

**Mar Del Plata**  
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## HAPPY SAINT PATRICK'S DAY!

Saint Patrick's day is held in honor of Saint Patrick, the Patron Saint of Ireland who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. Are you Irish perchance? Well, the saying goes everyone is a little Irish on Saint Patrick's Day. Here are a few more classic Irish sayings & blessings”:

- Top of the mornin’ to you...(and the rest of the day to ‘me self!)
- “Erin Go Braugh” is perhaps the most common Irish term you will hear. It means “Ireland Forever”
- May God grant you many years to live,  
 For sure he must be knowing  
 The earth has angels all too few  
 And heaven is overflowing.
- May you be in heaven half an hour  
 Before the devil knows you’re dead!
- May the road rise to meet you,  
 May the wind be always at your back  
 May the sun shine upon your face  
 The rains fall soft upon your fields  
 And, until we meet again,  
 May God hold you in the palm of his hand.
- May your blessings outnumber the shamrocks that grow  
 And may trouble avoid you wherever you go.



## DID YOU KNOW?: CAFFEINE TRIVIA

### March is National Caffeine Awareness Month.

- Caffeine was on the International Olympic Committee list of prohibited substances until 2004. More than 12 micrograms of caffeine per milliliter of urine, about the amount in five cups of coffee, would have been cause for an athlete to be banned.
- The human body can absorb up to about 300 milligrams of caffeine at any given time. Any excess is secreted off.
- Twenty percent of the caffeine you've ingested is dissipated from your body every hour, so it takes about five hours for caffeine to fully leave your body.
- Dark roasted coffees have less caffeine than medium roasts. The longer coffee beans are roasted, the more caffeine burns off during the process.
- A strong cup of tea has about the same amount of caffeine as a cup of filtered coffee.
- Trimethylxanthine is the chemical term for caffeine.
- Seventy percent of all the sodas sold in the United States contain caffeine.
- In its pure state, caffeine is a crystalline white powder.
- Ten grams of caffeine is considered a lethal dose, the same as drinking 80 to 100 cups of coffee in rapid succession.
- Over 450,000,000 cups of coffee are consumed in the United States every day.
- Caffeine begins to affect your body's systems as soon as 15 minutes after it is consumed.



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