Outlaw Martial Arts takes on bullying

Outlaw Martial Arts will present "Done with Bullying," a free anti-bullying seminar for children 8 to 14 years old at 352 E. Hood Ave., Ste A, on October 25.

"Outlaw Martial Arts is proud to bring the Done with Bullying program to Sisters, Oregon for the first time," said Master Marty Kaczmarek of Outlaw Martial Arts.

The free program is aimed at teaching practical strategies for identifying and dealing with bullying behavior and how to "buddy" rather than "bully" others.

"Bullying is still a huge problem in our small, very familiar community, and we believe that no other industry is better equipped to end bullying than martial arts," Kaczmarek said. "We hope you'll come out and see for yourself."

To sign up, visit the Facebook page at http://facebook.com/outlawmartialarts and click on the Events tab.

Parents and grandparents are free to come watch and be a part of this event.

Outlaw Martial Arts is a member of Martial Artists Against Bullying, an international organization devoted to ending bullying. Outlaw Martial Arts is a mixed martial arts organization focusing primarily in taekwondo and Brazilian jiu jitsu.

Furry Friends receives grant

The Roundhouse Foundation has presented Furry Friends Foundation (FFF) with a grant of \$2,000 in memory of Furry Friends volunteer Patti Risley.

"The Roundhouse Foundation has been a long-time supporter of the work of the Furry Friends Foundation," said Roundhouse trustee Kathy Deggendorfer.

Deggendorfer said it seemed appropriate and important to honor the legacy of Black Butte Ranch resident Patti Risley, who died of cancer earlier this year. Risley was an active volunteer with Furry Friends, manning information and raffle booths at Sisters events and assisting with the annual holiday petfood drive.

"When she passed, it seemed appropriate to honor her for the work she did to help people and pets," Deggendorfer said. "We wanted to honor her for something that was obviously very important to her."

FFF founder Kiki Dolson expressed her appreciation.

"This most recent grant, given in honor of volunteer Patti Risley, was an extremely nice gesture," she said. "Patti passed away on August 17 of this year. Not only my personal friend since high school, Patti was a loyal supporter and avid volunteer of Furry Friends. You would have seen her behind the Furry Friends table at every fundraiser, plus she was one of the artists that hand-draws the 150-plus ornaments we sell during the holidays. I know this grant in

On-site Manager

her name would have pleased her immensely."

She also noted that "The Roundhouse Foundation has supported Furry Friends Foundation since it's inception, and I am so thankful for all they have done for us. I want to personally thank Kathy Deggendorfer of The Roundhouse Foundation for this grant award."

When she passed, it seemed appropriate to honor her for the work she did to help people and pets.

– Kathy Deggendorfer

Furry Friends Foundation maintains a pet-food bank in conjunction with the Kiwanis Food Bank and provides assistance for families in need who have sick or injured pets. The grant this year is targeted in part to FFF's spay/neuter program



HOTO PROVID

Patti Risley's was honored with a grant to Furry Friends Foundation.

and to help stock the petfood bank.

Furry Friends is operated entirely by volunteers, which allows the majority of donations to go directly to helping families with pets.

Sisters salutes...

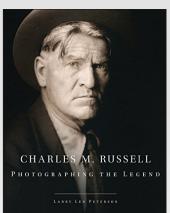


PHOTO PROVIDED

• Larry Len Peterson of Sisters was honored with a 2015 High Plains Book Award in the art and photography category for his book "Charles M. Russell: Photographing the Legend." Award winners were announced Saturday night at a banquet at the Yellowstone Art Museum in Billings, Montana.

Peterson has produced several award-winning books on Russell, the cowboy artist, as well as books on sporting artist Philip R. Goodwin, the artists of Glacier National Park and photographer of the West L.A. Huffman.





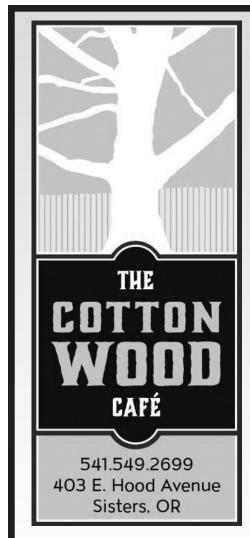
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The Cottonwood Supper Club

beginning Oct 9
Friday & Saturday nights

We will offer a casual, set 3-course menu of salad, entrée and dessert for \$25

> Doors open at 5 p.m. Reservations accepted

— THIS WEEK'S MENU —

Cottonwood Caesar with Boquerone and Dijon Vinaigrette

Tuscan Spaghetti and Meatballs with Marinara

Late Summer Mixed Berry Cobbler with Vanilla Bean Ice Cream

Vegetarian option available

Also serving breakfast and lunch | Winter hours: 8 a.m. to 3 p.m. Wed. - Sun.