

One is an Emmy winner for "My Name Is Earl." Another is one of the NFL's top tight ends. There's a grandma videogamer and a museum curator, a competitive fighter and a groundbreaking choreographer. They are ...

our most INTERESTING people

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LANA STEFANAC

Age • 31

Occupation • Competitive fighter

Why she's interesting: At 5-foot-9 and 205 pounds, Stefanac is the 2006 Pan American Tournament Women's Heavyweight Brazilian Jiu-Jitsu Champion, winning the title last year with a combination of technique and aggression that has earned her the nickname Lethal Lana. She also competes in mixed martial arts, a combination of every type of fighting (kicking, punching, etc.) rolled into one. "I'm actually the most nonviolent person you'll ever meet. To me, this is just a sport, and I love the challenge of winning."

Getting started: Always interested in the martial arts, she saw someone in a gym systematically take out six guys in about two minutes using jiu-jitsu techniques in a mixed martial arts class. "I was hooked," she says.

The difference between jiu-jitsu and karate: "Karate is a lot of self-defense and kicking. Jiu-jitsu is self-defense and a sport. It's like wrestling but more graceful and more technical."

Her best move: She crosses her legs around her opponent's neck until she submits. "It's not very nice."

Her favorite girlie thing: "I paint my toenails before every fight."

If she weren't a fighter, she'd be ... a psychologist or psychiatrist.

Float like a nervous butterfly: "I fear losing because I want to be the best. If anyone says they're not nervous, they're lying." To that point, here's a quote she's posted on her MySpace.com page: "I admire people who, despite their fear, will plough through adversity. I am drawn to the fearless and the bold. And I love those who are unafraid."

Her strangest training habit: Stefanac eats dinner in the morning and breakfast at night.

If you could hit one person in the world, who would it be? "I'd never fight anybody because they aggravated me. If I did, God bless them."

