

HIGHLAND CITY Celebrates 30 Years

Highland City

Summer Events 2007

July 7

70's Concert in the park

July 14

Highland City 30th Birthday Party

July 19

Highland City Night at the Orem Owlz

July 21

Battle of the Bands

July 28

Children's Fishing Derby
Baby Contest
Highland Family Night at the Theater "Guys and Dolls"

August 1

Youth Bike Race

August 2

Golf Tournament
Art Show Awards and Reception
Play Day Rodeo

August 3

FlyFest with "FlyLady"
Art Show open
Play Day Rodeo
Highland Idol
Youth City Council Dance
Jr. Miss Pageant

August 4

HIGHLAND FLING



Highland Fling June 28-August 4, 2007



The 30th Annual **Highland Fling** will be July 28-August 4, 2007. Many events have been added to

this year's schedule such as **Highland Idol** and best selling author, Marla "FlyLady" Cilley, who will have a speaking engagement.

Several events will be held at Heritage Park throughout the day on Saturday August 4, which includes the **BMX Bicycle Stunt Team, food and concession booths, free games for children** up to 12 years old, **Candy Toss, Fireman's Spray**, and more. We have a fabulous group of entertainers this year that will be

performing on the Heritage Park Stage. These entertainers include **Jaden Bliss, Cherie Call, Root Beer Reunion, Stephanie Smith, Party Train, Eric Dodge, and Ryan Shupe & the Rubberband!**



The evening will conclude at 10:00 p.m. with a spectacular **fireworks** show south of Mountain Ridge Jr. High School.

Highland Turns 30 Years Old

Highland City will be celebrating 30 years in July. Many events are scheduled at Heritage Park to celebrate our birthday.

On Saturday, July 7, there will be a 70's Concert in the Park. Please come dressed in 70's attire as there will be prizes for the best dressed.

Saturday, July 14, will be a huge Birthday Party at Heritage Park. This FREE event will include children's games, piñatas, bounce houses, on stage entertainment and more. This birthday party will be a huge carnival with lots of fun activities for everyone of all ages. This event will be a fundraiser for the Highland City Library Foundation.

Bring out your baseball hats and sun screen for Highland City Night at the Orem Owlz on Thursday, July 19. Come watch Mayor Franson throw out the first pitch as the Orem Owlz battle the Billings Mustangs at 7:05 p.m. Reserved seating tickets will be available at the City Office at a discounted rate of \$4 per ticket. Orem Owlz ticket vouchers, good for any game of the season, will also be available at the discount rate of \$5 per voucher. All proceeds from ticket and voucher sales will go towards the Highland Library Foundation. Saturday, July 21, will be the Battle of the Bands at the park. Come watch local bands battle it out on stage.

Highland Turns 30 Years Old in July

70's night

On Saturday, July 7, from 6:00-8:00 p.m. there will be a 70's Concert at Heritage Park. Please come dressed in 70's attire as there will be prizes for the best dressed in 70's attire for this event. There will also be a limbo contest, dance contest and more!

FREE 07/07/07



Highland City Night at the Orem Owlz



On Thursday, July 19, come watch Mayor Franson throw the first pitch as the Orem Owlz battle the Billings Mustangs at 7:05 p.m. Reserved seating tickets will be available at the City Office at a discounted rate of \$4 per ticket. Orem Owlz ticket vouchers, good for any game of the season, will also be available at the discount rate of \$5 per voucher. All proceeds from ticket and voucher sales will go towards the Highland Library Foundation.

Happy 30th Birthday Highland City!

Saturday, July 14,
will be a huge
BIRTHDAY PARTY
at Heritage Park
from 6:00-9:00 p.m.



This **FREE** event will include children's games, piñatas, bounce houses, on stage entertainment and more. This birthday party will be a huge carnival with lots of fun activities for everyone of all ages.

"**Bring in the Change**" is the theme for this fundraising event for the Highland City Library Foundation. The Library Foundation has asked that you bring your pennies, nickels, dimes, quarters, etc. to be donated towards the opening day collection for the new Highland City Library.



Battle of the Bands

Saturday, July 21 from 6:00-9:00 p.m., will be a **Battle of the Bands** at Heritage Park sponsored by the Highland Youth City Council. Come watch local bands battle it out on stage. Bands representing Mountain Ridge Jr. High, American Fork High School and Lone Peak High School will be participating in this event. Come cheer for your favorite band as they will be competing for cash prizes. Pizza and snow cones will be available to purchase at this event.



30th Annual Highland Fling Kicks off Saturday July 28

Cabela's
WORLD'S FINEST OUTDOORS
Children's

Fishing Derby

We are thrilled to once again to have Cabela's sponsoring our Highland Fling Children's Fishing Derby. The fishing derby is open to children 13 years old and younger (no fishing license required). Prizes will be awarded to children who catch the longest fish in each gender age group. All prizes will be donated from Cabela's.



The Highland Youth City Council will be volunteering their time assisting with children's games and craft projects. The YCC will also be selling hotdogs, chips and soda.

The Children's Fishing Derby is a **FREE** event. We ask that you pre-register on-line or at the City Office for this event. Come join us, **July 28th at 6:00 a.m. - 12:00 p.m. at Highland Glen Park.**

Baby Contest



- 9:00 a.m. - 9:30 a.m. Judging ages 0-8 months
Judging ages 17-23 months
10:00 a.m. - 10:50 a.m. Judging ages 9-16 months
Judging ages 24-36 months
11:00 a.m. - 12:00 p.m. Winners announced
& drawing for prizes (must be present to win)

King and Queen of each age group will ride in the Grand Parade on Saturday, August 4th.

Cost is \$5.00 before July 20th or \$10 after the 20th. No registration on contest day. Pre-register on-line or at the City Office. Note: no specific costume requirements or category.

**Saturday, July 28th at the Highland City Building (2nd Floor)
9:00 a.m. - 12:00 p.m.**

Guys and Dolls

The Highland City Arts Council is pleased to announce our summer musical, "Guys and Dolls"! This kick-off activity for the Highland Fling will take place at **7:00 p.m. on July 26-30 at American Fork High School** and will be directed by Neal Johnson. The HCAC is once again joining with the American Fork Arts Council for twice the excitement! **Saturday, July 28th is the Highland City Family Night at the Theater.** Discount family tickets will be available at the City Office.

Youth Bike Race



Come meet Utah Grizzlies mascot, Grizzbee at the Youth Bike Race

on Wednesday, August 1st at 7:00 p.m. at Heritage Park.

Cost is \$5.00* before July 20th or \$10.00* after the 20th. Pre-register on-line or at the City Office. Early registration guarantees a free ticket voucher to a Utah Grizzlies game. No registration on the day of the event, please.

Meet at 7:00 p.m. sharp at the Heritage Park Pavilion on race day.

*Event registration does NOT include a t-shirt. Highland Fling t-shirts may be purchased separately for an additional \$5.00 per t-shirt.



Highland Idol

New this year is Highland Idol, sponsored by the Highland City Arts Council. Here is your chance to show your singing talent on stage with a live karaoke band. Pre-registration on-line or at the City Office is encouraged.

A list of karaoke songs will be available on-line at www.highlandcity.org (on the Highland Fling page).

Come cheer on the Highland Idol contestants on Friday, August 3 from 6:00 p.m.-8:00 p.m. at Heritage Park.

Registration is FREE with cash prizes awarded at the end of the evening!

It's Time to Dance!

The Highland Youth City Council is sponsoring the annual Highland Fling Youth Dance on Friday, August 3, 8:00 p.m. - 11:30 p.m. at Mountain Ridge Jr. High Cafeteria.

Come see all the friends you have missed during the summer! There will be an option to buy slices of pizza and other pops. School dress code is required. The DJ is awesome. We can't wait to see you there!

Cost \$2.50

Highland Fling Golf Tournament

The Highland Fling Golf Tournament will be held at

Thanksgiving Point on Thursday, August 2nd at 2:00 p.m.

Sign up by July 20th to receive a complimentary ticket to the Champions Challenge

August 20-21, 2007, at Thanksgiving Point.

Register on-line or at the City Office.

GOLF



4 Man Scramble ~ Dinner provided

\$65 per person/\$260 per team

Interested in sponsoring a hole?

\$100 sponsorship includes a sponsorship sign at a dedicated hole. \$155 sponsorship includes a sponsorship sign at a dedicated hole and golf for one (1) person. \$340

sponsorship includes a sponsorship sign at a dedicated hole and golf for four (4) people.

Please contact Emily at the City Office for more information.



Highland FlyFest with Marla "FlyLady" Cilley

Join FlyLady, featured speaker and Eric Dodge, special guest performer at the Highland City FlyFest on Friday **August 3rd, 2007 at 11:00 a.m. at Lone Peak High School.**

This event is a fundraiser for the new Highland City Library. The Library is planned to be housed in a wing of the new Highland City Hall and it is anticipated to open the fall of 2008.

Marla aka the FlyLady is the best selling author of "Sink Reflections" and host of the popular website www.flylady.net. With her southern charm and inspirational emails, FlyLady has become a mentor to those living in CHAOS (Can't Have Anyone Over Syndrome) and clutter.

The FlyLady Yahoo email group has 400,000 plus members from around the globe and grows by the thousands each week. Her weekly radio show is the number one show on World Talk Radio. In addition to FlyLady's own syndicated column in over 200 newspapers weekly, she has also been featured in many major magazines and newspapers including: Woman's Day, Southern Living, Real Simple, Good Housekeeping, Parade, USA Today, The Washington Post and the Wall Street Journal. FlyLady's special gift for mentoring has been featured on television shows such as: CNN,

The Today Show, Talk of the Town, The Style Show and many news programs on major network affiliates.

Eric is making waves in the country music world with songs such as "Since I Let You Go" and "When I was Your Age".



just finished recording single "Why Not Today?" for the recently released FlyLady album- FLY, 11 Songs to Help You Shine Your Sink and Soothe Your Soul! The CD has been a huge success and sold thousands of copies all over the world. Eric is an up and coming country music star. You won't want to miss his performance or his debut of his new country CD named after the song he sang for the FLY CD; Why Not Today.

For additional information you can visit the FlyLady website www.flylady.net or Eric's website www.ericdodge.com

Tickets for this event are FREE with financial donations going towards the new Highland City Library opening day collection. To reserve your tickets or if you have any questions about this event please email: friendsofthelibrary@highlandcity.org

Highland Jr. Miss Pageant

The Highland Junior Miss is a scholarship program for 16-17 year-old girls who are currently finishing their junior year in high school. The program is a one night event that gives the girls an opportunity to display their areas of talent. They are judged in five different categories which are: Judge's Interview, Scholastic, Talent, Fitness, and Poise. The Highland Jr. Miss Pageant will be held at 7:00 p.m. at Lone Peak High School on Friday, August 3, 2007. Tickets cost \$6.00, please contact your local contestant to purchase your tickets. Tickets will also be sold at the door the night of the event.



2007 Jr. Miss Contestants

Highland Fling Fine Art Show

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

Registration: Tuesday July 31, from 4:00 p.m. - 6:30 p.m.

Media Categories: Oil, Water Media, Mixed Media, Drawing, Chalk/Pastel, Photography, Sculpture, Woodworking, Needlework, Quilts 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)

Artist Reception: Thursday, August 2nd at 7:00 p.m. at Mountain Ridge Jr. High Auditorium

Artwork Released: Saturday, August 4th from 4:00-5:00 p.m. (must be picked up during this time)

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. ~Every effort will be made to keep your artwork safe, but please be aware that there is no guarantee due to unforeseen accidents~

1st Place, 2nd Place,
3rd Place and
Honorable Mention
cash awards in each
category

Cash Awards for Best of Show Winners -selected from any category by the judges

Peoples' Choice Award- selected by the viewing public



All participants and their families will be honored at an Artist Reception on Thursday, August 2nd at 7:00 p.m. 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 art show and enjoy refreshments at the City Building. 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 artist in our community. For more information, contact Lisa Best at 756-5446.

Art Show Open to the Public

Friday, August 3rd from 4:00 - 8:00 p.m.

Saturday, August 4th from

11:00 a.m. - 4:00 p.m.

Highland Fling Play Day Rodeo

Register each night between 5:00 p.m. and 6:00 p.m. or pre-register on-line or at the City Office. All events are \$5 (except Mutton Bustin' which is \$15. Please contact Grant Park to reserve a spot for Mutton Bustin')

Thursday, August 2nd starting at 6:00 p.m.

- | | |
|--------------------------|-----------------------------------|
| 1. Grand Entry | |
| 2. Mutton Bustin' | 7 & under / under 50 lbs |
| 3. Lead Line | 6 & under |
| 4. Walk & Trot | 8 & under |
| 5. Halter | 8 & under |
| 6. Halter | 9 - 13 |
| 7. Halter | 14 - 17 |
| 8. Halter | 18 & over |
| 9. Western Pleasure | 13 & under |
| 10. Western Pleasure | 14 - 17 |
| 11. Western Pleasure | 18 & over |
| 12. Jack Benny Pleasure | 35 & over |
| 13. Green Horse Pleasure | Green Broke Horse 4 years & under |
| 14. English Pleasure | 15 & under |
| 15. English Pleasure | 16 & over |
| 16. Reining | 18 & under |
| 17. Reining | 19 & over |

Friday, August 3rd starting at 6:00 p.m.

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

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

Special awards
sponsored by
HAPPY TRAILS

New
MONEY RACE
(no charge 12 & under)
Sponsored by
Lee's Roundup Chevron

For additional information
contact Grant Park at

756-0307



THE HIGHLAND FLING

SATURDAY, AUGUST 4, 2007



**Flag Raising
Ceremony**
7:00 a.m.
Heritage Park



Hot Air Balloons
Lift off at 6:30 a.m.
Mountain Ridge Jr. High

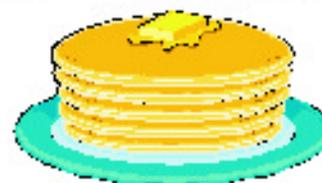


Highland Fling Grand Parade
10:00 a.m.



Parade starts at Highland Elementary on 6000 West, south to 10400 North, then east to Heritage Park
Please remove parked vehicles along parade route by 9:00 a.m. Prospective entrants may get registration forms at www.highlandcity.org or at the City Building

Kiwanis Breakfast
7:30 - 9:30 a.m.



Come to the Heritage Park pavilion for breakfast! Cost is \$3 individual or \$15 immediate family. The Kiwanis Club will be donating a portion of their proceeds to the Highland City Library Foundation.

Scottish Heavy Events
9:00 a.m. - 3:00 p.m.

East of Mountain Ridge Jr. High



This is an invitational competition with the top athletes from each class throughout the United States.



Classic Car Show

10:00 a.m. - 4:00 p.m.

Town Center Meadows Park
5490 West 10700 North



Highland Camp Cabin Museum

open at 11:00 a.m.



Come learn about Highland's History at the Highland Camp Cabin Museum. Here is your chance to buy a copy of the first Highland History publication! Highland History magazines will be available to purchase at the Highland City booth at the Highland Fling or you may purchase a copy from the City Offices during regular business hours.



**Highland Fling
Horseshoe Tournament**

11:00 a.m. - 2:00 p.m.

East of Mountain Ridge Jr. High

Sponsored by Randy Smith of Remax Results



Highland Library Foundation Book Sale & Silent Auction

Interested citizens may bring their as-good-as-new or gently-used books to the City Building on July 27th from 9:00 a.m. - 12:00 p.m. and July 28th from 3:00 p.m. - 6:00 p.m. Donated books that are in great condition will be used for the library and those that are gently-used will be sold at the book sale at the Highland Fling to raise money to buy new books for the library.

If you would like more information or if you would like to donate items for the Silent Auction, please email friendsofthelibrary@highlandcity.org

HIGHLAND CITY LIBRARY
HONORING THE PAST, CREATING OUR FUTURE

30th Annual Highland Classic Fun Runs

All walkers and runners are welcome to join us for this annual tradition!

Registration Information:

Pre-registration is \$10 and includes a t-shirt if done before July 20th. After July 21st registration is \$15 and does not guarantee a t-shirt. Pre-register on-line or at the City Office.

Awards: Trophies for 1st, 2nd and 3rd place in each age group. Additionally, all participants in the youth runs will receive participation ribbons. Also, there will be awards for the Fastest Male and Female Highland Resident and the Fastest Overall Male and Female. All runners will be eligible and participate in the prize drawing after the races during the awards ceremony. Snacks & water will be available at the end of the races.

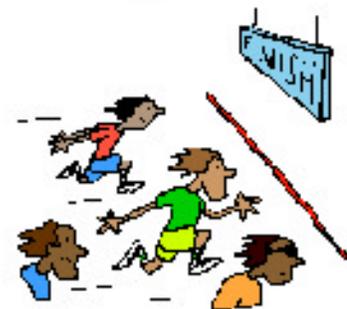
Race Information:

Classic 5K Fun Run will begin at 7:00 a.m. sharp on Saturday, August 4th. Check-in will be in front of the Mountain Ridge Jr. High LDS Seminary building. Runners should check-in at least a half hour before the start of the race. Race Course: The starting line is in front of Mountain Ridge Jr. High. Runners will travel west to 6000 West, then turn south to 9600 North, then turn east to the Alpine Hwy then turn north where the race will end in front of the LDS church south of Heritage Park.

Classic Youth 1 mile Fun Run will begin at 8:00 a.m. on Saturday, August 4th. Runners should check-in at the registration booth located in front of the LDS church south of Heritage Park at least a half hour before the start of the race. Race Course: The starting line is in front of the LDS church south of Heritage Park. Runners will travel south on the Alpine Hwy, then turn west on Windsor Park Drive and circle the roundabout and return on the same course back to the starting location where the race will end in front of the LDS church south of Heritage Park.

Classic Youth 1/2 mile Fun Run will begin at approximately 8:30 a.m. on Saturday, August 4th. Runners should check in at the registration booth located in front of the LDS church south of Heritage Park at least a half hour before the start of the race. Race Course: The starting line is in front of the LDS church south of Heritage Park. Runners will travel south on the Alpine Hwy, then turn west on the first street on the right, go one block then turn around and travel back to the starting location where the race will end in front of the LDS church south of Heritage Park.

Get a **FREE** gift while supplies last to the first 200 people who check in on race day!



Children's Activities

Free Children's Games

The Youth City Council will have the Children's Games for youth 12 and younger from **11:00 a.m. - 1:00 p.m.** by the Camp Cabin Museum. The Rockwall, train and bounce house are free during this time (rest of the day there is a charge).



Fireman's Spray

2:30 p.m.

South of Mountain Ridge Jr. High



BMX Stunt Team

Shows at 12:00 p.m., 1:45 p.m. and 4:00 p.m.

East of Mountain Ridge Jr. High



Candy Toss

1:00 p.m.

Heritage Park Baseball Diamond

Heritage Park Stage Entertainment



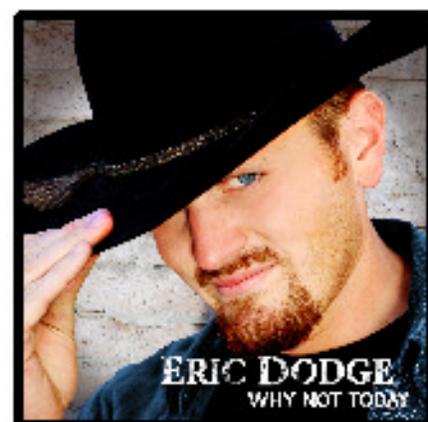
Root Beer Reunion



Stephanie Smith



Cherie Call



Eric Dodge



Jaden Bliss



Party Train



Ryan Shupe and the Rubberband

Highland Fling Vendors

Vendor Booths open at 10:00 a.m.

Fire Safety Solutions
Battle Elf Battle Art
Global Travel Network
Fenton Orthodontics

The Mod Bod
Digis Internet
Heritage Makers
Baby Rag Quilts

Momentum Climbing
Jump Time Rental
Pure Works

Usborne Books
Rustic Treasures
Oh So Sweet

Face Painting by Susan Ostler
Young Family Dental
Highland Curves for Women

Alpine District Boy Scouts of America
State Farm Insurance, Agent Justin Englebright
Handmade Children's items by Margie Sessions
Local Hone and Honey Pots by Mark Ellingson

Food Vendors

Domino's Pizza ~ Rib City Grill ~ Subzero Ice Cream ~
Cotton Candy ~ pulled pork sandwiches ~ baby back ribs ~
turkey legs ~ pizza ~ ice cream ~ kettle corn ~ popcorn ~ fresh
squeezed lemonade ~ sugared almonds ~ sugared cashews ~
shaved ice ~ French fries ~ chicken bowls ~ hot dogs ~ nachos ~
scones ~ sandwiches ~ fry bread ~ Navaho tacos ~ ribbon fries

Highland Fling Sponsors

Cabela's
WORLD'S FOREMOST OUTDOOR



LEHI ROLLER MILLS

COSTCO
WHOLESALE

Best Western



SALT LAKE
BEES



Bank of American Fork
BIG CITY BANKING ~ SMALL TOWN SERVICE™



**THANKSGIVING
POINT**
A Non-Profit Institute

KOHLER'S



**ROCKY MOUNTAIN
POWER**

Jandaco is proud to contribute to Highland City
by providing the design of the 2007 Highland Fling logo.



801.492.1100 477 WEST 51 NORTH AMERICAN FORK, UTAH WWW.JANDACO.COM

Highland Fling Committee Members

<i>Art Show</i>	<i>Lisa Best & The Highland City Arts Council</i>	<i>Parade</i>	<i>Highland 8th Ward YMCA YW</i>
<i>Baby Contest</i>	<i>RaCail Hays</i>	<i>Play Day Rodeo</i>	<i>Grant Park</i>
<i>Candy Joss</i>	<i>Wini Jensen</i>	<i>Publicity/Graphic Design</i>	<i>Tina Rasmussen</i>
<i>Children's Bike Race</i>	<i>Cindy Davis</i>	<i>Rodeo Queen Contest</i>	<i>Barbara Park</i>
<i>Children's Fishing Derby</i>	<i>Trent Bezzant</i>	<i>Vendors</i>	<i>Kim Jewett</i>
<i>Golf Tournament</i>	<i>Justin Parduhn</i>	<i>YCC Children's Games</i>	<i>Highland Youth Council</i>
<i>Highland Games</i>	<i>Brian Dixon</i>	<i>YCC Dance</i>	<i>Highland Youth Council</i>
<i>Kiwanis Breakfast</i>	<i>Bret & Rita Miller</i>	<i>5K Classic & Kids Fun Run</i>	<i>Brian Braithwaite</i>

Thank you to every member of the 2007 Highland Fling Committee and many others for their time, talents and efforts in making the Highland Fling Celebration a memorable and fun experience for everyone!

~Emily Gillingwater, Highland Fling Director