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Summer State of Mind

As the official season of sunshine arrives, we invite you to slow down, connect, and celebrate the people and moments that matter most.

AS SUMMER OFFICIALLY BEGINS and school schedules give way to pool days, beach weekends, and family vacations, June always feels like one of the most meaningful months of the year here in RiverTown. It's a season that naturally brings people together - whether it's neighbors gathering for cookouts, kids riding

bikes until sunset, or families simply enjoying a little more time together at home.

In this month's issue, we're especially excited to celebrate family and community as we recognize Father's Day and spotlight some of the incredible people who help make RiverTown such a special place to live. One of our favorite parts of publishing *Stroll RiverTown* is getting the opportunity to share the stories behind the faces we see around the neighborhood every day. Each family, business owner, and community member has a story worth telling, and those stories are what truly connect us.

This issue also highlights local businesses and professionals who continue to invest in and support our community. I encourage you to take a moment to learn more about the businesses featured throughout these pages. Our advertising partners are more than just sponsors - they are trusted local professionals, neighbors, and families who help strengthen the fabric of RiverTown.

As always, thank you to everyone who contributes to making this magazine possible. Whether you've shared your story, supported a local business, attended a neighborhood event, or simply stopped to introduce yourself, you are part of what makes this community so unique.

We hope this issue inspires you to slow down a little this summer, spend time with the people you love, and continue creating the kinds of memories that make RiverTown feel like home.

Wishing you a wonderful June and a very Happy Father's Day!

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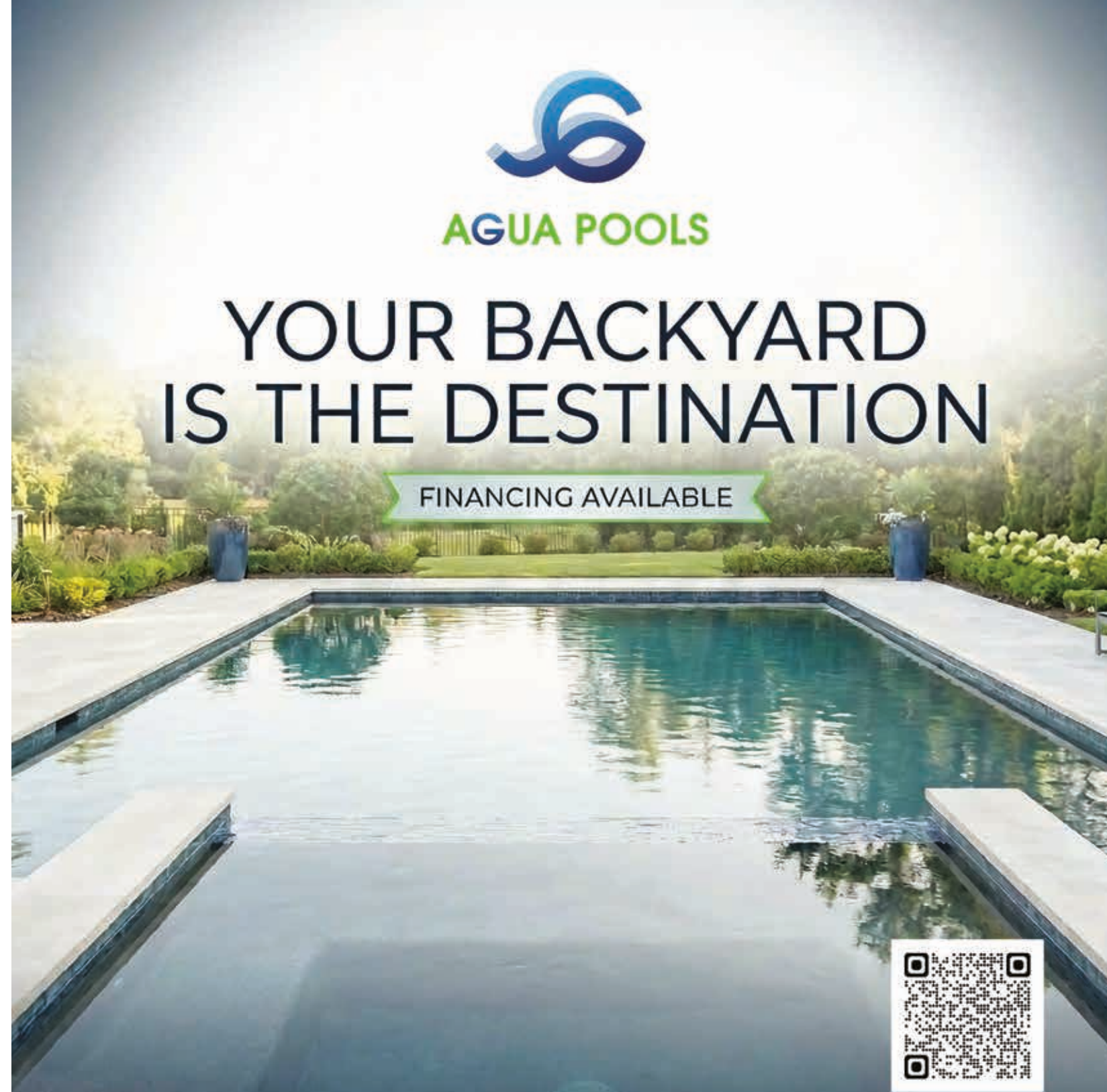
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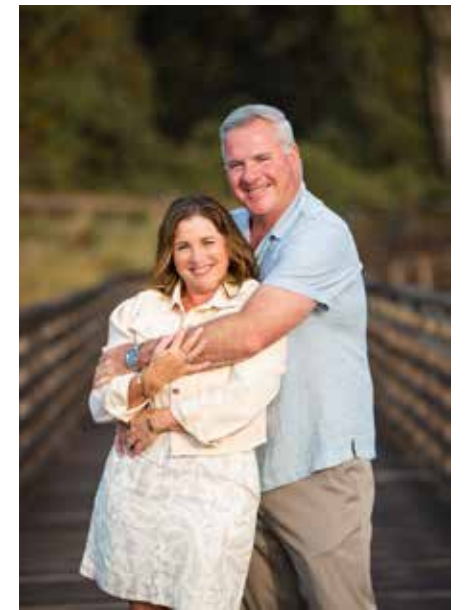
From raising three hardworking sons to creating unforgettable neighborhood memories, Mike and Christine Sullivan have built a life centered around family, friendship, and community in St. Johns.

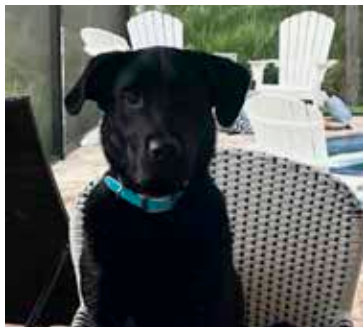
Since moving into the neighborhood in November 2017, the Sullivan family has become known for their strong family ties, welcoming home, and active involvement in the community. Whether hosting pool parties, attending local events, or gathering friends and family for holidays, their home is often filled with laughter, music, and togetherness.

At the center of the family are Mike and Christine, whose journey together began in February 1995 at Sloppy Joe's in Atlanta, Georgia. Mike, originally from Pembroke, Massachusetts, played hockey at the University of Massachusetts Boston before earning his master's degree in International Logistics from Georgia Institute of Technology. He has worked in the logistics industry since 1993 and currently serves as a director of sales for a logistics company.

Christine, who grew up in Ocala after being born on Long Island, New York, graduated from Florida State University with a degree in Early Childhood Education. After spending many years as a stay-at-home mom raising their three sons, she transitioned into real estate 11 years ago and has spent the past decade as part of the Dana Hancock Team, earning numerous awards and recognition along the way.

Their family's journey has taken them across several states over the years, including South Florida, Atlanta, and Ocala, before ultimately settling in St. Johns for work and the lifestyle they had been searching for.





Together, Mike and Christine raised three ambitious sons, each carving out impressive paths of their own.

Connor, 27, launched Longleaf Lawn and Landscape in 2023. A former golfer and lacrosse player, Connor realized early on that entrepreneurship was his true passion.

Cameron, 25, graduated from Florida State University with a business degree and spent a year working in Utah with ReliaQuest before returning home to start Longleaf Soft Wash, his pressure washing business.

Jack, 22, serves as a firefighter with the Marion County Fire Department and is a licensed EMT currently pursuing his paramedic certification, with graduation expected in September 2026. He has already spent nearly a year and a half serving his community through the department.

Of course, no family profile would be complete without mentioning Ranger, their lovable five-year-old Goldador - half Golden Retriever, half Labrador - who keeps everyone company at home.

The family loves spending time together outdoors, whether it's relaxing by the pool, heading to Vilano Beach, attending Icemen hockey games, enjoying concerts at the St. Augustine Amphitheatre, or gathering for cookouts with friends and neighbors. Mike and the boys especially enjoy golfing together as a foursome whenever they can.

Many of their favorite memories revolve around neighborhood traditions and spontaneous fun - from Halloween crawls and Fourth of July celebrations to neighborhood wiffle ball games during COVID and unforgettable gatherings at the River House for graduations, engagement parties, and holidays.

"We love to entertain," Christine says. "Pool parties with family and friends are our favorite."

Family remains at the heart of everything they do. As a proud Italian family, holidays are almost always spent together with extended relatives, whether in Ocala or hosting everyone in St. Johns. They also cherish trips to Massachusetts to visit Mike's family whenever possible.

One of their most memorable recent experiences was a once-in-a-lifetime Mediterranean family vacation in 2024 that included stops in Barcelona, Monaco, Florence,

Rome, Naples, Ibiza, and Majorca with all three sons, their girlfriends, and extended family members.

"It was incredible having everyone together for a trip like that," Christine shares.

The family also enjoys giving back to the community. Connor and Cameron support local causes including the Reindeer Run and the Bartram Trail girls softball team, and Connor even donated rock materials for the new school.

When asked about their favorite part of living in the neighborhood, the answer comes easily: the people, the memories, and the sense of connection.

From golf cart stories still talked about today to evenings spent listening to music under the stars, the [Last Name] family has created a home full of tradition, laughter, and community spirit - the kind of neighbors who help make St. Johns feel like home.



Quick Takes With the Sullivan Family

FAVORITE FAMILY ACTIVITY:
Pool parties with family and friends, grilling out, listening to music, and spending weekends together.

FAVORITE LOCAL SPOTS:

- Bella Vista
- River House
- Vilano Beach
- Jacksonville Icemen games
- Concerts and events at the St. Augustine Amphitheatre

FAMILY TRADITIONS:
Big Italian family holidays spent together in either Ocala or St. Augustine with extended family always included.

FAVORITE NEIGHBORHOOD MEMORIES:

- Fourth of July parties with neighbors
- Halloween crawls
- COVID-era neighborhood wiffle ball games
- Graduation and engagement parties at the River House
- "The legendary red golf cart stories"

FAVORITE VACATION:
A Mediterranean family cruise through Barcelona, Monaco, Florence, Rome, Naples, Ibiza, and Majorca with all three sons and extended family.

WORDS THEY LIVE BY:
Family always comes first, and the best memories are made when everyone is together.



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5 Moves. One Strong Core.

BY RACHEL LANZAS, RIVERTOWN RESIDENT & STROLL CONTRIBUTOR

When most people think about “working their core,” they immediately picture endless crunches and the dream of flat abs. But your core is so much more than the front of your stomach - it’s an entire system of muscles that supports your spine, improves balance, protects your back, and helps you move better in everyday life.

Think of your core as your body’s powerhouse. It includes your abdominals, obliques (sides), lower back, glutes, diaphragm, and even the deep muscles that wrap around your spine like a corset. A strong core helps with everything from carrying groceries and picking up kids to improving posture, preventing injury, and even helping you breathe more efficiently during exercise.

And here’s the important part: a strong core isn’t built by doing crunches alone.

In fact, constantly crunching forward can sometimes create tightness and imbalance if you neglect the sides and back of the body. The best core training works in all directions - front, side, rotation, and back - creating strength that’s functional and balanced.

So how do you “find your core”?

One of the easiest ways is to imagine gently tightening a corset around your waist. Pull your belly button inward slightly while still breathing normally. You should feel your midsection engage without holding your breath or sucking in aggressively. Your core should support you, not strain you.

Here are five simple but highly effective exercises that target the entire core — no endless crunches required.

1.DEAD BUG (FRONT CORE STABILITY)

Lie on your back with knees bent at 90 degrees and arms reaching toward the ceiling. Slowly extend the opposite arm and leg away from your body while keeping your lower back gently pressed into the floor. Return and alternate sides.

Why it works:

This exercise strengthens the deep abdominal muscles that stabilize the spine without stressing the neck or lower back.



2. SIDE PLANK (OBLIQUES & SIDE BODY)

Lie on your side with elbow under shoulder and legs stacked. Lift your hips off the floor, creating a straight line from head to heels. Hold while breathing steadily.

Why it works:

Your obliques are essential for balance, posture, and protecting your spine during twisting movements. Side planks also improve hip stability.



3. BIRD DOG (BACK CORE & STABILITY)

Start on hands and knees. Extend one arm forward and the opposite leg behind you while keeping your hips level. Return and switch sides.

Why it works:

This movement strengthens the lower back, glutes, and deep stabilizing muscles while improving coordination and balance.



4. GLUTE BRIDGE (POSTERIOR CHAIN STRENGTH)

Lie on your back with knees bent and feet flat on the floor. Press through your heels to lift your hips upward, squeezing your glutes at the top.

Why it works:

Your glutes are a huge part of your core system. Strong glutes help reduce lower back strain and improve posture.



5. PALLOF PRESS (ANTI-ROTATION STRENGTH)

Using a resistance band anchored to one side, hold the band at your chest and slowly press it straight out in front of you while resisting the urge to twist.

Why it works:

Real-life core strength often means resisting movement, not creating it. This exercise trains stability and protects the spine.



THE BOTTOM LINE

A strong core isn’t about chasing six-pack abs - it’s about building a body that feels strong, supported, and capable for everyday life.

Better posture. Less back pain. Improved balance. More confidence in movement.

That’s real core strength.

So the next time you work your abs, think beyond crunches. Your body will thank you for it.



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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Insurance Isn't Just a Bill - It's Protection for Everything You've Built

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

INSURANCE CAN FEEL COMPLICATED — but at its core, it's simply protection for the things you've worked hard to build.

Whether it's your home, vehicles, business, or future income, insurance is designed to help protect you financially when the unexpected happens. Most people never think about insurance... until they need it.

So why does insurance matter so much today?

Florida continues to experience rising claim costs, severe weather events, increased litigation, inflation in construction and vehicle repairs, and higher medical costs. In fact, the average cost to rebuild a home has increased significantly over the last several years, while vehicle technology and repair costs continue to rise nationwide.

One of the most common questions we hear is:

"Why does my insurance go up every year even when I haven't had a claim?"

The reality is that insurance pricing is affected by much more than your personal history. Carrier losses across entire states, storm activity, repair costs, inflation, and market trends all play a role in premium increases.

Because of today's changing market, we highly recommend reviewing your insurance at least every 6–12 months. Rates, carrier guidelines, discounts, and coverage options can change frequently — and a simple review can help ensure your protection still fits your needs and budget.

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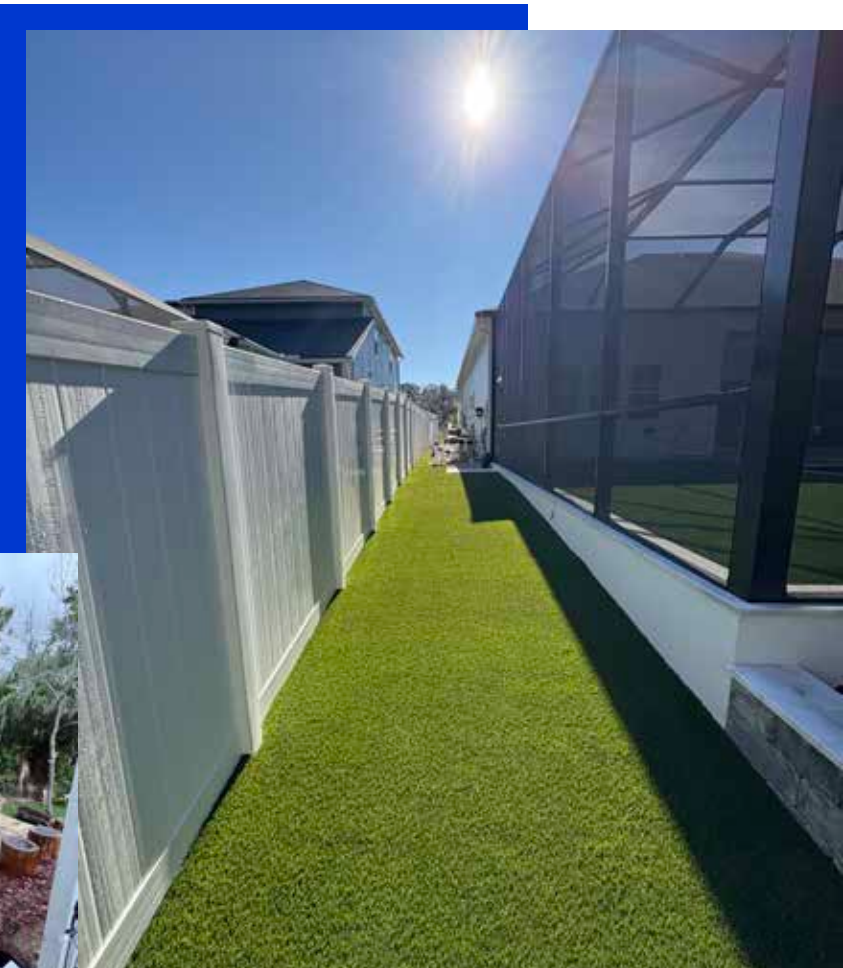
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BUILDING OUTDOOR SPACES THE RIGHT WAY

HELM Outdoor Solutions

Through craftsmanship, communication, and attention to detail, Griffin Helm of Helm Outdoor Solutions is helping homeowners transform their outdoor spaces into beautiful, functional environments built to last.



AT THE HELM of Helm Outdoor Solutions, Griffin Helm is making a strong name for himself in the St. Augustine community through quality craftsmanship, attention to detail, and a commitment to doing things the right way.

Originally a football player at the University of New Haven, Griffin always knew he wanted to build something of his own after college. With a passion for working outdoors and creating functional spaces, landscaping became the perfect fit. What started as a vision a few years ago has steadily grown into one of the area’s trusted outdoor transformation companies.

“Our mission is to simplify the process for homeowners and deliver high-quality work with clear communication and attention to detail,” Griffin says. “We want to be a one-stop solution where clients can come to us with a vision for their outdoor space and we bring it to life the right way.”

Helm Outdoor Solutions specializes in complete outdoor transformations, including paver patios and walkways, artificial turf, landscape design and installation, rock and mulch beds, drainage solutions, and custom outdoor features. Their goal is to create outdoor spaces that are not only visually appealing, but functional and built to last.

What truly separates Helm Outdoor Solutions from others in the industry is the company’s commitment to quality and organization throughout every phase of a project.

“We focus on doing things the right way, even if it takes more time or effort, because that’s what makes the final product last,” Griffin explains. “We also prioritize communication and organization throughout the process, so clients always know what to expect.”

Instead of homeowners coordinating between multiple contractors, Griffin and his team manage the entire process

from start to finish, creating a seamless experience and taking full ownership of the project.

As a locally owned business, much of Helm Outdoor Solutions’ growth has come through relationships and word-of-mouth referrals throughout the community. Griffin takes pride in building long-term trust with homeowners and creating outdoor spaces families can enjoy for years to come.

Like many growing businesses, scaling while maintaining quality has been one of the company’s biggest challenges. Griffin says that growth required building stronger systems, improving communication, and creating a team capable of consistently delivering the same high standards clients expect.

Looking ahead, Griffin’s vision is to continue expanding Helm Outdoor Solutions into the go-to outdoor transformation company for homeowners throughout the area.

“We want to keep taking on larger, more detailed projects while continuing to refine our design and installation process,” he says. “Long term, the goal is to keep expanding while maintaining the same level of quality and attention to detail we started with.”

His advice for homeowners is simple but important:

“Focus on doing projects the right way the first time. It’s easy to go with the cheapest option, but in outdoor work especially, shortcuts usually show up later in the form of drainage issues, settling, or things not lasting.”

With a clear vision, strong work ethic, and dedication to quality, Griffin Helm is building more than beautiful outdoor spaces - he’s building a reputation homeowners can trust.



“Shortcuts usually show up later in the form of drainage issues, settling, or materials not lasting. Doing it the right way the first time saves homeowners money & frustration long term”

—GRIFFIN HELM





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Supported Decision-Making vs. Guardianship: A New Option for Florida Families

MARK MOSS, PLLC, RIVERTOWN RESIDENT



WHEN PARENTS THINK about the future for a child with disabilities, one question often rises to the surface. Who will help them make decisions when they become adults?

For many years, the most common answer was guardianship. Under guardianship, a court appoints someone to make decisions on behalf of another person. While it can provide protection, it also removes many fundamental rights, including the ability to make certain personal or financial choices independently.

Today, Florida families have another option to consider. In 2024, Florida officially recognized Supported Decision-Making as an alternative to guardianship. This approach allows individuals with disabilities to remain in control of their lives while receiving guidance from trusted supporters.

Instead of transferring decision-making authority to someone else, the individual selects people who can help them understand information, evaluate options, and communicate their decisions. The person receiving support remains the decision-maker.

A Supported Decision-Making Agreement formalizes this arrangement. It outlines who the supporters are and what types of decisions they can assist with, such as healthcare, finances, education, or housing.

For many families, this approach offers an important balance. It provides support while still preserving dignity and independence.

Supported Decision-Making can be especially helpful for young adults transitioning out of school and into adulthood. With the right support system in place, many individuals are fully capable of participating in decisions about their own lives.

Of course, every situation is different. In some cases, guardianship or guardian advocacy may still be necessary. The key is choosing the option that protects your loved one while respecting their abilities and independence.

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
400 Hallowes Cove	Riverside	\$3,350,000	\$3,200,000	46	4	4	4,036	Yes
201 Shinnecock Drive	Shores - New Construction	\$693,000	\$696,000	117	3	2.5	2,261	No
62 Slip Cove	Shores - New Construction	\$1,250,000	\$1,250,000	13	5	3	3,000	No
456 Sir Barton Drive	Springs - New Construction	\$908,989	\$887,000	6	4	4.5	3,644	No
129 Adirondack Drive	Cove - New Construction	\$746,957	\$745,332	8	5	4.5	3,408	No
174 Orangedale Circle	Forest - New Construction	\$675,000	\$714,750	86	5	4.5	3,529	No
345 Oakmoss Drive	Shores - New Construction	\$693,000	\$696,000	117	3	2.5	2,261	No
139 Adirondack Drive	Cove - New Construction	\$674,000	\$631,000	54	4	3.5	2,799	No
956 Orange Branch Trail	Gardens	\$620,000	\$620,000	19	3	2.5	2,664	Yes
176 Merchant Avenue	Watersong - New Construction	\$591,792	\$591,792	0	3	3	2,088	No
175 Orangedale	Forest - New Construction	\$593,000	\$611,261	188	4	3.5	2,870	No
96 Ladyslipper Drive	Watersong	\$597,000	\$567,200	146	2	2.5	2,212	No
198 Crafton Circle	Watersong - New Construction	\$567,007	\$567,007	0	3	3	2,102	No
80 Ridgehill Way	Ravines	\$565,000	\$565,000	49	3	2	2,120	No
116 Arrowwood Drive	Shores - New Construction	\$559,000	\$549,000	599	3	2.5	2,043	No
177 Meadow Creek Drive	Haven	\$509,990	\$510,000	7	4	2.5	2,402	No
542 Kendall Crossing Dr.	Homestead	\$499,900	\$499,900	2	4	2.5	2,159	No
160 Spruce Hill Point	Bluffs	\$430,000	\$430,000	14	3	2	1,731	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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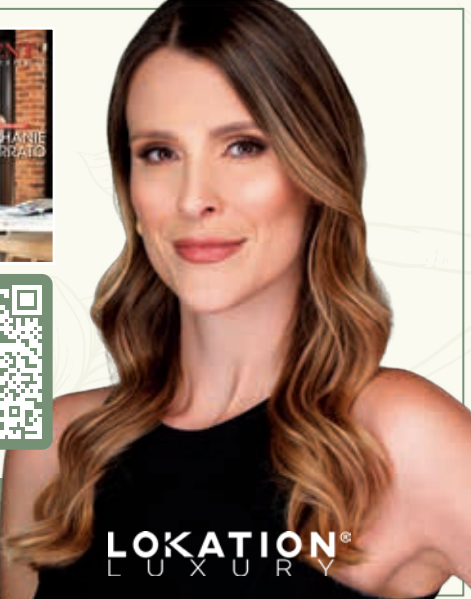


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