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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.

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COLOPHON

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 Community Magazine

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POSTCARD TRAVEL with



Dolly D

Farmer Fred

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FRANK

Reggae Rae
Multi-Purpose Rasta'pus

Jah-Mek-Yah
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The Rio Grande, named by the Spaniards who occupied the island 15th to 16th century, is one of Jamaica's largest and most popular rivers, especially for bamboo river rafting from the quaint community of Berrydale. Flowing down from / through the Blue and Johncrow Mountains, it winds its way down through stunning flora and fauna, coming to a halt in the Caribbean Sea, just west of tPort Antonio - the capital of the parish of Portland.



Get featured
in JR today!
Contact info
at back.

Summer Scene



With a history of at least six years, the Miss Wag Water Valley Pageant this year had 5 beautiful and talented entrants who persevered to the finals, under the guiding hand of Ms. Monique Smith.

Ms. Smith has been the trainer / coordinator since the creation of the pageant and affirms that simply by entering, all the girls are already winners who will walk away with enhanced character.



Ms. Shanice Prehay, representing the Castleton community, is 17 years old and believes that, "it does not matter how hard it gets, I am going to make it". She is a 5th form student at the St. Mary High School.



Ms. Ruthann Hermitt of Providence is 18 years old. A past student of the Marymount High School, she confirms that "the future belongs to those who prepare for it today".

2nd Runner-up



Ms Shameka Morrison is 19 years old and hails from Broadgate. A past student of the Buff Bay High School, she is now Secretary of the Police Youth Club, firmly believing that, "the race is not for the swift, nor for the strong, but for those who can endure it til the end".



Ms. Anneisha Davidson represented the Devon Pen community. A 15 year old student of the Annotto Bay High School, she boldly states that one should "never underestimate the power of a young Black woman"

1st place winner



Ms. Moyita Lindo, 19 years old and of Scotts Hall is Clerical Assistant at the Scotts Hall Primary School. She says that "there's no limit to success once God is in the midst"

1st Runner-up

Every year since 2013, the Wag Water Valley Development Area Committee (a non-profit community-based organization which represents 16 communities) organises the Miss Wag Water Valley Talent and Awareness Pageant. Its objectives include the promotion of community service, added exposure for the entrants and the provision of greater opportunities through the cash prizes. Pageants are held at the Tapioca Village Retreat, Devon Pen, St. Mary in the Independence celebration period.



Congratulations!

JUNCTION TALENT

Summer Scene



M.P. Dr. Dunn presents the top girl with a trophy.

Mrs. Yankana, Mrs. Wilson-Patterson & Mrs. Reid pause for a pose at the Devon Pen Infant and Primary School graduation which took place at the Tapioca Village Retreat on 5 July 2018. Special thanks to them for invaluable assistance with the Fun with French Club!.

Miss Bell receives a gift of appreciation from 4 year old Jahiem during the Devon Pen Primary and Infant School Graduation ceremony on 5 July 2018.

THE JUNCTION "BEACH"



\$50 / 150
Entry fee now enforced.



The 20ft jump for the big splash!

NATURE & YOU!

RECREATION ROCKS!

Many of us check the calendar to see there will be a full moon, or when it will be first or last quarter, trying to plot out the best times for planting or reaping or even giving vermicides. However, very few of us have actually given thought to doing **moon-watching** as a recreational activity. A past-time that has no health risk and one that all age groups can easily manage to do, it is one that family members could do together; an activity that could bring them closer together, after spending so much time away from each other at work and school.

The moon is a great target that offers endless opportunities even for experienced skywatchers. The best time to observe the moon with a telescope is during the interval when it is at or just past First Quarter phase, or at or just before Last Quarter phase. This is when we get the best views of the lunar landscape right along the sunrise-sunset line or terminator.



Weird But Real!

Spurge Laurel, a relative of the Bay Leaf, is an innocent-looking ornamental plant that is usually found in Pacific Northwest, Europe and North America. However, it is a highly toxic plant. Consumption of just a few berries can lead to internal bleeding, organ failure and death in hours; the sap causes skin irritation and ingestion of the seeds causes poisoning.

CREATIVE CRAFTS SAND

Playing with and doing art and craft with the sand is one of the easiest, most-rewarding and most fun activities that there is. A visit to the beach, a healthy, strengthening, barefoot run, a stick or even fingers to draw... Tamp damp sand together to build structures, make a sand ball to explode on a friend, make bead bracelets...

For more structured activities, sand can be dyed into different colours and layered in a transparent bottle.

It can be glued on to a backing board with other natural items such as dried leaves, shells, twigs, framed and used as wall or desk decor.

Sand can be placed on a flat piece of glass above a light source for creative drawings that have no limits.

Why not try sand art / craft today?



Learn a
survival skill.

Safety Tip

Know your plants!

PLANT FACT
by Dionne Wright



Usually shunned both for its taste and for the scent it leaves behind even long after ingestion, this medical wonder has been used for over 6000 years and was even worshipped by the Egyptians.

Originating in Central Asia, it is a mainstay in Mediterranean diet and frequently used in European, Asian and African dishes. It didn't gain traction in America until just about 75 years ago.



Allium sativum, more commonly known as garlic, has unmatched benefits for home, beauty and health.

It is used for beautiful hair, to treat acne and psoriasis. Around the home, garlic deters mosquitos and protects plants.

Health benefits are numerous, ranging from decreasing blood pressure, fighting heart disease and cancer to treating intestinal worms and toothache.

Garlic can be eaten raw or cooked, by itself or mixed into salads, sauces and omelettes.

Health Corner

One's health or lack of good health is never to be taken lightly, especially when it come to what we all tremble and call "the big C".

Cancer has become way more prevalent than just some years ago and even young children are frequently dying from this disease.

What is cancer?

Where does it come from?

What can be done to avoid it?

Firstly, cancer is not just one disease; rather, it is a group of related diseases. They are characterised by the body's cells dividing and spreading into surrounding tissues.

Many cancers form solid tumors, which are masses of tissue. Cancers of the blood, such as leukemias, generally do not form solid tumors.

Common types of cancers include: lung, liver, breast, prostate and colorectal.

All age groups can get cancer and its likelihood depends on the type, genetics, health and diet habits, active / previous infections and viruses, exposure to sunrays etc.

To reduce risks, it is best for one to avoid tobacco, have a healthy diet and regular exercise, avoid (over) exposure to sunrays especially between 11am and 3.30pm, prectice safe sex and get regular health checks.

<https://www.cancer.gov>

DELICIOUS DELIGHTS!

Our Favourite Foods



Sweetened Condensed Milk



There was a British patent for 'condensation' as early as 1835, but the American, Gail Borden, who concentrated milk by evaporation in a vacuum and then sold the product from open vessel like ordinary milk, was the true pioneer; he also produced a canned condensed milk which was preserved by the inclusion of sugar. <http://www.beveragehistory.com/2011/04/history-of-condensed-milk.html>

(Sweetened) condensed Milk is now an undisputed favourite for countless households. It is used in the making of sweet desserts, as a sweetener for hot drinks and coffee. Here in Jamaica especially, it is a 'delicious' addition to carrot and soursop juice. Cooking sweetened condensed milk can produce caramel.

High in calories, fat and carbohydrate, there is also a good amount of calcium but little protein. It is advised that this 'treat' be used sparingly.

Condensed milk is cow's milk from which water has been removed, and then sugar added. Sounds simple and clear enough.

Let's read that label again and dig a little deeper, as indeed, learning maketh a Man.

'Although banned in most other industrialized nations due to the health risks to humans and harm to the animals, Monsanto's genetically engineered recombinant bovine growth hormone (rBGH or rBST) is still injected into dairy cows in the US to increase milk production. Milk from rBGH-treated cows has much higher levels of IGF-1, a hormone considered to be a high risk factor for breast, prostate, colon, lung, and other cancers.'

<https://responsibletechnology.org/gmo-education/gm-hormones-in-dairy-2/>

On Jamaica's import list, there is mention of 'concentrated milk and cream'. Approximately 40 percent of our overall imports come from the USA.

Outside of unhealthy milk from very ill cows that are also being fed GMO foods, which and just how much 'sugar' are the profit-hungry corporations feeding you?

On many ingredient lists, one will also find a product called 'carrageenan'. This is obtained from the red seaweed. However, most of that found on the market is a degraded quality. It also further degrades in the gastrointestinal tract and liver. For many, it can cause serious inflammation and intestinal abnormalities.

These side effects are well-known among the scientific community as carrageenan is given to lab animals to produce inflammatory symptoms in order to test anti-inflammatory drugs. The World Health Organization's International Agency for Research on Cancer and the National Research Council of the United States have deemed carrageenan to be a carcinogen.

<https://bodyunburdened.com/carrageenan/>

You will also find too, that the 'just milk and sugar' idea is not real. Also added is dipotassium phosphate, which was originally derived from animal bones and urine but now extracted from phosphate rock.

Even though deemed as 'safe' with 'no side effects', a 2012 scientific study found that "accumulating phosphates in the body can cause organ calcification in people with renal failure, and even in people without kidney problems".

Did you know that this same water soluble salt is used as a fertilizer?

Shop right...
Money Tight!!!



1 PACK POWDERED DRINK MIX: \$60
(WITH UNHEALTHY ARTIFICIAL COLOURING)



A HEALTHY & REFRESHING SNACK

1LB WATERMELON: \$60

CULTURE CLUB

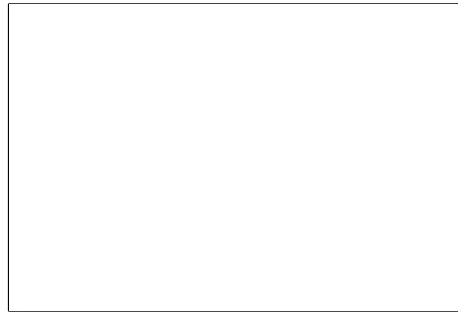
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Featured Country:

Draw the map!!



Located on the continent of Europe, and bordering Belgium and Germany, is a country often referred to as H_____. Its capital is _____. In 1815, Belgium was actually Southern Netherlands but then in 1830, it seceded and a separate kingdom was formed.

Of all the countries of the world, the Netherlands is the largest exporter of tomatoes and tulips. The bicycle is the preferred means of transportation for twenty-five percent of the population and the colour orange (the colour of the Dutch Royal family) is used to represent the country.

As a part of the European Union, the currency used is the _____. The people of this kingdom speak Dutch the total population is estimated at just over 17 million. Some island-countries in the Caribbean that speak Dutch are: _____, _____ and _____.

From the Netherlands:

Donkervoort

(Pastie pictures)!

No Limit Ships Jachten

How to say:

Hello	- hallo
Goodbye	- vaarwel
How are you?	- hoe gaat het?
My name is...	- mijn naam is...
I love you	- ik van je hou

CULTURE CLUB



Con amor de España.



Hola. Me llamo Elvira Sardà Bosch, tengo 38 años, soy profesora de Educación Infantil, también estudié Animación Sociocultural y Administrativo, pero actualmente estoy trabajando como maestra a una guardería. Me gusta leer, escribir, escuchar música, conocer gente nueva de todo el mundo, practicar los idiomas que hablo, conocer nuevas culturas y todo lo relacionado con el país, la lengua, su historia, sus tradiciones, fiestas, comidas típicas y muchas cosas más.

I live in Spain. My country is a member of the European Union and is located in southern Western Europe and also in North Africa. In Europe, it occupies most of the Iberian Peninsula, known as mainland Spain and the Balearic Islands (in the western Mediterranean Sea); in Africa there are the cities of Ceuta and Melilla, the Canary Islands (North East Atlantic Ocean).

The Spanish territory shares land borders with France and with Andorra to the north, with Portugal to the west and with the British territory of Gibraltar to the south. In its African territories it shares land and maritime borders with Morocco. Share with France the sovereignty over the islands of the Pheasants at the mouth of the Bidasoa River and five Pyrenean faceries.

It is formed by seventeen autonomous communities, formed in turn by fifty provinces.

The Spanish communities are: Andalucía, Aragon, Asturias, Islas Baleares, Islas Canarias, Cantabria, Castilla-La Mancha, Castilla y León, Catalunya, Comunidad Valenciana, Extremadura, Galicia, La Rioja, Comunidad de Madrid, Murcia, País Vasco and Ciudades autonomas Ceuta and melilla.

I am from the community of Catalunya (Catalonia), located northeast of the Iberian Peninsula. It limits the north with France and Andorra and to the east with the Mar Mediterrani, to the south with the Comunitat Valenciana and to the west with Aragón.

Catalunya is formed by the 4 provinces of Barcelona, Girona, Lleida and Tarragona. Its capital is the city of Barcelona. In Catalonia we have our own language. We speak Català....

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!



Bandol, South of France - DW

Bandol is a beautiful, serene commune located in the Var department, PACA region, south-eastern France. It was founded in 1595 and built around a small military fort. Bandol is one of Provence's most internationally recognized wine regions.

LIVE FRENCH! - SUMMER RECIPE

Salade niçoise



<http://www.recettes-et-terroirs.com/recette.php?id=40618>

FRANCE IN JAMAICA



HISTORY & HERITAGE

Owls of Jamaica

By Teona Thomas



Owls are nocturnal birds as they sleep in the day and are active at nights. There are two (2) types of owls in Jamaica. These are the Barn Owl (*Tyto alba*) and the Jamaican Owl (*Pseudoscops grinnaces*). Owls are called Patoo in Jamaica which is said to be originated from the **Twi** word, Ghana's main native language. Moreover, these birds are not just classified as such but there is folklore attach with being an owl.

Barn Owl (*Tyto alba*)

Other Common Names:

Patoo, Screech Owl, White Owl



The Barn Owl is a common resident in Jamaica and can be identified base on their white heart shaped facial disc outlined with brown tipped feathers. Also, their eyes consist of a dark brown iris and head to back is cinnamon, mottled and brownish in colour. Their under parts are white with grey or dark spots on the breast. Barn Owls can be found in open or partly opened areas near human inhabitants such as large cities. They can be seen flying or perched on fences or heard making high pitched sounds at nights. The diet of these birds consists of rats, mice and sometimes small birds.

Jamaican Owl (*Pseudoscops grinnaces*)

Other Common Names:

Patoo, Brown owl



The Jamaican Owl is **endemic** (native or restricted to a certain place) to Jamaica and is the only species in the genus *Pseudoscops*. It can be identified by its small brown body with dark brown eyes and black and dark brown flecks in the centre of each feather. Also, the presence of an erectile ear-like tuft makes them easily identifiable. The Jamaican Owl can be found in open woodland and forest edges associated with large mature trees such as the West Indian Cedar. Their diet entails mice, lizards, tree frogs, beetles, grasshoppers and other insects.

The folklore of Owls in Jamaica

It is said in our culture that an owl means death, or they bring death hence it is seen as an **omen** (event that you take as sign of something to come). **Did you know that the fear of owls was brought to Jamaica by African slaves?** It is believe in Africa that owls are omen of death, disease and bad luck which are the views in Jamaica today. Therefore, owls especially the Barn Owl are feared in Jamaica and are called Jumbie Birds or Spirit Birds in the Eastern Caribbean. As a result, owls are stoned once they land on the roof of homes or seen flying over person's homes due to the fear of death occurring in their family. However, our owls are a very unique species that has not yet been adequately studied, hence there is limited information present. Owls are just birds searching for food at night.

Please Nuh kill wè!!!!!!



Nuh stone dem, kill dem or harm dem!!! Mek wi preserve our culture and history!!!

Forefathers' Forgotten Foundation & the Prime Minister's Promise From Chesterfield to Castleton. And back.

In days long gone by, hard work, family values and happiness were greatly valued. Long before there was "technology" as we know it, more people lived healthily to a ripe old age and crime was practically non-existent.

Here in the Junction, there was a thriving and prosperous community called Chesterfield. It had its own shops, school and churches. And even though there was no electricity or paved roads, life was good.

A band came to the square to regale with its instruments on special occasions and sugar and liquor were made in the community so one was always merry.

The inhabitants there relied mostly on farming - producing a wide variety of crops. Sugar cane was sent down to the factory at Grays Inn, Annotto Bay and every other week, three or four truck-loads of bananas were collected. Higher grade bananas were taken to Annotto Bay Wharf (Port Antonio when operations ceased in Annotto Bay), to be shipped to England and the rest sent to Kingston to be sold locally. Huge coffee farms flourished under the care of the Baxters and even bamboo shoots were sold to Asian restaurants.

Yes, life was indeed good, but it could have been great - and sustained - had there been roads and a bridge for one to have easier and safer access to the outside world.

After descending what was for some miles from the hills of Chesterfield (and Williamsfield further up and behind), one had to contend with the crossing of the river, especially during rainy season when it became very dangerous. Traversing via the bridge at the Castleton square was no solution of itself, as there remained two springs that became dangerous entities after heavy rainfall and there were no bridges for them. Also, this route led one miles out of the way, over hills and through muddy paths. A solution was needed, but for many long years, none came.



Mr. Stanley Edwards (left), Mr. Clifton Nugent (right) and Mr. Ruddy Howell, just like Mr. George Grant had glistening eyes as they spoke of a past long forgotten by many, but so precious held in their hearts. They spoke of their beloved community of Chesterfield, where both men and women farmed and quality of life was good. They spoke of their wonderful teachers (two of whom were Mrs. Mercella Mallett and Mrs. Bogle) who stood proud in the little schoolroom built of stone that also served as church on Sundays.

A hand waved in the direction of the acres and acres of bamboo that have now taken over the hills. Bamboo that was originally bought to serve only as 'sticks' for the many acres of yam farms that exist no more. The many trees grown for lumber have also disappeared.

October 5-7, 1963, hurricane Flora hit Jamaica and leveled sugarcane plantations, banana fields and caused wide-spread flooding, never before seen on the island. The people of Chesterfield watched the Wag Water river rise up to the level of the main road, taking everything that it came near to: citrus, chocolate and coconut trees were swept away, as well as the original bridge at Grandy Hole.

The wall along the road was rebuilt by Mr. Les Hart but the bridge that would again connect them to the road (land they used to walk on was washed away) kept being promised year after year.

Forefathers' Forgotten Foundation & the Prime Ministers Promise: *From Chesterfield to Castleton. And back.*

In days long gone by, the people of Chesterfield would gather rocks by the Wag Water river for the building of roads. They would sit and crack one after the other, some working by the light of the moon after doing other duties during the day. The rocks would then be packed into boxes and prices agreed on based on the size of the box. With better roads came increased mobility and greater possibility to reach others with their goods. Still, regularly transporting the loads from Chesterfield across the river and to the road became burdensome for many, especially after long hard days at the farm, and so gradually, the community inched downhill, closer and closer to the road and then across the river.



With migration to England or to Cuba to work in canefields or even to Panama to help build the canal as well as further downhill, soon, very few remained in the hills of Chesterfield; wattle and daub houses crumbled, the church which doubled as a school during the week became abandoned and trails became overgrown and blocked.

While development took place in surrounding areas, a paved road was offered to the Chesterfield community. This was refused on the basis that it would give criminals easier access. In the end, the very same community members and their offspring suffered from this choice. This decision slowed and eventually brought to a halt the development of the community, forcing more and more people to move down and away, closer to opportunities.

Chesterfield, though now just a fraction of what it used to be and seemingly small especially when viewed from the Junction route, still fights on and a visit 'across the river' exposed a beautiful community with shops and lots of play space in yards.

The plight of this community, especially in rainy times when the Wag rages, has been repeatedly highlighted by various media.

Over the years, these persons - poor for the most part - have been risking life and property (forced to strip off both pride and clothing down to just underwear) when footing it across the Wag Water river, in order to carry out daily business.

Over the years, they have been begging assistance from the government, with their pleas seemingly falling on deaf ears, despite the many nerve-wracking photos published, showing them risking their lives in trying to be productive citizens. Many, including the previous Minister of Parliament, according to an irate resident, advised them to move away from Chesterfield, the only home they have ever known, the only place some would ever own. Move on to where and to do what with nothing and amongst strangers, especially as the economy got tougher and jobs more and more uncertain?

In addition, their pride in knowing their history as foundation and their hope for deliverance never once waned. Days of pleading became weeks, months, years. Chesterfield became a neglected community, but its people remained steadfast, understanding the value of what they had.

The younger generation now speaks of Castleton with pride, listing its amenities and services but many do not know that Chesterfield was the original community and place of choice to live.

The younger generation when asked about Chesterfield, just wave vaguely across the river, having no idea what Chesterfield really was, some saying, "What?!? Mi bawn here and live here all mi life an' neva know nutt'n 'bout dat!"

Forefathers' Forgotten Foundation & the Prime Ministers Promise: *From Chesterfield to Castleton. And back*

But those who remained across the river, lonely and forgotten, they never forgot their history. And this fuelled their dream.

Hundreds of persons now reside in the group of districts known as Chesterfield.

The community commences at the St. Andrew / St. Mary border marked by the George's Spring just after the Castleton Primary and Junior High School and continues down to Grandy Hole.

Mr. Clive Pryce, a part of the instrumental group that got things moving said the community members just got tired of battling the water. "Kids can't go to school, the ill can't go to the doctor, pregnant persons near due date have to relocate... Enough is enough!"

His brother, Damion and a handful of other community members echoed these thoughts and decided to act, using personal resources and the assistance of community members who were willing. This group, comprising twelve individuals who had their regular full time jobs but came together on Sundays to work on the footbridge, was Chesterfield's version of the "A Team".

It is said that dues and other funds were collected over the years to get something started but those to whom it was entrusted for safekeep misused it and then there was nothing.

And so, they had to start from scratch, with some assistance given by M.P. Dr. Norman Dunn.

The resilience of the 'A Team' in not just speaking up for the people but also in acting for them, led to the historical event of the Prime Minister's Promise.

Even though just a 'little Junction community', the Castleton-Chesterfield voters could make or break a Minister of Parliament's dream. This was quickly recognized and strategy employed, in the form of a visit from the Prime Minister himself, accompanying the MP candidate Dr. Norman Dunn, right across the very same spot that posed difficulties for the people of Chesterfield. Every vote was necessary for a win in the tight by-election race that came about after the sudden passing of the MP of the opposing political party. A bridge was promised, so they would no longer have to chant, "nobaddy canna crass it crass it": <https://www.youtube.com/watch?v=hknVoAoyy-k>

This promise was well-received, but, with a grain of salt as one would say. One waited to see if it would materialize.

Still, they surmised, the Prime Minister himself promised, so this time, the bridge would come. In their minds they pledged that if their hearts and hopes were again broken, this Prime Minister nor this MP would never again get their vote to be able to win another term in office.

NWA Chief Executive Officer EG Hunter said that the bridge is being sourced under the Major Infrastructure Development Programme.

The Chesterfield people have been informed that they will also be getting a mile-long road from this bridge into their community.

Of course, this opens up a world of opportunities and possibilities, ranging from vehicles being able to take them across with their heavy loads to internet service to more businesses to increased land price for those selling and greater land value for those keeping.



The Most Hon. Andrew Holness - Prime Minister of Jamaica and MP Dr. Norman Dunn (behind).

Forefathers' Forgotten Foundation & the Prime Ministers Promise: *From Chesterfield to Castleton. And back.*

In the meantime, as both children and adults continued to risk their lives each day to get to work or school or the market or wherever they had to go as getting to transportation and facilities meant crossing the Wag Water river, the A Team forged ahead in bringing a solution to the problem.

Community members at the forefront of this major development, namely Mr. George Hunt, Mr. Damion Pryce, Mr. Clive Pryce, Ms. Prim, Mr. Owen Batton (Judge), Mr. Clifton Nugent, Mr. Davis, Mr. David Hunt, Kirk, Evrol, Michael and of course, the welder from Golden Spring, worked together, most heavily investing from their pockets, as well as encouraging other community members to chip in. Manual labour was furnished by all, none "too good" to get their hands dirty, in an effort to put in place a decent footbridge which would not just last even beyond the promised time for the 'official bridge' but would also inscribe their names on the tablets of History.



The humble beginning of a hard-earned dream come true: an empty space followed by the building of columns and laying of steel bars to create the community-made bridge that links Chesterfield to the Junction road.



Mr. George Hunt & Mr. Clive Pryce, key players in the construction of the community bridge that one now uses.



As seen from a distance: the community-made bridge that links Chesterfield to the road.



A little girl crosses the river by walking on the community-made bridge.

Forefathers' Forgotten Foundation & the Prime Ministers Promise: *From Chesterfield to Castleton. And back*

According to Mr. Stanley Edwards, "... years now we fighting for a bridge. We had to make it by ourselves. When the Prime Minister (Andrew Holness) came, he said it's the first community he saw where people were really making an effort to help themselves. The bridge was going to be high up on top of the columns but he stopped us and promised a bridge". A young man known as Likkle corroborated this. He was present the day of the Prime Minister's visit and noted that the official group was faced with the difficulty of crossing, and then came their understanding.

The people of Chesterfield - like Martin Luther King - had a dream, one which helped them to carry on from day to day. They did not sit idle and dream away their time however. They worked hard, investing from their own pockets to make it a reality. Actions which were highly commended by the Prime Minister himself.

Of course, there were those who refused to assist, as they wanted a vehicular bridge to miraculously appear. And while they waited and waited, they continued to risk lives and property when crossing the Wag Water river.

The courage of those who like Great Men "toiled through the night while their companions slept" has not gone unnoticed. Various media houses have covered the story and even if those were missed, passers-by on the Junction route pushed heads from vehicles to get a better view of this unusual feat. One small group's courage and dedication, while believing that a small stone can be the foundation of a great mountain if one just keeps building on it, confronted the Wag and made that dream a reality.

Work finally began on the 'official bridge' end July 2018 with workers being unable to give a specific end date.

For many who have longed for, for those who have lost lots (including loved ones), for those who never believed they would live to see, it is such a huge and unbelievable event, that they gather daily just to watch the excavator and other heavy machinery at work.



Mr. Derrick Edwards, president of the Castleton / Chesterfield Citizens Association stands by a column on the community-made bridge. He expresses thanks to the PM & the MP.

With this bridge, maybe the forgotten foundation of the forefathers can once again spring to life.

With this bridge, maybe one day, the schoolyard will again have children dancing and singing as they look down the hill at the Castleton community. With this bridge, maybe one day, the rolling hills now covered with bamboo a far as the eyes can see, will again have flourishing farms with high quality produce to be exported around the world.

With this bridge, started by dedicated community members and completed by the the Most Honourable Andrew Michael Holness, current Prime Minister of Jamaica, one goes beyond the saving of a countryside community to the liberation of a nation.

Special thanks to Mr. George Grant, Mr. Errol Sinclair and other community members for the information; to Ms. Denaé Nugent, Mr. Clive Pryce and Ms. Rasheda Tennant for the photos.

MIND & BODY

It's back to school time! If you are a parent or guardian of a school age child, you are busy buying books, uniform, shoes, school bag (very important, the right school bag). Your child is probably not looking forward to the end of summer, unless she is one of those rare children who actually loves school! (Sometimes called book-worms or nerds).

There is one piece of equipment that your child needs that you cannot buy in the store. Every parent can give it to their children and since it costs no money, it doesn't matter how much you have. This important tool for life and school, is called confidence. Confidence can make the difference between success and failure and every adult who raises or influences a child can either help it grow, or cut it away.

There are several things you can do to build confidence in your children and today we are looking at only one.

This is: encourage your child to get involved in an extra-curricular activity, and once he has found one that he likes, insist that he practices regularly.

Schools offer many opportunities for engagement outside the classroom. It may be music: singing or an instrument. Or a sport. Debating club. Spelling Bee. A social club. Brownies. Girl Guides. Anything that allows children to develop a non-academic skill.

Studies show that when children have something that they do well, they have more confidence and are more successful adults.

Which is what we all want for our children, right?



Remember, this must be *something your child likes, not what you dreamt of doing.*

Now, children may like something, but lack the discipline to practice / attend meetings - to do what it takes to be successful.

This is where you come in. Help them to develop that discipline and support them as much as you can. They will be so grateful that you made that effort in the years to come!

Rosemarie Voordouw

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



www.jampsy.com

A WORD ON ABUSE:

Famous survivors

Abuse is the improper treatment of one human being by another and can be financial, psychological, physical, verbal, and sexual. All forms of abuse have a lasting and harmful impact on an individual. Effects include depression and a sense of worthlessness.

Over time, it becomes difficult to deal with such abuse, and even more difficult to come forward and report it. Being abused also brings along with it a feeling of helplessness, where the abused often feels there is no way to overcome it. The people, who are abused, often feel isolated and alone.



Teri Hatcher was sexually abused by her uncle Richard Stone. She was molested from the age of five till she was eight.



Virginia Woolf, when a child, was sexually exploited by her half brother Gerald Duckworth.



As a child, Oprah Winfrey was subjected to abject poverty and was bought up by her single mother. She was sexually abused by her cousin, uncle and a family friend. The abuse began when she was nine and continued until she finally ran away from her house at the age of thirteen.



Tina Turner suffered severe beatings, was raped and had cigarettes stubbed out on her body by her husband.



Tyler Perry's father would beat him often leaving bruises and welts across his body. As a result of which he tried committing suicide. Not only was he physically abused by his father, but four different adults sexually abused him when he was a kid, three of them being men and one of them being his friend's mother, who sexually assaulted him when he was only ten.



Eve Ensler was both physically and sexually abused by her own father. Though the sexual abuse stopped when

Junction Ride!

I leaned over the counter of the shop and in a whisper, with a nod towards the mountains, I said to her, "I did it". Her eyes opened wide in astonishment and then a slow grin spread across her face. I nodded my head in confirmation and she laughed out loud and said, "Mi nah do it!"

It is often said that one man's joy is another man's pain; one man's loss is another man's gain. With the promised upgrading of the Junction route well underway, many adjustments have had to be made, both for passers-by and the communities there on the whole. While some persons are enduring noise and dust pollution, losing property as the road widens and even changes course, others are being challenged in different ways. Still, we all know and accept that there can be no development without change.



The sign that greets one at Temple Hall.



The sign that marks the Junction route / Scott's Hall route intersection at Grandy Hole.



A Castleton / Annotto Bay route bus waits at Grandy Hole with the hope of getting enough passengers to make the journey worthwhile.

Out of curiosity to experience yet another part of my country and because of the mixed reactions had from commuters and community members, I decided to have a trip down to Annotto Bay during the detour hours. Some persons directly said all business / travels during this period were cancelled and they waited until after 3pm to get active. Some cancelled all business that side altogether and just went into Kingston. Those who had no options complained because of the drastic hike in fares which causes a problem with their strict budget in a time when money is so hard to come by. Others complained about the added travel time & distance, which resulted in them waking up / making preparations / leaving home at least an hour earlier. Still, overall, the repairing / building of the Junction road - one of the most important routes in Jamaica being the one which connects the capital to towns such as Annotto Bay, Port Maria, Buff Bay and hundreds of other communities - has been happily received.

I stood by the side of the road, trying to shelter from the sweltering sun under a mango tree at someone's gate. A bus that normally went from Kingston to Annotto Bay came down the road and I frantically waved at it, glad to be getting a quick ride. Happiness was short lived however as when the conductor heard I needed to get to Annotto Bay, he shook his head in pity and the bus sped off.

A Castleton / Annotto Bay route bus came shortly after and I again jumped for joy, just to be told that it also would not be passing the intersection at Grandy Hole where the detour took effect.

I waited and waited, beginning to lose hope. Another route bus finally came but the driver seemed to be weighing his mind, scouting out possible passengers and did not stop. It went on down the road, circled and came back. The driver asked if I was willing to pay a 100 percent fare increase to get to my destination.

Junction Ride!

Desperate by this time, I said, “yes!” and hopped in.

He drove slowly, scouring the little side streets for additional passengers. He did not want to make the long trip via the detour with too few to result in a loss for him as this would take more than twice the regular amount of fuel that normally covered the route. He parked at Grandy Hole where people who wanted to go down to Devon Pen (after the detour point but before where the road was closed) eagerly ran towards the bus. The driver refused them - it made no sense to go down that far and then to have to return to where he was now, to be able to continue down to Annotto Bay. He waited and waited, then with no increase in the number of passengers, he started the bus and dejectedly crawled forward to Friendship Gap where famous food stops stood silent and empty. With one last clutch at Hope, he called a fellow driver at 10.20am, asking if vehicles were still being squeezed through the road which is officially closed off at 9am. On getting a negative response, he spun the bus and returned up the road, getting just one more passenger for all his efforts.

At 10.26am, we turned off at the Scotts Hall / Junction route intersection, marked by a handful of fruit stalls, snack shops and of course, the famous Grandy Hole bridge which was featured in the Jamaican movie ‘The Harder They Come’.

As the Toyota Hiace bus climbed the narrow, winding mountain road that is overhung by bamboo and other beautiful plants, my excitement grew. The mountainous landscape was absolutely beautiful and one could easily see how and why the Maroons were able to escape from slavemasters and survive by living off the land. This detour road takes one right pass the entrance of the Scotts Hall Maroon Town.

Others who knew the route did not share my excitement. The less experienced drivers / the many who do not know the route had faces that were long and lined with worry as they screeched to abrupt halts to refrain from hitting oncoming traffic around a corner or missed the route entirely and had to turn back.

At 10.30 an elderly woman who mounted into the bus exclaimed, “Mi up dere fram 9 ah clack!”.

On seeing a driver having difficulty passing our bus where it was quite possible, she said, “Dey coward! Likkle mos’ two drivah crash while ah was waitin’.

Dey ‘fraid - dey doan know di road.” Another passenger chimed in that signs should have been placed at strategic spots to guide commuters as there were many roads that branched off to other places.

Still, there were those who rejoiced: the additional through traffic brought an increase in income to long forgotten / unknown communities and people lined the road with an assortment of fruits and other natural foods while shops were stocked with snacks and cold drinks.

Amongst those who have been crying are the ‘taximen’ on the Scotts Hall route, as commuters no longer needed to connect because the diverted long-distance buses went straight by their gates during detour hours. “Taxi man dem get a beat! Heheheh!”, laughed a woman on the bus as she craned her neck to look back at them when the bus sped by. Amusement, as even though the fares and distance via the detour were more for her, the additional wait time ‘til connecting the Scotts Hall taxi would get a full load was eliminated.

The greatest laments have been from the food shops at Friendship Gap however as the thousands that normally went by between 9am and 3pm were now passing via the detour through the bushes. Those who passed after 3pm more than likely had already eaten lunch and so even then, sales could not be brought up.

The pain of these cooks / restaurants at Friendship Gap has translated into gain for those across from the famous Castleton Botanical Gardens. Here, an array of snacks, drinks, escovitch fish, bammy, roasted breadfruit, ‘jelly coconut’, soups and more can be had to start the long detour journey, or to comfort after it.

View of food stop,
direction Annotto Bay.



View of food stop,
direction Kingston.



Junction Ride!

The bus jiggled and vibrated as it navigated the corners with horn blaring to warn others. At 10.48 we passed the Rock River Primary School and I noticed that the further we went from the Junction route, the more affluence was reflected through the style and sizes of the houses.

The further into the mountains and away from the Junction route that we went, the harder it became for the FLOW mobile phones to find a signal and work and 15 minutes into the journey, all signal was lost. It returned in the vicinity of the Richmond Prison, passed at 11.05am and the Jamaica Constabulary Force Area 2 Garage.

As we traveled, each with his own thoughts, another woman said, "Good ting dem yah road roun' yah so! We wudda haffi wait til dem opin di road oddawise".

After passing the rehabilitated cocoa field, another chimed in, "A bay coolie lib 'roun yah so!", alluding to the fact that many persons of Indian descent lived in that area.

Alleppo, featuring a historical bridge was passed at 11.15am and at 11.21 we drove past Robbie's Bucket Cocktail Lounge; not certain what is offered there but worth a check for refreshments.

At 11.24am there was another interection and we turned right again, just like at the prison. Looking back, I saw a sign showing that where we came from ledt to Alleppo, Richmond, Kingston...

Now on a wider, better maintained road, the speed of the bus picked up and the aura changed. One knew the end of the detour road was near.

A building labelled as an emergency shelter was seen shortly after: it clearly needed emergency care itself with its missing or shattered windows, no roof and scattered debris. It looked more like a frame than a building.

At 11.31 we all breathed a sigh of relief having finally gotten to the Westmoreland Bridge which connected to the lower part of the Junction route. Drums were used to block access to the upper part and beyond them, heavy machinery could be seen in operation.

Further enquiries in Annotto Bay revealed that 'taxi' fares to Kingston had increased from \$300 to \$600 / trip and bus fare from \$250 to \$400 / trip via the detour route.



Taken into perspective, it is a difficult situation which will be in place for a four month period, at least.

Travelers with very tight budgets have to do business before 9am or after 3pm, cancel or try to do it in another town not linked by this section of the Junction route.

Public transport operators suffer greatly during this period as persons refuse the long journey - made even longer by over an hour - and have difficulties paying fares they sometimes can't even find when at regular cost.

From my own experience, an additional hour and five minutes was added to a journey that usually took just thirty-five minutes. I paid \$300 instead of \$150 for the fare. One way.

In the end, all I can say is that I hope this recount will help to guide those who will be traveling up or down the Junction route via the detour.

And, "Wow!". "Whew!"

It was indeed a Junction Ride to remember.

JAMAICA'S JOURNEY

Ackee & Saltfish



Governor General

Spaniards

Rebellion

Slaves

Sir Alexander Bustamante

Paul Bogle

Prime Minister

Maroons

West Africa

Out of Many
One People

3rd largest
Caribbean island

Nanny

Commonwealth
Country

Sam Sharpe

English

Marcus Garvey

6 August 1962

Arawak Indians

George William Gordon



Norman Manley



Liberation of a Nation

Commendable Contributors

It is not necessarily those 'in power' who will get things done; rather, it is those who have a dream and the will to bring that dream to reality.

Heads were stuck out bus windows to extend excited greetings which floated in the air, as the overloaded buses in which one could barely move flew by; bicycles careened dangerously as their drivers peered into the yard to happily wave and shout; pedestrians crossed over to ensure being seen and receive the upliftment of response to their greetings, heads bobbing respectfully, no matter their age, saying, "Yes Miss" or "No Miss".

I was in awe. I knew meeting her would have been an honour but I had no idea just how much of a blessing and historical moment it would have been.

I felt like I was in the presence of a great movie star. Only, this was no movie and the power and energy of this very active little woman who has done so many gigantic things, not just for community but for country on the whole, left me tongue-tied. I was in the presence of a woman who has been teacher, mother, god-mother, friend, saviour and more, for thousands.



Mrs. Mallett stands strong and proud at all of ninety-four and a half years old. With mental clarity that is at times difficult to find in youths, knowledge that spans decades, a quick smile and mentionable modesty, she is a joy to be around and a greater joy to learn from.

Which explains why past-students kept stopping by and passers-by went out of their way just to get a glimpse of her...

The youngest of eight children, she began school in her community of Chesterfield at just six years old, even though the required entry age was seven. As her home was just a half mile away, she and her siblings would run over for lunch while other children who lived further up the hill would bring their cooked lunch in a "shut-pan". Her first memory of school was of the teacher calling her a "spoilt fish" as her introduction to the class entailed a tap from the strap. School was on the same compound as the church, a wooden building. However, after a terrible storm, it was relocated to the church building itself, which was made of more durable materials.



Mrs. Mallett, surrounded by her past students - Donovan Edwards, Errol Smith & Errol Shaw - who popped in for a quick visit.

Commendable Contributors

At the age of twelve years, Mrs. Mallett, with her parents' permission, went to live with the new teacher, Mrs. Daisy Wright from Manchester, who was quite lonely at the teacher's cottage. Mrs. Wright eventually left the position due to illness but the two maintained a relationship and Mrs. Mallett continued to focus on her studies with her successors.

At the age of nineteen, Mrs. Mallett got married and then the children came - four of them - and studies had to be put on the back burner. Dedication and the will to constantly strive for better and higher got Mrs. Mallett back to book-work and she eventually obtained her qualifications and began her teaching career.

She started off at the very same Chesterfield Elementary School where she had studied and then students at the Devon Pen School and Broadgate School got the honour of sitting in her presence. Now, maybe even more than everyone else, she dreams of Chesterfield being restored to its former glory, with the coming of the bridge.

In 1963, there was "a great disaster". This referenced the unforgettable Flora hurricane. At this point in time, she had been teaching at Devon Pen School. The force of the hurricane combined with the raging Wag Water river broke away the bridge at Grandy Hole; the bridge that linked the lower part of the Junction route to the upper part where she resided.

The only option for everyone who had to travel down was to take the very same detour route now in effect to allow for road repairs.

Students and workers alike faced the difficulty and for many, the impossibility of getting to their destinations. The main school for all in the Junction was at Devon Pen and it just could not be accessed. Students sat at home, unable to access their lessons. Parents wondered what to do. A new bridge would not be in place any time soon.

Mrs. Mallett took it upon herself to not suggest possibilities, but to actually provide a solution. She requested permission to use the premises of the church located at the Castleton square and thus the Castleton school was born, giving thousands the chance to access education. This location was used for seven years, until the government was able to acquire the lands that now host the Castleton Primary and Junior High School. Here she served as principal until in the 1980's and has very interesting memories of incidents.

One such in where a mother came on the compound to beat a student that had an altercation with her child previously. Mrs. Mallett's only solution to saving the poor abused child was to grab the long broom and rush at the mother who in the end, stood humbled.

Another is when report came to her that a student was by the river smoking instead of being in class. She sent to call him and he ran off, bringing a contradictory story to the father who in turn came and cursed at her. Her response was to go inside and turn up her radio, blocking out what he was saying. Some time after, the father sheepishly approached her to beg for forgiveness and apologize, explaining he had heard a story that did not correspond to the truth.

To access this school, there were difficulties, just as that which has been faced by the residents of Chesterfield for many years.

There was no bridge to cross the river and one had to walk through it - when possible.

This didn't faze Mrs. Mallett however, and she continued to give of her best to build community and country, leaving invaluable imprints on all whose paths she crossed.

Commendable Contributors



Castleton Primary & Junior High School

Even after so many decades of building and contributing, even after having almost a century's worth of experiences, there is no slowing down for Mrs. Mallett. A member of various groups and associations, she continues to set goals that will result in community development, actively playing her part in their implementation.

Her current project is the reviving of classes at the community centre to try to occupy the youngsters who are so often left on their own or to fend for themselves. Maybe some crafts or food based projects, she mused, as these could be sold at the adjoining Castleton Botanical Gardens and the resulting earnings of course would both benefit the creators financially and boost confidence.

She has also proposed the development of a green space behind the Castleton Police Station, which would be integrated into the activities at the community centre.

Even though much of her time is spent going from one activity to the next, Mrs. Mallett still sets aside time to serve her community as Justice of the Peace and of course shower her cats with love.

A seasoned florist who enjoys gardening, she has a wide variety of potted plants available - ranging from zinnias to Japanese Fan Palms - for both home and office decor, at quite reasonable prices.

For many, both here and abroad, life just isn't life without Mrs. Mallett.

According to Mr. Donovan "Eddy" Edwards, community electrician, for him, she has been / is "God-mother, past teacher and Sunday School teacher, mentor..." he ran out of fingers on one hand and continued on the other.

For Errol, another past-student who was elated to have finally caught her at home, his fondest memory was of Mrs. Mallett saying, "Errol is a big boy - give him a next dumpling!"

Mrs. Mallett's greatest concern right now, is seeing those young men especially, who are not gainfully occupied and who spend so much time smoking, hanging by the road and cursing.

More than likely, being who she is, some sort of solution will be invented and implemented.

Mrs. Mallett, the deeply appreciative community of Castleton especially, thanks you for the creation of the Castleton Primary School.

You took the negative effects of a powerful hurricane and turned them into a blessing for the thousands that passed through your hands and through that school, having been able to see way beyond the 'bigger heads' at the Ministry of Education.

You have been and continue to be a blessing and inspiration, not just for Jamaica but the world.



'TWEENS 2 TEENS

Back to School!

Just one week remains before one heads back into the classroom. Some will return to the same school. Some will be off to another school in a totally different environment with new people to adapt to and share with.

In all cases, the objective should remain the same for all:
to make the most of this great opportunity called 'school'.

This is easier said than done for some 'tweens to teens.

For some, necessary items might be short due to financial difficulties, opening them up to the possibility of bullying or even becoming victims of other forms of abuse.

Maybe for some, home is not a positive environment that encourages or supports well-being and facilitates learning, so the mind is not settled or optimized for learning.

Maybe summer fun and experiments turned out badly, resulting in shame, pain, teen pregnancy, arrests, abuse... issues that are way bigger and that seem more important than 'sitting at a desk in front of a board'.

Some may want to go back to school, to see friends and instructors who were missed while others, may not want to go back in order to not see certain schoolmates or instructors.

Whatever the case may be, it's time for back to school and each has to be prepared to step out on 3 September 2018.

Some tips:

- Start the days with a healthy breakfast
- Organize your backpack
- Pay attention to the positive
- Do not sleep in class
- Treat others (including teachers) how you would like to be treated.



Have a great start, maintain a positive attitude and excel!

BUILD YOUR BRAIN!



Homeschool TIPS 'N TALES

One's education comes from all interactions and environments.
Live an exemplary life.

BRAIN EXERCISE TIP
To prevent memory loss & sharpen mind:

Do aerobic exercises

Be Inspired

Those people who are crazy enough to think they can change the world are the ones who actually do.
Steve Jobs

Activity

Draw lines to match the items on the left with those on the right.

Draw and colour the rest of the human.



6 August 1962

Xamayca



Independence Day

“Land of wood and water”

Slaves taken from here to Jamaica

National fruit of Jamaica

The Most Honourable
Andrew Holness

Hardships there are, but the land is green and the sun shineth.

Complete the poem with words that rhyme.

We say we are 'free'
But, just how free are _____?
We are all living in a cage,
Sensed only by the old and the _____.

We put aside healthy lifestyle and love,
Then when ill, we pray for strength from ____
We focus on fashion, style and fame
And making sure everyone knows our _____

Some wear blinders, some wear a mask;
Deciphering the truth is certainly a _____!
Freedom begins in the mind - with ME;
'Til then, we will never truly be _____.

©Dionne Wright 2018

FAMOUS JAMAICAN ARTIST

Phillip 'Ambokele' Henry



Born May 29, 1958 in Port Antonio, Portland Jamaica, he is an accomplished fine artist with unmatched talent who inspires with each brush / pencil stroke. Ambokele, past student of the Edna Manley College of the Visual and Performing Arts and CEO of Ambokele Art, is a living legend who has represented Jamaica multiple times.



LITTLE BRAWTA

In di streetz of Jamaica!

1960
Morris Minor



1969
Chevrolet Chevelle



Have you seen
something
unique
out-of-the-ordinary
one-of-a-kind
special
different
new
vintage

...

in the streets of
Jamaica (any parish)?

Send us a photo
& your name!

junctionride@mail.com

Fruitful Farmer

PERMACULTURE TIPS

Permaculture design is about learning to be good relationship managers. One should not be 'conquerors' of the landscape.

Jamaican Sayings

"Want ih want ih cyaah get ih
'an get ih get ih nuh want ih!"

There are people who really want something but for one reason or the other are unable to get it; while those who have it do not value it.



"Ah serious times dem yah now. Nobaddy nuh care 'bout ah nex' man. So all if yuh nuh wicked, yuh still haffi gwaan a way fi dem gi yuh a chance fi suhvlive!"

TECH TALK

Nanotechnology is a term that many of us are not familiar with, but one that is now so common place in scientific circles that it must be mentioned.

Nanoscience and nanotechnology are the study and application of extremely small things and can be used across all the other science fields, such as chemistry, biology, physics, materials science, and engineering.



Tiny Robots Being Built To Attack Cancer
huffingtonpost.co.uk

Nanotechnology is the manipulation of matter on a near-atomic scale to produce new structures, materials and devices.

- There are 25,400,000 nanometers in an inch
 - A sheet of newspaper is about 100,000 nanometers thick
- <https://www.nano.gov/nanotech-101/what/definition>

Upcycle Challenge!

Plastic Crates:

bookshelf

sofa

baby swing

OO OOOOOO



Beaming Baby Loves

“BABY” is one of the biggest and most lucrative businesses that exist. And so, one product after the other is ‘specially made for baby’s health and well-being after years and years of research’. Of course, with each product being just a tad more expensive than the one before.

To the point where the average person cannot keep up and just settles for ‘something affordable’, not bothering to question if those beautiful baby utensils are BPA FREE, for example.

How about going totally natural and saving yourself and baby (and the environment) all the problems?

Try a coconut shell bowl!

Food is cooled faster and no worries about plastic or chemicals leaching into meals. Environmentally friendly, the coconut shell is an upcycled natural material that adds flavour and heightens the senses of taste and smell with its aroma.

Add a bamboo holder and a bamboo cup to complete the set!

BEING PLASTIC-FREE!

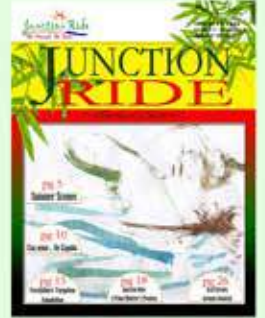
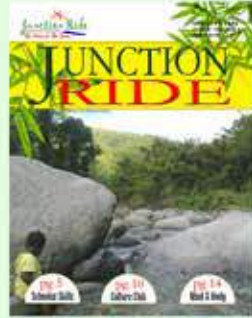
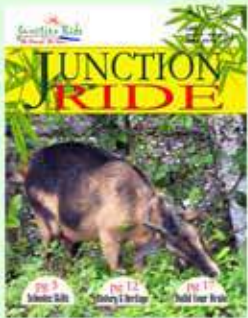
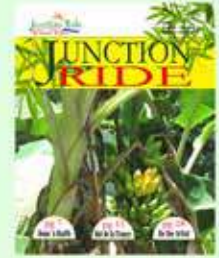
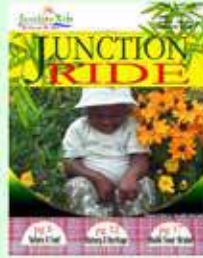
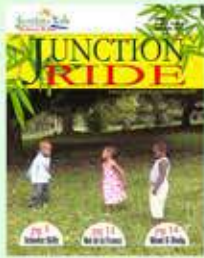
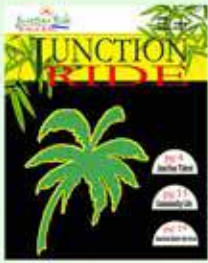


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