

## ROUNABOUT: Project should be completed in September

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member of the Roundabout Art Selection Committee as well as a member of the selection team that chose the landscape architect for the project.

Other members of the Roundabout Art Selection Committee were: local Sisters artists Paul Alan Bennett, Kathy Deggendorfer, and Gary Cooley, as well as Bob Burgess and Dennis Schmidling of the Sisters Arts Association.

Bennett told the Council that serving as a member of the committee was “a joyful experience.” He was impressed by the way the “members shared equally in the discussions and were considerate of one another” throughout the process.

Deggendorfer thanked the Council for “allowing us to do this.” She also gave credit to the Art in Public Places group in Bend who provided “incredible structure” for the process. She was proud of the citizens for the quality and quantity of their input to the process and said Sisters “should be proud of the fact that the Forest Service considers Sisters a gateway.”

Schmidling said that going into this process, there were “no codes or standards for art on public highways.” He believes the Sisters process will probably become the standard. He said he was proud of the City and the way it worked with the Oregon Department of Transportation on the project.

Burgess said he thought the roundabout art sends a real “WOW message that this is a real WOW place to be.”

Cooley said he enjoyed working with a “very knowledgeable committee.” He thinks the proposed sculpture definitely “says Sisters and Central Oregon.”

Contract negotiations on the sculpture began this week and installation is scheduled to be completed by the end of September 2018.



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## BLACK BELTS: Martial arts offers many benefits to students

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life.

“You’d be amazed how many areas martial arts applies to,” he said.

Self-confidence, discipline, decision-making, follow-through: all are required in the dojo and all are beneficial in other areas of life.

Ferwalt feels that the practice — and earning his belt in what he acknowledges was a very challenging test — are a gift to him.

“I have the confidence — that I’ve pursued martial arts, that I’ve become good at it; I’m a leader in the community,” he said. “I can always

take solace in that.”

Ferwalt found the hour of meditation the most difficult part of his seven-hour test, where, he says, “I was being pushed to my limit many, many times. It was tough.”

Ferwalt, too, wants to teach martial arts, and he’s looking at colleges with an eye partly on what martial arts opportunities will be available to him.

Jayne Kaczmarek earned her third-degree black belt in the most recent round of testing.

She identifies one key trait to success in Taekwondo — a trait that the practice itself inculcates:

“To persevere is probably the biggest thing,” she said. “Not giving up; to keep going when it gets tough or beyond tough. I strongly

stand by that in my personal and my martial arts life.”

Kaczmarek is also training in Brazilian jiu-jitsu and some judo.

Like the other black belts, Kaczmarek sees benefits that go way beyond the dojo.

For adults, she says, succeeding in learning martial arts is a big shot of self-esteem, because so many start never thinking they can do it.

With perseverance, they do.

The supportive, demanding community of marital artists helps people face ALL of the challenges in life.

“It goes hand-in-hand,” she said. “It parallels beautifully. You get a dose of us for an hour and you go out in the real world and use it; you practice it.”

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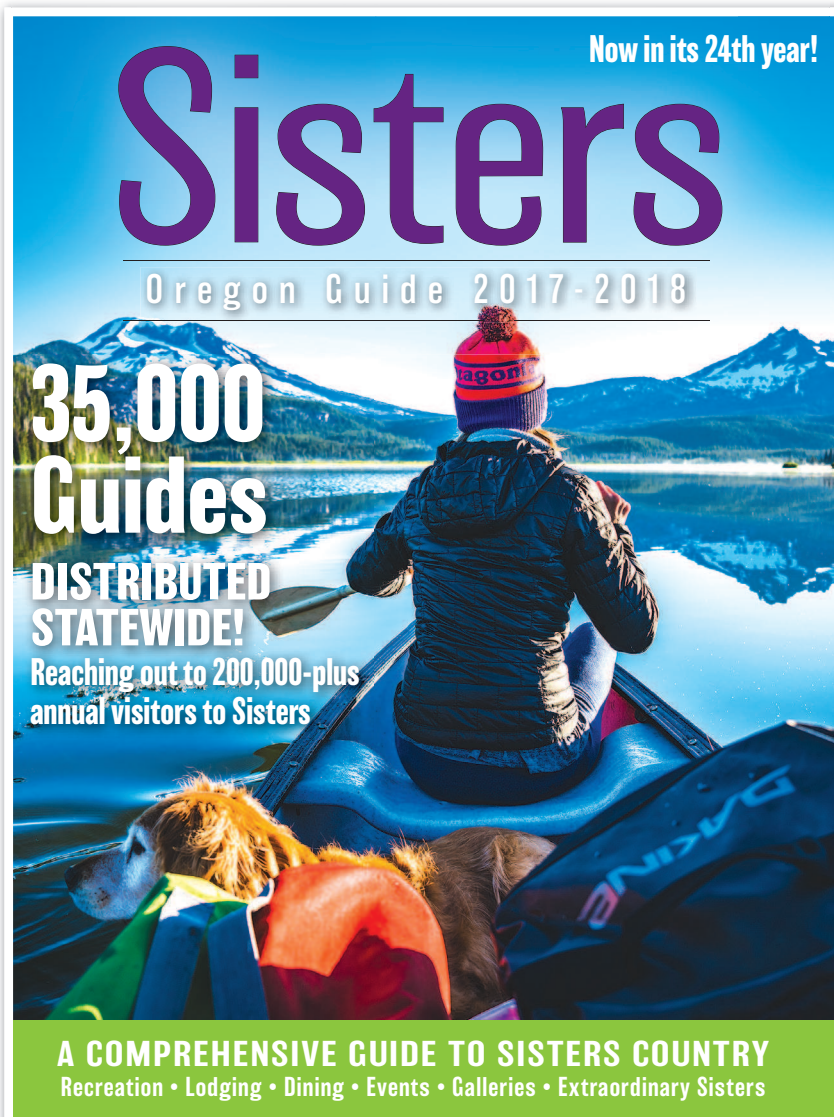
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