Cold Weather Helped Saint Patrick’s Legend. In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard – according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders ever since. Modern scholars think the “snakes” Saint Patrick drove away were likely metaphorical.

There’s No Corn in that Beef. Corned beef and cabbage, a traditional Saint Patrick’s Day staple, doesn’t have anything to do with the grain corn. Instead, it’s a nod to the large grains of salt that were historically used to cure meats, which were also known as “corns.”

The World Runs Up Quite a Bar Tab. All of the Saint Patrick’s Day revelry around the globe is great news for brewers. A 2012 estimate pegged the total amount spent on beer for Saint Patrick’s Day celebrations at $245 million. And that’s before tips to pubs’ bartenders.

It Could Have Been Saint Maewyn’s Day. According to Irish legend, Saint Patrick wasn’t originally called Patrick. His birth name was Maewyn Succat, but he changed his name to Patricius after becoming a priest.

There Are No Female Leprechauns. Don’t be fooled by any holiday decorations showing lady leprechauns. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys.

The Leprechaun Economy Is Thriving. Another little-known fact from Irish lore: Leprechauns earned that gold they’re guarding. According to legend, leprechauns spend their days making and mending shoes. It’s hard work, so you can’t blame them for being territorial about their pots of gold.

The Lingo Makes Sense You can’t attend a Saint Patrick’s Day event without hearing a cry of, “Erin go Bragh!” What’s the phrase mean? It’s a corruption of the Irish Éirinn go Brách, which means roughly “Ireland Forever.”

Don’t Forget!
March is Save Your Vision Month.
Mar 8 International Women's Day
Mar 10 World Kidney Day
Mar 13 Daylight Saving Time Begins
Mar 20 Spring begins
Mar 30 National Doctors' Day

Log in to ConcordCentral.com to view your Community's Event Calendar!
Coming to Theatres this Month...

Whisky Tango Foxtrot - March 4th
When reporter Kim Barker's life needs something more, she decides to shake it all up by taking an assignment in a war zone. There, in the midst of chaos, she finds the strength she never knew she had. Sometimes it takes saying "WTF" to find the life you were always destined to have.

London Has Fallen - March 4th
After the death of the British prime minister, the world's most powerful leaders gather in London to pay their respects. Without warning, terrorists unleash a devastating attack that leaves the city in chaos and ruins. Secret Service agent Mike Banning (Gerard Butler) springs into action to bring U.S. President Benjamin Asher (Aaron Eckhart) to safety. When Asher falls into the hands of the sinister organization, it's up to Banning to save his commander in chief from a horrible fate.

Zootopia - March 4th
From the largest elephant to the smallest shrew, the city of Zootopia is a mammal metropolis where various animals live and thrive. When Judy Hopps (Ginnifer Goodwin) becomes the first rabbit to join the police force, she quickly learns how tough it is to enforce the law. Determined to prove herself, Judy jumps at the opportunity to solve a mysterious case. Unfortunately, that means working with Nick Wilde (Jason Bateman), a wily fox who makes her job even harder.
Irish Beef Stew

**Ingredients:**
- 2 tablespoons olive oil
- 3 tablespoons all-purpose flour
- 2 pounds beef chuck, cut into 1 1/2-inch cubes
- 1 pound carrots, peeled and cut into 1-inch chunks
- 6 large potatoes, peeled and cut into large chunks
- 1 white onion, cut into large chunks
- 2 cloves garlic, minced
- 2 cups beef broth
- 1 (6 ounce) can tomato paste
- 1 (12 oz) can or bottle Irish stout beer (e.g. Guinness®)
- 1 tablespoon cold water
- 1 tablespoon cornstarch

**Directions:**
Heat the oil in a large skillet over medium heat. Toss beef cubes with flour to coat, then fry in the hot oil until browned. Place the carrots, potatoes, onion and garlic in a large slow cooker. Place the meat on top of the vegetables. Mix together the beef broth and tomato paste and pour into the slow cooker along with the beer. Cover and cook on High for 6 hours or Low for 8 hours. During the last hour before serving, dissolve the cornstarch in cold water and then stir into the broth. Simmer on High for a few minutes to thicken.

Irish Soda Bread

**Ingredients:**
- 4 cups all-purpose flour
- 1 cup white sugar
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 eggs
- 1 pint sour cream
- 1 cup raisins or currants

**Directions:**
Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius). Grease two 8x4 inch loaf pans. Mix the flour, sugar, baking soda, baking powder and salt. Add the eggs, sour cream and raisins or currants, and mix until just combined. Distribute batter evenly between the two pans. Bake loaves at 325 degrees F (165 degrees C) for one (1) hour.
E-Cigarette Safety

You’ve taken the big step to stop smoking and you are using an e-cigarette to help in that journey. While they may be better than tobacco cigarettes, they do have their risks. Since January 2015, there have been over 600 people severely burned and injured in the United States by improperly using e-cigarettes.

*Here are some tips to remember when using an e-cigarette:*

- Never leave e-cigarettes on charge unattended for long periods.
- Do not mix components of different e-cigarettes.
- Only use the charger supplied.
- Ensure you purchase your e-cigarette from a reputable source.
- Test your smoke alarm regularly.