

## Seniors take in karate demo, exotic animals

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LEFT: The Liberal Senior Center enjoyed a tour of Knudse's exotic ranch Monday morning. The animals were fun to watch.

ABOVE: Then a bigger group enjoyed a self defense demo by black belt Al Shank Insurance employee and Rhine Freestyle Karate instructor Rhonda Imel with help from Christian, also a black belt student from Liberal High School. The seniors learned ways to help help them keep safe if someone tried to attack them. The seniors said they enjoyed the program and learned things they didn't know before. Courtesy photos