SAINT ALBANS
MESSENGER

COUNT DOWN

to the Holidays.



Look *inside* to see how to win *GIFT CARDS* from local businesses!



A-1 AUTO DETAILING

Auto Detailing

Ceramic Coating

Gift Certificates

Gift Cards for Auto Detailing and Ceramic Coating

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between December 1 and December 24



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Making Spirits Bright *Giveaway*

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Register to win one of over 25 gift cards from local businesses!

Winners will be announced 12/16

Participating local businesses include:

- Avalon Pools
- Breezy Acres Garden Center
- Colonial Hair Style
- Exit 18
- Harvest Equipment
- LD Oliver Seed
- Milton Rental
- Mystic Waters
- OC McCuin
- Purple Sage
- Rene Fournier
- Sam Mazza
- *and more!*

SAINT ALBANS MESSENGER

THE ESSEX REPORTER

Colchester Sun

Milton INDEPENDENT

Register online at: samessenger.com or by mailing form below to:
281 North Main Street, St. Albans, VT 05478

Deadline to receive form or register online is **12/13**

Name: _____

Mailing Address: _____

_____

Email: _____ **Phone:** _____







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Store Hours: Mon-Fri 7:00-7:00, Sat 8-6, Sun 9-4

Champlain Ace Hardware
872 Rt 11
Champlain, NY 12919 **(518) 298-3355**
Store Hours: Mon-Fri 7:30-7, Sat 7:30-6, Sun 9-4

Milton Ace Hardware
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Milton, VT 05468 **(802) 893-4100**
Store Hours: Mon-Fri 7:30-7, Sat 7:30-6, Sun 8-4

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HOLIDAY HOURS:

Thursday 12/19 10-6
Friday 12/20 10-6
Saturday 12/21 9-5
Sunday 12/22 11-3
Monday 12/23 9-6
Tuesday 12/24 9-3
12/25 and 12/26 .....Closed

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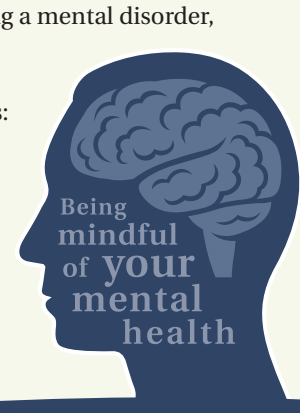
OUR HOURS: 10-5 Tue - Thurs, 10 - 6 Fri and 9 - 4 Sat. Closed Sun-Mon. • 30 North Main Street, St. Albans | 802.524.4055 | EatonsJewelry.com | Find us on facebook!

Beating the Holiday Blues



What are the holiday blues?

The holiday blues are temporary feelings of sadness, self-reflection, loneliness, and anxiety. For those experiencing a mental disorder, the holidays can heighten their symptoms.



Tips for dealing with the stress of the holidays:

1. Set realistic holiday expectations
2. Do not take on more than you can handle
3. Keep track of holiday spending
4. Spend time with supportive and caring people
5. Eat and drink in moderation

You are not alone. NCSS is here to help.

Are you in crisis or do you need immediate assistance?

Call 802-524-6554 Ext. 1 now.

NCSS provides intervention and support services to children, adolescents, and adults with emotional and behavioral problems; mental disorders; and intellectual disabilities.

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TO ALL OF YOU!

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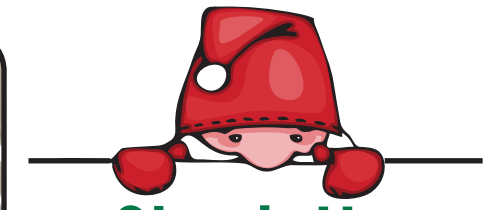
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5-7 PM
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