

JUNE 2020

Salt Lake Central Office

In This Issue;

- ▶ **Memoirs of G.O.D. Campout**
- ▶ **Board and Committee**
- ▶ **Announcements**
- ▶ **Meeting Minutes**
- ▶ **According to Bill**
- ▶ **Financial Statement**
- ▶ **A note from our Treasurer**
- ▶ **Pamphlet of the Month**
- ▶ **"The Unbeliever"**
- ▶ **The Last Page on the Right**

"Not every end is a goal. A melody's end is not its goal; nevertheless, so long as the melody has not reached its end, it also has not reached its goal. A parable."

-Nietzsche

A.A. Central Office

Come be of service and add a Central Office Rep to your Home Group!

We hold a meeting on the 2nd Tuesday of every month at 6:30 pm

80 W Louise Ave SLC, UT 84043

-TEMPORARILY ONLINE-

- *share activities and events
- *learn how A.A. works at a local level
- *lots of service opportunities
- *help share the message

Hope to see you there!

Memoirs of G.O.D. Campout

My name is Eddie and I remember my first GOD (Great Out Doors) Campout, in 1991, I drove up to the Defa's dude ranch near Hanna, Utah. I was familiar with both the Dude ranch and the small town. My mom had brought me to Defa's as a kid. And my dad had relatives that owned some property in Hanna & we'd go camp, learn to ride motorcycles, shoot BB guns & have fun family time. So, when I went, I was early in sobriety, and didn't know what to expect. I brought a tent and all my camping and fishing gear. I saw many familiar faces, they had so many fun events going on, that I could participate in or not. Horse-shoes, fishing, hiking, arm wrestling and much more. There was plenty of fellowship and fun. It was my first camp out ...or recovery-based conference of any kind. I had less than 90 days sobriety. They had a very similar agenda 29 years ago as they do today. Just a better pavilion now for the main meetings & entertainment. It's a beautiful mountain setting surrounded by aspens and pines. It's a real working ranch, so they don't allow dogs (on the ranch), there is a river that runs through the property. A little cafe, and if it's your 1st time going, ask someone to show you the heart on the mountain. It's a formation of trees shaped

like a heart. There is so much happiness & joy. You and 500 of your closest friends on vacation for 3 days. Some come to relax, some come to play, some come to fellowship, some do a little of this and some of that, you pick your own agenda. The ranch is in the middle of the woods, literally surrounded by the Ashley National Forest. Some people stay on the Dude ranch itself, and some stay in the surrounding national campsites, which are all just 5 to 10 minutes away. What a delight. If you come, it's the middle of July in the high Uinta's, so the weather can be anything from 95 degrees to a snowy hailstorm. Remember to Bring a jacket. Bring a good attitude, sunscreen and a friend...if you want. There is so much to do if you want, or just relax

...cont. on: pg 3



**GREAT OUTDOORS
CAMPOUT**

July 10th, 11th & 12th

**Defa's Dude Ranch, Hanna,
UT**

godcampout@gmail.com



CENTRAL OFFICE Board of Trustees

Chair — Julian G. **Trustee**— Brad
Co-Chair — Dave V. **Trustee**—Doug R.
Secretary — Mike L. **Alt Trustee**— Mike A.
Treasurer — Lenny B. **Alt Trustee**- Serena
Trustee — Paul M.

BOARD@SALTlakeaa.org

7th Tradition Contribution Addresses

A.A. World Services
Box 459 Grand Central Station
New York, NY 10163

Area 69 Treasurer
P.O. Box 471
Fillmore, UT 84631

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
2320 Wood Hollow Way
Bountiful, UT 84010

CENTRAL OFFICE Standing committee chairs

Activities — Rob C.

activities@saltlakeaa.org

Archives — Laura C.

archives@saltlakeaa.org

By-laws — Julian G.

Coins — Jim C.

coins@saltlakeaa.org

Co-op Professional Community — Joe B.

cpc@saltlakeaa.org

Corrections — Lorie G.

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Events Calendar — Jake

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Hotline — Johnathan

hotline@saltlakeaa.org

Literature — Charlie T.

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Lifeline Newsletter — Jason D.

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Outreach — Schadie B.

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Public Information— Melissa E.

pi@saltlakeaa.org

Technical Support — Asch M.

it@saltlakeaa.org

Treatment— Rusty J.

treatment@saltlakeaa.org

Twelfth Step — Skip M.

12step@saltlakeaa.org

Volunteer — Doug R.

volunteer@saltlakeaa.org

Website — Owen

webservant@saltlakeaa.org

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone **free access** for a limited period to our 2020 Grapevine (January through May) and La Viña (Jan/Feb through May/June) print issues. Audio available as well.

Please share with your fellows!! www.aagrapevine.org/we-are-here-to-help

ANNOUNCEMENT FROM GSO:



We are now able to accept online Seventh Tradition contributions through PayPal.

This additional platform will simplify the process and provide a convenient way for members to make online Seventh Tradition contributions. In addition, we will continue to accept contributions using ACH or Debit/Credit Cards.

Donate at: <https://contribution.aa.org/>



Please check on the Central Office website for up to date virtual meeting schedules. Most meetings have been moved to the [Zoom](#) app.

<http://www.saltlakeaa.org>

As of this printing, the Salt Lake Central Office is **CLOSED**.

Memoirs of G.O.D. Campout ...cont from pg 1

...and do nothing. As I explored, I learned and experienced that Friday night they had a meeting, a countdown and a talent show, that was all very fun. Saturday was horseshoes, fishing and so much family friendly fun activities. There are also horses to rent. Lots of people just relaxing and enjoying the mountains and serenity. Saturday night was another meeting, 3 speakers; 1 Alateen, 1 Alanon, 1 AA person, after that, a talent variety show called the Boozeville Bombers...a guy named Leo was the MC. He was a guy I knew as having a good sense of humor from the meetings. He was Great as the MC. Funny, irreverent, telling jokes between acts. Some acts were little comedy skits, some were people singing & playing instruments. It was a BLAST. Then they had a dance after that show. Afterward I remember finding a campfire meeting and staying up until all hours. Then Sunday morning there is a spiritual meeting. Which was very nice, then several hundred drunks circled up at the end, said the Serenity prayer and picked up and left. That 90-minute drive home I was smiling the whole time... I was HOOKED.

Also, a few years ago, I got up the courage to ask the man who was the current MC named Rick if I could do that part of the show, and he said YES! So, I had another dream come true, to perform comedy (in sobriety)! Now I am the guy telling the jokes between acts. And many of those acts, also are having THEIR dreams come true to perform their talent on stage. I have tried to make it back every year I could for the past 29 years. I did move out of state for a while & missed a few. But it is a highlight of my year. I invite every person to come and join us. If we actually are able to hold it this year due to the covid19. We are in the planning phases now. Hope to see you there. - Eddie F

Central Office (Zoom) Meeting Minutes

Board of Directors reports:

Chair: Julian G. -Read Warranties. Central office is closed.

Co-Chair: Dave V- Excused

Secretary: Mike L.-Excused

Treasurer: Lenny B.- Financial Report looks good. Most donations coming from group contributions. Keeping an eye on the financial. Most costs have been covered by contributions.

Trustee District 2: Paul M.-

Trustee District 10: Brad M.-Getting lots of questions about Zoom passwords, Owen is working on this (resolved at time of printing)

Trustee:-Doug R.-District 11, no meeting. In communication with district chair.

Alt Trustee: Mike A- Excused

Alt Trustee: Serena - Excused

Committee Chair Reports:

Activities: Rob C.- Nothing planned. Contact at 801-647-0889

Archives: Laura C.-Excused

Coins: Jim C.-Jim is able to access Central Office if anyone needs anything while it is closed. Sold 2 cases of books. Encourages groups to donate to GSO & Central Office

Events: Jake- Excused

Cooperation with Professionals: Joe B.-Excused

Hotline: Johnathan-Hotline is normal. Calls are covered during business hours. There are gaps that need to be filled, check Hotline schedule to fill in.

Literature: Charlie T.-Excused

Corrections: Lori G.-Excused

Lifeline: Jason D.-Content is light, we need submissions. We are still mailing Lifeline but you can print your own PDF from the Central Office webpage <https://www.saltlakeaa.org/lifeline-archive/> or on the Facebook page: Salt Lake Lifeline. Doug printed 50 copies to send to Tooele Alano Club.

Treatment: Rusty J.-Nothing to report

Public Information:Excused

Tech:Asch-Central Office is offering Zoom rooms for groups that don't want to host. Updated pages with Zoom instructions. Find Zoom meetings on <https://www.saltlakeaa.org/online-meetings/>

Webservant: Owen-Things are pretty crazy. Answering emails every night. Jonathan is helping with transition to new meeting software. Pretty big uptick in requests to the website. Cleaning up the look of the website. Added contribution link to the website. Please submit meeting changes to the link on the website.

Volunteers: Doug- Most Volunteers covering phones during business hours. Sold boxes of books to treatment centers. Working with Lifeline on next printing.

12th Step: Skip M.-Appreciates everyone and what they are doing. Meetings are a blessing. Referring people to Liberty Park Meeting.

Next Board Meeting: June 2nd at 6pm

Next C.O Rep Meeting: June 9th at 6:30pm

Check the schedule for location

Meeting minutes for May were unavailable at time of printing. - ed

Aloneness according to Bill

The following excerpts are copied from the pages of the book As Bill Sees It, the theme being Aloneness.

"Loners" - but Not Alone

What can be said of many A.A. members who, for a variety of reasons, cannot have a family life? At first many of these feel lonely, hurt, and left out as they witness so my domestic happiness about them. If they cannot have this kind of happiness, can A.A. offer them satisfactions of similar worth and durability?

Yes-- whenever they try hard to seek out these satisfactions. Surrounded by so many A.A. friends, the so-called loners tell us they no longer feel alone. In partnership with others--women and men--they can devote themselves to any number of ideas, people, and constructive projects. They can participate in enterprises which would be denied to family men and women. We daily see such members render prodigies of service, and recieve great joys in return.

pg 53

Dependence--Unhealthy or Healthy

"Nothing can be more demoralizing than a clinging and abject dependence upon another human being. This often amounts to the demand for a degree of protection and love that no one could possibly satisfy. So our hoped-for protectors finally flee, and once more we are left alone--either to grow up or disintegrate."

<<< >>>

We discover the best possible source of emotional stability in God Himself. We found that dependence upon His perfect justice, forgiveness, and love was healthy, and that it would work where nothing else would.

If we really depended upon God, we couldn't very well play God to our fellows, nor would we feel the urge to rely wholly on human protection and care.

pg 72

Alone No More

Alcoholism was a lonely business, even though we were surrounded by people who loved us. But when our self-will had driven everybody away and our isolation became complete, we commenced to play the big shot in cheap barrooms. Failing even this, we had to fare forth alone on the street to depend upon the charity of passers-by.

We were trying to find emotional security either by dominating or being dependent upon others. Even when our fortunes had not totally ebbed, we nevertheless found ourselves alone in the world.

We still vainly tried to be secure by some unhealthy sort of domination or dependence. For those of us who were like that, A.A. has a very special meaning. In this Fellowship we begin to learn right relations with people who understand us; we don't have to be alone anymore.

pg 252

Comradeship in Peril

We A.A.'s are like passengers of a great liner the moment after rescue from a shipwreck, when camaraderie, joyousness, and democracy pervade the vessel from steerage to captain's table.

Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of sharing in a common peril--relapse into alcoholism--continues to be an important element in the powerful cement which binds us of A.A. together.

<<< >>>

Our first woman alcoholic had been a patient of Dr. Harry Tiebout's, and he handed her a prepublication manuscript copy of the Big Book. The first reading made her rebellios, but the second convinced her. Presently she came to a meeting in our living room, and from there she returned to the sanitarium carrying this classic message to a fellow patient: "We aren't alone any more."

pg 302

APRIL 2020 Financial Statement

Income Statement	2020	2019
<u>Revenue</u>		
Group contributions	2570.21	2618.15
Copy/Newsletter donations	-	51.25
Individual Contributions	415.50	-
Sales - Literature	1458.25	11448.78
Sales - Coins	159.60	1064.35
Sales - Other	4.02	194.94
Total Revenue:	4607.58	15377.47
<u>COGS</u>		
COGS - Literature	1859.13	11200.71
COGS - Coins	154.72	1028.18
COGS - Other	-	175.12
Total COGS	2013.85	12404.01
Gross Profit	2593.73	2973.46
Operating Expenses	2780.60	3478.53
Other Expenses	-	-
*Total Expenses	2780.60	3478.53
Net Income	(186.87)	(505.07)
<u>Bank Accounts</u>		
Checking & Petty Cash	6206.14	3617.01
Accounts Payable Due	(3.00)	(439.10)
Money Market -PR	24415.97	24389.33
**Total	30619.11	27567.24

Group Contributions	
11th Step Meditation	22.40
12 O'clock High	192.00
974 Group	70.00
Basic Young Peoples	168.56
Came to Believe	153.40
Every Night Firelight	152.45
Elevator's Broken	106.05
Happy Destiny	60.75
Hot Topics	13.50
KF	20.00
Murray Group	114.40
Salt Lake Men's Group	350.00
Saturday Beginners	3.00
Serenity Now	36.75
Tryining Again	27.75

Please consider donating through the website or setting up a Venmo or Paypal "group basket" for 7th Tradition until business returns to normal.

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

A note from our Treasurer

Greetings,

Included here is the Salt Lake Central Office financial report for April 2020.

As of 4/30/2020 our liquid assets are at a very healthy margin compared to our current liabilities. Overall we saw a net loss of only \$186.87. Framing this against the changes due to the current pandemic, we are in *very* good shape.

Group contributions are on par with previous periods. It's clear that the region's AA meetings are still prioritizing contributions to Salt Lake Central Office! I feel grateful to have the opportunity to be part of Alcoholics Anonymous. How many other organizations have put everything on hold or thrown in the towel during this time? I admire the tenacity and solicitude of everyone involved in this effort to reach the still suffering alcoholic.

I can only speak for myself, but perhaps you can relate – I sometimes grumble at or resent my responsibilities serving Central Office. It's not my favorite thing to do and I sometimes have to repeat the 12th tradition in my head during our meetings. I often wonder what effect my efforts have in our region and consider their worth.

Let me say that as an alcoholic of the hopeless variety, it's no exaggeration to say that Alcoholics Anonymous has *saved my life*. There is no doubt in my mind that I would have been dead by now if not for what this program, and the people in it, have given to me; asking nothing in return. The price for my life is a debt I could never repay. So for me, if everything I do in service to Central Office can help just one person come back from the brink of death and find the peace and joy of the life available through this program, then my efforts are not in vain.

I want to tell you how grateful I am for what you do in service to the alcoholic who still suffers. Amidst our quibbles and bickering, let us not forget why we are here.

Please let me know how I can be of service to you.

Warmest regards,

Lenny

PAMPHLET OF THE MONTH

Too young?

Coming into A.A. as young people, we found that there were common challenges to face. In the beginning, we often felt we were too young to be alcoholics. Some of us didn't drink for a long time; others didn't drink hard liquor, stumble around, or forget what we did or said when drunk. Being young in the everyday world we face peer pressure, stressful relationships with our parents, and parties being a way of life. In A.A., we often feel different because we may be the youngest person in our group, and some have even had an uninformed older member discourage us by saying things like "I spilled more booze than you drank."

These are hard realities for young people in A.A. On the other hand though, by sticking with it and finding younger and older members to help us, we've found a solution to our drinking problems. In A.A. we've found a way of life that helps us deal with everyday stress and peer pressure, and that life is better and more fun without alcohol. We've also seen that we develop closer relationships the longer we stay sober. To us, it doesn't matter how old you are, how much, where, or what you drink. What matters is how alcohol affects you. You are the best judge of whether or not you have a problem. And you know this from your gut — whether you feel guilty, lonely, ashamed, or whether alcohol is interfering in your life. (The questions at the end of this pamphlet may also help you decide.) If drinking is causing you trouble, and you want to stop but can't seem to do it on your own, give Alcoholics Anonymous a try — try it for 90 days, and if your life doesn't get better, at least you'll better understand your options.

All of us felt strange about going to A.A. But we now see that A.A. saved our lives — and is the best thing that ever happened to us. We also now know that there are many members who are our age — in fact, approximately 10% of A.A. members are under the age of 30.



https://aa.org/assets/en_US/p-4_youngpeopleandaa.pdf

A note from the editor:

Due to all the changes happening in the world around us, I have discontinued a few things temporarily. Nearly all meetings have been moved online. Most events and activities are cancelled or on hiatus. Once life gets back to some semblance of normal, your regularly scheduled events calendar and meeting updates will return.

Because changes are happening on an almost daily basis, please check out saltlakeaa.org/online-meetings for the most up-to-date online meeting schedules. That being said, I need content! Reader submissions look like the toilet paper aisle at the grocery store this month. **I am going to start calling on people to share if my email box (lifeline@saltlakeaa.org) doesn't start filling up!** Stories, poetry, artwork... anything really. Many thanks to all who read and subscribe!! Also a great big THANK YOU to Jennie for helping put this issue together!! -Jason



We Are Holding a Special Two-Day Virtual Founders' Day Event June 13 – 14, 2020. Registration is FREE at:

<https://foundersday.org/shop/>

The History of Founders' Day

Founders' Day has been an important part of the history of Alcoholics Anonymous. Our current celebration has its roots from our humble beginnings. Here are a few events which have helped shape our annual Founders' Day celebration.

1941 Bill W. and Dr. Bob were the featured speakers.

1942 Dr. Bob traced the early history of our movement, introduced early members, followed by a buffet supper served by wives of Akron Group #1.

1945 Dr. Bob and Bill W. spoke at a dinner at the Mayflower Ballroom.

1945 A modest celebration was held at the M. O'Neil Auditorium with the co-founders present.

1947 Dr. Bob and A.A. #3 Bill D. were the speakers.

1948 The Akron Armory was used and talks were given by Dr. Walter Tunks, Bill W. and Dr. Bob.

1951 Dr. Bob had died. An open house was held at 855 Ardmore. (Dr. Bob's Home) Bill spoke at the Goodyear Theater.

1953 Bill W. attended an open house at St. Thomas Hospital.

1957 The first "Play" was introduced and a Sunday morning breakfast was held at The University of Akron's Memorial Hall.

1958 Bill W. his wife Lois W. and Ethel M. were speakers at The University of Akron's Memorial Hall.

1961 This was the start of the memorial for Dr. Bob at 9:00 am.

1965 The "Modern" Era of Founders' Day begins with the first Friday-Sunday Weekend. Founders' Day is an integral piece the legacy our co-founders have left for us. Founders' Day has grown to where 10,000 visitors from around the world come each year. Please come to Akron to see, to feel, and to be part of The Fellowship of the Spirit.

The Unbeliever

*ed note: Do you only go to meetings? Do you only have a copy of the 4th edition of the Big Book that you never open unless your Sponsor tells you to? I encourage...No! **I implore you** to become a student of The Program! Find a good Big Book Study. Pick up some literature and **LEARN!** This excerpt is from page 194 of the **1st edition** of the Big Book of Alcoholics Anonymous, copyright 1939. Stay tuned next month for part 2.. Emphasis below is added by me because I relate to it! Perhaps some of you reading this can also relate.*

Dull... listless... semicomatose... I lay on my bed in a famous hospital for alcoholics. Death or worse has been my sentence.

What was the difference? What difference did anything make? **Why think of those things which were gone**--why worry about the results of my drunken escapades? What the hell were the odds if my wife had discovered the *mistress situation? Two swell boys...* sure... *but what difference would a corpse or an asylum imprisoned father make to them?* ... thoughts stop whirling in my head... that's the worst of this sobering-up process... the old think tank is geared in high-high... what do you mean high-high... where did that come from... oh yes, that first Cadillac I had, it had four speeds... had a high-high gear... insane asylum... how that bus would scamper... yes... even then the liquor probably poisoned me. What had the little doctor said this morning... thoughts hesitate a moment... stop your mad turning... what was I thinking about... oh yes, the doctor.

This morning I reminded Doc this was my *tenth visit. I had spent a couple of thousand dollars on these trips* and those I had financed for the plastered play girls who also couldn't sober up. Jackie was a honey until she got plastered and then she was a helion. Wonder what gutter she's in now. Where was I? Oh... I asked the doctor to tell me the truth. **He owed it to me** for the amount of money I had spent. He faltered. Said I'd been drunk that's all. God! Didn't I know that?

But Doc, you're evading. Tell me honestly what is the matter with me. I'll be all right did you say? But Doc, you've said that before. **You said once that if I stopped for a year I would be over the habit and would never drink again. I didn't drink for over a year, but I did start to drink again.**

Tell me what is the matter with me. I'm an alcoholic? Ha ha and ho ho! As if I didn't know that! But aside from your fancy name for a plain drunk, **tell me why I drink.** You say a true alcoholic is something different from a plain drunk? What do you mean... let me have it cold... brief and with no trimmings.

An alcoholic is a person who has an *allergy* to alcohol? Is poisoned by it? One drink does something to the chemical make-up of the body? That drink effects the nerves and *in a certain number of hours another drink is medically demanded?* **And so the vicious cycle is started?** An ever smaller amount of time between drinks to stop those screaming, twitching, invisible wires called nerves?

I know that history Doc... how the spiral tightens... **a drink... unconscious... awake... drink... unconscious... poured into the hospital... suffer the agonies of hell... the shakes... thoughts running wild... brain unleashed... engine without a governor.** But hell Doc, I don't want to drink! *I've got one of the stubbornest will powers known in business. I stick at things. I get them done. I've stuck on the wagon for months. And not been bothered by it... and then suddenly, incomprehensibly, an empty glass in my hand and another spiral started. How did the Doc explain that one?*

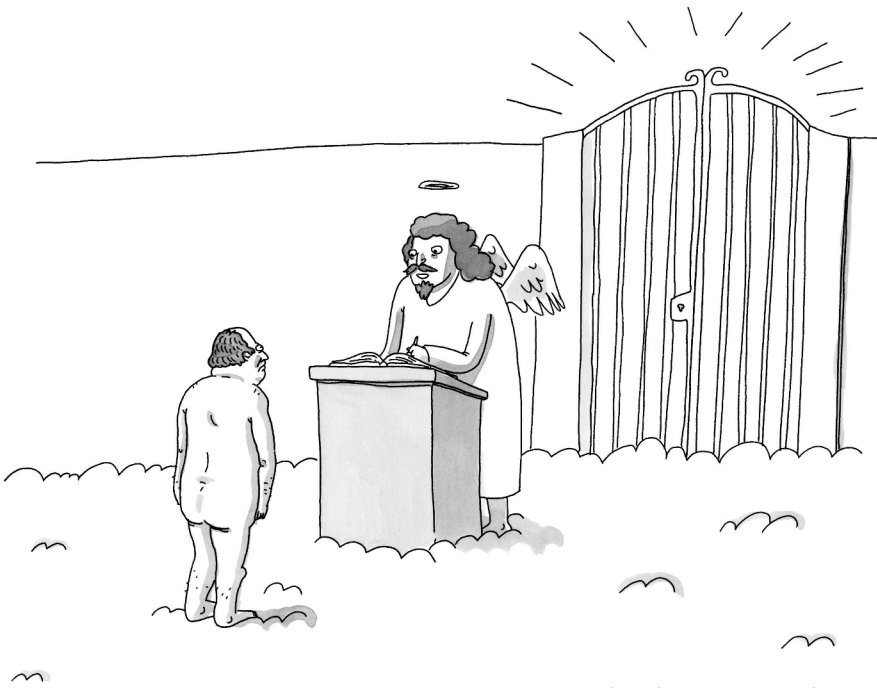
He couldn't. That was one of the mysteries of true alcoholism. A famous medical foundation had spent a fortune trying to segregate the reasons for the alcoholic as compared to the plain hard, heavy drinker. Had tried to find the cause. And *all they had been able to determine as a fact was that the majority of the alcohol in every drink taken by the alcoholic went to the fluid in which the brain floated.* Why a man every started when he knew those things was one of the things that could not be fathomed. Only the damn fool public believed it a matter of weak will power. Fear... ostracism... loss of family... loss of position... the gutter... **nothing stopped the alcoholic...**

To be continued...

*This is a story from the **1st Edition of the Big Book of Alcoholics Anonymous.** The author, Henry (Hank) P. was the first man Bill W. was successful in sobering up after returning from his famous trip to Akron where he met Dr. Bob.*

The Last Page on the Right

Caption this!



Copyright The New Yorker
Kanin

The smarter a man
is the more
he needs God to
protect him from
thinking he knows
everything.
<native american
proverb>



Joke of the Month

A scientist barges into an A.A. meeting and proudly exclaims "I HAVE DISCOVERED THE CURE FOR ALCOHOLISM!"

A man in the back pipes up "Yeah right, not in a million years pal!"

The scientist goes on to exclaim that all you have to do is take this one pill and your cravings and thoughts of alcohol disappear instantly and you never drink again.

Once again the man in the back pipes up "Yeah? What happens if you take two?"

Big Book Corner

PRACTICAL EXPERIENCE shows that *nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. Life will take on new meaning.*

To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends--this is an experience you must not miss

4th edition, pg 89

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



SALT LAKE CENTRAL OFFICE

801.484.7871

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Salt Lake City, Utah 84115

HOURS:

Monday-Friday: 10-5

Saturday: 10-2

CALL FOR HOLIDAY HOURS