

The Northern Lights Newsletter

1

Voice of AAI -- November, 2015



Anchorage Alaska Intergroup
PO Box 200-341
Anchorage, AK 99520
1.907.279.1942
1.844.279.1942

<i>Our Voices</i>	Pages 2-3
<i>Next Month's Topics</i>	Page 3
<i>AAI Contacts</i>	Page 5
<i>AAI Reports in Full</i>	Pp 6-10
<i>News and Outreach</i>	Page 10
<i>Meeting Schedule</i>	Pp 11-12

** All material included in this newsletter is selected from within the OA Fellowship, including OA publications and/or OA program-related submissions from members. Personal stories express the experience of the individual members and not of OA as a whole.

**The Newsletter Editor will distribute The Northern Lights to the AAI meetings, members, and other service bodies via the AAI email system. Each issue will also be sent via email to Lifeline.

Note from the Editor:

Thank you to all who submitted to this newsletter, a sharing of the voices of Anchorage Alaska Intergroup. We cannot recover alone. Also, be sure to catch 12 Steps for the Holidays, followed by 12 Traditions and an Action Plan for the Holidays on pp 3-5. These might well serve as a format for an upcoming meeting.

The Newsletter Editor position is open for this coming year, 2016. If you are willing to step forward, your service will be appreciated. Of that, I am certain.

In service,
Nancy, Northern Lights Editor
oanewsletter@oa-alaska.org

****To unsubscribe** to the member list please email our webmaster at oawebmaster@oa-alaska.org. Thank you for your understanding and patience.

November, our Eleventh Month...

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Theory

Into

Practice

Use OA's newest guide—[*Carrying the Message*](#)—for suggestions about what to say and not to say when speaking to someone about OA for the first time. With more than two dozen tips, this free guide can help you find the words to tell others how the OA recovery program has made a difference in your life. Visit http://www.oa.org/pdfs/guide_to_carrying_the_message.pdf

Download *Carrying the Message* today and be inspired to follow the [**OA Preamble**](#): "...to carry the message of recovery through the Twelve Steps of OA to those who still suffer."

Coming Soon: Get *Carrying the Message* as a pocket card. Watch for an announcement here, in the *News Bulletin*, or check the OA bookstore at bookstore.oa.org for availability.

Our Voices

Prompts for November:

Recovery Is Attractive

- **How do you carry the message of recovery to others through attraction rather than promotion?**
- **What role does threefold recovery— spiritual, emotional, and physical—play in attraction?**
- **How did someone first carry the message to you through attraction or threefold recovery?**
- **How does the OA Responsibility Pledge inspire you?**

Carrying the Message

As I read the Do's and Don'ts of carrying the message from our literature, I remember what my first few meetings were like and how those members practiced a program of attraction. I was scared, isolated, overweight, and consumed with thoughts of food and my body when I first wandered in to an OA room. What I heard, loud and clear, was that

1.) **I WAS NOT ALONE.** There were other people who were just as crazy about food as I was.

Then, I heard how they had found relief from the compulsion and obsession. Even though the ways they talked about achieving recovery were mysterious concepts I didn't understand at first - I heard terms like sponsorship, stepwork, abstinence, and committed food plans - what I *did* understand was that if I ever wanted to figure it out for myself

2.) **I HAD TO KEEP COMING BACK** - to listen to other members' experience strength and hope.

Eventually, after coming to many meetings for many months, I felt I got an idea of what abstinence meant *for me* (I also began using a sponsor, rigorous honesty, and the tools of writing, prayer, and literature). By the time this had "clicked", I also knew that...

3.) **I COULDN'T KEEP WHAT I HAD UNLESS I GAVE IT AWAY.**

The people who "had what I wanted" (namely, my sponsor) were passionate about 12-step work and the fact that we do this for fun and for free. The only reason I received the relief I did was because people before me were willing to show up, be of service, and pass along what they had learned.

These are the three main ideas I try to convey to the newcomer because they are what worked for me. I liked this quote from our literature that reminded me of where I came from:

“Only by working with those who are not yet free [from the disease] do I fully realize that freedom.” (For Today, p. 252)

Sometimes I forget just how far I have come. I'm still a compulsive overeater, and food and body image stuff might never be easy or comfortable for me. But when I work with a newcomer, I remember a feeling I haven't had to feel for a long time - despair. I know that no matter how imperfect I am with my food or my spiritual growth, I HAVE commenced a new way of living now, one where my Higher Power is in charge. And that makes me oh-so-grateful for all the recovering people from my past that took me by the hand and

showed me how they did it. It is a joy and a privilege to carry the message Overeaters Anonymous offers - one of HOPE."

~~ Anonymous

Although I've been in program a while, I cannot say definitively that I have influenced a lot of people. Well, there are my daughters who have seen me take care of myself with abstinence. There are the sponsees who may not be following their programs exactly, but are still influenced by our time together, however long or short that period of time was. Maybe there are unspoken others who may be saying, "If she can do it I can do it."

The point, though, is that I work my program, including sponsoring and influencing, for myself. It is imperative that I maintain my abstinence. I'm so thrilled if someone else grabs that vision, but my focus, it seems to me, must remain on myself: my connection to God, my meeting attendance my working the steps, my plan of eating, my communicating with my sponsors, and my doing service.

~~ Anonymous

This fall the lesson I am finding in OA is that our OA Program is indeed portable. It takes the willingness of surrender and the faith to fully rely on HP. Steps 10, 11 and 12 are very active Steps. Keeping relationships with people & food honest (Step 10); Prayer & meditation (Step 11) and Living/Carrying our OA message of recovery (Step 12) is a design for life which really works. As we head into the socially sanctioned binge eating season I pray we each renew our OA commitment each day. Together WE can recover.

~~ Anonymous

Topics for our next Northern Lights . . .

New Body, New Life

- How have you adjusted to life at a healthy body weight?
- How has physical recovery changed you?
- How has your body image changed in recovery?
- How has your experience of intimate relationships changed?

Also, of course . . . you may write and submit about any topic important to your recovery. In addition to writing, we welcome sketches, drawings, cartoons, graphic art, and photos!

Submit to Nancy at oanewsletter@oa-alaska.org.

Lifeline is always looking for submissions and accepts letters/articles, artwork and photos (no faces, please) for publication. More information and monthly topics are online at <http://www.oa.org/lifeline-magazine/monthly-topics/>

A Timely Reminder and Reason for the Season

(A BIG thank you to Terri for the forward!)

TWELVE STEPS FOR THE HOLIDAYS

1. Admitted that the holiday season has deeper meanings attached to it than the consumption of food, alcohol, drugs, shopping, etc.

2. Came to believe that a Power greater than ourselves could help us see and

celebrate the true meaning of the season.

3. Came to believe that our Higher Power could help us appreciate the joyfulness of the season as we understood it.

4. Made a searching and thorough examination of our relationship with food, alcohol, drugs, shopping, etc. in connection with the holidays as well as all of the other things we have enjoyed about the season.

5. Admitted to our Higher Power the exact nature of our food, alcohol, drug, and shopping habits in holiday seasons past.

6. Became entirely ready to allow our Higher Power to remove our attachment to food, alcohol, drugs, shopping, etc. as an unavoidable necessity of the holidays.

7. Humbly asked our Higher Power to remove our desire to partake of holiday treats, drinks, drugs, and excessive shopping.

8. Made a list of all persons whose presence make the holiday season joyful for us and with whom we would like to share our joy.

9. Made plans to spend time with those people wherever possible, except when to do so would remove us from our primary purpose of abstinence/sobriety.

10. Continued to enjoy the company of our friends and family as well as all of the other enjoyable no-food aspects of the season.

11. Sought through prayer and meditation to improve our appreciation of the season praying for knowledge of

the meaning of the season and the joy we feel at that time.

12. Having realized that sharing with others the joy of the season far outlasts the fleeting good feeling of the food, alcohol, drugs, shopping, etc., we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention, love, acceptance, and appreciation.

PLAN OF ACTION FOR THE HOLIDAYS

1. I will make a plan of action to help me address holiday stress and interactions.

2. I will have a food plan for each day.

3. I will call at least three different OA people each day. I will share my experience, strength and hope with them.

4. I will read OA and AA literature each day.

5. I will write out my feelings and thoughts each day.

6. I will call my sponsor and share my feelings, thoughts, and successes each day.

7. I will attend and support as many meetings as possible, particularly during the holidays.

8. I will practice the principles of 12 step recovery in all my affairs each day.

9. I will set aside quiet time each day to pray and to meditate.

10. I will give service in whatever way I am able.

11. I will love myself unconditionally today by making loving choices.

USE THIS SPACE TO LIST OTHER PARTS OF YOUR OWN ACTION PLAN.

AAI and Region 1

AAI Officers

(***a complete list of all all AAI email addresses, including group rep's can be found at <http://oa-alaska.org>)

Executive Board

ochair@oa-alaska.org	Randy
oavicechair@oa-alaska.org	Crystal
otreasurer@oa-alaska.org	Jody L
ocorrsecretary@oa-alaska.org	Wendy H
oaminsecretary@oa-alaska.org	Jody J

Board

oanewsletter@oa-alaska.org	Nancy
oaliterature@oa-alaska.org	Dave
oaregion1delegate@oa-alaska.org	Alice
oaawsodelegate@oa-alaska.org	Open

Standing Committee Chairs

oaretreat@oa-alaska.org	Gail F.
oa_special_events@oa-alaska.org	Open
oa_publication@oa-alaska.org	Open
oa_oasis@oa-alaska.org	Open
oa_twelfth_step_within@oa-alaska.org	Open
oa_outreach@oa-alaska.org	Open
oa_lifeline@oa-alaska.org	Sue
oa_finance@oa-alaska.org	Open
oa_policies_procedures@oa-alaska.org	Cassie
oa_technology@oa-alaska.org	David
oa_archives@oa-alaska.org	Open
oa_librarian@oa-alaska.org	Open

*** Several positions in our intergroup remain open, including meeting representatives. (A conference phone is now available for call-ins.) Downloads for intergroup reps, our bylaws/policies/procedures, and other important information are available on our AAI site, <http://oa-alaska.org/> under the Anchorage Alaska Intergroup tab.

AAI Summary Reports (in full)

Chair's Report

November 7, 2015

By this time, the error message issue when sending an email to the aai_list@oa-alaska.org and the member_list@oa-alaska.org will be resolved. As a reminder, to send an email to the AAI and group officers, members need to log into their AAI email account. The list was created to communicate with AAI and group officers. The list to communicate with the membership (newsletters, flyers, etc.) member can use either their AAI or personal account (if they have shared their personal email address with our webmaster). If members wish to have their personal address added to the member list please email our webmaster at oawebmaster@oa-alaska.org.

I want to thank Gail F and all the members of the retreat committee for their service. The Embracing the 12 Steps and 12 Tradition Retreat was great. Our retreat speaker was wonderful. I was amazed how he connected each step with the corresponding tradition. I think having the AAI Treasurer a part of the committee was a good idea. The 7th Tradition that was collected was directly deposited into our treasury without changing hands and our treasurer creates the financial report of the retreat. Further, our treasurer paid all the bills, none of the proceeds were used to pay for expenses. That kept things simple. One lesson the committee learned was the amount of time it takes to prepare for an event, and adhere to our principles of an AAI group conscience; to approve of the committee's proposals for the retreat. In addition, the committee learned the importance of getting the flyer out in time to give members enough time to plan for the retreat. The Retreat Committee is meeting again before the end of the month to begin the process to propose the

plans for the next year retreat. They will bring their proposals at the December AAI meeting for your approval.

Alice has a motion on the agenda concerning changing the term we use for our Region 1 Delegate. We have been calling our Region 1 Delegate "Region 1 Delegate." However, Region 1 refers to the members representing intergroups as "Region 1 Representative." Her proposal is to change our bylaws to reflect the Region 1 accepted term. This body may want expand this proposal to include our policies and procedures and manuals with this possible change as to keep those documents consistent with our bylaws should this motion is adopted.

Our Special Events Committee Chair, Jody W. is proposing some changes to the special event, to listen to MP3s from the 2015 Region

1 Convention. I want to thank Jody and the committee's hard work and service. It is great to see members working together and giving back to the program. We all know how difficult the holidays can be for us. It is nice to get that extra support during this time. Also, it is great to see the fellowship in action.

Lastly, our Nominating Committee and the Nominating Committee Chair, will be proposing a slate of candidates for AAI officer positions. It is gratifying to see members step up to give service. In addition, it shows how important it to rotate service, and how we value principles over personalities. I want to thank Paula and the committee for their service. I know they have met several times during the past month.

We live or die by how well we adhere to our principles. We use our experience and

the experience of others (the early days of AA and OA) to help us, God working through us, to make wise choices. During the 40' s AA nearly fell apart. It almost went the way of the Washingtonians. Bill wrote the 12 Traditions (he called them 12 Principles), using their experience. It took AA about 5 years to adopt the 12 Traditions. Initially, many members rejected the 12 Traditions. Eventually, however, the 12 Traditions were accepted. If we read Beyond Our Wildest Dreams we see the struggles OA has had over the years with our principles. But as a local member once shared, "God provides."

I am grateful to serve you.

Humbly submitted by
Randy S, Chair

Vice Chair's Report

November 7th, 2015

I have received a few more group information sheets and I have a few more groups to get into contact with as well but I have been working with the Nominating Committee this month so I don't have much to report except I have been working to make sure that people in the meetings know we are still looking for people willing to be of service for the 2016 slate of officers and committee chairs.

Thank you,
Crystal D.

Treasurer's Report

--submitted by Jody L
November 7, 2015

BANK SUMMARY

Month-End Balance \$4405.11

Less:

- Scholarship Fund
- Retreat Reserve 1929.77
- Prudent Reserve 1500.00
- Checks in Transit 303.55
- Unpaid Obligations -

Plus:

- Deposits in Transit 697.55

Cash Available: \$1369.34

Retreat Committee Chair Report

November 7, 2015

I am happy to report that the OA retreat held at Residence by Marriott on October 9, 10, and 11 was a howling success.

Ira, an OA/AA speaker from Los Angeles was the presenter. He spoke on the 12 Steps and 12 Traditions in concert with each other and explained how they dovetailed together. Ira was an excellent presenter. He encouraged audience participation.

We passed the basket several times a day, requesting that Tradition is participants give what they could. We did this instead of charging a registration fee, and it appears to have worked out quite well. Here's how the money came out.

Ira's Airline Ticket and for his wife
\$843.00

Ira's Room \$567.84

Meeting Room \$883.50

Total Expenses for Retreat \$2294.34

Reimbursement from Ira for Wife's
ticket +\$422.00

7th Tradition +\$1418.61

Total Revenue for Retreat \$1840.61

Balance (\$453.73)

AAI's cost to host the Embracing the 12 Steps and 12 Traditions was \$453.73. AAI budgeted \$3000.00 this year for retreats.

A study of the survey questions revealed the following information:

1. Most people indicated that they attended all 3 days, at least part of each day.
2. Numbers show that folks heard about the retreat from several of the choices listed, but mostly from group secretaries. Way to go secretaries!
3. All but one person had previously attended a retreat.
4. The largest number indicated that they liked retreats at a hotel. A few indicated that they liked a retreat center and a retreat center (campground).
5. The question (How would you rate the venue for AAI Embracing the 12 Steps and 12 Traditions.) Three said excellent, six said good, and one said average.
6. How satisfied were they with the Retreat location. Two said excellent and seven said good.
7. How do you rate the Retreat overall? Three said excellent, five said good and one said average.
8. Overall, how satisfied are you with this AAI Embracing the 12 Steps and 12 Tradition Retreat? Six said very, three said very and one said sort of.
9. How satisfied with the registration process? All said very.
10. What did you like most about the retreat? Most people reported the presenter or the thoughtful answers of the audience or both.
11. Did you like the schedule? Most people answered no.
12. How likely are you to attend a future retreat? Most folks said yes.
13. What can we do to improve future retreats? Most people indicated a less rigorous schedule. More free time.

14. What could we have done better? Most people again referred to the hectic schedule and asked for more free time.

15. What are 3 words you would use to describe the retreat? The most popular words were: enlightening, informative, encouraging, unity, kindness, compassion, awesome, gaining self-knowledge, inclusive, loving, worthwhile, safe, and inspiring.

16. Additional Comments - Most people left that blank.

I want to thank everyone for their service in putting on this retreat. It was a great success and I enjoyed working with all of you.

In service,
Gail L Floyd
Retreat Committee Chair

NOMINATING COMMITTEE REPORT
November 7, 2015

The Nominating Committee was formed at the October Intergroup Meeting. The committee was composed of Paula Z., chair, and members Crystal, David, Gail, Jody J., Jody L., and Tanya.

According to Article IV, Section 5 the bylaws of the Anchorage Alaska Intergroup of Overeaters Anonymous, Inc., the procedure for nominations to the Intergroup Board is:

- a. A nominating committee will be appointed at the September AAI monthly meeting to prepare a preliminary slate of qualified candidates.
- b. The slate of candidates will be presented to AAI at the October meeting.
- c. The preliminary slate of

candidates may remain open until the day before the November AAI monthly meeting, at which time the slate of officers shall be posted and a printed copy given to all AAI representatives.

d. Additional nominations to the board may be made from the floor at the time of election.

Because the Committee was formed in October, the slate of candidates could not be presented to the October meeting, however, posting and presenting the slate of candidates to all AAI representatives at the November meeting is timely and the slate of candidates presented below should be accepted.

ACTION:

The committee took the following action to invite members to stand for election to positions of officers, delegates, and committee chairs:

1. Developed and distributed to all meetings an information document, which listed the positions up for election, the ways that members could be nominated or self-nominate for intergroup positions, and contact information for all members of the committee. (copy attached)
2. Met on October 18th to develop a list of possible nominees and decide which committee member would make initial contact with those individuals.
3. Met on October 25th to discuss the results of contacts with possible nominees and develop an additional list of possible nominees. The committee decided that chair Paula would draft and circulate a committee report to all committee members by October 31st for suggestions, comments,

and corrections, and that the report would be submitted to the IG Chair for circulation prior to the November 7th Intergroup meeting.

4. Potential nominees were provided with the job description contained in the Policies & Procedures Manual for each position, and the 2014 bylaws. Nominees were asked to discuss these documents with their sponsors and Higher Power before accepting nomination for a position.

5. All members of the committee announced that the nomination process was ongoing at meetings and encouraged members to discuss service at the intergroup level with their sponsors and higher power.

SLATE OF CANDIDATES:

The Nominating Committee submits the following nominees; the nominees have accepted nomination to the indicated positions and are qualified to hold those positions:

Position	Nominees:
Chair	Paula
Vice-Chair	Jody W.
Recording Secretary.....	Jody J.
Corresponding Secretary.....	Becky
Region One Delegate	Wendy H.
Literature Chair	Dave
Outreach Committee.....	Tanya
Twelfth Step Within Committee ...	Wanda
Technology Committee.....	David

No potential nominees for the positions of Treasurer and Newsletter Editor have accepted nomination. The Committee believes these are the two open positions that are necessary for Intergroup to function effectively. Committee members will continue to encourage members to nominate or self-nominate members for these and other open positions and qualified nominees can be added to the slate of candidates at

the December Intergroup meeting prior to the election of officers for 2016.

Respectfully submitted,
Nominating Committee
Paula, Chair

News and Outreach

Announcements below can also be found online:

<http://www.oa.org/>
<http://www.oaregion1.org/>

Virtual Workshops Podcasts Second Sundays of 2015

Got recovery? Find out how it works! Download and listen!

<http://www.oa.org/oapodcasts/>

3-4pm EST = Noon – 1pm Pacific Time
2nd Sunday of each month
424-203-8405 Pin code: 925619#

Starting with “Step Zero” and Step One and working through all Twelve Steps, members share how working the Steps changed their lives physically, emotionally, and spiritually. Check the OA Datebook calendar at oa.org/datebook-calendar/ for more information.

A FREE Step Ten Podcast to Download or Stream

Second Sunday Telephone Workshops continue in 2015, and the [Step Ten podcast](#) is now available to download or stream. Spend some time in recovery and take in this in-depth focus on the Tenth Step. To participate in the next telephone workshop on Sunday, November 8, see the [Datebook Calendar](#) for dial-in instructions. Visit

<http://www.oa.org/datebook-calendar/>

To listen to previous podcasts for “step zero” and Steps One through Nine, [click here](#).

11/5/15 Visit

<http://www.oa.org/oapodcasts/#workshops>

Quarterly Relationship Workshops -- Traditions Provide Principles for Harmonious Relationships

September 12th, December 12th, 2015
Saturdays – 1:00pm ET
Phone: 424-203-8405 Pin code: 925619#

Free Abstinence Downloads

OA released four new resources last year to support members in becoming abstinent and living a life free from compulsive eating and compulsive food behaviors. Available to the fellowship for free, the materials can be used by members, groups, service bodies, sponsors and sponsees, and OA workshop presenters to increase the focus on our primary purpose, which is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Find all four free downloads on the Group Support page of oa.org.

- . Strong Abstinence Checklist
- . Abstinence Literature Resource Guide
- . Abstinence PowerPoint Presentation
- . Just Released! The Difference Between Abstinence and A Plan of Eating Workshop, including leader’s guide, handouts and a PowerPoint PDF presentation.

OA Needs Your Story for a New Publication on Body Image, Sexuality, Relationships, and Recovery. Due by January 31.

OA is developing a brand new publication to address body image, sexuality, relationships, and recovery, and we need your story. Strengthen your recovery, give service, and share your experience, strength, and hope with others about these important and sensitive topics.

[Click here](#) for a flyer with all the details.

(For a black and white version of this flyer, [click here](#).)

ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE

Anchorage

Day	Time	Address	Type	Contact (907)
Monday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book	Kathy 330-9442
Monday	6:00 pm	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Tanya 317-7451
Tuesday	5:30 pm	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	OA/HOW	Meg 248-0300
Wednesday	Noon	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	Writing	Aaron 529-6774
Thursday	6:30 pm	Lutheran Church of Hope, 1847 W. Northern Lights Blvd (Childcare available.)	There is a Solution	Carolyn 279-1942
Friday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book & OA Book	Rachel 632-3236
Saturday	9:00-10:30am	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Twyla 444-7251
Sunday	9:30 am	Kaladi Bros., 6921 Brayton Dr.	As Bill Sees It. VOR & For Today	Candy 350-5255, Jean 345-9805

Mat-Su

Day	Time	Address	Type	Contact (907)
Monday	Noon	Wasilla: Alano Club Snohomish/Fishhook Rd	Big Book	Terri 376-3227
Wednesday	6:00 pm	Wasilla: Alano Club Snohomish/Fishhook Rd	Topics	Gail 357-4644
Saturday	9:30 am	Wasilla: Alano Club Snohomish/Fishhook Rd	Speaker/Topic	Brenda 240-6331
Sunday	6:00 pm	Palmer: St. Michael's Parish, 432 E Fireweed Ave, in the office, the Knights	Speaker/Topic	Randy 745-7485

ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE (cont.)

Homer

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Tuesday</i>	<i>5:30 pm</i>	<i>Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs</i>	<i>Steps/Trad/Lit</i>	<i>Julie 235-6696 Nancy 399-5944</i>
<i>Friday</i>	<i>Noon</i>	<i>Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs</i>	<i>Open</i>	<i>Julie 235-6696 Nancy 399-5944</i>

Kenai

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Monday</i>	<i>5:30 pm</i>	<i>URS Club, Suite #71, in the Old Sears Mall</i>		<i>Ellen (518) 884-9936</i>