

June, 2011

Volume 4 Issue 5

Also available online
www.kettlefallsfocus.com

CONTACT INFO

Address:
PO Box 746,
Kettle Falls, WA 99141
Email:
kffocus@kettlefallsfocus.com

ADVERTISING

Phone:
Blue Moose Design Services
(928) 916-7260

TO SUBSCRIBE

Mail \$15.00
to
PO Box 746,
Kettle Falls, WA 99141

KF FOCUS STAFF

Peggy Mandin
Editing, Writing and Advertising
Susan Urhausen
Editing and Writing
Sue Richardson
Distribution
David & Dani Bull (BMDS)
Layout, Advertising and Graphics

Additional Contributors

*Pat Elliot -
Kettle Falls: Ya Gotta Love It
DeLores Hall - What's Cook'n
and local community groups and
organizations*

LAYOUT DESIGN & GRAPHICS

Blue Moose Design Services
Ph: (928) 916-7260
www.bluemosedesignservices.com

Kettle Falls Focus

A town with lots of friendly people and 1 grouch



UnderGround Mixed Martial Arts Academy

by Susan Urhausen

Seeing David Anderson for the first time can be a little bit intimidating, depending on which way he is facing. Meeting him for the first time can be equally intimidating, but only for a scant few seconds. Once a conversation begins, his quiet, polite and pleasant demeanor takes a person by surprise. Despite appearances and his profession, he really comes across as a nice person. Nice except when he performs in his profession; mixed martial arts fighting (MMA). The intimidation comes in very handy there.

David Anderson is a former local resident. He attended high school in Kettle Falls, opting to join the Army at seventeen. His parents, Steve and Teresa Anderson, still live here in the Deadman Creek area. For this young man of twenty-five years, the eight years since joining the Army and leaving Kettle Falls have taken him on an interesting journey.

Anderson was discharged honorably from the Army after two years of serving due to a knee injury. His entry into the world of MMA was not a plan of his, it just happened. He attended a party, got into a fight, attended a MMA event, entered an amateur event, won, got intrigued and continued. The rest, as they say is history. He has fought as an amateur in Spokane, WA, and a Professional in Albuquerque, NM and Las Vegas, NV just to name a few.

Along his journey he went to Thailand for two months studying Muay Thai, a version of kickboxing. Anderson says this version is more brutal than kickboxing, using knees and elbows. He has also studied Brazilian Jui Jitsu (BJJ), holding a black belt in that discipline. Anderson shared with me that BJJ

is a great art to learn for women as a rape prevention defense. Many of the defensive moves within this martial art are from a position on the back.

Known as 'The Viking' in the cage or ring, Anderson acquired the 'intimidating' tattoo while participating in professional fights in Albuquerque, NM. If you have ever seen him, you will recognize the description at once. He has the skeletal depiction of a jaw and teeth on the right side of his face. It is a tattoo not quickly forgotten or easy to ignore. If he is approached from his left side, only a red pair of lips is visible on his neck. He says he, like all people have two distinct sides. "I'm a nice guy when you meet me. In a cage it's a different story...I'm mean", Anderson shares. He continues, "Out of the ring I'm relaxed, fun, and happy. In the cage or a gym, I'm 100% serious, focused. In the cage, evil side, outside of cage, loving side." He finishes by stating, "All people have two sides, many hide it, I don't." When he got the tattoo, his publicity went up he said, billboards went up and newspaper articles came out.

Anderson's gym, UnderGround Mixed Martial Arts Academy is located about halfway between Kettle Falls and Colville. The focus of his gym is multifaceted. Needing a place to train and to make money, this new venture seemed like a good idea. In addition to classes for BJJ, Muay Thai, MMA fighting and self-defense, he does plan on holding amateur MMA fighting events on the premises. He also plans on continuing on in his own MMA career and a soon debut as a Professional Boxer. His goal is to hold a fight event in August 2011, and through

the fall.

Anderson is proud of his gym. All areas are not finished, but the gym and mats are ready to roll. He insists on cleanliness citing times he has walked into gyms that reeked of sweat and dirty clothing. Infections are also a going concern in gyms such as his where training is done barefoot. His mats are cleaned two to three times a day. The equipment; weights, punching bags, etc., are cleaned twice a day. As each student prepares to step onto the mat, they must first step into a solution of water, bleach and antibacterial agent to disinfect their feet.

Respect is high on his list as well. As in most martial arts, respect of the teacher, fellow students and self are primary lessons. It is no different in this gym. Anderson insists on the classes and himself working as a team. When sessions are over, everyone lines up, shakes hands, bows and thanks their training partners. Something that Anderson brings from his BJJ training is 'thad-mah-grah', self-defense first, then fighters. Inspirational sayings posted on the walls ring the gym to keep students inspired and motivated; 'Knowledge is power and power will make you succeed', for one.

For those who come to the gym for training in MMA or any form of martial arts, in Anderson's view it will be a place to vent. Instead of getting into fights at parties or beating someone up, training in this gym offers discipline. Fighting requires dedication, and for most, an end to street fighting. MMA is most assuredly not for the faint of heart. All a fighter takes into the ring is him/herself,

continued on Page 4

Outstanding Performance by KFMS at National Science Bowl

by Peggy Mandin

During the month of May five students from Kettle Falls Middle School went to Washington D.C. to compete in the National Science Bowl. The KFMS team included eighth-graders Brady Hansen, Josh Dugger, Kyle Reddeman, Devin Thompson and Jake Miller. When I spoke with them a week after returning home they described the experience as "thrilling", "stressful", "intense" and "worth it". Their months of studying and "practice" paid off handsomely; they placed 7th out of 41 middle school teams in the Hydrogen Fuel Cell Model Car Challenge and tied for 25th place in the academic math and science competition. The championship run for their hydrogen fuel cell car was 10 meters in 4.4 seconds – ask them about it!

Competition Background

The National Science Bowl is a product of the U.S. Department of Energy (DOE). It is a fast-paced competition that tests students' knowledge in all areas of science; the first part of the competition is a question and answer format where students are given two seconds to buzz in and respond (with a correct response earning the team 20 seconds to answer a bonus question), and the second part involves the hands-on creation of a model car that is fueled by hydrogen. Here, student teams are given a hydrogen fuel cell and a motor and told to build a model car. In this second part, students are judged by the engineering design brochure they present to explain the design of their car and also the successful operation and speed of the car at competition races.

The program began in 1991 to encourage interest in science and math related careers among the nation's high school students. In 2002 the competition was expanded to include middle school students. Currently 13,000 high school students and over 5,000 middle school students participate from almost every state in the U.S. as well as from Puerto Rico and St. Croix in the U.S. Virgin Islands.

Regional Competition

This team started practicing last September before school, after school and during study hall under the direction of their coach, science teacher Shane Heideman. This involved studying math and science books and honing their response time when asked related questions. All five members of the team participated in the Math Is Cool program. They competed in question and answer sessions with other schools. To get to the National level a team must compete and win at the Regional level. The Regional area for KFMS includes Eastern Washington and Northern Idaho schools. KFMS actually sent three teams to the Regional competition held at Gonzaga University in Spokane, with one team placing 3rd and this team placing first.

The National Competition Experience

Traveling to Washington D.C. and competing in the National Science Bowl offered these students a myriad of experiences. Of course, utilizing their math and science knowledge was a great part of it, testing their skills against many others and

handling the intensity of extreme competition. However, they also traveled in an airplane, a first for some, and boarded at the National 4-H Youth Center, a campus which included residences, a cafeteria and auditorium. (The team reported, with enthusiasm, that they were well fed.) They toured the Air and Space Museum and the Natural History Museum and walked the Mall. They met students from

many places and experienced the diversity represented at the competition. They were runner-up for the Civility Award, a testament to their good sportsmanship. Another special aspect to this experience: it was an all-expenses paid trip funded by the DOE.

Congratulations Brady, Josh, Kyle, Devin and Jake!



The KFMS team at a Regional competition prior to the trip to Washington D.C. Pictured front to back are Brady Hansen, Josh Dugger, Kyle Reddeman, Devin Thompson and Jake Miller.