



HIGHLAND INSIDER

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Highland Junior Miss

A group of ten amazing young ladies dazzled those present with their poise and grace on September 26, 2009 for the Highland Junior Miss Scholarship Program.

Each one displayed great character and individuality that was completely captivating. The panel of judges chose Jessica Taylor, McCall Modersitzki and Lauren Jones to be Highland Junior Miss Representatives. These young ladies will represent Highland at the Utah Junior Miss Scholarship Program in March 2010. We look forward to watching them shine on as well as seeing what our other seven young ladies will accomplish in their lifetime. Other awards given that night:

- Spirit of Junior Miss:
Lauren Jones & Michal Savage
- Scholastic: Sydney Sumner
- Judges Interview: Michal Savage
- Physical Fitness: McCall Modersitzki
- Talent: Jordan Lenhart
- Self-Expression: Jessica Taylor
- "Be Your Best Self" poster: Hailey Howden

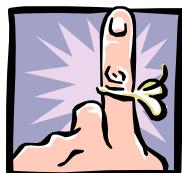


Pictured L-R: Jessica Taylor, McCall Modersitzki and Lauren Jones

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DON'T FORGET TO VOTE!



November 3
7 am to 8 pm

**Get the LATEST
Election News**

Visit
www.highlandcity.org
for information after the
Election



Find out how you and your family can make it through tough times
Watch Economic Cents this October and November on KBYU Channel 11

Fridays from 8-10 pm

October

Learn from informative specials

- 2nd Financially Stable Families
- 9th Managing Your Money
- 16th You and Your Job
- 23rd Feelings, Family & Finances
- 30th Fighting Foreclosure

November

Call-in and speak with an expert

- 6th Relationships and Money
- 13th Mortgage Fraud & Foreclosure
- 20th Finding a Job



Classical 89
KBYU - FM



COMMUNITY
ACTION
SOUTHERN UTAH

Call 211 Information and Referral
for free and confidential resources throughout Utah

Listen for Economic Cents special news reports Fridays
on Classical 89, KBYU-FM



Community Action
SOUTHERN UTAH
of UTAH
Utah County Extension

United Way of Southern Utah
Community Action of Utah
Utah County Extension

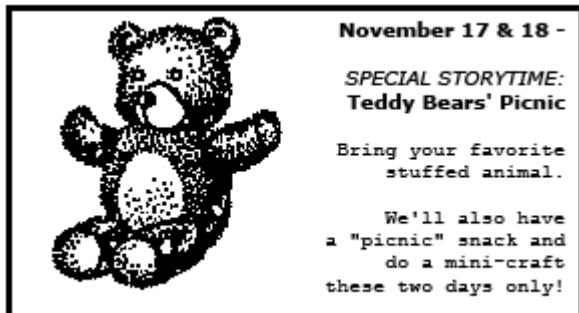


LIBRARY NEWS! NOVEMBER STORYTIME SCHEDULE

November 3rd – Storytime is cancelled due to elections.
 November 4th – Cowboys and Indians
 November 10th & 11th – Recycle our planet
 November 17th & 18th – Happy Thanksgiving!
 November 24th & 25th – Cancelled for Thanksgiving week.

Library Closures

The Highland City Library is NOT closed for Veterans Day on November 11th. The library WILL, however be closed on November 26th and 27th for the Thanksgiving Holiday. The library will reopen on Saturday, November 28th at 10:00 am.



The library opens at 10:00 am and closes at 9:00 pm Mondays-Thursday and at 6:00 pm on Fridays & Saturdays.

Contact the [Highland City Library](#) 801-772-4528

Email: highlandcitylibrary@highlandcity.org Web: www.highlandcitylibrary.org

Lone Peak High School Fall Musical



November 17 - 21 at 7:00 p.m.
 November 21 1:00 p.m. (matinee)
 November 23 - 24 at 7:00 p.m.

Tickets \$6.00/\$7.00 in advance
 (available in the finance office)
 \$7.00/\$8.00 at the door

Questions? Call Jim Smith (801)717-4568
 ext 106



DONATIONS NEEDED!

"The Road Home" a non-profit organization (www.theroadhome.org) in existence since 1923, provides support and shelter for overcoming homelessness in Utah. Their cold weather shelters need gloves, beanies, shoes, & warm clothing for adults & children. *Get Fit Athletic Wear* in Highland, is serving as a drop off for these items, new or used.

Call 801-216-4467 or visit www.getfitathleticwear.com

Low or No-Cost Health Care Options Available for Children and Uninsured

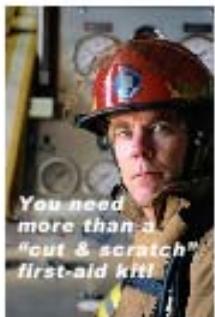
Due to economic difficulties, many Utahns are losing health care benefits as a result of job losses and employer budget cuts. In an effort to reduce the number of uninsured, the Utah Department of Health (UDOH) offers the Children's Health Insurance Program (CHIP) to help Utahns provide health insurance for their children. UDOH also offers Utah's Premium Partnership for Health Insurance (UPP) to help Utahns provide health insurance for themselves and children.

CHIP provides comprehensive health insurance for the uninsured children of families who qualify. It is now easier for working families to qualify! For example, a family of four earning up to \$44,100 a year may be eligible. CHIP also offers a more inclusive mental health benefit package and change co-pay amounts for selected benefits, as directed by the 2008 Utah Legislature. CHIP is now open year-round and will continue accepting applications. Once approved, CHIP covers well-child exams, immunizations, hospital and emergency care, mental health services, dental care, hearing and eye exams, and more. CHIP does not require a co-payment for well-child exams and immunizations.

UPP was designed to help more uninsured Utahns afford their employer health plans. If an employee's work offers health insurance, qualified individuals and their families may receive up to \$150 per person each month from UPP to help cover their monthly premium payment.

Approval for UPP is also considered a qualifying event for applicants to enroll in their employer-sponsored health insurance. Previously, employees could enroll or make changes to their insurance only during open enrollment or if they had a 'qualifying lifetime event' like marriage or the birth of a child. Now, qualifying for UPP is included as an eligible event, making it possible for individuals to enroll in work-sponsored coverage year-round.

For more information about CHIP, visit <http://www.health.utah.gov/healthservices.htm> or call 1-877-KIDS-NOW (1-877-543-7669). Visit the same website for UPP or call 1-888-222-2542.



Special Offer on First-Aid Kits!

Lone Peak Emergency Medical Services is offering the community quality first aid kits in an effort to help its residents be better prepared for a medical emergency. **Can you think of a better gift?**

In 95% of all emergencies, bystanders or victims themselves are the first to provide emergency assistance or to perform a rescue!

The **Citizen Kit** contains the same type of supplies used on an ambulance to treat a variety of injuries. It is an excellent all-around first-aid kit. **Insulated bag!**

| | | | | | |
|----------------------|-----|------------------------|----|-----------------------|---|
| Cold Pack. | 1 | Hydrocortisone | 3 | 2" roller gauze | 2 |
| 4x4 Gauze pads | 5 | Sting relief | 2 | 4" roller gauze | 2 |
| 2x2 Gauze pads | 5 | Tongue blade | 1 | 4" Elastic wrap | 1 |
| 5x9 ABD pad | 1 | Cotton-tip applicators | 2 | bandage scissors | 1 |
| Eye wash | 1 | Antiseptic towelettes | 8 | Triple antibiotic | 3 |
| Knuckle bandages | 5 | Alcohol prep pads | 10 | Burn free single dose | 2 |
| Fingertip bandages | 5 | First-aid book | 1 | Oval eye pads | 2 |
| Extra large bandages | 5 | Vinyl gloves | 2 | Stainless steel | |
| 34x3 bandages | 100 | Cloth tape | 1 | bandage scissors | 1 |
| Bulky bandages | 3 | Triangular bandage | 1 | EMS bag w/ dividers | 1 |

Citizen Kit \$95.00
Sale Price \$39.95



The **Police Car Kit** contains all of the medical supplies in the Citizen Kit as well as larger trauma dressings, a CPR Mask and EMT shears.

| | | | | | |
|-----------------------|-----|------------------------|----|-----------------------|---|
| Cold Pack. | 1 | Hydrocortisone | 3 | 12x30 Multi trauma | 1 |
| 4x4 Gauze pads | 5 | Sting relief | 2 | Burn free single dose | 2 |
| 2x2 Gauze pads | 5 | Tongue blade | 1 | 4" Elastic wrap | 1 |
| 5x9 ABD pad | 3 | Cotton-tip applicators | 2 | Full CPR pocket | |
| Eye wash | 1 | Antiseptic towelettes | 8 | face mask w/ | |
| Knuckle bandages | 5 | Alcohol prep pads | 10 | replaceable one- | |
| Fingertip bandages | 5 | First-aid book | 1 | way valve | |
| Extra large bandages | 5 | Vinyl gloves | 2 | 2" roller gauze | 2 |
| 34x3 bandages | 100 | Cloth tape | 1 | 4" roller gauze | 2 |
| Bulky bandages | 3 | EMT shears | 1 | 8x10 ABD pads | 2 |
| Triangular bandage | 1 | Triple antibiotic | 3 | EMS bag w/ dividers | 1 |
| Burn free single dose | 2 | Oval eye pads | 2 | | |

Police Car Kit \$130.00
Sale Price \$62.50



The **Family/Group Kit** is perfect for a family, for work, on the job, sports team and any group activity. It contains hospital quality medical supplies.

| | | | | | |
|----------------------|-----|------------------------|----|----------------------|----|
| Cold Pack. | 2 | 4" roller gauze | 4 | Burn free 4x4" pads | 2 |
| 4x4 Gauze pads | 10 | Sting relief | 6 | Burn free 4oz bottle | 1 |
| 2x2 Gauze pads | 5 | Tongue blade | 1 | Sam's Splint | 1 |
| 5x9 ABD pad | 3 | Cotton-tip applicators | 2 | Emergency Blanket | 1 |
| 8x10 ABD pad | 3 | Antiseptic towelettes | 20 | Survival Blanket | 1 |
| 12x30 Multi-trauma | 2 | Alcohol prep pads | 10 | N-95 surgical mask | 2 |
| Eye wash | 2 | First-aid book | 1 | EMT Shears | 1 |
| Knuckle bandages | 5 | Vinyl gloves | 10 | Tweezers | 1 |
| Fingertip bandages | 5 | Cloth tape | 2 | 4" Elastic wrap | 2 |
| Extra large bandages | 5 | Stainless steel | | Hydrocortisone | 10 |
| 34x3 bandages | 100 | bandage scissors | 1 | Oval eye pads | 4 |
| Bulky bandages | 4 | Triple antibiotic | 10 | EMS bag w/ dividers | 1 |
| 2" roller gauze | 4 | Triangular bandage | 2 | | |

Family/Group Kit \$175.00
Sale Price \$99.95



First Voice is an Emergency Instruction Device (EID), designed to effectively coach users on hundreds of first aid emergencies from start to finish. In the event of an emergency, this simple, easy-to-use touch pad gives direction on how to respond quickly and accurately. Be prepared in the event of a sudden emergency, with minimal first aid training or experience. The award-winning EID keeps rescuers focused on accepted first aid and CPR protocols in order to treat the injured person in a safe manner.

First Voice \$280.00
Sale Price \$229.00



NEW!

NEW!

mail to Safe Community USA, PO Box 73, Salem UT 84653
or online www.safecommunityusa.com/lonepeak or phone (801) 423-7878

Name: _____ Date: _____ Phone () _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

| QTY | Item | Unit Price | Unit Price w/ Tax | Total | Shipping Costs- (allow 4 weeks for delivery) |
|-----|------------------|------------|-------------------|-------|--|
| | Citizen Kit | \$45 | \$47.45 | \$ | |
| | Police Car Kit | \$130 | \$137.00 | \$ | |
| | Family/Group Kit | \$175 | \$186.25 | \$ | |
| | First Voice EID | \$229 | \$245.90 | \$ | |
| | | | | | Shipping \$ |
| | | | | | Total \$ |

1 Item- \$ 6.98
2 Items- \$ 7.98
3 Items- \$ 8.54
4 Items- \$11.04
5 Items- \$13.54
6 Items- \$16.04
7 Items- \$18.54
8 Items- \$21.04
9 Items- \$23.54
10 Items- \$26.04

Method of Payment
 Check - Make checks payable to: Safe Community USA

Credit Card "Safe Community USA" will show on your credit card statement
 Visa Master Card Discover American Express Card # _____

Lone Peak EMS
will receive \$5.00
for every kit placed
in the community.

Place orders by Dec. 15th, 2009

Exp. Date: _____



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Highland, Utah 84003

Phone: 801-756-5751
Fax: 801-756-6903
Email: gina@highlandcity.org

WE'RE ON THE WEB!

WWW.HIGHLANDCITY.ORG

NOVEMBER MEETING SCHEDULE

CITY COUNCIL - 7:00 P.M.
TUESDAY - NOVEMBER 17

PLANNING COMMISSION - 7:00 P.M.
TUESDAYS - NOVEMBER 10 & 24

Youth City Council

The Highland Youth Council had a great time with their quilting service project on October 13th at the Country Club Church. Thanks again to all those who helped out!

A special thanks to all who donated items to be for a refugee family in Salt Lake City. The Boy Scouts were able to collect enough items to benefit several refugee families!

CARTOONING CLASS! Learn the basics of cartooning; how to set up a figure, composition of characters, anatomy, action, imagination and style.

Instructor: Jared Salmond. Jared has been teaching this course for 3 years. He is an illustrations Major at UVU and illustrates professionally.

Dates: 4 week course. Tuesdays from 4-5 beginning Nov. 10th.

Cost: \$25

Location: Highland City Building

Materials Needed: paper and pencil

You may register online beginning Nov. 2 at www.highlandcity.org

Highland's Annual Children's Christmas Crafts Day with Santa!

DECEMBER 5, 10:00 a.m. to Noon at Highland City Hall.

Christmas crafts and projects for children as well as Christmas entertainment. Children's craft projects ranging from free - .25, .50, .75 will be available. We will have a Storyteller in the library as well. Come and let your children get creative as we welcome in the Christmas Season.

Senior Citizen Dinner

Hey senior citizens! The annual Highland Youth Council Senior Citizen Dinner at Lone Peak is coming up soon! Mark your calendars for November 19th at 5:30 p.m. and come join us for a fun Western themed dinner and entertainment! Texas Roadhouse will be catering the event. The Dyer Highway will provide entertainment.



Timpanogos Chamber Orchestra

The Timpanogos Festival Orchestra and Chorus will present its eleventh annual Messiah Sing-in on Friday, December 4, 2009 at 7:30 pm in the Alpine Tabernacle. This is the only professional level free-to-the-public Messiah performance in Utah.

Guest soloists are Mary Billeter-Young, soprano; Laura Lewis, mezzo-soprano; Todd Miller, tenor; and Gary Sorenson, baritone. A 100-voice chorus and 40 piece orchestra will complete the performance. Lois Stout is conductor and artistic director. Lisa Brodie is Chorus master.

Talented, experienced singers are wanted for the Chorus. Please go to www.tcostrings.com for more information. Rehearsals begin November 1, 2009.