

**MID-AMERICA
REGIONAL
NEWSLETTER
ISSUE#2, 1995
'TIS THE "CLEAN"
SEASON AROUND THE
WORLD**



FROM • THE •  • DESK • OF •
the
editor

Howdie all, My name is Nate F. and I am an Addict. It's good to be communicating again after such a long break. I'm still clean, a day at a time and I hope you are too.

A lot has happened in the three months since our last issue. To start, I have started back to school for a graduate degree(along with all my other previous responsibilities that recovery has graced my life with). It has proved to be too much, and the Newsletter has suffered my lack of attention. Lack of communication on my part caused this recent cessation in Newsletter issues. **The Mid-America Regional Service Committee and the Literature Subcommittee** decided to step in and try to address the situation by terminating my tenure as Editor and moving the co-editor into the Editors position. Maria C.(Salina) is now the Editor of the Mid-America Regional Newsletter. Congratulations Maria! This change is significant for the Newsletter and

should affect our readers in a positive way. For me personally it is a relief that the responsibility for production and promotion of the Newsletter is no longer mine. For the last two years I had been denying that I did not have the time nor the drive to properly do the Newsletter. The RSC actually has done me a service by firing me, it has given me a wake-up call. It's better to do a few things well, rather than a lot of things poorly. The last five years have been a learning and growing experience for me as editor and as a recovering addict. I have had moments of extreme frustration and elation with addicts who have helped in making the Newsletter a success. I want to take the time to thank all of you who have helped. **Thank You.**

As a subscriber you can be assured that you will get all the issues you have coming to you. The way to figure out

when your subscription expires is to look at the address mailing label on the front cover. The last line on the label contains your last issue number. Ex; Expires: Issue #4, 1995 means that your last issue will be two issues from this one.

One of the biggest changes is that of the address for the Newsletter itself has changed to:

**M.A.R.N.
833 Sheridan
Salina, KS
67401**

Maria is asking for the support of all of us in helping her chair the production and distribution of the Newsletter for the coming two years of her term. I hope that you will continue to subscribe and renew your subscriptions when they expire. She has my support and best wishes for success. Hope you enjoy this issue!
In Service,



Nate F. (Lawrence)



THE MID-AMERICA REGIONAL NEWSLETTER IS A SELF SUPPORTING INFORMATIONAL NEWSLETTER FOR RECOVERING ADDICTS IN THE MID-AMERICA SERVICE REGION OF NARCOTICS ANONYMOUS. WE PUBLISH 8 ISSUES PER YEAR AT A SUBSCRIPTION RATE OF \$8.00 PER YEARLY SUBSCRIPTION. THE NEWSLETTER IS A SUBCOMMITTEE OF THE REGIONAL LITERATURE SUBCOMMITTEE AND CONDUCTS ITSELF IN ACCORDANCE WITH THE COMMITTEES WISHES. WE WILL PRINT ORIGINAL MATERIAL FROM ADDICTS IN THE REGION AND FLYERS OR INFORMATION ABOUT NA EVENTS IN THIS REGION OR WSC EVENTS AND INFORMATION. ANYONE WISHING TO SUBSCRIBE, SUBMIT INFORMATION, POETRY, ARTWORK, PROSE ABOUT RECOVERY IN N.A., OR COMMENT MAY DO SO BY WRITING TO: M.A.N. P.O. BOX 1560 LAWRENCE, KS 66044-1560 OR PHONE (913)365-5512



Meet me in St. Louis

WCNA XXVI
August 29 - September 1, 1996
Saint Louis, Missouri USA

Would You Like to Speak at a Workshop?

**CLEAN TIME REQUIREMENT: 8 YEARS FOR MAIN MEETINGS
5 YEARS FOR WORKSHOPS**

Please submit tapes to:

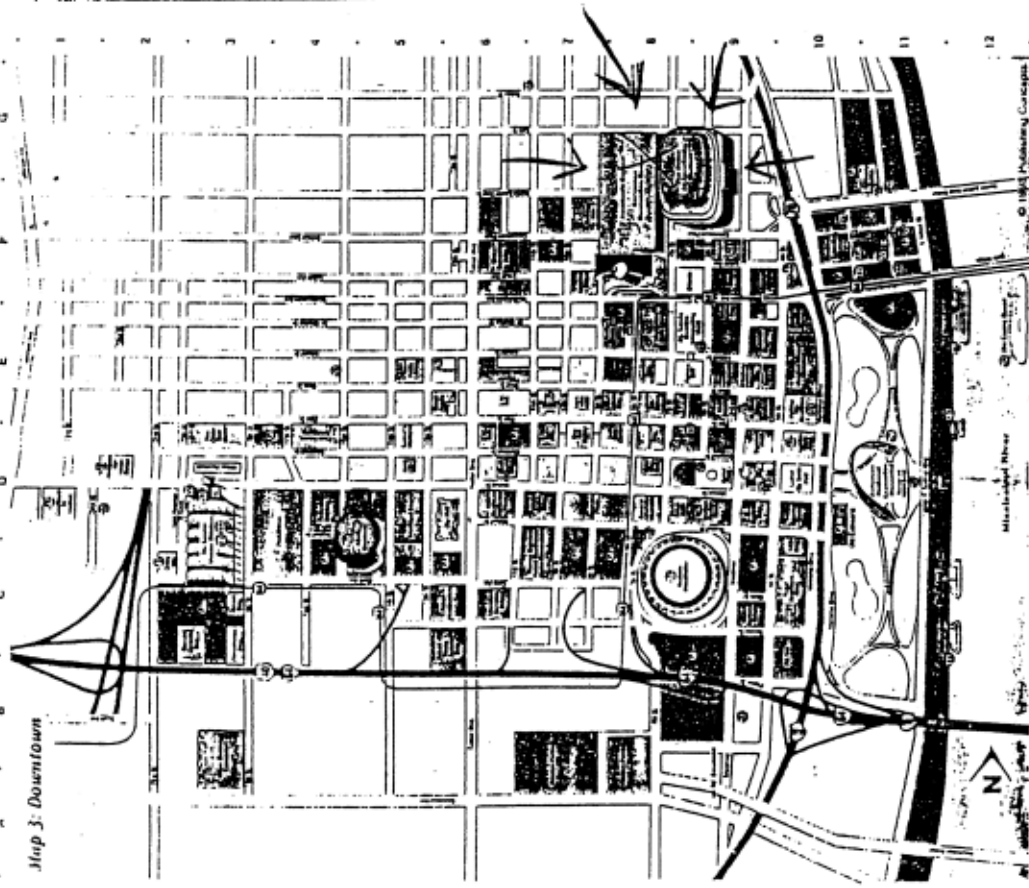
**WCNA - 26
c/o WSO, Inc.
P.O. Box 9999
Van Nuys, CA 91409**

**DEADLINE FOR MAIN SPEAKERS APRIL 1, 1996
DEADLINE FOR WORKSHOP SPEAKERS APRIL 1, 1996**

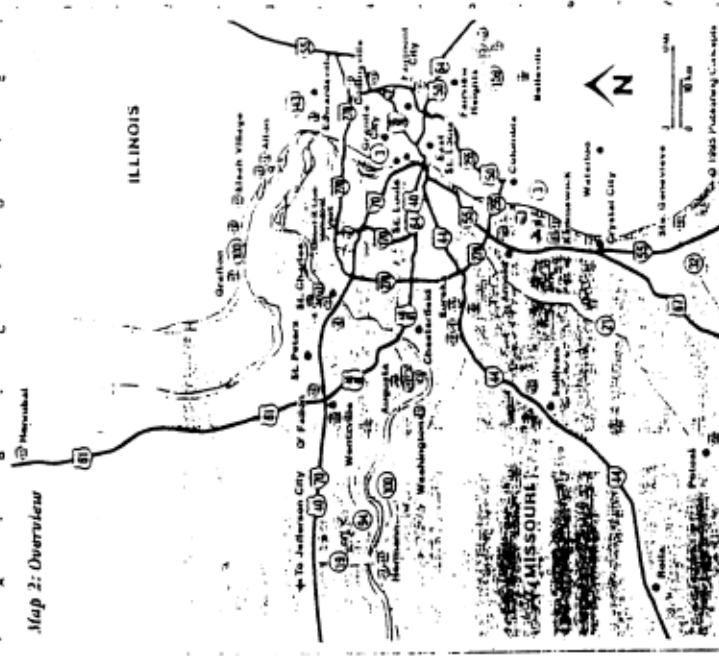
Tapes will not be returned.

**ALL TAPES SUBMITTED MUST INCLUDE FULL NAME, ADDRESS, PHONE
NUMBER, AND CLEAN DATE TO BE CONSIDERED!!**

Map 3: Downtown



Map 2: Overview



Maps

Map 2: Overview

- Miscellaneous**
- 102. Area 80th Canon, D-3
 - 103. Cahoon, Mary, C-4
 - 104. Callahan, William, E-4
 - 105. Elliott County State & Farms, E-3
 - 106. Larkin Early New Missouri, D-4
 - 107. Colonial Standard, C-4
 - 108. Lambert St. Union
 - 109. Marquette Canon, C-4
 - 110. Marshall Wherry, C-4
 - 111. Mount Pleasant Winery, C-4
 - 112. National Shrine of Our Lady of the Snows, E-3
 - 113. Pomeroy Farms, C-3
 - 114. Popping Green, D-3
 - 115. Saint Charles Residence Station, C-4
 - 116. St. Mary Over Hill Winery, C-3
 - 117. Stone Hill Winery, A-3
- Day Trips**
- 118. Alton, IL, D-3
 - 119. Argonne, MO, C-4
 - 120. Belleville, IL, E-4
 - 121. Cahoon, Mary, E-4
 - 122. Clarksville, IL, E-4
 - 123. East St. Louis, IL, D-3
 - 124. Golden, IL, C-3
 - 125. Hannibal, MO, B-4
 - 126. Hannibal, MO, A-4
 - 127. Kennett, MO, D-4
 - 128. Oldham, MO, B-3
 - 129. St. Genevieve, MO, D-7
 - 130. St. Charles, MO, C-3
 - 131. Washington, MO, B-4

- **Attractions**
- **Accommodations**
- **Day Trips**
- Ⓜ **Historic Landmark**
- ☀ **Recreation Center**
- Ⓝ **Neighborhoods**
- Ⓜ **Water Center**
- Ⓜ **Public**

Map 3: Downtown

- Accommodations**
- 132. Main & North Street, D-3
 - 133. Courtyard by Marriott, D-3
 - 134. Days Inn at City Walk, F-10
 - 135. Doubletree Suites Hotel
 - 136. Downtown St. Louis, E-4
 - 137. Drury Inn & Suites-Laureate, E-4
 - 138. Drury Inn & Suites-Mission, C-3
 - 139. Embassy Suites, C-10
 - 140. Hampton Inn at Chestnut, D-3
 - 141. Holiday Inn Downtown
 - 142. Homewood Suites, E-4
 - 143. Holiday Inn Downtown
 - 144. Holiday Inn Downtown
 - 145. Holiday Inn Downtown
 - 146. Holiday Inn Downtown
 - 147. Hotel Napoleon, E-7
- Attractions**
- 148. American Consulate
 - 149. Convention Center, E-4
 - 150. The American Theater, D-11
 - 151. The American Theater, D-11
 - 152. The American Theater, D-11
 - 153. The American Theater, D-11
 - 154. The American Theater, D-11
 - 155. The American Theater, D-11
 - 156. The American Theater, D-11
 - 157. The American Theater, D-11
 - 158. The American Theater, D-11
 - 159. The American Theater, D-11
 - 160. The American Theater, D-11
 - 161. The American Theater, D-11
 - 162. The American Theater, D-11
 - 163. The American Theater, D-11
 - 164. The American Theater, D-11
 - 165. The American Theater, D-11
 - 166. The American Theater, D-11
 - 167. The American Theater, D-11
 - 168. The American Theater, D-11
 - 169. The American Theater, D-11
 - 170. The American Theater, D-11
 - 171. The American Theater, D-11
 - 172. The American Theater, D-11
 - 173. The American Theater, D-11
 - 174. The American Theater, D-11
 - 175. The American Theater, D-11
 - 176. The American Theater, D-11
 - 177. The American Theater, D-11
 - 178. The American Theater, D-11
 - 179. The American Theater, D-11
 - 180. The American Theater, D-11
 - 181. The American Theater, D-11
 - 182. The American Theater, D-11
 - 183. The American Theater, D-11
 - 184. The American Theater, D-11
 - 185. The American Theater, D-11
 - 186. The American Theater, D-11
 - 187. The American Theater, D-11
 - 188. The American Theater, D-11
 - 189. The American Theater, D-11
 - 190. The American Theater, D-11
 - 191. The American Theater, D-11
 - 192. The American Theater, D-11
 - 193. The American Theater, D-11
 - 194. The American Theater, D-11
 - 195. The American Theater, D-11
 - 196. The American Theater, D-11
 - 197. The American Theater, D-11
 - 198. The American Theater, D-11
 - 199. The American Theater, D-11
 - 200. The American Theater, D-11
 - 201. The American Theater, D-11
 - 202. The American Theater, D-11
 - 203. The American Theater, D-11
 - 204. The American Theater, D-11
 - 205. The American Theater, D-11
 - 206. The American Theater, D-11
 - 207. The American Theater, D-11
 - 208. The American Theater, D-11
 - 209. The American Theater, D-11
 - 210. The American Theater, D-11
 - 211. The American Theater, D-11
 - 212. The American Theater, D-11
 - 213. The American Theater, D-11
 - 214. The American Theater, D-11
 - 215. The American Theater, D-11
 - 216. The American Theater, D-11
 - 217. The American Theater, D-11
 - 218. The American Theater, D-11
 - 219. The American Theater, D-11
 - 220. The American Theater, D-11
 - 221. The American Theater, D-11
 - 222. The American Theater, D-11
 - 223. The American Theater, D-11
 - 224. The American Theater, D-11
 - 225. The American Theater, D-11
 - 226. The American Theater, D-11
 - 227. The American Theater, D-11
 - 228. The American Theater, D-11
 - 229. The American Theater, D-11
 - 230. The American Theater, D-11
 - 231. The American Theater, D-11
 - 232. The American Theater, D-11
 - 233. The American Theater, D-11
 - 234. The American Theater, D-11
 - 235. The American Theater, D-11
 - 236. The American Theater, D-11
 - 237. The American Theater, D-11
 - 238. The American Theater, D-11
 - 239. The American Theater, D-11
 - 240. The American Theater, D-11
 - 241. The American Theater, D-11
 - 242. The American Theater, D-11
 - 243. The American Theater, D-11
 - 244. The American Theater, D-11
 - 245. The American Theater, D-11
 - 246. The American Theater, D-11
 - 247. The American Theater, D-11
 - 248. The American Theater, D-11
 - 249. The American Theater, D-11
 - 250. The American Theater, D-11
 - 251. The American Theater, D-11
 - 252. The American Theater, D-11
 - 253. The American Theater, D-11
 - 254. The American Theater, D-11
 - 255. The American Theater, D-11
 - 256. The American Theater, D-11
 - 257. The American Theater, D-11
 - 258. The American Theater, D-11
 - 259. The American Theater, D-11
 - 260. The American Theater, D-11
 - 261. The American Theater, D-11
 - 262. The American Theater, D-11
 - 263. The American Theater, D-11
 - 264. The American Theater, D-11
 - 265. The American Theater, D-11
 - 266. The American Theater, D-11
 - 267. The American Theater, D-11
 - 268. The American Theater, D-11
 - 269. The American Theater, D-11
 - 270. The American Theater, D-11
 - 271. The American Theater, D-11
 - 272. The American Theater, D-11
 - 273. The American Theater, D-11
 - 274. The American Theater, D-11
 - 275. The American Theater, D-11
 - 276. The American Theater, D-11
 - 277. The American Theater, D-11
 - 278. The American Theater, D-11
 - 279. The American Theater, D-11
 - 280. The American Theater, D-11
 - 281. The American Theater, D-11
 - 282. The American Theater, D-11
 - 283. The American Theater, D-11
 - 284. The American Theater, D-11
 - 285. The American Theater, D-11
 - 286. The American Theater, D-11
 - 287. The American Theater, D-11
 - 288. The American Theater, D-11
 - 289. The American Theater, D-11
 - 290. The American Theater, D-11
 - 291. The American Theater, D-11
 - 292. The American Theater, D-11
 - 293. The American Theater, D-11
 - 294. The American Theater, D-11
 - 295. The American Theater, D-11
 - 296. The American Theater, D-11
 - 297. The American Theater, D-11
 - 298. The American Theater, D-11
 - 299. The American Theater, D-11
 - 300. The American Theater, D-11

ST. LOUIS IS FAST APPROACHING! AUGUST 29,30,31 AND SEPTEMBER 1, 1996.

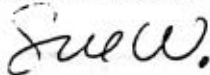
Do you have your plan of attack for how and where you are going to stay? It is anticipated that this World Convention of Narcotics Anonymous will be the largest one to date. The convention itself will be held at the centrally located Americas Center Convention Center. The above maps detail the Convention Center location and the location of 14 hotels that are within walking distance to the Convention Center. It will pay to make your reservations early, if you want a room in a hotel that is close by. Flyers with more detail about registration for WCNA 26 are on their way. If you don't know what a World Convention is like, 1996 is the year to find out! Stay Clean. - Nate F.

Dear Nate:

I was just reading the latest MARN and checking out the map (where is Newton, KS? - it's not even on the map). We have one of the oldest NA meetings in the state. Please put us on the map. We are alive and reeking of recovery down here in good old Newton, USA. Some of us recently went on another ADDICTS ON ASPHALT trip; this time to Anthony, KS. It doesn't matter where we are going or what the situation is at the end of the drive, we have a meeting in the car. The meeting that night lasted about 2 hours to begin with and then began again when we got back in the car. The addicts involved in the trip showed lots and lots of growth in their recovery. I'll tell you why that is. We were given directions that turned out to be botched a wee bit; but never fear, we survived without a blemish on our credibility. Even though we scoured the little town from one end to the other. We stopped and asked directions several times from local townspeople (who turned out to know very little actually about their own town). The local Sheriff's office didn't seem to know where to send us either. That's a new one, isn't it? They usually know where to send us, in fact, they have a tendency to take us there. Anyway, we practiced patience, tolerance and acceptance in our predicament. When all else fails, CALL SOMEONE! We made a call and got an answering machine, so we left a message. Then we decided to take care of HALT (try not to get too hungry, angry, lonely or tired). So we ate at the local burger joint and contemplated on our next move. Of course, most addicts have a plan all jumbled up in their head already, waiting to share that with the nearest addict. We proceeded to the address we were given by one of those fine folks who was so willing to share with us. Like most curious addicts, we had to check out the front of the house and also the alley behind the house. And then parked right in front so we could see when the gentleman arrived home so we could share our experience, strength and hope with him. This man was celebrating his birthday in recovery of 39 years. We wanted to be a part of that. One thing about addicts, we most generally don't give up and if we have something we really want to do, hell or high water won't stop us. This man had touched each one of our lives on our path of recovery in some form or another. It's funny how we don't forget some of the gaudawfulest stuff. My heart had been aching with the need to share with this man of an experience I had when I had attended one of his groups. I shared the whole thing from beginning to end and what a relief I felt (to finally have shared this terrible secret with someone). I learned a long time ago that we're only as sick as the secrets we keep. When those secrets are brought out into the light of day, they don't seem so bad after all. And what a weight is lifted off of our shoulders. I love this program! Our Newton H.O.W. group has been participating in Addicts On Asphalt for a number of years now and with each trip it is renewed why we started participating in this voyage on the pavement with a meeting happening all along the way. If you haven't tried it yet, please feel free to do so. It's amazing how open and honest you become while riding along in a vehicle with a bunch of other addicts. This trip I was honored with the title of DRIVER and it amazes me that they trust me to drive them somewhere long distance. That is a miracle in itself. I used to be labeled the crazy woman (and there are still people who call me that today) and they wouldn't have trusted me to drive their dog to the vet. Time changes most everything! Thanks to my H.P. (the God of my understanding) for allowing me to grow and become the person I am today. Small children and animals even love me. A bit of humor for those of you who are a bunch of fuddyduddies. I love this place called recovery. I'm grateful I found out it's a journey and not a destination. I was lost before I could be found. That statement is not true today. I found out this year that there a lot of people in my NA family who love me. I celebrated 12 years on the 16th of August; my sponsor and a bunch of my sponsees (I have a hard time with that word, it seems it ought to be sponsorees) got together and had a party to celebrate that day in recovery. It was so exciting and filled me with the warmth of recovery and love that we all have for each other. It's truly the ties that bind us together. At first I couldn't figure out how I could deserve all that they were sharing with me and later someone told me that I had touched a lot of lives. (They made me laugh and they made me cry.) I am a grateful addict who believes what it says in the literature (that you can't keep what you have without giving it away; and another one is that those of us who keep coming to meetings stay clean!). Recovery is the only thing that I haven't smothered to death from my wanting to keep it. **P l e a s e** put us on the map. We don't promise to be good, but we will carry the message to the addict who still suffers. I'm going to keep coming back, cause I know that's how it works!!

Love to you all in RECOVERY,

Sue W.



Newton H.O.W. Group

Chili Bowl VI

Marcna XIII Fund Raiser
Dec 2nd in Ellinwood Ks,
AT The K of C Hall 101 E 1st
Sponsered By Great Bend
HIGH ON LIFE

N Speaker Glenn S. **N**
A From Galena Mo, **A**
DJ Dynamite Don

Chili & Chicken Noodles
Will Be Provided !!

Please Bring Coverd Dish And
Auction And Raffle Items

All Cental Ks, GSR'S
WILL GET A PIE IN THE EYE !!

5:00 - 6:30 Dinner Severd;
7:00 - 7:30 Area GSR Pie in The Eye;
7:30 - 8:00 Pinat'a For The Kids;
8:00 - 9:00 Speaker Glenn S;
9:30 - ???? Dance With Dynamite DON;
Auction, Item And Money Raffel.

\$3.00 per Person \$5.00 A Couple
NO ADDICT TURNED AWAY !!!!!

THE FELLOWSHIP FOR FREEDOM AREA
OF NARCOTICS ANONYMOUS

PRESENTS

A FUNDRAISER FOR OUR 1996 ANNUAL
CONVENTION

"WELCOME TO THE RECOVERY ZONE"

ADMISSION: \$3.00 SINGLE / \$5.00 COUPLE

TREATMENT CENTERS FREE

NO ADDICT TURNED AWAY DUE TO A LACK OF FUNDS

WHEN: Dec. 16th, '95

WHERE: 1248 Buchanan

DOORS OPEN: 6pm

SPEAKER BEGINS: 7pm

DANCE: 8³⁰ - till midnight

THE FELLOWSHIP FOR FREEDOM AREA
OF NARCOTICS ANONYMOUS

PRESENTS

A FUNDRAISER FOR OUR 1996 ANNUAL
CONVENTION

"WELCOME TO THE RECOVERY ZONE"

ADMISSION: \$3.00 SINGLE / \$5.00 COUPLE

TREATMENT CENTERS FREE

NO ADDICT TURNED AWAY DUE TO A LACK OF FUNDS

WHEN: Jan 13, '96

WHERE: 1248 Buchanan

DOORS OPEN: 6pm

SPEAKER BEGINS: 7pm

DANCE: 8³⁰ - till midnight

WANTED:

PEOPLE WHO WANT TO HAVE FUN IN RECOVERY!

COME HELP US PLAN AND PUT ON EVENTS IN OUR AREA. WE NEED YOU TO GET INVOLVED SO WE CAN HAVE FUN IN RECOVERY!



ACTIVITY SUBCOMMITTEE OF THE MIRACLE ASC MEETS ON THESE FRIDAYS AT 7:00PM AT 2533 RIDGE COURT -COFFEE AND SOFT DRINKS PROVIDED - COME HANG OUT ON; CALL 865-5512 FOR MORE INFO

OCTOBER 6TH & 20TH

NOVEMBER 3RD & 17TH

DECEMBER 1ST & 15TH



NEVER ALONE

AT THE MOVIES
**JOIN US THE LAST
FRIDAY OF EACH
MONTH AT CINEMA
TWIN THEATRES**

WE WILL BE GOING TO THE LATEST SHOW OF THAT EVENING IT ONLY COSTS \$1.25 AND WE WILL GO OUT FOR COFFEE AND FELLOWSHIP AFTERWARD

BROUGHT TO YOU BY THE MIRACLE AREA ACTIVITIES SUBCOMMITTEE

CALL 842-6400 FOR THE NAME OF THE MOVIE
DATES: 7/28,8/25,9/29,10/27,11/24,12/29
CINEMA TWIN IS LOCATED AT
3110 IOWA, LAWRENCE KANSAS

MIRACLE AREA



FELLOWSHIP for FREEDOM



PRESENTS

the ANNUAL



CONVENTION 1996

FEB. 2nd, 3rd and 4th

RAMADA INN DOWNTOWN - 420 S. E. 6th - TOPEKA, KS 66607
 ROOM RATE @ \$ 62.00 PER NIGHT - LIMIT 4 PER ROOM
 RESERVE ROOMS UNDER "NARCOTICS ANONYMOUS"
 BY CALLING
 1 800 432-2464 AS SOON AS POSSIBLE

REGISTRATION FORM

NAME _____ PHONE _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 REGISTRATIONS @ \$10.00 BEFORE 1/1/96 _____ \$15.00 AFTER 1/1/96 _____ TOTAL @ \$ _____
 BANQUET @ \$15.00 BEFORE 1/1/96 _____ \$17.00 AFTER 1/1/96 _____ TOTAL @ \$ _____
 BREAKFAST @ \$7.00 BEFORE 1/1/96 _____ \$9.00 AFTER 1/1/96 _____ TOTAL @ \$ _____
 NEWCOMER DONATION \$ _____ CUPS @ \$6.00 EA. _____ TOTAL @ \$ _____
 T-SHIRTS @ \$10.00 EA. L _____ XL _____ XXL _____ XXXL _____ TOTAL @ \$ _____
 TOTAL AMOUNT ENCLOSED \$ _____

MAKE CHECKS PAYABLE TO "FELLOWSHIP FOR FREEDOM"
 c/o TRISH SMITH 3637 S E HWY 40 LOT E-9 TOPEKA, KS 66607
 FOR MORE INFO CALL TRISH AT (913) 234-6552

DANCE LIVE BAND WORKSHOPS AUCTION
 RAFFLE

THE CLEAN DREAM

MARCNA
X000

We are very fortunate to have had this program.
Before, very few people recognized that addiction
was a disease. RECOVERY WAS ONLY A DREAM.

BASIC TEXT PAGE 97.

APRIL 5-6-7, 1996

SPEAKERS	RAMADA INN	MARATHON MEETINGS
FELLOWSHIP	1400 NORTH LORRAINE	AUCTION/RAFFLE
WORKSHOPS	HUTCHINSON, KANSAS	DANCE
	1-800-362-5018	

Be sure to register early & tell them you are with MARCNA

ROOM RATES ARE \$45.00 DOUBLE OCCUPANCY (4 PEOPLE)

MAKE CHECKS PAYABLE AND MAIL TO:

M.A.R.C.N.A. XIII

P.O. BOX 3926

TOPEKA, KANSAS 66604

FOR MORE INFORMATION CONTACT:

TIM OR DEBBY S. - (316) 241-6230 / PONY BOY - (913) 273-5417

SPEAKER TAPES MUST BE RECEIVED BY 11/1/95 IF YOU WISH TO BE A MAIN SPEAKER

PRE-REGISTRATION FORM

(BEFORE MARCH 1, 1996)

NAME _____	Pre-Registration _____ X \$13.00
ADDRESS _____	After March 1st _____ X \$15.00
CITY _____ STATE _____	Saturday Banquet _____ X \$15.00
ZIP _____	After March 1st _____ X \$17.00
Willing to Chair Workshops _____	Sunday Brunch _____ X \$10.00
Willing to Help @ Workshops _____	After March 1st _____ X \$12.00
Willing to Chair Marathon Mtgs. _____	T-Shirt & Mug _____ X \$14.00
Willing to Help @ Marathon Mtgs. _____	Size: S _____ M _____ L _____ XL _____
Willing to Help @ Registration _____	XXL _____ (Add \$1.00)
	XXXL _____ (Add \$1.50)
	NEWCOMER DONATION \$ _____
	TOTAL AMOUNT ENCLOSED \$ _____

MID-AMERICA REGIONAL NEWSLETTER

SUBSCRIPTION FORM



We won't give you a clock radio, or a cheap phone, home stereo, video tape, or swim-suit issue.....

JUST:

Twelve months (8 issues) of events, happenings, doings, campouts, chili-feeds, meetings in print, birthday nights, recovery stories, and other recovery "stuff" from your N.A. Region, by your Region and for your Region (which - by the way - is the MID-AMERICA REGION).

IT'S ENOUGH !!!!

For only (8) eight bucks, you too can be totally hip to what's up and on in the Region. So.....

JUST DO IT!!!!

=====
yes, i would like to be hip and knowlegable of n.a. events and "stuff". i have enclosed (8) eight dollars.CHECK OR MONEY ORDER

NAME _____

ADDRESS _____

CITY _____

STATE/ZIP _____

NEW SUBSCRIPTION _____ RENEWAL _____



MAIL TO: MID-AMERICA REGIONAL NEWSLETTER
SUBSCRIPTIONS DEPT.
833 SHERIDAN
SALINA, KS 67401
(913) 825-8163

