

est. 2006

OHIO IRISH AMERICAN NEWS



July 2021 • Volume 15 - Issue 7



*i*Irish

In Dublin's Fair City...



Hear Ye, Hear ye, we have very exciting news!

Irish American News name no longer fits! We'd like to share with you, our readers, listeners, and followers, our new name: Drum roll please ... We will now be known as **iIrish!**



We feature such a wide variety of outlets to reach the Irish in America, and all across the world, with Digital, Print, Video, Web, Podcast, eBulletin and social media content and hard earned expertise.

AND FOURTH:

In partnership with John Delaney, who you all know as a founder of Barleycorn, and now, The New Barleycorn, we are delighted to announce our new monthly video

series, **Green & Gold Web**, featuring Irish music, dance, song and story, culture and so much more from across the Irish Diaspora, released once per month, and available online, with your subscription.

There are a lot of offerings to reach the Irish not just locally, though that is a large number of people, but to stretch across this great land, and a few others too.

Now that I've gotten both jobs, I hope I will see you Out & About, safe and sound. If you need a speaker, call. Contact us with your story, submission, event or speaker needs, and we'll do our best to be of service.

There are many more songs and stories; I hope we will write new ones - of joy, of unification. Here, and across the pond. We are closer to a One Ireland than we have been in more than 800 years. And in that vein, Let's unite for America, too.

Nuair a stadann an ceol, stadann an rince
(When the music stops, so does the dance)
John



July 2021 Vol. 15 • Issue 7
Publisher & Editor John O'Brien Jr.
Design/Production Christine Hahn
Rich Croft
Website
Columnists
Akron Irish Lisa O'Rourke
An Eejit Abroad Conor Makem
At Home Abroad Regina Costello
Behind the Hedge John O'Brien, Jr.
Blowin' In Susan Mangan
Cleveland Comhra Bob Carney
Cleveland Irish Francis McGarry
Columbus Irish Molly Truex
Cooking Up a Hoooley Katie Gagne
Crossword Puzzle Linda Fulton Burke
Fields of Glory Vincent Beach
Illuminations J. Michael Finn
Kids Craic Megan Lardie
Madigan Muses Marilyn Madigan
Off Shelf/On This Day Terry Kenneally
Out of the Mailbag John O'Brien, Jr.
Speak Irish Bob Carney
Terry From Derry Terry Boyle
Toledo Irish Molly McHugh

OhioIANews is published monthly (12 issues a year) on the first day of each month. Subscription is by first class mail. 1 year \$36, 2 years at \$70, 3 years \$100. To subscribe go online at OhioIANews.com, or Email us at jobrien@OhioIANews.com, or call us at 216.647.1144 or mail to address below.
OhioIANews is available for free at 367 locations in and around Ohio, PA, NY, IN, MI, & KY. For information on the locations go to www.OhioIANews.com and click on the Ohio Distribution button.

CONTACT:
Ohio Irish American News 216.647.1144
e-mail: jobrien@OhioIANews.com
or mail to: 14615 Triskett Rd Cleve OH 44111-3123
Subscriptions: jobrien@OhioIANews.com
On the Internet: www.OhioIANews.com
www.facebook.com/OhioIrishAmericanNews
Instagram: @OhioIANews
www.twitter.com/@IANOhio
www.linkedin.com/company/ohio-irish-american-news-llc

PUBLISHERS STATEMENT
The opinions and statements expressed in this newspaper are entirely those of the authors, and do not reflect in any way the opinions of OhioIANews.

Circulation: 9,500 For a list of distribution points, go to www.OhioIANews.com and click on the word "Distribution."



About Our Cover:
Molly Malone in Dublin.
Photo by Bren Boylan.



NOREEN O'BRIEN BEARDMORE

To our readers, listeners, engagers and more, thank you for all of the hugs, well wishes, shared stories and friendship. At Noreen's passing, she was surrounded by all of her kids, grandkids, siblings and our parents.

She said several times as we all prayed together, that she was at peace, and I believe that she is. We each told of what will always remind us of her, of how we know she is near when we see it, and she smiled as best she could. She could hear our conversation, though her oxygen assisted breath was labored. "I am fine, I am fine" she said.

We cannot do justice to her heart, her fight, her grace, her faith, her smile, her active support of so many, and her deep love for God.

This is Noreen's Alliteration

I see you in the water, when you wouldn't let me drown
I see you in the in the music, as opposed to watching The Crown
I see you on the ice, and a fistfight with the male bully
I got your glasses safe; the lessons I absorbed, fully
I see you singing at Erieview High, in *Annie Get Your Gun* impressions
I see you in your young Annie, the motions and facial expressions
I hear you in my head, with gentle little nudges
Cape Cod -trying to teach me to

NOREEN O'BRIEN BEARDMORE

April 28, 1961 - June 13, 2021
Noreen Theresa (O'Brien) Beardmore passed away on Sunday, June 13 at home, surrounded by her family. Her last hours were filled with faith, praying rosaries with friends the night before her passing and with her family the morning of. Noreen fought a vigorous battle with cancer and her family considers the battle won as her whole life is a miracle.
Noreen was born in Montreal, Canada to Irish immigrant parents on April 28,

smile, we wept over the judges the IA at West 93rd
Camogie, The Jerk, the front porch, the sounds I never heard
At times we had like-minded magic, at times we had Dairy Queen
And of course, we had St. Patrick's Day, laughing over everything, so obnoxiously green

The stories of Mike, the depths of love, the hope running ever eternal
Watching you raise your kids, trying not to laugh, while eyes seemed fire infernal
Instilling the love, of God & country, and the one across the pond
The door always open; the kettle always boiling, of this we are inordinately fond

I see you in the church, and the bishop embracing
The love of God rising by day, so many trials head on facing
I see you Irish dancing, and thinking, Hell NO
Why did you have to leave us, with so many joys still to go?

I bid you farewell; watch over your kids and theirs too
There's nothing stronger than a mother's love, for what else can a mother do?
Tho you fret, though you worried, you will always be adored
Rest in peace, Dear Noni, in the gentle arms of our Lord ♦

1961 and was the oldest of four children. As a devout Catholic family, the O'Brien's never missed Mass. When they moved to Cleveland, Ohio in 1963, their home melded the best of Irish-American culture, including a beloved Irish festival that the whole family participated in running.

Noreen graduated from the all-girls Catholic high school St. Joseph's Academy in Cleveland, Ohio in 1979 and was class president. Cleveland served as the highly social platform for her upbringing-



ing as she attended dances, organized fundraisers, and navigated the city working various jobs to earn money for school.

Noreen attended Duquesne University to study nursing. While at Duquesne, she was awarded the Heinz scholarship for women in global leadership which allowed her to travel to many different countries. When asked during the interview process about which quality defined her most, she said, "I am, above all things, a Catholic."

Noreen was truly a very devout woman. She hungered to know the teachings of the faith and to love Jesus more and more. She spent time volunteering at St. Boniface Parish, the Lafayette Catholic Schools System, and to personal prayer and growth in faith.

As a nurse, Noreen was the first person in Ohio to be accepted by the Amish community to give immunizations. She was tender with patients and loved her career as pediatric nurse. It is how she met her husband, pediatrician Mike Beardmore.

Noreen married Mike in 1990 and they moved to Lafayette, Indiana. Their marriage was one of deep love, hard work, and beautifully shared values. Together they raised 8 children and sent them all through Catholic schools. Noreen and Mike built a family that was centered on humor, music, quality time, and faith. They too ensured that Mass was never missed, and family dinner

was central to their lives together.

Noreen served as a member of the Governance Board of the Catholic Schools and started a Catholic moms group called "What Would Mary Do?" Unofficially, she was known for seeking out new moms in the parking lot or recognizing when young moms were having a tough time. Noreen loved to connect people with new friends or opportunities that used their gifts. Later in life she worked as the Health & Safety coordinator for the Catholic Schools of the Diocese of Lafayette-in-Indiana.

When Noreen was diagnosed with cancer, the family committed fervently to family rosaries and she brought many others into the fold. A weekly zoom rosary was started for friends from around the country and in Ireland to pray together for healing. These friends say it was an inspiring group to be part of, par for the course for a friendship with Noreen.

Recently Noreen was given the "He Leads, I Follow" Award from St. Boniface Principal Sr. Lenore and former pastor Fr. Tim Alkire. Noreen was presented a statue of Blessed Mother Maria Theresia Bonzel for the goodness and humanity she has shown to so many people.

Noreen wasn't perfect. She wasn't good at cooking eggs until her later years. She frequently told her children that she couldn't hear herself think. And

Continued on page 4

SUBSCRIBE!
Receive the Ohio Irish American News in Your Mailbox!
Published 12 times yearly, the first of each month
First Class Delivery:
 One Year \$36 Two Years \$70 Three Years \$100
Please start the subscription the month of: _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: () _____
E:mail _____
Card# _____ Expires _____ CVC# _____
Contact: jobrien@ohioianews.com or
Mail to: 14615 Triskett Rd., Cleveland OH 44111-3123

"FOLLOW ME WHERE I GO, WHAT I DO AND WHO I KNOW;
O'Bent Enterprises includes:
www.twitter.com/jobjr
www.twitter.com/IANewsOhio
www.facebook.com/OhioIrishAmericanNews
www.linkedin.com/in/jobjr

Safe Home
Continued from previous page

she kept far too many Martha Stewart magazines with very little intention of ever reading them again.

But those closest to her say that she always knew the right thing to say. She was everyone's shoulder to cry on. And her children would have rathered had a short amount of time with her as a mother than a lifetime

with any other.

There was always room at the table with Noreen and her magazine-worthy garden doesn't compare to the blooms of friendships she cultivated and kept around the world. Her family is certain that she will work even harder from Heaven for her friends and family and encouraged everyone to reach out in prayer to Noreen throughout their lives.

Noreen is survived by her loving

husband, Mike and her eight children: Caitie, Tommy (fiancé Natasha), Brian, John & Casey, Will, Michael, Annie & Caroline. She has two grandchildren: Henry & Peter. She is also survived by her parents; John & Eileen O'Brien of Cleveland, her sisters Cathy (John Lang) of Cincinnati and Patricia (Philip Parante) and brother, John, Jr. of Cleveland. She has 11 nieces and nephews who have always meant so much to her. Proceeding her in death is her infant daughter,

Mary Clare, who the family knows greeted her excitedly in Heaven.

Although Noreen loved flowers, what would mean most to her would be the Catholic education of more children. In lieu of flowers, the family asks for donations to the Lafayette Catholic School System. ♦

GET MORE TO THE STORY
More pics, and larger print too!
www.ohioianews.com

STONE MAD, Part II: Stone Walls- The Question of Why?

By John Digney

[Part I ran in the April, 2021 issue, and can be seen in our archives on www.ohioianews.com]

With the focus of enhancing our understanding and awareness of Ireland's dry stone walls, I think it's important to answer the question of Why? Why is it important to preserve the art of stone walling and promote dry stone construction? What is happening to the craftsman and wallers who hold the knowledge of this ancient craft?

As I continue to study and learn about the uniqueness of the stone walls and the benefits associated with the natural materials, I discover more about the subtlety and intricacy of these structures; it's really quite fascinating. The impact on the environment and the contribution they provide as stand-alone ecosystems with a natural, inherent connection to the earth, not only provides shelter for insects, rodents and small nesting birds, but also provides the perfect environment for lichen, moss, flora and a plethora of fragile and delicate vegetation.

These walls are not just part of the landscape, they are the fibers of life woven from the earth. Like music, folklore, storytelling and many other traditions passed down through Irish history, stone walling and dry stone construction is part of who we are as Irish men and women.

In this high tech world of mass production, social media and augmented reality, why is it so important to pause for a moment, slow down and build something from the earth? To help answer this question and provide a better understanding of what makes this craft so unique, our experts from the



Dry Stone Wall Association of Ireland (DSWAI) have provided us with some background and history.

Over the past twelve years since its inception, the DSWAI has worked, primarily with volunteers, to identify, re-construct and preserve dry stone walls throughout Ireland. In addition to constructing the walls, it is paramount for the DSWAI to teach, inform and mentor individuals so this ancient artform is not lost. Below is an excerpt from an article provided by Ken Curran, one of the three founders of DSWAI.

WHY?

The tradition of dry stone walling in Ireland goes back to the early Neolithic. Evidence of these first farmers from Counties Mayo (Ceide fields) and Kerry (Lough A Doon) point to a culture with a well developed sense of identity, a connection to the land and an ability to use stone as a building material. The dry stone wall field systems built

at this time are currently the earliest known dry stone walls in the world. The same people built and decorated the passage tombs, stone circles and stone alignments dotted around the country. Ireland has such a wonderful heritage in dry stonework.

It's not just for our built heritage that dry stone construction should be kept alive but for the environment too. The stone here is the environment and there is no more pure a way to work with the environment (and enhance it for our pleasure) than with a natural material. Dry Stone structures look and are 'of the earth'. They ground us. We need them to give us perspective.

WHEN AND WHERE?

The Dry Stone Wall Association of Ireland started when the three founding members were participating on a traditional stone wall course in Kerry in 2009. We each had a love of stone structures stretching back to childhood, but it was the course that saw the

inception of the association. Our aim is to provide a forum for interested stone enthusiasts. A place where likeminded people may discuss challenges, advice can be sought and given and the craft of dry stone walling in Ireland can be promoted. Our hope is that in doing so we might contribute in some way to keeping the age old craft alive and vibrant. We knew we were not alone and that others with a love of dry stone building were actively pursuing their passion through workshops, community projects and training schemes throughout the country. The aim in forming the association is to encourage members to work closely together, while at the same time promote and grow the craft further.

STONE WALLS – YOUR ONGOING SUPPORT

As planning continues and we remain hopeful for a visit in the Fall, I would be remiss not to mention how thankful I am for all the words of en-



couragement I have received from our April article. The comments on Facebook, texts, calls, etc., have been humbling and quite energizing as I work with the Dry Stone Wall Association of Ireland (DSWAI) and the Ohio Irish American News to build our mission of collaboration and community involvement to preserve, educate and build dry stone walls for generations to come. It is greatly appreciated.

Please continue your support through online donations, stories of your family history, knowledge sharing and links to homesites from the past. All monetary contributions will be collected through the OhioIANews and will be distributed directly to DSWAI.

The Dry Stone Wall Association of Ireland is a registered charity in Ireland, Charity number 20206056. In the DSWAI, our aim is to create an awareness of the need for preserving the craft of 'dry' stone building in Ireland. In doing so, the association hopes

to advance the education of the public in the knowledge, understanding, and appreciation of the craft of building and repairing traditional dry stone walls in Ireland. For more information, contact information, or to donate directly, please visit the website at www.dswai.ie ♦

John Digney is an Artist /Designer who received his BFA in Industrial Design from the Cleveland Institute of Art. He was raised in the Cleveland neighborhood of Westpark near Kamm's Corner. He, his wife Kathleen, and daughters Eileen and Megan, now reside in Greenville, SC. John looks forward to the day when he can devote more time to his family, art and passions. John can be reached at jdigney59@gmail.com.

GET MORE TO THE STORY
More pics, and larger print too!
www.ohioianews.com

PLANK ROAD TAVERN

EVERY THURSDAY IS
IRISH NIGHT 7-10PM
OPEN SESSÍÚN

TRADITIONAL MUSICIANS OF ALL AGES WELCOME!

\$3 GUINNESS & JAMESON ON THURSDAY NIGHTS

COME ENJOY OUR PATIO, EXPANDED WINE SELECTION AND NEW DINNER MENU!

16719 DETROIT AVE., LAKEWOOD, OH 44107



TUESDAY

6pm-8pm: *All Things Irish*
WOBC-FM 91.5 w/Anita Lock

SATURDAY

9am-11am: *stonecoldbikini*,
WRUW FM 91.1 w/Christine Hahn

10am-11am: *Johnson Brothers Irish Hour* WKTL-FM 90.7

SUNDAY

7am-9am: *Sweeney Astray*
WCSB-FM 89.3

10am-12pm: *Gerry Quinn's Irish Hours*
WHK-AM 1420 w/ Colleen Corrigan Day & Eddie Fitzpatrick

11:30am-1:30pm: *Echoes of Erin*
WCWA-AM 1230 w/John Connolly

6pm- 7pm: *Songs of Britain & Ireland*
WCPN-FM 90.3



SATURDAY & SUNDAY

12-6pm ET/9am-3pm PT on SiriusXM
Classic Vinyl, channel 26.

IRISH: SONGS, STORIES & SHENANIGANS

Podcast posted every second Friday on
WHKradio.com and OhioIANews.com
and archived forever!



Putting you first is our policy.

Life is full of uncertainties and sometimes you need someone to help guide you through it all. At the Consultative Insurance Group agency, we specialize in finding customized solutions for your financial and insurance needs.

LET'S TALK TODAY.

JOE LARDIE

joe@consultus4ins.com,
(440) 235-1442 x 205
consultativeinsurance.com



BUSINESS | AUTO | HOME

Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: Columbus, OH 43215. Life insurance is issued by Nationwide Life Insurance Company or Nationwide Life and Annuity Insurance Company, Columbus, Ohio. Nationwide, Nationwide is On Your Side, and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. ©2020 Nationwide CPC-0435AO (09/17) 11816326



Festival Focus 2021



Photo courtesy of clevelandirish.org



19th Kansas City Irish Fest

SEPTEMBER 3 - 5

Kansas City Irish Fest is a celebration of Celtic pride in the Heart of America; an affordable Labor Day weekend activity, with tickets starting at \$12 in advance and hotel packages starting at \$138 per night that include tickets to the festival; one of the nation's largest Irish festivals by attendance.

PLUS: 300 world-class musicians, dancers, folklorists, storytellers, comedians and performers will entertain on seven different KCIF stages, including Gaelic Storm, We Banjo 3, The Young Dubliners, Scythian, Danny Burns and many more to be announced. PLUS: Genealogy; Culture Stage and Heritage Displays and more than 20 interactive workshops; TWO Children's Villages; An Irish marketplace; outdoor Catholic Mass (9:30 a.m. Sunday, Sept. 5th); Art in the Park; The Snug, Irish Fest's members-only VIP pub (for everyone!); Whiskey Tasting Tent; Irish Breakfast Sunday @11 am from renowned Irish chef Shaun Brady

The Kansas City Irish Fest is dedicated to the preservation of Kansas City's and the Midwest's Irish heritage, held at Crown Center Square - Downtown Kansas City.

A complete list of performers and other info can be found on-line at www.kcirishfest.com [facebook.com/kansascityirishfest](https://www.facebook.com/kansascityirishfest) * <http://www.instagram.com/kcirishfest/> * www.twitter.com/kcirishfest



We Banjo 3 • Gaelic Storm
Young Dubliners • Scythian
Carswell and Hope • Narrowbacks
Ashley Davis Band • Runa
Danny Burns • Eddie Delahunt
Seamus Kelleher • Ian Gould • Kian Byrne
O'Riada Manning Irish Dancers
Driscoll School Irish Dancers
Ceili at the Crossroads

September 3, 4, 5

Crown Center, Downtown Kansas City, MO

Book your Fest HQ now
at one of our two on site
hotels at special rates,
Irish Fest tickets included!



www.kcirishfest.com

SEPTEMBER 10-12, 2021



PITTSBURGH
IRISH
FESTIVAL
PGHIRISHFEST.ORG

the
Lots
AT SANDCASTLE

#PGHIRISHFEST
THE LOTS AT SANDCASTLE
1000 Sandcastle Drive
West Homestead, PA 15120

Festival Focus 2021



30th Pittsburgh Irish Festival

SEPTEMBER 10-12

Featuring: Gaelic Storm and Screaming Orphans, safely serving all Festival favorite foods featuring Irish Stew, Bread Pudding, Fish and Chips, and Shepherd's Pie, and providing fun and educational programming for all ages!

The Pittsburgh Irish Festival is also exploring options for virtual offerings for those not yet comfortable attending an in-person event. Discounted advanced tickets for the 2021 Pittsburgh Irish Festival are currently available at pghirishfest.org. Full refunds will be provided in the event of cancellation due to the pandemic.

PIF will be held at The Lots at Sandcastle in Pittsburgh. Visit www.pghirishfest.org. For updates and more info, check back next month in the OhioIANews iIrish! Fun for the entire family.

Facebook.com/PittsburghIrishFestival • Twitter: @pittsburghirish
Instagram: @pghirishfest for info.

Now Is the Time to Implement Irish Language Legislation

“Seasaigí an fód, seasaigí linn, ná glacaigí le haon chúlú ó na comhaontaithe uilig” - Teachtaireacht ó phobal na Gaeilge craolta taobh amuigh de Chnoc an Anfa inniu ag éileamh go gcuirfear i bhfeidhm láithreach cearta teanga ó thuaidh

Craoladh teachtaireacht phoiblí ó bhreis agus seachtó ionadaí ó phobal na Gaeilge chuig an Fheidhmeannas ó thuaidh, mar aon leis an dá Rialtas, maidir le ceist na reachtaíochta teanga ag Cnoc an Anfa inniu.

SEO A LEANAS AN TEACHTAIREACHT A D’FHOILSIGH AN DREAM DEARG INNIU:

“In 1998 gealladh ré úr chomhionannais don Ghaeilge agus do phobal na teanga. Ansin, gealladh acht Gaeilge in 2006 mar chuid de Chomhaontú Chill Rímhinn. Ó shin amach, tá pobal na Gaeilge ag cur brú chun na cearta teanga sin a fháil. Agus tá sé léirithe arís agus arís eile go bhfuil ag teip ar an Fheidhmeannas, ar Rialtas na hÉireann agus ar Rialtas na Breataine ár gcearta a chinntiú sa dlí. Táimid ag rá le blianta beaga anuas, nach nglacaimid le himeallú, le cos ar bolg ná le bac ar chearta teanga.”

“Anuraidh, mar chuid den chomhaontú nua, gealladh reachtaíocht teanga don Ghaeilge. Dúirt muid ag an am nach gcomhlíonann an reachtaíocht a mholtar ann na cearta atá uainn mar phobal, ach gur dul chun cinn stairiúil a bhí ann agus gur chloch mhíle í, más beag féin í, ar an aistear i dtreo cearta teanga cuimsitheacha. Chuirge sin, agus 500 lá imithe ó socraíodh an comhaontú sin, tá gá anois an reachtaíocht sin a chur i bhfeidhm. Tacaíonn tromlach na bpáirtithe agus na gcomhaltaí sa Tionól leis an Acht Gaeilge, leis an reachtaíocht a gealladh sa chomhaontú anuraidh.”

“Inniu, deir muid leo siúd a chuireann i gcoinne ár gcearta teanga; seasann muid le chéile ar son na Gaeilge; leis na páirtithe uilig a thacaíonn linn - seasaigí an fód, seasaigí linn, ná glacaigí le haon chúlú ó na comhaontaithe uilig; agus leis an dá rialtas - ní réiteoirí neamhspléacha, neodracha sibh. Tá ról mór agaibh anseo chun ár gcearta a chinntiú. Cuirigí deireadh leis na leithscéalta agus leis an mhoilleadóireacht - táimid ag fanacht rófhada mar atá!”

“Déanaigí beart de réir briathair. Seasaigí an fód. Seasaigí linn. Acht anois!”

TEAGMHÁLAITHE:

Conchúr Ó Muadaigh
00 44 7596 520262 | conchur@cnag.ie

Pádraig Ó Tiarnaigh
00 44 77 16690237 | padraig@cnag.ie

“Today, we say to those who continue to exclude our community that we stand united for our language rights” -

Irish language community deliver Stormont message calling for immediate implementation of language legislation

Over 70 representatives from the Irish language community have broadcast a collective message to the northern Executive and to the British and Irish Governments at Stormont earlier today, calling for language rights as promised in previous agreements.

THE DREAM DEARG COMMUNITY MESSAGE CALLED FOR THE FOLLOWING ACTION:

“The Good Friday Agreement was to herald a new era of equality regarding the Irish language. Next, the St Andrew’s Agreement committed parties and Governments to an Irish language act. In recent years, the Irish language community has shone a light on the age old and ongoing exclusion and marginalisation of our community, The consistent failure to ensure rights-based language legislation for our community is fully at odds with all of our main political agreements. We have consistently stood against those who would continue to marginalise, exclude and ignore our legitimate demands for rights and respect.”

“Last year, the Executive was re-established on the basis of the New Decade New Approach Agreement. We said then, as we say now, that the NDNA language legislation falls well short of what we expect or what we were promised, but that it was an important staging post in our on-going journey towards comprehensive, rights-based language legislation.”

“Now, 500 days have passed since that legislation was promised, and still we wait. A majority of parties and MLAs support a rights-based Irish-language Act, as well as the language legislation agreed last year. Today, we say to those who continue to exclude our community that we stand united for our language rights; to those parties who support our campaign, we ask you again; stand with us, stand up for our rights; to the 2 Governments - you are not neutral, you are not external mediators, you are co-authors and co-guarantors of these agreements.”

“No more delays, no more excuses. It is time to implement Irish language legislation!”

CONTACTS:

Conchúr Ó Muadaigh
00 44 7596 520262 | conchur@cnag.ie

Pádraig Ó Tiarnaigh
00 44 77 16690237 | padraig@cnag.ie



Irish GOLF CLASSIC

FRIDAY, JULY 23 * WESTCHESTER GOLF CLUB

2021



SUPPORT THE CLUB WITH YOUR SPONSORSHIP

\$1000 BLUE TEE SPONSOR

includes a foursome team at Westchester course, four dinners, a sign with your name at the hole, distribution of promotional materials provided by the Shamrock Club at the event and your web link on the Shamrock Club website

\$750 WHITE TEE SPONSOR

includes a foursome team at Westchester course, four dinners, a sign with your name at the hole

\$250 YELLOW TEE SPONSOR

includes two dinners and a sign with your name at the hole

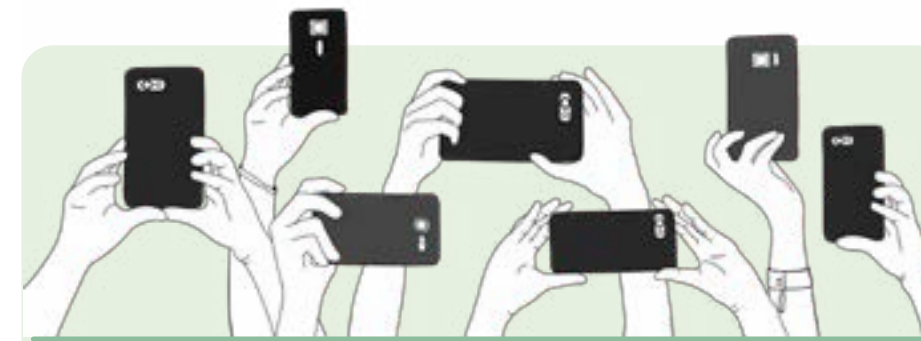
\$100 RED TEE SPONSOR

includes a sign with your name at the hole

Sponsor or Company name _____ phone _____
 email _____

Level of Sponsorship _____ Message _____

Please email any logos, art files to brianoreilly44@yahoo.com



MILESTONE & SWEET SNAPS



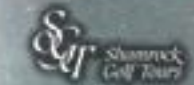
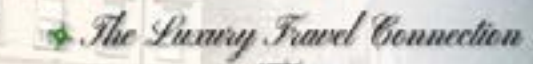
Congratulations to Therese and Kevin Arth, celebrating their 25th Wedding Anniversary!

The Travel Connection Inc.

Connecting You to The World

We're Ready When You're Ready

A Full-Service Travel Management Company, Providing Customized Services for Corporate, Leisure, and Group Travel via Our Family of Brands and Strategic Partnerships including...



Air & Ground Transportation ~ Accommodations ~ Multi-generational Group Travel including Families, Schools, Organizations, Faith Based Tours and Pilgrimages ~ Wedding & Honeymoons ~ River & Ocean Cruises ~ All-Inclusive Resorts ~ Safaris ~ Disney ~ USA & Canada ~ Hawaii ~ Caribbean ~ Europe & IRELAND

199 S Chillicothe Rd, Aurora, Ohio 44202 Phone: 330-562-3178
 Email: info@thetravelconnection.com

TheTravelConnection.com ~ IrishTravelTours.com ~ TheLuxuryTravelConnection.com



SUPPORT OUR ADVERTISERS

Let them know you saw their ad in the Ohio Irish American News!



Gandalf's
pub & restaurant

The Home of Fine European & American Comfort Food

LIVE MUSIC!

DAILY HAPPY HOUR
UNTIL 7PM!

TUESDAY: Tacos & Margaritas
 WEDNESDAY: Wing Night
 THURSDAY: Burger Night
 SUNDAY: Brunch, 9am-2pm

HOURS: Tues-Wed: 11:30am-10pm
 Thurs: 11:30am-10pm
 Fri-Sat: 11:30am-Midnight Sunday: 9am-9pm

6757 Center Rd. (Route 303) Valley City, OH 44280
 330.483.1190
www.GandalfsPub.com • www.Facebook/GandalfsPub

Michael P. O'Malley

Attorney at Law

Grant & O'Malley Co., L.P.A.
 1350 Standard Building
 1370 Ontario Street
 Cleveland, OH 44113

Office (216) 241-6868
 Fax (216) 241-5464
 Cell Phone (216) 469-9634

Are you where everybody knows your name?

NEW TO CLEVELAND?

We'd like to help:

Help you get started, get situated or get settled.

The road has been paved, and we pay it forward, by helping those who come after us.

Call or email us: jobrien@OhioIANews.com or 216.647.1144

ON THIS DAY IN IRISH HISTORY - JULY

- 1 July 1681** - St. Oliver Plunkett, Archbishop of Armagh, was hung at Tyburn, after being found guilty of high treason "for promoting the Catholic faith." He is the last person to be martyred in England.
- 4 July 1921** - Awaiting truce with the English, Eamon De Valera ordered the American flag flown in Dublin to "emphasize the principle for which we are fighting."
- 7 July 1816** - Death of Dublin-born dramatist Richard Brinsley-Sheridan, best known for *The Rivals* and *The School for Scandal*.
- 12 July 1691** - The Battle of Aughrin, the most decisive battle of the Jacobite wars in Ireland, was won by the forces of William III. Over 7,000 are involved in the battle.
- 13 July 1886** - Birth in Roscommon of Father Edward Flanagan, founder of "Boys Town" in Nebraska.
- 14 July 1819** - Ellen Scanlan (nee Hanley) is murdered by the servant of her new husband, Stephen Sullivan. Both Gerald Griffin's novel, *The Collegians*, and the play, *The Brides of Geryowen*, are based on the incident.
- 18 July 1951** - The Abbey Theatre in Dublin is burned down.
- 19 July 2009** - Death in NY of Frank McCourt, Pulitzer Prize winning author of *Angela's Ashes*.
- 20 July 1616** - Hugh O'Neill, Earl of Tyrone, died in exile in Rome.

Shin Guards and Ponytails

By Catie May McAleese
St. Killian's College

*I wait on the side lines
Fence imprinting my cheek,
Unable to play.*

*I see my gals
Shin guards and ponytails,
Lined up for the game.*

*I am uncoordinated. I am clumsy. I am slow,
And yet I yearn to be there with them.
But my feet are in my way.*

*Shrill and sharp the whistle peeps,
And the dance begins.
Synchronised contact mixed with sounds,*

*Of the team as they move as one.
With instinct each understands,
The other's special skill.*

*I look on in awe.
Slotar swiftly hand-passed and met with wood,
Finished to the net with a satisfied grunt.*

*The roar goes up,
And I realise my place here
Is not to bruise or get bruised - but to hail and applaud.*

*Game over, girls spent
Cheeks fresh from the win.
I am welcomed as one of their own.*

*For my pen is my hurl and the game is my muse,
And I belong.
My cultural identity is just as strong.*



The Camogie Association in Ireland ran a competition to encourage young girls to creatively express what they missed about camogie during the recent lockdowns. Catie McAleese, a Year 11 student at St Killian's College in the beautiful Glens of Antrim, wrote *Shin Guards and Ponytails*. Her poem was awarded third in Ireland.

Paddy's Irish Pub: CUSCO, Peru

By Neil Conway

I was able to check off an item on my Bucket List a couple of years ago. At first, my plan was just to visit the UNESCO World Heritage Site, Machu Picchu. However, as I started to become more serious with this venture, I found a number of experiences in my research that were just too good to pass up. That, coupled with other Bucket List items around the world I wanted to pursue, I knew the likelihood of my returning to Peru was not very high.



What started out as a quick visit to Machu Picchu became an eight-day journey. This included a few days for altitude acclimation after touching down in Cusco (11,152 feet above sea level), a four-day, 42km hike up the Inca Trail to Machu Picchu, passing through Dead Woman's Pass at 13,828 feet, and a visit to various sites throughout the Sacred Valley.

There is an old Irish saying about "Saving the Best for Last," and if it isn't an old Irish saying, well, it should be! I found that there is one other way to be on the top of the world; it was a stop on my last day in Peru, to Paddy's Irish Pub (11,156 feet above sea level), which is the world's highest 100% Irish owned pub, and probably the closest one to Heaven too!

The Highest Pub in Ireland
As part of a previous visit to Ireland, I made a trek to Johnnie Fox's, so I could have some bragging rights back home in the states about having been to the highest pub in Ireland. Now, however, I've found that there might be

a pub (The Ponderosa Pub) that's even higher, so another trip there might be needed.

But I digress. As I climbed the steps up to Paddy's Irish Pub, every step took me further away from my experiences and physical presence in Peru, and closer to the feeling that I was about to enter a pub somewhere in the Emerald Isle. The sign at the top of the stairs was welcoming and comforting, but as I turned the corner into Paddy's, I knew, I just knew.

Everywhere I looked in the pub, from the décor to the Jamieson's on the shelf just whispered and shouted "Sláinte!" There was no doubt. I was in Ireland. A little distance of 6,007 miles from Cusco to Dublin was easy, in my mind, to overcome.

The Winter Solstice of the Sun (Inti Raymi) in June was a few days away (their Winter is our Summer and vice versa), so despite the cool weather, Cusco and the surrounding areas were busier than usual with tourists. To add to the midday, bar enthusiast interests, a live FIFA World Cup Match with Argentina vs France was on all of the televisions; Paddy's was especially crowded and with a European flavor. I was somewhat disheartened as I entered the bar, but, an Irish Blessing



occurred, a place opened at the bar and I was able to stake my claim.

What to order? Well ... that was easy ... Guinness, Meat and Potatoes (which were actually a Hamburger and Fries) and, of course another Guinness. There is something to be said for having a Guinness "buzz" at this altitude, so I think I stopped at having two beers; I think ...

This was my last day in Peru and I was still feeling somewhat exhausted from the strenuousness of the hike. The experience at Paddy's Irish Pub was worth the wait, and the icing on the cake for my trip.

I brought home a poster (20" x

14" w) from Paddy's Irish Pub in Cusco; if anyone is interested in having it for their Man Cave, Pub or whatever, please let me know. We'll make arrangements to get it over to you. ♦

GET MORE TO THE STORY
More pics, and larger print too!
@www.ohioianews.com

CHECK OUT ARCHIVE ISSUES OF THE
OHIO IRISH AMERICAN NEWS ONLINE AT
OHIOIANEWS.COM

Gormley's Pub / The Irish Barber

GormleysPub.com / The IrishBarber.com

Facebook: gormleypub / theirishbarber



440.990.PINT / 440.333.4418
19500 Center Ridge Road 19512 Center Ridge Road
Rocky River, Ohio 44116

THE HARP
CLEVELAND, OHIO

Join Us For Great Live Music Every
Wednesday, Friday & Saturday

Call for Information 216.939.0200
www.the-harp.com

Located at 4408 Detroit Avenue

TREEHOUSE BAR
820 College Ave.
Cleveland, OH 44113
216.696.2505

Open 365 Days a Year

Open for Lunch
Friday & Saturday at 11am
Sunday Brunch at 11am

Live Entertainment
on Sunday Evenings

www.treehousecleveland.com

Happy 175!!!
Congratulations to Ohio
Irish American News on its
175th issue!
Irish American Archives
Society has also celebrated
175 – 175 years!



The Day We Celebrate: 175 Years of
Cleveland's St. Patrick's Day Parade
can be purchased online for \$50 (shipping
and sales tax included) at
www.irisharchives.org



SPEAK IRISH

By Bob Carney

@BobCarneyGTR

Céard a Dhéanann Tú Nuair a Bhíonn am Saor Agat?

In our conversation studies, when meeting someone new, we've covered very basic topics, such as greetings, introductions and the weather. To get to know someone better, it helps to know what that person's interests are, maybe we share some of them.

It might be helpful to take some of the vocabulary and phrases we covered in the past few months and using some

of this months, construct a sample conversation between two people. We use this exercise often in the Speak Irish Cleveland classes with two or three people play acting, it helps the language to come easier and can be a lot of fun.

SAMPLE CONVERSATION IN IRISH

Céard a dhéanann tú a bhíonn am saor agat? (kyard ah yeh-nan too a vee-un em sayr ah-gut). What do you do when you have free time?

Téim ag léamh. (tay-um ag lay-um) I read. (lit. you are saying I go read)

Téim ag snámh. (tay-um ag snaw-ve) I go swimming.

Téim ag rith. (tay-um ag reh) I go running.

Téim ag rothaiócht. (tay-um ag ru-hee-ucht) I go cycling.

Téim ag surfáil. (tay-um ag surf-all) I go surfing.

Téim ag siúl. (tay-um ag shool) I go walking.

Téim ag sodar. (tay-um ag sod-er) I go jogging.

Imríim leadóg. (im-reem la-dog) I play tennis.

Imríim peil. (im-reem pell) I play football.

Féachaim ar an teilifís. (fek-ehm ar ahn tell-i-feesh) I watch television.

Éistim leis an raidió. (ay-shtim lesh ahn ray-dee-o) I listen to the radio.

Éistim le ceol. (ay-shtim le ke-ole) I listen to music.

Téim go dtí an phictiúrlann. (tay-um guh jee ahn fich-tur-lahn) I go to the cinema.

Teim go dtí an teach tábhairne. (tay-um guh jee ahn chahk ta-vern) I go to the pub.

ACTIVITIES IN IRISH

An imríonn tú leadóg? (ahn im-ree-un too la-dog) Do you play tennis?

Imríim / Ní imríim (im-reem / nee-im-reem) Yes / no (I play / I don't play)

An dtéann tú go dtí an phictiúrlann? (ahn dahn too guh jee ahn fich-tur-lahn) Do you go to the cinema?

Téim / ní théim (tay-um / nee-hay-um) Yes / no (I go / I don't go)

An dtéann tú ag snámh? (ahn dahn too ag snahv) Do you go swimming?

Ní théim ag snámh. (nee hay-um ag snahv) I don't go swimming.

An bhféachann tú ar an teilifís? (ahn way-kahn too ar ahn tell-i-feesh) Do you watch television?

Féachaim / ní féachaim (fay-kahm / nee ay-kahm) Yes /no (I watch / I don't watch)

Ní féachaim ar an teilifís. (nee ay-kahm ar ahn tell-i-feesh) I don't watch television.

An éisteann tú ceol? (ahn ay-shtahn too kyole) Do you listen to music?

Éistim / ní éistim (aysh-tum / nee aysh-tum) Yes / no (I listen / I don't listen)

An maith leat ceol traidisiúnta? (ahn mah laht kyole trad-uh-shunta) Do you lik traditional music?

Tá sé ceart go leor. (taw shay kyart guh lore) It's ok.

Is breá liom é. (iss braw lum ay) I love it.

Iss fuath liom é. (iss foo-uh lum ay) I hate it.

Peil Ghaelach (pell hawl-ach) Gaelic football

Peileadóir (pell-a-door) footballer

Iománaíocht (im-on-ee-ocht) hurling

Sacar (sahk-er) soccer

Rugbaí (rug-bee) rugby

Leadóg (la-dog) tennis

Imreoir leadóige (im-roar la-do-ig-a) tennis player

Galf (golf) golf

Galfchursa (golf-coor-sa) golf course

Cumann gailf (cume-on golf) golf club

Páirc imeartha (porc-im-er-ha) sports field

Cúirt leadóige (coort la-dow-iga) tennis court

Cúl (cool) goal

Ag traineáil (ag train-all) training

Linn snámha (linn snaw-va) swimming pool

Clár spóirt (clor sport) sports show

Clár faisnéise (clor fas-nay-sa) documentary

Clár dúlra (clor dool-ra) nature show

Clár cainte (clor kin-ta) talk show

Scannáin uafáis (ska-nawm u-fos) horror films

Scannáin ghrá (ska-nawm graw) romance films

Scannáin eachtraíochta (ska-nawm ach-tree-ucht-a) action films

Scannáin ghrinn (ska-nawm grin) comedy films

Leabhair (low-er) books

Úrscéalta uafáis (oor-skale-ta oo-fos) horror novels

Úrscéalta grá (oor-skale-ta graw) romance novels

Beathaisnéisí (ba-ash-nay-shee) biographies

Ceol pobail (ke-yole pub-ull) folk music

Rapcheol (rap-ke-yole) rap music

Ceol tíre (ke-yole teer-a) country music

Rac-cheol (rock-ke-yole) rock music

Rithim agus gormacha (ri-him ah-gus gur-um-a-ka) rhythm and blues

You can use teaglann.ie, the free on-line dictionary, to translate other activities. To help with pronunciation, use their audio player to hear the words spoken in all three regional dialects. Keep on eye out for our ad with the starting date for our new session of Speak Irish Cleveland, targeted for September 14th.

Slán go Fóill! ♦

Bob Carney is a student of Irish history and language 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 Morrighán and Rian and terrier Doolin keep the house jumping. He can be reached at carney-speakirish@gmail.com

GET MORE TO THE STORY

More pics, and larger print tool

@www.ohioianews.com



DUBLIN DIARIES

By Margaret Mary Hicks

It's Bonfire Season

As the Loyalist holiday, "Eleventh Night," approaches on July 11. I want to share with you an experience I had last year when I traveled up to Derry for a weekend.

I had never before heard of the bonfires that are typically seen in Northern Ireland during Catholic and Protestant holidays, but I unknowingly booked a vacation with a few friends during the weekend of the Assumption of Mary, a Catholic Holy Day of Obligation. After a wonderful tour of the Bogside, a historically Catholic area known to the world as the location of the Bloody Sunday Massacre, our tour guide invited us to join in their bonfire celebrations happening that evening.

Bonfires as I had known them in Ohio were in the woods or the beach, sitting on logs around a small fire and telling stories, with maybe a few marshmallows roasting and beers to go around. However, this bonfire was quite different.

In the middle of the street was a huge tower of wood pallets, reaching higher than many of the buildings and houses around it. It was adorned with flags of the world's biggest colonizers, at the forefront was the Union Jack. This was very intriguing to me, as I have had an interest in the history of Northern Ireland conflicts and The Troubles since high school.

Upon a closer look, my American friends pointed out the American flag next to the Israeli flag, which was, in my understanding, an attempt to point out the U.S.'s involvement and funding in the Israeli-Palestinian conflict. It was a very outward protest of worldwide colo-



nization, which I was a little on edge about. As we watched the tower burn from the hill, we tried to speak quietly and avoided being identified as Americans, even though they could probably tell by just looking at us.

Despite the small fear that we could possibly be in some kind of danger, it was an experience I will never forget. I felt a lot of tension while watching, but since this seemed to be a common occasion there, we wanted to immerse ourselves in the experience as much as possible.

The bonfire tradition is not only a Catholic celebration, but one that has its roots in many other countries and cultures, with bonfire nights in Scandinavia, Portugal, Spain and Denmark, among others. These bonfires are also usually accompanied by firework shows and sometimes in-

clude foods such as toffee apples, jacket potatoes and marshmallows.

The next bonfire night in Northern Ireland will be for the Eleventh Night. This is a yearly Ulster Protestant celebration, where bonfires are lit throughout Northern Ireland. This celebration signifies a Protestant win in the Battle of the Boyne, a 1690 battle between Protestant king William of Orange and Catholic king James II. Many historians say this victory is the beginning of the Ulster Protestant rise to power in Northern Ireland.

While often considered a controversial part of life in Northern Ireland, bonfire nights are a big part of Northern Irish culture, with both Protestants and Catholics celebrating their independence in their own respective values and views.

While my knowledge on this topic is limited, I found these celebrations to be very fascinating and I hope you learned a bit about Northern Ireland's bonfire nights. Have you ever experienced a Northern Irish bonfire celebration? If so, I'd love to hear about it. Share your experience with us at margaretmarihicks@gmail.com Slán go fóill. ♦

Margaret Mary is a recent graduate of Trinity College Dublin, where she received a MSc. in Marketing. From Cleveland, Ohio, she is an alumna of the E.W. Scripps School of Journalism at Ohio University. To keep up with her adventures abroad, follow @margamary on Instagram.

GET MORE TO THE STORY
More pics, and larger print tool
@www.ohioianews.com



CASEY'S IRISH IMPORTS

STOP BY THIS SUMMER AND SEE WHAT'S NEW AT CASEY'S

- RELIGIOUS JEWELRY/GIFTS
- CLADDAGH & CELTIC JEWELRY
- GARDEN & HOME DECOR
- BELLEEK CHINA
- TURF PRODUCTS
- IRISH MEATS & FOOD

15% OFF ANY ONE REGULAR PRICED JEWELRY ITEM

Excludes food, gift cards, & previous purchases. Coupon expires 8-31-21.

Summer hours: Tuesday-Friday 10-5; Saturday 10-4; closed on Sun & Mon for July & August

19626 CENTER RIDGE RD
ROCKY RIVER, OH 44116
440.333.8383
WWW.CASEY'SIRISHIMPORTS.COM

LAW OFFICES OF
TERRENCE J. KENNEALLY
& ASSOCIATES CO.

TERRENCE J. KENNEALLY*
SEAN M. KENNEALLY

River Terrace Building
19111 Detroit Rd., Ste. 200
Rocky River, OH 44115
440-333-8960
terry@tjkenneally.com

*Board Certified by the National Board of Trial Advocacy



TOLEDO IRISH

By Molly McHugh

It's a Long, Long Way from Clare to Here

From "Clare to Here" is an Irish ballad that tells a story about a young man who travels abroad for work, leaves behind his family and sweetheart, and gets homesick while he is away. Hence, the premise of the song: It's a long, long way from Clare to here.

Throughout history, millions of Irish have come to the US in pursuit of living and working in our free world. While some may have had the intention of eventually going back "home" to Ireland, many, and probably most, decided to

adopt America as their new home. My dad falls into the latter category, and although Ireland was always "home" to him, the US certainly became his adopted home.

In August 1959, at the age of 25, my dad, the oldest surviving brother in his family of fourteen children, traveled to the US by boat, leaving all immediate family behind. The boat left from Cobh, Co. Cork; and from there, took a seven-day journey across the Atlantic to New York.

In fact, when I was in Ireland a few years ago, I was able to locate the passenger list he was on at the Cobh Heritage Center. Being in Cobh, looking out towards the vast open ocean, I could not help but think what that must have been like, boarding the boat that summer day in August not knowing when he would return or see his family. I mean, really, what could that have felt like?

Luckily, one thing about the Irish is that when they came over here and started to settle into their new terrain, they always seemed to find each other. With the absence of immediate family and close neighbors nearby, I imagine there was a true feeling of solace meeting people with like minds and backgrounds.

Because the Irish are full of chat, I also

imagine that after meeting new friends and discussing routine topics such as the weather, the conversation would eloquently move to comparing the village rolodexes from back home. "Come here now, do you know Paddy Murphy from such and such village?"

I certainly have a lot of pride being born and raised in the US, but I have just as much pride in being Irish. I feel lucky that I, too, can say in conversation when meeting someone from Ireland, "Oh, my dad was from Galway, you don't happen to know..." Although that question can certainly be a long shot, one day I made a striking discovery.

Growing up in Toledo, my sister was good friends with Karrie Keleghan (Ohlman), meeting in grade school. As it would happen, later down the road, Karrie and I would join the same sorority at The University of Toledo. After college, I moved to New York City, and Karrie moved to Chicago. However, at different times in life, both Karrie and I moved back to Toledo; Karrie, with her husband Rob Keleghan in tow.

Upon moving back to Toledo, Karrie and Rob invited me to a housewarming party at their house; and Rob's parents, who were from County Mayo, were in

attendance. Knowing that Rob's parents were from Ireland, I knew we would have to have one of those "oh, do you know so and so" conversations, especially since Mayo is so close to Galway, where my dad is from.

To my surprise, when that conversation happened, Rob's father did know someone! He knew my uncle Frank! Rob's father and my uncle were acquaintances!

They knew each other from meeting at the same dance hall in Shrulce, Co. Mayo. Shrulce is right on the Galway/Mayo border, and from what I gather, Shrulce was the place to be back then! I, too, then felt a feeling of solace. It's amazing what a strong and immediate bond can be made from meeting someone who knows your family thousands of miles away.

So as the song says: It's a long, long way from Clare to here; but with planned and even serendipitous meetings, Irish comfort can be found just around the corner. We are very thankful for all the Irish who have made America their home. God Bless Ireland and God Bless the USA! ♦

GET MORE TO THE STORY
More pics, and larger print too!
@www.ohioianews.com



Donnybrook



by John Myers

COMING HOME AGAIN

The Irish American Archives Society (IAAS) focuses on preserving the history and heritage of the Irish Community in the Greater Cleveland Area. Annually, the Society holds a "Walks of Life" Award dinner, where a few members of the Irish American Community are honored and recognized. This year of pandemic forced the cancellation of the 2021 Walks of Life event, which is usually held on the last Thursday in February.

In its place, the IAAS Board of Trustees commissioned artist Kevin Toolis, from Achill Island, County Mayo, to create a short video paying homage to our Irish Immigrant ancestors and the joys and sorrows related to immigration. The video specifically focuses on immigration to Cleveland.

It is a short twelve-minute video, with great visuals showcasing Achill's beauty punctuated with iconic photos of Cleveland. The drone photography is remarkable, and you will be happy to have watched for that reason alone.

This is not a documentary, but rather an artistic piece which is tied together with poetry and music. You can find it on Youtube: "Kevin Toolis Coming Home Again." It is a creative piece well worth taking a look, you will not regret it. Toolis has several other videos of his own producing also on Youtube that you likely will find interesting and very worthwhile as well.

GOODNIGHT ARLENE

The leader of the largest loyalist party, The Democratic Unionist Party (DUP), in the Six Counties has resigned. Arlene Foster, the first woman to head the DUP, served as the leader of the Party since 2015. Foster also served as the First Minister of Northern Ireland, presiding as the Executive of the government in the North of Ireland created by the Good Friday Agreement.

Currently Sinn Fein's Michelle O'Neill serves as Deputy First Minister in the power sharing government. Both are members of the ninety-person Northern Ireland Legislative Assembly. Foster is also a member of the British Parliament, sitting at the Palace of Westminster in London, where she famously held the

balance of DUP votes necessary to keep former PM Theresa May in power.

Foster was pushed out by the right-wing elements of the DUP. The hard liners were not happy with the "Northern Ireland Protocol" instituted last year by PM Boris Johnson. The NI Protocol created the trade barrier down the Irish Sea, differentiating the Six Counties' trade rules from the rest of the United Kingdom (England, Scotland, Wales).

The DUP rank and file are furious at being treated differently than the rest of the UK. While campaigning, Boris notably stated he would never allow the Six Counties to be treated differently than any other part of the UK; but changed his posture once in power.

Boris no longer needed the DUP votes and was under great pressure from President Biden, the EU and US House Speaker Pelosi to avoid creating a land border on the island of Ireland. The DUP is in the midst of a serious melt down. Edwin Poots, MLA from Langan Valley, has been elected as the new DUP leader. His DUP colleague, Paul Given, MLA is to be the new Northern Ireland First Minister.

What this portends for the future of the Northern Ireland Assembly and government is not clear. Foster was considered a "moderate" compared to the Poots and Given crowd. The DUP will likely emerge as too radical to grow, and in fact, will likely shrink.

Many raise concerns that the right-wing element will tolerate or even inspire violence to give voice to Loyalist frustration with the NI Protocol. This could set the stage for a new election for the Northern Ireland Assembly this fall, which would test Sinn Fein's growing popularity, with the possible outcome leading to a Nationalist (Michelle O'Neil) becoming the First Minister.

Shake out in the Loyalist parties in a post Brexit world will be part of the journey towards a referendum on the reunification of the Island of Ireland. As this debate and discussion plays out, remember that the Six Counties represent only 2.8% of the population of the United Kingdom. It is not a major issue to the average citizen who lives on the island of Great Britain (England, Scotland & Wales).

COVID IRELAND OPENING UP

For the past year, travel from Ohio to Ireland has been almost impossible for non-Irish Citizens, except for certain waivers and formal exceptions. Even for essential travel, a Non-Irish Citizen would have had to show evidence of a negative COVID test and then self-quarantine in an Irish hotel for fourteen days upon arrival.

The Country has been in heavy lockdown, with most Irish Citizens expected to stay within 5km of their home. With the advance of vaccinations, Ireland has started to allow greater movement and social interaction. A recent RTE report showed pubs and restaurants in Westport, Co. Mayo

with active outdoor seating available last month.

For international travelers, The Irish Government has indicated that July 19th, 2021 will be the date Eire will greatly ease up on restrictions. As rules will change based upon the control of the virus, make sure you check the Irish Embassy in Washington's website.

It will be crucial to be able to document your status as fully vaccinated. Get used to keeping your vax card with your passport to ease travel. ♦

GET MORE TO THE STORY
More pics, and larger print too!
@www.ohioianews.com

CHECK OUT ARCHIVE ISSUES OF THE OHIO IRISH AMERICAN NEWS ONLINE AT **OHIOIANEWS.COM**

Now Available on iTunes

iIRISH: SONGS, STORIES, & SHENANIGANS PODCAST

Every second Friday at 5 PM on WHK 1420 The Answer at www.whkradio.com & OhioIANews.com www.ohioianews.com

SUBSCRIBE OR DOWNLOAD NEWEST EPISODE EVERY SECOND FRIDAY

23 writers from Northeast Ohio's Irish community and Beyond the Pale.

OHIO IRISH AMERICAN NEWS

Happy 4th of July!



**MADIGAN
MUSES**

By Marilyn Madigan

Nuns of the Battlefield Monument

I am privileged and honored to present the story of the Nuns of the Battlefield Monument. The driving force behind the creation of this Monument was a resident of Pawtucket, Rhode Island, Ellen Ryan Jolly. Jolly was an individual who loved history. One of the first National Offices that she served with the Ladies Auxiliary of the Ancient Order of Hibernians was Irish Historian.

The American Irish Historical Soci-

ety recognized her knowledge of Irish and Irish History with an article published in their journal that she wrote on the Irish Element in American History. The Irish were making contributions to our country. One group that made a significant contribution was the Religious Sisters mostly of Irish birth or descent that served as Nurses during the American Civil War.

In 1898, George Barton wrote the book *Angels of the Battlefield*. This was the first book on the contributions of the Sister Nurses of the Civil War. In the book, an Army Chaplain is quoted "The Sisters do not have reunions or campfires to keep alive the memories of the most bloody lustrum in our history, but their war stories are as heroic and far more edifying than many of the veterans tell."

George Barton's goal was to "present a modest picture of the grand work done by the Sisters for Humanity." He concludes the book introduction with these words:

The chivalrous men wearing both the Blue and the Grey, who caused American manhood and valor to be known and respected the world over,

have on many occasions, and in various ways, given esteem and affection in which they hold the women who devoted their lives to the care of the sick and wounded. The ranks of the war Sisters have been gradually thinned out by death until a handful of them remain. These survivors rest in their convent homes, tranquilly awaiting the final summons to a land where conflict is unknown. They may die, but the story of their patriotic and humane work will live as long as love for loyalty, regard for duty and admiration for self sacrifice exist in the heart of the American people."

Ellen Ryan Jolly did not want the story of the Sister Nurses to die, but to be memorialized in a monument recognizing their service. She was the National President of the Ladies Auxiliary of the Ancient Order of Hibernians from 1912-1916. The Order was only twenty years old when she proposed the lofty goal of building a Monument to the Nuns of the Battlefield.

The first screen reads:

During the Civil War, the wounded and dying of both sides of the conflict were attended to by sister-nurses. This

monument highlights the role of Catholics, particularly Irish Catholics, to American history.

In 1914 Ellen Ryan Jolly, President of the Ladies Auxiliary of the Ancient Order of Hibernians, shared her idea with the members of the Auxiliary to honor the sister-nurses with a monument.

For the next ten years, the membership raised the funds to build and worked to find a suitable location. Many obstacles were faced, but the courage and perseverance of one woman and her Hibernian organization resulted in this lasting tribute to the sister-nurses.

Representative Ambrose Kennedy of Rhode Island assisted in overcoming the obstacles. On March 29, 1918, a Joint Resolution of the House and Senate granted approval to the Ladies Auxiliary of the Ancient Order of Hibernians to erect a memorial to honor the various orders of Sisters who nursed the Civil War wounded and attended to the dying. The Monument was designed and sculpted by Jerome Conner. Religious and Civil Leaders as well as Sr Magdalene O'Donnell were

present at the dedication on September 20, 1924.

Some of the challenges with the Monument included the location. Jolly wanted the Monument to be in Arlington Cemetery, which was not accepted by the Government, since no bodies were associated with it. Another challenge that Jolly needed to provide information on the sisters that served in the capacity of Civil War nurses. She did the research and provided it to the proper authorities. This information was the basis of her book, *The Nuns of the Battlefield*, published in 1927.

The location and Sculptor were selected: Jerome Connor, an Immigrant from County Kerry. He had a studio in Washington D.C. where the sisters came so that their habits would be depicted on the Monument correctly. Connor sculptured Bishop John Carroll, Robert Emmett, Bronx Victory Memorial and the Lusitania Peace Memorial.

The Monument was dedicated on September 20, 1924, a special day in American Catholic History.

The front of the Monument is a bronze relief of the images of the twelve Orders of Religious Sisters.

- Daughters of Charity Emmitsburg
- Sisters of Charity: Cincinnati, Ohio; Nazareth, Kentucky; New York City, New York
- Sisters of St. Dominic: Memphis, Tennessee; Springfield, Illinois; Springfield, Kentucky
- Sisters of the Holy Cross: Notre Dame, Indiana
- Sisters of Mercy: Baltimore, Maryland; Chicago, Illinois; Cincinnati, Ohio; New York, New York; Pittsburgh, Pennsylvania, Vicksburg, Mississippi
- Sisters of Our Lady of Mercy: Charleston, South Carolina
- Sisters of Our Lady of Mount Carmel: New Orleans, Louisiana
- Sisters of the Poor of St. Francis: Cincinnati, Ohio
- Sisters of Providence: St. Mary of the Woods, Indiana
- Sisters of St. Joseph: Philadelphia, Pennsylvania; Wheeling, West Virginia
- Sisters of St. Ursula: Galveston, Texas

On each side of the Monument are female figures representing patriotism and peace. Above the image of the sisters inscribed are the words, "They comforted the dying, nursed the wounded, carried hope to the imprisoned, gave in his name a drink of water to the thirsty."

On the base is inscribed, "To the memory and in honor of the various Sisters who gave their services as nurses on battlefields and in hospitals during the Civil War"

You have to go to the back of the Monument to see that the Ladies Auxiliary of the Ancient Order of Hibernians made the Monument possible. This is unacceptable to me and the members of the LAOH. There is nothing to inform the public about these remarkable women.

In 2016, I introduced my goal that a Wayside to tell the story be done by the LAOH. This project was approved at the 2020 Convention.

We are in the process of providing the information for the Wayside to be presented to the National Park Service. I am proud and honored to be appointed to Chair the Nuns of the Battlefield Centennial Committee.

Over 600 Sisters served as Nurses in fifteen states and the District of Columbia. They were on the Battlefields, in hospitals, on boats and in prisons. Sr. de Sales O'Neill, remembering Mother Angela assisting in Surgery during the Civil War, said:

"It was a deliberate and difficult operation and the life of the soldier depended largely upon the accuracy of the surgeon, whose head and that of Mother Angela, on opposite sides, were bent over the poor lad... Suddenly from above a heavy liquid drop fell upon the white coil of Mother Angela who, true to her Celtic strain, did not quiver. Another, and still another, drop after drop came faster and faster. At last, the final stitch had been taken and the two heads, that of the surgeon and of the sister, rose simultaneously, and not till then did the surgeon know that a stream of blood, trickling through the open chinks of the upper floor, had fallen steadily upon the devoted head of Mother Angela, who stood before the surgeon with head, and face, and shoulders, and back bathed in the blood of some unknown soldier."

The Daughters of Charity's Motherhouse is in Emmitsburgh MD, just fifteen miles from Gettysburgh. Both Union and Confederates had camped on the Motherhouse grounds. The Sisters could hear the gunfire at the Convent. They went to Gettysburgh as soon as they could to help.

"Of the Sisters of Mercy there is little need for me to speak. Their good deeds are written in the grateful hearts of thousands of our soldiers, to whom they were ministering angels."

- A. E. Burnside, Major General

"The Sisters took entire charge of the sick soldiers and the surgeon in charge often times told me that one sister was worth more to the sick than all attendants put together."

From this time forward I had frequent opportunities of judging of their efficiency and services and I must say that they did more, by their kindness, their gentleness, and cheerful devoted attention to restore the sick and wounded to convalescence than all the medicine administered to them."

- S.G. DeCamp, Medical Director, U.S. Army of the West

"Of all the forms of charity and benevolence seen in the crowded wards of the hospitals, those of the Catholic sisters were among the most efficient. ... As they went from cot to cot distributing the medicines prescribed or administering the cooling, strengthening draughts as directed, they were veritable angels of mercy."

-Abraham Lincoln

"I can never forget your kindness to the sick and wounded during our darkest days. And I know not how to testify my gratitude and respect for every member of your noble order."

- Jefferson Davis

Ellen Ryan Jolly also worked with the government and the sisters, so that the sister nurses would have grave markers indicating their service.

Thank you for giving me this opportunity to share this story. ♦

GET MORE TO THE STORY
More pics, and larger print too!
@www.ohioianews.com

We're your law firm for DUI and Domestic Relations.



Experience is all that matters when you are charged with a DUI Offense. No one has more experience than we do in defending those accused of a DUI offense. Don't risk your case on lawyers who are "learning" on your case.



We have over 25 years experience working in Domestic Relations and Family Law. The divorce and custody legal system can intimidate and overwhelm anyone. We're here to help find the answers and create affordable solutions you need.



LIPSON O'SHEA LEGAL GROUP

Hoyt Block Building - Suite 110
700 West St. Clair Avenue
Cleveland, Ohio 44113
(216) 241-0011 - Cleveland office
(800) 529-1966 (24/7 toll free)
fax (440) 331-5401
www.lipsonoshea.com

WE NEVER CLOSE. AFTER HOURS, CALL US TOLL FREE: 1-800-529-1966

WEST SIDE IRISH AMERICAN CLUB

July 8th – Forever Young Meeting

July 15th – General Meeting 7:00pm

July 18th – Annual Family Picnic & WSIA 90th Anniversary

To Volunteer Contact Christi 216-906-0663

July 23rd – New Barleycorn

August 8th – Annual Steak Roast with The New Barleycorn

PUB NOW OPEN ON WEEKENDS!

Happy Hour Fridays 4:30-7pm,
Saturdays 1:00-6pm

DINNER & MUSIC EVERY FRIDAY 5-7 Open to the public!

440.235.5868

GENERAL MEETING
3rd Thursday of every month



8559 Jennings Rd., Olmsted Twp., Ohio 44138 | wsia-club.org



ILLUMINATIONS

By J. Michael Finn

Agnes Mary Clerke, Historian of the Stars

Agnes May Clerke (pronounced *Clark*) was born on February 10, 1842 in Skibbereen, County Cork, Ireland. She was the daughter of John William Clerke, who was a bank manager in Skibbereen, and his wife Catherine Deasy. Her father was a graduate of Trinity College, Dublin, where he had studied classics but had also taken courses in mathematics and astronomy. He remained interested in sciences throughout his life. Her mother Catherine, educated at the Ursuline

Convent, Cork, was an intellectual with considerable musical talents, playing piano and harp. Agnes had two siblings; her older sister, Ellen, was born in 1840, and her younger brother, Aubrey, was born in 1843.

John Clerke passed along his interest in astronomy to Agnes. He owned a 4" telescope and Agnes grew up regularly observing Saturn's rings and Jupiter's moons. As a result, she developed a keen knowledge of astronomy from an early age. Agnes began writing a history of astronomy at the age of fifteen. All of the Clerke children were home schooled by their father and all became proficient in astronomy, journalism and mathematics. Agnes remained a devout Catholic all her life, which was often reflected in her writings.

Agnes and her family moved to Dublin in 1861, when she was 19. There, although only tutored by her younger brother, who was studying at Dublin University, she learned university level physics, astronomy, and advanced mathematics. She could not attend the university because it was a men-only college.

In 1867, partly for health reasons, Agnes and her sister Ellen moved to



Agnes Mary Clerke

Florence, Italy, where they stayed until 1877, studying science, languages, and other subjects that would be useful in their lives. In 1877 Agnes settled in London, where the Clerke family was reunited.

Upon her return from Italy, Agnes published two articles, "Brigandage in

Sicily" and "Copernicus in Italy." They were published in the *Edinburgh Review* for October 1877. The first article discussed the rise of the Mafia in Sicily, while the second discussed pre-Copernican ideas on astronomy. These were the first of fifty-five articles that she would publish in the *Edinburgh Review*.

Based on the popularity of her article on astronomy, Agnes was asked by Adam and Charles Black, who were publishers of the *Encyclopedia Britannica*, to write biographies of a number of famous scientists for the ninth edition of the encyclopedia. This led to a number of other writing commissions, including the publication of the article on astronomy for the *Catholic Encyclopedia*. During her career she wrote reviews of many books about astronomy, including some written in French, German, Greek, or Italian.

In 1885, she published her best-known work, *A Popular History of Astronomy During the Nineteenth Century*, which received much popular recognition. Of her writing on astronomy it was said, "She compiled facts with untiring diligence; sifted them carefully; discussed them with judgment; and suggested problems and lines of future

research." Regarding astronomy, Agnes wrote: "Astronomy is essentially a popular science. The general public has an indefeasible right of access to its lofty halls, which it is all the more important to keep cleared of unnecessary technical impediments ..."

In 1888, Agnes spent three months at the Cape of Good Hope Observatory in South Africa as the guest of the director and became sufficiently familiar with astronomical spectroscopy to be able to write about that new branch of astronomy with increased clearness and confidence (astronomical spectroscopy is the study of astronomy that measures the electromagnetic radiation which radiates from stars and other celestial objects).

In 1893, Agnes Mary Clerke was awarded the Actonian Prize by the Royal Institution of Great Britain for her work. She was also a member of the British Astronomical Association. In 1903 she was elected an honorary member of the Royal Astronomical Society, a position previously held only by three other women.

The eleventh edition of *Encyclopedia Britannica* was published in 1910, and Clerke was again asked to contribute articles on both astronomy and its history. She wrote the main article on the history of astronomy and many biographies of astronomers; however, she died before being able to complete this work.

Agnes Mary Clerke died suddenly of pneumonia on January 20, 1907 at the age of 64, at her home at 68 Redcliffe Square, London and was buried in Brompton Cemetery in London. It was said of her, "In all her writing, truth was ever her goal. Astronomy to the last was her chief intellectual interest."

Through her quarter-century career, she became the leading writer and commentator on astronomy and astrophysics in the English-speaking world. Besides her published works already mentioned, her other books include *The Herschels and Modern Astronomy* (1895); *The Concise Knowledge of Astronomy* (1898); *The System of the Stars* (1905); and *Problems in Astrophysics* (1906). She also published hundreds of historical, biographical, and technical articles.

The most popular biography written about her life is *Agnes Mary Clerke and the Rise of Astrophysics*, by M. T. Bruck, Cambridge University Press, 2002. A significant recognition of Agnes Mary

Clerke's contribution to astronomy came in 1973, when a four mile wide impact crater on the moon was named in her honor by the International Astronomical Union. The Clerke Crater is located near a valley on the moon, which was the landing site of the 1972 Apollo 17 mission. Of the 1,578 craters on the Moon named after individuals, only 32 are currently named after women.

In 2017, the Royal Astronomical Society established the Agnes Clerke Medal for the History of Astronomy or Geophysics, which is awarded every three years to individuals who have achieved outstanding research into the history of astronomy or geophysics.

Agnes Mary Clerke's contribution to astronomy and our future in space is best summed up in her own words: "Knowledge will appear in turn the merest ignorance to those who come after us. Yet it is not to be despised, since by it we reach up groping fingers to touch the hem of the garment of the Most High." ♦

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.

GET MORE TO THE STORY
More pics, and larger print too!
@www.ohioianews.com

FIONA'S
Coffee Bar & Bakery

Mini Donuts	Rising Star
Home Made	Roasters
Bagels	Chill Pop
Mitchells	Great Harvest
Ice Cream	Bread Co.

4148 Erie St. in Downtown Willoughby
(Located next to The Wild Goose)
440.571.4226
fionascoffee.com

Lynch's Irish Imports

Our mission is to bring the best of the Emerald Isle to your home for you and your family to cherish.

- Wilde Irish Chocolates (exclusive to our store in the USA)
- Clonfadda Handmade Soaps (exclusive to our store in the USA)
- Celtic Tweed Clothing (Men & Women's)
- Celtic Jewelry, Irish food & teas, and much more...
- Hatman of Ireland, Hanna Hats of Donegal (Men's & Women's)
- Branigan Weavers
- Inis Colognes
- Rosaries & Crosses

Located in the lovely downtown square in Wooster, Ohio.
LOOKING FORWARD TO SEEING YOU SOON!

116 S. Market Street, Wooster, Ohio 44691
330.601.0160 lynchirishimports@gmail.com

Connect to your Irish heritage
Build and foster friendships
Give back to your community

BECOME AN LAOH MEMBER TODAY

MEMBERS WANTED

Ladies Ancient Order of Hibernians

125 YEARS IN THE MAKING

SEEKING WOMEN:

- 18 years of age or older
- Practicing Roman Catholic
- Irish or of Irish descent (through parent lineage or adoption) or a wife/mother of a current AOH member

Log on to review all qualifications and submit a membership application today!

<https://ladiesaoh.com/membership/>

Friendship ❖ Unity ❖ Christian Charity

Family Owned and Operated

McMahon-Coyne-Vitantonio
Funeral Homes

440-942-0700

Michael F. Coyne • Kevin M. Coyne • Tony Vitantonio
We are family owned & operated

SEE THE IRISH WORLD!

All Titles Available at:
www.songsandstories.net

An O'Bent (O'Brien Enterprises) website & Author John O'Brien, Jr.



Celebrating St. Patrick's Day
History, Traditions, and Activities
A Holiday Book for Kids

by John O'Brien Jr.



Greater Cleveland Irish Directory

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



The Lyrics of Irish Freedom
Notes of Turbulent Times
by John O'Brien, Jr.

Tells the story and the history behind rebellious bard & ballad from the beginning of Irish time.



First Generation

A book of original poetry by John O'Brien, Jr.



Festival Legends: Songs and Stories
by John O'Brien, Jr.

A biographical look at the people who made the music that defines a people



Fine Irish Pubs of Greater Cleveland

A poster of great pubs where history was made and memories created.



CLEVELAND IRISH

By Francis McGarry

Why Cows?

"There are years that ask questions and years that answer." Zora Neale Hurston was an author, anthropologist and ethnographer who studied at Columbia University with Franz Boas, Ruth Benedict and Margaret Mead. That means something if you are familiar with American anthropology.

She was the only African-American woman at Columbia in 1925, which means even more. I read her plaque as I waited for my son to check into his dorm. It was a quick read before I walked over to The Dead Poet for a pint.

My anthropological recall, catalyzed by Hurston's plaque, returned to Ruth Benedict's Patterns of Culture. She believed strongly that each aspect of culture (beliefs, practices, values) should be understood in relation to that culture and not juxtaposed with the values, beliefs and practices of another culture. That is when two worlds intersected.

I had passed a handful of bars without a Tricolour or a Guinness sign to get to The Dead Poet. So why Guinness, or more so Irish stout in general, that is so Irish? I know the history of Guinness well enough, but not why Irish stout.

So, when I got back to Cleveland, I went to my go-to for advice and counsel, Bill Homan; Mickey McNally was busy. Bill shared what his father told him: "Why cows? Because ice cream doesn't have bones." Take that Ruth Benedict.

It was time for research, with the assistance of Michael Byrne. The Epic of Gilgamesh, written over 4,000 years ago, is the first written evidence of beer. Enkidu, who is depicted as a wild warrior figure, drank seven pitchers of beer and ate until he was full. He sang out with joy, although there is no

mention of a kazoo.

If the pen is mightier than the sword, then beer was more important, or at least predates, the pen. 9,000 years before mention in Gilgamesh, the Natufian people were producing beer in Levant, present day Syria, Lebanon, Jordan, Palestine, Israel and Turkey. They were hunter gatherers who produced the oldest known piece of art depicting love-making.

Huanghe civilization along the Yellow River in China has pottery remains that date to 8,000 years ago. Archeological analysis denotes similar sized housing structures and minimal variance in burial offerings, indication of a society that was egalitarian. They did have a large "public" house, not used for housing, but apparently to host large gatherings. Floor excavation shows an inordinate amount of liquor.

The Huanghe developed brewing methods that increased the alcohol level of their beer. They allowed aspergillus to function as a starch, fermenting microbe, and then added yeast. Yeast is perhaps the earliest domesticated substance by humans.

Irish beer dates to over 5,000 years ago, to the beginning of Irish agriculture itself. The fertile soil, rain, and cool climate made barley (eórna) production suitable. Cultivation of corn, wheat, rye and oats all predate the potato in Ireland. Ale does as well, with brewing occurring in the Bronze and early Iron Ages. The priest Mescan was St. Patrick's brewer.

Irish monasteries and Irish monks specialized in the production of ale. Smithwick brewery in Kilkenny has an abbey on its land. Hops were not utilized in Ireland until the 13th century. Beer was brewed using herbs, like gentian. Regardless of herb, history tell us Irish beer had a red tint. The monks were allowed to consume their red ale during Lenten fasting.

The hop revolution began in Germany in the 13th century and expanded in all directions. Hops allowed beer to remain quaffable for a good three months. In Ireland, that manifested as beer storage for the winter. That assisted the agrarian Irish in multiple ways.

By the 17th Century, Irish beer was small batched in local breweries by women, called "alewives." Ale was consumed in alehouses, which were more

so rooms in a private dwelling. Then, in 1756, Arthur Guinness opened a small brewery. His father had manufactured ale for priests. It was three years later that he opened St. James's Gate.

Guinness was not the only brewery to open during this period. Beamish opened in 1792; Murphy's in 1856. Guinness was the largest and it moved to "stouts" production around 1800. The first Irish stouts were more similar to a porter, but then they got their Irish up.

In 1817, Daniel Wheeler invented a roaster that could produce very dark roasts. That invention coincided with Irish brewers using unmalted barley in order to avoid English taxation. At the time, the ingredients were taxed and not the beer. Irish stout was born.

It was not done evolving. In 1800, Irish stout was characterized as a strong, acidic, vat-aged brown beer made with smoky malt. Throughout the 19th century, it became darker, more bitter, vat-aged beer and achieved additional character through the use of roasted barley.

The 1880 Free-Mash Tun Act, or Inland Revenue Act, replaced the malt tax with a tax on beer and increased licensing requirements and governmental oversight. That essentially ended the local cottage brewery. It also allowed brewers to choose their ingredients.

The commercialization and large brewery structure not only eliminated the "alewives," but it also led to the exportation of Irish stout. Then Michael Ash at Guinness introduced nitrogen to the Irish stout. That was the final step in the evolution of Irish stout. It is now a session stout, not vat-aged, with lower alcohol, darkened entirely by roast barley, and served on nitrogen. It also travels better.

That was discussed with Jimmy and Brigid at the Sash Party a few years back. Despite the old bottles on 117th and Lorain, the first mention of Guinness or any Irish stout in Cleveland written history is in 1893. John R. Collins immigrated to Cleveland in 1880 and owned a pub at 114 South Woodland, which opened in 1888. He was a member of the Ancient Order of Hibernians.

I left The Dead Poet and had dinner with my son. At the hotel room, I did what my Ma has always done. You put

the ice in the bathroom sink in the hotel room with your beer. That has not changed, even with most hotel rooms now having fridges.

I never knew there was another way until Fitz left his house with just a rolling cooler for a multi-day trip. Helen soon discovered his clothes neatly arranged inside the cooler. "Ya see, sport, I get to the hotel and put the clothes in the dresser." No offense to Gilgamesh, that is my favorite beer story. Some years do have answers. ♦

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 an assistant principal and history teacher. Francis is a past president of the Irish American Club East Side. He is the founder and past president of the Bluestone Division of the Ancient Order of Hibernians.

GET MORE TO THE STORY
More pics, and larger print too!
www.ohioianews.com



Closed on Sundays

JULY

- 2 - CLOSED
- 3 - CLOSED
- 9 - Music Men Music Trivia
- 10 - The New Barleycorn
- 16 - The Island Doctor
- 17 - Michael Crawley and Matt Sofranko
- 24 - Hello McFly
- 31 - The Other Brothers

117 WEST LIBERTY ST. MEDINA, OHIO
330-764-3333
WWW.SULLYSMEDINA.COM

Providing nationwide property & casualty placement, life insurance and employee benefits, as well as complex foreign liability for domestic and international clients in commercial products, contracts and directors' & officers' liability.



McMANAMON
INSURANCE

866.892.8306



Thomas F. McManamon



Todd McManamon

mcmamanoninsurance.com



By Megan Lardie

KIDS CRAIC

Independence Day is not the Only Day to Celebrate in July

Did you know that there are several holidays in July? The 4th of July or Independence Day is, of course, the big one, and personally, my favorite! Other holidays celebrated in July are Canada Day, for our friends to the North; International Joke Day; and World UFO Day.

There are numerous days to celebrate food in July: National Fried Clam Day, National Fried Chicken Day, National French Fry Day, National Mac & Cheese Day, Corn Fritter Day, Hot Dog Day, and National Lasagna Day, just to name a few. There are also several days in July to celebrate desserts! There is National Strawberry Sundae Day, World Chocolate Day, National Sugar Cookie Day, National Pecan Pie Day, National Ice Cream Day, National Lollipop Day, and even a National Gummie Worm Day! Who knew? There are even more holidays celebrated in July that are too numerous to mention, but you can look

over the list at this website: **July Holidays 2021 - National Today.**

In the United States, July 4th is the day we celebrate our independence from Great Britain. This meant that the United States no longer had to follow the rules of Great Britain. We declared our independence in 1776, which may seem like a really long time ago, but the United States is a fairly young country when you think about it.

It is believed that Iran is the oldest country on the planet, dating back to 3200 BC, which makes it to be a little over 5,000 years old. The United States will be celebrating only its 245th birthday this year! The Republic of Ireland became independent of Great Britain in 1922 and was officially declared a republic in 1949. So, how old is Ireland?

Why do we celebrate with fireworks? Fireworks became part of Independence Day celebrations right from the begin-

ning. On July 4, 1777, in Philadelphia, Pennsylvania, the first organized celebrations took place. All the armed ships were decorated with red, white, and blue streamers and sailed up the river past the city. Each ship's cannon fired a 13-gun salute in honor of the 13 colonies.

The festivities carried on throughout the night and included a fancy dinner, a

military demonstration, and a concert. At the end of the night there was a huge show of fireworks which started and ended with thirteen rockets.

How do you celebrate? However you celebrate, always remember the men and women who fought long and hard for the freedoms we enjoy as Americans today.



In the book, **The 4th of July Story**, author Alice Dalgliesh transports young readers back to revolutionary times, back before the fireworks and parades, to the time of colonists who desired freedom. Using simple text, the author tells of how the excitement of Independence traveled up and down the 13 colonies.

In the book, **The Fighting Ground**, by Avi, a young thirteen-year-old boy named Jonathan sees the Revolutionary War unfolding around him and he wants to be a part of it with his father and cousin. Even though his father has been wounded at battle and he refuses to let Jonathan join the front lines.

That does not stop Jonathan. When the tavern bell rings calling all soldiers to join, Jonathan rushes to enlist without telling his dad. With a gun in hand, Jonathan marches onward to the battlefield. In a short amount of time, his life will be forever changed.

LARDIE'S LAUGHS

Q: What do you get when you cross a shark with a snowman?

A. Frostbite

Q. Why can't basketball players go on vacation?

A. They would get called for traveling

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 resides in Avon Lake with her husband, Joe, and their five children. Megan enjoys being part of the Brady Campbell Adult Ceili team, trying new restaurants, and traveling. She may be reached at meganlardie126@outlook.com

GET MORE TO THE STORY
More pics, and larger print too!
www.ohioianews.com



The Colours of Ireland

Monthly Coloring Contest

Age Divisions:
Ages 7, 8, 9 • Ages 10, 11 & 12

Prizes: Each Age Group winner will receive a Gift Card to Kamm's Corner Ice Cream, or the OhioIANews Advertiser of their choice!

Official Rules and Regs: One entry per child

One winner in each age group. Participant must color page without assistance.

Participant may use crayons, markers, or paint.
Use your imagination!

Coloring page is also printable from:
www.ohioianews.com

Submitting Your Entry:
Color the picture on this page, or download and color it.

Entry and entry info (Name, age, city and Parents Name and Phone Number) must be dropped off to PJ McIntyre's or the OhioIANews or scanned and emailed to jobrien@ohioianews.com

Or mailed to: 14615 Triskett Road, Cleveland, Ohio 44111-3123 by the 15th of the following Month (December 15th, for the November Contest).

Participants name and contact information will not be displayed during judging, but first name and age will be noted after judging for public view.

Winners will be showcased in the OhioIANews.





Live Music
Live Sports
Authentic
Irish Fare

Have an Event
or Fundraiser?

Host it in our beautiful

Bridgie Ned's
Party Room!

17119 Lorain Avenue
Cleveland, Ohio 44111
216.941.9311
pjmcintyres.com



We support our Local Teams
and Fundraising Cause Efforts.
Ask for Details!



TAKING THE FIELDS OF GLORY

By Vincent Beach

Midwest Gaelic Athletic Association

For new readers and new Gaelic games enthusiasts, as we report scores throughout the summer, please know that two scores are recorded for each team. The first number is for goals scored; goals equal three points. The second number is for points (over the bar), worth one point each. The combined total is what matters in determining the game winner. Example from 2019-2020s All Ireland Club Final: Corofin 1-12 to Kilcoo 0-7 ... Corofin total points were 15 (3+12) to Kilcoo's 7 (0+7).

MIDWEST SCORES

Starting out the 2021 Midwest regular season on May 29, Buffalo Na Fianna (new adult team from the youth program) traveled down to Pittsburgh to take on the Celtics in men's Gaelic Football. The 2019 USGAA Junior A champions handled the upstarts 7-11 (42) to 0-2 (2).

The next weekend of action on June 5th, Na Fianna once again traveled, this time to Cleveland. Na Fianna improved in scoring, some say 2-3 (9 points), some say 1-6 (9 points), but still fell to the Cleveland Saints, who tallied 3-13 (22 points). Fair play to the new lads for traveling early and competing on the road.

Also, on June 5, the Midwest hurling season started with the Akron Celtic Guards traveling to the Pucas in Pittsburgh. In a high scoring game, the Pucas won out by the final score of 8-25 (49) to 4-17 (29). We will provide updated standings next month.

MIDWEST NEWS

Unfortunately for the team and their competitors in the Midwest, the Buffalo ladies were unable to register a full team. They have been scratched from the previously determined schedules, leaving Cleveland and Pittsburgh to play each other only, during the regular season, and

leaving the two clubs looking forward to some different competition at the Midwest Invitational on July 26 in Detroit.

Clubs will be confirmed soon but interested teams outside the Midwest include Chicago Aisling Gaels (LF), Chicago Erin's Rovers (LF), Michael Cusack's (H), Chicago Padraic Pearse (MF), Chicago James Joyce (MF). The call is out to Heartland, Mid-Atlantic, and Philadelphia clubs.

The Midwest Invitational will include adult hurling, ladies' football, and men's football on Detroit's Belle Isle (Nashua Drive, Detroit Michigan). Games start at 10AM and the post tournament celebration will be back "on the mainland," at Thomas Magee's Sporting House Whiskey Bar. The fun continues Sunday morning with brunch at the Gaelic League of Detroit. Special hotel rates are available at the Hilton Garden Inn in Downtown Detroit (use code: GTF).

CLEVELAND

With the Buffalo ladies scratching, the Cleveland lady footballers had a very competitive intra-squad match on June 5. The ladies divided into the "greens" and the "whites" for a 7-a-side match. Final score: Greens 1-20 (23) to Whites 4-19 (31). Following the ladies' morning

match, the Saints took on Na Fianna as described above.

Cleveland had several debutants on the field, including Dave Bauer (F/HF), Mike Chambers (M), Dayne Plemmons (M), Ryan Bush (HF), Fergus Gallagher (HF), Stephan Lambert (HB), and Jake Altman (G). Starting the match were Steve Pepin (G), Chris McAndrews (FB), Charlie Kaman (FB), Tim McDonnell (HB), Daniel "Murzzzz" Murray (HB), Dan Kampman (HB), Liam Chambers (M), Dayne Plemmons (M), Ryan Bush (HF), Ronan Forrestral (HF), Chris Greggila (HF), Christian Foisy (FF), and the legendary John Kernan (FF).

First half scores included: Foisy (2 goals, 1 a PK - 3 points), Bush (1-0), Forrestral (0-1), Kaufmann (0-1), L. Chambers (0-1). Cleveland totaled 3-6 to Na Fianna's 2-1 by halftime. Wides were in favor of Buffalo at 5 to Cleveland's 1. The second half included scores from: Foisy (0-1), Bauer (0-1), Bush (0-1), Forrestral (0-1), Greggila (0-1), M. Chambers (0-1), and E. Kaman (0-1) with Jake Altman between the pipes registering a second half shutout for goals. The wides tally tightened-up with Buffalo registering 4 and Cleveland 3. Others seeing significant playing time were Alec Stott (FB), Stephan Lambert



Post Match Photo. Cleveland and Buffalo

(HB), Anthony Hanley (M), Colin Irwin (M/HF), and Peter Dietz (HF/FF).

Another item to note for the Cleveland GAA was the completion of a capital investment into a pole and netting system behind each goal. It has been tremendously more enjoyable at training sessions, youth Sundays, puck-around, and games to not have to chase balls into the parking lot, onto the children's playground, and into the detention pond. We gave shout-outs to the early phases of the project last year for McConnell Ready Mix for the concrete donation, NCI for rebar and anchor bolts, and Beach Contracting for the poles. These past few weeks the hardware has been affixed and the nets are up in thanks to material and equipment help from Lake Erie Electric and Micheál Máirtín Mac an Ultaigh.

YOUTH

The first youth session of the summer was held at the WSIA on June 6th and will continue each Sunday from 3PM-4:15PM for football and 4:15 to 5:30 for hurling. All ages will play at the same time on different areas of the pitch. New players are always welcome. We review skills and drills, and then let the players scrimmage. Check the website for registration.

CRAIC

The Cleveland GAA was showcased in the recent Irish: Stories, Songs, and Shenanigans Podcast, episode 29. Thanks John O'Brien Jr for the coverage. Fair play and go raibh míle maith agaibh to everyone who participated, sponsored, and volunteered at our annual Night at the Races in conjunction with the WSIA. It was once again a huge success for the Club.

Join the Cleveland GAA next at Goldhorn Brewery (1361 E. 55th Street, Cleveland) on Friday July 2 from 5-8PM. Start the long weekend out with an after work happy hour where each beer sold

will kick a dollar to the GAA. Check out Goldhorn's website for their tasty beers and vast indoor and outdoor seating areas.

LOOK-AHEAD.

The Midwest GAA July Schedule includes an Adult Invitational in Detroit on the July 24th. The USGAA Finals are in Boston on August 20-22. The Midwest is looking to send at least three men's football teams, Two ladies' football teams, and two hurling teams.

CLEVELAND ADULTS

Remember - new players are always welcome and can join throughout the summer. The men's football team will continue training on Tuesdays at Impett Field in Westpark and on Thursdays at the WSIA - both starting at 6:30PM.

The hurlers are now training at Edgewater Park (lower rugby field) at 6PM. The Ladies' will continue with twice a week sessions on Wednesdays and Fridays at Impett starting at 6:30PM. Please visit the club website or contact the club directly to stay up to date on schedules as the summer times and days could change with sunlight and game schedules.

GO RAIBH MÍLE MAITH AGAIBH

(thanks y'all) to our readers and supporters. We need your help and involvement, but would most like to share the fun of Irish sport and Cleveland community with you. Consider getting involved at any level. Fáilte (welcome) to all. The Gaelic Athletic Association is Ireland's largest sporting organization and a bit of home for the Irish abroad here in the US of A. Beyond sports, the Association also promotes Irish music, song and dance, and the Irish language as an integral part of its objectives. Cleveland GAA is open to all who want to play competitive sports, meet new people, and join an athletic, fitness-minded club for all ages. Follow @ClevelandGaelic on Facebook,

Instagram, and Twitter for the 2020 activities for Men, Women, and Youth. Or, visit ClevelandGAA.com. ♦

Vincent Thomas Francis Xavier Beach is a proud Greater Clevelander and emigrant of Michigan. He joined the St. Pat's

Gaelic Football Club in 1999 and, with much help, is the current caretaker of the Cleveland GAA.

GET MORE TO THE STORY

More pics, and larger print too!
@www.ohioianews.com

**2021 MIDWEST
GAA TOURNAMENT**
SAT JULY 24, 2021 DETROIT

BELLE ISLE SOCCER FIELD
Nashua Drive Detroit, MI 48207

3 EVENTS

- Men's Football
- Ladies' Football
- Hurling

To RSVP Please Email secretary.midwest.usa@gaa.ie BY 06/28
\$250 Deposit - Refund Upon Arrival

PROGRAM

SATURDAY

- Start Time 10AM
- Post Tournament Celebration @ Thomas Magee's Sporting House Whiskey Bar

SUNDAY

- Brunch @ Gaelic League of Detroit - Irish American Club

Food & Drinks Available On Site

SPECIAL HOTEL RATES
Using code: GTF
Hilton Garden Inn
Detroit Downtown



AKRON IRISH

By Lisa O' Rourke

Life is an Island

For the last few years, the Blasket Islands have advertised for a couple to live as caretakers on what is ordinarily a deserted island. They are inundated with applications. I wonder what all those people are thinking?

I suppose that they are imagining themselves on a beautiful sunny day, gamboling through fields with breath-taking ocean views, seals, puffins, bunnies - what a life! I am equally certain that they do not imagine days of lashing rain, wet turf, cold, damp, no choice but home cooking and a little too much alone time.

We have been lucky enough to see some of these island sights in our vicarious virtual life. We have a good friend in Ireland who is manic kayaker. He has paddled through and photographed some amazing places, cool blue sea caves that shimmer with light and beautiful quiet beaches off the Irish coastline.

UNINHABITED INISHKEA

A recent photo caught my attention, mainly because of the beautiful beach. Instead of the usual short beach populated with craggy rocks, this one looked like the Outer Banks of North Carolina; a long stretch of silvery sand with gentle waves lapping the shore. It was the island called Inishkea (*inishkay*).

I was pretty amazed, since I thought that I had a better grasp of Irish geography, and this was one that I had never heard of. There were the Aran Islands, and maybe Clare Island, and the Blaskets, but I as I write this, I realize that my list keeps growing.

Inishkea is actually two islands, North and South Inishkea. Both are uninhabited. The photo shows houses, because it had a community, and people lived there for a very long time. The houses are still there for summer tourists, of which about fifteen can be accommodated.

Where are the islands? They are located off the Mullet Peninsula, in the Atlantic, off the coast of Northern Mayo. I don't think that is where Mullet hairstyles come from.

AND INISHGLORA TOO

However, the islands can be isolated and lonely at times, so maybe? There are other unknown islands in the same area, like Inishglora. These islands were primarily populated until the beginning of the last century. A combination of the aftereffects of

the Famine and hard living drove the islanders ashore.

The story of how Inishkea came to be deserted is a story that is achingly sad in the way that only Irish stories can really hold space. In 1927, a sudden storm churned the sea and killed ten young islanders who had been out fishing in currachs. The heartbroken survivors relocated on the Mullet Peninsula mainland.

The Inishkea islands show signs of human life on them that date back at least 5,000 years. There are old monastic ruins and beehive huts on the island, reminiscent of the Dingle Peninsula. The inhabitants only spoke Irish. Their isolation is attributed to another unique feature of the island.

PAGAN-CHRISTIAN RELIGION

Somehow, despite being an early Christian monastic site, the inhabitants created their own cross-pollinated pagan-Christian religion. This is directly quoted because I am at a loss as to how to relate it better: *The evangelical Irish Protestant Robert Jocelyn* wrote the following about the unusual religious practices of the islands' inhabitants in 1851:

"...save during the few and necessarily short visits of the clergyman of the parish, seldom have they heard of eternal life as the free gift of God through Jesus Christ, and even these visits were unprofitable from their total ignorance of English... their worship consists in occasional meetings at their chief's house, with visits to a holy well, called in their native tongue, Derivla... Here the absence of religion is filled with the open practice of Pagan idolatry... In the South Island, in the house of a man named Monigan, a stone idol, called in the Irish 'Neevougi' has been from time immemorial religiously preserved and worshipped. This god in appearance resembles a thick roll of home-spun flannel, which arises from the custom of dedicating a dress of that material to it, whenever its aid is sought: that this is sewed on by an old woman, its priestess, whose peculiar care it is."

As mad as this sounds, the word Neevougi, is certainly some derivative of the word *naomhog*, which is Irish for "little saint," or

"little holy one." Somehow, things shifted around anyway.

There are quite a few uninhabited islands off the Irish coast that were once inhabited, eighty to be precise. People lived on the islands, not easily, but they did. They fished and they farmed potatoes like the rest of the country. But the people all left for the most part.

Looking at the island populations, there are some incredible numbers, one or two people manning a lighthouse on a few??. Some lost their people due to some random tragedy like the one on Inishkea, but others died with a whimper, losing their population in bits. They lost their populations because people were tired of a hard life, and were fed up with not being able to get to the doctor or take care of their animals.

IRELAND'S ONLY CABLE CAR

I can't help but recall our trip to Dursy Island off the coast of Beara, which currently has a population of six people, and is reached by Ireland's only cable car. One trip on the cable car provided an education on who and what uses the cable car for transportation back to the mainland since it was newly bathed in eau du cow.

Island life is romantic and inviting, but even Ibitha isn't always Ibitha. This year has taught us plenty about isolation and self-reliance. It's great at first and then for most of us, it wears thin. And we all know that again for most of us, too much isolation makes us a little odd at times. Despite the difficulties that we faced, we knew that an end was in sight.

For the islanders the only way to end it was to leave. Here's to a little Ibitha! ♦

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

GET MORE TO THE STORY
More pics. and larger print too!
www.ohioianews.com



AT HOME, ABROAD

By Regina Costello

Summer Scents Bring Sweet Memories

Basking in the summer heat though stunted with turbulent showers, I grab my broly and head out the door with my wheaten. Turning the corner, I pass the flowering lilac bush and breathe deeply as the fragrance sweetens the air as I pass by.

It reminds me of the honey suckle growing outside our living room window in my childhood home in Salthill, Galway. The sweet scent perfumed the living room drifting in through the open windows. I remember sucking the honey from the petals, thinking nothing of it at the time, but today it brings back a sweet memory of a lazy summer with fragrant delights.

My terrier egging me on, we pick up the pace, but she stops to roll in the freshly cut grass. I take delight in her enjoyment of twirling over and over, burying her nose in the fresh loose grass sniffing excitedly. Satisfied with her game, she shakes her body vigorously to lose the blades of grass and debris from her body.

Admiring the well-cut lawns, I am reminded of cutting the grass in the home of my youth; this was a job that none of us minded doing. The yard was not big and not much effort was required. We enjoyed the sight of our handiwork as we roamed in and out of the house.

Summertime brings neighborhoods to life and the lives of kids are often

unknown to parents during these months. I recall rambling the streets in our neighborhood in our home earlier on in my life in Wexford. We were gone for hours at a time, visiting friends in neighboring houses, kicking a ball around in the field across the street, walking to the local tennis clubs and spending full after-noons out and about.

ICE CREAM 99

Summertime brings the ice cream truck to my street in my home abroad, and the music of Mister Softee makes me long for a rich creamy 99. What I would give for that sweet vanilla ice-cream, jagged with a Cadbury's flake, speckled with sprinkles and gooey fudge sauce running down my fingers.

I can taste it and feel the ice-cream on my hand as I write. Mister Softee is good in a pinch. But nothing compares to the memory of the 99.

The farmers market's abundant with summer produce remind me of my dad's garden coming to life after a busy spring of planting. He was an avid gardener and sowed different crops each year, including mustard and gooseberry bushes in addition to the staples of rhubarb, carrots and potatoes.

He took pride reaping the harvest and I think my mother enjoyed cooking meals and making desserts from garden to table. Today I eagerly grab a bunch of rhubarb stalks during the short season and continue to bake pies as a tribute to her, memories of summer and to share a little of my parents and my upbringing with my kids. I coax them to eat the pie by adding a handful of sugar and a few ounces of chopped strawberries. Otherwise, I don't think they would even sample it!

Visiting my Dublin friend who lives on the coast of Lake Erie, we walk the strand and as I stand by the shore, I imagine I am on the shores of Galway Bay in Salthill. I close my eyes, pretend to inhale salty air is from the wild Atlantic Ocean and I lick my lips, imagining I am tasting the salt from

the ocean. I open my eyes and pretend that the Burren mountains of County Clare are hidden in the horizon along with the Aran Islands to the West.

Memories increase with age and bestow upon us a better understanding of life. They, along with experience, grant us a better appreciation of the efforts of parents and others who guide us and participate in the adventure of our life. I look forward to reminiscing about memories with my family and friends on my next trip to the old sod and creating new memories that I know will provide sol-ace when I return again to my home abroad. ♦

Regina is a postgraduate from the National University of Ireland Dublin - School of Library and Information

Science, a former Curator with the Irish American Archives Society and former Executive Director of the Soldiers' and Sailors' Monument Commission. Currently working as a library professional at the Buckeye branch of the Medina Public Library District, she is Director on the Boards of the Mayo Society of Greater Cleveland and The Irish American Charitable Foundation. She resides in the Greater Cleveland area with her husband, two spirited teenagers and beloved wheaten terrier. Regina would love to hear from you and can be reached at rcostel-lo@ameritech.net.

GET MORE TO THE STORY
More pics. and larger print too!
www.ohioianews.com

#OHIOIANEWS

1funpub.com

MENTOR 7861 Reynolds Road 440-942-6611	BROOKLYN 10310 Cascade Crossing 216-362-7700	MONTROSE 145 Montrose West Ave. 234-466-0060	WESTLAKE 24940 Sperry Drive 440-835-2890
---	---	---	---

Download our app

Hooley House Sports Pub

Complete Contact-Free Menus
 Order Online for Pickup or Delivery
 Make Reservations and so much more!
 Everything Hooley in the palm of your hand!

BONUS: Get a 1/2 off app (Shareable) coupon as a thank you for downloading the The Hooley app and receive more future exclusive Hooley app offers.

GET IT ON Google Play | Available on the App Store



BLOWIN' IN

By Susan Mangan

@SueMangan

Hidden Art

"Stone Crab on an Irish Table"
Impenetrable armor, molten red,
claws dipped in peat colored ink
housing ivory flesh, sweeter than clo-
ver honey. Is this rare succulence worth
the battle?

To crack, to penetrate the shell of an
Atlantic stone crab is worth
the travail if the crab is boiled in a
seasoned pot with whole cloves of garlic,
wedges of lemon, and sprigs of gar-

den-fresh rosemary.

Cottage doors open to the soft breeze
of a summer's day. The briny scent of sea
and salt mingles with the fragrance of
sheep manure and field heather.

Land and sea conjoin.

The battle to crack, to pry, to persuade
the delicate flesh is worth the mere mo-
ment it lingers on your tongue while the
dogs scramble beneath the table to chew
on shards of discarded chain mail.

Unceasing summer light begins to
shift atop the mountain above the
house. Consider it a sacrilege to call
this time the Golden Hour. In Ire-
land, when the day is fine and the
wind gentle, the hour between dusk
and night is divine.

How I wish to be a visual artist: to
paint, to capture the dimming of day
during twilight. That masterpiece,
however, is best left to nature alone.
No ordinary pastel could ever truly

convey the grace of light as it casts a
hushed spell over an Irish mountain
in summer.

Perhaps this is what the artist does.
The artist observes with a stillness
that belies her intent, the active work-
ings of her imagination. She com-
munes with the light and the images
that surround her form.

The artist does not seek to com-
pete with nature at this moment of
grace, armed with easel and brush,
pencil and paper, violin or cello. She
remains still and inhales the air,
every sense alert to the change of that
light and the effect that encroaching
darkness will bring to the land. With
humility, the artist knows that she
could never compete with the broad
magenta face of an old rose as it peers
through the vast violet tangle of
fuchsia.

To the casual observer, the artist
may appear passive in her quest to
discover art. She sits for minutes on
end, and at times, the minutes may
turn to hours, and the hours to days.
Ultimately, the light reveals hidden
art as morning dew dries beneath the
burgeoning heat of midmorning sun.

A yellow butterfly may pass be-
neath the flight of a fat bumblebee.
A hummingbird might mistake the
lavender hue of the artist's skirt for
a columbine bloom dancing in the
breeze.

Ephemeral, Nature's cast of players
bow to one another.
Summer damsel flies give sway to
autumn's woolly caterpillars. Flitting
white cabbage moths nod gracefully
to the crickets as they serenade

the close of summer. Hoary frost
coats meadow furze while a bright
winter moon lightens the deep
darkness of an Irish field. Yes, art
is hidden everywhere: beneath the
moon, amid the tide, drowning in the
shallow depths of forgotten creeks.

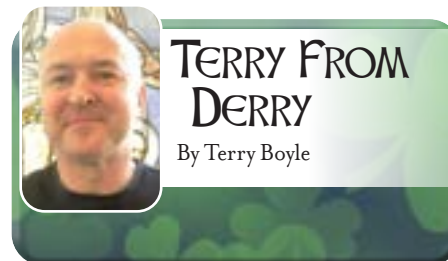
Art begins with the rising of light at
dawn and hides below the tide until
the moon pulls the crashing waves
back and reveals inspiration. Along
the Irish strand, the tide recedes leav-
ing bladderwrack in its wake. Other-
worldly, this maze of seaweed speaks
of primitive beauty with each turn of
vine and billow of bloom.

Donned in wellies, the beachcom-
ber may procure half of a once perfect
sand dollar. The poet imagines the
mate of this sea urchin lying beneath
the depths of the sea, perhaps in the
hull of a wrecked ship, while the
essayist muses that its match is hiding
beneath crushed ocean glass a mere
toe's length away.

Until the art is found in field,
stream, or sea, a pot of stone crab has
been set to boil on the hob, welcom-
ing the artist and her family to the
table for a summer's meal beneath
an Irish mountain, as the day slowly
dims, to a starlit night. ♦

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

GET MORE TO THE STORY
More pics, and larger print too!
@www.ohioianews.com



TERRY FROM DERRY

By Terry Boyle

Exodus, Movement of Jah People

Growing up the 70s, my brother Sean
and I were big Bob Marley fans. We were
kindred spirits with the Rastafarian
movement in most everything, apart
from two crucial items; hair and mari-
juana.

Since both of us were in line for male
pattern baldness, the hopes of growing a
dreadlock, never mind a group of them,
lay far outside the realm of possibility.
Since neither of us were potheads, we
gravitated to the music and the soul of an
oppressed people.

It was this longing for liberation that
resonated with us as teenagers growing
up in the Troubles. In Marley's music we
had found a tribe, not unlike our own,
struggling to find their own cultural
identity while still being held by the trap-
pings of colonization.

The cause of the Rastafarians and in-
deed all displaced and subjugated peoples
creates a common bond that transcends
colour or race. For those who appreciate
the art of Steve McQueen, you can see
how his experiences as person of colour
growing up in London shaped his affinity
for Irish people who shared similar dis-
crimination in the English capital.

The right to education, cultural expres-
sion, language, and access to mainstream
professions are met with resistance by the
dominating culture. McQueen's *Small
Axe* series (available on Amazon Prime)
is a beautifully crafted collage of the
artist's recollection of his community's
struggles. Each story reflects the tyranny
of racism, offset against a celebration of
the essential breadth of human experi-
ence.

McQueen's stories are not didactic.
They are invitations to the outsider to



Photo courtesy of Wikipedia

Bob Marley

witness the collective sores of a commu-
nity defamed and stigmatized by bigotry.
They call upon us to recognize a common
humanity.

Shylock in Shakespeare's *Merchant of
Venice* says something similar; 'If you
prick us, do we not bleed? If you tickle
us, do we not laugh?' *Small Axe* thwarts
the usual linear narrative structure and,
as such, concentrates more on human
experiences than storytelling.

We see the sorrow, laughter, ten-
derness, and warmth of a community
fighting to preserve its right to co-exist as
different but equal. And, it is these quali-
ties in Marley and McQueen's art that
I find resonates with my own Northern
Irish background. You find the same
sentiments present in Heaney's poem,
The Other Side.

Shylock continues: 'If you poison us,
do we not die?' Death comes to us all.
It is the great equalizer. Life is precious,
and we only grasp life's fragility when we
first experience the death of a loved one.
There's a permanent missing piece to life;
a hole in the soul that cannot be patched,
or filled in.

The mark of another's presence in our
lives is absorbed by us as a natural part of
life. We are not invincible. Our mortality
is, sadly, reinforced repeatedly by the
passing of others. Yet, these common ex-
periences, which could bring us together,
are erased and forgotten when it comes to
alienating or subduing a group of people.

There are some, such as the pigs in Or-
well's, *Animal Farm*, who thrive by domi-
nating those they consider inferior. These
people create an elitist mythology that
they use to perpetuate the idea that 'some
animals are more equal than others.'

In doing so, the elite are able to manip-
ulate others to do their dirty work. Mon-
ey, fame, and political power is afforded
to the few. A few that we have allowed to
have certain liberties that are not extend-
ed to the rest of us. We have become so
familiar with reports of political corrup-
tion that it no longer shocks us.

When teaching in Chicago, I was sur-
prised whenever some political infraction
was brushed off as 'that's Chicago politics
for you.' We have been so used to corrup-
tion among those in power that we no
longer expect them to be accountable.

However, if the woman or man in
the street does anything close to what
the celebrity, money person, or political
representative does, we demand action.
We have allowed ourselves to be per-
suaded into a double standard by those
who believe they are deserving of 'special
treatment.'

The biblical exodus typology used by
Marley, the black Civil Rights Movement,
and others, calls upon us to resist oppres-
sion. Enslavement and coercion to accept
our lot, creates a way of thinking that
aims to strip away our autonomy. We, the
disempowered, become so acclimated into
believing the lie that we need our oppres-
sor, that we accept the unacceptable, a loss

of our freedom.

We may think that we live in a democ-
racy, but if our society fails to recognize
the rights of all then we are deluding
ourselves. Once the rights of others are
demonized as morally wrong, that lie is
exposed. If the police force is not serving
all equally, and lack unaccountability,
there is no fair rule of law. Whenever
there is not equal access to higher edu-
cation or professions, are civil rights are
deficient.

It's too easy to fall for those in power to
use a rhetoric that blames a specific group
of people. The Nazis did this in Germany
and we know the results of that agenda.
When politicians rail against democratic
elections, we can be sure that they want
to undermine our autonomy and whittle
down our freedom.

We need to be suspicious of those in
power when they try restricting the right
to vote in their favour. It's the thin edge
of the wedge. Shylock's final words are a
warning to those in power. You can con-
tinue to mistreat and abuse your power,
but eventually the wronged will have their
revenge.

The 'movement of the people' is a pow-
erful force to be reckoned with. People
power is realized when we create a true
democracy that values differences and
discriminates in favour of all its citizens. ♦

GET MORE TO THE STORY
More pics, and larger print too!
@www.ohioianews.com

Aggressive Creative. Successful.

DWORKEN BERNSTEIN & CO.
A Full Service Law Firm

Patrick T. Murphy, Esq.

Cleveland Office
1468 W. 9th Street • Suite 135
Cleveland, Ohio 44113
216.861.4211

Painesville Office
60 South Park Place
Painesville, Ohio 44077
440.352.3391

www.DworkenLaw.com

FLAT IRON
Cleveland's oldest Irish Pub

JULY

- 2nd - Blues Chronicles
- 9th - No Strangers Here
- 16th - Dante Maselli
- 23rd - Jim & Eroc
- 30th - Jimmy-O

1114 Center St. Cleveland, OH 44113
216.696.6968
www.flatironcafe.com

Fiddler's Hearth
Family-Friendly Public House
fiddlershearth.com

tripadvisor

#1 of 22 Bars & Pubs in South Bend
#2 of 278 Places to Eat in South Bend
Certificate of Excellence

127 N. Main
574.232.2853

Thirty Years of Traditional Irish Music

Kilroy Celli Band

440.281.1536
cleveland, ohio
www.kilroycelli.band.com

Reilly's Irish Bakery
WHERE EVERYDAY IS ST. PATRICK'S DAY!

Shepard's Pies Pasties
Guinness Chocolate Cake
Soda Bread & Scones

West Side Market
1979 W. 25th St.
Stand C-11
Cleveland, OH 44113

22570 Lorain Road
Fairview Park, Ohio 44126
440.915.2854

COMING NEXT MONTH: AUGUST 2021
Bringing you the movers, shakers and music makers in our community each month.

1st - Shamrock Club of Columbus General Meeting	14th - IACES Kilroy Golf Outing
2nd - Cigar & Whiskey Nite @Gormley's (Every 1st Monday & 3rd Wednesday, 7p.m., Upper Deck)	17th - Early Voting for September 14th Election Day Begins
3rd - 11th Congressional District Primary. Please Vote!	18th - Cigar & Whiskey Nite @Gormley's
9th - eBulletin arrives in your inbox @3:10p.m Irish American Club East Side (IACES) Monthly Meeting	19th - West Side Irish American Club (WSIA) Monthly Meeting
13th - Irish Songs, Stories & Shenanigans Podcast36 drops at 5pm. Listen any time after, forever on www.OhioIANews.com or iTunes	23rd - eBulletin arrives in your inbox @3:10p.m
	25th - September issue of the OhioIANews hits the streets
	27th - Irish Songs, Stories & Shenanigans Podcast37 drops at 5pm. Listen anytime after, forever on www.OhioIANews.com or iTunes

*Subscribe or Download the Free Biweekly Podcast from www.WHKRadio.com and listen anytime.
**Sign up for the Biweekly Free eBulletin at www.OhioIANews.com or Facebook:
Ohio Irish American News

BROOKLYN

HOOLEY HOUSE!

10310 Cascade Crossing, Brooklyn
216-362-7700. 1FunPub.com

CLEVELAND

CLEVELAND SAINTS, AKRON CELTIC GUARDS GAELIC FOOTBALL & HURLING

10th - CLE Hurling @Buffalo, Men's Football: Syracuse @Buffalo, Detroit @Cinci, CLE @Buffalo; 17th - AKR Hurling @Buffalo, CLE Ladies @Pitt, Mens: Pitt @CLE, Syracuse @Albany; 24th - Midwest Invitational @Detroit for ALL Teams; 31st - Midwest Finals in Boston for division winners.

5 POINTS COFFEE & TEA

3600 West Park Road. Cleveland, Oh 44111 5pointscfe.com

THE HARP

4408 Detroit Road, 44113 the-harp.com

FLAT IRON CAFÉ

2nd - Blues Chronicles 7-10pm, 9th - No Strangers Here 7-10pm, 16th - Dante Maselli 7-10pm, 23rd - Jim & Eroc, Classic Rock Duo 7-10pm, 30th - Jimmy-O 7-10pm. 1114 Center St. Cleveland 44113-2406 216. 696.6968. flatironcafe.com

TREEHOUSE

820 College Avenue, Cleveland, 44113
treehousecleveland.com

PJ MCINTYRE'S

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

1- Madeline Finn; 2- Moody Blues Tribute by Time Traveller; 8- Fright Night! Celebrating Ghoulardi, Big Chuck, Super Host & other CLE Horror Stories- Mike Olszewski; 10- Steely Dan Tribute by the FM Project; 11- Pink Floyd Brunch; 15 Bill March; 16- Toronzo Cannon; 16- Bob Seger Tribute by Katmandu; 16- Late Night Lounge: Drag Bingo with Veranda L'Ni & Friends; 25 - Irish Brunch with the Kilroys; 25 - The Cars Brunch; 31 Doors Tribute by Peace Frog; 31 Springsteen Tribute by Swamps of Jersey. 1148 Main Avenue, Cleveland, OH 44113. musicboxcle.com



CUSTY & McNAMARA WILL PERFORM AT GORMLEY'S ON JULY 9TH

FLANNERY'S PUB

323 East Prospect, Cleveland 44115
216.781.7782 flannerycle.com

CAPITAL THEATRE

Closed since the start of the COVID-19 pandemic, TCT celebrated its 100th birthday April 8. 100 days later, on July 17, TCT will reopen to the public for its 1st screening in over a year. Currently the only cinema on Cleveland's west side, TCT opened as a silent movie house in the spring of 1921. It closed in the early 1980s & was neglected for many years. Restoration began in 2008 and the theatre reopened the following year as a three-screen venue operated by Cleveland Cinemas. In January, the Capitol's two upper-floor auditoriums were renovated with modern, plush recliners.

Details for July 17 reopening, which will follow COVID-19 safety protocols, will have a number of free tickets reserved for Detroit Shoreway residents. The theatre's 100-year anniversary celebration will conclude with a Centennial Gala in April 2022.

AVON LAKE

AHERN BANQUET CENTER

Ahern Banquet Center is booking weddings and special events. Call Tony Ahern / Lucy Balsler @ 440-933-9500. 726 Avon Belden Rd, Avon Lake 44012. aherncatering.com

ARTIST EILEEN DORSEY'S
NEW MURAL

FLANNERY'S Pub
CLEVELAND, OHIO

flanneryscl.com | (216) 781-7782

Ahern Catering

Banquets, Weddings, Clambakes or Your Special Event
Tony Ahern

440-933-7500
Fax: 440-933-7507
aherncatering@aol.com
www.AhernCatering.com
726 Avon Belden Rd., Avon Lake, OH 44012

EUCLID

IRISH AMERICAN CLUB EAST SIDE

8/14 - Kilroy Golf Outing, PUB: 7:30 - 10:30. IACES 22770 Lake Shore Blvd. Euclid, 44123. 216.731.4003 eastsideirish.org

LAKESIDE

PLANK ROAD TAVERN

Open Sessiúns **ARE BACK!** every Thursday 7 - 10. \$3 Guinness and Jamieson. 16719 Detroit Avenue, 44107

MEDINA / MONTROSE

SULLY'S

2- CLOSED, 3- CLOSED, 9- Music Men Music Trivia, 10- The New Barleycorn, 16- The Island Doctor, 17- Michael Crawley & Matt Sofranko, 24- Hello McFly, 31- The Other Brothers. 117 West Liberty Medina, 44256 sullysmedina.com.

HOOLEY HOUSE MONTROSE

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

MENTOR

HOOLEY HOUSE

7861 Reynolds Rd Mentor 1funpub.com (440) 942-6611.

OLMSTED TWP

WEST SIDE IRISH AMERICAN CLUB

Friday Food Specials: 2nd - NY Strip Steak, Baked Potato, Tossed Salad, Roll & Butter; 9th - Chicken Paprikash, Spätzle, Tossed Salad, Roll & Butter; 16th - Breaded Butterfly Shrimp, French Fries, Cole Slaw Roll & Butter; 23rd - ** BBQ ½ Chicken, Baked Beans, Potato Salad, Roll & Butter; 30th - Baked Lasagna, Tossed Salad, Roll & Butter; 8/6 - Grace Family Meatloaf, Mashed Potatoes & Gravy, Tossed Salad, Roll & Butter
** Outdoor party with New Barleycorn playing in the Pavilion.

Other Events: 8th - Forever Young Mtg, 15 - General Mtg, 18th - Annual Family Picnic & WSIA 90th Anniversary: To Volunteer Contact Christi 216-906-0663, 23rd - The New Barleycorn entertaining in the pavilion, 8/8 - Annual Steak Roast w The New Barleycorn, Contact Marge Flynn 330-273-4325. WSIA Club 8559 Jennings Rd. 44138 wsia-club.org. 440-235-5868.

ROCKY RIVER

GORMLEY'S

2nd - Brent Hopper, 3rd - Jim Riley & Mary Agnes Kennedy, 9th - Custy & McNamara, 10th - Crawley & Sofranko, 16th - Katy & OC, 17th - Mossy Moran, 23rd Paul & Tim of The Sellouts. Cigar & Whiskey Every 1st Monday \$ 3rd Wednesday, 7p.m., Upper Deck.
19500 Center Ridge Rd, Rocky River, OH 44116 (440) 990-7468 GormleysPub.com

VALLEY CITY

GANDALF'S

Join us for Brunch EVERY SUNDAY. Great food, atmosphere, staff and fun. 6757 Center Road Valley City, 44280 gandalfspub.com.

WESTLAKE

HOOLEY HOUSE

2nd - West Awake, 9th - Brigid's Cross, 16th - Cats on Holiday Duo, 23rd - Morrison & McCarthy, 30th - West Awake. 24940 Sperry Dr Westlake 44145. 1FunPub.com (440) 835-2890

COLUMBUS

SHAMROCK CLUB EVENTS

Happy Hour every Friday from 5-7pm! 60 W. Castle Rd. Columbus 43207 614-491-4449 shamrockclubofcolumbus.com

TARA HALL

Traditional Irish music w General Guinness Band & Friends 2nd Friday 8:00 - 11:00pm. No Cover. Tara Hall 274 E. Innis Ave. Columbus, 43207 614.444.5949.

INDIANA

FIDDLER'S HEARTH

Offering carry out & front patio Al fresco seating. Hotels open near us. Planning outdoor music in parks settings where you buy carry out? 10% of the proceeds goes to Irish musicians who play... Slainte! 127 North Main Street South Bend, IN. 44601. 574.232.2853 FiddlersHearth.com

LOOKING FOR IRISH NEWS AND EVENTS IN...

*Columbus? Cincinnati? Youngstown?
Beyond the Pale? In Your Town?*

IF YOU DON'T SEND THEM, WE CAN'T PRINT THEM!

Submit your anywhere in and around Ohio news, events, releases, memories, milestones, ads and pics for inclusion in your *Ohio Irish American News* Out & About Ohio Monthly Events List, blurb features or the Coming Next Month Save the Dates List.

Due date is ALWAYS the 10th of this month, for the following month
The OhioIANews is distributed from 208 locations in and around Ohio!



ONGOING TRADITIONAL IRISH SESSIÚNS

BRING YOUR INSTRUMENTS AND PLAY ALONG!

- **Unitarian Universalist Church of Fairlawn**, 3300 Morewood Dr. 7:30 p,m Wednesdays. All skill levels welcome.
- **Bardic Circle @The Shamrock Club of Columbus Beginner** - friendly, intermediate level Irish session meeting every other Thursdays 8:00 pm - 11:00 pm
- **Briquette's** - 1st Saturday of the month, 2 -4 pm. Ashtabula on the Harbor
- **The Harp** - 1st Friday of every month, 9pm. 4408 Detroit, Cleveland
- **Logan's Irish Pub** - 3rd Wednesday of the month, 414 S. Main St., Findlay, 7:30 pm
- **Plank Road** - Every Thursday 7 - 10. All ages and experience welcome. 16719 Detroit Road, Lakewood, 44107
- **Tara Hall** - Traditional Irish music w General Guinness Band & Friends 2nd Friday 8:00 - 11:00pm. 274 E. Innis Ave. Columbus, 43207 614.444.5949.



TRADITIONAL IRISH SOCIAL DANCE OPPORTUNITIES:

- **Tuesdays 8-10 pm**, set dancing lessons, St. Clarence Church, North Olmsted
- **Wednesdays 7-9 pm**, set dancing lessons, Irish American Club - East Side
- **Thursdays, 7-9 pm**, West Side Irish American Club

Ceili Mor! for information, contact CeiliClubCleveland@gmail.com





THE FITNESS DOCTOR

By Dr. Frederick Peters

Permanent, Sustainable, Weight Loss

Obesity is one of the most problematic diseases in modern society. More than one-third (36.5 percent) of adults are considered obese. Obesity-related diseases are among the leading causes of death in the United States. Obesity has more than doubled in children, and quadrupled in adolescents, in the past thirty years.

Most people recognize that obesity can shorten life expectancy, but few recognize its profound impact on

almost every system of the body. It increases the risk of Type 2 diabetes, heart disease, high blood pressure, cancer, and infertility.

DIAGNOSING OBESITY

Obesity is commonly assessed using the body mass index (BMI) scale to classify an individual, based on internationally recognized standards. However, recent research has shown that a more accurate indicator would be coupling the BMI scale with a waist to height ratio. BMI alone is not a good indicator of fitness because it does not account for lean muscle mass.

Early diagnosis of obesity is of the utmost importance because obese children often become obese adults. The percentage of children with obesity in the United States has more than tripled since the 1970s. Today, about one in five school-aged children (ages 6-19) has obesity.

PROGNOSIS

The outlook regarding the future of obesity is bleak. Obesity-related deaths are progressing at an alarming rate due to increasingly sedentary lifestyles and poor work-life balance. Additionally, people tend to believe that eating healthy is expensive, however the difference is negligible.

Per new research from Harvard School of Public Health, the healthiest diets only cost about \$1.50 more per day than the least healthy diets. To effectively ameliorate this epidemic, a systematic, multi-faceted approach is necessary. Proper intervention must consist of three components: mental rewiring, physical preparation, and emotional control.

Mental rewiring means thinking about health and fitness in a positive way. Often, people think of fitness as a difficult, time-consuming, expensive endeavor. However, physical activity can be as simple as finding time each day to walk the dog.

Physical preparation means that it is important to take initiative each day to prepare for your fit lifestyle. This preparation can be accomplished by preparing meals in advance, gathering gym shoes and clothes each morning, and plotting out your day to include at least thirty minutes of activity.

Lastly, emotional control is the most important aspect of this three-

pronged approach. People tend to consume "comfort food" at time of distress. This type of behavior can completely sabotage an otherwise fit day. It is very important to recognize a stressful situation and take the proper measures to ensure you are not eating for comfort.

THE MENTAL DILEMMA

The "mental dilemma" occurs when a formerly obese person, returns to old habits. A slow, steady weight reduction of 1-2 pounds per week is a healthy way to lose weight and sustain body weight reduction. Crash diets and surgeries may work in the short term. However, research on several participants from the TV show, "The Biggest Loser", demonstrated that of the 14 contestants who participated in the 30-week competition, 13 regained their weight back.

The problem with "The Biggest Loser" is that it is not reality. Reality is not being isolated with trainers and chefs at your disposal. Reality is having to go to work, care for children, preparing dinner, and trying to find time to sleep in between. For someone to create and maintain healthy habits for a lifetime, they need something more, they need "behavioral modification".

MAKING CHANGES

It takes time to create a new routine. However, to ensure long-term success, lifestyle changes must be both realistic and sustainable. Making small changes at first, then gradually introducing more and more "good habits" is the key to success.

One of the primary keys to success is going directly to your fitness routine upon leaving work. I have found that once someone goes home after work, they are typically done for the evening. I tell my patients to bring their exercise clothes to work and leave them in their car. This "cue" is one of the best ways to create a new habit. The "cue" leads to the "response" (going straight to the gym from work). The "response" then leads to the "reward", which is the wonderful feeling you get after a great workout!

FIRST STEPS

Few people can lose weight without cutting the calories they consume. A 500 kcal/day deficit is associat-

ed with a weight loss of about 1lb a week. Choosing unrefined carbohydrates with a low glycemic index may help to curb appetite.

These changes to the quality of the diet will usually lead to modest weight loss. However, sustained weight loss will usually require a reduction in the quantity of food consumed. Work conducted by Rolls and colleagues indicated that subjects fail to compensate for the greater caloric intake of a large snack, by eating less on subsequent meals.

For patients trying to lose weight, strict portion control of energy-dense foods is essential. Learning to avoid so-called supersize options and choosing mini- or snack-size varieties can be a useful strategy.

MAINTAINING WEIGHT LOSS

To be successful in the long term, people need to sustain the changes they have made, to be able to identify high-risk situations (when they may be likely to overeat) and to develop practical coping strategies. This may include learning how to shop for groceries or new finding new cooking methods. This knowledge is fundamental when eating out or cooking on a budget and are vital for long-term weight-loss maintenance.

QUICK TIPS TO LOSE WEIGHT

Eat vegetables to help you feel full. Drink plenty of water.

Get tempting foods out of your home.

Stay busy -- you don't want to eat just because you're bored.

Eat only from a plate, while seated at a table. No grazing in front of the 'fridge.

Don't skip meals.

Keep a food journal.

To your health! ♦

Dr. Peters is the founder of "The Fitness Doctor" (www.thefitnessdoctors.com). He has a Ph.D. in Physiology from Kent State University and is a certified member of the American College of Sports Medicine. Dr. Peters was born and raised in the Cleveland area and is a graduate of St. Ignatius High School and John Carroll University. He can be reached at fred@thefitnessdoctors.com.

GET MORE TO THE STORY
More pics, and larger print too!
[@www.ohioianews.com](http://www.ohioianews.com)



COOKING UP A HOOLEY

By Katie Gagne

Another Wonderful Thing About Summer

The column this month is a bit different, as it does not focus on one specific recipe, but on a tasty, little berry that you must get your hands on in the next few weeks.

WHY BLACK RASPBERRIES ARE SO SPECIAL

While here in Northeast Ohio we moan and groan about the winter months that often extend into spring, we cannot deny there is something magical when it warms up and everything starts to grow. I love checking out all the local farm markets and trying all their fresh produce.

Quite a few years ago, I noticed some that had these terrific little

black raspberries. From the first taste, I was in love with them. If you love berries, especially raspberries – you will too.

These berries are a different fruit from the blackberry. They appear at first to be similar, but are smaller, hollow, and sweeter. They also are not as readily available as other berries.

They have a short growing season, so the window to find these is fairly small. They are usually out in mid-June to early July, sometimes a bit longer, depending on the year. Yet finding these is so worth the effort. On the westside, they often have them at the North Union Farmer's Market at Crocker Park in Westlake and at Nagel Farms on Detroit Road in Avon. If you can get your hands on these yummy little bites of summer, you will not be disappointed.

SUGGESTIONS FOR WHAT TO DO WITH BLACK RASPBERRIES

Serve them over biscuits with whipped cream and vanilla ice cream
Black Raspberry Ice Cream
Homemade Jam

Make Black Raspberry Butter-cream and use on your favorite cake or cupcakes

Black Raspberry Margaritas/Mojitos

Black Raspberry Pie/Cobbler/Crisp
Black Raspberry Scones

Add them to your favorite salad
this summer



Sweeten them and combine with balsamic vinegar and use on chicken or pork chops
and one of my favorites – snack on them in the car on your way 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 @sassysweetsandmore.

Katie Gagne teaches English at Trinity High School in Garfield Heights. She is also the owner of her in-home

GET MORE TO THE STORY
More pics, and larger print too!
[@www.ohioianews.com](http://www.ohioianews.com)

DID YOU KNOW...



We have a FREE TWICE A MONTH eBulletin that goes out to 16,000 opted-in OhioIANews fans? It contains updates and reminders, or for events that came in *after* we went to print!

Sign up at www.OhioIANews.com or our Facebook page, OhioIANews, to get yours. We NEVER spam or sell our list!



Love and Rebellion

William Cormac was a successful lawyer from a prominent family in Co. Cork in 1700. He had been married a year or two when his wife gave birth to their first child. Unfortunately, the birth was not an easy one for the young bride, and it was thought best for her and the newborn to be sent to convalesce at the home of William's mother. During his wife's absence, Cormac employed a young woman to keep the household running; her name was Peg Brennan.

The two soon became romantically involved, and it did not go unnoticed by William's wife when she returned home. She quickly returned to her mother-in-

law's home and let her know exactly what her son had done.

Mother and wife planned revenge on the unfaithful William, making certain he would regret his indiscretions. He was cut off from the family's money and was told his wife and child would never return to him.

The younger Mrs. Cormac accused Brennan of stealing silver from the household and had her thrown in jail. After six months, Mrs. Cormac softened a bit, and hearing that the young girl was pregnant, she relented and withdrew the charge.

Peg was released and returned to her

home, where she gave birth to a girl she named Anne, on March 8, 1702. Soon after, the younger Mrs. Cormac gave birth to twins.

After his mother's passing, William ran into hard times. His wife still had feelings for him and gave him financial support from her inheritance. Cormac kept up a relationship with Peg, albeit at a distance. They wrote to one another regularly and he was kept informed on Anne's growth.

When Anne was about five, William wanted to get to know his daughter and devised a plan. He asked Peg to cut the girl's hair and dress her as a boy and send her to him. He would tell people the "boy" belonged to a distant relative who was being apprenticed as a law clerk. The plan worked for a while, until Mrs. Cormac discovered the truth. Infuriated, she cut off all assistance to her husband. William now felt he had nothing to lose, and rather than send Anne home, he brought Peg to join them.

He had set out to publicly humiliate his wife, but he also ostracized himself in the community. His law practiced declined. No longer able to support himself or Peg and their child, he sold everything except the clothes on their backs and boarded a ship bound for the Carolina's. Instead of law, he tried his hand at merchandising, and found he was quite talented at it.

He and Peg lived as husband and wife in the coastal town where they landed. After a few years, he had made enough money to buy a rice plantation in the Bahamas and the family lived happily there for a few years before Peg's death, when Anne was thirteen. At that age, Anne was considered a young woman capable of taking Peg's place as mistress of the plantation.

She was described as being athletic, slender and very attractive, with "creamy skin, flaming red hair and pea green eyes". She was said to have a fiery temper

and was known to give neighbors in the community a piece of her mind.

She attacked one of the servant girls on the plantation with a knife over a perceived offense. On another occasion, a young man attacked Anne with the intent of rape; she fought back and beat him unconscious.

After that incident, William thought Anne should marry. With her beauty, and the fact that she was the only child of a wealthy plantation owner, he thought a suitable young man from an honorable family would not be hard to find.

The problem was, Anne wanted nothing to do with the nice young men her father would bring to meet her. At sixteen she told her father she had found love on her own, with a man named James Bonny. Her father was outraged, word was that Bonny was a pirate and Cormac suspected that he was only interested in Anne for her money. He demanded she end the relationship or he would disinherit her.

Anne and Bonny continue seeing each other, hoping perhaps her father would give in and accept it. When they eloped and married, Cormac kept his word and disowned her. The couple moved to Nassau, on what was known as New Providence Island, hoping to find employment. When they arrived, between 1715 and 1718, it was a haven for pirates.

Bonny found work as an informant for the governor and privateer Woodes Rogers. A privateer is basically a pirate that has been sanctioned by a government to raid the ships of it's enemies. If you were successful enough you might even become knighted or given a title.

It didn't take Anne long to become disillusioned with her husband, and soon becomes involved with another pirate, John "Calico Jack" Rackham. Calico Jack offered to pay Bonny to divorce Anne, but Bonny refused. In August of 1719, Anne left her husband for Rackham, and

would be his companion for the rest of his life.

Anne left a child behind when she joined Rackham on his ship "The Revenge." The pair with a small crew went to work attacking merchant ships in the waters around the islands of the Bahamas.

About the same time, the King had started offering bounties for anyone who killed or captured a pirate, and Jack and his crew tried their hand at it, but soon went back to their old ways. On one such voyage, they captured a ship, and as was the custom offered positions to some of the captured crew.

One slender, unshaved Englishman became a big asset to Rackham, a fierce fighter and a good seaman. Anne found herself drawn to this quiet man, who preferred to keep to himself. The reason soon became apparent, when Anne discovered that Mary Read had been dressing as a man in order to live life as a pirate, a sailor, a soldier and even as a member of a calvary unit.

The two became inseparable and became Jack's best fighters. For the first few months of 1720, things were going well for the trio; most times their reputation was enough to take a ship, they would fire a shot across the bow and their prey would surrender. After one easy victory a substantial amount of rum was liberated from the ship's cargo hold and the small crew celebrated their good fortune.

As Calico Jack, Anne and Mary Read stayed on deck planning their next target, the crew drank themselves into a stupor below deck. The three were always aware of any ship on the horizon, and when a sloop flying the flag of the Governor of Jamaica came into view. Mary raced to try and wake the crew while Jack and Anne tried to outrun the pursuing ship.

After a brief but brutal fight, the crew was captured and taken to Spanish Town for trial and execution. Once there, Anne and Mary were separated from the men. Rackham and the men stood trial first and were sentenced to be hung.

Mary and Anne both claimed to be with child and sought a delay in their own trials. Mary died before giving birth in prison. William Cormac had heard of his daughters plight and made his way to Spanish Town. Using his money and his influence, he was able to obtain Anne's release and took her to Charleston, South Carolina. Anne was nineteen years old.

Not long after, she met an older man named Joseph Burleigh, who was also

known to her father. Whether Burleigh knew of Anne's past is not known. Maybe Anne let people believe she was the widowed wife of a sailor, left to raise an infant on her own. The two were married on December 21, 1782.

Anne settled down and became a respected member of the Charleston community. She bore and raised ten more children, in addition to the child fathered by Calico Jack. She died on April 22, 1782, and is buried in the Burleigh family plot in the York County Churchyard in Virginia. ♦

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

GET MORE TO THE STORY
More pics, and larger print too!
www.ohioianews.com



CHAMBERS
Funeral Homes

Full Service and Cremation
Services Pre-Need Specialists

Family-Owned and Operated
Serving Greater Cleveland and
Northeast Ohio Since 1933

North Olmsted ▸ 29150 Lorain Road
Berea ▸ 86 Adalbert Street
Cleveland ▸ 4420 Rocky River Drive

216.251.6566

www.ChambersFuneral.com



21490 Lorain Road
Fairview Park
Open for Lunch & Dinner
gunselmans.com



Voted Best Stone Oven Pizza
Downtown Willoughby



FIONA'S
Coffee Bar & Bakery

Mini Donuts, Bagels, Mitchells Ice Cream,
Rising Star Roasters, Chill Pop
Great Harvest Bread Co.
(Located Next to the Wild Goose)

nóra's
public house

Downtown Willoughby

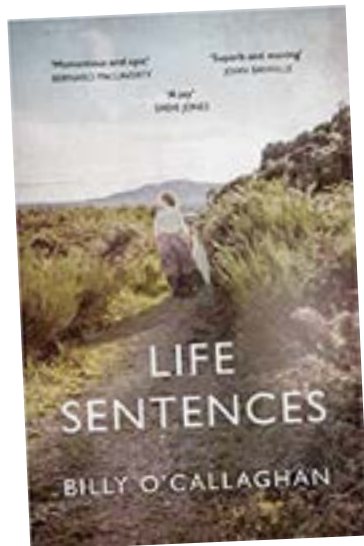


Life Sentences

By Billy O'Callaghan
Jonathan Cape Pub.
ISBN 978 178 733 2447 220 pp.

Life Sentences is the second book this writer has read of Cork-born Billy O'Callaghan, but the first reviewed in the *OhioIANews*. The first, *My Coney Island Baby*, put O'Callaghan on the map as an Irish writer. Booker Award winning author John Banville says, "One of our finest writers... and this is his best book yet."

Told from the perspective of three members of one family, this historical fictional novel is a masterpiece of literary fiction. Presented in three parts, beginning with Jer (Jeremiah) Martin, who we meet drinking to quench a murderous rage



he is nursing toward his brother-in-law, Ned Spillane, who has pushed his beloved sister Mamie to an untimely death with his boozing and shiftlessness. Jer's memories of his sister are all tied with his own sense of shattered identity: his birth in the workhouse, the room corner where he was reared, his biological father who's never publicly acknowledged him, and his loss of religious faith on the battlefields of the Great War.

Part II of *Life Sentences* takes a step back to 1911 to allow Nancy Martin, Jer's mother, to narrate the story of her young womanhood. Nancy Martin leaves Clear Island to make a life for herself in Cork, laboring on farms and domestic work, where she meets Michael Egan, a footloose and fancy-free man who sweeps Nancy off her feet with his flirting and gets her pregnant.

Much to Nancy's chagrin, she hears that Egan's engaged and about to marry another woman with whom he's also had a child. Nancy is forced to put her child, Mamie, in the workhouse. Nancy descends into prostitution to use the only commodity she owns, her body, to stay alive.

Part III is narrated in 1982 by Nellie, the youngest children of Jer. This section deals at length with a surreptitiously arranged midnight burial of Nellie's unbaptized baby, conceived outside of marriage. We discover in the acknowledgments that follow the closing section that the novel's family history is based on the author's own forebears.

Life Sentences is a thoroughly realized treatise on the familial ramifications that haunt us. The desperate plight of the O'Callaghan's characters springs vividly from the pages thanks to his accomplished prose. O'Callaghan is a wonderful storyteller who molds his characters so that the reader believes in their plight. I can't wait to see what he delivers next. I rate *Life Sentences* a TOP SHELF read. ♦

GET MORE TO THE STORY
More pics, and larger print too!
@www.ohioianews.com



ACROSS

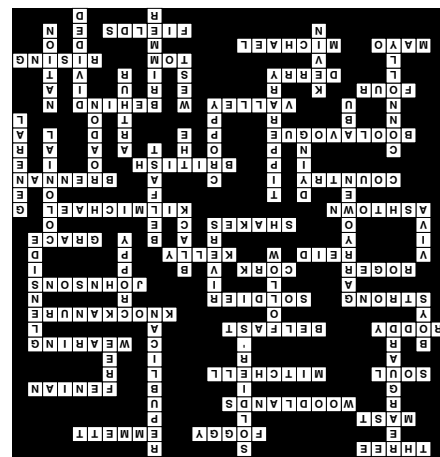
- 1 _____ Flowers
- 5 The _____ Dew
- 6 Bold Robert _____
- 7 Take it Down From the _____
- 8 _____ of Loughlinn
- 9 The Bold _____ Men
- 10 Shall My _____ Pass through Ireland
- 11 John _____
- 13 _____ Of the Green
- 15 _____ McCorley
- 16 _____ Brigade
- 18 The Valley of _____
- 20 Something Inside So _____
- 22 Irish _____ Boy
- 24 _____ ' Motor Car
- 25 _____ Casement
- 26 The Boys from County _____
- 29 Billy _____
- 30 _____ the Boy From Killane
- 32 _____ married Joseph Mary Plunkett
- 34 The Wind That _____ the Barley
- 35 _____ Road
- 36 The Boys of _____
- 40 It's a Grand Old _____
- 42 _____ on the Moor
- 44 Go On Home _____ Soldiers
- 48 aka Father Murphy
- 50 The _____ of Knockanure
- 52 The Men _____ the Wire
- 55 _____ Green Fields
- 57 Back Home in _____
- 58 _____ Williams
- 59 The _____ of the Moon
- 60 The Boys From County _____

61 _____ Gaughan

62 Four Green _____

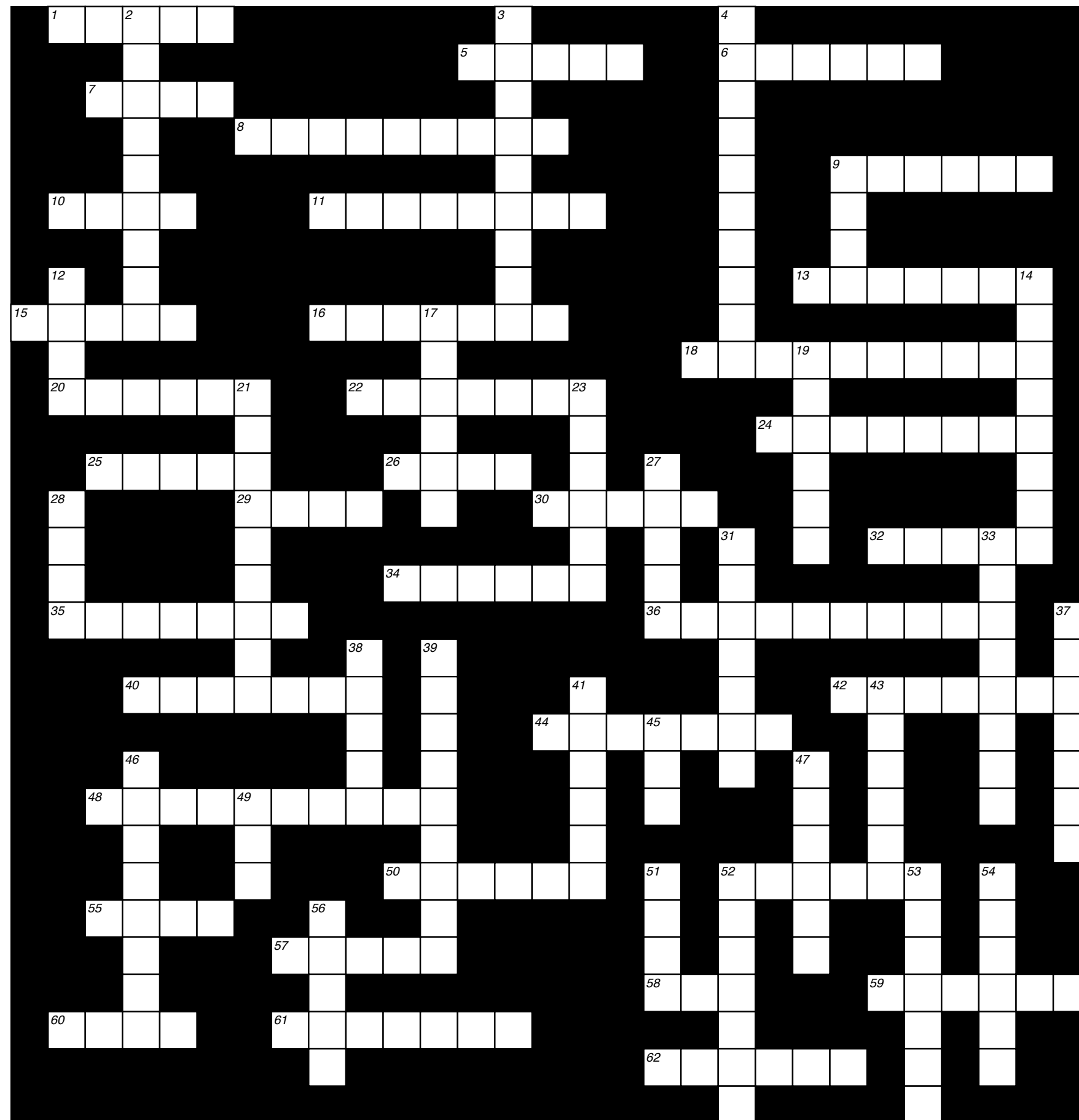
DOWN

- 2 Soldiers of the _____
- 3 The _____ ' Song
- 4 Irish _____ Army
- 9 _____ the People
- 12 _____ of the Old Brigade
- 14 Down by the _____
- 17 _____ Me Up to Carlow
- 19 The _____ Boy
- 21 Sean South of _____
- 23 Only Our _____ run Free
- 27 Come Out, Ye _____ and Tans
- 28 _____ La Quinta
- 31 _____ Brigade
- 33 Wild _____ Boy
- 37 _____ Munroe
- 38 _____ Rebel
- 39 _____ So Far Away
- 41 The _____ Boy
- 43 the One _____
- 45 Manchester Martyrs
- 46 James _____
- 47 _____ McBride
- 49 O'Donnell _____
- 51 The Men From the _____
- 52 Broad Black _____
- 53 Ireland _____
- 54 A _____ Once Again
- 56 _____ Barry



Some Irish Rebel Tunes

By Linda Fulton Burke



ADVERTISING RATES & SIZES

Advertising Packages can mix & match ANY COMBINATION of

Print • Social Media • Web eBulletin • Podcast and/or AIM!

For Rates for Packages that meet YOUR NEEDS and YOUR BUDGET, contact:

John O'Brien

jobrien@ohioianews.com

216.647.1144



FULL PAGE BLEED
11" WIDE X 12" TALL

LIVE AREA
9.75" WIDE X 10" TALL

FULL PAGE
9.75" WIDE X 10" TALL

New!
CUSTOM STICKER ON COVER:
1 mo: \$600
3 mo: \$1500 total,
3 months of the year.
(Advertiser's choice)
If Available

HALF PAGE
9.75" WIDE X 5" TALL

HALF PAGE VERTICAL
4.8125 WIDE X 10" TALL

QTR. PAGE VERTICAL
4.8125" WIDE X 5" TALL

QTR. PAGE HORIZONTAL
9.75" WIDE X 2.5" TALL

8TH VERT.
2.35" W X 5" T

8TH PAGE HORIZ.
4.8125" W X 2.25" T

2.35" W X 3" T
RESTAURANT/PUB AD

FULL PAGE AD

12 mo: \$700/ea • 6 mo: \$750/ea • 3 mo: \$800/ea
1 mo: \$900/ea Outside Back Cover: Add 25%
Inside Front Cover: Add 20%.

HALF PAGE AD

12 mo: \$375/ea • 6 mo: \$425/ea
3 mo: \$450/ea • 1 mo: \$500/ea

QTR. PAGE AD

12 mo: \$225/ea • 6 mo: \$250/ea
3 mo: \$275/ea • 1 mo: \$300/ea

8TH PAGE AD

12 mo: \$150/ea • 6 mo: \$175/ea
3 mo: \$200/ea • 1 mo: \$225/ea

RESTAURANT/PUB AD

12 mo: \$75/ea • 6 mo: \$100/ea
3 mo: \$125/ea • 1 mo: \$150/ea

Ask About Premium Ad Placement!

ONLINE ADVERTISING

	Social Media Post P/Week			eBulletin P/Mo		Web (300 x 100) P/Mo	
	Facebook	Twitter	Instagram	1/4 Page	Full Page	Header Bar Ad	Side Bar
1x	\$25	\$25	\$25	\$220	\$400	\$100	\$75
2x	\$50	\$50	\$50	\$400	\$700	Max 4 ads	Max 6 ads
3x	\$75	\$75	\$75	*Our eBulletin goes to 12,000+ opted-in subscribers twice a month		Max Height	400 pix
7x	\$150	\$150	\$150			General size	300 x 250
14x	\$250	\$250	\$250				

PODCAST ADVERTISING

	Daypart	:60 Rate	:30 Rate	:15 Rate	Sponsors P/Mo*
1x p/mo	3p-7p	\$40	\$30	\$20	Contact Rep for Rate
2x p/mo		\$75	\$50	\$35	*Only 1 Sponsor P/Podcast

YouTube

Episode.....\$25
Channel Ad p/mo....\$100
Channel Ad p/qtr....\$250



AIM Network Papers are located in Ohio, Boston, Chicago, Minn./St. Paul, LA, NY, San Francisco.

AIM NETWORK ADVERTISING

	Rate ea. Up to 3 Papers	Rate ea. Up to 5 Papers
Full Page	\$695	\$600
1/2 Page	\$450	\$395
1/4 Page	\$250	\$225
1/8 Page	\$135	\$120
1/16 Page	\$65	\$65