

Phyllis Hall

Phyllis Hall moved back to Keystone 10 years ago from Virginia, after her husband of 22 years passed away. Her sister, Nell Mason Page, and brother, Johnny Mason, well known in the Lake Area for his community involvement and owner of Johnny's BBQ restaurant, also live in Keystone Heights with their families. Phyllis states that having family around makes her life complete.

Her hobbies include reading 18th and 19th century British literature, working crossword and jigsaw puzzles, and spending time with her great-nephews.

Genesis Fitness has made a major impact on her life and health. Phyllis says her sister persuaded her to give it a try, and Will Parramore made her feel very welcome and comfortable when signing up to join the gym. Todd Sigmon has been training Phyllis and has helped her feel confident in trying new exercises and equipment. She says it is not easy to be overweight and feel at ease in a gym but with the encouragement from Todd and Will she is completely at home working out there and has been successful with her ongoing weight loss. God has blessed Keystone with this gym and the wonderful people who work there. When we asked Todd what he found outstanding in Phyllis, he said "Phyllis is a lot of fun to work with as she always has a good attitude and is an extremely hard worker".

To the question "If you could have dinner with anyone, living or deceased, who would it be?"

The composer, Andrew Lloyd Webber, because of his amazing musical productions.

Her favorite quote: "Books, Cats, and knowing I belong to Jesus; Life is Good!"

Phyllis has been an active volunteer with the S.P.C.A. of North Florida for over 8 years. She created and maintains the adoption web pages, as well as their FaceBook page of the local association. She also fosters special needs cats and kittens, and those with chronic health problems who are unable to be put up for adoption. They may not have long lives but will be cared for and loved for the time they do have.

Her inspiration to become involved with the S.P.C.A. was seeing so many pets mistreated and abandoned. She wanted to make a difference by trying to bring a solution to the problem.