

THE *Magnolia* NEWS

NEWS OF INTEREST TO THE RESIDENTS OF MAGNOLIA POINT

VOLUME 6 • ISSUE 9

SEPTEMBER 2025



Lane Change ↑

Hello September!

The 'R' months are here and the barriers are down on the First Coast Expressway. The future is here, right out our back gate. There are many ways to hop on and many places to go!

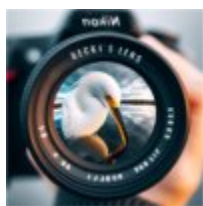
It's a 'Lane Change' unlike any the county has ever known, in **'EXTRA!' page 3.**



Is your grip too weak? Is it strong? Christian explains the difference in 'Playing Through', **pages 24-25.**



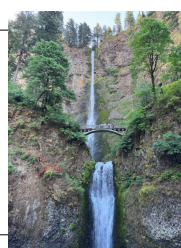
Meet some of Becky's friends up close and personal, **pages 12-14.**



Jennifer and Robert St. Mary share their 'OutSide' on Olympic Drive, **pages 16-17.**



They're the 'dips' in the roads the Mitchell ladies travel, which they navigate with wit and charm, **pages 27-28.**



Inspired by Bill's piece, *The Avocolada*, a creamy treat, this month's 'MIXmagic', **page 29.**



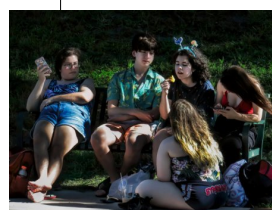
The avocado are ripe for the picking at the Blackwell house, and Bill rustles up the 'Guac', **page 18.**



Continuing by popular demand, it's Chapter 2 of the 'Generational Survival Guide', Magnolia Edition, **pages 19-20.**



Five from Clay High share a bench (mostly) in Spring Park, in this month's 'HIP', marking off the last days of summer, **page 31.**



See where your cart-driving skills stack up in the 'Magnolia Cart Driving Test'; and, bring the kids! **Pages 22-23.**

THE MAGNOLIA NEWS
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We do not accept political, social commentary, or opinion pieces for publication.



EXTRA!

VOLUME 6 ISSUE 9

“BREAKING NEWS FROM BEHIND THE HEDGES”

SEPTEMBER 2025



“You can now leave our back gate and drive to Boston for lobster without stopping for a traffic light.”

This is a pivotal moment for Green Cove Springs, and Magnolia Point: the arrival of an interstate connection is like giving a small town a backstage pass to the regional and national economy. Based on experiences of similar cities, we can expect a mix of immediate and gradual effects, both positive *and* challenging.

With 12,000+ homes already planned for Green Cove, developers will move quickly to market “easy interstate access” to commuters from Jacksonville, Orange Park, and further afield. Gas stations, quick-service restaurants, distribution hubs, and convenience retail will cluster near the new interchanges, and east and north along the SR 16 and 17 corridors to town. Expect some rezoning requests for mixed-use or higher density. Land along the corridor and near interchanges will see sharp increases in value; older in-town properties may rise more gradually.

Unfortunately, more through-traffic, though moderated by FCE’s ‘tolling’ means more opportunity for vehicle break-ins, shoplifting, property crime and occasional organized theft, especially near highway-adjacent businesses. Law enforcement will need to adjust for higher vehicle volumes, speeding on feeder roads, and an increase in DUI and accident calls. CCSO will need more patrols dedicated to the interchange zones, and GCSPD will need more ‘feet on the street’ in town.

Noise, dust, and traffic detours will become more common while related road projects and commercial pads are built out. For some residents, travel times to Jacksonville, I-10, and beyond, will drop significantly. “Small town” feel and ambiance, sadly, will begin to

blend with suburban growth, especially if national chain retail follows in quickly.

Again, the Expressway’s tolls could keep the lid on the less desirable aspects of development we might expect, *short term*. Though it’s safe to assume the pace of the build-out of 4,489 new homes right off the end of Medinah Lane, well underway now, will only soar.

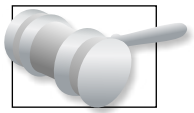
In our neighborhood, ‘Access Control’ will continue to be top-of-mind for all, as pressure on both gates will elevate with increased traffic to and *through* our ‘hood. ‘*Neighborhood Watch*’, an initiative familiar to other communities, will enter our vocabulary and foster new deliberations around it. Riviera Estates here, and Rolling Hills in Lake Asbury are already member communities; Nextdoor partners with them, and the GCS Police Department endorses the program. *And*, our Flock camera system integrates with them as well.

Longer term, a population surge, economic growth, and downtown renewal, *or strain*, will prevail, depending on planning. Still, Green Cove Springs will enjoy more amenities, and cultural diversity and more opportunities for all segments of our community.

Our demographics will change, but also shifts in voting patterns, school needs, and local priorities. Housing offerings will diversify vastly. With careful planning by the City of Green Cove Springs, and citizen involvement, the curses of road congestion, overcrowded schools, and stressed utilities that can erode quality of life can be mitigated. And this is our wake-up call.

- EDITOR





LANDSCAPE & IRRIGATION

We limited our activities to weed control and other maintenance activities this month due to the rain and intense heat. Planting in mid summer is not a good time to plant new shrubs due to the added stress the extreme weather causes. The following is a summary of the work by the committee in August, 2025.

Landscaping:

- Weeded the beds at the Medinah gate twice
- Planted purslane in various colors in the bed at the intersection of Colonial Medinah/Muirfield
- Consulted with an ISA arborist to limb up the evergreen Japanese Blueberry that is interfering with the line-of-sight at Stonebriar & Colonial.
- Started the renovation of the islands at the Magnolia Point Boulevard & Constancia intersection. We planted more *evolvulus*, 'Blue Daze' in the bedding area in front of the bradford pear. Unfortunately, a vehicle jumped the curb and ran over some of them.

Irrigation:

A water leak was discovered on the MPCA community property in front of the Exit Realty Building. The plumbing where the leak originated from is not part of our irrigation system. Or the currently active Exit Realty irrigation system.

Next up:

- Begin replacing the flowers in the beds at the Harbor Road and Medinah entrances.
- Begin our fall planting behind the gatehouse and along the shadow box fence on the entrance side of Magnolia Point Boulevard.
- Replace some of the shrubs at the Magnolia Point sign at Colonial/Muirfield/Magnolia Point Boulevard.
- Purchase and installation of the plants to be added to the community bed in front of Exit Realty.
- Continue the renovation of the medians at Constancia/Red Hawk/Magnolia Point Boulevard.
- Limbing up some trees on the roads throughout the community that interfere with passage of large City and County utility trucks and emergency vehicles.

September 2025 Planting Tips:

We are still in the midst of some of the hottest days of summer, but fall is just around the corner.

Consider celosia, zinnia, ageratum (floss flower), and wax begonia as bedding plants for color as the nighttime temperatures begin to cool off. If you are

interested in growing you own herbs, consider planting Mexican tarragon, mint, rosemary, and basil.

It's time to think about planting fall vegetables such as beets, broccoli, Brussels sprouts, cabbage, cauliflower, collards, endive, kale, lettuce, and strawberry.

September 10 is often referenced as the 'Peak Hurricane Season Date' with the high season running from mid August to the end of October. Check the trees in your yard for dead material that could turn into projectiles in strong winds. Consider contacting an arborist to open up the canopy on your Magnolias, live oaks and other large trees and to trim up the limbs and remove dead branches that are too high to prune safely.

When pruning your palms, try not to remove any fronds that are alive or only partially brown. Avoid "hurricane cutting" them as severe pruning will weaken the palm.

'VOLCANOING': yes, a real horticultural term. Due to the wet, extremely hot conditions we have experienced this summer, we have been seeing bedding plant, tree and shrub damage and death due, in part, to IMPROPER MULCHING. It causes root rot, stem rot, leaf/ canopy loss, and overall decline.

Primary causes are: Mulch is too deep, it starts to look like the cone of a volcano but, mainly, mulch is packed around the stems and trunks of the plants. It makes a wet, dark place that provides molds and bacteria an ideal place to multiply as well as a refuge for harmful insects. Clear an area about 2 to 3 inches from the stems and trunks of your plants when you mulch.

Continuing Education

Two committee members attended an Advanced UF-IFAS Master Gardener Volunteer training. 1 member attended an information session on reclaimed water irrigation use.

We invite community residents to join the committee and help us move forward on our renovation and beautification projects. Please contact Cindy Francisco at pltluvr44@aol.com or any L & I Committee member listed on the MPCA website under committees.

FREE community programs for Clay County gardeners from the Clay UF-IFAS Extension: Every 4th Monday of the month at 11:30 am to 12:30 pm, the Clay County UF-IFAS extension provides a Free Horticulture Advice Series for Clay County residents at the extension facility adjacent to the fairgrounds. This month, on Sept 22, 2025 is *'In the Garden with Monet.'*

- CINDY FRANCISCO

Continued

MPCA NEWS



STRATEGIC PLANNING

The SPC has been reviewing the results of the July community-wide survey for our next steps. Since there have been quite a few comments and posts about access at both the Harbor Road and Medinah gates, we decided that our next in-depth survey should be about Access Control.

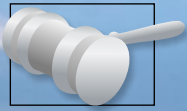
Chuck Cox joined us at our last SPC meeting, and we worked on developing a list of detailed questions to send to the members. This survey will be much shorter and targeted specifically to various types of access to the community.

I also want to reiterate that this in-depth survey will be published through Election Buddy. You do not have to have opted in to Online Voting (although we strongly encourage it!) in order to participate in surveys. We are hopeful that more residents will decide to respond and engage with the community.

Our other ongoing project is the website upgrade. We have finalized our recommendation for presentation to the Board and are prepared to discuss it.

- ANN SIMS

Continued



C. Cox

ACCESS CONTROL

August has been yet another eventful month for the Access Control team. The rear exit gate arm motor failed and had to be replaced. Following the motor replacement, the team performed a modification to the gate arm by installing an elevated stop sign. This is an attempt to keep drivers from running into the gate arm as soon as the metal gates open, which was occurring on a regular basis. So far, it seems to be working well.

The thunder storm activity these past few weeks have contributed significantly to other equipment failures. We experienced simultaneous failures on the rear entry and exit gates, two surveillance cameras, and the visitor kiosk. The gates have been fixed, but the other equipment is still awaiting repair. We have contacted an electrical contractor to evaluate and provide recommendations for additional protection from power surges and lightning.

The Strategic Planning Committee recently conducted a community-wide member survey covering various topics of interest to residents. One question relevant to access control (*see right*) yielded results that favored upgrading the current technology.

In 2023, a consulting firm made a recommendation to upgrade the current access control system to RFID. RFID technology uses radio waves to allow resident vehicles entry into the community by simply having an RFID

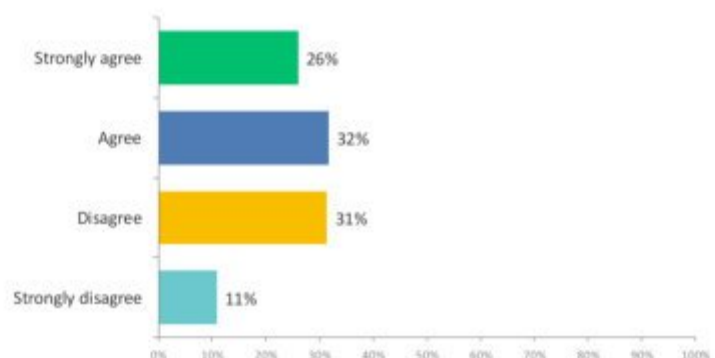
tag (or sticker) on their vehicle which communicates with an RFID reader connected to the entry management system. Concerns have also been raised by residents that remote controls (fobs) may be in permanent possession of non-residents.

All of this has prompted the MPCA Board to request a recommendation by the Access Control Committee for the implementation of RFID. Though implementation of this newer technology sounds great, there are many things that must be considered before moving forward. Stay tuned for more information on the subject and potentially more survey questions digging deeper into a potential migration to RFID.

- CHUCK COX

Q27: We should upgrade the technology required to improve access to the community (i.e., replace gate clickers with something better):

Answered: 350 Skipped: 41



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Supporting Our Schools

For the second year, Women's Club members participated in "Stuff the Bus", a joint effort with Clay Education Foundation, the United Way of NE Florida and First Coast News, by donating school supplies for teachers' classroom use in Clay County. Schools Director **Judy Sessions** was joined by Vice President **Adele Murphy** and member **Kimberly LaPorte** at the event on Friday, August 1, held at the Staples parking lot in Orange Park. This drive is a very worthwhile way to help teachers in Clay County supply their classrooms of much needed school supplies. Members once again were very generous in their donations and a huge "thank you" goes out to them.

On Thursday, August 21, the Women's Club donated books to students at Spring Park Elementary. The

books are selected as part of the Sunshine State Sunshine State Young Readers Award (SSYRA) Program, a State-wide reading motivational program for students in grades 3 through 8. The program is sponsored by the Florida Department of Education and the Florida Association for Media in Education. The SSYRA committee, composed of 20 qualified school librarians divided into grades 3-5 and grades 6-8 committees, is responsible for selecting the annual book list. The Women's Club donated 2 copies each of the 15 books that were selected for grades 3-5. Schools Director Judy Sessions and Spring Park Elementary liaisons **Aiza** and **Shirley Orvosh** were joined by Club President **Pam Young** and Treasurer **Linda Werring** for the presentation to Spring Park Elementary Principal **Tiffany Outman**, Librarian **Shannon Pellgrini** and Library Assistant **Christina Mumpower**. The school's principal and librarian also invite volunteers, after an "easy" security clearance, to schedule a time through the librarian to read to students or be read to by students.

Baubles, Bangles and Beads – September 10

At the member meeting on September 10, members are encouraged to bring no more than three gently-used items they no longer need or want and take home new-to-them items. The Activities Committee is once again offering this popular bring-and-take event. Remember, another woman's gently used junk is another woman's treasure!

New Members Update

New members are always welcome! Any woman who is a Magnolia Point resident or property owner, or a member of the Country Club, can become a member. If you know of someone who would like to become a Women's Club member, please have them contact **Diane Lochner**, Membership Director, at diane.scorpio@gmail.com.



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MPWC NEW MEMBERS

The Club recently welcomed new members **Peggy Grantham**, **Clarissa Cummins**, **Barbara Jacquet** and **Cheryl Smith**, and we now have photos to put with their faces. If you see them out and about, please say "hi" and welcome them again to our group.

Peggy



Clarissa



Barbara



Cheryl



Continued





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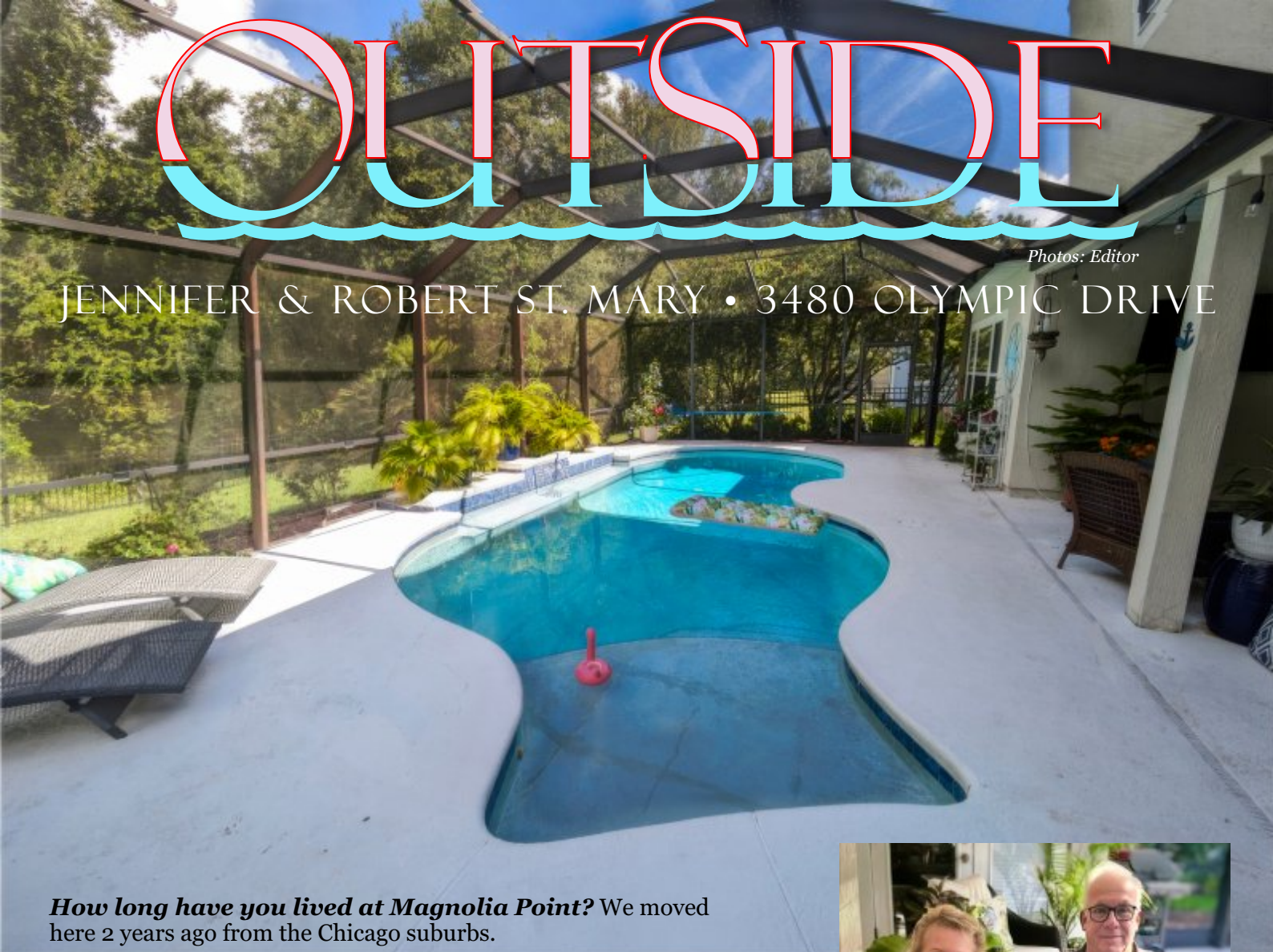
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OUTSIDE

Photos: Editor

JENNIFER & ROBERT ST. MARY • 3480 OLYMPIC DRIVE



How long have you lived at Magnolia Point? We moved here 2 years ago from the Chicago suburbs.

Was the pool and lanai here, or was this a remodel or addition, and if so, what did you do?

The pool area was here and we just have added as time goes on with furniture, lights and lots of plants.

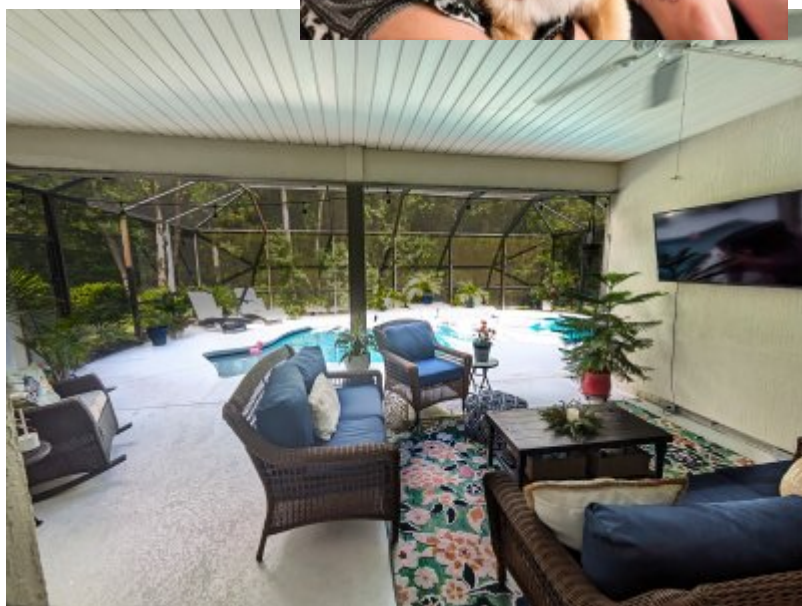
What do you like best about your 'OutSide' space? We treat this as another room of the house and use it 12 months of the year. It's the first place family and friends go when they come over.

Is this your go-to space for your entertainment? Absolutely!!

The seasons obviously can affect your use, how might you adapt to them? Football Season is the best. Watching the game while in the heated pool is a great time. In the hot summer months we use a lot of fans!!

What are you particularly proud of? Learning what tropical plants work the best has been a challenge, but they are coming along.

What might you want to change in your outdoor space? We hope to add some more outside space with stone pavers and a fire pit. Would love to add a putting green!



Continued





OUTSIDE



J. St. Mary



This month's posting will discuss a quick and easy dish called, Guacamole, which is a creation of the Hispanic communities of Texas, California, Florida and numerous countries from Central and South America, as well as all the Caribbean Islands.

Why, you may ask, are you publishing something so widely known and appreciated? Well, I have five varieties of avocados around our home, and one of those, "Joey", is producing more fruit this season than we can comfortably eat. You may also ask, how can you grow a tropical fruit in north Florida? The answer is "choose the varieties most cold weather resistant". My varieties are Brogdon and Joey, for cold resistance. Their fruit ripens for use in July and August. My most cold hardy variety is Brazos Belle, which has been propagated in south Texas and is reported to survive temperatures down to 15°F. I planted it last year so it isn't in production yet. My fourth variety is Winter Mexican, so named because its fruit ripens in December and January, not because it is cold hardy; in fact, it will require artificial heat on the coldest nights in order to survive here. The fifth variety, Lulu, is a hybrid of Guatemalan and Caribbean ancestry, and would be considered somewhat vulnerable to Green Cove Springs winter temperatures.

As noted in the first paragraph, avocados are grown and eaten in many parts of the world. The three original races are Tropical (or Caribbean), Guatemalan, and Mexican. All the varieties known and unknown growing in the wilds of Central America and the mountains of Mexico have been hybridized by bees carrying the pollen from flower to flower. California produces most of the commercial avocados (varieties Fuerte and Haas). South Florida for years was a heavy producer of the Tropical and its hybrid varieties, but the value of real estate there has just about ended the commercial production there and very few of those varieties will grow north of Highway 60 in central Florida.

Avocados are prized by dieticians and health gurus because of their oil, vitamin and mineral content. Deer and squirrels quickly descend upon those ripe ones falling from our trees.

Most of you already know Guacamole and are probably fans of it. I will include here a quick and easy recipe for Guacamole. I know there is an abundant supply of recipes available and they are all commendable. The ingredients, and their quantities, are highly variable and your selection of one or the other will be influenced by your tastes. Even within a recipe you might wish to increase the garlic, lemon juice, or salt content to your own preferred levels.

If you need some avocados, drop by. The little Joeys are raining off the tree as I write this.

QUICK AND EASY GUACAMOLE

- Mash 3-4 medium sized avocados with a potato masher. Most varieties are easier to separate from the peelings with a spoon if you wait until they are soft to the "squeeze". Don't try to mash all the little chunks.
- Add 1 tablespoon of minced garlic or an equivalent amount of garlic powder.
- Add 2 tablespoons of minced onions, or an equivalent amount of onion powder.
- Add 4 tablespoons of lemon or lime juice.
- Add 1 tablespoon of chopped hot peppers.
- Add 2 tablespoons chopped tomatoes.
- Add 2-3 sprigs of chopped cilantro.
- Add 1 teaspoon black pepper. Mix well, and above all, season to your own taste.

Cover tightly with wrap to inhibit discoloration during refrigerator storage and serve with your tacos, burritos, or Mexican Casserole.

- BILL BLACKWELL





Boomers: For some, “physical therapy” is a post-event necessity. It follows hip replacements, torn rotator cuffs, and anything immediately following the announcement, “I thought I could still do it!”, a phrase they utter with a mix of defiance and deep, bone-weary regret. Their PT clinic smells faintly of antiseptic and Werther’s Originals, and they know their therapist by first name, college attended, and that they “used to be a gymnast.”

Therapy involves foam blocks, resistance bands, and a printed diagram of “gentle stretches” taped to the fridge with a souvenir magnet from Myrtle Beach. Every exercise is punctuated with a story about “the good old days” when they could bowl three games in a row without an ice pack, or when their tennis elbow was just called “tennis.” A successful session means regaining enough mobility to garden, golf, or finally get the suitcase down from the top shelf without involving

a neighbor, though usually followed by a celebratory nap.

Some Boomers treat PT like a social club, comparing scar sizes, heating pads, and swapping tips on the best way to sneak Advil into Thursday’s bridge game. There’s a quiet sympathy in their shared ailments, a silent acknowledgement of bodies that, if they aren’t quite what they used to be, seem to now have their own ideas. They arrive fifteen minutes early “to warm up” and stay thirty minutes after to chat about the Medicare paperwork. Their stretches are slow, deliberate, and occasionally interrupted by an impromptu rant about today’s music lacking “real instruments.”

The Rest of Y’all: For everyone else, “physical therapy” often starts before the injury is over. It’s part training, part Instagram content, part dubious life

Continued





“Boomers treat therapy as recovery; everyone else: performance art.”

choices. If a Boomer injures their shoulder cleaning gutters, a Millennial or Gen Z-er does it attempting a “reverse Superman” in an aerial yoga class after seeing it on TikTok. That moment, suspended mid-air, is followed by a silent, immediate regret that will live on their Instagram feed forever.

Your “therapist” is just as likely to be a certified sports medicine specialist as a climbing buddy named “Chaz” who swears foam rolling “opens up the fascia, bro.” PT gear includes kettlebells, climbing harnesses, skate shoes with a “broken in” aesthetic, and a GoPro 360 to make sure the recovery process gets proper coverage. Appointments are scheduled between indoor bouldering sessions, experimental HIIT workouts involving battle ropes and unicycles, and 5Ks in which you wear a cardboard costume shaped like a giant avocado.

Instead of comparing scars, the younger crowd compares apps: Strava, Fitbod, Whoop. Their therapy sessions double as content creation: “Day 37 of shoulder rehab; smash that like button if you think I’ll be back doing parkour next week.” There’s a certain empathy for a generation that feels the need to perform their recovery, as if the pain isn’t real unless it’s got a viral soundtrack. Their warm-up is a cold plunge “to build resilience,” followed by a protein shake so thick it requires a straw engineered by NASA.

Life in the Wild: At the community fitness center, a Boomer is dutifully walking heel-to-toe down a balance beam (two inches off the floor), while a Y’aller is hanging from the pull-up bar upside-down “for core activation.” A Boomer mentions they’re “doing rehab” for their knee; the Y’aller nods and says they are too,

except theirs involves downhill mountain biking on weekends “to keep it loose.”

During the MPCA Health Fair (to be announced), Boomers will line up for complimentary blood pressure checks while the younger set head straight to the rock wall set up in the parking lot, two of them limping from that “friendly” pickleball tournament. At the pool, a Boomer will quietly do water aerobics with foam noodles, while a twenty-something will launch into a gainer off the pool deck, and explain it’s part of his or her “injury prevention routine.”

Somewhere in the clubhouse, Boomers will attend a seminar titled “Stretching for Longevity,” while Y’allers will sneak into the same room afterward to try burpees on the folding tables. The divide is less about age and more about philosophy: Boomers treat therapy as recovery; everyone else treats it as performance art.

Your Survival Play: If a Boomer tells you they’re in physical therapy, nod with empathy and ask about their progress. If a Y’aller says the same, ask what extreme sport they picked up this time. In either case, express admiration; it builds goodwill and distracts from the fact that you secretly think they’re both doing it wrong.

For intergenerational harmony, suggest a “joint session” involving the safest common ground: a neighborhood walk followed by light stretching. The Boomers will think they’re mentoring you in balance and posture; you’ll think you’re teaching them mobility drills. Everyone wins, until someone decides to “spice it up” with a cartwheel, and then, it’s ice-packs and we’re back at square one in the waiting room.

- STORY, ART: EDITOR



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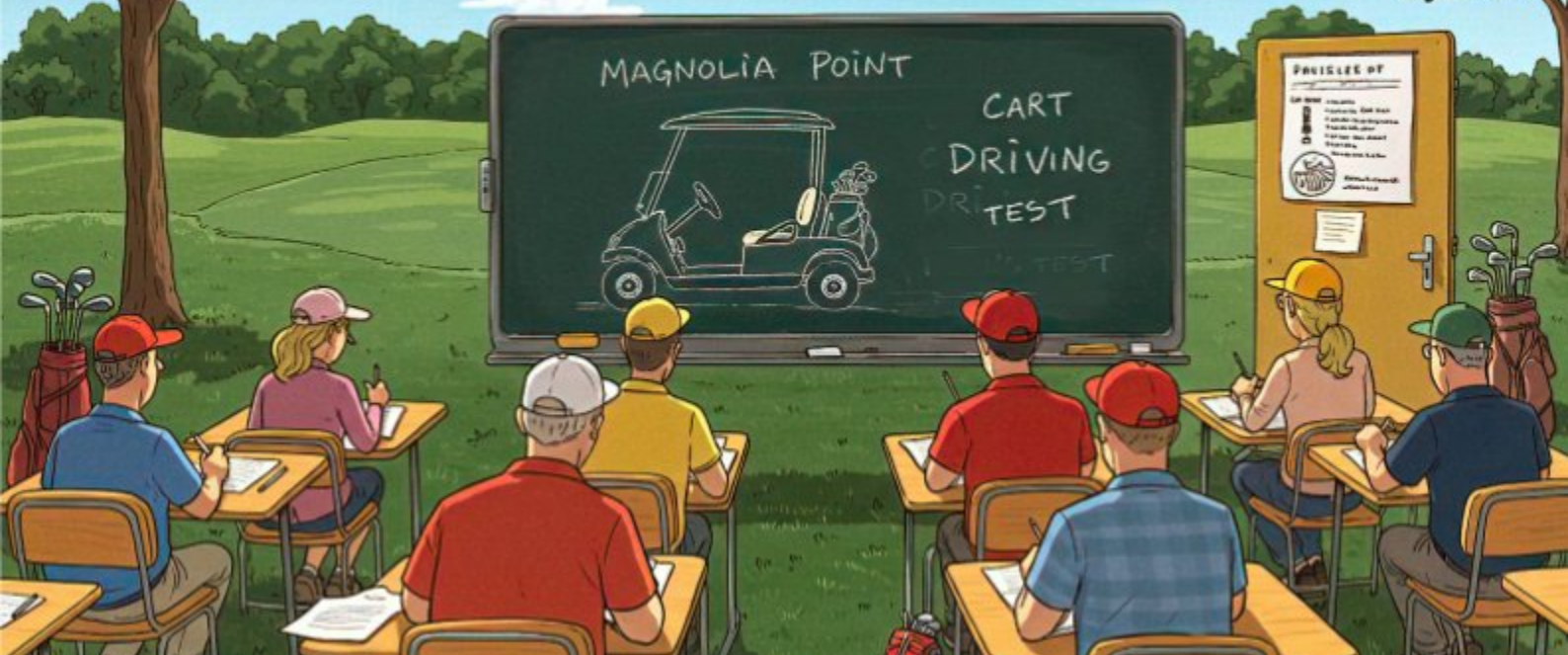
Outdoor Temp = 95° Road Temp = 140°



WALK EARLY OR WALK LATER!

- BECKY HINSON





This test is administered periodically to determine competency at driving a golf cart on Magnolia Point roads.

1. What is the legal top speed for golf carts in our community?

- A. 15 mph.
- B. 25 mph (if you're being chased by geese).
- C. Ludicrous Speed.
- D. Whatever it takes to beat Carol and her towel army to the pool chairs.

2. Who is legally allowed to drive a golf cart?

- A. Anyone with a driver's license or a May Management Payment Coupon Book.
- B. Anyone who's "pretty sure they can reach the pedals" (and promises to try real hard).
- C. A 7-year-old wearing sunglasses, blasting Pitbull, and saying "YOLO."
- D. A licensed driver or someone under direct supervision of one (seriously, stop laughing).

3. When your golf cart is carrying 6 people, a cooler, 4 pool noodles, and a flamingo float:

- A. You are obeying the sacred HOA motto: "Pack it 'til it sags."
- B. You are on a mission to achieve Pool Chair Supremacy 2025.
- C. You are exceeding the manufacturer's weight limit, common sense, and most laws of physics.
- D. All of the above, plus possibly summoning the MPCA Cart Safety Committee.

4. True or False: Loud music from your golf cart enhances the community vibe and makes you the DJ of the streets.

5. At a stop sign, you should:

- A. Stop. Like, an actual stop.
- B. Slow down and wave like you're the Grand Marshal of the Carts 'n Candy Parade.
- C. Tap the brake, glance dramatically both ways, then floor it like Mario Kart.
- D. Assume traffic signs are merely suggestions for people without Bluetooth speakers.

6. True or False: If your golf cart has underglow lighting, a 1,000-watt sound system, and a Bluetooth-enabled misting fan, it is obviously street legal, and probably destined for MTV's Pimp My Ride: Magnolia Edition.



7. A cart full of teenagers doing Tik Tok dances is coming straight at you:

- A. Join in, this is going viral.
- B. Engage evasive maneuvers worthy of a Jason Bourne movie.
- C. Pray your MPCA dues cover chiropractic care and TikTok trauma.
- D. All of the above, but mostly (B) unless you have a ring light.

8. The horn on your golf cart is primarily used for:

- A. Alerting other drivers (*boring*)!
- B. Letting Brenda know you've arrived for book club and gossip.
- C. Playing "La Cucaracha" as a bold cultural statement.
- D. Scaring Sara Spurrier's Canada geese into early retirement.

9. What's the best safety feature on a golf cart?

- A. Seatbelts (optional, obviously).
- B. A sober, licensed driver who's not live-streaming the ride.
- C. An on-board parent yelling "SLOW DOWN!" every 12 seconds like it's their cardio.
- D. None. Safety is a state of mind, Karen.

10. True or False: MPCA would like to remind everyone that golf carts are not bumper cars, Formula 1 vehicles, or personal parade floats (except during HOA events, then go nuts).

ANSWER KEY

- 10. J
- 8. V
- 8. V
- Δ. C
- 9. J
- 2. V
- 4. E
- 3. C
- 5. D
- 1. V

BONUS: OFFICIAL MAGNOLIA POINT GOLF CART KID'S DRIVER'S TEST!

1. Can your feet touch the pedals?

- 1. If I have to.
- 2. I touch my feet.
- 3. It doesn't matter.

2. Can you see over the dashboard?

- 1. Sometimes.
- 2. If I have to.
- 3. I sit on the pool noodles.

3. How do you signal a turn?

- 1. Wave like a parade.
- 2. Yell really loud.
- 3. Just turn.

4. What's the proper speed in a 15 mph zone?

- 1. That's slow.
- 2. When it makes the wind in your hair feel fun.
- 3. Slow so Danny won't spill his Red Bull again.

5. If you see another cart coming straight at you:

- 1. Close your eyes.
- 2. It's chicken!
- 3. Slam the horn and yell, "I'm little, you move!"

6. What do you do at a stop sign?

- 1. Stop soon.
- 2. Slow down and wave like you mean it.
- 3. Stop if someone sees you.

7. When backing up, you should always:

- 1. Yell "CLEAR!"
- 2. Make the garbage truck 'BEEP! BEEP!' sound.
- 3. Ask your little brother to stand behind and wave his arms.

8. What's the best music for driving a cart?

- 1. Anything with a lot of honking.
- 2. "Baby Shark" **loud**, so they know I'm coming.
- 3. Whatever makes Pop-Pop's hearing aid go buzz.

THERE IS NO ANSWER KEY, AS THERE ARE NO 'LOSERS' AMONG OUR CHILDREN. YOU ARE ALL WINNERS TO US!



- STORY, ART: EDITOR



PLAYING THROUGH

GRIP. THEN RIP.

Most people I play with have too weak of a grip. Why do I say that, and what does it mean? I will explain here. A weak grip causes players to manipulate the club with their hands to square the clubface which is not reliable. One day, you will have a great day and the next, you can't find the planet with your shots. I don't

weak grip with the left hand has the thumb typically pointing directly vertical down the shaft/grip. A weak right hand would be more in the fingers and less in the palm so your hand is more on top of the club.

Conversely, a strong grip will have the club more in the



Photos: Editor

know how many times I have heard that "I hit it great yesterday, but I couldn't do anything today". As we've seen, that is relying on the small muscles. The correct grip should minimize stress on your body and your game; it allows the rest of your rotation and swing to work.

While there are many facets to the swing that are important; stance, posture, pivot, plane, the one that you can rarely circumvent is the grip. Different grips work with different swings, so it is important to acknowledge that. There have been great players with weak grips, and there were great players with strong grips. It all depends on the orientation of your body and how that brings you into the impact position. For most players, there is a solid fundamental approach that will work, but we will explore.

What is a weak grip vs. a strong grip? Let's go by hand (left hand vs. right hand, assuming the person is right-handed). I would use forward hand vs. trail hand, but that's a lot of typing and we'll all get confused! So, a

fingers with the left hand so that the crease between your index finger and your thumb are pointing towards your right shoulder. The right hand would have the club more in the palm of your hand, so a bit more under or behind the club. So, which one is right for you?

Moe Norman, who was considered by many to be the best ball striker of all-time had a weak grip setup. (After 1994, he went to a 10-finger grip or 'baseball' grip), but that didn't change his hand position. Moe always placed the ball further up in his stance, towards his front foot (for all clubs). He could do this because he had more of a lateral turning shift through the ball than most players do. Why is that important? Because the ball was more forward, it gave the clubface more time to square. For a typical player and setup, with his grip, the clubface would almost always be OPEN at impact. Because Moe played the ball more forward, as he rotated into the shot the club would have time to square up. In his swing, the hands would rotate when it got to the closing point at impact and he was precise!

Continued



PLAYING THROUGH

In my opinion, he was more of a unicorn unless you adopt a lot more fundamentals of his swing and you hit 1000 golf balls a day. I loved Moe and knew him, but I could never do what he did.

Paul Azinger (and I worked with his teacher John Redman for a few years) had a very strong grip. When Paul gripped the club with his left hand, if you looked straight down the shaft, you could see *four* knuckles! His right hand was more under the club, in his palm. Paul also played the ball more back in his stance so in essence trapping the ball more. To make this work and square the club, it had to be “artificially” squared by his grip. In Paul’s swing, the hands were just along for the ride and the body squared the club with rotation, but he never flipped his hands over. Mr. Redman would say he held it down the line, and if you looked at his left hand waist high in the through swing, you could put a coffee cup on the top of his hand. Those are the extremes...

So, my recommendation. For the normal player that wants to square the club consistently, I would advocate a stronger left hand grip, and a more neutral right hand grip. What that means is with the left hand, you want the club more in your fingers (along the crease of your palm and the bottom knuckle of your fingers), so if you had the club held straight out from your waist and the club positioned squarely with the toe pointed to the sky, the underside of the grip would dissect that line between the crease at the tip of your palm and the bottom knuckle. When holding that with the club set squarely on the ground and looking straight down, you should see at least *two* knuckles. There are two reasons why this is critical:

If you look at the club in your setup position, the club will be perfectly square to your target line. If we swung in a vacuum, that might work, but your body, and the club, will ‘open up’ before impact compared to your setup position. So, there are two ways to square it: rotate your hands, which is not very reliable or consistent; or, using a stronger grip, the rotation of your body will close it automatically. That is what you want. With the stronger grip, you will almost feel like the clubhead is ‘closed’ to the target at address, but that is precisely what you need. This allows the bigger muscles to square the clubface as you rotate through the shot. Using the bigger muscles always makes you more consistent.

If you take the club to the top of your backswing with just your left arm, compare the left thumb being straight down the grip/shaft, to that of it being slightly to the right. In contrast, when the thumb is right down the shaft, there is no support from your hand underneath the club which makes it flimsy. With the stronger left hand grip, you will notice that the pad of your hand is *under* the club so that the club is stable.



With the pad of your hand under the club at the top (*right photo, above*), you should feel like you could hold it there comfortably, while with the thumb down the center of the shaft (‘weaker’), it will require a lot of effort to support the club.

Finally, now the right, or trail hand. I don’t focus on this as much, but the right hand is the ‘*feel*’ hand. You don’t want the club in the palm, because that reduces your feel. Also, when players grip the club with the right hand in the palm, it tends to make them take the club back more inside and flat like a baseball swing. This is one thing I have to work with baseball players on almost every single time. You want to feel like the right hand is on the side of the club/grip like you were using a paint brush, not *under* or *over* it.

So, for this more standard grip setup, you also would want to follow normal ball position rules. That would mean the irons are positioned more in the center/slightly front of center in your stance, and the driver off of your front armpit. Remember in prior articles I wrote, gauge your ball position off your chest/torso, *not* my feet. Some people like wide stances, and some like narrow stances, so the feet are not a great reference point. Also, consider if you tend to slide forward in your swing, or you rotate on more of an axis. For the sliders and those that play the ball more forward, which I don’t recommend, the weaker grip might work better for you. For those that swing more around an axis, I would definitely advocate the stronger grip. You want to have some lateral movement towards the ball before you turn, but not excessively.

Changing your grip can feel uncomfortable at first; it is our only contact with the club. Put in some practice time on the range (now that we will have some cooler weather) and you will quickly get the feel of it. Your shots will start to come out with a more piercing flight and you won’t feel as much reverberation at impact. This will also make you a lot more consistent and have your fellow playing partners asking “*What have YOU been working on!!!!?*”

- CHRISTIAN SMITH



I, NUTRIA



dp

“LOVE THIS NEW CONDITIONER!”

EXIT 13

WEST

22

Mitchell

1 MILE

495

Taking Charge



When we told friends and family about our plans to live on the road and see the country, we got a lot of supportive input, but we also got our share of raised eyebrows and looks of “are you sure?” It sounded a little crazy, definitely unconventional, and even a little exciting. And it is, but not always in the way you might think.

A family we follow on YouTube calls trying times, “the dips.” Moments when we wonder why we chose this, when things go wrong, when things break, when plans we’ve looked forward to sometimes for an entire year have to change at the last minute. This summer, we’ve had a few dips to acknowledge, accept, and then make plans to send them on their way.

The good thing about dips is that they don’t last forever. And even in the middle of one, we still have somewhere new and amazing right outside the door. Even if we only have a few free hours in the day, we get to try new foods, shop at a new local market, see someplace we’ve never seen before, or experience something we never imagined. This month Mom got some good exercise and saw some falls in the Columbia Gorge. In Hood River, we had an amazing breakfast, got some locally roasted coffee, and shopped for gifts and goodies in their weekly farmer’s market. We are currently on the southern Oregon Coast enjoying the sound of the ocean, 60°F

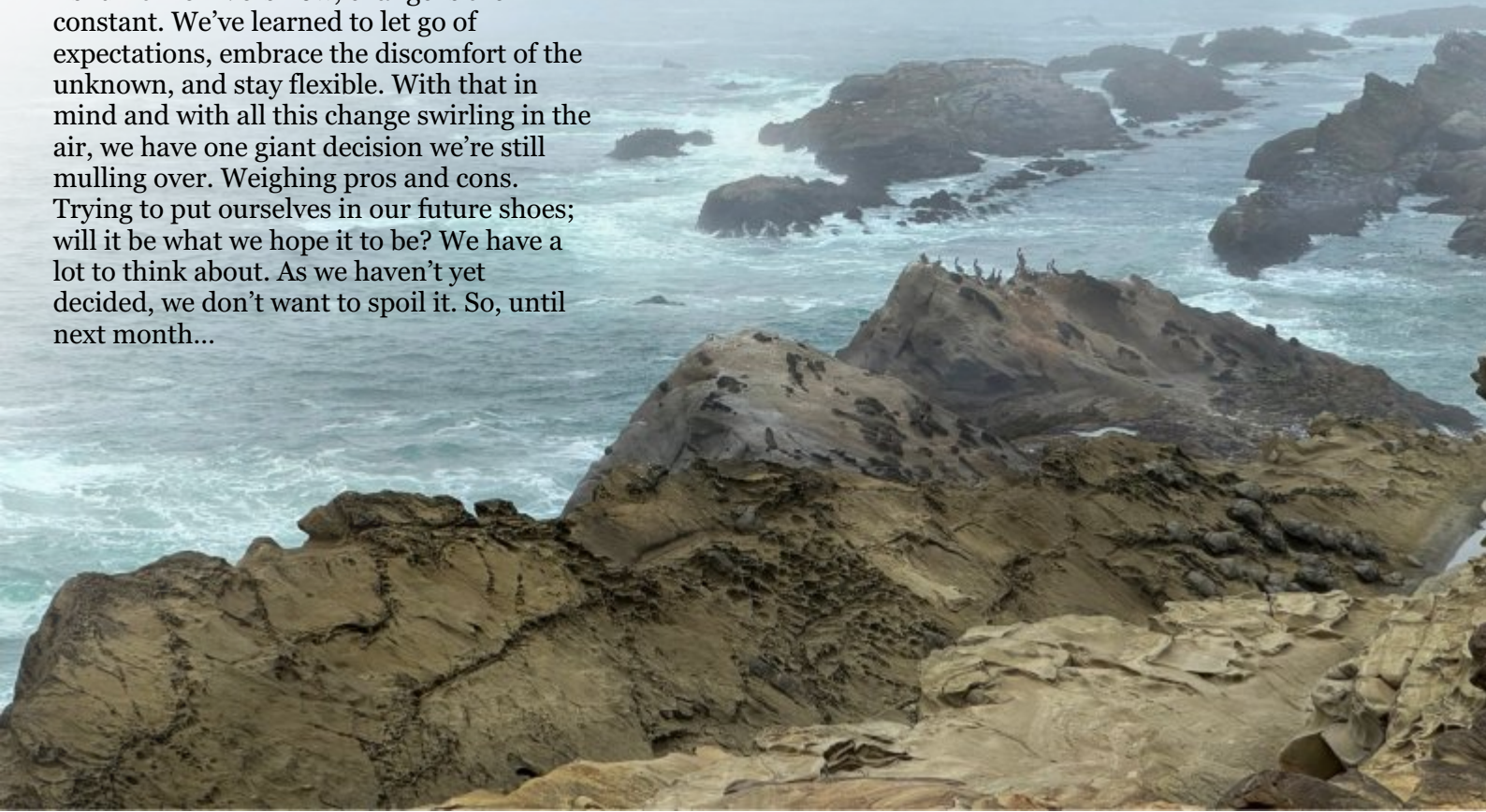
Continued



temps, and even some barking seals! This weekend we head to the Redwoods in northern California. So, no pity parties going on at the Mitchell's.

This summer, we have had a lot of big life moments to contemplate. The first great-grandbaby, Stella, arrived safely. A family wedding in Bermuda (and a cruise for the first time in 50 years). Emma finalizing her plans to move to Spain. The small company Jenn works for was bought out by a giant worldwide company, making all kinds of organizational changes. And holy cow, for Jenn, AI is upending everything.

As full-time RVers now, change is the constant. We've learned to let go of expectations, embrace the discomfort of the unknown, and stay flexible. With that in mind and with all this change swirling in the air, we have one giant decision we're still mulling over. Weighing pros and cons. Trying to put ourselves in our future shoes; will it be what we hope it to be? We have a lot to think about. As we haven't yet decided, we don't want to spoil it. So, until next month...



Taking Charge



- JENN & SUSAN MITCHELL



MIXmagie THE 'AVOCOLADA'

Ingredients

- 2 oz White Rum (or Coconut Rum for a tropical kick)
- 3 oz Pineapple Juice (some prefer unsweetened)
- 1.5 oz Cream of Coconut (such as Coco Lopez)
- 1/2 ripe Avocado, pitted and peeled
- 1 cup Ice
- 1/2 oz Fresh Lime Juice (optional, for a brighter flavor)



Directions:

- Place all the liquid ingredients into a blender.
- Scoop the avocado flesh into the blender with the liquids.
- Top with 1 cup of ice.
- Blend on high speed until smooth and creamy, 30-60 seconds.
- For sweeter, a little more cream of coconut. More tart, a squeeze of lime juice.
- Pour and Garnish: Pour the finished drink into a chilled hurricane or highball glass.
Garnish: pineapple wedge, maraschino cherry, or toasted coconut flakes or all three!

The 'Avocado Piña Colada' The avocado not only lends a beautiful pale green hue but also a silky texture and a subtle, earthy flavor that complements the tropical sweetness of pineapple and coconut. The initial taste is a vibrant burst of sweet, tangy pineapple, quickly followed by the rich, creamy notes of coconut. The avocado doesn't overpower the drink; instead, it adds a subtle, buttery undertone and a luxurious mouthfeel that makes the drink feel exceptionally smooth and decadent. It tames the sweetness of the pineapple and adds a pleasant, almost savory balance, making for a more complex and satisfying sipper.

- RECIPE, PHOTO: EDITOR



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HIP

The sun hung lazily over the park, casting a dappled light through the trees onto a small park bench where they gathered, a snapshot of youthful camaraderie fronting the eternal flow of Spring Run.

Elena, in her oversized glasses, lounged back, letting the warm



rays kiss her legs as she scrolled through her phone, occasionally raising it to snap candid pictures of her friends. She held out a picture on her phone for the group to see, “It’s that Chloe. The new girl. From Oglebay,” she announced. Sam asked what she was reading. “That new ‘Survival Guide’. Chapter 2. In The Magnolia. Apparently, ‘adulthood’ is a *scam*,” Elena added.

“Nice shorts!” Sam snarked at the screen, mouth comically agape. Elena smacked the back of his head.

The air carried a sweet scent of grilling meals, the squeals of children and dogs barking, mixing with the faint, familiar backwater refrains of the River.

Sam returned to fidgeting with his tropical-patterned shirt, the bright greens and yellows almost too vibrant against the earthy backdrop. His gaze was distant, lost somewhere between the soft gurgle of the Run and the whispered promises of summer adventures.

Maya, next to him and ever the lively one, balancing aquatic-themed deely bobbles on her curly head, took a bite from a crisp piece of apple, her eyes sparkling with mischief. “Bet you can’t guess what I’m thinking,” she teased, her voice a melody of challenge and curiosity.

Jade, beside her, barely looked up from her phone. Her red hair caught the wind, a flame flickering against the gentle greens of the park. “Something ridiculous, *My-ya-a-a*,” she purred, thumbs dancing across the screen, a wry smile tugging her lips.

On the ground in front of them Lily sat, her floral swimsuit blending with the scattered wildflowers around. She glanced over her shoulder, her hair a cascade of golden waves. “I’m thinking,” she began, her voice thoughtful, “that days like this won’t last forever. We should make the most of them.”

For a moment, silence embraced them, filled with the gentle rustle of leaves and the distant bleat of a boat horn. Then, Maya broke it with a laugh. “Lily’s right. Let’s do something wild today. It’s the first ‘R’ month. Before we know it, Christmas will be here, and this whole place will be end-to-end ‘*Rent-A-Trees*’. How about a swim?”

Sam finally smiled, his earlier melancholy evaporating like morning mist. “A swim sounds perfect,” he agreed, standing up and stretching. “And what’s wrong with *Rent-a-Trees*?!” Someone muttered, “*Grinch!*” and they all laughed, Maya included.

As they gathered their things, the bench creaked in relief, and they made their way along the sidewalk and up to the City Pool, a small band of friends ready to weave memories into the fabric of their soon-fading summer. The Run flowed on, uncaring and eternal, but for that afternoon, it would become their background, a silent witness to their fleeting, precious youth.

- EDITOR



MAGNOLIA POINT BRIDGE

New Players Welcome!

All games are friendly, and we welcome new players. Sign up with a partner or as a single. For social one prize is paid out for each table, i.e., if there are four tables, the top four scores win money. Duplicate pays first three winners NS and EW with Mitchell movement.

Duplicate and Social Bridge play on alternate Thursdays in the clubhouse dining room from 1:30 to 5:30PM. The fees are \$2.00 for Social and \$3.00 for Duplicate to cover the cost of prize money and supplies.

CONTACT

Social: Marty Essex mamers3@bellsouth.net

Duplicate: Jon Bastress JonBastress@gmail.com

Social Bridge, Thu Jul 31

1. Jon Bastress & Joe Thill
2. Kim Belcher & David Miller
3. Jim Cordoza & Ed Hayes
4. Monica & Steve Harmon
5. Jola Greiner & Sharon Sprott
6. Evie & Joe Ezzell

Duplicate Bridge, Thu Aug 07

East/West Winners

1. Roy Gullick & Mary Kendall
2. Connie & Michael Byers
3. Marty Essex & Cindy Jennings

North/South Winners

1. Lorna Broughton & Alice Lodge
2. Joan Sabanski & Carol Studer
3. Jon Bastress & Joe Thill

Social Bridge, Thu Aug 14

1. Marty Essex & Cindy Jennings
2. Connie & Michael Byers
3. Alice Lodge & Joan Richardson
4. Mary Kendall & Sharon Murphy
5. Monica & Steve Harmon
6. Dottie Lunt & Rannel Westberry

Duplicate Bridge, Thu Aug 21

East/West Winners

1. Marty Essex & Cindy Jennings
2. Sharon Sprott & Ed Szymanski
3. Jola Greiner & Joan Richardson

North/South Winners

1. Phyllis Boyd & Alice Lodge
2. Jon Bastress & Joe Thill
3. Don Maneval & Nancy Petillo
4. Sharon Murphy

Social Bridge, Thu Aug 28

1. Nancy Petillo & Joan Richardson
2. Connie & Michael Byers
3. Mary Kendall & Alice Lodge
4. Marty Essex & Cindy Jennings
5. Jim Hayes & Ed Szymanski
6. Dottie Lunt & Rannel Westberry



- SHARON MURPHY

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