Bare Facts

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Box 1982; Topeka, KS 66601 ● Voice Mail: 785-478-BARN ● e-mail: benude@lakeedun.com ● Website: www.lakeedun.com 38° 58' 7" North; 95° 47' 56" West

Summer Calendar Is Taking Shape

Although it is still subject to change, the majority of our schedule for this season in taking shape. And, it is full!. We hope all our past friends and supporters will find some portion they enjoy and visit. In this issue of Bare Facts, you will find information on many of our planned activities. In addition, we will once again be offering our popular evening program every Saturday after sunset. We hope you will join us for at least one of these.

Of course, the traditional "bookends" of our season are Memorial Day weekend and Labor Day weekend. These, along with Independence Day, are predictably busy times attracting many Eduners and friends.

We also host our Open Houses every month to introduce newcomers to all we take for granted. These will be June 11, July 9, and August 6. Be sure to let your friends and associates know about them so they may plan to visit.

Finally, each month through the summer we will have a Birthday Bash and Pot Luck to honor those who celebrate their birthday that month. These will be June 18, July 19, August 13, and September 10. If you have a summer birthday, please celebrate with us.

Family Day

Many families have enjoyed our hospitality at various times in the past. Individually they have a wonderful time. Too often, however, they are the only family visiting at the time, although another family may visit the next day. We addressed this in our fall survey and were encouraged with the overwhelming support for a scheduled Family Day at the lake. Our first Family Day will be Sunday, June 12. It will be an opportunity for all families that have visited in the past (or have considered visiting) to visit again and meet other families. Put it on your calendar.

To make it even more enticing, our friendly arborist will be on hand to make it educational, as well. We have a large number of trees, flowers, and shrubs on our property. He will explain their characteristics and uses to all who are interested. Last year, this was an extremely well received talk and is sure to be again this year. Adults won't want to miss it; children shouldn't miss it.

Former Member Reunion

The weekend of June 18-19 has been set aside as a time former members and friends of Lake Edun may reunite. We hope all those who have visited in the past will use this weekend to visit again and renew old (and getting older) acquaintances. They can also see all the changes we have made to our special place.

This weekend will include a commitment ceremony during which couples may renew their wedding vows.

Memo From The Board

We produce this Spring issue of Bare Facts to keep you up to date on our activities. In addition to a very full schedule, you will find articles representing a broad spectrum of naturist issues. We hope to remind all about the benefits of experiencing even occasionally, a clothes-free state.

Recently, the board instituted two significant changes our supporters should know about: In the survey many completed last Fall, some suggested we allow spouses to visit without having to get naked. The Board now permits one of a visiting couple to remain clothed during their first visit. Let your spouse know. We'd like her (or him) to join you when you visit.

This spring, we offered full-time students membership in Lake Edun Foundation for only \$50 for the year. The program, which expired at the end of March, was very well received. We have replaced student memberships with a new program for younger people curious about naturism. We call it NUTS which stands for Naturists Under Thirty. We anticipate their parents, when they learn of their affiliation, will ask, "Are you nuts?" to which they can answer, "yes".

Cost for NUTS membership is only \$75/year. Early indications suggest it is being well received. If you know someone who is age-eligible, please let them know about this way to enjoy all we offer at a considerable savings.

Lake Edun Foundation continues to promote high moral values. Our supporters appreciate this stand. Today, even as the economy suffers, family-friendly nude recreation remains one of the fastest growing segments of the recreation industry! Supporters of our lifestyle spend millions of dollars in the communities catering to them. With the Lake Edun Foundation, you can do it close to home.

DON'T FORGET

June 4; Sat; 2-3; Home Brew Demonstration

June 11; Sat; 12-3; Open House

June 12; Sun; Family Day

June 12; Sun; 2PM; Walking talk by arborist

June 18-19; Former Member Reunion

June 18; Sat; June Birthday Bash & Pot Luck

June 18; Sat; 8pm; Commitment ceremony

June 25; Sat; Tie Dye

July 1-4; Clothing Independence Weekend

July 9; Sat; 12-3; Open House

July 19; Sat; July Birthday Bash & Pot Luck

July 23; Sat; 3pm; Dermatologist Screening

July 23; Sat; Dusk; Drum Circle

July 30; Sat; Home Brew Competition & Presentation

Aug 6; Sat; 12-3; Open House

Aug 13; Sat; Body Painting

Aug 13; Sat; August Birthday Bash & Pot Luck

Sept 5; Mon; Labor Day

Sept 10; Sat; September Birthday Bash & Pot Luck

Body Painting Is For Everyone

We've all seen or heard about extraordinary examples of body painting. They are often passed around on the internet. Now Eduners will have their chance to practice this art.

Not to be taken lightly, it is possible to create extraordinary body art. It's hard to paint your own body ... particularly the back ... so find a friend and talk about the scene you want to create. Then come on August 13 to show off. We'll have the body paint available. You bring the "canvas" and painter.

The Sun Is Our Friend But Check Anyway

Every summer we try to schedule a visit from our friendly dermatologist to provide a free screening of our skin. It is important we not neglect this vital organ that is often taken for granted. While exposure to sun is vital for production of vitamin D, there can be some not-so-pleasant side effects.

Be safe. Plan to be at our special place on July 23 so your skin can be examined by the dermatologist.

Experience A Drum Circle

During one of our mid-winter saunas, a soon-to-be student member suggested we schedule a drum circle at our special place during the summer. He even offered to lead it and bring some appropriate instruments.

Anyone can enjoy this. And we can use most anything to beat out the rhythm. If you have experience with a drum circle, we hope you will share it the evening of July 23. If you have never enjoyed this event, you won't want to miss it.

MTV Comes To Lake Edun

In case you missed it last year, cable TV channel MTV filmed a segment of their series, Buried Life at our special place last July. We had almost no advance notice but ran an article about it in the August issue of *Bare Facts*.

Buried Life follows the activities of four 20-somethings as they work to complete a list of 100 things they want to do. Kind of like a bucket list for young adults. One entry on their list brought them to Lake Edun last summer.

Ken S. found the link to the segment on the internet. Anyone may watch it at: http://www.mtv.com/videos/the-buried-life-season-2-ep-1-streak-a-stadium-and-get-away-with-it/1648799/playlist.jhtml. Thank you, Ken.

It is interesting to watch this unrehearsed visit by four adventurous young people as they grapple with the realization they must disrobe ... in public! All the anxieties most who visit our special place must deal with are reflected.

For one, it is no problem. He quickly disrobes and jumps into the lake. A couple of others are a bit more reserved but eventually come around. Viewers can tell it is a major problem for the fourth, even though he knew this is what they (and he) were going to do. It is not unlike what nearly everyone who visits a Naturist facility must deal with the first time. Each viewer should be able to identify with one member of this group.

We were glad MTV chose Lake Edun for this and we were pleased with the coverage they gave to both our special place and to Naturism.

Help Us Keep You Informed

This past winter, we began sending an email out every week or two to keep our friends and supporters current on our plans. We have been gratified at how well received they have been. Thank you to all who have expressed their appreciation for the missives.

If you are not receiving periodic emails from us, please send your name and email address to benude@lakeedun.com so we can add you to our list. We promise to not abuse your trust. We will normally only email you once a week or less.

Home Brew Contest Brewing

We know some of our supporters also enjoy the creativity of making their own beer and wine. We want to recognize their efforts and will have a competition to choose the best homebrew our supporters make.

Even if you haven't tried it in the past, you can get in the running. We will have a Home Brew demonstration June 4 to explain how it is done and provide pointers.

The actual competition will be July 30 when Eduners will sample and vote to choose their favorite Naked Brew and Naked Wine. We expect a lively competition and an enjoyable day of judging.

Tie Dye - Create An Original

One of our new Student Members offered to lead a day of tie dying. Any cotton item is eligible: T-shirts are most popular but sheets or pillow cases or Oxford shirts can also be made uniquely yours by tie dying them.

All the ingredients will be available June 25. Just bring your garment. Our leader will offer suggestions on how to get the best tie dye results. Think about the pattern you would like to make; pick out the object you want to tie dye and come ready for a fun day making something that is truly uniquely yours.

From The Mail Bag

Dear Lake Edun,

I was required to work in Kansas City for 9 days and began looking on the net for something to do over the weekend. What a treasure you folks in Topeka have in Lake Edun. The facilities are beautiful – the people friendly. Had a great time today, though got a tad burned. Its fun and educational to talk with folks that are like-minded in some respects, but different in others. If I was a local I'd be here every weekend. Thanks for giving this area such a prize, and I shall return.

- Bill H. from South Carolina

Dear Lake Edun.

Thanks so much for the hospitality today. Even though the weather threatened to put a damper on the day all afternoon long, it held out long enough for me to have a thoroughly memorable experience. Rest assured, I will be back as often as able.

Larry was an especially helpful and welcoming host.

- Bill K.

Dear Lake Edun,

I want to give Lake Edun Foundation a Big world of thanks for educating people about nudism. That it is all right to be nude it is not shameful or dirty. I live in Iowa and there is not any place for nudist. No beaches or camp grounds. I am sure that there are a lot of nudist in Iowa but no place to go.

I am 56 and divorced. I wish there was a place like Lake Edun in Iowa I would be spending a lot of time there and helping out with things. Keep up the good work on educating people about nudism. Merry Christmas and Happy nude year.

— Tom S.

Thank you, Tom. It is especially gratifying to hear from supporters who haven't even visited our special place or corresponded with us in the past.

Dear Lake Edun,

My wife and I spent two days at Lake Edun about a week ago. We absolutely LOVED it and will definitely be back. We are planning on coming back on September 17 and 18.

While we there, we talked with the caretaker (Larry). He told us that any fees we paid would be applied toward a membership if we wanted to buy one. He also said that a membership was good for a calendar year. The first day we were there we gave a \$40 donation, and the second day, \$35. It is our understanding that due to our distance we would qualify for an "Associate Membership", but that "Associate Memberships" are "Restricted". Can you explain what the restrictions are? [We anticipate Associate Members won't visit as often, perhaps 3-4 times per year.] Also- does the membership run from the date we purchase it through the next 12 months, or are memberships from January-December? [365 days from the date you begin to pay for it.]

We really enjoyed your facilities and can't wait to come back.

- Dave and Kimberly S.

Dear Lake Edun,

Thanks for the information and quick response.

Social nudity won't be a problem as I frequented the Kiva Retreat Center in Santa Cruz, the Esalen Institute in Big Sur, and numerous recreational areas in California, Oregon, and Washington State.

I am looking forward to learning about the community, overnight opportunities, and finding quiet places to practice my meditation and Tai Chi.

- Paul F.

Naked Hiker Charges Dropped

Interesting things are going on up North. The outcome of a case involving a nude hiker appears to create a precedent distinguishing between simple, naturist nudity and lewd, sexually oriented nudity. If so, this is a significant plus for naturists. Such a distinction in law clarifies that public sexual behavior is not allowed, not simply being nude. This makes sense and, from the naturist perspective, squares with reality. We can only hope "reality" will spread to the south. [Ed.]

Go to: http://lists.fcn.ca/pipermail/public/2010-November/000119.html and to: http://www.torontosun.com/news/weird/2010/11/20/16233256.html,

The law has tried to stop the 60 year old free-hiker, Brian Coldin, who frequents a local recreational trail from walking naked. But it failed. Instead, charges were dropped which may set a precedent for naturists.

Two off-duty police officers witnessed Mr. Coldin walking naked on the Uhthoff Trail in Severn Township in September 2009.

At the Coldin trial in Bradford, Dr. Ronald Langevin testified adults or children who are exposed to nudity do not suffer any psychological harm. While he agreed people who see nudity unexpectedly might experience shock, embarrassment and even be offended, he indicated there was no evidence those people would suffer any permanent psychological harm. He added nudity is generally well accepted in society as evidenced by media, nude beaches, and the gay pride parade. While different people's reaction to nudity would vary greatly given that Canada is a multi-cultural society, Dr. Langevin was adamant that nobody would suffer any psychological harm.

Dr. Ronald Langevin has been studying sexual offenders and their victims for over 40 years. In preparation for this trial, he reviewed 195 scholarly studies as well as his own personal database of over 3,000 offenders. Dr. Langevin put special emphasis on a 1995 study by Dr. Paul Okami at the University of California, Los Angeles. The study concluded that children who are exposed to nudity do not suffer any harm.

Dr. Langevin was also very specific that nudism/naturism is not exhibitionism. Sexual arousal is key to exhibitionism as a sexual disorder. The scholarly research he reviewed clearly indicated naturists/nudists are not motivated by sexuality. In fact, Dr. Langevin recalled he dealt with two genital exhibitionists who had tried nudism/naturism but did not like it. He added even in cases of simple genital exhibitionism there was no evidence of psychological harm to the victims.

Mr. Coldin was charged with several counts of nudity in the Bracebridge area. Mr. Coldin readily admitted to regularly walking in the parkland adjoining his property while wearing only sandals. His lawyer, Clayton Ruby, has planned a constitutional challenge to section 174 which criminalizes mere nudity – (Section 173 deals with indecent acts).

The Federation of Canadian Naturists supports the decriminalization of mere nudity. It is ridiculous the simple exposure of our natural body (such as being nude in your backyard or seen through your house's window) could result in a criminal charge. Casual nudity should not be in the same league as theft, robbery, assault and murder.

It is important to note indecent acts are covered under a separate section of the criminal code. As such, there would still be ample room to charge exhibitionists and other sexual deviants.

At this point, the concern is this case may not challenge the constitutionality of the law because Mr. Coldin may be found not to have been nude on a technicality. The law does not define nudity and merely wearing shoes and/or a hat could be enough for the court to find that he was not nude.

The defendant's lawyer believes the decision sets an important precedent. "It is a landmark case in the sense that the law

has been applied to nudists and naturists. Now there is a clear pronouncement that a naturist is not engaging in an indecent act."

The man was initially also charged with nudity in a public place, but that was withdrawn in September of this year.

Stephane Deschenes, director of the Federation of Canadian Naturists, says naturists are just embracing their "natural self" and shouldn't have to fear being out in the public. He added, "We, as a society, have a real phobia about our own body. We are so incredibly uncomfortable that we find our own image embarrassing, shameful and offensive."

The Crown did not receive consent from the Attorney General to commence proceedings, which is required on a nudity charge. The indecent act charge was dismissed because what the man was doing was not harmful, that is, not engaging in a sexual act. Acts that would constitute this charge are public masturbation, luring for sexual act, luring children and flashers, he noted.

This is an important trial because it has the potential to change the law on nudity. If the court decides nudity is not harmful, it could make section 174 of the criminal code (nude in public) invalid because, with no harm, there is no reason to put such a restriction on personal freedom of self-expression.

The first three court dates were held on September 27, 28 and 29, 2010. A final court appearance is set for 1-25-11.

City Turns Deaf Ear To Nude Beach

The city of Delray Beach, Florida is in the news due to the request by David Armstrong, speaking on behalf of area nudists for an official nude beach.

This group has been lobbying for a clothing optional beach for the last six years.

Armstrong notes that those who like to swim nude pay taxes and deserve a portion of beach set aside for clothing optional use. He claims it would bring millions in revenue to Delray Beach, possibly as much as \$100 million dollars a year based on a study of the economic impact of Haulover Beach near Miami.

The vice mayor scoffed at the projected millions in revenue that would come to the area and dismissed any intention of changing city ordinances to accommodate a clothing optional beach. His rationale is such a beach wouldn't fit with the child-friendly and family-friendly principles found in Delray Beach.

Armstrong has gathered 45,000 signatures from residents, visitors and local business owners and plans to attend a January 25th meeting with city officials to continue his lobbying efforts.

Items We Need

Please see our website at lakeedun.com for more details.

- Non-motorized boats
- 5 gal. plastic buckets
- Lawn or lounge chairs
- Aluminum cans, etc
- Hand-held pruning clippers Plastic barrels
- Large water storage tank
- Concrete pavers

Stripping In The Amazon

It may be better to be underdressed than overdressed when hunting with the Awa, one of the Amazon's last nomadic people, according to a BBC reporter visiting a remote tribal area in Brazil. The reporter and film crew were on hand to accompany local Awa tribesmen on a hunt in the jungle. The Awa are a tribal group that was only contacted by the outside world twelve years ago.

The reporter, dressed in typical western garb of hiking boots, jeans and shirt discovered he really wasn't appropriately dressed for the hot, humid jungle conditions. Even a short walk was enough to work up a heavy sweat. Entering the village, he realized just how overdressed he was.

The purpose of the news story was to show how the global demand for Brazil s resources, in particular from China, is driving deforestation. In the short period of time of contact the virgin forest has fallen to the loggers and the land is the most degraded of any indigenous tribe in the Amazon.

Walking into the village it became abundantly clear some hunting traditions remain strong. The Awa hunters were completely naked except for a piece of string decorated with bright bird feathers tied to the end of their penises.

They looked at me in my sweaty shirt and jeans and laughed. One motioned towards my groin and gestured as if he were tying a knot. The others laughed even harder. Clearly, they thought I should dress more appropriately.

"I am not wearing one of those and that s the end of it," I said. I turned, perhaps a trifle petulantly, and stomped off into the forest behind one of the hunters.

Returning from the hunt everyone was drenched in sweat. We came upon a river that runs through the Awa territory and the hunters indicated that they were about to take a dip.

Checking to see the coast was clear, the reporter stripped off and dived in too. "The Awa seemed delighted that at last I was surrendering to the spirit of the hunt."

Noticing one of the young hunters on the bank brandishing a piece of string, the reporter guessed what was coming next and eventually gave in to the prank and was "dressed" in traditional Awa hunting garb. All to be recorded by the film crew who suddenly appeared.

So much for the dignity of the reporter. For the full story see: http://newsvote.bbc.co.uk/mpapps/pagetools/print/news.bbc. co.uk/2/hi/programmes/from_our_own_correspondent/941 3908.stm For video of the "dressing" incident go to: http://www.bbc.co.uk/news/world-12649955

This humorous story, on one level, shows the total silliness of our clothing compulsive way of life, and that the practical and harmless nudity of tribal peoples is utterly sensible. Just once, could textiles show some humility and bow to the wisdom of peoples that have survived for thousands of years in the jungle environment? Get naked, get over it!

It just seems that when anyone makes contact with tribal peoples, bad things happen. Five hundred years since Columbus reached the Americas and we continue to rape and pillage the land and the people that live on it. When all of nature is gone, what will we have left? [Ed.]

How Nudism Can Save You Money

By: Nathan Powers

Nudists (or "naturists" as some prefer to be referred to), have been the brunt of many a joke for many years. However, the truth of the matter is that living a nudist lifestyle may actually be far better for you, physically, ecologically and economically.

That dirty word — "Laundry": Let's start with the obvious. Nudists tend to wear as little clothing as possible, usually nothing at all, as often as possible or whenever conditions allow. Most live in climates that are tropical enough to maximize this opportunity. Wearing less clothing means washing less clothing, and washing the clothing that they own less frequently, requiring the repair and replacement of clothing less often.

They also tend to have less of a wardrobe, requiring less storage space. So here, we are seeing a saving in money spent on laundry detergents, gas and electricity to operate a washer and dryer, replacement clothing and repair costs, home closet or storage space. We also see less chlorine, phosphates, ozone and carbon dioxide pumped into the environment as well as a reduction in health issues related to exposure to the chemicals needed for properly washing clothing. (Chlorine bleach is one of the deadliest chemicals we can expose ourselves to).

Cooling Down: Since for practicality reasons, most nudists live in either tropical or subtropical regions, many homes and businesses in those regions have some form of air conditioning. Nudists can save money and as in the case of laundry, the environment, by being able to turn up the thermostat a few degrees and allowing the natural cooling system provided in our bodies to do its job. Also, if things get a little too hot, it is very easy to simply jump in a cool shower or hose off for a second or two without having to take the time to get undressed and redressed. Besides, who wants to throw those sweaty clothes back on right after a shower?

Health Costs: There are other bonuses as well. It has recently been found that exposure to natural sunlight is far healthier to the human body than attempting to hide from the sun altogether. Regulated exposure to natural sunlight lets the body naturally produce all of the Vitamin "D" it needs to ward off a host of deadly and debilitating diseases, cancers and conditions, including MS, ALS, osteoporosis, breast, ovarian, prostate and brain cancers. Even more recent reports indicate that almost all sunscreens are completely ineffective in reducing the deadliest forms of cancer, melanoma. Several reports indicate that the ingredients used to manufacture sunscreens are actually more harmful that the cancers they purport to prevent. However, by balancing the ratio of Omega 3 and 6 fatty acids, combined with an adequate amount of Vitamin "D," incidence of melanoma has shown to be reduced by around 40%. It is therefore better to gradually expose the body to the sun, slowly building up our body's own natural sunscreen, melanin, being careful not to get sunburned in the process.

The bottom line is that nudists can save a ton of money by not buying sunscreen, simply exposing themselves to natural sunlight in appropriate amounts; thereby creating Vitamin "D" for free and by simply eating a diet that balances omega 3 acids. This can be done through supplement or through adding fish, flax or kiwi fruit to their diets. The real savings come from not having to pay medical bills for treatments for all of the conditions.

Stuff: Nudism is often referred to as the "Great Equalizer." When people are naked around other people, it is difficult to tell if a person is the president of a bank, or a school janitor. Consequently, nudists tend to be far less "class-conscious." Nudists are typically less likely to want to keep up with the Joneses, realizing that not only do clothes not really make the man, but neither do homes, cars, boats, etc.

More Health - Less Stress - More Money: Studies have also found that children raised in nudist homes tend to be more socially developed (and often more intelligent), than those raised in "textile" families. Nudists generally feel that they have nothing to hide. That attitude permeates the rest of their psyche as well, so they tend to be less stressed out and more sure of themselves. We have probably all heard about the health problems produced by living under stress. Nudists save money by not having to treat as many stress related disorders. Also, by being more self-confident, and supposedly better educated, they are more likely to get better jobs, making more money.

Society: Those same group of studies indicated that children raised in nudist homes are less inclined to become burdens to society. They are less likely to become involved in early sexual or drug experimentation or to commit crimes against society. This is partially because they are not as materially oriented and because they are already familiar with the looks and workings of the opposite sex. In general, nudity allows them to be more open and honest in their family life, which is expressed in how they relate to others in general. Nudists save money by not having to bail their children out of jail, take them to the doctors to treat sexually transmitted diseases or help them raise unwanted grandchildren (as frequently). If all families raised their children with the same attitudes as nudists, we would all be able to save money by having to pay less in taxes to support fewer children of unwanted pregnancies, drug addicts, juvenile delinquents, vandalism, etc.

Nathan makes some good points, but I wonder who among us lives even close to this ideal? The ideal is grand in theory, but most of us live our real lives with our naturism being just one of many things we do. Oh sure, social nudity and body acceptance is a lot of fun for a weekend at Lake Edun or some nude beach, but who among us seriously take it as a true way of life?

While not trying to suggest that naturism is an all or nothing proposition, after all, most of us have to live and work in the textile world. Despite this, do we try to consciously modify our practices by incorporating naturist values where practical in our everyday lives? Just a thought. [Ed.]

From The Mail Bag

Dear Lake Edun,

Hi there! We are new to all of this and I have a few questions... First off, my boyfriend and I had a great time visiting! We didn't feel uncomfortable and we met a couple of really nice people!

We were wondering about becoming members and if the membership went from January to December or if it's a year from when we sign up! [It runs for 365 days.]

A nice couple that we met were from Nebraska. They seemed really super nice and actually everyone we met made us feel so welcome and the best part is we didn't have to be someone that we are not. We are all equal at Lake Edun and that is the best experience of it all.

We were interested in getting in a game of sand volleyball but there weren't very many people at that time. Do you have games scheduled or a good time to come out when people will play?

I saw that you have an open house this weekend. I think that is a great idea for new people and we are going to pass the word around. Thank you again... for a great experience!

Charge my □ Visa; □ MasterCard □ Discover □ AmEx #

Note: There is a \$30 charge for any checks returned unpaid for any reason.

Jennifer

Dear Lake Edun,

With summer on its way, I know we are all looking forward to another great year at our away-from-it-all special place to get away.

With our 2 sandy beaches overlooking our nice 10 acre lake, relaxing naked in the warm sun and getting that all-over body suntan is what we all like. The lake is a great place to swim, boat or fish. To get my walking exercise, I like to walk Edun's nature trails that go all around the lake.

Also, camping overnite is great. Lots of neat places to pitch your tent. All places have fire pits. Most people favor South Beach.

Here is my money order of \$275 for membership. High gas prices don't help but it should be another good year. Send me the Bare Facts every month and my membership card and all.

- Gerald B.

Question

Naturists don't think of sex when they undress. Naturists don't think of sex when they are engaged in wholesome family activities. Naturists don't grab a towel for cover, after taking a shower in fear others may view them in a 'sexually obsessed' manner. Who are the perverts?

Security code_

	Lake Edun Foundation, Inc.
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	Topeka, KS 66601-1982
	(785) 478-BARN
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