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LAWRENCE JOURNAL-WORLD

PULSE

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UPCOMING

Caroline Smith and the Good Night Sleeps

Combining homespun folksiness with sweet pop melodies, Caroline Smith's beguilingly smooth voice and simpatico backing crew have quickly found much love from audiences across the country. Smith found herself opening solo for musicians such as B.B. King and Mason Jennings by the age of 17. After a move to Minneapolis, she connected with bandmates Arlen Peiffer (Cloud Cult), Alex Ramsey (The Pines) and Jesse Schuster. Appointing themselves the Good Night Sleeps, Smith and her backing band went into the studio with Chad Weis (Mason Jennings) to record a debut album, "Backyard Tent Set," last August. She'll visit Lawrence in the midst of two weeks of touring that includes a Daytrotter session. Caroline Smith and the Good Night Sleeps perform at 10 p.m. today at Eighth Street Tap Room, 801 N.H.

ARTS

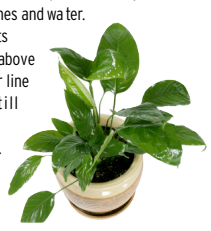
Outdoor sculpture deadline approaching

Love 'em or hate 'em, the outdoor sculptures that line the streets of downtown Lawrence tend to generate a fair share of conversation. Here's your chance to have some input into the artworks that wil be part of the landscape from June through April 2010. The Lawrence Cultural Arts Commission has issued a call for entries for the 22nd annual Outdoor Sculpture Exhibition. Entries are due Friday, if you have a proposal or want to convince an artist to submit one or their own. The selected works each bring a $750 honorarium. Douglass Freed, the founding director/curator of the Daum Museum of Contemporary Art in Sedalia, Mo., will be the juror. For more information, visit www.lawrenceartscommission.org.

HOME

Spider mites

Spider mite webbing on houseplants suggests humidity levels are too low. Mist the affected foliage and take steps to increase air moisture. A humidifier works well. Grouping plants together will also raise humidity levels. In addition, you can place pots on trays filled with gravel or river stones and water. The plants must sit above the water line and will still need watering.



BEST BETS

"The Queen of Bingo," 2:30 p.m., Lawrence Community Theatre, 1501 N.H.

Larry the Cable Guy, 5 p.m. and 8 p.m., Midland Theater, 1228 Main St., Kansas City, Mo.

Club Wars, 6 p.m., Granada, 1020 Mass.

Kansas City Symphony: "Stern conducts Mahler," 7:30 p.m., Lied Center, 1600 Stewart Drive, KU campus.

polarOPPOSITEbear, 10 p.m., Replay Lounge, 946 Mass.

2009 spring arts calendar

January

Today: English Country Dance and Tea, by the Lawrence Barn Dance Association, 1 p.m.-3 p.m., 1653 Ind., free.

● Concert: "Flute Music of the Andes," by Matthew Allison, 2:30 p.m., Spencer Museum of Art's Central Court, 1301 Miss.

● Kansas City Symphony, 7:30 p.m., Lied Center, KU's West Campus, 864-2787.

Monday: KU theater and film department after-school drama class registration, for first- through third-graders, 5:30 p.m.-6 p.m., Murphy Hall lobby, KU campus, classes meet 4 p.m.-5 p.m. some Thursdays throughout the semester at Murphy Hall, 864-5576.

● Exhibit opening: KU's Bachelor of Fine Arts Art Department Exhibition, Art & Design Gallery, KU campus, through Saturday.

● Hallmark Design Symposium Lecture Series: Local projects with guest designers Ian Curry and Katie Lee, 6 p.m., Wescoe Hall Room 3139, KU campus.

Tuesday: "Tiny Tots Thespians: Dramatic Dinosaurs," 10 a.m., Lawrence Community Theatre, 1501 N.H. Also Feb. 3 and Feb. 10, 843-7469.

● Lecture: "Reaching Toward Utopia: Russian Avant-Garde Art and Literature," by Edith Clowes, noon-1 p.m., Bailey Hall Room 318.

● 940 Dance Company First Step concert, 7 p.m., Lawrence Arts Center, 940 N.H., free.

● Film: "Somersault in a Coffin" (Turkish), sponsored by KU's Center for Russian, East European & Eurasian Studies, 7 p.m.-9 p.m., Bailey Hall Room 318.

Thursday: Gallery talk for "Flowers in Fabric," by Reeze Hanson and Joni Murphy, 4 p.m.-6 p.m., Haskell Indian Nations University's Seattle Hall, 155 Indian Ave.

● Gallery talk and performance preview: "Climate Change at the Poles" and "The Ice Wolf," 6:30 p.m., Spencer Museum of Art's North and South Balcony galleries and Central Court, 1301 Miss.

● "The Queen of Bingo," 7:30 p.m., Lawrence Community Theatre, 1501 N.H., also 8 p.m. Friday and Saturday, and 2:30 p.m. Sunday, 843-7469.

Friday: Salsadancing lessons with the KU Ballroom Club, music by Son Venezuela, 7 p.m.-11 p.m., Gridiron Room, Burge Union.

● Interpreti Veneziani, 7:30 p.m., Lied Center, KU's West Campus, 864-2787.

"NARROW ROAD TO PASTURES," by Heather Smith Jones, is one of the works being shown at an exhibit that opened Friday at Signs of Life, 722 Mass.

● Lisa Sandell, lap-style slide guitar, 7:30 p.m., Signs of Life, 722 Mass.

Saturday: Souper Bowl Saturday, 11 a.m.-2 p.m., handmade bowls for sale starting at $10, Lawrence Arts Center, 940 N.H.

● Children's art appreciation class: "The Great Outdoors," for 5- to 14-year-olds, 10:30 a.m. and 1:30 p.m., Spencer Museum of Art, 1301 Miss., 864-0137.

February

Feb. 1: Kaw Valley Shape Note Singing Association sing, 1:30 p.m.-3:30 p.m., Good Shepherd Lutheran Church, 2211 Inverness Drive.

● Exhibit opening: KU's Annual Art Faculty Show, Art & Design Gallery, KU campus, through Feb. 13.

Feb. 2: Reception and artist talk: Allie Rex, "Where Does It Come From, Where Does It Go?," 7 p.m.-9 p.m., Kansas Union gallery.

● Program: Iditarod musher Karen Land and her dog Borage, 7 p.m., Lawrence Public Library auditorium, 707 Vt.

● Exhibit opening: "Flint Hills Images," Lawrence Public Library gallery, 707 Vt., through Feb. 28.

Feb. 3: Lecture: "Creativity and the Human Condition," by Chakaia Booker, 7:30 p.m., the Commons at Spooner Hall, KU campus.

Feb. 4: L.A. Theatre Works in "The Great Tennessee Monkey Trial," 7:30 p.m., Lied Center, KU's West Campus, 864-2787.

Feb. 5: Horror films at LAC: Short films by Jon Niccum, Patrick Rea and John Ott, with discussion afterward, 7 p.m., Lawrence Arts Center, 940 N.H., $3/$5.

Feb. 6: Rowan, Celtic folk music, 7:30 p.m., Signs of Life, 722 Mass.

Feb. 7: Exhibit opening: "Greenland Glacier: The Scale of Climate Change," by Terry Evans, Spencer Museum of Art, Asia Gallery II, 1301 Miss, through May 24.

● Children's art appreciation class: "How's the Weather?," for 5- to 14-year-olds, 10:30 a.m. and 1:30 p.m., Spencer Museum of Art, 1301 Miss., 864-0137.

Feb. 8: Tafelmusik Baroque Ensemble, 7:30 p.m., Lied Center, KU's West Campus, 864-2787.

Feb. 9: Hallmark Design Symposium Lecture Series: Thomas Southall, photography, 6 p.m., Wescoe Hall Room 3139, KU campus.

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See more events online at LJWorld.com.

THE KU WIND ENSEMBLE performs at 7:30 p.m. Feb. 21 at the Lied Center.

Please see FEBRUARY, page 2D

March

March 1: Kaw Valley Shape Note Singing Association sing, 1:30 p.m.-3:30 p.m., Good Shepherd Lutheran Church, 2211 Inverness Drive.

● Lawrence Children's Choir concert, 4:30 p.m., Lawrence High School, 1901 La., $10.

March 2: Lecture: "Engaging Art: The Next Great Transformation of America's Cultural Life," by Steven Tepper, 4:30 p.m., Spencer Museum of Art auditorium, 1301 Miss.

● Visiting Artist Series: Peter Collins, piano, 7:30 p.m., Swarthout Recital Hall, KU campus, free.

March 3: Lecture: "Kaleidoscope: Filming Macedonian Cultural Traditions," by Sandra Ristovska, noon-1 p.m., Bailey Hall Room 318.

● Gallery talk: Chinese language tour of "A Tradition Redefined: Modern and Contemporary Chinese Ink Paintings from the Chu-Tsing Collection," by Kris Ercums and Ai-lian Liu, 3 p.m., Spencer Museum of Art's Kress Gallery, 1301 Miss.

● Graduate Honors Recital, 7:30 p.m., Swarthout Recital Hall, KU campus, free.

March 4: Lecture: "Secret Signals: Courtly Dress in Sacred Places," by Janet Snyder, 5:30 p.m., Spencer Museum of Art,

Please see MARCH, page 2D

April

RUBEN STUDDARD performs in "Ain't Misbehavin'" April 4 at the Lied Center. See April arts events on page 2D.

Events compiled by Christy Little

Boomer Girl Diary

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Obamas make for must-see TV

You'd have to be a real Debbie Downer — or Rush Limbaugh — not to feel a sense of optimism amidst the events of last Tuesday.

I was among the millions of beaming-through-tears, hopeful Americans stricken with Obama Fever as Inauguration Day unfolded.

Glued to the TV, remote clutched in my hot little hand, I channel-surfed relentlessly for the most complete team coverage, the best camera angles and the juiciest, insider information my digital cable box could find.

I was encouraged and inspired by the smooth and orderly transfer of power in this incredible country of ours. I'm not talking about the countless briefings and confabs going on for weeks between the outgoing and incoming administrations, although I'm sure they were impressive, too. I'm referring to the furious and methodical packing and moving going on behind the scene.

Think of it. While the 44th

Please see OBAMA, page 6D

TIPS KEEP YOUR TEETH WHITER

Whitening strips and professional treatments aren't the only ways to keep your teeth pearly. Here are a few tips from New Town Dental Arts in James City County, Va.:

● Keep teeth clean. Aim to brush — or at least rinse — right after eating, especially if you've had a food or drink that stains teeth easily (see below). Also floss daily and see a dentist regularly.

● Beware of big stainers. Berries, chocolate, coffee, tea, colas, root beer, red wine and tobacco are known for discoloring enamel, the hard outer surface of teeth. With darkening drinks, use a straw or swallow quickly to limit contact with front teeth.

● Crunch away. Hard raw fruits and vegetables such as carrots, broccoli and apples will help scrape away plaque, which makes teeth look dull.

● Supplement regular toothpaste. Use a whitening paste once or twice a week to remove surface stains. Or mix a paste of baking soda and water and brush with it a few times a week (but not daily, as the mixture is abrasive).

● Brush gently. Scrubbing too hard erodes enamel. Use a toothbrush with soft bristles and clean with light circular motions. Note: Electric sonic toothbrushes are especially good at stain removal.

● Get your fluoride. Make sure your daily toothpaste contains this mineral, which helps prevent decay. Ask your dentist about rinses or gels that guard enamel.

— *McClatchy Newspapers*