

Sunsets and Breezy Days: A Mother's Journey to Healing



Valerie Mitchell ~ See Story on Page 6

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The Ocala Police Department
presents

"Come Slide With Us"

A Mother's Day Weekend Celebration
featuring
K D C and The Sunshine Sliders

Saturday, May 8, 2021
11 a.m. to 1 p.m.

Martin Luther King Recreation
Complex, 1510 NW 4th St., Ocala
(The old Gehrig Webb Field on SR 40)

Event includes:

Tik Tok Git Up, Renegade, Giveaways
and more, plus **FREE** Hot dogs,
Chips and Drinks will be served.

For information, contact Tara Woods,
Community Liaison at **(352) 369-7182**.

Come out and Join Us!
Social distancing spacing on the field.

*Our mission is to record the rich history of the people, places and events in the
community and share information that impacts the lives of residents in Marion County.*



TOWN Talk MAGAZINE

Sharing the good news happening
in our community.

Founders

Monica Bryant & Cynthia Wilson-Graham

Editor

Monica Bryant

Photography Editor

Cynthia Wilson-Graham

Contributors

Elgin Carelock

Scott Hackmyer

Let's Talk

We want to hear from you:

Email your submissions, events, comments or questions to Towntalkmagazine@yahoo.com. Please include contact information (name and phone number) on the submission. Deadline is the first Monday of each month for the following month's publication.

Policy Statement

All submissions become the sole property of Town Talk Magazine. The opinions expressed in this publication do not necessarily reflect the views of Town Talk. All articles, announcements and advertisements submitted are subject to refusal and editing at the editor's discretion.

Contact Us:

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EDITOR'S DESK

Monica Bryant



When you saw one, the other one was always close by. And 40 years later it's still the same. Our paths crossed in high school and although we choose different paths for awhile, we've ended up in the same place again.

My best friend, Cynthia Wilson-Graham, whose more like a big sister, only because she's few months older than me, and I always planned to start a business 20 years ago. And we did. She started Helping

Hands Photography and Desktop Publishing to create memories for homebound senior citizens and their families.

I started a printing company specifically to help out young people in my community celebrating a life event but couldn't afford a quality invitation or program to remember their special day, or they didn't have business cards or a professional resume to take with them on a job interview. I named mine Reflections of U because I wanted everything I did to reflect the person I was creating it for.

A few years later, we purchased a printing press from a lady in Dunnellon, but we never used it. We let it sit for years and eventually we donated it to Forest High School, our alma mater. Cynthia continued to manage and build her photography business. She has also authored three books. I started working at the Ocala Star-Banner as a reporter in 1993. I covered a lot of stories during the 13 years I worked there.

For years we talked about starting a magazine because we wanted to tell more stories of people that looked like us. We would work on it on and off for awhile, but never got it going. In 2017 we started again. This time, we completed the paperwork required for the fictitious name. We even had shirts embroidered with the name and logo on them that we've still never worn. We decided to name our publication Town Talk after Town Talk Supermarket after our neighborhood grocery store because we thought it would bring back memories of a safe gathering place that brought the community together, a place of our own, just like Paradise Park, the segregated section of Silver Springs and the many local businesses on Broadway Street.

Town Talk Supermarket was a meeting place for more than just groceries. Everybody knew everybody. You couldn't help but feel at home while you were there. When it closed, we lost more than just a place that sold some of the freshest meats and vegetables in town, we lost a landmark. It felt like we lost a piece of ourselves, something we would never get back again or could ever be replaced.

As we launch the first edition of Town Talk Magazine, although initially its starting as a newsletter, our goal is to tell those stories we always wanted to tell; connect people with available resources that can improve their lives; share information; get people more engaged in their community; and document our history to pass on to future generations.

Town Talk is not about us, it's about our community. We hope to bring people together just like Town Talk Supermarket did. If you have ideas for future stories, want to share news about an event, Have comments or suggestions on what we can do better or want to support our efforts, we want to hear from you.

Let's Talk!

Monica

Monica T. Bryant
Editor

To receive a free copy via e-mail,
send your name and email address to

Towntalkmagazine@yahoo.com.

Advertising and mail subscription rates available soon.

Remembering Town Talk Supermarket: Our Neighborhood Store



Former location of the Town Talk Supermarket

When Amy Lee Bell heard a local grocery store in the community was looking for help, she told her son Roosevelt, who was 15 years old at the time, to go down and apply so he would have money to be able to help himself.

L.A. Gladdin owned the store. At the time, he was working as a manager for a grocery chain called Selpzer when he decided to go out on his own. He opened a store called Sachamo Meats, and once he got Sachamo's established, he opened Town Talk Supermarket on the corner of W. Silver Springs Blvd. and Southwest 20th Avenue and was looking for help.

"Luckily I got the job," said Bell, who got hired as a bag boy.

Bell, who was in ninth grade, could only work after school and some weekends because he played basketball for Howard High School Wild Bulls. It was his first job. He worked Friday evening, all day Saturday and Sunday morning. The first paycheck he got was \$12. "That little bit of money came in handy," he said. "I started buying clothes because I didn't have many back then so I could dress nicely."

Back then the store manager was white and only two of the 12 employees working there at the time were black. He said the meat department was very popular back then because they had very fresh and reasonably priced meat. They had three or four employees working in the meat department, three cashiers and a lot of bag boys because they had a lot of business in those days. He said very few whites shopped at the store and 80% of the folks were black. Bell said blacks could work at Winn Dixie and Selpzer, but they wouldn't be hired for a top job, but could only work in the stock room or as a bag boy like him.

After he graduated, Bell started working full-time at Town Talk, and he saved his money to buy a car. He was very proud of his first car, a 1955 Chevrolet, which he kept for five years. Next he bought a 1961 Convertible and just about every year after that, he bought a different car.

In its heyday, Bell said although they competed with Winn Dixie and Selpzer, Town Talk did very well. So did he. He was promoted to produce manager and eventually he was managing the store, a position he held for 15 years. By then, he was making about \$250 a week and was always paid in cash. "It was beautiful. Most of our customers were very nice to me," said Bell, who everybody knew as Shane Bell. "They were proud of me because I had that position, so I tried to do the best job I could."

Although there were several other grocery stores, Mary Monroe said Town Talk was a nice little store and she went there for the vegetables and the meats. "They had good meats, real fresh foods," she said. "They didn't play with their food."

Monroe, who moved to Ocala in 1958 from Deland with her husband, would send her two sons, Dwight and Gregory, to the store to shop for the family. "I taught them how to shop. They learned to shop at Town Talk," she said. "I used to give both of them money. I told them, one of you get the bacon, the other one get the eggs."

Monroe said Town Talk seemed to close suddenly after everybody started going to the big grocery stores. "It was like bam, and they were gone. There wasn't much notice," she said. "I just remember hearing someone say 'looks like we can't afford to hold the store open now.'"

Monroe said she misses small stores like Town Talk because people were really friendly back then, but it's not like that now. She remembers being able to go to the store, stand right in the door way, talk for hours and nobody would say anything to you. She said customers coming in and out would just go around, but nobody ever said a word.

"That was the nature of Town Talk," Monroe said. "It was a place that when you went to Town Talk, everybody knew you at Town Talk."

Bell said he doesn't remember exactly when Town Talk closed, but said it didn't stay open long after he left Ocala in 1975 to run a grocery store in Miami. Like Monroe, he said he was sad when the store closed too because he always wanted to buy the store but didn't have enough money at the time Gladdin was selling it. "It was my fault. I should have saved my money," he said. "I needed about \$40,000 and I only had about \$9,000. Instead of saving my money, I was buying new cars and stuff."

For a while, Bell said not being able to buy the store was one of his biggest regrets, but when he moved to Miami, he really blossomed. He said when he came home to visit, he ran in to Gladdin once or twice. Gladdin's wife tried to get in touch with him when he died to ask him to be a pallbearer at her husband's funeral, but he wasn't in town and couldn't attend the service.

"I do miss it," Bell said about working at Town Talk. "It was a good experience for me."

Community Engagement

Nominations are now being accepted for the Legacy Park Community Service Recognition Award, which recognizes and honors community leaders and special individuals who have made outstanding, unique, lasting and extraordinary contributions to West Ocala.

Eligibility Criteria: Nominees must have been a resident of Ocala/Marion County for a minimum of 10 years and still currently reside in the community.

The nominee must have shown a high regard for community service, leadership and commitment to the advancement of West Ocala by having demonstrated one or more of the following:

- A commitment to the spirit of community involvement
- Leadership through positive contributions in West Ocala
- A supportive role resolving challenges and promoting positive change



NOMINATION FORM FOR THE COMMUNITY SERVICE RECOGNITION AWARD

COMMUNITY SERVICE RECOGNITION AWARD:

NOMINEE: _____

(Please nominate **only one** individual per nomination form)

Address: _____ City: _____ State: _____

Phone: () _____ Email: _____

NOMINATOR: _____

Relationship to nominee: _____

Address: _____ City: _____ State: _____

Phone: () _____ Email: _____

Description of Nominee's Contributions: (attach separate sheet if needed)

Please provide a detailed description explaining why you are nominating this person and include specific examples of how the nominee's actions and contributions have impacted the community: (attach separate sheet if needed)

Nomination forms can be e-mailed to gwonrc@outlook.com or mailed to: Governor's West Ocala Neighborhood Revitalization Council (GWONRC) P.O. Box 3881, Ocala, FL 34478.

Deadline to submit nominations is July 1, 2021.



Tips for Pricing Your Products

The most frequent question I'm asked is how a business owner determines pricing for his/her products/services that is competitive, profitable and allows for future expansion. The first question I ask is, "What is fair in a free market society?"

I know it may sound like I'm avoiding their question, but it really is the beginning of how we determine the pricing for their product. The typical response to the question is a price that can be afforded by as many people as possible and allows the company to remain competitive. That makes sense, but how do you determine what that price is?

A customer in need of a pair of shoes can go to Payless and pay \$59, or they can go to Bob Ellis and pay \$599. Which would you consider the more reasonable price? Initially you would assume the lower priced shoes have the greatest appeal, but what if I told you the \$599 shoes were 50% off their normal price, does that change your perspective?

The point I'm trying to make is you cannot be everything to every buyer; having a pricing structure that reaches a broad spectrum of buyers works well in a business with high sales volume but may drive a small company out of business. Wal-Mart's average profit margin is 3%, but when you put that in the context of \$256 billion dollars in sales, you can see how having a broad based, low price structure can work.

For a smaller company, you must determine who your target market is and get to know all there is to know about them. What are their spending habits? Where do they live? How much are they paying for similar products now? This is the first stage in determining a "fair" price for your customer.

Profitability

We all know that a profit is achieved when the revenue received for a product exceeds the cost of delivering the product, but what is its effect on pricing? For as long as I can remember, businesses have been running on the model of buy for \$1 and sell for \$2, but does that take into consideration all the ancillary costs associated with the finished product reaching the consumer?

Strict process analysis is the key to increasing a business's profitability. Identifying all of the segments that are involved with obtaining the finished product and their associated costs, give the business principle a clear idea of the true costs of goods sold and thereby the percentage of increase necessary over said costs to obtain the desired profit.

Future Expansion

With a well-defined target market and a clear cost of goods sold, a business now has to turn its attention to the amount of growth it plans to achieve in the coming months and years. I know you are wondering how this has anything to do with determining a price for a product, but I would ask you to consider the relationship of profitability and expansion.

When a business achieves its financial goals, expansion is fueled by greater retained earnings, increased sales revenue, and savings from enhanced purchasing power. Each of these factors should be considered when determining the initial price of products and projected pricing over the expansion period.

Simplified Version

1. Know your customer (What are they willing to pay)
2. Analyze all processes (All costs related to delivering your product)
3. Determine profitability (Percentage over break-even)
4. Plan for expansion (Additional percentage over profit)

Using this model may change the traditional pricing scheme from buy for \$1 and sell for \$2; to buy for \$1 and sell for \$5, but it will increase the likelihood of long-term success or quickly show your product's inability to reach your company's goals.

Elgin Carelock is the Chairman of the Greater Ocala Community Development Corporation (GOCD), which was organized by the Marion County NAACP and Labor and Industry Committee in July of 1994 to provide social and economic solutions to West Ocala residents. He is CEO and Chief Strategist of re-View Business Strategies, Inc. (RBS) a growth focused, strategic planning and business development company with over 25 years of professional experience in the areas of sales, marketing, advertising, brand development and customer service. He is the founder of the Build A Better Business Series. Contact Elgin at ecarelock@re-viewyourbusiness.com or (404) 993-7189 or go to www.rbsknowledge.com.



Speak Wear Apparel

Business Name:

Speak Wear Apparel

No. of Employees: 3

Business Owner:

Valerie Mitchell

Co-Owner: Joseph Mitchell

Business Address:

3101 S.W. 34th Ave. Suite

904-432, Ocala, FL 34474

Business Phone: (352) 236-7127

What Year Did You Start Your Business? 2015

Hours of Operation: Hours vary and are available by appointment Monday - Friday

Products and/or Services: We provide T-shirt apparel and design custom T-shirts for all occasions: Birthdays, Family Reunions, Businesses, Non-profits, Faith Community, etc.

Email: speakwear1@yahoo.com

Website: Swashop.net

Are you on Social Media? Yes

If yes, what platforms?

Facebook: <https://www.facebook.com/search/top?=&=speak%20wear>

What or Who Inspired you to start your business?

My son Jo'Val, who died in 2014. We always planned to do it, we just never got the chance to do it together.

What Makes Your Business Unique or What's Your Specialty?

Many people are doing business on many platforms. For Speak Wear it's about a lasting memory. Even when you're gone, your presence, your words, still speak. We just put it on a T-shirt.

What Advice would you give someone starting a business?

You must be committed. Research your craft. Do what works for you, not what works for others. Don't despise small beginnings and trust God.

The Small Business Profile is FREE and open to small businesses located in Marion County with less than 25 employees or solo entrepreneurs.

To have your business featured, request a form from Towntalkmagazine@yahoo.com.

Completed forms can be returned via email or mailed to P.O. Box 6212, Ocala, FL 34478.

The Build A Better Business Series

provides small business owners and non-profits with information and resources to help their company thrive through "social distancing" and beyond. The series includes weekly Zoom based classes on Thursdays where business owners have an opportunity to ask questions of industry experts. Classes are FREE and study and course materials are provided.

For more information about the Series or the next class, go to: <https://www.gocdc.org/build-a-better-business.html>.

Sunsets and Breezy Days: A Mother's Journey to Healing

Valerie Mitchell still remembers the last Mother's Day she spent with her oldest son Jo'Val. She was in church all day so she kept missing his call and he wouldn't leave a message. At about 7:30 p.m. she was sitting on the patio watching the sunset with her mom when he called again.

"It was just a beautiful conversation," she said. "Laughter, a lot of I love you's, what you did today, and he talked to his grandma. It was a beautiful close to the day."

Mitchell said although they didn't have any special traditions, she always knew she would see or talk to him before the day ended. He always made sure.

But three weeks later on June 1, 2014 in Tallahassee, FL, Jo'Val died in a car accident. He was 23 years old.

While Mother's Day is the day set aside for children to honor their mothers, for those who have lost a child and/or their own mother, the day can bring a range of emotions and painful reminders of lost loved ones.

"I find myself without even knowing on Mother's Day feeling a void ... mostly around evening time," she said. "It took me a few years to recognize it and realize it was the phone call from him that I was waiting for and it wasn't coming. Not going to happen."

Mitchell said the first year without her son was very, very hard and different. She said she spent a lot of time worried about her family and how they would move on, but she knew she had to for them.

"I couldn't succumb to my injury," she said. "I had to learn how to walk and process this new pain, new way of life. This limp, this thorn, this hurt and pain."

Being able to spend another Mother's Day with her mom would also not happen. Maggie Mathis, nicknamed Whootsie, died this year on February 15, as a result of Covid. Mitchell said she's still trying to deal with the fact that her mom is now gone too.

"I miss EVERYTHING ... you had to know her. She was my Princess Warrior," said Mitchell a full-time caregiver for her mom, who suffered from dementia for many years. "She was a strong independent little lady. I didn't see her under pressure much even though I know she had her struggles."

Mitchell said her mom had a beautiful heart but a slick mouth. She said two things she always told her she will never forget: "Baby, what's down in the well will eventually come up in the bucket, and Nothing fail but a try."

Mitchell would often take her mom to the garden shops at Home Depot or Lowes and whatever flower she kept saying was pretty was the one she would buy her for Mother's Day. On their last Mother's Day together, she said her mom chose a lemon cake, which was her favorite. Her mom loved sweets and would sneak and eat all day and tried to eat a third slice before she saw her.

"I guess you caught me," she recalled her mom saying. "But it is my cake!"

Mitchell said her son had a bit of artistic ability and would draw a few things for her, one of which was a rose but she couldn't recall why. He told her: "Here, now you have a rose from me to keep that will never die." "I think of that often," she said. "I framed it."

Growing up, Mitchell said her son's nickname was Jadie, but when he got older, he added Breeze to it. The last physical time they were together, she said, he was hugging her and the wind or breeze was blowing like a rushing wind from out of no where. It was so strong she thought she was going to fall over. Now she said, she looks forward to sunsets and breezy days.

"I can feel that weight or presence on breezy days," she said. "It just makes me feel even closer to him."

Mitchell, who now spends most of her time with her husband Joe, youngest son Jo'Warn and her 11-month old grandson, Jo'El, said so much has happened this year that she hasn't thought about how she will spend Mother's Day.

"There's just so much to be grateful for, to be here, alive, surviving and in my right mind," she said. "I'll take a day on the beach with a beautiful breeze and gorgeous sunset. If no beach, I will still look for the breeze and sunset."



MY PERSPECTIVE ON MOTHERHOOD by Loretta Pompey Jenkins



"Mother's hold their children's hand for a short while, but their hearts forever."

~ Author Unknown ~

When I really think about "motherhood" now and look back over my life as a mother, I must admit that I never gave "motherhood" a thorough examination. I just thought being a mother came naturally and how one managed the task also happened naturally. A mother just mothered on her instincts, whether it was taking advice from professionals, reading a book or emulating behavior exhibited by her own mother, grandmother, aunt or whoever her mother figure happened to be.

Jenkins said her natural mother died when she was nine years old and she was raised by her aunt, grandmother and finally her oldest sister, so she had a different perspective of what being a mother was like.

As the mother of four adult children, one of which she didn't meet until he was an adult, Jenkins said she knows the joys, heartaches, headaches, heart breaks, ups, downs and trials of raising children.

"The task should never be taken for granted," she said.

Jenkins believes mothering requires mastery in a multitude of assorted skills, which includes patience beyond measure, plenty of wit, an outpouring of unconditional love, lots of "bending knees" and many skills discovered as one practices the art of mothering. She said for working mothers, the skills are multitudinous and include helping to economically provide for the family and home, something she knows all too well.

Jenkins maintained a professional career for 30 years, while being very active in the community and her church. She served and held leadership positions in several clubs and organizations such as being a life member of the NAACP; Serving eight years as president of the Marion County Branch of the NAACP; Silver star member of Alpha Kappa Alpha Sorority, Eta Tau Omega Chapter (president for three years); member of Pacesetter's Club, Inc.; Inaugural member of the Dr. Martin Luther King Jr. Commemorative Committee; and former member of Governor's West Ocala Neighborhood Revitalization Council. But no matter what, she always allowed herself time for personal care.

"Learning to juggle and prioritize teaches a mother how to employ outstanding organizational and time management skills," she said.

Jenkins said being a good mother (and she considers herself one) has not and still is not an easy duty, but she counts it an honor.

"In retrospect," she said. "I can honestly say mothering my four has been rewarding, and I loved it."

A good mother, she said, is a woman of faith. She prays for her children, models faith in God to help build character in her children and teaches them to love the Lord.

"In doing these things, the mother desires that her children will grow up to be worthy citizens, an asset to their community and to the kingdom of God, Jenkins said. "This is what I tried to do with my children."

LOCAL PHI ETA CHAPTER RECOGNIZED AT NATIONAL CONVENTION

Chi Eta Phi Sorority, Inc.'s., local Phi Eta Chapter (Ocala/Gainesville) was recently recognized at the 65th Sorority Boule' (National Convention) in Lombard, IL., for the chapter's longevity.

The national nursing sorority, founded on October 16, 1932 at Freedman's Hospital on the campus of Howard University in Washington, D.C., was initially established for African American female nurses and has a current membership of more than 8,000 professional nurses and nursing students of both genders reflecting many cultures and diverse ethnic backgrounds.

The recognition occurred nearly two weeks before Nurses Week, which is observed each year May 6 - 12. The week shines a spotlight on nurses and others who have devoted their lives to improving the lives of others.

"I always wanted to be a nurse because I always saw nursing as ministry. "I didn't see it as a ministry back then, but I see it now," said Stafford, organizer and Basileus of the Marion County Florida Chapter of Eta Phi Sorority, Inc. "Back then nursing was not considered a profession."

Stafford said the local chapter had 12 charter members, which included three white males. She said it was exceedingly rare for white male professionals to join a predominantly black organization, but anyone was welcome to join the local chapter.

Pinkston said she always wanted to be a part of a sorority and joined Chi Eta Phi because her sisters-in-laws were members of the Delta's and the AKA's.

Bryant said she's always wanted to help people too. As a little girl, she remembers having a cat, dog and a baby carriage. She said she wrapped her animals up in a blanket and would take care of them as if they were people.

"I enjoy reaching out to people, especially when they are sick," Bryant said. "I have two cousins in Ft. Lauderdale who are doctors. We like helping people."

Stafford, Pinkston and Bryant have more than 90 years of combined nursing experience and are the only remaining active members. Five of the charter members are deceased.

Although Stafford will soon celebrate her 84th birthday, she is still actively involved in the health ministry at her church, Mt. Moriah Missionary Baptist Church, and other community organizations. She hopes to get more members involved in the local chapter so they can start back doing some of the things they used to do to address diseases that affect minority communities.

Today, Chi Eta Phi consists of males and females working together in service for humanity.



Grand Opening Planned for Recovery Center

Zero Hour Life Center
will hold a grand opening



Saturday, May 22, 2021
from 10 a.m. to 2 p.m. at
807 S.W. 3rd St., Ocala.



Zero Life specializes in peer recovery
supports and services.

Come meet with peers in the recovery
community and learn about the

SCHOLARSHIP OPPORTUNITY: APPLY NOW

The Humanists of North Central Florida is offering a scholarship of up to \$1,200 to a student or students continuing their education post high school. The education program can be academic or vocational.



To be considered, students must show acceptance to a post high school education program, and write an essay (maximum of 500 words) briefly telling them about her/himself with special attention to short and long term education goals and any unusual challenges in accomplishing these goals. A simple scholarship application will be sent to each student who submits the essay and provides contact information.

Send information to humanistsncfl@gmail.com. Put scholarship in the subject line or mail to Scholarship, 8878 SW 86th Loop, Ocala, FL

Mothers vs. Everyone Kickball Game



Sunday, May 9, 2021
3 p.m.

Ed Croskey Center,
1510 N.W. 4th St., Ocala

Open to all ages ~ Free food and games!

Mae E. Stafford

Graduated from Howard Academy School in 1955.

Graduated from segregated Brewster-Duval School of Nursing in 1959. The school closed in 1963 because of integration.

After college, she started working at the Northeast Florida State Hospital in Macclenny, FL., as a nurse in the acute psychiatric department. She supervised the black nursing unit because the hospital was segregated.

She moved to Maryland and worked as a private duty nurse for one of the wealthy DuPont families before she started working at the Veterans Administration Hospital.

Amelia (Ann) Pinkston

Graduated from Howard Academy School in 1962.

Attended Hampton Junior College and enrolled in the nursing program at Central Florida Junior College because Hampton did not have one. She graduated in 1968.

Several years later, she returned to Florida State University and earned her Nurse Practitioner license. When she could not find a job in that field, she accepted a position as a Registered Nurse at what was then Munroe Regional Medical Center.

She worked with Dr. Gary Wright and Dr. Thomas Cartwright, who opened the first Oncology Center in 1977, for 23 years.

Peggy Munroe Bryant

Graduated from Howard Academy School in 1962.

Graduated from the University of Florida with a bachelor's degree in nursing in 1967.

Dr. George Richard asked her to work for him in the University of Florida's Renal/Urology research department. At first, she was apprehensive about taking the job because she had not taken the board exam, but she did accept the position.

She worked as the Director of Nursing at the Mental Health Hospital in Leesburg, and as a supervisor in the Psychiatric Department at Marion Citrus Mental Health Center.

Health and Wellness



READY TO GET HEALTHY? SIGN UP NOW FOR A FREE WELLNESS CLASS

Every Thursday starting May 6 through June 10, 10 a.m. to 11:45 a.m. at Central Christian Church, 3010 NE 14th St. Ocala FL

This class will help inspire ways to begin or improve your individual health and wellness journey by exploring the following areas: Nutrition, meal planning, where and how to find healthy food on a tight budget, and in some cases, free; Fun ways to increase movement, even when physically limited; Sleep: How to get it and benefit from it; The life giving boost of fresh air, sunshine, breathing and hydration; The benefits of having a consistent routine and how to plan for that; How intentional spiritual connection inspires us and the benefit of pursuing wellness together with others!

Limited seats available, so register soon to reserve your place! For more information, call Sue at **(802) 375-4156** or email us at **togethertothrive@gmail.com**.

MEDICATION-ASSISTED TREATMENT AT BEACON POINT

Medication-Assisted Treatment (MAT) has proved to be clinically effective and is one of the best and safest options available. The goal of the MAT program is to help individuals modify their behavior and encourage positive lifestyle changes for long-term success. As the ongoing opioid epidemic continues to destroy lives across the country, help is more urgent than ever.

MAT combines behavioral therapy and medications to treat substance use addiction. This means that treatment for individuals with opioid (and other) addictions could include FDA-approved medications, in combination with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use addiction.

FDA-approved medications include Suboxone, Naltrexone, and Vivitrol (long-acting injectable Naltrexone). These medications can ease the symptoms of opioid withdrawal and relieve drug cravings. The Centers does not provide Methadone at this time, however, referrals to other community resources will be provided.

As part of the MAT program, you will have a personalized experience with our Nurse Practitioner who will complete an evaluation and develop a medication treatment plan that is best for you. Additionally, you will have weekly support contact with your peer specialist, and case manager who will provide specialized supports as a means to enhance and promote successful recovery.

MENTAL HEALTH • ADDICTION RECOVERY • CHILD SAFETY

Our mission: Strengthen lives with compassionate healing.



717 SW MARTIN LUTHER KING JR. AVE., Ocala, FL 34471

MONDAY - THURSDAYS 8AM-5PM

TO SCHEDULE A SCREENING CALL (352) 291-5555 EXT. 5826 OR 5827

WWW.THECENTERS.US

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Register today for your COVID-19 vaccine

Sign up at: Marion.FloridaHealth.gov

Need help signing up? Call 352-644-2590



(352) 255-6985

CALL OR TEXT

24-HOUR ON CALL SERVICES

Recovery Coaching - Peer Support - Resource Navigation - Counseling - Follow-up Support

The Recovery Response Team deploys a team to address opioid and other substance misuse in the community. The team has the ability to intervene with individuals in their own communities, identify immediate resources on the scene and relieve the need for any further intervention when possible by motivating and assisting the individuals to receive the most efficient and effective services to address their individual needs.

Recovery Response Team funding is provided by the Marion County Hospital District



3/19/2020

Every 40 seconds someone has a stroke in the US

BE PREPARED. KNOW STROKE SIGNS. SAVE A LIFE!



STROKE IS A MEDICAL EMERGENCY! CALL 9-1-1 IMMEDIATELY!



WHAT CAN YOU DO TO PROTECT YOURSELF?

- Manage Blood Pressure
- Manage Diabetes
- Manage Cholesterol
- Quit Tobacco/Nicotine
- Move Your Body
- Choose Healthy Foods
- Maintain Healthy Weight

For more information on stroke visit: stroke.org



Self-Improvement and Financial Literacy

SAVE THE DATE!

R.A.M.A.L. Educational and Social Services, Inc. Presents:

FINANCIAL EMPOWERMENT EVENT



REACH • AIM • MOTIVATE • AND LEAD
R.A.M.A.L.
COMMUNITY'S SOCIAL SERVICES, INC.

Comfort Inn Suites-North
3825 NW Blitchton Rd., Ocala, FL 34475

Saturday, May 1, 2021
10 a.m. - 1:00 p.m.

Giveaways • Food
One Grand Prize \$250 Value!

- FREE Registration at Eventbrite
- Limited in-person seating and on Zoom
- Mask Required/Social Distancing

PRESENTATIONS:

- ACTION STEPS TO OWN A HOME IN 2020
- HOW TO IMPROVE CREDIT SCORES
- GET MORE FROM FINANCIAL INSTITUTIONS
- LEAVING A FINANCIAL LEGACY
- INVESTING LIKE A PRO
- TALKING TO YOUR CHILDREN ABOUT SAVING

SPONSORS:

SIMONE CAMPBELL, REALTOR

RENASANT BANK

Wawa

H2G11
Home Development & Management Group

Contact: Barbara J. Brooks, Ph.D. • (352) 875-4237 • www.ramalservices.org

MONEY SMART ~ CLIPPING COUPONS CAN SAVE YOU MONEY

By Scott Hackmyer

I like Tide Laundry Detergent. It's a little more expensive than some brands, but I think it does a better job. Target almost always sells the 92 ounce bottle for \$11.99. So here's the art of using coupons and discounts.

In the Sunday paper there were \$3 off coupons for Tide. Proctor and Gamble also has these coupons online. I was able to purchase my Tide for \$8.99 a bottle using two of these coupons, but it gets better.



Target's offer was if you buy two bottles you get a free \$5 gift card which basically takes another \$2.50 off the cost of each bottle so now my cost is down to \$6.49. I also have a Target Credit Card. When you use your credit card, Target takes 5 percent off your purchase price. This dropped the price another .45 cents per bottle, so my actual cost for the \$11.99 large bottle of Tide was \$6.04.

This is just one example. If you spend a few minutes looking for coupons or discounts you can save a lot of money. Even if you use one .25 cent coupon a week by the end of the year you will have saved enough money to treat your family to two pizzas. I usually save about \$3 a week which in a year's time is \$156. That's the cost of what I usually pay for one month's electric bill. If someone said to me if you spend just a little time cutting coupons I will pay your electric bill for May, I would jump at that offer.

Some churches, apartment clubhouses and friends have boxes where people exchange coupons to get the ones they want. One secret about using coupons is to only use and buy items that you know you like and will use. Even if a deal is too good to be true if it's for an item that will just sit on the shelf and never be used, it's not a good deal. Shop smart, look for sale prices and use your coupons.



PLAY LEARN AND GROW TOGETHER

GRAND PRIZE GIVEAWAY!!!
(All families will receive a \$250 Gift Card but must attend all 6 Workshops to be eligible on 6/10/2021)


Gift Card
\$250

VIRTUAL PARENT EDUCATIONAL WORKSHOPS
Dates: 5/6/2021 to 6/10/2021
6pm-7:30pm
(Thursdays)

Internet Connection and Computer/Smart Phone with camera/speakers required to participate

Enjoy **FREE VIRTUAL EDUCATIONAL WORKSHOPS** for the entire family, fun educational activities promoting early learning for your children, and being eligible to receive **Gift Cards and/or Educational Toys**...Join us at the Virtual Parents as Teachers Workshops happening weekly in Marion County.

For more information and to register contact **Success By 6 Coordinator Chrissy Vickers** at (352) 369-2315 ext. 213 / cvickers@elc-marion.org or register at <https://www.elc-marion.org/parents/success-by-6/parent-training-scheduling/>



United Way **SUCCESS BY 6**

Parents as Teachers

ELC/MC Early Learning Coalition of Marion County, Inc.

OFFICE of Early Learning
LEARN EARLY. LEARN FOR LIFE.

Sealing/Expungement Virtual Clinic

In partnership with Siemens and Siemens Energy, Community Legal Services of Mid-Florida will be offering a legal advice and brief services clinic on sealing/expungement.

Who Can Benefit?

Individuals who want to increase their job prospects, have an easier time finding a place to live and those looking to increase their chances of being approved for a loan.

Volunteer lawyers will meet individually with clients to determine whether they are eligible to seal or expunge their criminal records.

Not all records can be sealed or expunged



May 13th, 2021
3:00pm-5:00pm
Register at: <http://bit.ly/sealexpungeclinic>



FUNDS AVAILABLE TO HELP WITH COVID-19 FUNERAL COSTS


If you paid for funeral expenses after January 20, 2020 for an individual whose death may have been caused by Covid-19 or was likely the result of Covid-19, you can apply for up to \$9,000 of assistance per funeral.

Individuals may also apply for assistance with multiple funerals.

Applications being accepted by FEMA. To apply, call 1 (844) 684-6333 between 9 a.m. to 9 p.m. Monday - Friday. For more information, go to [fema.gov/disasters/coronavirus/economic/funeral-assistance/faq](https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance/faq).

College of Central Florida Sets Date for Graduation

The spring commencement will be held on Friday, May 7. The ceremonies will be held virtually. At **3 p.m.** a livestream of the Certificate, Associate in Science and bachelor's degrees will be held, and at **5 p.m.**, a livestream of the Associate in Arts commencement will begin. Both commencement messages will be featured on YouTube (@CollegeofCentralFL). Links can be found on www.CF.edu/graduation.



What's Happening? Let's Get Connected

Public Housing WAITLIST OPENING



**May 3, 2021 at 10:00 AM
to June 30, 2021**
OR
until **1,000** applications
have been received

INCOME LIMITS

- 1 Person: \$31,150
- 2 Persons: \$35,600
- 3 Persons: \$40,050
- 4 Persons: \$44,500
- 5 Persons: \$48,100
- 6 Persons: \$51,650

- When applying online, applicants will need the following for all household members: income, social security numbers and dates of birth.
- Any individual who is income qualified is eligible to be placed on the waiting list. Other eligibility criteria will be required when name is selected from waiting list.
- If you need **special accommodations**, please call **Jacalyn Brown** at **352-620-3350**.
- OHA has bilingual staff available for translation assistance.



Apply Online Only

<https://ocalahousing.housingmanager.com>

No paper applications will be accepted on site.
Computers available for use at:

Career Source

2703 N.E. 14th Street
Ocala, FL 34470
M-F: 8:00 am - 5:00 pm

Marion County Public Library

2720 East Silver Springs Blvd.
Ocala, FL 34470
M-F: 10:00 am - 6:00 pm
Saturday: 10:00 am - 4:00 pm

For questions, call:

Michelle Jennings: 352-620-3666

Yvette Grillo: 352-620-3401
(se habla español)

Stephanie Walker: 352-620-3366
or

visit our website:
www.ocalahousing.org

NEED HELP CONNECTING DURING THE PANDEMIC?

The Emergency Broadband Benefit is an FCC program to help households struggling to pay for internet service during the pandemic.



This new benefit will connect eligible households to jobs, critical healthcare services and virtual classrooms and provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on Tribal lands.

Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer or tablet from participating providers if they contribute \$10-\$50 towards the purchase price.

The program has been authorized by the FCC but no start date has been established. For more information, go to <https://www.fcc.gov/broadbandbenefit>.



GET HELP TODAY!

ARE YOU OR A LOVED ONE HAVING TROUBLE PAYING FOR YOUR RENT OR UTILITIES DUE TO THE COVID-19 PANDEMIC?

The United Way of Marion County COVID Assistance Program (CAP) can provide assistance toward rent or utility payments for eligible households.

Residents are encouraged to apply beginning April 1, 2021, and will be considered on a first-come, first-served basis. Funds are required to be distributed by December 30, 2021.

Assistance is available for financial obligations incurred after March 2020*

VISIT UWMC.ORG/CAP

CAP Qualifications:

- Marion County Resident
- At or below 80% of the average median income
- Experienced hardship due to COVID-19
- Valid form of ID
- Apply online at www.uwmc.org/CAP

Seeking access to a computer or assistance accessing the application? Call 2-1-1

2-1-1 CALL | TEXT | CHAT
VISIT WWW.UWMC.ORG/211
Get Connected. Get Help.™

UNITED WAY OF MARION COUNTY | 1401 NE 2ND ST., OCALA, FL 34470 | PH: 352-732-9696 | WWW.UWMC.ORG

#LIVEUNITED

BARBARA G. WASHINGTON COMMUNITY YARD SALE

Saturday, May 15, 8:30 a.m. to 1 p.m. at the Barbara Gaskin Washington Activity Center, 210 NW 12th Ave. Set-up begins at 7:30 am. Limited to 20 parking spaces. Cost is \$12 per space. Must bring own table. Register by May 7.

DON'T MISS OUR JUNETEENTH CELEBRATION



Saturday, June 19, 2021

10 a.m. at Webb Field,

1501 W. Silver Springs Blvd. Ocala

To be a vendor or to perform,

JUNETEENTH Email: ocalajuneteenth2020@gmail.com

"Juneteenth," is a nationally recognized holiday celebrated across the U.S. to commemorate the abolishment of slavery in the United States.

County Commission Meetings

May 4 and May 18

9 a.m.

McPherson Governmental
Campus Auditorium
601 S.E. 25th Ave.
Ocala, FL 34471

Ocala City Council Meetings

May 4 and May 18

5 p.m.

110 S.E. Watula Ave.,
Ocala, FL 34471



Marion County School Board

May 11 and May 25

5:30 p.m.

School Board Meeting Room
512 S.E. 3rd St.
Ocala, FL 34471

Things to do This Summer

Summer is quickly approaching and while we all look forward to that, it can at times be a stressor for parents who are looking for low-cost or no-cost ways to keep their kids entertained and active outside of school. Listed below are some great opportunities for our kids to live and learn during the summer: YMCA Summer Camp. Call (352) 368-9622 or <https://ymcaof.org/programs/camps/contact/>

City Kids Summer Camp:
E.D. Croskey Recreation Center
1510 NW 4th St.



Ages: 5 - 12
 Cost: \$50/camper per week or \$75/camper per week for (non-residents) \$25 one-time, non-refundable registration fee.
 Camp dates: June 1 - July 30, Mondays - Fridays, 7:30 am to 5:30 p.m.
 Call (352) 629-5517 or www.ocalafl.org

Lily's Leaping Summer Camp
Lillian F. Bryant Community Center
2200 NW 17th PL

Ages: 6 - 12
 Cost: \$40 per week per child or \$60 per week per child (non-resident) \$25 one-time, non-refundable registration fee
 Camp dates: June 1 - July 30, Mondays - Fridays 7:30 am to 5:30 pm. Call (352) 368-5517.

Boys and Girls Club of Marion County Summer Camps

Serving ages 6 - 18 years old
 Cost: \$50 per week, per child. Includes snack, lunch and membership shirt.
 Camp Dates: June 7 - July 30, (Closed July 5) 7:30 a.m. to 5:30 p.m. Summer application required. Spaces limited. Call (352) 690-7440.

Other opportunities available at: <https://www.ocalafl.org/government/city-departments-i-z/recreation-parks/recreation/summer-camps>.

Ocala Civic Theatre will host its third annual Summer Camp Expo on Saturday, May 8, from 11 a.m. to 3 p.m. at the theater located at 4337 E. Silver Springs Blvd.

The Expo is an opportunity for representatives of camps and programs to set up displays, answer questions and take registrations.

For more information, contact Larry Kiernan at (352) 236-2851 or Melody Murphy at marketingdepartment@ocalacivictheatre.com

The **Community Spotlight** highlights a person, place or event in our community. Tell us what's happening around town so we can share your **Good News** with others.



Email submissions to Towntalkmagazine@yahoo.com.

Every Tuesday

Saint Paul A.M.E. Church
 718 NW 7th St.
 Free Hot Breakfast, 9 a.m.
 Food Pantry Open 10 a.m. to 2 p.m.

FREE FOOD



Every Wednesday

Kingdom Revival Church
 3318 E. Silver Springs Blvd.
 Food Giveaway, 10 a.m. until gone

DRIVE THRU SPAGHETTI DINNER

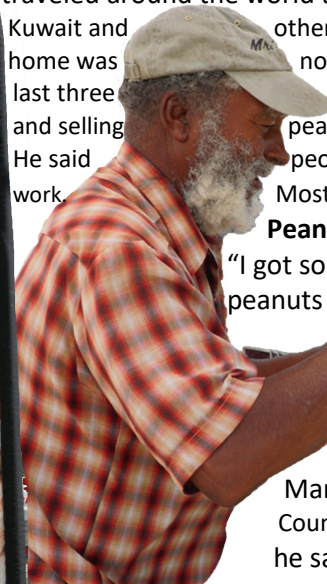
Kingdom Revival Church
 Saturday, May 22, 2021
 11 a.m. to 1 p.m. or until gone.
 Must be present to receive meal.
 No walk-ups allowed.



COMMUNITY SPOTLIGHT



Ralph Emanuel is a retired asphalt worker who traveled around the world to Saudi Arabia, Haiti, Kuwait and other places. He said sitting at home was not an option for him. For the last three years, he has been cooking and selling peanuts. He said people these days don't want to work. Most people call him Ralph or **the Peanut Man.**



"I got some of the best peanuts in

Marion County," he said.



"My peanuts come from Seiler & Son Farms." **The Peanut Man** can be found on the corner of West Silver Springs Blvd., and Southwest 19th Avenue, Ocala. (In the vacant lot next to Looking Good Beauty Supply).

Stop by and say Hi and buy a few bags of peanuts.

2021 Levitt Amp Ocala Music Series ~ Free Friday Night Concerts ~ 7 p.m. to 9 p.m.
 Webb Field at Martin Luther King Recreation Complex, 1510 N.W. 4th St., Ocala.

May 7

Featuring Sideline supported by Justin Mason and The Blue Nights

May 14

Dwayne Dopsie and The Zydeco Hellraisers supported by Julie Black Band

May 21

The New Respects supported by The States



TOWN HALL MEETING

Governor's West Ocala Neighborhood Revitalization Council invites residents and interested community members to join us on

Monday, May 3, 2021
6 p.m. to 8 p.m.
Ed Croskey Center
1510 N.W. 4th St.,
Ocala, FL 34475



For questions or more information, please e-mail Gwonrc@outlook.com.

~ GUEST SPEAKERS ~



Shane Alexander
Fire Chief, Ocala Fire Rescue
"Mentorship Program"

Tammy Haslem
City of Ocala Budget Director
"User Fee vs Tax Assessment"

Karla Grimsley
CEO, Interfaith Emergency Services
"Interfaith's Expansion Plans"

Come hear how Interfaith is working to end homelessness while enhancing the curb appeal on Northwest 2nd Street

Hear testimonials from people who have gone from homeless to housed and a report from Interfaith's staff on how many people are on the path to stable housing

Hear an update on Interfaith's plans to build an Engagement Center and permanent supporting housing to better serve some of Ocala's most vulnerable residents

Please Note: Social distancing guidelines will be followed during this event. Attendees are encouraged to wear masks. Seating is limited.

CONGRATULATIONS - ON YOUR - Graduation

All graduation ceremonies will be livestreamed on the district's YouTube channel (MCPSmedia).



High School Graduation Ceremonies:

Vanguard High School: Friday, May 28, 2021 at 7 p.m.
Southeastern Livestock Pavilion,
2232 NE Jacksonville Rd., Ocala, FL.

The graduation ceremonies listed below will be held at the World Equestrian Center, 1390 NW 80th Ave., Ocala, FL.

Forest High School: Saturday, May 29, 2021 at 9 a.m.

North Marion High School: Saturday, May 29, 2021 at 7 p.m.

Dunnellon High School: Wednesday, June 2, 2021 at 6 p.m.

Lake Weir High School: Thursday, June 3, 2021 at 7 p.m.

West Port High School: Friday, June 4, 2021, at 6 p.m.

Bellevue High School: Saturday, June 5, 2021 at 9 a.m.

Safety protocols and guidelines from the Centers for Disease Control and Prevention will be in place at both venues.



Town Talk Magazine
P.O. Box 6212
Ocala, FL 34478