



Georgetown native Melanie Jans-Burke captured her fourth national women's squash title in Toronto last week. Photo courtesy Peter Perko

Jans-Burke captures national squash crown

Georgetown native Melanie Jans-Burke won her fourth national title at the 2005 Canadian squash championships in Toronto last week.

After defeating top-seed Runa Reta of Ottawa, fourth-seed Jans-Burke beat defending champion and third-seed Alana Miller of Winnipeg 9-2, 9-7, 9-6 in a specially constructed glass court in the CBC atrium.

Jans-Burke, now 32, shows no sign of slowing down.

"I feel so good and so strong. I'm still learning about the game, about people and about myself," said the four-time national champion.

Jans-Burke, who now lives in Vancouver with golf pro husband, Mark Burke, says she has fond memories of growing up in Georgetown and learning squash at the Georgetown Racquet Club, where the main court is named after her.

"Everyone there was always so encouraging and helpful. I was very touched by their support when I was starting out," she said.

"Any of us in the top-seven had a shot to win the tournament," said Jans-Burke. "I don't think the seeding made that much of a difference. This title is a bit more special because the competition was a lot deeper this year. I was hungrier this year to win, I trained very hard and I relied a lot on my instincts to help me through the matches."

CBC will televise the men's and women's final Saturday, May 21 at 3 p.m.

—By Patty Post, special with files from Squash Canada

But Veltman feels Sting of loss Chapman revels in Rock's triumph

Surrounded by the spray of champagne and smoke of cigars, Sandy Chapman was enjoying every second.

The 23-year-old Acton resident and his Toronto Rock teammates were celebrating Saturday in their Air Canada Centre dressing room following a 19-13 victory over the Arizona Sting in the National Lacrosse League championship game. And, with the league set to add another two teams next season, Chapman realized he couldn't take times like these for granted.

"It scares me that this team might not be together (next year)," said the 5-foot-9, 180-pound forward, who has been with the Rock for three of the team's five championships in the past seven years. "There will be an expansion draft, and we'll have 15 protected guys. To be



Toronto Rock player Sandy Chapman (5) of Georgetown watches the clock tick down in the final seconds of the NLL championship game against the Arizona Sting Saturday. Toronto won 19-13. Photo by Barrie Erskine

honest, I'm not going to be protected. We've got to enjoy the moment because you never know when this is going to happen again."

Making this year's experience particularly enjoyable for Chapman was the fact he was utilized in a more offensive role. Primarily relied upon in the past for his defensive play, Chapman was told by Rock general manager and coach Terry Sanderson that the team was looking for him to attempt more shots.

Chapman delivered in Toronto's semifinal contest against the Rochester Knighthawks April 29, scoring once and adding two assists in a 12-10 Rock victory. He contributed similar numbers in the final, the goal coming with 9:43 remaining in regulation to give Toronto a 16-11 lead.

"It was nice to actually bury one, especially in the fourth (quarter). You need goals then, and to be part of that was just awesome," Chapman said. "The guys showed confidence in me, and I didn't bury early but I buried late. I didn't put up big

numbers tonight but I got a goal that was important."

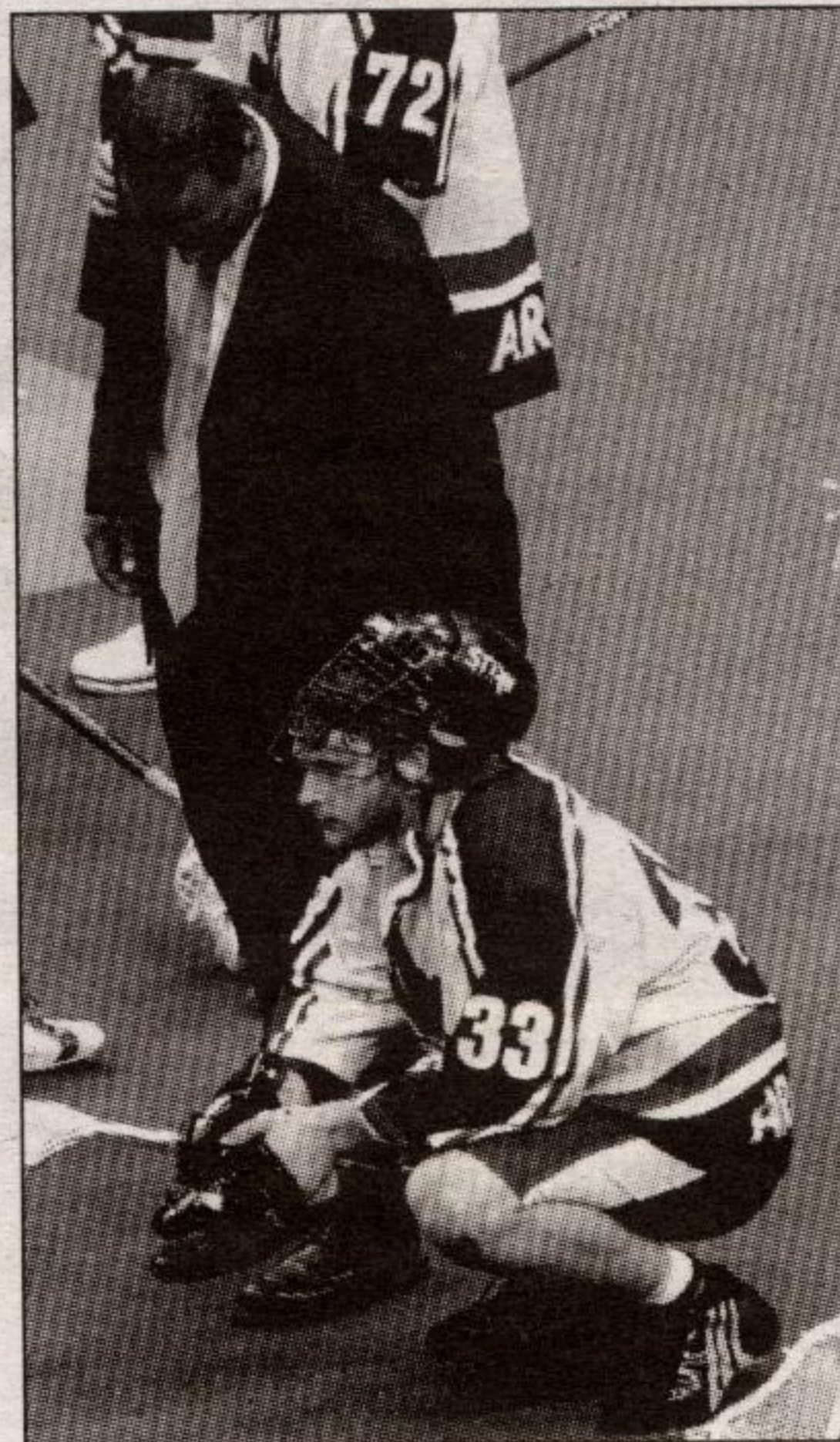
For Chapman, it was his second championship in seven months. In the fall he led the Brock Badgers to their first national title and was named the Canadian University Field Lacrosse Association player of the year.

Also celebrating the Rock's victory was Brian Beisel. Beisel wasn't quite as thrilled the last time he watched the Rock hoist the Champions' Cup. He was a member of the Albany Attack, who were edged 13-12 by the Rock in the 2002 final.

Beisel, an eight-year NLL veteran, recently moved to Georgetown. After scoring twice in Toronto's semifinal win over Rochester, Beisel contributed four assists in Sunday's victory. The head coach of the Brampton Excelsiors Jr. A team, Beisel had seven goals and 15 points in 15 games for the Rock this season.

Meanwhile, down the hall, Georgetown's Peter Veltman was dealing with the disappointment of coming so close to

See GEORGETOWN, pg. 32



Arizona Sting's Peter Veltman is consoled by a coach after their loss to the Toronto Rock Saturday. Photo by Barrie Erskine

SMOKING is it worth it?



Someday, you'll be offered a cigarette or be tempted to smoke. Before you start, think about it: every drag you take screws up your body.

Smoking can cause permanent damage to your body. Once a person starts, it becomes extremely tough to quit. And did we mention all that cash you'll be blowing in the process?

So, if you're tempted to start, ask yourself, "Is it worth it?"



Brad Keeling
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FIT TIP

Let me start by saying, all exercise burns fat to some degree. While it's true at lower intensities you get a higher percentage of energy from fat, and as you increase your intensity you are burning less fat per calorie, when we take a closer look you'll see it's not as simple as that (it never is, is it?). The percentage of energy you are getting from fat may drop, but the volume of fat burned increases because you're energy requirements are higher at increased intensities. Don't believe me? I've placed one example scenario below. The percentages are from a metabolic gas analyzer that calculated how much oxygen a person consumes while exercising and measured the percentage of fat burned. There is no such thing as a 'fat burning zone', which makers of cardio equipment love to tell you on their equipment. Just remember, you always burn fat when you exercise. Besides, the most important aspect of exercise is getting out, being active, and enjoying it. There is no need to obsess about what percentage of fat you're burning. I wrote this to clear up a misconception I hear a lot of in the gym. Be active and enjoy yourself, that's the real key to a healthy life.

Scenario A: Lower intensity exercise for 30 minutes. Total number of calories burned = 240. Percentage from fat, 41% which = 98 fat calories

Scenario B: Higher intensity exercise for 30 minutes. Total number of calories burned = 450. Percentage from fat, 24% which = 108 fat calories

MAY IS SPEECH & HEARING MONTH Colouring Contest

Name: _____

Address: _____

Phone # _____ Age: _____

Boy Girl

Ages Categories:

Ages 3-5 Ages 6-8 Ages 8-11

(Winner of each category will receive a prize from the Halton Hills Speech Centre. Winner will be contacted by June 6, 2005.)

Entries must be mailed or delivered to:
Halton Hills Speech Centre
211 Guelph St. Suite 5
Georgetown, Ontario L7G 5B5
(or deliver to the Georgetown Independent

DEADLINE: JUNE 3, 2005

