

Bare Facts

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Official Publication of the Lake Edun Foundation, Inc.

September 1, 2006

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38° 58' 7" North; 95° 47' 56" West

President's Corner

By: Ernie Cooper

Lake Edun is a wonderful little corner of the world. Over the past several years since I joined LEF, I have had the opportunity to meet many first timers at our special place.

I remember one in particular. He had come from the west coast on a work assignment. Through an Internet search he had found Lake Edun. He thought that the pictures looked enticing. He was amused by the newsletter comments alluding to, "our special place." "This is Kansas after all", he told me. "We all have seen pictures of flat, endless prairie Kansas!" Before he left he was also calling it, "our special place!"

We need to keep it our special place. We have been involved for some extended period now, in legally trying to preserve our little corner of Kansas and keep it available to friends and members. We have worked at trying to improve our facility and maintain what we have already created.

It has been my privilege to serve as the president of this foundation for two years. I have enjoyed working with the board and with our Lake Edun family. The only constant in the world, is the constant of change. It is time for a change.

Each year we hold a year end business meeting and party. The meeting is mandated by our by-laws. Each member of the Lake Edun Foundation is a voting member at this meeting. This is the time and the place where the future of LEF is set for the next year and possibly beyond.

Years ago I heard this little ditty given over a pulpit. Perhaps it will put into perspective the importance of the Board of Directors and this year end meeting.

This is a little story about four people named Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

Everybody thought that Anybody would do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Would you please mark your calendars now and be in attendance at the yearly meeting?

Random Thoughts And Reflections

We received a coupon from the Getaway Lodge in Gibson County, Tennessee for 50% off a 2-night stay. Gibson Co. is in NW Tennessee. Any Eduner interested should contact us.

Thank you, Paul and Astrid, for the computer. We will use it to make the sign in process much easier.

Huge Fishing Contest Upon Us

This year, in deference to the court injunction, we haven't had any activities to celebrate our favorite activities or dress. In recognition of this, the board has planned a huge fishing contest the weekend of September 8-10. We will, of course, have music and plenty of LEF good times. Prizes will be awarded for the contestant who catches the most fish, the largest fish, and the greatest variety of fish. So Don't Miss It!

Fishing, of course, is an agricultural activity not covered by the judge's injunction prohibiting commercial or recreational activities. Daily cost to enter the contest will be \$20/single or \$25/couple.

This will be a great time to introduce friends who may be curious about Naturism but have been reluctant experience it for themselves.

Challenge Grant Update

Our season is about over. With cooler weather soon to come, we begin thinking about projects we can work on to insure our season next year is truly excellent. We still have our road to the west side.

Once this first phase is complete, Eduners will be able to drive to Sunny Bares making camping there easy. We will also be able to have aq port-a-pottie there. And, it is half way to the west side which, when complete will open up truly wonderful opportunities including new camping and swimming areas. Few have seen some of the areas we will be able to utilize.

Our challenge grant will permit this to happen. Not all Eduners are equally able to help. But some are. Five generous gifts of \$100 each will put us over the mark. Please consider your situation. If you can assist, you will see a wonderful improvement in the Spring.

DON'T FORGET

Activities designated HN are sponsored by Heartland Naturists

Sept 4; Mon; Labor Day

Sept 8-10; Fri-Sun; Fishing Contest

Sept 9; Sat; 10-12; Board of Directors

Sept 15; Fri; 8-10; HN Swim

Sept 16; Sat; 8-10; Sauna

Sept 23; Sat; 8-10; Sauna

Sept 30; Sat; 8-10; Sauna

Oct 7; Sat; 8-10; Sauna

Oct 14; Sat; 5-7; Board of Directors

Oct 14; Sat; 8-10; Sauna

Oct 20; Fri; 8-10; HN Swim

Oct 20; Fri; Naked Plays

Oct 21; Sat; 8-10; Sauna

Oct 21; Sat; Naked Plays

Oct 27; Fri; Naked Plays

Oct 28; Sat; Naked Plays

Oct 28; Sat; 6:30; Halloween Party

Annual Meeting follows Halloween Party

From The Mail Bag

Dear Lake Edun,

Although I was initially skeptical, my first visit to Lake Edun was extremely pleasant and I was very nicely welcomed by all. Don & Becky, Webb, and John, all made me feel very comfortable and at home there. Despite the whole issue of constant drizzle, rain, and/or downpour all weekend, it was a blast!! Thank you to all that made it possible.

- Christina

Dear Lake Edun,

I have enjoyed my times at Lake Edun. The lake is a beautiful place with a calm atmosphere that both soothes the soul, and builds the spirit. In discussions with some of you, I have heard a familiar vein of comment that goes something like this, "If only they would listen to me this would be a better place!"

A number of years ago now, I served in an organization of volunteers doing community service. Our members came from all walks of life and had many varied experiences. A group of individuals, as varied as this, also had opinions that were varied and sometimes in opposition to each other. It made for some spirited planning sessions. It also made for some difficult leadership choices!

That experience years ago taught me about unity and division at the same time. When our volunteers were united, we could do a great deal of work in our community. But, when one or two headstrong folks had to have it their way, little was accomplished and the group would become contentious.

From what I can see the Lake Edun family may be at present in a "tweener" position. It can either build on the strength of unity, or dwindle on the ground of contention.

The website tells guests: *The Lake Edun Foundation is an educational foundation devoted to promoting Naturist values and lifestyles to the general public and to providing a protected environment in which members and their guests may enjoy an atmosphere conducive to living a naturist lifestyle.*

Unity will keep it so.

- Justin Morgan

[Letters is a regular feature in Bare Facts from members and friends of Lake Edun. Please, let us hear from you].

Many New Couples Experience LEF

John S.

As most of you know we do not have a caretaker during the week. This, of course, does not affect members because they have the combination to the gate and can come and go as they please. If you are not a member and want to make sure the gate is open for a day visit, please call the Barn and leave a message a day or two in advance so we can get in touch and make arrangements to let you in.

It seems that every week we have new folks check out our wonderful place. Please make them feel at home by saying hello and answering any questions they might have. I am there often, but of course, not always. I am very willing to talk to new people and give them what I call my 50 cent tour.

Just in case Terry B. is reading this, we would like to hear from both members and non members about why they like being at Lake Edun. One of the new couples just had the comment, "Awesome," for their first time nude camping at our special place. Hope they get the chance to come back soon and often.

If you have suggestions to make for improvements please let us know. Also, we would like to know about any group activities you might want to see happen that would be fun for all. We want to know how we can make your experience at Lake Edun even better. Not only for now, but also the future.

Our road fund was going great, but seems to have hit a slump. If the dream is ever going to happen we need donations. In the meantime, we also need funds for more sand at the beaches. If you truly enjoy it here please show it through your generous donations. Nuff said about that.

Body Image

At one time problems of body image were treated almost exclusively as a female concern. Not so any more. To show this change and how parallel the body image issue for both genders has become, two selections describing what happens to women and men in our culture are presented back to back.

A woman's body image encompasses her physical appearance, size, and shape. Author Marcia Hutchinson, states, "Our body image is formed out of every experience we have ever had – parents, role models, and peers who give us an idea of what it is like to love and value a body. Image is formed from the positive and the negative feedback from people whose opinions matter to us. It is also the way we ourselves have perceived our body to fit or not fit the cultural image."

Many women have distorted perceptions of what their bodies look like. They may look in the mirror and see a larger body than the one that they actually have. Large thighs, large buttocks, and a rounded abdomen may lead to distress for some women. Not fitting into the "cultural ideal" may cause body dissatisfaction in others. The result has been that the fastest growing medical specialty is cosmetic surgery, liposuction being the most common type of cosmetic surgery.

Pre-adolescent and early adolescent girls are repeatedly told that they must adapt to socially acceptable norms. Since a woman's sense of self is so influenced by how she sees herself in relationships, she puts extra effort in trying to be the person she thinks others want her to be. Peers play an important role in this. Being accepted means adapting to one's perception of the expectations of one's peers—or at least it feels that way. And of course sexuality enters in—feeling attractive also means gaining the desired person's attention.

Body image includes more than weight. The cosmetics industry tries to sell us the idea that we need to improve our skin tone, hair color, and hair style. The clothing industry tells us each year that, to look good, we need to change our wardrobes.

Turning to the male side, one researcher has found that increasingly men are being caught up in the destructive

fantasy of living up to and “image” of masculinity fostered by media and pop culture. He claims that the surge of metro sexuality in popular culture is paving the way for the objectification of young men in the same way that young women have historically been objectified. This has led to a disturbing phenomenon of body-shame and body-awareness in the current generation of college men, so much that the phenomenon now has a name: “The Adonis Complex.”

The Adonis Complex is a body-image disorder, (or ‘body dysmorphic disorder’), rooted in modern social messages that pressure young American males to achieve physical perfection in order to establish their value as men. In its most serious form, the complex involves compulsive starvation, excessive exercise (with particular emphasis on muscle training), and the abuse of illegal steroids and supplements.

American college men are now encouraged as never (recently) before, to maintain certain bodily hallmarks of masculinity. Unfortunately, most men are likely to be forced to concede that the idealized form is unachievable.

In fact, much of what is demanded of a man wishing the Adonis physique – a thick, fashionable coiffure; sparse body hair, a tall, slender frame; bulging but apparently natural muscularity; a flat rippling abdomen, and more – is determined by genetic composition, not effort. Clothing, can serve the purpose of veiling natural genetic diversity, making it possible for men to convey the image of an idealized body that they do not truly possess.

Indeed, it is the cultural role of almost all clothing to change the appearance of the human body in such a way that it conforms to cultural expectations.

That many college males are unsatisfied with their bodily features as measured against the current ideal – is an influential factor in college men’s anxiety about common nudity. The expectations of aesthetic conformity which have historically surrounded American male clothing – have now breached the male body itself. A number of college men when questioned, reported feeling shame and concern about being “too skinny,” too fat, or otherwise abnormal. They preferred to constantly hide their bodies from view by using clothing, rather than submit themselves to potentially humiliating scrutiny.

The author observes that:

Current idealized American masculinity demands self-hatred – shame – from its men.

As naturists, we fight an uphill battle against the false notions of our culture that are so patently destructive, but nevertheless are, “mainstream.” How perverse.

Ours is a very puritanical culture that reinforces in myriad ways that there is something wrong, and unacceptable about our natural bodies. It insists that nudity is patently erotic and has to be lust producing. Worse, the body is often characterized as indecent or obscene, something that would harm children, should mere simple nudity be seen by them.

American naturists seeing the European open-mindedness about shared nudity aspire to divorce the automatic linked concepts of nudity and sexuality in American public opinion. It isn’t an easy task. Somehow, Americans have bought into

the notion that the body is bad and somehow shameful – at least to behold.

To be relieved of this burdensome misconception would be a blessing to all. The spiritual value of rejecting body shame would have clear benefit to all. By removing our clothing, we are all advancing one step further to casting off the shame of who we are. As another has said, body shame is metaphoric self-hatred.

Awesome

by John S.

Friday I was out to our “Awesome!” place. I say that because a couple of new gals that have been out had that response to my question of how they liked their first nude experience at Lake Edun. Both ladies said it was “awesome.”

As I think back to my first time out I guess that would also be my one word, too. Even though it rained and rained for the weekend Becky and Don were here as well as James who just returned from Iraq. There was also another couple from Manhattan. I for one enjoyed their company and shared brats, hotdogs, corn on the cob, potato salad, and watermelon provided by myself as well as Don and Becky. Welcome new folks. I hope we see a lot more of you in the future.

There was another young couple from Lawrence that seemed to enjoy their first time with us. Webb had a few friends come out also and they spent most of their time fishing and swimming. The water was cooler than usual, but not bad after ya took the plunge.

For a lot of folks, this year has seen a lot of 1st time experiences, from nudity to camping. Thanks to the other friendly members and day guest most have told me they really enjoyed the people and the freedom that comes with shedding the clothes.

This is a freedom we all need to think about seriously. Why would you stand by and let the county government, or anyone else take away our right to choose to be nude. Nude does not mean lewd.

I would encourage others to let it be known to your representatives, papers, radio stations, or anyone else that will listen that we should have just as much right to do our thing with other likeminded people. This can be done without using your name in most cases.

When the sheriff prevented the Libertarian Party from using Lake Edun I was mad and called channel 13 before I even knew they had already been out and had a story. I wrote a letter to the editor of the Topeka Capital newspaper. I doubt they will ever publish it even though I gave my full name and number. I also tried to call 94 country to see if I could get some airtime, but that was a lost cause, because I never could get through.

There has to be more of you that can do something to let the world know we love what we do and will stand up for our rights. Now I will get off my soapbox.

As it turns more towards the end of the season I hope many of you will drop by before it gets too cold to enjoy. Bring a friend if you can and spread the work we are still open if they so choose to see what it is all about. From young to old this is something we can all enjoy if ya just give it a try.

Just A Reminder To Our Friends

By: John S.

There are not to be any pictures taken at the Lake without a release and/or permission from the board. Recently a visitor took some pictures at the Lake which caused another visiting couple to feel uneasy. Although he was only taking pictures of the trails and scenery, we just want to remind people that photography is not something visitors can do on their own.

If you want to take pictures, please get permission from a board member or the caretaker before beginning. It may be well to review our policy about cameras, camcorders, or cell phones with picture taking capacity. If you are not fully aware of the do's and don'ts, ask.

On a more positive note, we had some wonderful new people out recently. They seemed to enjoy being there and have also expressed the desire to return. One woman said it was an "awesome" experience, and they hope to return again soon. It is nice to hear this from new people.

I want to send out a welcome to the ladies from Wichita. I enjoyed their company so much I was chuckling the next day whenever I thought of them 'cause they were so much fun. I was also very happy to share some food with them. Ya'll know I do like to cook and eat. LOL.

On the downside, we had some activity by a guest that was uncalled for and unwanted. The offending individual was asked to leave. Everyone should know how to be respectful of others while here at our wonderful place. Please let the caretaker or a board member know if anything happens that is unwanted. If we know about it, we will deal with it. If you don't tell us, please do not expect us to solve the problem.

The weather is still hot and the Lake is full. It is very nice for soaking in and just enjoying being wet or sunning our bodies. Hopefully we will have more nice weekends we can enjoy before fall jumps in.

We really need some more trash can lids if anyone can find some. Thanks again, Dale, for the new wheelbarrow and thanks, Paul & Astrid, for the PC which we hope to get up and running soon. Ya'll have a good one.

Annual Meeting Scheduled

Our annual meeting is tentatively scheduled for Saturday, October 28. However, because that conflicts with the production of our Naked Plays, the board may reschedule it for a different weekend. Watch the web site or the October issue of *Bare Facts* for the final announcement.

Dave, who has hosted our Halloween Party and Annual meeting for several years, will once again play host. His hot tub is a great feature enjoyed by all who attend.

Our annual meeting is required by our by-laws. It is an opportunity for all members to gather and plan our future. It is also the time we elect a new Board of Directors to guide LEF for another year. Please make plans to attend this very important meeting.

Items We Need

- Tops for trash cans
- Non-motorized boats
- Chipper/shredder we can use about once a month

Views From The Net

I don't know how many of you pay any attention to the various nudist/naturist message boards and discussion groups found on the internet. Fortunately for you, you don't have to spend the labor intensive hours needed to glean useful tidbits, because your talented and dedicated editor does it for you.

Here are some samples:

1. I don't believe anything will change the American way of thinking. My family and I tend to think and act more like Europeans in every way (my ancestry is French).

It is a sad thing when women breastfeeding their children are scolded in public because they are breastfeeding. I simply can't understand it. They are BOOBS...every woman has them (and some men, regrettably). They are not sex toys, they are naturally occurring, and they feed children. However, some idiots have problems with this

Yet, we can have strippers all over the place, have parades when guys run around in jockstraps and leather, women in thongs, etc., in a very sexualized environment, and WE'RE the weird, out of place people because we enjoy and advocate simple, non-sexualized nudity. Go figure!

OK...I've had my rant for the day.

2. It has been suggested, always tongue-in-cheek, that airlines would be made safer if everyone few nude, thus making security screening a breeze, and eliminating the ability to hide banned items under clothing.

But really, would ANY amount of increased safety and security make people more accepting of nudity? I've read that many people have died in fires rather than leave their buildings in a less than fully-dressed state. How sad that textile-obsession can be FATAL in some cases!

Clothes

From the *Prophet* by Kahlil Gibran

And the weaver said, 'Speak to us of Clothes.'

And he answered:

Your clothes conceal much of your beauty, yet they hide not the unbeautiful.

And though you seek in garments the freedom of privacy you may find in them a harness and a chain.

Would that you could meet the sun and the wind with more of your skin and less of your raiment,

For the breath of life is in the sunlight and the hand of life is in the wind.

Some of you say, 'It is the north wind who has woven the clothes to wear.'

But shame was his loom, and the softening of the sinews was his thread.

And when his work was done he laughed in the forest.

Forget not that modesty is for a shield against the eye of the unclean.

And when the unclean shall be no more, what were modesty but a fetter and a fouling of the mind?

And forget not that the earth delights to feel your bare feet and the winds long to play with your hair.

I Was SHOCKED

By: Michael

About what? – you may ask. Therein lays a tail of our times.

The August 2006 issue of BabyTalk magazine had on its cover a close up side view photograph of a breastfeeding infant. Right there in full color on the cover, in front of God and everybody – a lovely breast and a beautiful infant enjoying the mother’s milk of life. Such scandal!

Of the 700 responses, many were from panic and horror stricken women for whom the sight was too much. They fired off heated denunciations to the editor. For example:

“I was SHOCKED to see a giant breast on the cover of your magazine.”

“I immediately turned the magazine face down.”

“Gross.”

“I shredded it. A breast is a breast – it’s a sexual thing. He [her 13-year old son] didn’t need to see that.”

“Men are very visual. When they see a woman’s breast, they see a breast – regardless of what it’s being used for.”

In a news story about all this fuss, it was pointed out that the evidence of public discomfort regarding breast feeding in public isn’t just anecdotal. In a survey published in 2004 by the American Dietetic Association, less than half – 43% of the 3,719 respondents said women should have the right to breast-feed in public places.

The editor of BabyTalk, Susan Kane opined that the mixed response to the cover clearly echoes the larger debate over breast-feeding public. “There’s a huge Puritanical streak in Americans,” she says, “and there’s squeamishness about seeing a body part – even part of a body part.”

Further making the point about the American phobia toward the body, one of the authors of a blog devoted to mothering issues stated that she didn’t nurse her two daughters in public, and doesn’t really feel comfortable seeing others do it. She is quoted as saying, “I respect it and think women have the right. But personally, it makes me really uncomfortable. I just think it’s one of those moments that should stay between a mother and her child.”

Of course, no one bothered to ask the infant what s/he thought of the sight, and feel of its mother’s breast, not to mention the taste of her milk. However, if indeed a picture does speak a thousand words, the infant not only did not look any worse for the experience, but in fact looked quite delighted. Frankly, I would suggest that the infant is an expert on the subject of the appropriateness of mother’s breasts. It’s the adults who have lost all reason.

Reacting to this hue and cry one female blogger observed that the lessons learned from the outraged responses are:

- Don’t you dare be gross!
- Men’s reactions and desires are the arbiters of what women should do, even if it concerns feeding a baby.
- 13-year-old boys and grown men cannot possibly be expected to control themselves.
- Mothers cannot possibly be expected to explain that boobs are not just for fondling.
- If you have to choose between giving your baby the best possible nutrition, and writing angry letters to a magazine, you should totally go with the letters. For serious.

“Puritanical women of America, you have to get a grip. Now. Breasts are for feeding babies. Even yours.”

Men’s reactions and desires are the arbiters of what women should do.

Some of the responses from the blog readers include these choice ones:

“Good Lord. I see nothing offensive about that. It’s almost like these “Puritans” are protecting the sexualization of breasts in their complaints.”

“I think it’s a lovely picture as well, and was surprised by how viscerally disgusted some women are by the sight of breastfeeding.”

“Frankly – I would LOVE for my son or husband to see this magazine cover. Unlike so many other images of breasts (clothed or not) in the media – this

cover actually depicts a breast doing precisely what it is designed to do – feed a child. Bravo BabyTalk!”

This is an era that states have to pass laws protecting women who breast-feed in public from harassment and having to retreat to public restrooms, just to feed their baby. Where did this all come from? How have we as a society allowed ourselves to come to this state of affairs?

The normalcy of breast feeding wasn’t always so out of favor or fraught with so much anxiety. We are so caught up in our own times that we uncritically think that the way things are now is the way they always have been, or this is the way things have to be.

Quoting from an ancient text representing times of 2000 years ago in the Middle East:

As Jesus was saying these things, a woman in the crowd called out, “Blessed is the mother who gave you birth and nursed you.”

At least this is the way a 20th century translator worded it. However, translators of the early 1600’s used words we would find more direct when rendering the woman’s words:

“Blessed is the mother who gave you birth, and the breasts which thou hast sucked.”

We have gone from the “Blessed breasts,” to “Gross,” and I wouldn’t want my 13 year old or husband to see that.

We can offer speculation about the historical origins of our present body phobia and equating any exposure with erotica. We can blame the Puritans, the Victorians, the Religious Right, pornography, Hugh Hefner, and who knows what all else for current attitudes toward the body and nudity. However, in all this blaming we leave out the one critical element – ourselves.

We all live in a warped culture that shapes our perspective on everything in our lives. The visceral discomfort the women complaining about BabyTalk express in such hostile tones are victims of this culture, yet have no awareness that they have been warped. They have bought into the lie that the breast is intrinsically erotic, and that males are helplessly driven to lust and mayhem by the sight of a baby suckling on a breast. How sad.

Theirs is the fallacy of believing the lie that pornographers want us to believe – there’s illicit sex and dirtiness associated with the exposed body. Unfortunately, the moral guardians of society also believe this lie, so pervasive and powerful it is. Their only solution is repression, censorship, legal punishment, and banning as the most appropriate way to protect those of tender years and society in general from moral decay.

The unquestioned assumption of harm to children and anyone else, should the unclothed body be seen is believed in the bones by supporters of the forced clothing. People pass this perspective on to their children and so it is perpetuated. There is no science to back up their fears, but lack of evidence does not deter the force of their convictions. So, the warping goes on.

However, cultural warps can be unwarped. Catholic apologist G. K. Chesterton wrote that warped twigs can be straightened if bent back just as far in the opposite direction. To borrow from James Cunningham, that is what naturists are trying to do to repair the scandal of our present cultural warping – to straighten out the warp of a truly sick body attitude, by providing others with the opportunity to encounter a vast variety of bodies going about doing everyday activities in a positive and celebrative way.

Support The Naturist Society Your National Naturist Voice

Lake Edun Foundation, Inc.

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**Membership Application
Change of Address Form**
Please Print

Name: First _____ MI ____ Last _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ DOB _____ E-mail Address _____

All information provided is strictly confidential. If you are joining as a couple, include names for both people. If you are a couple not living together, make a copy of this form for the other individual. (NB: To promote gender diversity, a couple is defined as one male and one female.) Those willing to assist with upkeep a minimum of 10 hours

per year may deduct \$50. One subscription to our newsletter *Bare Facts* is included with membership. A subscription only to *Bare Facts* is available for \$20.00. New members will receive a Waiver and Release which must be completed before membership is finalized. Visitation restrictions apply to Associate Membership.

Membership Fees:

	Single	Couple	Amount
Lake Edun Foundation Membership	275.00	350.00	_____
Associate Member (Over 125 miles away)	175.00	250.00	_____
Working Membership (Discount)	(50.00)	(50.00)	_____
Separate Mailing Address for members		12.00	_____
<i>No Sex, No Violence ... Only Nudity</i> – DVD		25.00	_____
<i>Lake Edun Exposed</i> – Video		35.00	_____
<i>Lake Edun Exposed</i> – DVD		50.00	_____
Naturist Society Membership		53.00	_____
Subscription to <i>Bare Facts</i> only		20.00	_____
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