Highland Village FLING
WHERE THE HEART GROWS YOUNG

November 2026

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Manager's Message



Thanksgiving reminds me that the greatest blessings in life aren't things; they are the people we love, laugh and make memories beside. ❤️

So grateful for family, for the moments that become memories and for the love that brings us together year after year. May our hearts be full of gratitude, our tables full of love, and our homes full of laughter.

Happy Thanksgiving from our family to yours. 🦃

Lynda Eddlemon
Park Manager Highland Village M.H.P
330 Brewer Rd, Lakeland Fl 33813 - Phone # 863-646-8541



A Warm Welcome to Highland Village 🌞🍂





Crisp November Wishes! 💻

Wishing all our Highland Village residents a spectacular November! Here in Central Florida, we know that late autumn means finally bidding farewell to the scorching summer heat and welcoming those delightful, lower-humidity mornings, clear sunny skies, and perfect evenings for sitting on the porch.

May this month remind us how lucky we are to live in a community where the autumn air is refreshing, but the neighborly vibes are warmer than ever. Beyond the community gatherings, holiday preparations, and the joy of leaving the windows open, may your November be filled with laughter, gratitude, and perhaps a little piece of paradise in the form of a slice of pumpkin pie or a great conversation with neighbors under a gentle autumn breeze.



Craft Fair and Bake Sale

Our Craft Fair and Bake Sale was a phenomenal success, bringing our community together for an unforgettable day of handmade artistry, delicious treats, and record-breaking turnout. Thank you to all who contributed baked goods and to those who helped in the kitchen and cleanup. Our Bake Sale raised money for future events.

Lizette Ramirez

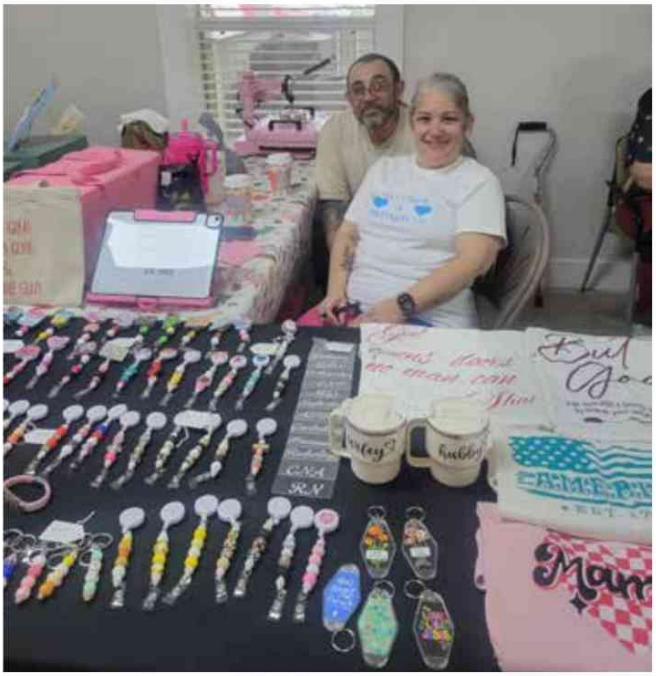












Craft Fair and Bake Sale

















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🌐 **Official Publisher Link:**
www.ontracnewsletters.com/highland

🌟 **NEW! Check Out Bob Connor's Community Website:**
https://myhighlandvillage.com

A very special shout-out to Bob Connor, who has created a brand-new website for our neighborhood! Bob is uploading a **more user-friendly digital version** of The Fling each month, making it even easier, clearer, and more convenient to zoom in, scroll, and read on any device. Be sure to check it out!

But that is just the beginning! The new site is updated daily after 5:00 PM and features fantastic resources for all residents at no cost:

- **Live Community Calendar:** View upcoming events or instantly add your own neighborhood club dates.
- **Social Clubs & Groups:** Find meeting times and connect with neighbors who share your hobbies.
- **Resident Classifieds:** Buy, sell, or trade items right here within Highland Village.
- **Local Business Directory:** Find trusted, recommended services nearby.

Bookmark **https://myhighlandvillage.com** today and explore everything Bob has built for us!

📦 Community Shout-Outs & Heartfelt Thanks

Our community is coming together, and it is a truly wonderful feeling to see so many individuals volunteering their time and efforts to make our neighborhood a fabulous place to live!

A massive **THANK YOU** to **Bob Connor, Lizette Ramirez, Deborah Spencer, Lynda,** and **Donna** in the office, as well as the **entire Miner Family**! Their ongoing hard work, dedication, and behind-the-scenes support keep our community running smoothly and make Highland Village such a wonderful place to call home.

A Quick Note of Gratitude: If you have lent a helping hand, shared a kind gesture, or supported a neighbor behind the scenes and don't see your name listed here, please know that **you are deeply appreciated**! It takes a whole village, and every bit of effort—big or small—does not go unnoticed. Thank you to everyone who helps make our neighborhood thrive!

We also extend our warm appreciation to this month's article contributors—**Bob Connor, Lizette Ramirez, Lynda,** and **Donna**—for taking the time to share their submissions!

📮 **Our Delivery Dream Team:** A huge ongoing shout-out to **Deborah Spencer**, who reliably manages the receiving, sorting, and organization of our physical papers month after month. Working alongside the fantastic **Lizette Ramirez**, they keep the behind-the-scenes logistics prepped and running seamlessly for our entire delivery team. We couldn't do this without your continued time and dedication!



🚨 Keeping The Fling Alive: Help Wanted Behind The Scenes ✍️

I am stepping back from managing The Fling and am looking for someone to take over the publication, or even partner with me to split the submission months. Between balancing work, family, health, and other personal commitments, my schedule has become too demanding to give the newsletter the full time and attention it deserves. Sharing the responsibility or handing off the reins entirely will ensure The Fling continues to thrive and keep our community connected. If you are interested in taking on the role—or co-editing with me—please reach out!

✍️⏰Gentle Reminder & Perspective from the Editor's Desk

- **A Perspective on Our Publication:** The Fling is a 100% volunteer effort created out of love for our community. For several months now, I have personally written nearly 90% of the content to ensure we have a full issue to read, with very few article submissions or ideas coming in from the broader neighborhood.
- **Understanding Our Process:** A community newsletter is only as complete and accurate as the information submitted to us. With life's daily demands, if an event date appears on the calendar without a time specified, details on separate flyers can occasionally be overlooked. I do my best to cross-check everything, but as a volunteer balancing life and writing most of the paper, minor discrepancies will happen. If you have time to point out errors or formatting details, please consider using that time to contribute an article, submit event details clearly, or join the team! Positive contributions are what truly make our paper thrive.
- 📞 **EARLY HOLIDAY DEADLINES:** To ensure our publisher can print and deliver our newsletters on time ahead of the busy holiday season, **the submission deadlines for BOTH the December and January issues have been moved up to the 5th of each month** (November 5th for December, and December 5th for January). Please get your articles and photos in early!
- **A Note for Our Creative Writers:** We absolutely love your deeply researched articles! If your piece uses information from a book, magazine, or website, please include a quick line at the bottom showing where you found it. If it's 100% your own personal memories or original thoughts, no source is needed. Let's make sure we give credit where credit is due!

📱 Connect With Us!

To sign up for a delivery route, submit a photo, or pitch an article idea for the next edition, please reach out to:

Stacey Ross
(248) 342-1217
HighlandVlgFling@Gmail.com

Thank you for supporting and reading your community newspaper!




YOU'RE INVITED TO A
Gothic Glam
Halloween Party!
SATURDAY, OCTOBER 31st
IN THE CLUBHOUSE
Costumes or wearing black / white / orange are encouraged!
• 5:00pm - 6:00pm Appetizers & Finger Foods (Bring snacks!)
• 7:00pm GOLF CART PARADE (At least 10 carts needed! Sign up in clubhouse for Prizes: 1st, 2nd, 3rd)
• 8:00pm Games TBD
• 9:00pm Winners of Costumes announced!
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Letter from the Editor:
November Musings, Gratitude, and Keeping It Together

Dear Neighbors,

Welcome to November! We have officially crossed the threshold into the holiday season, where the year suddenly shifts into high gear and invites us to slow down just enough to appreciate what truly matters.

Let's be honest: life can be a lot. Between juggling daily routines, family responsibilities, personal hurdles, and the endless whirlwind of tasks, it is so easy to feel stretched thin. And when we're feeling worn out, it's remarkably easy to let small frustrations get the better of us—whether it's misplacing a detail or letting a quick annoyance turn into a mountain. We are all only human, and we are all carrying something behind closed doors that others might never see.

That is why November—with its focus on gratitude and coming together—feels so important.

This month, let's lean into the spirit of grace, forgiveness, and peace. Let's choose to extend patience to one another when things aren't quite perfect, and let's offer a little extra kindness to the people around us. If you have an abundance of calm, good humor, or warmth to spare today, share it. A gentle wave across the street, a forgiving smile, or a shared laugh over a cup of coffee can completely change someone's day.

Our neighborhood is truly a special place, not because everything always runs like clockwork, but because we are a community that looks out for one another. Let's make this season full of peace, laughter, love, and grace.

Here's to cozy porch chats, full tables, grateful hearts, and taking good care of one another.

Warmly,
Stacey
Editor, The Fling

November Community Meeting:
Autumn Gatherings & Fall Planning!



Mark your calendars! Our next monthly community meeting is happening on **Monday, November 2, 2026, at 6:30 PM at the clubhouse**.

As the holiday season settles in, we are gearing up for a bustling couple of months filled with neighborhood favorites! Join us in the comfort of the clubhouse to pull up a chair, connect with friends, and help bring our upcoming lineup to life.

Here is a sneak peek at what's coming up and what we'll be chatting about:

- **Sparkly Saturdays:** Get ready for a morning of creativity with our upcoming jewelry-making session on November 7th, where you can craft your own bracelet.
- **Community Feasts:** We'll be reviewing final plans for the delicious chicken dinner on November 7th and coordinating our traditional Friendsgiving potluck luncheon on November 14th (where the turkeys are provided!).
- **Fun on the Horizon:** Brainstorming and planning for upcoming neighborhood highlights, including a future wine and beer tasting event, a Spanish night, and a spring block party!

Whether you'd like to jump in as a volunteer, pitch a fresh idea, or simply catch up on what's happening around Highland Village, your voice makes all the difference.

See you on **Monday, November 2nd at 6:30 PM**—great conversation, exciting fall planning, and warm neighbors guaranteed!



November Birthdays:

Embracing Autumn's Crisp Charm! ✨🌸

November is here, bringing crisp fall mornings, vibrant leaves, and a cozy, festive energy to our neighborhood. To everyone celebrating a November birthday: you were born during a season of cozy gatherings, harvest celebrations, and golden autumn light, bringing a vibrant, comforting presence to our Highland Village family!

Here is a look at the natural wonders and stars that shape our wonderful November celebrants:

November's Natural Wonders

🔮 **Birth Flower: The Chrysanthemum & Peony**
November is represented by the radiant **Chrysanthemum**, a timeless autumn bloom symbolizing joy, friendship, longevity, and optimism. Often paired with the lush **Peony**, these flowers mirror our November neighbors—resilient, warmhearted, and always bringing a cheerful glow to our village!

♏ **Birthstone: Topaz & Citrine**
November shines with the golden hues of **Topaz** and **Citrine**. Known as symbols of warmth, abundance, and positive energy, these radiant gems display brilliant amber and golden tones. They perfectly reflect the bright, generous, and uplifting spirit of our November-born friends!

The November Stars

♐ **Scorpio (October 23 – November 21): The Passionate Protectors**
Scorpios are deeply loyal, passionate, and intuitive. Guided by determination and strong hearts, a Scorpio brings steadfast friendship, deep devotion, and a protective care to our community.

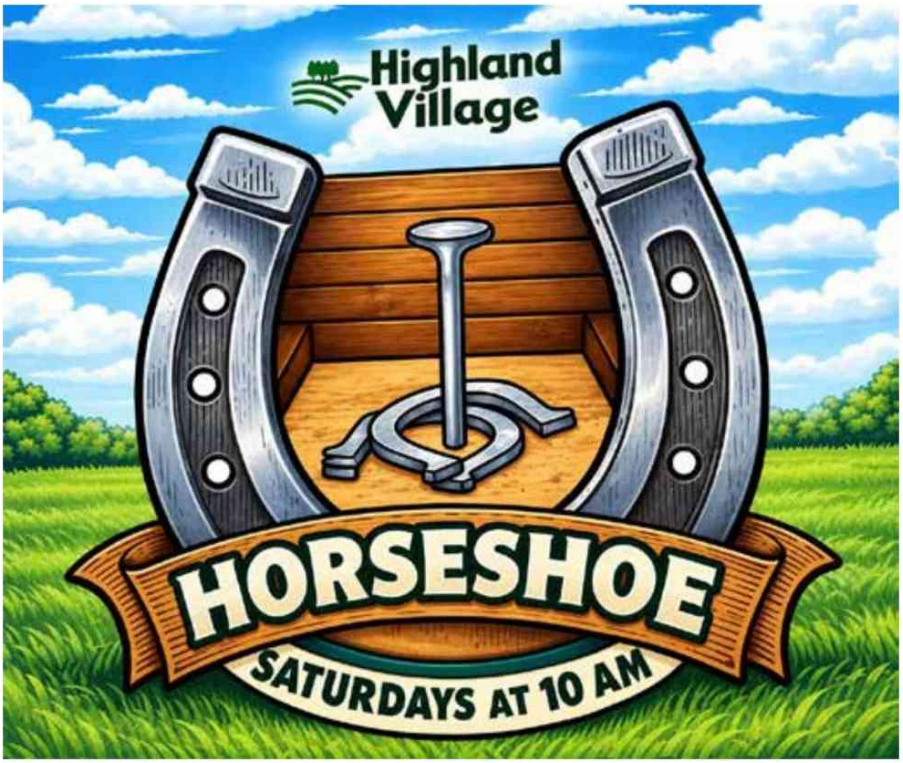
✨ **Sagittarius (November 22 – December 21): The Joyful Adventurers**
Sagittarians are optimistic, open-minded, and naturally generous. With their cheerful enthusiasm and love for exploration, they bring lively conversations, warm laughter, and bright spirits to every porch gathering.

🎉 **The Scorpio/Sagittarius Cusp (November 18 – November 24): The Cusp of Revolution**
This dynamic blend combines the intense passion and deep intuition of Scorpio with the fearless optimism and expansive vision of Sagittarius. Those born on this cusp are inspiring, driven, and possess a magnetic enthusiasm for life and community.

A Little Birthday Wisdom
As we enter the heart of the autumn season, here are three things for our November celebrants to keep in mind:

1. **Share Your Warmth**: As autumn cool breezes arrive, your friendly smile and warm wave keep our neighborhood feeling cozy and close-knit.
2. **Embrace the Glow:** Take time to savor the unique magic of the season—enjoy a warm drink on the porch, gather with loved ones, and appreciate the golden autumn sunshine.
3. **Celebrate Your Depth:** Whether you channel the loyal heart of Scorpio or the adventurous spirit of Sagittarius, remember that you make Highland Village a brighter, more vibrant place just by being you.

Wishing a very happy, healthy, and joy-filled birthday to all of our wonderful November residents! 🎂🎂



🎉 November Resident Birthdays

Date	Resident	Address	Fun Facts
Nov 1	Noel Torres	384 Evie Way	Shares a birthday with Apple CEO Tim Cook!
Nov 2	Joseph Greene	64 Morganthau Dr	Birthday twin with legendary actor Burt Lancaster.
Nov 2	Nicholas Dice	196 Hadley	Time Magazine first published on this day in 1923.
Nov 5	Edna Fairchild	123 Moller Way	Shares a birthday with actress Tilda Swinton.
Nov 5	Dorothy Smith	83 Strout St	Monopoly was officially launched by Parker Brothers on this day in 1935.
Nov 5	Darrell Dukes	136 Moller Way	Birthday twin with musician Bryan Adams.
Nov 6	Charles Davis	20 Morganthau Dr	Shares a birthday with actress Emma Stone.
Nov 7	Pamela Owen	134 Cooper Pl	Marie Curie was born on this day in 1867!
Nov 10	Shirley Wellman	152 Moller Way	The U.S. Marine Corps was officially established on this day in 1775.
Nov 11	Tari Murphy	234 Goodrich St	Veterans Day — and shares a birthday with actor Leonardo DiCaprio!
Nov 11	David Parris	274 Odessa	Birthday twin with actress Demi Moore.
Nov 12	Dennis James	21 Morganthau Dr	Shares a birthday with Olympic gymnastics legend Nadia Comăneci.
Nov 13	Florinda Ziegenfelder	332 Brewer Road	Shares a birthday with actor Gerard Butler.
Nov 14	Christina Parrino	213 Cayuta	Birthday twin with Prince Charles (King Charles III).
Nov 15	Judith Jakubs	134 Cooper Pl	Shares a birthday with artist Georgia O'Keeffe.
Nov 16	Vickie King	303 Pridgeon St	Birthday twin with Olympic figure skater Oksana Baiul.
Nov 16	Jeanne Williams	12 Morganthau Dr	UNESCO was officially founded on this day in 1945.
Nov 17	Robert White	82 Morganthau Dr	Shares a birthday with actor Danny DeVito.
Nov 17	Thomas Bryden	172 Hadley	Birthday twin with actor Martin Scorsese.
Nov 19	Joy Ferdna	192 Hadley	Abraham Lincoln delivered the Gettysburg Address on this day in 1863.
Nov 20	Kathy Bradley	248 Goodrich St	Shares a birthday with President Joe Biden.
Nov 21	Gus Palmar	399 Evie Way	Birthday twin with actress Goldie Hawn.
Nov 21	Sharon Roberts	205 Cayuta Avenue	Shares a birthday with NFL legend Troy Aikman.
Nov 21	Richard Ludwig	155 Moller Way	Thomas Edison announced his invention of the phonograph on this day in 1877.
Nov 22	Edward Bebb	147 Moller Way	Shares a birthday with tennis icon Billie Jean King.
Nov 22	Elsa Cardona	73 Strout St	Toy Story premiered in theaters on this day in 1995!
Nov 26	Judith Clarke	245 Goodrich St	Shares a birthday with Peanuts creator Charles M. Schulz!
Nov 27	Sue Temples	64 Morganthau Dr	Birthday twin with science educator Bill Nye ("The Science Guy").
Nov 28	Sally Middleton	260 Odessa	Shares a birthday with TV host Jon Stewart.
Nov 30	Richard Dettling	235 Goodrich	Shares a birthday with legendary author Mark Twain.
Nov 30	James Durden	79 Strout St	Birthday twin with actor Ben Stiller.

🎂 **Happy Birthday to all of our November celebrants!** 🎈🦃

May your month be filled with good health, happiness, and plenty of reason to celebrate!

If we missed your birthday or anniversary, please email Stacey Ross at HighlandVlgFling@gmail.com to get the list updated.

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November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:00 PM FREE FOOD GIVEAWAY 6:30 PM SOCIAL COMMITTEE MEETING	3 GARBAGE DAY 2:00 PM BUNCO 1:00 PM CHAIR AEROBICS WITH SARAH	4 8:30 AM COFFEE / TEA 10:00 AM CRAFTS 6:00 PM NICKLE BINGO	5 1:00 PM CHAIR AEROBICS WITH SARAH FLING SUBMISSIONS DUE	6	7 10:00 AM Horseshoes 10AM-12PM JEWELRY MAKING $5-$10/PER BRACELET 2-5PM CHICKEN DINNER
8	9 5:00 PM FREE FOOD GIVEAWAY	10 GARBAGE DAY 2:00 PM BUNCO 1:00 PM CHAIR AEROBICS WITH SARAH	11 8:30 AM COFFEE / TEA 10:00 AM CRAFTS 6:00 PM NICKLE BINGO	12 1:00 PM CHAIR AEROBICS WITH SARAH	13	14 10:00 AM Horseshoes
15	16 5:00 PM FREE FOOD GIVEAWAY	17 GARBAGE DAY 2:00 PM BUNCO 1:00 PM CHAIR AEROBICS WITH SARAH	18 8:30 AM COFFEE / TEA 10:00 AM CRAFTS 6:00 PM NICKLE BINGO	19 1:00 PM CHAIR AEROBICS WITH SARAH	20	21 10:00 AM Horseshoes 12-1PM FRIENDSGIVING LUNCHEON - POT LUCK
22	23 5:00 PM FREE FOOD GIVEAWAY	24 GARBAGE DAY 2:00 PM BUNCO 1:00 PM CHAIR AEROBICS WITH SARAH	25 8:30 AM COFFEE / TEA 10:00 AM CRAFTS 6:00 PM NICKLE BINGO	26 1:00 PM CHAIR AEROBICS WITH SARAH	27	28 10:00 AM Horseshoes
29	30 5:00 PM FREE FOOD GIVEAWAY					

The Power of Magnesium: Vital Support for Healthy Aging

Magnesium is an essential mineral that supports more than 300 biochemical reactions in the human body. It plays a foundational role in cellular health, energy production, muscle and nerve signaling, cardiovascular function, and structural maintenance.

As we age, maintaining optimal magnesium levels becomes increasingly vital. Aging alters how our bodies absorb, store, and utilize nutrients, making adequate magnesium intake a critical element for longevity, vitality, and quality of life.

Key Functions of Magnesium and Its Role in Aging

1. Energy Production and Cellular Longevity
Magnesium is a key cofactor in converting the food you eat into adenosine triphosphate (ATP), the primary fuel source for your cells.

- **The Aging Connection:** Cellular energy production naturally declines as mitochondrial efficiency drops with age. By supporting mitochondrial function, optimal magnesium levels help combat fatigue, sustain daily stamina, and preserve cellular vitality.

2. Muscle Function and Sarcopenia Prevention
Magnesium plays a vital role in neuromuscular signaling, allowing muscle fibers to contract and, equally importantly, relax.

- **The Aging Connection:** Loss of muscle mass and physical strength (sarcopenia) is a major concern for older adults. Magnesium aids in protein synthesis, reduces painful muscle cramping or restless legs, and preserves overall physical mobility and independence.

3. Bone Density and Structural Support
While calcium often gets primary attention for bone health, magnesium is equally critical. It works alongside calcium and vitamin D to construct strong bones, regulate calcium transport, and convert vitamin D into its active form.

- **The Aging Connection:** Aging increases the risk of bone loss, osteopenia, and osteoporosis. Adequate magnesium ensures proper bone mineral density and helps prevent calcium from misdepositing into soft tissues or blood vessels.

4. Cardiovascular Health and Blood Pressure Regulation
Magnesium acts as a natural calcium channel blocker, helping blood vessel walls relax and dilate, which maintains smooth arterial flow and a steady heart rhythm.

- **The Aging Connection:** Blood vessels naturally stiffen over time, raising the risk of hypertension and cardiovascular disease. Magnesium supports healthy blood pressure regulation and reduces arterial stiffness.

5. Blood Sugar Control and Metabolic Balance
Magnesium assists insulin receptors, enabling cells to respond effectively to insulin and move glucose out of the bloodstream.

- **The Aging Connection:** Age-related decreases in insulin sensitivity increase the risk of type 2 diabetes. Adequate magnesium improves insulin efficiency and supports balanced blood sugar levels.

6. Sleep, Brain Health, and Mood Balance
Magnesium regulates neurotransmitters (like GABA) that quiet the nervous system, lower stress hormones, and promote restful sleep.

- **The Aging Connection:** Age-related changes in circadian rhythms can lead to insomnia or fragmented sleep. Magnesium helps calm the nervous system, supports memory retention, and fosters deeper, restorative sleep cycles.

Why Older Adults Are at Higher Risk for Magnesium Deficiency

Despite its importance, magnesium deficiency is surprisingly common, especially among aging adults. Several factors contribute to low magnesium levels:

Factor	Impact on Magnesium Levels
Reduced GI Absorption	Efficiency of nutrient absorption in the gut naturally decreases with age.
Increased Renal Excretion	Changes in kidney function can cause excess magnesium to be excreted in urine.
Medication Interactions	Commonly prescribed drugs—such as diuretics, proton pump inhibitors (PPIs), and blood pressure medications—can deplete body stores.
Dietary Shifts	Processed foods and reduced calorie intake can lead to lower overall mineral intake.

Practical Ways to Optimize Your Magnesium Intake



Food First: Key Dietary Sources

Incorporating magnesium-rich whole foods into your daily meals is the safest and most effective starting point:

- Dark Leafy Greens: Spinach, Swiss chard, and kale
- Nuts & Seeds: Pumpkin seeds, chia seeds, almonds, and cashews
- Whole Grains: Quinoa, brown rice, oats, and whole wheat
- Legumes: Black beans, edamame, lentils, and chickpeas
- Other Sources: Dark chocolate (70%+ cacao), avocados, and fatty fish (salmon, mackerel)

Considering Supplements
If diet alone isn't meeting your needs, supplementation can help bridge the gap. Choosing the right form of magnesium is essential based on individual goals:

- **Magnesium Glycinate:** Highly absorbable and gentle on the stomach; ideal for sleep, muscle relaxation, and anxiety reduction.
- **Magnesium Citrate:** Well-absorbed and commonly used to support bowel regularity alongside mineral levels.
- **Magnesium L-Threonate:** Known for crossing the blood-brain barrier; often chosen for cognitive function and brain health.
- **Magnesium Malate:** Great for energy production and muscle pain relief.

Note: Always consult with a healthcare professional before starting new supplements, particularly if you take blood pressure medications, diuretics, or have underlying kidney conditions.

The Savvy Spatula: Holiday Simple Favorites 🥧😃

Whether you are hosting family, bringing a dish to the clubhouse Friendsgiving potluck, or just craving comforting autumn flavors, these holiday-simple recipes keep prep easy while delivering big crowd-pleasing taste!

NEIGHBORS' EASY TURKEY SLIDERS WITH CRANBERRY GLAZE

A fantastic, low-effort way to use up holiday turkey or prep a warm, savory appetizer for a neighborhood gathering in minutes.

- **Prep time:** 10 mins
- **Cook time:** 15 mins
- **Servings:** 6–8 neighbors

Ingredients

- 1 package (12 count) Hawaiian sweet slider rolls
- 2 cups leftover or deli sliced roasted turkey breast
- 1 cup Swiss or provolone cheese, sliced
- 1/2 cup canned jellied or whole-berry cranberry sauce
- 1/4 cup unsalted butter, melted
- 1 tsp Dijon mustard & 1 tsp poppy seeds

Preparation

1. **Slice & Layer:** Slice the entire sheet of slider rolls in half horizontally. Place the bottom half in a baking dish. Layer with sliced turkey, cheese, and a dollop or spread of cranberry sauce. Place the top buns on.
2. **Brush:** Mix the melted butter, Dijon mustard, and poppy seeds together, then brush generously over the top of the rolls.
3. **Bake:** Cover loosely with foil and bake at 350°F for 10 minutes. Remove foil and bake for another 3–5 minutes until the cheese is melted and tops are golden brown. Serve warm!



SUNSHINE STATE AUTUMN BITES & SWEETS

Add these simple Florida-friendly holiday treats to your table alongside your holiday spread!

PECAN PIE MINI TARTS

All the rich, buttery flavor of traditional Thanksgiving pecan pie, simplified into individual bite-sized tarts using pre-made phyllo cups—no pie crust rolling required!

- **Prep time:** 15 mins
- **Cook time:** 15 mins
- **Servings:** 15–20 mini tarts

Ingredients

- 2 packages (15 count each) pre-made mini phyllo pastry cups
- 1 cup chopped pecans
- 2 large eggs, beaten
- 1/2 cup dark brown sugar
- 1/3 cup light corn syrup
- 2 tbsp melted butter & 1 tsp vanilla extract

Preparation

1. **Arrange:** Place pre-made phyllo cups on a baking sheet lined with parchment paper. Sprinkle a small pinch of chopped pecans into the bottom of each cup.
2. **Mix Filling:** In a medium bowl, whisk together the eggs, brown sugar, corn syrup, melted butter, and vanilla extract until smooth.
3. **Fill & Bake:** Spoon the liquid filling carefully over the pecans in each cup (fill about 3/4 full). Bake at 350°F for 12–15 minutes until the filling is set. Let cool completely before serving.

SWEET POTATO CASSEROLE BITES

A fun, single-serving spin on the holiday classic featuring sweet potatoes, warm spices, and a crunchy pecan-marshmallow topping.

- **Prep time:** 15 mins
- **Cook time:** 20 mins
- **Servings:** 12 servings

Ingredients

- 2 cups mashed cooked sweet potatoes (canned or fresh)
- 1/4 cup brown sugar
- 2 tbsp melted butter
- 1/2 tsp cinnamon
- Mini marshmallows and chopped pecans for topping

Preparation

1. **Mix:** Combine the mashed sweet potatoes, brown sugar, melted butter, and cinnamon in a bowl until smooth.
2. **Scoop:** Spoon the mixture into a greased 12-cup standard muffin tin to form individual portions.
3. **Top & Bake:** Bake at 375°F for 15 minutes. Remove from oven, top each cup with mini marshmallows and a sprinkle of chopped pecans, then bake for another 3–5 minutes until the marshmallows are golden and toasted. Enjoy warm!

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Community Safety Corner:
Autumn Scams & November Safety Awareness

🛡️ Community Safety Corner: Staying Safe & Secure

Living in a 55+ neighborhood like Highland Village brings a wonderful peace of mind. We enjoy rarely having crime here. We look out for one another, wave from our porches, and enjoy quiet evening strolls along Evie Way and Moller Way. However, true community safety requires a mix of neighborhood alertness, physical awareness, and utilizing the fantastic public safety resources available right here in Polk County.

This month, our community safety spotlight is focused on practical habits to protect your home, your property, and your peace of mind.

1. Practice "Lock It or Lose It"

The Lakeland Police Department's Community Services Unit runs a highly successful safety initiative called "Lock It or Lose It". Most opportunistic property crimes are entirely preventable and happen simply because an item was left unsecured.

Vehicle Check: Always lock your car doors and roll up windows completely, even if your car is parked directly under your carport. Never leave keys, spare key fobs, wallets, or garage openers inside your vehicle overnight.

Porch Clearances: Do not leave expensive bicycles, golf carts, or delivered packages sitting out in plain view overnight. Bring valuables inside or securely lock them away out of sight.

2. Watch Out for "Driveway & Carport" Handyman Scams

The Polk County Sheriff's Office explicitly warns residents about traveling solicitors who roam through residential neighborhoods offering immediate, low-cost home repairs.

The Tactic: A contractor might knock on your door claiming they "just finished a job down the street" and have leftover materials to repave your driveway or coat your manufactured home roof at a steep discount.

The Reality: These scammers often demand a large cash payment upfront, perform incredibly shoddy or damaging work (such as dumping cheap gravel or spray wash), and disappear completely.

Your Protection: Never agree to home repairs on the spot from an unsolicited visitor. Always ask to see a physical business license and check their credentials through the Better Business Bureau (BBB) before signing any paperwork or handing over money.

3. Utilize the L.E.A.P. Emergency Program

Did you know our local police department offers a voluntary safety resource specifically designed for residents aged 55 and older? It is called the Lakeland Elderly Assistance Program (LEAP).

How it helps: By filling out a simple, private registration form, you provide local first responders with your emergency contact information and crucial health data.

If public safety personnel or paramedics ever have to respond to an emergency call at your house, having a LEAP profile allows them to avoid forced entry into your home, coordinate care faster, and immediately notify your loved ones.

To Register: You can call the Lakeland Police Department Community Services Unit directly at 863-834-6912 to request an authorization form.

4. Be a Good Neighbor: Report, Don't Confront

A safe neighborhood relies on active eyes and ears. If you see an unfamiliar vehicle driving slowly down the street with its lights off, or notice a stranger walking between carports, do not attempt to investigate it yourself.

Instead, call local law enforcement immediately to let trained officers handle the check. You can reach the **Polk County Sheriff's Office** non-emergency line at 863-298-6200 to report suspicious behavior. For completely anonymous crime tips that offer cash rewards, you can also contact **Heartland Crime Stoppers at 1-800-226-TIPS.**

By combining our neighborly spirit with smart safety choices, we can keep Highland Village the welcoming, secure home we all love.

Submitted by: Robert Connor
(This article was AI generated)

🦃 The November Laugh-O-Meter 📊🦃

Weather & Life Reality	Resident Humor
A cold front brings temperatures down to 78°F.	You see neighbors dusting off their winter coats, fleece jackets, and scarves for their morning walks.
Decorating the front porch with autumn leaves and harvest corn.	Sweeping away the falling autumn leaves... only to realize they blew in from your neighbor's yard and belong to neither of you.
Checking the November community calendar and meeting agenda.	Spending 5 minutes on the official budget and 45 minutes debating whether the Thanksgiving turkey needs extra gravy or a security detail.
Prepping the yard for gorgeous November weather.	Wondering why your lawn refuses to grow without constant attention, yet the weeds are thriving like they pay a mortgage.
Enjoying lower humidity and gorgeous Central Florida breeze.	Realizing "fall weather" just means you can finally sit on the porch without instantly turning into a puddle of sweat!

Joke of the Month

Q: Why don't Florida turkeys like hanging out near the beach in November?

A: Because they're afraid someone will mistake them for a sunbather and try to stuff them with sunscreen! 🌴🥧🍁

Health & Wellness: Navigating the November Pivot

November marks a major transition in Central Florida. The weather shifts from just "less humid" to genuinely crisp, the days grow noticeably shorter, and our calendars quickly fill with holiday planning. This month, our wellness goal is all about **balance**—finding ways to keep your energy steady, your immune system strong, and your stress levels low as the holiday rush begins.

The Daylight Shift: Adjusting Your Routine

With the sun setting earlier, it's easy to let our activity levels slide. Staying active this month keeps your joints loose and your mood elevated.

- **Catch the Midday Sun:** Swap your evening walk for a late-morning or lunchtime stroll along Evie Way or Moller Way. It's the perfect way to soak up essential Vitamin D without overheating.
- **Be Visible:** If you love the cooler twilight hours, ensure you are wearing a bright jacket or carrying a flashlight so neighbors can easily spot you on your walks.

Fueling Your Body: November's Nutritional Powerhouses

Holiday comfort food is on the horizon, but you can protect your immune system right now by incorporating these seasonal staples into your weekly meals:

- **Sweet Potatoes:** Baked, roasted, or mashed, these are rich in Vitamin A and fiber, helping to support healthy digestion and glowing skin.
- **Hearty Greens:** Spinach, kale, and collards are peaking right now. They are packed with iron and Vitamin C to help fight off seasonal bugs.
- **Warm Infusions:** Keep your hydration up by swapping plain water for warm lemon water or caffeine-free spiced chai tea to keep you cozy.

The Mindset Check: Guarding Your Peace

The stretch between Thanksgiving and the New Year can easily become overwhelming. Prevent holiday burnout before it starts with a few simple boundaries:

- **The "Ten-Minute" Rule:** Dedicate 10 minutes every afternoon to sit quietly on the porch with your eyes closed or listen to soft music. No to-do lists allowed.
- **Pace Yourself:** You don't have to say yes to every neighborhood gathering, carport chat, or event. Prioritize the connections that bring you genuine joy.

Let's head into this beautiful, bustling month feeling grounded, resilient, and ready for a wonderful season ahead!

Submitted by: Robert Connor
(This article was AI generated)

November Outdoors & Active Living in Central Florida

November brings the finest weather of the entire year to Central Florida! With the arrival of crisp mornings, gorgeous clear blue skies, and perfectly mild afternoons, it is the ultimate month to stay active, social, and connected with friends and family ahead of the holiday season.

Local Scenic Strolls & Peaceful Trails

- **The Flatwoods Boardwalk at Lakeland Highlands Scrub:** Located right in our backyard on Lakeland Highlands Road, this hidden gem is perfect for a peaceful afternoon. Enjoy a gentle walk out to the shaded boardwalk pond where you can sit on a bench, take in the quiet oak canopy, and spot local birds without navigating any tough terrain.
- **Mossy Canopies at Holloway Park :** Just a few minutes north off the Polk Parkway, this pristine nature preserve offers wide, flawlessly maintained grass walking trails. Strolling underneath the incredible canopy of ancient live oaks draped in Spanish moss feels like stepping into old Florida right within the city limits.
- **Lakeside Breezes at Lake Hollingsworth:** November's cool, dry air makes spending time by the water pure joy. Take a leisurely walk along the wide, completely paved perimeter, or simply park at one of the lakeside pull-offs to enjoy the autumn breeze, watch the sailboats, and view the local pelicans from a shaded bench.
- **Shaded Trails at Circle B Bar Reserve:** November marks the true peak of bird-watching season. Take a gentle morning stroll along the completely flat, heavily shaded Oak Hammock trail or near the Nature Discovery Center to spot returning migratory waterfowl and nesting bald eagles.

Sports & Spectator Highlights

- **Community Turkey Trots & Fall Walks:** Lace up your sneakers for a local Thanksgiving-themed fun walk! These events are incredibly welcoming, low-impact, and a fantastic way to log some steps with neighbors or visiting family before the big holiday feast.
- **Legendary Cypress Gardens Water Ski Show:** Pack your favorite lawn chairs and head over to Lake Silver in Winter Haven for this spectacular, free monthly tradition. Gather on the shoreline with friends to enjoy world-class pyramids and synchronized stunts performed in the crisp afternoon air.
- **Pro, College, & Winter Sports Action:** November is a massive sports month! Between the critical stretch of college and pro football games, the exciting tip-off of the basketball season, and local tournament action under beautiful autumn skies, there is a big game to follow every single weekend.

Quick Outdoor Tips for November

- **Mind the Earlier Sunsets:** With the clocks rolling back for the end of Daylight Saving Time, the sun sets much earlier in November. Make sure to plan your afternoon walks and outdoor activities to wrap up comfortably before dusk.
- **Embrace the Morning Crispness:** November mornings can feel delightfully cool! Dress in light, easily removable layers so you stay cozy at sunrise and perfectly comfortable as the afternoon warms up.

Submitted by: Robert Connor
(This article was AI generated)

Green Thumb Girls: November Prime Time

Welcome to November, Highland Village! Fall in Central Florida's Zone 9b climate is truly hitting its stride. With crisp morning air, cooler breezes, and the continued drop in humidity, November is absolute prime time to get outside, refresh our patio pots, and enjoy our peak cool-season gardening window.

Here is your November roadmap to keep your beds, borders, and patio containers thriving as we head toward the holidays.

What to Prune & Tidy Up

- **Tidy Up Summer-Weary Plants:** Trim off spent blooms on salvias, lantanas, and pentas to give them one last clean push of color before winter.
- **Prune Back Tropicals:** Cut back any ragged fronds on palms and tidy up damaged foliage on ginger or hibiscus.
- **Light Pruning Only:** Avoid heavy, severe pruning on large trees and tender shrubs this late in the year. Heavy cuts trigger tender new growth that can easily be damaged if we experience a sudden frost later in the season.

What to Remove Completely

- **Clear Out Fading Warm-Season Crops:** Pull out any remaining summer vegetables or heat-stressed annuals that have run their course to prevent pests and fungal spores from wintering in your soil.
- **Stay Ahead of Weeds:** Weeds love November's milder weather just as much as our desirable plants do. Pull them up now before they can set seed!
- **Clear Plant Debris:** Keep the soil beneath your perennial beds and container bases clear of fallen leaves to stop fungal issues in their tracks.

What to Plant Right Now in Zone 9b

November is a fantastic month to establish strong roots for cool-season crops and winter color!

- **Fall Veggies:** Continue planting cool-season transplants like broccoli, cabbage, kale, cauliflower, and collards into raised beds or containers. You can also direct-seed carrots, radishes, and beets.
- **Cool-Season Herbs:** Plant herbs like cilantro, dill, parsley, thyme, rosemary, and sage, which love the gentle sun and cooler air.
- **Winter Color:** Fill your garden beds and patio pots with pansies, snapdragons, petunias, sweet alyssum, and marigolds for cheerful color all season long.

Local Markets & Upcoming Winter Garden Events

Looking to pick up new plants or check out local growers over the next few months? Mark your calendar for these fantastic area markets and special events:

- **Downtown Lakeland Farmers Curb Market:** Held every **Saturday from 8:00 AM to 2:00 PM** along Kentucky Avenue (from Lemon St. to Oak St. / Munn Park area). It's a wonderful weekly local staple packed with regional growers offering fresh produce, local plants, and handcrafted items.
- **Polk County Extension Workshops:** Stop by or check online with the Polk County Extension Office in Bartow for weekend workshops on Florida-Friendly Landscaping, cool-season vegetable gardening, and holiday plant care.
- **Lakeland Camellia Society's 43rd Annual Camellia Show & Plant Sale:** Looking ahead to January, save the date for **Saturday, January 9, 2027, from 9:00 AM to 4:00 PM** at the **First Presbyterian Church of Lakeland** (175 Lake Hollingsworth Dr.). The plant sale runs from 9:00 AM to 3:00 PM (come early for the best selection!), and the stunning Camellia Show is free and open to the public from 1:00 PM to 4:00 PM.

TTFN: The Green Thumb Girls (Cheryl & Stacey)

Show Us Your Garden!

Have you already set up your fall patio pots or planted your November vegetable garden? We want to see! Send in your photos to be featured in an upcoming issue of The Fling.

Do you have a gardening tip, a question for the column, or a photo to submit? Reach out to Stacey or drop off your submissions for the next edition!



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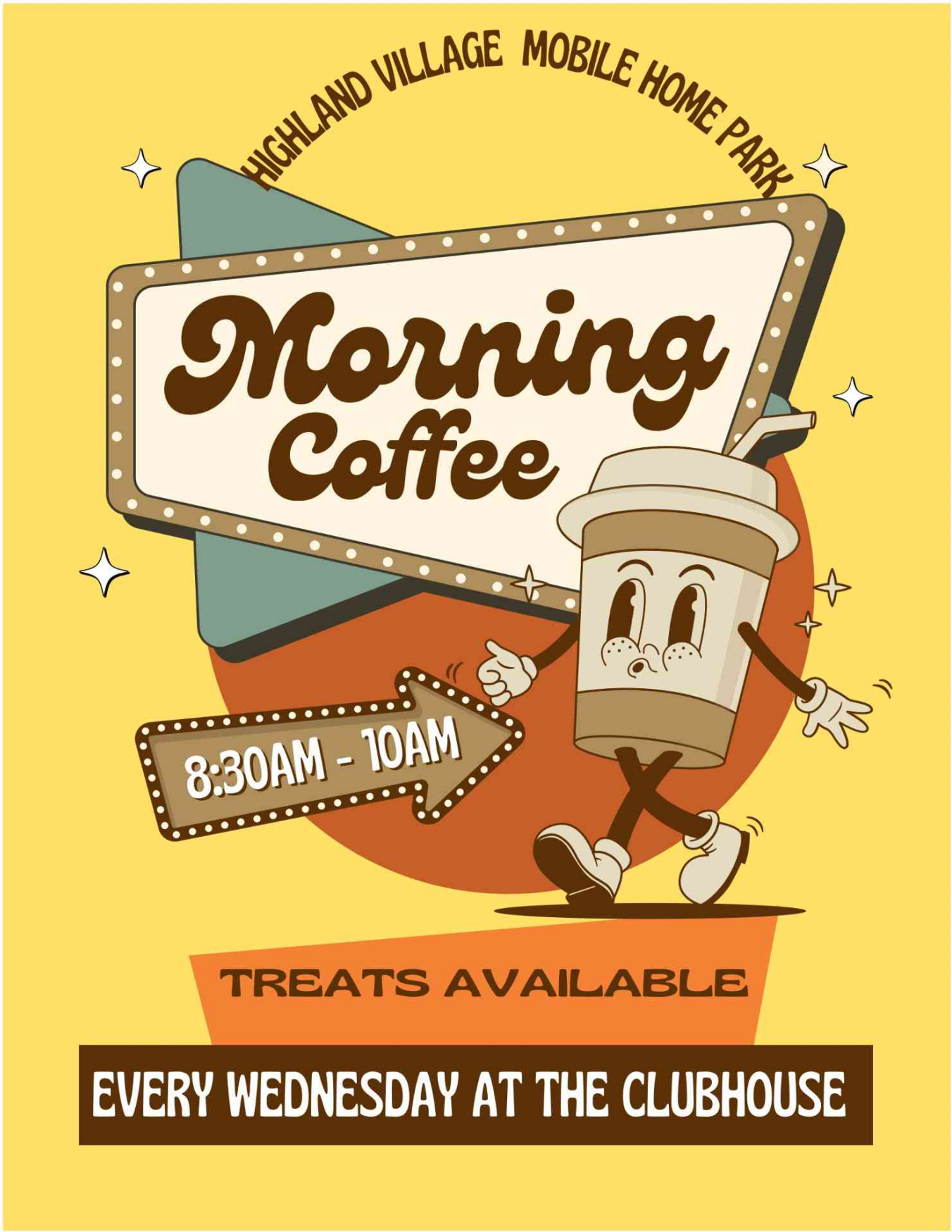
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The History & Quirky Side of Thanksgiving: Feathers, Fowls, and Fun Facts

When November rolls around, our thoughts naturally turn to family, gratitude, and of course, a massive feast. But how did our modern-day Thanksgiving come to be? Beyond the traditional stories of the pilgrims and a three-day harvest meal in 1621, America's favorite food holiday has a surprisingly fascinating, slightly wacky history.

Let's take a lighthearted trip through time to explore how Thanksgiving evolved—along with some off-the-wall fun facts you can share around the dinner table!

A Brief History: From Harvest Feasts to National Holiday

While school pageants often picture the 1621 Plymouth harvest celebration as the "First Thanksgiving," the colonists and Wampanoag Native Americans weren't actually celebrating a holiday—they were simply sharing a traditional European and Native autumn harvest celebration. It didn't become an official annual tradition right away, either.

It took the tireless, decades-long campaign of a remarkable woman named **Sarah Josepha Hale** (the author who also wrote "Mary Had a Little Lamb") to make it happen. Frustrated that the holiday was celebrated at different times across various states, Hale wrote letters to five consecutive U.S. presidents begging for a unified national day of thanks. Finally, in 1863—right in the middle of the Civil War—President Abraham Lincoln proclaimed Thanksgiving a national holiday, hoping it would help heal a fractured nation.

Later, in 1941, President Franklin D. Roosevelt officially signed a bill into law fixing Thanksgiving as the fourth Thursday in November, ensuring it always lands right in the sweet spot of the autumn season.



Off-the-Wall Thanksgiving Fun Facts

Ready to impress your family and friends this year? Toss these quirky Thanksgiving trivia gems into your dinner conversation:

- **Benjamin Franklin Wanted the Turkey to Be Our National Bird:** It's a popular rumor, but it's true! Ben Franklin wrote a letter to his daughter expressing his disappointment that the Bald Eagle was chosen over the wild turkey, which he praised as a "respectable bird" and a true native original of America.
- **The First Turkey Presidential Pardon Wasn't That Old:** While modern presidents make a big production of pardoning a turkey every November, the official annual tradition at the White House didn't begin until 1989 with President George H.W. Bush. (Though Harry Truman was the first to receive a turkey gift from the National Turkey Federation in 1947, he famously sent it straight to the dinner table instead!)
- **Green Bean Casserole Was Invented by a Soup Company:** If your Thanksgiving table isn't complete without the iconic green bean casserole topped with crispy fried onions, you can thank the Campbell Soup Company test kitchen. It was invented in 1955 by an employee named Dorcas Reilly as a quick, cheap recipe utilizing canned mushroom soup and green beans. Today, it's estimated that millions of Americans eat it every single November!
- **A Football Mix-Up Created the Turkey Trot:** Long before it became a popular morning charity race, the "Turkey Trot" was actually a wildly popular dance craze in the early 1900s! Named because dancers took short, quick steps similar to a turkey, it swept ballrooms across the country.
- **The Average American Consumes Over 4,500 Calories on Thanksgiving:** Between the turkey, stuffing, mashed potatoes, gravy, and multiple slices of pie, studies show that grazing from appetizers through dessert can easily add up. Hey, that's what stretchy pants were invented for!
- **TV Dinners Exist Because of Thanksgiving Overproduction:** Back in 1953, the Swanson company overestimated how many frozen turkeys they would sell for the holidays, leaving them with a massive surplus of 260 tons of leftover bird. A clever salesman suggested slicing the turkey up, adding cornbread stuffing and peas, and packing them into aluminum trays modeled after airline food trays. And just like that, the commercial TV dinner was born!

As you gather with family and friends this November, may your turkey be juicy, your pie be sweet, and your table be filled with plenty of laughter and good cheer.

Happy Thanksgiving, Highland Village!

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