



lifeline



More

In my early experience in AA I heard the expression, "My favorite drink was MORE." I knew in that moment my problem was not alcohol, it was life. Whatever made me feel good, I wanted more of it. Before my first taste of alcohol it was food. But alcohol was a bit different. Oh, don't get me wrong. A good pie or candy bar would soothe me alright but once I tasted hard liquor, that warm glow and feeling of comfort was unique.

My father walked out on my mother, sister, and me when I was 3 years old. That started a longing in my gut that would last a life time. I wasted many hours wishing to be with him, but as I have found out, God has a plan and I don't necessarily know all the details. By the time I was 9 years old I had become such a discipline problem for my single mother to deal with, the county child services department forced her to send me to live with my father in the country. I guess they thought I would cause less trouble for the community if I was out in the less populated rural farmland. The move was both good and bad. It did curb my juvenile delinquency but it exposed me to the adult world of alcohol.

My dad was a drinker, and I still remember the night he and my step mother were having a party. I lived in the basement and as the night progressed I sneaked upstairs and watched all the fun they were having through a crack in the door. With no one watching the kitchen with all the supplies, I slipped in and grabbed a mostly empty bottle of Wild Turkey Kentucky Bourbon off the counter and headed back to my room in the basement. I was 10 years old. I stared at the bottle for the longest time because it was so beautiful, with a picture of a turkey on the label. What happened next can only be

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Grateful

My name is Sandy and I am a grateful alcoholic. When I first walked through the doors of AA I could not for the life of me understand why people said they were grateful to be alcoholic. In my mind I couldn't figure out why all of you were so damn grateful. I didn't want to grow up and be an alcoholic, I didn't want to grow up and go to AA meetings, I didn't want to grow up and meet "those type people". But today, I am truly, incredibly, and humbly GRATEFUL to be an alcoholic. If I wasn't an alcoholic, I wouldn't know bikers, people who have been to prison, people who have been to jail, people who are in rehab, people fresh out of rehab, homemakers, working women, working men, people who have literally lived on the streets due to their diseases. ME!

On Thanksgiving, I was on my way to sister's house with pies in the back seat of my car, excited to see family members from over the river and through the woods (26 of them to be exact) and before I knew what was happening, my car pulled into a parking space at the Alano Club. My second home some could say. I parked on North side of the building and the minute I got out of my car, I was met with hugs and love from those gathered on the picnic tables sharing stories and meals, then I made my way downstairs to the best dive joint in the world, the Alano kitchen, and was again met with hugs and love, (and let me tell you, if you donated cash and/or food it was well received. I have never seen so much food in my life.) My heart was full that peeps had a loving place to go to enjoy an excellent meal, served by excellent cooks, and enjoy family! A quick step outside to the

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CENTRAL OFFICE BOARD OF TRUSTEES

BOARD@SALT LAKEAA.ORG

Chair — Doug R.

Co-Chair — Julian G.

Secretary — Rob C.

Treasurer — Lorraine R.

Trustee — Evan J.

Trustee — Kevin D.

Trustee — Bob C.

Alt Trustee — Bob G.

Alt Trustee — Chris L.

CENTRAL OFFICE STANDING COMMITTEE CHAIRS

Activities — Suzi L.

activities@saltlakeaa.org

Archives — Laura C.

archives@saltlakeaa.org

By-laws — John F.

Coins — Mike O.

**Cooperation with the
Professional
Community** — Ben S.

cpc@saltlakeaa.org

Corrections — Mark S.

corrections@saltlakeaa.org

Hotline — John J.

hotline@saltlakeaa.org

Literature — Charlie T.

literature@saltlakeaa.org

Lifeline Newsletter —

Shurone H.

lifeline@saltlakeaa.org

Outreach — Rob C.

outreach@saltlakeaa.org

Public Information —

Melissa E.

pi@saltlakeaa.org

Technical Support —

Jonathan H.

it@saltlakeaa.org

Treatment — Rusty J.

treatment@saltlakeaa.org

Twelfth Step — Skip M.

12step@saltlakeaa.org

Volunteer — Jim C.

volunteer@saltlakeaa.org

Website — Doug R.

webservant@saltlakeaa.org

7TH TRADITION CONTRIBUTION ADDRESSES

A.A. World Services

Box 459 Grand Central Station

New York, NY 10163

<https://ctb.aaws.org/Login.aspx>

Area 69 Treasurer

PO Box 6044 Clearfield, UT 84089

<http://utah.aa.org/contributions.php>

District 10 Treasurer

PO Box 57271

Murray, UT 84157

Salt Lake Central Office

80 West Louise Ave.

Salt Lake City, UT 84115

District 2 Treasurer

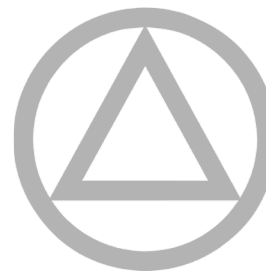
PO Box 615

Salt Lake City, UT 84110

District 11 Treasurer

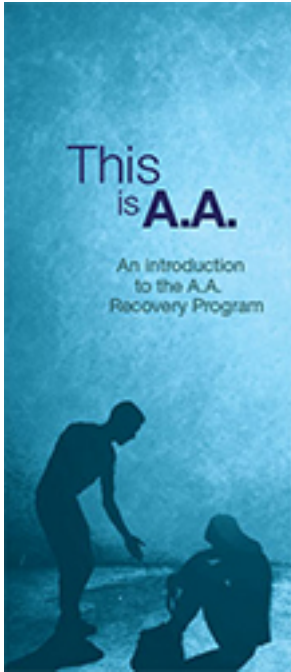
1805 N 1450 W

Layton, Utah 84041



"WE ARE SELF
SUPPORTING
THROUGH OUR
OWN
CONTRIBUTIONS..."

PAMPHLET OF THE MONTH



"The A.A. recovery program works for almost any alcoholic who honestly wants it to work, no matter what the individual's background or particular drinking pattern may have been."



"There was a time when many of us believed that alcohol was the only thing that made life bearable. We

could not even dream of a life without drinking. Today, through the A. A. program, we do not feel that we have been deprived of anything. Rather, we have been freed and find that a new dimension has been added to our lives. We have new friends, new horizons, and new attitudes. After years of despair and frustration, many of us feel that we have really begun to live for the first time."



"All the great faiths are represented in our Fellowship, and many religious leaders have encouraged our growth. There are also atheists and agnostics among us. Belief in, or adherence to, a formal creed is not a condition of membership. We are united by our common problem, alcohol. Meeting and talking and helping other alcoholics together, we are somehow able to stay sober and to lose the compulsion to drink, once a dominant force in our lives."



MEETING UPDATES

New Meetings:

Conscious Contact - Tue @ 7:00-8:30 - Hilltop United Methodist Church - 985 E. 10600 S. Sandy - meditation meeting, N. entrance

Last Run w/ Bill W. - Fri @ 4:30 10351 E. Highway 210 Alta, UT

Back Alley A.A. Beginners Meeting - Tue @ 7:00 - 5689 S. Redwood Rd. ste. 30. Alpine Center - S.E. entrance downstairs

Hope Group - Sat @ 8:00pm 8029 S. 700 E. (Inspirio Recovery)

Practice These Principles - Friday @ 7:00AM, Unitarian Church 569 S. 1300 E. SLC

Carpet Slippers - Sunday @ 7:00, Fit to Recover - 789 W. 1390 S.

Draper Lunchtime Step Study - Monday @ 12:00, 1194 E. Draper Parkway - Wasatch Grind and Pulp

No Laurels - (Women's Meeting) Monday @ 7pm, 1st Unitarian Church - 569 S. 1300 E., Salt Lake City. Enter through SW door.

Six in the City - Saturday @ 6pm, Palmer Ct. 999 S. Main St. SLC

We Admitted We Were Powerless - Sat @7pm, Elevation Church: 375 S State Street, Ste B, Clearfield

Sacred Healing - Mondays @ 5pm, Urban Indian Center - 1230 W 1300 S, Salt Lake City

Meeting Updates:

Stepping Stones - Mon@ the Alano from 8:00-9:30

ESP - Changed to Thursday @ 6:00 - 1340 Kings Row Dr. Vincent DePaul Church (Closed)

Alpha Alpha - This is a Big Book meeting @5:30 Tue. (Closed)

7th East Group - M-F 12:00-1:00 (was 11:30-12:30) 7th st. Treatment Center - 2487 S. 700 E.

Garden Variety - Sunday 9:30-10:30

Homeless Warriors - Mon, Fri from 6:30-7:30 475 W. 100 S.

Magna Friendly Bunch Everyday @ 7:00pm @ Alano West Club - 9087 West 2700 South, Magna. (*The time changed*)

Canceled Meetings:

Homeless Warrirs - Fri @ 6:30 475 W. 100 S.

An AA Group - Wed.@5:30 -4th st. clinic. 4th S. 4th W.

Millcreek Womens Group - Wed @ 6:30 -Krishna Temple

Lighten Up Group - Tue@8:00pm lighthouse recovery center

Free Rider Group - Tue @6:30pm Alano West

Free Rider Group - Fri @7:00 Red Eye Coffee

Our Primary Purpose - Sun @7:00pm

Draper Lunchtime Step Study - Mon @ 12:00

Gay Men Staggs Big Book Study

Experience Strength & Hope Tuesday @ 7:00 pm @ Red Church (Creekside Christian Fellowship):

picnic tables on the South side, up the stairs to the big room, hugs and love, then into the room on the East side where I attend some very special and incredible meetings with the type of people I mentioned above who, in my recovery, have become my AA family.

All of sudden I felt the urge to look up on the wall and who's faces did I see? Bill and Bob. I stopped short in my tracks and said a prayer of thanks to those two men and their wives, Lois and Anne, for the movement they created. I have always heard how grateful we are to have found a Power greater than ourselves, but I found myself thinking about the two men who gave so selflessly and two strong women who stood by their sides and how I have neglected to say a word of Thanks and Prayer for what they started. After all, if there was no AA Fellowship and the Steps, where would I be? Something to ponder for the day...hmmm, My name is Sandy, and I am a Grateful Alcoholic!!

I am truly humbled that I was asked to share this story for the Lifeline. When I crawled through the doors a little over 2 years and 10 months ago, I never imagined how ALL of you would change and affect my life. If you are reading this, please know, that you have!!!

-Sandy B



NS Sobriety Hour

Laurie - 2 years

Bryan - 10 years

Charlie T - 29 years

Eddie - 29 years

City at Seven

Tom - 1 year

Collin - 10 years

Erin - 10 years

Nomadic Lunch Bunch

Miles - 30 days

Bob - 60 days

Chris - 6 years

Karen B. - 6 years

Rick J. - 25 years

Sunday Morning Breakfast Group

Curtis - 30 days

Carla - 90 days

Frank - 6 months

Debbie - 9 months

Shep - 2 years

Kristen - 4 years

Melodie - 9 years

Jimmie - 24 years

Mike - 28 years

Dwight - 30 years

Becky - 30 years





CALENDAR OF EVENTS



January 2017

-AA Speaker Meeting & Pot Luck: Sat **Jan 13th** 6:00 pm - Pot Luck starts, 7:00pm- Meeting starts. 10140 S. 700 E. Sandy UT 84070.

-Celebrating the life of Jim Reed - **Jan 14th**, 12:00pm @ the Alano Club (5056 S. 300 W.)

February 2017

-WinterFest will be held Friday, February 23 through Sunday, February 25, 2018 at the Red Lion Hotel and Conference Center; [850 South Bluff, St. George.](#)

<http://www.dixiewinterfest.org/>

March 2017

PRAASA (Pacific Region AA Service Assembly) hosted by Nevada Area 42: March 2-4 at the Nugget Casino in Sparks. Register online at <https://praasa.org/>

*Please send events to the lifeline at lifeline@saltlakeaa.org



Missing Grapevines List:

Our A. A. Archives chair Laura is attempting to compile a complete list of published Grapevines, so if you have any that are on this list, let her know at archives@saltlakeaa.org. You can also call Central Office and let them know if you have any of these @ 801-484-7871 Thanks!

1953: Jan, Feb, Mar, Apr, May, June, July, Aug, Sept, and Dec.

1954: May, Nov, Dec.

1955: Jan, April.

1956: Jan

1957: Apr, June, July, Sept, Oct, Nov, Dec.

1958: Jan, Mar, Apr,

May, June, July, Aug.

1959: Feb, Apr, June, Aug, Oct.

1960: May, June, July, Nov, Dec.

1961: All 12 months missing.

1962: Nov.

1963: Nov.

1964: Feb, Apr, and Oct.

1965: May, June, July, Aug, Oct, and Nov.

1966: June, July, Oct, and Dec.

1967: July, Oct.

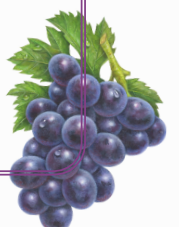
1968: Mar, June, Oct, Nov, Dec.

1969: All 12 months needed.

1970: July and Nov.

1990: July and Oct.

2000: Jan, Feb, Apr, May, June, July, and Dec.



CENTRAL OFFICE NOVEMBER 2017 FINANCIALS

Income Statement

	2017	2016
<u>Revenue</u>		
Group Contributions	\$3,482.29	\$3,071.99
Copy/Newsletter donations	\$13.00	\$11.18
Individual Contributions	\$-	\$-
Sales - Literature	\$9,499.66	\$7,616.65
Sales - Coins	\$2,081.47	\$1,961.00
Sales - Other	\$5.20	\$-
Total Revenue:	\$15,081.62	\$12,660.82
COGS - Literature	\$10,661.35	\$7,407.59
COGS - Coins	\$1,151.47	\$1,035.38
Total COGS	\$11,812.82	\$8,442.97
Gross Profit	\$3,268.80	\$4,217.85
Operating Expenses	\$3,091.77	\$3,049.23
Other Expenses:	\$-	\$-
Total Expenses:	\$3,091.77	\$3,049.23
Net Income:	\$177.03	\$1,168.62

Bank Accounts

Checking & Petty Cash	\$33,598.14	\$13,884.82
Accounts Payable Due	\$(21,859.98)	\$(3,778.51)
Money Market - PR	\$24,211.50	\$24,184.23
Total:	\$35,949.66	\$34,290.54

Please note that according to the central office bylaws it is required to have 6 mos overhead in the prudent reserve

Average monthly costs are \$4000/mo, \$24,000 for 6 mos.

A detail of group contributions is available and will be handed out quarterly.

CENTRAL OFFICE REPRESENTATIVES MEETING MINUTES

TUESDAY DECEMBER 12TH, 2017 – 6:30 PM

6:30 - 6:45 - Reports Board of Directors

Chair: Doug R - Warranties & Statement of Purpose welcomes new CO Reps. Contribution page is up and running on the web site.

Co-Chair: Julian G - Reached out to new central office reps. Everything is going well.

Secretary: Rob C - Everyone KEEP SMILING!!

Treasurer: Lorraine R - This was her last meeting as Treasurer, and everyone will miss her and the wonderful work she did for central office! Thank You Lorraine :)

Trustee: Kevin D - (District 11 liaison) - Excused

Trustee: Bob C - (District 2 liaison)

Trustee: Evan J - (District 10 liaison)

Alt Trustee: Bob G -

Alt Trustee: Chris L.-

6:45 - 7:25 - Reports Committee Chairs

Activities: Suzy L - Christmas Party went well, thanks to all who helped out! Our next activity is the Super Bowl Party.

Archives: Laura - Looking for missing Grapevines to complete archive.

By-Laws: Jon F. - By-Laws are available online.

Coins: Mike O - All is going well. We have everything in stock.

Cooperation with Professionals: Ben S - Excused

Corrections: Mark - Needs volunteers to bring meetings to the prisoners.

Outreach: Josh S. - Excused

Tech Committee: Jonathan H - Excused

Hotline: John J - Everything is running fine.

Literature: Charlie T - New pamphlet, "This is A.A."

Newsletter: Shurone - Committee meeting Thursday Jan. 11th at 5:30pm @ Central Office (80 W. Louise Ave. SLC) Volunteers welcome.

Public Information: Mellissa E - Health Wellness fair coming up, was asked about doing possible booth.

Treatment: Rusty J - The House of Hope is now holding an in house Big Book study A.A. meeting. We had a request from City Creek Post Acute Rehab for an introduction to A.A. and have given one, another planned.

12th Step: Skip M - All calls are up to date. Everything is going well.

Volunteers: Jim C - Things are good. We have no gaps in coverage. Thanks For Allowing Me To Be Of Service.

Webservant: Doug R - Website stats: 7,101 visits For Nov 39.56% were new people. 72.23% of the visits were from mobile devices.

7:25 - 7:30 - New Business

Proposed 2018 Budget discussion and vote
Panel Rotation Board Member elections -
Qualifications and duties will be read

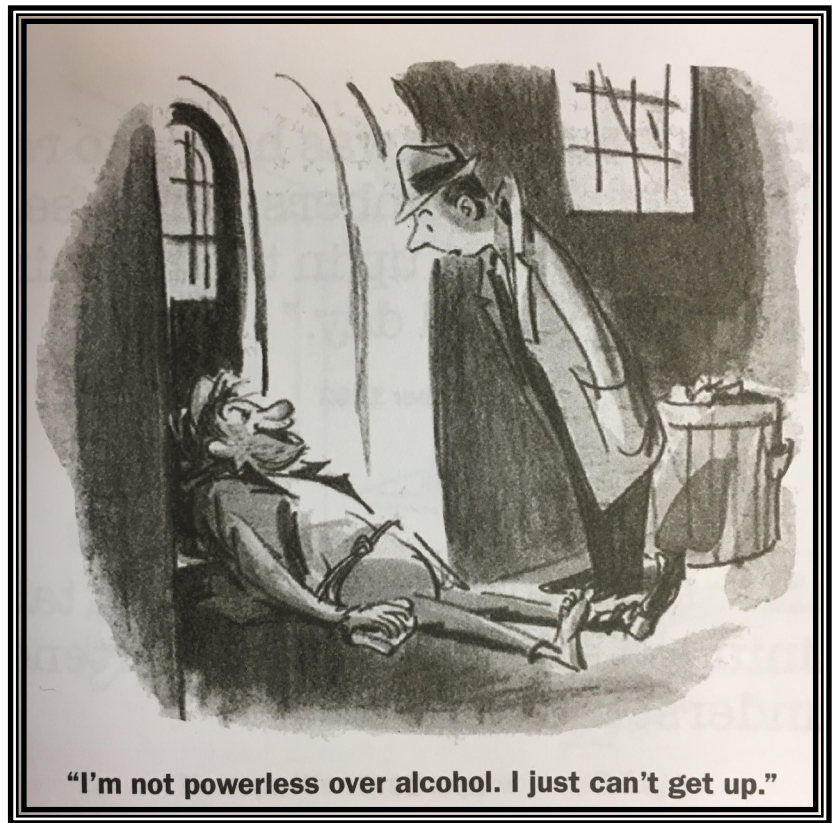
Treasurer- OPEN

7:30 Adjourn and Close with the Serenity Prayer.
Next Central Office Representative meeting will be held on Tuesday January 9th, 2018 @ 6:30.

Share With Us!

Do you have a riveting recovery story that you would like to share with the readers of the lifeline? Perhaps you have composed poems about recovery that are begging to be heard, or you have a piece of artwork to share. We all have amazing experience, and valuable knowledge to share with each other, and the lifeline provides another great way to do that. Last month we added 33 new recovery centers to our mailing list, so our Central Office publication reaches more people than ever now. You never know how or who your story or insight might impact by sharing, so we encourage everyone to contribute!

-lifeline@saltlakeaa.org



aagrapevine.org

Joke of the Month

A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am." The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 & 60 degrees West longitude."

"Wow, you must be an AA sponsor", said the man in the balloon. "I am", said the man, "but what gave me away?"

"Well", answered the balloonist, "everything you told me is technically right but I am still lost. Frankly you're not much help at all and you might even have delayed my trip."

"You must be an AA sponsee", replied the man. The man in the balloon was amazed and said, "I am, but how did you know?"

The man on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but, somehow now IT'S MY FAULT" !



described as an awakening of the grand paradox. I took a drink and its taste was the most awful thing that burned my mouth and throat. Yet it began a tingling in my soul that finally made that pit in my stomach go away. I now knew what all the hubbub was about for alcohol. For the next 8 years I drank everything I could get my hands on as fast as I could drink it, which wasn't all that often since I lived in a predominant Mormon culture, yet often enough to establish a pattern of alcohol abuse.

At 18 years old, I enlisted in the Marine Corps. Now my **fun** with drinking turned into **fun plus trouble**. As a marine, I was expected to drink with restraint but I had no ability to do that. Many times, I awoke to find myself in trouble from what I had done the night before. Back from Viet Nam in 1968 I had no life skills and now as a civilian it didn't take long to cross over from **fun plus trouble** to just plain **trouble** when I drank. I still drank like I had to sneak it and drink it as fast as I could. That had never changed. I never took a **social drink** in my life. As a matter of fact, I hadn't even heard of social drinking until I came into Alcoholics Anonymous.

I had my last alcoholic binge 21 November 1975. I was still trying to find that drink that actually tasted good. I saw an advertisement in a magazine for Hennessy Cognac that looked so appealing I thought I would try it. It still tasted like what I thought battery acid must taste like, however it didn't stop me from consuming the whole bottle. I was sick the next day but my neighbor stopped by and invited me to come back to church. I had one of those "Come to Jesus" moments and I went. For the next 4 years I was a devout member of a church but I was hurting inside like never before. I had gained 100 lbs. and was failing in all aspects of my life. Suicide was a fairly dominate thought.

A friend 12 stepped me into the rooms of Alcoholics Anonymous. Food was kicking my ass and I didn't know why. I had lost weight before but for some reason no diet could relieve the sense of doom I felt in my chest. My first AA meeting was a breath of fresh air. Well actually it wasn't fresh air at all. I couldn't see across the room because of the cigarette smoke. But the feeling of belonging was instantaneous and I began to learn. The concept of **more** finally hit home when I realized that feeling good using **more** and **more** was not helping, no matter what **more** was.

It took a while for me to actually admit to being an alcoholic because I only came in to stop binging on recreational food. When I got to the part in the big book that refers to alcohol as not being the problem I was

surprised that I related so strongly. I had to get down to the causes and conditions of my malady.

After 6 years of being sober (2 years in program) I finally did my 4th and 5th steps. I had to actually be tricked into doing them by my sponsor. We met one afternoon to do some chatting about my day and he said out of the blue, "It's time you did your 4th and 5th step." He took a lined piece of paper out of a spiral notebook and a pen and said, "Now write your inventory down and hurry up because I have things to do." He said it in such a matter of fact way that my defense mechanism was unavailable. I wrote what I thought was a lengthy moral inventory in all of 10 minutes. I then read it to him and we tore up the paper together. What a relief. I had finally crossed over to the other side of the 4th and 5th step. The world didn't collapse around me and I felt a burden lift from my chest. To this day that hole in my soul I suffered with all those years has never returned.

I still feel the pains of getting it wrong. It hurts when life gives me problems. It hurts when I do stupid things. But I now know that I don't have to run from these problems with alcohol or recreational food. I can't make the feelings go away but I do know that God can and will if I seek him by placing my ass in a chair in an AA meeting. Every time I do, I feel God's influence in my life. God works on me through other people. I have come to rely on people physically close enough to me so that I can interact with them. I believe God has placed them close to me to be able to learn something. It relieves me of the need to judge others, and It focuses my attention on things I don't want to go to the grave feeling like a victim. Alcoholics Anonymous has taught me how to stand up for myself. I already knew how to run from uncomfortable events and people. The 9th step promises have taught me to rely on my instincts. "...you will intuitively know how to handle situations which used to baffle you." I have learned to walk away from situations instead of engaging in actions that result in resentments. The bonus is that I have learned to stand my ground in situations where I need to act strongly. I owe that to myself. I had to be taught how to not run. Interesting lessons for a former combat US Marine.

Now the **MORE** I seek is to **more** fully understand God's will for me today. It's a challenge most of the time but if I begin my daily journey with an AA meeting my chances of getting it right today just increased.

May your heart be comforted.

Semper Fi

-H. Le

BECOMING WILLING

I was raised in an LDS family. By the time I hit 15 I'd discarded Mormonism as a whole. That is about the time I started drinking as well. When I was arrested in 2006 I was an adamant atheist and raging alcoholic. It seems often that people find God in prison then leave Him here when they're released. I was determined for a long time not to be one of those people. I suffered from that God hunger that plagues all addicts, so I began my spiritual journey. I studied many religions and spiritual paths, but I still struggled to accept many mainstream faiths. It was one of the A.A. volunteers that helped me find my higher power. The Big Book of A. A. that she quoted held the key, "A God of

your understanding". I don't have to have a concrete perception of God. I just have to be "willing to believe" in that power greater than myself. Most peoples spiritual awakenings are not so dramatic. Mine was a torrent of divine inspiration that manifested in the people around me.

It could be a coincidently perfect piece of advice or the key words I needed to hear on a particularly hard day. God works through and around me every day as long as I work the steps! Service is a big part of that, but just being willing to believe is the key.

-Michael S.



New requirements out at the Utah State Prison are now asking that two people be present at each A.A. meeting that is held out at the prison.

As a result, more volunteers are needed now more than ever! People who are willing to bring meetings to the inmates in our state institutions.

Volunteering at the Utah State Prison or the Salt Lake County Jail is a One Year Commitment, and One year of sobriety is suggested. If you have had a felony in the previous 5 years or a misdemeanor in the past 3, it may be an issue. Or if you have a friend or relative that is in jail, it will also pose an issue.

Volunteering to bring the message to inmates is extremely rewarding, and very appreciated by those who attend them!

*If you are interested in volunteering, applications can be found @saltlakeaa.org - and also at Central Office (80 W. Louise Ave. (2850 S.) SLC).



In Loving Memory

Remembering Jim T. (1938-2016)



I met Jim Timmons at the 3:00pm misfit toys meeting at the Alano club in 2013. I honestly don't think I would be sober or alive for that matter without this man! He took me under his wing. He was my sober and spiritual giant! He had a very kind but stern way about him that made me stop and think. Jim and I soon became very close. Father daughter type relationship. He always knew when I was feeling not so good, and always knew exactly what to do and say to put my thinking on a more positive path. His memory lives on in my heart! When I am feeling troubled about something all I have to do is think about what he would have said to me and my entire outlook changes. I owe so much of my strength to this man's influence and impact he had on my life!! I will forever treasure my memories I have with him.

I love and miss you Jim!

-Sandra M

Alcoholic CAPRICORN

(December 22 to January 19)

A fixed identity allows us to feel safe, because it creates the illusion of control in our lives. But the truth is, a fixed identity is a mirage. This month, consider some of the labels you've held on to only so as to possess a feeling of containment. Maybe let yourself leak a little.



Central Office Super Bowl Party

Sunday February 4th

3pm until your team wins!

Pot Luck

80 W. Louise Ave Salt Lake 84115

Central Office of Salt Lake Incorporated
80 West Louise Avenue
Salt Lake City, Utah 84115



SALT LAKE CENTRAL OFFICE

801.484.7871

80 West Louise Avenue (2850 S)
Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS