

10 — THE CANNON, Thursday, November 18, 1993

GENERAL NEWS

# Steele opens Shao-Lin Karate Dojo on Main

By Heather Mathes Harris  
The Carlisle Mercury Staff  
CARLISLE — Tremendous discipline, unshakable ability and flexibility, balance, focus, self-defense, magnified self-respect, all those characteristics and qualities intertwined are what the Chinese have practiced for centuries in order to obtain a greater sense of self.

Hall's Barber Shop and beside Carole's Carpenters.  
"Training may start at age six and end at any age. I don't like to separate age groups because the younger students may be in the other ones for direction and examples," Steele said. Steele trained under Master Heng Tho, a seventh degree black belt who is currently visiting family in Indonesia. Larry Matton, of Cynthiana, a fourth degree black belt who also trained under Tho, will teach students once they reach advanced competency levels to test a belt.

"Empty handed defense, or karate, was utilized as far back as 400 B.C. when several Indian fought off wild animals and attacked the cretinous villagers and domestic animal flocks. But the traditional use of karate transmigrated to involve Eastern Philosophy and martial training."

"We also begin by learning some self-defense type movements," Steele said. "Each belt requires that of the other belt they earn," Steele said. "Students advance through a series of achievements denoted by a belt."

Shao-Lin, for instance, is not simply a basic set of fighting kicks and punches, but also involves ancient philosophy and mystical thought founded and practiced by a priesthood in China.

"For instance, I use them pushed in a corner, grabbed by the arm or if their shirt is grabbed from me. Also they learn the side and front kicks."

"This Karate is designed to promote focus, center and concentration as well as exercise. In the white belt stage, the student must perform 10 short Karate kata or school for Karate."

"Master Heng, who is in Indonesia, will be teaching students," Steele said. "But Steele is still taking other classes to meet in two other days. Steele said Steele also has a role to play in the dojo as an adult in his kitchen."

Gary Steele, a native of Carlisle and a first degree black belt in Shao-Lin, has opened a dojo, or school for Karate on Main Street opposite

Steele's Martial Arts Studio. Steele said Steele is still taking other classes to meet in two other days. Steele said Steele also has a role to play in the dojo as an adult in his kitchen.

you want to be Shao-Lin Karate students self image, self discipline and self respect," Steele said. "An empowerment is the key to all of these."

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**PUBLIC AUCTION - SATURDAY, NOV. 20 — 10 AM**  
LOCATION: Elavine Road, Farmington, Ky. Across from the hospital at Fuller Dairy Supply. This is a partial sale of many items to be named in another list for sale at Public Auction the following day. This is a partial sale of many items to be named in another list for sale at Public Auction the following day. This is a partial sale of many items to be named in another list for sale at Public Auction the following day.



A buyer looks over a prospective Thoroughbred male, Tempest Moon, in foal to Caro, during the Kentucky Horse Sale. Nicholas County's own Equigator arm took several fine horses to the sale.

**Water district**  
Continued from Page 1  
"We hope to have this project completed by this time next year. Since the plans and specs are all in place, we are just waiting for the rest of the assessments. Then an advertisement for bids," Garvey Carntinger, chairman, said. Barker explained he lived on an unmainained county road near Hogew and neighbors were interested in receiving county water. "At this point, I can either invest in a system or use an alternative water source until I can receive county water." Barker said. "This is just the first in a series of projects. Once we get this one done we want to move on until everyone that wants county water has been accommodated. This is an extensive job but the reason we are building a new tank and we are going to be taking care of that very soon."

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**RECUR NOTICE**  
All persons having obligations to be paid to the estate of Dorothy G. Day, deceased, will call upon the undersigned at the address specified below on or before the date specified. This notice is being published for the purpose of notifying all persons having obligations to be paid to the estate of Dorothy G. Day, deceased, to call upon the undersigned at the address specified below on or before the date specified.

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**Harrison Square Shopping Center — Cynthiana, KY**

### Christmas Open House

Saturday, November 20 — 10-8 p.m.  
Sunday, November 21 — 1-5 p.m.

**FREE To The First 10 Customers With A \$25.00 Purchase - A Hatmark Holiday Cassette**  
During Our Open House, A 15% Discount On All Purchases

**Register To Win**  
Barbie's Dream House \$20 Value

**Refreshments Served**

**Effective November 1, 1993, Ricky Hughes and Joe Wilson purchased Reid & Vice, Inc. They plan to continue operating the same as the almost past 32 years. We thank all our customers and friends for their support to us since 1962. A special thanks to all our employees and former employees. We ask that everyone continue to support Reid & Vice as they have in the past. Again, thanks to everyone for a satisfying and rewarding experience. Jewel & Wanda Vice**

**We Need Your Recipes!**  
Are You Planning A Big Dinner For Family And Friends This Holiday Season? Does Your Family Have One Dish They Particularly Enjoy? Would You Like To Share Your Recipes With All Your Friends And Neighbors? If You Answered "Yes" To Any Of The Questions Above, We Would Like To Print Your Favorite Recipe In A Special Christmas Recipe/Songbook, As A Supplement To The Carlisle Mercury. Send Us Your Recipe Today!  
The Carlisle Mercury  
P.O. Box 272  
Carlisle, KY 40311-0272

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**Classified Categories**  
01 - Legal Notices  
02 - Announcements  
03 - Cards of Thanks  
04 - For Sale General  
05 - For Rent Houses  
06 - For Sale Mobile Homes  
07 - For Rent Apartments  
08 - For Sale Autos/Trucks  
09 - Wanted General  
10 - Wanted To Buy  
11 - Help Wanted  
12 - Products For Sale  
13 - Products For Rent  
14 - For Sale Autos/Trucks  
15 - For Sale Autos/Trucks  
16 - Business Opportunities  
17 - Lost & Found

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**Card of Thanks**  
CARD OF THANKS  
We would like to express our sincere appreciation to the many friends and family who attended the funeral services for our dear mother and father who passed away on November 16, 1993. We are grateful for the love and support shown to our family during this difficult time.

**For Sale General**  
FOR SALE  
Homemade 200 cakes, crafts, and baked. Phone: 389-2752.  
Selling various items for sale. Call for details.

**Help Wanted**  
TEAS BEHREY COOP  
We are looking for people who have the ability to sell our present customers and to establish new ones. Experience is not required with persons willing to call on a full-time basis.

**For Sale Autos/Trucks**  
Wanted  
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Faded and 2nd floor of Green Acres Mobile Home Park - Headquarters. Phone: 389-2752.

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**Announcements**  
Opening in front house, private room, good food. Info: 389-2752.

**For Rent Mobile Homes**  
Faded and 2nd floor of Green Acres Mobile Home Park - Headquarters. Phone: 389-2752.

**You Can Write To Santa Claus**

Once again, the Carlisle Mercury will publish children's letters to Santa Claus. Adults are encouraged to participate by sending us their remembrances of Christmas Past, and hopes for Christmas future. Watch future editions of The Carlisle Mercury and the Mercury PLUS for details. Meanwhile, drop your letter in our News Slot, or mail them to:

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P.O. Box 272, Carlisle, KY 40311  
Please mark the envelope "Santa Letter"

**Community Action Council**

Our current Flex II Annuity interest rate.