted homeland which considers him its patron saint.

A Wee Bit About Leprechauns

First of all, leprechauns didn't have anything to do with St. Patrick's Day until American influence made these cranky fellows an easily recognizable symbol of the holiday. It wasn't such a leap since magical fairies use their powers for both good and bad throughout Irish folklore, and leprechauns fall into this general grouping.



Considered to be solitary, two-foot tall, unfriendly, gruff, and strictly male, leprechauns usually wear a green coat, green hat, and shoemaker's apron. Although they prefer to pass their time mending the shoes of other fairies, you may also find them engaged in various kinds of musical trickery in order to protect their much-fabled treasure.

Wear Green!



This color represents Ireland (the "Emerald Isle"), the shamrock, and spring. Just like red is closely associated with Valentine's Day, it seems as though we naturally "think green" when St. Patrick's day comes around.

Facts About Shamrocks

The clover has a long history of significance to Ireland and to some religions. The four-leaf variety has been a good luck symbol since earliest times, and this superstition has persisted in modern times among people of many nationalities. Although the green three-leafed clover, or shamrock, is the national emblem of Ireland and symbolic of the rebirth of spring, this member of the legume family may also be white, red, or yellow.



So after all this talk about green, do you believe the "Original Irish Shamrock" was probably white? That's right. Several encyclopedic sources support this, but DeeDee said my citations were boring. So I'll let you look it up!



*DeeDee Fleming,
Realtor*

Shamrock Milk Mixer

Shake up some shamrocks on St. Paddy's Day and all spring long with this cool mint smoothie.

Makes 1 serving
Prep time: 5 minutes

- 1 cup lowfat milk
- 2 Tablespoons JELL-O® Pistachio Flavor Instant Pudding & Pie Filling
- 1/2 crushed chocolate mint sandwich cookie

Pour 1 cup of milk into a tall glass. Add 2 tablespoons of JELL-O® Pistachio Instant Pudding and stir with a fork to dissolve. Stir in cookie. You can vary the milk and amount of pudding to taste.

Great any time of day-I just had a lowfat version for breakfast!

(courtesy Midwest Dairy Association)

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