

YOUR LIFE

SHARE YOUR ACTION SHOTS

With most winter sports hitting their championship stride, we want to see your shots from the games. The Daily Messenger will share your snapshots with the community. Send them to messenger@messengerpostmedia.com.



QUESTIONS? Contact Tracey Curry, local editor, at (585) 394-0770 or messenger@messengerpostmedia.com

QUOTABLE "I have been through some terrible things in my life, some of which actually happened." — Mark Twain (1835-1910)

YOUR GUIDE



Rochester Children's Theatre and Nazareth College Arts Center will present James Stilts' multi-media play "And Then They Came For Me: Remembering the World of Anne Frank" at 7 p.m. Thursday, March 10, in the Nazareth Arts Center, 4245 East Ave., Pittsford. Tickets: <http://artscenter.naz.edu>.

TODAY'S BEST BETS

Flutist Catherine Branch: Finger Lakes Community College, 3325 Marvin Sands Drive, Hopewell, Room B355 (third floor), 12:30 p.m., Eastman School of Music graduate student discusses overcoming disability, free, park in main lot or CMAC lot, (585) 785-1905.

Corned beef and cabbage dinner: Honeoye-Hemlock American Legion Post No. 1278, County Road 36 (West Lake Road), Honeoye, 4 to 7 p.m. or until gone, \$5, reservations at (585) 229-2814 or (585) 367-8417, sponsored by Honeoye-Hemlock Auxiliary.

Village Pride Meeting: Books ETC., 78 W. Main St., Macedon, 7:15 p.m., discuss benefits of village life and best way to preserve them and promote the village, free, (585) 474-4116, books_etc@yahoo.com.

YOUR HEALTH



Dispelling spring allergy myths

The members of the American College of Allergy, Asthma and Immunology want to dispel several common spring allergy myths.

"Knowing the facts, getting a proper diagnosis and the right treatment allows allergy patients to feel good all season long," said Dr. Myron Zitt, former president of the ACAAI.

Myth: Over-the-counter oral antihistamines are just as effective as prescription medicines for a stuffy nose.

Fact: Over-the-counter antihistamines can help control some allergy symptoms, but they have little effect on relieving a stuffy nose or the inflammation. Allergists can prescribe anti-inflammatory medications and find the source of suffering.

Myth: Over-the-counter decongestant nasal sprays are addictive.

Fact: These nasal sprays are not addictive. However, people who overuse them may think they are addictive because they need more and more to get relief. Consequently, these sprays shouldn't be used for more than consecutive three days. If necessary, an allergist can prescribe a nasal spray with a steroid.

—ARA

REHABILITATION

More offerings to athletes with disabilities

By ERINN CAIN

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For Cole Canada, the scars he sustained while serving in the military in Iraq and Afghanistan were more than just physical.

A Navy corpsman attached to the Marines, Canada sustained a traumatic brain injury and injuries to his back, neck and shoulders when the Humvee he was riding in was hit by an improvised explosive device.

Even more, he suffered from post-traumatic stress disorder, an anxiety disorder that follows exposure to a psychological trauma. Because of this, Canada said, he had difficulty upon returning to the United States with getting out in the community without feeling threatened.

But while receiving treatment at the Canandaigua VA Medical Center last summer, he found a program that offered both physical therapy to build strength after his injuries and an opportunity to heal emotionally from the trauma he endured.

Cape Ability Outrigger Ohana, a local chapter of Disabled Sports USA, offered a recreational kayaking program for veterans at the hospital.

Canada, originally from Texas and now living in Williamson, had never kayaked before and thought it sounded like fun, so he signed up.

"It's fairly low-resistance work for the back and shoulder muscles," he said.

But, he added, the program had benefits that went far beyond a workout.

"It was good cognitive therapy," he said. "It got me out amongst veterans with the same disabilities I had, the same challenges. It was really an opportunity to socialize and get back amongst the community."

The eight-week pro-



Rebecca Lloyd of Lima takes part in canoeing training last week on the paddling ergometer at Nazareth College with the aid of student physical therapist Heather Hamilton and Jan Whitaker of Henrietta, who developed a canoeing program for people with disabilities.

For more information

To learn more about Cape Ability Outrigger Ohana, visit www.adaptivecanoeing.org.

gram at Mendon Ponds Park and Canandaigua Lake was run by Cape Ability founder Jan Whitaker, of Henrietta.

A marathon canoe racer since 1971, Whitaker began training paddlers with disabilities in the sport of outrigger canoeing through the Rochester Rehabilitation Center in 1997. What defines an outrigger canoe is the stabilizing pontoon, which provides stability for paddling on both flat water and in the ocean.

The sport, also known as para va'a, can be enjoyed by people with many types of disabilities, from visual impairment to amputations to paraplegia, said Whitaker. The outrigger canoes that people with disabilities use are no different than the ones used by able-bodied people, except for modifications to the seats and paddles, if needed.

"Sometimes people

have to see something to believe and understand it," said Whitaker. "They are an example and an inspiration to a lot of other people. Anyone can have a great idea, but you have to put it in practice and demonstrate that it can happen."

Since 1998, Whitaker has also welcomed people with disabilities to be included in the annual Rochester River Challenge, which she organizes, alongside people without disabilities. Beginning in 2005, she has invited wounded service members to participate, as well, in the 400-meter races.

Last December in Guangzhou, China, the International Paralympic Committee voted to add para-canoe as a sport to be featured for the first time in the 2016 Paralympic Games in Brazil. Para-canoe encompasses both para kayak and para va'a.

The decision was the result of more than a decade of training people with disabilities — including veterans — in the sport, said Whitaker.

Canada said he enjoyed his experience in



Tammy Jopson uses the paddling ergometer during canoeing training at Nazareth College.

the kayaking program so much that he can't wait to take part again and hopes to serve as a mentor for other veterans who've experienced some of the same obstacles he has.

"It's a great program," he said. "It's awesome

that people like Jan are willing to donate their time and equipment for veterans to do something new, but to do something to readjust back into society. That's the biggest thing I got out of it. For that, I'm better now."

GETTING TO KNOW: DANA CORDICE



About Dana

AGE 47
OCCUPATION Cook manager
HOMETOWN Canandaigua
FAMILY Raising two nephews and a niece

Why she's in the news

A self-taught chef, she is in her second year managing Ontario County's nutrition kitchen. The kitchen creates some 400 hot meals a week for delivery to senior citizens, in addition to frozen meals for pickup.

About her background

She grew up in Massachusetts, where her twin sister still lives (Dana's family currently has four sets of twins). A former executive chef at local establishments Steamboat Landing and the former Lincoln Hill Inn,

she has lived in many places including Arizona and Wisconsin.

Hobbies and interests

Cooking, writing and animals. (She is a sucker for dogs.)

In her own words

"Nothing is impossible. If you want it, you can do it."

— Julie Sherwood

To nominate someone for the Getting to Know feature, contact Tracey Curry at tcurry@messengerpostmedia.com.

Self-made chef at home in Ontario County's kitchen