ALEX (14) DOING 5K ADAY FOR LARCC

ALEX Sheridan has been running for two years with Mullingar Harriers. He does many road races in Ireland and for a challenge he is running 5k every day in July to raise funds for Cancer Support Sanctuary LARCC.

After a week, Alex says he is settling in to his 31 days of running and he hopes people can help him by donating whatever they can.

He has set up an iDonate page for donations (search Alex Sheridan of Mullingar Harriers - the link is in the online version of this story on westmeathexaminer.ie).

Bernie McHugh, manager, said: "Thank you Alex from all of us at LARCC, and the very best of luck with your challenge.

- Cancer Support Sanctuary LARCC, Multyfarnham, 044 9371971
- cancersupport.le



LARCC manager, Bernie McHugh with Alex Sheridan.

Artist family to hold joint exhibition

IF any fights ever break out in the Clogher/Connell household in Castlepollard, we imagine they're probably all about favourite paintbrushes and missing tubes of Prussian Blue or Burnt Sienna.

That's because Castlepollard woman Deirdre Clogher and her three daughters are all artists.

This month, Deirdre with Rebecca, Rachel, and Sarah are to present a group exhibition, Kindred, at The Atrium, County Buildings, Mullingar. The show will bring together four unique viewpoints and styles from the family.

The artists' works vary in style and subject but are tied together by kindred interests and a shared appreciation for the world around them.

Deirdre has found many different forms in which to express her creativity over the years.

She has for the most part worked as a window dresser in retail environments, a skill



Deirdre Clogher and her three daughters, Rebecca, Rachel, and Sarah.

which she loves and sees as a specific art form.

She has also had forays into other areas like sewing, textile art, jewellery making, and floristry and currently runs classes in some of these skills.

In the last few years, however, she has concentrated on her painting practice in both oils and acrylics.

Deirdre describes her style as twofold: the subject of her paintings ranges from subtle, ethereal imaginative landscapes to contrasting bold floral acrylics. She is working on creating textile prints of her work for the home. Deirdre is inspired by her home place and draws her inspiration from frequent wanderings in Mullaghmeen, Tullynally,

Lough Crew and Fore.

Rebecca Connell creates delicately detailed studies of nature, with a particular emphasis on bird life. Her subjects are taken from the real world but are often chosen for the symbolism or superstitions that surround them. Fairy tales, myths and legends of the world provide great inspiration to her.

Rachel Connell also lives in Castlepollard and works in Revive Active in Mullingar as well as attending Link, where she takes part in many courses and activities. She draws "to express herself" and her drawings are her interpretation of often "ordinary things" quirky and concentrated

surround her, cartoon characters and often humorous takes on life which highlight her style and personality.

With a preference for realism and working exclusively with pencil and pen, Sarah Connell's artwork is a fusion of realism and symbolism. Drawing inspiration from her diverse interests and experiences at different stages of her life, her art reflects a beautiful tapestry of emotions, ideas, and life cycles.

All are welcome to attend the exhibition launch today, Tuesday July 11, at 5.30pm. The launch will be opened by the Caroline Barry, ceramic sculptor, illustrator, novelist, and creator of Other World studies of everyday items that Ceramics.

WESTMEATH COUNTY COUNCIL

PLANNING AND DEVELOPMENT ACT 2000, AS AMENDED, (PART XI) PLANNING AND DEVELOPMENT REGULATIONS 2001-2023 (PART 8) FOOTPATH AND CYCLEPATH UPGRADING SCHEME, DUBLIN ROAD (R446) AND TULLAMORE ROAD (R389), KILBEGGAN, CO WESTMEATH

Notice is hereby given in accordance with the requirements of the above Act and Regulations, that Westmeath County Council proposes to undertake the following development:

- a hard-surfaced shared footpath/cycling route, segregated from the vehicular carriageway, on the southern side of the Dublin Road (R446) approx. 520m in length;
- a faotpath on the northern side of the Dublin Road (R446) approx. 520m.
- alterations to the junction of the Dublin Road (R446) and the Tullamore Road (R389);
- associated alterations to the northern section and adjacent junctions on the Tullamore Road (R389) approx. 80m;
- provision of controlled crossing points; and
- the upgrading of Public Lighting along the route.

The works proposed ore within the confines of the existing public roods of the Dublin Rood and Tullamore Road in Kilbeggan, Co. Westmeath.

Plans and Particulars of this proposed development are ovailable for inspection at https://consult.westmeathcoco.ie/en and can be inspected or purchosed at a fee not exceeding the reasonable cost of making a copy at the offices of Westmeath County Council, Áras An Chontae, Mount Street, Mullingar, N91 FH4N from 9.30a.m. to 4.00p.m each day, excluding weekends and Bonk Holidays, from 17 July 2023 to 14 August 2023.

A copy of the plans and particulars of the proposed development will also be available at Kilbeggon Branch Library during normal opening hours.

Submissions and observations with respect to the proposed development, dealing with the proper planning and sustainable development of the area, may be made by email to

planning@westmeathcoco.je or in writing to Westmeath County Council, and should be addressed to: Planning Section, Westmeath County Council, Áros an Chontae, Mount Street, Mullingar, Co. Westmeath N91 FH4N.

All submissions and observations are to be received not later than 4.00pm on 28 August 2023.

Áine (10) selling book she wrote to raise funds for LARCC

A young author who is hoping for raise funds for LARCC by selling a book she has written has been in touch with the Westmeath Examiner. This is her message: "My name is Áine Hickey. I am 10 years old. I have written a short book and am printing 1000 copies. ! want to sell them for €10 each and be able to give €10,000 to LARCC. I plan on selling the book through the summer as a fundraiser. "My family are organising a book launch for me, at Cullion GAA Club (N91 HR90) on Friday July 21 at 6pm. My mam had cancer and it was a very hard time for us

all. LARCC helped my whole family. It is now time for us to give back to LARCC. One hundred per cent of the proceeds will go to them.

"The credit union gave me a donation of €500 towards printing the book. I gave up having a birthday party this year and made other choices saving €500, which my parents contributed, and two businesses gave me that last amount that I needed to get 1000 copies printed, Mullingar Heating and Plumbing Supplies and Coyle's Centra, Raphoe, County Done-

