



**HighlandGriffith**  
CHAMBER OF COMMERCE

*Promoting Good Business*

# *Member Happenings*

HIGHLANDGRIFFITHCHAMBER.COM



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**CHRISTMAS IN GRIFFITH**

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**12/22-6:30**

**12/23-5:00**

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**12/24-9:30&11**

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**GFCC.NET**

**FACEBOOK.COM/GRIFFITHFCC**



24 Hour Rape Crisis Line –  
(219) 218-2552

## Crisis Intervention Response Bags

### Needed Items

Due to the sensitive nature of what these bags are used for, we are requesting that all items be new.

Item	Colors	Sizes
T-Shirts – Ladies & Men	Black, Red, or Gray	Sizes Medium – XXL (ladies) Size Large (men)
Sweatpants – Ladies & Men	Black or Gray	Sizes Medium – XXL (ladies) Size Large (men)
Underwear – Ladies & Men	Dark Colors	Sizes Medium – XXL (ladies) Size Large (men)
Bras	Dark Colors (“work out” style that do not have a defined cup size)	Sizes Medium – XXL
Socks – Ladies & Men	Any (no patterns)	Sizes Medium – XXL (ladies) Size Large (men)
Toiletry Kits – Ladies & Men	Travel Sized	Shampoo, Conditioner, Body Wash, Toothbrush, Toothpaste, Comb, Hair band, Deodorant, Lotion
Flip-flops or Slippers that can be worn outside	Any	All sizes
Blankets	Any	Throw blankets/medium sized

**If you have any questions or to arrange a drop-off time, please feel free to reach out to Sylvia (219) 961-4357x415 or [svelazquez@asafeport.org](mailto:svelazquez@asafeport.org).**



Treasured Friends Rescue is always thankful for any items you can donate. Contributions are tax-deductible, as allowable by law. Some of the items we are in need of are:

- Cat and Dog Food (Dry & Wet)
- Cat and Dog Treats
- Cat and Dog Toys
- Cat Litter
- Crates & Carriers
- Pet Beds
- Food Dishes
- Shampoo
- Brushes
- Leashes
- Collars
- Towels and Rags

Please bring any items to our adoption event at the Schererville Petsmart Saturday or Sunday from 12am - 4pm, or drop them off at the Schererville Petsmart anytime, just make sure that it is marked "Treasured Friends".

Monetary donations are also accepted and tax deductible.

Treasured Friends, Inc.  
P.O. Box 9234  
Highland, IN 46322  
Phone: 219-381-8562  
Email: [treasuredfriendsrescue@gmail.com](mailto:treasuredfriendsrescue@gmail.com)

# "Who Else is Ready to Get Rid of Their Belly Fat?"



Your body is not like everyone else's. You need a "one-size-fits-all" diet!

You need a weight loss program that is tailor-made for you by a doctor!

Finally, there is someone out there that is talking about real weight loss solutions, that nobody else seems to be talking about...yet! It's time that you learned how to...

- ✓ Transform Your Body From a Fat Storing Machine to a Fat Burning Machine!
- ✓ Overcome Your Uncontrollable Cravings for Food!
- ✓ Get Rid of Belly Fat Once and For All!
- ✓ Arrive at Your Goal Weight!
- ✓ Finally Sleep Naturally Through the Night so You Have Plenty of Energy During the Day!

*Join Dr. Mat Ternoir, DC, for his...*

## "FREE Breakthrough Weight Loss Seminar"

We can all remember a time in history when a major discovery in science significantly impacted a clinician's ability to truly provide superior patient care...

You can learn all about this breakthrough at this AMAZING seminar for **FREE!** There is no obligation to buy anything, but You **WILL** leave with some incredible information to get you on the path to a healthy weight.

The response to this seminar has been overwhelming, and seating is limited.

**Register Now: Call (219) 595-3393**  
**Several Dates Available**

The weight loss success that people are experiencing with this breakthrough system is simply amazing.

This information is priceless...you can't afford to miss out on this amazing FREE Breakthrough Weight Loss Seminar.

Please feel free to invite family members or friends that are also struggling with stubborn weight loss problems.

**"Seating is Extremely Limited so Act Fast!"**

**Natural Wellness Center**  
**2635 45<sup>th</sup> Street**  
**Highland, IN 46322**

# LIP SYNC BATTLE

Sponsored by The Highland Education Foundation



Have you ever dreamed of being on stage? Do you jam on an air guitar?  
Is Milli Vanilli your idol?

Now's your chance to put your hidden talents to the test!

Sign up to participate in the first LIP SYNC BATTLE sponsored by  
The Highland Education Foundation.

Friday, February 2nd  
Highland High School Auditorium

For more information or to sign up, please contact Doug Lewis at  
[douglas.lewis@edwardjones.com](mailto:douglas.lewis@edwardjones.com) or 923-1482.

The Highland Education Foundation funds grants for School Town of Highland  
Educators to provide more learning opportunities for their students.