



iRish
newsmagazine

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St. Patrick

Ever Present, and
Looking Forward



What's the News? Sold Out!

Our 1st ever **iIrish Express** **Tour** of Ireland in June is **SOLD OUT!** After three years in a row of cancelling due to COVID, Lordy this is going to be FUN – Bloomsday watch out ... Sixty Knuckleheads in the iIrish News are going to experience soo many amazing high lights and high places – who knows, maybe we will see Garth Brooks too ... Despite the fact that Winter is coming, a fine balance is coming too – Valentine's Day (yes, I do love you) and Irish Heritage Month (I love you even more) are in sight. If your organization has not sent their St. Patrick's Day Honorees to us yet, Janie Mac, get movin'; jobrien@iirish.us please. We need

their bio and high-resolution pic – that you own, by February 8th. Cleveland Irish Columnist Francis McGarry is launching a fascinating new project about mapping the Irish in Greater Cleveland. We cannot wait to see the fruits of his already significant labor. I look forward to his column every month, with the below the surface dig and real insights on who, and why. Read all about it, on page 12-13.

See the What's the Craic?, Taking the Fields of Glory, and so much more within for all the craic, and the details too. Just as we begin the celebrations around Irish Heritage Month, the events are beginning this month too. What's the Craic ~ Out & About iIrish America is on pages 16-18.

Delighted to join iIrish Columnist John Myers, who is speaking on The Good Friday Agreement, during the celebrations at the West Side Irish American Club's GOAT Festival March 9 – 12. I'll be speaking on Michael Collins, as we commemorate the 100th anniversary of this magnificent Irish leader's horrible loss to an assassin, never found. Oh, what would Ireland, and the world, be like today, had he not fallen?

John wrote about the extensive number of this and other very meaningful anniversaries being

celebrated/commemorated this year, in his January Donnybrook column. You can read that again Here (or cut and paste www.iirish.us/2022/12/31/donnybrook-285-years-ago/). This month, John writes about the very exciting appointment (finally) of new Special Envoy to Northern Ireland, Joseph Kennedy III, on page 8.

iIrish is so proud to provide a \$1,000.00 scholarship to Bluestone Charities this month, to support students entering the priesthood. The demands made of mere men are super high, the scrutiny even higher. Yet, the vast majority strive to be of service, good trouble, and live their life of service with love, compassion and positive impact. My life is proof.

iIrish is made in America. We have always been green, and are proudly Irish, all year long. But ... Irish Heritage Month is almost here. Our staff are so looking forward to the Cleveland, Akron, Columbus and Pittsburgh Parades and parties. I better get one of those Apple watches to count our steps. If you see us, please say hello, share your ideas, and our posts, as we too, strive to be of service and impact.

Nuair a stapann an ceol, an damhsa déanann an amhlaidh

(When the music stops, so does the dance)

John

Ohio Rose of Tralee Update

The Ohio Rose of Tralee will not have a Selection to send a Rose to Tralee this year. If you recall, Ohio (along with Chicago, New York, Philadelphia, San Francisco and Texas) was named as one of six U.S. Centres starting in 2019 to send a Rose two out of three years. Ohio's year "off" was to be 2021, but because of the two-year Covid hiatus, it is now 2023. Every Centre world-wide will have had or will experience at least a two-year period with no Selections, with the majority having a three year gap.

We will also have our float in the Saint Patrick's Day Parade, thanks to Colleen Dunn & the City of Westlake. •



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About Our Cover:

St. Patrick's View of Clew Bay on Croagh Patrick, Co. Mayo.

Photo by Scott MacGregor





Know Your Numbers: Keeping Your Heart Healthy this February

Roses are red. Violets are blue. February isn't only for Valentine's Day; it's Heart Health Month too. Heart Month is recognized nationally every February to remind Americans to focus on their hearts and encourage them to take initiative with their own health and wellness.

According to the most recent study from the American Heart Association, cardiovascular disease, including heart disease and stroke, remains the leading global cause of death, causing more than 17.6 million deaths each year. While heart disease is the leading cause of death for men and women in the United States, it is often preventable. Taking action to prioritize your health and understand the symptoms of poor heart health can help you save your heart.

Knowing your numbers is one great way to be proactive

in keeping your heart healthy. In fact, by regularly checking your numbers and keeping your family history in mind, you can know whether your heart is at an increased risk for heart disease.

So, what does it mean to know your numbers? For starters, keeping tabs on your blood pressure can help you know whether you're keeping your heart healthy. Blood pressure is tracked by the force of blood against your arteries when your heart is beating or at rest. Ideally, your numbers should be less than 130/80 mm Hg to avoid hypertension (high blood pressure).

Tracking your blood pressure can indicate whether you are at risk for heart health issues and cardiovascular diseases, such as strokes, heart attacks or even heart failure. If you are at risk, this knowledge can help you take steps to prevent any of these ailments.

Cholesterol

In addition, knowing your

cholesterol levels, which includes LDL (bad cholesterol), HDL (good cholesterol) and Triglyceride (fat) levels, is key. In particular, the higher your LDL and Triglyceride levels are, the more likely you are to be at risk for a heart attack or stroke.

This is because these numbers indicate the possibility of your artery walls narrowing due to fatty build up. In contrast, healthy HDL levels, or the 'good' cholesterol, may protect against stroke and heart attacks. To check your levels, your primary care physician will order a blood test to measure the amount of each type of cholesterol in your blood.

BMI

Blood sugar and your body mass index (BMI) are two additional numbers to know to ensure you are keeping your heart healthy. Blood sugar is the amount of sugar (glucose) in the blood. Too much glucose in your blood can cause pre-diabetes or Type 2 diabetes,

which are conditions that can lead to heart disease. Your BMI is dependent on your age, weight, sex and height, making it important to get yearly health screenings to make sure you are at a healthy weight. Failing to manage your BMI or weight can lead to an increased risk of obesity, which can, in turn, lead to an increased risk of heart disease or other cardiovascular issues.

If you are concerned about your heart health or are unsure of your numbers, schedule an appointment with your primary care physician to discuss your risk. Don't let candy hearts be the only hearts you focus on this month. Prioritize your cardiac health by getting your numbers checked. Knowing what your numbers mean is a crucial step towards maintaining a healthy heart and preventing cardiovascular disease.

Wes J. Holiday, DO, is a board-certified interventional cardiologist for Mercy Health – Lorain. He graduated from the Michigan State University College of Osteopathic Medicine and completed his internship at Beaumont Hospital Farmington Hills. He completed his residency at Beaumont Hospital and two fellowships – one at Beaumont Hospital in 2010 and one at St. John Hospital in 2011.

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Sassy's Sweets
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Actually

Looking back at last year, already Christmas is in the rearview mirror. The changing of the year is arbitrary, man made, but, just like objects in the rearview mirror, it feels further away than it actually is.

Time has that relativity. Holidays and such are so charged that they create their own biospheres. They recede reluctantly into memory and occupy more space than the actual passage of time that they represent.

That is kind of how it seems with many things that rest on the landscape of emotion. That idea includes how we feel about a place.

Many people talk about how much they love Ireland and connect to it.

What is that? It is a beautiful place and that never hurts when it comes to creating a favorable connection.

I remember finding it pretty, but pretty forbidding too. I think that it was all that gray. I like a rainy-day break as much as the next person, a chance to enjoy indoor pursuits without regret.

But incessant rain is another category completely. The gray soaks and becomes the landscape on those days. Beyond beauty and weather, I think that there is something else that strikes a chord in many tourist too.

Landing in Ireland, one thing that was immediately apparent was that it was a bit behind the times, at least in contrast with the non-Amish United States. I could write a solid page on the things that I couldn't get there thirty years ago.

Of course, that is "small stuff", but it felt indicative of where the culture was at then. However, a few weeks in, I didn't miss a thing. And later on, I was delighted that I was free from some of the things that I thought were important to me.

By then they had me. Instant

nostalgia had enveloped me in its cozy Aran sweater.

It was never just things either, but the way that people behaved. Neighbors came and visited. People seemed much more grounded and direct than many in my experience.

There was a lot of laughter and small talk that felt so charming and uncomplicated. I had that lovely feeling that I fit right in; sure, I was a Yank, but I had that idea that I could go anywhere, Connecticut Yankee and kind of "aw shucks" my way into any society.

Gobshites

So many Americans feel that simplicity can cut to the heart of any other culture on earth's society; that there are simple fundamental truths that we know and can share. That naiveté is our Achilles' heel. We are as the Irish would say, gobshites, as far as sophistication goes.

In so many things, Europe has it going on. We know that when they want to, those people can summon a level of craftsmanship, often specialized in locations, that we just don't have the chops for.

Calm down, I am not knocking things made here in the U.S., we have our own kind of ingenuity. But when I am looking at a clock, for example, I want German or Swiss. I want that deep level of engineering, know-how, craftsmanship and whimsy that go into those type of things.

And so be it, we have Swiss chocolate, English raincoats and on and on. We still look to European goods when we want quality.

So, what is the Irish specialty? What could it be but words? Words survive deprecation and poverty. The Irish have carried them with them shaped and manipulated them into their own creations. Hundreds of years of skilled writing and oration have made them verbal Olympians.

Like many cultures, the Irish live in each other's shadows. Getting along together is a survival skill, and you need to know when to hold them and when to fold them, as Kenny Rogers would say.

Bless Your Heart

The Irish person does not directly share exactly what they think. Just like the Southern lady who damns with the faint praise of rhetorical

fluff, using words like "sweet" and "bless your heart," be wary of what is being said to you.

"Their decades of familiarity, which seemed like a comfort at the beginning ... weave themselves into an impenetrable thicket: its layers obscure every action and every motivation till they're near indecipherable to an outsider ... This effect is deliberate and practiced, an elementary and natural precaution," said Tana French in *The Searcher*.

We tend to see the world in terms of surface, and they see it in layers. Those layers including who you are, what you might want, and what you might do in the future. The words that sound casual are carefully chosen to keep you in exactly the correct box.

What we forget is that in Ireland lies centuries of navigation around colonizing prigs, rapacious landlords, traitorous neighbors, and a legal system that was not always just. There is an inherent canniness, fluid intuition, call it what you will, but ability to size things up both quickly and accurately. In that we are mere amateurs.

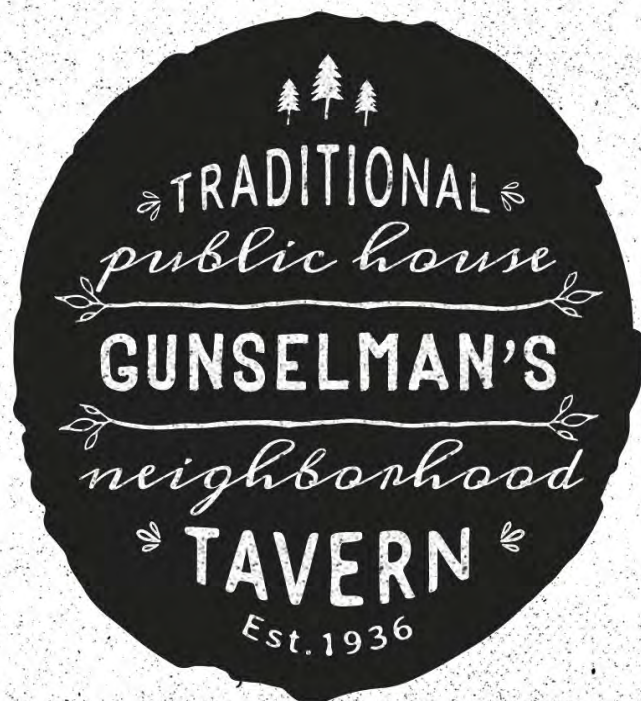
This is not meant to be off-putting, merely preparation. Don't be silly and cynical, play the game. Anytime when you know you are out of your depth, be prepared, bring your water-wings.

Surely the most innocent seeming farmer at the side of the road, giving you directions, is going to have it all over you, probably even get in a riddle or two before he is done. Smile, it is all relative, and will be in the rearview soon enough.

Lisa O'Rourke is an educator from Akron. She has a BA in English and a Master's in Reading/Elementary Education. Lisa is a student of everything Irish, primarily Gaeilge and runs a Gaeilge study group at the AOH/Mark Heffernan Division. She is married to Dónal, has two sons, Danny and Liam, and enjoys art, reading, music, travel and likes spending time with her dog, cats and fish. She can be contacted at olisao7@icloud.com. Please send any Akron events to my email!

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SUSAN MANGAN

Wonder

When all the others were away at Mass
I was all hers as we peeled potatoes.
They broke the silence,
let fall one by one . . .
Cold comforts set between us,
things to share
Gleaming in a bucket of clean water . . .
So while the parish priest at her bedside
Went hammer and tongs at the
prayers for the dying
And some were responding and
some crying
I remembered her head bent
towards my head,
Her breath in mine,
our fluent dipping knives –
Never closer the whole rest of our lives.
–“Clearances III” by Seamus Heaney

As I so often do before I write, I gather ephemera: bus tickets from an unexpected journey through the streets of Dublin, Christmas cards from 1977, tattered novels from 1942, and hand copied poems torn from composition books. These things, and I do not use this vague word things lightly, inspire me whereas others may toss them into the bin as a hinderance to clear thought.

The bus tickets and train passes, pamphlets for art exhibits, scribbled notes from old boyfriends, and love letters written for me by my children raise my consciousness. Surrounded by this ephemera and cold cups of coffee undrunk, I am reminded of unplanned opportunity, spontaneous affection, and hope.

In February, we are well into the new year. Unattainable resolutions have been thrown in the metaphoric bin along with the clutter of the previous year. There exists, however, that collection of ticket stubs to a Harry Styles concert, a receipt from a wine tasting in the Finger Lakes, a yellow Post-It Note reminding you of a book title that a clerk in a bohemian bookshop in Chicago deemed the best read of the year.

In essence, you have saved remnants of joy. Oftentimes, joy is not found, but rather manifests from moments that simply arise from the mundane act of living. Granted, it takes money and some degree of planning to score a front row seat at a Harry Styles concert; however, I know a certain hair stylist working in New York City for fashion week who took a chance at a solo ticket and found herself front row at the said concert.

Serendipitous moments cannot be predicted logically or statistically. They simply happen and one must be open to chance.

As I age and my daughter grows older, I have experienced serendipitous events that have connected both her and me to my mother. My mother was practical: a planner, a nurse, and later a hospital administrator. Despite her herculean effort to balance work, life, the care of others, she was always open to laughter and lived with a child's heart.

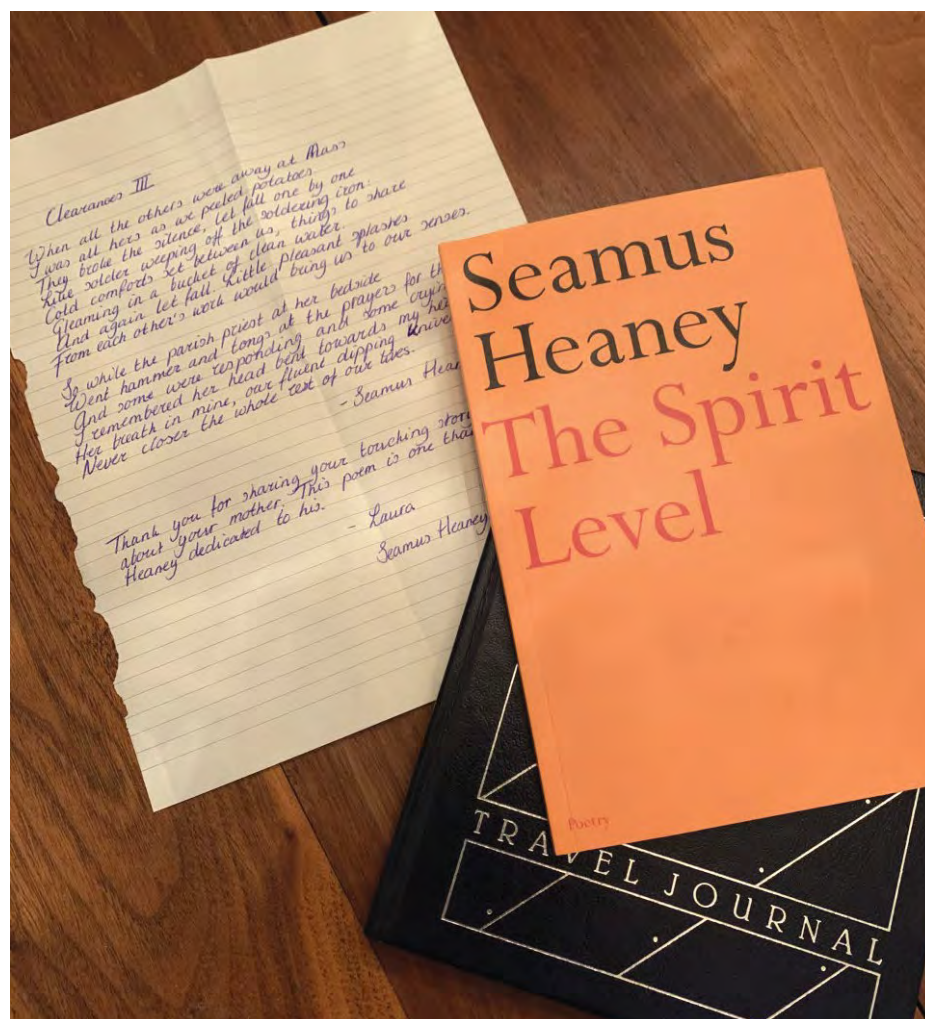
In later years, when time and money allowed, my mother traveled, as did her mother. Now Mim, my grandmother, traveled all corners of the globe, riding camels in Egypt and elephants in India; my mother's travels were a bit more modest, but she did have the opportunity to tour part of Europe.

Travel Memories

Over the years, she kept her travel ephemera in a brocade suitcase. Stacks of photographs, tour bus itineraries, even a prix-fixe menu from a bistro in Provence are all zipped within this suitcase, a treasure trove of things. After she died, my father and I found this suitcase in the shed. He was ready to throw it, contents and all in the trash, until I unzipped the case to reveal two decades worth of travel memories.

Before my daughter embarked on her first solo trip abroad, a semester in London, she and I sealed our memory of my mother with a symbol of a blackberry. The blackberry, as I have written many times before, was central to my mother's last words to me. I once wrote of the poet Heaney and his connection to the blackberry as a symbol of youthful promise, but also of the often-disheartening reality of life.

For my daughter and me, the



blackberry stood for Mema; and so, her spirit followed us to London, reminding us of her presence one Sunday morning in a shop in Marylebone, where a poem I read following her death appeared unbidden on a bookshelf.

During the spring, my mother's love for unexpected adventure followed me along a tram route in Dublin City, where I saw advertised an exhibit dedicated to the life and work of Seamus Heaney. Here I was gifted with a handwritten note from a librarian curating the program.

With an open heart, I shared with this kind stranger the story of my mother, my daughter, unexpected journeys, life changing news, and the symbol of Heaney's blackberry. She in turn shared with me Heaney's Clearances III, a poem about the love between a mother and her son, and simple moments filled with hidden grace.

This past summer, my daughter traveled to Italy. On the same day that she texted me a photo of herself in which she is standing amid sulphur-rich hot springs in a Tuscan

pool, I found another image in my parents' home on Crooked Lake linking our journey: hers, mine, my mother's.

Stored beneath old crossword puzzles, skeins of yarn, and knitting needles, I uncovered a forgotten travel journal dating back to my mother's first trip to Italy many years ago. Holding my daughter's image in one hand and the journal in another, I wept over this newly acquired piece of ephemera; I wept for the promise of youth, the beauty of maturity. Once again, my mother found a way to assure me that our worlds are indeed inexplicably connected in surprising moments of wonder. ●

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John Tyndall

John Tyndall was one of the greatest of the 19th century scientists. He was born in Leighlinbridge, Co. Carlow on August 2, 1820. The Tyndall Centre for Climate Change Research, The Tyndall National Institute, The Pic Tyndall Summit on the Matterhorn in the Alps, there are also several Mount Tyndalls, Tyndall's Glaciers and craters on the Moon and Mars are named in his honor. There is even a color named for him, Tyndall Blue.

In Leighlinbridge, his early education was acquired at hedge schools. These were small, secret and illegal schools that taught the children of "non-conforming" religions, Catholic and Presbyterian, the basics of education. Classes were held in homes and sometimes, when weather permitted outdoors, in the hedges so to speak.

Hedge School

Tyndall was fortunate to have an excellent teacher, John Conwill, who made sure he had strong foundations in math, English composition, drawing and surveying. After completing his studies with Conwill,



he took a job as a surveyor for the Ordnance Survey of Ireland.

Tyndall worked in Carlow, Youghal and Kinsale until 1842, when he was transferred to the English Survey and relocated to Preston. In Preston he worked during the day and attended night classes at Mechanics Institute.

He took a position as a mathematics teacher at the Queenswood School in Hampshire in 1847. There, along with chemist Edward Frankland, Tyndall established the first widely used school teaching laboratory.

The following year, Tyndall and Frankland travelled to Marburg, Germany to study for the newly formed PhD degree. He earned his degree after two years and returned to England, once again teaching at Queenswood.

The Royal Institution in London offered him the Professorship of Natural Philosophy in 1853. He accepted the position and later became Superintendent, in 1867.

His position at the institute called for him to give lectures to the general public. This was a task he excelled at; he was able to take complex scientific topics and explain them so that the average layperson could comprehend them.

Tyndall became well known and sought after as a speaker. In the 1870s, he toured America, delivering his lectures to packed venues.

Why is the Sky Blue

Tyndall's scientific interests included the study of heat, sound, light and environmental phenomena. We know why the sky is blue because of Tyndall's explanation of the scattering of light by small particles in the atmosphere. That color we see in the sky on a clear day is Tyndall Blue.

Tyndall corresponded with Louis Pasteur and resolved a debate that was occurring in biology at the time. He was able to prove that spontaneous generation of life did not occur, and that bacteria or germs did exist. Then he set to work on a method to destroy bacteria in food. The process known as Tyndallisation is more effective than Pasterisation.

Tyndall made many scientific discoveries in different fields. He invented the first fireman's respirator. He became an avid mountaineer and glaciologist. It was that love of the mountains and glaciers that led him to study the effects of heat retention on gases like carbon dioxide and water vapor.

Earlier work had established that the earth's temperature was higher than expected, but it was thought to be the result of the atmosphere acting as an insulator. Tyndall found the correct explanation in what we now call the greenhouse effect.

Greenhouse Effect

He wrote: "Thus the atmosphere admits of the entrance of the solar heat, but checks its exit, and the result is a tendency to accumulate heat at the surface of the planet." He recognized that any change in the amount of carbon dioxide in the atmosphere could change the climate.

Research has shown that Tyndall was unaware of the work of an amateur female scientist in the United States named Eunice Foote. She had been able to prove that carbon dioxide could absorb heat three years prior to Tyndall's experiment in 1859. She even suggested that an increase in carbon dioxide would warm the planet.

Warnings about the dangers of a warming planet are not new, nor is the science behind them. It seems as a species we are more inclined to be concerned about our immediate needs and wants than what we leave

for our children.

At the end of the first quarter of 2021, when the three largest U.S. oil and gas companies were announcing their earnings (down because of the pandemic), investors once again were asking how the companies viewed the climate policy landscape. Exxon-Mobil CEO Darren Woods stated: "We are committed to providing products to help customers reduce their emissions."

This year there was very little talk of climate when CEOs announced massive profits and investors were far more interested in share buy-backs and dividends allowing shareholders to benefit from the profits, which is why we invest in the first place.

The oil and gas companies have been accused for decades of denying climate change and launching their own deflection campaigns in an effort to discredit the science. It is always more profitable to do business as a company has done then to attempt to change.

With the war in Ukraine, oil prices rose, making energy do a complete reversal from two years ago. It is now the best performing sector on the S&P 500 Index that has seen valuations rise.

Unfortunately our futures and our children's futures are taking second position to our immediate needs and wants. Who's to blame: President Biden, Putin, the oil companies? Until we are ready to do something about this universally, politicians, consumers and energy companies it will remain this way. I can't help but think back to one of my favorite comic characters from the newspapers, Pogo. "We have met the enemy and he is us." •

Bob Carney is a student of Irish language and history and teaches the Speak Irish Cleveland class held every Tuesday at PJ McIntyre's. He is also active in the Irish Wolfhound and Irish dogs organizations in and around Cleveland. Wife Mary, hounds Rían and Aisling and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com

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TERRY FROM DERRY

TERRY BOYLE



Good Grief

Winter is a strange time of the year. It's been even stranger since we moved to Southern California. After sixteen years of Chicago winters, the desert sunshine has certainly changed my mind about winter. I can still see snow but it's miles away on top of the mountain tops.

If there's a nip in the air, it disappears once the morning sun rises. Wintertime here is a haven for snowbirds. Canadians and mid-westerners flock to the desert to escape the cold. Far from their native habitat, they divest themselves of their winter clothes and live as though it's summertime. It's common here to hear people say 'another day in paradise.'

But paradise is rarely ever the happy-go-lucky place it's made out to be. The Palm Springs area attracts an older population, particularly an older gay demographic, and it's easy to see why. Having a larger community allows you to feel safer, there are a lot of amenities available to cater for your own particular needs, and you're close enough to larger urban centres should you miss city life.

However, there's another very real part of life here that is felt more than said, this place is where gay men and women to come to retire and pass on. The retirement part of that phrase is the said part, the passing on is more felt since no one wants to talk about death.

Samuel Beckett's play Quad comes to mind whenever I think of the morbid subject of death. Actors clothed in robes walk around a centrepiece square, never touching it or each other. They walk slowly, or faster as though dancing around this square.

As with most of Beckett's work, the subject of avoidance of our final demise is prominent. Death is never

openly engaged with. We deal with it theoretically, treating it with detachment, avoiding the reality of its sting until its inevitability finally hits us. It's then we become like the passenger in Emily Dickinson's poem, 'Because I could not stop for death', wondering why death 'kindly stops for me.'

In the past few months, a few of my friends have lost their spouses to death (his carriage seems to be quite full these days with unsuspecting passengers). Death creates a little tremor (an appropriate metaphor for those of us living on the San Andreas Faultline), that makes you feel as though the ground below is not as secure as you thought.

Those who have passed might be younger or slightly older, but all within your age range and suddenly, you can see death's carriage somewhere on the horizon. Death is never an easy subject to discuss simply because no one wants to think of finality, the endpoint, yet it is something that we have to reckon with sooner or later.

One aspect of death that fascinates me is the grieving process. Grief is so individual. You cannot predict how someone is going to react to the loss of a loved one. Yes, you can cite the five stages of grief (denial, anger, bargaining, depression and acceptance), but how these things play out in an individual's mind is anyone's guess. Some people seem to be able to accommodate their loss easier than others.

The whole process of grief is not only to have us come to terms with loss, but it should also give us a healthier view of life. If, like me, you live in a population that is made up of retired people, death comes a calling more frequently than if you live in a community made up of different age groups.

In this community, you get used to hearing about the paramedic visits, ailing health and close calls with death. You know that it's only a matter of time before someone you've passed the time of day with is no longer there.

Retirement communities are a visual aid for death. Someone who was once here no longer exists. And while this perpetual reminder of our morality can strike a note of fear and dread, I think it should do the opposite. We are here but such a

short time that we should make the most out of our lives.

It's at this point you'd probably expect a reminder of how to leave a lasting legacy. I'm wary of those who talk about investing yourself in good things so as to be remembered for being a good person. I do believe that we can improve the lives of others and that we should always actively do so, but I'm wary of the motivational speech that prioritizes the legacy part of good works.

Most of us will not be remembered for very long. It is a fact of life and death. Unless you have a lot of money and can afford to have your name put on a very expensive building, you're going to be forgotten after a few generations.

The remembering part should not be the reason to do good things. It doesn't matter if you're remembered. What is more important is that your life has improved the lives of others. Whether you're remembered or not is immaterial, doing good will make

you feel better about yourself.

Death comes to us all, but before we get into his carriage, we should live in a way that makes us feel alive. I remember just before my mother passed, she reached out to me and said 'your time will come' (my mother was forever the realist), and I thought, you're right it will come.

Her words didn't strike fear into me, but rather made me think about my life. Death can make you brave. Facing your mortality can make you realize that what people think of you is not as important as what you think of yourself.

People are fickle. You could be the flavour of the week or not. Death can give you the strength to live in a way that is more authentic to who you are. When it comes to death, you're on your own so make good with life.

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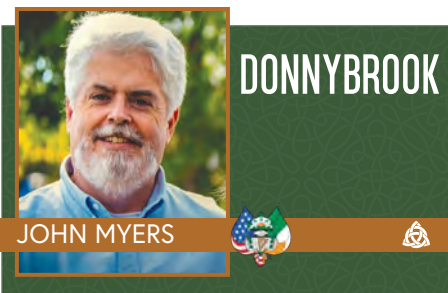
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United States Special Envoy to Northern Ireland

President Biden has appointed the grandson of Robert and Ethel Kennedy, Joseph P. Kennedy III, to be the United States Special Envoy to the North of Ireland. Kennedy, 42, most recently served as a member of Congress from the Commonwealth of Massachusetts.

Kennedy took a hefty risk and left his safe house seat to run in the 2020 Democratic U.S. Senate



Joseph P. Kennedy III

primary, losing to incumbent Sen. Ed Markey in a close campaign, earning the unwelcome distinction of being the only Kennedy to lose an election in the Massachusetts Bay Colony. His Father, Joseph P. Kennedy II and his uncle, President John F. Kennedy, served in the House of Representatives from Massachusetts as well.

His Cousin, Patrick Kennedy (Sen.

Ted's son), served in the U.S. House from Rhode Island. And, of course, his three uncles, Jack, Bobby and Ted, served in the U.S. Senate.

Joe will be joining other family members in diplomatic public service, notably his grandfather and namesake, Joseph P. Kennedy, who was FDR's Pre-War Ambassador to the Court of St. James (United Kingdom); and his aunt, Jean Kennedy Smith, was President Clinton's Ambassador to Ireland in the lead up to the 1998 Good Friday Accord.

President Biden's Secretary of State, Anthony Blinken, announced: "Today we are announcing the appointment of Joe Kennedy III as the U.S. Special Envoy to Northern Ireland for Economic Affairs. In this capacity, he will focus on advancing economic development and investment opportunities in Northern Ireland to the benefit of all communities, as well as strengthening people-to-people ties between the United States and Northern Ireland. His role builds on the long-standing U.S. commitment to supporting peace, prosperity, and

stability in Northern Ireland and the peace dividends of the Belfast/Good Friday Agreement.

Joe has dedicated his career to public service, including eight years in the U.S. House of Representatives, tenure as Massachusetts Assistant District Attorney, and service as a Peace Corps Volunteer. He will draw from his extensive experience to support economic growth in Northern Ireland and to deepen U.S. engagement with all communities.

"In parallel, U.S. diplomats in Europe and Washington will continue to engage with political leaders on efforts to restore the Northern Ireland Executive and to resolve differences on the Northern Ireland Protocol."

AOH National President Danny O'Connell offered the following statement of support: "The Ancient Order of Hibernians, the largest Irish American organization in the United States, welcomes the appointment of Joseph P. Kennedy III to the role of U.S. special envoy to Northern Ireland. In selecting a former U.S. Congressman, who is

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the son of a congressman, grandson of a U.S. Senator, and great nephew of a U.S. President, the President has clearly shown the importance that the administration places on the role of the U.S. Special Envoy, sending a clear message of the ongoing U.S. commitment to the peace and prosperity of the community of Northern Ireland.

“We note that it was the Congressman’s father, Congressman Joseph P. Kennedy II, who introduced H.Con.Res.49 in 1993 calling for the establishment of a Special Envoy to Northern Ireland. We thank President Biden for appointing a highly qualified candidate and sending a clear message on U.S. interest in Northern Ireland and its continuing progress to lasting peace with justice.”

Wigs on the Green

This would be an apt description of the current battle royale in the usually staid halls of Buckingham Palace. It may not have dawned on American actress Megan Markle until after the royal fairy dust settled from her \$40 million dollar wedding to Prince Harry that HER Prince was only sixth in line to the Windsor Throne, even after the death of England’s longest service monarch, Queen Elizabeth of the Royal Germanic family line of Saxe-Coburg-Gotha. Harry may not have shared that he had a greater chance of ascending to the throne of his grandfather, Phillip Battenberg’s (later anglicized to Mountbatten), claim to the Germanic Scholostorg-Holstein-Sonderburg-Glucksburg throne in Denmark or Greece than to anything at Windsor Castle.

But all’s well that ends well. Harry and Megan were worn out trying to get by on the ‘salary’ of a mere public servant, but soon realized that ascending to the role of The Royal Kardashians was where the true hard cash lay. The Windsor family cult was much more bankable than the threadbare thrones of Denmark or Greece.

The inheritance from Harry’s mother’s addiction to celebrity and revelatory leaks to the Fleet Street Press was much more lucrative than the dreary and dodgy lifestyle of a mere back bench Royale. Just like Jed Clampett, “folks said:

move away from there, Californy is the place you ought to be, so they loaded up the truck (Gulfstream IV) and they moved to Beverly, ... Hills that is, swimmin’ pools and movie stars.”

Yes, we are expected to accept the yarn that they moved to Hollywood to escape gossip and the limelight (lol). But it was much easier to take lunch on Rodeo Drive with Netflix executives who reportedly paid the Royal Kardashians \$100 million for their time, and easier for Harry to share some spa time with the publishers, who reportedly paid him a \$40 million dollar advance for his ghost-written memoir, “Spare”, the fastest selling book in U.K. history.

The royalties will likely be on top of the \$40M. All good, since they will not have their Royal salary anymore, and they could pay cash for their \$14.65 million Santa Barbara Mansion and avoid a mortgage.

The couple reportedly feel very much at home, as their “dear friends” Ellen DeGeneres and Oprah, live just around the corner. Curious to know if Harry, as an immigrant, had to stand in line to get a green card to do all this work in the good ol’ U.S.A.?

Additionally, Megan and Harry claimed they moved to sunny California for security reasons, but many are suggesting that Harry, offering details that he had killed twenty-five Taliban while in uniform in Afghanistan, in his book exposes the Royal Kardashians to retaliation from some nasty folks with crazed, armed adherents looking for missions of martyrdom.

Of course, coming at high prices, but Brexit, the death of QEII, the lower popularity of Chuck and Cam (what is a ‘Consort’ anyway?), the loss of any mystery revealed through the tv series, The Crown, and now this Battle Royale, will only further beg the question of Loyalists in the North of Ireland: What are you being loyal too? Time to go; long live the Republic.

Back to the Future

Its back to the future in the Irish Republic; true to the two historic Treaty Parties, Fianna Fáil and Fine Gael’s 2020 agreement, FF Taoiseach Micheál Martin has handed off the role of Taoiseach

(Prime Minister) of the Dublin coalition government to Fine Gael’s Leo Varadkar. Varadkar, was previously Taoiseach from 2017 to 2020.

Varadkar formed a coalition government with archrival Fianna Fáil party in 2020, with the understanding that Martin would be the Taoiseach the first two years and Varadkar the second two years. Given the agreed nature of the change of leadership, no remarkable changes in government are expected.

Irish Times columnist Breda O’Brien recently wrote, “Our two major political parties are virtually indistinguishable on every large issue. A self-satisfied certainty that all right-thinking people think exactly alike prevails. There are minor differences between Fianna Fáil and Fine Gael but even the most devoted party hack would be hard-pressed to find significant ideological differences.”

Varadkar, Ireland’s first multi-racial Taoiseach and first openly gay Taoiseach, worked for much of his career as a doctor. Waiting in the wings is Sinn Fein’s Mary Lou McDonald. Time will tell if this reconstituted coalition government lasts its full two remain years. Regardless, sooner or later, Sinn

Fein is well positioned to challenge the status quo.

Groundhog Day

While it is Groundhog Day in the North of Ireland, the continued stalemate has kept the Northern Ireland Assembly from meeting, due to Loyalists boycott of the legislature. Loyalists continue to boycott the Assembly until they see an end to the Northern Ireland Protocol (Irish Sea Border issue). The new year did not get off to a hopeful start when British Foreign Secretary and the Northern Ireland Secretary excluded Sinn Fein from negotiations.

Sinn Fein offered the following statement: “In an extraordinary turn of events last night, we were informed that the British government is excluding the Sinn Féin Uachtarán and party leader Mary Lou McDonald from today’s meeting ... This is a time for inclusion, dialogue and engagement. There is serious and urgent work to be done. This is a time for mature and civil politics. There’s no room for bad faith and petulance from the British government.” •

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| 12th– Daylight Savings Time Begins | 22nd– 47th Cleveland International Film Festival begins |
| 13th– Irish American Club East Side Monthly Meeting | 29th– April Issue of ilrish hits the street #ilrish #LiveMoreLifeBeMoreIrish #IrishAmerican |
| 14th– Gaelic Storm and The High Kings @ Goodyear Theatre Akron | |





MEGAN LARDIE

kids CRAIC

Love is in the Air

Who was St. Valentine

There is a great deal of debate over how Valentine's Day started. Its beginnings did not celebrate with love, flowers, and chocolate, like it is today. The identity of St. Valentine is not clear either.

It is believed that Emperor Claudius II executed two different men, both named Valentine, on February 14, in two different years in the third century (so a really, really long time ago). One of the Valentines that was killed is believed to be a priest who was arrested for not following a law that said soldiers could not be married. It was believed that he was marrying couples in secret.

Another belief is that this priest or another priest with the same name, ended up falling in love with one of his female visitors and started to write her love letters. This priest sent the woman one last letter before he died and signed it, "From your Valentine." Of course, none of this has ever been officially verified.

What's Love Got to do With It

Over time, Valentine's Day has become more of a holiday about romantic love, possibly due to the stories about the priests that had been passed on and on, or more likely, from poets such as Geoffrey Chaucer and William Shakespeare. Chaucer wrote a poem sometime

between 1380-1390 called, "The Parlement of Foules," which is about birds that come together on St. Valentine's Day to pick a mate.

William Shakespeare is also famous for his love stories and refers to St. Valentine's Day in three different works. Shakespeare wrote most of his famous works from 1589-1631. Again, all of this was a really, really long time ago.

Hallmark Holiday

So how did Valentine's Day become what it is today? By the 18th century, many friends and lovers would exchange small gifts and love notes on Valentine's Day. Due to the industrial revolution of the 19th century, printed Valentine's Day cards became the hot new thing! In 1913, (not so long ago) Hallmark Cards of Kansas City, Missouri began mass-producing Valentine's Day cards, and the rest is history.

What is Love

However St. Valentine's Day started; love is the central theme. Love is not just about romantic love between two people, it is also about love for your family, love for your friends, and even love of yourself. When you truly love someone, you want to care for them and make sure they have what they need. Sometimes it may mean sacrificing your own needs to make sure they get what they need. •



kids in the kitchen

Strawberry-Chocolate Greek Yogurt Bark

Ingredients:

- 3 cups whole-milk plain Greek yogurt
- 1/4 cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 1/2 cups sliced strawberries
- 1/4 cup mini chocolate chips

Directions:

Line a rimmed baking sheet with parchment paper. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces. •

LITERATURE CORNER



The Giving Tree by Shel Silverstein

My favorite book! This is a classic story for all ages about how one shows unconditional love for another.

Wherever You Are:

My Love Will Find You by Nancy Tilman
Love is the greatest gift parents give their children. It is the one gift, no matter where they go in the world, they can always take with them. For ages Birth-5, 32 pages. •



Lardie's Laughs

Q. What flower gives the most kisses on Valentine's Day?

A. Tulips

Q. What did the refrigerator say to the magnet?

A. I find you very attractive!



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Mapping Cleveland

Culture is the shared values, ideas, concepts and rules of behavior that allows a social group to function and perpetuate itself. It is the dynamic, evolving, socially constructed reality that exists in the minds of social members, the social glue that allows members to communicate and work effectively together.

The focus of anthropology is the study of culture. History is the study of past events. The combination of the two, is ethnohistory or historical ethnohistory or various other terms that attempt to better articulate the

approach of a historian of culture.

This historian spent the past holiday break working with my son on his statement of purpose for graduate school. The young McGarry is now in Cambodia, collecting samples to test arsenic levels in rice. Aunt Irene is proud, but there is clearly confusion beneath the surface. I know in my heart of hearts she wants to ask what arsenic is and why anyone would put it in their rice.

“The San Francisco treat” in my family is trying to explain time zones. The entire time I lived on the West Coast, my more aged family folks would call and apologize if they had just awoken me. It was all just a ruse on their parts to cover the complete misunderstanding of time and location. When the chance arose to explain intranational times zones and the international date line, the

smart ones went to the pub.

This corresponds to the recent discussions with the people at Social Explorer and their introduction to Mapping Historical New York, and it has given cause for me to make my own statement of purpose and focus the research of this article, so that it may prove to be more productive and a historical resource as we move forward in the study of the Irish in Cleveland, and Cleveland itself. I shall endeavor to complete such a statement of purpose at this point.

In terms of data, my research shall include the facts, figures, and statics in the US Census from 1850 to 1950. It will not dismiss the census of 1840, which set the stage for the history of the Irish in Cleveland and for my research, helping recognize aspects, both of the migration of the Irish to Cleveland and their internal

migration once here, that I wanted to explore through further research and data compilation.

In order to record an accurate and detailed history of the Cleveland Irish, research needs to extract data from each census that identifies listed inhabitants according to the certain categories: age, gender, place of birth, parents' place of birth, occupation, marital status, and year of naturalization. It is understood that data can shift to reflect, for example, political change.

The place of birth once referred to as Irish, then the Irish Free State, is more recently listed as the Republic of Ireland. It is also understood that supplemental data will be added as it becomes available. Including more data only serves to further historical conversation, and it ensures that all possible information is available for

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the historians that follow us into the future.

It is also my intention to develop a codable algorithm and incorporate it into the analyzing and recording of data. The Census has all the data, we need to be able access that 1850s data in a 2020s technologically applicable approach so that data may be analyzed and visualized over time.

Social Explorer (www.socialexplorer.com) begins to illustrate how much of an asset and advantage it is to be able to visualize aggregate data. It is a new site that begins to allow the researcher to combine comparable analytical data enumeration, both on macro and micro data inquiries. If you are familiar with pivot tables in Excel, then you already understand part of what Social Explorer is attempting to contribute to demographic studies. Social Explorer already has census data as their research data set; it up to the researcher to select their comparative data sets. That gets us headed in the right direction.

This is research that has already been completed for this article. We have looked at Ward 5 in 1860; we have looked at 1880 wards in downtown Cleveland; we have looked at Wards 24, 25, and 27. That data is already in Excel sheets and created the pivot tables for the previous data analysis in this article. Social Explorer will assist us in completing that component with a more efficient and more accurate hermeneutical tool.

Our research spreadsheets remain more flexible and active for comparable studies. We can determine which categories to include while being able to track those categories to their source.

We will work with Social Explorer for better integration.

It was Social Explorer that made the connection to Mapping Historical New York (mappinghny.com). It is the next step and literally a new and ongoing approach to our research. Mapping Historical New York is a project based at Columbia University that was begun in 2018. It is as new as research gets, and they are just beginning their work.

"Mapping Cleveland" will utilize a similar approach to a living map, an interactive visual, conveying

the history of Cleveland that is a tool allowing for both a horizontal and a vertical understanding of time. Using this type of model, the historical lens has a vertical perspective through the vertical layers of "the map" while maintaining horizontal relationships and perspective. The mapping tool is as versatile as the data it processes.

That is the plan. I will transition the raw data from the US Census into a digitally interactive database. Components of population cohorts will be able to be visually analyzed over time and space, as both historic periods and cohorts of those periods and as cohorts as expressed over time. Mapping the historical data of Cleveland that will be available to all future researchers of the past. •

Francis McGarry holds undergraduate degrees from Indiana University in Anthropology, Education and History and a Masters in Social Science from the University of Chicago. He is the Executive Director of Bluestone Hibernian Charities and proprietor of McGarry Consulting. Francis is a past president of the Irish American Club East Side. He is the founder and past president of the Bluestone Division of the Ancient Order of Hibernians.

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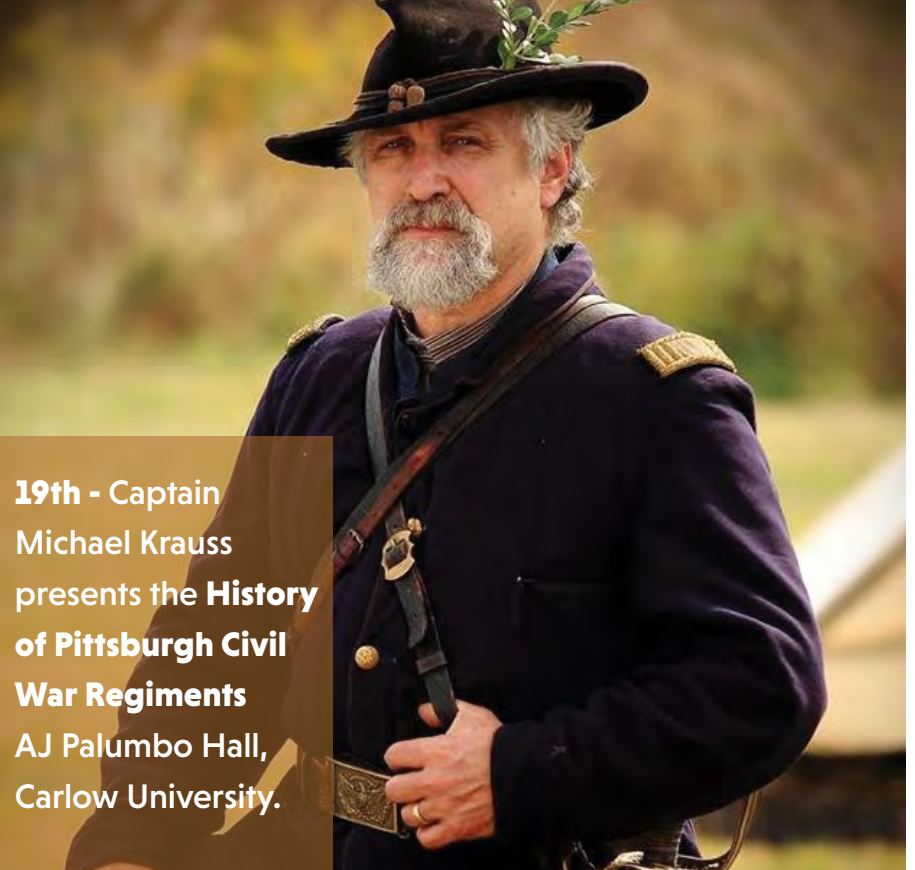
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19th - B&O Station Banquet Hall 530 Mahoning Avenue, Youngstown, 44503 12:00-4:00. Only 150 tickets will be sold, \$15. Children's soda bread contest. Contact mvirishfestival@gmail.com

indiana

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No events sent to us Mon: Open Irish Music Session 7ish; Tue: Open Old Timey Music Session 7ish; Wed: Open Mic - 7:30pm - 9:30pm, sign-up 6:30pm. 127 North Main Street South Bend, IN. 44601. 574.232.2853 FiddlersHearth.com
Hotels open near us.

Continued on page 18



sessiúns:

Gormley's Pub - 2nd Sunday of the month, 5 to 8. 19500 Center Ridge Road, Rocky River, OH 44116

The Magic Tree Pub & Eatery - 3rd Sunday of the month, 5:30 to 7:30 7463 South Avenue, Boardman, Ohio 44512

The 1035 Club - 1st Saturday of the month 1-3. 1035 Bridge Street upstairs, Ashtabula, OH 44004

The Harp - 1st Friday of every month, 9pm 4408 Detroit, Cleveland 44113

Otie's Tavern - Tuesdays 7-9. 5344 Center Street, Hilliard, OH 43206

Logan's Irish Pub - 3rd Wednesday of the month, 7:30 414 S. Main Street, Findlay, OH 45840

Plank Road - Thursdays 7 - 10. All ages and experience welcome 16719 Detroit Road, Lakewood, OH 44107

Spoon Market & Deli - every Thursday, 7-9 PM, all are welcome, 144 W Liberty St., Wooster, OH 44691

Dempsey's - Fridays: 8-10. 346 S. High Street Columbus, OH 43215

Irish Language Classes:

Introductory to intermediate level, Tuesdays, 6:15 -8 p.m.
P.J. McIntyre's Irish Pub 17119 Lorain Road, Cleveland, OH 44111

Introductory to intermediate level, Thursdays 7:00 p.m.,
745 Pleasant Ridge Avenue Bexley, OH 43209

traditional Irish social dance opportunities:

Tuesdays 8-10 pm, set dancing lessons, St. Clarence Church, North Olmsted, OH. 44070

Tuesdays 8-10 pm Lessons @7:15. Sessiún Musicians, Dance Caller w/ Pittsburgh Ceili Club. Mullaney's Harp & Fiddle Strip District Pittsburgh, PA. pittsburghceiliclub@gmail.com;

Wednesdays 7-9 pm set dancing lessons: Irish American Club - East Side Euclid, OH;

Thursdays 7:00 - 9:00 (except Mtg nights) Ceili Dancing. West Side Irish American Club, Olmsted Twp, OH. 44138 info: manningrince@aol.com.

CeiliClubCleveland@gmail.com





Left to right: Division Financial Secretary Joe Casey; division President, Joe Gill, volunteers Patty Schuck and Judy Sack and State Pro-life Chairman, Dave Manley.

Ancient Order of Hibernians Division in Medina, Ohio Supports Birthcare of Medina County

The Ancient Order of Hibernians (“AOH”), Irish Brigade Division #1 of Medina County recently presented a check to Birthcare of Medina County. The Hibernian brothers collected money at their Christmas party in December, specifically to assist this agency. Birthcare’s mission is to provide emergency assistance and sympathetic support to families with young children to help assure their safety, warmth and health.

The Ancient Order of Hibernians in America is an Irish-Catholic men’s organization that was founded in New York in 1836 and currently has members located throughout the United States. For more information on the AOH, contact their division Organizer, Tony Manley at 440-292-7497 or tonym92979@sbcglobal.net.



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OUT & ABOUT IRISH AMERICA

Continued from previous page

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GAELIC ARTS SOCIETY OF PITTSBURGH

19th – History of Pittsburgh Regiments in the Civil War presentation by Michael Kraus, Curator, Soldiers & Sailors Memorial, Captain 116th Pennsylvania Volunteer Infantry. 2p.m. Followed by Trad. Tea Social. A.J. Palumbo Hall of Science & Technology, Carlow University. Fifth Avenue @ Craft Avenue (free parking across the street). pghgaelicarts@gmail.com.

RILEY'S POUR HOUSE

No Events sent to us. 215 East Main Street. Carnegie, PA 15106 rileyspourhouse.com

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No Events sent to us Sat: Live Music starts @7:30. For up-to-date music sched: Facebook: @mullaneysharpandfiddle 2329 Penn Avenue, Pittsburgh, PA. 15222 Harpandfiddle.com

PITTSBURGH GAA

No Events sent to us. Contact PittsburghGAA for more info: Secretary@PittsburghGAA.com pittsburghgaa.com

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Division 21 William R. Murphy (Garfield) No Events sent to us.
Division 23 (Lawrenceville) No Events sent to us.
Division 32, Sean McBride (Carnegie) No Events sent to us.

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Arriving at the Port of New York

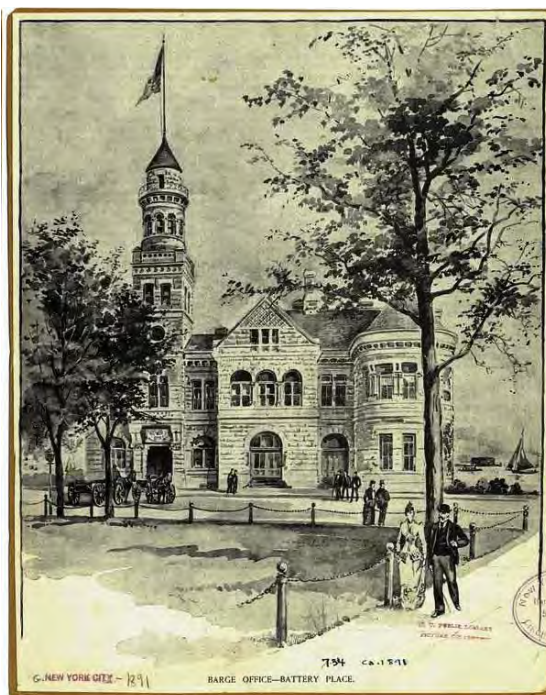
Many people think that if their Irish ancestors arrived through New York City that they were processed through Ellis Island. While many thousands were processed through Ellis Island, it was not the only place where they could have entered the city. In fact, Ellis Island was only one of three immigrant-processing stations for the port of New York. Where your Irish ancestors were processed depends upon their date of arrival.

Neither the state of New York, nor the Federal Government, performed any immigrant processing prior to 1855. In those days, the arriving immigrant merely got off the boat at the dock and then walked directly into the city. After epidemics of typhoid and small pox swept the city, the state of New York decided that immigrants should be screened for diseases. The state also wanted to protect the immigrants from criminals who were preying on them as soon as they arrived.

In 1855, the state of New York opened an immigrant processing station at Castle Garden. This location was an old 1812 military fort known as Castle Clinton. It sat at the southwest tip of Manhattan Island in an area known as Battery Park. It had been built to protect the harbor, but it was vacated by the army in 1821 and given to the city.

In 1824, the city renamed it Castle Garden and it was an entertainment center, beer garden and opera house until 1854. In 1855 the state took over the facility for use as the processing center for all arriving immigrants.

Castle Garden was used from August 8, 1855 until April 18, 1890. During those thirty-five years, an



estimated eight million immigrants were processed through Castle Garden.

National Immigration Laws

On August 3, 1882, Congress passed the first comprehensive national immigration law. The law gave the federal government authority over the regulation and processing of immigrants. Initially, the federal government went into partnership with the state of New York and allowed the state to continue processing at Castle Garden, as long as they met the new federal processing requirements. In 1890, due to alleged corruption and incompetence at Castle Garden, the federal government cancelled its contract with the state and took over the processing duties.

A dispute with the state regarding the continued use of Castle Garden resulted in the closure of that facility. The federal government moved the processing operation to a building known as the Barge Office.

The Barge Office was a much smaller building, also in Battery Park. It was located just to the east of Castle Garden on the southeast tip of Manhattan, at the foot of Whitehall Street.

The Barge Office was not designed or equipped to handle the growing wave of immigrants. The building was also plagued with roof leaks.

An article in the Brooklyn Eagle stated that in its first eight days of operation, the office processed 15,209

immigrants. The Barge Office served as a processing station from April 19, 1890 until December 31, 1891. During that short time, an estimated 525,000 immigrants were processed through the Barge Office.

Ellis Island

While the immigrants were being herded through the Barge Office, the federal government was constructing a new processing facility on Ellis Island. Since they were unable to get New York to provide one of its islands for this purpose, the federal government made a deal with the state of New Jersey for the use of Ellis Island. The 24.2 acres of Ellis Island are actually in New Jersey and only 3.3 acres of the island are located in New York.

On January 1, 1892, Ellis Island officially opened for the processing of immigrants. Annie Moore, from County Cork, was the very first immigrant to be processed through the buildings of Ellis Island. Immigration officials gave Annie a \$10 gold piece to commemorate the event. The story goes that a Polish immigrant stepped aside to allow Annie and her two brothers to go first.

Five years later, on June 14, 1897, a fire swept through the wooden buildings of Ellis Island. The buildings burned rapidly and were destroyed. Sadly, the fire also burned some of the immigration records from Castle Garden and the Barge Office that were being stored there. Fortunately, the ship's passenger records for those sites were kept in a separate location and remained unharmed.

Back to The Barge

Due to the fire, immigrant processing was sent back to the Barge Office. Conditions at the Barge Office had not improved and it was expected to process even more immigrants than it had before. Because of the overcrowded conditions, immigrants were often treated roughly and rudely by the processors.

It took three years for the federal government to complete the reconstruction of a new and

expanded Ellis Island complex. This time, it was built to be fireproof. On December 16, 1900, the rebuilt Ellis Island reopened for business. It served the countless immigrants who passed through it until 1954.

Although the island station officially closed its doors November 12, 1954, the bulk of immigrant processing was ended by 1924, when new federal legislation severely restricted foreign immigration into the US. In total Ellis Island processed over twelve million immigrants.

To review the dates: If your ancestors arrived between August 1, 1855 and April 18, 1890, they were processed through Castle Garden; if they arrived between April 19, 1890 and December 31, 1891, they were processed through the Barge Office; if they arrived between January 1, 1892 and June 13, 1897, they were processed through Ellis Island; if they arrived between June 14, 1897 and December 16, 1900, they were processed through the Barge Office; and if they arrived between December 17, 1900 and November 12, 1954, they were processed through Ellis Island.

If your ancestors were processed through Ellis Island or the Barge Office after 1892, you can find copies of ships logs on the Ellis Island website at www.ellisland.org. For those who were processed through Castle Garden, the records have been digitized and are available on the website www.castlegarden.org.

Today, you can visit Castle Garden. It has been renamed the Castle Clinton National Monument. The Barge Office no longer exists. The area where it once stood is near the Staten Island Ferry at the base of Whitehall Street. ●

J. Michael Finn is the Ohio State Historian for the Ancient Order of Hibernians and Division Historian for the Patrick Pearse Division in Columbus, Ohio. He is also Chairman of the Catholic Record Society for the Diocese of Columbus, Ohio. He writes on Irish and Irish-American history; Ohio history and Ohio Catholic history. You may contact him at FCoolavin@aol.com.

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How Irish Saved Me

By Peggy Gannon

Retirement is challenging. I have tried knitting, book clubs, and quilting (Well, not really quilting, I just knew that would be a bad fit). Days of boring discontent loomed in front of me. Then friends suggested I investigate the OLLI program at Pitt.

OLLI stands for Osher Lifelong Learning Institute. The program is a membership-based community of adults, age 50+. Seminars, workshops, and OLLI courses are offered every semester.

I joined OLLI and this is where we have a plot twist! I searched out an Irish 1 course offered as a credited course for Pitt undergraduates. OLLI permits members to audit two approved undergraduate courses per semester. The key word here is “audit.” We will be returning to the concept of auditing in a moment.

I have had a life-long interest in the Irish language and have Irish ancestry. I have traveled to Ireland several times and I treasure whatever bit of Irishness I possess. When I discovered the Irish 1 course and the opportunity to audit it as a member of OLLI I was thrilled!

Goals with Retirement

Here was the answer to my retirement discontent, a new challenge and goals. I completed the steps required by the OLLI program and “enrolled” to audit my very first Irish class. Hang in there, the adventure is just beginning.

I was registering for Medicare at the same time I was registering to take part in a class with 18–20-year-old undergraduates. I could be a student’s grandmother! Would I be able to hold my own or would I be the white-haired class mascot?

The idea of auditing a class through OLLI is that you attend and observe



the class. You may do the readings, but there is no requirement to take tests or write papers. As with most things Irish, there is a uniqueness to the auditing of Irish classes taught by Marie Young.

Allow me to describe Marie. She is an Irish force of nature who glides into your life and encourages you to learn and achieve things you previously had no idea you could accomplish. She also instills a love of the language and its magic.

I was required to have Marie approve my auditing of her class. Ah, but there is no such thing as a traditional audit in Marie’s class. She was quite clear in letting me know that the best way to learn in her class is to participate, take tests, and complete the assignments given to the regular students. I admit, I was intimidated.

The first day of Irish 1 class, I arrived early. My first challenge was to figure out the elevators in Cathy. With that accomplished, I found the correct classroom and took my seat.

As the young students arrived, I began to feel a bit out of place. The energy levels, the talking, the enthusiasm and all those backpacks ... I felt like the proverbial sore thumb yet, at the same time, it was endearing that a “senior” woman could be accepted by this group of young people.

Learning Irish at Any Age

I am still pursuing my dream of learning Irish. I am now in Irish 4. It is not easy, and it is a major challenge for an “old brain.”

I have my moments of doubt, where I think I’m too old to learn a new language. But therein is where my Irish language journey has saved me. The doubts are far outweighed by the sense of accomplishment and the excitement when I’ve mastered an Irish language concept.

Just being able to recognize and

translate an Irish word can make my day. It is an energizing and fulfilling experience. I’m even beginning to like the idea of retirement.

I must also give a shout-out to the other students; I am gob smacked by the depth and talents of my fellow students in Irish. There is an accomplished Irish dancer, a talented singer/musician, and a future Celtic archeologist in the class.

Other’s rock-climb, travel, and speak multiple languages. They are smart and kind. Their acceptance of this old lady is very much appreciated.

One of my best decisions is bringing the Irish language into my life. The magic of the language touches your heart and your soul. There is mystery and history blended into a beautiful way of speaking.

It has been a gift to have Marie as my instructor and wonderful students to share the experience. So, you see, this is how Irish saved me. ●

Peggy McGannon was born and raised in Pittsburgh, PA. She is a graduate of The Johns Hopkins University and has lived in Michigan, Maryland, Virginia, and Washington, D.C. She recently retired from her career as a technical trainer and security analyst and has returned to Pittsburgh, where she resides with her husband and two adorable cats.

Marie Young is a native of Dublin, moving to Pittsburgh in 2001. She currently works as the Irish language instructor for The LCTL Department at the University of Pittsburgh. She is married to a fellow Irish man John and has 3 children Jack (23) Ronan (15) and Tiernan (9).

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On This day in Irish history

FEBRUARY

1 February 1815

Challenged to a duel over words he had spoken over his description of Dublin’s Corporation, an organization to which John Norcotte D’Esterre belonged, Daniel O’Connell shot D’Esterre in his abdomen. D’Esterre died two days later.

6 February 1800

On 6 February 1800, The Irish House of Commons effectively voted itself out of existence by a proposal to form a Union with the Kingdom of Great Britain.

8 February 1983

Shergar, the most valuable racehorse in the world, was kidnapped from Ballymany Stud in Co. Kildare. He was never seen again.

12 February 1997

Stephen Restorick, a twenty-three-year-old lance bombardier in the British Army, was shot through the neck by a Provisional IRA sniper. He was the last British soldier killed during the Troubles.

16 February 1932

Fianna Fáil became the largest party in the country. It remained the largest at every subsequent election until 2011, holding office longer than any other party in any European election.

18 February 1366

The Statutes of Kilkenny are enacted, prohibiting marriages between the English and the Irish, speaking any language other than English, and prohibiting playing hurling, because the Anglo-Norman Irish were becoming “More Irish than the Irish themselves.”

22 February 1832

Michael Carey, an eleven-year-old from Francis Street in Dublin, became the first person to be buried in Glasnevin Cemetery. Since then, more than a million people have been laid to rest there, including Michael Collins, Charles Stewart Parnell, and Eamon de Valera.



New Release!

THE OLD SPEAKEASY

By Kyf Brewer and Barleyjuice

Barleyjuice is a nationally known Celtic Rock band from the Philadelphia area. Founder Kyf Brewer has been on the rock scene for over four decades, fronting the bands The Ravyns (MCA) and Company of Wolves (Polygram/Mercury), as well as recording four solo albums. His original Barleyjuice songs such as 'Weekend Irish', 'What's Up Yours?', 'Get Your Irish On', 'Celtic Girl', and others have been featured in movies, TV shows & radio programs.

'The Old Speakeasy', his newest release, features several former band members as special guests and was scheduled for release in 2020 before Covid held them back from touring with it. 'The Old Speakeasy' marks Barleyjuice's 8th studio album produced and recorded by Kyf Brewer, mixed & mastered by Cliff Hillis.

Long-awaited by fans, it was Kyf's intention to recruit as many former members of Barleyjuice as possible for guest appearances. As fate would have it, current members actually changed as the tracks were being recorded. Former featured band members include violinists Shelley Weiss & Billy Dominick, bassist Dennis Schocket, mandolinist Graham Ford, and guitarist Dave Woodworth, along



with friends and family who had contributed over the years. Brewer's daughter Scotlyn and wife Beth provided backing vocals on 'Rose of Garden City' and 'High on Highland Life', and daughter Remi plays the trumpet you hear on 'Merry Queen of Scotch.'

Barleyjuice presently consists of Kyf (vocals/guitar/accordion/harmonica/bagpipes), Eric Worthington (bass/vocals), Chris Shepherd (guitar/mandolin/vocals), Billy Dominick (fiddle/vocals), and daughter Remi Brewer (drums/vocals). Get More info at: <http://www.barleyjuice.com> •

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The Irish NFL Show: Bringing American Football to the Emerald Isle

By Colum Cronin

In the midst of lockdowns in 2020, a group of Irish lads came together to start the Irish NFL Show. What started as a video podcast hobby for sanity during COVID, has continued to grow and become the largest NFL outlet on the island of Ireland. It has gained acknowledgement and respect on both sides of the Atlantic, with the aim of providing an Irish slant (and insight!) on the game of American Football, as well as bringing key figures, guests and U.S. viewpoints to an Irish audience.

Over the past couple of years, Irish NFL Show has released hundreds of episodes; presented live shows at historic Irish venues such as Croke Park and Aviva Stadium; and has broadcast from the NFL's international games in London and Munich. The crowning moment was hosting a show live from SoFi Stadium in Los Angeles for last year's Super Bowl (supported by CBS). We have received confirmation that we have been accredited to cover this year's Super Bowl and we will be travelling to Arizona next month.

The story of how we became interested in the sport goes back a lot further than that though ... RTÉ (Ireland's national television network) began showing NFL games in 1985. However, the highlights, which were broadcast on a Monday night, were not from the weekend that had just ended, but from the one before that!

The Super Bowl in Ireland

This was in the pre-internet era, when deferred coverage was possible. The Super Bowl was the only live game shown on Irish screens. It was slim pickings for an NFL fan, but people nevertheless grew to love the game from these tiny acorns. As the years rolled on, things grew a little more, with smatterings of highlights shows and late games broadcast on Channel

4 in the UK, as well as mythical stories from friends' transatlantic visits and live experiences in stadiums across the U.S.

Over time, a nation fell in love with the Gridiron game; or at least a tiny niche portion of the Irish population fell in love with the game and, indeed, this love stretched across the teams in the NFL. For us specifically, I fell in love with the Broncos; Brian O'Leary with the Giants; and Mark Cockerill with the Patriots.

The Irish NFL Show podcast

Fast forward almost thirty years and recognising that we wanted to bring an Irish voice to the NFL, we started the Irish NFL Show podcast. The connections between Ireland and the US are so ingrained, they go without saying, but those roots and links also exist through the NFL - from Paddy O'Driscoll to Tom Brady, to the influence of the Rooney and McCaskey families, as well as through coaches, players and executives over the 100+ years the NFL has been in existence.

Our focus is on the wider expansion and growth of the game internationally, delivering high-quality content and insights to the Irish and a wider international audience. In addition to discussing the latest news and trends in the NFL, we also bring on a variety of guests, including current and former players, coaches, and other personalities from the league. Our guest list is lengthy, but in recent times has included the inimitable Rich Eisen, Mina Kimes, Hall of Famer Rod Woodson, Colleen Wolfe, Joe Schoen, Jane Slater, Mickey Loomis, Justin Simmons, Kalyn Kahler, Super Bowl Champion Aqib Talib, Tom Telesco, and more.

Given the history of friendship between the United States and Ireland, we are also proud to have established a strong relationship with the US Embassy in Dublin. Christopher Wurtz, then Deputy



Brian, Colum, & Mark at Aviva Stadium





The Lads Are Live

Chief of Mission, joined us for our first Super Bowl show in February 2021. We were also delighted to be invited to join the Ambassador at her residence in the Phoenix Park for the Fourth of July celebrations.

Our audience is a mix of people who grew up in Ireland, American expats living in Ireland, and Irish people living in the United States, as well as other international fans of the NFL. Despite coming from different backgrounds, we've found that these different groups of fans have one main thing in common, they all share a love for the sport and a desire to stay connected to the NFL.

Similarities between Irish and American Football

We also see the common similarities, as many Irish fans do, between the NFL and our national sports of Gaelic Football and Hurling. Like American football, these sports are physical and high-scoring and they also have a strong sense of history, tradition and are deeply rooted in their community. Indeed Croke Park, home of the GAA (and the occasional U2 concert), even hosted the Chicago Bears and the Pittsburgh Steelers for a pre-season game in July 1997.

This year we have seen some changes to the line-up of the show, as we continue to evolve in order to make it stronger and better each year, Kalle Ryan, an award-winning writer and spoken word poet, has

joined as host and moderator, and Khristina Quigley has joined as a panellist.

As we gear up for this year's Super Bowl, we are excited to bring our viewers the latest news and analysis leading up to the big game. We will be airing special episodes of the show in the days leading up to the Super Bowl, featuring interviews with players and coaches, analysis of the matchup, and discussions of the Super Bowl's significance and history.

As fans of American football in Ireland, we at the Irish NFL Show have been excited to see the sport continue to grow in popularity in our country over the past few years. We started the show in 2020 with the goal of providing a platform for Irish fans of the NFL to stay up to date on all the latest news and analysis from around the league. Looking to the future, we are committed to continuing to grow the Irish NFL Show and bring even more coverage of the NFL to Irish audiences. We hope to expand our reach and continue to provide a platform for Irish fans to connect with the sport they love.

You can find us at www.irishnflshow.com and our verified Twitter account @IreNFL. •

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GAA Monthly

Midwest Irish Sports News

Clubs across the division are completing their annual general meetings, planning upcoming indoor sessions and recruitment drives, and starting the registration for the new year. On February 4th RocCity Gaelic (Rochester, NY) will host their annual Winter Classic 7's Tournament. They have dubbed it Box Hurling – very similar to outdoor hurling but modified for an indoor soccer field.

Sliotars are played off the walls and boards, frees are taken as ground hurls, and goals are registered as one-point since there are no uprights. The games are

fast paced, and the focus is on goal scoring. Sounds like fun for goalies too!

RocCity is accepting teams or individual registrations for amalgamations. The tournament starts at 4:00PM, with the championship match at 8:30 PM at the Total Sport Experience facility (880 Elmgrove Road, Rochester, NY). See www.roccitygaelic.com for more details.

Cleveland will once again host their annual 7-A-Side Memorial football tournament at the West Side Irish American Club on May 20th. Mark your calendars for a fantastic day of men's and ladies' football that is followed by an evening of traditional music and creamy pints. Want to get involved? The club is always looking for help and the people are great.

The Midwest is once again holding a Trip-to-Ireland raffle (email your local GAA for details, or clevelandGAA@gmail.com). The drawing is based on the Pennsylvania evening Pick 4 on March 17.

Cleveland Irish News

The footballers had a very successful set of indoor training sessions and are planning for a couple of spring ones before the weather breaks for outdoor. Stay tuned to the social media and website. The hurlers and camógs will be at Soccer Sportsplex on February 12th from 10:00AM to 11:00AM. All of the indoor sessions are geared for skill development for beginners and returning players. Give it a try!

The Cleveland Saints will also be participating in the St. Malachi Run on March 11. Join us for the 2-miler, 5-miler, or combo 7-miler. It is for a worthy cause, and it is a fun social during the run and during the recovery afterwards. Wear your favorite GAA jersey or through on the Club colors, Green and Red.

Go raibh mile maith agaibh
Thanks y'all, to our readers and supporters. We need your help and involvement but would most like to share the fun of Irish sport and Cleveland community with you. Consider getting involved at

any level. Fáilte (welcome) to all. The Gaelic Athletic Association is Ireland's largest sporting organization and a bit of home for the Irish abroad here in the US of A. Beyond sports, the Association also promotes Irish music, song and dance, and the Irish language as an integral part of its objectives. Cleveland GAA is open to all who want to play competitive sports, meet new people, and join an athletic, fitness-minded club for all ages.

Follow @ClevelandGaelic on Facebook, Instagram, and Twitter for the 2022 activities for Men, Women, and Youth, or visit ClevelandGAA.com.

Vincent Thomas Francis Xavier Beach is a proud Greater Cleveland and emigrant of Michigan. He joined the St. Pat's Gaelic Football Club in 1999 and, with much help, is the current caretaker of the Cleveland GAA.

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COOKING UP A HOOLEY

KATIE GAGNE



Cabbage So Many Ways

Once December ends, I start to look forward to all the holidays that start the year and move into spring. While many people eat favorite traditional Irish fare as the “high holy day” approaches in March, I love to enjoy as much corned beef, Irish stews, soda breads, scones, and potatoes as I can. Let’s not forget, though, how delicious and versatile cabbage is. Whether you like green or red or both, this fun and flavorful dish pairs well with almost anything and would make a great addition to your March menu.

Warm Cabbage, Bacon, and Apples

Ingredients

Serves approximately 6

1 head Red Cabbage - thinly sliced – you can mix or use green cabbage if you prefer

- 2 medium Yellow Onions – diced
- 2 Granny Smith Apples – diced – skin on
- 8 strips (1/2 lb) Thick Cut Bacon
- 1 cup Walnuts - chopped
- 1/2 cup Apple Cider Vinegar
- 1/3 cup Chicken or Vegetable Broth
- 2 tablespoons White Granulated Sugar
- 2 teaspoons Course Kosher Salt
- 2 teaspoons Black Pepper

In a large skillet, over medium



heat, cook bacon strips until slightly crispy. Remove from pan to drain. Crumble into small pieces. Set aside

In the same skillet add in the onion, apples, and walnuts and

cook until onions and apples are translucent and the walnuts slightly toasted.

Add in the cabbage and allow to wilt for a minute or two. Stir in the sugar, salt, pepper, vinegar, and broth and allow to cook until the cabbage is completely wilted and all is heated through – about 4-5 minutes.

Stir in the crumbled bacon and add any additional salt and pepper to taste.

This can be served warm or at room temperature. •

Katie Gagne teaches English at Trinity High School in Garfield Heights. She is also the owner of her in-home bakery Sassy's Sweets and Oh So Much More. You can contact her at (440) 773-4459 or at mkbluebows@aol.com, or find her on Facebook at @sassyssweetsandmore.

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Images of Brigid

From Pittsburgh to Kildare to Mayo and Beyond

Last year the Irish Government designated Saint Brigid of Kildare as an official Patroness Saint of Ireland, and declared February 1, 2023, as the first bank holiday in her honor. A bank holiday is the American equivalent of a national holiday here in the United States, where all businesses and schools are closed and everyone enjoys a day of

special celebrations.

Locally, in celebration of this announcement and its sixty-five-year history of providing scholarships for students to study abroad in Ireland, The Irish Nationality Room at the University of Pittsburgh commissioned the Ireland-based sand artist, Manu Froehlich, to create a sand carving of Brigid's famed cross.

"This was my first attempt at sketching a Brigid Cross," he said. Originally from Germany and trained as an architect, Manu lives with his wife and two children in County Waterford, where he frames his Celtic art carvings within the beaches, cliffs and shores of the Celtic Sea. He has created dozens of original designs in the sand across Ireland in the last six years, but he shared the Brigid images and video dropped on social media on February 1st last year; they reached over 350,000 views, a record that is second only to his work reflecting images of Saint Patrick every March.

This official elevation to Patroness Saint does not make Brigid second





fiddle to the famous Patrick or the beloved Columkille. In fact, Ireland is one of only thirty-one countries in the world to identify a female patroness saint, and, given Brigid's long-lasting legend of faithfulness, it is cause for great celebration.

"We performed online [in honor of Saint Brigid's Day] for two years during the pandemic. This year we put together a group called 'The Brigeideens,'" said renowned Irish fiddler Eillen Ivers, in a recent Zoom gathering in late January with family, friends and fans from across the United States and in Ireland. "We are so excited to come to Pittsburgh for a live event and to be working with Mairin Petrone and the family at the Pittsburgh Irish Festival," she added.

The BRIGID event is the first of its kind and Petrone says it is her vision to expand the efforts into a three-day long festival celebrating the arrival of Spring, women in Irish traditional music, and all aspects of the identity of Brigid.

I spent some time last summer with field educators and tour guides in Kildare Town, County Kildare, trying to get a grasp of the local story of this local woman, who was a contemporary of Saint Patrick, an abbottess

who established a large monastic settlement, and was named for an ancient Celtic Goddess. There is a swirl of stories and legends about Brigid and images of her in various forms can be seen in Kildare, Mayo and across Ireland.

The well that Brigid was known to frequent is located on the edge of a private farm on the outskirts of Kildare Town, marked only with a small sign and simple sculpture of her, posed with the famous

flame in hand and her eyes turned upward in a prayerful state. While across the Midlands and in County Mayo, she is depicted as a warrior nun, unsheathed sword in hand and head bowed, on the campus of Knock Shrine and Basilica.

Over most doorways and perched on shelves in nearly every corner of Ireland, you can find the twisted rushes of a Brigid's Cross. Whether she be a warrior goddess, a sainted keeper of an ancient flame of Ireland or a simple girl braiding rushes together to fashion a symbol of faithfulness to comfort her dying father, may the blessings of Brigid be over your door, about your home and among your family this spring. •

Elizabeth is a freelance writer with a special interest in Irish culture. She recently completed a two-year program in Irish Studies at Galway University and graduated with class honors. She spent several weeks last summer in Ireland, researching cultural tourism and Irish language learning programs. She lives in Castle Shannon, a former Irish settlement in the South Hills region of Pittsburgh. You can reach her at elizabethmyers.pittsburghirish@gmail.com.

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1. True or False: The Patriot Robert Emmet has never appeared on an Irish postage stamp?
2. The Isle of Innisfree, subject of song and poetry, is located in what county?
3. "The Green and Red of Mayo" is the signature song of what Irish band?
4. Singer, musician and composer Enya, was born in what county?
5. True or False: Gabriel Byrne and Gay Byrne are one and the same person?
6. What is the name of the revolutionary group responsible for the Phoenix Park assassinations of Lord Cavendish and his undersecretary in 1882?
7. The seaside resort of Greystones is in what county?
8. True or False: Achill Island in Co. Mayo is the largest of the Irish islands?
9. If inside "The Bridewell" in a town in Ireland, you would be in the _____.
10. What is the name of the largest of the Aran Islands?

- | | |
|--------------------|-------------------|
| 1. False | 5. False |
| 2. Sligo | 6. The Invinibles |
| 3. The Saw Doctors | 7. Wicklow |
| 4. Donegal | 8. True |
| 5. False | 9. Jail or Gaol |
| 6. The Invinibles | 10. Inish Mor |





IRISH AT
HEART

NATALIE KELLER



The Photographer's Handbook

When I am traveling — whether to another state, country, or somewhere close to home — one tried-and-true object always hangs around my neck: my Canon PowerShot SX520. I rarely go anywhere without it, and its weight often results in neck cramps that I take in stride. Because unless there's a camera in my hands, allowing me to zoom, focus, and study my surroundings, I feel blind.

People often scoff at selfie-stick-wielding tourists and sightseers

who snap a thousand pictures to post on their social media later, because they aren't "living in the present" or "soaking it all in." But for me, photography is the exact opposite of a distraction: it's an immersion — an intimate, engaged way of interacting with the world that forces me to slow my pace and pay attention to miniscule details that others might hurry past.

It allows me to scrutinize the colors of a butterfly's wing, the curvature of a distant mountain, or the tiny flecks of pollen on a bumblebee's belly. By focusing on the small, my world grows large, and I am rewarded for my attentiveness with secret, fleeting beauty.

I've taken tens of thousands of pictures in my life, but only a handful of perfect ones. Those are the result of curiosity, persistence, and luck: a moment when the lighting is just right, and the cardinal I've been tracking for thirty minutes finally strikes a pose, and my finger snaps the button a millisecond before she flies to the next branch. Much of the time, the shot is blurry, too



Utilize natural frames in your environment to accentuate the borders of your photographs.

dark, or off-center — but once in a great while, every couple years, I get one that is incandescently perfect. As American photographer Ansel Adams said, "Sometimes I arrive just when God's ready to have someone click the shutter."

As such, photography is a hobby that rarely "pays off" in the usual sense: for every great picture I've taken, there are a hundred flawed ones. And yet, it is one of my most beloved hobbies. For all its trickiness, photography is rewarding in the way it can transform your perspective and enhance your travels. If you're interested in any kind of photography — be it travel photography, nature photography, or just day-to-day picture taking — here are the best pieces of advice on the craft, straight from the masters.

Invest in Good Shoes

"It's more important for a photographer to have very good shoes, than to have a very good camera." — Brazilian photojournalist Sebastiao Salgado

In my years of traveling and photographing, there's been no greater truth. I don't have the most expensive camera, nor have I ever taken a photography class — but man, have I walked. I've climbed mountains in my hiking boots and trekked the edge of cliffs in my

athletic shoes so I can stand on the precipice with my camera pointed at the open sky.

There are layers to this piece of advice: it's not simply about your shoes — it's about going places in them. Half the work (and magic) of photography is wandering, exploring, and stumbling upon photo-worthy moments. Photographers are never homebodies: you'll soon run out of things to take pictures of in your house, and that's when you'll need to step outside the door and go somewhere new.

The majesty of America's National Parks or the rugged scenery of Ireland have certainly inspired some of my best pictures. Sometimes, though, your best shot is waiting in your backyard. Put on your shoes and go see it.

Shoot What It Feels Like
"Don't shoot what it looks like. Shoot what it feels like."

— American photographer David Alan Harvey

This is a piece of advice I live and breathe by. My photographs are, in many ways, a documentary of my life: they record and preserve memories that are otherwise gone.

They are windows to the past, and when I peer into them, I am once again walking across the Charles Bridge in Prague, or drinking

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Foreground objects to personalize your photos.

hot chocolate on a ferry across Loch Lomond, or reading Game of Thrones on a Cyprus beach overlooking Aphrodite's Rock.

My photos with the clearest “windows” are the ones that capture what it feels like to be there. I often achieve this by foregrounding objects in the scenery, such as a sandwich I’m eating while overlooking the Cliffs of Moher, the book I’m reading by the seashore, or a physical window that frames the foggy morning view from my bedroom when I wake up in the Scottish Highlands.



Photography is often a matter of being in the right place at the right time.

These objects infuse action, energy, and personalization into my photographs — they are distinctly mine. Many people can take the same picture of a landscape, but you might be the only one reading Game of Thrones there. So, make your shots unique and memorable with your signature flair, stamped with your one-of-a-kind experience.

Stare, Pry, Listen
 “Stare. It is the way to educate your eye, and more. Stare, pry, listen, eavesdrop. Die knowing something. You are not here long.”
 — American photojournalist Walker Evans

When you travel somewhere new, remember, this might be your first and last time in this place. As a photographer, that realization is both terrifying and empowering. Evans reminds us to pay radical attention to the world — to stare, pry, and listen.

Having a camera in your hand is a free pass to be curious, so investigate your environment. Pay attention to strangers and ask them questions. Listen for the bird’s call so that you can find the bird itself.

Spend an hour perched on a castle wall waiting for the ripest moment of sunset. You might never be here again, so make it count.

A Way of Life
 “Travel photography is really a way of life: a way of traveling.”

– British travel photographer Steve Davey
 Photography, like fishing, is a waiting game. The most successful among us, who reel in the biggest catches, have mastered the art of meditation while waiting for that tug on the string. Half the fun is in the waiting, kicking your boat out onto the water while you look at the sky and listen to the wind through the trees. And every once in a while, a moment bites.

I firmly believe that my Canon PowerShot has made me a better traveler and a more attentive human being. Your camera can teach you equally as much about the art of life

as it can the craft of photography: how to be patient, how to pay attention, and how to savor it. ●

Natalie Keller is a former resident of Galway, Ireland and works in the world of libraries. Her poetry and fiction have appeared in various online platforms, including Mirror Dance, Asymmetry Fiction, and The Peace Chronicle. She loves to hear from readers at nataliekeller.writer@gmail.com.

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Young Irish Americans

Every year the Irish Echo recognizes individuals with the Irish 40 Under 40 Award. This year, iIrish would like to tell you about three individuals that live in areas served by our paper.

In looking for individuals to receive this award, the Irish Echo looks at six areas of criteria: innovation, community, achievement, passing the flame (promoting Irish Culture), networking and partnering. If you visit the Irish Echo website you can view all the nominees. I would like to highlight three that live in the Midwest.

Bridget Harrison

Bridget is the daughter of Dan and the late Sheila Harrison, granddaughter of the late Angela Kerrigan and niece of the late Roger Weist. Her family reside in Lakewood and are active members of the Cleveland Irish Community, in particular the Ancient Order of Hibernians Boland Berry Division and the Ladies Ancient Order of Hibernians Our Lady of the Rosary Division.

Her grandmother, Angela



Bridget Harrison

Kerrigan, was honored by the United Irish Societies as a the 1989 Irish Mother of the Year. All the Kerrigan and Weist families were proud to join the Irish Community in following her Uncle Roger Weist as he lead the St. Patrick's Day Parade as the 2017 Grand Marshal.

Bridget herself states, "My connection to my heritage has largely been the influence of my Grandma and Uncle Roger. Both Roger and my Grams were highly engaged in the Irish community in Cleveland and shared their passion with me. This led to seeing the intersection of international and local politics; history with music and storytelling; faith and action within our community and abroad.

"They had me tag along to experiences like seeing George Mitchell discuss the signing of the Good Friday Agreement; seeing the original members of The Chieftains in concert, volunteering at Cleveland Irish

Cultural Festival, attending Hibernian meetings, playing (poorly) at Irish music sessions at the West Side Irish American Club – to name a few."

Bridget had the opportunity to study in Dublin for a summer and is in the process of planning a cousins' trip to Ireland in 2024. She is a proud graduate of Wheeling Jesuit University and has a Bachelor of Arts in Political Science. She attended Master Courses in Applied Politics at University of Akron.

Her professional career is very impressive. She served as Assistant Policy Director for Health and Human Services in the Office of Governor Mike De Wine. She joined United Healthcare and is the Director of Policy for the Central Region of the United States, which serves over seven million individuals in thirty-one states that qualify for Medicaid. She resides in Columbus but her heart will always be in Cleveland.

William O'Gorman

William is the son of Bill and Laura (née D'Alessandro) O'Gorman. He is very proud of his Italian and Irish heritage and his Catholic faith, belonging to St. Charles Borromeo Parish. In speaking with Will, he indicated how special both his Irish and Italian grandparents were to him, and offered this quote from

Edmund Burke, "People will not look forward to posterity who never look backward to their ancestors."

Will is blessed that his paternal grandfather wrote his memoirs of his childhood in Ireland and his time coming to America, titled, As Far as Turn Back. His grandfather had a great impact on embracing his Irish heritage.

In the bio submitted to the Irish Echo, Will stated, "His grandparents John and Eileen Kelliher O'Gorman came to the US from County Kerry in the 1940s. They've always instilled in their children and grandchildren a curiosity, love, and respect for their Irish heritage."

Will joined the Padraic Pearse Division of the Ancient Order of Hibernians while living in the Columbus area. Coming back to the Cleveland area, he became active in the sports scene as a member of the GAA Cleveland St. Pats-St. Jarlath's Gaelic Football Team, and a member of the Cleveland Rovers Rugby Football Club, "I love immersing myself in the culture in which my family is rooted."

He attended Walsh University, studying Government and Foreign Affairs, History, and Peace Studies. His leadership abilities were recognized as he served as the Student Body President and an officer in Pi Sigma Alpha, the political science honors society.

In his professional career, he worked as a legislative aide in the Ohio Senate, legislative liaison for Mike DeWine in the office of the Ohio Attorney. When DeWine was elected Governor, Will was appointed Deputy Director at the Ohio Department of Transportation. He currently is the Director of Business Development at American Structurepoint, a civil engineering firm.

Maura Flynn

Maura is my sister Hibernian from Indianapolis. She is the oldest of five children to Joe and Kathleen Flynn. She attended St. Matthew Catholic School, and Bishop Chatard High School. While a student at Bishop Chatard, she found her first career passion as an Athletic Trainer. She received her Bachelor of Science in Athletic Training from



Bill and William O'Gorman

happy valentine's day
from the staff of





Maura Flynn

Purdue University.

During her career as a Licensed and Certified Athletic Trainer, she also as a worked at Ascension St. Vincent, Carmel Clay Middle School and High School. Maura was honored to worked as an athletic trainer with the USA Diving Team. During her time as an Athletic Trainer, Maura was able to help countless athletes achieve success and travel to many different countries with the USA Diving Team.

Maura graduated Magna Cum Laude in Nursing from Marian University. She works at Ascension St. Vincent on a medical/surgical and orthopedic floor. She worked on a Covid Unit during the pandemic, taking care of and comforting the severely sick and dying patients. Maura looks back on the experience that

led to life lessons she will never forget.

“The pandemic taught me to trust in God and try and enjoy every day while being grateful for the loved ones in my life. The pandemic also strengthened my faith in God and in my calling to serve Him by caring for others.”

Her late uncle, Father Glenn O'Connor, co-founded Seeds of Hope, an organization that Maura volunteers with. “Seeds of Hope is a recovery house and program for women with drug and alcohol addiction.”

Maura is an active member in the LAOH Our Lady of Knock Division 1. Her Hibernian Sisters are proud of all her accomplishments, and as the National President of the Ladies Ancient Order of Hibernians, I am proud of Maura being recognizes by the Irish Echo, along with two other Sister Hibernians: Brianna Curran from Pennsylvania, and Maggie Brogan from New York. ●

Marilyn Madigan is the National President of the Ladies Ancient Order of Hibernians and a Deputy Director of the United Irish Societies of Cleveland. She received a Bachelor of Science in Nursing from St. John College and retired from Nursing at University Hospitals of Cleveland.

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Looking Back at the Catastrophe That Was '22

What a long, strange trip it has been. Twenty-twenty-two has come to a close and to celebrate, I am offering up my memories of this tumultuous, news-laden catastrophe of a year. So, place a seat belt around your head, because I'm about to take your eyes on the ride of their life.

It is a difficult task narrowing down a year's worth of news stories to a single column. I could do ninety inches on the James Webb telescope without breaking a sweat, but the editor at iIrish is renowned for his hard-as-nails approach to columnists. And thusly, I must stay in my lane.

Let's do this chronologically.

January

Prince Andrew is stripped of his military titles and charities. Irish residents, some of whom have a slight inclination away from monarchies, issue a collective yawn.

February

Russia invades Ukraine, cementing Vladimir Putin's role as most hated person on the planet. Piel Island, off the English coast, announces that it is seeking a new monarch.

The new monarch will be in charge of the island's crumbling castle and its 300-year-old pub. He or she must also swear an oath to be a good smoker and drinker and "to give anyone found dead on the sands free refuge in the pub." An iIrish columnist was reputedly denied the throne.

March

Will Smith slaps Chris Rock at the ninety-fourth Academy Awards (the Oscars). It was the slap heard 'round the world.

April

Twitter agrees to sell itself to Elon Musk. Tesla shareholders agree that it's no big deal as long as he doesn't offer up any controversial opinions. Wallets are then emptied out.

A scientist at the University of West England announces that he has concluded a study of mushrooms and determined that they can communicate using electrical impulses. Apparently, their vocabulary is up to fifty words, which legally allows them to hold accounts on Twitter. Willie Nelson and Snoop Dogg simultaneously nod their approval.

May

After the Northern Ireland Assembly elections, Sinn Féin becomes the largest party. Several people passing by Ian Paisley's grave claim to have heard elongated groans coming from the ground. This has not been corroborated by iIrish, but we're working on it.

June

Nothing officially happened in June.

July

Two-time U.S. Olympic gold medalist Brittney Griner pleads guilty to marijuana charges in Russia. At that same moment, both Willie Nelson and Snoop Dogg bend over in pain, sensing a strange disturbance in the force.

The James Webb Space Telescope produced its first images, stunning the scientific community. Astronomers explained the need for such a telescope, noting that since there was so little intelligent life on earth, they needed to look elsewhere. The search continues.

August

The F.B.I. executes a search warrant at Mar-a-Lago and there's nothing I can add here from any angle that won't flood my inbox with anger.

September

For the first time Catholics outnumber Protestants in Northern Ireland. The 2021 census showed 45.7 percent of the population are



now Catholic, and 43.5 percent are protestant. Once again, several people passing by Ian Paisley's grave claim to have heard groans coming from the ground.

Liz Truss is named the United Kingdom's new Prime Minister. The tabloid The Daily Star announces a contest to see if she will outlast a head of lettuce. She does not (I didn't even have to make this one up).

In Panama, a \$1.5 million prototype floating home plunges into the water during its unveiling ceremony. Simultaneously, a cutting-edge engineer is seeking "new opportunities in the job market."

The prosecution of Soldier F resumes for the role in murdering two men on Bloody Sunday in Derry, Northern Ireland in 1972. The charges had been dropped in July 2021. The soldier also faced five counts of attempted murder.

October

President Joe Biden announced he will pardon all prior federal offenses for simple marijuana possession. Willie Nelson and Snoop Dogg spontaneously erupt in muffled giggles.

The other half and I traveled to Denmark and Sweden. This isn't a tidbit you're likely to run across in the New York Times or on the BBC, but

iRish delves a little deeper into some subjects than those rags. Feel free to peruse my column on the trip in this esteemed journal, which pitted Denmark against Ireland, with some remarkable results. Take that, so called other news outlets!

November

The midterm elections surprise pollsters and lead everyone in the country to ask why anyone pays attention to polls anymore.

December

Experts declare the latest Covid variant XBB.1.5 is spreading like wildfire, leaving people worldwide excited for 2023, because it can't get any worse. Can it?

Conor Makem spent 22 years traveling and honing petty gripes as an Irish musician, and enjoyed a further 13 years of people not returning his calls as a journalist. He is fluent in English, American and old Kerry farmer. More of his photos are on Instagram under cb.makem.

Visit cbmakem.com or email contact@cbmakem.com.

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BOB CARNEY



Deirdre of the Sorrows

Not all love stories end with “And they lived happily ever after.” The story of Deirdre of the Sorrows is one such tale. Many years ago in ancient Ireland, in the land of Ulster during the reign of King Conchobhar, a child was born. The child’s name was Deirdre and a druid priest foretold of her beauty, claiming she would become the most beautiful woman in all of Ireland. That beauty, however, would bring war and sorrow upon the land.

When Conchobhar’s Red Branch Knights heard of the prophecy

of the druid, they decided that if they killed the child in her infancy, war would be averted. The king intervened and put the child in the care of the poetess Leabharchan, to teach and raise until she was old enough for him to take her as his bride.

As Deirdre grew, the druid’s words came to fruition. She was the most beautiful woman in all of Ireland.

One day in the middle of winter, Deirdre saw a raven feeding on the corpse of newly killed lamb. She was overcome with emotion and vowed she would only allow love into her heart for a man who possessed hair as black as the raven’s and lips as red as the blood in the snow.

She soon came upon her “prince” when she was out walking early one morning, a young man named Naoise. They fell madly in love with one another, but knew that if the king found out, he would kill them both. They fled north to Alba (Scotland) and were able to live a happy life there, along with Naoise’s men.

King Conchobhar was consumed with rage when he heard what had happened and sent some of his

guards to find the couple. They were finally located and the guards reported back to the king.

He couldn’t take them by force as they were under the protection of the king in Alba. Conchobhar had to devise a plan to deceive them and have them return on their own. The king sent his most honorable knight, a warrior named Fergus, to tell the young couple that all was forgiven and that the king wished them only happiness. Fergus had been deceived by his king and unknowingly lured Deirdre and Naoise back to Ireland. When they returned, there was a great feast welcoming them home; they believed that the king had truly forgiven them.

That night, King Conchobhar devised an errand he could send Fergus on, and in the morning, had his guards assemble all of the Red Branch Knights, all of those that had attended the feast the evening before and Deirdre and Naoise in the courtyard. The king soon appeared on the balcony, but instead of the welcome that they expected, he ordered his guards to seize Deirdre and kill Naoise and his men.

Although they fought bravely, they were outnumbered and one of the king’s knights drove a spear into the spine of Naoise, killing him as Deirdre watched helplessly.

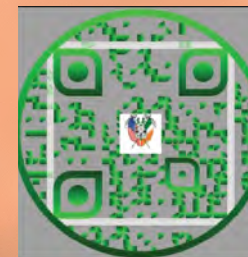
Deirdre was taken to the king’s chambers but she refused to look at him, speak to him or acknowledge his presence. After a year, the king grew tired of her and had enough of her rejection. He made a prize of her to the knight that had slain her beloved. Deirdre could not bear the thought of being given to that man. She was bound and put into a chariot to be delivered, but when the chariot was at speed she flung herself from it and hit her head upon a stone, killing herself instantly.

She was laid to rest next to Naoise and after a time, two mighty trees grew from the graves and became entwined in a loving embrace for centuries after.

In keeping with our love story theme for Valentines Day, this month’s vocabulary will help you share your love with your prince or princess. There are many retellings of the story of Deirdre of the Sorrows in print and you can even find a couple of good videos on YouTube.



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FOCLÓIR

Grá (graw) love (grá is not used often as a verb in Irish as it is in English but more as a noun)

Mo grá thú. (muh graw who) You are my love

Tá grá ag Bob do Mháire. (taw graw ag Bob duh Wahr-ah) Bob loves Mary lit. there is love at Bob for Mary

Tá grá agam duit (taw graw uh-gum gwit) I love you lit. There is love at me for you

Tá grá agam do (taw graw uh-gum do) I love him

Tá grá agam di (taw graw uh-gum dih) I love her

An bhfuil grá agat dom? (ahn will graw uh-gut dum) Do you love me?

Nach bhfuil grá agat dom? (knock will graw uh-gut dum) Don't you love me?

Tá tú an-álainn! (taw too ahn awl-inn) You are very beautiful.

Mo mhíle grá. (moh vee-la graw) My thousand loves.

Mo rún (moh roo-in) My secret love.

Tá tú ag féachaint go hiontach. (taw too ag fay-cant guh hee-un-tahk) You look wonderful.

Grá geal (graw gahl) sweetheart or darling

Croí (kree) heart
Tá áthas orm (taw ah-hass or-um)

I'm happy
Tá bron orm (taw brawn or-um)

I'm sorry
Airím uaim thú. (areem oom who)

I miss you
Ní theastaíonn uaim imeacht (nee eesh-te-on oom im-ocht) I don't want to go.

And finally the greatest expression of love I've ever heard. "B'fhéarr liom thú nó céad bó bainne!"

(bar lum who no kayd bo bahn-ya) I love you more than a hundred milk cows! •

Bob Carney is a student of Irish language and history and teaches the Speak Irish Cleveland class held every Tuesday at PJ McIntyre's. He is also active in the Irish Wolfhound and Irish dogs organizations in and around Cleveland. Wife Mary, hounds Rian and Aisling and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com.

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Congrats to Mr. & Mrs. Austin E Grady, married Dec 29th. Austin is the nephew and Godson of Mary Grady Strickland



Congrats to fellow Hibernians Max McGee and Annie Ahern, who got engaged on Christmas Day!



Congratulations to Max Reiker, named Olmsted Falls Law Director



Congratulations to Patrick Taylor Sr. on being the founding recipient of the Patrick Taylor Sr Founders Award. This award is presented each year to a member for outstanding contribution to the club. Patrick Sr. was the founding member of the Akron Hurling Club, in 2002. We thank him for the dream and push to bring hurling to Akron, and for everyone's contributions to making our club a success over the last twenty years!

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Time Restricted Eating Reconfigures Gene Expression

Scientists have shown how time-restricted eating influences gene expression across more than twenty-two regions of the body and brain. The findings have implications for a wide range of health conditions where time-restricted eating has shown potential benefits, including diabetes, heart disease, hypertension, and cancer. Gene expression is the process through which genes are activated and respond to their environment by creating proteins

Numerous studies have shown health benefits of time-restricted eating, including increase in life span. This research has made practices like “intermittent fasting” a hot topic in the wellness industry. However, exactly how it affects the body on the molecular level, and how those changes interact across multiple organ systems, has not been well understood.

The researchers found that there is a system-wide, molecular impact of time-restricted eating. Their results shed light on the importance of further investigation into how this nutritional intervention activates genes involved in specific diseases, such as cancer.

The authors found that 70% of genes respond to time-restricted eating. By changing the timing of food, they were able to change the gene expression, not just in the gut or in the liver, but also in thousands of genes in the brain.

Nearly 40% of genes in the adrenal gland, hypothalamus, and pancreas were affected by time-restricted eating. These organs are important for hormonal regulation.

Hormones coordinate functions in different parts of the body and brain, and hormonal imbalance is implicated in many diseases from diabetes to stress disorders. The results offer guidance to how time-restricted eating may help manage these diseases.

Circadian Rhythm

Interestingly, not all sections of the digestive tract were affected equally. While genes involved in the upper two portions of the small intestine (the duodenum and jejunum) were activated by time-restricted eating, the ileum, at the lower end of the small intestine, was not. This finding could open a new line of research to study how jobs with shiftwork, which disrupts our 24-hour biological clock (called the circadian rhythm), impact digestive diseases and cancers. Previous research by the same research team showed that time-restricted eating improved the health of firefighters, who are typically shift workers.

The researchers also found that time-restricted eating aligned the circadian rhythms of multiple organs of the body. Circadian rhythm patterns are ubiquitous throughout body cells. Time-restricted eating synchronized these rhythms to have two major “waves”: one during fasting, and another just after eating. The hypothesis is that these waves allow the body to coordinate different processes simultaneously. ●

Dr. Peters is the founder of “The Fitness Doctor” (www.thefitnessdoctors.com) and a professor of Health & Human Performance. He has a Ph.D. in Physiology from Kent State University and is a certified member of the American College of Sports Medicine. Dr. Peters is also a graduate of St. Ignatius High School and John Carroll University. If you found this article interesting, read more on his website. He can be reached at fred@thefitnessdoctors.com.

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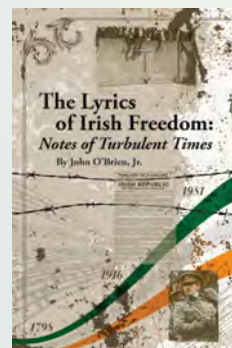


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OFF THE SHELF

TERRY KENNEALLY

The Island

By Adrian McKinty
ISBN 9780316531283 375
pp. 2022 Little, Brown Co.

An American family's trip to see koalas and Australian wildlife becomes a life-and-death situation after they kill an innocent woman in a car crash and her family seeks revenge. That is the synopsis of this propulsive, terrifying, razor-sharp book that falls into the genre of action, adventure, thriller, and drama.

After moving from a small country town to Seattle, Heather Baxter marries Tom, a widowed doctor with a young son, Owen (12) and teenage daughter Olivia (14). After a difficult year that saw

the death of Tom's first wife and his marriage to Heather- whom the kids dislike- a group trip to Australia seemed like a way to bring them all together.

Renting a car to drive to the coast in search of interesting animals seems like a fun excursion, but while stopping at a roadside stand for food, the family begins talking with some local people and they end up on a tiny ferry to a remote private island in search of the wildlife they haven't seen yet. Once on the island, one thing leads to another, and Tom, driving too fast, hits a woman on a bike, killing her instantly. Over several generations, the family that lives on the island has become a law unto itself, and after realizing that the woman is dead, they seek retaliation- whether it be via death, rape, or cash, to be decided by Ma, the head of the family, and Danny, the husband of the woman who was killed.

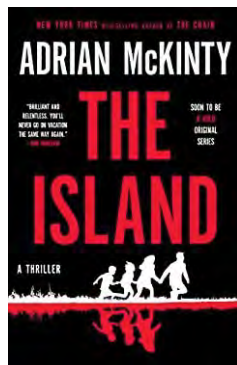
When Heather and the kids

are separated from Tom, they are forced to escape alone, seconds ahead of the pursuers. It's up to Heather to save herself and the kids, even though they don't trust her, and the harsh bushland is filled with danger.

Heather has been underestimated her entire life, but she knows that only she can bring her family home again and become the mother that the children desperately need, even when it means doing the unthinkable to keep them alive. An engaging thriller with a surprising ending, the storytelling pulls readers compulsively onward.

Adrian McKinty grew up in Belfast but lived in Australia for many years. The book was born out of an experience the author had driving in rural Australia on an isolated island when he swerved to miss a woman wearing a hearing aid who pulled out in front of him from a blind road on a bicycle causing him to almost hit her. When he told his agent the story, the agent said, "No, you did hit her; and that's your next book." A TOP SHELF read! •

Terrence J Kenneally is a n attorney and owner of Kenneally Law Firm in Rocky River Ohio. He received his Masters Degree from John Carroll University in Irish Studies and has taught Irish literature and Irish history.

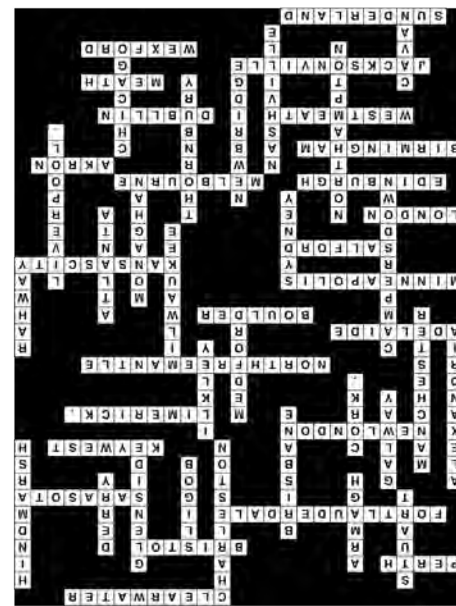


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BY LINDA FULTON BURKE

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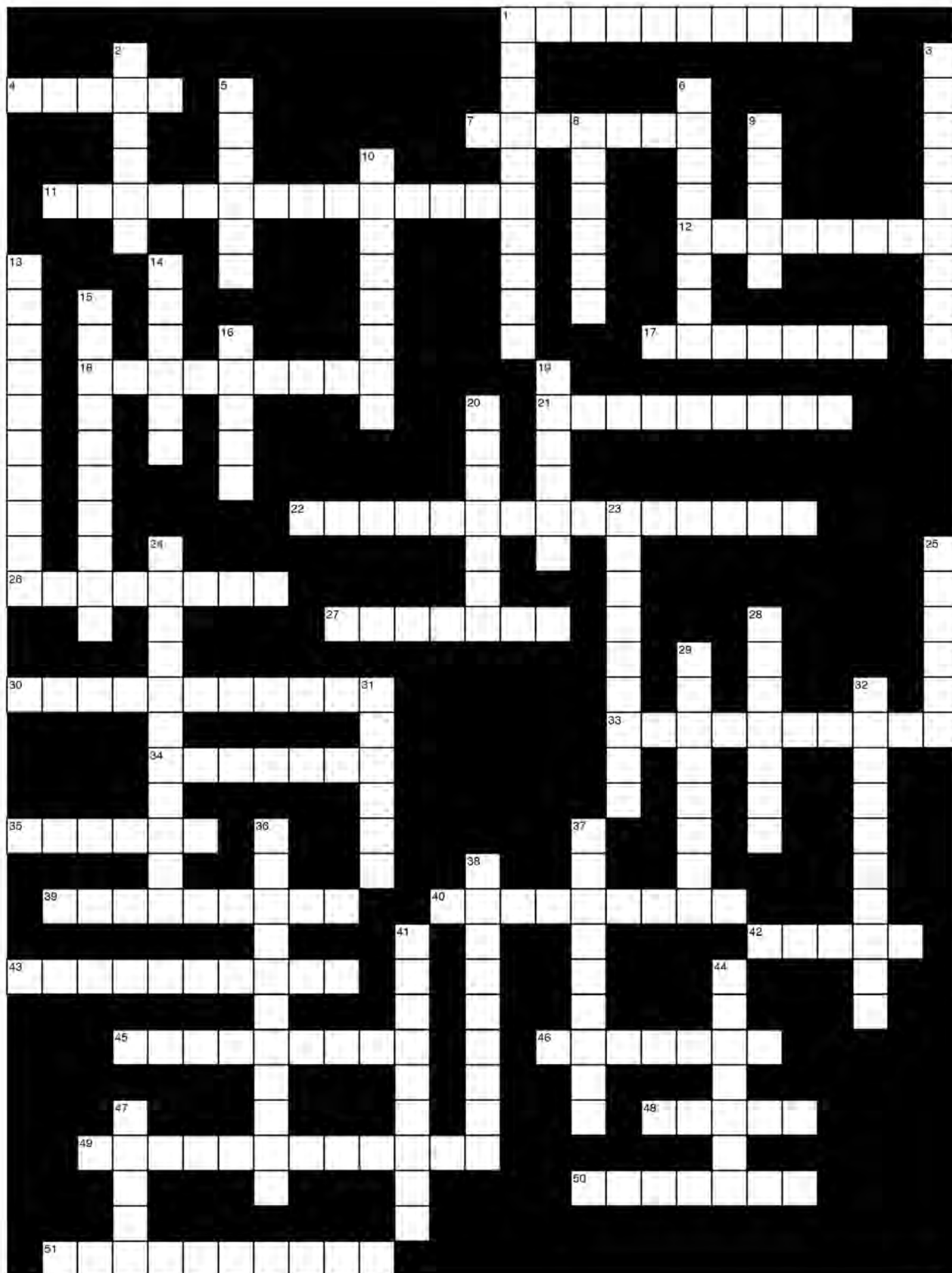
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