



Daniel Fussner/News Leader

SELF-DEFENSE LESSON — Ki-Do Karate senior instructor Zach Rakers uses a blocker (black object) to teach Roger Lynes, an eighth-grader at Highland Middle School, how to defend himself during a self-defense seminar Friday at HMS. The session was part of the Staying Alive Choose Respect Safety Day, which also featured seminars on such topics as diversity, respect, harassment and brain injury.