

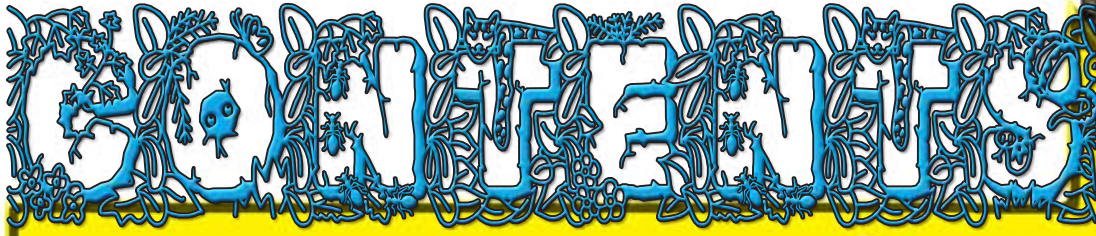
JUNCTION RIDE



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Word to the Reader

The principal route from the capital of Jamaica - Kingston - which brings one to important places of interest / capitals such as Port Antonio and Port Maria, the Junction, St. Mary has lots to offer. ...

"Junction Ride Community Magazine" hopes to share all this and more with you.

With invaluable contributions from educational and social organisations as well as from community members themselves the aim is to make the difference not just in your day, but in your life.

Dionne Wright
Publisher - Creative Director - Editor



Nicole Wright
Assistant Designer - Photographer

COLOPHON

Junction Ride
Community Magazine

ISSN: 0799-544X

Issue 10, Volume 1

July 2018

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Dover Raceway is mere minutes away from Brown's Town in St. Ann and was originally the backyard of Alfred Chen - a man with such a deep desire to race that he built his very own course. Now a world-renowned circuit racing spot, each year quite a number of meets take place here, especially during the periods with public holidays.

Traveling from the Junction, one would go down - direction Annotto Bay - then turn left at the Robert Schuman Roundabout. One would then pass through Port Maria and Ocho Rios then turn left at the Runaway Bay intersection, driving up into the hills for about 15 minutes.

Fun, excitement, a variety of foods and drinks as well as lovely sea-views guaranteed while motorbikes and cars pump up one's adrenaline level. Great for the whole family!

Proud of my Profession! Entrepreneur

Get featured
in JR today!
Contact info
at back.

An entrepreneur is an individual who founds and runs a small business and assumes all the risk and reward of the venture. Someone who exercises initiative by organizing a venture to take benefit of an opportunity and, as the decision maker, decides what, how, and how much of a good or service will be produced. An entrepreneur supplies risk capital as a risk taker, and monitors and controls the business activities. The entrepreneur is usually a sole proprietor, a partner, or the one who owns the majority of shares in an incorporated venture. According to economist Joseph Alois Schumpeter (1883-1950), entrepreneurs are not necessarily motivated by profit but regard it as a standard for measuring achievement or success.

<http://www.businessdictionary.com/definition/entrepreneur.html>



Mr. Keith Chokelal



Mr. Keith Chokelal, a man of faith who started from nothing, is one who believes that perseverance, good character, manners, honesty, hard work are the foundation of success. A cornerstone of the Castleton community himself, he was born in the Junction and has literally built it, both with priceless services to persons in need as well as with the wide range of building supplies that he sells at his store.

Having gone through a plethora of occupations, he is quite a skilled individual. However, it was through working as a trucker - hauling hardware supplies - that he was guided to opening his very own store.

The onlooker mocked and said he had nothing; that what he attempted with obtaining a run down property was a waste of time and energy.

But Mr. Chokelal had a dream. One that he could envision and develop in his mind's eye.

For him, one has to start small with what one has and then build on it with the profit.

In his own words, "if one plants just one banana plant each day, one will get a BUNCH of bananas every day in return. Some can be used for sustenance, some sold for profit to enable investment resulting in expansion".

He sees development as the building of strength: when work progresses, bringing experiences and profit, the mind grows and develops and the body follows suit, allowing one to be happy and to enjoy life. Basically, one has to work in order to meet one's needs and make oneself happy, with mind, body and spirit working together.

The more one applies oneself, the more one learns and the more one is able to develop.

Junction has always always been home and this is not likely to change for a man who has lived almost three-quarters of a century there. Despite his extensive travels and exposures, there is nowhere like the Junction which is cool, peaceful and populated with loving people. An integral route which links the capital of Jamaica to so many businesses and communities, the Junction route is one of a kind. What makes it even more unique are people like Mr. Keith Chokelal, the founder of the very first hardware on the Junction route (the only one that was in existence for decades). An entrepreneur who is content and has no regrets re his investments and business choices, he has plans to offer additional services and extend his line of supplies.

Schoolaz Skillz

Photos by Denae Nugent



Congrats on your graduation from the secondary to tertiary level, following a highly commendable and successful time in high school.



(Timese Richards & Chardae Nugent) of the Castleton Primary & Junior High School smile joyfully on graduation day.



Chardae Nugent proudly displays one of her many awards for outstanding performance at the Castleton Primary & Junior High School. She moves on to the Queens High School.

NATURE & YOU!

RECREATION ROCKS!

There's nothing that says "Jamaican" more than our love of music and dancing.

We have a very rich history which has been influenced by a great number of cultures and so are able to pick, choose and refuse the dance that we would want to practise.

Dancing does not have to be an expensive hobby; one can simply let mind and body sway to rhythms while at home. No special clothing is needed and it may even more enjoyable and beneficial if done without the limits of shoes and clothing.

Dancing results in better balance, improved mood, better heart health and control over weight. While giving a boost to muscle strength, endurance and flexibility, this activity which has no age limit, allows one to express self and one's creativity as well as to encourage friendships.



Weird But Real!

Sea Angels are very fast swimmers that have small fin-like parapodia. They eat mostly Sea Butterflies. The name sounds beautiful and they are very attractive but in simple terms, they are slugs. Sea Angels only are shell-less after metamorphosis: the larva hatches with a shell and discards it some days later.

CREATIVE CRAFTS

Pyrography

"Pyrography or pyrogravure is the art of decorating wood or other materials with burn marks resulting from the controlled application of a heated object such as a poker. It is also known as pokerwork or wood burning.

The history of pyrography is of an art that originated in pre-history. Early man documented their life in pictures – as has man throughout the ages.

Drawing was the first method that man used to tell stories and communicate. And after the important discovery of fire, the early form of "wood burning" was invented.

<https://en.wikipedia.org/wiki/Pyrography>, <http://www.thepyrographytool.com/history-of-pyrography/>



<http://uberdoodles.com/pyrography/let-your-roots-show>

During summer,
avoid being 'in the sun'
between 11am and 4pm

Safety Tip

Know your plants!

PLANT FACT

by Dionne Wright



Leaf of Life (as it is known here in Jamaica) is native to Africa. It is every grandmother's best friend. And for good reason too!

A succulent low maintenance plant, every home and garden should in reality have it. Rightly called Leaf of Life, even long days after removal from the soil, its very own leaves continue to draw life from the plant and push their own roots, springing multiple plants.

Many have it in tea form. It is an excellent remedy for coughs, colds, sinusitis, asthma and other bronchial complaints. Bruised leaves of the *Bryophyllum pinnatum* plant also make a soothing dressing for insect bites, bruises, boils and ulcers.

In addition, Leaf of Life is used to treat headaches, earaches, sprains and general pains.



Health Corner

Diabetes is a complex group of diseases with a variety of causes. People with diabetes have high blood glucose, also called high blood sugar or hyperglycemia.

Diabetes is a disorder of metabolism - the way the body uses digested food for energy. The digestive tract breaks down carbohydrates - sugars and starches found in many foods - into glucose, a form of sugar that enters the bloodstream. With the help of the hormone insulin, cells throughout the body absorb glucose and use it for energy. Diabetes develops when the body doesn't make enough insulin or is not able to use insulin effectively, or both.

It is a disease that is categorized into two groups: Type 1 and Type 2.

Symptoms of type 1 diabetes can start quickly, in a matter of weeks. Symptoms of type 2 diabetes often develop slowly—over the course of several years—and can be so mild that you might not even notice them.

Symptoms of type 1 and type 2 diabetes include: increased urine output, excessive thirst, weight loss, hunger, fatigue, skin problems, slow healing wounds, yeast infections, and tingling or numbness in the feet or toes.

Some of the risk factors for getting diabetes include being overweight or obese, leading a sedentary lifestyle, a family history of diabetes, hypertension (high blood pressure), and low levels of the "good" cholesterol (HDL) and elevated levels of triglycerides in the blood.

Treatment focuses on the management of blood glucose, as well as blood pressure and cholesterol, to help prevent additional health problems.

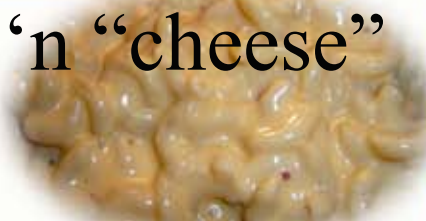
<https://www.niddk.nih.gov/health-information/diabetes/overview/symptoms-causes>

DELICIOUS DELIGHTS!

Our Favourite Foods



Mac 'n "cheese"



Macaroni (pasta) is fantabulous! Macaroni and cheese is even greater. The real deal, that is:

- Macaroni
- Butter
- Cheddar cheese
- Milk
- Eggs
- Salt
- Pepper

<http://52sundaydimmers.com/recipes/real-macaroni-cheese/>

Unfortunately for many, macaroni and cheese is the stuff they sell in a beautifully decorated box at the supermarket. The stuff that can sit on the shelf for years and years and never go bad...

Real macaroni and cheese can be traced back to its origin in Italy. One of the earliest recipes to be found was outlined in *Liber de coquina*, written in the 13th century.

The American classic as we know it possibly came into being as a result of Thomas Jefferson encountering the dish in Italy and then having it frequently on his return to the USA.

In 1937, Kraft, one of the most well-known brands launched Mac & Cheese during the Depression. Some 50 million boxes were purchased during World War II alone because shoppers could get two boxes for one food ration stamp.

Today, it is sold by the billions.

Still, would you believe that the macaroni and cheese it sells in the Americas are banned in Europe?

The artificial colors, Yellow 5 and Yellow 6, have detrimental effects, especially on children.

Yellow 5, also known as tartrazine, has been linked to allergic reactions, some of which are quite severe, including asthma, skin rashes and migraines. It has also been associated with triggering hyperactivity and other behavioral disorders in children, including ADHD.

Yellow 6, also known as sunset yellow, has also been linked to sometimes-severe allergic reactions that are similar to those found with Yellow 5, including asthma, skin rashes and migraines. It has also been linked to triggering the same hyperactivity and behavioral problems in children. Furthermore, Yellow 6 has been linked to causing adrenal tumors in lab animals.

<https://www.thealternativedaily.com/kraft-macaroni-and-cheese-ingredients-banned-overseas-not-u-s/>

It doesn't matter the brand you buy as colouring is a regular. Your first priority must be to love yourself and your children.

Yellow, gooey, tasty, loved-by-all mac 'n cheese...

Do note that the cheese powder does not have a standard of identity set by the FDA or international standards, so it may contain whatever a supplier or food processor needs it to.

Enzymes, MSG, colouring, salt, flavours...

What's really in your box?

Make it from scratch!



1 CREAM CRACKERS: \$70

1 'FRUIT' BAG JUICE: \$30



AN ALL-NATURAL MEAL!

1 'JELLY' COCONUT: \$100

The Fearless Father part 2 - cont'd from JR 9, June 2018 *Contributed by Mr. G; written by Dionne Wright*

In the cool of the night as the stars twinkled above, the two worked together side by side, sharing their thoughts in undertones as the animals of the dark went about their business, some hopping and croaking while others whistled and whizzed by.

Sweat drenched their thin cotton shirts as they carried rocks from the river which shimmered and hummed a merry tune in the soft light of the moon. The distance to travel was great. The steep, unforgiving hills of the Junction went up and up and then up some more. The narrow little footpath was covered with pebbles that threatened to take one's footing.

But the camaraderie the two shared made the work all that much easier.

They were building a house for the boy's mother, way over yonder. Love and dedication provided the needed strength. Excellent company took away the unpleasantness of the task. Father and son - the only words that could describe them.

Even though they were not related.

The boy was now thirteen, in the prime of being a curious youth, thirsty for knowledge. Growing in grace, he was active and his character promised a bright and successful future.

The man who fathered him had gone to greener pastures and he was left without this figure to guide him. That is, until this man he now carried the stones with stepped in and filled that gaping gap. Words were not enough to describe the depth of love and respect that they had for each other and they lived each day imagining that they would be together forever.

Alas! This wasn't to be so and Destiny had a far different plan. Like Simba who had to face the wrath, deceit, jealousy and violence of his own blood, so his story evolved.

The man who became his father had to make the hardest but most loving decision of his life.

Either they remained together and kept looking over their shoulders each day, sleeping with one eye open, or he secretly sent him to a far off land where he would be safe from their clutches. He had to act quickly, as time was of the essence.

His heart bled in his chest and he felt suffocated by each breath that he took while mulling over the situation.

He loved the boy endlessly - there was only one thing to do. Send him away in love.

Believing that whatever is joined by love can never be broken, despite the distance and hardships, he went to great lengths to secure documents and silence and put the boy on a flight to another continent. Many moons followed and despondent, he still could not enjoy eating. He dreamt of the boy and his walks by the river brought beautiful memories but also tears as he missed his companion so much....

Sixteen years later, without warning, just a few days after Father's Day 2018, the boy, now a highly accomplished young man who was versed in a second language and highly exposed to international cultures was on his doorstep without a warning. The old man's mouth dropped wide open, then he simply gave up on struggling to find words. Tears flowed, washing away all the pain of the years in between, instantly bridging sixteen years ago to now. Love had made time and distance of no importance.

He was high on emotions, so high he had to just go for a walk to somewhere. Anywhere. He forgot even how to put one foot steadily in front of the other. He hopped-skipped-ran-floated down the road, laughing in between the tears. Never mind what onlookers imagined. 'Twas of little importance.

His boy was home. Junction sweet Junction....

CULTURE CLUB

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DIDACTIC RESOURCES

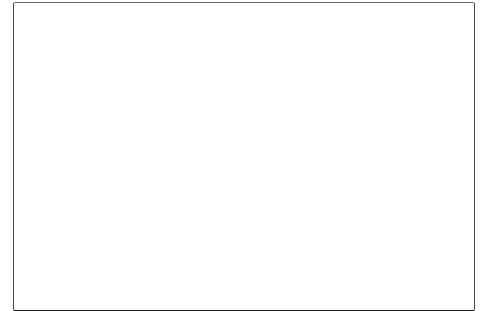
Contact: justwrightcomms.ja@gmail.com

Featured Country:

Angola



Draw the flag!



Angola is a country located in the southwestern segment of the continent of _____. Its capital city is _____ and with a population of over 28million people, it has the second highest number (in the world) of speakers of the Portuguese language. It is said that the most important food in this country is cassava and the money used is called the _____. Once a colony of Portugal, Angola gained its independence in _____. Most persons, especially those with traditional beliefs, strongly believe that ancestors play a part in the lives of the living. Therefore, the spirits of dead ancestors remain prominent members of the community.

From Angola:

Cuca beer

Nadir Tati

(Paste pictures!)

How to say:

Hello	- oi
Goodbye	- tchau
How are you?	- como está?
My name is...	- meu nome é...
I love you	- amo-te

CULTURE CLUB

Un mot de
... la France!



**DO YOU
WANT A PENPAL
TOO?**

CONTACT US TODAY!

Start a
Fun with French club
at your school / online!

The weekend of 14 and 15 July 2018 was doubly celebrated in France, with grand parades and musicals and streets filled with hundreds of thousands of people.

Much like the Fourth of July in America, Bastille Day - known in France as la Fête nationale or le 14 juillet (14 July) - is a public holiday in France, celebrated by nationwide festivities including fireworks, parades and parties.

Attendees will see France's tricolor flag, hear the French motto Liberté, Egalité, Fraternité ("liberty, equality and fraternity") and break into singing La Marseillaise—all popular symbols of France that had their origins in the heady days of the French Revolution.

In one of the world's oldest annual military parades, French troops have marched each year since Bastille Day of 1880 along the Champs-Élysées in Paris before French government officials and world leaders.

<https://www.history.com/topics/bastille-day>



nation.com.pk



On 15 July 2018, the finals of the World Cup Football competition were held in Russia. This saw France's team competing against that of Croatia. In a very keenly contested match that had the whole world holding their breath from start to finish, France came out as the winner.

This makes it their 2nd time as football world champions, having won this title and cup in 1998.

As the Ivorian group, Magic System sings, we all felt the magic in the air, whether we were waving flags for Brazil or Portugal or England.

Do join them here, for a taste of French and football magic:

https://www.youtube.com/watch?v=BAkqJT_sMKQ

HISTORY & HERITAGE

Minimizing Pollution

It is important that Jamaica takes '*Minimizing Pollution*' very seriously. It would create a better aesthetic environment and reduce the chances of diseases. Let us examine closely the definition of pollution and highlight the main types, so that we are better able to note the causes and solutions.

What is Pollution?

Pollution occurs when harmful substances are released into the environment. The four main types of pollution affecting Jamaica are noise, land, air and water. For Jamaica to survive, it is necessary that all types of pollution are stopped! Do you know that **HUMANS are the MAIN causes of pollution?!** Since this is the case, shouldn't we take responsibility for the pollution and help to reduce it?

Water Pollution



Water pollution is the contamination of water bodies with foreign objects or material. The main causes of water pollution are: dumping of industrial waste, throwing garbage into waterways and effects of deforestation. Solutions for water pollution include: participating in beach clean ups and not disposing chemicals into the waterways. Did you know that if we work together to achieve cleaner waters, there would be a guaranteed reduction in mosquito outbreaks?



Land Pollution



Land pollution is the deposition of solid or liquid waste materials on land which then become a problem for the environment, which includes plants, animals and people. One of the main causes of land pollution is littering our surroundings. Solutions which would reduce our land waste include: practicing our 7 Rs, that is: respecting, rethinking, refusing, reducing, reusing, recycling and replenishing. It is important that we begin by separating our garbage material and frequently cleaning our environment. Did you know that the improper disposal of our garbage, such as, *single use* plastics can cause many problems for us? Let us consider:

ARE YOU EATING PLASTIC FOR DINNER?

Plastic does not biodegrade like organic materials. It simply breaks down into smaller particles that get into the environment (water ways, land or air). When plastic particles get into the water ways, marine animals such as fish mistakenly eat these particles. By them consuming these items, plastic particles are then introduced into the food chain. Once these fishes are caught and used for food, the plastic particles in these fishes would then be passed on to humans. So, are you eating plastic for dinner? Let us make sure to reduce this problem by disposing our garbage-- especially our plastic properly.



Air Pollution

Air pollution occurs when harmful or excessive gases or particulates enter the atmosphere. Some causes of this are: burning fossil fuels and garbage, deforestation and general smoking. Solutions for air pollution include: turning off appliances when not in use, car pooling and using less or alternate energy to fossil fuel such as solar energy. Cutting back on energy consumption reduces the amount of electricity that power plants have to make, subsequently reducing the amount of fossil fuels that are burned each day. Are we ready for a cleaner air? It does not happen automatically, so let us use these suggested solutions to achieve our goal.



Noise Pollution

Noise pollution occurs when there are excessively loud sounds around. Loud sounds such as car horns, aeroplanes, music at parties, drills and blenders can affect our hearing and give us headaches. Noise pollution becomes even more pronounced where there are few trees in the environment, because vegetation absorbs sound. Solutions would be to wear ear-plugs, plant more trees and having the volume of music turned down especially in public areas such as schools, hospitals and residential areas.

Love Jamaica:
let's protect & preserve
history & heritage!



**Natural History Museum
of Jamaica**

The Natural History Museum of Jamaica is the science arm of the Institute of Jamaica and has the mandate of researching, documenting and disseminating information on Jamaican natural heritage. Particular emphasis is placed on Jamaican flora and fauna and the ecosystems that provide habitats for these plants and animals.

Jah-Mek-Yah
SOUVENIRS by Dionne Wright

From di Junction to di worl'!

Big up to all ah di Junction peepie dem who did 'elp fi mek dis yah dream a reality! T'anks to all those who encourage, try, check an' buy. Ms Queenie, Ms Dor, Ms Marcia - large up yuh self. One love!

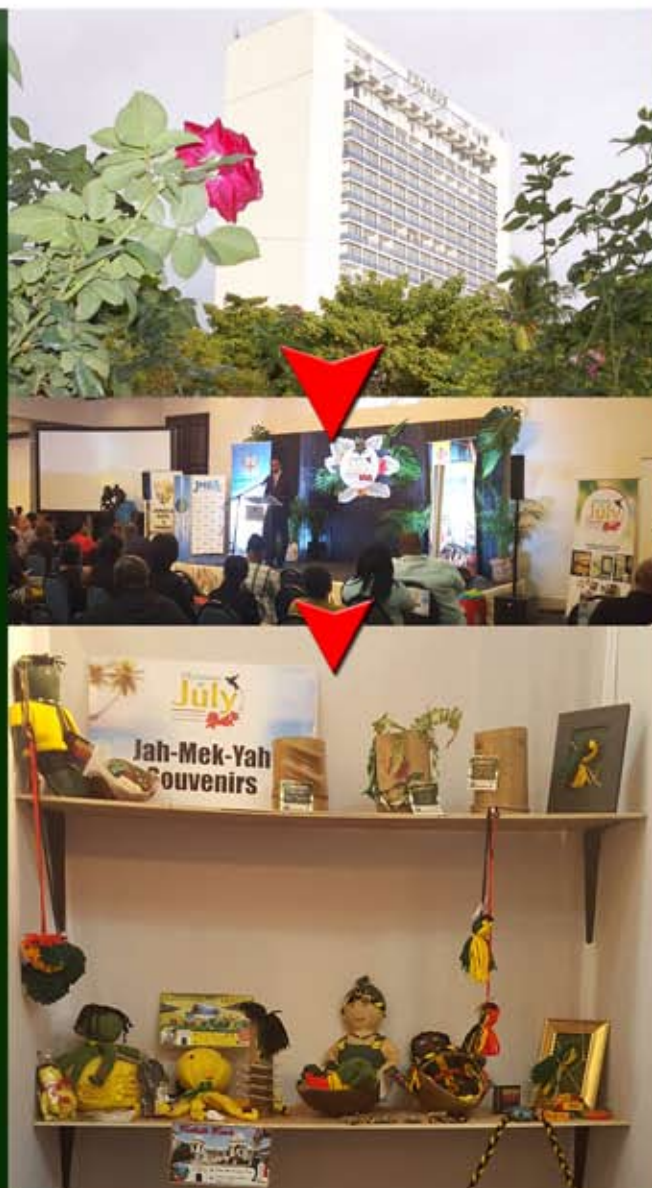


Jah-Mek-Yah Souvenirs by Dionne Wright began with the love of a mother who, faced with repercussions from a stroke and expecting a little one, had to find a very creative way to continue to earn her living. The first soft toy put on the market - Reggae Rae, was made because she saw a lack of affordable, durable, safe toys that would encourage learning and development in a fun way. Now sold in sizes ranging from 5" to 15", this, the only rasta octopus in the world is adored by all ages. Today, Jah-Mek-Yah Souvenirs continues as a result of the love of a People. Community members have become family, guiding and encouraging while customers who thirst for creative, original, durable and affordable gifts and souvenirs that reflect Jamaica, invest.

Each handmade souvenir is unique, made with lots of love and care and so you get a completely one of a kind gift. Dolls are handstitched both internally and externally, making them a souvenir that can last from one generation to the next.

On Thursday 19 July 2018, the 4th staging of the Christmas in July expo took place at the Jamaica Pegasus Hotel in Kingston, bringing together some 118 creators of Jamaican gifts and souvenirs and dozens of investors from all walks of life.

Hosted by the Tourism Linkages Network with collaboration from Jamaica Promotions Corporation (Jampro) Jamaica Manufacturers and Exporters Association (JMEA), Jamaica Business Development Corporation (JBDC), and the Jamaica Hotel and Tourist Association (JHTA), the event was a grand success, both for the organizers and those who had their products selected to be a part of the show.



Jah-Mek-Yah Souvenirs by Dionne Wright had a whopping 20 products on display, garnering a very high level of interest. Graphic design and a wide range of educational services and resources were also showcased, as well as French-English-Patois interpreting and guide services.

Help to build Jamaica - buy real Jamaican quality at affordable prices from Jah-Mek-Yah Souvenirs: soft toys, desk & decor, accessories, services (design, educational, interpreter, guide)

MIND & BODY

As the 2018 Football World Cup Finals approached, team loyalties in Jamaica approached fever pitch. A brisk street trade sprung up in national flags of favourite teams as traffic and offices were transformed into a kaleidoscope of colour and on Fridays, normally sedate office workers turned up for work in team jerseys.

One can safely say that productivity took a national nosedive during matches. One lawyer said attorneys would watch their favourite teams on their phones during court, jerking to attention when the judge addressed them.

Heated arguments, bets and football themed get-togethers were the order of the day.

For those outside of this large fan group, such devotion must be mystifying. It could not be about national pride, since Jamaica has not qualified for the finals since 1998. What then could motivate persons to such fervent displays of devotion to another national team?

Research has shown that team identity can be as strong as national, ethnic or gender identity. When our teams wins, it boosts our individual self-esteem and when they lose, we console ourselves with our loyalty. Team followers share a sense of social connectedness that is important for well-being and happiness. When we wear / display team symbols we have an instant connection with our fellow fans: it is an indication that we share values, as well as positive and negative experiences.

Researchers have found that team supporters show a reduced sense of isolation and loneliness, and higher levels of collective self-esteem and positive emotions, compared to peers who are not team fans.

So it seems all this enthusiasm is good for us, socially and individually. Which is a great thing, because I will be wearing my Brazil scarf while I cheer for France during the final on Sunday 15 July. The ball is round: may the best team win!



Rosemarie Voordouw

Registered Associate Counseling Psychologist & Public Relations Director
Jamaican Psychological Society (JamPsych)



www.jampsy.com

A WORD ON ABUSE: *contributed by Petra* (name changed to protect identity)

Even after he almost killed me that fateful day which culminated months of abuse, I still protected him. Now that my head is clear and I am no longer held prisoner by suicide messages; now that I am away from the influence of his friends and relatives, now is when I see the grave error of what I did. And the regret is great.

I protected him just so that he could return to abuse me more, this time in a way that no one saw, but in a way that damaged my mind, ate at my soul and negatively impacted my overall health.

He left no evidence for anyone to comment on this time, but the financial, psychological and emotional abuse has literally killed me.

I've had enough.

Even though I know that the most dangerous time is when a victim leaves / speaks out, I can't go on like this.

In any case, I will die one day or the other. Against living to a ripe old age, the greater probability is that I'll die from this abuse or from retaliation from me speaking out.



#MeToo



#MeToo

Just look at me, my face is haggard and lined, guant with sunken eyes.

Behind my face is a fighting spirit.

One that misses freedom.

One that has forgotten what it is like to be happy and at peace.

His face is plump and young, with a quick and charming smile.

Behind his face, there is only a cold hearted abuser.

A killer who - out of the sight of the public - preys on those who are 'weaker', to satisfy his sick urge to control and dominate.

Behind the face... that's where the real truth is.

'TWEENS 2 TEENS

SUMMER FUN in di



Outings, friends, parties, social media, mini skirts and very short shorts are the order of the day. Summer school for some, lots of time alone at home for others. Time that is used wisely by some and foolishly by others.

Summer holiday brings the times with the most temptations for our 'tweens to teens: from trying a spliff to downing alcoholic beverages to experimenting with self and sex.

It's great to have fun, especially when you're young.

However, it must be remembered that 'for every action there is an equal and opposite reaction'.

Before indulging in your 'fun' activities, first ask yourselves these pertinent questions that might end up saving your life:

- Do I have to hide / lie to carry out this activity?
(if the answer is 'yes' then obviously it something that should not be done)
- Is this something that my parents would have a problem with?
- Will I have gained something positive after partaking in this activity?
- How will I be affected in the future after having done this activity?
(reputation, health, safety...)
- Am I being pressured to do this activity?

Summer is a great period to relax, rejuvenate and prepare for return to school. Have fun in a safe and profitable way.

BUILD YOUR BRAIN!



Homeschool TIPS 'N TALES

Be open to learning
while you are
teaching.

BRAIN EXERCISE TIP

To prevent memory
loss & sharpen mind:

LEARN A FOREIGN
LANGUAGE



Be Inspired

Faith is taking the first step
even when you don't see
the whole staircase.
Martin Luther King Jr.

Activity

Examine the photograph below carefully then answer the questions that follow by circling the correct letter for each.



1. The name of the school that these students attend is:
 - a. Castleton Primary and Junior High School
 - b. Scotts Hall Primary School
 - c. Golden Valley Primary and Infant School
2. On 7 June 2018, parents and children awaited the:
 - a. Graduation ceremony
 - b. GSAT results
 - c. Christmas party
3. The uniform worn by the girls is:
 - a. Yellow blouse, green skirt and pink socks
 - b. Green skirt or tunic with green socks and black shoes.
 - c. Yellow skirt, green blouse and black shoes.

BE THE ARTIST

Complete the poem with words that rhyme.

I, with my keen eye,
I see the beautiful sea,
Beckoning to _____.

Write your very own haiku poem here:

Rules:

- must be only 3 lines
- 1st & last lines have 5 syllables
- 2nd line has 7 syllables

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FAMOUS JAMAICAN ARTIST

Edna Manley

.Edna Manley - wife of Norman Manley, the founder of the People's National Party - was daughter of an English cleric and his Jamaican wife.

She is considered 'mother of Jamaican Art', having moved to Jamaica in 1922, a year after her marriage.

Manley's materials consisted mostly of native woods - she used yakka, mahogany, Guatemalan redwood, juniper cedar, and primavera. Her works were exhibited very frequently in England between 1927 and 1980. Her first solo exhibition in Jamaica was in 1937. The show marked a turning point in Jamaica's undeveloped art movement, and it prompted the first island-wide group show of Jamaican artists. Manley was also one of the founders of the new Jamaica School of Art which became the Edna Manley School of Visual and Performing Arts.

https://www.revolvy.com/topic/Edna%20Manley&item_type=topic

Draw and colour the rest of the image.



TECH TALK



Han, a humanoid robot.

<https://www.businessinsider.com>



MIT's Cheetah Robot

Many of us tremble when we hear of robots playing an ever increasingly important role in our society. Have you ever given thought to the fact that we have been courting and enjoying them for many years now? Yes. Our ATM's are robots and many factories rely on robots for production chains, for example.

A robot is a machine - especially one programmable by a computer - capable of carrying out a complex series of actions automatically. It doesn't matter if it looks like a box or a sexy waitress, at the core, it's the same. A machine.

<https://en.wikipedia.org/wiki/Robot>

Upcycle Challenge!

Old Clothing:

hair accessories

patchwork toys

quilts

GO GREEN!



Beaming Baby Loves

LOTS OF WATER!

Especially now during the hot, dry season, baby dehydrates easily. Baby's only way to tell you they need hydration is by crying and there are times when their message is misunderstood.

Never wait 'til the little one looks hot, flushed and sweaty to offer something to drink - this point might just be too late. And of course, the best 'something' is plain water - for babies who are over 6 months old.

Babies younger than 6 months old get all the water they need from breast milk and/or formula, even when it's hot outside. They do not need extra water.

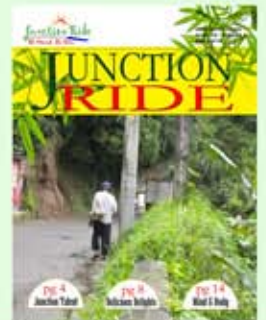
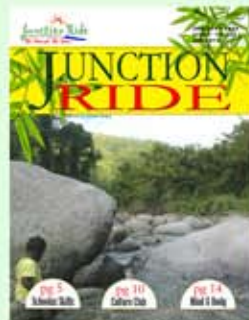
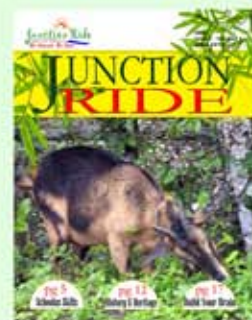
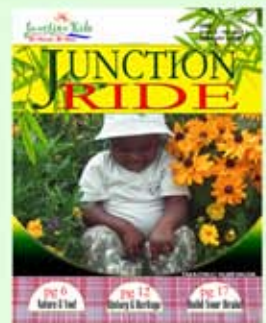
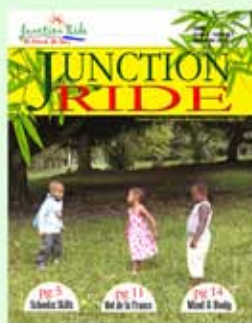
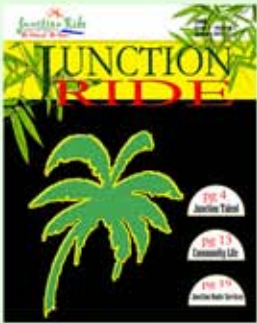
Also, a baby's skin loses moisture up to five times faster than an adult's skin so a lukewarm bath twice each day during very hot times helps with hydration, keeping the skin soft and preventing rashes.

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