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The excitement of summer begins to settle, school routines are back in full swing, football is on our TVs, and our calendars slowly fill with neighborhood gatherings, fall celebrations, and time spent with friends. It's a season that reminds us to reconnect - not just with our routines, but with one another.

One of the greatest privileges of publishing *Stroll RiverTown* is having a front-row seat to the incredible people who make this community so special. Every month we're reminded that behind every front door is a unique story waiting to be told. Whether it's a family celebrating a milestone, a neighbor giving back, a local business serving with excellence, or someone simply lending a helping hand, these are the moments that define what community truly means.

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When Tom and I first arrived in RiverTown, we hoped to find a place to call home. What we found was so much more. We've found friendships, encouragement, and countless examples of neighbors showing up for one another. It's those everyday acts of kindness and connection that continue to inspire us and make this magazine such a joy to create.

As you flip through this month's issue, we hope you'll take a moment to appreciate the stories that surround you. Better yet, introduce yourself to someone new at the pool, on a walk, at the park, or during one of our upcoming neighborhood events. The next great friendship often begins with a simple hello.

Thank you for allowing us to share your stories, celebrate your families, and spotlight the businesses that invest in making RiverTown an even better place to live. This magazine is, and always will be, about the people who call this neighborhood home.

Here's to cooler evenings, new connections, and another wonderful season in RiverTown.
See you around the neighborhood!

With gratitude,

Tom & Mary

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ROOTED ALONG THE RIVER

THE EVANS FAMILY



With deep roots along the St. Johns River, the Evans family has built a life centered on music, service, tradition, and the community they proudly call home.

Let's start with introductions!

We're a busy family with deep roots in our community, and each of us seems to be in an exciting season of life right now! Jason, is a plumber who works throughout the community with and has been fortunate to build wonderful relationships with so many local families over the years. Stephanie is a partner at Local Wellness in Ponte Vedra, where she has found a second career that brings together her background in business with her passion for health and wellness. She loves being part of a locally owned business, building relationships with clients, and helping create a place where people can take a little time away from their busy lives to focus on feeling their best. Our oldest, Carter, serves in the U.S. Army and is currently stationed in Alaska. He recently married, and he and his wife are expecting a baby, so we're very excited to be entering a whole new chapter as a family! Hayden works in sales with Ag-Pro and shares his dad's love of country music, performing locally with him in the Jason Evans Band. Ethan is studying engineering and is transferring from UCF to UNF this fall, bringing him a little closer to home. Our youngest, Jackson, has followed a very different path through his love of dance. He is a member of the Florida Ballet Conservatory and also teaches ballet at Atlantic Coast Dance Studios in Ponte Vedra. Watching him grow from a student into a teacher and mentor to younger dancers has been incredibly special. With careers, college, the Army, ballet, a new marriage, and a baby on the way, there is rarely a dull moment in our family—but we wouldn't have it any other way. We're grateful to call this community home and especially grateful for the people who have become part of our family's story over the years.

How did RiverTown become home?

We built our home in RiverTown in 2016, but our roots along the St. Johns River go back much further. Jason was born and raised in the area, and Stephanie grew up in Palatka. We raised all four of our boys in St. Johns County, where three of them went on to graduate from Bartram Trail High School. Our youngest, Jackson, followed his passion for ballet and attended Douglas Anderson School of the Arts, where he

graduated from the dance program. St. Johns County has been the backdrop for so much of our family's story—from raising our boys and cheering on the Bartram Bears to watching Jackson pursue the arts. Building our home in RiverTown felt like putting down permanent roots in a place that had already been home to our family for many years. Choosing RiverTown felt especially meaningful to us because we were both raised on the St. Johns River—we affectionately call ourselves “river rats.” Some of our best memories growing up were made on or around the river, and we always dreamed of giving our own family that same connection. There is something special about coming home every day, seeing the beauty of the St. Johns, and knowing our family is building memories along the same river that shaped both of our childhoods. When we had the opportunity to build in RiverTown and raise our family on the banks of the St. Johns, it felt a little like coming full circle—and exactly where we were meant to be.

Tell us about your educational journey.

Stephanie graduated from the University of Florida with a degree in Business, which ultimately gave her a foundation that has served her throughout her career and now with the new business opportunity. Jason's path looked a little different. He began working at his family's plumbing business at just 15 years old, learning the trade from the ground up. What started as a teenager working alongside his family grew into a lifelong career and a business we call Taylormade Home Solutions, which is built on decades of experience, hard work, and relationships within the community. We took very different

paths—one through college and one through a family trade—but both taught us the value of hard work, relationships, and building something you're proud of.

How did you and your spouse meet?

Fittingly, we met through music while Jason was performing, and that chance meeting eventually brought two families together. For the past 13 years, we've built our life as a blended family, raising our four boys and creating traditions and memories that are uniquely ours. Music may have been what brought us together, but family is what has defined our story ever since.

What do you do for a living?

Today, Jason continues to work as a plumber right here in the community where he was born and raised. Over the years, his work has become about much more than plumbing—it's about relationships. Many of the families he serves have known him for years, and he takes a lot of pride in being someone his neighbors know they can call and trust. There's something special about building a career in the same community that raised you. For Jason, being a local plumber means taking care of friends, neighbors, and families he may see again at the grocery store, at a local event, or while he's playing country music around town. This community isn't simply where he works—it's home.





Tell us about your kids.

Our boys have always had very different interests, which has made raising them an adventure—and has taken our family into worlds we probably never expected! Music and faith are a big part of Hayden's life. He loves performing country music with his dad in the Jason Evans Band, and he is very involved with Eleven22. Getting to watch Jason and Hayden share the stage together has been especially fun for our family. Carter and his wife, Kylie, have embraced life in Alaska and spend as much time as they can exploring the outdoors. They love camping, hiking, and taking in the incredible scenery, making the most of every opportunity to experience the adventure that comes with living there. Ethan's latest adventure has taken him far beyond St. Johns County (which is why he is missing from the family photo). He travels around the country as part of his cousin's crew on the World of Outlaws dirt track racing series. From long days at the track to traveling from city to city, he's getting a firsthand look at the teamwork and dedication behind professional racing—and collecting some pretty great experiences along the way. And if our family isn't at a racetrack or listening to country music, there's a good chance we're at the theater. Jackson's passion has always been dance, and this year we're especially excited that our neighbors will have the opportunity to see him again perform on stage during The Florida Ballet's 2026–2027 season. Our boys have definitely kept life interesting. We've learned a lot about country music, race cars, ballet, and everything in between—and we wouldn't trade the front-row seat to their adventures for anything.

Are there any furry family members?

We have three dogs who are very much part of our family: Emmy Lou, our Bernese Mountain Dog; Addison, our Chocolate Lab; and Mindy, our Morkie. Emmy Lou is our big, sweet, gentle girl, and Addison is everything you would expect from a Lab—loving, loyal, and always happy to be part of whatever the family is doing. And then there's Mindy. If you're on the RiverTown Facebook page, you may already know her. She has earned a bit of neighborhood fame as “the lost dog that isn't nice.” She may be tiny, but she has a very big personality—and apparently no interest in making friends while on the run! Thankfully, our neighbors know her well enough by now to help point her home while respecting her personal space. Between the three of them, there's never a shortage of personality—or dog hair—in our house!

What hobbies or talents make your family unique?

There are definitely a few passions in our family that have taken us to some pretty interesting places! Long before many of our neighbors knew Jason as their plumber, they might have found him on a very different kind of stage. Jason pursued a career in country music in Nashville, signed a record deal, and spent time touring and performing. Country music has remained a huge part of who he is, and these days he gets to share that passion with Hayden as they perform locally together with the Jason Evans Band. It's pretty special to see something that began as Jason's dream in Nashville now become something he and his son get to enjoy together. Ethan and Stephanie share a completely different obsession: the Green Bay Packers. They love traveling together to see them play and have made it a mission to experience games in different NFL stadiums around the country. What started with our love of the Packers has turned into some of our favorite mother-son adventures—and a lot of great memories along the way. I think that's one of the fun things about our family. Whether it's country music, football, racing, ballet, or whatever someone decides to pursue next, we tend to jump in, show up, and enjoy the adventure together.

What does family time look like?

For us, the best part of any holiday is simply having everyone together. As our kids have gotten older and their lives have taken them in different directions, those times when everyone comes home



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have become even more special. One of our favorite traditions is the night before Thanksgiving. When the boys are home for the holiday, we bring everyone together—our kids, their friends, girlfriends, spouses, and extended family. The house is full, there's food everywhere, football is usually on, and people are coming and going. It's loud, a little chaotic, and one of our favorite nights of the year. The holidays also wouldn't feel complete without watching Jackson perform in The Nutcracker. Ballet has become part of our family's Christmas tradition, and seeing him on stage each year is something we never tire of. His brothers might not exactly count The Nutcracker among their favorite holiday activities but they always show up to support Jackson. They may not love ballet, but they love their brother, and that's what makes the tradition so special. Most of our traditions aren't elaborate. Give us a full house, our family and friends around us, something good to eat, football on the TV, and everyone home under one roof—that's a pretty perfect holiday for us.

Where can we find you around town?

We're probably more likely to be found out and about because of work, music, or one of our kids than at any particular hangout spot! Jason and Hayden perform monthly at Iggy's and at venues throughout the local area, so live music has become one of the ways we stay connected to the community—and we



love seeing familiar faces come out to hear them play. We're also proud Bartram Bears and love supporting Bartram Trail whenever we get the chance. After raising our boys in St. Johns County, there's something special about still feeling connected to the schools and community that were such a big part of their lives growing up. Most days, though, we're doing what so many families around here are doing—working, traveling to and from our jobs, keeping up with our kids, and enjoying the community along the way. We love that even on the busiest days, it's hard to go far without running into someone we know.

How do you stay connected in the neighborhood?

Giving back has always felt most meaningful to our family when there is a personal connection behind it. Jason has been fortunate to use his music as a way to support causes close to our community. Each year, he performs for the Addie Strong event and has also supported the Trenton Stewart Foundation. Being able to take something he loves—country music—and use it to help bring people together for families and causes that matter is something very special to him. The Coach Kirk Foundation holds an especially meaningful place in our family.



Ethan lost his football coach, Coach Kirk, and that loss had a lasting impact on him. Rather than simply remembering someone who meant so much to him, Ethan has chosen to stay actively involved with the foundation created in Coach Kirk's honor and help carry forward the impact his coach had on so many young people. For our family, community has always been about showing up for people. Whether that means lending Jason's music to a fundraiser, supporting a cause that has touched our family personally, or simply being there when a neighbor needs help, we believe the strongest communities are built when people take care of one another.

WHETHER IT'S COUNTRY MUSIC, FOOTBALL, RACING, BALLET, OR WHATEVER SOMEONE DECIDES TO PURSUE NEXT, WE TEND TO JUMP IN, SHOW UP, & ENJOY THE ADVENTURE TOGETHER."

—STEPHANIE

Describe your favorite family memory in the neighborhood so far. What's your favorite part of living in the neighborhood?

One of our favorite RiverTown memories happened during COVID, when everyone was looking for ways to feel connected while still keeping their distance. Jason set the band up right in our driveway and started playing music for the neighborhood. Before we knew it, more than 50 golf carts had gathered around to listen! For a little while, it felt like the whole neighborhood had found a way to be together again—outside, spread out in golf carts, listening to live country music and enjoying some

much-needed fun during such a strange time. And then the cops came. Thankfully, it has become one of those stories we still laugh about years later—and honestly, it sums up what we love most about living in RiverTown. It's a neighborhood where people show up, have fun together, look out for one another, and somehow 50 golf carts can turn a driveway concert into a memory our family will never forget.

What do you like to do to relax or have fun? Do you have a favorite vacation destination or family trip?

Our favorite family getaway, hands down, is Helen, Georgia. We have a family cabin

there, and going back each year has become one of those traditions everyone looks forward to. There's something about getting to the mountains that makes us all slow down a little. Life at home tends to move in a hundred different directions, so the cabin is where we can unplug, relax, spend time together, and just enjoy being a family. Over the years, Helen has become much more than a vacation destination for us. It's our place—the setting for so many family memories and a tradition we hope continues as our family grows. Now, with marriages and a new generation beginning, we're excited to see those cabin trips take on a whole new chapter.

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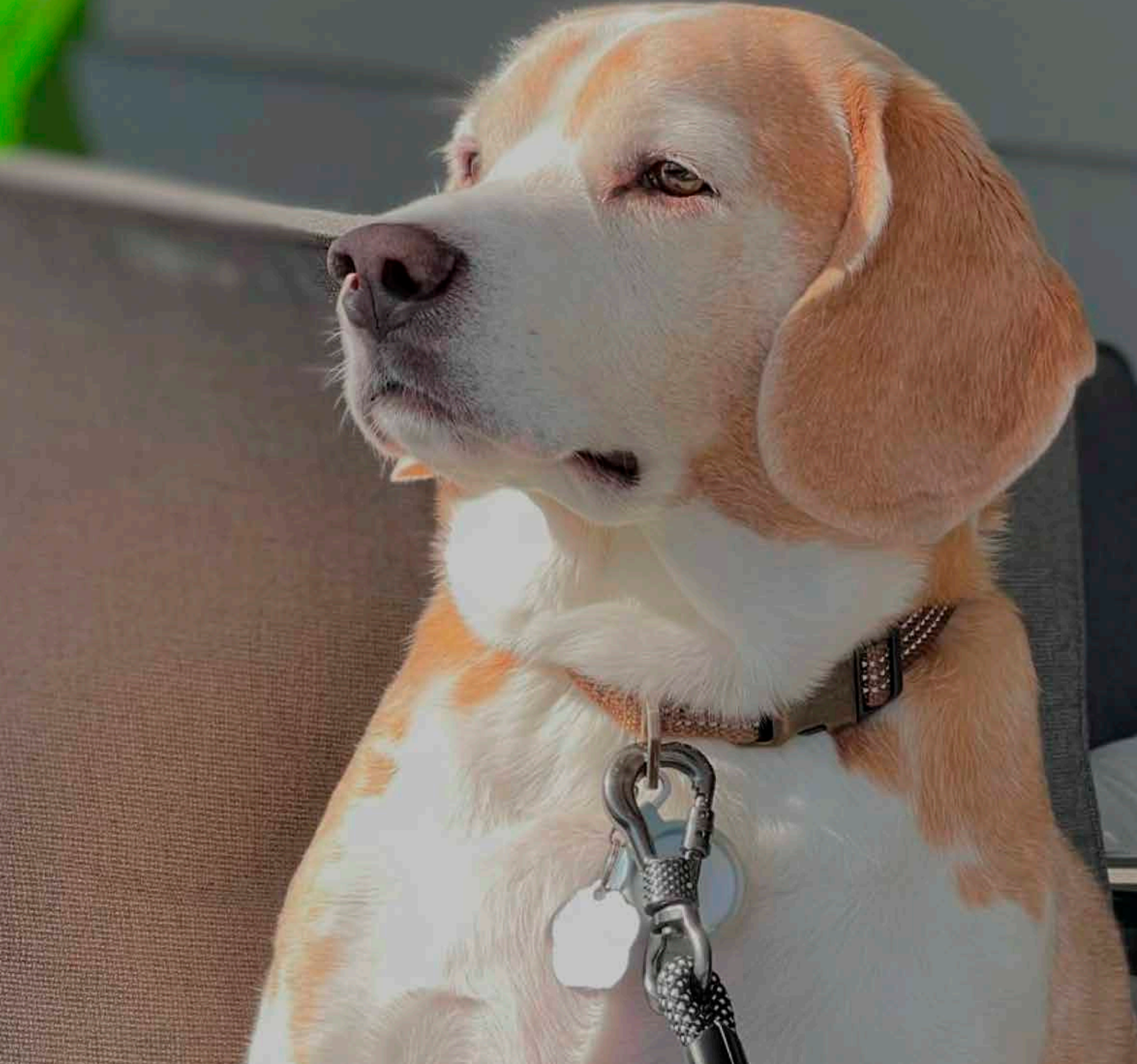
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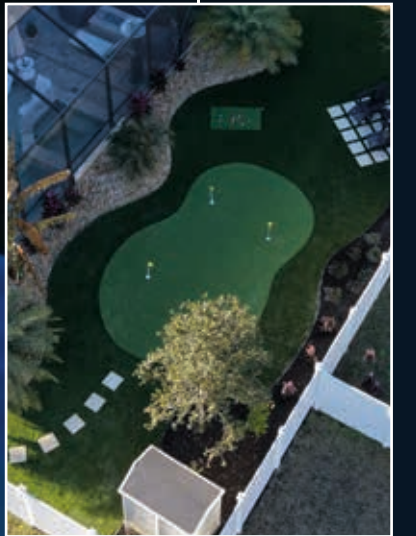
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There's nothing better than an evening spent around the table with good food and great people! On the evening of August 4th, neighbors & friends gathered at Bella Vista Italian Restaurant in Fruit Cove for another fun-filled Neighbors Night Out. Guests enjoyed delicious Italian favorites while catching up with familiar faces, making new connections, and simply enjoying time together. With a great turnout and plenty of conversation



"We had such a wonderful time! Great food, great conversations and even better company. It was the perfect way to relax and get to know our neighbors!"
—KRISTI P.



"Bella Vista knocked it out of the park! The food was absolutely delicious, and we loved having the opportunity to meet and connect with even more of our neighbors. Such a fun night!"
—CHARLIE L.



"Not only is the food at Bella Vista fabulous and authentic, Paolo and his team provided incredible service as usual! Everything was delicious, and getting to spend the evening meeting new neighbors and making connections made it even better. We can't wait for the next one!"
—TOM C.



throughout the evening, it was exactly what Neighbors Night Out is all about - bringing people together beyond the pages of Stroll. A few of our Stroll partners joined in as well, giving neighbors an opportunity to connect personally with some of the local businesses that support our community. No presentations, no agenda - just great conversations, lots of laughs, and a chance to strengthen the relationships that make our community feel a little more like home. Thank you to Bella Vista for welcoming us, the delicious food & incredible service. And thank you to everyone who joined us for such a wonderful evening. We're already looking forward to the next one!



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BEFORE YOU DROP THEM AT THE DORM

The 3 Documents Every 18-Year-Old Needs

BY MARK MOSS, PLLC & RIVERTOWN RESIDENT

THE CAR IS PACKED. The dorm checklist is finally complete, from the extra-long sheets to the mini fridge. After years of preparation, your child is ready to head off to college. But there is one item almost no parent thinks to pack, and it matters more than anything on the shopping list.

The moment your child turned 18, the law began treating them as an adult. That is a milestone worth celebrating, but it comes with a consequence most families never see coming. You no longer have the automatic right to step in during a medical or financial emergency. Even as the parent who raised them, you can be left on the outside at the very moment your child needs you most.

Imagine your student is in an accident hours from home. You call the hospital, and the staff cannot share a single detail about their condition. Or a financial issue arises while they are studying abroad, and you have no authority to resolve it on their behalf. These situations are far more common than parents realize, and the fix is simple when it is handled in advance.

Three documents close the gap.

A Durable Power of Attorney lets your child name someone they trust, often a parent, to manage financial (or legal) matters such as banking, bills, insurance, or signing/renewing a lease if they are unable to handle them. This is especially valuable when your student is far from home.



A Health Care Surrogate designates the person who can make medical decisions if your child becomes incapacitated and cannot speak for themselves. Without it, you may have to go to court to gain the authority that this one form provides.

A HIPAA Release addresses federal privacy law, which prevents doctors from sharing medical information without permission, even with a parent. This form ensures you can receive updates and speak directly with health care providers in an emergency.

None of this means your child is giving up their independence. These documents simply ensure that the people they trust most can help when it counts. They take only a short time to prepare, and they offer a peace of mind that lasts well beyond move-in day.

This fall, give your college student one more thing before you say goodbye at the dorm: the protection that comes from being prepared.



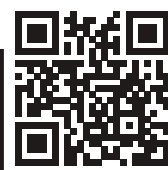
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CHASING BETTER SLEEP A CONVERSATION WORTH HAVING

BY RACHEL LANZAS, RIVERTOWN RESIDENT & STROLL CONTRIBUTOR

routine, keeping the bedroom cool, using blackout curtains, sleeping with a fan or sound machine, or replacing evening screen time with a good book. Several members shared that limiting alcohol, avoiding late-night snacks, or finishing dinner a little earlier helped them stay asleep longer. One woman even talked about sealing light around her bedroom door because even a small amount of light disrupted her sleep.

What I loved most wasn't any one recommendation. It was the reminder that we're all trying different things, learning from each other, and realizing we're not alone. There's actually a good reason so many women begin struggling with sleep in midlife. As estrogen and progesterone naturally fluctuate during perimenopause and menopause, they can affect our body's internal thermostat, make us more prone to waking during the night, and even increase anxiety or racing thoughts. Add busy schedules, work, family responsibilities, and the constant stimulation of modern life, and it's easy to see why so many of us aren't getting the restorative sleep we need.

The encouraging news is that small, consistent habits really do matter. Morning sunlight helps reset your body's natural sleep-wake cycle. Regular movement - especially walking and strength training—can improve sleep quality. Keeping your bedroom cool, dark, and quiet supports deeper sleep, and creating a relaxing bedtime routine helps signal to your brain that it's time to wind down.

None of these habits are groundbreaking. But sometimes the simplest habits are the ones that make the biggest difference. One of the things I've come to appreciate most in this season of life is that wellness isn't about perfection. It's about paying attention to what your body needs and being willing to make small adjustments along the way. This conversation in our RiverTown Women's Health & Wellness group reminded me that some of the best ideas don't always come from books or experts. Sometimes they come from the women living right next door who are walking through the same season of life. So I'll leave you with the same question I asked our group: What's one thing that's helped you sleep better? I'd love to hear your answer. After all, the best wellness journeys are the ones we don't have to navigate alone.



Rachel Lanzas is a REALTOR® with the Cindy Gavin Team at RE/MAX Specialists and a certified Pilates instructor and wellness coach. She loves inspiring her RiverTown neighbors to live balanced, healthy, and joyful lives.



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A FEW WEEKS AGO in our RiverTown Women's Health & Wellness Facebook group, I asked a simple question: What wellness topic would you most like to focus on? I expected to see nutrition, exercise, or maybe even stress management rise to the top. Instead, the overwhelming answer was sleep. If I'm being honest, I wasn't surprised. As someone who's spent nearly 20 years in the health and wellness industry, people often assume I have all the answers. The truth is, I'm navigating this season of life right alongside many of you. In my 50s, sleep has become something I appreciate more than ever - and something I definitely don't take for granted. For me, falling asleep usually isn't the problem. Staying asleep is another story. Between waking up in the middle of the night, feeling too warm one minute and too cold the next, or simply having a mind that decides 3 a.m. is the perfect time to make tomorrow's to-do list, I've had my share of restless nights. Last summer, I even went through a bout of insomnia where I barely slept for four days. It was one of the most exhausting experiences I've ever had. So when our community started sharing what has helped them, I found myself reading every single comment. There wasn't one magic answer - but there were some clear themes. Many women said magnesium glycinate has made a noticeable difference. Others swore by a consistent bedtime



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So... How Did We End Up Here?

BY COREY LIGHTFOOT, STROLL CONTRIBUTOR & OWNER, LITE SERVICES

I’VE BEEN ACCUSED of having entirely too many hobbies.

Depending on who you ask, I’ve been a Naval Aircrewman, Search and Rescue Swimmer, a Sheriff’s Deputy, a detective, a handyman, a carpenter, a race car builder, a drummer, an amateur historian, a guy who still stops to read every historical marker on a road trip, and - according to my wife - a professional collector of cars, tools and other useless “artifacts” I “absolutely needed.”

They’re all right. I’ve always been fascinated by learning how things work; the why and how. Sometimes that’s a hundred-year-old piece of trim in an historic home. Other times it’s the silent precision behind the guards at the Tomb of the Unknown Soldier, or why one house stays cool in July while the one next door sends the electric meter into low orbit.

Curiosity has a funny way of leading you down rabbit holes and I’ve spent thirty five years in various disciplines wandering down quite a few of them.

So what is this column going to be about? Honestly...I’m not completely sure.

Some months we’ll talk about practical ways to make your home more comfortable or things to watch for on/in your house and car so you can stay operational (Mission First!). Other months we’ll wander into history, craftsmanship, old tools, traditions, fish stories or one of the countless subjects that makes life interesting. Every now and then I’ll probably tell a story about a project or even a life lesson that didn’t go according to plan - not because I enjoy admitting my mistakes, but because they’re usually a lot funnier than “I installed a cabinet and it came out perfect...the end”.

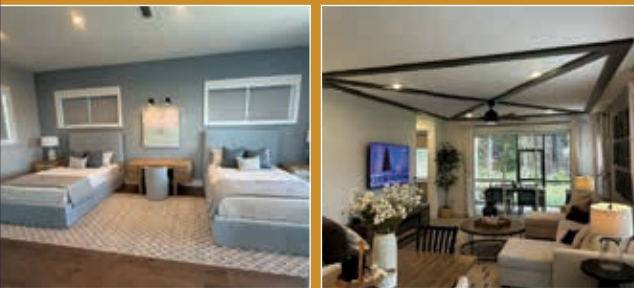
I don’t pretend to know everything. If I did, I’d have finished every home, car and drum project years ago...and possibly my garage would actually have room for a vehicle instead of looking like a lumber yard and a junk yard had a kid together.

Mostly, I hope these articles leave you knowing one thing you didn’t know before you started reading and if they make you laugh once in a while, even better.

Until next time, stay curious. Life’s a whole lot more fun when you occasionally wander down the rabbit hole...get lost, figure out where the rabbit got his waistcoat, argue with the compass and somehow end up three steps behind where you started. If that sounds oddly specific, let’s just say I’ve had a lot of practice.

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25 YEARS OF CREATING CONFIDENT SMILES

Dr. Alan Ossi, Ossi Orthodontics

“Our office has
one doctor,
one specialty
and one focus.”

—DR. ALAN OSSİ

For 25 years, Dr. Alan Ossi has been creating confident smiles along the 210 corridor, combining specialized orthodontic expertise, innovative technology and the personal, honest care of a locally owned practice.

FOR DR. ALAN OSSİ, orthodontics isn’t simply a profession - it’s a family tradition and a calling he discovered early in life.

Born and raised in Jacksonville, Alan grew up watching his father, also a Jacksonville native and orthodontist, transform smiles and the confidence of his patients. After working in his father’s office beginning in middle school, Alan knew he wanted to follow the same path.

“I enjoyed watching the transformation of people’s smiles and the confidence they radiated from the changes,” Alan says. “It’s life-changing, and I wanted to be a part of it.”

A graduate of Bishop Kenny High School, Alan remained in Florida for dental school and his master’s training in orthodontics at the University of Florida. After graduation, he practiced alongside his father for a year before deciding to establish a practice of his own.

Growing Along the 210 Corridor

When Alan opened his practice, County Road 210 looked very different. As the first orthodontist on the 210 corridor, he saw an opportunity to bring specialized care to a growing community while creating a practice centered around his own philosophy:

honest evaluations, consistent and predictable results, and exceptional customer service.

Twenty-five years later, those principles remain at the heart of the practice.

Alan provides orthodontic treatment for children, teens and adults using traditional metal braces, ceramic clear braces and aligners. What sets his practice apart, however, is its singular focus.

“Our office has one doctor, one specialty and one focus,” Alan explains.

As a privately and locally owned orthodontic practice, the team’s resources are dedicated exclusively to creating personalized treatment plans designed to be efficient, predictable and compassionate. Some staff members have been with Alan since the practice began, creating a level of stability and consistency that patients appreciate.

Embracing Technology With Purpose

Orthodontics has changed significantly during Alan’s career, and his practice has evolved with it. He was an early adopter of scanners and 3D printers when they were first introduced to the specialty.

While new technology brought a learning curve, it also opened the door to better ways of serving patients and sparked a continued interest in exploring innovations that can improve treatment.

“My vision is that we remain the same way we started in how we treat our patients - genuine and honest - while changing with technology if it can benefit our patients.”

It’s a philosophy that allows the practice to evolve without losing the personal relationships on which it was built.



Giving Back Close to Home

Community involvement has also been important to Alan and his team since the beginning. Each year, the practice sponsors several local schools and supports patients participating in sports teams, organizations and fundraisers.

They’ve also helped local Boy Scouts with community service projects as they work toward achieving Eagle Scout status and participate in school fairs and festivals to provide orthodontic education to area families.

For Alan, supporting the community that has supported his practice for decades is simply part of being a locally owned business.

Advice for Choosing an Orthodontist

After 25 years in the profession, Alan encourages families to do their research when selecting an orthodontist.

“Seek multiple resources when looking for a specialist,” he advises. “When you hear the same name continuously, it’s probably a good place to start.”

He recommends reviewing credentials, including board certification, and considering how long the orthodontist has practiced in the community. “Experience does matter.”

During a consultation, Alan also suggests asking to see finished cases similar to your own. An experienced orthodontist should be able to readily show examples of actual patient results.

Family, Music and a Milestone

Outside the office, family is at the center of Alan’s life. He and his wife have been married for 22 years and have four children - three girls and one boy.

Alan also enjoys playing the violin and taught each of his children to play, giving them a musical foundation they continue to enjoy today.

Recently celebrating 25 years in business serving the Jacksonville and St. Augustine area is a milestone Alan is proud of, but his vision for the future remains refreshingly simple: continue treating patients with the same honesty and personal attention that built the practice while embracing advancements that genuinely make their experience better.

After all, for Alan, orthodontics has always been about more than straightening teeth. It’s about helping people discover the confidence that can come with a smile they’re proud to share.



What to Look for When Choosing an Orthodontist

Dr. Ossi shares a few things families should consider before beginning treatment:

- **Ask around.** When the same specialist’s name is recommended repeatedly, it’s a good place to start.
- **Check credentials.** Look at education, specialty training and board certification.
- **Consider experience.** How long has the orthodontist been practicing and serving the local community?
- **Ask to see results.** During your consultation, request examples of completed cases similar to yours.
- **Look for consistency.** A stable, experienced team can contribute to a more predictable and personal patient experience.



Ossi ORTHODONTICS

DR. ALAN OSSİ



Make Tonight Easier: Creamy Tuscan Chicken

Back-to-school schedules are in full swing, and dinner doesn't have to add to the chaos. This creamy, comforting chicken dinner can be prepped ahead and reheated when you're ready—giving busy families a homemade meal even on nights filled with homework, practices and activities.



Serves 4–6 | Prep: 15 minutes | Cook: 30 minutes

INGREDIENTS

- 4 boneless, skinless chicken breasts
- Salt and freshly ground black pepper
- 1 teaspoon Italian seasoning
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 cup chicken broth
- 1 cup heavy cream
- 3/4 cup freshly grated Parmesan cheese
- 1/2 cup sun-dried tomatoes, drained and sliced
- 3 cups fresh baby spinach
- 1/2 teaspoon red pepper flakes, optional
- Fresh basil or parsley for garnish

DIRECTIONS

- Season the chicken on both sides with salt, pepper and Italian seasoning.
- Heat olive oil in a large skillet over medium-high heat. Add the chicken and cook until golden brown on both sides and cooked through to an internal

temperature of 165°F. Transfer the chicken to a plate and set aside.

- Reduce the heat to medium. Add the garlic to the same skillet and sauté for about 30 seconds, just until fragrant.
- Pour in the chicken broth, scraping up the flavorful browned bits from the bottom of the pan. Stir in the heavy cream and Parmesan and simmer gently until the sauce begins to thicken.
- Add the sun-dried tomatoes and spinach. Cook for another 1–2 minutes, until the spinach is wilted.
- Return the chicken to the skillet and spoon the creamy sauce over the top. Allow everything to simmer together for a few minutes before serving.
- Garnish with fresh basil or parsley and a little extra Parmesan.

SERVING IDEA:

Pair with pasta, mashed potatoes or rice to soak up the sauce. For something lighter, serve with roasted vegetables and a simple green salad.

MAKE IT NOW, THANK YOURSELF LATER!

Prep Ahead: Make the dish the night before and refrigerate. Reheat gently, adding a splash of broth or cream if needed.

Shortcut It: Use pre-washed spinach, shredded Parmesan and jarred sun-dried tomatoes to cut down on prep.

Double It: Make extra and serve the leftovers over pasta, rice or baked potatoes for another easy meal.

DINNER WIN: A little prep today means one less thing to worry about tomorrow!



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ASK THE EXPERT

AFTER THE STORM: 5 Things Homeowners Should Do Before Filing an Insurance Claim

BY OMAR CALDERON, RIVERTOWN RESIDENT & OWNER,
O&A RISK SOLUTIONS



When a storm damages your home, what you do during the first few hours can have a significant impact on the recovery process.

Here are five important steps every Florida homeowner should know.

1. Protect your property from further damage.

Homeowners policies generally require you to take reasonable steps to prevent additional damage. If it is safe, this may include placing a tarp over a damaged roof, stopping a water source, or moving belongings away from an affected area.

2. Document everything before cleanup.

Take photos and videos of the damage from multiple angles before removing damaged property or beginning repairs. Document affected rooms, personal belongings, and the source of the damage when possible.

3. Understand emergency repairs vs. permanent repairs.

Emergency measures that prevent additional damage may be necessary immediately. Permanent repairs are different. Before authorizing major work, understand your coverage and allow the insurance company an opportunity to inspect the damage when appropriate.

4. Save every receipt.

Keep receipts for emergency repairs, tarps, water extraction, temporary lodging, meals, and other storm-related expenses. Some may be reimbursable depending on your policy and circumstances of the loss.

5. Know your deductible before filing.

Florida homeowners may have a separate hurricane deductible, often calculated as a percentage of the home's insured value rather than a flat dollar amount. For example, a 2% hurricane deductible on a home insured for \$500,000 could mean a \$10,000 deductible. Knowing that amount before a storm can help you financially prepare and make informed decisions following a loss.

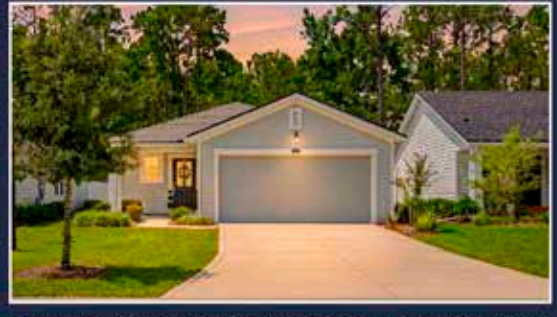
Most importantly, safety comes first. Never enter an unsafe structure or attempt repairs involving electrical hazards, structural damage, or dangerous conditions.

Knowing these steps before a loss can make an already stressful situation much easier to navigate.

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REAL ESTATE
RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification. Supplied by Cindy Gavin, The Cindy Gavin Team, RE/MAX Specialists

Address	Neighborhood	List Price	Sale Price	DOM	Beds	Baths	SqFt	Pool
175 Wild Sage Drive	Arbors West	\$1,049,999	\$1,046,000	23	5	4	3,271	Yes
165 High Brush Court	Arbors West	\$1,050,000	\$1,000,000	56	4	4	3,436	Yes
118 Ridgehill Way	Ravines	\$877,000	\$805,000	38	5	3	3,055	No
391 Oakmoss Drive	Shores	\$824,000	\$689,000	317	3	3	2,200	No
311 Holly Creek Drive	Forest - New Construction	\$651,541	\$685,323	27	4	4	2,870	No
48 Riva Ridge Place	Haven	\$625,000	\$610,000	50	3	4	3,161	No
116 Adirondack Drive	Cove - New Construction	\$604,488	\$601,906	165	3	3	2,367	No
225 Cloverbrook Road	Homestead	\$609,000	\$590,000	4	4	3	2,504	No
206 Pelton Place	Watersong - New Construction	\$698,259	\$585,500	247	2	3	2,210	No
280 Ladyslipper Drive	Watersong	\$539,000	\$518,000	25	2	2	1,920	No
1120 Orange Branch Trail	Gardens	\$509,900	\$509,900	1	3	2	2,268	No
149 Crafton Circle	Watersong - New Construction	\$526,617	\$461,500	264	3	3	2,089	No
32 Verdure Street	Gardens	\$515,000	\$450,000	146	3	2	2,268	No
183 Crafton Circle	Watersong - New Construction	\$481,255	\$449,000	85	2	2	1,867	No
244 Juniper Hills Drive	Watersong	\$450,000	\$420,000	149	3	2	1,576	No
32 Keeneland Road	Homestead	\$425,000	\$417,000	2	3	2	1,620	No
138 Meadow Creek Drive	Haven	\$384,900	\$379,900	23	3	2	1,382	No
47 Downing Drive	Meadows - New Construction	\$265,000	\$260,000	112	3	3	1,288	No
82 Cordelle Street	Meadows - New Construction	\$254,000	\$245,000	120	3	3	1,288	No

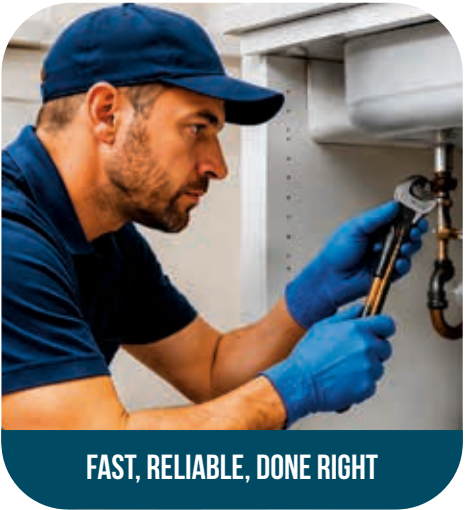


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resident business guide

This section highlights RiverTown resident-owned businesses—your neighbors and small business owners investing back into the community they call home. For more info on being listed or partnering with us, email mary.comerford@strollmag.com.

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Mighty Air Inc.
Tony Alicea
(904) 292-0636
Keepingjacksonvillecool.com

AIRPORT TRANSPORTATION
Grand Vitesse Transportation
Glen Mazzone
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APPAREL & ACCESSORIES
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Claudia Maya
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uniquelyclaudia.com

ATTORNEY FAMILY, ESTATE & PROBATE
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Mark Moss
(904) 329-7242
markmossllaw.com

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The Orange Branch Baker
Kris Turley
(904) 257-3067

CATERING
Wild & Grazey Charcuterie
Megan Renner
(904) 584-6563
www.WildandGrazeyCharcuterie.com

CATERING & PERSONAL CHEF
4D Custom Creations
Rich Dino
(904) 644-2433

DIGITAL MARKETING
Charm Digital Marketing
Nicole Standish
(315) 491-9998
www.charmdigitalmarketing.com

DIRECT PRIMARY CARE
R & R Collective Health
Gerson & Jamie Rodriguez
(904) 747-9802
randrcollectivehealth.com

DOG TRAINER
Bark to Bliss
BJ Buffington
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Janae O Dell
(904) 305-1236
www.joeventco.com

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Sean Thomas
(904) 671-4744
www.kensclean.com

FENCE INSTALLATION & REPAIR
Tripliii Crown Solutions
Enrique Quintero
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tripliicrown.com

FOOD TRUCK
Rolling Dough
Scott Setaro
(718) 664-0741

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Stacy Decker
itsawrapgifts.us

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Mike & Lindsey Palumbo
(904) 770-5086
Mike@premiumgolfcartcompany.com

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Mya's Beautiful Braids
Mya Sundaram
(618) 691-3101

HAIR STUDIO & COLOR SPECIALIST
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Rhian Richard
(904) 914-0353
primbyrhianrichard.com

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Dave's Handyman Services
David Renner
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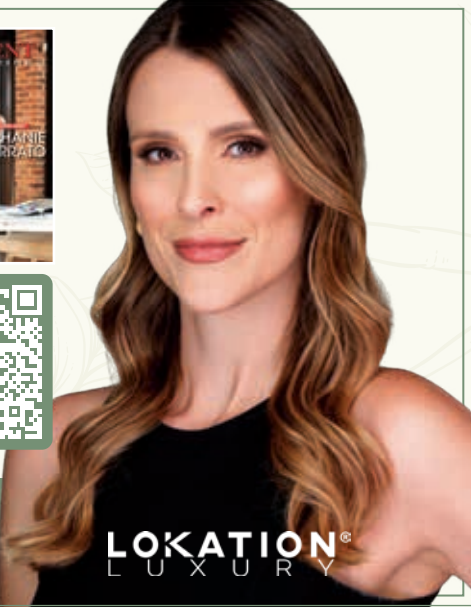


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Valessa Sahashi
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onceuponachairrental.com

Q & L Social Solutions

Jamie & Joe Ball
(904) 466-2710
qlsocialsolutions.com

RT Raves

Christian Narvios &
Seth Behrman
(904) 927-2837
retraves.com

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Marissa Olsen
(904) 747-9802
randrcollectivehealth.com

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Rikki Hunt
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tidytailscountry.com

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Jessica Catalan
(225) 773-1239
jckphotography.com

Liz Krugliak Photography

Liz Krugliak
(863) 632-1677
www.lizkrugliak
photography.com

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com/StacyDellone

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Katie Stuart-Spinner

**The Taylor Team/
Herron Real Estate**
(904) 458-7079
KatieSpinner.
MoveToJacksonville.com

The Cindy Gavin Team

Cindy Gavin
(904) 465-3397
CindyGavinTeam.com

The Paramount Group

Stephanie Ferrato
(954) 850-1151

The Slate Group at Keller
Williams St. Johns
Cole Slate
(904) 607-6830
www.SlateGroup.RealEstate

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