

ORLANDO AVALON PARK ZEPHYRUS

KEEPING THE NEWS LOCAL & THE COMMUNITY CONNECTED.

APRIL 2022

VOLUME 3 EDITION 4

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COMMUNITY
UPDATES

Absolutely Avalon Multicultural Event & Art Center Grand Opening

Join us in Avalon Park Orlando to celebrate art, culture, and diversity at the 18th Annual Absolutely Avalon, presented by AdventHealth, event on Saturday, April 9th. The festivities will kick off at 5 pm with a variety of fun activities for all including a bounce park, food trucks, cultural performances, vendors, face painting and the evening will wrap up at 9 p.m. with a laser light show at Founder's Square.

Everything you need to know about Absolutely Avalon

As Avalon Park's signature festival celebrating everything that makes Avalon Park absolutely amazing, [Absolutely Avalon](#) will once again fill downtown with a surge of vibrant colors, art, dance and entertainment. The family-friendly event features two stages chocked full of performances celebrating various cultures represented in our community. As its name suggests, Absolutely Avalon will be a big celebration. In addition to music, dance, and other forms of artistic expression, there will be vendors selling international food and community performances. The FusionFest flag unit in Town Park will start the event by showcasing a beautiful display of colors and flags from more than 20 countries. Additionally, there will be a Pinwheel Donate Life Flower Garden sponsored by Evolution Medical Technologies and performances by the Orlando Opera, Russian Ballet, and Radiant Illusion Fire Twirling.

No festival in Avalon Park is complete without community performances by groups like Barefoot 5, the Avalon School of Music, and a special performance by Avalon Elementary from their musical, Frozen, Jr. The performances will be featured on two stages located at Town Park and the Marketplace.

Grand Openings and Ribbon Cuttings

In addition to the exciting activities happening during the festival, Downtown Avalon Park will be officially welcoming two new additions with Grand Opening and Ribbon Cutting celebrations of the [Nonprofit Enthusiast](#) and the [Avalon Park Arts & Culture Center](#).

Non-Profit Enthusiast will begin their celebration at 5:30 p.m. and the Avalon Park Arts and Culture Center at 7 p.m. Both are located at the entrance of the Avalon Professional Center at 13000 Avalon Lake Drive.

Avalon Park Arts and Culture Center

The non-profit center has been created to serve as a hub for all arts and culture for the community. Currently featuring art from Avalon and Stone Lakes Elementary Schools, Avalon Middle School and Timber Creek High School art programs and over 20 local artists. There are also plans to begin educational programming and artist events. The center also includes a gift shop, photobooth room with 5 back-

grounds, education, and workshop rooms.

Beginning April 22nd, the hours of operation will be Fridays 5-9 pm, Saturdays 10 am - 10 pm, Sundays 10 am - 9 pm. While admission is free, donations are accepted and go towards improving and programming the center. For more information on how you can volunteer, donate, or showcase your work, please email Info@AvalonArtsCenter.com.



Know What's Happening at Avalon Park

Stay up to date with news, events, and business updates by visiting us online at AvalonParkOrlando.com and signing up for our newsletter for even more reasons to visit Downtown Avalon Park, Orlando's premier community to live, learn, work, and play.



LIVE



Coffee Hour with BEAT



Growing up in Switzerland, I have been able to witness the rich culture and diversity that has developed over the past 800 years. This extensive history has given me good understanding for the importance of creating towns where people from all backgrounds and walks of life can feel a sense of belonging.

From inception, it has always been very important for Avalon Park Orlando and each of the communities that we build to embrace diversity. First and foremost, respect, understanding and learning comes from knowing each other and belonging to something together: a community. And I believe a healthy community is a made up of a diverse body of people. This melting pot of perspectives gives the community depth and allows its members to live life inclusive of every background and belief regardless of generation, origin, race, and income class.

As a developer, one of the ways that we build in diversity, is literally by building an open community at every price point. I personally do not think gated communities with only single-family homes in one price point (often at the higher end) creates a healthy community. It is our vision to create communities with every price point from an apartment to a townhome, to a single-family home and estate, where you are almost guaranteed diversity just in this aspect.

Additionally, it is not uncommon in Avalon Park to have families with 4 generations living within walking distance of each other. The grandparents can spend quality time with the grandkids after school while the parents may still be at work. Building roots in a community is a healthy way to make any town and family strong.

Another diverse component is the inclusion of our global partners. Several times a week we have intercontinental video calls. Generally, early in the morning in Orlando, we discuss business, politics, and other subjects with our offices in Switzerland, Singapore and Australia. When friends and business partners from 4 continents, with different ethnical

backgrounds share ideas for the good of Avalon Park, diversity can be realized at its fullest.

It is also my belief that an important component of culture is art. Art, according to the Oxford English Dictionary is, "The expression or application of human creative skill and imagination, typically in a visual form such as a painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power." This expression can come in all forms, from the languages we speak to the visual activities, like paintings, sculptures, music, and dance.

While there are several platforms already in the community for the arts of various mediums, we have identified an additional opportunity to create a centralized space to celebrate art, culture, and diversity throughout the year. The Avalon Park Arts and Culture Center, scheduled to open Saturday, April 9th,

will serve as a hub for our community to come together for education and community-building through the arts. To find out more about the center and how you can get involved, visit the website here. Additionally, this month we celebrate the diversity in Avalon Park Orlando with the multi-cultural event, Absolutely Avalon, on Saturday, April 9th, 5-9 pm. We invite you to join us as we celebrate everything that makes your community great!

While these are just a few examples of how we embrace diversity at Avalon Park Group, we continue to grow, learn and develop how we can create communities that every person feels like they belong and can live, learn, work and play together.

We would love to hear your ideas on how you would like to see the arts and culture celebrated in our community, by sending an email to me at Info@AvalonParkSun.com.

GET IN TOUCH

- Have an inclusion for the Avalon Park Sun?

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Happy April!

project as time goes on.

Can you believe that the first quarter of 2022 is already gone? Now that we are in the month of April, springtime has officially started. Come out and enjoy the weather at the various amenities that Avalon Park has to offer.

I want to also congratulate Avalon Park on the grand opening of the new Arts & Culture Center. The grand opening will take place from 5PM to 9PM on Saturday, April 9th. I encourage everyone to attend!

I would like to let the Avalon Park community know that Avalon Park Group in conjunction with Orange County and my office will be working to expand the Avalon community garden. As Orange County continues to grow, I believe that it is very important that we maintain our ties to mother nature. A community garden is a perfect place for residents to get together and learn about plants and greenery, for adults and children alike. I hope to share more information on this

As always, if you have any questions or concerns, or if you would like to receive my newsletter, you can email me at district4@ocfl.net or call my office at 407-836-5881.



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Summer Camp Guide



Spring Break is a preview of our Summer Camp Boomerang!
Tuition for the week is \$210.00 for March 14th-March 18, 2022
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Early Bird Special Registration sign up by MARCH 4, 2022 and pay
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YMCA of Central Florida MIDDLE SCHOOL SUMMER ZONE

Sessions at our Middle School Summer Zones offer exciting activities and choice-based specialty tracks that empower youth to follow their own path.

PROGRAM INFO

Campers Eligibility Incoming sixth graders through outgoing eighth graders. <small>*Must be a resident of Orange County.</small> <small>*Campers must register for each week for Summer Zone and students must attend at least 3 days during that week to be eligible for future programs.</small>	Session Time 8:00 AM - 5:00 PM
Session Dates May 31 - July 22 <small>(Summer Zone not offered July 4-8)</small>	Session Cost The YMCA of Central Florida Summer Zone is funded by a grant from the Orange County Government. There is no cost to families.

LOCATIONS

Avalon Middle School Bridgewater Middle School Conway Middle School Discovery Middle School	Liberty Middle School Southwest Middle School Timber Springs Middle School Walker Middle School
------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------

Additional Program Details
Campers must be an Orange County resident in order to attend Summer Zone at available locations. Face-to-face and virtual students must register online to participate. Specialty tracks vary by location. Please contact your school's YMCA Site Supervisor to see what's offered at your school. Breakfast and lunch provided by the school district each day. Campers will receive a free t-shirt. Visit our website to see YMCA Camp Safety Procedures.



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Your home is under contract, over the asking price.



You're doing a happy dance then you think, but will it appraise?

The stories of appraisals being less, sometimes significantly less than the contract price is brutally common, in this current market, which leads to the question, "WHY?"

Did you know the role of the appraiser is only to the lender, not the buyer, seller, or your realtor? Appraisers are required to use comparable homes that have sold and closed. In our real estate market where prices are rising rapidly, comparable sales data used by an appraiser may be 60-90 days old. This Lagging Sales Data is the primary reason appraisals are not supporting current sales prices. 3-month-old comps seem like ancient history leaving us all very frustrated!



Here is a real life example from one of my recent sales how "Historic vs Current" sales can affect an appraisal. For privacy reasons the

price and dates have been changed. I used 3 pending sales, 2 of which were the identical floor plan to determine the listing price. Within 24 hours the home went under contract for \$350,000. Inspection was perfect. The appraisal was done 2-3 days before my comps closed. We couldn't believe it, appraised at \$335,000. We challenged the appraisal using the recently closed homes. He could have updated his appraisal but didn't. His reason "those higher priced comps closed after his appraisal was competed." Seriously?



The good news is we demanded a new appraisal and YES, the home appraised. Happy Dance!!

IS THERE ANYTHING YOU CAN DO?

YES! Now, more than ever it is critical to work with an Experienced Real Estate Professional who understands the appraisal process.

1. As a Seller, Present Your Home exactly the as when you listed it. Appraisers are human too. A clean, uncluttered home where windows are open, and lights are on will have a positive influence.

Appraising your home is part data analysis and part art.

2. As a Buyer, Be Prepared. You'll likely have to pay above the asking price and it may not appraisal. Choose a home where you're comfortable paying above asking and likely above the appraised value. You'll need additional cash to make up the difference between the appraised value and the purchase price. If this isn't possible, put less down. For example, instead of putting 10% down, put 5% to keep some cash in reserve to make up the difference. You're welcome to call or email me to discuss buying or selling strategies that I've proven will work to your advantage.



You're welcome to call/text 407-312-4928 or email AvalonRealty@Gmail.com to discuss your real estate needs.

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The Benefits of Intergenerational Activities for Seniors



Intergenerational programs are designed for the specific purpose of promoting interactions between youths and the elderly. Such interactions can be rare, which is unfortunate because the elderly have lived rich lives full of experience and possess so much knowledge that they can pass on to the youth of today.

In addition to educating younger generations by sharing life lessons and experiences, here are some of the benefits of intergenerational activities for seniors.

A Chance to Stay Active

One benefit of seniors participating in intergenerational activities is that doing so will help keep their bodies active, engaged, and moving. On average, seniors who volunteer with children tend to burn more calories per day than seniors who don't. Therefore, if you're looking to get your beloved senior more physical exercise throughout their day, participating in intergenerational activities may be an avenue worth exploring.

A Way to Keep Brains Engaged

One concern that many have as they age is the fear of suffering from various cognitive impairments, like dementia and memory loss. A great way to stave off such impairments is by keeping their minds engaged through intergenerational activities and

games with dynamic youngsters. Great intergenerational activities include solving puzzles, playing memory games, and, simply, reading aloud. In fact, studies show that seniors who participate in intergenerational activities displayed better memory-performance than those who did not.

An Opportunity to Make New Friends

Everyone enjoys the company of others—regardless of their age difference—and seniors are no different. The simplest and most straightforward reason to participate in intergenerational activities is to offer your senior loved one the opportunity to meet and connect with another person. In the same way that youths don't always want to be around other youths, elderly folk may not always want to exclusively be around other seniors.

Furthermore, a friendship with a volunteer high school- or college-age student will trigger memories of your senior loved one's youth. Many seniors confess to wanting to work with youths, but they just don't know how or where to start. If that sounds like your beloved senior, then getting involved with intergenerational activities is their solution to a longer, more fulfilling life.

Enjoy Recreational and Social Activities at Encore at Avalon Park

If enjoying activities of different kinds is an important part of your senior's life, then Encore at Avalon Park is the place for them.

At Encore at Avalon Park, we are dedicated to giving our senior residents access to many different types of fun and engaging activities, including recreational, social, and intergenerational activities. Our seniors also enjoy healthy meals and comfortable accommodations, both of which will remind them of home.

Call 407-270-7500 or visit us online at [EncoreAtAvalonPark.com](https://www.EncoreAtAvalonPark.com) today to schedule a tour and see for yourself why we are the premiere senior living community in the Central Florida area.



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LIVE

Pet Friendly Living at The Flats Apartments

Located in the heart of Avalon Park, east Orlando, The Flats offers urban apartment living for you and your pet. We understand that your pet is part of your family and we encourage you to bring your furry friend with you as you move into your new apartment home! Our pet-friendly community provides spacious floor plans, professionally landscaped grounds, and more to ensure that both you and your four-legged family member are comfortable and happy here.

What Amenities Can You and Your Pet Enjoy?

In addition to spacious apartment



home layouts, the community offers a variety of amenities for pet owners. From walking trails to a designated dog park, you and your pet will be able to enjoy being a part of the community. You can also find a pet store with groomer and supplies just steps

away. **Pet Friendly Community Events!** The Avalon Park community knows that having pets around makes for a fun, loving home. So, it's no surprise we often schedule events where your pets can

join in on the fun. We hope to see you soon at one of our events and see how great life with your four-legged friends can be. There's never a dull moment at Avalon Park; bring Fido or Felix along and you'll never want to leave.

Please click [here](#) to view the online event calendar for all upcoming community events in Avalon Park.

If interested in leasing at [The Flats at Avalon Park](#) please call our leasing office at (407) 273-4337.





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Need HELP or Want to HELP during COVID-19?

LET'S JOIN TOGETHER!

Go to AvalonChurch.org/Help for more information.

LEARN

Sunshine Ankle & Foot Experts *April Health Fact*

April is National Foot Health Awareness Month!

Research shows that approximately 20 percent of Americans experience at least one foot problem each year. These issues can be the result of an underlying health problems such as diabetes, or can result from injury.



Sunshine Ankle & Foot Experts can help you! Dr. Kiana Karbasi and Dr. Timothy Miller are currently seeing patients in Suite 225 of the Keith Ewing Medical Building. Please call 407-863-3655 or visit us at www.sunshineankleandfoot.com to schedule an appointment! We love being a part of the Avalon Park Community and look forward to keeping it's members SAFE and keeping them going!



Avalon Middle School Update

On March 16, 2022, four Avalon Middle FFA members competed at the state finals in the Floriculture Career Development Event. We are pleased to announce that the team placed 5th in the state, making this group not only the first team to compete in Floriculture for Avalon Middle School, but also the first team from Avalon Middle to place in the top 5 in any state level contest. We are so proud of these students.



Team members are (pictured from left to right holding the Aloe Kokedama which they each created as part of the contest) Abigail Regenstein (7th grade), Inika Mohan (6th grade), Kayla Bullock (7th grade), and Elizabeth Park (7th grade).

It's VPK Round Up Time!

Is your child registered for 2022-2023 VPK yet?

Will your child be 4 years old by September 1, 2022?

If so, register for VPK at Kids 'R' Kids Avalon Park

Community Event

April 23, 2022

from 10:00-2:00

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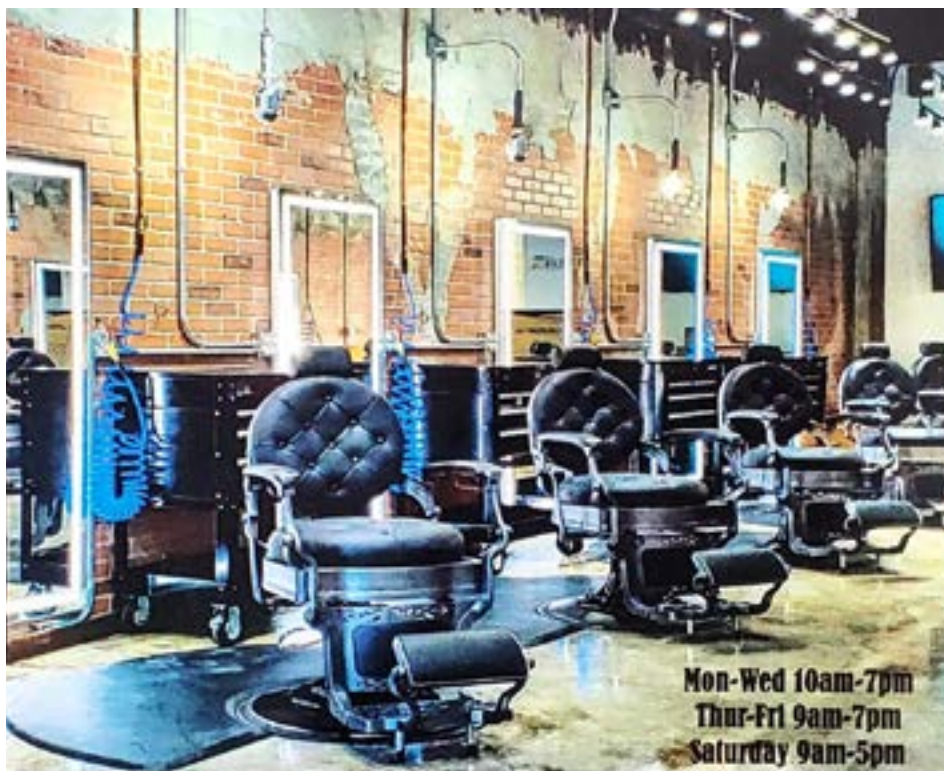


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What Are the Advantages of a Virtual Office?

Running a business from the comfort of your home is objectively awesome. You never have to put on pants, there's food and drink a-plenty, and you get to work from a cozy living room that doubles as your office. There are hardly any downsides.

That is until a client asks to meet at your office... or your mailbox begins to overflow with important documents... or you're expected to find space to host an event for clients and partners.

Even if you're perfectly cool kicking it from the couch on a daily basis, having a space dedicated to work can come with a lot of perks. While renting virtual office space might sound like an oxymoron, hear us out—there are some big benefits of snagging a virtual space.

Virtual Office Space Advantages

• You'll Put Your Business on the Map

When you rent a virtual office space, you get a physical address. This ties your business to a real office, rather than to your suburban home or apartment complex. This can help potential clients see your company as legitimate, gives Google a good place to pin you and you'll even get your name in the office directory (score!)

• You'll Get Access to More Space

Even when you're not physically renting an office,

most virtual offices give you some kind of access to the community areas and meeting rooms. At The 5th Floor Orlando, our virtual office tenants are more than welcome to lounge in communal areas. Or if they need a larger spot, virtual office-ers can rent event and meeting rooms at a discounted member rate.

• Snail Mail Services

Some say the US Postal System is dead, but they clearly don't own a small business. When you rent a virtual office space with us, we will provide you with full mail services that include both the sending and receiving of physical mail to help keep your business connected.

We've Got Virtual Office Space Ready to Rent

Right above the food hall, Marketplace at Avalon Park, The 5th Floor Orlando offers virtual offices, flexible coworking spaces, and concierge-level services tailored to our tenants' needs. From hot desks and private spaces to high-tech conference rooms for hosting workshops, meetings, and events, we have everything needed for ambitious individuals and collaborators to foster a productive work environment.

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The Best Way to Reduce Business Interruption Following a Disaster is to Plan For it NOW.

As many as 50% of businesses may never recover following a disaster, according to the latest industry research. Of the businesses that survive, the overwhelming majority of them had a preparedness plan in place. Pre-planning can serve as an insurance policy aimed at peace of mind.

By developing a SERVPRO® Emergency READY Profile for your business, you minimize business interruption by having an immediate plan of action. Knowing what to do and what to expect in advance is the key to timely mitigation and can help minimize how water and fire damage can affect your business.

50%

The percent of businesses that may never recover after suffering a disaster.



Are You Ready?

Preparation is a key component for making it through any size disaster, whether it's a small water leak, a large fire or an area flood. The best time for planning for such events is not when the event happens, but well before it happens. No one ever plans on a disaster, but you can plan for it. Now is the time to ask yourself, "Are you ready for whatever could happen?"

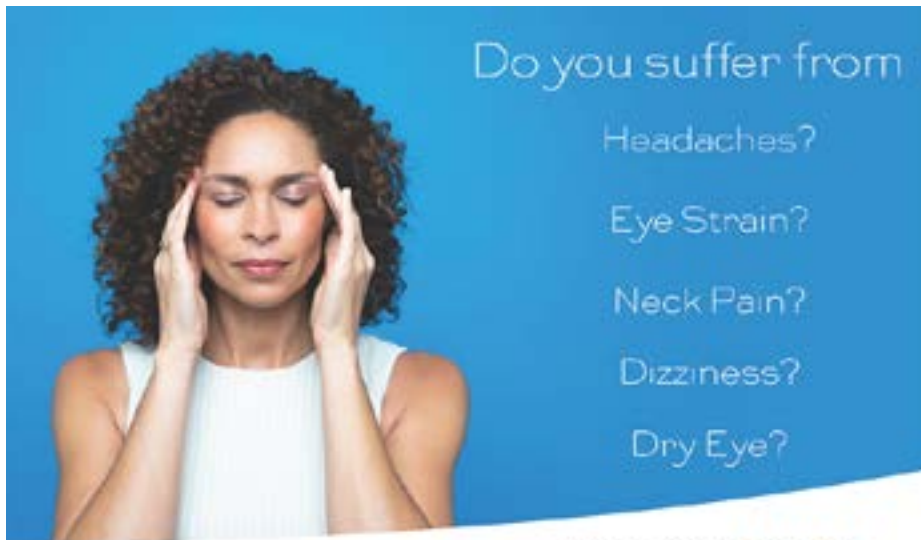
The SERVPRO® Emergency READY Profile is a start up approach that provides the critical information needed to begin mitigation and recovery services. It is designed to serve as a quick reference of important building and contact information. By working with SERVPRO's Emergency READY Profile, your business will receive the benefit of over 40 years of experience in reducing the impact of any natural or man-made disaster. SERVPRO® is a leader in water and fire damage response and can help you quickly get your property back in working order.

The SERVPRO® Emergency READY Profile Advantage

- ✓ A no-cost assessment of your facility.
 - This means there is no need to allocate funds, giving you a great value at no cost.
- ✓ A concise Profile Document that contains only the critical information needed in the event of an emergency.
 - It will only take a little time to complete and will not take you away from current projects. But it will save a lot of time if ever needed.
- ✓ A guide to help you get back into your building following a disaster.
 - This can help minimize the amount of time your business is inactive by having an immediate plan of action.
- ✓ Establishes your local SERVPRO® Franchise Professional as your disaster mitigation and restoration provider.
 - You have a provider that is recognized as an industry leader and close by.
- ✓ Identification of the line of command for authorizing work to begin.
 - This saves time so we can begin the work of mitigating the damage which can save you time and money.
- ✓ Provides facility details such as shut-off valve locations, priority areas and priority contact information.
 - Having a quick reference of what to do, how to do it and who to call provides solutions in advance of an emergency so that during the emergency you are "Ready for whatever happens."

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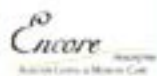


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Marriott Vacations Worldwide Hiring for Hundreds of Jobs in Central Florida

Company Plans to Hire 1,000 Roles Over Next Three Months

Love to travel and have a passion for people? Now's the time to start your next career adventure at Marriott Vacations Worldwide, a company with leading travel and hospitality brands, more than 120 resorts worldwide – with nine right here in Central Florida – and a caring culture. Marriott Vacations Worldwide is currently looking for great people to join its team, with jobs also available at the company's Central Florida properties.

With opportunities across a variety of departments, including guest services, housekeeping and food and beverage, non-tipped hourly positions start at a competitive pay of \$15/hour. All new hourly associates for these positions are also eligible for a \$1,000 sign-on bonus. Salaried management positions, such as Front Office Manager and Finance Manager, are also available.

Recognized for its caring culture, Marriott Vacations Worldwide values growth, professional development, and long-lasting relationships. In fact, 58% of Orlando's management hires last year were employees who were promoted from within, demonstrating the company's commitment to advancement and building long-term careers. Marriott Vacations Worldwide was named a 2021 "Best Employer" globally by Kincentric, an expert consultant company helping organizations use employee driven data to add value and drive business results.

One of the top three largest public companies based in Orlando, Marriott Vacations Worldwide expects to hire up to 1,000 positions locally in the next three months.

In addition to travel discounts at the company's global resorts, associates will also have access to a comprehensive benefits package focused on overall well-being, including medical, dental

and vision plans; paid time off; a retirement savings plan; tuition reimbursement; and other employee development support, such as monthly educational webinars and more. Relevant industry experience is preferred but not required. Paid training will be provided.

With a portfolio of brands that are household names, such as Marriott Vacation Club and Sheraton Vacation Club, Marriott Vacations Worldwide is hiring for more than 200 well-paying positions locally at its nine Central Florida resorts which include: Marriott's Cypress Harbour, Marriott's Grande Vista, Marriott's Harbour Lake, Marriott's Imperial Palms, Marriott's Lakeshore Reserve, Marriott's Royal Palms, Marriott's Sabal Palms, Sheraton Vistana Villages and Sheraton Vistana Resort.

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How to Identify Your Pets

Can we “Identify” an issue?

In our last article we addressed some of the things that are great to be mindful of when it comes to keeping our pets safe...at the end I mentioned the AKC ReUnite program and access to The Pet Poison Hotline. This month I want to venture into protecting our pets in the way that they will always find home.

Who has had those horrible nightmares about our dogs or cats darting out of the house and run off to the great unknown? Losing our pets is one of the most traumatic things that can happen during their lives with us. Sometimes, no matter what training we put our dogs through or how we try to keep our cats indoors they can get away from us. The wild world is always so enticing...or that cute dog down the sidewalk. What about natural disasters? We live in an area where hurricanes and severe storms are a regular occurrence. How many dogs are terrified of loud noises or thunder? Or cats who are skittish and a loud boom will send them into a panic. So if we take measures to prevent these guys from getting out it would make sense to take measures so they can be returned to us.

So how can we “Track” our wonderful furbabies? Let's explore how we can help ensure their return home if the unfortunate happens.

Microchip: Why are microchips so popular and desirable? First off there are many organizations that not only have their own brand of microchip, making them readily available, but they also track and retain information from other brands of chips. Scanners are now universal and will read any number of brands, so every vet and rescue organization can and likely have one.

So what is the downside to a microchip? Really the only downside is the fact that these are not visible so theft of your pet is still possible, however, if a pet is registered with one of the organizations and the owner reports the loss the company sends out fliers to all of the local vets in the area. A vet office, if suspicious, can also look up the microchip and find out who is registered as the owner.

Identification is so important and while we recommend microchipping,

however any form of identification is better than none. In the past month alone, Avalon Family Vet had 6 dogs and cat brought into the clinic and each one had a microchip. We were able to search online with the chip numbers and found each dogs' family.

As part of a routine exam at Avalon Family Vet we scan for a microchip and make sure we enter it in the record. If there is no microchip we will always offer to place one and register it for you. One less thing you have to worry about.

Besides a microchip, how can we identify our pets?

Collar tag: My dogs wear “jewelry” and they feel naked without it. I also have probably spent more on dog collars than I do on my own clothes. While these collars are fun, colorful and match my dog's personalities. It is easy to get all sorts of designs and personalization put on collars and tags that can include your name and multiple phone numbers, such as home, cell or office. I do not, however, rely on them for identification.

Why not use collars for their only identification? Collars can be removed, broken, slipped out of or caught on things. While they may be fun to shop for, they are not permanent identification solutions.

Tattoo: These, like collars, can be personalized and are permanent (well we hope they are)? Tattooing is not commonly done and finding a clinic that can is rare. There is a “National” registry where tattoos can be registered and several locations on the pet that are good for this type of identification.

Why don't we all tattoo our pets? Well first, this type of identification requires sedation, can you imagine a cat tolerating a tattoo gun? Since this requires sedation, the cost is much more expensive than most other identification methods. Tattoos can and will fade or blur over time and need to be redone. Lastly, a tattoo can be changed or altered, so if your pet were stolen a “good” thief they would alter the tattoo and pass the dog off as their own.

Global Positioning System (GPS): A tracking system for your dog...

amazing sounding, or is it? This technology works for our cars and phones and allows us to even show others where we are located. This is awesome! GPS uses satellites to transmit information back to an electronic device. These devices are easily attached to or come attached to your dog's collars and gives us real time location information.

Are we all ready to equip our dogs? Not me, it sounds great, but collars can still be removed, they tend to be pretty bulky which means our 10 lbs little friends can not wear them and lastly, they run on batteries so they die. So in the end, these are not really any better than a regular collar when it comes to “tracking” your pet.

Radio Frequency Identification (RFID): Ooooooh another gadget! Are these any better than the GPS systems... RFID do not use satellites but use telemetry which transmits the location of your dog via radio frequency that is received by a handheld receiver.

How are these any different or better than the GPS? They aren't; while a cell signal is not necessary, these devices do work in more remote areas, but there is not a range like the GPS would have, and the accuracy is questionable. They, too, can be removed from your dog since they are attached to collars and packs.

In the end it does not matter what method is chosen as long as there is some identification for your sweet pet. All of us hope that nothing ever happens to our dogs or cats but as so many of us know sometimes we can not help the bad things. Identifying our pets is something we can do that can help prevent something bad from happening or at the very least reverse the bad and have them come back to us.

Sabrina Beck CVT, CVBL





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Spring is in the Air



Spring is here! The East Orlando Chamber of Commerce has lined up numerous events and opportunities for you to get connected and stay in the know. The Chamber's Advocacy Advisory Council has kept their finger on the pulse of the Florida Legislature. Meeting every other week during session, members met to discuss bills that elected officials proposed to the legislature. Additionally, we brought in guest speakers to hear their positions on these topics and bills. A few of these speakers included Anna Eskamani, Florida House of Representatives 47th District, Florida House of Representative District 49 Carlos Guillermo Smith, and Rene Plasencia from District 50 House of Representatives. Many of our council members spent time in Tallahassee during session to lobby for their organizations and industries. If you want to learn more about the 2022 Legislative session, register for the Legislative Recap Breakfast on April 26th. The Chamber's mission includes being an advocate for business so if you need a louder voice on an issue which affects business and commerce, consider joining the Chamber and partici-



pating with this Council.

The Chamber has also lined up informative topics for our Women in Successful Endeavors (W.I.S.E.) This

year's theme include Keeping your House in Order touching on topics of Mental Health, Financial Sustainability, Physical Health and Legal. Learn from these impressive women leaders in their fields of expertise. Chamber Luncheons are set to hear from local leaders and on topics which are important to Central Florida. Coffee Clubs always provide the opportunity to "network" to increase your connections in a lighthearted informative program or activity, meetings are held every first and third Thursdays, in Waterford Lakes



and Lake Nona respectively.

If you are in technology, or want to hear the latest from tech leaders, join us for quarterly OPTIC Meetings (Orlando's Professional Technology & Innovation Collaborative). Learn about the latest tech trends, cyber technology & threats and more. You won't want to miss these jam-packed meetings hosted by Full Sail University.

Additional opportunities include our Real Estate Council who keep real estate and property professionals informed with current trends and plan the quarterly breakfasts. Breakfast topics and speakers discuss residential & commercial real estate, building & construction growth, and affordable housing. The

Healthcare Collaborative also hosts a quarterly breakfast allowing our healthcare professionals to gather and network learning about what is happening in this field. The Non-Profit Roundtable brings our charitable organizations together to learn about best practices in the non-profit realm and plans the Local Charities Luncheon in November. The East Orlando Chamber Business Expo in the fall, showcases our members, so make plans to attend or have a business booth.

If you are a new startup or first tier business, the East Orlando Chamber Foundation is providing microgrants and educational workshops to help give your business a boost to thrive. Keep an eye on

the EOCC calendar for the Day of Learning event and workshop sessions.



The East Orlando Chamber of Commerce is here assisting our members and providing opportunities to grow, stay informed, get connected and succeed in Central Florida. Contact the Chamber office today at 407-277-5951 or EOCC.org to have your business join the Chamber. Join the Movement which is the East Orlando Chamber of Commerce.

SPRING CALENDAR OF EVENTS

April 7th, 8:30am

Coffee Club East - Bonefish Grill Lake Underhill

April 8th, 10:00am

EOCC Advocacy Advisory Council

April 20th, 11:30am

Quarterly Chamber Luncheon

April 21st, 8:30am

Coffee Club Nona - Sam's Club Lake Nona

April 26th, 7:30am

Legislative Update Florida Politics - Breakfast

April 27th, 9:00am

EOCC Nonprofit Roundtable

May 4th, 11:30am

W.I.S.E. (Women in Successful Endeavors) Business Women Networking Luncheon

May 12th, 7:30am

Quarterly Healthcare Council Collaborative Morning Meet & Greet

May 13th, 8:30am

East Orlando Chamber Foundation "Day of Learning"



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• OCTOBER 16 • NOVEMBER 20 • DECEMBER 18

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April 17 | 10am | Town Park



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2022 EVENTS



Absolutely Avalon	April 9th
4th of July	July 4th
Oktoberfest	October 7-8th
Spooktacular	October 29th
Fall Craft Fair	November 12th
Avalon Aglow	December 3rd
New Year's Eve	December 31st

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July 4-8	No camp holiday week
July 11-15	Descendants
July 18-22	Princess Camp - or - Star Wars and Super Heroes
July 25-29	Olaf's Frozen Adventure
Aug. 1-5	Movie Madness

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June 20-24	Vocal & Dance Immersion
June 27-July 1	Descendants
July 4-8	No camp holiday week
July 11-15	Enchanté! Hamlet
July 18-22	Star Wars & Super Heroes
July 25-29	Maddie Jr. 2 week production camp
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Aug. 1-5	Movie Madness

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AVALON PARK FOUNDATION

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Online Pre-Registration: Adults \$20 | Kids (7-Up) \$10
March 25th - April 5th: Adults \$25 | Kids \$15
Day of Event: Adults \$30 | Kids \$20

Sorry No Refunds. Packet Pick-up April 7th & 8th at Avalon Mail Center. Optional T-Shirt \$10. Online pre-registration ends April 5th at 5pm.

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New Extended Drink Menu!



SERVING BEER, WINE, SANGRIA, MIMOSAS

12001 Avalon Lake Drive, Ste. G
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TACO TUESDAY

Taco Tuesday is from 11am-9pm. Specials are dine in only. Specials may be taken home for a 10% charge. No discounts or coupons may be applied to specials.

APPETIZERS	MAIN PLATES & PLATTERS
CHIPS & SALSA Fresh ingredients, hand blended and made in house. 4.99	BEEF TACOS Tacos with seasoned ground beef, lettuce, tomato, onion and cheese. 2-8.99 3-10.99
CHIPS & QUESO House made Queso with just a hint of heat. 5.99	CHICKEN TACOS Tacos with seasoned chicken, lettuce, tomato, onion and cheese. 2-8.99 3-10.99
CHILI CON QUESO Our awesome Queso and fantastic Chili blended together with tortilla chips. 8.99	BUFFALO SHRIMP TACOS Tacos stuffed with lightly fried shrimp tossed in choice of sauce and topped with lettuce, tomato onion and cheese. 2-9.99 3-11.99
LOADED NACHOS Fresh Tortilla Chips covered in melted Cheddar Jack Cheese and topped with tomatoes, onions, lettuce, black olives and jalapenos and your choice of chicken or beef. 7.99	SIGNATURE CLAW TACOS Our Claws, lightly fried and tossed in choice of sauce and stuffed into a taco and topped with lettuce, tomato, onion and cheese. 2-9.99 3-11.99
TORTILLA SOUP Chicken soup with vegetables & rice, topped with cheese & tortilla strips. 5.99	TAVERN BURRITO Rice Tortilla stuffed with your choice of chicken or beef and packed with tomato, onion, black beans, rice with sour cream and salsa on the side. 9.99
DRINKS SPECIALS	EXTRAS
CORONA AND A SHOT OF CUREVO \$7	SOUR CREAM .75EA
MARGARITA \$4	SALSA .75EA
MODELLO SPECIAL \$4.50	TEQUILA LIME HOT SAUCE Made Fresh in House! .75EA

Marketplace at Avalon Park Vegan and Vegetarian Menu Guide

Marketplace at Avalon Park, Orlando's newest and trendy food hall, offers an eclectic mix of food options including vegetarian and vegan dishes from chili garlic tofu bowls to mushroom burgers. With 11 different vendors serving up an array of ethnic and traditional cuisines, there's something to please everyone's palate.

Whether you are a plant-based veteran or just beginning, the Marketplace has some options for you. To distinguish the items available on the marketplace menu, a vegan option, which does not include meat (including fish), poultry, dairy products, and eggs is indicated by a (v). A vegetarian option is similar; however, it may contain dairy products or eggs and is indicated by a (vg). See the guide below to help you navigate the vegan and vegetarian-friendly options available at Marketplace.

BBQ50

- Skinny Bob without meat (vg)
- Grand Ashby's Mac n' Cheese (vg)
- Corn Salad (vg)
- Sweet Cole Slaw (vg)
- Bowigen's Beer Cheese (vg)

KBBQ Kitchen

- Vegetable Box (v)
- Fried Cheese Rolls (vg)
- Mandu (v)
- White Rice (v)
- Kimchi (v)
- Ginger Salad (v)
- Choco-pie (vg)

Pico De Gallo Mexican Grill

- Classic Nachos without meat (vg)
- Any Taco, Burrito or Bowl without meat (vg)

- Salad (vg)
- Quesadilla (vg)
- Fresh Guacamole (v)
- Salsa (v)
- White Queso Dip (vg)
- Churros (vg)

NOLA

- New Orleans Creamy Red Beans and Rice upon request (vg)
- Garden District Salad (vg)
- Mardi Gras Slaw (vg)
- Seasoned Curly Fries (vg)
- Beignets (vg)
- Chocolate Chunk Cookie (vg)

Brazas Chicken

- Papa a la Huancaína (vg)
- Peruvian Fried Corn (v)
- Fried Yuca (v)
- Maduros (v)
- Tostones (v)
- Salad (vg)
- Rice and Beans (v)
- Banana Cheesecake (vg)
- Alfajores (vg)

Lemon Shark Poké

- Chili Garlic Tofu Bowl (v)
- Crispy Sesame Tofu (v)
- Build Your Own Bowl without meat (vg)
- Miso Soup (v)

Cheese To Share

- Cheese Boards without meat (vg)
- Signature Bread Bowl without meat (vg)
- Avocado Toast (v)
- PB&J Toast (v)
- Brie Toast (vg)
- Goated Toast (vg)
- Margherita Flatbread (vg)
- Cheese Flatbread (vg)
- Caprese Skewer (vg)
- Paradise Skewer (vg)
- Cheese Tequeños (vg)
- Crystal Bread (vg)

Rosso Coffee Bar

- Espresso (v)

- Regular Brew & Pour Over (v)
- Americano (v)
- Cortado (v)
- Flat White (v)
- Cappuccino (v)
- Latte (v)
- Mocha (vg)
- Hot Chocolate (vg)
- Tea (vg)
- Lemonade (vg)
- Matcha (v)
- Pastries (vg)
- Bagel (vg)
- Affogato (vg)

The Avalon Kitchen

- Mushroom Burger (vg)
- The Impossible Cheeseburger (vg)
- Mediterranean Salad (v)
- Avocado Salad (vg)
- Tator Tots (vg)
- Onion Rings (vg)
- Waffle Fries (vg)

Sip 'n Roll

- Smoothies (vg)
- Stubborn Floats (vg)
- Sweet Treats (vg)

Bowigens Beer Company

- Beer (vg)
- Everything else (v)

Make sure to stop by any day of the week to try these delicious meals! Let us know what you try the next time you come for lunch or dinner by tagging us in all your foodie pictures @MarketplaceAtAvalonPark and #eatertainment. The Marketplace is located in the heart of Downtown Avalon Park at 3801 Avalon Park E Blvd Ste. 100. To see more of each menu and what each place has to offer, you can visit [MarketplaceAtAvalonPark.com](https://www.marketplaceatavalonpark.com) or call 407-730-3515 for more information.



DINING





*Coming together to create
a healthy community*

Your shoulder shouldn't sideline you.

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ROCK THE Walk to CURE Arthritis WALK

Make your move to change
the future of arthritis today.
Let's Rock the Walk Together!

#WalkToCureArthritis



Walk to Cure Arthritis - Orlando Saturday, May 14, 2022

Avalon Park- Orlando, FL

8:00am- Registration & Festivities Begin

9:00am- Walk Start

Join us for a fun morning with refreshments, entertainment, kid's zone, Live Yes! Arthritis Network showcase with tools & resources for arthritis warriors, top team tailgate, and much more!



Mr. Beal Kahli
President/CEO, Avalon Park Group
2022 Corporate Chair

Join Mr. Kahli and his team,
Avalon Park Orlando at:

<https://events.arthritis.org/team/27636>

For more information:

mamitgae@arthritis.org

407-917-6978



WalkToCureArthritis.org/Orlando

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to CURE
ARTHRITIS**

BellaSmiles Orthodontics Blog

At BellaSmiles, [Dr. Ortega](#) and her entire [team](#) are committed to ensuring you have an exceptional orthodontic experience, with every step tailored to your specific needs. We recognize that no two people are the same, and your orthodontic desires and concerns are unique to you. So your orthodontic treatment should be the same.

You deserve an orthodontic experience that addresses your unique situation. Our practice is equipped with a phenomenal staff that works tirelessly to ensure that our patients and their families receive the best quality of orthodontic care. We continue to strive for excellence while staying on the cutting edge of orthodontic technology.

Our team at BellaSmiles believes that no single attribute affects your appearance

and self-confidence more than your smile, and we are committed to providing you with excellent orthodontic care in a comfortable, warm environment. When you visit our family-friendly [Orlando orthodontic practice](#), we take the time to get to know you, and provide orthodontic care that’s tailored to meet your needs.



THE ARTHRITIS FOUNDATION FLORIDA INVITES YOU TO

Women and Arthritis

Join the Arthritis Foundation Florida and an expert panel of speakers for a complimentary virtual educational program to learn more about Arthritis and how it affects women.

Wednesday, March 30, 2022
6:00 PM EST

Women living with chronic pain face unique daily challenges from working, to caregiving, navigating relationships, and finding time for self-care and across life stages, from marriage, to pregnancy, to menopause, and beyond. Join the Arthritis Foundation Florida, guest speakers and fellow female Arthritis warriors for a virtual program to learn and discuss together with time for Q&A.

Guest Speakers:
Stefanie Remson, Arthritis Warrior & RA Coach
Anna K. Sfakianaki, MD- Obstetrics & Gynecology, Maternal Fetal Medicine, University of Miami Health System
Maria Vintimilla, MD- Board Certified Rheumatologist



Please register for this complimentary virtual educational program at:
<https://cvent.me/yGbM3q>
(case sensitive)

For questions and more information please contact:
mhugheyarthritis.org or 813-336-5435



Arthritis Foundation Florida

SPRING 2022 PROGRAMS

Arthritis Educational Programs

YOU ARE INVITED TO COMPLIMENTARY VIRTUAL PATIENT EDUCATIONAL PROGRAMS

3/30

6:00 PM

Women & Arthritis

Expert panel discussing issues unique to women living with arthritis.

SIGN UP AT:
www.cvent.me/yGbM3q

4/28

7:00 PM

Tips & Hacks to Live Your Best Life

Arthritis Warriors share their favorites!

SIGN UP AT:
www.cvent.me/qzz3rZ

For More Information Contact
Melissa Hughey - mhughey@arthritis.org
Mariel Armitage - marmitage@arthritis.org
Social Media @AFFlorida

Walk to Cure Arthritis

The nationwide signature event unites communities to put an end to arthritis. Helping the nearly 60 million Americans with arthritis to live a better life.

Join us at
www.WalktoCureArthritis.org

Vim App

The Vim app is the latest weapon in the battle with chronic pain. It helps you set goals, be part of an arthritis community, and provides tools & resources to take back what chronic pain has taken away.

www.arthritis.org/vim

INSIGHTS

Share your experience living with arthritis in a 10-minute assessment and be among those changing the future of arthritis in this scientific study.

www.Arthritis.org/Insights

What “Eating Healthy” Really Means



On a recent visit to my doctor for my annual physical, I was asked if I eat healthily. My answer was, of course, a resounding “yes!” Then he proceeded to ask me a great question: “What does healthy eating mean to me and why is it important?” I thought for a minute and told him that eating healthy for me means a variety of foods – mostly minimally or unprocessed fruits and vegetables. As for the other part of that question, I told him it’s important to keep my body energized, to help it fight off infection and diseases, and to keep my organs functioning properly. Thankfully those were all the correct answers, and I passed his test!

This interaction got me thinking... Do most people know what eating healthy means and also why it’s so important? One of the responses I often hear to a question about eating healthy is “it’s

too expensive.” But in reality, if you shift your thinking and shop a bit differently, you can eat healthy on the same budget. It’s all in the mindset and what’s important to you. Here are a few reasons that might help you think a little differently about healthy eating.

Improves Well-being

Eating healthy helps you get or stay more active, and more activity means improved muscle strength and a boost in your endurance. Exercise also helps to deliver much-needed oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. Be sure to include essential fats, complex carbohydrates, vitamins, and minerals in your daily routine to help improve well-being.

It’s Expensive to be Unhealthy

Roughly 75% percent of healthcare dollars are spent on treating preventable diseases like obesity and diabetes.

- Nearly 66% of American adults are overweight or obese. According to the U.S. Department of Agriculture, a healthier diet could prevent

at least \$71 billion per year in medical costs and lost lives.

- There are 34.2 million adults with diabetes and 88 million more people with prediabetes. These staggering numbers are even more tragic when we find out the disease is one of the nation’s most expensive preventable diseases. According to the American Diabetes Association, those with diagnosed diabetes have medical expenses of \$13,700 per year on average, more than half of which is directly attributed to their disease.

Maintaining a Healthy Weight

Eating a diet filled with fruits, vegetables, whole grains, dairy, and protein may help maintain healthy body weight. There is no one-size-fits-all diet but eating the right combination of nutrients for your body can help you to improve and maintain a healthy weight. Try putting a new spin on an old recipe to make it a little healthier. You should never have to give up your favorite comfort foods – it’s all about balance. Start by slowly adding a variety of fruits and vegetables to meals. Over time this can help you control your

weight, blood pressure, and cholesterol.

On top of that, a diet rich in nutrients that contains none to minimally processed foods can have a positive effect on your life expectancy. Studies show that making slight changes to the way we eat may help to decrease your BMI bringing your weight in line and helping you to live a longer and healthier life.

Maintain a Healthy Immune System

Your immune system is your defense against disease. Poor nutrition is the most common cause of immunodeficiencies worldwide. Eating a well-balanced diet, including fresh or frozen fruits and vegetables as well as food low in saturated fats, may help support a healthy immune system.

Enjoy a Mood Boost

The food we eat affects our mood, just as much as our mood can affect our food choices. When we feel sad, we’re more likely to choose unhealthy foods. When you feel happy you are more likely to choose healthy foods. Eating a diet rich in protein, moderate in carbs, and low in fat can have a positive effect on your mood.



AVALON PARK HEALTHY KIDS DAY

the **YMCA**

For 30 years, Healthy Kids Day has celebrated kids' mental and physical health, while teaching healthy habits for kids and families, encouraging active play and instilling a lifetime love of physical activity.

APRIL 30, 2022
9AM - 12PM
TOWN PARK

OFFERING A FREE EVENT TO THE COMMUNITY. THERE WILL BE MULTIPLE CERTIFIED INSTRUCTORS TEACHING A VARIETY OF FAMILY AND KID FRIENDLY GROUP EXERCISE CLASSES. ALL AGES ARE WELCOME.

AVALON PARK DOWNTOWN

YMCACI.org | AvalonParkYMCA.org | AvalonParkOrlando.com

APG AVALON PARK



the **YMCA**

WELLNESS SEMINAR SERIES

AVALON PARK YMCA FAMILY CENTER

DISCUSSION 01

BONE, JOINT, & MUSCLE HEALTH

Join us for a Wellness Seminar focused on bone density lower back and knee health, and preventative care.

Our panel of Physical Therapists from AdventHealth will present and demonstrate the importance of exercise, wellness, and rehab for bone, joint, and muscle health. We'll take a deep look into how to best use cardio and weight-bearing equipment and the benefits it has to our bones, as well as preventative measures for osteoporosis.

DATE: Thursday, April 7
TIME: 12:30 PM - 1:30 PM
FREE to the community

SCAN HERE to learn more about the Avalon Park YMCA Wellness Seminar Series

AVALON PARK YMCA | 12001 AVALON PARK DR M-P, ORLANDO, FL 32828 | 407-381-2512

COMMUNITY CORNER



Spring Sip & Stroll Wine Walk Tasting is Here!

The annual Avalon Park Sip, Sample & Stroll is set for Thursday, April 14th from 6:00 to 9:00 p.m. in Downtown Avalon Park. This charity fundraiser event is the Spring version of the Holiday Wine Walk and a great opportunity to get outside and enjoy the fresh Florida air while visiting with friends and neighbors!

This year the Rotary Club of Avalon Park is adding a new component: Foster A Ride, available at both registration points. This program collects gently used bicycles and helmets to donate to those children in need.

In addition to the Foster a Ride collection stations, the event's proceeds are being evenly split this year between two charities. "The Miracle League and Education Reinforcement Association are both very active with our club and are the two chosen beneficiaries for this year's event," stated Jim McQueeney, club President.

Highlights of the annual event include participation from local businesses and restaurants featuring specials, shopping and live music.

"We love serving the community and hope to see a great turnout. It is a nice time of year to be outside with family and friends," said McQueeney.

ABOUT THE CHARITIES:

[Central Florida Miracle League](#)

Provides opportunities for children with disabilities to play Miracle League baseball, regardless of their abilities.

[Education Reinforcement Association](#)

Located in Haiti whose mission is to assist children for a safe and improved learning experience.

[Foster a Ride](#)

Under the guidance of Orange County Legal Aid Society to collect gently used bicycles and helmets of all shapes and sizes to donate to those children in need. .

Visit our [Facebook Event](#) for more information and to purchase tickets.





In celebration of National Donate Life Month in April, Avalon Park Innovator award winner, Evolution Medical Technologies, has partnered with Donate Life Florida for the first annual Avalon Park Donate Life Pinwheel Garden displayed at the Absolutely Avalon event on Saturday, April 9th.

The pinwheel garden will honor the 230 Central Florida donor heroes who gave the ultimate Gift of Life in 2021. Thanks to the generosity of the donors and their families, 719 vital organs were donated for life-saving transplants.

“Despite the challenges of COVID-19, the life-saving mission of or-

gan donation and transplantation never ceased. We are grateful for donors and their families who choose to give hope to another family in their darkest hour,” said Ginny McBride, executive Director of OurLegacy.

A pinwheel’s ability to capture and pass on energy is a symbolic reminder to the community of the power that a person has to pass on the Gift of Life through organ, eye and tissue donation. Each pinwheel represents a life and endless legacy. Legacies like that of Pedro, a donor hero who saved five lives and donated six organs. This selfless act gives new life to a recipient in dire need, such as Gracyn, a heart recipient, who is alive today because someone said, “yes” to donation. For more information on Pedro and Gracyn’s stories, please scan the QR codes to watch each of their videos.

ity to 75 more through the life-enhancing gift of tissue donation. What can you make possible?

You can register as a life-saving organ, eye and tissue donor when renewing your driver license or online at DonateLifeFlorida.org

Donate Life Florida raises awareness about organ, eye and tissue donation and registers individuals as organ donors throughout the state. While Donate Life Florida shares the mission, organ procurement organizations (OPOs) do the mission of organ and tissue recovery. OurLegacy is an OPO based in Maitland and is federally designated to provided recovery services to ten counties in east Central Florida, which includes Orange County.



SAVE LIVES! SAY "YES!"


"I'm alive today because someone said, "YES."

Gracyn, Heart Recipient

Gracyn is a heart recipient who received the Gift of Life from her donor, Brian. Now, ten years post transplantation, Gracyn shares the impact of Brian's legacy in her life.



Scan this QR Code with your cell phone's camera to watch Gracyn's story.

A Collaborative Partnership



Show us your heart ❤️ !

One registered donor can save up to 8 lives. Visit www.DonateLifeFlorida.org to register your decision.

Pedro is a donor hero. His family said, "yes" to donation and through their generosity, Pedro saved five lives and donated six organs for transplantation.



Scan this QR Code with your cell phone's camera to watch Pedro's story.

The impact of one person’s gift is endless. Like a stone dropped in water, an endless ripple of hope is sent into the world. One registered donor can save up to 8 lives through organ donation, give two individuals the gift of sight through cornea donation and provide healing and mobil-

