

# DECEMBER 2007



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)  
206 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801  
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The next Central Office meeting for Central Office Representatives will be on January 20, 2008 at 2:00 PM in the Serenity Service room at 697-G Haywood Rd., Asheville, NC. The Agenda will be published in the January Mountain Doins. If you have an item to be included on the Agenda please send it via E-mail to NCMCO@bellsouth.net. This is your Central Office. Thank You!

**Saturday, December 1, 2007**

**Old Fort Christmas Eating Meeting**  
Sponsored by the Marion Group  
Old Fort Kiwanis Bldg across the street from the police station.  
*Eating at 6:00 PM, Speaker at 7:00PM*

**Wednesday, December 5, 2007**

**District 70 CPC/PI Meeting**  
Trinity Episcopal Church  
60 Church St., Asheville  
*All interested please plan to attend  
7:00 PM*

**Sunday, December 9, 2007**

**District 70 Business Meeting**  
St. Luke's Church  
219 Chunns Cove Rd., Asheville  
*Please plan to attend  
2:30 PM*

**Sunday, December 9, 2007**

**District 80 Gratitude/Eating/Speaker Meeting**  
New Macon County Library  
Siler Rd. next to Southwestern Comm. College  
Franklin Center. From US441 S., turn left past 3 Eagles  
Outfitters  
*2:00 PM*

**Tuesday December 11, 2007**

**Big Town Group Open Christmas Speaker Meeting**  
Etowah United Methodist Church 7:00 PM  
110 Brickyard Rd, Etowah, NC  
Upstairs in the Fellowship Hall  
Contact (828) 458-1529  
**Speaker Bill C., Greensboro, NC**  
Bring a covered dish

**Monday, December 24, 2007**

**District 80 Alcothon**  
New Macon County Library  
Siler Rd. next to Southwestern Comm. College  
Franklin Center. From US441 S., turn left past 3 Eagles  
Outfitters  
*5:30 PM to Midnight*

**Sunday, December 30, 2007**

**Roundtable Group, Hendersonville Pot Luck Dinner**  
Mt. Pisgah Lutheran Church  
Hwy 64 East past Ingles at Howard Gap Rd  
Candlelight Dinner 6:00 PM, Old Timers Panel 7:30 PM  
Bring a covered dish, salad, or dessert.

## Calendar



**Monday, December 31, 2007**

**District 80 Alcothon**  
New Macon County Library  
Siler Rd. next to Southwestern Comm. College  
Franklin Center. From US441 S., turn left past 3 Eagles  
Outfitters  
*5:30 PM to Midnight*

**Saturday, January 5, 2008**

**District 70 District Inventory**  
Trinity Episcopal Church  
60 Church St., Asheville  
*2:00 PM*

**Saturday, January 12, 2008**

**District 71 Business Meeting & Eating**  
Columbus Presbyterian Church  
21 Penial Drive  
*All District 70 GSRs  
Please plan to attend  
Business Mtg 2:00 PM, Eating 4:00PM  
Speaker at 5:00 PM*

**Sunday, January 13, 2008**

**District 70 Business Meeting**  
St. Luke's Church  
219 Chunns Cove Rd., Asheville  
*Please plan to attend  
2:30 PM*

**Sunday, January 20, 2008**

**Central Office Meeting**  
Serenity Service Room  
697-G Haywood Rd., Asheville  
*All District CORs  
Please plan to attend  
2:00 PM*

**Sunday, January 27, 2008**

**District 80 Business Meeting**  
Cherokee United Methodist Church  
Socco Rd (US19S) just past the Bingo  
*All District 80 GSRs  
Please plan to attend  
1:00 - 5:00 PM*



# Treasurer's Report

N.C Mountain Central Office, Inc.

## Balance Sheet as of October 31, 2007

<b>ASSETS</b>	
<b>Checking/Savings</b>	
<b>Checking</b>	<b>391</b>
Money Mkt .....	76
Petty Cash .....	50
Accts. Receivable .....	2782
Inventory .....	3417
Total Current .....	6716
Office Furniture & Equipment .....	2000
<b>TOTAL ASSETS</b>	<b>8716</b>
<b>LIABILITIES &amp; EQUITY</b>	
Accts. Payable .....	1026
Sales Tax Payable .....	180
<b>Total Current Liabilities</b>	<b>1206</b>
Equity .....	7510
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>12214</b>

## October Profit and Loss - Cash Basis

<b>INCOME</b>	
Group Contributions .....	2962
Individual Contributions .....	45
Sales Income .....	3998
<b>Gross Profit</b>	<b>7105</b>
<b>EXPENSE</b>	
Answering Service .....	381
Other Telephone .....	991
Rent .....	400
Payroll .....	760
Sales Tax .....	233
Literature, Chips, Medallions .....	4021
Postage .....	257
Copier Costs .....	377
Insurance .....	400
Supplies .....	568
<b>Total Expense</b>	<b>8388</b>
<b>NET INCOME</b>	<b>-1283</b>

## NEW MEETINGS and CHANGES

The **Open Hands Meeting** at YANA Club on Monday through Friday at 12:30 pm has been cancelled. Also the **Saturday Night Live Meeting** at YANA Club on Saturday at 7 pm has been cancelled.

The **Young People's Group** will now have a speaker at the Sunday 7 pm meeting.

The Skyland Group has a new Closed Big Book meeting Monday at 7:30 PM. at Skyland UMC 1984 Hendersonville Rd. Asheville

The **Clyde Central Meeting** is an Open Discussion at 5 pm Saturday at the Clyde Central UMC, 410 Charles St. in Clyde behind the firehouse.

The **Serenity Group** meeting in Maggie Valley Tuesday and Friday at 7 pm is cancelled.

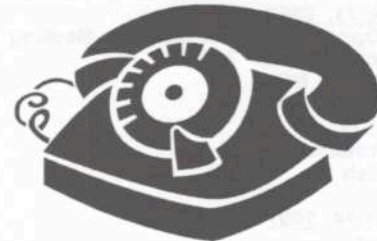
The **At Ease Group** has cancelled all meetings at ABCCM, 207 Coxe Ave. Asheville

The **Big Town Group** has a new Open Speaker meeting every Friday night at 7:00 PM starting December 21st at Etowah United Methodist Church, 110 Brickyard Rd., Etowah, NC. Upstairs in the Fellowship Hall. Contact 828-458-1529

The **Speed Bump Group** in Brevard has added two meetings. Tuesday at Noon, a Closed Step/Tradition and Thursday at Noon, an As Bill Sees It meeting, both at St. Timothys UMC, Brevard, NC on Asheville Hwy.

The **Pardee Hospital Detox** unit in Hendersonville will close on December 1, 2007. The unit was open for 1 year and AA took in 6 meetings per week for the entire year!

Did you know that NC Mountain Central Office has a PI lending library with TV and radio public service announcements from the General Service Office?  
Come on by.



## Phone Log October, 2007

Answering Service Calls

A.A. Crisis .....	46
General Information .....	77
Family Help .....	26
Meeting Information .....	330
Central Office Business .....	127
Medical Help/Detox, Hosp, etc .....	9
Visitors .....	38



# Fellowship News



## NCMCO Happenings

The Central Office meeting was held on Nov. 11th at the Serenity Service room at 2:00PM. The meeting was well attended with representatives from 16 groups present.

Jack D., Vice Chairman, presented a short synopsis of what has taken place over the past three months to familiarize the new Representatives with the current state of affairs.

At the meeting, the CORs confirmed Carl I., formerly Vice Chair, to Chairman, and Jack D. to be the new Vice Chairman. These appointments will last until the first 2008 meeting of the Central Office when elections will be held. Jack D.'s offer to serve as interim Office Manager on a volunteer basis was approved. Making Rick W., Volunteer Coordinator, a voting member of the committee was approved. Tim P. was removed from his Trustee position. The CORs voted to increase the number of Trustees from one to three, with one Trustee representing each of the geographic areas of the three Districts represented by the Central office. These trustees will not represent the Districts but the Groups in the geographic area of the Districts.

The Board of Directors would like to extend the warmest thanks to Bob K. for his unselfish dedication and the outstanding job he did as the interim Office Manager. Bob and Dick J., Treasurer, have done an amazing job putting the Central Office back on its feet. Their long hours, hard work, and good judgement brought about this turnaround in just three short months. Our thanks also to Kay, Bob's wife for her unselfish attitude about having her husband away from home for this period (Bob & Kay live in Otto, NC). Our hats are off to you Kay! Thank You!!!

## District 70

The District is looking for a Web Master. If you are proficient in HTML & PHP and would like to be of service to District 70, E-mail a brief outline of your experience and knowledge to [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net) or reply to the DCM through the Website, [ashevilleaa.org](http://ashevilleaa.org) in the *Contact Us* section. Thank You!

District 70 is also looking to fill the position of Treasurer. It requires 2 years sobriety and a strong desire to be of service. Please reply to the DCM through the website, [ashevilleaa.org](http://ashevilleaa.org) in the *Contact Us* section.

District 70 will hold a District Inventory on Saturday, January 5th at 2:00 PM at Trinity Episcopal Church, 60 Church St, Asheville. All GSRs and any other interested members please plan to attend. Send any questions or concerns you want addressed to Brenda W., DCM, PO Box 8574, Asheville, NC 28814 or reply to the DCM through the Website, [ashevilleaa.org](http://ashevilleaa.org) in the *Contact Us* section.

## District 71

District 71 is also looking to fill the position of Treasurer. It requires 2 years sobriety and a strong desire to be of service. Please reply to Debbie M., DCM, at 828-606-6000.

District 71's Treatment Coordinator has announced an organizational meeting in January 2008. The time and place are to be announced as plans are firmed up, probably in late January. Contact Jenny B. at 828-883-5751 if you are interested in this very rewarding service work. She can put you on the list to be notified of the meeting. Information will be printed in the January Mountain Doins when it becomes available.

## District 80

District 80 will hold Alcothons on Christmas Eve and New Years Eve at the new Macon County Library from 5:30 PM until Midnight. The library is located on Siler Rd next to the Southwestern Community College Franklin Center. From 441 S turn left just past Three Eagles Outfitters.

## Rule 62

*The whiskey was spilled on the barroom floor, and the bar was closed for the night.*

*A little grey mouse crept out of his hole to dance in the pale moonlight.*

*He lapped up the whiskey on the barroom floor and back on his hunches he sat.*

*And all night long you could hear him roar*

*"Bring on the gaul darn cat!"*

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*Dignity is something that can't be preserved in alcohol.*

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*A preacher goes into a bar and says "Anybody who wants to go to heaven, stand up." Everybody stands up except for a drunk in the corner.*

*The preacher says "My son, don't you want to go to heaven when you die?"*

*The drunk says "When i die? Sure. I thought you were taking a load up now."*

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*IF YOU FIND MISTAKES in this publication, please consider that they are there for a purpose.*

*We publish something for everyone, and some people are always looking for mistakes.*

# Marty Mann

## *And the evolution of Alcoholics Anonymous*

by Sally Brown

*Photos courtesy of George Dimas*

Marty Mann is scarcely a household word today, yet she is arguably one of the most influential people of the 20th century. Marty's life was like a blazing fire, but was nearly extinguished by personal tragedy and degradation. She rose to a triumphant recovery that powered a historic, unparalleled change in our society. Through her vision and leadership, the attitude of America toward alcoholism was changed from a moral issue to one of public health. This was a tremendous shift.

She would be the first to claim that her sobriety, found through Alcoholics Anonymous (AA) in its very earliest days, was the most important factor in her success. Indeed, she was the first woman to stay sober in AA — from 1940 until her death in 1980.

Marty was born into a life of wealth and privilege in Chicago in the early 1900s. Her family sent her to the best private schools. She was blessed with beauty, brains, a powerful will and drive, phenomenal energy and stunning charisma. When Marty was 14, she was diagnosed with Tuberculosis (TB). In those days, drugs for treatment were not yet available. However, her family could afford to send her to an expensive private sanitarium in California for a year, and then provide her with a private-duty nurse at home for another year or two.

Marty was no sooner past this hurdle when another disease began to assert itself. When Marty was 17 she could drink as an adult. Moving at a fast pace in an elite social group, she had a "hollow leg." A party girl from the onset, she could out drink anyone and be the only person left standing to get everybody else home. Later, she was to learn that her unusual capacity was an important early sign of alcoholism.

Marty's drinking was an occupational hazard in her line of work. Within 10 years she went from a bright, assured future to a hideous existence of round-the-clock drinking. She lost one job after another. She became destitute, living off the goodwill of friends, convinced that she was hopelessly insane. Two suicide attempts nearly killed her, and desperate drinking threatened to finish the job.

At this point, friends intervened. She was accepted as a charity patient at Bellevue Hospital in New York City, then transferred to Blythewood, an exclusive private psychiatric inpatient center in Connecticut as a charity patient. There were a few patients who were

alcoholics, like Marty, whose behavior had become bizarre or unmanageable.

It is difficult these days to imagine a world where the term "alcoholism" was virtually unknown and there was no treatment except "drying out." Alcoholics Anonymous didn't exist. The medical profession was as much in the dark as the alcoholics and their baffled families. The concept of alcoholism as a disease — and a major, treatable one at that — was scarcely known.

Then in 1935, two alcoholics, Bill Wilson and Dr. Bob Smith, happened to come together to help each other stay sober. Alcoholics Anonymous, probably the most famous grassroots, self-help health movement of all time, was launched on its shaky way.

Within four years, Bill and Dr. Bob had attracted two small groups of men who managed to achieve sobriety; one in Akron, Ohio (Dr. Bob's home), and the other in New York City (Bill W's home). They decided to write down their experiences in the belief and hope that they could thereby broaden their outreach to other suffering alcoholics. The book "Alcoholics Anonymous" was born. The year was 1939.

The year of 1939 was also a fateful year for Marty. Her enlightened psychiatrist, Dr. Harry Tiebout, gave her a manuscript of "Alcoholics Anonymous" to read, convinced that it would help her in a way he could not. This opened the door to her recovery.



Eventually she was persuaded by Dr. Tiebout to attend her first AA meeting, held in the home of Bill Wilson and his wife, Lois. This was still during the time that there were only two AA meetings in the whole country. Each little group met just once a week. Contrast that scene with the thousands and thousands of AA meetings available across America today, the majority a short distance from home.

Furthermore, all of the AA members were men. A few women had drifted in and out, but the stigma against women alcoholics was as strong as ever. Women rarely had the courage to seek help, even if they acknowledged they might have a problem.

Marty loved and appreciated AA from the beginning. She was immensely relieved to learn she was not incurably insane, but instead had a disease which manifested itself as "an allergy of the body coupled with an obsession of the mind."

Marty had three relapses during her first 18 months in AA. Later, Marty settled down, and the real healing began as she started to apply the 12 Steps to her life.

Five years after she found AA, Marty had a dream. Her vision was to educate the whole country about alcoholism. She was obsessed with eliminating the historic stigma attached to chronic inebriation. She joined forces with the Yale School of Alcohol Studies (now at Rutgers), where early significant scientific research into alcoholism was underway. Eventually her nationwide educational efforts led



to the creation of a separate organization, the National Council on Alcoholism (now the National Council on Alcoholism and Drug Dependence or NCADD). NCADD has been this country's most important educational, referral resource for alcoholics, their families and communities all across the country.

Her elegant appearance, captivating charm, intellect and breathtaking charisma swept people off their feet. By all accounts, she was one of the most spellbinding speakers this land has ever seen. Even audiences initially skeptical of her message, that an alcoholic is a sick person who can be helped, ended up enthusiastically supporting her. For 24 years she maintained a speaking schedule of over 200 talks annually.

Once more, she was felled by a disease beyond her control — this time it was cancer. Several surgeries were required, and eventually she recovered from the cancer.

When she was 65, Marty retired from active management of NCA yet she continued a punishing speaking schedule on the organization's behalf for many years.

In the early 1950s, Edward R. Murrow, distinguished journalist, selected Marty as one of the 10 greatest living Americans. Her appearances before state legislatures and Congress were unforgettable for those present and produced results.

Marty's last talk was before AA's international convention in New Orleans in 1980. Two weeks later she suffered a stroke at home and died very shortly thereafter. She was 75.

Marty's legacy is sparingly reported in the histories of Alcoholics Anonymous, probably because NCA was not an arm of AA. However, AA grew enormously in the decades that Marty was active. Her appearances were especially important in attracting women alcoholics. They figured that if a person as impressive and inspiring as Marty could admit that she was an alcoholic, they could too.

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Excerpted from a biography-in-progress of Marty Mann, by Sally and David Brown. For information, contact Islewest Publishing, 4242 Chavenelle Dr., Dubuque, Iowa. (800/557-9867)

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## Volunteers are needed!

We are currently staffing the NCMCO office Monday through Friday 10 am - 1 pm and Saturday 9 am to noon with volunteers. We are attempting to expand these hours with your help.

If you would like to become part of making it all happen, just check the area of service that you would like to work in and return the form to the address listed below. You will be contacted by our volunteer coordinator, Rick W.

I would like to work in the following area:

OFFICE

PHONE

Name:

Address:

City/St/Zip:

Area Code/Phone:

Please return the completed form to:

Volunteers, NCMCO  
206 Park Place Office Bldg.  
70 Woodfin Place



## December Birthdays

### Andrews Group

Glenn H. 12/15/77 30 years

### Asheville Big Book Step Study

Jamie S. 12/16/95 12 years

Don D. 12/14/04 3 years

### Asheville Grace Group

Nancy F. 12/10/77 30 years

Lisa B. 12/11/05 2 year

Shannon K. 12/12/98 9 years

Sarah H. 12/13/05 2 years

Kris W. 12/17/03 4 years

Mel D. 12/21/06 1 years

Tim H. 12/27/04 3 years

### Back To Basics

Doris H. 31 years

Molly B. 30 years

### Bethel Up the River

Henry W. 23 years

### Black Mountain

Bill C. 12/24/89 18 years

### Brevard-Sylvan Valley Group

Newt B. 40 years

Jimmy C. 24 years

Nan W. 19 years

Steve H. 17 years

Flint S. 16 years

Jon P. 4 years

### Conscious Contact

Hillary H. 12/10/06 1 years

Scott A. 12/11/05 2 years

Janet B. 12/21/87 20 years

Judith T. 12/23/76 31 year

Perrie R. 12/31/04 3 years

### Happy Hour, Hendersonville

Teresa B. 12/01/00 7 years

Dave W. 12/07/98 9 years

Bill T. 12/13/04 3 years

Carl T. 12/13/04 3 years

Kate A. 12/14/92 15 years

### Hendersonville Group

Ted A. 19 years

Tony T. 10 years

Warren B. 8 years

KC C. 6 years

Daniel W. 1 year

Josh L. 1 year

### Joy of Living Group

Julia A. 12/02/06 1 year

### Mid-Day Group, Hendersonville

Bob A. 12/11/81 26 years

Bruce C. 12/24/82 25 years

Cathy V. 12/17/96 11 years

Charlie S. 12/30/02 5 years

### Spruce Pine Group

Micah M. 2 year

### Traditional Group

Bill S. 12/05/01 6 years

Keith B. 12/25/01 6 years

Sophia B. 12/23/03 4 years

Jeff "Red" D. 12/28/05 2 years

James D. 12/24/06 1 years

# GROUP CONTRIBUTIONS 2007

## NCMCO Group Contributions

	October	Total YTD
<b>District 70</b>		
Acceptance .....	150	875
Asheville Big Book Step Study .....	0	115
Back to Basics .....	150	350
Black Mountain .....	0	47
Bone Dry .....	0	20
Burnsville .....	0	150
Came to Believe Women's .....	50	50
Candler KISS .....	25	425
Chunn's Cove Men's .....	0	410
Conscious Contact .....	500	1450
Cumberland .....	0	690
Daily Decisions .....	0	1225
Day by Day .....	0	683
Fellowship .....	60	217
Good Livers .....	545	545
Grace .....	0	1240
Lambda .....	0	19
Ledger Serenity .....	5	25
Leicester .....	0	50
Marion .....	78	128
Marshall .....	0	75
New Day .....	0	47
Pathfinders .....	0	30
Recovery by the River .....	38	187
Safe & Sound .....	0	100
Serenity Seekers .....	0	75
Serenity Service .....	0	257
Six O'Clock Open .....	120	480
Spruce Pine .....	1	101
Traditional .....	0	100
West Asheville .....	0	150
Women of Grace .....	30	30
Young People's .....	239	362
<b>Subtotal District 70 .....</b>	<b>1991</b>	<b>10708</b>
<b>District 71</b>		
Big Town .....	0	47
Blue Ridge .....	40	140
Brevard Serenity .....	0	150
Columbus .....	0	55
Early Birds .....	0	285
Edneyville .....	0	128
Hendersonville .....	20	200
Henderson Happy Hour .....	0	321
Joy of Living .....	0	220
Kanuga .....	23	225
Mid-Day .....	123	543
Speed Bump .....	0	150
Thursday Afternoon Ladies .....	7	207
Upward .....	0	30
<b>Subtotal District 71 .....</b>	<b>213</b>	<b>2761</b>
<b>District 80</b>		
Andrews .....	25	31
AWOL .....	0	178
Bethel Up the River .....	50	160
Bryson City .....	15	15
Cashiers Valley .....	227	418
Common Sense .....	116	296
Cullowhee Valley .....	0	50
Friday Ladies .....	1	1
Hayesville .....	30	83
Hayesville Lunch Bunch .....	0	75
Locked in Forward .....	88	268
Men's Attitude Adjustment .....	0	25
Mission .....	0	50
Mountain View .....	0	560
Mountainside .....	0	35
Murphy Big Book .....	50	95
No Name .....	0	300
No Nonsense .....	2	2
Practicing Principles .....	100	221
Recovery by the River .....	38	38
Sunshine .....	0	30
Sylva .....	0	141
Waynesville Grace .....	0	560
<b>Subtotal District 80 .....</b>	<b>742</b>	<b>3632</b>
<b>Total Contributions .....</b>	<b>2946</b>	<b>17101</b>



### 12 Ways to Tell the Difference Between Your Sponsor and Your Therapist:

1. Your sponsor isn't all that interested in the "reasons" you drank.
2. Your therapist thinks your root problem is your lack of self-esteem and your negative self-image. Your sponsor thinks your problem is yourself.
3. Your therapist wants to *pamper* your inner child. Your sponsor thinks it should be spanked.
4. Your sponsor thinks your inventory should be about you, not your parents.
5. Speaking of your parents, your sponsor tells you not to confront them, but to make amends to them.
6. The only time your sponsor uses the word "closure" is before the word "mouth."
7. Your sponsor thinks "boundaries" are things you need to take down, not build up.
8. Your therapist wants you to love yourself first; your sponsor wants you to love others first.
9. Your therapist prescribes *care-taking medication*. Your sponsor prescribes prayer making and meditation.
10. Your sponsor thinks "*anger management skills*" are numbered 1 through 12.
11. Now that you haven't had a drink in 6 months, your therapist thinks you should make a list of all your goals and objectives for the next 5 years, starting with finishing up that college degree. Your sponsor thinks you should start today by cleaning *coffee pots* and helping to carry a heavy box of literature to the jail.
12. Your sponsor will not lose his/her license if he/she talks about *God*.

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below.

### Mountain Doin's Order Form

**Mountain Doin's Annual Subscriptions: \*\*\*PLEASE NOTE NEW RATES (due to Postal rate increase)**

**Groups:**

2 copies monthly	No charge	
	<i>Pick up from Central Office</i>	<i>Deliver by mail</i>
5 additional copies	\$10.00 per year	\$22.00 per year
10 additional copies	\$20.00 per year	\$37.50 per year
15 additional copies	\$25.00 per year	\$48.00 per year
20 additional copies	\$30.00 per year	\$65.00 per year

**Individual Members:**

Single copy monthly \$6.50 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, depending upon USPS rates.

Clip and mail with check or money order to:

**N.C. Mountain Central Office  
206 Park Place Offices  
70 Woodfin Place  
Asheville, NC 28801**

Group or Individual Name \_\_\_\_\_

Street/P.O. Box No. \_\_\_\_\_

Town and Zip Code \_\_\_\_\_

North Carolina Mountain Central Office  
206 Park Place offices  
70 Woodfin Place  
Asheville, NC 28801

Place  
Postage  
Stamp  
Here

Address correction requested  
Town and Zip Code