



"THESE WE HONOR..."

The theme chosen for The Highland Fling 2005 gives focus to the celebration of 28 years as a city while bringing to remembrance the fact that Highland as an area existed long before 1977. Each activity in this birthday celebration salutes events, people, and qualities that are worthy of remembering, honoring and emulating.

*Getting together to celebrate and have fun with friends and family is a long time tradition among those who lived here on the cold, dry, windy, Highland bench before it began to be thought of as such a desirable place in which to live as it now is. This year we honor as parade Grand Marshals, **CARL AND LUELLE BENNETT DAY**, two wonderful people who have lived in the Highland area their entire lives and who represent the most desirable of human qualities as they have quietly and eloquently gone about living and serving those around them. They represent the original Highland residents who persevered through all kinds of adversities to keep this community alive until it has become one of the most desirable places in which to live.*

Read more about Carl and LuElla in the upcoming Highland City newsletter.

See you at the Fling!



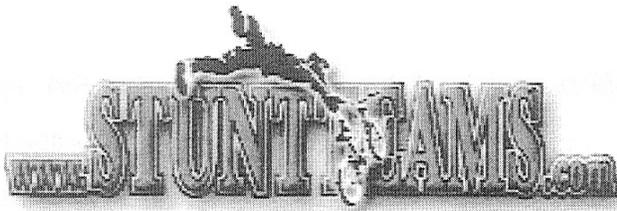
HIGHLAND FLING CELEBRATION

JULY 28TH - JULY 30TH	"Joseph and the Amazing Technicolor Dreamcoat"	7:00pm	American Fork High
SATURDAY, JULY 30TH	Baby Contest	9:00 - 11:00am	Highland City Bldg 2nd Floor
TUESDAY, AUGUST 2ND	Fine Arts Show Entries Accepted	4:00 - 7:00pm	Highland City Bldg 2nd Floor
WED, AUGUST 3RD	Youth Bike Race (up to 12 years old)	7:00pm sharp	Heritage Park Pavilion
THURSDAY, AUGUST 4TH	Fine Arts Show Awards and Reception	6:30pm	Mountain Ridge Jr. High
	"A Musical Journey"	8:00 - 9:00pm	Mountain Ridge Jr. High
	Play Day Rodeo Registration	5:00pm	N. UT County Equestrian Center
	Play Day Rodeo Events	6:00pm	N. UT County Equestrian Center
FRIDAY, AUGUST 5TH	Golf Tournament	8:00am	Thanksgiving Point, Lehi
	Play Day Rodeo Events	6:00pm	County Equestrian Park
	Youth City Council Dance	8:00 - 11:30pm	Mountain Ridge Jr. High
	Fine Arts Show Open to Public	4:00 - 8:00pm	Highland City Bldg 2nd Floor
SATURDAY, AUGUST 6TH	Tour de Scrub Mountain Bike Race	7:00am	Lambert Park in Alpine
	Classic 5K and Fun Runs	7:00am	East of MRJH
	Kiwanis Breakfast	7:30 - 9:30am	Heritage Park Pavilion
	Grand Parade	10:00am	Highland Elementary
	Food & Concession Booths Open for Business	10:00am	Heritage Park
	Highland Camp Cabin Museum Open	10:30am - 1pm	Heritage Park
	Free Games for Kids (up to 12 years old)	11:00am - 1pm	Behind Cabin/Heritage Park
	Fine Arts Show Open to Public	11:00am - 4pm	Highland City Bldg 2nd Floor
	National Guard Exhibits and Climbing Wall	11:00am - 6pm	Heritage Park
	LPHS Marching Band Flea Market	11:00am	Heritage Park
	Avengers (60s Band)	11:00am	Heritage Park Stage
	Midnite Rodeo Band	Noon	Heritage Park Stage
	Crinna Hill	1:00pm	Heritage Park Stage
	Premier Productions	1:30pm	Heritage Park Stage
	The Stunt Teams (BMX Bikes)	2:00pm	East Side of MRJH
	Premier Productions	2:45pm	Heritage Park Stage
	Fireman's Spray	2:45pm	East Side of MRJH
	Candy Toss	3:00pm	Baseball Diamond
	Harold Newman	3:15pm	Heritage Park Stage
	Bag Pipe Band	3:45pm	Heritage Park Stage
	Premier Productions	4:15pm	Heritage Park Stage
	Fun Friends and Family Fitness	5:30 - 6:15pm	Tennis Court
	Providence	6:30pm	Heritage Park Stage
	Salamanders	7:30pm	Heritage Park Stage
	Historic Pageant	9:30pm	Open Air Stage H.P.
	FIREWORKS	10:00pm	

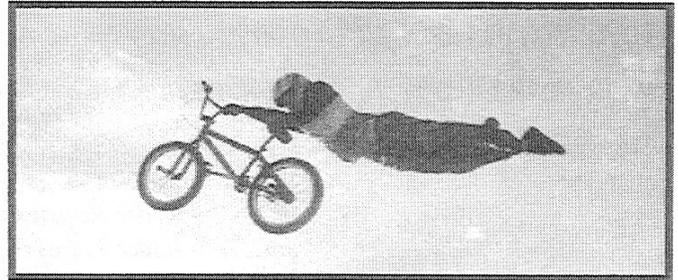
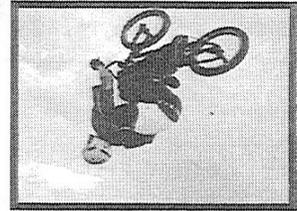
LOCATIONS:

Highland City Building	5378 West 10400 North	Highland Elementary	6000 West 10865 North
Highland City Website	www.highlandcity.org	Mountain Ridge Jr. High	5525 West 10400 North
Heritage Park	5381 West 10400 North	American Fork High	510 North 600 East AF
Lambert Park	1125 North 1200 East, Alpine	N.UT County Equestrian Center	9370 North 6800 West

Saturday, August 6th at 2:00pm
Heritage Park parking lot.



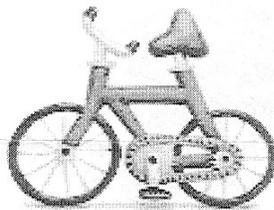
This heart-stopping show returns by popular request. A show for all ages combines the thrilling aspects of professional BMX stunt riding with contemporary music, theatrical comedy and audience participation.



SATURDAY, AUGUST 6TH at 2:00PM at EAST SIDE OF MOUNTAIN RIDGE JR HIGH
5525 West 10400 North

Wednesday, August 3rd
7:00pm sharp!

Meet at Heritage Park Pavilion for race information at 6:30pm - 7:00pm. Must have a complete and signed waiver form. More information found at www.highlandcity.org under Community Events.



YOUTH BIKE RACE

Preregister at the Highland City Building on or before July 27th to guarantee a T-shirt in size ordered and you'll receive a free gift while supplies last. **NO** race-day registration.

WEDNESDAY, AUGUST 3RD at 7:00AM sharp! at HERITAGE PARK PAVILION
5381 West 10400 North

TOUR DE SCRUB



MOUNTAIN BIKE RACE

Saturday, August 6th at 7:00am at Lambert Park in Alpine. Registration at Highland City Building on or before July 27th is \$15.00 and receives a free gift. Registration after July 27th is \$20.00 and does not guarantee a T-shirt. More information found at www.highlandcity.org under Community Events.

BEGINNING AND EXPERT DIVISIONS

AGE CATEGORIES WITHIN DIVISIONS 30 and under, 31-49, and 50 and over.

DISTANCE Beginners - 5 mile single lap.

Expert - 2 laps, totaling 10 miles.

COURSE DESCRIPTION 90% single track. Beginners: moderate climbs and down hills. Sport/Expert: steep up hills, steep down hills, switchbacks, hairpin turns, obstacles, water crossings and more.

SATURDAY, AUGUST 6TH at 7:00AM at LAMBERT PARK IN ALPINE
1125 North 1200 East

28TH ANNUAL HIGHLAND CLASSIC 5K

All walkers and runners are welcome!!

RACE INFORMATION

Classic 5K race will begin at 7:00am sharp! on Saturday, August 6th.
Starting line is in front of the building between Heritage Park parking lot and MRJH.
Finish line is in front of the red building south of Heritage Park on the Alpine Highway.
More information found at www.highlandcity.org under Community Events.



REGISTRATION INFORMATION

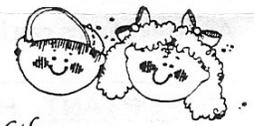
Preregister on or before July 27th by mailing or delivering a check payable to Highland City at: Highland City Corporation, Attn: 5K Race
5378 West 10400 North, Highland, UT 84003

Preregistration is \$12 and includes a T-shirt and a free gift. Forms are available at Highland City Building or at www.highlandcity.org. Race-day registration is \$17.00 and is 6:00 - 6:45am (does not guarantee a T-shirt).

SATURDAY, AUGUST 6TH at 7:00AM SHARP at MOUNTAIN RIDGE JR HIGH
5525 West 10400 North



HIGHLAND KIDS' FUN RUN



RACE INFORMATION: Race will begin at 8:00am on Saturday, August 6th.

Choice of distance: 1/2 or one mile.

More information found at www.highlandcity.org under Community Events.

REGISTRATION INFORMATION: Same as the 5K race. See above for information.

Preregistration cost is \$12.00 and includes a T-shirt.

Race-day registration is \$17.00 and begins at 7:00am (does not guarantee a T-shirt).

AWARDS: 1st, 2nd and 3rd place awards for each age group and ribbons and a prize for all participants. There will also be an award for Fastest Highland Resident and Fastest Overall Male and Female. Drawing held directly after the race - will have some great prizes! There will be refreshments.

SATURDAY, AUGUST 6TH at 8AM at MOUNTAIN RIDGE JR HIGH
5525 West 10400 North

CHILDREN'S GAMES
FREE!

The Youth Council will have the Children's Games from 11:00 am until 1:00pm on Saturday, August 6th. This is a lot of fun and we encourage all children up to age 12 to come and test your skills at ring toss, basketball, sponge toss and many more games. We have prizes for all!!

SATURDAY, AUGUST 6TH from 11:00 AM - 1:00PM behind CABIN AT HERITAGE PARK
5381 West 10400 North

HIGHLAND FLING PLAYDAY RODEO

REGISTER EACH NIGHT BETWEEN 5:00PM and 6:00PM

All events are \$5.00 (except the Mutton Bustin' which is \$15.00).

THURSDAY, AUGUST 4TH

- | | |
|--------------------------|--|
| 1. Grand Entry | |
| 2. Mutton Bustin' | 6 and under/under 50lbs |
| 3. Lead Line | 6 and under |
| 4. Walk and Trot | 8 and under |
| 5. Halter | 8 and under |
| 6. Halter | 9 - 13 |
| 7. Halter | 14 - 17 |
| 8. Halter | 18 and over |
| 9. Western Pleasure | 13 and under |
| 10. Western Pleasure | 14 - 17 |
| 11. Western Pleasure | 18 and over |
| 12. Jack Benny Pleasure | 34 and over |
| 13. Green Horse Pleasure | Green Broke Horse
4 years and under |
| 14. English Pleasure | 15 and under |
| 15. English Pleasure | 16 and over |
| 16. Reining | 18 and under |
| 17. Reining | 19 and over |

FRIDAY, AUGUST 5TH

- | | |
|-------------------|-------------------------|
| 1. Grand Entry | |
| 2. Mutton Bustin' | 6 and under/under 50lbs |
| 3. Barrels | 8 and under |
| 4. Barrels | 9 - 13 |
| 5. Barrels | 14 - 17 |
| 6. Barrels | 18 and over |
| 7. Poles | 8 and under |
| 8. Poles | 9 - 13 |
| 9. Poles | 14 - 17 |
| 10. Poles | 18 and over |
| 11. Keyhole | 8 and under |
| 12. Keyhole | 9 - 13 |
| 13. Keyhole | 14 - 17 |
| 14. Keyhole | 18 and over |
| 15. Goat Tying | 15 and under |
| 16. Goat Tying | 16 and over |

FOR ADDITIONAL INFORMATION

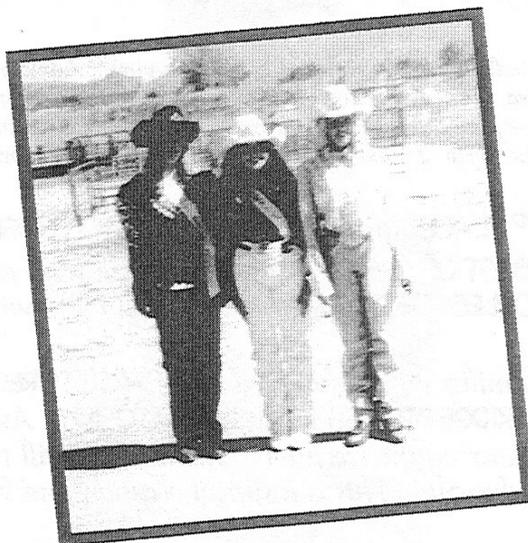
Contact Grant Park at 756-0307

Some seating available.
Refreshments available to purchase.



HIGH POINT BUCKLES
will be awarded to the High
Point cowboy and cowgirl.

TROPHIES and RIBBONS
will be awarded!

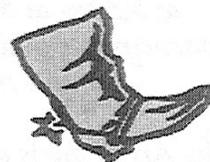


PLAYDAY ROYALTY 2005

(L-R) 2nd Attendant: Sadie Hansen
Payson, Utah

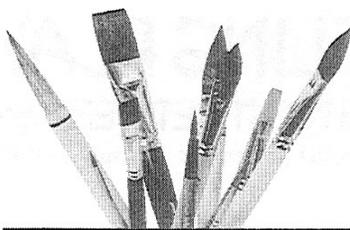
Queen: Lacey Godfrey
Benjamin, Utah

1st Attendant: Kelsey Frampton
Pleasant Grove, Utah



THURSDAY, AUGUST 5TH and FRIDAY, AUGUST 6TH starting at 6:00PM

NORTH UTAH COUNTY EQUESTRIAN CENTER - 9370 North 6800 West



HIGHLAND FLING FINE ARTS SHOW

Call for Entries: An invitation to enter the Highland Fling Fine Arts Show.

MEDIA CATEGORIES: Oil, Water Media, Mixed Media, Drawing, Chalk/Pastel, Photography, Sculpture, Woodworking, Needlework, Quilts, Hand Sewing and Glass.

DIVISIONS: Professional Adult, Amateur Adult, High School, Junior High, Intermediate (4th-6th grades), Primary (1st-3rd grades, Kindergarten and Preschool).

LOCATION: Highland City Building, 2nd Floor (5378 West 10400 North)

REGISTRATION: Tuesday, August 2nd from 4:00 - 7:00pm

ARTISTS RECEPTION: Thursday, August 4th at 6:30pm
Mountain Ridge Jr. High Auditorium

ART SHOW OPEN TO PUBLIC

Friday, August 5th from 4:00 - 8:00pm

Saturday, August 6th from 11:00am - 4:00pm

ARTWORK RELEASED: Saturday, August 6th from 4:00 - 5:00pm
(Registration forms available at registration on August 2nd)

ENTRY INFORMATION: Each individual may enter up to three art pieces. Adult entries must be framed in all media categories. Youth/children entries must be framed, matted or mounted on cardstock. Framed artwork must have a wire extended across the back and be securely anchored to a screw-eye on each side of the frame. This accommodates our hanging system and insures the safety of your artwork during the show. Please help us make the registration process run efficiently by doing this before you come to register.

1ST PLACE, 2ND PLACE, 3RD PLACE and HONORABLE MENTION CASH AWARDS IN EACH CATEGORY!

CASH AWARD FOR BEST OF SHOW WINNERS - selected from any category by the judges

PEOPLES' CHOICE AWARD - selected by viewing public

All participants and their families will be honored at an **ARTISTS RECEPTION** on **THURSDAY, AUGUST 4TH** at **6:30pm** at **MOUNTAIN RIDGE JR HIGH SCHOOL AUDITORIUM**. Awards will be presented to all participants and winners during the reception. Participants will then be invited to view the show and enjoy refreshments. This is a special occasion and best dress is requested.

The Art Show is a traditional feature of the annual city celebration and serves to showcase the work of artists in our community. For more information, contact Lisa Best at 756-5446.

AUGUST 2ND - AUGUST 6TH at **HIGHLAND CITY BUILDING, 2ND FLOOR**
5378 West 10400 North

BABY CONTEST

Saturday, July 30th
Highland City Building, 2nd Floor

9:00 AM - 9:50 AM Judging ages 0-8 months
 10:00 AM - 10:50 AM Judging ages 9-16 months
 11:00 AM Judging ages 17-23 months
 Drawing for prizes (must be present to win)
 Winners announced

KING and QUEEN of each age group will ride in the Grand Parade on Saturday, August 6th.

Preregistration is \$7.00 at Highland City Building Office by July 27th. Registration July 28th-29th is \$12.00.
NO registration on contest day.

Note: no specific costume requirements or category.

Questions? Contact Jackie Cook at 756-1161 for additional information.

SATURDAY, JULY 30TH from 9:00 AM - 11:00 AM at HIGHLAND CITY BUILDING, 2ND FLOOR
 5378 West 10400 North

Kiwanis Club of Highland Presents HIGHLAND FLING BREAKFAST



at Heritage Park Pavilion
 Saturday, August 6th, from 7:30am - 9:30am
 Cost is only \$1.00 per plate



SATURDAY, AUGUST 6TH from 7:30 AM - 9:30 AM at HERITAGE PARK PAVILION
 5381 West 10400 North



HIGHLAND FLING COMMITTEE 2005

Director: Kathryn Schramm

Assistant Director: James Sansom

Coordinator of Prizes/Awards	Melissa Wright	5K Classic & Kids' Fun Run	Brian Braithwaite
Vendors	Kim Jewett	Children's Bike Race	Cindy Davis
Publicity/Graphic Design	Brian & Tina Rasmussen	Mountain Bike Race	Grant & Melody Flygare
Parade Director	Paul Anderson	Youth Playday Rodeo	Grant & Barbara Park
Pageant Director	Suzanne Holgreen	Baby Contest	Jackie Cook
Entertainment	Dennis McLelland	Kiwanis Breakfast	Bret & Rita Millar
	Shawn McLelland	YCC Dance/Children's Games	Janet King
Fine Arts Show	Lisa Best	Candy Toss	Wini Jensen
Golf Tournament	Eric Lee	Friends & Family Fun Fitness	Kathy Macdonald

THANK YOU TO EVERY MEMBER OF THE FLING COMMITTEE, 2005, AND MANY OTHERS, FOR THEIR TIME, TALENTS, AND EFFORTS IN MAKING THE HIGHLAND FLING CELEBRATION A MEMORABLE AND FUN EXPERIENCE FOR EVERYONE!

DUE TO SOME "AMAZING" OCCURRENCES,
THE HIGHLAND CITY ARTS COUNCIL
IS PROUD TO PRESENT:



our summer production and Fling 2005 kickoff event. We have a fantastic cast directed by Neal Johnson, award winning actor and director. Cathy Jolley, renowned musical director. Katie Millar, choreographer who just did the fantastic "Seussical" at LPHS. Ticket prices are just \$5.00 per person or \$20.00 for immediate family members. Don't miss this terrific production!!

JULY 28TH, 29TH and 30TH at 7:00PM at AMERICAN FORK HIGH SCHOOL
510 North 600 East

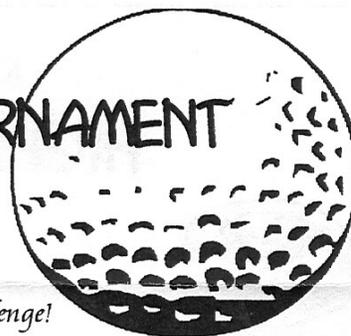
Lots of Prizes at the

HIGHLAND FLING GOLF TOURNAMENT

4 Man Scramble

\$65 per person / \$260 per team

Lunch Provided



Sign up by July 22nd to receive a complimentary ticket to the Champion's Challenge!

Interested in sponsoring a hole or donating prizes?

Call Eric Lee (801) 694-9598.

FRIDAY, AUGUST 5TH - SHOTGUN START at 8:00 AM at THANKSGIVING POINT
Lehi



IT'S TIME TO DANCE

at the Highland Fling
Youth Dance!!

Come see all the friends you have missed during the summer! The Highland City Youth Council is sponsoring the annual Highland Fling Youth Dance. Everyone 14 to 18 is invited to join us for a great time. School dress code is required. Cost of dance is \$5.00 and includes pizza, drinks and glow sticks for the first 500 guests to arrive. The DJ is awesome. We can't wait to see you there!

FRIDAY, AUGUST 5TH - 8:00PM to 11:30PM at MOUNTAIN RIDGE JR. HIGH CAFETERIA
5525 West 10400 North

FUN FRIENDS AND FAMILY FITNESS



Highland resident, Kathy Macdonald, is the creator, artistic choreographer, and director of the highly successful, 5000 voice, Freedom Festival 2005 chorus composed of adults and children. Kathy is busy planning fabulously fun games promoting physical fitness for families and individuals. Don't miss out on this one of a kind experience! Awards and prizes will be given.

SATURDAY, AUGUST 6TH from 5:30 - 6:15PM at HERITAGE PARK TENNIS COURTS
5381 West 10400 North

HIGHLAND CITY GRAND PARADE



Saturday, August 6th at 10:00am
Starts at Highland Elementary on 6000 West
south to 10400 North
then east to Heritage Park

Prospective entrants may get registration application off website (www.highlandcity.org) or at Highland City Building. Contact Paul Anderson at 756-7552 for additional information.

SATURDAY, AUGUST 6TH at 10:00 AM from HIGHLAND ELEMENTARY south to HERITAGE PARK
6000 West 10865 North 5381 West 10400 North

The Highland Fling's entertainment is FANTASTIC!!
The headline act will be the

SALAMANDERS

The Salamanders is a group of Utah's finest musicians who focus on performing a wide variety of music styles. They've been together for 8 years and love playing everything from Motown to Jazz, Pop to Funk, Rock to Alternative. The Salamanders specialize in providing a variety of great music for any event.

They feature the flawless vocals and high energy of Mindy Lilyquist, backed by the talents of Mike Dowdle (guitar), Dave Despain (keyboards/vocals), Rick "Sneez" Senese (drums/vocals) and Mike Rytting (bass/vocals). The tight rhythm section provides a great backdrop for the four exciting vocalists, making it impossible to sit still when you hear the band live!



THERE IS A GREAT LINE UP OF ENTERTAINMENT THROUGHOUT SATURDAY, AUGUST 6TH. INCLUDING CRINNA HILL, AVENGERS, MIDNITE RODEO BAND, PREMIER PRODUCTIONS, BAG PIPE BAND, PROVIDENCE AND THE STUNT TEAMS! BRING YOUR FRIENDS, FAMILY, BLANKETS AND LAWN CHAIRS. ENJOY A WONDERFUL FESTIVAL WITH HOURS OF INCREDIBLE FREE ENTERTAINMENT!

A variety of food and beverages will be available for purchase.