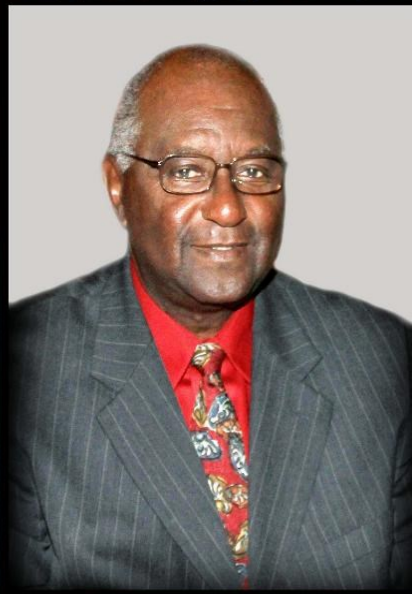




STREET RENAMED FOR RETIRED EDUCATOR FRANK WASHINGTON JR.



In this issue:

Care Commute of Ocala, LLC

Mrs. Educator: Rometha Gilmore
Authentically Me: This is My Story

Street Renamed For Retired
Educator, Frank Washington Jr.

Reavis Vernon:
I Am a Domestic Violence Survivor

Join Us for the Wear Your Wings 5K
Run/Walk for Domestic Violence

Tips On How To Have Those
Daddy Daughter Conversations



And Also



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

Elgin Carelock

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.

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Contact Us:

Town Talk Magazine
P.O. Box 6212
Ocala, FL 34478
(352) 897-1817

**Towntalkmagazine@yahoo.com
or Towntalkmagazine.org**

EDITOR'S DESK



I've always wondered why Domestic Violence and Breast Cancer Awareness Month were both observed in October since one always overshadowed the other yet both are equally important to raise awareness about in our community.

What's amazing to me is one is absolutely preventable, but the other is not. While there is no sure way to prevent Breast Cancer, there are things you can do that could potentially lower your risk. Domestic Violence, on the other hand, can be prevented. It's not something we have to or should experience.

We're always told to listen to our bodies because we are the experts and the first to know when something just doesn't seem right. But what do you do when you know something is wrong and you tell your doctor, but because you didn't have any underlying issues or pre-existing symptoms, your condition is often misdiagnosed, overlooked, told it's psychological or you're too young to have that disease.

Jessica Geneva Florence was my bonus daughter. She was beautiful, smart and lived her life on her terms and to the fullest. Jess, as she was called by her family and friends, continued to advocate for herself, refusing to let it go, even though she went to three doctor's, who all told her the same thing, she was too young to have Breast Cancer because she was 22 years old.

Jess knew something wasn't right. Refusing to give up, she finally went to a specialist and was diagnosed with Stage 4 Metastatic Breast Cancer.

Jess was a fierce advocate, who inspired thousands of people around the world during her life that ended too soon. She fought hard for eight years, and although she lost her final battle on August 17, 2023, at the age of 30, her words still stick with me: "This Didn't Have To Be!" She's right, it didn't! If somebody, anybody would have listened to her, she might still be here.

But Domestic Violence is something that doesn't have to be! There are warning signs that you could potentially be in an abusive relationship, you just need to pay attention to them. There are resources and services available to assist you. Abuse is not love because love doesn't hurt!

If you or someone you know is in an abusive relationship, don't suffer in silence, help is available. Call the Florida Domestic Violence Hotline at **(800) 500-1119**.

Let's Talk!

Monica

Monica T. Bryant, Editor

October is also the month for Ghost and Goblins (Halloween). Choose safe alternatives for your children to participate in to keep them safe!



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COMMUNITY SPOTLIGHT

COMMUTING WITH COMPASSION

When Shari Sesler-Thomas and Erika Massey finished researching companies that were already offering the type of services they planned to provide, they realized there was still a need in the community because they found a flaw that their competition hadn't addressed.

"The larger companies have no sympathy, no concern or compassion for a consumer's time," Massey said. "They are leaving consumers waiting to be picked up hours after their appointments were over."

That didn't sit well with them so they started Care Commute of Ocala, FL, LLC. The company, which provides transportation to and from doctors' appointments, hospital discharges and personal needs trips, is their first business venture together.

"We believe if they can get picked up seven hours after an appointment, they can also get picked up at least 30 minutes after an appointment is over," Massey said. "We will make the conscious effort to not leave them waiting."

Sesler-Thomas said the business started with boots on the ground by passing out flyers and business cards. They developed a website, carecommuteofocalafl.com and ran an ad in a local newspaper, the Marion Oaks Mirror. Now they receive a lot of business from word of mouth from previous customers so business is great.



Shari Sesler-Thomas, Co-Founder

The company's motto is Commuting With Compassion. Massey said she didn't want a traditional name with the word transportation in it, but something that people never heard of that would express their true reason for doing what they do.

"Our main reason for transporting people is because we care and we want to make a difference during their commute ... hence the name Care Commute was born."

Care Commute currently provides services in the Ocala area Monday - Friday, 6 a.m. to 7 p.m. and by appointment only on Saturday and Sunday, but Sesler-Thomas said they are willing to negotiate services for surrounding areas. Long-term, they want to grow the business by expanding services to other cities and states, grow their fleet, add Halifax Services and hire reliable, trustworthy help since it's just the two of them right now.

Massey said the hardest part was finding their niche since so many companies are doing the same thing and providing the same service.

"We had to ask ourselves: What will make us stand out in such a big pond? We knew following someone else's template wasn't going to work for us," she said. "We had to break away and learn this business for ourselves and make a few mistakes in order to establish our way in this business."

Sesler-Thomas said they're just asking for opportunities to prove themselves.

"Our biggest need from the community is that they give us a chance to prove that we stand by our motto and patronize our company," she said.

For more information or to schedule services, call **(352) 299-2492** or visit their website at carecommuteofocalafl.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.

MRS. EDUCATOR: ROMETHA GILMORE

Rometha Gilmore used to be embarrassed to tell people that she was 15 years old when she had her first child, and 17 and still in high school when she had her second baby.

She said she doesn't mean it in a bad way, but her mama and everyone around her worked around the clock leaving a lot of unstructured time, and she got pregnant at an early age.

"It was supposed to be downhill from there, but God," she said. "I kept pushing despite what people said and I know people talked and I would hear it and that's OK, but I just kept pushing on."

Gilmore said she didn't want to be that statistic that generally goes out that for every one child you have by the age of 15 ... She wanted her boys to be proud of her and said they were her inspiration for choosing education as a career. After several failed attempts at nursing, she asked them what they thought she should do, and they both said become a teacher.

"My boys are my inspiration for doing everything that I've done. I'm grateful for them because I think without them I would not have stayed rooted and grounded and able to do the work that I did," she said.

A veteran educator, Gilmore started her journey in public education in Marion County Public Schools. She was a classroom teacher, dean of students and an assistant principal. Now she's an author too.

Gilmore was in Gainesville getting her make up done for her book signing when she said reality hit her.

"Oh, My God, this is about to be real," she said. "I really wrote a book and it has: "Public Education: The Modern Day Lynching Tree" on it."

The book's title is significant, she said, because there is so much pain and mistreatment faced by minorities in a system that was not necessarily designed for them to excel; However, we must all experience it in some form or fashion.



More than 100 family and friends, including Gilmore's grandmothers, who are both in their 80's, attended her book signing on Friday, September 15, at the Mary Sue Rich Community Center at Reed Place.

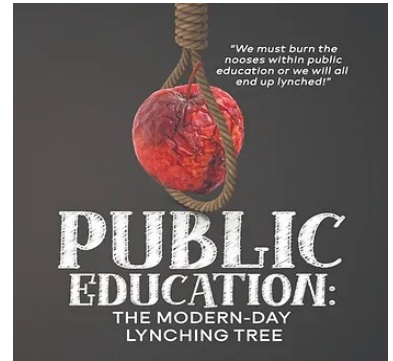
Gilmore said her husband, Jamie Gilmore Sr., was the first person she told. She said he's had her back since day one, and although he was excited, she knows he was also trying to figure out how she was going to juggle such a task.

Tonight, we congratulate, we celebrate Rometha in a special way because she finished what she started and that's a really big deal," said Kandra Albury, who co-founded More Than Expected (MTE) Publishing, a full service publishing, branding and marketing agency, with Victoria Holmes. "It is indeed a great occasion for us to be here. We attend every one of their clients' book signings."

"It was an absolute pleasure helping Rometha bring her thoughts, her ideas and her experience into fruition and manifestation. Both Kandra and I share her sentiments, her passion as it relates to education so we are well aware of what goes on in the classroom and more importantly understand all the dynamics and the layers of things you have to deal with as an educator and not just an educator, but an educator that is a black woman," Holmes said. "There's so much that goes into it and we thank her for the courage she possessed to do this because it takes a lot to do something like this."

Holmes said when you put yourself on front street, you put your experiences out there, you put yourself out there, not to be criticized but more so to be understood, so the purpose of this, we hope, is for people to understand the plight that exists in public education.

"It took a lot to do this because as we all know we're here in Marion County and any county right now is experiencing a lot," Gilmore said. "But I went through the back and forth of we're in a cancel culture society and somebody's going to cancel me, but God got me, so I left it with that."



Continued on page 5

AUTHENTICALLY ME: THIS IS MY STORY

Continued from page 4

Gilmore decided to write the book in 2021 after being placed under back-to-back investigations while employed with the public school system. The book, which has nine chapters, took her nearly two years to write.

“The ultimate focus is to just make our kids better. That’s the focus and we often lose that focus because we get caught up in the political and we lose the big focus,” she said. “Every year, for more than 20 years, that same demographic group is the lowest quartile. So, what are we doing? Why are we always the lowest quartile? Why are we always on early warning indicators?”

She fought back tears as she hugged Lynda Brewer, who she worked with for more than five years at Fort King Middle School. Gilmore was the Dean of students and Brewer was the receptionist.

“This is a praying lady and I know she knew all the stuff I went through at Ft. King,” Gilmore said. “I knew she knew, but she would always have a smile on her face and she always had something nice to say to me, and it made my day.”

Brewer said she came to support Gilmore, who she hadn’t seen in nearly two years.

“I think she’s great, Brewer said. “I just love her. I’m very proud of her and I want her to keep going.”

Gilmore was very happy to see two of her students, Ariana Cook and Quintera Davis, from Fessenden Elementary School.

“They were a mess,” she said. “Things like that just warm your heart. Whenever you get frustrated with education and you see those students who come back and they continue to love on you, it makes it all worthwhile.”

Gilmore said her greatest challenge was waking up and going to work and having to face the same pain and mental abuse day after day. She was grateful for the educators who came to support her because she said they know what we experienced in those classrooms, in those hallways, and it’s real. She said a lot of things they go through, as black women, we often don’t say anything because we’re afraid of what’s going to come. She said she shared in her book about the investigation that she was placed under just because she’s black.

If education is really good and they’re putting all these processes, procedures and strategies in place, she said, we should not still be at the bottom, but it was planned that way. It was purposed that way.

“If we don’t wake up as a black people, as a society, it’s going to get worse then it is now,” Gilmore said. “I wasn’t there back in the 50’s and 60’s, but to hear people say that things are worse now than they were then, that’s scary. But you know who is to blame? Us! Black people because we sit down and we don’t say anything.”

Gilmore said she didn’t get involved in a lot of things before because her boys were her focus and she wanted to be what she didn’t have and do more for them. She said there are so many things she wants to do now to work on building our community up because if we don’t build it, we can’t expect the other people to build it. If we don’t love it, we can’t expect other people to love it, and if we don’t stand up and say something, we can’t expect them to say something.

Gilmore asked those attending the event to go to her website because it gives different challenges and things that we can do to try to make education better. She said she doesn’t know it all but she strives to know a lot and she’s going to keep striving to learn more, do more and to be more.

“I’m here to do the best I can and I know I can’t do it by myself, so I need help from everyone, and if nothing more right now, I need your prayers,” Gilmore said. “I need your prayers for me and my family because everyone is not going to like this book, but it’s my story and nobody can take that away from me! That’s my story whether you agree with me or not, that’s my story!”

Gilmore said she is still learning who she is and it’s allowed her to take this faith walk she’s on.

“I love me and who I’ve become despite what others say or think,” she said.

To connect with Gilmore or to order a copy of her book, go to www.mrseducator.com. Books



COMING ATTRACTIONS
MC MUSEUM OF HISTORY AND ARCHAEOLOGY
 307 SE 26th Ter, Ocala, FL 34471
 (352) 236-5245

All programs held on the 3rd Sunday of odd months at 2 p.m. in Green Clover Hall, 319 SE 26th Terr., Ocala.

Reception following the program in the museum itself.
 Admission free to members, \$5 to nonmembers.
 Individual and family memberships available for sale at events.

Sunday, November 19, 2023: Annabelle Leitner "Did you know? Speaking on early Marion County history and little known facts.

Sunday, January 21, 2024: The Groveland Four, Bill Gladson, State Attorney TBD.

The Marion County Sheriff's Office has launched a new program called "Respond with Care" to help prioritize the safety of people with special needs.

MCSO will offer the free stickers for the vehicles of people who, usually or on occasion, travel with passengers who have special needs

If involved in an accident, the sticker alerts first responders that caution may be necessary to ease the crisis and care for the occupants.

Stickers are available at any MCSO office.



The City of Ocala is providing residents with free tire disposal Saturday, Oct. 7, 8 a.m. to 1 p.m. Disposal locations will be at the corner of N.E. 14th Street and N.E. Eighth Avenue and the Hampton Aquatic Fun Center, located at 255 N.W. Martin Luther King Jr. Blvd.



Tires generated by businesses will not be accepted and there is a limit of 10 tires per resident. This service is for residents living within the city limits. A driver's license listing an address in the city limits may be requested. For more information, please contact the City of Ocala Residential Sanitation Division at (352) 351-6697.

:txt-a-tip|

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STREET RENAMED TO HONOR FRANK WASHINGTON JR.

When Frank Washington Jr. was told something was going to happen at the September 19, Ocala City Council meeting involving Ire Bethea Sr. the retired educator and community leader did what he always did; showed up to show his support.

Something was going to happen, but not to Councilman Bethea, who represents District 2, but to Washington. Bethea just needed Washington to attend the meeting and asked his daughter to find a way to make sure her dad was there.

Bethea planned to ask council members to designate a portion of Seventh Street, where Washington lives, to him for his longevity in the community and all the things he has done for the community and the city.

On Tuesday, September 19, 2023, councilmembers voted unanimously to rename part of Southwest Seventh Street, from Southwest 20th Avenue to Southwest 21st Avenue, Frank Washington Jr. Street.

“This is a total surprise in my life. I just thank everyone,” Washington said. “I thank the Ocala City Council because over the years, we became a partnership, Poinciana Heights and the City Council. We’ve been here a number of times when we needed to and they always responded positively.”

Washington said they are very pleased with what has happened in Poinciana Heights, a predominately Black neighborhood located in southwest Ocala.

Brenda Vereen presented Washington with flowers from the Hughes family in Georgia. She said the street dedication was a surprise to Washington, something he never expected.

Bethea had asked Allison Campbell, Chair of the Marion County School Board, to put together the history of Washington’s time with Marion County Public Schools. She said since she didn’t grow up in Marion County or in Ocala, she didn’t know all of his amazing accomplishments.

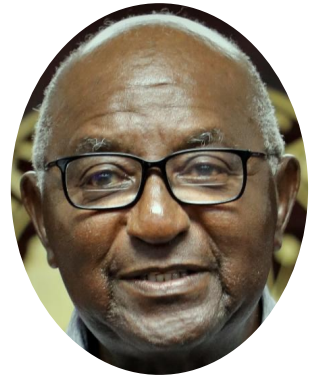
“On behalf of the School Board of Marion County, this is just an honor and we just want to say thank you for all the contributions, she said. “More than three decades of education within our community, not only the students that he educated from the 60’s to the 80’s, but from 1985 to 1995, he served as the director of our human resources department. He also was responsible for hiring the majority of the folks in that timeframe.”

Sean Lanier, City Engineer for the City of Ocala, said the honorary street authorization was requested by Angela McCants, President of the Poinciana Heights Homeowners Task Force.

“Mr. Washington’s commitment to the advancement of his community demonstrates great moral character. His tireless efforts for community safety and improvements are honorable,” McCants wrote in her letter. “Mr. Frank Washington Jr., has positively impacted this community with his insight and actions and deserves an honorary street named after him.”



Frank Washington Jr. and his sister Janet Jones



Frank Washington Jr.

August 1, 1961

Mr. Washington was hired as a teacher, and he worked for 10 years in teaching positions.

1971-1974:

Served as the assistant principal at Osceola Middle School

1974-1980

Served as the principal of Madison Street School

1980-1985

Served as the principal of Ft. King Middle School

September 1, 1985

Mr. Washington moved to district administration where he became the Director of Personnel Services

December 29, 1995

Mr. Washington retired from Marion County Public Schools after more than three decades of service to the District.

Bethea said Mr. Washington is the type of man that never had to holler to get anything accomplished. He said he’s very stern in his deliberations, but he’s always in control.

“Thank you for putting my name to it. I never expected something like that,” Washington said. “Thank you, thank you, thank you.”

I'M A DOMESTIC VIOLENCE SURVIVOR



Reavis Vernon

Reavis Vernon knew absolutely nothing about domestic violence or what it was like to be in an abusive relationship because she had a wonderful childhood growing up and she had always lived a very happy life.

But things changed when she turned 27 years old. Vernon said it started with mental abuse, but escalated during the three years she was with her boyfriend.

"It started with jealousy, control issues and false accusations," she said. "I was beaten in front of my kids, slapped and kicked."

Vernon said she realized she had to leave when she was beaten so bad in front of her kids that she couldn't see out of her left eye for six months. She lost so much blood that she had to have a transfusion and her face had to be stitched up. She tried leaving three times before she finally left for good.

Domestic Violence Awareness Month takes place each year during October. The purpose is to mourn those who have died as a result of abuse, celebrate survivors like Vernon and connect advocates working to end violence within the home. Last year, there were more than **3,300** reported cases of domestic violence in our community, but research shows that 4 out of 10 cases are never reported to law enforcement. Since 1997, we've documented **142** domestic violence homicides in our community, which includes the death of a 17-month-old little boy, our first one this year.

The experience was very traumatizing for Vernon.

"I had to receive intense therapy and I had very bad trust issues and low self-esteem," she said. "I still deal with some trust issues. I always had a guard up against everyone."

This ordeal also affected her three children, whom she had to get counseling for. She said her oldest daughter, who was six years old, had nightmares at home and at school every time she went to sleep. Her youngest son, who was four years old, still has anger issues and is very protective of her no matter who you are.

Vernon said she promised her children that she would never go back and she kept that promise.

While most domestic violence survivors never tell anyone about the abuse, after the last beating, Vernon said she told her mom and her supervisor and both helped her from beginning to end. She said they went with her to every court appearance and appointment. Her boyfriend was sentenced to 15 years in prison, so hopefully he won't be able to abuse anyone else.

Vernon said the love of her children, her support system, the domestic violence shelter, law enforcement and the victim advocate helped her get through her ordeal. If you or your children are experiencing any type of abuse, whether it's mental or physical, she wants to encourage you to seek help because there is a way out.

Although our local Ocala Domestic Violence/Sexual Assault Center, also known as Creative Services, Inc., closed on August 1, 2023, services are still being provided in our community for anyone experiencing domestic violence. For emergency domestic violence services, call the Florida Domestic Violence Hotline at **(800) 500-1119**, and for Sexual Assault Services, call the 24/7 Hotline at **(352) 633-5563**.

Today, Vernon said her life is peaceful, happy and fulfilling, and she no longer lives in fear. She realizes that her life is so much better without her abuser in it because her children are much more important.

"Please get help before one day it could be too late because it's only going to get worse," Vernon said. "There is no good outcome from staying in an abusive relationship. I am forever grateful that I left the relationship."

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FIRST FRIDAY ART WALK RETURNS FRIDAY, OCTOBER 6, 2023

First Friday Art Walk returns to Downtown Ocala Friday, Oct. 6, from 6 p.m. to 9 p.m. First Friday Art Walk occurs on the first Friday of each month, September through May. The following activities will be included in October's event:

- Hands-on art activities and demonstrations for all ages provided by local non-profit arts and cultural organizations.
- Local artists selling their works throughout Downtown.
- Participating businesses with extended hours.
- Live zombie flash mob performance by The Arts District.
- Buskers stationed throughout the downtown area, including *Diorella Dailey*, *My Uncle's Friend*, *Prestine Allen*, and *Sean T Music*.
- Live musical performance on the Downtown Square, featuring *Ecliff*.

In the event of inclement weather, the First Friday Art Walk will be canceled.

For more information, please contact the City of Ocala Cultural Arts at 352-629-8447 or artinfo@ocalafl.gov; or visit www.ocalafl.gov/artwalk.



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3010 NE 14TH ST., OCALA, FL. 34470
HOSTED BY LOU JAMES
REGISTER NAME, PHONE, EMAIL TO LOU@COLOMBIM.COM.

Sex Trafficking, is it happening here?

Warning Signs & Tips for Helping.

Thursday
October 5

6:00 pm - 7:30 pm
Doors open at 5:30pm for coffee and lattes

Speaker
 **Alison Ungaro**
Founder & Executive Director

created GAINESVILLE

For More Information: www.createdgainesville.com   

Prevention - Intervention - Restoration - Awareness



OCTOBER FUN

Stirrups 'n Strides
Therapeutic Riding Center

COLOR A PUMPKIN COLORING PAGE AND HELP US DECORATE THE BARN WITH YOUR ART WORK! PUT YOUR OWN SPIN ON THE PAGE AND HAVE FUN!
HELP US DECORATE!

TIPS TO HAVE THOSE DADDY DAUGHTER CONVERSATIONS

By Elgin Carelock, Chairman of the Greater Ocala Community Development Corporation

The conference room in my office faces the waterfall in my complex. It is very lush and there are always birds and other wildlife around. Many of the local photographers (including me) like using this backdrop for everything from prom photos to family portraits.

I was having a meeting with one of my mentees and a photographer walked by with two young models. The young ladies were dressed in gowns that would either be worn to a prom or girls' night out. Both were very attractive and had great figures, but when one looked at me and smiled, I realized she was very young.

I asked my mentee if she thought she was in middle school or high school to which she replied, "no more than 13 or 14".

To be honest I was shocked that a child that young was allowed to not only wear makeup but have on a dress that made her look much older. The only reason I realized how young she was when she smiled is I have a daughter and can vividly remember that awkward teenage smile. You know the space between her playing with dolls and being comfortable with all the changes her body is going through.

My wife and I had already had the conversation about sex when she was ten, so my conversations were more geared towards the interactions between men and women, from a male perspective, which began when she was 13.

Instead of trying to instill fear in her regarding how every man wanted to have sex with her, I decided to talk to her about who men are from the most basic of perspectives. The goal was to give her insight into how simple men are when it comes to their actions and motivations and how visual cues play a large role in how we react when we see a desirable woman.

This was the foundation I used in explaining how men were not designed to be as complex as women and we are far more driven by our desires than logic. With that in mind, I wanted to share three key considerations when you are having daddy daughter discussions.

Tip #1 - Be Honest

If you are going to establish a line of communication that will allow you to discuss real world scenarios, she must be able to trust you and the best way to start that trust is by being honest. There may be times that your conversation leads to questions she has about things she has heard or seen and would like clarity.

First, think before you speak. Remember the purpose of these conversations is to prepare her for the inevitable "play" some guy will make, so she does not need you shooting from the hip. You must not only think of her as a teen or preteen, but as a mind that is very susceptible to everything you say.

If you don't have an answer to a question, tell her you will get back to her and go find the proper response. Don't be afraid of sharing stories from your single life that are relevant, just keep it PG-13. Give her the comfort of knowing that you will not steer her wrong and she will trust you with her deeper thoughts and concerns.

Tip #2 – Don't Be Judgmental

There will undoubtedly be things your daughter has in her mind that come from popular culture, friends, or just from their own point of view. You must be willing to hear her out fully and instead of judging what she says as right or wrong, find out the thought process behind the opinion.

Being curious instead of judgmental allows your daughter the freedom to express what she truly thinks without fear or retribution, but it also gives you insight into who and what is influencing her.

I'm not saying that you don't correct misconceptions or things that may be harmful to her, just to consider how you approach the subject. Ask her opinion on the method you would prefer she use and the differences between your two opinions.

Continued on page 13



Business Name: Love at First Bite

No. of Employees: 1

Business Owner: Tanya Ousley

Business Address: 9934 S.W. 52nd Ct. Ocala, FL 34476

Business Phone: (352) 812-2818

What Year Did You Start Your Business? 2022

Hours of Operation: Always open and taking orders

Products and/or Services: I offer gourmet cupcakes and cakes.

Email: Loveatfirstbitecupcakes@yahoo.com

Website: N/A

Are you on Social Media? Yes

Facebook: Love At First Bite Cupcakes

What or Who Inspired you to start your business?

My children inspired me to start this business with their love for cupcakes and flavors we could never find in big chain stores.

What Makes Your Business Unique or What's Your Specialty? My specialty is my Strawberry Shortcake Cupcake. It is my top seller and people eat them by the dozens.

What Advice Would You Give Someone Starting A Business ?

Don't stop, even if things are slow. Believe in yourself and your product and you will be successful.



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 in an upcoming edition, please request a form by emailing Towntalkmagazine@yahoo.com. Completed forms can be returned via email or mailed to P.O. Box 6212, Ocala, FL 34478.

Continued from page 12

For example, if your daughter believes it is okay to wear makeup at 13 and you do not, instead of arguing about her being too young and what men may think of her if she wears it, ask why she feels wearing makeup is necessary. You may find she has reasons that are rooted in an experience she had or maybe it's her way of fitting in. In either case, you now have a point to work from and have meaningful discussions on both sides of the issue.

Tip #3 – Be Present

We all lead busy lives, but when you are having conversations with your daughter, there is nothing more important. Both of you need to turn your cell phones to mute and do not pick them up until the conversation is over.

Close your mind off to the thoughts that are running in the background like upcoming meetings, errands, or anything else that doesn't allow you to focus on her and what she has to say.

Being present will allow you to pick up on nuances like body language and tone of voice. You will notice other subtle cues like her twirling her hair when she isn't telling you the truth or blushing whenever you mention a certain boy.

Being present also allows you to build history with your conversations. You can reference comments made in previous conversations and follow up on things she mentioned without her bringing up the subject. That goes a long way in her feeling like you really care and coupled with the other tips will lead to a much more meaningful relationship.

My daughter is now in her mid-30's and we have a great relationship. I believe she feels she can talk to me about most things although she won't bring any of her suiters to meet me. Something about me giving them the evil eye and causing them to fear for their lives. Go figure!

OCALAARTSFESTIVAL



"ROSE WITH HIROSHIGE" BY FEATURED ARTIST DENNIS ANGEL



56TH ANNUAL FESTIVAL
FAFO.ORG
FINE ARTS FOR OCALA



SATURDAY, OCTOBER 28 ■ SUNDAY, OCTOBER 29
10AM - 5PM ■ DOWNTOWN OCALA



COMMUNITY LEGAL SERVICES
Legal Aid For All

SEALING AND EXPUNGEMENT CLINIC

Volunteer lawyers will meet individually with you to determine whether you are eligible to seal or expunge your criminal records. If you are eligible, the volunteer lawyer will fill out the forms with you.

To participate in the clinic, your criminal case must have occurred in Marion County, Florida.

If you qualify for sealing or expungement, you may be responsible for a \$75 application fee.

Not all records can be sealed or expunged.

Walk-ins welcome.
Priority given to pre-registered clients

OCTOBER 6TH, 2023
11:00AM - 2:00PM

MARION COUNTY COURTHOUSE
110 NW 1ST AVE,
OCALA, FL 34475

Register at:
bit.ly/3qj12Aa

or by calling:
(321) 270- 7711

SCAN ME TO REGISTER:

DIAMONDZ & PEARLZ EVENT CENTER

OLD SCHOOL

R&B Southern Soul Party

SATURDAY, OCTOBER 7, 2023

BYOB | 30 & OVER | BLOCKER'S ENTERTAINMENT

4875 SW 60TH AVE UNIT 200 OCALA, FL 34475

TICKETS \$25 | NO TICKETS SOLD AT DOOR | START 9:00 PM - 1AM
Facebook: Pamela Lewis or Eventbrite: R&B Southern Soul Party

MONEY SMART TIPS

By Scott Hackmyer

PRACTICAL WAYS TO SAVE MONEY

I am a huge fan of Clark Howard. If you are not familiar with him, he has a television show that is shown in some areas of the country, writes a newsletter and has a podcast. His topics are all about saving money and making good financial decisions. He recently shared some advice on 8 things to stop buying which I want to share with you with my own take on them.

His first item was takeout food and coffee. His example was that if you just spend \$5 a day, five days a week on this, it is over \$1,300 a year. I like coffee and buy a can of good quality coffee which I make at home. It probably costs me about 55 cents a cup and I have a great insulated bottle to keep it hot if going out. Compare this to the two or three dollars or more per cup that you pay at a coffee shop or convenience store. Regarding take out food, I can make a lot of sandwiches at home and eat healthier than stopping at a fast-food restaurant. I cringe when I see someone buy a soda out of the case by the check out at a grocery or convenience store. You probably can buy six cans for the cost of the that one soda.

Clark's advice is to almost never buy an extended warranty. Most items purchased come with a one to two year manufacturer's warranty. Instead of buying these extended warranties he suggests putting that money into a "Repair" savings account, add a little to it when you can and then you are basically self insuring and will have the money if you need it. Remember these companies only exist to make a profit so even they know they are going to come out ahead if they can get you to buy their product. My personal exception to this rule is if you run a dehumidifier. These can run pretty continuously and my experience is they last 3 – 4 years. An extended five year warranty on this is not a bad idea.

Quit buying random items or knickknacks. Just because they are cute the money spent on these can add up to a lot. And you have to dust them. Carefully consider whether this is something you really need before making that purchase. Clark stopped using cable tv over a year ago and wishes he had done it sooner. Realistically, do you watch many of the 70+ channels you get on cable? He now uses an antenna and only streams free services and gets to see everything that interests him.

When January comes and every gym in town offers a free trial membership or annual discount don't join. Most people stop going very quickly and the money is just wasted. I have a neighbor who paid for a gym membership for three years and never once went inside the building. Instead, use that money to buy some weights, a treadmill or elliptical or download a free workout app. Get in the routine of doing this while watching your favorite tv show or just in the quiet to give your brain some downtime.

As I'm running out of space, I will only mention two more things. NEVER pay a bank service fee. Shop around and you can always find a bank or credit union that offers free checking, savings and debit cards with a very small minimum balance and no monthly fees. Lastly, don't drink bottled water. The water coming out of your sink is basically free. If you think there is a taste or odor to your tap water do a one time expense and buy a water filter or a large water pitcher with a filter. Tastes great, saves money and reduces the plastic going into our landfills.

SAVE THE DATE! ARRIVE EARLY!
FREE SNACKS AND ACTIVITIES PRE-SHOW!

HOSTED BY:





Red Ribbon Kick Off

FRIDAY OCTOBER 20, 2023

Join Us for a FREE movie night to Kick Off Red Ribbon Week in Marion County!

Ocala Drive In
4850 S. Pine Ave
Gates Open at 5:30
Movies Start at Dusk

Sponsored by:



COPS & Cars

CAR AND TRUCK SHOW

Join us on October 21, at 10 a.m. at the Ocala Police Department Headquarters, 402 S. Pine Ave. in Ocala for the 5th annual Cops & Cars car and truck show that benefits the Chief Greg Graham Legacy Foundation.

This family-friendly event is sponsored by Gary Yeomans Ford and will be a fun-filled day for everyone! Bring your loved ones and enjoy an impressive display of classic and modern cars, delicious food trucks, vendors, music, and more.

If you would like to show your car, pre-register before October 13 for \$15. After that it's \$25. Please bring cash and the registration form to OPD Headquarters.

FREE admission to spectators!

Second Bethlehem Baptist Association

www.secondbethlehem.org
1205 NW 4th St Ocala, FL 34475

149th Annual Session



SERVICES

October 9th - 12th, 2023

Presenters/Special Guests/Leaders

- Rev Carl Johnson - FGBCI President
- Rev Melvin Cotton, Ramah MBC
- Sis Maxine Chandler
- Sis Joann Robinson - First Prestige Insurance
- Sis Jacquilla Henderson
- Lady Gwendolyn Dawson - Executive Officer
- Sis Davida Randolph - Howard Academy
- Mrs DeBautte - Ocala Rehab & Nursing
- Mrs Londie Greene
- Sis Carolyn Adams - Estella Byrd Wellness Center
- Dr Bentley Thomas - Foreign Mission Ambassador
- Rev Nicholas Booker - Vice At Lg COCE
- Rev Nathan Sommons - Asst Dir. UTS&Bible College
- Sis Cecelia Peterson - PNC Branch Manager
- Sis Wantanisha Morant - Exec. Dir. of Human Resources

Annual Prayer Breakfast

Saturday, 10.7.23

9am
Mt Zion MBC
Tickets \$15



SBBA Choir Rehearsals

Mt Zion MBC
6:30pm
Sept 24th
Oct. 1st
Oct. 8th



Monday 10.9.23

7pm Christian Education Bldg
1205 NW 4th Street
Antron Woods, Minister of Music

Tuesday 10.10.23

9am-3pm Christian Education Bldg
Special Presentations:
Leadership Workshop
Understanding Life Insurance
Understanding Health Insurance
Ocala Housing Authority

Tuesday 10.10.23

7pm Christian Education Bldg
Rev Izell James - New Chapel

Wednesday 10.11.23

9am-11am Christian Education Bldg
Special Presentations:
Howard Academy
Ocala Rehab & Nursing Facility
Estella Byrd Wellness Center
2pm-3:20pm
SBBA COMMUNITY EFFORT
Realities of Foreign Mission Help

7pm Christian Education Bldg
Rev Adrian Taylor - Moderator
Jerusalem MB Association
Pastor Springhill MBC

Thursday 10.12.23

10am Christian Education Bldg
Mission & Education Hour
Foreign Mission Ambassador

1:30pm
PNC Bank - Fraud Prevention
Jobs and Support for our
Community

6pm Moderator's Hour Closing Session

SANKOFA PUBLIC LIBRARY

1821 NW 21st Avenue, Ocala, FL 34475
(352) 438-2550

*Programs made possible by contributions from the
Friends of the Ocala Public Library.*

ADULTS

Tech Help

Thursdays, 2 p.m.
Oct. 5- 26
Have a technology question?

Second Story Poets

Thursdays, 4:30 p.m.
Oct. 19
Write and share verse with poets of all levels.

Marion County Veterans Services

Saturday, Oct. 28, 10 a.m.-noon
Help is here! Marion County Veterans Services visits to
answer questions and assist with understanding benefits.

Book Club

See Program Spotlight for more book clubs. Attend one or all!

Second Story Readers

Tuesdays, 10:30 a.m.
Oct. 10 "All Aunt Hagar's Children" by Edward Jones

TEENS

MANGAlicious

Tuesdays, 4:30 p.m.
Oct. 3
Anime and manga fans, unite!

Young Adults Leading Library Awareness- YALLA!

Wednesday, 4:30 p.m.
Oct. 18
Be part of the library experience! Earn volunteer service hours

FAMILIES

Mancala and More

Mondays, 4 p.m.
Oct. 9- 30
Play this classic game and other contemporary tabletop games!

Crochet Corner

Thursdays, 4:30 p.m.
Oct. 12, 26
Relax and crochet. All skill levels welcome.

Story Times

Family Story Time ~ Wednesdays, 10:30 a.m. ~ Oct. 4- 25
Stories, songs and activities for children and caregivers.

Happy Feet Fitness

Thursdays, 10 a.m. ~ Oct. 5- 26
For ages 3-5 with caregivers.
Reading + exercise = fun. Presented with the City of Ocala
Recreation and Parks Department.

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

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FOUNDATION
PRESENTS**

CELEBRATION OF UNITY
&
ACHIEVEMENT AWARDS
BANQUET



NOVEMBER 11, 2023
6-9PM

HARVEY KLEIN CENTER
3001 SW COLLEGE RD, OCALA,
FL 34474

ATTIRE: SEMI-FORMAL

\$50