



## Wine Experience

Chamber's first-ever "Wine Experience" will be at **Shady Creek Winery**, 2030 Tryon Rd., on Friday, October 23 from 6 - 8 p.m. This event is sponsored by **AT&T**, will be an event to remember! Enjoy samplings of Shady Creek Winery's custom crafted wines! There will be white wines with names like Sandy Feet and Beach Glass and red wines named Rip Tide and Red Horizon. These are flavors that you have to try paired with appetizers like calamari with roasted red and green peppers, grilled shrimp, penne pasta in a pesto cream sauce, prime rib sandwiches, baked brie and more! A dessert wine will be served with tiramisu. You may also buy your favorite wine that evening by the glass or bottle. The cost is \$25 per person. RSVP by Friday, October 16.

## Computer Education Institute

Windows 7 is ready to ship, are you thinking of upgrading? **Computer Education Institute** is offering two upgrading classes, one for Windows XP users and one for Vista users. December 3 from 8:30 am - 3:30 pm for XP and December 10 from 8:30 - 11:30 am, for Vista. Call CEI at 926-5740 to register for this class. Space is limited, call now.

## New Buffalo Hypnosis

Randi Light, MS, Certified Hypnotherapist of **New Buffalo Hypnosis** is launching her "Create a Better Life Series." These free classes are held at the **Michigan City Public Library** from 6:30 - 7:30 pm. The first class focuses on stress relief. During the class, you will learn how and why stress begins and ends in the mind and it will teach you techniques that can bring you into a relaxed and focused state as well as keep you feeling calm, confident and in control. Incorporating these tools into your daily life allows you to take control over your thoughts, which then prevents the chemical cascade of stress hormones from wreaking havoc in your body and your life. Call 219-929-9726 to register for each class.

## Horizon Bank

**Horizon Bank** and SCORE is co-hosting a free workshop for small business called, "Surviving the Recession" on Monday, October 26 from 8:30 - 11 am at **Northern Indiana Education Foundation**, 402 Franklin St. This workshop will center on the specific considerations and steps to survive the recession during the next two years. It will help you identify warning signs and provide ideas for reducing costs and maintaining or even increasing sales. Call Barb Gawronski at 873-2660 by October 21 to RSVP.

## Hicks Chiropractic Health Center

This October is National Chiropractic Month and **Hicks Chiropractic Health Center** is encouraging families to consider chiropractic care as a treatment for several types of headaches. Additionally, doctors of chiropractic are trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling, all of which are important components in the management of chronic headache pain. Call Dr. Hicks at 879-2177 to set up appointment to get relief from headaches.

## Harbor Grill

**Harbor Grill** is hosting, Halloween Spooktacular, on Saturday, October 31 from 6:30 - midnight. There will be a costume party, cash prizes and a live band. Dinner and drinks will be available from the menu. There is a \$5 cover charge and this is an adults only event. Call 874-2469 for more information.

## Lubeznik Center for the Arts

The **Lubeznik Center for the Arts** will be having an opening reception on Saturday, October 17 from 7 - 9 pm for the Anne Frank: A Private Photo Album exhibit. This exhibit has 70 black and white candid photos, taken by her father, of Anne Frank and her family. This display in over on November 17. Call 874-4900 for more information on this and other exhibits at the center.

## Thought of the Day

*"A smooth sea never made a skilled mariner."*

*-English Proverb*

*Please route to your staff*

The deadline for The Beacon is 3 pm every Wednesday. If possible, send articles in advance.

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