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904-827-1005 Advanced Disposal (Bulk Pickup)
904-739-1211 TECO Gas
904-209-2700 St. John's County Utility Department

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904-691-1000 Ascension St. Vincent's
904-271-6000 Baptist Medical Center South
904-953-2000 Mayo Clinic Hospital

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904-209-2250 Property Tax Office
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904-209-0734 Noise Control Officer
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Publisher's Note

There's something about April in Northeast Florida that feels like a fresh start. The days are a little longer, the weather is just about perfect, and everywhere you look the community seems to come alive again. Whether it's kids playing outside after school, neighbors gathering on porches, or weekends spent enjoying the sunshine, this time of year reminds us why we love calling this place home.

One of the greatest joys of publishing *Stroll RiverTown* is the opportunity to tell the stories of the people who make our neighborhoods so special. In this issue, we're excited to introduce you to the Lanzas family in our *Meet the Neighbor* feature. Their story perfectly captures the spirit of community that makes RiverTown such a wonderful place to live - where neighbors become friends and connections happen naturally.

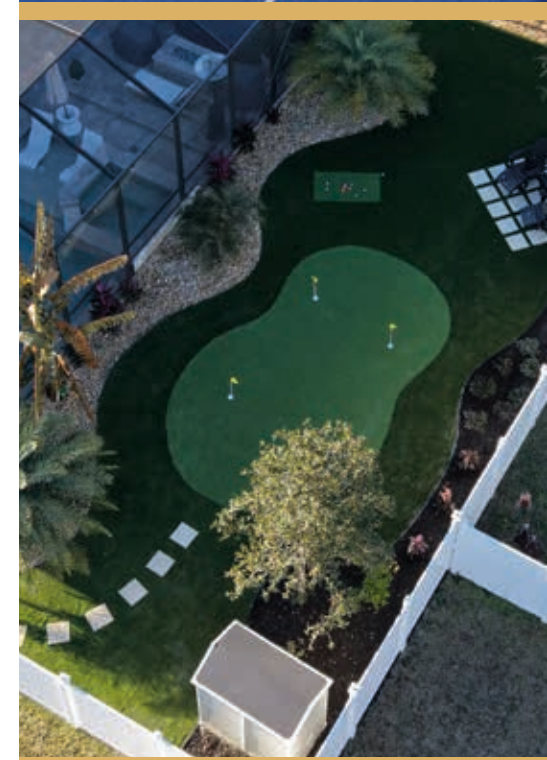
April is also a time when many of us find ourselves spending more time outdoors and reconnecting with the things that make this season special - whether that's enjoying local restaurants, supporting neighborhood businesses, or simply taking a walk and saying hello to someone new.

As always, this magazine exists because of the residents who share their stories and the local business partners who help make it possible. We are incredibly grateful for both. Your support allows us to continue building something meaningful together - one story, one connection, and one issue at a time.

Thank you for being part of this community and for welcoming us into your homes each month.

Warmly,

Tom & Mary



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● THE ● ONE ● WITH ● THE LANZAS FAMILY



A family that believes neighbors quickly become FRIENDS, the Lanzas family has found the perfect place to build connections, share laughs, and create lasting memories in the community they now call home.

Every neighborhood has that family who makes the block feel a little more welcoming—the ones who wave from the driveway, stop to chat on evening walks, and bring a sense of fun wherever they go. In true *Friends* fashion, you might say this is “The One with the Lanzas Family.” Since moving to the neighborhood, the Lanzas family has embraced community life, building friendships, sharing laughter, and proving that sometimes the best part of where you live is the people you get to share it with.

If RiverTown had its own version of *Friends*, the Lanzas family would definitely be part of the main cast. Between front-porch chats, community events, pickleball matches, and a steady stream of neighbors stopping by,

their home feels a bit like the neighborhood’s version of Central Perk—where connection, laughter, and friendship are always on the menu.

Originally from New Orleans, Rachel and Sergio Lanzas moved to RiverTown in May of 2020 after Sergio accepted a new role with Boston Scientific. What they found here was more than a new place to live—it was a community that quickly felt like home.

Rachel and Sergio’s love story began long before RiverTown. The two met in high school and started dating their senior year - 33 years ago. As Rachel laughs, “Come on... come on... go get!” they’ve been together ever since, building a life centered around family, faith, and community.



OUR FAVORITE THINGS:

THE LANZAS EDITION

Favorite Local Restaurants:

Ember & Iron, Rustica, and Chop Shop in SilverLeaf for a great meal out.

Favorite Place to Grocery Shop:

Trader Joe's (Rachel admits she's a regular!) and the neighborhood Publix.

Favorite Way to Spend a Weekend:

Heading to the beach as a family whenever possible.

Favorite Local Food Source:

Local Fare Jax for fresh produce, dairy, and grass-fed protein.

Favorite Neighborhood Activity:

Pickleball for Sergio and Pilates classes or fitness meetups for Rachel.

Favorite Porch Activity:

Wine, magazines, and watching the neighborhood pass by on Main Street.

Favorite Family Tradition:

Annual trips to Indian Rocks Beach and visiting Sergio's home country of Nicaragua every other year.

Favorite Thing About RiverTown:

The incredible sense of community and how neighbors genuinely show up to support one another.

Today, the Lanzas family includes three amazing kids who each bring their own personality and passions to the mix.

Gabriella (Gabby), 21, is a talented hairstylist at Ten Salon, working in both the Neptune Beach and Ponte Vedra locations. She loves spending time at the beach with her rescue dog Peanut and recently celebrated an exciting milestone—she's engaged to be married to her high school sweetheart in March 2027, who also happens to be from RiverTown.

Their son Sergio, 20, is a sophomore at Florida State University maintaining an impressive 4.0 GPA while working as a Community Assistant at UClub. A graduate of Bartram Trail High School where he played both football and lacrosse, Sergio also showed his entrepreneurial spirit early - running a water heater flushing business right here in RiverTown during high school. His natural leadership and positivity earned him a scholarship recognizing his commitment to coaching youth sports.

The youngest of the trio, Marisol, 12, attends Global Arts Academy, a charter school focused on the arts. She enjoys playing the viola, performing in musical theater, dancing, and spending time with her beloved puppy dogs.

Speaking of dogs—no introduction to the Lanzas family would be complete without mentioning their two Chiweenies, Papi and Tito. Tiny but full of personality, these pint-sized protectors are known for their enthusiastic barking patrol along Main Street. If you've walked by their porch, chances are they've already greeted you.

Professionally, the Lanzas are deeply connected to the community they call home. Sergio works as a Territory Sales Representative specializing in gastrointestinal medical technology for Boston Scientific across Northeast Florida. Rachel is a Realtor with The Cindy Gavin Team at RE/MAX Specialists and also teaches Pilates at FS8 Beachwalk and Club Pilates - helping neighbors stay strong, healthy, and connected.

Rachel is also the founder of the RiverTown Fit Ladies Facebook group and frequently organizes community Pilates classes and healthy meetups around the neighborhood. Sergio, meanwhile, can often be found enjoying the lively pickleball scene in the community.

Together, they also participate in neighborhood book clubs, wine clubs, and weekly Disciple Groups—always finding ways to connect with others.

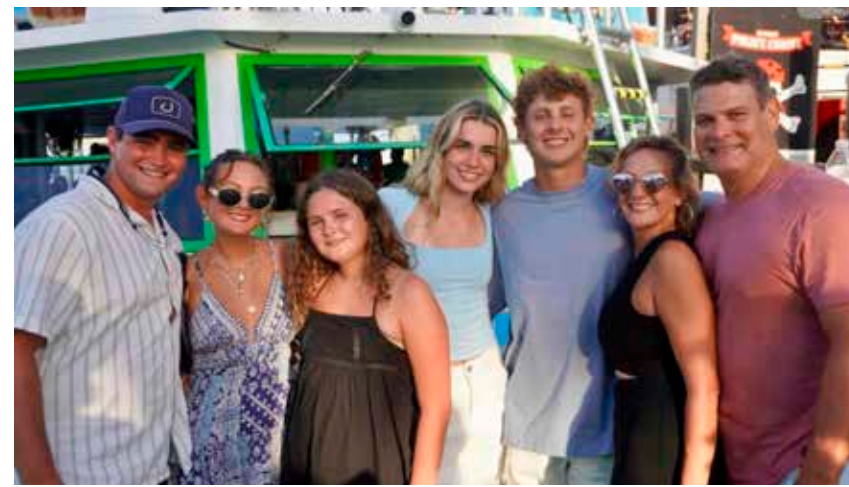
Giving back is another important part of the Lanzas family's story. Rachel previously served on the board of directors for a local nonprofit and recently organized the neighborhood's Witches Ride, raising funds for Isaiah's House, an organization that supports foster children in our community.

When it comes to relaxing and spending time together, the Lanzas are happiest near the water. They're self-proclaimed beach lovers and make frequent trips to the coast whenever they can. Every other year they visit Sergio's home country of Nicaragua, and they also maintain a cherished annual family vacation tradition to Indian Rocks Beach on Florida's Gulf Coast.





And much like Friends, it's proof that sometimes the most meaningful part of where you live isn't the house - it's the people who become part of your story.



Closer to home, Rachel admits she's a bit of a foodie. You'll often find her browsing the aisles of Trader Joe's or Publix, or enjoying local favorites like Ember & Iron, Rustica, and Chop Shop in Silverleaf. She also loves supporting Local Fare Jax for fresh produce, dairy, and grass-fed proteins.

But perhaps Rachel's favorite moment in RiverTown happens every single morning.

Walking her dogs along Main Street, she takes in the view of the river, the homes, the neighbors starting their day—and quietly reflects on how grateful she is to live here.

"I thank the Lord Jesus Christ every single day for bringing me here," she says. "I often describe RiverTown as living on a

cruise ship when I'm showing homes. There's always something to do, somewhere to go, and someone new to meet."

For the Lanzases, RiverTown is more than a neighborhood - it's a community where people show up for each other, support one another's businesses, and celebrate life together.

And much like *Friends*, it's proof that sometimes the most meaningful part of where you live isn't the house - it's the people who become part of your story.

Rachel sums it up best:

"I'm not sure where our adventures will take us next, but there will never be another place like RiverTown. I'm so proud to call this home."

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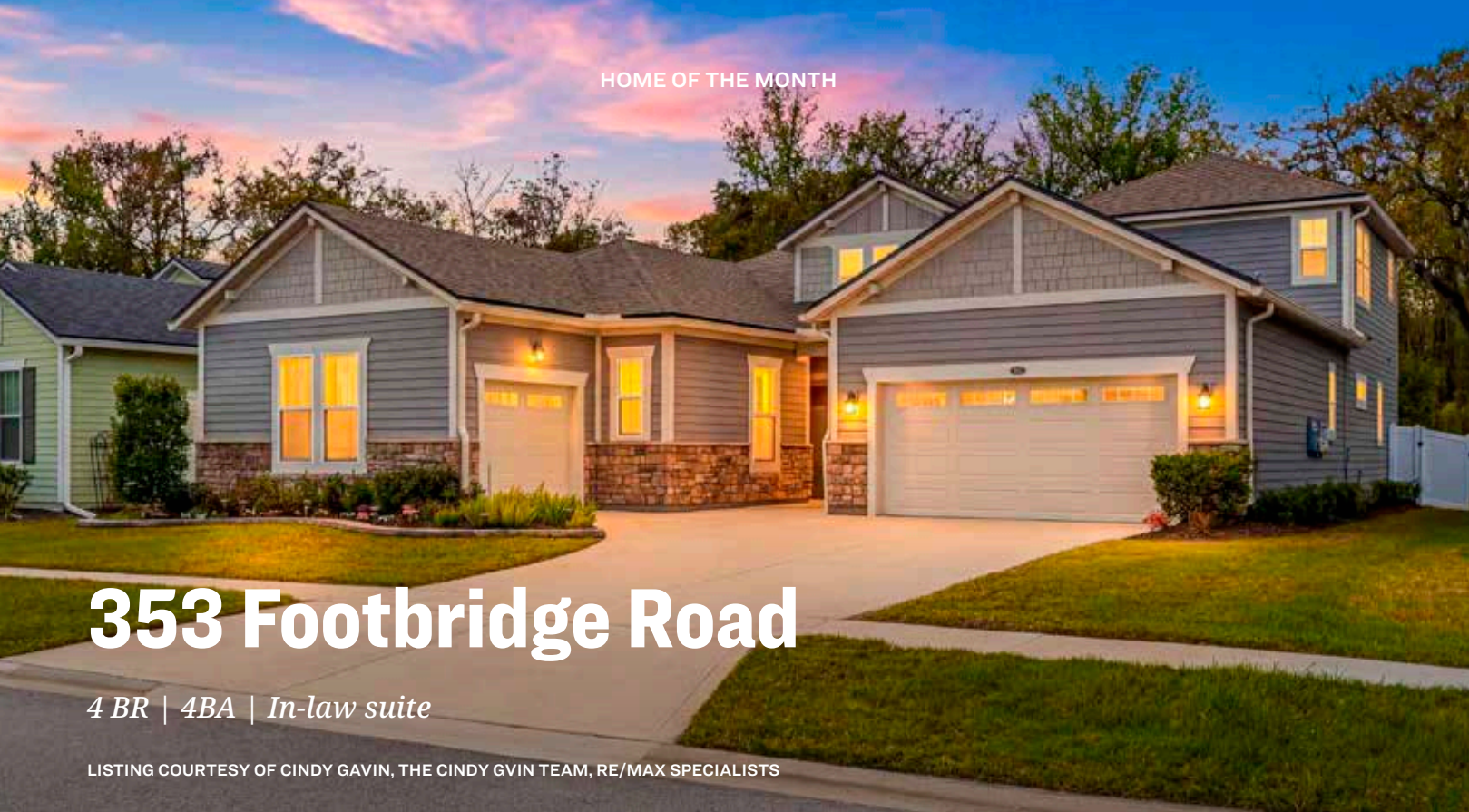


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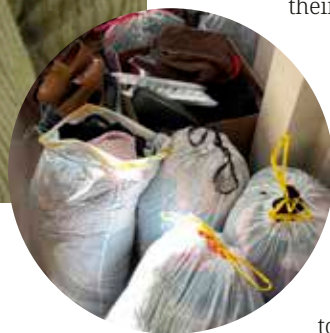
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Through a love of thrifting and a passion for sustainability, Jordan Brookins is helping neighbors clear their homes, reduce waste, and redirect gently used items to local charities where they can make a real difference.



It Started With a Simple Post...

Hey neighbors!

I had an idea and wanted to gauge interest! I am going to thrift stores all of the time and take donations with me sometimes too. Would anyone be interested in me picking up their donations as well? I know life is busy and sometimes those bags just sit in our trunk for months. I could dedicate a certain day of the week for pickup etc. I do have a truck so could even pick up furniture if coordinated! I would reserve the right to keep what I wanted as payment. Items would be donated to Betty Griffin or a similar organization to help support women and children.

Just an idea! Please let me know your thoughts!

HI, I'M JORDAN - a thrifter at heart with a deep love for giving things a second chance. Whether that's in my own home or in someone else's. What started as a passion for vintage finds through my Instagram and TikTok accounts (@sadgirlthrifed) turned into something bigger when I realized how many perfectly good items were sitting in homes, unused and overwhelming their owners.

I go to thrift stores multiple times a week, personally, and I decided to start picking up donations around my neighborhood to make decluttering easier and more accessible. Donations are given locally to great causes, while also giving those items a new life with someone who truly needs them.

For me, it's about community, sustainability, and making it simple for people to clear space without guilt.

“Less waste. Less stress.
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Thanks,

Jordan

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Double the Tails, Double the Love MEET BAXTER & MAX-A-MILLION

These two lovable pups bring plenty of personality, snuggles, and neighborhood adventures to their RiverTown family.

Baxter, an 11-year-old Yorkie mix, celebrated his birthday on Christmas Day. While Yorkies are typically small, Baxter proudly tips the scales at a solid 35 pounds, making him a big personality in a small-dog package. His favorite part of living in RiverTown? The walking trails. Daily walks are easily the highlight of his day.

Baxter joined the family years ago after being adopted from a pet store. He was actually “on sale” because no one had chosen him yet—something his family now finds hard to imagine given the joy he brings to their lives.

Max-a-Million, whose age and breed are unknown, has a heartwarming story of his own. Nearly two years ago, a RiverTown neighbor posted about a sweet

dog they had rescued from the Westside but sadly needed to rehome due to allergies. The family stepped in, and Max officially joined them on New Year’s Day.

“We were lucky enough to become his chosen family,” they say. “He has been the best addition to our home.”

Max is known for being a little love bug who fits in perfectly with the family—and with Baxter, who quickly became his best friend and “brother from another mother.” Together, the two enjoy snuggling, walks, and playtime, often hoping to run into their neighborhood buddy Smudge along the way.

Both dogs were named after their owners’ favorite movies - Anchorman and The Grinch - a fitting tribute to two pups with plenty of personality.



When they’re not out exploring the trails, Baxter and Max can usually be found lounging on the back porch furniture soaking up a beautiful Florida day. Their favorite treats include No-Hide bones and anything from the pet deli at Pet Supermarket, and their special talents include snuggling, accepting treats, and sleeping most of the day.

They aren’t big fans of car rides, but Baxter does enjoy the occasional golf cart ride around the neighborhood, which might just be his dream adventure.

When asked about their favorite memory with their pets, the family’s answer is simple:

“Every day with them is a favorite memory.”

And in a neighborhood built around connection and community, Baxter and Max-a-Million are clearly right at home.

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PERIMENOPAUSE: THE PLOT TWIST NO ONE WARNED US ABOUT

BY RACHEL LANZAS, RIVERTOWN RESIDENT & STROLL CONTRIBUTOR

ONE DAY YOU'RE CRUISING ALONG feeling pretty normal, and the next you're Googling things like, "Why am I suddenly hot, tired, wide awake at 3 a.m., and craving snacks I don't even like?"

Welcome to perimenopause—the phase of life that no one really explained to us, but somehow all our friends seem to be going through at the exact same time. For years, women quietly powered through this stage without much conversation around it. Thankfully, that's starting to change. More women are talking openly about hormones, sleep changes, mood swings, brain fog, and all the other "fun surprises" that can pop up during this season of life.

As someone who has spent much of my career in the health and fitness world—as a Pilates instructor and certified health coach—I'm now experiencing some of these changes myself at 50. While I'm not a medical professional, I've been paying closer attention to lifestyle habits that can help support overall wellness during this transition.

Here are a few things I've been focusing on lately.

STRENGTH MATTERS MORE THAN EVER

One of the less glamorous parts of aging is that we gradually lose muscle mass. During perimenopause, maintaining strength becomes incredibly important for metabolism, bone health, and overall stability. The good news is you don't need intense workouts to benefit. Pilates, resistance training, and bodyweight exercises can all help maintain strength. Personally, I love Pilates because it strengthens the deep core muscles that support the spine and posture—which becomes increasingly important as the years go by.

PROTEIN IS YOUR FRIEND

Another thing many women notice during perimenopause is that their bodies don't always respond to food the same way they once did. One habit that has helped me personally is making sure I include protein at every meal. Protein helps support muscle maintenance and can also help keep energy levels more stable throughout the day. I try to build meals around foods like eggs, fish, chicken, Greek yogurt, cottage cheese, or beans, and then add vegetables and healthy fats.

PAYING ATTENTION TO FOOD QUALITY

Something else I've become more mindful of lately is where my food comes from. Our bodies work hard to process nutrients, and during times of hormonal change it can be helpful to focus on foods that are as close to their natural state as possible. Many



women find that prioritizing fresh produce and high-quality proteins helps them feel more energized and balanced. Choosing things like locally grown vegetables, organic fruits when possible, and responsibly raised meats can be a simple way to support overall wellness. It's not about perfection—it's just about being a little more intentional about what ends up on your plate.

DON'T SKIP THE HEALTHY FATS

Healthy fats are another important part of the picture. Foods like avocados, olive oil, nuts, seeds, and fatty fish are regular staples in my kitchen. They help make meals satisfying and can help keep energy levels steady throughout the day.

KEEP MOVING (EVEN WHEN YOU'D RATHER SIT ON THE COUCH)

Some days during perimenopause you may feel a little more tired or foggy than usual—but movement can actually help. Regular exercise supports mood, sleep quality, and overall energy levels. And it doesn't have to be complicated. A walk around Rivertown, a Pilates session, yoga class, or strength workout can all make a positive difference.

THE GOOD NEWS: WE'RE ALL IN THIS TOGETHER

One thing I've realized recently is that so many women are navigating this stage of life together. The more we talk about it, the less mysterious—and less isolating—it becomes. Every woman's experience is different, and it's always important to work with healthcare professionals when making decisions about hormones or medical treatment. But focusing on good nutrition, strength, movement, and community support can go a long way toward feeling your best through every stage of life—even the ones that come with a few unexpected plot twists.



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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ASK THE EXPERT

“

Battery safety starts with proper system design, independent testing, and qualified installation—because protecting families comes first.

—SIERRA

GOLF CART LITHIUM BATTERY SAFETY What Every Community Resident Should Know

Golf carts are an everyday part of life in many master-planned communities. Families use them to attend events, visit neighbors, and move safely through shared spaces. As more carts transition to lithium battery power, understanding battery safety has become an important community consideration.

BY ZACH HANNAY, OWNER SAFE CARTS | GREEN COVER GOLF CARTS

Lithium batteries are widely used in electric vehicles and are not inherently dangerous. The difference between a safe system and a risky one comes down to certification, system design, qualified installation, and proper charging practices.

START WITH THE RIGHT QUESTION: UL CERTIFICATION

One of the most important questions residents can ask is: “What is the UL rating on the battery?”

UL (Underwriters Laboratories) is an independent safety organization that evaluates batteries under real-world stress conditions, including overcharging, electrical faults, vibration, impact, and heat exposure. A UL-listed battery has been tested to verify that built-in safety protections perform as intended. If a battery does not have a clearly stated UL listing, residents should pause before moving forward.



Independently tested for electrical and fire safety

THESE ARE ELECTRIC VEHICLES

Modern golf carts powered by lithium batteries are electric vehicles. The battery system stores significant energy and should never be treated as a simple accessory.

While the term “golf cart technician” is commonly used, it is not a regulated electrical qualification. Lithium battery installation should be handled by individuals with proper electrical training who understand current protection, grounding, charger compatibility, and fire-risk mitigation. Improper

installation is one of the most common contributors to battery-related incidents.

BATTERY MANAGEMENT SYSTEMS MATTER

A properly engineered lithium system includes a Battery Management System (BMS). The BMS continuously monitors voltage, temperature, current, and individual cells, and is designed to shut the system down if unsafe conditions occur. Batteries without robust monitoring rely on assumptions rather than engineered protection.

CHARGING IS WHERE RISK OFTEN APPEARS

Most battery incidents occur during charging. Residents should:

- Use manufacturer-approved chargers only
- Charge in well-ventilated areas
- Avoid extension cords or damaged outlets
- Understand battery safety certifications before overnight charging

A SHARED COMMUNITY RESPONSIBILITY

Golf carts are stored in garages, near homes, and around children. Treating them with the same respect as other electric vehicles helps protect families, neighbors, and property.

Lithium technology can be safe when it is engineered, certified, and installed correctly. Informed questions and safety-first decisions help ensure golf carts remain a benefit - not a risk - to community life.

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Closets by Design

CELEBRATES A NEW CHAPTER

The Grand Opening of Their Beautiful, New Showroom



Closets by Design recently celebrated an exciting new chapter with the grand opening of their beautifully transformed showroom and garage condo space in Jacksonville. After a year of thoughtful renovations and expansion, their new facility offers an inspiring look at the innovative storage solutions and custom organization systems they're known for. From elegant walk-in closets to functional garage transformations, the showroom allows visitors to experience their craftsmanship and design expertise firsthand.



The open house welcomed guests to explore the space, connect with the team, and see what's possible when thoughtful design meets everyday living. Now open **by appointment only**, the showroom offers a personalized experience for homeowners looking to explore custom organization solutions tailored to their space and lifestyle.

Closets by Design continues to be a trusted partner for homeowners looking to create beautiful, organized living spaces — and they're proud to share this milestone with the community.



DELICIOUS DISHES



Lightened-Up Cannoli Dip

BY KALIE SCHWAMB, STROLL CONTRIBUTOR

INGREDIENTS

- 1/2 cup part-skim ricotta
- 1/4 cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 2 teaspoons maple syrup
- 1 tablespoon mini chocolate chips

HOW TO MAKE

1. In a small bowl, combine the ricotta, Greek yogurt, vanilla extract, and maple syrup.
2. Stir until the mixture is smooth and well blended.
3. Fold in the mini chocolate chips.
4. Serve with freshly sliced strawberries or your favorite fruit.

*Fresh strawberries are our favorite pairing because they add natural sweetness and fiber, but apple slices or graham crackers also work well. Each serving is about 1/4 cup of dip paired with 1/4 cup of fruit.

SIDE NOTES:

This lightened-up cannoli dip is a favorite in our house because it delivers the flavor of a classic Italian bakery treat while using simple, real ingredients. It comes together in just a couple of minutes, which makes it perfect for busy days when we want something sweet without relying on heavily processed desserts.

The ricotta and Greek yogurt provide protein and healthy fats, and when paired with fresh strawberries it adds fiber as well. That simple combination helps make this treat more satisfying and balanced. As a fitness nutrition specialist, I always encourage pairing foods this way so treats can feel nourishing while still being enjoyable.

“When choosing chocolate chips, look for brands with simple ingredients such as cacao, cocoa butter, and vanilla, with minimal added sugar.”



Kalie Schwamb is a Certified Fitness Nutrition Specialist & Holistic Health Coach, Fitness Instructor | Wellness Enthusiast & Owner of FULLforLife.com

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The Healthcare Documents Every Adult Child Should Know About

BY MARK MOSS, PLLC,
RIVERTOWN RESIDENT, OWNER,
THE LAW OFFICES OF MARK MOSS



IMAGINE GETTING A CALL that your parent has been taken to the hospital. You rush to the emergency room ready to help, only to hear the words no one expects.

"I'm sorry. We cannot share that information with you."

For many families, this moment comes as a shock. Being someone's child does not automatically give you legal authority to access medical information or make decisions for them. Without the proper documents in place, doctors and hospitals may not be able to include you in conversations about your parent's care.

April 16 is National Healthcare Decisions Day, which serves as a reminder that the best time to prepare for a medical crisis is before it happens.

The first document every adult should have is a Health Care Surrogate. This document names the person who can make medical decisions if someone becomes unable to speak for themselves. It allows that trusted individual to communicate with doctors and help guide treatment decisions.

A Living Will is another important document. This outlines a person's wishes regarding life-prolonging care, such as ventilation or feeding tubes, if they have a terminal condition, end-stage condition, or are in a persistent vegetative state. Instead of leaving loved ones to guess what someone would want, the instructions are already written down.

A HIPAA Authorization also plays a critical role. Federal privacy laws prevent

doctors from sharing medical information without permission. This document ensures family members can receive updates and access medical records.

Medical documents alone are not enough. A Durable Power of Attorney allows someone to step in and manage finances if needed. Paying bills, managing accounts, or handling insurance matters becomes much easier when this document is in place.

Conversations like these are not always easy. However, having them now can spare families confusion and stress later. When plans are made ahead of time, loved ones can focus on caring for each other instead of navigating legal obstacles.

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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
49 Mallow Court	Enclave	\$1,149,999	\$1,105,000	59	5	3.5	3,612	Yes
495 Sir Barton Drive	Springs - New Construction	\$928,000	\$915,000	123	5	4.5	4,182	No
523 Sir Barton Drive	Springs - New Construction	\$752,000	\$752,000	158	3	3	2,705	No
378 Pelton Place	Watersong - New Construction	\$699,000	\$699,000	242	3	3	2,554	No
57 Adirondack Drive	Cove - New Construction	\$668,000	\$650,000	100	5	3.5	3,169	No
33 Woodleaf Drive	Arbors	\$650,000	\$650,000	1	4	2.1	2,809	No
560 Sternwheel Drive	Mainstreet	\$635,000	\$635,000	10	4	4	2,618	No
26 Olivette Street	Lakes	\$635,000	\$608,000	8	4	3	2,702	No
108 Orangedale Circle	Forest - New Construction	\$593,497	\$593,497	186	4	3.5	2,870	No
67 Pinellas Way	Watersong	\$555,000	\$540,000	164	2	2.5	2,212	No
33 Verdure Street	Gardens	\$537,000	\$535,000	92	3	2.5	2,664	No
114 Zephyr Drive	Shores - New Construction	\$564,990	\$504,540	296	3	2	1,801	No
330 Palomar Drive	Ravines - New Construction	\$524,000	\$500,000	270	3	2	2,033	No
248 Appalachian Trail	Forest - New Construction	\$492,500	\$478,000	15	3	2.5	2,096	No
33 Pigeon Cove	Watersong	\$459,900	\$449,000	2	2	2	1,876	No
229 Appalachian Trail	Forest - New Construction	\$460,000	\$435,000	25	3	2.5	1,787	No
355 Fly Line Drive	Watersong	\$355,000	\$355,000	9	2	2	1,430	No
163 Harrow Cove	Meadows - New Construction	\$258,000	\$253,000	156	2	2.5	1,206	No



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Zack, a former drone pilot for Special Recon Team 2, provided real-time intel to SEALs and SOCOM units across Africa. After starting a family, he founded Green Cove Golf Carts to offer safer, affordable batteries in St. John's and Clay County. Unlike the cheap batteries causing house fires, Sierra LSV carts feature UL-rated, waterproof, insulated batteries with advanced management systems—built for Florida's heat and made by Sierra Lithium.



SafeCarts.com

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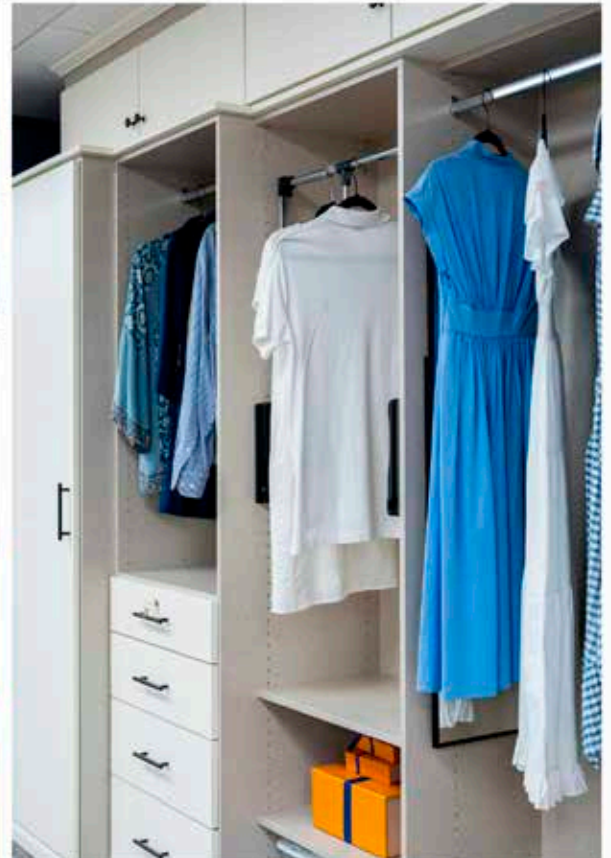


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