



## WORKING TOGETHER TO ESTABLISH AN IRISH CULTURAL CENTER IN SOUTHERN CALIFORNIA

**The Irish Center of Southern California Inc., is a 501 c (3) Not for Profit Corporation Tax ID No. is 95-4442397**

We are a fundraising group with no “paid” staff. Our primary aim is to acquire a multi- purpose facility including a theater, library, social hall, meeting rooms, etc. Please send news re graduations, births, weddings, deaths, relocating, etc., to [eirebt@yahoo.com](mailto:eirebt@yahoo.com) Our new mailing address is Post Office Box 901, La Canada, CA 91011.

You will find the newsletter and updated information on our website at [www.irishcenter.org](http://www.irishcenter.org) It is not always possible to distribute information regarding death notices and events timely. However, if you have access to a computer chances are you can find the website. Check it a few times a week for updates and for the newsletter.

If you know someone who would like to receive this newsletter and who does not have a computer we will send a copy by U.S. mail. Let us know. This distribution is over 2800 e-mail addresses. We would like to thank those people who donated to the Irish Center to help us with expenses (including ink and postage for this newsletter)

### MONTHLY EVENTS

**IRISH CENTER OF SO. CALIFORNIA** “get-together” (first Sunday of the month) at 1 p.m. lunch at Hill Street Café, 3301 N. Glenoaks Blvd., Burbank. Easy to find, between Hollywood Way and Buena

Vista on Glenoaks (right next to St. Leon’s Cathedral). Hill Street Café telephone number is 818-845-0046.

Order what you want – a cup of coffee to full breakfast or lunch – and pay separately. **MEETING CANCELED UNTIL FURTHER NOTICE.**

**FRIENDS OF IRELAND BREAKFAST MEETING (1st Tuesday of the month) , at 9:00 a.m. at Katella Restaurant, 4470 Katella Avenue, Los Alamitos, CA 90720. RSVP (Pete Walsh, 714-200-7365) pbeireanua@att.net CA. Call Pete Walsh to confirm the meeting.**

**ST. CORNELIUS CHURCH HALL, IRISH SOCIAL, from 2 p.m. to 6 p.m. at 5500 E. Wardlow, Long Beach, CA 90808. ” CANCELED UNTIL FURTHER NOTICE**

### ***DRAWING FOR TRIP TO IRELAND FOR TWO OR \$2,000***

**The Drawing for the Trip to Ireland for two, or \$2,000, will be held at the Breakfast gathering at Katella Restaurant - - more details will follow in the April Newsletter.**

Information re events –

**Jim McDonough**

[irishmissive@gmail.com](mailto:irishmissive@gmail.com)

[www.irishartsandentertainment.com](http://www.irishartsandentertainment.com)

**Mailing address is Post Office Box 901, La Canada, CA 91012 --Vol.128 MARCH 2021**

## On their facebook pages

**Andy Cooney** Live Concert **Andy Cooney and his Band** FB page.:

<http://Facebook.com/Andy.cooney.band/>

**Patrick D'Arcy**

**John Whelan, Irish Button Accordion**  
(facebook Mondays)

**Ken O'Malley, facebook** Sundays at 2 p.m. .  
<http://kenomalley.com>

**Dennis McNeil**

**John McKenna, Accordion**  
**Terry Casey (The Fenians)**

**John Whelan, Accordion, on Mondays**  
with John on facebook

**Daniel O'Donnell**

**Nathan Carter**

You can support your favorite musicians/artists' online facebook concerts. Remember that they lost their income for almost a year due to the Coronavirus.

## KEN O'MALLEY

calendar:<https://kenomalley.com/shows>

### WEBSITE:

The home page <http://kenomalley.com> shows all performances in a convenient monthly calendar format. information. **For last minute schedule updates, "Like" Ken O'Malley's Artist Page** <https://www.facebook.com/kenomalleyirishmusic>

**Contact John McNally at**  
[mcnally.realtor@gmail.com](mailto:mcnally.realtor@gmail.com)

(805) 804-7558 More great online events coming our way!



# LA Cougars GAA Irish Community COVID-19 Support



With a relatively young, fit and healthy community, the Cougars are in a privileged position of being at low risk to COVID-19. In line with the GAA's and our own club's culture, we are committed to being a force for good during this extraordinary (and stressful) time!

If you are a vulnerable member of the Irish in LA community, Cougars GAA is here for you! With members spread out all over Los Angeles, we will work to match anyone who needs help with one of our volunteer members who can support you.

We can:

- Do grocery runs for you helping you stay safely isolated at home
- Pick up any prescriptions and run other essential errands
- Make a socially distant visit to your home just to give you some company
- Help you connect with family back in Ireland via video technology
- Connect you with other Irish community members for more social support

And we'll consider helping in other ways just let us know!

## How to Contact Us:

(Make sure to tell us your name, contact info, what you need and whereabouts in LA you're located!)

 : Call or Text Eoghan on +14243547967  : Call or Text Eoghan on +1424354  :

[hello@cougars.la](mailto:hello@cougars.la)  :

[www.facebook.com/CougarsGFC7967](https://www.facebook.com/CougarsGFC7967)

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## LETTERS

### Irish Guided Meditations

Jan 30 at 5:41 AM

Leonie McGloughlin <mcgloughlin.leonie@gmail.com>

Dear All

My name is Leonie Gallagher, I am a counselling psychotherapist in private practice in Dublin Ireland.

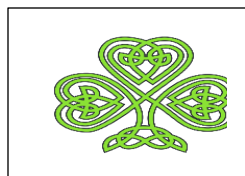
I have completed a series of guided meditations from Irish Monastic sites duration about 12 minutes each with music and photography.

My aim was to reach out to the Irish diaspora and connect in what is a very uncertain time. If you think you might be interested in including the meditations in upcoming wellness events for your members or would like to discuss further do not hesitate to contact me.

Kind regards

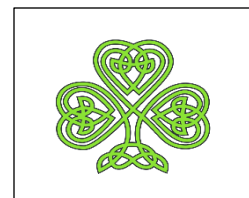
Leonie

Leonie Gallagher A.I.S.T.D. M.I.A.C.P



## AMERICAN LEGION AUXILIARY

East Pasadena Post 280  
179 N. Vinedo Avenue  
Pasadena, CA 91107



### ST. PATRICK'S DAY DINNER FUNDRAISER

**Wednesday, March 17, 2021**

**2 p.m. to 8 p.m. or until out of meals.**

Corned Beef, Cabbage, Carrots, Potatoes and a Yummy Dessert  
Drink Specials will be available.

TAKE OUT OR OUTDOOR DINING AVAILABLE  
Drinks available only with meal

We will be following all COVID protocols and Masks are required when not eating.

**DONATION: \$12.00**

**ALL PROCEEDS GO TOWARDS SERVING OUR VETERANS**

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## New Mini-DOC / Irish Vibraphone & Heritage

Feb 26 at 4:13 PM

**Julian Loida** <julian.loida@gmail.com>  
To: [eirebt@yahoo.com](mailto:eirebt@yahoo.com), [tomirishhour@msn.com](mailto:tomirishhour@msn.com)

Hello, I hope you're having a good week! My name is Julian Loida and I'm a Boston-based percussionist/producer.

Wanted to let you know I made a mini-doc about the story of my Irish grandmother, her death, and our relationship that I'll be releasing next month on the 5-year anniversary of her death, March 4th. It's **4-min** & features an **Irish funeral ballad played** on the **vibraphone** and dancer **Kieran Jordan**.

[Brian O'Donovan](#) of WGBH after watching it told me he began crying and said, "*Really beautiful, heart-felt and emotional....Doesn't reach for anything beyond your pride, and sadness, and thankfulness for your grandmother and what she passed on to you.*"

[My Gentle Harp \(video\)](#) (feat. Kieran Jordan)  
[EPK](#)

Underlying story being of the experience of not being able to be there for loved one's death which so many families have been experiencing for the past year.

The *Irish-American Heritage Museum & Irish Cultural Centre of New England* are featuring this piece as they have found this piece moving. Would love to share with your community whether through socials, your newsletter, or some other way you think would be fitting for this work.

Thank you again for your time & consideration, it would mean a lot to connect.

-Julian

[BCMFest feature article](#)

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**Julian Loida:** ([website](#) & [WALLFLOWER](#))  
Percussionist, Composer, Producer



The following was submitted by Tom McConville:



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)



## St. Patrick's Day Prayer

My prayer on this St. Patrick's Day  
Is that the Lord His power would sway  
The Hands of all true Irishmen  
To dwell in peace and love again.

Where once with shamrock in his hand  
He taught the Trinity of God.  
Now men with deadly vengeance band  
To spill red blood on Erin's sod.

No more the torment of division,  
War and hate without remission  
Sow the seeds of love once more  
Heal the wounds of battle's score.

Re-light the Paschal fire for us,  
So, all will see the flame burn bright  
And dedicate our lives and thus  
Turn death and darkness into light.

By Michael Gibson (1978)



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

## Update on Sr. Alicia McNally's Well



## SR. ALICIA MCNALLY'S WELL ALMOST COMPLETE

Thanks to the great generosity of friends, the Sister Alicia McNally Well is almost complete. If you have not yet donated you have until March 17 to send your best donation to:

**Wells of Life Headquarters**  
200 Spectrum Center Drive Suite 300  
Irvine, CA. 92618

**Make checks payable to Wells of Life, and annotated it SR. ALICIA WELL. If you wish to donate online, go to: [wellsoflife.org](http://wellsoflife.org) and follow the prompts.**



We need to get this well drilled and named as soon as possible as the need is especially great in Uganda during this pandemic. Every penny matters, every drop of water ☹ counts where saving lives is at stake.

I thank all the generous donors who have chipped in. **Sr. Alicia deserves this honor as we remember her fidelity on the second Sunday of each month, and the caring preparation and clean-up she provided. We owe it to her as a form of thank you and at the same time we are saving people's lives in her NAME in Uganda.**

***Happy St. Patrick's Day to all as we remember Alicia!***

Thank You and God bless each one!

Sr. Joan Hogan, CHF

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## Western People

# FORMER MAYO FOOTBALLER DIES IN LOS ANGELES

FRIDAY, JANUARY 29, 2021

The death has been confirmed of Fr Jimmy O'Grady in the USA. A native of Carrowena, Killasser near Swinford, Fr O'Grady spent more than 60 years in the United States, serving in the diocese of Los Angeles. Before his departure however, he had carved out a distinguished Gaelic football career for himself, the nadir being when featuring for Mayo in the 1955 All-Ireland SFC semi-final replay where they were edged out by a single point by Dublin in front of 71,000 spectators in Croke Park.



Jimmy O'Grady, back row, fifth from left, and his Mayo teammates before their victory over Cork in the 1957 All-Ireland junior football championship final in Croke Park.

Captain of a St Nathy's College team that was crowned Connacht Colleges' junior football champions in 1951, it was a side that also included future Archbishop of Tuam Joseph Cassidy and Noel Dorr, Irish ambassador to London from 1983 to '87, and secretary-general of the Department of Foreign Affairs from 1987 to 1995.

A winner of county minor and junior football championship medals with Swinford, Jimmy O'Grady's inter-county career was stunted by rules that prevented clerical students playing Gaelic football during term time. Attending All-Hallows College in Dublin, O'Grady had barely turned 20 when making his senior Mayo bow in Easter 1955 – playing at centre-half-back and holding legendary Galway attacker Sean Purcell to one point from play in a challenge game. It was enough to secure his place in the championship squad, with his debut coming in the Green and Red's eleven points victory over Leitrim in the Connacht semi-final. In doing so, Jimmy O'Grady became the first man from Killasser to play a senior football championship match for Mayo.

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Jimmy O'Grady holding the trophy as captain of the St Nathy's team that won the 1950/51 Connacht Colleges' junior football championship title.

Mayo accounted for Roscommon by fourteen points in the provincial final before taking on Dublin in two epic All-Ireland semi-finals, with O'Grady introduced as a substitute for Frank Fleming in the replay. It was a Mayo team littered with household names, including survivors of the double All-Ireland winning team of '50 and '51 such as Sean Flanagan, Paddy Prendergast, Eamon Mongey, John McAndrew, Peter Solan and Tom Langan.

Jimmy O'Grady would go on to occupy the right corner-back position on the Mayo team that overcame Cork in Croke Park to win the 1957 All-Ireland junior championship, the same year that he won the Mayo SFC in the colours of East Mayo – the first time a divisional side had been crowned county senior champions.

He was ordained a priest the following year, in June 1958.

A memorial Mass for Fr Jimmy O'Grady will take place in the Church of the Visitation, Los Angeles on February 6 at 10am. Mass will also be held on a later date at All Saints Church in his native Killasser.

*Lá Fhéile Pádraig sona duit!*

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## REST IN PEACE

### ***Reverend James F. O'Grady***

(Died on 1- 25, 2021)



Reverend James F. O'Grady died Monday, January 25, 2021. He was 86 years old.

A native of Ireland, Fr. O'Grady was ordained on June 22, 1958 for the Archdiocese of Los Angeles. He served at Visitation Church in Westchester for more than 40 years, as associate pastor, administrator, pastor, and pastor emeritus.

According to a [Facebook post](#) by Visitation pastor Msgr. Jim Forsen, Fr. O'Grady passed after the COVID-19 virus struck the care facility where he lived. Prior to his most recent residence, Fr. O'Grady lived at Nazareth House, a senior living community affiliated with the Archdiocese of Los Angeles, from 2018 to 2020. He had suffered cognitive decline in recent years.

"He served our church well, especially here at Visitation where he worked for more than forty years," wrote Msgr. Forsen. "He was deeply loved and will be deeply missed. Is there a family in our parish who did not have Fr. O'Grady baptize their babies, marry their children, anoint their sick and dying, preside over their funerals, hear their confessions, give them their First Communion, and especially, celebrate life with them? He loved life." In the summer of 2020, Visitation's parish hall was renamed "O'Grady Hall" in honor of Fr. O'Grady. Services for Fr. O'Grady are pending.

Fr. O'Grady also served as an associate pastor in the following parishes: St. John the Baptist Church, Baldwin Park; St. John the Evangelist Church, South Los Angeles; St. Andrew Church, Pasadena; St. Lawrence Martyr Church, Redondo Beach; and St. Polycarp Church, Stanton (now part of the Diocese of Orange).

## ***Reverend Monsignor Patrick McNulty***

(Died on February 12, 2021)



Reverend Monsignor Patrick McNulty died Friday, February 12, 2021. He was 95 years old.

Monsignor Patrick was ordained a priest on June 7, 1953 in the Archdiocese of Los Angeles. While serving as a priest, these were his assignments:

- Associate Pastor, Nativity Church, Los Angeles
- Associate Pastor, St. Athanasius Church, Long Beach
- Administrator Pro Tem, Associate Pastor, Sacred Heart, Covina
- Pastor, Pastor Emeritus, St. Bernard Church, Los Angeles
- Resident, Nazareth House, Los Angeles
- Resident, Marycrest Manor, Culver City

## ***Reverend Jeremiah O'Neill***

(Died on January 19, 2021)



Reverend Jeremiah O'Neill died Tuesday, January 19, 2021. He was 88 years old.

Fr. Jeremiah was a diocesan priest that was ordained on April 30, 1959 in the Archdiocese of Los Angeles. While serving as a priest, these were his assignments:

- Associate Pastor, St. Justin Martyr Church, Anaheim
- Associate Pastor, St. Agatha Church, Los Angeles
- Associate Pastor, St. Catherine of Siena, Reseda
- Associate Pastor, St. Martha Church, Valinda
- Associate Pastor, Holy Family Church, South Pasadena
- Pastor, Pastor Emeritus, St. Thomas More Church, Alhambra

## REST IN PEACE

### ***Thomas Edward Nolan***

(12-19-1953 –12-31-2020)



Tom was the eighth of nine children born to Bijou Brinkop Nolan and John Joseph Nolan. He was named after two great men who were leaders in the community as well as dear friends of the family: Msgr. Thomas Blackwell, and Eddie Masterson. His father's heritage was Irish, the Nolans from Galway and the Dohertys from Donegal. They settled in McEwen and Nashville, Tennessee, moving to California in 1920. On his mother's side his great grandfather was Pierre Agoure, a French Basque shepherd and rancher in what is now Agoura, California. His great grandmother, Kate Steuart Smith, was born in the Bay Area, making Tom a fourth generation native Californian.

Born in Los Angeles, Tom learned Irish step dancing at the age of 5. Performing as the Nine Dancing Nolans, he and Maureen were the youngest, cutest, and the last two on stages like the LA Philharmonic and Disneyland, as well as featured with the Westchester Lariats. The family moved to Burbank for his school years, and he grew up playing baseball and riding horses with the California Rangers in Griffith Park. He graduated from St. Robert Bellarmine School and Burbank High. Tom's first job was at McDonald's, where he flipped hamburgers to earn money for a car.

USC is where Tom learned to scuba dive and developed a passion for marine biology. Time spent on USC research vessels and their Catalina lab prepared him for jobs at Marineland, Sea World and Sports Chalet. His adventurous attitude led him to Alaska for 2 years and New Mexico for 5 years, where he managed Resort Sports ski shop in Angel Fire. Upon returning to LA, Tom resumed riding as the USC mascot, Tommy Trojan, through the 1990s.

JPL was Tom's professional home for twenty-two years until he retired in January, 2020. He worked as an outreach educator and satellite operations engineer, including image processor for the Mars rover. Tom's love of sharing science with others took him around the world – Morocco, Malaysia, Australia, and to countless classrooms and here at home. He was awarded JPL's Community Service Award in 2019, for his ongoing efforts to excite the next generation of scientists.

Tom has filled his life with meaning, giving his all to every endeavor. He participated in Catholic ministries such as the LA Jail Choir, and St. Vincent de Paul Ranch Camp, worked at soup kitchens, and organized multi-denominational Earth Day seminars to stimulate good stewardship, following Pope Francis' encyclical, "Laudato Si."

One month after retiring, Tom was diagnosed with Stage 4 brain cancer. He was treated at City of Hope until December, when a cold led to pneumonia, and his compromised immune system couldn't fight it. He joins many family members in eternity, including his mother and father, Bijou and John, sisters Bebe and Shelley, brothers Jack and Mike, nephew, Phil Delurgio, and grandson, Henry Nolan. He is survived by his

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wife, Mary Ann Brewer Nolan, three children, Jeff, Andrea (Andy Miller), and Claire, grandchildren, Frankie and William Nolan, and siblings Denise, Bill, Pat and Maureen.

May he Rest in the Palm of God's Hand.



## ***Jim Finn***

(1-11-1925- 1-13-2021)



With a heavy heart we announce the passing of Jim Finn, who passed away peacefully in his residence in Burbank. Jim was born in the picturesque village on the Dingle Peninsula of Stradbally, Castlegregory, Co. Kerry to John and Ellen (O'Connor) Finn; the eldest of four siblings. Following the passing of both of Jim's parents, his brother, Pat, asked him to come to Los Angeles. Jim headed over in November 1961 where he met and married Jean MacDonald from Nova Scotia, Canada. They settled in Burbank, where they started a family, Eileen, James Jr. & Michael. Jim was very involved in the Irish Community, especially with the Harp & Shamrock Club and also with charitable organizations. Jim was an amazing accordian player and learned by ear. Jim's mother taught him and his siblings to play the melodeon and grew up with celli's in their home on a regular basis where his love for music and dance were nurtured. What a dancer he was. As an avid sports fan, sports were watched on Sundays, but come 3pm the sound would be turned down so the Irish Hour could be heard. We would listen to the local Irish Community news and music. When it was over the box would come out and Jim would say to Jean, hum a tune, he heard on the show and wanted to play, after three goes Jim was belting out the tune we had just heard. Many an Irish party, and functions even feis Jim played at. Jim had to play at his own wedding, as the guests wanted to hear him not the band he hired. Jim started his own business Jim Finn Tree Service, he did courses and Descano Gardens, so he knew his types of tress and plant. He loved people and loved meeting new people, he always told his children not to be afraid to talk to people. He had a great sense of humor, the driest wit, a great work ethic, incredible faith, and was very charitable. A proud Irishman, prouder Kerryman and even prouder Stradbally man, always loved his trips home to Ireland. He loved showing his grandchildren, places he loved when he was home and loved having them visit Burbank and spoiling them. Jim's final wish was to be cremated and buried in his beloved Stradbally. Jim is predeased by his parents, brother, Pat, sisters Eileen (Sister Agnes) and Mary (Sister Claire) both with the Little Sisters of the Poor in Belgium. Jim is survived by his wife, Jean, daughter, Eileen (Ireland), sons James Jr (Montrose) & Michael (Burbank), son-in-law Tommy Galvin, daughter-in-law Tracey and grandchildren Conor, Kieran & Kathryn.

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## ***Dale Anderson***

Died on 2-23- 2021)



Today I say goodbye to my brother Dale, who made his way to Cowboy Heaven to be with my Mom, Dad and brother, Terry.

Everyone loved Dale's sweetness, humor and storytelling, especially his "Hollywood Secrets"...

Dale, I miss you so much... crying at our memories growing up building snow forts and walking to school in Ohio. I hope I made your life better, safer and will always love you.

It really hurts to say "Good Night".

***Gary, Luann and Allyn***



(Dale Anderson is brother to: Terry (R.I.P.) , Allyn and Gary)

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## The New York Tenors with The H.I.M.S. to benefit Hope House Ministries

### [River Spirit Music](#)

**Live Stream available from Fri., March 12 at 6PM - Sun., March 14 at 10PM *We are limited to 1000 attendees, so book right away!***

Living in these times, the pandemic is still a great threat. Our annual Christmas concert this past December at Carnegie Hall for Fr. Francis Pizzarelli and Hope House Ministries was cancelled. The New York Tenors & The Big Apple Band will be coming into your homes and giving you a first class concert as they would have at Carnegie Hall. The H.I.M.S. & Her, a musical group formed at Hope House Ministries, will also perform. We will virtually simulcast from the classic Theater at North in Scranton, PA and St. Francis Chapel at Little Portion Friary, Port Jefferson, Long Island.

**The New York Tenors:** Experience the memorable Music, Moments and Magic of New York, as the vocal artistry of **Andy Cooney, Daniel Rodriguez** and **Christopher Macchio** take audiences on a truly entertaining journey through the Greatest City in the World – New York, New York! For more information: <https://www.thenewyorktenors.com>

**The Charity:** For the last 40 years, **Hope House Ministries** led by Fr Francis Pizzarelli has been rebuilding the lives of broken young people fighting drug and alcohol addiction or those who have a criminal background. Hope House also serves poor, homeless, pregnant young women and the most wounded among us. For more information: <https://hhm.org>

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**The H.I.M.S. & Her:** This musical group formed by Fr. Francis Pizzarelli consists of musically talented young men that are either currently still part of the program at Hope House or have successfully spread their wings from Hope House and are on their new journey. H.I.M.S. stands for Hope Inspired Men Sing. They will be joined by the talented Janet Brennan, CFO of Hope House Ministries.

### TICKET / CONTRIBUTION LEVELS

**\$25 – Concert Access** Also, you can... **Add a \$25 donation to Hope House Add a \$50 donation to Hope House Add a \$100 donation to Hope House Add a \$500 donation to Hope House Add a \$1,000 donation to Hope House**

**Also available at checkout: The New York Tenors "O America" CD for \$25**

The Ministry for Hope, Inc. (aka Hope House Ministries) is an IRS approved 501(c)(3) tax-exempt, charitable organization and your contribution is tax deductible.



The Irish Man  
Who Saved The World



[www.eireofsuccess.com](http://www.eireofsuccess.com)

**YOUTUBE.COM**  
**Dr Francis Rynd - The**  
**Irish Man Who Saved**  
**The World**

**This video tells the story**

Today I am delighted to have posted the 2nd Éire Of Success video to the Youtube Channel. The video tells the story of Dr Francis Rynd (1801-1861) an Irish surgeon who, in 1844, invented the world's first hypodermic hollow needle, thus making injections, blood tests, blood transfusions and vaccinations possible. His invention was a world's first for Ireland and has saved millions of lives.

It is his genius that makes the Covid-19 vaccinations possible. A true Irish genius who may have saved the world. A very successful Irish man. - Enjoy!

<https://youtu.be/7oNHrVZtsbM>

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## CNN's Irish reporter Donie O'Sullivan reveals mental health struggles

In a brave and emotional interview, Donie O'Sullivan revealed his decade-long battle with anxiety and depression.

[Shane O'Brien](#)

[@shamob96](#)

Feb 14, 2021.



Donie O'Sullivan, CNN's famous Irish news reporter, has revealed his decade-long battle with depression and anxiety.

O'Sullivan, who rose to prominence for his on-the-ground reportage during the Capitol riots last month, told the Irish Times that the battles inside his mind are "far more terrifying" than anything he witnessed when enraged Donald Trump supporters stormed the Capitol Building.

"I would say that the chaos that I have had in the past in my mind is far more terrifying than anything I have encountered, even at the riot that day at the Capitol," [he told Simon Carswell of the Irish Times.](#)

### CNN's Irish reporter Donie O'Sullivan goes viral during Washington unrest

The 29-year-old CNN reporter said that he wanted to talk about his own mental health experiences while he had "15 minutes of fame" in the hope that it would help even one person. He noted that young men around his age rarely seek help for mental health problems and never speak about their issues.

"I want to send the message that you can do this stuff but you need to get help. A lot of guys at home don't get help. They live on with it, in torture. I don't know how they could do that because it is just not worth it. There is help out there. There really is," he said.

O'Sullivan said that he first became aware of anxiety when he was studying for a master's degree in politics at Queen's University Belfast in 2012 while working for a committee at the Northern Ireland Assembly in Stormont.

Then just 21 years of age, O'Sullivan said that he thought he was having heart palpitations at first.

"I thought I was having a heart attack in bed one Sunday night," O'Sullivan told Carswell.

"I can't remember when the penny dropped, but this was anxiety, and it then quickly developed into the anxiety being so bad. I was getting all of these sort of racing thoughts and panicking, every moment of the day almost."

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O'Sullivan battled through his mental anguish to complete his first semester at Queen's before returning home to Kerry for Christmas.

There he opened up to his mother and father and agreed to seek help. He began seeing a counselor when he returned to Belfast in early 2013 but said he was initially reluctant to try antidepressants as he believed he would be living in a "fog".

The anxiety attack had not abated by Easter, however, and his doctor convinced him to try antidepressants. Unfortunately, they did not help.

O'Sullivan said that he had a severe panic attack on a summer evening in Dublin in 2013 that left him crying on the floor of his bedroom. The now-famous CNN reporter believed that he was going to be institutionalized and described his struggles as "agony".

CNN's Donie O'Sullivan and John King plot for pints

However, he said that his condition never reached a point where he considered taking his own life. "I never attempted suicide. I never had the moment where I was walking down to a bridge or something. But I had so many moments where that seemed like the more appealing thing to do."

A combination of counseling and an increase in antidepressant medication finally yielded results for O'Sullivan in late 2013. Rather than make him feel like he was living in a fog, O'Sullivan said that antidepressants made him feel like himself once again.

In January 2014, he landed an internship with video-checking news site Storyful and his career skyrocketed from there.

A US citizen through his mother, O'Sullivan moved to the US with Storyful at the end of 2015 and picked up a job verifying videos at CNN six months later.

In 2017 and 2018, O'Sullivan had some "flare-ups" when anxiety took hold of him, and he said that he has been seeing a therapist since 2017. He said that his battle with depression and anxiety has been "very hard" and urged people to get help rather than hide their issues.

"Getting help is not going to make you worse. It is not going to make you better overnight either – or it might not make you better after a few weeks or a month – but nothing bad is going to come from getting help."

He believes that therapy has made him a better journalist and said that he has continued to go to therapy virtually during the COVID-19 lockdown. He continues to see his therapist even when he is feeling good to "build up an arsenal of weapons" in case something goes wrong in the future.

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## FINANCIAL FOCUS

What Can Investors Learn from 2020?

Feb. 22, 2021

Now that we're a few weeks removed from 2020, it's a good time to reflect on such a momentous year. We can think about developments in the social and political spheres, but we also learned – or perhaps re-learned – some valuable lessons about investing.

Here are four of them:

- **A long-term perspective is essential.** Volatility in the financial markets is nothing new, but, even so, 2020 was one for the books. Of course, the COVID-19 outbreak was the driving force behind most of the wild price swings. Soon after the pandemic's effects were first felt, the S&P 500, a common index of U.S. large-cap stocks, fell 34% but gained 67% by the end of the year. Consequently, investors who stuck with their investment portfolios and kept their eyes on their long-term goals, rather than on shocking headlines, ended up doing well. And while 2020 was obviously an unusual year, the long-term approach will always be valuable to investors.
- **Investment opportunities are always available.** The pandemic drove down the prices of many stocks – but it didn't necessarily harm the long-term fundamentals of these companies. In other words, they may still have had strong management, still produced desirable products and services, and still had good prospects for growth. In short, they may still have been good investment opportunities – and when their prices were depressed, they may also have been “bargains” for smart investors. And this is the case with virtually any market downturn – some high-quality stocks will be available at favorable prices.
- **Diversification pays off.** Bond prices often move in a different direction from stocks. So, during a period of volatility when stock prices are falling, such as we saw in the weeks after the pandemic hit in March, the presence of bonds in your portfolio can lessen the impact of the downturn and stabilize your overall returns. And this, in essence, is the value of maintaining a balanced and diversified portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent all losses.)
- **The market looks ahead.** The pandemic-driven market plunge may have been stunning, but it made a kind of intrinsic sense – after all, the sudden arrival of a pandemic that threatened lives, closed businesses and cost millions of jobs doesn't sound like a positive event for the financial markets. But the strong rally that followed the initial drop and continued into 2021 has surprised many people. After all, the pandemic's effects were felt throughout the rest of 2020, and are still being felt now, so why did stock prices rise? The answer is pretty straightforward: The financial markets always look ahead, not behind. And for a variety of reasons – including widespread vaccinations, anticipated economic stimulus measures from Congress and the Biden administration, and the Federal Reserve's continued steps to keep interest rates low – the markets are anticipating much stronger economic growth, possibly starting in the second half of 2021.

All of us are probably glad to have 2020 behind us. Yet, the year taught us some investment lessons that we can put to work in 2021 – and beyond.

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