



Robert "Bobby" Thomas

The First Red Cross
Trained Instructor for
Hampton Aquatic Center



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2022 Primary Election*

Voter Registration Deadline:
July 25, 2022

Early Voting:
August 13 to August 20, 2022,
10 a.m. to 6 p.m.

Mail Ballot Request Deadline:
August 13, 2022 by 5 p.m.

Mail ballots must be received by the Supervisor
of Elections office by 7 p.m. on Election Day to be
counted

Election Day:
August 23, 2022: Polls open 7 a.m. to 7 p.m.



2022 General Election*

Voter Registration Deadline:
October 11, 2022

Early Voting
October 27 to November 5, 2022,
8 a.m. to 6 p.m.

Mail Ballot Request Deadline:
October 29, 2022 by 5 p.m.

Mail ballots must be received by the Supervisor
of Elections office by 7 p.m. on Election Day to be
counted.

Election Day:
November 8, 2022 - Polls open 7 a.m. to 7 p.m.



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

Scott Hackmyer

Connie King, LMHC

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

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The opinions expressed in this
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the views of Town Talk. All articles,
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submitted are subject to refusal and
editing at the editor's discretion.

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EDITOR'S DESK



Sometimes I forget Rome wasn't built in a day. It's taken a while, but our Facebook page is finally up and fully active. Keeping you informed of what's going on in our community is a priority.

If you want to stay up-to-date on what's happening in our community after the current month's Magazine publishes and before the next issue comes out, check out our page. Please LIKE our page and share information with us to post.

Making ends meet is becoming more difficult everyday with the price of gas and everything us being as high as it is. To save a few dollars, join us at the 19th Annual Back to School Bash. It's **FREE** and registration is **NOT** required at this event, but kids **MUST** be in the car to receive a **FREE** backpack filled with basic school supplies, plus a free meal for parents and children, while supplies last.

If you can't make it to the Back to School Bash, there's other options families can participate in. The **Back to School Community Giveback** is an effort by the Community Foundation, AdventHealth Ocala, and Marion County Public Schools to bring backpacks and supplies to thousands of families in Marion County. More than 6,000 backpacks will be distributed across seven locations.

The event's main host location will be at the AdventHealth Ocala Auxiliary Center, with satellite locations at Belleview High School, Dunnellon Middle School, Ft. McCoy Middle School, Lake Weir High School, Liberty Middle School, and North Marion High School.

Please Note: Registration is required! Each student will need to be registered by a parent or guardian in their registration portal. They will collect student names, age, grade level, and school information. Students can only be registered for one location, which will ensure our community is served at the highest level. To register, please go to <https://www.eventbrite.com/e/back-to-school-community-giveback-tickets-298105921837>.

Need FREE Money for school? There's still time to take advantage of this opportunity, but hurry, the deadline to apply is coming soon! The Humanists of North Central Florida is offering scholarships up to \$1,500 for post-high school education: Vocational-Technical Schools and Programs; Adult Education and Continuing Education Programs; College (2 or 4 years); University.

To qualify, a student must be committed to pursuing formal education beyond high school, and two letters of recommendation from non-relatives will be required. The first letter should discuss your commitment to reach your short-term goal(s), and the second letter should address your current status and potential for success in reaching your short-term goals.

Applications must be received by midnight **Saturday, July 30, 2022**. Applicants will be notified of their status within one month from their application date. *The scholarship will be paid directly to the education program.*

For more information or to request an application, please send email to humanistsncfl@gmail.com. Applications requested will be emailed or snail-mailed to student. Mail completed applications to Scholarship Committee, 8878 S.W. 86th Loop, Ocala, FL 34481-9800.

Let's Talk!

Monica

Monica T. Bryant, Editor



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Please visit our website at Towntalkmagazine.org to keep up with the latest happenings in the community.

COMMUNITY SPOTLIGHT

HOWARD ACADEMY COMMUNITY CENTER



Davida Randolph

Davida Randolph knew she wanted to be a registered nurse since she was a little girl. She even worked in the nursing field for a few years, but although her dream of being a nurse never happened, her lifelong desire to help others did.

"I did not see myself on this path, but this path still led me to helping others," she said.

In February, Randolph, who graduated from Forest High School and has a Bachelor's in Business Management and a Master's in Public Administration, was hired as Program Manager at Howard Academy Community Center to work with agencies in the community to find out what the needs are; to reach out to residents to see what their needs are and; to manage the Black History Museum of Marion County, located inside the Center and open daily from 9 a.m. to 4 p.m. Randolph said there's a lot of history in the museum waiting to be put on display and she wants the community to take advantage of the opportunity to see Black history up close.

"My goal was to always help people in life. I never saw myself in a position like this, but this position has given me the opportunity to put together programs for the community that I grew up in and offer programs that simply weren't available to me when I was growing up," she said.

Randolph said Howard Academy's mission is to address the needs of the Ocala Westside Community and Marion County through specialized learning-centered activities and community programs enriching student lives and impacting community development. She said Howard Academy, established in 1866, was the first black school in Ocala and during that time, it was the only place black children could go to get an education. The high school closed in 1955 when students were relocated to Howard High School, now Howard Middle School. Today, the Center houses Title 1 for the Marion County School Board, organizations utilize meeting rooms for meetings on a weekly basis and residents often rent out the cafeteria for different events.

In April, Randolph said R.A.M.A.L. Educational Services, Inc. provided tutoring for students in first through 8th grade. The tutoring program will restart in September. In the Fall, they plan to offer financial literacy classes, homeownership classes and a college boot camp for students in 11th and 12th grade to equip them with the necessary skills to survive once they enter college life. If students choose to go to a vocational school, they still want to provide them with those same skills. Zumba classes will resume at the center in August. Classes will be held every Monday and Wednesday from 4:30 p.m. to 5:30 p.m. For the first time, a line dancing class will start in August and classes will be held on Tuesday's. They are in the process of planning a community day in the Fall and want to invite the community to come by and see all the wonderful things going on at Howard Academy.

"My vision for the future is to expand the staff as we add more programs to the center," she said. "My goal is to provide something that will be able to help everyone."

Currently, Randolph said, they are a staff of two and have two faithful volunteers that come in to assist them in the museum. She said they need more volunteers that can come in for a couple of hours a day to change things out in the museum every other month and help catalogue all of the history they have there. The center is utilized daily and average weekly attendance varies from 10 to sometimes more than 100. Randolph said she has so many plans for the Center, but the most important ones are to provide programs that support growth in our community such as homeownership and making the center a place that our community can utilize to assist the family as a whole.

"If our children are struggling, they can get the assistance they need from our tutoring program. If the parents are struggling, our newly formed partnership with the Marion County Hospital District, which provides a wide range of programs such as Fitness and Nutrition classes, GED, Mentoring and Life Skills classes, assisting clients with job applications and working with other agencies to provide medical and dental services, may be able to assist them in getting the skills they need to move to the next level in their lives," she said.

Donations are always welcome to assist with special events and program implementation, but the biggest challenge she has right now is getting the surrounding community to participate in programs they are starting at the center. They are working on some creative ways to encourage people to stop by the center to find out about all the exciting new programs and resources they have and will have available. Additionally, she said, she would love to replace the tables and chairs in the cafeteria, replace the curtain on the stage and would like a sign, something like a community board, to place outside to let people know about the different programs.

"Howard Academy is a historic place in our community that reminds us of our history, but it's also a place that I hope families can come and get some of the resources they need to help them through the small struggles in life," Randolph said.

"The center is for the community and I want the community to take advantage of every opportunity it has to offer."



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.

SEXTON AND GOLIGHTLY PLACE FIRST IN ESSAY CONTEST



Congratulations to the high school and middle school winners of the Bridges Project Ocala Fourth Annual Essay Contest! This year's theme was "Bullying: its pervasive nature and how to resolve it."

To read the second and third place winners go to www.towntalkmagazine.org and click on the **What's Happening Now** tab.

One of the main struggles for students in school is facing bullying from their peers.

Bullying is when a student tries to harm another student either verbally or physically. It can also be when a student tries to intimidate their peers into doing something that they don't want to do. It can be harmful to the victim not only physically, but also mentally. It can cause someone to feel afraid, vulnerable or unsafe in their school and even outside of it. It can cause students to be self-conscious, as well as depressed or anxious. At the worst, it can even cause a student to become suicidal and lead to their suicide. I have personally dealt with being bullied by fellow students. I've been harassed for being part of the LGBTQ+ community, as well as trying to be coerced into dating someone in which I had no interest in. He then proceeded to cause physical harm to me. A teacher of mine noticed I was upset and brought me to the side to talk about what was wrong. I explained the situation, she sent me to the office to tell a dean and the guy was suspended for two weeks. When he returned, he left me, as well as the other guys he was bothering, alone.

Karlee Sexton, 9th grade
Lake Weir Middle School

There have been countless other times where I've been insulted for my looks and appearance, especially my body and face. Over time, I have started to stand up for myself, not only because I have grown confident, but also because I realized that almost no one in the school system cares until it becomes a problem for them.

I have also seen many of my friends and other students in my school be bullied for countless things. Some stand up for themselves, some joke around and find it funny, and some don't know how to react, so they stay silent. It takes a great deal of courage to defend yourself from someone who makes themselves appear bigger or better than you, especially when they are insulting you.

To combat this, there are many things we could start doing or do differently than we already are. The first being that teachers should help students more, defend them when they realize a student can't do it themselves, make them feel safe in a learning environment. Putting up posters on the walls that are a "NO BULLYING ZONE" or having staff say it isn't tolerated doesn't do anything other than add some décor to the hallways and another voice to ignore.

We could also start trying to be more inclusive of minority groups. Celebrate them and fill those celebrations with school spirit so that students feel safe and welcome. This could encourage them to tell an adult at the school if they are being bullied because they trust that they will care.

The schools do try to be inclusive, but they could try harder. It does not need to be overbearing or force students to celebrate others, it will just offer more of a safe space to students who need it.

Lastly, we could offer students an easily accessible group of online tools. Places where they can discover people who have had similar experiences or share their own. This could help them realize that they aren't alone in this and there are people who care about how they feel.

All of these tools that can help students reach out or relate to others could help with students who stay quiet about bullying, as well as the negative effects of it.



Imagine you arrive at school, head to your locker, and get shoved by a kid walking past; What would you do? Would you do anything at all? In fact, most victims of bullying struggle with the concept of standing up for themselves. Bullying is an everlasting occurrence in places all around the world, including online, and its effects can be devastating and conflicting.

First and foremost, victims of bullying are less likely to achieve higher grades. Victims often experience mental, physical, social and academic matters of unhealthy occurrences such as depression, anxiety, aggressiveness and health issues. On the other hand, kids who purposely bully others are more prone to get into fights, obtain criminal sentences or abuse alcohol or drugs at an early age or at the time of adulthood. According to stopbullying.gov, "Kids who are bullied can experience negative physical, social, emotional, academic and mental health issues. Kids who are bullied are more likely to experience depression and anxiety, health complaints and decreased academic achievement. Kids who bully are more likely to abuse alcohol and other drugs in adolescence and as adults, get into fights, and have criminal convictions and traffic citations as adults." This evidence verifies that bullies and victims may experience concerning conditions that can drastically affect their future.

Furthermore, cyberbullying is another destructive tool for bullies. They use electronic devices and the internet to speak harsh words toward their targets, demotivating them and making them feel utterly disheartened. Research presents that 32% of cyberbullying victims experience some sort of distress or feeling of isolation that can occur throughout the ordeal of cyberbullying. More research results in anger and lashing out being found most typically developed during stages of cyberbullying. According to verywellfamily.com, Not surprisingly, research shows that 32% of kids who are targets of cyberbullying report experiencing at least one symptom of stress. Cyberbullying sometimes causes kids to be excluded and ostracized at school. Consequently, they often feel alone and isolated." This supports the stance that youth who are cyberbullied have behavioral and mental issues and are less likely to be sociable.

In addition, a major way of preventing bullying is to become an upstander. Upstanders are those who act upon bullying. Upstanders do not stand by and watch someone get bullied or harshly teased like a bystander does. Ways to help someone out include ordering bullies to stop, encouraging others to assist the victim, encourage the victim to stand up for themselves, inform a trusted and safe adult, and many more. According to stompoutbullying.org, "Becoming an upstander looks like this: Taking action by shifting the focus and redirecting the bully away from the victim, and taking action by telling an adult who can help." This verifies that upstanders can take several actions to prevent bullying and that there are quieter alternatives to being an upstander.

In conclusion, bullying is an infinite source of negative energy that inflicts harmful behaviors and mentality upon victims. Cyberbullying is a large cause of bullying that can affect the victim's state of mind and social aspect. Upstanders are one of the best ways to support victims. Bullying can affect everyone at any given moment and not acting upon it might as well make you the bully too.



Kaeleigh Golightly
7th grade,
Liberty Middle School



**"Knowing what's right doesn't mean much unless you do what's right."
- Franklin Roosevelt**

THIS HURRICANE SEASON IS EXPECTED TO BE A BUSY ONE ARE YOU PREPARED? MAKE SURE YOU HAVE A PLAN



DISASTER SUPPLY KIT CHECKLIST



General

- Two week minimum supply of medication, regularly used medical supplies, and a list of allergies
- A list of the style, serial number, and manufacturer information of required medical devices
- Batteries
- Flashlights
Do not use candles
- NOAA Weather Radio
Battery operated or hand cranked
- Cash
Banks and ATMs may not be available after a storm
- Cell phone chargers
- Books, games, puzzles or other activities for children

Phone Numbers

- Maintain a list of important phone numbers including:
County emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contacts, friends and family

Clothing

- Rain gear such as jackets, hats, umbrellas and rain boots
- Sturdy shoes or boots and work gloves

Special Needs Items

- Specialty items for infants, small children, the elderly, and family members with disabilities

First Aid

- First Aid Manual
- Sterile adhesive bandages of different sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Disinfectant wipes
- Hand sanitizer
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrheal medicine
- Antacid
- Laxative
- Cotton balls
- Q-tips

Food and Water

- Food
Nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items to last at least 7 days
- Water
1 gallon per person per day
- Non-electric can opener
- Paper plates
- Napkins
- Plastic cups
- Utensils

Important Documents

- Insurance cards
- Medical records
- Banking information
- Credit card numbers
- Copies of social security cards
- Copies of birth and/or marriage certificates
- Other personal documents
- Set of car, house, and office keys
- Service animal I.D., veterinary records, and proof of ownership
- Information about where you receive medication, the name of the drug, and dosage
- Copy of Will

**Items should be kept in a water proof container*

Vehicle

- Keep your motor vehicle tanks filled with gasoline

Pet Care Items

- Pet food and water to last at least 7 days
- Proper identification
- Medical records/microchip information
- A carrier or cage
- Muzzle and leash
- Water and food bowls
- Medications
- Supplies for your service animal

Find more disaster preparedness tips at
FloridaDisaster.org

KEEP YOUR EYES ON YOUR KIDS WHILE THEY ARE NEAR WATER THIS SUMMER

When Robert Thomas was learning how to swim, there were no municipal swimming pools back then similar to Hampton Memorial Swimming Pool, now Hampton Aquatic Center. The only place he could go swim was down to the big lake at East Lake Weir. There, Thomas, who went to the lake with family members, taught himself how to swim by playing in the water and practicing. He played on the edge and eased into the deeper water, little by little until he finally learned to swim.

Thomas, now 87 years old, was the first Red-Cross trained lifeguard at Hampton Aquatic Center and a former lifeguard at Paradise Park. While working at Hampton, Thomas said he set up intervals for checks to get everyone out of the pool every 30 minutes. He would walk and check around the pool often with the other lifeguards because there were so many people in the water. East Lake Weir in Ocklawaha was later named Hampton Beach in honor of Dr. Lee Royal Hampton, a graduate of Howard Academy and one of the first black dentists in Marion County.

Thomas said Eddie Vereen, the first and only manager of Paradise Park, asked him to come work there shortly after the park opened in 1949 although he didn't know his skills. He worked at Paradise Park, the segregated section of Silver Springs, full-time as a lifeguard but also did other duties. About six years later, Thomas received additional training through Red Cross, becoming the first and only person qualified to teach swimming lessons when he started working at the pool in 1955.

The pool was usually open from 2 p.m. to 6 p.m. Thomas arrived early to check the swimming pool to ensure everything was in order. He checked the filtering system to ensure the water was clean, pure, and clear for swimmers each day. Thomas did not have that responsibility at Paradise Park, but remembers monitoring a spot at the river. He said the water looks about two feet deep when you come off the hill, but it's not. Although he doesn't remember the exact year, he said the young lady that won the Miss Paradise Park Contest that year was so happy she won that she ran and jumped off the boardwalk into the deep water and could not swim.

Now that Summer is here, basic swimming training is critical to water safety, and swimming lessons are important for people spending time in or around water at the beach, pool, rivers and lakes, according to <https://www.justaddwaterswimming.com>. Drowning is the leading cause of injury-related death among children between 1 and 4 years old, and it's the third leading cause of unintentional injury-related death among children 19 and under.

Thomas said he taught his two sons how to swim, although his daughter never learned how to swim. He believes swimming lessons should be offered to all children because their safety and somebody else's might be in danger while swimming and they would be able to help. He still has a copy of his book *Swimming for Tots* that he wrote while attending the University of Florida.

Toni Gordon learned to swim the hard way. She's always loved the water, but was afraid to go into the deep end of the pool because that was a whole lot of water and she knew she couldn't drink it all. She also didn't think she could swim well enough to keep from drowning.

When she was about ten years old, things changed. She still remembers the day her mom made her go to the War Memorial pool (now Hampton Aquatic Center) with her big brother. While there, she said he pushed her into the deep end of the pool and told her that she was either going to swim or drown.

"I'm still here, so that meant I didn't drown, but mad (at him) was not the word," she said. "I wanted to hurt him really bad at first, but then I told him you didn't have to do it that way but thank you because now I know that I can swim and I wasn't afraid to go down to the deep end anymore."

That experience made Gordon want to make sure her grandkids knew how to swim because she didn't want them to learn the way she did. She said they always wanted to be near the water and she wanted to make sure they didn't drown. On weekends, her daughter use to rent a room at the Howard Johnson, and it was there she taught her grandkids how to swim because they didn't have a pool. They went to Hampton Beach too, but once they found out about Wild Adventures in Georgia, it became their favorite place to go.

"If they couldn't swim, that meant I couldn't get in the water because they would want to get in too," she said. "I wouldn't have no fun because now I've got to watch them so they don't drown and that wasn't going to happen."

Gordon said if children can't swim, parents should at least make sure they are water safe and know what to do if they're in the water to keep themselves from drowning.

"Most people don't know it doesn't take nothing but a teaspoon of water for you to drown," she said. "It doesn't take a whole pool."



I, THE COUNSELOR: PERSONALLY SPEAKING

Submitted by Connie King , LMHC

National Minority Mental Health Awareness Month, observed every July, is an opportunity to recognize the unique challenges faced by racial and ethnic minority groups in the United States. Officially founded in 2008 as Bebe Moore Campbell National Minority Mental Health Awareness Month, it pays homage to the American author, journalist, teacher and mental health advocate who worked tirelessly to shed light on the mental health needs of the Black community and other underrepresented communities.



Connie King

I am an adult child of an alcoholic. The oldest of five children, it was up to me to monitor the household when mom was away at work or night school. In her absence I was expected to perform her duties as if she were there looking over my shoulder. Cooking, cleaning, babysitting and keeping the house afloat until she got home. I equated this assignment to being exceptionally responsible. I took pride in that. Everything had to be perfect because mama said so.

Daddy worked the 11 p.m. to 7 a.m. shift during the week which meant he was to be there with us when mom was at night school. He was not. Daddy was an alcoholic. As soon as mama left for work or school, she had not bent the corner before he and his drinking buddies would leave us four children standing, watching as they drove off.

It was my responsibility to make sure my brothers and sister did not miss mama or daddy.

I was in control or so I thought, but, I was completely out of control, out of sync and out of options. I believed that I had to live up to everyone else's expectations or be seen as irresponsible and immature. I was seven.

"The child grows into an adult. We all know what an adult is, until we are asked to define the word. When we begin to search for the answers, we wonder. I cannot define for you what an adult is. You must define it for yourself. Maybe it is the point in your life when you are where the buck stops. Maybe that is when you become an adult - the time when you oversee your life." (Woititz p 35)

When a child has not been allowed to be a child, they become lost and confused as adults. They are unsure of how to act in social situations and miss social cues. It is difficult for them to recognize normal or acceptable behavior. The concept is foreign to them regardless of their age. Experiencing the stages of childhood is vital for proper development, but when alcoholism is a controlling factor, the affected child feels out of sort.

An adult child of an alcoholic struggles daily with what is normal and acceptable. The tasks of pleasing everyone, remaining loyal and being perfect are a few of the scripts in which they should win the Oscar. Often neglected themselves the ACOA (adult child of an alcoholic) plays the role of the martyr or sacrificial lamb to prevent abandonment. They are terrified of being abandoned by those who would nurture them. This characteristic is prevalent because the alcoholic in the family is not available emotionally or physically. The sober spouse spends most of their time trying to make the home appear as normal as possible. Unfortunately, for the children, it becomes harder to distinguish fact from fiction and rubbish from reality.

"That's it, she thought. This is an illusion. This isn't really happening, and if it isn't really happening, it will go away... She learned the magical game and became part of the inner codependent kingdom." (Ackerman p 5)

According to the theory of transactional analysis (TA) there are three observable forms of ego function:

the Parent, the Adult, and the Child. A person can operate in any one of these three states at any one time. (Steiner p 27). I can attest that most of my childhood was done in the Parent state. Since becoming an adult, I transcend to the state of the child effortlessly. As a disclaimer, I usually have a child with me to cover when I'm in that state. I never knew childhood could be so much fun! It should be noted that if the first childhood is unfilled the second one is inevitable. The positive side of that is this time it's on your own terms.

"Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity."

Continued on Page 8



Continued from Page 7

My job demands the adult state, but around the holidays when the gifts and the flowers come, I still squeal like a kid, and I am not embarrassed. All three states have their place in my life and sometimes it is not easy trying to figure out which is appropriate, but I am determined, and I will learn.

In the home of an alcoholic the language spoken, and the directions given are not always in sync. A certain word may be a code for something else.

At nine years old, my sister was hit in the head with a bat while we were playing softball. Everyone else panicked and ran away, when they saw the blood, but I stayed and tried to help her. I was scolded for “playing too much.” The injunction of “don’t be” a child rang loud and clear. I understand the hidden messages now, but back then they were very confusing. I was a child with the vocabulary of an adult, but the mentality of a child trying to function as an adult. My mother said that I was ahead of my time and believed it to be the reason we always bumped heads. I disagree. I was a child expected to function in the role of adult. The child of an alcoholic well on my way to becoming an *adult child* of an alcoholic.

Today I am a recovering adult child of an alcoholic, but I am confident the best of me is yet to come. I am mindful of triggers, old habits, familiar chaos, and destructive behavior learned as a result of my experiences. I anticipate counter-transference when working with alcohol related issues. I remember the physical, emotional and verbal abuse, but I decide who I will become not what the trauma says I should be. I recall the sage advice of my professor; “Do your own work first.” Right said.

As a professional, it’s my responsibility to be transparent, honest about my own feelings, struggles and biases as I preach the sermon of mental wellness. This is my passion, assignment and plight.



Connie King, LMHC

This article was written by Connie in 2003 while she was completing her master’s program in professional counseling. Much has changed since then! She is now a licensed practicing mental health professional specializing in trauma related issues.

Business Name: Taylor Made Flower Arrangements and Beads

No. of Employees: 0

Business Owner: LaQuandra Taylor

Business Address: 955 S.W. 119th Ave.
Ocala, FL 34481

Business Phone: (352) 342-5362

What Year Did You Start Your Business?
2021

Hours of Operation:
Monday - Friday, 9 a.m. to 5 p.m.

Products and/or Services: Artificial flowers and handmade beaded bracelets, necklaces and anklets.

Email: taylorL1977@yahoo.com

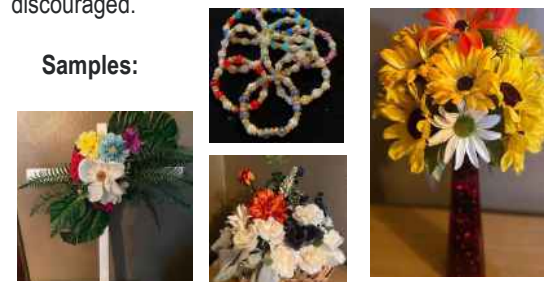
Website: N/A

Are you on Social Media? Yes
Facebook: LaQuandra Taylor (Quan)
Instagram: Taylor Made Flowers & More

What or Who Inspired you to start your business?
I prayed about it and my husband inspired me to come out with my talent.

What Makes Your Business Unique or What's Your Specialty? My handmade flowers and the love I put into my work.

What Advice Would You Give Someone Starting A Business? Pray before you work and don't get discouraged.



Samples:

The Small Business Profile is FREE and open to small businesses located in Marion County with less than 25 employees or solo entrepreneurs.
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Appleton Museum, Artspace and Store
 Tuesday-Saturday, 10 a.m.-5 p.m., Sunday, noon-5 p.m.
 4333 E. Silver Springs Blvd. | AppletonMuseum.org



MARION THEATRE
SUMMER KIDS FILM SERIES

Now through August 5, 2022 every Wednesday, Thursday and Friday 10 a.m. and 11 a.m. at the Marion Theatre, 50 South Magnolia Ave.

Tickets are \$3 for children 12 and under and includes summer snack pack with a small popcorn, gummy snacks and a Capri Sun.

Movies include:

- June 29 - July 9 ~ Sing 2
- June 29 - July 10 ~ How to Train Your Dragon
- July 13 - July 24 ~ PAW Patrol
- July 13 - July 23 ~ Where the Wild Things Are
- July 27 - August 7 ~ The Lorax
- July 27 - August 6 ~ Gnomeo and Juliet



MONEY SMART TIPS

By Scott Hackmyer

SOMETIMES TO SAVE MONEY, ALL YOU NEED TO DO IS ASK

No theme this month, just a number of random suggestions on how to save money. If you have been reading Town Talk for the past 15 months some of these you will have read before but it is a good reminder for you. For those who are new readers these might be new suggestions. I hope you find them helpful.

I was grocery shopping this week and used three coupons, one was for \$2, another \$1 and the last was 50 cents. I realized when I left the store that what I saved using coupons would buy me enough gas to travel about 25 miles. Not a bad trade for the minute or so it took me to cut the coupons. A reminder that coupons work best if you can combine them at the time an item is also on sale and if you only use them on things you normally buy. If you don't get the paper, you can find coupons online and some library branches or apartment offices even have coupon swap boxes where you can take the coupons you need.

When grocery shopping you may be aware that to not raise prices a lot of brands are reducing their size. What was a 32 ounce bottle is now 28 ounces or a roll of paper towels or toilet paper may have 25 less sheets. Don't just buy what you have always bought because it looks the same, compare the quantity of the product with other similar brands, say Scott's to Northern, to make sure you get the most product for your money.

Some quick tips. When buying gas join one of the free "Loyalty" program discount programs. I know at Shell I save five cents a gallon with their Fuel Rewards card. Many other brands have similar programs.

When it is time to renew your car insurance, shop around to at least three different companies making sure they each quote you with exactly the same coverage. It is amazing how the prices change from year to year.

With summer heat and higher electric prices don't set your thermostat below 78 degrees during the day and around 74 at night. Keeping the filter clean helps reduce the cost of running your unit and prevents some repair bills. Two different repairmen have told me this month to use the least expensive filter I can find but to make sure I change it every three or four weeks. Make sure you get the dust off your refrigerator coils too. Some models have the coils below the refrigerator, some behind. Getting the dust off helps it to run less and thus reduces electricity.

If you are in need of furniture or household items or clothes don't forget to shop at the many thrift stores in our community. You can find amazingly nice furniture at local thrift stores like Habitat, Interfaith or Brother's Keeper at a fraction of what you would pay to buy a similar item or even worse, paying to rent furniture.

This may sound strange, but this is a great time to start shopping for Christmas. A number of stores will have "Christmas in July" sales and if you buy one or two gifts each month between now and Christmas you don't end up with enormous bills in January. Just be careful if buying children's clothing or shoes because they will grow between now and Christmas. More next month....

LULA MAE KEATON TURNED 105 YEARS OLD



Celebration with family and friends was held on Saturday, June 25, 2022 at Immaculate Heart of Mary

L- R: Robert Taylor Sr., Annie Harts, Judy Taylor, Diane Welcome ~ Lula Mae Keaton sitting

WANT A CAREER CHANGE? APPLY NOW

Ready for a career in federal law enforcement?
Open hiring portal for Postal Inspectors, coming soon: July 5-16, 2022. For more information about becoming a Postal Inspector, visit www.uspis.gov/careers/postal-inspectors
#uspis #postalinspectors #careers

THE U.S. POSTAL SERVICE IS AN EQUAL OPPORTUNITY EMPLOYER uspis.gov/careers

Howard Academy Community Center
presents a
Homeownership Workshop - From A to Z

You will receive valuable information on how to repair your credit, how to apply for a mortgage, how to apply for down payment assistance and why it is important to have a realtor throughout the homeownership process. Information on Financial Literacy and First Time Homeownership workshops will also be available.

When?
Thursday, July 28, 2022

Where?
Howard Academy Community Center
306 N.W. 7th Ave - Ocala, FL 34475

Time?
5:30pm to 8:00pm

Representation from:
City of Ocala
Community Legal Aid (MFL)
Habitat for Humanity
Marion County
Ocala Housing
Feeders
Books
and more!
Don't miss this opportunity!

For more information, please call (352) 671-4175

SECOND ANNUAL JUNETEENTH CELEBRATION



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Governor's West Ocala Neighborhood
Revitalization Council [GWONRC] is hosting a

CANDIDATES FORUM

MEET YOUR CANDIDATES!

Tuesday, August 9, 2022

6:00 p. m. - 8:00 p.m.

MLK First Responder Campus
515 SW Martin Luther King Jr. Avenue, Ocala, FL 34471

SPEAKERS:

CHERRIETTA PRINCE, DIRECTOR OF IMPACT INITIATIVE,
OCALA METRO CHAMBER & ECONOMIC PARTNERSHIP

BETH MCCALL, DIRECTOR OF TALENT DEVELOPMENT, OCALA METRO CEP
"YES FOR MARION SCHOOLS: RENEWAL OF 1 MIL AD VALOREM TAX"

This meeting is free and open to the public. Residents will have the opportunity to ask questions and engage with the candidates running for office in the City of Ocala 2022 Primary Election.

YOUR VOTE MATTERS!