



ilrish

newsmagazine

October 2024 | Volume 18 - Issue 10



SCAN
TO READ
ONLINE





United

While many things have slowed and the temp falls, things in Cleveland, and the Reunification of Ireland effort have gone into high gear. On Tuesday October 8th, iIrish will host **The People's Assembly for the Reunification of Ireland**, with Minister of Parliament Dáire Hughes and The Friends of Sinn Féin, at the West Side Irish American Club in Olmsted Twp, just outside Cleveland. This is a ticket only event, and no tickets will be available at the door.

History is being made, & launched, in Cleveland. The U.S. has been central in every phase of the struggle for Irish freedom and independence. From inspiring Wolfe Tone to the signing of the Good Friday Agreement, the United States has been a key dynamic in driving change.

We now have a peaceful and democratic pathway to a new and



united Ireland. This is real, this is happening. The opportunity for listening has never been this rich. Join us as we begin a conversation with the diaspora, the descendants



of Ireland, and all those who support Irish Unity, with the opportunity to be part of the generation that will deliver it.

Tuesday, October 8th. Doors open @6:00 p.m. Program starts promptly @ 6:30 p.m.

(American time, not "Irish time") Live from the Great Hall at the **West Side Irish American Club**

Eventbrite Advance Tickets are required, **no exceptions.** **No tickets will be available at the door** <https://www.eventbrite.com/e/989722786497>

Irish Game Night

The First Ancient Order of Hibernians **Shamrock Game** takes place at John Carroll University's home football game against Capital University at 1:30 p.m. on October 12th. Game special events include an Irish Football game at half-time, Irish dancers, foods and several Irish organizations - all be there to welcome you. See the Bluestone Hibernians page within

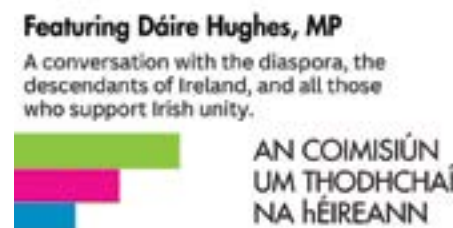
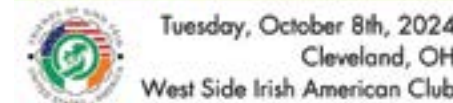
for more info. The iIrish eBulletin hits your inbox October 9th and 23rd (join more than 15,000 opted-in only subscribers who get it in their inbox every second Wednesday, **IF** you

are signed up. It's free, so sign up at: www.iirish.us.

The Election is coming fast and furiously. Many of our supporters are running for election, so note who supports and advertises with us, and do your research. Most of All, **VOTE!**

See the *What's the Craic?*, *Taking the Fields of Glory* and other highlights within for all craic, and the details too. There is so much more inside.

We couldn't join the U.S. GAA Championships in San Francisco this year, but the Cleveland Saints



October 2024 VOL. 18 • ISSUE 10

| | |
|--------------------------------------|----------------------------------|
| Publisher & Editor | John O'Brien Jr. |
| Layout Production | Christine Hahn |
| Website | Rich Croft |
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| | |
|-----------------------|--|
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iIrish is published monthly (12 issues a year) on the first Wednesday of each month. Subscription is by First Class mail. One year \$40, two years \$75, three years \$100. Subscribe online at iirish.us, or email jobrien@iirish.us, call 216.647.1144 or mail to the address below.

iIrish is available for free at 460+ locations in and around Ohio, PA, NY, IN, MI, & KY. Circulation is 13,000. For a list of distribution locations, go to iirish.us, then click "Distribution"

CONTACT
216.647.1144 • jobrien@iirish.us
14615 Triskett Rd, Cleveland, OH 44111-3123
Subscription: jobrien@iirish.us

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About Our Cover:

Summer's Sun Sets, Photo by Danny Lahart Photography, Kilkenny, Ireland



For a Safer Community

RE-ELECT TOP-RATED

JUDGE JOAN SYNENBERG

COURT OF COMMON PLEAS

sent us their love, with a grandstand throwback picture reminiscent of our October 2021 cover. We miss them, but are grateful we got to experience it, through their photo at the left.

Patrick Fallon

We lost a great, active supporter of our culture when the mighty Patrick Fallon passed away on August 31. Pat and Irish Imports were an unwavering partner in presenting the Irish community in a positive, energetic and laughter filled way, vocally and in person, at festivals all over the U.S.; as owners of Fallon Irish Imports; and in service, serving as a long term officer of The Shamrock Club, in Columbus. Our thoughts and solace are with Becky, Ean, Aidan, Kay and family. **iIrish** is made in America. We have always been green and are proudly Irish, all year long.

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

iIrish newsmagazine

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Vote Oct. 8-Nov. 5 ★ ReelectJudgeJoanSynenberg.com
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SPEAK IRISH

@BobCarneyGTR

BOB CARNEY

Boo

“Inniu bigil lá San Seoirse” arsa sí. “Nach bhfuil a fhios agat go bhfuil lánréim ag ainsprídí an tsaoil an nóiméad a bhuaifidh an clog ar uair an mheán oíche anocht?”

“It is the eve of St. George’s Day” she said. “Do you not know that tonight, when the clock strikes midnight, all the evil things in the world will have full sway?”



From the novel *Dracula* by Bram Stoker

Teaching children, and some adults, can be a difficult process sometimes. Especially when you’re talking about Irish language. My grandchildren have a, shall we call it, a reserved interest in the language. Most of the time I think they’re just trying keep crazy old grandpa happy.

But, if we turn language development into a game, that can be a different story altogether. So even though I’m talking about my



grandkids, in a way we’re all still just “Toddlers” when it comes to speaking Irish

Irish Journal Scribhneoireacht

Many people both young and old keep journals, and others like to tell stories of all kinds. Years ago I took a writing class I know, hard to believe) and I remember the instructor saying, “if you can talk, you can write.”

This time of year, nothing beats a scary story and my grandkids can spin them fairly easily. What I ask them to do is use my dictionaries and substitute a word or phrase in Irish to give the story a feeling of place or time. We even did something similar in one of our Speak Irish classes a while back, where we took a line from one of our favorite stories and embellished it with some Irish.

This is really not too much different than using the words and phrases I’ve shared before in our everyday Irish columns, in daily conversation. Using Irish in this way can become so easy, that after awhile you don’t even think about it.

Other Irish Games Rud a mharcáil

Another fun exercise requires a pad of post-it notes and a dictionary. Most kids are pretty adept at using a phone and teaglann.ie is a great on-line dictionary that is easy to use. Set a time limit, not too long or interest fades. The person who identifies the most objects and labels them correctly in Irish wins.

You can take it a step further and

have them use the audio section of teaglann to pronounce the name of the object as well. I encourage beginners in Speak Irish Cleveland classes to use this around the house to help strengthen their vocabulary skills. But don’t limit it to just that, there’s a huge world out there!

You can put a spin on this game by coming up with a list of things. This time of year, Halloween related vocabulary can be fun.

Everyone gets an index card with ten items written on it, it works better if they vary somewhat, the first to spot and check off the items on their list wins the game. Consider it an Irish vocabulary scavenger hunt.

When driving, use colors and numbers. Locate a license plate that ends in 625, a sé, a dó, a cúig, or whatever number you pick. First to spot a red car, dearg, and so on.

By now you get the idea, make it fun for the kids and they’ll come up with their own games. You might find yourself learning new words too.

Irish Numbers

Zero a náid (*uh noyyj*); One a h-aon (*uh hayn*); Two a dó (*uh doe*); Three a trí (*uh tree*); Four a ceathair (*uh kya-her*); Five a cúig (*uh koo-ig*); Six a sé (*uh shay*); Seven a seacht (*uh shakht*); Eight a h-ocht (*uh hawkht*); Nine a naoi (*uh nee*); Ten a deich (*uh jeh*).

Irish Colors

Yellow buí (*bwee*); White bán (*bawn*); Red dearg (*jer-uhg*);

Purple corcra (*kor-kuh-ruh*); Orange oráiste (*or-awsh-tuh*); Pink bándearg (*bawn jer-ugh*); Black dubh (*duhv*); Blue gorm (*gor-um*); Brown donn (*duhn*); Grey liath (*lee-uh*); Green glas (*gloss*).

Irish Around the House

Dog madra (*mod-ruh*); Pup coileán (*kill-on*); Cat cat (*kaht*); Kitten piscín (*pish-keen*); Carpet brat (*brat*); or another word for carpet cairpéad (*car-payad*); Lamp lampa (*lamp-a*); Curtains cuirteíní (*ker-teeny*); Couch tolg (*tull-ug*); Table bord (*bored*); Coffee table bord caife (*board ka-fey*); Oven cócairean (*co-ker-un*); Fridge cuisneoir (*kwish-nore*); Sink doirteal (*der-tul*); Cupboard cófra (*ko-fra*); Plate pláta (*plaw-ta*); Glass gloine (*glín-a*); Fork forc (*fork*); Spoon spúnóg (*spoon-ug*).

Bonus Irish Words and Phrases

Yes sea (*shah*). No ní hea (*nee hah*); Thank you go raibh maith agat (*gorra mah ah-gut*); You’re welcome Tá failte romhat (*taw fahl-cha roe-it*); Please le do thoil (*lay duh hull*); Excuse me Gabh mo leithscéal (*guh mo leshkale*); Good job Maith thú (*mah who*); Very good An mhaith (*ahn wah*).

Irish Halloween

Witch cailleach (*kayell-ach*); Cauldron cailderu (*call di roo*); Skeleton creatlach (*krat lukh*); A witches broom Scuab chaillí (*skoob hall-ee*); An ogre or monster Torathar (*tahr-a-har*); Scarecrow Taibhse préachán (*taiv-shuh pray-chawn*); Bat Sciathán leathair (*skihawn la-hayr*) lit. “leather wing”; Pumpkin Puumcín (*pum-keen*); Ghost Taibhse (*tiv-shuh*); Vampire Vampír (*vam-peer*), although someone who is a drinker of blood is called a dearg dililat (*jer-ug dil-ih-laht*).

Feast of Samhain

The first of November is the feast of Samhain, a celebration marking the end of summer and the beginning of winter, a very important holiday for the ancient celts. It was more than just a feast day, every member of the community that was able was required to attend, so matters of importance could be discussed and settled upon.

Continued on facing page



DANCE DANCE

CATHERINE DUPLISEA

Did you know? Interesting Facts about Traditional Irish Step Dancing

Did you know that some professional football players take Irish dance to help with agility, improve kicks, and other skills?

They sure do! There have been published articles and videos of interviews with NFL players over the years. Two that you can google search are Daniel Whelan and Alex Collins, to see how they say Irish dance improves their skills in the game. Their stories are inspirational for boys around the world.

Did you know that you don’t have to be Irish to Irish dance?

Yes, that’s true! Irish dance can be found in over thirty countries around the world and has several thousand dancers competing. Many dancers do it for the love of the sport and actually have no Irish family roots. Some countries that have Irish dance schools that might surprise you are Germany, Russia,



and Mexico!

Did you know that the famous show, Lord of the Dance, was imagined and brought to life by an American Irish dancer?

Michael Flatley, the creator, choreographer and lead in the original show, learned how to Irish dance at the Dennehy School of Irish Dance in Chicago from instructor Dennis Dennehy. The Dennehy School still exists and is lead by Dennis Dennehy’s daughter, Kathleen.

The school has produced many champion Irish dancers over the years, and is still going strong today. Isn’t that an interesting fact that the famous show that made Irish dancing so popular in the late

90s and early 2000s, was actually created from an American?

Did you know that there is no age limit to compete in Irish dance?

Anyone that is able to dance, no matter the age, can compete. Competitions start with the wee little ones and go right on up to senior adults, including everything in between.

Competitions are set by age and level, but you are never “too old” if you would like to start dancing. Over the last decade, the adult age groups for solo dancing have really become popular and continue to grow in numbers. ●

Catherine Duplisea was born and raised in Cleveland, Ohio. She danced

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

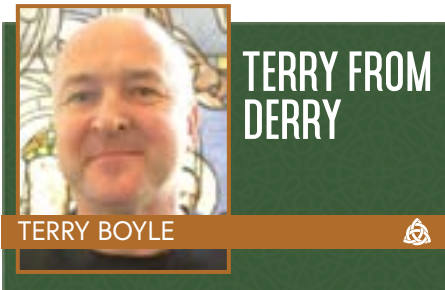
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You Can't Always Be Right

As the race towards the election reaches its final stretch, we're going to see even more antics from the Orange Man.



If there's one thing we can be sure of, it's his inability to never shut up. When there's a hole to be dug, he can only dig it deeper, which, from my point of view, is a good thing.

Had he any real commonsense or any political acumen we would be in

serious trouble. The quotable quote: 'that you can fool some of the people all of the time, and all of the people some of the time, but you can't fool all the people all of the time' is most applicable to this man. Some of his loyal followers are beginning to see behind the smoke and mirrors and finding a man of no substance.

His gift for telling bold face lies is unremarkable. For the non-thinking, less than critical population, his words are gilded. To his faithful followers, he's Moses, Elijah and Jesus. To the rest of us, he's a convicted felon.

What he fails to see or refuses to acknowledge is that the majority of this country have grown tired of his childish name calling, his misogyny and his blatant racism. He totes his ego with such false bravado that it's comical.

Recent published recollections by members of his government are far from inspiring. They depict a man fawning over Chinese and Russian leaders, overawed by their dictatorships, hoping they find him worthy to be counted among their friends.

He is portrayed by those who know him to be weak and spineless. A coward who has no respect for the military or their families. He disrespects those who have sacrificed their lives to ensure his freedom.

Respect for the Military

We've seen him line his pockets selling bibles and tacky paraphernalia. He's a grifter who can't believe his luck when it comes to how gullible his followers really are.

They do not see that among other things, he's really 'weird.'

Even as I write this estimation of someone I have come to dislike intensely, I'm also aware of the incredible damage he's done to this country. The divide has always been here. I'm not naive enough to think this country has ever been unified.

But instead of working to heal the rifts, he has managed to inflame the divisions. He has undermined our belief in democracy, even getting those in power to incriminate themselves in order to ensure his re-election.

There are those who have sold

their souls to his cause and suffered for it. Does he care, no he does not. A successful con man is able to get others to perform criminal activities without being directly involved. Whether it's trying to rig an election or tying up the Supreme Court to do his bidding, this man is without any moral compass.

Evangelicals, Catholics and Orthodox Jews have backed him on his stance on abortion, something which he has since changed his views on. If this man has any true conviction, it only manifests itself when comes to inflating his own ego or filling his wallet.

If he has to throw his own people under the bus to save himself, he will. If he has to shift his view on moral issues such as abortion, he will. He has absolutely no integrity when it comes to morality.

The bible photo op was classic example of how low this man will stoop to get his way. It demonstrates how much he's willing to act out a specific role to the religious faithful. This token symbolism is enough to have them praising the Almighty. My mother had a great saying

'beware of the preacher', and in this case, I am heartily in agreement with her.

America is Hanging in the Balance

America is hanging in the balance. We can either go back to letting a man who has shown little care for anyone but himself lead the country or put our faith in a woman who has proven herself worthy of leadership. Kamala Harris represents a welcome change.

It's time to wake up from the nightmare of 2016, and realize where our true hope lies. The Orange man has belittled her, using his playground bully tactics to ridicule her gender and colour. But like all bullies,

he attacks because he fears being exposed as a coward. We've seen him try and wiggle out of the debate, making up all sorts of excuses, and even defending his loss to a woman. We've seen his attitude towards women in previous encounters. With Hilary Clinton, he showed his true colours by constantly interrupting her during their debate and demeaning her

If he has to throw his own people under the bus to save himself, he will. If he has to shift his view on moral issues such as abortion, he will. He has absolutely no integrity when it comes to morality.

abilities.

We should not forget that a jury found him guilty of sexually abusing advice columnist E. Jean Carroll. His record when it comes to women is more that woeful, it's frightening.

Should he be defeated by a woman, it would be a sign of justice for all of those women who have suffered at his hands, physically and metaphorically. The man who believes it's all right to grab a woman by the pussy, should never be allowed into a public place of office.

This man has been prosecuted, and found guilty of 37 counts in the hush money case in New York. He has, since his presidency, been exposed for who he really is. His legacy will be remembered as the only president to be impeached twice, a convicted felon, and who has managed to divide the county in ways no other president has ever done. There is no going back.●

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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

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Important Dates to Remember: Voter registration deadline is October 7. Early voting begins October 8.

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safe home

Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May the souls of all the faithful departed, through the mercy of God, rest in peace.

PATRICK M. FALLON
(September 3, 1966 - August 31, 2024)



Patrick M. Fallon, age 57, passed away peacefully August 31, 2024. Born September 3, 1966, a 1985 DeSales Graduate and a graduate of Hocking

College, Patrick was very proud of his Irish heritage; he was a Past President of the Shamrock Club of

Columbus and enjoyed music and worked as a sound man for local bands.

Patrick is preceded in death by his father, Patrick L. Fallon; survived by his loving wife of 34 years, Becky; sons Ean and Aidan; mother Mary Kay; brothers Tim, Terry, and Kelly; numerous nieces, nephews, a host of friends, and loving family dog, Bailey. Patrick will be sorely missed by his lovely wife, family, and all of his loving friends of the Irish community.

In lieu of flowers, please send donations to [Ohio's Hospice](#).

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CLEVELAND IRISH

FRANCIS MCGARRY

Faugh a Ballagh

Saint Joseph Academy invites members of its 1890 Society to a reception each year, and it is always an amazing evening. It would not be a comprehensive overview if the hors d'oeuvres were not mentioned.

Delicious as they may be, they are only an indication of the commitment to excellence on display. President Purcell's update and the opportunity to witness the quality of education and experience manifested in the students present is truly inspiring.

The 1890 Society's name is in

honor of the year the SJA was established. That year, the city of Cleveland supported 10 Hibernian divisions. Division No. 1 met at 174 Ontario on the second Sunday of each month at 3pm.

That location was a block and a half north of Public Square, and is listed as a Hibernian Hall in the Cleveland City Directory. It was about where the Cuyahoga County Court House now stands. That is the same location that Division No. 7 met on the first Sunday of each month.

Hibernian Division Division No.2 met at Van Tassell's Hall on the second Sunday of each month. The year before they met at St. Malachi's School House. Van Tassel and Charles E. Cooley owned a hardware store at 250 Detroit.

It is believed Van Tassell's Hall was at 303-305 Detroit, with a tin shop in the back. Tin was sold at the hardware store.

Division No. 5 met at 315 Detroit on the (WHAT?) Sunday of each month. That building had a Grand Army of the Republic Hall on the third floor. Those halls were just

west of the Eagle Hotel and between West 28th and West 29th Streets.

Hibernian's in Division No. 3 and Division No. 4 met at two locations on Broadway, just north of Harvard. 2318 Broadway was on the westside of the street, and 2514 Broadway was on the eastside of the street. They both met on the third Sunday of each month.

Case Avenue and Payne Avenue was the location for Division No. 6. There was a drug store on the corner and the hall was adjacently south. Case is now East 40th Street. Hibernians met every alternating Sunday there in 1890.

Division No. 8 met at St. Edward's School House, not Joe Fergus's Eagles, St. Edward Parish was at East 69th Street and Woodland. It was next to St. John's Catholic Cemetary and across the street from Woodland Cemetary.

The corner of Root Street and Lorain Avenue was the meeting place for Division No. 9. Root Street is West 47th Street today. Metro Health Ohio City is there now, just up the street from Forest City Shuffleboard.

There were only nine divisions in 1889. The new Division No. 10 met at 600 Pearl on the first and third Friday of each month. Those who have been keeping score at home realize this was the only division that did not meet on a Sunday.

On the Sanborn Fire Map for 1886, that address was a bank. The Atlas of Cuyahoga County and Cleveland for 1892 has it as the Pearl Street Market House. If we were there on a Friday night these days, we would be looking at the West Side Market and the menu at Great Lakes Brewing.

These Hibernian loci provide the foundation for the 2024-25 Hibernian Masses. Each Mass is a celebration of the Cleveland Irish who came before us.

A brunch and historical discussion of the parish will follow each Mass. This will be the third year for the Hibernian Masses. All are invited to attend.

Hibernian Mass

November 24, 2024. Holy Name, established in 1854. Divisions No. 3 and No. 4 met directly to the north and to the east

of the Church. It is also home to a Hibernian window.

There are over 300 Hibernian windows that have been donated to Catholic Churches in America, two-thirds of those by the LAOH, which was founded in 1894. Ohio has 16, and Cleveland has one.

Holy Name Parish in 1890 had 165 baptisms and 159 first communions. Its school was named after Irish St. Columba and had 12 teachers for 816 students. It is the remaining Irish parish of the Broadway-Woodland corridor.

St. Bridget's (1857) on East 22nd, across the street from St. Vincent's Hospital, St. Edward (1871) on East 69th, the home of Division No. 8, and St. Catherine (1898) on East 93rd have all be closed. Only St. Catherine's building remains.

January 19, 2025. St. Aloysius, established in 1898. This is the only Hibernian Mass at a parish that was not in existence in 1890. Early members of what would be the congregation were part of a mission from Saint Thomas Aquinas Parish and met in a small framed building.

St. Thomas Aquinas was at 9205 Superior Avenue, the intersection of Ansel Road. You can walk a block or so to the Irish Cultural Garden from there. It was called by some the "Irish Cathedral" and supported the growth of fellow Irish parishes St. Aloysius, St. Agatha and St. Philip Neri.

St. Al's was consecrated in 1925 and at that time had over 800 students. It was visited by Eamon de Valera and in 1930 it was home to 1958 Hibernian of the Year, and Roscommon born Mary Duffy, who raised funds for Irish freedom.

Parishioners also included Joseph Clarke, the police chief for Bratenahl, also visited by de Valera, was on the parish council, and a former Royal Irish Constable. Former IRA members (PD, 3/17/72) Bartley Kilkenny and Patrick Byrnes, who lived a house apart on East 117th, attended St. Al's.

They would move to Euclid and become founding members of the Euclid Irish Association in 1934. When Father Malloy passed away in 1937, after 35 years as Pastor, St. Al's was one of the largest parishes in the city, with over 2,000 families.

February 23, 2025. Immaculate Conception, established in 1865. The Mac housed Fenian rifles before they invaded Canada, according to folklore and Father Godic. It is home to more bells than Notre Dame, Paris. The bells were baptized and are inscribed with the names of their Irish benefactors.

This was the home of Division No. 6. St. Columbkille was established in 1871 at 2642 Superior, just two miles from Immaculate Conception. It is believed this proximity was to serve parishioners from Mayo at The Mac and parishioners from Cork at Columbkille.

April 27, 2025. The Cathedral of St. John, established in 1848. Irish born Father Peter McLaughlin petitioned Irish born Bishop Purcell to create the Cathedral on East 9th. The argument used was that the Irish needed a parish that was not in the Flats and was not shared with the Germans. Father McLaughlin was considerably more direct in his letters.

The Cathedral had 238 baptisms in 1890 and 198 first communions. Its school had 15 teachers for 989 students. Enrollment had decreased

from 1,100 in 1879 with the creation of new parishes.

This was still the largest parochial school in the Diocese. This year it is a memorial Mass for those who we have lost in the last year.

June 22, 2025. St. Malachi, established 1865. It is now combined with St. Patrick's on Bridge, which was established in 1853. St. Malachi was home to Division No. 2 and Division No. 5. St. Pat's Bridge was home to Division No. 10.

In 1890 St. Malachi had 187 baptisms and 108 first communions. Its school had 729 students and 11 teachers. St. Pat's had 256 baptisms and 147 first communions. Its school had 820 students and 12 teachers.

Some researchers note that St. Pat's school grew to over 1,800 students, but that has not been verified via Emily and Kathy at the Diocesan Archives. These parishes were, and are, the bookends of the Old Angle, and their archives include the surnames that populate the Irish organizations of today.

As the internal migration of the Cleveland Irish expanded from its

first parish in all directions, St. Mary's on the Flats, communities created new parishes and new Hibernians. St. Patrick's Day in 1905 was celebrated at the newly created St. Aloysius with a presentation of *Faugh a Ballagh*, a corruption of the original Gaelic, meaning "clear the way." It was first published as a nationalist song in 1842. The Royal Irish Fusiliers had used it as their motto.

These parishes and the Irish of their pews cleared the way for the students of SJA and all of the Catholic schools in the Cleveland area. We look forward to collectively celebrating our present and venerating our past, with a few hors d'oeuvres. ●

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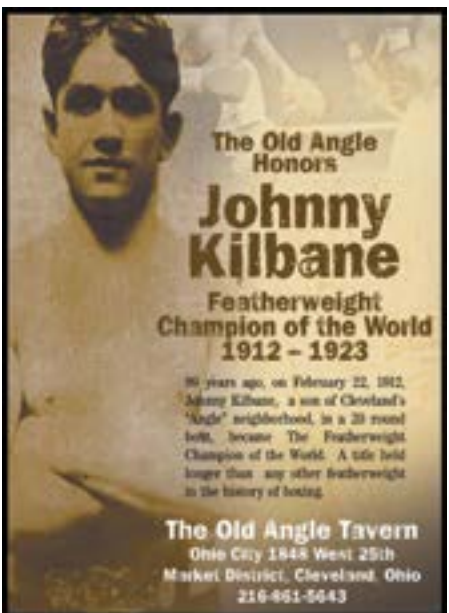
Midwest Gaelic Athletic Association

USGAA News

The Midwest was well represented at the USGAA Finals in San Francisco. At the Junior B Men's Football level, both Cleveland and Detroit competed. Cleveland fell in the first round to the eventual runner-up, Charlotte James Connolly, while Detroit fell to the eventual champion

Young Irelanders-St Brendan's (Western Division) in the semi-final after the lottery draw put them into the semi-finals.

At the Junior D level, the Buffalo Fenians fell to the Denver Gaels 1-7 (10) to 2-9 (15) in the quarterfinal. At the same level, Cincinnati won the bye into the semifinals and edged over the Denver Gaels 4-7 (19) to 4-6 (18).



The win put Cincy into the final against Atlanta Clan nan Gael. Cincinnati competed well, but fell short 0-12 (12) to 0-18 (18). For Ladies' Football, the Pittsburgh Banshees played at the Intermediate level against the Boston Shamrocks. The Midwesterners lost by a mere point, 3-16 (25) to 5-11 (26).

The Camogie championship consisted of round robin play, with the top two finishers playing a final for the cup. At Junior A, Pittsburgh Na Laochra fell to San Francisco Cú Chulainn (1-2 to 5-9) and St. Louis (0-3 to 7-12).

At Junior B, Cleveland beat Charlotte James Connolly 2-5 (11) to 2-4 (10). The next round saw Cleveland win again over Seattle 1-4 (7) to 1-2 (5) putting the Lady Saints atop the pool and into the final to play Charlotte again.

The final went down to the wire, but Charlotte pulled ahead to spoil Cleveland's third straight USGAA final, 1-5 (8) to CLE loss 2-1 (7). In Junior B hurling, the Pittsburgh Pucas put the hammer to LA Hurling in the quarterfinals 1-12 (15) to 8-18 (42).

The semifinal was much tighter for the Pucas. The Worcester Fenians edged out the win on goals, 4-12 (24) to 3-14 (23). At the Junior C level, Cleveland faced the local St. Joseph's - handily winning 6-20 (38) to 0-3 (3) in the quarterfinal. St. Louis also fell in the semi-final to the Saints, 0-15 (15) to 2-18 (24).

The win cemented an impressive run for Cleveland Hurling, having



reached the championship in every USGAA Finals they attended. Cleveland continued in the driver seat, winning their second USGAA Final with a full-time tally of 5-19 (24) to 2-13 (19). The back-to-back national championships see Cleveland rise from Junior D to Junior B. Comhghairdeas a Naoimh.

At Junior D, the Buffalo Fenians saw success over the Denver Gaels in the quarterfinal, 1-15 (18) to 2-8 (14). The Twin Cities Robert Emmet ended their run with a win: 4-8 (20) to 0-3 (3). Agus sin é as San Francisco.

Ladies Gaelic Football Celebrates Fifty Years

The LGFA was founded in 1974 in Tipperary and is currently the fastest growing sport in Ireland. To commemorate the 50th anniversary, the LGFA and USGAA honored individuals whose lifetime of work contributed to the success of the games. From the Midwest Division, Cleveland's Maureen Mohny and Pittsburgh's Carrie Anne McKenna were honored. Fair play and thank you.

Cleveland and Midwest Youth

Cleveland youth joined up with the new Toronto Michael Davitt and Toronto Chieftains in Centennial Park, Toronto for the third round of the Great Lakes Youth Tournament on August 17th. The blitz dodged the morning storms, but the afternoon was cut short by five inches of rain.

Next up for the clubs is the original Detroit tournament scheduled for September 21st. Clubs from Chicago, Toronto, Cleveland, and Akron will join the local Harps in hurling and football.

Cleveland St. Pat's - St. Jarlath's GAA

Reach out the club via social media or the website, clevelandGAA.com. New players are always welcome and the offseason includes intercity local games at the West Side Irish American Club for both football and hurling.

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



Cleveland Saints - 2024 U.S. Jr. C National Hurling Champions

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 2024 activities for Men, Women, and Youth, or visit ClevelandGAA.com. Email ClevelandGAA@gmail.com.

Vincent Thomas Francis Xavier Beach is a proud Greater Cleveland and emigrant of

Michigan (GO BLUE!). He joined the St. Pat's Gaelic Football Club in 1999 and, with much help, is the current caretaker of the Cleveland St. Pat's - St. Jarlath's GAA. His Irish is a cross of dialects from the University of Cincinnati (*suaimhneas síoraí d'anam Edgar Slotkin*) and An Cheathrú Rua. With his wife, Michelle, he enjoys watching time absolutely fly by as their three children grow. His other hustles are coaching CYO basketball at St. Mary of Berea, teaching Construction Management at CWRU, and laying down some engineering skills on local water/wastewater projects. His 1912 farmhouse and twelve darling hens beg for attention.

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Cleveland Connection

In 1914, President Ellen Ryan Jolly proposed to the delegates at the National Convention to erect a Monument to the memory and in honor of the Sister-nurses of the American Civil War. The proposal was adopted.

Ellen Ryan Jolly was named as the National Chairman of the Nun's Monument Committee. She worked for the next ten years under the leadership of Mary McWhorter of Chicago and

Adelia Christy of Cleveland, Ohio to make this Monument a reality.

Jolly reached out to Rep. Ambrose Kennedy of Rhode Island to assist her. Rep. Kennedy introduced a Resolution to Congress on Monday September 17, 1917. The Resolution authorized "The erection of a memorial in Washington to the Memory and in honor of the members of the various Orders of Sisters who gave their services as nurses on battlefields, in hospitals and on floating hospitals during the Civil War."

President Woodrow Wilson signed the Joint Resolution of Congress on Good Friday March 29, 1918. The site of the Monument was chosen. Sculptor Jerome Connor presented his model to the Commission of Fine Arts for approval. National President Adelia Christy of Cleveland invited two Sisters from each of the Religious Orders that would be featured on the Monument to visit the artist's studio to make sure that their Order was depicted correctly.

The January issue of the "Sisters College Messenger of the Catholic University addressed the Monument:

"It is really an inspired masterpiece. The life-like elegance of form and attitude

One hundred years ago, the Ladies Auxiliaries of the Ancient Order of Hibernians were celebrating their 30th Anniversary. During that year, the dream of a Memorial was finally realized. The Nuns of the Battlefield Monument was dedicated on September 20, 1924. Adelia Christy was the National President and was present at the Dedication with Ellen Ryan Jolly.

This year the Ladies Ancient Order of Hibernians are celebrating our 130th Anniversary. We celebrated our anniversary at the convention with a Commemorative Pin and a Celebration. The highlight of our anniversary will be the Centennial Commemoration of the Nuns of the Battlefield Monument.

The first time I visited the monument, there was no way of knowing that the Ladies Ancient Order of Hibernians were responsible for this unless you went behind the monument. This was unacceptable to me as the National Irish Historian. I addressed the delegates at the 2016 Convention with this background.

The story of this remarkable achievement of our Order needs to be shared. The monument is in need of some care, such as cleaning. The LAOH of DC are in the process of contacting the Park Service in regard to the monument. The recognition of the LAOH is on the back of the monument, but most visitors do not go to the back.

I presented this Marker Proposal to the delegates for the LAOH to sponsor a Wayside Monument for the Nuns of the Battlefield Monument, which would tell the story of the monument, Ellen Ryan Jolly and the Ladies Ancient Order of Hibernians. A local committee of the LAOH will make contact with the appropriate government agencies.

Our goal should be that the marker be complete by the 100th Anniversary of the Monument, in September 2024. The full funding plan is not developed at the present time as I am collecting cost information. I have contacted the DC AOH, as they recently funded the creation of a Wayside Marker to honor the Irish Patriot, Robert Emmet. This

Wayside Marker was dedicated with representatives from the AOH and with Irish Government Officials, including Ambassador Anne Anderson. The proposal was approved.

For eight years, I worked with a Committee and the National Park Service to make the Wayside Marker a reality.

I wish I knew the story of why they had their photo taken at the monument. That story could be a feature article. If anyone knows the story, please reach out to us at ilrish.

The Centennial of The Nuns of the Battlefield Monument will be held on Saturday September 21, 2024. The Centennial Commemoration will include a Mass at the St. Matthew's Cathedral at 12:10pm, celebrated by Cardinal Gregory.

Dedication of the Wayside Marker at the monument will follow Mass. At 5:00pm, there will be dinner at the Army Navy Club, 901 17th Street NW, Washington DC. Featured Speaker at the dinner is author Sr. Kathleen Szpila, author of *Lest We Forget: Ellen Ryan Jolly and the Nuns of the Battlefield Monument*.

We are honored that Ellen Ryan Jolly's great granddaughter will be in attendance. We also are privileged and honored to have representatives from the Sisters of Charity, Sisters of Mercy and Sisters of St. Joseph at the Centennial Commemoration.

I am so blessed to be named after my Aunt Sr. Patricia Finn aka Sr. Marilyn. Also, as a Surgical Nurse, I am so proud of my role in honoring these Sister-nurses of the American Civil War. Remember "You can't spell Hero without Her."•

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

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Ancient Order of Hibernians New Officers 2024:

Top Row: National Directors not yet assigned to region:

Tom Lambert, Florida; Ryan Curry, Georgia; Keith Reynolds, Florida; Immediate Past National President from Ohio' Daniel O'Connell; Patrick Ryan, Kentucky; Ed Dougherty, Pennsylvania; Rory Schulte, Montana.

Seated: National Officers

Treasurer Daniel Devinney Esq., Pennsylvania; Vice President Liam McNabb, New York; President Sean Pender, New Jersey; Secretary Ray Lynch, Florida.

New AOH Pres Stood Beside Victims of State Violence for Three Decades and More

Following is a story by Andrée Murphy in the Andersonstown News, a Belfast paper, reacting to the election of Sean Pender as National President of the AOH. Shared with the permission of the AOH.

Our past is not a tourist attraction. It is, however, definitely there for us to learn from, explore and share. It is certainly something that resides beside us, asking questions, demanding truth, justice and accountability. Painful, unresolved pasts are not postcards from the edge.

30 years after the IRA ceasefires, our community finds itself still having to assert its own narrative and battle for acknowledgement. There are scores of families seeking the common decency of the rule of law regarding the killings of their loved ones.

There are those living with the scars of torture and inhuman treatment and injury. It sometimes feels incongruous that this unresolved experience finds itself on a tourist map.

That is in no way to suggest that visitors who come to understand and express solidarity are few. Far from it. Peace makers, trade unionists, students from across the globe, come, learn, exchange and build lasting, valued relationships.

Of the latter, New Jersey man Sean Pender is a regular visitor, but no tourist. This week he was inaugurated President of the American Ancient Order of Hibernians. Seán is not your average visitor. He came to bear witness over 20 years ago. He walked into places of censorship, silences and horror.

He came to bear witness to victims of state violence. When the Ballymurphy families first came together to tell the story of the days of horror when their relatives were murdered with impunity and the campaign had barely begun,

Seán stood like a sentinel at the back of the hall, listening. When Eamon Hughes sat telling how his father, Frank, had been abducted by loyalists and burned in his taxi, Seán was at his side respecting this sacred space.

When the family of Pat Finucane remembered the human rights lawyer's murder and the impunity of the British state, Seán bore witness. He came to inquest courts, to the Police Ombudsman with families and spoke with the United Nations Special Rapporteur on Truth, Justice and Reparations in London. He can speak with authority on legacy better than many born and bred here.

His commitment to families over the past 25 years is second to none. He was central to the first US Congressional hearing on the matter of collusion. He has brought families affected by state and non-state violence to Capitol Hill for the US to remember their commitment to guaranteeing the

human rights of all of us who live here post-Good Friday Agreement. He is central to the reason why the United States got involved in rejecting the Legacy Act and defending the rights of victims and survivors.

His humility, good grace, unending patience and capacity to understand, marks him out as one of the strongest, and most important leaders of Irish America, and he is a true son of Ireland.

He understood that coming here is not a tourist trip. We live in a site of conscience. Where those who choose to stand beside and listen to those harmed will understand the history of this nation, and the work that remains to be done.

Bearing witness creates a moral obligation for those who step into that space to act. Seán Pender not only acts, he moves mountains. That he cites Clara Reilly, Belfast's First Lady of Human Rights, as one of his heroes is testament to what motivates and drives him. He is truly worthy of his new office.

Comhghairdeas, ár anam-cara. Andrée Murphy •

Andrée Murphy hails from Dublin but has lived in Belfast since 1994. She is the Deputy Director of Relatives for Justice, a national victim support NGO which provides advocacy and therapeutic support for the bereaved and injured of the conflict. Holding a Masters Degree in international human rights law, Andrée's particular expertise and research on women affected by conflict trauma has seen her provide evidence to the United Nations in Geneva and to Congressional hearings in the US. She's a columnist for Belfast Media Group and is a regular contributor to broadcast media, providing political analysis and commentary.

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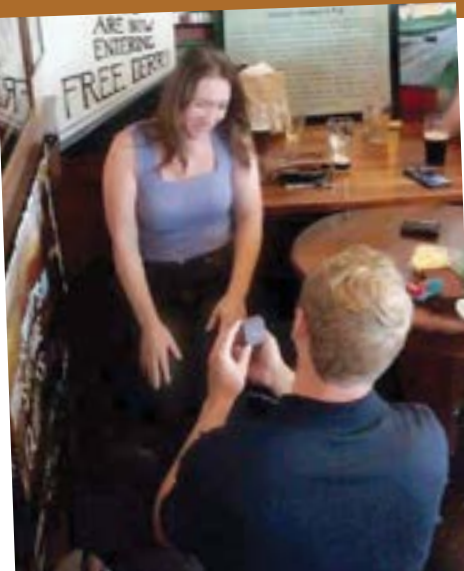
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Carrie McKenna and Maureen Mohney recognition for lifetime of work and dedication to the GAA.



Congrats to Clevelands own, Channel 19's Jamie Sullivan, celebrating 20 years at WOIO.

Irish America and Labor Day

On June 28, 1984, President Grover Cleveland signed Senate Bill 730, providing that: ... the first Monday in September of each year, being the day celebrated and known as Labor's Holiday, is hereby made a public holiday, to all intents and purposes, in the same manner as Christmas, the first day of January, the twenty-second day of February, the thirtieth day of May, and the fourth day of July are now made public holidays.

As the language of the bill suggests, "Labor's Holiday" was already being celebrated and the credit for that goes to an Irish American. The only problem is that, from the very beginning, the issue of which Irish American Labor leader is responsible for the holiday has been the subject of much debate. The two contenders for the title of *Father of Labor Day* are Peter J. McGuire, a founder (1881) of the United Brotherhood of Carpenters and a cofounder of the American Federation of Labor (AFL) and Mathew Maguire, a machinist and Secretary of the New York Central Labor Union.

The first Labor Day parade (although not labeled as such) had been scheduled to kick off at 10:00 a.m. on September 5, 1882. The Grand Marshal, William G. McCabe of Local No. 6, International Typesetters, arriving at 830 that morning at the designated starting place, across from City Hall, had found that nothing was ready and not even a single member of his own local was present. Spectators mocked the small assembly of union members, while a large cadre of heavily armed police stood by, prepared for trouble. Things looked grim, until McCabe, as he recounted later, saw "faithful old Matt Maguire" running up to announce that two hundred members of the Jewelers Union would soon arrive from Newark, and they had a band! After stepping off with a small vanguard, McCabe would



ultimately be joined by anywhere from 10,000 to 20,000 union members. marching through lower Manhattan and then gathering at Elm Park, where an even larger crowd stayed well into the evening to enjoy the "pic nic" that had been advertised with the parade. Amid the union banners hung at the picnic grounds flew the Stars and Stripes and Irish, French and German (but no British) flags. Near the end of the parade route, McCabe joined another Irish American, Terrence Powderly, leader of the Knights of Labor and the most prominent Labor leader in the country, to review the passing units. Also on the reviewing stand, and a prominent speaker at the picnic, was Peter J. McGuire.

In the years that followed, numerous states passed laws establishing Labor Day as a holiday. President Cleveland, after signing the bill creating the federal holiday into law, sent the pen to Samuel Gompers of the AFL. Mathew Maguire's hometown paper, the *Morning Call*, published an editorial, opining that the pen and the credit for creating Labor Day, should have gone to Maguire. McGuire, in the meantime, claimed credit for creating the holiday in the Spring 1889 edition of the

Carpenter's Union newsletter, of which he was Editor. McGuire's claim was largely credited in the years that followed, with the claims of Maguire supporters receiving more support in recent years. Whichever man is properly credited as the "Father of Labor Day," the fact that the dispute is between a McGuire and Maguire illustrates the strong connection between Irish America and the Labor movement. In fact, when the official Historian of the U.S. Labor Department wrote about the dispute in 1972, he noted that 1882 had been a busy year for workers in New York, as meetings, parades, and picnics were held on behalf of penal reform, to support a labor newspaper, or to welcome an Irish patriot." Today, as many of us enjoy a day off in recognition of the American worker, we should be conscious of the significant contributions of Americans of Irish descent in the development of the American Labor movement. Read more about the dispute at: <https://www.dol.gov/general/laborday/history> Ancient Order of Hibernians •

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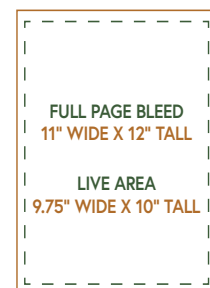
1. When was Belfast first blitzed by the Germans?
2. Who was the leader of the Irish Parliamentary Party which promoted Home Rule through legislation?
3. Who was the first Catholic elected to British Parliament?
4. Ireland was formally proclaimed a republic on what date?
5. Who had the leaders of the Easter Rising executed?
6. Where is Brian Boru buried?
7. Who said "Ireland unfree shall never be at peace?"
8. What does Fianna Fail mean?
9. How long did the Easter Rising last?
10. Who had the nickname of "Swagging Dan?"

1. April 7, Maxwell
2. John Redmond
3. Daniel O'Connell
4. April 18, Destiny O'Connell
5. General Sir John O'Connell
6. Armagh
7. Patrick Pearse
8. Soldiers of Pearse
9. Six days
10. Daniel O'Connell
5. General Sir John O'Connell

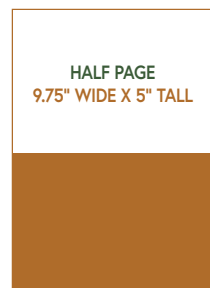


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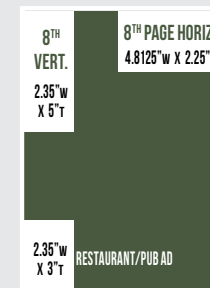
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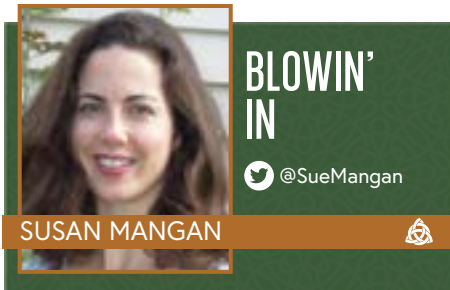
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Resurrection

Soundlessly, she slips into the lake. Carpets of tufted lily pads welcome her. Lotus flowers raise pink petals to the sky and croon, "Lie atop the velvet beds and the late September sun will give you rest." Startled by the sudden rush of lake water, the old woman curls into a fetal position. Eighty years ago, she learned to swim.

Her brother said, "Before y'swim, y'gotta float Kit, like a dead man raised up on the Last Day."

She remembers her five-year-old self: broad moon-face skimming the water, bright blue eyes reflecting innocent skies. Damselflies dancing around her head.

Instinctively, she tries to roll onto her back. She is no longer a lithe seal staring up into the future.

Days turned into years, and years into decades since she last swam in the old Scout pool.

Her body no longer floats weightlessly.

Her purple butterfly shirt raises up like a sail collecting heavy rain. She slowly begins to sink below the surface. An iron anchor, rather than a stone skipping lightly across the rippled surface of the lake.

As she begins to sink, small bubbles rise to the surface. The lily pads clear a space for the mulberry sail rising from her rounded form.

"Sweetheart, did you see the blue heron flying overhead? Sweetheart, where are you?"

Her husband stumbles to the dock, searching the lake for his wife of sixty years.

In slow motion the years float by like dust motes before his vision.



Green and blue lake waters turn to grey as panic sets in.

"Sweetheart, where are you? He sees the sail of her shirt.

Blue herons, feathered honor guards, rise to their full height commending the man who loves the woman. Lily pads, heart-shaped, marked with umbilical stems hold the man, a bier supporting his bent frame as he lowers himself into the depth of the waters.

Birds move closer to the purple sail that is now almost flush with the violet lotus flowers. They chirp and sing, whistle and caw, trying to alert the old man who loves the woman.

Grab the sail. Reach for the wind.

Mauve sunsets cast confusing shadows on the indigo lake. The purple sail is flush with the lavender dusk of the lake. The sail and waters become one.

The old man is submerged in

violet. He is face to face with his love. Her blue eyes reflect the last light of day. Her lips are drawn in the smile so familiar to his heart.

In a final act of strength, the old man reaches for the old woman. Their eyes lock. Their bodies entwine in an embrace.

Above the lake, the sky fades from the deepest rose to shimmering pearl.

Twilight insects sense a change. A transference of energy.

The symphony commences, an ode rather than a dirge. Bullfrogs sound the bass.

Cicadas hum in harmony. Night birds trill. The waves churn.

As the last light fades, two dragonflies rise from the violet waters.

Side by side they hover over the purple sail. •

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

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The Henge

When you find yourself in Salisbury, three miles from the UNESCO world heritage site, that is Stonehenge, well, you must go. We made this decision despite a warning from a tourist at the American-style strip mall that sprang up outside lovely medieval Salisbury, "Stonehenge, underwhelming, it's just a pile of rocks".

Off we went. If you had no idea where Stonehenge was, a safe bet would be to follow the line of traffic liberally sprinkled with camper

vans and mega-buses. As we inched along the decently wide road, rolling, bucolic countryside gave way to a flat, grassy plain.

Finding Stonehenge

And there it is. Standing starkly in the middle of a field are massive stones, in a perfect circle, looking like giants frozen in some country dance. That perfect circle has stood in that field since around 3,000 BC, when construction began.

Scientists believe that the circle was finished around 1600 BC. The closer you get, the more you see the massive size of the stones. It seems like a miracle that the stones moved at all, and people invested 900 years to finish it.

We lose our minds when road crews take two years to finish work. About twenty generations of people worked on this enigma, lived and died, without ever seeing it completed.

Currently, the site is managed by the English National Trust. They are a wonderful group that maintain and protect landmarks, but they come with openings, closings, rules and fees. Their schedule did not



work for us this time, so we followed the hippie vans camped either side of the lane parallel to Stonehenge. From this vantage point, we got

about as close as we would have anyway.

Stonehenge's allure attracts all kinds, scientists, hippies, pagans

and tourists. The hippies and pagans get unfettered access to the monument on Stonehenge's big day, the summer solstice, when the sun passes down the stone Avenue and crests just over the heel stone. It is a perfect moment marking the celestial shift to long warm days.

The Irish counterpoint to this is Newgrange, outside of Dublin, which marks the winter solstice in a similar way, although it is sensibly indoors for winter. It is hard not to wonder what kind of travel and exchange of ideas happened at that time.

Scientists have found evidence of travel between England and Ireland in terms of relics and skeletal remains. Unfortunately, the relics can only show and not tell what went between them.

The Beginnings of Stonehenge

Archeologists believe that the construction of Stonehenge began not with stones, but with wooden posts marking the circle. Remnants of the posts confirm their presence outside the current structure.

We saw a ground-level relic of a post hole outside of the circle. It was about two feet in diameter. While not as big as the stones, these were also substantial.

These same type of circular forts feature in archeological reconstructions of Tara and Rathcroghan in Ireland. They were all at the same craic. Big posts planted in a perfect circle enclosing the site.

Stonehenge distinguishes itself because inside the posts, we came to giant standing stones. This part of the monument dates around 2,500 BC.

There are two types of stones in the circle: sarsen stones on the outside and bluestones on the inside. The sarsen stones are the big standing stones and the cap dolmens that form the outer ring and inner horseshoe shape of the circle. The bluestones, which comprise the smaller inner ring, were moved from Wales, over 150 miles away.

This August, scientists made a new discovery. The "altar" stone, which lies flat in the middle of the circle, came from near Orkney Islands in Scotland. Stones weighing tons were moved

hundreds of miles by pelt-wearing Stone Age people.

Rolling Stones

Archeologists and engineers can only hypothesize how primitive people moved those massive stones. The local stones were moved by rolling according to popular theory. It works.

How Stonehenge Moved Stones

You lever a stone up on some roller, like a log, and then pull it along, replacing the rollers as you go. Once at the site, the stones were probably hoisted into place using combinations of ramps, levers and stone counterweights.

The stones that traveled hundreds of miles would probably come by water. The stones were floated on some type of raft near enough to Salisbury Plain and then rolled into place.

How Was Stonehenge Used

Clearly, this was a big communal lift for our caveman ancestors, so the big question is why? There have been many theories posited, for example, this was a giant burial mound.

That doesn't work for me. There are loads of burial mounds that took a lot less work to construct than Stonehenge did. I go with a communal gathering point, maybe for healing, maybe for caveman prayers to the sun, but I think that it was something bigger than a graveyard. The Avenue, where the sun strikes between the stones on the solstice, indicates a basic understanding of the movement of the sun and a need to know and maybe celebrate the coming of the grand stretch in the day.

Another scientific theory believes that these monuments were part of a bigger landscape of communal living. The communities were connected by travel routes, like rivers, and had other primitive facilities nearby.

Stonehenge might have been a ceremonial spot and calendar in an early settlement. Maybe because I have seen some depictions of land use like this around the Rathcroghan complex in Roscommon, this makes sense to me.

People had to live, worship, travel, eat and have a place to stay just like we do.

Rambling around the Salisbury area, we came upon a place called Sarum. It is about two miles from Stonehenge and sits on a very high hill.

An Iron Age fort was built on the hill around 5,000 years ago. The fort stood and had communities living all around it when Stonehenge was begun. It was used for seasonal gatherings according to archeologists. You would see someone coming for miles from that spot.

The Romans, Celts and Anglo Saxons all held this strategic area in their turn, ending with William the Conqueror. When the Christians arrived in Salisbury, they must have felt a need to compete, so they built the highest spire in England.

The high hill fortress lookout, surrounding community and ceremonial area complete with barrow tombs were all features that we had seen in the ancient sites in

Ireland. The adaptation of the same advantageous sites by changing peoples is another similarity.

A revelation in one place feels like a key to understanding another one. But maybe it is the mystery that keeps us coming back. ●

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. She facilitates an online Gaeilge study group, is married to Dónal and has two sons, Danny and Liam. Lisa enjoys art, reading, music and travel. She likes spending time with family, friends, her dogs, cats and fish. Lisa can be contacted at olisao7@icloud.com

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KAREN BENNETT & SHANNON THOMAS-ZIEMNIK

Cliff Notes

To be Irish is to stand as tall as the cliffs with a soul as deep as the ocean. ~ Irish Proverb

If you get the chance to visit Ireland, try to include a drive along the Wild Atlantic Way. This long coastal road that winds and stretches 1,600 miles along the west coast of Ireland provides ever-changing views of landscape; rocky cliffs, crashing waves, blowing tall grasses, and calm coves to describe a few. There are so many points of interest along the way, and many websites can help you plan your drive should you make your way there.

Karen Relates:

“When I stepped out of the van and onto the cliffside, the view took my breath away, quite literally, with the super strong winds whipping through. If you enjoy beautiful landscapes, you can relate when I say my eyes welled up just taking everything in.”

Kilkee Cliffs

To stand on the edge of the Kilkee Cliffs is not for the faint of heart or weak in the knees! And maybe this is what I found so captivating; to stand so close to the edge and feel the sea spray on my face from the crashing waves, the high winds whipping every loose tendril of hair, and watching the sun and clouds sharpening and softening the landscape, with no handrail to keep a safe distance. It is wild it is beautiful, and I took it all in, having a moment of solitude between me and the cliff's edge, not another soul in sight.

Aside from the Kilkee Cliffs being a wonderful site to visit, it is not as popular as other well-known areas along the Wild Atlantic Way. During our time there, we were the only

people around until we drove away and passed a group of locals on a hike.

If you are looking for less congested areas to visit, this is the place. Wherever you start or end when visiting the Kilkee Cliffs, be sure to visit the seaside town of Kilkee for a bite to eat and more outdoor adventure.

Shannon Relates:

“I have always liked cliffs. Growing up on Lakeshore Boulevard, the coastline of Lake Erie was my backyard. It was probably 50 steps to the edge of the world I use to think. Standing on the bluff and peering over it as a young child evoked many feelings.

Some days I would stand from a distance in our neighbor Sandy's yard. There was no barrier between us and the lake. There was soft, green grass until there wasn't.”

The Cliffs of Moher does not need advertising from me. Winner of the 2023 “Ireland's Best Visitor Attraction” award from a poll in *The Irish Dependent*, this County Clare gem deserves the praise of being one of nature's masterpieces.



With several access points of viewing, the cliffs span a 5-mile radius and stand at an impressive 702 feet. The cliffs jut out in staggered masses of earth.

They are a force to be reckoned with and seeing them in person will only confirm why so much mythology derives from this place. Tales of unrequited love and



mermaids all add to the mystery and romance this destination invites.

It is on a crisp, October day that my suspicions of being out-of-shape are confirmed when our tour guide, Philip, walks up the path to the higher views of the cliffs backwards, regaling facts without losing his breath once. Not ONCE.

Don't fret though! There are trail options set alongside stairs that lead to the cliffs most optimal views. Two roads diverged into a path and I, I took the one with stairs.

Once you ascend, it almost feels like you are in another world due to the diverse landscape and animal life that is buzzing all around. There are farmers that own parts of the Cliffs of Moher, so it is perfectly normal to see cows grazing about. You want to see sheep? They are scampering about.

You have hit middle age and finally want to lean into being an ornithophile? There are over 20 different species of seabirds.

Cliffs of Moher Visitor Experience

Want to know more about what you just looked at? The Cliffs of Moher Visitor Experience is a state-of-the-art center that provides interactive exhibits, a virtual reality experience, and educational displays about the cliffs' geology, flora, fauna, and history.

Nature enthusiasts will marvel at the cliff's UNESCO Global Geopark Status. UNESCO stands for United Nations Educational, Scientific and

Cultural Organization. UNESCO was created after World War II with the goal to develop peace through international cooperation in [education](#), the sciences and culture.

The Cliffs of Moher showcase an extraordinary geological history that dates back over 300 million years. The layers of sedimentary rock visible in the cliffs, including shale, sandstone, and siltstone, tell the story of ancient environments. This geological diversity makes the cliffs an invaluable site for studying Earth's history.

I break away from the group to find a place of my own. The Atlantic sparkles and the soft, green grass blows in the wind like feathers. Wordsworth was right-“Nature never did betray the heart that loved her.”

Karen Bennett and Shannon Thomas-Ziemnik are two old friends who share a passion for all things Irish. You can find them at PJ's on Tuesday nights with a Jameson and ginger in hand attending the Speak Irish Cleveland class. As far as their column-writing abilities, this is, in fact, their first rodeo. They can be reached at ksirish@gmail.com.

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HEALTH MATTERS

Protecting Yourself During Flu Season

By **Haley Robuck, CNP**

Cough, fever, headache. Is it a cold or could it be the flu? This is a question many individuals will ask during flu season. Plan now and take proactive steps to stay healthy and protect yourself and your loved ones from the influenza virus by learning more about



flu prevention. By recognizing symptoms, managing illness at home, and seeking medical care when necessary, you can ensure you're doing everything possible to stay well.

Importance of the Flu Vaccine

Vaccination remains the most effective way to prevent the flu and its potentially severe complications. According to the Centers for Disease Control and Prevention (CDC) recommendations, individuals over the age of six months should be getting the flu vaccine annually, as it is updated to match the circulating strains.

If you've been vaccinated, you have significant protection against the flu and will likely experience milder symptoms if you do contract it. Talk with your doctor about any questions you may have prior to vaccination.

Recognizing & Managing Flu Symptoms

If you do contract the flu, it is important to know that symptoms can appear suddenly and are often more severe than those of the common cold. Symptoms of flu may include runny nose, cough, fever, headaches, body aches, and chills. If you experience any of these symptoms, it's important to stay home to prevent spreading the virus.

For most individuals, the flu will generally pass and can be managed at home with over-the-counter medications, rest, and plenty of fluids. Tips for managing flu symptoms include:

Rest: Ensure you get plenty of rest to help your body fight the virus.



Hydrate: Drink plenty of fluids, such as water and clear broths, to stay hydrated.

Medication: Use over-the-counter medications to relieve symptoms like fever, headache, and body aches.

If diagnosed early, antiviral treatments for the flu can help reduce the severity and duration of the illness. Early intervention with antiviral medication is especially important for high-risk individuals, including young children, the elderly, and those with chronic health conditions. However, if you experience severe symptoms such as difficulty breathing, shortness of breath, or confusion, seek medical attention immediately.

Practical Tips for Flu Season

To navigate flu season effectively, follow these practical tips:

Get Vaccinated: Ensure you and your family members receive the annual flu vaccine. Vaccination is the most effective way to prevent the flu and its complications.

Practice Good Hygiene: Regular handwashing with soap and water, using hand sanitizer, and avoiding touching your face can significantly reduce the risk of illness.

Stay Home When Sick: If you experience flu-like symptoms, stay home to prevent spreading the virus.

Rest, hydrate, and use over-the-counter medications as needed.

Maintain a Healthy Lifestyle: A balanced diet, regular exercise, and adequate sleep can strengthen your immune system, making you less susceptible to illnesses.

Seek Medical Advice: If you experience severe symptoms or have underlying health conditions, seek medical advice promptly. Early intervention can prevent complications.

As flu season approaches, proactive measures are essential to protect ourselves and our communities. By staying informed, getting vaccinated, practicing good hygiene, and seeking medical care when necessary, we can navigate this challenging time with confidence. Remember, prevention is key, and together, we can reduce the impact of the flu on our health and well-being.●

Haley Robuck, CNP, is a nurse practitioner caring for patients at Mercy Health – Oberlin Primary Care.

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On This day in Irish History OCTOBER

BY TERRENCE J. KENNEALLY

1 October 1843 - Daniel O'Connell held what would be the last of his 'monster meetings' in Mullaghmost, Co. Kildare. These were enormous rallies aimed at solidifying support for repeal of the union of Great Britain and Ireland.

6 October 1175 - The Treaty of Windsor was signed by the High King of Ireland, Rory O'Connor, and Henry II of England. It gave the Anglo-Normans control of Dublin.

7 October 1843 - Daniel O'Connell received word that the 'monster meeting' scheduled to be held in Clontarf had been declared illegal by Dublin Castle. O'Connell cancelled the meeting, fearing the risk of violence which he abhorred. This badly affected O'Connell's credibility, and as a result, he never regained the popularity he once enjoyed.

10 October 1969 - The Hunt Report on policing in Northern Ireland recommended that the RUE be dismissed, the 'B' Specials be disbanded and replaced by a new part-time force, later named the Ulster Defense Regiment.

12 October 1969 - Louise Gaven Duffy (85), revolutionary who served in the GPO during the 1916 Rising, and a pioneering educationalist who co-founded the first Irish language school for girls in Dublin, Ireland. ? what - was born? Died?

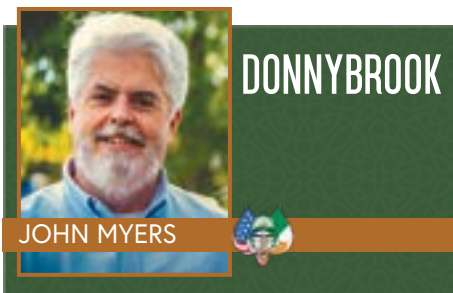
15 October 1842 - The first issue of *The Nation* was published. Founded by Thomas Davis, John Blake Dillon and Charles Gaven Duffy, it went through many iterations before merging with the *Irish Weekly Independent* in 1900.

23 October 1969 - Samuel Beckett was declared the winner of the Nobel Prize for Literature.

25 October 2002 - Richard Harris (72), actor and Oscar nominee for *The Sporting Life* (1963) and *The Field* (1990), died.

30 October 1997 - Mary McAleese was elected the Eighth President of Ireland, making Ireland the first country in the world to elect two female heads of state concurrently. Her predecessor was Mary Robinson.





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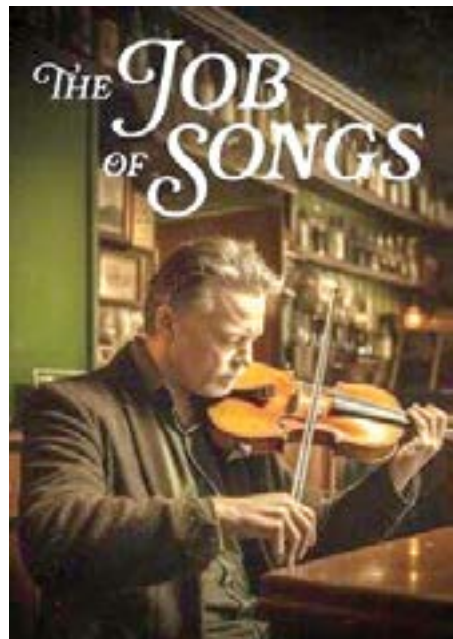
JOHN MYERS

Irish Chagrin

Verdant Chagrin Falls, Ohio will be hosting the annual Chagrin Documentary Film Festival October 1-6, 2024. At least two films will be of strong interest to the Irish community.



From program notes of *he Job of Songs*: "On the rugged west coast of Ireland, a community of musicians seek connection through traditional Irish music. Tourists flock to take in the breathtaking Cliffs of Moher, but the real treasure lies in the soulful, acoustic sounds wafting out of



pubs and living rooms of Doolin, County Clare. The denizens of this unspoiled coastal village of tight-knit neighbors revel in the passion and history of traditional folk songs, using music as a thread connecting generations." Show time is Sunday, October 6th at Chagrin Valley Little Theatre, 5:30 P.M.

Also showing is *Face Down*,

the Disappearance of Thomas Niedermayer. In 1973, Prominent German businessman Thomas Niedermayer was kidnapped by the IRA. He ended up being one of the several thousand who lost their life during the British war on the Irish Civil Rights movement. Now, five decades later, Niedermayer's grandchildren tell the story from their point of view as they attempt to "unravel the complex web of personal tragedy and political turmoil that defined Northern Ireland in the 1970s."

Show date: Saturday, October 5th, 2024, at The Federated Church, 6:45 PM. One can buy tickets online: chagrinfilmfest.org. If you miss the festival, they will likely be available streaming soon.

Irish Sea Reset

U.K. Prime Minister Keir Starmer travelled across the Irish Sea to pledge a "reset" of the relationship between Ireland and the United Kingdom. This was the second in-person meeting between the two Prime Ministers in just two months' time.

It had been five years since the last visit by a Brit Prime Minister to Dublin. At the time a Prime Minister, Boris Johnson was looking for Irish support for a breakthrough in deadlocked EU/UK Brexit negotiations. United Kingdom Prime Minister Keir Starmer avowed a start of a "new era of co-operation and friendship" between the two island nations.

Taoiseach Simon Harris (no immediate relation to U.S. V. P. Kamala Harris) welcomed The P.M. to Farmleigh House in Phoenix Park, the former 18th Century Georgian mansion that was home to several generations of the Guinness family. The Irish Government bought the home and 78 acres in 1999 to serve as the official guest house of the Dublin Government.

Starmer stated: "Our relationship has never reached its full potential, but I want to change that. We have a clear opportunity to go further and faster to make sure our partnership is fully delivering on behalf of the British and Irish people – driving growth and prosperity in both our countries." Both leaders declared a strong commitment to the Good Friday Accord.

It is hoped that all elements of the GFA will be implemented. While wishful thinking, it is long overdue to bring to life all four corners of the GFA, both North-South provisions as well as East-West provisions. Time will tell.

DUP Threats

Sammy Wilson, the Democratic Unionist (DUP) for East County Antrim whimpered to the new U.K. Labour Party that the DUP would not take kindly to Labour working closely with Dublin on matters related to the Six Counties. The Unionist Wilson stated: "The British government is storing up for another round of political instability in Northern Ireland by continuing the policy of Irish nationalist prioritization and appeasement."

Wilson was not so subtly threatening that the DUP would collapse the Northern Ireland Government if their privileged position under Tory governments is not continued. Having a historic victory this past summer, the Labour Government, unlike recent Tory Governments, has a huge majority in Westminster and does not need the few votes of the DUP to govern.

Hilary Benn, The Labour Secretary of State for Northern Ireland, not so subtly made it clear that Keir Starmer's government might have to work with the Republic of Ireland's Coalition to find a "new way forward" for governance of the North if Stormont falls. Unionists are fearful that their position of privilege could be sacrificed at the altar of the Starmer's priorities to improve trade and security relationship with the European Union and the United States. Very refreshing to have a London Government not cow towing to Unionist toddler foot stomping.

More Than Words

Starmer seems to be moving beyond the mere platitudes that often accompany formal diplomatic visits. As part of his governments "Kings Speech," which outlines legislative initiatives for this coming year, included was a repeal of the Legacy Bill, which the Tories passed into law in an attempt to whitewash British government violations of human and civil rights during The Troubles.

The newly minted P.M. had the

official oil portrait of Lady Margaret Thatcher removed from his personal study. The portraiture has hung there for several years through successive P.M.'s.

Former DUP leader Arlene Foster attacked the P.M., labeling Starmer's move as "vindictive.. For his part, Starmer simply said he prefers landscape paintings in his study..Me too.

Unification of Ireland U.S. Launch

Cleveland's West Side Irish American Club was chosen to be the site of the North American Launch of The People's Assembly for the Unification of Ireland, hosted by Irish Publisher John O'Brien, Jr. Join the conversation in person on with the diaspora, the descendants of Ireland, and all those who support Irish Unity.

You must get your FREE ticket ahead of the meeting, at <http://www.eventbrite.com/e/989722786497>. This is your chance to be a part of Irish American history.

Double Harris V. Sourkraut

While there is no known relation between Taoiseach Simon Harris and V.P. Kamala Harris, if sanity prevails, we will have leaders of the two most important countries in the world with the same family name. While being of Irish ancestry is not enough of a reason in and of itself to support one for the high office of President, it is nice to know that the candidates of sanity and rule of law, Kamala Harris (Ballymoney) and

V.P. nominee Tim Walz (Wexford) both have Irish ancestry.

The Donald is the grandson of Fredrich Trump, who was evicted from Germany for being a draft dodger. He came to America, where he made a fortune out west during the gold rush era operating bars and



brothels (Irish and Irish Americans know a conman when they see one).

GrandPa Trump eventually returned to NYC, where he invested his B&B profits in real estate. Regardless, if one has any interest in the fate of Ireland, the health of democracy and a love of our America, the choice is clear, Vote Irish, Vote Harris-Walz. •

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✪ The C.R.A.I.C.
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9th - This House is Haunted,
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Introductory to intermediate level, Thursdays 7:00 p.m., 745 Pleasant
Ridge Avenue Bexley, OH 43209





The Dearg Due

Vampire stories are abundant in Celtic folklore, and Ireland has its share of them. They've been around a long time, long before Fanu gave us *Carmilla* or Stoker introduced us to *Dracula*. It's very possible that these old stories influenced Ireland's horror writers.

The following is my version of the story of the Waterford vampire, as I shared it with my granddaughter and accomplice in all things horror. It is a tale of love, betrayal and revenge.

In the actual tales, our vampire is not named, but the circumstances that made her so are similar. Even the Irish name for the vampire varies but translate to the same meaning, Red Thirst.

Bhí sé in Eirinn fadó. It was long ago in Ireland, in the area now known as Waterford, that an overly ambitious chieftan lived. He was a greedy little man, who craved wealth and power above all else. He was feared by his men and his family.

His wife was dutiful but beaten

down, resigned to her life with her tyrant of a husband. They had five sons and three daughters. The children were all raised by their mother with very little interaction by their father.

Mairenn was the eldest daughter, with deep red hair and sparkling green eyes. Her outward beauty paled compared to her inner beauty.

She was generous and kind and loved and respected by all in the village. She was always eager to help and was put up as a role model to the children in the village.

Mairenn was sought out by all the young men in her own village, as well as neighboring young farm workers, but her heart belonged to a young man named Bran. Bran was a simple farm laborer, strong and full of muscle from a life of hard work.

Mairenn and Bran courted in the way that was customary. They would walk in the rolling hills and meadows, making plans to marry one day soon. They spoke of the small farm they would share and of the children they would raise together, teaching them songs and telling them stories of their ancestors.

Arranged marriages were quite common in early Ireland, and Mairenn's father had no interest in his daughter's happiness, only in the fortunes she might net him. He had agreed to send her to marry a much older, wealthy clan chieftan, in exchange for gold and land for himself.

Mairenn was devastated when she was told she was to be sent away and married off to an old man. Her mother pleaded with her husband, but to no avail. Mairenn was sent away, leaving the two young lovers brokenhearted.

Mairenn's new husband was a very cold and cruel man. He treated her horribly, treating her as a possession and showing her off as one might a prized horse.

Often he would beat or cut her, just to hear her scream or watch her bleed. Then he would lock her away in one of his castle's towers until she healed. She was mocked and humiliated whenever she was not locked away by her husband and his band of cutthroat men.

At first Mairenn would hope and pray that somehow Bran would find

her and rescue her, but day after day he did not come. Bran had tried to find her, but was told that Mairenn was happy in her new life and he needed to let go of what was never meant to be, to let her live happily.

During the time Mairenn was locked up, sometimes for weeks or months at a time, she began to change.

The hate in her grew, and she thought of many morbid ways of revenge. She vowed that her husband, the old man with ice cold hands, would never touch her or hurt her again.

The old man didn't care, he had lost interest in her and amused himself with other young women. Locked away in the tower, Mairenn simply gave up. She stopped eating, stopped drinking, she simply stared at the wall until she slipped into a sleep she never awakened from.

The family came to collect the body of the beautiful Mairenn to take home for burial. Bran and all the villagers were saddened by her death and stood silently as she was laid to rest under what was known as Strongbow's Tree.

For months after, Bran would start his day visiting with Mairenn, speaking to her as you and I are now. He would head off at first light to work in the fields until dusk, and then return to his love until he could no longer stay awake.

No one that knew Mairenn before her father sent her away could have imagined the hatred that had burned in her soul before her death, or what would happen next. You see, the lust for revenge had consumed her entirely. She was no longer the sweet Mairenn, but had become a thing, pure evil, a predator focused on exacting that which consumed her.

On the anniversary of her death, in the darkest hour of the night, she pushed herself up from the earth and went to her childhood home. Her father was sleeping alone in his bed when Mairenn entered the room.

His eyes opened when he felt her lips upon him and he saw her beauty as he had never seen it before. Her red hair was ablaze with color and her piercing green eyes shone like polished emeralds.

He felt the life being drained from him and tried to scream out, but could not.

Mairenn's corpse made it's way to her husband's castle and she found him in a drunken stupor, with three young maids in his chambers.

She hissed at the girls and sent them running from the room. Her husband's drunkenness would not allow him to resist and he too was soon a bloodless carcass of flesh and bone.

There were many stories about what occurred that night. They spread through the village, but in the months that followed, the talk subsided. The deaths were largely forgotten.

But Mairenn, or more accurately what she had become, a dearg-dilil, a drinker of blood, had developed such an overwhelming blood thirst, that on the anniversary of her death, in the darkest hour of the night, she leaves her resting place. Her targets are mostly young men, whom she lures with her striking beauty and sensual dancing, before draining them of their blood.

The villagers tried to stop the Dearg Doe's killing by placing heavy stones atop her grave. It worked for a time, but as those who knew first hand grew old and passed away, the practice stopped. Time has forgotten exactly where Strongbow's Tree stood, or if it even stands yet today.

There is an ancient oak that stands in a graveyard close to Reginald's Tower and some believe that this may be where Mairenn lies. To this day, some locals pile stones upon the grave in it's shadow, just in case she decides to make a visit one night, in it's darkest hour.

Happy Halloween! •

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 Cleveland. Wife Mary, hounds Rian, Aisling and Draoi and terrier Doolin keep the house jumping. He can be reached at carneyspeakirish@gmail.com.

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Tailgating the Irish Way

It's officially football season, and whether you are watching a high school game, college ball, or having a Sunday Funday, you have to have great food. Here is a unique twist on a very popular

snack, a fun and tasty fusion of Irish food and the great taste of Flatbreads. They are easy to make and perfect to bring along to your next party.

Irish Flatbread
Makes 4 small or two regular size flatbread pizzas

Ingredients:
1 pound diced Corned Beef You can ask them to cut you a piece you can dice up at any deli.

4 small or 2 regular Flatbread Crusts
1/2 cup Shredded Hash Brown Potatoes
1 cup shredded Coleslaw Mix



8 ounces Shredded Swiss Cheese
2 tablespoons Olive Oil
2 teaspoons Garlic Salt
1 teaspoon Black Pepper
3 tablespoons Thousand Island Dressing
1/2 cup Chives or Green Onions

I like this because you can take a sheet pan and precook most of the ingredients.

On a large sheet pan, place chopped Corned Beef, Coleslaw Mix, Hash Browns and drizzle with a small amount of Olive Oil.

Bake at 350 for about 10 minutes until everything is soft and partially cooked.

Drizzle a small amount of the Olive Oil on each Flatbread and sprinkle with the Garlic Salt and Black Pepper.

Place on a baking sheet and heat in the oven for 7-8 minutes until slightly browned and a little crispy.

Remove the Flatbreads from the oven and divide the Hash Brown, Coleslaw, and Corned Beef evenly between the Flatbreads. Top with Swiss Cheese and return to the oven until cheese is melty.

Remove from the oven and drizzle Thousand Island Dressing over the flatbreads and sprinkle with the chopped Chives or Green Onions.

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

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AN APPLE A DAY

National Apple Day is October 21st, and is a day to honor the apple and all its forms. The day was started in 1990 in the United Kingdom to raise awareness about how important orchards are and the many different kinds of apples.

It is a day to appreciate the historical significance of apples, which have been an important part of diets and traditions for centuries. It is a day to celebrate everything from apple pie to apple cider to crisp apples right off the tree!

Johnny Appleseed is an American folk hero and was a real person. His real name was John Chapman. He was born in 1774 in Massachusetts. When he was young, he worked at a neighbor's apple orchard and learned all about apples. He then moved out west to start his own apple business.

John collected apple seeds from cider presses in Pennsylvania, then he planted the seed and grew them until they became young trees. He sold the trees to the settlers so they could start their own apple orchards. He did this all over Ohio,

Indiana, and Illinois.

It is believed that apples first grew in Asia nearly 5,000 years ago! The only apple that is native (started in) to North America is the crabapple, which is usually too tart to eat. The first apple trees in North America grew from seeds brought over by Jesuits in the 1500s. Then the Pilgrims brought more young trees from England in 1620 and planted them all over New England.

Varieties

Would you believe that there are over 7,000 different varieties of apples around the world? Not all kinds are widely known and are not available everywhere. Many may be limited to specific regions of the world.

New varieties are always being developed because we use apples in so many ways, such as baking or making cider. The most common varieties are red delicious, gala, fuji, granny smith, honey crisp, Braeburn, and pink lady.

What is your favorite kind of apple? Do you have a favorite recipe using apples? •

Kids in the Kitchen Carmel Apple Pretzel Bites

Try these for a fun fall snack! These are best served within 1-3 hours of preparing them.



Ingredients:

- 44 Caramels (1 bag)
- 44 Snap pretzels
- 2 Honeycrisp apples
- Toothpicks
- Sprite (optional)

Directions:

On a cookie sheet, lay out the pretzels in rows.

Unwrap all the caramels and put them on top of each pretzel.

Preheat oven to 250 degrees F. Cut up the apples into small pieces. Put them in a bowl of sprite or lemon juice if you want to prevent browning. Dry them off completely. Stab each one with a toothpick and set aside.

Bake the pretzels with caramels for 5-6 minutes.

Once the caramels are soft, push the apple and toothpick through the middle.

Let cool and enjoy!



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Microplastics (& Nanoplastics) Are Ubiquitous

Humans, on average, ingest about 5 grams of microplastic every week, which is about the size of a credit card. Over the course of one year, estimations of the total mass of ingested particles correspond to 50 plastic bags per year!

Microplastics (and nanoplastics) are tiny particles that can enter the body through various means, including ingestion, inhalation, and dermal exposure, and once inside, they can accumulate in different tissues and organs.

Experiments have shown that microplastics can affect various systems in the human body, including the digestive, respiratory, endocrine, reproductive, and immune systems.

What Can We Do?

Reduce Your Exposure

Here are some steps to reduce your exposure to microplastics:

- Filter Drinking Water:** Use water filters that can remove microplastics from your tap water.
- Limit Plastic Packaging:** Reduce the use of plastic-wrapped foods and bottled water, as these can contribute to microplastic ingestion.
- Choose Natural Fibers:** Opt for clothing made from natural fibers like cotton, wool, or linen, which shed fewer microplastics compared to synthetic fabrics.
- Reduce Processed Foods:** Processed foods often contain higher levels of microplastics due to packaging and production processes.

Ventilation and Air Quality: Improve indoor air quality and reduce dust accumulation, as airborne microplastics can settle on surfaces and be ingested.

NEVER microwave anything in plastic. While these actions can minimize your exposure, the removal of microplastics already present in the body remains an area of active research, and no definitive solutions are available yet.

Research into the removal of microplastics and nanoplastics from the human body is still in its early stages, but several ideas and approaches are being explored.

Certain compounds may be able to enhance the liver and kidneys' ability to filter out microplastics and associated toxins from the blood. Compounds like N-acetylcysteine (NAC) or glutathione, known to support detoxification, could have the potential to boost the excretion of microplastics.

N-acetylcysteine (NAC) is not commonly found in foods because it is a supplement derived from the amino acid cysteine. However, cysteine, the precursor to NAC, is found in several protein-rich foods. Glutathione, a potent antioxidant, is synthesized by the body from amino acids but can also be found in certain foods.

Cysteine is an amino acid that your body converts into NAC. Foods high in cysteine include:

- Poultry:** Chicken and turkey.
- Eggs:** Especially the yolk.
- Dairy Products:** Cheese, yogurt, and milk.

Red Peppers: Also high in vitamin C, which helps in cysteine absorption.

Garlic: Rich in sulfur compounds, which are crucial for cysteine synthesis.

Onions: Like garlic, onions are also sulfur rich.

Legumes: Lentils, beans, and soybeans.

Foods High in Glutathione

Glutathione levels in foods can be affected by processing and cooking methods, but some foods are naturally rich in this antioxidant:

- Asparagus:** One of the best natural sources of glutathione.
- Avocado:** High in healthy fats

and glutathione.

Spinach: Raw spinach is a good source.

Broccoli: Contains both glutathione and compounds that help the body produce more.

Brussels Sprouts: Like broccoli, these are sulfur-rich and support glutathione production.

Garlic: Again, a good source of sulfur compounds that boost glutathione.

Tomatoes: Particularly raw tomatoes have higher levels of glutathione.

Cucumber: Another vegetable with notable glutathione content.

Whey Protein: Contains the building blocks for glutathione synthesis.

Okra: Provides a good amount of glutathione.

Boosting Glutathione Levels Through Diet

Vitamin C: Consuming foods high in vitamin C (e.g., citrus fruits, strawberries) can help regenerate and maintain glutathione levels in the body.

Selenium: Foods rich in selenium (e.g., Brazil nuts, sunflower seeds) support the activity of glutathione peroxidase, an enzyme that relies on glutathione.

While direct consumption of NAC through food is not possible, these cysteine- and glutathione-rich foods can help support your body's natural production of these compounds. Food-derived cyanidin-3-O-glucoside reverses microplastic toxicity via promoting discharge and modulating the gut microbiota in mice

Cyanidin-3-O-glucoside (C3G) is a type of anthocyanin found in various fruits and vegetables, such as berries, red cabbage, and black rice. It is known for its potent antioxidant and anti-inflammatory properties.

C3G, a bioactive compound of the anthocyanin family, possesses a variety of functional effects, including antioxidant and anti-inflammatory, as well as gut microbiota modulation. C3G has been demonstrated to prevent polystyrene induced toxicities via activating autophagy and promoting discharge.

What food is highest in C3G? Black Elderberry! Double Bonus: Elderberry is also known for boosting your immune system, which is very important this time of year.

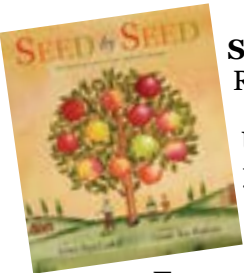
Plastics are ubiquitous and impossible to avoid completely. However, there is an app that is helpful for detecting them, called "Beat the Microbead." I recommend checking it out. •

Dr. Peters is the founder of a personal training company called "The Fitness Doctor" (www.thefitnessdoctors.com). He has a Ph.D. in Exercise 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

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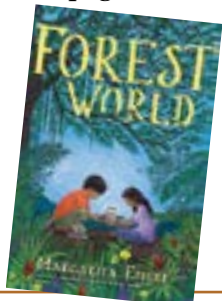


Seed by Seed: The Legend and Legacy of John "Appleseed" Chapman by Esme Raji Codell

We should always remember what Johnny Appleseed taught us almost 200 years ago: Use what you have, share what you have, respect nature, make peace where there is war, you can reach your destination by taking small steps. This insightful and friendly text with stunning illustrations makes for a stellar picture book for all. For ages 4-8, 48 pages.

Forest World by Margrita Engle

Edver is being sent to Cuba to visit his father that he barely knows. Travel laws have changed, and it is easier for divided families to be reunited. His mom feels he needs some father-son bonding and to meet the sister, Luza, who he has never met. Edver and Luza sneak on the internet and accidentally catch the interest of a dangerous wildlife poacher. Now, they must work together to conquer this real villain to save the Cuban jungle that they both love! For ages 10 and up, 224 pages.



Lardie's Laughs

Q. What do you call a grouchy apple?

A. A crabapple!

Q. What is worse than finding a worm in your apple?

A. Finding half of a worm in your apple!



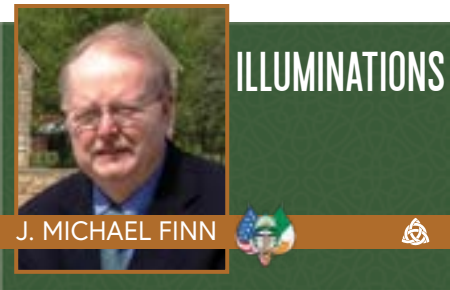
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Guardians of the Peace

“The Garda Síochána will succeed, not by force of arms or numbers, but by their moral authority as servants of the people.”

Organized policing in Ireland began with the 1786 Dublin Police Act. The Irish Constabulary was established in 1822, and in 1867, it became the Royal Irish Constabulary (RIC). The Dublin



Metropolitan Police (DMP) was established in 1836 as a separate police force. These agencies were joined in 1919 by a parallel security force loyal to the provisional government, the Irish Republican Police.

With the establishment of the 26-county Irish Free State in 1922 the Royal Irish Constabulary was disbanded and the Civic Guard was established. The Civic Guard

was later renamed An Garda Síochána, and in 1925, the Dublin Metropolitan Police merged with the new police force. The early years of the new state saw a gradual process of incorporating these various pre-existing forces into a single centralized, nationwide and civilian organization.

Garda

Its formal name is An Garda Síochána na hÉireann (pron: *ahn gar-duh she-oh-kaw-na na hair-inn*). The name means “Guardians of the Peace of Ireland.” The force is commonly referred to as the Gardaí (pron: *gar-dee*). Individual officers are referred to as Garda.

A female officer was once officially referred to as a bangharda (Pron: *ban-harda*) or female Garda. This term was abolished in 1990 but is still occasionally used informally in place of the gender-neutral garda.

The Garda Síochána has responsibility for carrying out all policing duties in the Irish State. It also provides State security services and carries out criminal and traffic law enforcement.

Most uniformed members of An Garda Síochána do not carry firearms. It is a unique tradition of the service that standard policing should be carried out in both rural and urban areas by uniformed officers equipped only with a wooden baton (currently they carry expandable batons and pepper spray).

According to a recent government report, only approximately 3,700 (out of 14,700) members of the force are armed – this includes

the Emergency Response Unit and Special Detective Unit, as well as most detectives. This practice of being unarmed has been supported by a quote from the first Garda Commissioner, Michael Joseph Staines (1885-1955), who said, “*The Garda Síochána will succeed, not by force of arms or numbers, but by their moral authority as servants of the people.*”

The badge of the Garda Síochána was designed by John Francis Maxwell (1880-1948), a technical schoolteacher of art in Blackrock,



Co. Dublin. The badge is in the form of a Celtic cross.

On the centerpiece are the intertwined letters G.S. - the initials of the words, Garda Síochána. The badge carries the inscription, “Garda Síochána na hÉireann.” The badge was originally displayed only on the uniform cap; however, with the most recent uniform change the badge is now also displayed on the uniform.

Micheal Collins

The Gardaí is under the command of the Garda Commissioner, who is appointed by the government. The first Garda Commissioner was Michael Staines, who was a Pro-Treaty member of Dáil Éireann. He held office for only eight months. He was succeeded by Eoin O’Duffy (in 1933 O’Duffy was fired by the Eamon de Valera after he supported a military coup).

Eamon Broy was next appointed in 1933. He had greatly assisted the Irish Republican Army (IRA) during the Anglo-Irish War, while serving as a spy for Michael Collins within the Dublin Metropolitan Police (DMP).



Broy’s fame grew in the 1990s when he featured in the film [Michael Collins](#), in which it was incorrectly suggested that he had been murdered by the British, when in reality he survived and afterward headed the Garda Síochána from 1933 until his retirement in 1938. Before O’Duffy and Broy left the Garda service they both made significant contributions to the organization of the new force. The headquarters of the Garda is located in the Phoenix Park Depot, which was first occupied by

the new Garda Síochána early in 1923. For a period the Depot was used as a combined headquarters and training center. A separate headquarters was then established at the Royal Hospital, Kilmainham. In the early 1950s, the Commissioner and his staff returned to the Depot. As a result, it became necessary to provide either a new headquarters or a separate training center. A new Training Center, known as the Garda College, was established in 1963 in the old military barracks at Templemore,

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Official Irish Language Act

The Official Languages Act of 2003 requires the Irish public to have their official business conducted through the medium of either English or Irish (the two official languages of Ireland). Because of this all government officials are required to have a certain proficiency in Irish and all communications and forms are to be bi-lingual. For Garda Síochána, a proven proficiency in either Irish or English is required.

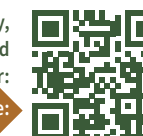
An Garda Síochána recognizes the right of citizens to conduct their business in Irish and is committed to the implementation of the Official Languages Act 2003. Applicants for Garda positions, who are not

already fluent in Irish, are required to study and pass Irish as part of a module in the Garda College. •

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 past Chairman of the Catholic Record Society for the Diocese of Columbus, Ohio. He writes on Irish and Irish-American history; Ohio history and Ohio Catholic history. You may contact him at FCoolavin@aol.com.

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CLOSED SUNDAYS

October

- 4- Danny Christian
- 5- Magnificent Goat Brothers
- 11- Ever Green
- 12- Parsons and Polk
- 18- The Other Brothers
- 19- The Smug Saints
- 25- Crawley and Sofranko
- 26- The Music Men
- 27- Sully's 13th Annual Wake

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Tommie the Yank, My Great-Grandfather

By **Peggy Calvey Patton**

I became a Great Grandmother in June, and it made me realize that this sweet baby girl, Findley, will not know or remember anything about me or our history. I am writing this story for perhaps her grandchildren or other relatives in 2074, Fifty years from now.

When you are the child of immigrants, your family history is often lacking, but I remember my mother saying that her grandfather had been in Cleveland in the early 1900s and I assumed that he was not happy living in the USA and returned to Ireland. Because she was crippled with rheumatism, my mother's cousins would gather on our front porch on West 112 Street on summer nights and that's where I heard more of the story about my mother's grandfather's visit to America.

These wonderful women, Mary English, Ann McNamara, Kate McIlwee, Ann Burke Mclaughlin, Mary Glaze and a few forgotten in the haze of memory, were also his granddaughters; they often speculated about the trip. How different would their lives be if he stayed here and they didn't have their Achill Island childhood?

Later when I worked in Cleveland Municipal Court. I would visit the office of my cousin, Judge Joe McManamon. He once he asked me if I knew that our great-grandfather had spent a year in Cleveland in the early 1900s? Joe said his name was Thomas English, and he came on his 1st cousin's passport, who was a high-ranking Cleveland Policeman.

During a visit to Ireland, I asked my Uncle Johnny Moran about the story, he said it was true. He said after his grandfather's return, his was known as "Tommie the Yank" because he used Americanisms like "yeah" and "okay."

Thomas English, my maternal great-grandfather, was born on Achill Island off the west coast of County Mayo, in 1847. He married Mary McManamon in January 1867. They had nine children. My grandmother, Bridget English Moran, born 1868, was their

first child.

His first cousin Micheal English, was born on Achill Island in 1845, and immigrated to Cleveland in 1864 with his parents. The family settled in Cleveland.

He married Celia Gallagher in 1869. They had five children, three boys and two girls. He became a naturalized citizen in 1870, and went on the Cleveland Police Department in April 1871. Twenty-two years later, he attained the rank of Captain. In today's parlance he would be known as "Super Cop."

Captain English once went four days without sleep countering a large labor riot on Scrantion Road that took place in May of 1874. His individual efforts brought a man named Otto Louth to justice for the murder of Maggie Thompson. He had the pleasure of seeing the man hanged.

He was widowed in 1882. Celia was only 32. In 1997, due to the pressure of his job, he took a stress related three month sick leave and went back to Ireland to regain his health. He returned to Cleveland and retired from the Police Department five years later, in November, 1902, after thirty-one years of service.

He returned to Ireland in 1906, planning to stay for a whole year to fully recover his health.

The two cousins who were very close in their youth decided that since the Police Captain would not be using his passport for the next year, Thomas would use it to visit his son, John T. English, who had immigrated to Cleveland in 1905. John T. got married in 1907, so that was perhaps the reason for the trip.

When I started the search for the police captain, I had assumed that his name was also Thomas English, but the only man with the last name of English on the Cleveland Police Department at that time was Captain Michael Martin English and the time frame fit. A retired policeman, Ptl. Patrick Reynolds did the research in the Police Library Archives for me and I am thankful for this wonderful gesture.

At the turn of the century, travel

between Achill Island and the USA was a grueling journey, cars did not exist in Ireland at that time, travel was done in a horse cart or on horseback to the nearest train station, probably in Galway, and continued to the port city of Cobh (Queenstown), with transfers made in Ennis and Kildare.

The passengers left Ireland on a ferry to cross the Irish Sea to Liverpool, and then boarded an ocean liner for the Atlantic Ocean crossing.

The voyage took seven to ten days before they reached Ellis Island. Once in New York City, they boarded a train to Cleveland, which added another full day. The trip would take at least two weeks, perhaps more.

Photos on passports probably did not exist then, but some documentation must have been required, so I assume Tommie used Michael's retirement picture and papers from the Cleveland Police Department to expedite his "re-entry" to the USA. The men were close in age, early sixties. Pictures show they were very similar in facial structure. Tommie's picture was later taken during his stay in Cleveland.

Both took their places back in their rightful lives in 1907. "Tommie the Yank" went back to his farm in Achill and his wife and remaining children. Sons John T. and Joe had married the Mangan sisters and started their own families. Michael must have regained his health, because on his return to Cleveland, he took a Job as a watchman. He died in 1909 of blood poisoning because he trimmed a corn on his foot with a paring knife.

His last address was 2814 Washington Avenue. I heard many times that my mother, Bridget Moran Calvey, was Tommie's favorite grandchild and they had caring relationship. Her marriage to my

father was a not an easy one and it is gratifying that she was prized by her husband. Tommie died in 1925 and she immigrated to Cleveland in 1926. Thank you, "Tommy the Yank" (our first "blow in").

Another fortuitous event connected to the cousins took place in my life 1981. I had applied for a position as a deputy Bailiff in Municipal Court, and the competition was great. Lefty Kilbane, Municipal Clerk of Court asked Judge Edward Feighan to sponsored me and he did, and I was one of the five candidates hired from a field of at least one hundred. Captain Michael English's youngest daughter Mary married John T. Feighan and they were the grandparents of Judge Edward Feighan and Congressman Michael Feighan.

Judge Edward Feighan and his wife Margaret would have loved this story and I love my PERS pension. Thank you, Tommie the Yank and Caption Michael English for the strong bond and the trust in each other to carry this expedition off. I would like to think that these two men passed their love of family and adventure down to the fifth and six generations of Clevelanders listed below. I wish I had known you both.

Calvey, Stull, McManamon, Vecchio, Moran, Mc Ilwee, Patton, Bernath, Kilbane, DeMarco, Hearn, McNamara, Mangan, Zemek, English, Cooney, Wyrock, Wallenhurst, Discenzo, Madercic, Eck, Duplisea ...

The Feighan and Gallagher Families will have to do their own research. •

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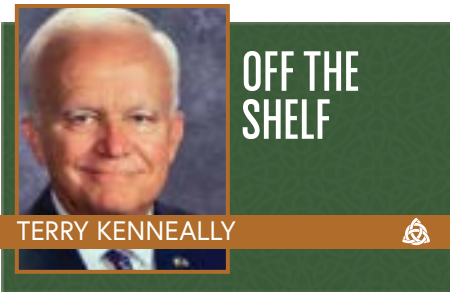
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OFF THE SHELF

TERRY KENNEALLY

The Coast Road

By Alan Murrin

ISBN 978-0-06-333652-0 2024 pp

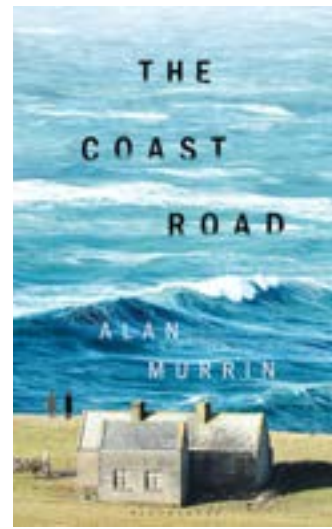
A fictional Irish town in County Donegal provides the backdrop for Alan Murrin's debut novel. Set in 1994, *The Coast Road* tells the story of three women navigating troubled marriages in an era before divorce was legalized in Ireland.

The book looks empathetically on the women's cramped lives and options. Izzy Keaveney has been fighting, off and on, with her husband James for more than 20 years and suffers periods of depression. Frustrated that James gave away the lease to her florist business and now refuses to buy it back, she's recently found a more simpatico male presence in the form of parish priest, Father Brian Dempsey.

Dolores Mullan, mother of three and pregnant again, has long endured the cruelty and promiscuity of her husband, Donal, who constantly demeans and criticizes her. Poet Colette Crowley took the unreal step of leaving her husband, Shaun, and their three sons to have an affair in Dublin. But now she's back, regretful, short of cash, and keen to make amends with the children.

The friendship that forms between Izzy and Colette also becomes a vehicle for Colette to spend time secretly with the youngest child. But when Shaun finds out he strikes back.

Meanwhile, Donal is sleeping with Colette, and James, threatened by the intimacy between Izzy and Brian, uses his clout as a politician to have the priest removed from the



The Coast Road is a story

parish. The wives are the fuller characters in Murrin's gloomy depiction of a stifling, gossipy, traditional community, whereas the men, Brian excepted, emerge badly and more thinly. Colette, falling apart after finding out she is pregnant with Donal's child, and Izzy, taking a stand, personify the extremes of their options, one ultimately tragic, the other more accommodating.

about the limits placed on women's lives in Ireland only a generation ago, and the consequences women have suffered trying to gain independence. This novel is set in the run-up to the Irish referendum on legalizing divorce. It is a TOP SHELF read. ●

Terry Kenneally is an attorney in Rocky River, Ohio. He obtained his Masters in Irish Studies from John Carroll

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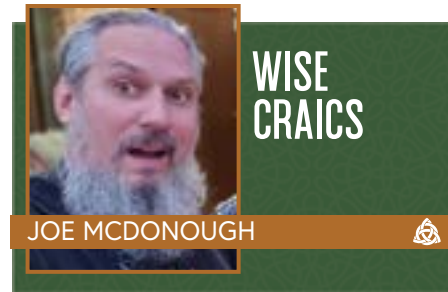


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WISE CRAICS

JOE MCDONOUGH

This Just In

Dublin Police have confirmed that the man who fell from a nightclub roof and died was not a bouncer.



Most Certainly

A kindergarten teacher is trying to explain to her class the definition of the word "definitely." To make sure the students have a good understanding of the word, she asks them to use it in a sentence.

The first student raised his hand and said, "The sky is definitely blue."

The teacher said, "Well, that isn't entirely correct, because sometimes it's grey and cloudy."

Another student says, "Grass is definitely green."

The teacher again replies, "If grass doesn't get enough water it turns brown, so that isn't really correct either."

Finally, Sean raises his hand and asks the teacher, "Do farts have lumps?"

The teacher looked at him and said, "No...But that isn't really a question you want to ask in class discussion is it."

So Sean replies, "Then I definitely just pooped in me pants."

Texas Realities

A rough and tough cowboy finishes his drink at a bar and gets up to

leave. A minute later, he comes back in, saying with a mean look in his eye, "I'm going to sit down and have one more drink, and if my horse isn't back where I left it, I'm gonna have to do what I done in Texas, and I really don't wanna have to do what I done back in Texas!"

True to his word, he sits down, orders another drink, sits in the [silent] bar and finishes his drink. He then gets up and walks outside and sure enough, his horse is back tied up where he left it.

As he's just about to ride off, one of the other patrons timidly asks, "Mister? What was it you had to do in Texas?" The cowboy gets a far off look in his eyes and says sadly, "I had to walk home."

For Pete's Sake

Three men arrive in heaven at the same time. St. Peter comes out to greet them.

"Sorry about this guys," says St. Peter. "God didn't realize just how many people would get into heaven, so we have a new policy. You now have to tell me the story of how you died, and if I think it's sad or interesting enough, I'll let you in."

He walks up to the first man, who is a nerdy, bookish sort in a bad business suit and says, "Tell me your story."

"Okay," says the man. "I thought I had a wonderful life. I had a beautiful wife, and we had a lovely place on the 34th floor of an apartment building. I came home from work early today, and I saw my beautiful wife sleeping naked in bed with another man's clothes on the floor. So of course, I started looking for the bastard who slept with my wife."

"Like I said, I lived in an apartment. There weren't that many places to hide, but I couldn't find him

anywhere! Just when I was about to go confront my wife, I see him. The bastard was hiding outside the window, holding onto the windowsill. I go up to him and started stomping on his hands over and over again, but he wouldn't let go. I finally kicked him in the face, and he fell.

Unfortunately, he landed on a bush and bounced to safety. In my anger, I grabbed my refrigerator and threw it out after him. However, the cord from the refrigerator wrapped around my leg and pulled me to my death."

St. Peter nods and says, "You're story is acceptable. Welcome to heaven."

He goes to the second man a brawny working-man type and says, "What's your story?"

"I'm a window washer," says the man. "I've been a window washer for over 20 years. Well today, I'm washing the windows of the 35th floor of this apartment building when my scaffolding breaks. I thought I was going to die, but I manage to catch myself on the windowsill of the story below.

All of a sudden, this maniac comes out and starts mashing my fingers. I try my best to hold on, but he kicks me in the face and I fall. Once again, I thought I was going to die, but I land on this hedge and bounce away no worse for the wear. I look up and BOOM. Dead. Last thing I saw was a refrigerator."

St. Peter holds back a chuckle and lets him into heaven. He goes to the third man, a ridiculously handsome fellow with sandy-blond hair, and asks, "What's your story?"

"Alright," says the man. "Picture this. You're having a go with some dude's wife. He comes home. You hide in the refrigerator...."

First Class

A Mormon was seated next to an Irishman on a flight from London to the US.

After the plane was airborne, drink orders were taken. The Irishman asked for a whiskey, which was promptly brought and placed before him.

The flight attendant then asked the Mormon if he would like a drink. He replied in disgust, "I'd rather be savagely raped by a dozen whores than let liquor touch my lips."

The Irishman then handed his drink back to the attendant and said, "Me, too, I didn't know we had a choice."

Celebrity Chauffeur

The pope asks his driver on his way to the airport if he could drive around for a while because they have time to kill, and he hasn't driven a car since becoming the pope.

Naturally, he's a bit rusty, so he's driving poorly, when suddenly he sees police lights behind him. He pulls over.

When the officer comes up to the window, his eyes go wide. He says to the pope, "Hold on for a minute," and goes back to his car to radio the chief.

Cop: "Chief we have a situation. I've pulled over an important figure."

Chief: "How important? A governor or something?"

Cop: "No sir. He's bigger."

Chief: "So, what? a celebrity or something?"

Cop: "More important, sir."

Chief: "A major politician?"

Cop: "No sir, he's much more important."

Chief: "WELL WHO IS IT!?"

Cop: "Well actually I'm not sure. But the pope's his driver." ●

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