

Dolphin Pride

History of St. Patrick's Day and its Growth

By: Shelica Anastari

St. Patrick's Day is celebrated on March 17, the saint's religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast--on the traditional meal of Irish bacon and cabbage.

The one and only **St. Patrick** was born in the later half of the 4th century AD. His birth place is said to be in either Scotland or Roman England. His real name was probably Maewyn Succat. Though Patricius was his romanticized name, he was later known to be as familiar as Patrick. Saint Patrick is the patron saint and national apostle of Ireland. Unfortunately, he was kidnapped and

brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was brought Christianity to its people. After Patrick's death on March 17, 461, the mythology surrounding his life became extremely ingrained in the Irish culture. Perhaps the most well-known legend; is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, also known as the shamrock.

Growth of St. Patrick's Day Celebrations: Now over the course of the next 35 years, Irish patriotism among American immigrants grew rapidly. It led to the rise of "Irish Aid" societies like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes and this actually first became popular in the Scottish and British armies.

St. Patrick's Day Around the World: Today, people of all back-

grounds celebrate St. Patrick's Day, especially throughout the United States, Canada and Australia. Although North America is home to the largest productions, St. Patrick's Day is celebrated in many other locations far from Ireland. These countries include Japan, Singapore and Russia. In today's modern-day Ireland, St. Patrick's Day was traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs should be closed on March 17. Beginning in 1995, things changed, the Irish government began a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world. Today, approximately 1 million people annually take part in Ireland's St. Patrick's Festival in Dublin, a multi-day celebration that features parades, concerts, outdoor theater productions and fireworks shows.



Composting

Steven O'Toole

Composting is nature's own way of recycling. Composting is a great way to turn leaves, twigs, grass clippings, and vegetable food waste into nutrition for your garden or grass. Composting is the most practical way to get rid of your yard wastes. It's easier and cheaper than bagging the yard waste or taking it to the transfer station. Compost can also improve your soil and everything that's growing in it from trees to flowers to vegetables. Compost bins are useful for anyone with trees, flowers, vegetable gardens or bushes.

Anything that was once alive can be composted from fallen leaves, grass clippings, weeds and even the remains of

garden plants all make excellent compost. Wood chips and pieces can be used as mulch or for paths and when they eventually decompose they will make great compost. Kitchen foods like meat, bones, cheese and cooking oils should not be composted. Compost can be used to improve the soil around trees bushes, as a soil improvement for houseplants and planter boxes and as part of a seed-starting mix or "lawn top-dressing". Before they decompose, chipped wood waste makes excellent mulch or path material, after they decompose, these same wood wastes can add texture to your garden.

Industrial composting systems are being used to replace

landfills more and more every year. Treating biodegradable waste before it enters a landfill reduces global warming from fugitive methane; untreated waste breaks down aerobically in a landfill, producing landfill gas that contains methane, a greenhouse gas. The USA is the only Western country that does not distinguish sludge-source compost from green-composts, and by default in the USA 50% of states expect composts to obey the federal EPA 503 rule which was created in 1984 for sludge products management.

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Marathon Animal Rights Society

By: Amanda Cohen

How we treat things that cannot speak for themselves is a true determiner on who we are inside as people. This group is to raise awareness on animal protection. Compassion and empathy are not traits we are born with so we are trying to teach it. – Mrs. Costello.

The Marathon Animal Rights Society was founded by Arianna Arce and Chun Poon, two freshmen who wanted to raise awareness about animal abuse. This group meets twice a month to raise awareness on animal protection and animal welfare.

When asked why they decided to start this club their answers were similar. Arianna explained, “Chun wanted to start a club so we talked and came up with the idea of something to do with animals. We went to Mrs. Costello because we knew that she loved animals.” Chun’s answer was, “I have a passion for animals in my heart.”

I asked all the members why they joined the club Robi Garcia- “Chun told me about the animal cruelty group. I love animals and can’t stand to see them treated

badly.” Sharon Rodriguez- “I like animals and hate to see them get hurt.” Laura Valenzuela- “I get mad at animal cruelty.” Jacqueline Arnett- “I want to save animals and I heard about this club through Arianna.” Victoria Arnett- “Jacqueline told me about the club and since Costello is into animals I knew it would be a good thing.”



“A main factor is going to be bench players always keeping their heads in the game.”

Dolphin Baseball 2011-2012

PJ Palmer and Pat Ryan

The Marathon Dolphins baseball team is on a role this year. Coming off a good season last year, the Dolphins knew it was going to be a tough year after losing key players from the lineup including pitcher Matt McKeon, Third baseman Justin Kornetti and catcher Joey Fernandez. The Dolphins are sitting at a 12-7 record with the season coming to a close. PJ and I took a deeper look into the Dolphins team and got the chance to interview some key players as well as coaches. We asked them all the same questions to see how each one felt about the team:

P&P: How do you feel about the season so far?

Joe: I feel we have gotten off to a good start and if we keep the intensity up, we can win 20 games.

P&P: What are the predictions for this season? **Joe:** I predict we will make a run at conference play and win all the games spring break.

P&P: Come game time is everyone well prepared?

Joe: Before the game, people like to have fun and joke around but come game time, its no-nonsense.

P&P: What have we gained or lost since last year?

Joe: We gained leadership and we lost an awesome pitcher.

P&P: What’s a main factor that’s going to make this team win?

Joe : A main factor is going to be bench players always keeping their heads in the game so that when they get called on their ready.

Drew: The seasons going good, but we need to see

some more live pitching. **Drew:** I think we will win Districts if we keep our focus up. **Drew:** Yes there is some playing around but by game time it gets serious. **Drew:** We’ve gained trust with each other and better bat’s. **Drew:** Team work, staying focused, hard work and dedication.

REPEAT QUESTIONS

Yoni: Pretty good

Yoni: Win District

Yoni: Sure

Yoni: We gained PJ, lost Matt.

Yoni: Hitting.

Leal: Its been a good season we got off to a good start.

Leal: Have a good season and we should win 15 games.

Leal: Yes

Leal: We have gained PJ Palmer. We also gained good team chemistry.

Leal: Addition of PJ Palmer.





The Facts About Wind Energy Will Blow You Away

Micaela Maeder

Wind energy is electrical energy created utilizing the power and force of the wind captured through the use of wind turbines or windmills.

Energy created by harnessing the power of wind is a growing segment in the energy industry. "Wind Farms" are created in remote areas or off shore in the ocean due to lower land / lease costs; and, they may consist of several hundred wind turbines that are connected to a power repository for specific uses.

The excess energy is often sold to utility companies that helps offset costs of these wind farms.

Offshore wind farms are growing because they can harness more frequent and more power-

ful winds land based wind farms than those of . Also, offshore wind farms have little or no effect on the environment and have no other utility or better use than for this purpose.

To date, wind energy is only considered a supplemental form of energy. The intermittency of wind is problematic to satisfying continuing and ongoing demand. Also, the cost of wind energy is a factor. Costs of energy created by wind are comparable or greater than energy created through the use of fossil fuels. The reasons for this are related to the cost of storage during the generation and hold period; smaller supplies to sell result in lower purchase

prices; the inconsistency of the supplies related to the intermittency of the wind; and, electrical grid improvements to support wind turbine electric generation. Finally, another hurdle for the acceptance of wind energy as an ongoing viable source of power is related to bird mortality. For many, this is an unacceptable side effect of wind-generated power. The lawsuits and protests from naturalists that, both delay energy production and encourage legislation, also serve to increase the costs of this form of energy.



ECO-AUTOS and the American Way Brendan Sterns

Being stuck in traffic is a pain for many people. Its also a problem for the environment. Many car companies though are creating eco friendly cars that can start to help the environment and stop using fossil fuels. There are many hybrid cars that are starting to turn around the automobile industry. The J.D Power Associates have chosen their top thirty eco friendly cars. They are the Acura RSX, Chevrolet Aveo,

Chevrolet Cobalt, Ford Escape Hybrid, Ford Focus, Ford Focus Wagon, and many more. There are also cars that are sporty yet still functional. Many cars are being outfitted with eco buttons. They can make any car into a green machine. By doing this they take away some of the performance abilities of the cars. They can reduce the speeds of the cars and cause the transmission to transition much faster.



The Florida Panther

By: Alexandra Ramberg

Florida's state animal is the Florida Panther, unfortunately there are only about 80 panthers left in the wild. Over half of the population wears radio collars because they are part of the Florida Panther Recovery program. In 1967 the Florida panthers were placed on the endangered species list.

The Florida Panthers are threatened mostly by the destruction of their habitat, they also suffer from automobiles and genetic defects their young get because of extensive inbreeding. Every day the panthers face a threat, yet thankfully there are people

trying to help these outstanding creatures.

Over the years several things have been done to protect the panther. In 1974 the Big Cypress National Preserve and the Fakahatchee Strand State Preserve were made and over 645,000 acres of panther habitat are protected. In 1981 the U.S Fish and Wildlife Conservation Commission made the Florida Panther Recovery Plan to prevent extinction. In 1982 the Florida's schoolchildren had adopted the Florida panther as the state's mammal.

There were, and still are many processes that are

going on to help the Florida panther. Just because you don't see it every day doesn't mean it's less important. If the panther were to become extinct it would no longer be Florida's state mammal, eventually people would begin to forget about it. It's animals like this that we need to keep around, imagine your children growing up not knowing what a panther was, or even animals such as the giraffe or elephant. That's what our world is becoming; it's time to start treating it right and making the world a better place, for everyone's sake.



Eco-Friendly Cleaning Products

by: Robi Garcia

Having a sanitary home is an essential in life, but most people aren't aware how much damage their cleaning products are doing to the Earth. 4.5 billion pounds of chemicals are being made into cleaning products and a million pounds of that is being thrown away. The "house waste" is being put into the water and affecting many species. There are many other products that can be used to clean homes and cars.

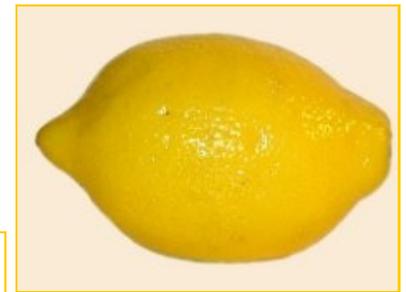
The brand *Simple Green* makes eco-friendly cleaning products that aren't very expensive or a

hassle to clean with. Their products vary from bathroom cleaners to tire cleaners and they are all green (not affecting the environment). The bottles that contain the products are biodegradable. The products are not tested on animals; they are non-toxic and are made of 100% natural resources.

If you can't afford the *Simple Green* products you can always make your own eco-friendly cleaning products with common household items. Lemons are the most acidic food and work to kill most common household bacte-

ria. Cornstarch can be used to clean windows and polish furniture. You can also make your own all-purpose cleaner with vinegar, baking soda and water. You can get rid of bathroom mold with hydrogen peroxide and water.

These effective homemade cleaners will save you money and help to save the environment during a time that we are putting 26% more pollutants into the air than ever before. When cleaning or looking to help protect the Earth remember "Think globally, act locally."





Irish Recipes

Drinks- Irish natural lemonade.

Lemon juice from 5 lemons
 1-1/2 cups of sugar
 3 cups of water
 A lemon sliced in wedges
 Green food coloring

Directions: Have a container to mix ingredients with, add all and mix well, add the green coloring for a St. Patrick's Day appeal. Add lemon wedges to the lemonade.

Appetizer- Wild rice stuffed mushrooms.

1/4 cup uncooked wild rice
 2 tablespoons olive oil
 1/2 medium onion, diced
 2 cloves garlic, minced
 2 cups chicken broth
 2 cups grated parmesan cheese
 6 oz fresh white mushrooms

Directions: Hollow out mushrooms and set aside. Boil rice and set aside. Cook all other ingredients and mix with the rice. Stuff each mushroom with the ingredients and place on a greased baking sheet. Brush them with butter cook for twenty minutes at 350 degrees.

