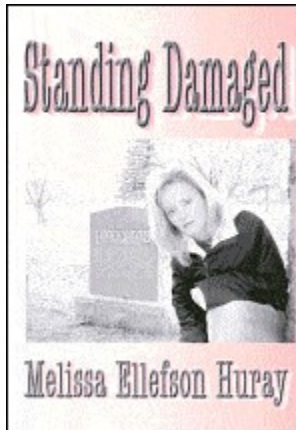


Melissa Ellefson Huray spoke about her book, ***Standing Damaged***, at the Lake Superior Chapter meeting in Duluth, MN on Saturday, September 29th.



As a small child, Ellefson's alcoholic home life was filled with chaos and instability. A talented father who drank to cope and a mother who struggled to keep everyone happy. Despite a childhood dominated by alcohol, Melissa created a "normal" life for herself through the beauty and pain on the pages of her journals. She herself would abuse alcohol for fifteen years, beginning her destructive journey at the tender age of fifteen. Through it all, she went on to become an award-winning Duluth television news reporter and radio personality, as well as a successful small business owner. As her alcoholism escalated, Melissa began to lose herself to its quiet seduction, but a glimmer of hope still remained that she would be able to find the woman she never knew. It was a gift of grace that finally saved her from herself and made her a shining light to others who struggle to recover.

Melissa holds a bachelors degree in Mass Communications with a Psychology minor from UW-Superior, an A.A. degree from Fond du Lac Tribal and Community College and a broadcasting diploma from Lake Superior College. Melissa began working as a journalist in 1999 for KDLH-TV in Duluth, MN, where she served as reporter and Weekend Anchor.

Melissa has now been sober for several years and has left the media behind. She is now doing the work she says she was meant to do – helping others recover from their addictions. Melissa currently works at a drug and alcohol treatment facility in Duluth and is pursuing a Masters degree in Addiction Counseling. She is active in her church, married to the love of her life, and dedicated to her wonderful daughter.

Melissa is active in the community as a speaker on recovery from alcoholism. Her talks are extremely candid and brutally honest. Her book, "Standing Damaged," is a candid no hole's barred accounting of Melissa's struggle with alcoholism.

If you would like to contact Melissa for information on speaking to your library group, you can email her directly at newsorthy822@aol.com.