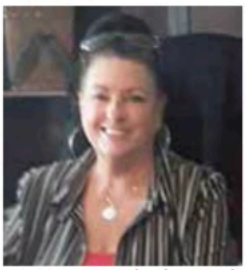
Highland Village FLING
WHERE THE HEART GROWS YOUNG
October 2026
Published by On Trac Publishing, P.O. Box 161, Ellenton, FL 34222
941.723.5003

## Manager's Message



Now that humidity drops and temperatures cool down, get out and enjoy seasonal events. Lake Mirror Classic, 10-16 thru 10-18: hundreds of show cars, hot rods, wooden boats, and community festivities. Also, while at the lake, go see the beautiful Swans. Fall night market downtown late October: over 100 vendors selling seasonal goods while retail shops stay open late and adult beverages are served. The 17th annual Warrior Walk is a special community event to honor those who served our country. This is a great time to get out and enjoy our weather and our beautiful city. Have fun and always stay safe.

*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





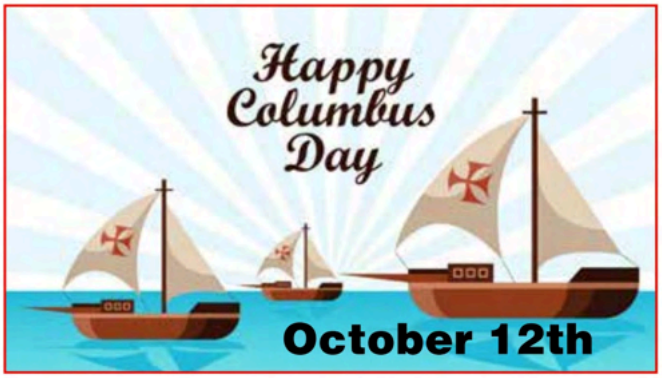


Finally the summer is over and we can look forward to some cooler temperatures. We have a carport sale coming up on the 17th. Now would be a good time to get rid of any extra items you might have on your carport or yard because in November, management will be conducting carport inspections.

Also I would like everyone to know to call the office if you want to book the clubhouse for a party. Just a reminder, if you book the clubhouse, you are reserving the clubhouse only. This does not mean that you have access to the pool, gym or other amenities. We also have a list of rules for you to pick up before your party.

Oh, I almost forgot. The new phone books are here! Stop by the office and pick one up.

*Donna Reid, Assistant Manager*
*Highland Village M.H.P*



# A Little Fun, A Little Kindness

To add a little fun and positivity to our community, I've been painting and hiding **kindness rocks**. Some have encouraging messages, while others simply have a picture or something fun.

Why am I doing this? A couple of reasons!

First, I truly enjoy making them and hope that finding one brings a little happiness and brightens someone's day.

Second, it encourages people to get outside, get active, and have a little fun while searching for them – kind of like a community Easter egg hunt.

If you find one, you can keep it as a little reminder of kindness or hide it again for someone else to discover. You never know when a small painted rock might bring a smile to someone's face.

Find one. Keep one. Hide one.

Spread a little kindness!

*Sincerely - Dawn Martin*









# **The Fling Newsletter**

## Go Digital with The Fling! 👉

Did you know you can read our community newspaper in full, vibrant color right from your computer, smartphone, or tablet? No need to wait for the paper copy—bookmark this exact web address to read it anywhere, anytime:
🌟 **www.ontracnewsletters.com/highland**

🎤 **Community Shout-Outs & Heartfelt Thanks**

A massive thank you to **Deborah Spencer** for stepping up to accept the delivery and oversee the sorting of our physical papers! Working alongside the fantastic **Lizette Ramirez**, they will be organizing, stuffing, and prepping everything for our delivery team. This is a huge, essential undertaking, and we are incredibly grateful for your time and dedication!

**We also want to extend a warm appreciation to this month's wonderful contributors: Dawn Martin, Lizette Ramirez, and David Brian, as well as Lynda and Donna in the front office for their article submissions.**

✍️**A Special Feature Thank You:** A huge thank you to Tom Stamper Rayno for sitting down with us for this month's Resident Spotlight—it was so fascinating to learn more about his incredible experiences and unique background! We truly appreciate him taking the time to share his stories and warm personality with the Highland Village community.

****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!!**

✍️📱**Notes from the Editor's Desk**

- **Monthly Deadline:** Please submit all articles and content by the 10th of each month (or earlier, if you have them ready!).
- **A Reminder 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!***

# October Community Meeting: Autumn Gatherings & Fall Planning!

Mark your calendars! Our next monthly community meeting is happening on Monday, October 5, 2026, at 6:30 PM at the clubhouse.

As autumn settles in, we are gearing up for a bustling season 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 fall lineup to life.

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, October 5th at 6:30 PM**—great conversation, fall planning, and warm neighbors guaranteed!

# Letter from the Editor:

## October Musings, Pumpkin Spice, and Keeping It Together 🍂

Dear Neighbors,

Welcome to October! We have officially entered that magical, chaotic threshold where the calendar suddenly decides to sprint downhill toward the end of the year. One minute you're enjoying a quiet breeze, and the next, you're drowning in a sea of pumpkin spice, Halloween costume negotiations, and early holiday panic.

Let's be honest: as wonderful as this time of year is, the sheer onslaught of upcoming holidays, events, and seasonal expectations can feel a bit overwhelming. Between juggling family schedules, work, household chores, and trying to figure out where that one specific autumn mug went, it's easy to feel like you're running on low battery.

That's why this month, I want to gently remind us all of the power of community.

Sometimes, the best stress relief isn't a fancy day off or a complicated plan—it's simply stepping outside, catching up with a neighbor, and having a good, honest laugh over the craziness of it all. The truth is, we truly never know what someone else is carrying. Even when a neighbor looks like they have everything completely under control, they might be quietly navigating a tough week, balancing heavy personal burdens, or just feeling deeply exhausted by the sheer weight of life's demands.

So, as we move into this busy holiday season, let's be extra generous with our kindness. Let's offer our strength to those who might be running short on their own, and be a friendly shoulder to lean on when the days feel long. If you happen to have a little extra peace, patience, or good humor in reserve today, loan your calm and your love to someone who is feeling overburdened. A warm hello, a listening ear, or just sharing a quick laugh over the back fence can make a world of difference.

Here's to pumpkin patches, cozy evenings, taking things one day at a time, and taking good care of one another.

*Warmly,*
*Stacey*
*Editor, The Fling*

# October Birthdays: Embracing Autumn's Crisp Charm!🍂✨🌸

October is here, bringing crisp fall mornings, vibrant leaves, and a cozy, festive energy to our neighborhood. To everyone celebrating an October 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 October celebrants:

## October's Natural Wonders

### 🔮 Birth Flower: The Marigold & Cosmos

October is represented by two radiant autumn blooms. The bold, golden **Marigold** symbolizes passion, creativity, and warmth, while the delicate **Cosmos** represents order, peace, and harmony. Together, they mirror our October neighbors—vibrant, steady, and always bringing a welcoming glow to the village!

### ⚖️ Birthstone: The Opal & Tourmaline

October shines with the iridescent **Opal** and colorful **Tourmaline**. Famous for displaying every color of the rainbow, the Opal symbolizes hope, inspiration, and creativity. It perfectly reflects the bright, multi-faceted, and dynamic spirit of our October-born friends!

## The October Stars

### ⚖️♎ Libra (September 23 – October 22): The Harmonizers

Libras are charming, peaceful, and naturally social. Guided by a love for fairness and beauty, a Libra brings balance, gentle humor, and a warm, welcoming presence to every porch chat and community gathering.

### ✨ Scorpio (October 23 – November 21): The Passionate Protectors

Scorpios are deeply loyal, passionate, and intuitive. They are our neighborhood's dedicated and steadfast souls—determined, protective, and always deeply devoted to the people and community they care about.

### 🎉 The Libra/Scorpio Cusp (October 19 – October 25): The Cusp of Drama & Criticism

This powerful blend combines the magnetic charm and diplomatic nature of Libra with the deep, passionate intensity of Scorpio. Those born on this cusp are charismatic, insightful, and possess a remarkable ability to see right to the heart of any situation.

## A Little Birthday Wisdom

As we welcome the heart of autumn, here are three things for our October celebrants to keep in mind:

**Share Your Warmth:** October evenings bring a chill to the air, but your warm smile and friendly wave keep our community feeling like home.

**Embrace the Glow**: Take time to savor the unique magic of the season—enjoy a hot drink on the porch, admire the changing leaves, and soak in the crisp autumn air.

**Celebrate Your Depth:** Whether you channel the charming grace of Libra or the fiercely loyal heart of Scorpio, remember that you make Highland Village a warmer, more vibrant place just by being you.

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



## 🎂 October Resident Birthdays

| Date | Resident | Address | Fun Facts |
|---|---|---|---|
| Oct 2 | Gina Rea | 259 Odessa Dr. | Shares a birthday with musician Sting and Gandhi! |
| Oct 5 | Stephen Waite | 327 Brewer Rd. | Shares a birthday with actress Kate Winslet. |
| Oct 6 | Cheryl Mitchell | 124 Moller Way | Instagram officially launched on this day in 2010. |
| Oct 8 | Darlene Horwath | 354 Pridgeon St. | Birthday twin with actor Matt Damon! |
| Oct 9 | Tessa Cooper | 372 Evie Way | Shares a birthday with music icon John Lennon. |
| Oct 11 | Ron Bradley | 248 Goodrich St. | Birthday twin with First Lady Eleanor Roosevelt. |
| Oct 12 | Tammy Lawson | 116 Moller Way | Shares a birthday with actor Hugh Jackman. |
| Oct 13 | Linda Eldredge | 336 Pridgeon St. | The U.S. Navy was officially established on this day in 1775. |
| Oct 13 | Connie Angel | 49 Morganthau Dr. | Shares a birthday with singer Paul Simon. |
| Oct 15 | Ernest Jarrells | 86 Morganthau Dr. | Birthday twin with chef Emeril Lagasse! |
| Oct 15 | John Devine | 232 Cayuta | Shares a birthday with daredevil Evelyn Knievel. |
| Oct 15 | Gerald Kirkpatrick | 255 Odessa | Dr. Martin Luther King Jr. was awarded the Nobel Peace Prize on this day in 1964. |
| Oct 18 | Hermene Plumer | 309 Brewer | Shares a birthday with Olympic ski champion Lindsey Vonn. |
| Oct 20 | Noris Flores | 50 Morganthau Dr. | Birthday twin with rap icon Snoop Dogg. |
| Oct 20 | Robert Doucette | 14 Morganthau Dr. | The Sydney Opera House opened on this day in 1973. |
| Oct 21 | Rebecca Zakostelecky | 233 Goodrich | Shares a birthday with actress Carrie Fisher. |
| Oct 21 | Fabian Burbano | 351 Evie Way | Thomas Edison successfully tested the incandescent light bulb on this day in 1879. |
| Oct 23 | Ruth Burdick | 183 Prentice Way | Birthday twin with talk show host Johnny Carson. |
| Oct 24 | Dawn Martin | 68 Morganthau Dr. | Shares a birthday with musician Drake. |
| Oct 24 | Contessa Richards | 40 Morganthau Dr. | The United Nations charter officially came into force on this day in 1945. |
| Oct 25 | Rebekah Nesmith | 398 Evie Way | Birthday twin with pop icon Katy Perry. |
| Oct 27 | Timothy Bevis | 363 Evie Way | Shares a birthday with President Theodore Roosevelt. |
| Oct 27 | Steven Garvie | 263 Odessa Dr. | Birthday twin with actor John Cleese. |
| Oct 29 | Jim Purchase | 127 Moller Way | Shares a birthday with actress Winona Ryder. |
| Oct 31 | David Leckey | 302 Pridgeon St. | Shares a birthday with news anchor Dan Rather—and Halloween! |
| Oct 31 | Rafael Tejeiro | 155 Moller Way | Harry Houdini passed away on this day in 1926, cementing Halloween lore. |

**Happy Birthday to all of our October celebrants!** 🎈💍

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

## 🎃 Anniversary Wishes for Our October Couples!

**Stephen & Michelle Waite** (327 Brewer Rd.) — October 2

*Fun October 2nd Fact: On this day in 1950, Charles M. Schulz's iconic comic strip "Peanuts" featuring Charlie Brown and Snoopy was published for the very first time!*

**Richard & Sandra Testa** (237 Goodrich St.) — October 26

*Fun October 26th Fact: On this day in 1881, the legendary Gunfight at the O.K. Corral took place in Tombstone, Arizona!*

Wishing both of our celebrating couples continued joy, great health, and many more wonderful years together on life's journey. Happy Anniversary!

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

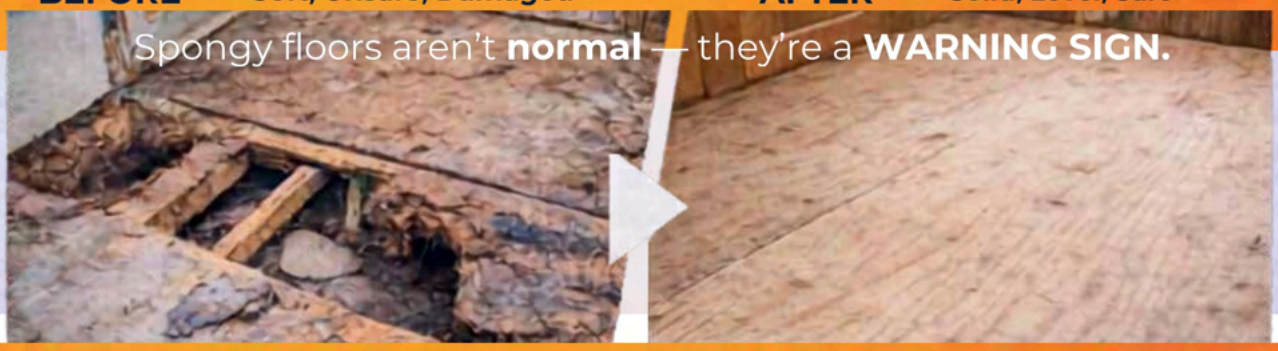
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# Highland Village Resident Spotlight: Tom Stamper

Welcome to the October Spotlight! This month, we are sitting down with Tom Stamper of 37 Morganthau, a familiar face around Highland Village, who brought a bit of Midwest charm down to the Sunshine State.

Tom and his wife, Misty, originally hail from Indiana, where mutual family and friends brought them together. Celebrating ten years of happy marriage, the couple took the plunge and relocated to Florida in October 2021. Back in Indiana, Tom built a successful metal fabrication business—a legacy that now rests in good hands as it is run by his son and daughter-in-law. Between them, Tom and Misty share a proud, bustling family of five adult children (ranging from 26 to 37) and five wonderful grandchildren.

When he isn't tending to his garden, Tom is usually at the center of a neighborhood gathering. He's a big sports fan who loves having friends over for game days—especially to cheer on the Colts or the Bucs on the gridiron, or to catch America's favorite pastime whenever the Rays take the field.

Interview

**Q:** You're celebrating five years in Florida this October! What originally brought you down here, and how did you end up choosing Highland Village?

**Tom:** It really came down to Misty's work. She landed a position at the Amazon hub over by the Lakeland Airport, so we started looking for a place close to her job that we could call home—especially since I've been happily retired for five years now. We stumbled across Highland Village during our search, and it checked every box.

**Q:** What has made Highland Village really feel like home to you over the past five years?

**Tom:** First off, the warm climate! I absolutely do not miss those northern winters one bit. But equal to the great weather are the friendships we've built here. Between spending time by the pool, the neighborhood social gatherings, and the overall friendliness of everyone you meet, it truly felt like home right away.

**Q:** How does it feel seeing your son and daughter-in-law step up to run the family metal fabrication business back in Indiana?

**Tom:** It feels really good. The business has a lot of history for us—my dad actually started it, and I took over and ran it for close to 25 years before retiring. Now that my son is in the captain's chair running things alongside my daughter-in-law, it feels great knowing the business is staying in the family for a third generation. It's a proud feeling seeing them keep that legacy alive.

**Q:** What is your go-to menu or snack setup when hosting neighbors for a big Bucs or Rays game?

**Tom:** We like to keep it simple and flavorful. For burgers, we buy the pre-made smashburger patties from Publix. I grill up the onions, grill the burgers, and finish by buttering and grilling the buns—then we set out all the toppings on the side so everyone can build their burger to their liking.

We also bring a little taste of Indiana to game days with St. Elmo's Hot Cocktail Sauce. Just dip some peel-and-eat shrimp in that and you're good to go—the spicier, the better!








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Highland Village
HORSESHOE
MEET AND GREET
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10:00 AM
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# The Savvy Spatula



### TOM'S GAME DAY TAILGATE:

### PUBLIX SMASHBURGERS & ST. ELMO'S SHRIMP

Whether you're firing up the grill for football Sunday or catching a Rays game, Tom Stamper's go-to menu pairs low-effort crowd-pleasers with a fiery Midwest classic.

- **Prep time:** 10 mins
- **Cook time:** 10–15 mins
- **Servings:** 4–6 neighbors

**Ingredients**

- 1 pack Publix pre-made Smashburger patties
- 1 large yellow onion, sliced
- Hamburger buns (brioche or potato)
- Unsalted butter, softened
- Assorted burger toppings (cheese, lettuce, tomatoes, pickles, condiments)
- 1–2 lbs peel-and-eat shrimp (chilled)
- St. Elmo's Hot Cocktail Sauce (or spicy horseradish cocktail sauce)

1. **Prep the Shrimp Spread: Quick Midwest-style appetizer.** Arrange chilled peel-and-eat shrimp on a platter alongside a jar or bowl of St. Elmo's Hot Cocktail Sauce. Keep chilled until game time.
2. **Grill the Onions: Medium-high heat.** Preheat your outdoor grill or griddle. Toss sliced onions onto the cooktop and grill until soft and caramelized. Set aside to keep warm.
3. **Sear the Smashburgers:** Place the pre-made Publix smashburger patties on the hot grill. Cook for 2–3 minutes per side until seared with crispy edges and cooked through.
4. **Butter and Toast the Buns:** Spread softened butter onto the cut sides of the hamburger buns. Place face down on the grill for 1–2 minutes until golden brown and toasted.
5. **Serve Family-Style:Build-your-own style.** Platter the burgers and grilled onions alongside the toasted buns. Set out your toppings bar so guests can customize their burgers to their liking.

## Sunshine State Game Day Bites

Add these local Florida favorites to your game day spread alongside Tom's classic smashburgers!

### SMOKED GATOR TAIL BITES WITH SUNSHINE SAUCE

A classic Florida tailgate bite featuring tenderized gator meat paired with a tangy Key lime remoulade.

- **Prep time:** 30 mins (plus marinating)
- **Cook time:** 15–35 mins
- **Servings:** 4–6 servings

**Ingredients**

- 1 lb alligator tail meat, cut into bite-sized cubes
- 1 cup buttermilk
- 1 tbsp Cajun or Blackening seasoning

**Sunshine Sauce:** 1/2 cup mayonnaise, 1 tsp Cajun seasoning, 1 minced garlic clove, 1 tbsp Key lime juice, 1 tsp hot sauce

**Preparation**

1. **Marinate**: Soak alligator cubes in buttermilk in the refrigerator for at least 30 minutes (up to 4 hours) to tenderize the meat.
2. **Mix Sauce**: Whisk together all Sunshine Sauce ingredients in a small bowl; cover and chill.
3. **Season**: Drain alligator bites from buttermilk and toss generously with Cajun or Blackening seasoning.
4. **Cook**:
   - To Smoke: Smoke at 250°F over oak or pecan wood for 35–40 minutes until tender.
   - To Sear: Heat 1 tbsp oil in a heavy skillet over high heat and quick-sear for 3–4 minutes total.
5. **Serve:** Insert toothpicks and serve warm with chilled Sunshine Sauce for dipping.

### KEY LIME PIE TAILGATE BARS

All the flavor of classic Key Lime Pie re-imagined as a portable, sliceable bar that holds up perfectly on a cooler shelf or party table.

- **Prep time:** 15 mins
- **Bake time:** 20 mins (plus chilling)
- **Servings:** 12–16 bars

**Ingredients**

- **Graham Crust:** 2 cups graham cracker crumbs, 1/3 cup melted butter, 1/4 cup granulated sugar
- **Filling:** 1/2 cup fresh Key lime juice, 1 tbsp lime zest, 2 cans (14 oz each) sweetened condensed milk, 4 egg yolks
- **Garnish:** Whipped cream and fresh lime slices

**Preparation**

1. **Bake Crust:** Preheat oven to 350°F. Line a 9x13-inch baking dish with parchment paper. Combine graham cracker crumbs, melted butter, and sugar. Press firmly into the pan and bake for 8 minutes. Cool slightly.
2. **Whisk Filling:** In a bowl, whisk egg yolks and lime zest for 2 minutes. Whisk in sweetened condensed milk, then pour in Key lime juice until smooth.
3. **Bake:** Pour filling over crust. Bake for 12–15 minutes until set around the edges with a slight wiggle in the center.
4. **Chill & Slice:** Cool completely at room temperature, then refrigerate for at least 3 hours. Lift out using parchment paper, cut into squares, and top with whipped cream and lime slices before serving.

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# Highland Village Mobile Home Park event

## ANNUAL ENROLLMENT SEMINAR FOR MEDICAL INSURANCE

### WHEN & WHERE

**Date:** Monday, Oct 5th

**Time:** 1:30 PM to 2:30 PM

**Location:** Held in the Clubhouse

**Dedicated** Senior Medical Center
A CHENMED COMPANY

### Special Speaker: Cathy Sapp

- **SIGN UP IS REQUIRED** (limited space)
- Q&A Session will follow
- Please bring mail regarding insurance
- Snacks and water will be served

### Insurance Providers

Humana. CarePlus Blue Cross Blue Shield

UnitedHealthcare aetna Wellcare

Sign up sheet located in Clubhouse

# INSURANCE

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♥ Your Health ♥ Your Choices ♥ Our Priority

THURSDAY OCTOBER 15

## Aliana is Coming!

**to the Highland Village Clubhouse**

She will be talking to us about the different insurance options and opportunities we have.

## Come Join Us!

- ✓ Learn about your options
- ✓ Sign up that day if you want
- ✓ Ask all your questions
- ✓ Get all the paperwork ready

— *no need to come back another day!*

## IMPORTANT UPDATES

### BEGINNING 1/1/27

1. BAYCARE WILL NO LONGER BE ACCEPTED IN WATSON OR TAMPA GENERAL MED. GRP.
2. HUMANA PPO GB WILL BE DISCONTINUED.
3. UNITED HEALTH AND LAKELAND REGIONAL CONTRACT STILL BEING NEGOTIATED.

**THURSDAY, OCTOBER 15 at 9:00 AM**

**IN THE CLUBHOUSE**

## Sign Up Please!

**We need a sign-up sheet.**

*The sign-up sheet will be in the clubhouse.*
*Please sign up so we will have a headcount so we know how much appetizers to get.*

**Breakfast Appetizers Will Be Served!**

*Please sign up!*

# October 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | 1<br>10:00 AM WATER AEROBICS WITH SARAH | 2 | 3<br>9-3PM CRAFT & BAKE SALE |
| 4 | 5<br>5:00 PM FREE FOOD GIVEAWAY<br>6:30 PM SOCIAL COMMITTEE MEETING | 6<br>GARBAGE DAY<br>2:00 PM BUNCO<br>10:00 AM WATER AEROBICS WITH SARAH | 7<br>9:00 AM COFFEE / TEA<br>10:00 AM CRAFTS<br>6:00 PM NICKLE BINGO | 8<br>10:00 AM WATER AEROBICS WITH SARAH | 9 | 10<br>FLING SUBMISSIONS DUE<br>FREE MOVIE NIGHT |
| 11 | 12<br>5:00 PM FREE FOOD GIVEAWAY | 13<br>GARBAGE DAY<br>2:00 PM BUNCO<br>10:00 AM WATER AEROBICS WITH SARAH | 14<br>9:00 AM COFFEE / TEA<br>10:00 AM CRAFTS<br>6:00 PM NICKLE BINGO | 15<br>10:00 AM WATER AEROBICS WITH SARAH | 16<br>CARPORT SALE | 17<br>CARPORT SALE |
| 18 | 19<br>5:00 PM FREE FOOD GIVEAWAY | 20<br>GARBAGE DAY<br>2:00 PM BUNCO<br>10:00 AM WATER AEROBICS WITH SARAH | 21<br>9:00 AM COFFEE / TEA<br>10:00 AM CRAFTS<br>6:00 PM NICKLE BINGO | 22<br>10:00 AM WATER AEROBICS WITH SARAH | 23<br>HEALTH & WELLNESS FAIR | 24<br>SOCK HOP |
| 25 | 26<br>5:00 PM FREE FOOD GIVEAWAY | 27<br>GARBAGE DAY<br>2:00 PM BUNCO<br>10:00 AM WATER AEROBICS WITH SARAH | 28<br>9:00 AM COFFEE / TEA<br>10:00 AM CRAFTS<br>6:00 PM NICKLE BINGO | 29<br>10:00 AM WATER AEROBICS WITH SARAH | 30 | 31<br>4-8PM HALLOWEEN POTLUCK PARTY |

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# Highland Village MOVIE NIGHT in the Clubhouse

GOOD MOVIES BRING PEOPLE TOGETHER

**Saturday, October 10**
**5:00 PM**

**Clubhouse**

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## I Care a Lot
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## The October Laugh-O-Meter

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|---|---|
| A cold front brings temperatures down to 78°F. | You see neighbors wearing fleece jackets and parkas on their morning walks. |
| Decorating the front porch with pumpkin spice and fall wreaths. | Watching the artificial pumpkins melt in the 2:00 PM Sunshine State heat. |
| Checking the October community calendar. | Spending 5 minutes on meeting minutes and 45 minutes debating the Halloween costume parade routes. |
| Prepping the garden for October planting. | Wondering why weeds can survive a direct hit from heatwaves, but tomato plants need a personal therapist. |
| Enjoying lower humidity in Central Florida. | Realizing "fall weather" just means you only use the car's max-A/C setting half the time! |

## Joke of the Month

**Q:** Why don't Florida ghosts like haunting palm trees in October?

**A:** Because they can never get a good boo-tanical thrill—the fronds just keep swaying in the breeze!


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## Community Safety Corner: Autumn Scams & October Safety Awareness

As October brings cooler weather, open windows, and seasonal preparations, it also brings a new wave of scams designed to target residents. Continuing our commitment to keeping Highland Village secure, this month we're breaking down seasonal safety risks and simple steps to keep your home, finances, and identity protected.

**Seasonal Scams to Watch For in October**

- **Medicare Open Enrollment Fraud:** With Medicare Open Enrollment running from October 15 through December 7, scammers frequently call or email posing as official Medicare representatives. They may claim you need a new plan, demand money for a "new Medicare card," or request personal details to retain your benefits. Remember: Genuine Medicare agents will never call you uninvited or ask for financial information over the phone.
- **Fall Home Maintenance & Contractor Fraud:** Unsolicited workers knocking on doors offering quick roof inspections, gutter cleaning, or tree trimming at a "special discount" often demand cash upfront and disappear—or do subpar, unsafe work. Always verify licenses and insurance before hiring home contractors.
- **Seasonal Charity & Hurricane Relief Schemes:** Scammers often capitalize on fall weather events and charitable spirits by creating fake relief funds or spoofed charity names. Verify all organizations through CharityNavigator.org or Give.org before donating.
- **Fake Utility Shut-Off Warnings:** Scammers impersonate local electric or water utility companies, claiming your service will be disconnected within hours unless you pay an "overdue balance" using prepaid debit cards, gift cards, or Zelle.

**Key Red Flags**

1. **Unsolicited Offers at Your Door or Phone:** Unexpected contact regarding your health coverage, utility bills, or home repairs.
2. **High-Pressure Urgency:** Threats of immediate power shut-offs, legal action, or losing health benefits if you don't act on the spot.
3. **Untraceable Payment Methods:** Direct requests to pay via gift cards, wire transfers, peer-to-peer payment apps, or cash.

**What to Do If You Encounter a Scam**

- **Verify Before You Trust:** If someone claims to represent Medicare, your utility provider, or a bank, hang up and call the official phone number listed directly on your monthly statement or membership card.
- **Never Pay Upfront at the Door:** Never hire home contractors who approach your front door unannounced demanding immediate cash deposits.
- **Report Suspicious Activity:** Report suspicious solicitors to the community office and file a report with local law enforcement or the Federal Trade Commission at **ReportFraud.ftc.gov**.

*Submitted by: Stacey Ross*
*(This article was AI generated)*

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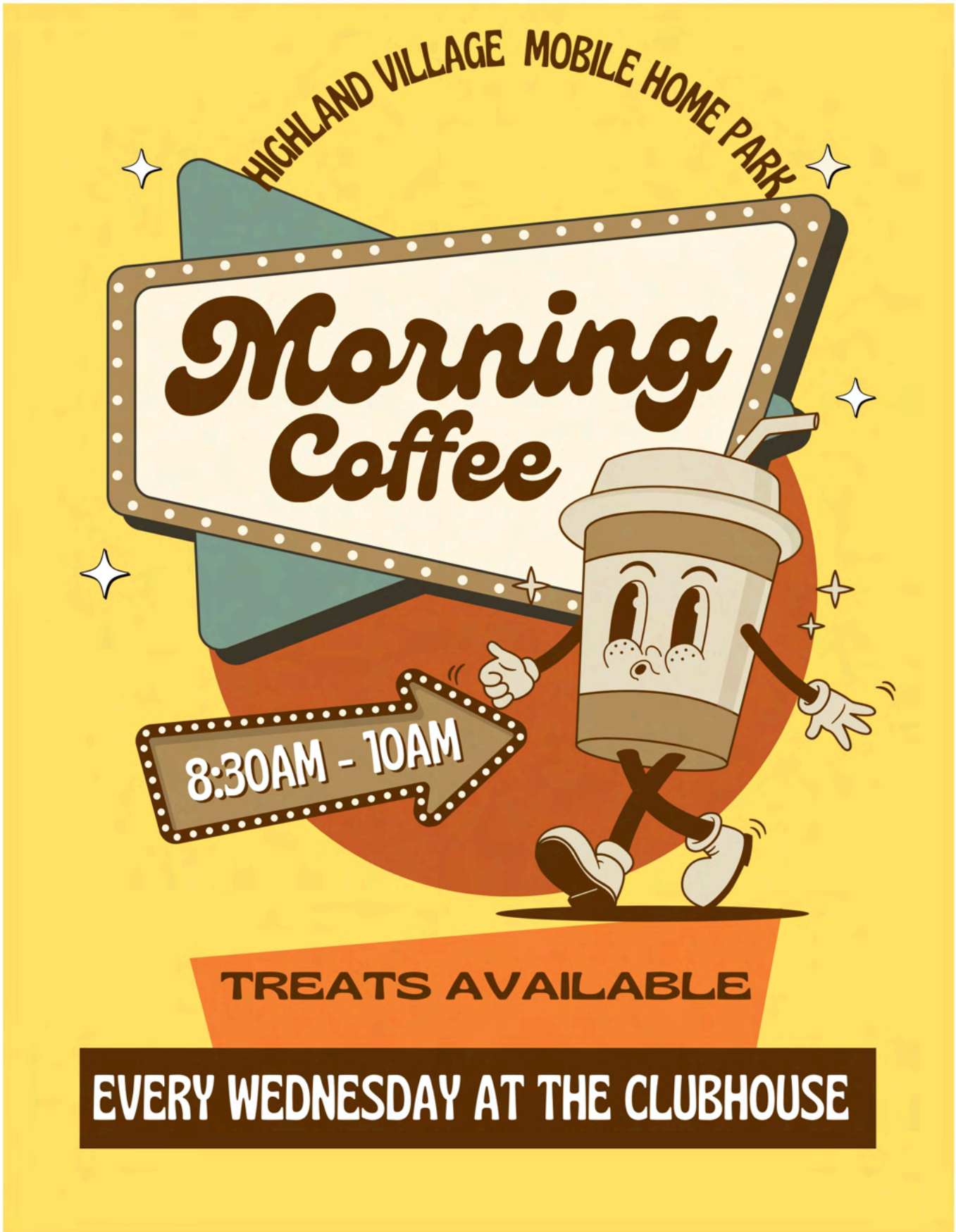
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# Health & Wellness: Embracing the October Breeze 🍂💧

As October arrives, Central Florida finally treats us to its much-anticipated seasonal shift. The lower humidity, gentler morning breezes, and ideal outdoor temperatures make this the perfect month to refresh our daily wellness routines and build up our stamina for the busy autumn events ahead.

### 🔪 1. Stay Hydrated as Humidity Drops

When the intense summer heat fades, our natural urge to drink water often drops right along with it—even though our bodies need hydration just as much in October.

- **The Goal:** Aim for 6 to 8 glasses of water daily.
- **Seasonal Tip:** Swap iced water for warm or room-temperature herbal teas (like chamomile, ginger, or hibiscus) for a cozy porch-side sip on crisp mornings!

### 🚶 2. Make the Most of Crisp Outdoor Walks

October is prime walking season in Highland Village! Staying active keeps joint stiffness at bay and maintains the energy you'll need for upcoming neighborhood gatherings, carports, and holiday prep.

- **Best Times for a Stroll:** Take a comfortable morning or early evening walk along Evie Way or Moller Way to enjoy the cooler air.
- **Sun Protection Reminder:** Don't let the lower temperatures fool you—Florida's October sun is still potent. Keep your wide-brimmed hat, sunglasses, and sunscreen handy.

### 🧠 3. October Harvest Favorites for Immune Health

With seasonal changes and flu season around the corner, October is the time to lean into nutrient-dense fall produce:

- **Pumpkins & Winter Squash:** Packed with Beta-Carotene, Vitamin A, and fiber to support eye health and strengthen your immune system.
- **Cranberries & Pomegranates:** Loaded with powerful antioxidants that promote heart health and reduce inflammation.
- **Dark Leafy Greens:** Fresh harvests of Swiss chard, spinach, and kale provide essential iron and B-vitamins for natural, all-day energy.

### 🚴 4. Embrace the "Porch Season" Reset

October offers the best porch weather of the year. Spending 15 to 20 minutes outside each afternoon—without your phone or television—helps lower cortisol levels, reduces blood pressure, and improves sleep quality. Use that quiet time to read, practice deep breathing, or wave to passing neighbors!

Let's step into October feeling energized, vibrant, and ready to enjoy everything our community has to offer!

# October Outdoors & Sports in Central Florida 🧠🚴🎃🏃

October brings the most anticipated outdoor shift of the entire year to Central Florida! As the intense summer humidity finally gives way to crisp morning air and comfortable breezes, it's the absolute best month to get outdoors, explore our local trails, and dive into peak fall sports action.

### ⚽ Outdoor Activities & Trail Adventures

- **Wildlife Spotting at Circle B Bar Reserve:** October marks the return of vibrant birding season at Circle B in Lakeland. Take a morning walk along Alligator Alley or Marsh Rabbit Run to spot white pelicans, osprey, and resident bald eagles settling into their fall habitats.
- **Lakeside Strolls Around Lake Hollingsworth:** October's lower humidity makes a 3-mile walk around Lake Hollingsworth or a leisurely loop at Lake Mirror pure joy. Early mornings offer stunning lake sunrise views and perfect temperatures.
- **Cycling the General James A. Van Fleet State Trail:** Stretching through northern Polk County, this paved, flat trail offers shaded canopy stretches that are ideal for a brisk autumn bike ride or an unhurried, peaceful nature walk away from city traffic.

### 🏈 Sports & Spectator Highlights

- **High School Football Friday Night Lights:** October is the heart of the high school football season across Polk County! Cheering on local teams under the stadium lights is a classic way to enjoy a crisp October evening.
- **Legendary Cypress Gardens Water Ski Show:** Head down to Lake Silver in Winter Haven on Saturday, **October 17, 2026**, for the free monthly performance by the Cypress Gardens Water Ski Team. Pack a lawn chair, grab a cold drink, and enjoy world-class water ski pyramids and stunts!
- **Pro & College Sports Action:** October is the ultimate sports mashup month! Between Bucs and Colts football games, the Rays wrapping up baseball, Orlando City SC soccer matches, and college football rivalries, there's a big game to watch every weekend.

### 🌿 Quick Outdoor Tips for October

- **Take Advantage of All-Day Comfort:** Unlike summer, when outdoor plans had to wrap up by 11:00 AM, October offers comfortable conditions well into the afternoon!
- **Pack Light Layers:** Morning walks along the trail can feel delightfully crisp, but temperatures still warm up comfortably by midday—dress in light, breathable layers.

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# Green Thumb Girls: October Prime Time

Welcome to October, Highland Village! Fall in Central Florida's Zone 9b climate isn't about shutting down the garden—it's actually our second spring! With the lower humidity and milder temperatures, October is our premier month to get outside, refresh our patio pots, and dive into peak fall planting.

Here is your October roadmap to keep your beds, borders, and patio containers thriving all season long.

### What to Prune & Tidy Up

- **Deadhead and Shape Annuals:** Trim off spent blooms on salvias, lantanas, and pentas to encourage a heavy burst of fresh autumn color.
- **Tidy Up Tropicals:** Trim back ragged, storm-weary fronds on palms and cut back damaged foliage on birds of paradise, ginger, and hibiscus.
- **Hold Off on Heavy Tree Pruning:** Avoid severe cutting on large trees and tender shrubs this late in the year. Heavy pruning triggers tender new growth that can easily be nipped if we get an unexpected early frost later in the season.

### What to Remove Completely

- **Tired Summer Crops & Annuals:** Pull out any fading summer vegetables or heat-stressed annuals that have run their course. Clearing out old growth prevents fungal spores and pests from wintering in your soil.
- **Weed Control:** Weeds love October's milder weather just as much as we do. Pull them now before they go to seed to save yourself hours of weeding come spring.
- **Fallen Leaf Debris:** Keep the soil beneath your rose bushes, tomatoes, and perennial beds clear of fallen, diseased leaves to stop black spot and powdery mildew in their tracks.

### What to Plant Right Now in Zone 9b

October is arguably the best planting month of the entire year in Central Florida!

- **Fall Veggies:** Get your transplants of broccoli, cabbage, kale, cauliflower, and collards into raised beds or containers. You can also direct-seed carrots, radishes, beets, and bush beans right now.
- **Cool-Season Herbs:** Plant cilantro, dill, parsley, thyme, rosemary, and sage. They thrive in October's lower humidity and less intense afternoon sun.
- **Cool-Season Flowers:** It's time to fill your garden beds and patio pots with petunias, pansies, snapdragons, sweet alyssum, and marigolds for continuous color straight through winter.

### Upcoming October & November Local Events

Looking to pick up new plants or learn a few tips from local experts? Save the date for these great upcoming events in the Lakeland area:

- **Plant Pop-Up in Munn Park:** Mark your calendars for Saturday, October 10, 2026, from 8:00 AM to 3:00 PM in Downtown Lakeland. Browse a wide variety of native plants, succulents, and seasonal blooms from local vendors right in the heart of town.
- **Fall Master Gardener Workshops:** Check in with the Polk County Extension Office in Bartow for upcoming October and November weekend workshops on Florida-Friendly Landscaping and fall vegetable gardening.

*TTFN: The Green Thumb Girls (Cheryl & Stacey)*

### Show Us Your Garden!

Have you already set up your fall patio pots or planted your October 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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