



Durham Region Division P.O. Box 481 865 Farewell St., Oshawa, ON L1H 7L5  
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April 18, 2018

**Category:** PC28 – Photographer of the Year

**Paper:** Ajax Pickering News Advertiser (her work may also appear regularly in Whitby This Week, Oshawa This Week, Clarington This Week , Port Perry Star and Uxbridge Times-Journal)

**Photographer:** Sabrina Byrnes

**Sabrina has been a full time photographer in the Durham Division for almost 10 years. In this time she has become an outstanding photojournalist.**

**Sabrina has compiled several photo awards in her newspaper career. She is a true professional with a great attitude and an easy-going demeanor. Her approach to photojournalism as well as her respect for her colleagues, makes her an important leader of the photo staff and overall editorial team.**

**Sabrina returned from maternity leave in March of 2017, in that short seven-month period of OCNA eligibility she’s produced some of her best work to date. The long break from dealing with stressful photo deadlines was never an issue as Sabrina continued to file well thought-out images and art, as if she was never off. Sabrina has been nominated several times for this award. I feel that she would be a deserving and worthy candidate for Photographer of the Year in 2017.**

Sincerely,

Ron Pietroniro  
Managing Editor Multi Media  
Metroland Media Group Ltd., Durham Region newspapers

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## PEDAL FOR HOPE DELIVERS SMILES, HAIRCUTS

Courtice North Public School donates cash and ponytails in the Cops for Cancer excitement  
See story page 3

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Sabrina Byrnes / Metroland

CLARINGTON -- Logan Ward, 4, smiled as he had his head shaved by Durham Regional Police Const. Bob McQuat at the Cops for Cancer Pedal for Hope event at Courtice North Public School April 26. The campaign helps to raise money for pediatric cancer research.

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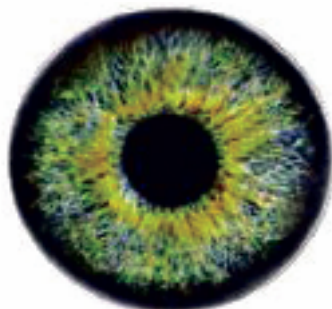
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# MEETING THE CHALLENGE OF ACCESSIBILITY

## Whitby Challenger Baseball league makes pitch to improve accessibility for players

Parvaneh Pessian  
ppessian@durhamregion.com

WHITBY — The Whitby Challenger Baseball league's season has officially wrapped up, but organizers continue to work behind the scenes to make the sport more accessible for its growing roster of players with special needs.

Challenger Baseball allows children with cognitive or physical disabilities to enjoy the benefits of participation in baseball at a level that is structured to their abilities. Each player gets an able-bodied "buddy" that stays with them for the entire game, helping them make the most of their time on the field.

Tracy Roulston, president of media relations for the local league, says they're in discussions with the Town of Whitby to possibly refurbish a diamond at Peel Park in order to address various mobility challenges.

"This season has been crazy for rain, so if you go on a diamond with a little kid that has a walker with little wheels and they're in the sand, it's hard," she said.

"Or, if you have a child in a wheelchair and you've got a buddy pushing them around, sometimes they get stuck in that sand."

The Whitby Challenger league is in its third year and has gone from just a dozen members at the start to more than 40 registered. It's free to join and open to children of any ability between the ages of five and 18, from anywhere in Durham Region and beyond. They play one hour a week on Saturday mornings, usually at Diamond 3 in Peel Park, located at 307 Trent St. E.

"(We want to) make the diamond better for our Whitby Challenger league, but at the same time, we're hoping that it would be inclusive," explained Roulston.

"So, not only would it be just used for us exclusively, but it would be inclusive for anybody else."

She and league president Norman Sheppard approached town staff with the idea a few weeks ago, and are now waiting to hear back about the project's feasibility and estimated costs.

"They were very receptive ... it's a long process, but fingers crossed that they will have a diamond for us moving forward," she said, adding that fundraising efforts will likely kick off over the winter.

This past January, Roulston rallied the community to support Cole Cross, a 10-year-old member of the league with Down syndrome who had been diagnosed with cancer. She shared Cole's story on social media, encourag-



Sabrina Byrnes / Metroland

WHITBY -- Faith Ellis, 8, with her buddy Ian McMillan, made their way to home plate during the Challenger Baseball game, held at Peel Park Saturday morning. Challenger Baseball is a unique experience for kids with special needs. Every player gets a buddy that stays with them for the entire game, helping them get the most out of their time on the field.

ing people to drop off toys to help lift his spirits. Many also donated money to help with the family's daily expenses while he underwent chemotherapy treatment. He's now cancer-free.

Roulston said they've already spoken to organizations such as the Jays Care Foundation and many have expressed a desire to support the refurbishment. Former Toronto Blue Jays second baseman and Baseball Hall of Famer Roberto Alomar stopped by the Whitby Challenger league's final

game of the season last weekend, and will be donating a portion of the proceeds from his golf tournament to the cause.

"From what I understand, (the town will) will provide us with quotes on making it accessible — and then once I have that number, then we'll go crazy and get as much money as we can," said Roulston.

Email Roulston at [troulston@hotmail.com](mailto:troulston@hotmail.com) or visit [www.whitbychallengerbaseball.webs.com](http://www.whitbychallengerbaseball.webs.com) for more information.

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## Small consolation for Tigers at OFSAA

OSHAWA -- Uxbridge Secondary School Tigers' Katie Geddes tried to pass the ball out to her teammates after being tackled during a match against Arnprior at the OFSAA AAA girls' rugby championships at the Oshawa Vikings Field. The Tigers lost the game 13-5 before rallying to reach the consolation final, where they fell 34-5 to Glebe.

# Tuck takes gold, silver at OFSAA

## Greater Uxbridge Road Runner member wins 1500m at provincials

**Brian McNair**

[bmcnair@durhamregion.com](mailto:bmcnair@durhamregion.com)

BELLEVILLE — Anna Witherspoon came a mere 0.14 seconds shy of accomplishing the ultimate task at the Ontario Federation of Schools Athletic Association (OFSAA) track and field championships in Belleville from June 1 to June 3.

The Grade 10 student at Pickering High School still came away with a remarkable haul of three gold medals and a silver from the provincial championship meet — the final and most anticipated event on the high school calendar.

Witherspoon won both of her hurdles events in the junior girls' division, over 80 and 300 metres, and helped the four-by-100 metre relay team to a victory as well, but finished a close second to Sydonie Merrick from Scarborough's Mother Teresa in the 200 metre dash for her final event.

With a maximum of three individual events allowed per athlete, Witherspoon swept to victory in the same three events as a midget last year; but running as an underage with the senior relay team, she finished sixth.

So, with two years of high school

remaining, she presumably still has a four-gold performance in her sights.

On Friday, after winning the sprint hurdles by 0.08 seconds, Witherspoon said she was confident going in, despite entering the meet seeded sixth after a disappointing qualifying meet.

"I knew I could at least medal, if not win," she said, explaining that the weather conditions were poor for the regional event at York University. "I knew what I had to fix from prelims to finals to pull out the win. I had to fix my start, focus on my form, and my warmup was good."

Brianna Gayle from Father Leo J. Austin Catholic Secondary School in Whitby and Lilly Tuck from Port Perry High School (PPHS) also brought home gold medals from the meet, which attracted 161 athletes from Durham schools and 2,382 altogether.

Gayle, a Grade 9 student, made her victory in the midget girls' 100 metre dash look easy on Friday, despite competing with a tear in her hamstring. She breezed home in 12:42 — 0.21 seconds faster than the runner-up, and 0.42 seconds off the OFSAA record set by Alyssa Marsh of Ajax in 2015.

"I was a little bit nervous, but I kind of trust the hard work I put in. So, I wasn't really that scared," Gayle said after the race. "I trusted all the work that I put in, and what I came here to do, and I had my mind set straight that I wanted the first race medal."

Perhaps owing to the injury, Gayle settled for silver in her stronger event on Saturday, the 200 metres.

Tuck, a Grade 10 student and member of the Greater Uxbridge Road Runners club, also brought home gold and silver from the meet, but over longer distances, winning the junior girls' 1,500 metres on Friday and finishing second in the 3,000 metres on Saturday.

She set the pace for much of the 1,500 metre race, but fell behind on the final lap before a gutsy finishing kick left her 0.25 ahead of Leaside's Remy Cattell in a time of 4:37.36.

"I just wanted to get out fast and make sure that we were going at a fast pace the whole time, so I didn't have to depend on a super fast kick at the end," explained Tuck. "It feels awesome. So cool."

Uxbridge Secondary School sent 13 athletes to the meet, and came home with two bronze medals. Jenna Clayworth finished third in the senior girls' 3,000-metre run and ninth in the 1,500 metres, while Gjaudy John-Wallace was third in the senior girls' 200 metres.

Ethan Larcombe placed eighth in the junior boys' 100 metre hurdles, while Amanda Lewis was ninth in the senior girls' 3,000 metres.

Avery Evans, Emma Burns, Katana Cameron, Rachel Dell'Anna, Cassie Greer, Emmalise Mahoney, Sierra Pettipas, Samantha Rae and Donnie Weddell rounded out the Uxbridge contingent.

## Caffeine can aid performance

Caffeine is a naturally occurring stimulant found in the leaves, nuts and seeds of many plants.

Its widespread social acceptance means that many athletes consume caffeine regularly, in varying amounts from coffee, tea, cola, energy drinks and, increasingly, from caffeinated sports products.

Caffeinated beverages typically contain 30-200 milligrams of caffeine per serving, but this can vary widely between products. Caffeine is becoming popular in sport to help improve performance.

The main performance effects of caffeine appear to come from its influence on the central nervous system and a reduced perception of effort and fatigue.

Research suggests that, for endurance events lasting longer than one hour, small doses of caffeine (one to three milligrams/kilogram or 70-150 mg caffeine) may provide some benefit. There does not appear to be any benefit at higher doses.

Caffeine is rapidly absorbed into our body, reaching its peak concentration within one hour of consumption. The effects of caffeine last for three to four hours after intake.

This does not mean that you should start drinking an extra-large double-double before your morning run. Not everyone metabolizes caffeine in the same manner. Some people are non-responders and others experience negative side effects, including tremors, increased heart rate and impaired sleep.

Recommended guidelines for caffeine consumption are not more than 400 mg/day. This is the equivalent of two medium Tim Hortons coffees, or two short coffees from Starbucks.

Keep in mind, that for a 70-kilogram (150-pound) athlete, about 210-280 mg of caffeine (one medium Tim's coffee) is sufficient to provide any potential endurance benefit. Also, remember the lighter the roast, the higher the caffeine content. It can take some trial and error to determine your optimal caffeine dosage.

For competitive athletes, it is important to note that the World Anti-Doping Agency has confirmed that caffeine is in the waiting list for prohibited substances.

If you enjoy a cup of coffee or tea before working out, balance it with a healthy meal or snack containing protein and complex carbohydrates.

Andrea Miller is a consulting registered dietician who emphasizes that healthy eating should be good, nourishing and delicious. Contact her at 905-233-2437, email [andream@live.ca](mailto:andream@live.ca); website [www.amillerrd.ca](http://www.amillerrd.ca)

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## FIRE CHIEFS HOPE BLUE LIGHTS GET GREEN LIGHT

Clarington's fire chief would like to see blue lights on all fire trucks and ambulances. In Uxbridge, fire officials are waiting for a change in legislation.

See story page 7

Sabrina Byrnes / Metroland

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DURHAM -- Clarington Fire Chief Gord Weir is championing a push to change the Highway Traffic Act to allow all emergency response vehicles to use flashing blue lights at the scene, which would include Uxbridge fire trucks.

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# No one injured in large, stubborn fire at Courtice Waste Management facility

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NEWS Aug 29, 2017 by Jennifer O'Meara Clarington This Week



CLARINGTON -- Emergency crews remained on the scene of a fire at the Waste Management facility in Courtice on Aug. 27 where firefighters were hosing down large amounts of garbage removed from the facility. August 27, 2017 - Sabrina Byrnes / Metroland

CLARINGTON — A large, stubborn fire at a Waste Management facility in Courtice burned for more than 20 hours this weekend, but no one was injured and the blaze won't impact residents on garbage day.

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