



Top gear: Declan Dore from Curraghchase who won Britain's top car show with his modified Nissan Skyline

ships of the car world. His customisation business, Dreamworx, is also taking off, with people travelling from across Ireland to have their cars worked on. But Declan feels the world of super cars is often misunderstood with assumptions made that enthusiasts drive too fast and cause crashes. "I want to stand up for them. These people put a lot of money into their cars and they don't want to get a scratch on them," he said. He said that they did not drive dangerously for fear of damaging their cars.

But today she can almost walk unaided and is a much more alert and happier child thanks to a new therapy introduced to St Joseph's Foundation in Charleville. Emma, who has a rare chromosome disorder, also had breathing difficulties, used inhalers on a daily basis and was prone to chest infections. Since starting the First Step Approach Therapy, Emma no longer needs to use an inhaler and her breathing and chest are clear. "We noticed a

more alert and vocalising a lot and taking more notice of what is going on around her," said her mother Marion. "We are really lucky that St Joseph's agreed to fund the therapy as it is very intensive and time consuming," she said. There has also been a remarkable change in six-year-old Becky O'Connor from Mitchelstown since she started the therapy. Her mother, Caroline Keating O'Connor and her grandfather, John Keating are trained in the technique.

The therapy was introduced to the Foundation by physiotherapist Dr Senthil Periyasamy, a native of India. Dr Periyasamy hopes that HSE's will fund the therapy and it will be used on a nationwide basis for a whole range of conditions such as spina bifida. He studied the First Step Approach earlier this year in America, and merged it with his own Neuro Respiratory Therapy, which involves deep breathing exercises, which bring about these results.

Periyasamy. "I want this to go everywhere, all over the country. It is a very easy technique and people can be trained up very easily. The parents can do this themselves," he said. The children wear a special suit which is linked with elastic-type bands specifically placed over the body to bring muscles into correct realignment. To improve strength, motion and flexibility, they use a structure called a universal exercise unit, a three sided structure, also known as a cage.

expensive as the cage structure costs around €10,000 so Dr Periyasamy hopes that the HSE will provide funding to expand the programme. It is vital that the therapy is carried out in an intensive manner and a 45-hour programme needs to be carried out over a three-week period. "With traditional therapy, 45 hours would normally be delivered over 25 weeks or six months. Children with disabilities require many more repetitions to learn the same task," he said.



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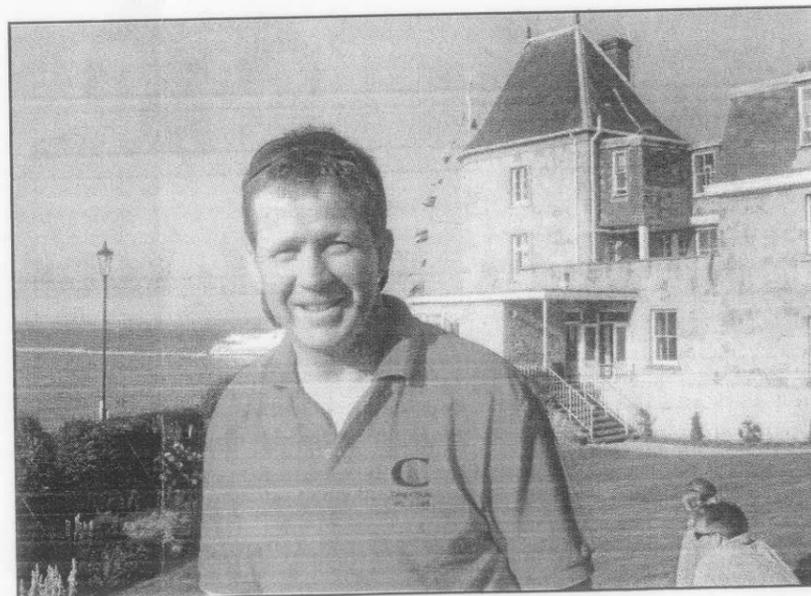


Ger O'Rourke, fifth from the left, and crew celebrating aboard the Kingspan Chieftain

## Classy Chieftain is first home

By DONAL O'REGAN

LIMERICKMAN Ger O'Rourke continued his recent raft of successes by winning the IRC A class of the Sevenstar Round Britain and Ireland Race this week. Mr O'Rourke and his elated crew entered the port of Cowes on the Isle of Wight aboard the Kingspan Chieftain yacht amid jubilant scenes this Tuesday. They finished over seven hours ahead of their nearest competitor but it wasn't all plain sailing for the crew says Mr O'Rourke. There was some very inclement weather conditions as described by Mr O'Rourke via Satellite phone during the race. "We broke two halyards; not surprising seeing as the pounding we have been taking and 21-year-old bowman Morgan White had the unenviable task of gong aloft to run a new one," says Mr



Property developer and yachtsman Ger O'Rourke

O'Rourke. To the uninitiated a halyard is a rope that is used to pull up a sail. "On his first attempt to

climb the rig his grip slipped and he got bashed into the rig several times before getting back in control. In all, it took him

said: "It took some guts and as he eats like a horse he had a double ration for dinner by way of reward."

Mr O'Rourke said he was proud of all his crew who spent a total of eight days on the water and covered over 1780 miles as they rounded Great Britain and Ireland.

The property magnate enthusiasm for sailing who both owns and skips the yacht is matched by his crew of 12. Crewman Tom Whitburn says the boat is just fantastic to sail.

"I have never experienced anything like it, on the run down the east coast, we had an amazing amount of sail area up for the conditions but the Cookson 50 was so stable and every time we buried the bow into a wave she popped right back up," said Mr Whitburn.

However, the yacht and its crew won't have much rest as they are entered for the RORC Cascais race on September 1.

## Dell recall

DELL are recalling an estimated four million laptop computer batteries sold with Latitude and Inspiron notebook computers in the last two years due to concerns that they could catch fire when overheated. For more information log onto: [www.dellbatteryprogram.com](http://www.dellbatteryprogram.com)

## Luggage left

AER Lingus reported that about 600 items of luggage were lost during two days this week on flights between Dublin, Cork and Shannon airports and Heathrow due to the security alert there.

## Budding fashions

THE Newbridge Silverware Fashion Show, organised by Celia Holman-Lee, and featuring top Limerick designers and models, as part of the Rose of Tralee Festival. Tickets for Sunday night's show cost €25 and are available from 066-7121322 or [www.roseoftralee.ie](http://www.roseoftralee.ie)

## Access grants

DICK Roche, TD, Minister for Environment, Heritage and Local Government, has approved €18 for disability awareness training and overall general improvements in access for people with disabilities. Limerick County Council have been allocated €850,000 and Limerick City Council have been allocated €600,000 of the funding.

EX: AMERICA LEADER  
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PAGE 18