

# Seasonal Seasonings

**Steven M. Nesbit**  
Staff Reporter/Dillsburg Banner

Daylight savings time begins this Sunday, March 11, so get ready to spring ahead. We lose an hour's sleep Sunday, but we won't really notice it until Monday morning's alarm clock reminds us that it's still nighttime outside. Ugh! In exchange for the early wakeup call, we get an extra hour of daylight. It'll be nice to see our daylight gradually get longer as summer approaches. In the winter, many of us leave for work in the dark and return home from work in the dark. Soon, we'll see a difference.

On Tuesday, March 20, spring arrives. We say goodbye to Old Man Winter and hello to Mother Nature, who works her magic and awakens our outside vegetation that has slept through the winter. Daffodils and crocus break through the once-frozen ground and lawns will soon begin to become green again.

Green? Did someone say green? What's green and sits on the porch? Paddy O' Furniture! Everybody is Irish on March 17, St. Patrick's Day, right? That cliché might not be too far from the truth. There are 36.9 million U.S. residents with Irish roots. This number is more than eight times the population of Ireland itself (4.5 million).

I'm thinking that after

New Year's Eve, St. Patrick's Day ranks near the top for the most alcohol consumption in a 24-hour period. It's a happy holiday. "Kiss me, I'm Irish" buttons and T-shirts that read, "Irish I was drunk," add to the light-hearted mood of the day. March 17 is a day for fun and revelry. I remember a few nights of drinking green beer during my college days. Never had green beer? A little food dye adds to the festive atmosphere. It's not the beer you'll remember, it will be the spirit of the evening.

A holiday to celebrate the Irish heritage complete with traditional customs like Irish dancing, Celtic music, outlandish parades, food and beverages, shamrocks and leprechauns. Interestingly, however, the first parade held to honor St. Patrick's Day took place in the United States, not in Ireland. Did you know that shamrocks are just Irish clover? Legend says that St. Patrick used the shamrock to explain the Holy Trinity with its three-leaves to represent the Father, Son and Holy Ghost.

One of the more popular stories about St. Patrick says that he went to a hilltop with only his walking stick and chased the snakes out of Ireland. The truth is, Ireland never had snakes to begin with, but it's a good story to tell after a few green beers.

Finally, I'm sorry to say, leprechauns had nothing to do with St. Patrick or the celebration of St. Patrick's



Day, a Catholic holy day. In 1959, Walt Disney released a film called "Darby O'Gill & the Little People." This friendly, happy-go-lucky leprechaun is totally an American invention, but it has quickly evolved into an easily recognizable symbol of both St. Patrick's Day and Ireland in general.

When I was a kid, I thought my heritage was Scotch-Irish. Today, I know my surname goes back to Glasgow, Scotland. You might know that, throughout history, the Scots and the Irish didn't really get along too well. So, to all of the Irish readers, I ask you: Do you know why us Scotsmen bury you Irishmen 12 feet deep instead of six feet deep? Give up? Because deep down, you're good people.

Have a happy St. Patrick's Day! If you imbibe in celebration, be smart and not stupid. Have a designated driver. Sleep over to sleep it off, and please remember, "Friends don't let friends drive drunk."



# In Your Own Backyard



## Olwine Nature Center

**Peggie Williams**  
Staff Reporter/Dillsburg Banner

When the family is suffering from early spring fever, but it's too soon to start the garden, it might be time to head to the Olwine Nature Center. Tucked in next to the Farm Show complex, just behind HACC is 210 acres of Wildwood Park that features a 90-acre lake, pristine wetlands and the Olwine Nature Center.

Built in 1999, the 12,000-square-foot educational facility utilizes the latest green-building technology and is dedicated to the study of wetlands and aquatic life. It's also an opportunity to help everyone understand Wildwood and the role it plays in Susquehanna Valley conservation efforts.

It's a place for children to interact with nature, both indoors and out. Children are invited to check out nature from the inside out by climbing through a tree or enjoying a book in the reading area. With large windows looking over the wetlands, and closely situated bird feeders, it's a great place to get personal with both common species and even some endangered ones.

The center also offers bird-viewing decks, exhibit areas, a laboratory, a weather station, a library, a nature shop and classrooms. If the weather is nice, there are several miles of trails to hike, ranging from easy to challenging. Some are even ADA

accessible. There is also a special event going on almost every weekend.

Best of all, the park, the nature center and most of the events are free.

The park is currently owned and operated by Dauphin County Parks and Recreation, but its history extends for more than a century. At the turn of the last century, land was acquired for a park and, throughout the years, there were riding stables, boating, ball fields and even the Harrisburg Zoo on the site.

But during the 1950s, the park was largely ignored and was even used as a dump. In 1967 it came to the notice of the National Audubon Society and, since then, a dedicated group of volunteers has brought it to its present status as one of Pennsylvania's premier centers for environmental and ecological nature studies, educational opportunities and outdoor recreation.

The park is open from dusk to dawn. The Olwine Nature Center is open Tuesday through Sunday from 10 a.m. - 4 p.m. except for major holidays. For more information and a complete listing of events, visit [www.wildwoodlake.org](http://www.wildwoodlake.org) or call (717) 221-0292.

# St. Patrick's Day, the story behind the celebration

**Katie Brown**  
Student Reporter/Dillsburg Banner

St. Patrick's Day is a time when dressing in green, drinking beer during all hours of the day and eating Irish food are completely acceptable. However, not everyone knows the story behind the celebration.

St. Patrick's Day commemorates the national apostle of Ireland, Saint Patrick, one of the most recognized

figures of the fifth century A.D. As a young, British boy, Patrick was abducted by Irish raiders, thrown into slavery and forced to work for a herdsman. For six years, Patrick worked apart from civilization and the outside world. Lonely and scared, he turned to religion for solace.

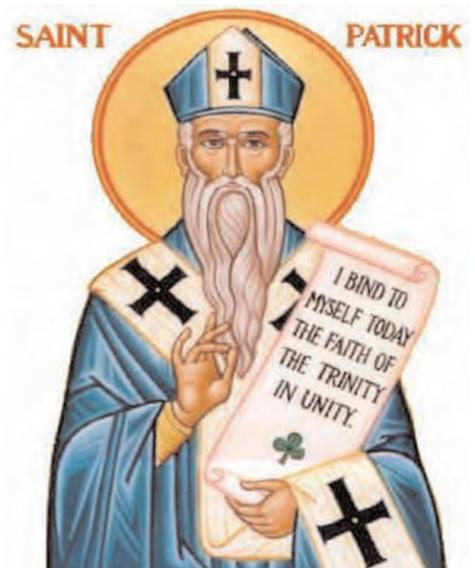
An angel visited him during a dream, directing him to leave Ireland and return to Britain. By what he believed

to be divine intervention, Patrick escaped his captors and left Ireland. Upon returning, he quickly joined a church in Gaul, where he studied to become a priest. Fifteen years of religious training led to his ordination as a priest, where he worked tirelessly to convert the Irish to Christianity. Today he is credited with bringing Christianity to the people of Ireland. Because of his efforts, St. Patrick's Day is

now celebrated around the world.

In the centuries that followed St. Patrick's death, the legends and myths surrounding his life became intertwined with Irish traditions and commercialism. Attending Mass, searching for leprechauns and even buying Shamrock Shakes are now common practices on St. Patrick's Day. Sporting a three-leaf clover is another tradition. According to Irish legend, St. Patrick used a shamrock to symbolize the Holy Trinity.

Regardless of whether you practice these traditions, show off your knowledge and impress those who hail from the Emerald Isle! Slainte!



## Boosting your Child's Immune System

Month after month your child's immune system is being bombarded with poor choices and decreased sleep.

### Sleep

Recent clinical studies have found sleep also to be a crucial part of a properly functioning immune system. Did you know that a sleep-deprived individual's immune system includes patterns of alteration similar to those found in depressed and alcoholic patients?

This chart is a healthy guideline. The most important thing to remember is that good rest is a prerequisite for a healthy immune system.

| Age      | Total Hours Sleep | Naps in Hours |
|----------|-------------------|---------------|
| 6 Months | 14-15             | 3-4           |
| 1-2      | 13-14             | 1-3           |
| 3        | 12-13             | 1             |
| 4        | 11-12             | 0             |
| 5-9      | 10-11             | 0             |
| 10-15    | 9-10              | 0             |
| 16+      |                   |               |
| 8        |                   |               |
| 0        |                   |               |

Some suggested routines to introduce would be:

No TV, VCR, DVD or computer/video games in the child's room.

No homework right before bed.

No over-stimulation the hour before bedtime: avoid TV, computer games; instead play soothing music or have "Story Time" with little ones.

### Good Sense

Evidence shows that washing your hands with soap and water can avoid the spreading of most childhood illness.

If your child has recently healed from a cold, replace their toothbrush or take a moment to clean it in vinegar and water.

### Family Chiropractic

European research shows that 80% of children have misalignments in their upper neck.

Research also shows that regular chiropractic check-ups can boost the immune system from 200%-400%!

Repeated stresses and strains on a young and growing spine may not always cause a big problem immediately, but more often leads to a chronic pattern of dysfunction and other health issues arise. These may include colic, sleeplessness, ADHD/ADD, allergies, autistic spectrum disorder, ear infections, acid reflux, and more.

Your child interprets their lives through their nervous system! Keep it well balanced and stress free through wellness chiropractic!

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