

Five new black belts in Sisters

By Jim Cornelius
Editor in Chief

Earning a black belt in a martial art is a significant accomplishment, representing years of dedication and passage of a test that is often grueling — as much psychologically as physical.

Five taekwondo practitioners with Outlaw Martial Arts recently stood that test and passed, earning the honor of wearing the belt — and the satisfaction of knowing that they have accomplished something remarkable.

Anessa Stotts is just 14 years old, and she achieved her black belt after eight years of study.

“My friends did it and it looked really fun,” Stotts said of her introduction to the martial arts.

Anessa’s dedication helped her make it through four or five months of preparation for a seven-hour test, under the supervision of Outlaw Martial Arts founder Marty Kaczmarek, known to his students as Master K. She acknowledged that when she received her black belt there was “a lot of water-works. It just means a lot to me.”

She loves training at Outlaw Martial Arts.

“It’s a big family, and we all get along great,” she said.

Stott has no intention of resting on her laurels.

“My future goal is, of course, to get my 8th-degree black belt,” she told *The Nugget*.

She wants to teach, like the man who inspires her.

“Master K is my biggest role-model in my life,” she said.

Amy Barry is soon to turn 46. She took up taekwondo about five years ago.

“I was looking for some way to get some exercise, and my son had been doing it since the first grade,” she said.

That’s a very common way for an adult to find their way into the martial arts, and Barry found it satisfying.

“I enjoy the taekwondo and I do the Brazilian jiu-jitsu (BJJ) and some judo as well,” she said. “It’s a great way to get a great workout and learn self-defense as well.”

Barry plans to continue the practice, and in fact she recently competed in her first



PHOTO PROVIDED

Ethan Ferwalt, Amy Barry, Jayme Kaczmarek, Anessa Stotts and Jeremy Buller earned black belts.

BJJ tournament, earning a second-place finish.

Jeremy Buller, too, moved into taekwondo after enrolling his son at Outlaw Martial Arts, where he wanted the youth to learn self-control (it worked).

As a nurse, Buller finds the capabilities he has gained practical.

“It was just another way of keeping myself safe,” he said.

Martial arts is a family affair — his 11-year-old daughter, his 9-year-old son, and his wife also participate.

“Marital arts is a journey,

and you take it as far as you want,” he said.

He plans to continue the practice.

Ethan Ferwalt is a senior at Sisters High School, and

he has been practicing taekwondo for seven years. He says that it has a positive impact on everything in his

See **BLACK BELTS** on page 30

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BI-MART: Easter is April 1 this year and Bi-Mart is ready with a great selection of **Filled Easter Baskets** on sale at **20% off!** You’ll also find **Bagged Easter Candy** (varieties like Reese’s, Whoppers, Snickers & more) priced at **\$2.99!**

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Frontiers In Science
MONTHLY SYMPOSIUM IN SISTERS
GRAVITATIONAL WAVES: The Discovery of the Century
Larry Price, Ph.D.

Dr. Larry Price has a knack for making complex science accessible to all. Spend an hour with us on Tuesday, March 27, and you will wander out of The Belfry into the starry night marveling at what you now understand about gravitational waves, colliding black holes and Albert Einstein’s century-old predictions about the universe.

Dr. Price, a physicist specializing in elementary particles, holds degrees in physics from Pomona College (B.A.) and Harvard University (M.A. and Ph.D.). Now retired from the Argonne National Laboratory, he also worked at Columbia University and the U.S. Department of Energy. Dr. Price’s research has included experiments providing early insight into the structure of neutrons and protons; into properties of quarks; evidence for neutrino oscillations and neutrino mass; and the international effort culminating in discovery of the Higgs Boson particle.

The direct observation of gravitational waves is indeed the discovery of the century because it will radically expand the reach of astronomy. Dr. Price will help us understand why and what this means for future study of the cosmos.

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At The Belfry, 302 E. Main Ave., Sisters
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Doors open at 6 p.m. for community hour!

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