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Welcome
to Ireland's New
Ambassador to the United States,
Geraldine Byrne Nason



JENNIFER O'DONNELL

FOR JUDGE

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ON THIS DAY IN IRISH HISTORY

NOVEMBER

1 November 1884 – The Gaelic Association was founded; seven men met in Hayes Hotel, Thurles, Co. Tipperary, with the intention of founding an organization “for the preservation and cultivation of our national pastimes.” It became known as the Gaelic Athletic Association (GAA).

2 November 1847 – Major Dennis Mahon, a landlord with a 6,000-acre estate in Strokestown Co, Roscommon, was ambushed and shot dead. His killing occurred in the worst year of the Famine.

7 November 1990 – Mary Robinson became the first female President of Ireland in the tenth Irish presidential election ever held. She was nominated by the Labour Party and won with 51% of the vote.

12 November 1216 – Magna Carta Hiberniae, or Great Charter of Ireland, was issued in the name of Ireland. The original Magna Carta was drafted as a bill of rights in 1215.

15 November 1985 – The Anglo-Irish Agreement was signed by Margaret Thatcher and Dr. Garrett Fitzgerald at Hillsborough Castle, Co. Down. The agreement offered the Irish government a consultative role in Northern Ireland.

21 November 1920 – Bloody Sunday (Dublin); on this morning, fourteen men were shot dead on the orders of Michael Collins. In the afternoon, members of the Royal Irish Constabulary (RIC) Auxiliary Division opened fire at a Gaelic Football match in Croke Park in retaliation. The day became known as Bloody Sunday.

22 November 1963 – President John F. Kennedy was shot dead in Dallas, Texas.

24 November 1995 – Irish voters approved by referendum an amendment to the constitution that lifted the ban on divorce.

28 November 1920 – The Kilmichael Ambush, led by Tom Berry, commander of the 3rd West Cork Brigade Flying Column of the IRA, marked an escalation in the War of Independence.

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Irish Performer Nathan Carter U.S. Tour Stops in Cleveland

Irish phenom Nathan Carter performs at the West Side Irish American Club on Wednesday, November 16th. Backed by his stellar 6-piece band, the Nathan Carter show is a musical journey for all ages, bringing a unique blend of Celtic, Irish, Classic Country and Contemporary favorites.

Featuring stellar musicianship, Irish warmth and infectious energy, concert attendees will enjoy a diverse and entertaining set list with hits such as “Caledonia”, “Wagon Wheel”, “The Rare Auld Times”, and “The Irish Rover.”

Carter won the RTÉ Irish Country Music Awards for *Live Act of The Year* and *All Time Favorite Country Song* categories. His *Beautiful Life* Album went 4-times Platinum in Ireland and his single *Wagon Wheel* remained on the Irish Charts for 77 consecutive weeks. He has spurred a jive-dance renaissance in Ireland and the UK, performed for Pope Francis in Croke Park in Dublin and has brought his signature blend of instrumental talents, beautiful vocals, and raw energy to audiences across Europe, the US and to PBS with his television specials, *Celtic Roots* and *Celtic Country*.

Carter first catapulted into stardom in his native Ireland, charming audiences on guitar, piano, and accordion. Since his start at local venues, his career has become a national success story. With five number-one albums, two number-one singles, and three number-one live performance DVDs, Nathan is now Ireland’s #1 Live Act.



Doors open at 6:30, Show 7:30. Tickets are on sale now at www.wsia-club.org or Helen 216-251-4075 or info@wsia-club.org.

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EDITOR'S CORNER
By John O'Brien, Jr.
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Ireland's Ambassador to the United States

Have you met or heard speak the new Ireland's Ambassador to The United States of America yet? Ambassador Geraldine Byrne Nason is a dynamic speaker, with an illustrious, accomplished and extensive career in foreign service. She graces our cover this month, and I am sure we will hear more about her and her work as she maximizes all that the ambassador's office offers to Irish Americans.

Have you seen the new movie, *Ireland*, narrated by Liam Neeson? It is a fantastic spirited and enlightening look at Ireland today, and showing in Cleveland six days a week, 3x a day (closed on Mondays), at *The Dome* in the Great Lakes Science Center.

Ireland

The dome's screen reaches from just behind your head to well below your feet. For *Ireland*, never has a better theatre been designed, with massive sweeping footage of the coasts and



John O'Brien Sr, President of the West Side Irish American Club and Founder of Cleveland Irish Fest; John O'Brien, Jr. Cofounder Cleveland Irish Fest, founder/publisher/editor ilrish newsmagazine greet Ambassador Byrne Nason

country, offering almost mythical views of Ireland from sea and shore, the people and the parties.

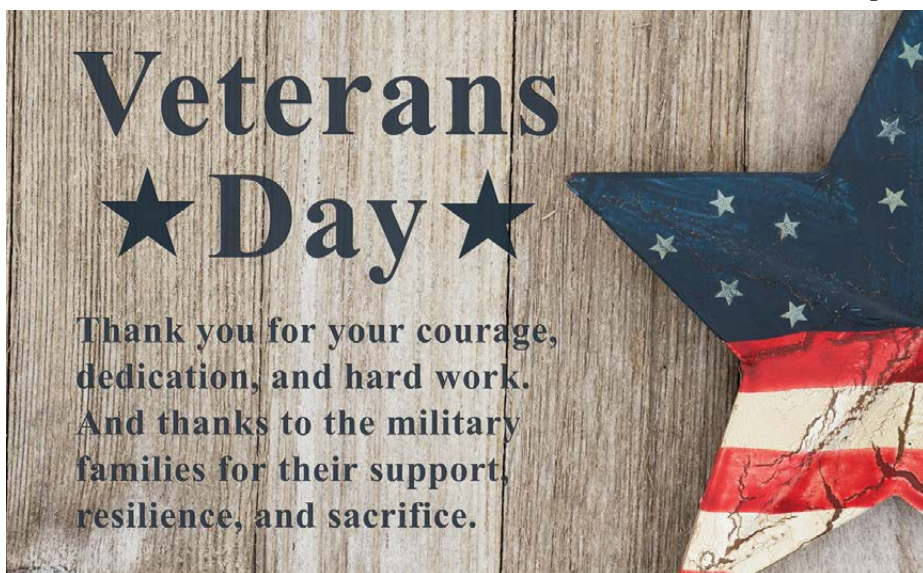
Four young musicians are followed on a tour as they head to a gig for President of Ireland Michael Higgins. One unusual part of the film is the focus on young folks' perception of their future. I have never seen this perspective on screen before.

The past is mentioned – but it is also pointed out that none of these Irish students have any experience or personal knowledge of *The Troubles*, or 1916-1922. There are scars, *graffiti on the walls*, both literally and in *the Ooh Ah Up the Rah (The SAM Song)* Wolfe Tones sense, but their views are not as shaped

by the past as the generation(s) before them. They are freer in spirit and have great appreciation of the beauty and the possibilities around them. *Ireland* is magnificently done. Make sure you catch the movie at The Great Lakes Science Center.

As always, there are extensive events highlighted inside: See the *What's the Craic?*, *Taking the Fields of Glory*, and the *Akron, Cleveland, Pittsburgh* and *Toledo Irish* columns within for all the craic, and the details too. There is so much more inside too – book reviews and Best Sellers in Ireland;

Continued on facing page



Veterans Day

Thank you for your courage, dedication, and hard work. And thanks to the military families for their support, resilience, and sacrifice.

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Toledo Irish	Molly McHugh

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About Our Cover:
Welcome to Ireland's New Ambassador to the United States, Geraldine Byrne Nason

Photo by John H. McShane

Editor's Corner
Continued from facing page

Photo by John H. McStane



Madigan Muses columnist and LAOH President Marilyn Madigan joins Ambassador Byrne Nason

The Irish Brigade; history and health; Thanksgiving; Team Ireland Baseball (with a base in Cleveland) update and other sports; Irish language columns and Kid's Craic; Blessings and food galore; and The B.R.A.T.S.

A formal Welcome! to new *Pittsburgh Irish* columnist Elizabeth (Betsy) Myers and Greater Pittsburgh Relationship Manager Mairin Petrone. We are excited to have them join our team and look forward to helping them shine.

Thanksgiving nears, and we keep our year-round focus on gratitude; we thank you for all of your support, near and far. As always, we ask your help in sending advertisers to us, they are the heart of the issue in an advertising driven and funded newsmagazine. We also offer bonuses to any referral that results in a new advertiser coming on board.

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Nuair a stapann an ceol, an damhsa déanann an amhlaidh
(When the music stops, so does the dance)

John

WEST SIDE IRISH AMERICAN CLUB

3rd - Ceili dancing 7-9 PM

10th - Forever Young meeting 1 PM

12th - Andy Cooney Concert 7 PM

16th - Nathan Carter Concert 7:30 PM

26th - Steak Shoot 7 PM

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Much information is available at: www.joansynenberg.com



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* Contested Races



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Bringing you the movers, shakers and music makers in our community each month.
Sessiúns: See *What's the Craic* for a new, updated list!

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- 7th – Pearly Harbor Remembrance Day
- 14th – #Irish eBulletin drops in your inbox at 3:10 p.m. Signup: irish.us #Irish #LiveMoreLifeBeMoreIrish #IrishAmerican #Shenanigans
- 12th – Irish American Club East Side Monthly Meeting
- 15th – West Side Irish American Club (WSIA) Monthly Meeting
- 18th – Hanukkah begins at sundown
- 21st – Winter begins
- 25th – Christmas
- 28th – #Irish eBulletin drops in your inbox at 3:10 p.m. Signup: irish.us #Irish #LiveMoreLifeBeMoreIrish #IrishAmerican #Shenanigans
- 28th – January issue of *Irish* hits the street #Irish #LiveMoreLifeBeMoreIrish #IrishAmerican

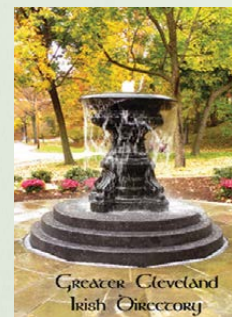
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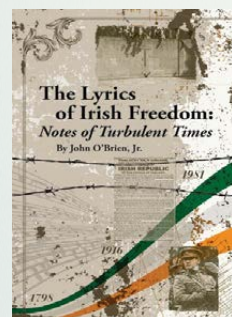
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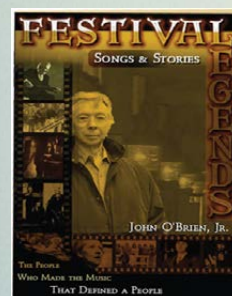
Greater Cleveland Irish Directory
A directory of performers, Restaurants, Pubs, Businesses & Resources of and for the Irish in and around Cleveland.



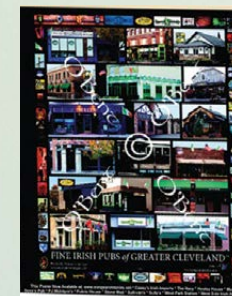
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PITTSBURGH IRISH

By Elizabeth Myers

Making Connections

From its people to its placenames, the Greater Pittsburgh area maintains many connections to the island that is Ireland. Our hometown pride for our homeland of Ireland reaches the realm of United States Ambassador to Ireland, a post once held by the esteemed Mr. Dan M. Rooney, former owner and chairman and son of the founder of the Pittsburgh Steelers Football Organization.

That pride reaches right down to the pavement here, with street names like Colerain Street in the Pittsburgh neighborhood of Carrick. I personally live in the South Hills region, in the small borough of Castle Shannon, a former Irish settlement once dominated by a coal mine.

In fact, our local bar on the main thoroughfare of the town is called The Coal Mine. It is situated just a block from Killarney Station, the public transit line that connects the suburbs to the city proper. Immediately surrounding Killarney Station and in the hollow of the former mine, you will street signs like Kerry Hill, Kerry Way, Killarney, Londonderry Drive, Newport, Pearse, and Waterford - all indications that the Irish immigrants who settled this area maintained a strong connection to the homeland.

As a Pittsburgher with Irish family roots, I wanted to make my own connections to Ireland. I sifted through family photos, memorabilia and opened an old family Bible. With the help of genealogists from the Western Pennsylvania Genealogical Society and a research librarian at Carnegie Library in Oakland, I pieced together more of the family story that my grandmother Nina and my mother Kathleen had started.

As I studied maps and chatted with friends and neighbors who were born in Ireland or have visited often, I realized the places I wanted to



Elizabeth Myers and Michael Larkin with The Pennsylvania Cup.

visit were scattered all over the four provinces of Ireland.

No one corner of Ireland holds all the magic and wonder that the travel programs boast about. I wanted to visit the places that our local streets are named for, that places that are the stars of the books we read, the movies we watch, and the songs the Irish have sung about for centuries.

In March 2019, I packed up those maps, hopped on a plane to Dublin, hired a car, and drove myself along the entire coast of the whole island over the course of fifteen days. I planned that trip with a bit of an American "Get 'Er Done" mindset and a bucket list mentality. I drove from Dublin down to Cork, over to Dingle and up to Donegal, then over and into Belfast, and then back to Dublin, an Bhaile Atha Cliath, the BAC.

It was the first time I ever went on a holiday solo without family or friends traveling along. And it was a grand.

I thought visiting Ireland for Saint Patrick's Day and Irish Mother's Day would be a lovely homage to my grandmother and mother, neither of whom had ever had the opportunity to visit Ireland. And I assumed this would be a "One and Done" type of trip and I could tick Ireland off my list. Done and dusted, as we say.

Continued on page 8

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Pittsburgh Continued from page 7

But the more time I spent in Ireland and talked with local people there about the places they connect to most, the more I wanted to see and the longer my list got. And, do be forewarned, those postcards of Ireland are beautiful but deceptive!

Getting your own feet to that very edge of the big green quilt, beside sandy beaches by the sea or reaching

the summit of that gorgeous mountain peak can take you the better part of a whole day. And whilst you are getting yourself there, get your mind ready to enjoy the location, rain or shine. It's best to prepare for rain and do not fret if it is overcast. If the weather does not pass after a brief walk and a cup of tea in a nearby shop, there is always a local artist nearby who captured the site in fairer weather or An Post Post Office Shop selling those beautifully deceptive postcards.

I enjoyed myself so much that during

my flight back to Pittsburgh, I made arrangements to return for Christmas. This time I would focus on one area and just take my time to get to know people.

My son Sean and I celebrated the Christmas holiday break in Killarney, County Kerry. I was having fun learning the Irish language and liked the idea of pursuing advanced coursework in Irish Studies in Ireland. We explored the Gaeltacht area of Ballyferriter, checked out local National Schools and summer programs.

Sean and I enjoyed all of the holiday

lights and sights that a "Christmas in Killarney" has to offer, as well as New Year's Eve in Dingle Town. While we were there, four university hospitals in the Republic were reporting an unusual spike in a flu cases. By the time we departed for Pittsburgh in mid-January, the Irish media reported nearly 700 patients were still waiting to be admitted.

We did not know it until mid-March, but what we observed was the emergence of a global pandemic. Maybe it was divine intervention or just some good ole Irish luck, but my son and I managed to return to Pittsburgh without symptoms or complications.

In another full measure of grace and serendipity, I was accepted into a two-year Irish Studies program at the National University of Ireland in Galway. And I learned it would remain online and unhindered by the complications of COVID-19 and worldwide lockdown.

But by March of 2022, Ireland opened her arms to the world's travelers again. I was fortunate to be able to return in April and completed NUI Galway's program in person, in Ireland. I spent a few weeks there completing independent research on Irish artforms and identity; and was able to return for seven weeks over the summer to dig in a little deeper and study cultural tourism and the Irish language.

During my studies and my involvement with supporting a scholarship fund, The University of Pittsburgh, that supports study abroad opportunities in Ireland, I met an author and historian from County Mayo with an extraordinary connection to Pittsburgh. Michael Larkin of Ballyhean, County Mayo, is the nephew of Thomas Larkin, an Irishman who emigrated to Pittsburgh to work for Bell Telephone and helped to establish the transatlantic telephone line.

Michael's book about his uncle's journey to America is well-documented in "Making the Right Connections" and is an extraordinary story that features many connections to the City of Pittsburgh. It is dedicated to the many Irish emigrants to departed and also to those who lost their vital connection to their families, friends and homeland, and it was a blessing to spend time in County Mayo visiting Larkin Farm



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Pittsburgh Irish Columnist Elizabeth Myers and her son Sean.

and learning more about the structure of local schools and libraries. ●

Elizabeth Myers is a freelance writer and a native of the Allegheny Valley region of Pittsburgh. She currently lives in Castle Shannon, a former Irish settlement in the South Hills

of Pittsburgh. She can be reached at ElizabethMyers.PittsburghIrish@gmail.com. Send your Pittsburgh area events to my email!

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RETAIN



Judge Cornelius O'Sullivan

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Judge Cornelius J. O'Sullivan, Jr.

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EMINENTLY QUALIFIED The Plain Dealer
September 9, 2022

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TOLEDO IRISH
By Molly McHugh

Thanksgiving

If April showers bring May flowers, what do May flowers bring?

Pilgrims!!

In the United States, November is defined by one thing: Thanksgiving! Many people describe Thanksgiving as their favorite holiday. It's the one day out of the year that calories don't count, the score of your favorite football rivalry is the only thing that matters, and the one adjective everyone can live by is "lazy."

Well, maybe not to all of those out there slaving over the stove making the turkey (clearly that is not me yet), but you get the drift! It's a holiday in every sense of the word. With all the "nothingness" going on that day,

it's not always top of mind to take a moment, step back, and remember why we are celebrating that special day.

The Story of Thanksgiving

Of course, everyone knows the story of Thanksgiving, right? The Mayflower ship left Plymouth, England, in September 1620, and landed a couple months later at what is now called Plymouth Rock, Massachusetts. The 102 Pilgrims on board arrived encouraged by their hopes and dreams of living freely in the new world.

However, the first winter was not all rainbows and butterflies; it was rather brutal. It's estimated that only half of the Mayflower passengers that made the transatlantic journey survived until Spring.

As the surviving Pilgrims began to move on shore and establish their new community, Native American, Squanto, showed up and taught the settlers how to cultivate corn and where and how to fish and plant seeds for food. Squanto further forged a relationship between the Pilgrims and the Wampanoag, the local Indian tribe.

With the help and guidance of the Wampanoag, the Pilgrims were successful in their first harvest. In

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honor of that feat, Governor William Bradford organized a celebratory feast and invited the Wampanoag tribe to join. This three-day celebration became known as the first Thanksgiving.

But was it really the first Thanksgiving? More than likely, it was, but we probably won't ever know the exact details of the first Thanksgiving for sure.

Other theories about the first Thanksgiving exist as well. Specifically, the theory that the Irish were really behind the beginning of this holiday? Maybe!

A decade after the Pilgrims arrived in the New World, they were in dire need of help after several challenging growing seasons. Luckily, a Dublin merchant sent a ship of "provisions" or goods to Massachusetts in the New World. Apparently, the merchant's daughter was married to one of the Pilgrims.

He sent the ship called "The Lyon," which arrived in Plymouth Rock on February 15, 1631. Coincidentally, February 20, 1631, was already set aside as a day of fasting and prayer for the Pilgrims. However, the timely arrival of "The Lyon" made that day a day of Thanksgiving instead.

Consequently, several historians say that this day was the official start of Thanksgiving as we know it today. This theory does sound very plausible, too; and it certainly is great to give credit to the Irish for the creation of our first

Thanksgiving!

The date of Thanksgiving has changed throughout history; however, it was President Lincoln who, in 1863, proclaimed that Thanksgiving was to be celebrated on the final Thursday of November. That proclamation has, of course, endured throughout the decades.

While we may never know the exact details of the very first Thanksgiving, we know it's rooted in a day of gratitude, and that we should never forget the courage and fortitude our forefathers exhibited in the early days of America.



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Thanksgiving Funny

By the way, wondering what you should wear to Thanksgiving dinner? A har-vest of course! •

Molly McHugh is a Toledo native and holds her MSc in Strategy, Innovation and People Management from National University of Ireland, Galway. Molly can be reached at molly.mchugh16@gmail.com Send your Toledo Events to my email!!

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By Bob Carney

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The Irish Brigade

Forty-five years before the end of the American Civil War, an aging Thomas Jefferson had written a letter to a friend and said, “We have the wolf by the ears, and we can neither hold him nor safely let him go. Justice is in one scale, and self preservation in the other.”

Jefferson’s wolf was slavery, and it had been a point of dissension since the English arrived in America. The U.S. was conceived out of a revolutionary idea that Jefferson himself articulated in his Declaration of Independence, “All men are created equal and are entitled to life, liberty, and the pursuit of happiness.”

It is no secret however, that Jefferson, Washington, Benjamin Franklin, Patrick Henry and many of our country’s founding fathers bought, kept, bred and sold human beings for financial gain. George Mason, John Rutledge and George Washington were three of America’s largest slaveholders. It should be noted that most of Washington’s slaves belonged to his wife Martha, they had belonged to her first husband. Washington and Jefferson harbored deep reservations about slavery in the future of

America, but not enough to do anything about it even on their own plantations.

Was Slavery the Issue

Slavery was not the only issue to bring about the Civil War, an industrial revolution was taking place and a shift in financial power was happening, the Louisiana Purchase and westward expansion and the policies that would or might be enacted all played a role. But it was the debates between Lincoln and Stephen Douglas for a seat in the senate that pushed the divisive topic of slavery to the forefront.

Lincoln believed in preservation of the Union, non-extension of slavery and a strong federal government committed to a strong national economy. In response, Douglas played on the fears of many white Americans, painting Lincoln as a fanatic, an abolitionist who would have black men marrying white women.

Lincoln lost his bid for the senate, but became the 16th President of the United States in 1861. His goal was to keep the Union intact, but when Confederate batteries fired on Fort Sumter, forcing its surrender, he called on the states for 75,000 volunteers.

The Irish Brigade

Thousands of Irish and Irish American New Yorkers enlisted in the Union Army. Some joined regular regiments, but others formed three all Irish Volunteer Infantry, The 63rd New York Infantry from Stanten Island, and The 69th and 88th New York Infantry Regiments from the Bronx. These regiments formed the core of what is known as the Irish Brigade.

The Union Army felt that these regiments were a way to win Irish



Thomas Francis Meagher

support for its cause. Most Irish immigrants lived in the North, but many were sympathetic to the South’s struggle for independence; it reminded them of their own fight against the British. Irish and Irish-Americans were not in a hurry to see slavery abolished; they saw it as a way to keep blacks out of the paid labor force and away from their jobs.

Union officials came up with ways to entice the Irish. They offered enlistment bonuses, extra rations, Catholic chaplains and more, to insure that the largest immigrant group in America would fight with the North. Between 1861 and 1865, there were 144,221 Irish born soldiers in the Union Army, 51,206 from New York, 17,418 from Pennsylvania. Ohio contributed 8,129 Irish born volunteers.

Thomas Francis Meagher

In 1862, a captain named Thomas Francis Meagher became Brigadier General of the fledgling brigade. Meagher was born in Ireland and had been active in the Young Ireland Nationalist Movement until he was apprehended and exiled to the British Penal Colony in Tasmania. He was able to escape in 1853 and made his way to the United States, where he became a well known speaker and activist for the Irish Nationalist Movement.

Meagher joined the Union Army in 1861, and thought if he could raise an all Irish infantry brigade, the army would have to make him its commander. He could then use the Irish Brigade to bring U.S. support to the nationalist cause in Ireland.

In the spring of 1862, Army officials added a non-Irish regiment, the 29th Massachusetts to the brigade to increase troop numbers before the Peninsula and Antietam Campaigns. In the fall, another Irish regiment, the 116th Pennsylvania Infantry, was added in time for the Battle at Harper’s Ferry.

The Irish Brigade served throughout the war in the First Division of the Second Corps Army of the Potomac. The brigade led the charge in many of the Army of thhe Potomac’s engagements. As a result the brigade’s casualties were disproportionately higher than the rest of the Army of the Potomac. In September of 1862, almost 600 men were killed, in the Battle of Antietam. It is still the bloodiest battle to take place on American soil.

Sixty percent of the men of the 63rd and 69th New York Regiments were lost. All totaled, 22,717 men were killed, wounded or went missing in that battle. Although the Union suffered heavier losses, the inconclusive battle became a turning point for Union forces as they drove Lee and his invading army back.

A few months later, at the Battle of Fredricksburg, 545 of the brigade’s remaining 1200 men were killed or wounded. “Irish blood and Irish bones cover that terrible field today. We are slaughtered like sheep,” wrote one surviving soldier.

Gettysburg

At the Battle of Gettysburg, 320 more of the brigade’s 530 soldiers perished. There is a monument to the Irish Brigade at the site, a green celtic cross with a trefoil, an Irish harp and the numbers of the three New York Infantry Regiments. At the base of the cross is a statue of an Irish Wolfhound, a symbol of perseverance and honor.

Civil War historians cite Gettysburg as the true turning point in the war, leading the way for Union victory, but it was also a turning point for organized Irish involvement in the war. The high casualty rates in the brigade led many Irish soldiers and their families to believe that the Army was taking advantage of their willingness to fight, and that were being used as cannon fodder.

The National Conscription Act passed that same year aggravated the Irish even more. Under that law, every man in the Union between the ages of twenty-one and forty-five were eligible for the draft lottery unless he could hire a replacement for a three hundred dollar fee. The working class Irish saw this as

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discrimination against the poor. They felt they were being forced to fight a rich man's war.

Many of the Irish also believed the reasons for the war had shifted, that it was no longer about keeping the Union intact, but only about abolishing slavery, a cause many of them did not support. In July, one week after the Battle of Gettysburg, thousands of Irish took to the streets of New York. For five violent days they protested the draft laws and viciously attacked any black person they came across, blaming them as the reason for the war.

Black homes and businesses were looted and burned. Stores owned by sympathetic whites suffered similar fates. Federal troops were sent in to quell the chaos and restore order. At least one-hundred and twenty people, mostly African-Americans were killed.

The end of organized Irish involvement in the Union's cause was at hand. The Irish Brigade was reduced in numbers and disbanded in 1864. Individual Irish volunteers continued to serve with distinction throughout the Civil War and after. Without the heroic efforts of the Irish Brigade, the outcome of America's Civil War may have been different. It can sometimes be difficult to understand the

thinking of men who lived in a different time and circumstance but you can not deny the bravery that was displayed in battle after battle by the soldiers of The Irish Brigade.

Thomas Francis Meagher became the Acting Governor of the Montana Territory after the war. He drowned in the Missouri River in 1867.

For more information on Meagher, I suggest the book, "The Irish General," by Paul R. Wylie. An interesting book about the origins of the war, "The Dogs of War 1861," by Emory M. Thomas. And "Frederick Douglass Selected Works"

Thank you to all our veterans. ●

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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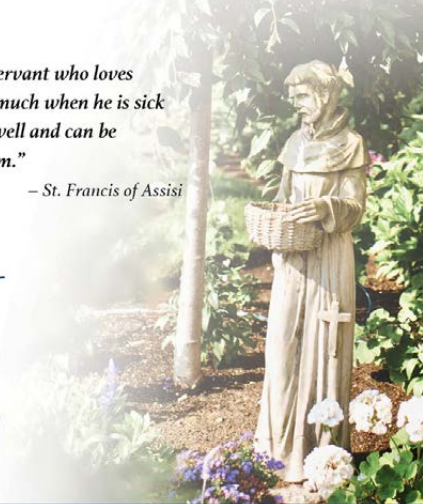
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BLOWIN' IN

By Susan Mangan

@SueMangan

Late Autumn Blessings

The weather in late autumn is brisk at Crooked Lake. Most of the leaves on the old sycamore tree have turned varying shades of yellow and brown. The water reflects an impressionist's palette of scarlet, gold, and orange.

It is just past dawn on this Sunday morning and the world is alight with color; the cacophonous sounds of birds calling for their mates harmonize with the distant bark of a farm dog. A pair of Sandhill Cranes trumpet calls, pterodactyls somehow caught in a twenty-first century sky. For a moment, my spaniel raises her eyebrows at the sound, until she sighs contentedly and places her long ears in the pillow of her paws.

Leaves fall with each gust of wind, marking the impending turn of seasons. Large, rippled sycamore and delicate, diamond shaped birch leaves descend in syncopation landing on wheaten lily pads.

It is early morning cold and the fish are tucked far below the muck of lakeweed. A family of ducks parade across the protected shores of the lake: secure in their purpose, confident in their companionship.

I wonder if this natural world looks back at me as I gaze in wonder at the turn



of every season. What does the flotilla of geese see when it boldly stares into the face of my dog? What does the hawk imagine when he lands on the almost bare branches of the mulberry tree? Or the mute swans who have accompanied my parents on this lake during their sixtieth wedding anniversary, who symbolized constancy on the morning after my mother's death, and hope on the dawn of my father's ninetieth birthday? Unaware of the joy and grief humans experience in equal turns, nature continues to cycle offering unexpected blessings to those who choose to commune with her gifts.

This autumn we celebrated my father's ninetieth birthday with his closest friends and family. Our dearest friend, more family than friend, presented my dad



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*If you stand near the uneven shores of the lake
 long enough
 and are still,
 so still
 that dragonflies
 seek
 to land on your outstretched arms,
 you will become part of the earth.
 The shores are an altar.
 Bindweed secures you to the ground.
 Broad leaves of the dock plant soothe
 the unexpected sting of nettles.
 Wind lifts your hair,
 a golden shawl of
 Wood Anemone
 welcoming the autumnal bloom
 of violet heather.
 Steady
 atop these shores,
 you sense the smell
 of promise
 as it mingles
 with woodsmoke-air
 that cuts through your lungs
 reminding you to breathe.*

–“Notes from an Irish Field: Just Past Dawn” By Susan Mangan

with a gift: a photographic image of the sycamore tree that grows on the shores of his lake.

She spoke of the tree and its age. Sycamores can live two hundred years or more. They grow and stretch while their bark sheds.

My father’s sycamore reaches out over the lake with thick branches that resemble protective arms. My mother loved this tree. It has such character; the tree has grown crooked over the course of generations: a crooked tree springing from the shores of Crooked Lake.

The irony of this was not lost on my mom and dad. How they would laugh at this as they sipped their cups of coffee and admired the fall colors of the wetlands beyond the tree. One can sense the strength and wisdom in this tree as it reaches toward the sun and continues to persevere through great winter winds and wet spring mornings.

As our friend remarked, that sycamore tree is a great deal like my father; strong, but a bit bent with the travails of life; old, but eternally handsome. The tree,

like my father, has weathered storms, bearing witness to pain and heartache, celebration and joy. On the night of my father’s birthday, it swayed in time with the strains of big band music and the sounds of laughter.

The shores of our lake are filled with phantoms and memory, but on that glorious night, my mother’s spirit was present in the rippling beauty of the lake, etched into the changing light of the autumn horizon. Mostly, we could feel her presence beneath the broad falling leaves of the sycamore tree as we stood together, wrapped around my dad, smiling for a birthday photograph and celebrating the gift of another day.●

Susan holds a Master’s Degree in English from John Carroll University and a Master’s Degree in Education from Baldwin-Wallace University. She may be contacted at suemangan@yahoo.com.

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The Irish National Baseball Team

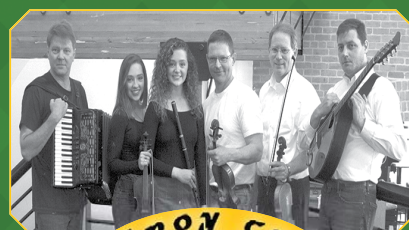
A swing and a fly to deep centerfield. A Way Back ... Last November, we interviewed the Irish National Baseball Team's coach, Jay Murphy and Irish born player Patrick Mitchell (*It's not Gone, its: Click [HERE](#) to read that column*). We spoke on the team, the process and how we can help the team develop the American pastime, baseball, in Ireland.

This month, we follow up with Coach Murphy on Patrick, the season, team travels, and how the focus has already turned, to next year.

What I hope is that kids in Ireland will see the things this team is doing and say, "Hey, I want to do that, I want to be part of that, and pick up a glove."

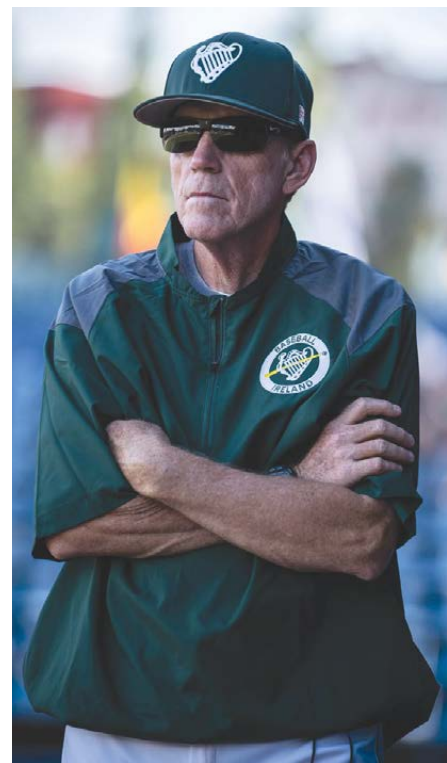
—Irish National Team Coach
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Coach Jay Murphy

How is Patrick doing?

Patrick is at Penn State Allegheny, a 2-year Jr college in Pennsylvania, playing baseball. It's a good fit for him; his folks looked at it, and agreed it was the best place for him. He continues to work on baseball and pursue his studies.

How did the team do this past year, Jay?

The national team went to Bulgaria. They didn't qualify, France won the whole thing. It was the advance qualifier to the senior championships played in 2024. We have a talented group – we just couldn't get that hit when we most needed it.

Our senior team kids hung in; they have a lot of heart. The first time to get together was when we showed up in the Czech Republic. The government knew it would be quite the challenge. We won the last game, against Lithuania, 11 to 3. I was really proud of them.

We played the 18U European championship. Spain won it all. It was well-done, first class, with the countries national anthem, country jerseys and flags, etc. They are wearing the Team Ireland jersey on their chest; it made them very proud; they want to stick with it and do better. It was a father and son coaching staff for Ireland.

It is the biggest baseball event in Europe. The quality play compared

to middle Tier 1 schools here in the U.S. The exposure we gain ties into fundraising, player recruitment; it ties into recognition of baseball in Ireland being raised to a higher level.

What I hope is that kids will see all of the things this team is doing and say, "Hey, I want to do that, be part of that, and pick up a glove." We are hoping the current players will encourage the kids in Ireland to get involved. We are self-funded, we have to raise the funds for flights, hotels, equipment, etc. We have to build off that momentum, the people that are involved and following the team are excited by it. We need much more resources.

What does the European Championships mean to you?

It was an opportunity for me to see baseball firsthand in Europe. It gave me a much better understanding of what we have to do to be competitive for next year. We are already looking for players and evaluating talent.

A lot of it right now is the work behind the scenes: making phone calls, evaluating players, trying to get Ireland to host the 2023 qualifying tournament (can US/Ireland companies fund it so we can do a great job, and thereby raise the profile of Irish baseball on the world stage?).

We have the Irish Baseball Indoor Training Centre in Finglas (Dublin), called "Strike Zone" <https://baseballireland.ie/strike-zone/> but need help and resources to take us to the next level. The pros are inviting forty players from the tournament to try out in the U.S.

We are hoping the current players will encourage the kids in Ireland to get involved. We are self-funded, we have to raise the funds for flights, hotels, equipment, etc. We have to build off that momentum, the people that are involved and following the team are excited by it. We need much more resources.

These games are what we are working from. Everybody went home thinking about that game and what we have to do in the country of Ireland. We have to keep working on developing our players. We need to find the right people to get in front of to get help, maybe 501(c)(3)s or sponsorships; Can they help us? ●

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SPEAK IRISH

By Bob Carney

@BobCarneyGTR

“Tá Ceothanna na Samhna”

The fogs of November, the first line in the poem “Fanntais Ceo,” or “Fantastical Fog,” by Liam S. Gogán, sets the time and atmosphere of the story we’re about to be told. But what if we translated it incorrectly?

I first came across the poetry of Gogán in a collection of Irish poetry titled, “Leabhar na hAthghabhála,” or “Poems of Repossession,” a bilingual Irish-English edition. Liam S. Gogán was born in Dublin in 1891. His family was active in the Language Revival and revolutionary politics.

When Liam graduated from University College Dublin in 1913, where he had studied Irish language,

including Old Irish, he became the secretary of the Irish Volunteers. A year later, he was appointed Assistant Keeper of Antiquities in the National Museum.

After the 1916 Rising, he was dismissed from his position and sent to the Welsh prison camp at Frongoch. He was released after a couple of months, and returned to his position in 1922, after the establishment of the Free State. He was promoted and worked at the museum until his retirement in 1956.

Dinneen’s Irish-English Dictionary

From 1923 to 1927, he worked on the second edition of Dinneen’s Irish-English Dictionary, in addition to his work at the museum. Dinneen’s is an important resource for writers, readers and students of Irish. After the death of his wife in 1940, a sense of mortality and melancholy became more prevalent in his works.

Translating Irish into English is a good way to further our study of the language. But using an on-line translator can often lead you far from the writer’s meaning. The first line of “Fanntais Ceo”, “Tá ceothanna na Samhna” I entered into a popular Irish to English translation app. The phrase came back as “There are the mists of night”.

No mention of the month of November, Samhain or its genitive form na Samhna. I tried again with the last line of the poem “no earthly force can break their vows.” Our app said, “their commitment to pay is steep.”

These translator apps rely on algorithms and use, to become better at what they do. Information, such as vocabulary, sentence structure, etc. is stored and built on, everytime the app is used. The more it’s used, the “smarter” it becomes.

Most apps are good for simple conversation in Irish, but fall short when the conversations become more involved or in the case of much poetry, imagery and even local expressions can confuse the app; it can only work with what it’s already processed.

I suggest when beginning translating Irish prose or text into English, you start with a good dictionary, Teannglan.ie (It’s Free!) or, if you prefer a book in your hands, “Foclóir Gaeilge-Béarla.”

Start modestly, a bi-lingual book like “Poems of Repossession” or “Bone and Marrow” are very good anthologies of Irish poetry, the later covers works from Medieval to Modern times.

Most of us have a bible, Irish language bibles are readily available and the Book of Proverbs, “Leabhar na Seanfhocal,” is an excellent way to get started.

Read the Irish text first, jotting down the words you know or think you might know. Then consult your dictionary to help with any words you’re unsure of. Finally, check the English version to check your accuracy.

Children’s books are also a good way to develop reading skills in Irish.

Once you have translated the story using the same methodology, (although pictures can help), go back and practice pronunciation on any new vocabulary. Then read the book out loud as if you’re reading to a child, this will also help your conversational skills.

For the month of October, one of the assignments in the Speak Irish Cleveland class was to choose your favorite Halloween story and change a phrase or word in a paragraph to Irish to see if the story can be enhanced. For instance, the word for magic in Irish is draíocht (dree-ohkt). Using the Irish word in place of the English can make the story more interesting.

We also use children’s stories and work as a group reading and translating. “Binjé Madra ar Strae” (Binjé the Stray Dog) was the book used this session.

No matter where your interests lie, there are books and material available on-line to get you started. It can be a very gratifying experience to pick up something and read it in the language it was originally written in.

Slán go Fóill! ●

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 Ríán and Aisling and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com

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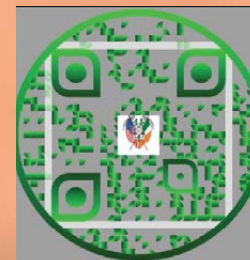
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WHAT'S THE CRAIC?

OUT & ABOUT IRISH AMERICA

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4th - Abbey Rodeo, 11th - Old Skool, 18th - Billy Morris, 23rd - Superbad, and Thanksgiving Eve Party, 25th - Baker's Basement. 10310 Cascade Crossing, Brooklyn 216-362-7700. 1FunPub.com

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4th- Ballinloch 7-10pm, 11th- Dante Maselli 7-10pm, 18th- Kristine Jackson 7-10pm, 25th- Donal O'Shaughnessy. 1114 Center St. Cleveland 44113-2406 216. 696.6968. flatironcafe.com

TREEHOUSE

No Events sent to us. 820 College Avenue, Cleveland, 44113
treehousecleveland.com

BRIAN BIGLEY/ TOMASEEN FOLEY'S A CELTIC CHRISTMAS

26th - Hanna Theatre, 206 East 14th Street, Cleveland, Ohio 44115
ACelticChristmas.com

PJ MCINTYRE'S

No Events sent to us. Don't forget T-Shirt Tues: wear any PJs T-Shirt get 15% off bill! Whiskey Wed: ½ off every whiskey in the house. Thurs - Craft Beer \$2.50. PJ McIntyre's is a Local 10 Union establishment. Home of the Celtic Supporter's Club and the GAA. Book Parties & Events in our Bridgie Ned's Irish Parlor Party Room. 17119 Lorain Road, 44111. pjmcintyres.com 216-941-9311.

MUSIC BOX SUPPER CLUB

No Events sent to us. 1148 Main Avenue, Cleveland, OH 44113.
musicboxcle.com

FLANNERY'S PUB

No Events sent to us. 323 East Prospect, Cleveland 44115 216.781.7782

TOMASEEN FOLEY'S A CELTIC CHRISTMAS

26th - Hanna Theatre 7:30 pm. 2076 East 14th Street, Cleveland, Ohio 44115 Tickets: [Hanna Theater](http://HannaTheater.com); 27th - Medina Performing Arts Center 2:30 p.m. 851 Weymouth Road, Medina, Ohio 44256 Tickets: [Eventbrite](http://Eventbrite.com). ACelticChristmas.com

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EUCLID

IRISH AMERICAN CLUB EAST SIDE

No Events sent to us. 6th - Holiday Arts & Craft Fair 10 to 3. PUB Happy Hour: 7:30 - 10:30. IACES 22770 Lake Shore Blvd. Euclid, 44123. 216.731.4003
eastsideirish.org

LAKESWOOD

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No Events sent to us. Happy Hour: M-F 4-7, Sat 12-6. Open Sessiún Every Thursday 7-10, ½ Off Wings, \$1 off drinks. \$3 Guinness and Jamieson. 16719 Detroit Avenue, 44107
plankroadtavern.com

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4- Hello McFly 5- Crawley and Sofranko 11- Joshua Rizzo 12- The New Barleycorn 18- The Other Brothers 19- Smug Saints 23- Thanksgiving Eve with The Music Men 25- The Island Doctor 26- Musical Chairs 117 West

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sullysmedina.com.

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145 Montrose West Avenue Copley, Oh 44321 (234) 466-0060 1funpub.com

MENTOR

HOOLEY HOUSE

4-Superbad 5-Dave's Planet Reunion Show 11-Caliber 18-Big in Japan 23-Disco Inferno and Thanksgiving Eve Party. 145 Montrose West Avenue Copley, Oh 44321 (234) 466-00607861 Reynolds Rd Mentor 1funpub.com (440) 942-6611.

OLMSTED TWP

WEST SIDE IRISH AMERICAN CLUB

3rd - Ceili dancing 7-9PM; 10th - Forever Young meeting 1PM; 12th - Andy Cooney Concert 7PM; 16th - Nathan Carter Concert 7:30PM; 26th - Steak Shoot 7PM; 27th - Christmas Decorating @10AM Great live music and food in The Pub every Friday. WSIA Club 8559 Jennings Rd. 44138
wsia-club.org. 440-235-5868.

CLEVELAND ST. PAT'S / ST. JARLATH'S GAA

Always defer to the team's WhatsApp group chat or calendar on clevelandgaa.com for updates. New players always welcome. West Side Irish American Club 8559 Jennings Road, Olmsted Township, OH 44138.

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WILLOUGHBY

NORA'S PUBLIC HOUSE

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Noraspubhouse.net

WILD GOOSE

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wildgoosewby.com

COLUMBUS

SHAMROCK CLUB EVENTS

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General Mtg., Horseshoe League every Wednesday, 6:30 pm, thru August: tjbecker59@gmail.com
Cornhole League every Thursday thru August, 7pm. Happy Hour every Friday from 5-7pm! 60 W. Castle Rd. Columbus 43207 614-491-4449
shamrockclubofcolumbus.com

TARA HALL

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274 E. Innis Ave. Columbus, 43207
614.444.5949.

TOLEDO IRISH AMERICAN CLUB

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YOUNGSTOWN

27th - AOH - Joseph T. Nalley, Sr. Div. 6 Mahoning County hosting the AOH Irish Invitational Golf Outing. 1st flight 8:30 am / 2nd Flight 1:30pm. Duck Creek Golf Course, Warren OH. \$85.00 p/person. Hole Sponsors \$50.00 & \$100.00. Lunch Sponsors \$250.00. (330) 550-4469, Mark Klacik.

INDIANA

FIDDLER'S HEARTH

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
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GAELIC ARTS SOCIETY OF PITTSBURGH

11/22 - Marie Young, Irish Language; 12/2 - Christmas Party @Holiday Inn Express Greentree Parkway Center. pghgaelicarts@gmail.com.

RILEY'S POUR HOUSE

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rileyspourhouse.com

MCFADDEN'S PITTSBURGH

No Events sent to us. Catering, Party Room & More. 211 N. Shore Drive Pittsburgh, PA 15212. McFaddenspitt.com

MULLANEY' HARP & FIDDLE

No Events sent to us. Wed: *Guitar Under the Stars* starts @7pm; Fri: *Beat the Rush Hour Blues* starts @5:30; Sat: Live Music starts @7:30. For up-to-date music sched: Facebook: @mullaneysharpandfiddle 2329 Penn Avenue, Pittsburgh, PA. 15222
Harpandfiddle.com

PITTSBURGHGAA

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

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DIVISION 1

6th - AOH Division 1 Communion Breakfast 10:00 am Mass then Breakfast & Awards Ceremony. \$30. South Hills Country Club 4305 Brownsville Road Pittsburgh, Pa. 15236. Reservations: Rich O'Malley (412) 401-3945 pghsaintpat@verizon.net

Division 4 (North Hills)

No Events sent to us. aohdiv4.org or Bob Parry (724-933-0427).

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.**



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

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

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

Wednesdays 7-9 pm set dancing lessons: Irish American Club - East Side Euclid, OH; West Side Irish American Club, Olmsted Twp, OH. CeiliClubCleveland@gmail.com

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Tuesdays, 6:15 -8 p.m. at P.J. McIntyre's Irish Pub 17119 Lorain Rd., Cleveland, OH 44111

Introductory to intermediate level

Thursdays 7:00 p.m.
745 Pleasant Ridge Ave., Bexley, OH 43209



By Megan Lardie

KIDS CRAIC

Fall Back... One Last Time?

One of my favorite weekends in the fall is the one that we turn the clock back one hour. It is only an extra sixty minutes, but sometimes it feels like much longer.

When we move the clocks forward in March, we are actually moving one hour of daylight from the morning to the evening. This is called Daylight Savings Time. In some parts of the world, they call it Summer Time.

In November, when we turn the clocks back an hour, we return to Standard Time. Also, depending on where you live, you are in that time zone. If you live in Brooklyn, New York, you are in Eastern time zone. If you live in San Diego, California, you are in Pacific time zone. There is also Central time zone and Mountain time zone. Confused?

It is simple, really. In New York, the time is Eastern Standard Time or Eastern Daylight Savings Time and for California, the time is Pacific Standard Time or Pacific Daylight Savings Time. There is also Central time and Mountain time.

Daylight Savings Time

Why did we start doing all this time changing? The idea was first suggested by Ben Franklin, way back in 1784. The idea was to make better use of the longer sunlight hours of the summer. Daylight Savings Time was used in the

United States during World War I and World War II for a couple of reasons.

First, it was used to take advantage of the extra hours of light. Secondly, it was used to save energy that was needed in factories to make supplies during the wars. After World War II, individual states and cities decided whether they wanted to keep using Daylight Savings Time. This created lots of confusion. In 1966, Congress passed the Uniform Time Act which then

standardized the length of Daylight Savings Time for the entire country.

Now that you understand all this, a bill, named The Sunshine Protection Act, has been introduced in Congress to stop changing the clocks twice a year and just stay on Daylight Savings Time. It has passed both the House of Representatives and the Senate. Now it needs President Biden to sign it before it can become a law.

It would take effect in March of 2023, so we would “spring” forward and then never change the clocks again. There would be many benefits if this bill passes. Besides more hours of sunshine, some other benefits would include more time to enjoy the outdoors safely, less seasonal depression (winter blues), lower energy costs, and less traffic accidents. Can you think of any other benefits of having more hours of daylight?



Kids in the Kitchen

Apple Crisp

Ingredients:

- 5 cups of peeled and sliced apples (Best apples for baking – Granny Smith, Jonagold, Braeburn, Honeycrisp and Cortland)

Batter:

- 1/2 cup of light brown sugar (can use dark brown)
- 2 Tbsp. all-purpose flour
- 2 Tbsp. of water
- Crumb Topping
- 1/2 cup oats – Old Fashioned (can substitute quick oats)
- 1/2 cup all- purpose flour
- 1/2 cup sugar
- 1/2 cup melted unsalted butter



Directions:

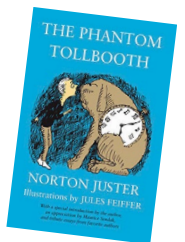
Preheat oven to 350 degrees
Put the sliced apples into a 9x9 baking dish
In a small bowl, mix the batter, and pour over apples
In a small bowl, combine the crumb topping – spread over apples
Bake for 1 hour
Delicious when served with whipped cream or vanilla ice cream!

Literature Corner

The Phantom Tollbooth By Norton Juster

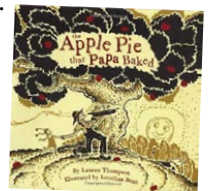
Milo thinks his life is so boring, until a tollbooth appears mysteriously in his room. Of course, he drives through it because he has nothing better to do. On the other side, things are very different. He discovers that he is on the Island of Conclusions, which you get to by jumping!

Milo learns about time from a ticking watchdog named Tock, and even goes on a journey to rescue Rhyme and Reason. He soon realizes that his life is far from boring. For ages 8-12, 286 pages.



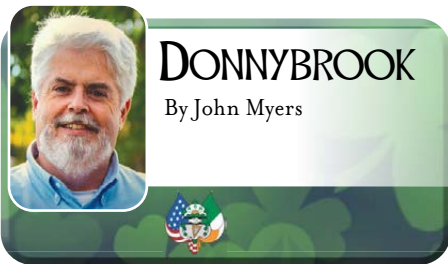
The Apple Pie that Papa Baked By Lauren Thompson

This is a heartwarming story of how apple pie comes to be, using a simple poetic language, and includes a quick introduction of the whole ecological web of life. For ages 5-8, 32 pages.



Megan is a Reading Intervention educator at Andrew J. Rickoff Elementary in the Cleveland Municipal School District. She holds a BA in Humanities from Hiram College and a BA+ in Early Childhood Education from Ashland University. She may be reached at meganlardie126@outlook.com

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DONNYBROOK

By John Myers

Brit Retro's Adore Thatcher's Scourge (BRATS)

While they may mourn the loss of Queen Elizabeth, the Unionist BRATS still truly pine for the days of their true queen, The Iron Lady, Marg Thatcher. Despite being 25 years since the Good Friday Accord created the Northern Ireland Assembly, the BRATS have made it clear that they will work to destroy that which has brought peace to the Six Counties if they do not get their way. Much like the spoiled child Veruca Salt in *Willy Wonka and the Chocolate Factory*, the stomping of their little feet may not end up well for them.

Speaking at the DUP's Annual Conference last month, Party Chairman Lord Morrow stated, "Unless the Protocol (Irish Sea Border) is replaced, there will be NO prospect of The DUP Party taking up its place in a Stormont Executive." Adding, with a straight face and complete lack of understanding of the height of irony and hypocrisy, "Where some are more equal than others." After a century or more of Loyalist privilege, it is more than cheeky to whine about not getting their way, all the time.

It has been six months since Michelle O'Neil, Sinn Fein's leader in the Six Counties, should have been sworn in as The First Executive of the Northern Ireland Assembly. Loyalists continue to boycott the results of the democratically held local elections as they were unhappy with the outcome of the election.

DUP Leader, Jeff Donaldson recently made clear that "either the prime minister delivers the provisions of the Protocol Bill by legislation or by negotiation and ensures that *our* place in the United Kingdom is restored, or there will be no basis to re-enter Stormont."

One might ask who "our" is, in that quote.

The Protocols

While The Unionist screech is nothing original, it does not bode well for the near future, when Lizzy Truss, the new British Prime Minister, shared in her first session of PM Questions, "I want to work with all the parties in Northern Ireland to get the Executive and Assembly back up and running, BUT in order to do that we need to fix the issues of the Northern Ireland Protocol which has damaged the balance between the communities in Northern Ireland."

What Issues? Frankly the Protocols are being implemented with remarkably little disruption to everyday life in the Six Counties. The biggest changes are a result of Brexit, which the Loyalists supported, led by their Tory Government.

The Protocols have left the BRATS with hurt feelings that accommodations were made, specific to Northern Ireland. The BRATS are feeling like Mommy Westminster loves the rest of the U.K. more, they want their special and privileged position to be restored.

PM Lizzy seems to be saying that the N.I. Protocol must be changed BEFORE the benefits of democracy will be restored to Northern Ireland. It is an outrageous stance and a clear attack upon the Good Friday Accord. It has only been the push back from the Biden White House and the leadership of the Democratic House of Representatives that has kept P.M. Truss from unilaterally ditching the N.I. Protocol to date. Let's hope common sense can prevail.

Hollywood Comes to Achill Island

Just opened is Martin McDonagh's film, *The Banshees of Inisherin*, starring Brendan Gleeson and Colin Farrell. McDonagh has previously directed, "Six Shooter" (2004), "In Bruges" (2008), and "Three Billboards Outside Ebbing, Missouri" (2017).

Gleeson and Farrell are reunited in a black comedy "Guinness Black," as one film critic called it, focused on an often-overlooked genre of male friend-

ship. McDonagh chose Achill Island, Ireland's largest island, off the west coast of County Mayo, as the setting for the fictitious island of Inisherin. Scenes are also filmed in the Aran Islands.

The Achill Tourism office stated, "Filming for the *Banshees* movie on Achill Island took place in September 2021, with the island accommodating a large film crew and providing extras for crowd scenes. The locations used include Cloughmore on the Atlantic Drive, Purteen Harbour, Keem Bay, Corrymore Lake and St. Thomas' Church in Dugort.

"The official movie poster features Gleeson and Farrell standing on Keem Beach, looking across to the Minaun Cliffs." Early reviews were exceptional, with the movie winning Best Actor and Best

Screenplay at the Venice Film Festival, including a thirteen-minute standing ovation. Don't miss it.

Cleveland Irish Join Saturday Night Live Crew

Irish Actors Brendan Gleeson and Colin Farrell recently took to promoting their new film, *The Banshees of Inisherin* on the set of Saturday Night Live. They joined Irish American Molly Kearney as one of the newest additions to the SNL cast. Molly is a young, fresh comic who comes from a proud Irish American family in Cleveland, Ohio. Molly graduated from Rocky River's Magnificat High School and The University of Dayton.

In addition to various Cleveland stages, Kearney has performed stand-up in Chicago and L.A. Molly's Irish roots are with the Kearney, Murphy, Gill, Golden and Dorsey families from County Mayo and Roscommon. The AvClub described Molly's performance as, "*Kearney's grounded delivery is perfectly pitched.*" Good Luck to Molly!

The Long Way to Tipperary

Just got shorter, is how John Hogan, who oversees Air Service Development at Cleveland-Hopkins Airport, described the latest expansion of air service to Cleveland. Irish Airlines, AER LINGUS has announced direct air service from Cleveland to Dublin.

The Aer Lingus web site leads with: "Oh



HI Ohio! It's time to discover Cleveland." Cuyahoga County, The City of Cleveland and JobsOhio partnered to incentivize Aer Lingus to choose Cleveland as its newest direct service. Cuyahoga Executive Armond Budish shared that the County was very proud to partner on this important project, stating, "our business community needs direct flights to Europe."

One great advantage to the Dublin-Cleveland flight is Dublin airports capacity to preform 'pre-clearance' checks, giving travelers the ability to avoid customs upon landing here. Cuyahoga Council President Pernell Jones, Jr. said, "We are excited to have Aer Lingus come to Cleveland and Cuyahoga County. Cleveland was built in large part by Irish immigrants."

This new service will carry travelers the 3,466 miles to Dublin in eight short hours and provide connecting flights to over twenty European cities. Aer Lingus will be flying the Airbus A321LR with 184 seats, including sixteen full flatbed seats.

Terry Slaybaugh, V.P. Sites and Infrastructure Development at JobsOhio, stated that this new connectivity was part of JobsOhio's success at adding over 250,000 new passenger seats to Ohio's air service inventory, critical to Ohio business growth. Former U.S. Ambassador to Ireland, Edward Crawford, provided a special welcome to Aer Lingus and made it clear the importance of getting this new air service to Cleveland.

A bagpiper provided musical backdrop for the crowd, which included representatives of the Irish Community: John O'Brien, Sr., President of the West-Side Irish American Club; Helen Malloy, a delegate with the United Irish Societies of Greater Cleveland; and Quinn Irish Radio host, Gerry Quinn. ●

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ILLUMINATIONS

By J. Michael Finn



Chaplain Father John E. Duffy, Hero of Bataan

"I did what I could for each regardless of his faith."

Veterans Day on November 11 is an opportunity to remember those military men and women who sacrificed so that we can enjoy the freedoms promised to us in the Constitution. This month we recall the service of Colonel Chaplain John E. Duffy, a priest of the Diocese of Toledo, and a member of the Greatest

Generation.

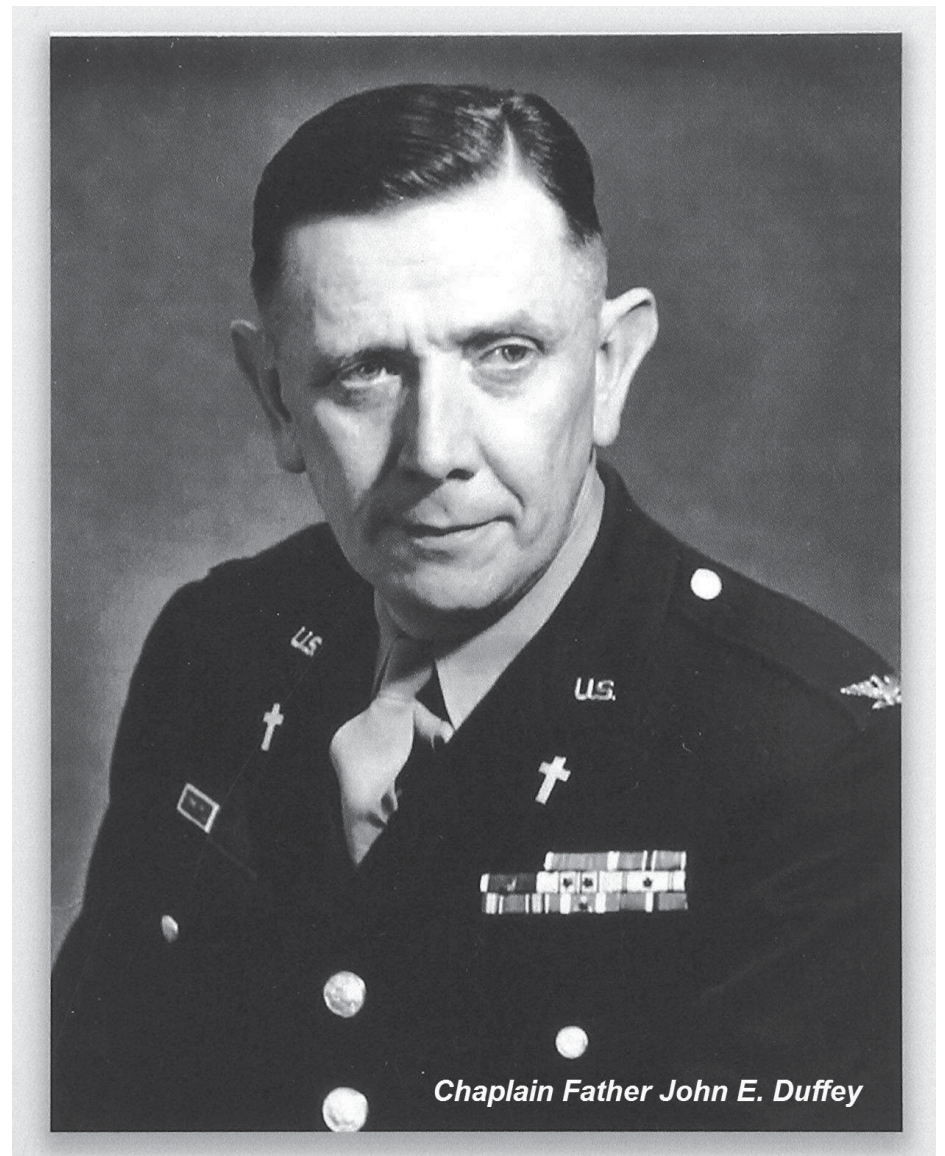
John Edward Duffy was born on June 28, 1899 in Lafayette, Indiana. He attended St. Mary's Elementary School and Notre Dame Preparatory High School in Lafayette. After graduation he joined the army and served as a soldier in World War I with the 42nd Rainbow Division, where he experienced eleven months of frontline duty in France.

Following World War I, he attended Notre Dame University. He graduated in 1923 with a bachelor's degree and afterward spent one year teaching and coaching at a high school in Indianapolis. But John Duffy heard a calling to become a priest and enrolled in Mount St. Mary's of the West Seminary in Norwood, Ohio.

Father Duffy was ordained to the priesthood June 8, 1928, in Toledo, and was sent to St. Wendelin's Parish in Fostoria, Ohio (Seneca County). On May 15, 1930, after two years at St. Wendelin, he was transferred to St. Ann's Parish, Fremont, Ohio (Sandusky County).

U.S. Army Chaplain

In October 1933, the Bishop of Toledo approved Father Duffy's request for a ten-year leave of absence to become a US Army chaplain. After completing



Chaplain Father John E. Duffy



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Open for Lunch & Dinner
gunselmans.com

his initial training in May 1934, Father Duffy was sent to serve as post chaplain at Fort Stotsenburg, in the Philippine Islands. After three years, he returned to the US, then in April 1940, he returned to Fort Stotsenburg. Captain Chaplain Father Duffy was Northern Luzon Force chaplain and later became chaplain of the First Philippine Corps.

The invasion of the Philippines by Japanese air and naval forces began on December 8, 1941, only ten hours after the attack on Pearl Harbor. The first wave of Japanese bombers approached Clark Field undetected. By the time everyone realized they were under attack, the bombs were already falling, and casualties were mounting.

Father Duffy rushed to the camp hospital, where he administered the Last Rites to any dying serviceman he came across. He said, "There wasn't sufficient time for inquiry about religious tenants of the wounded." During the next four days Father

Duffy buried 112 soldiers and Pilipino civilians.

The American and Pilipino forces were able to hold the islands for three months. Stories of Father Duffy's courage in accompanying his men in front line action were widely used in newspapers throughout the country. He wrote, "I did what I could for each regardless of his faith." The Japanese eventually overran the Philippines and the Americans surrendered on April 9, 1942.

Bataan Death March

After the surrender, approximately 75,000 Filipino and American prisoners of war on Bataan were forced to make a horrific 65-mile march to prison camps in northern Luzon. This was known as the Bataan Death March. The already weakened and ill soldiers, many suffering from malaria and other tropical disease, were forced to march through tropical conditions, enduring heat and humidity without adequate

medical care.

The prisoners unable to make it through the march were beaten, killed, and sometimes beheaded. Approximately 600 American soldiers died during the ordeal. A large number of those who made it to the prison camp later died of starvation and disease.

Father Duffy was forced to surrender and join the Bataan Death March. While taking a drink of water offered by a Pilipino woman he was bayoneted twice by a Japanese guard and left for dead. He was rescued by Philippine guerrillas. After recovering from his wounds, Father Duffy took command of the guerrilla unit and spent nearly a year secretly directing rebel operations against the Japanese.

Hell Ship

In early 1943, he was recaptured and sent to Bilibid Prison in Manila, another prison noted for its filthy conditions and the cruelty of the guards. Then, in December 1944, Duffy was transferred to a "Hell Ship." The Hell Ships were appropriately named civilian ships, converted to move prisoners of war to work camps in Japan. The Japanese military loaded the cargo holds full of prisoners, without food, water, sanitation or ventilation, and sailed them unmarked among convoys of military supply ships.

The second night of Father Duffy's confinement on a Hell Ship, it was bombed by American warplanes and sunk. The priest miraculously escaped drowning by swimming one mile to shore.

About a month later he was put aboard another Hell Ship. This ship was also torpedoed. Again, Father Duffy survived the ordeal. Of seventeen chaplains imprisoned on the Hell Ships, Father Duffy was one of only two who survived the ordeal.

Father Duffy eventually was taken to Japan, and later transferred to the notorious Hoten Prisoner of War Camp near Mukden, Manchuria, China. Records indicate 1,420 Allied prisoners were held here, 1,193 were liberated; 224 did not survive.

Hoten POW camp was liberated on August 16, 1945 by a six man US Office of Strategic Services (OSS) team that parachuted into Mukden. They were later assisted by Soviet troops.

Father Duffy was flown out of Manchuria on the first available plane

because he was the most seriously ill patient. He was at the Calcutta General Hospital three days and Walter Reed General Hospital in Washington D.C. for over a year, until he officially retired from the Army with the rank of Colonel on October 31, 1946.

For his service, he was awarded: the Legion of Merit, Bronze Star; Purple Heart with five oak leaf clusters (he was wounded five times); American Defense Medal; Pacific Theater Medal with two battle stars; American Theatre ribbon; World War II Victory Medal; Philippine Defense Medal with one battle star; Philippine Liberation Ribbon.

In January 1947, Father Duffy returned to the Toledo Diocese. He was assigned as pastor at Our Lady of Lourdes Church, New London, Ohio (Huron County). There he remodeled the church and dedicated the remodeling to the "Men of Bataan." A member of the American Legion, Father Duffy was appointed its National Chaplain in 1952.

During his tenure at Our Lady of Lourdes, Father Duffy was diagnosed with cancer. He was forced to retire on March 27, 1958, due to his illness. Shortly after he had taken up residence at a retirement home near San Francisco, he was admitted to Letterman Army Hospital.

Father Duffy passed away on June 4, 1958, at the age of 58. Funeral services for Father Duffy were held at the Chapel of Our Lady on the Presidio Army Base. He is buried at the San Francisco National Cemetery.

If you would like to learn more about Father Duffy's extraordinary service in the Philippines, read *But Deliver Us From Evil: Father Duffy and the Men of Bataan*, by Dan Murr (Murr Publishing, 2008). •

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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Not Really Irish

Growing up, we always just assumed, because of our celebrated heritage that all our tried-and-true family recipes that we made for special events and holidays were Irish. So it came as a surprise when I got older that this delicious salad I helped Dad make every year for Thanksgiving was in fact, not a very old recipe and originated in New York. Nonetheless, this yummy and simple dish is worth sharing.

Waldorf Salad

(Our Irish Family Version)

Ingredients

- 4 Granny Smith Apples
- 4 Red Delicious or Honey Crisp Apples
- 5 Stalks of Celery (8oz)
- 8 oz Raisins
- 30 Red Grapes
- 30 Green Grapes
- 14 oz bag Mini Marshmallows
- 10 oz Walnuts
- 8 oz Miracle Whip
- ½ cup White Granulated Sugar



In a small bowl mix Miracle Whip and Sugar until combined. Set aside.

Chop apples, celery, and walnuts into small pieces. Leave the skin on the apples for color.

Cut the grapes in half

In a large bowl – toss the apples, celery, raisins, grapes, marshmallows, and walnuts with the dressing. Cover and chill for 2 hours or overnight.

Serve as an appetizer, salad or side dish. •

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](https://www.facebook.com/sassyssweetsandmore).

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MADIGAN MUSES

By Marilyn Madigan



Cleveland to Cambodia

My childhood neighbor, Kevin Conroy, was recently home from Cambodia to attend his high school class reunion. I had the opportunity to reconnect with Kevin; it was a great to get together with a childhood friend.

We shared a lot of memories growing up in St. Pat's and how both of our lives focused on helping others. I am retired as a nurse, but Kevin is still helping others with a very important ministry in Cambodia.

Kevin was ordained in the Diocese of Cleveland on January 16, 1982. He has served as a Parish Priest and also at our Diocese Mission in El Salvador. Mission work is his love.

Since 2005, Fr. Kevin has been serving our church in mission work as a Maryknoll Associate in Cambodia. He started a Mental Health Program that reached out to the areas that were traumatized by the killing fields.

Fr. Kevin has taught in the Clinical Psychology and directed a community-based health program for the marginalized. Recently Fr. Kevin heard



St. Dymphna

that the Maryknoll Associate Program in Cambodia was ending. There is still work to be done in Cambodia. Lives have been transformed because of the work of Fr. Kevin and those who assist him.

Mental Illness

Fr. Kevin wants to continue the outreach to more Cambodians suffering from mental illness. This mission was shared by Ambassador Bill Todd. Ambassador Todd and Fr. Kevin both have a passion to assist those in Cambodia.

Together they formed Cana's Promise to carry on this important work. Cana's Promise is a non-profit 501c Organization. It was at Cana that Jesus performed His first miracle. Cana's Promise believes there are miracles happening today and each of us can transform lives.

The Irish have always assisted those in need. Fr. Kevin speaks of his devotion to an Irish saint; St. Dymphna. She is the Patron Saint of the Mentally Ill.

The National Shrine of St. Dymphna is located just 55 miles south of Cleveland, in Massillon. Fr. Kevin has visited this Shrine and noticed the chains at the feet of the Saint. Many of the mentally ill in Cambodia are chained. Fr. Kevin and those who have helped in his ministry have unchained some of those in Cambodia.

This unchaining has transformed many lives. Let us continue to help unchain these individuals by learning more about Fr. Kevin Conroy and his ministry from Cleveland to Cambodia.

Hearing his story, I knew that I wanted to help him more. I can help him by sharing his story with this column and with a presentation with Fr. Kevin that is on the LAOH National YouTube Channel. I also want to share information on Cana's Promise and how others can help them. Please visit the website www.canaspromise.org. I love this quote from their website, "Your faithful giving changes lives, locally and around the world."

In this month of Thanksgiving, I give thanks to my childhood friend Kevin, and his forty years in ministry for ourChurch. ●

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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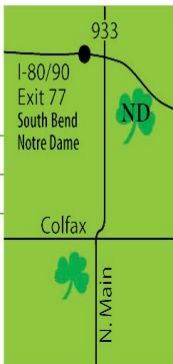
1. What is the significance of the St. Patrick's Blue?
2. Whose harp is preserved at Trinity College?
3. What is the main harbor for Dublin?
4. What is the main shopping street in Dublin?
5. Who was the first Catholic elected to British Parliament?
6. Who founded the Gaelic League in 1893?
7. Who wrote Four Green Fields?
8. Who wrote a song about the Lisdoonvarna Music Festival?
9. In the nineteenth century, what Irish-built structure was called the "eighth wonder of the world?"
10. Where did "Molly Maguires" originate?



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1. It was Ireland's official color at one time.
2. Brian Boru's harp
3. Dun Laoghaire
4. Grafton Street
5. Daniel O'Connell
6. Douglas Hyde
7. Tommy Makem
8. Christy Moore
9. Brooklyn Bridge
10. Among Pennsylvania coal miners





TERRY FROM DERRY

By Terry Boyle

Backward View

There are a couple of things recently that have brought Northern Ireland back into the foreground of my thinking. In the latest census report, Catholics, for the first time since partition, officially make up the majority of the population. Secondly, the question of the border associated with the Brexit deal continues to rattle the E.U and the U.K.

In many ways, the U.K would love to be rid of Northern Ireland. The 'province' continues to be a financial drain on resources and, now that its majority is Catholic, it would be a good time to simply allow it to reunite with the Republic, assuming the Republic wants it.

It is easy to simplify things when it comes to talking about a United Ireland, when in fact, the matter is a lot more complicated. For example, it's assumed that all Catholics are Nationalists and will jump at the chance to become 'a nation once again.'

A Nation Once Again

However, despite the romantic

aspirations that reunification often evokes, there are a lot of people who worry that the benefits they receive from the British government will not be matched by the Republic. The Republic may not want to take on board a sizeable part of the country that needs to be financially propped up, not to mention having to deal with a significant portion of the population that will be determined to undermine the work of reunification.

There are no easy answers to the problem of Northern Ireland. The division of any country, for whatever reason, is never a good long-term option, and reunification is not as easy as people would like to believe. So, whenever I'm asked an opinion on this matter I sigh deeply and watch as the look of disinterest grows on the face of the questioner.

Direct questions that demand direct answers are fine if you are dealing with the natural sciences, but when you are dealing with people, rarely are there any easy answers that don't need endless qualifications to support your train of thought. By this time, your listener has found a good excuse to move on to someone else who can give them what they want.

I am sure that I've written this before, so excuse the repetition, but it does make the point. I was once at a gathering in Canada where a friend and myself were explaining to an interested group about the N.I Troubles. I believe it was sometime in the 1980s when things were still quite volatile.

After about an hour of explaining the history and background of

the violence, one woman came up afterwards and said, 'I really liked what you had to say but can you tell me why the Catholics and Protestants are fighting each other?' It would've been simpler to have said to her 'they just don't like the look of each other,' instead of regurgitating an hour's long talk into sound bites.

Giving an in-depth perspective as to why a United Ireland is not as simple as it seems can be a waste of time if there is no understanding of how complicated our history is. Indeed, history in itself is a lot more interesting because of these complications.

We find all sorts of anomalies in history that rarely see the light of day, simply because they complicate the simple story. For example, the Presbyterians who fought for the cause of national liberation from the English were, in part, motivated by the unfair treatment of the established Anglican church towards their own faith.

Wolfe Tone

People such as Wolfe Tone, Robert Emmet and others are sung into nationalism to serve a larger Republican cause. The discrimination they endured for being part of the non-conformist tradition is largely forgotten, yet it certainly fueled their efforts to ensure liberty and equality.

How can we forget, or avoid, the role of the Catholic Church in the fall of Charles Stewart Parnell? The leader of the Irish Parliamentary Party, an incredible politician, was brought to his knees by the church over his affair with Kitty O'Shea. I know it's easy for

us to judge those times according to our own time, which again illustrates the desire to simplify, but it does let us see that history is not as clear-cut as we'd like it to be.

If we think our own lives are fraught with complications, then it's easy enough to see that when it comes to the collective, those difficulties are profoundly exaggerated. Scratch the surface of any event in time; you'll find it's not as cut and dry as it seems. Equally, our perspective of world events tends to be based on reporting that reduces everything down to a political diatribe.

We now view journalism as the political arm of one party or the other. We no longer believe in the objectivity of the journalist; this is often shown by our eagerness to accept the unsubstantiated views on social media above the reportage of more qualified media outlets.

So, when it comes to what I think of the developments in Northern Ireland, I instinctively want to say, 'it's early days.' The Northern Irish state is still evolving from its troubled past.

There is still a long way to go before reunification with the Republic becomes a viable option. We can only hope that as things progress some of these complications can be worked out peacefully and democratically, but as we've seen in this country, democracy counts for nothing when people try to usurp the will of the majority by violence. ●

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CLEVELAND IRISH

By Francis McGarry



An Irish Stew

It did not occur every day, but it did that day. As I turned the side door, next to the milk door, I could already hear them stewing. Aunt Irene got a deal on some hamburger patties, better than the price for the ground beef, and was breaking the burgers back down.

My Uncle took offense. Not direct personal offense, but offense for the maker of the burger patties. “You know that is someone’s job, their profession, something they take pride in?” Aunt Irene did not take pause in her deconstruction of what was once a cow, for the record.

This was a familiar position for him. He was a laborer and embraced the fact that history would not remember his name. My Uncle took pride in what he helped build.

If we passed a house or building he worked on, we were told the story of when he was there, what he did, who he worked with and everything that went wrong. Folks in that line of work, back then and today, always have to deal with something going wrong.

As things passed irreconcilable and continued to increase in velocity, My Uncle declared he was going to the bar to cool off. He didn’t read much; what he did, he put to use. He had read a dated *The Saturday Review* article on de-escalation while getting new tires on the Buick that week.

Off he went and Aunt Irene attempted



to explain to me that she had meant no offense. I asked her if she had established that fact. She had not. The beauty of “no offense” is that you can then say anything you want, but you have to establish it first or your words may be offensive. If it was only that easy.

Irish Stew

These days, I make my Irish Stew with Guinness and without meat. That should not matter because it is the carrots that make a stew, or at least the mirepoix. My Aunt and My Uncle would not agree but that is how I start the stew, which is justified in etymology.

“Stew” is from *estuve* in the Old French, meaning stove or heated room. In the 1300s it was used as a term for a bathhouse, and soon thereafter it referred to brothels. Before it was Irish stew, it was “stewed” in reference to being drunk.

That is where My Uncle was headed when I arrived at the local to retrieve him. He was laughing with his crew until he saw me; I had seen him first, like no offense. A faux pas cannot be redeemed with carrots.

This was his scheme all along. St. Patrick missed that snake in the grass. He attempted to recover his thespianic beef displeasure to no avail; the jig was up. The overture of whiskey was not going to succeed in making this a double jig.

When we got back to the house, everything was in some state of stew, except the ground beef. That was now Shepherd’s Pie, and a nice way for me to wash down the whiskey. In the end, Aunt Irene was more perturbed at being fooled than anything else.

Irish Work

History is like stew, changing over time in meaning and usage. Diachronic is a term I taught my students, although I try to avail myself of parsimonious nomenclature.

Each Saturday that the Hibernians volunteer at St. Philomena’s, I wrestle with the whole changing aspect of history. The school there needs work, a lot of work, despite that amazing brick work alludes to a different time.

The Rectory needs work, a lot of work. The ceilings are damaged due to the roof repair not being timely, carpets need to be removed, paint needs to be painted. The Church needs work, but not as much work as the other buildings, so comparatively it is in good shape.

The interior of the Church is still awe-inspiring and teases those who attend Mass with a glimpse of the past. A panoramic photo is near the door to the parking lot, saving for history the parishioners from almost 100 years ago.

We happened upon a similar photo of the “Statue Blessing” from June 8th, 1947, with the students, clergy and some of the families in the front of the Church. There is not a single name listed on that photo.

Like the houses and buildings My Uncle helped build, he had no photos and I have a vague memory of some of them. The “Statue Blessing” was unframed and affixed to the wall with safety pins. It was; it is now getting protected with a proper frame. A gesture to the past, far from the veneration of those who came before us.

Irish Goodbye

Yet, therein lies the rub. It is not 1947

and history has kept moving, as it always does. However, for some it is not that cut and dried.

Those bricks do speak to some and cry to others to be restored to what they once were, part of a vibrant parish in East Cleveland and a part of one holy and apostolic faith. Now those bricks are in a city many who read this will not travel through, perhaps not even metaphysically in this attempt at romanticized nostalgia.

Hibernians will still hold an annual Mass at St. Philomena’s, just as we have Masses at the Immaculate Conception, St. Aloysius and the Cathedral. These will be some of the stops on the Cleveland Irish Heritage Trail, once we get that going. One Mass a year is another gesture to the past; a start but not enough to be considered veneration.

I think of My Uncle sharing with pride the unwritten stories of the houses and buildings he helped construct. A history for all those whose names history has forgotten. Those students in 1947 are not named in the photo, but census data tells us they were mostly Irish. How could one pull an Irish goodbye on our history? On a parish our brethren built? I would like to buy a hamburger, for My Uncle. ●

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 the founder and a past president of the Bluestone Division of the Ancient Order of Hibernians and a past president of the Irish American Club East Side.

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HEALTH MATTERS

By Dr. Brian S. Stevens

Understanding Diabetes And What it Could Mean for You

More than 29 million adults have diabetes and 25% of those adults don't know they even have the disease. Not only can diabetes be detrimental to your health, but left untreated, it can result in heart attacks and other health complications.

The problem with diabetes is that it's insidious and subtle. Understanding what diabetes is and how it affects your body is important for creating a healthy life.

What is Diabetes

So, what exactly is diabetes and what does it do to your body? Diabetes is a disease that impacts your body and processes the food you eat. When you eat, your body breaks down your meal into glucose for energy. As your blood sugar increases, your body signals your pancreas to make insulin that then lets that glucose inside your cells. People with diabetes do not process carbohydrates correctly, which causes blood glucose to increase and remain in the bloodstream.

There are multiple types of diabetes – type 1, type 2 and gestational diabetes. The disease is diagnosed based on blood glucose levels, fasting glucose levels, and HB A1C, which indicates how much sugar is in the blood. HB A1C of 6% - 6.5% is diagnostic for Pre-Diabetes and greater than 6.5% is considered diabetes. The medical

community is lowering the standard A1C level from 6.0 % to 5.7 % to help catch diabetes sooner in at-risk patients.

Type 1 diabetes is an auto immune disease that destroys the pancreatic cells that make insulin causing a complete loss of insulin production over time. Previously known as juvenile diabetes, type 1 diabetes was often diagnosed in children whose bodies could not produce insulin.

However, it is now being seen in adults as well.

Types of Diabetes

People with type 1 diabetes are insulin dependent and need it to be healthy for the rest of their lives. Symptoms of type 1 diabetes in children include increased thirst, frequent trips to the bathroom, extreme hunger, unintentional weight loss, fatigue, irritability and fruity-smelling breath. Adults with any type of diabetes might experience similar symptoms.

Type 2 diabetes is a slower, metabolic disorder and is more common in adults. For those with type 2 diabetes, their pancreas may not be producing enough insulin and their cells may not be

responding to insulin in the way they should.

Unlike type 1 diabetes, there are steps patients can take to manage their disease and reduce its impacts. This includes eating a healthy diet, exercising and losing weight.

Though neither type is curable. I encourage patients with type 2 diabetes to look at their disease as a life-long diagnosis, even if their A1C levels are under control. It is critical to maintain the healthy lifestyle that helped control this disease and to avoid denial that it still there.

Many people with type 2 diabetes are asymptomatic and live their lives for a long time not aware that they have the illness. Though someone who does experience symptoms may experience excessive thirst, dehydration, cloudy vision and chronic yeast infections or UTIs.

Gestational diabetes impacts some pregnant women, whose bodies

can't produce enough insulin during pregnancy. It often reverses once the baby is born, though it can make them more at risk for type 2 diabetes later in life.

Resources for Patients with Diabetes

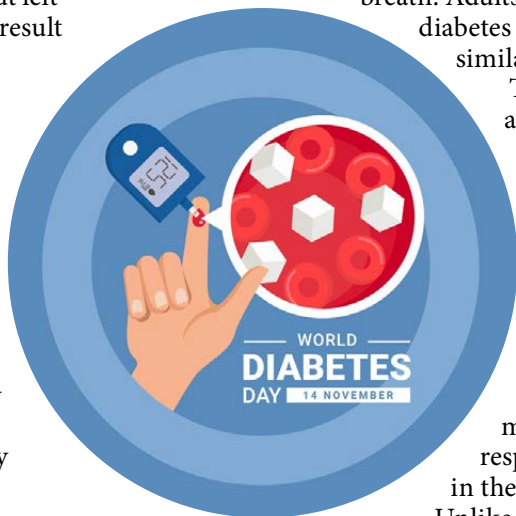
Your primary care physician can be a valuable and comforting resource for patients with diabetes. They are often the first point of contact for patients with the illness. Some patients may ultimately be referred to a specialist as well. If you think you might have diabetes or are at-risk for the disease, your medical team can help you navigate your next steps to assessing your health.

Diabetes, no matter the type, affects your life daily and can be costly. Insulin and additional medications that are sometimes needed to manage

the illness can be expensive. Insulin-dependent patients must also prick their fingers to test their blood sugar and give themselves insulin multiple times a day, every day. The psychological and emotional impact can be hard. However, it's important to remember that no one struggling with diabetes is alone in their fight against the disease. ●

Brian Stevens, PA-C, is a board-certified physician assistant, specializing in endocrinology for Mercy Health. Prior to his time in endocrinology, he was a cardiothoracic surgical PA for 15 years and served as a United States Navy corpsman.

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AKRON IRISH

By Lisa O'Rourke



Small Things

A few weeks ago, a friend sent me a seanfhocal (*shanukul*), that is the Irish word for a proverb. Sometimes the metaphors for these proverbs have something to do with thatching a roof or a cow gone wrong and can be what I would call head-scratchers, their meaning forever lost in some generational rural difficulty.

This one was different. It translates to a fly is a small thing until it flies into your eye. While that might kindle remembrances of little irritations that we like to complain about, the, "yeah it doesn't bother you until it is your problem...." kind of thing, my mind went in a different direction.

I thought of positives. I thought of



all those things that can seem small but are really the seeds of happiness. Our son got married and I received an education in the process.

First off, I like weddings as much as anyone, but I am not sure that I got it. I have been invited to so many things that I mark on the calendar, and I am

ashamed to say that they can take on a chore-like patina at times: get the dress, the gift, the RSVP.

I just don't always enter into them with the best frame of mind. I don't think that I am alone either. I am not so bad that I don't have fun when I am attending events, don't get me

wrong, but it seems like in this busy world, it can be hard to attach the right emotional pitch to other peoples' life events.

I am cured of my crabbiness for at least awhile. My Irish in-laws had a lot to do with the cure. We have been apart for the longest time that we ever have the last few years. When the wedding was first announced, my brother-in-law declared that there was to be a westward movement from Roscommon unseem since the Famine.

While we knew that travel wouldn't work out for everyone, we were so excited. Fourteen people bought tickets and traveled thousands of miles to be at a wedding, what we will call our wedding. A wedding is by nature, a family celebration. We had family members who have never been here before, and some who had never been to America at all, land in Cleveland, Ohio.

From the minute they arrived, they made things better. Not one thing that we did for them went without sincere thanks. I'm not talking about a perfunctory thank you. I am talking about the type of thanks where details are cited, like what they really liked

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about something, how wonderful it was or how it was the best ever.

They showed curiosity and asked questions about everything. Questions like, “What does this look like in the winter? How do you make that? What was this like before?” And there were many more like those.

This might sound like it would drive you a little mad, but it doesn't. What it does do, is show genuine interest and that feels like a compliment. That interest means that what is happening is worth knowing more about.

It is also nice just to see how happy people were. They showed joy. While I am sure that every moment was not delightful, I did not know about it.

Everyone knew that this was a happy occasion, and they went with it. It just spread. There was a moment that is stuck in my head where the whole family was in a circle on the dance floor, bad dancing to Abba and laughing their heads off. To call that moment priceless is an understatement.

They did not complain. When things went wrong, and a few did, they treated them with laughter, or they were given grace. We all have moments that could be used to complain. But no one did. I know that they did not think every moment was rainbows and unicorns, but at the same time it was because we were all together.

It is also just good manners and makes your host feel wonderful to hear how great things are. As an example, we took our in-laws to a friend's house for a cookout with a few local friends too. My brother in-law complimented the hostess about her yard, “Beautiful flowers, so much space, fabulous trees....” In another conversation, the local man said, “What does this look like in the fall? You must have way too many leaves to rake.” You know who she wanted to invite back.

This dark time may not be all the way over, but it is time to shake off the pandemic gray. We continue to hear that the last few years took a toll on everyone. I am sure that is true.

We are also making choices about what we do with our fresh emancipation from seclusion. But let's

let one of the choices that we make be to share some unbridled joy with each other, enjoying each other. Let the small thing that goes into your eye be a happy one. I, for one, will. •

Lisa O'Rourke is an educator from Akron with a BA in English

and a Master's in Reading/Elementary Education. She is a student of everything Irish, primarily Gaelige, and runs a Gaelige study group at the AOH/Mark Heffernan Division. Lisa is married to Dónal and has two sons, Danny and Liam. She enjoys art, reading, music, and travel and likes spending time with her dog, cats and fish. She can be contacted at olisa07@icloud.com. Please send any Akron events to my email!

Is beag le rá an chuileog nó go dtéann sí sa tsúil



A fly is a small thing until it flies into your eye.

Seachtain na Gaeilge Le enérgia

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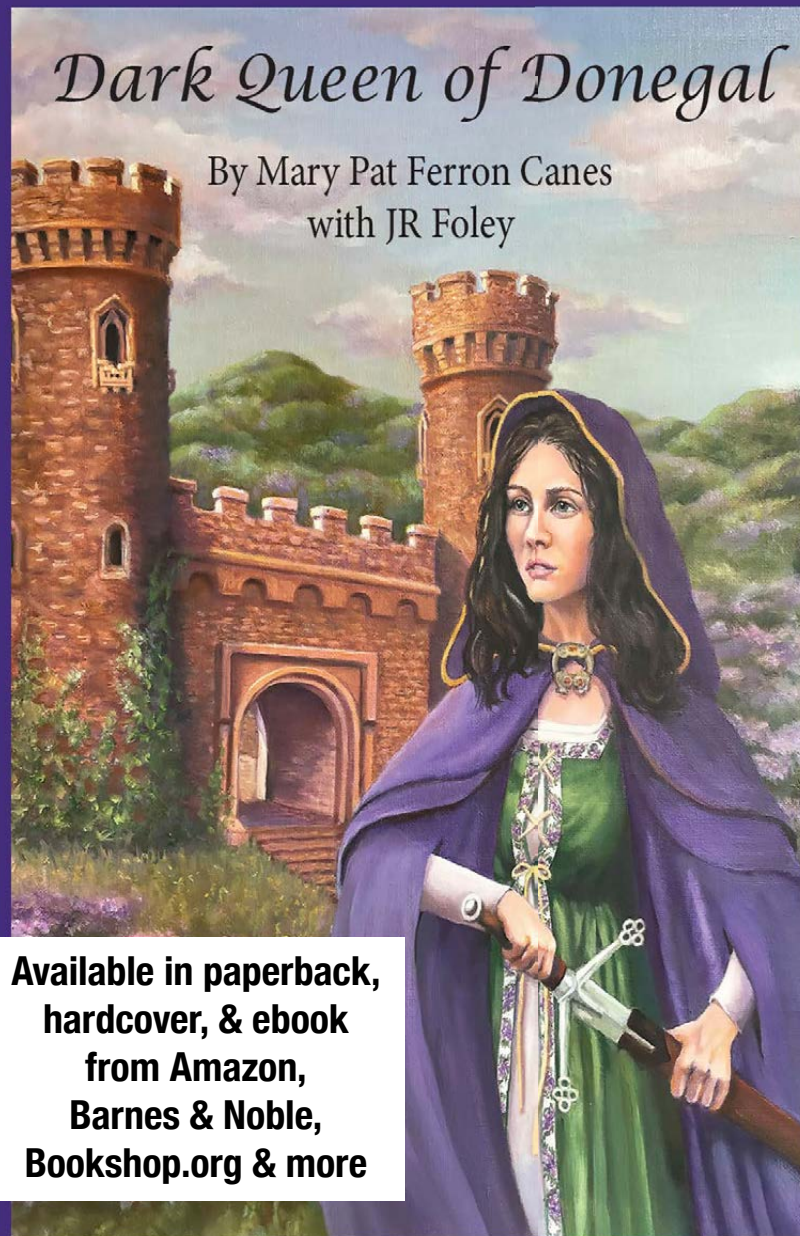


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ÉASCA PÉASCA

By Marie Young

Archaeology as Gaeilge

By Maighread Southard-Wray

Níl aon tinteán mar do thinteán féin. There is no hearth like your own hearth. This phrase has never been far from my mind since I first learned it in Marie Young’s class. My class was discussing the use of a *seanfhocal*, an old word or saying passed down the generations. This particular *seanfhocal* stuck with me as a link between Gaeilge and archaeology.

As a student of archaeology, I am often in the position of being away from home for months at a time during the field season. I can make a temporary home in the location of my work, but



Maighread Southard-Wray

the separation from my hearth makes the return home at the end of the

season all the sweeter.

Where “there’s no place like home”

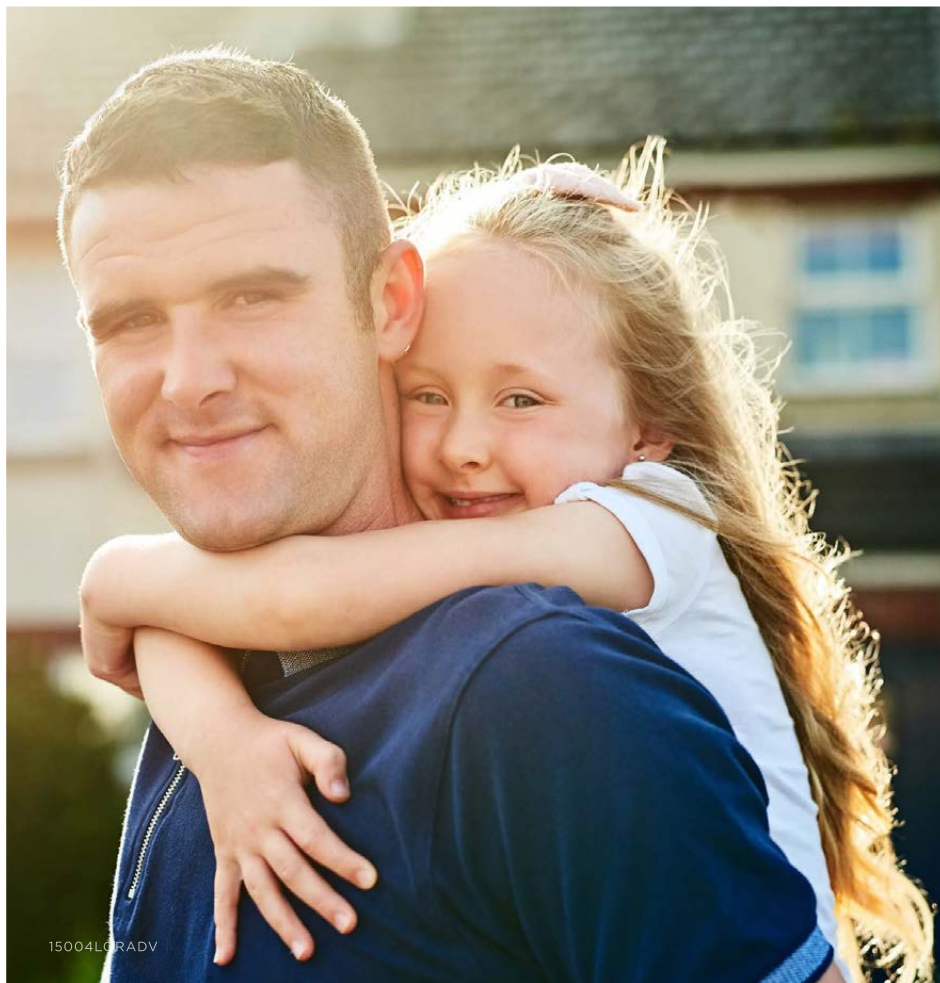
has always conjured up images of ruby shoes and tornados, a phrase too shallow to convey the deep relief of returning to safety, *Níl aon tinteán mar do thinteán féin* seemed to come from a place of understanding.

It is not difficult to cast your mind back in time and see someone in the late Iron Age returning home after an extended absence and finding their hearth well-tended, a *seanfhocal* rolling off their tongue as they settle in. Hearths are a common feature found in homes throughout the archaeological record, almost always found in dwelling structures. They serve a dwelling as a centre to the home, a source of heat, of light, and transformation.

Acknowledging the hearth, and signifying the importance of the one that makes your life possible, is logical as a ritual of returning home. Perhaps that is why this particular *seanfhocal* has been preserved in memory, passed down from parent to child as a reminder of the importance that fire has in life.

Irish Adventures

Gaeilge has been a part of my life in a very minor way for a long time. I grew up listening to Irish traditional music, and



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I learned to sing phonetically as *Gaeilge* long before I had any idea what the songs I sang meant.

I remember sitting in the backseat of my parents' car as a small child singing along to *Beidh aonoch amárach*. My sister and I called the song "Swa licky doo," an attempt at the first line of lyric "S a mháithrín, an ligfidh tú chun aonaigh mé." As I grew up, I began researching the lyrics to songs and teaching myself what the phonetics I knew meant, and my desire to learn *Gaeilge* grew.

When I came to Pitt to study archaeology, I knew that I was interested in prehistoric archaeology of the UK and Ireland. I could say that this archaeological interest led me to the Less Commonly Taught Languages Department, and my seat in Marie Young's level one class.

But this adventure has been more complicated than that. Growing up on Irish trad left me with a desire to conversationally speak the language that I had taught myself to sing, and that desire is what initially sparked my enrollment in level one. However, this was not without a connection to archaeology.

An archaeologist once told me that he believes no one should conduct research in a country whose language they cannot speak. With an intention to do work in Ireland, it was natural that I would study *Gaeilge*. It was in Marie's class, on the second floor of the Cathedral of Learning, while learning to form the words of a language as old as the hills I wished to excavate, that my archaeological interest narrowed to Ireland.

The Rich History of Ireland

The history of Ireland is rich in its variety, and so too is the prehistoric period. Prehistory has long fascinated me. The mystery of ancient megalithic monuments and tombs visible for miles fascinated me. Ireland is certainly full of these kinds of sites.

Newgrange, the Hill of Tara, and Navan fort are examples of sites whose ancient mystery and majesty continue to draw visitors and archaeologists alike, seeking an understanding of Ireland's cultural heritage. As individuals continue to bring their own interpretation to ancient sites and ancient ways it becomes clear that the origin era of a site cannot tell the complete story of its history.

Dún Ailinne, a hilltop site located in Co Kildare, has been often described as the location of the crowning of the Leinster kings. But its history stretches

far beyond this legend. Archaeological evidence suggests that the earliest use of Dún Ailinne occurred during the Neolithic era, meaning that by the Iron Age, when the site saw most significant use, those that gathered at the hill were standing themselves on an already ancient site.

We, standing in the present day, seem to be much further away from prehistory. We are separated by the immense evolutions and changes in our culture: we fight differently, we amuse ourselves in different ways, our transportation has changed.

Despite this separation, I do not think we are as divorced from ancient culture as we may think. We continue, for example, to speak and learn a language that has its roots in the very hills of Ireland, a tongue indigenous to Eireann. The strength of *Gaeilge* is a living connection to the heart of Ireland's cultural history and prehistory.

This is not to say that a modern speaker of *Gaeilge* could converse with an early speaker of the language and find no difficulty of understanding. Languages, like the people who speak them, evolve. The early versions of *Gaeilge* may not be spoken, but we can see traces of ancient *Gaeilge* in the landscape, preserved as Ogham.

As I find myself fast approaching my last year of undergraduate studies, I continue to find comfort in learning *Gaeilge* and the connection to my archaeological studies that the language has presented me with. When I find myself in Ireland in an archaeological capacity, either this coming summer in field school or in the future conducting research, I will have the ability to greet the places where people lived and died in a version of their own tongue. Perhaps the house where someone first uttered the *seanfhocal* that I love so much will yield information under my trowel. •

Maighread Southard-Wray is a student of archaeology at the University of Pittsburgh where they are also pursuing an Irish minor. Their research interest lies in the Irish Iron Age. Outside of academics, Maighread enjoys creating medieval and fantasy inspired clothing, outdoor adventures, and the works of J.R.R. Tolkien.

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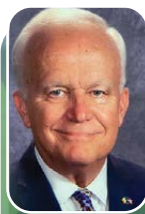
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OFF THE SHELF

By Terry Kenneally

The Blackwater Lightship

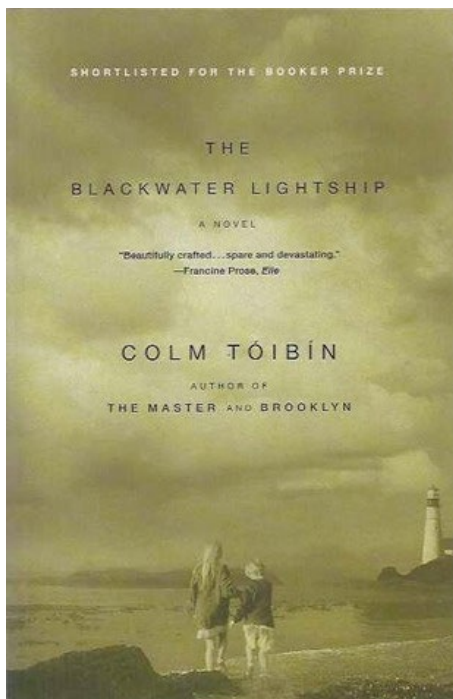
By Colm Toibin

ISBN 13: 978-0-684-87389-3 1999 273 pp.

This month's book review features a book from our not-so-distant-past. The Blackwater Lightship, by Colm Toibin. The 1999 Booker Prize nominated novel, a Hallmark Hall of Fame movie in 2004, and now a stage adaptation production currently playing at the Gaiety Theatre in Dublin, Ireland.

The story is set in Dublin and County Wexford and described from the viewpoint of Helen, a successful school principal living with her husband and two children in Ireland. She learns one day her brother, Declan, who is a homosexual, has been ill with AIDS for years and has refused to tell her until then.

He asks her to deliver their mother,



Lilly, and grandmother, Dora, the news. This presents a challenge to Helen, as she has had minimal contact with the two women due to deeply buried conflicts relating to Helen's past and her father's sudden death when she was a child.

As the three women meet again, they are forced to overcome these

struggles for Declan's sake. The novel follows the painful journey they must take to correct misunderstandings that exist between them. Two friends of Declan, Paul and Larry, join him and the women in a crumbling, old house by the sea in Wexford near an old lighthouse- the Tuskar Lighthouse from which the story gets its name.

The six of them from different generations and with different beliefs must listen and come to terms with one another. It is a clash of country versus city, conservative versus liberal, and old ways versus new.

Coping with Declan's impending death and previously unacknowledged sexuality that's buried in the past is a trigger for exposing a gaping wound from their childhood. There are recriminations, resentment, jealousy, and bitterness notwithstanding the black cloud over their heads in the sense that Declan is dying of the disease. Toibin shows how death can shed light on the morals of individuals as well as entire families.

If any of the readers are planning a trip to Dublin in the near future, I recommend The Blackwater Lightship as an emotionally engaging play. ●

Terrence Kenneally is an attorney and owner of Terrence J. Kenneally & Associates in Rocky River, Ohio. He received his Masters in Irish Studies from John Carroll University and has taught Irish history and literature. Reach him at Terry@tjkenneally.com.



CROSSWORD PUZZLE

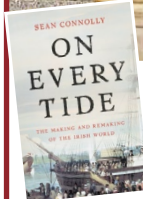
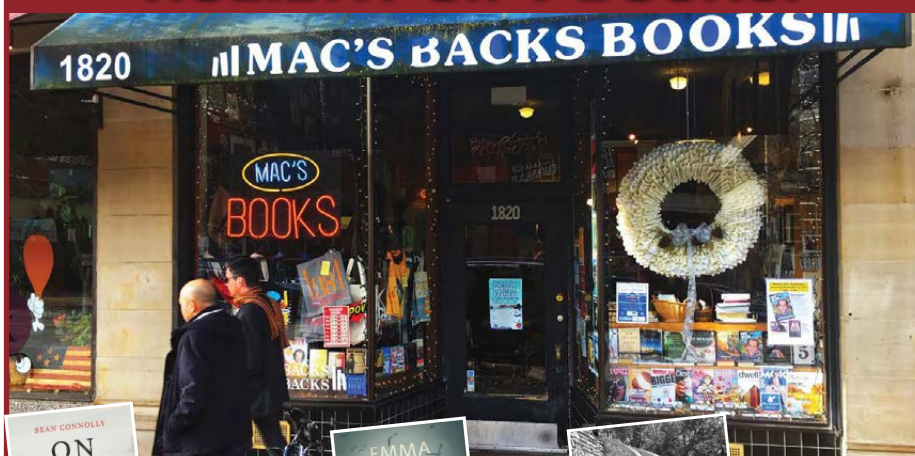
By Linda Fulton Burke

@LindaBurke47

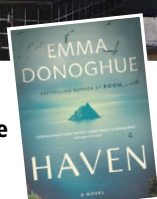
ACROSS

- 1 Matt Molloy plays the _____.
- 3 _____ Day-Lewis - Gangs of New York, The
- 6 In December 1923, Yeats was awarded the _____ Prize in Literature.
- 7 _____ Road was written by Maeve Binchy.
- 9 Bram _____ was the creator of Dracula.
- 10 The Chieftans have won six _____ Awards and been nominated eighteen times.
- 12 Handel's classic " _____ " was premiered for the first time in 1742 in Dublin at the New Musik Hall.
- 14 Christy Moore was also a member of Moving _____.
- 16 The Chieftans recorded "The Long Black _____" with Mick Jagger.
- 18 In 1891, 1899, 1900, 1901 and 1917 Yeats proposed marriage to Maud _____, but was rejected.
- 20 _____ Moore was once a member of Planxty.
- 22 Maeve Binchy wrote a Circle of _____.
- 23 _____ O'Hara - Miracle on 34th Street, The Quiet Man, How Green Was My Valley
- 24 Derek _____ left the Wolfe Tones in 2001,
- 28 _____ O'Toole - Lawrence of Arabia.
- 29 The Dubliners' first single was " _____ to Dublin" and "The Wild Rover".
- 31 Jerpoint Abbey is located in Co. _____.

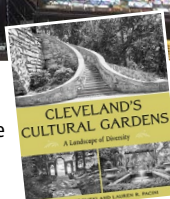
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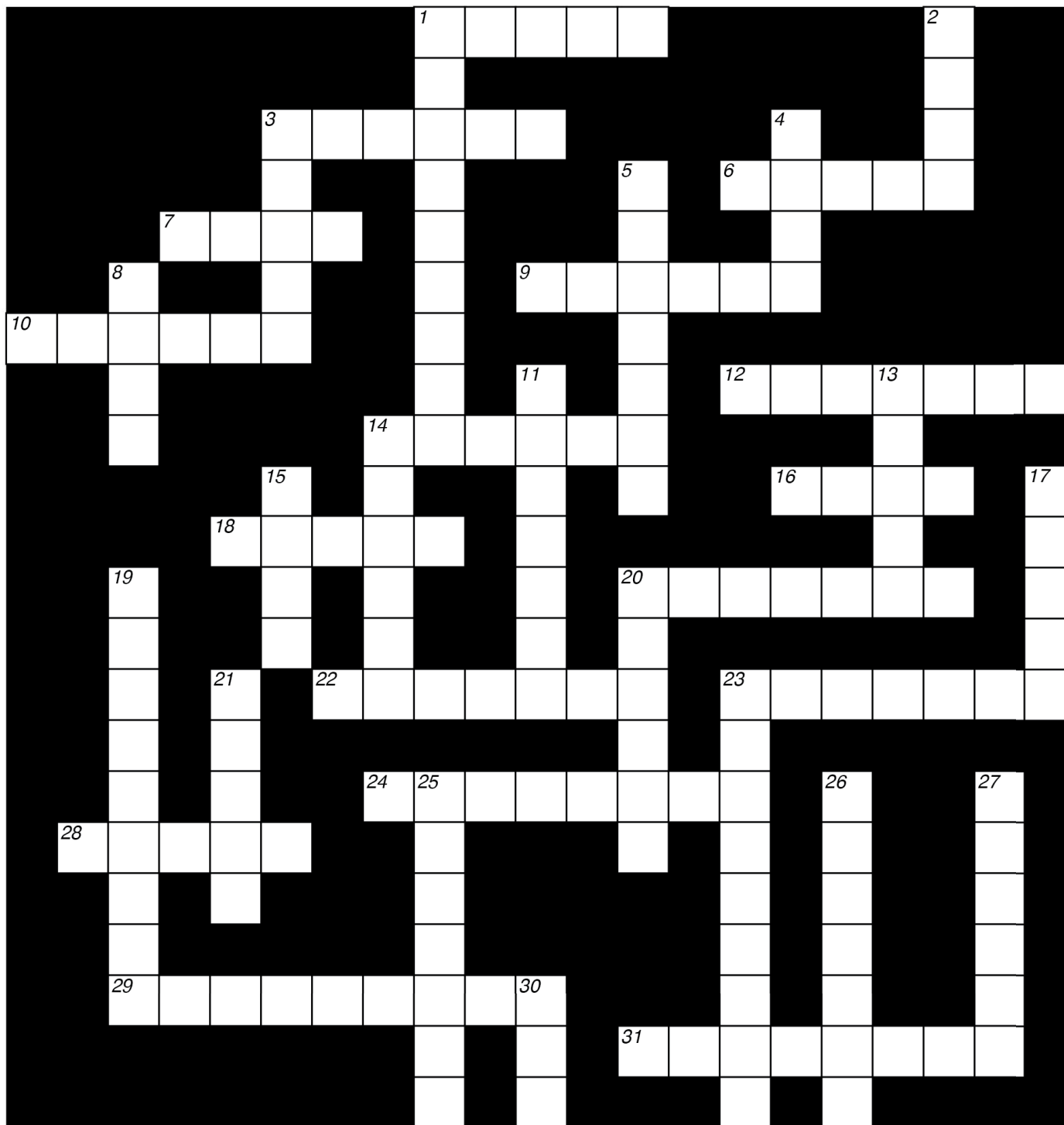
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A Wee Bit of Trivia

By Linda Fulton Burke



DOWN

- 1 _____ of New York became #1 in Ireland in 1981.
- 2 In 1983, the Chieftans were invited by the Chinese Government to play in a concert on the Great _____ of China.
- 3 Luke Kelly sang "_____ Old Town."
- 4 There are _____ provinces in Ireland.
- 5 _____ Ronan The Grand Budapest Hotel, Atonement, The Lovely Bones
- 8 Ireland registered the _____ as its symbol in 1876.
- 11 "Seven _____ Nights" was sung by Ronnie Drew.

- 13 Jonathan _____ wrote Gulliver's Travels.
- 14 Bobby Sands, a _____ Striker wrote "Back Home in Derry."
- 15 Blarney Castle is located in Blarney, Co. _____.
- 17 _____ de Valera was President of Ireland 1959-1973.
- 19 The county town(seat) of County Mayo is _____.
- 20 Rock of _____ is located in Co. Tipperary.
- 21 W. B. Yeats helped found the _____ Theatre in Dublin.
- 23 "Joe _____," a song about an IRA member who was the fifth person to die on the 1981 Hunger Strike.
- 25 _____ Castle is located in Cong, Co. Mayo.
- 26 Erin go bragh means Ireland _____.
- 27 _____, a suburb of Dublin, is Ireland's "Beverly Hills", home to a number of Irish celebrities.
- 30 The prefixes _____, Don, and Down mean fort or fortress in Irish place names.

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THE FITNESS DOCTOR

By Dr. Frederick Peters

Busting Myths About Red Meat

Protein is an essential macronutrient, but not all food sources of protein are created equal, and you may not need as much as you think. Are grass-fed and “nitrite-free” meats healthier? Are plant-based “meat alternatives” the way to go? Truth or Myth?

Red Meat is Good for Health

Long-term observational studies of heart disease, cancers, or death and controlled trials of risk factors like blood cholesterol, glucose, and inflammation suggest that modest intake of unprocessed red meat is relatively neutral for health. But no major studies suggest that eating it provides benefits.

So, while an occasional serving of steak, lamb, or pork may not worsen your health, it also won't improve it. And, too much heme iron, which gives red meat its color, may explain why red meat increases risk of Type 2 diabetes. Eating red meat often, and eating processed meat even occasionally, is also strongly linked to colorectal cancer. **Myth.**

Prioritize Lean Meats

Current evidence suggests that people shouldn't eat unprocessed red meat more than once or twice a week. For decades, dietary guidance has focused on lean meats because of their lower fat and cholesterol content. But these factors don't have strong associations with heart attacks, cancers, or other major health outcomes!

Other factors appear more important. Processed meats, such as bacon, sausage, salami, and cold cuts, contain high levels of preservatives. Sodium, for example, raises blood pressure and stroke risk, while the body converts nitrites to cancer-causing nitrosamines. Lean or not, these products aren't healthy. **Myth.**

Plant-based Meat Alternatives Are Healthier

“Plant-based” has quickly, but somewhat misleadingly, become a shorthand for “healthy.” First, not all animal-based foods are bad. Poultry, eggs, some dairy, and seafood are linked to

several health benefits!

Conversely, plant-based “meat alternatives” are high in salt, sugar, and a whole host of ingredients that even I have difficulty pronouncing! Products like Impossible Burger and Beyond Meat are clearly better for the environment than conventionally raised beef, but their health effects remain uncertain. **Myth.**

Grass-fed Beef is Better for Your Health

Conventional livestock eat a combination of forage (grass, other greens, legumes) plus hay with added corn, soy, barley, or grain. “Grass-fed” or “pasture-raised” livestock eat primarily, but not exclusively, forage. “Grass-finished” livestock should, in theory, only eat forage. But no agency regulates industry's use of these terms. And “free range” describes where an animal lives, not what it eats.

“Grass-fed” may sound better, but no studies have compared health effects of eating grass-fed versus conventional beef. Nutrient analyses show very modest differences between grass-fed and conventionally raised livestock. You might eat grass-fed beef for personal, environmental, or philosophical reasons. But don't expect health benefits. **Myth.**

Processed Meats Are Bad for Health

Processed meats contain problematic preservatives. Even those labeled “no nitrates or nitrites added” contain nitrite-rich fermented celery powder. A current petition by the Center for Science in the Public Interest asks the FDA to ban the misleading labeling.

Besides the sodium, nitrites, and heme, processed meats can contain other carcinogens, produced by charring, smoking, or high temperature frying or grilling. These compounds may not only harm the person who eats these products; they can also cross the placenta and harm a fetus. **Fact.**

A Meatless Diet is Not, by Itself, a Healthy Diet

Most diet-related diseases are caused by too few health-promoting foods like fruits, nuts, seeds, beans, vegetables, whole grains, plant oils, seafood, and yogurt. Additional health problems come from too much soda and ultra-processed foods high in salt, refined starch, or added sugar. Compared to these major factors, avoiding or occasionally eating unprocessed red meat, by itself, has modest health implications. **Fact.**

If You Have Heart Issues, It Might Be Time to Give Up Red Meat

Researchers compared the risk of cardiovascular disease (CVD) among

participants who ate varying amounts of animal-sourced foods, including red meat, processed meat, fish, chicken, and eggs. The study indicated that eating more red and processed meat was linked to a higher risk of atherosclerotic CVD. On average, that equated to a 22% higher risk per approximately 1.1 serving per day. Some of the red meats studied included beef, pork, bison, and venison.

About one-tenth of this elevated risk was attributed to the increase in the metabolite trimethylamine N-oxide (TMAO), found in the blood. TMAO contains high amounts of the chemical L-carnitine and is produced by gut bacteria to digest red meat. The same goes for the other related metabolites found. Researchers also noticed that high blood sugar and inflammation may also contribute to the higher cardiovascular risk linked to red meat consumption. **Fact.**

How Much Protein Do I Need?

The National Academy of Medicine recommends that adults get a minimum of 0.8 grams of protein for every kilogram of body weight per day, or just over 7 grams for every 20 pounds of body weight.

For a 140-pound person, that means about 50 grams of protein each day. For a 200-pound person, that means about 70 grams of protein each day.

What Are "Complete" Proteins?

Some proteins found in food are "complete," meaning they contain all twenty-plus types of amino acids needed to make new protein in the body. Others are incomplete, lacking one or more of the nine essential amino acids, which our bodies can't make from scratch or from other amino acids.

Animal-based foods (meat, poultry, fish, eggs, and dairy foods) tend to be good sources of complete protein, while plant-based foods (fruits, vegetables, grains, nuts, and seeds) often lack one or more essential amino acid. Those who abstain from eating animal-based foods can eat a variety of protein-containing plant foods each day in order to get all the amino acids needed to make new protein, and choose to incorporate complete plant proteins like tofu, quinoa, and chia seeds.

What About Protein Powders?

Powdered protein can come from a variety of sources, including eggs, milk (e.g., casein, whey), and plants (e.g., soybeans, peas, hemp). Some protein powders contain protein from multiple sources; for instance, a vegan option might include protein derived from peas, pumpkin seeds, sunflower seeds,

and alfalfa.

Like other dietary supplements, protein powders are not regulated by the U.S. Food and Drug Administration for safety. They can often contain non-protein ingredients, including vitamins and minerals, thickeners, added sugars, non-caloric sweeteners, and artificial flavoring. If you choose to consume protein powder, it is important to read the nutrition and ingredient labels beforehand, as products may contain unexpected ingredients and large amounts of added sugars and calories.

Here's the evidence-based takeaway: eating healthy protein sources like beans, nuts, fish, or poultry in place of red meat and processed meat can lower the risk of several diseases and premature death. Building off this general guidance, here are some additional details and tips for shaping your diet with the best protein choices:

Get your protein from plants when possible. Eating legumes (beans and peas), nuts, seeds, whole grains, and other plant-based sources of protein is a win for your health and the health of the planet. If most of your protein comes from plants, make sure that you mix up your sources so no "essential" components of protein are missing. The good news is that the plant kingdom offers plenty of options to mix and match.

Legumes: lentils, beans (adzuki, black, fava, chickpeas/garbanzo, kidney, lima, mung, pinto etc.), peas (green, snow, snap, split, etc.), edamame/soybeans (and products made from soy: tofu, tempeh, etc.), peanuts.

Nuts and Seeds: almonds, pistachios, cashews, walnuts, hazelnuts, pecans, hemp seeds, squash and pumpkin seeds, sunflower seeds, flax seeds, sesame seeds, chia seeds.

Whole Grains: kamut, teff, wheat, quinoa, rice, wild rice, millet, oats, buckwheat,

Other: while many vegetables and fruits contain some level of protein, it's generally in smaller amounts than the other plant-based foods. Some examples with higher protein quantities include corn, broccoli, asparagus, brussels sprouts, and artichokes. ●

Dr. Peters is the founder of "The Fitness Doctor" (www.thefitnessdoctors.com) and a professor of Health & Human Performance. He can be reached at fred@thefitnessdoctors.com.

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