



Gary Chamber of Commerce

Lifeline

Volume 10, Issue 12

December 2021

“CONNECTING BUSINESSES TO THEIR CUSTOMERS”

Please visit us @www.garychamber.com and catch a *lifeline*...

Merry Christmas & Happy New Year!

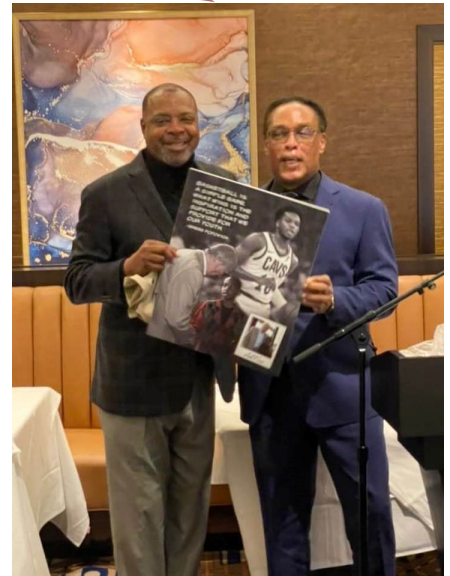


Chuck Hughes
President/CEO

Jan Bowden
Admin. Assistant

OFFICE HOLIDAY CLOSINGS

Christmas Eve-Friday, December 24, 2021 - New Year's Eve-Friday, December 31, 2021



We would like to thank our sponsors, supporters, volunteers and student athletes for another successful Lakeshore Classic. We are especially grateful to our Lakeshore Classic Corporate Luncheon keynote speaker Mr. Winston Garland, former NBA star and Gary's own.

A surprise presented to Mr. Garland was a photo taken in 2010 of his son Darius meeting another Lakeshore Classic keynote speaker, San Antonio Spurs coach Gregg Popovich. Darius is now a star point guard with the NBA Cleveland Cavaliers.

Corporate Luncheon Sponsors
MGT CONSULTING
NIPSCO
A NISource Company



CITY OF GARY
MAYOR JEROME A. PRINCE
TO ADDRESS CHAMBER LUNCHEON

The Gary Chamber of Commerce will hold its first monthly General Membership Luncheon of the New Year on Monday, January 10, 2022, 11:30 a.m. at Hard Rock Casino Northern Indiana Colonial Steak House, 5900 W. 29th Avenue, Gary. The featured guest speaker will be the Honorable Jerome A. Prince, Mayor City of Gary.

Mayor Prince will share his vision for 2022 and give an overview on issues that will affect the City of Gary, Northwest Indiana and the business community.

The meeting/luncheon is open to all interested parties. The cost is \$35 per person. Call the Chamber office (219) 885-7407 to reserve your seat(s) today. Doors open at 11:00 a.m. for networking.

Payment for luncheon is required in advance.
We now accept American Express, Master Card and Visa Credit and Debit cards.

LUNCHEON SPONSORSHIPS AVAILABLE

Call the Chamber office for details 219.885.7407

LUNCHEON SPONSOR



WHAT'S UP CHUCK



Let's give a special shout out to our great Congressman Frank Mrvan, who after agreeing to meet personally with several prospective Gary business people, was stymied in that effort by a long Republican filibuster on the floor that made it impossible for him to leave Washington and thus he missed his flight. Not to be deterred he engaged his local aide Mark Lopez to address the group. Mark was excellent in his presentation of information provided to those in attendance. But what distinguishes



Congressman Mrvan is his loyalty and concerns for others. At his behest he quickly arranged shortly thereafter to have those same individuals meet and share with him personally their prospects for future growth and development in the city of Gary. That's being Frank!

LET'S REVIEW 2021





FOR IMMEDIATE RELEASE
(219) 940-1140

CHICAGOLAND POPCORN TO OPEN A NEW LOCATION IN GARY, IN

NORTHWEST INDIANA, December 1, 2021 -- Merrillville-based ChicagoLand Popcorn, the award-winning *Popcorn Flavor Superstore*, is announcing the opening of a new location in the Miller area of Gary, IN. The newly remodeled 1,500-square-foot store is conveniently located at 5975 E. Melton Rd (HWY 20) next to Dollar General and across the roadway from McDonalds.

To celebrate the opening, there will be a Ribbon Cutting Ceremony on Friday, December 10th, from 4-6 pm, accompanied by music, cake, soft drinks, and of course popcorn!

"We are excited to add another location that is more convenient for our customers that live in and near Gary," said Dwayne Walker, president of ChicagoLand Popcorn. "We're excited to bring our flavors, event services, corporate gifts, and our established brand of customer service to this key geographic area of our expansion strategy."

About ChicagoLand Popcorn

Launched in September 2013, ChicagoLand Popcorn is an award-winning gourmet popcorn shop that specializes in making over 250 flavors of premium, handcrafted, gourmet popcorn. The first store and manufacturing facility is based in Merrillville, Indiana, directly across the roadway from Albanese Candy Factory and company store. Visitors enjoy samples from the more than 130 flavors that they offer at any given time on site. ChicagoLand Popcorn products are available in the shop, nationally on the website, and featured at various events throughout Northwest Indiana and the ChicagoLand area.

###

For more information about ChicagoLand Popcorn, call one of our locations or visit the website, www.chicagolandpopcorn.com, Facebook, Twitter, and Instagram.

LOCATIONS

5975 E. Melton Rd
Gary, IN 46403
(219) 558-0748

5470 East Lincoln Hwy (US-30)
Merrillville, IN 46410
(219) 940-1140

Digital Store &
Virtual Fundraising
www.chicagolandpopcorn.com

Stress, depression and the holidays: Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in

feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

the first place, especially if the holidays have taken an emotional toll on you in the past.

Acknowledge your feelings If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

Be realistic The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

Set aside differences Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget: Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives to traditional gifts:

- Donate to a charity in someone's name
- Give homemade gifts
- Start a family gift exchange

Plan ahead Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.

Learn to say no Saying yes when you should say no can leave you feeling

resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions before attending an event:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.

Be aware of how the information culture can produce undue stress; adjust the time you spend reading news and social media as you see fit.

Take a breather

Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options to de-stress may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book
- A warm bath or shower

Seek professional help if you need it

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays - don't let them control you

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.