



**BOARD BREAKING DEMONSTRATION** — Above, Kido Karate instructor Heather Hendershot breaks a board during a demonstration. The students and instructors from Kido had several high-energy demonstrations Friday night during the Relay for Life events in Highland. At right, Barb Rakers adjusts her hat before starting on a lap around the track. She was a member of the 'Ladies of the Knights' team.

Photographs by Rebekah Hoffmann and Dave Trinka

