

# JUNCTION RIDE

Abstract painting by N.W.

pg 3

Postcard Travel

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Delicious Delights

pg 16

'Tweens & Teens





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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



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## COLOPHON

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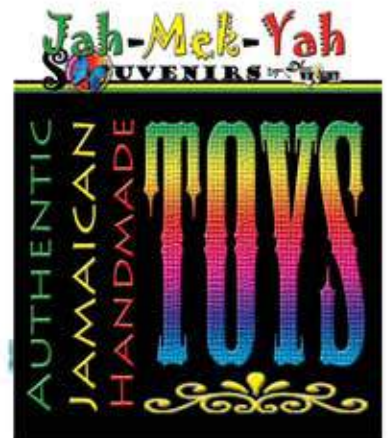


# POSTCARD TRAVEL with

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things jamaican  
Devon House

Norman Manley International Airport



Bowling Falls - on the Scotts Hall Maroon's 'Heritage Trail' hike - St. Mary.  
Photo by Colonel Pink

The Junction is filled with countless wonders of Nature. One such place is the beautiful Bowling Falls. This refreshing stop is a part of the 'Heritage Trail' hike, which goes from the Scotts Hall Maroon Town over hills and through valleys, - tracing the path of valiant Maroon ancestors - right back to Castleton Gardens.



# JUNCTION TALENT

## Proud of my Profession!

Faithful & Trusted Public Transportation Operators of the Junction Route



Toms River / Castleton - Annotto Bay



Get featured  
in JR today!  
Contact info  
at back.



Ensuring that people and their baggage get where they are going safely and in a timely way is no easy task. Every day, thousands of people from all walks of life travel via the Junction route, some with longer distances than others. They place confidence in their drivers, entrusting their lives while being transported from point A to B.

Operators of vehicles used to carry the public provide an essential and priceless service, linking one community to another. Public Transportation Operators - be it for a car, a van or a bus - must be ready to give information on routes, fares, directions and other related queries in a polite and professional manner. They must also be knowledgeable about the vehicle they are driving and be able to deal with any mechanical problems that may arise.

It is said that from one is able drive on the Junction route, one can drive on any road... Day after day for extended hours, in all weather conditions, you are out offering your kind services. In addition, passengers are not always polite or easy to deal with and many of us never even take the time to simply say 'thank you'...

Gary and Horace, "Titi", Mark, Joe, Jody, Seaburt and all our other dedicated Junction road drivers, we want you to know that we greatly appreciate your wonderful service and that you make a huge difference in our lives. A million thanks and keep up the great work!

## Schoolaz Skillz

Derony Hamilton  
Grade 6, Devon Pen Primary School

Who! A could a wah dat mi hear?  
Another person gone homeless in here!  
No cyan tek di fire ting,  
No cyan tek di fire ting.  
Now tell mi a weh she a go live?  
It bun dung har house wid di furniture dem,  
Cause a di chile,  
Him she neva tell seh fire is a dangerous ting!  
If you play wid matched yuh wi lose everything.  
Look! Watch it jus a spread a nyam up di cane field;  
What a fire dread!  
Mi say who!  
Dis ya fire haffi stop.  
Mi say who!  
A nuff money dat...  
Har business pause.  
Di fire come an all har crop dem gone.  
Mi seh who!  
Wo dat dead?  
No, dis a mash up mi head!  
The likkle bwoy gone...  
Just like dat a play wid matches,  
An' when yuh tek a stock.... Fire!  
Watch it jus' a blaze -  
A nuff people life gone dung di drain,  
Mi seh who!  
Dem gone pon tv a beg help from anybody.  
Mi seh who!  
People a beg yuh listen to mi,  
Fire is a ting nuh partial no body.  
Mi say, people, if me did know,  
Johnny wouldn't find di matches fi start dis yah show  
Mi say who! Mi say who!  
Di house bun dung!



'Taking a walk in the Junction'  
Photo by Nicole Wright, age 8



Grade 6 project and presentation  
Castleton Primary & Junior High School





# NATURE & YOU!

Look deep into nature, and then you will understand everything better. Albert Einstein

## Wag Water Valley



First bridge.



Bridge currently used.

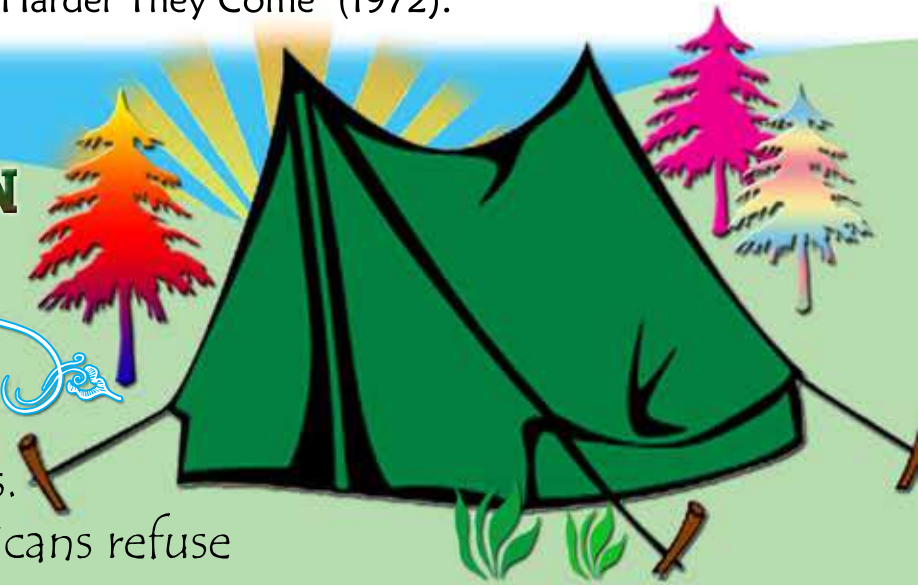
The Grandy Hole Bridge is a very historical and beautiful landmark that is often overlooked. It proudly sits at the intersection that leads to the Scotts Hall Maroon Town, straddling the wondrous, winding Wag Water River. It is said to be just above a cave that leads into a tunnel which takes one right back to the parish of Portland. The very same tunnel that the Maroons traveled through to get treatment at the Scotts Hall Maroon Hospital during the war with the British.

'Grandy' was originally spelt 'Grundy' possibly meaning 'great' or 'fine'. The Grandy Hole Bridge is featured in the opening scene of Jamaica's first full-length motion picture, 'The Harder They Come' (1972).

## RECREATION ROCKS!

Jamaica is an island which hosts numerous types of water bodies. Yet, unfortunately, many Jamaicans refuse to learn how to swim.

**Swimming** is a low-impact activity that has many physical and mental health benefits, inclusive of building endurance, muscle strength and cardiovascular fitness while providing a full-body workout. As well as being good therapy for certain injuries and conditions, swimming is great for relieving stress.



## Weird But Real! NATURE FACTS

The platypus - found only in Australia - has the bill of a duck, the feet of an otter, the tail of a Beaver, venom in the spur of the male's foot, and it's one of only two mammals that lays eggs. They hunt underwater and find food by feel and by detecting electrical signals.

Keep medications  
in a locked cupboard.

## Safety Tip

### Know your plants!



Noni

- relieves arthritis
- helps weight loss
- relaxes the muscles
- helps to prevent cancers

The Natural History Museum of Jamaica (NHMJ) is currently hosting an exhibition entitled "Medicinal Plants of Jamaica & Their Uses". To learn more about our programmes & exhibitions contact us at 1-876-922-0620-2 extension 352. Like us on Facebook (Natural History Museum of Jamaica), Twitter and Instagram (@iloveNHMJ).



### PLANT FACT

by Dionne Wright

Jamaicans know it as 'Duppy Soursop'. In Barbados, it is called 'Dog Dumpling'. Whatever the name given to this ancient Polynesian miracle fruit, one thing is for sure: the leaves, bark and fruit of this small, shrubby tree may be used as medicine. It is not known exactly when the Noni (*Morinda citrifolia*) came to Jamaica, however, for as long as one's foreparents can recall, the Indian Mulberry as it is also called has played an important role in traditional medicine. A notable pain-reliever that is loaded with vitamins and minerals, noni can be eaten with salt or juiced (fermented / fresh)

## Health Corner

Arthritis is actually not a disease as one would think. It is more of a term that refers to pains or disease of the joints. Arthritis can be either inflammatory or non-inflammatory. There are more than 100 different types of arthritis and related conditions. Two of the most common types are:  
Osteoarthritis & Rheumatoid Arthritis.

Rheumatoid Arthritis is classed as an 'Inflammatory arthritis' and of itself (as described by some researchers) is a collection of diseases with sometimes different starting points or end-points. RA is an autoimmune disease that causes the body's immune system to attack the joints. In some people, the condition also can damage a wide variety of body systems, including the skin, eyes, lungs, heart and blood vessels. It can flare up and grow progressively worse without treatment. Specific cause is unknown, however, genetics play an important role.

Symptoms include joint pain, tenderness and stiffness, inflammation, fatigue, fever and weight loss.

Treatment includes medications for pain and inflammation as well as muscle strengthening exercises. Some herbs have been found to work just as good or even better than conventional medicine, in the management of Rheumatoid Arthritis,



Happy Birthday!



## DELICIOUS DELIGHTS!

Happy birthday... Really?  
Do you honestly wish for me  
a very happy birthday with  
many, many more to come?

The New Year brings with it many projects resolutions and dreams. Most certainly, it brings for us all new birthdays. Thinking of birthdays brings to mind very exciting images of a huge, brightly coloured, icing-laden cake decorated with nicely striped candles. It must be noted that if the paraffin wax which drips is ingested, it can lead to adverse reactions inclusive of nausea, vomiting, headaches; even benzene pollution that can result in lung cancer. Inhaling the fumes can also have the same results.

Just think too of the 1400% increase in bacteria on the cake when the candles are blown out!

Imagine the passing on of contagious viruses to those present and to those they eventually come in contact with... Now add the fried chicken and fries (possibly imported and made from GM potatoes) that we rush to buy - many times done in already used / stale oil - and coated with salt and 'other flavours'. Accompany with (commercial) ice-cream, which contains harmful emulsifiers and additives. Artificial flavorings such as vanilla, raspberry and strawberry are sometimes fragranced or even made using the anal secretions of a beaver... A beaver is a large, primarily nocturnal semiaquatic rodent; relative of the rat. Castoreum is then most naturally labelled as 'other natural flavours'... Do not forget the soda! Made mostly of carbonic acid and high fructose corn syrup, it speaks for itself. It would be unforgivable of me to omit the bowls of coloured high fructose corn syrup candies / candy bars and bags of oily, salty potato chips. Let's munch and crunch and have some fun!

Pause here for a brief moment, with this thought: **when it comes to health, we literally are what we eat.**

Are our high sugar, high fat, highly acidic 'tasty treats' really the way for us to give thanks for the years that we have already been blessed with? Is this the best we can do to show gratitude for our New Year?

Would you knowingly put contaminated / adulterated fuel in your vehicle?

Is this saying that our vehicles are of more importance than our bodies?

What alternatives are there that we can fulljoy even more - respecting our bodies -, especially our our special day?

## Real Jamaican Birthday Bash!

*Healthy. Natural. Home-made.*

*Prepare with invited friends & family....More Fun!*

Fish (fresh-from-the-sea) Tea

Breadfruit chips with avocado dip

Callaloo stuffed roast fish, served with roast yam & roast ripe plantain

Chilled sugarcane juice

Coconut bliss ice-cream (home-made in the blender)

Banana cake with honey-almond nut butter icing (home-made)



On Friday 12 January 2018, I decided to brave the weather and take a trip down to Annotto Bay from Castleton. We had been having seemingly non-stop rains and at times stormy conditions for about a week now. Nights found me wearing socks, bonnet and even a scarf! Watching the rain soak right through my concrete walls and roof and taking into account the reports I had gotten both from established news sources as well as from travelers left me wondering if this was really the end of the Junction.

Taking my 'house 'an land' umbrella with the hope that it could indeed hold up against the lashing rain, I gingerly descended the slope on which I live, side-stepping the numerous streams that took over the path. Arriving at the main road on my feet instead of on my butt, I gave thanks. I was fortunate enough to not have to cross the Wag Water River to get to transportation but sadly, this is not the story for many. I crossed the road and looked down at the churning chocolatey raging river which flows from the great Blue Mountains. Man, was she angry! I looked further downriver and shook my head in sorrow, thinking of the forgotten people of Chesterfield.

The footbridge which was commenced by residents hoping to link the community of Chesterfield to the Junction main road is yet to be completed, leaving them to walk for miles to safely cross the raging Wag Water river or undress, risk self and property to cross at various points.

'During the recent by-election campaign, Prime Minister and Leader of the Jamaica Labour Party Andrew Holness promised citizens ... a bridge in their community, following his barefooted walk across the Wag Water River in search of votes for eventual winner Dr Norman Dunn'.

[http://www.jamaicaobserver.com/news/castleton-primary-cries-out-for-a-bridge\\_116102](http://www.jamaicaobserver.com/news/castleton-primary-cries-out-for-a-bridge_116102)



Carefully stepping amidst the puddles of water, I made my way to a section of the road where vehicles could stop safely. The rain belted out its original rhythm on the road while I waited for a bus, deep in thought. A trusted driver soon came along and I went aboard, joining other commuters who were aiming to get to the market in Annotto Bay or to facilities to pay bills. We bounced up and down, fell over left and right and shook and jiggled as the mini-bus tried to manage the road, avoiding splashing waterfalls, huge trucks that seemed to take up all the space and deep potholes that beckoned with a smile.

It is well understood "...that the strategic development of Jamaica is intrinsically linked to our infrastructure development, in particular, our roadways and highways", as stated by the Prime Minister of Jamaica, the Most Honourable Andrew Michael Holness, who then continued by saying that "the Junction Road selected itself for repair as the state of the road deserves attention; the Government is committed to infrastructure development and improving connectivity among major hubs in the country".

[http://www.jamaicaobserver.com/latestnews/Work\\_to\\_begin\\_on\\_Junction\\_Road\\_repair?profile=1228](http://www.jamaicaobserver.com/latestnews/Work_to_begin_on_Junction_Road_repair?profile=1228)

A stout lady came on the bus at Broadgate and as we moved off, she shouted to someone to get off the road and go home. Maybe her son... We then drove past some men on the job with their special equipment and seeing them really ticked her off. "Ah wha dem ah do? Kuh much yeaz now dem 'bout dem ah sihvay 'an road still caan fix! Dem seh fram di day afa di elekshan it wudda staat fix an nuttn til now!"

Other passengers in the bus grumbled their accord, all tired of empty promises, tired of being forgotten. The Junction main road connects the capital of Jamaica to the North Coast and caters to thousands of travelers daily, yet its state of disrepair leaves one at a loss for words. Though millions of dollars have been promised - allocated even - for this rehabilitation, both commuters and community members alike are yet to see this happening and greatly suffer in the meantime. They all share the thought that only the power of the vote is important and not the people themselves.

The extremely heavy rains that have battered South East St. Mary since the start of 2018 have resulted in even more deplorable road and living conditions along the integral Junction route, especially in the Georgia / Anchovy area where the road has been broken and deeply sunken from a series of heavy rains occurred in late 2016. As the bus scraped and rocked through this area, my mouth dropped wide open. The road had sunk down at least a good 4 feet in some places. Some low vehicles were forced to regurgitate their passengers in the rain, descend into the bowl and drag themselves up on the other side before gobbling them up again.

Though the polls showed a majority voting for the Jamaica Labour Party in the October 2017 by-elections, it's the words of the People's National Party caretaker for South East St Mary, Dr Shane Alexis, that now reflect the plea of the inhabitants of the area: "The Junction main road ... had several landslides and "waterfalls" from the hillsides, resulting in more damage to a strategic corridor for students, farmers and businesses. Before the increased rainfall (it) posed a hazard to public safety & now even more so." [http://www.jamaicaobserver.com/latestnews/Dr\\_Alexis\\_calls\\_for\\_urgent\\_help\\_for\\_flood-damaged\\_South\\_East\\_St\\_Mary?profile=1228](http://www.jamaicaobserver.com/latestnews/Dr_Alexis_calls_for_urgent_help_for_flood-damaged_South_East_St_Mary?profile=1228)



# CULTURE CLUB

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## Featured Country:

Write the name of the country!



\_\_\_\_\_ is the official language of this South American country which is the first in the world to use fingerprinting as the primary form of identification in criminal records. Its capital \_\_\_\_\_ is the fourth largest city in the world. Home to 43.85 million people, \_\_\_\_\_ is one of the world's major agricultural producers.

## Argentina:

Tango dance

Lionel Messi

(Paste pictures)!

How to say:

Hello	- Hola
Goodbye	- Adiós
How are you?	- ¿Cómo estás?
My name is...	- Me llamo...
I love you	- Te amo



## Un mot de ... la France!



# PENPALS

**DO YOU  
WANT A PENPAL  
TOO?**

**CONTACT US TODAY!**

Poem by Victor HUGO

Demain dès l'aube, à l'heure où blanchit la campagne,  
Je partirai. Vois tu je sais que tu m'attends.  
J'irai par la forêt, j'irai par la montagne.  
Je ne puis demeurer loin de toi plus longtemps.

Je marcherai les yeux fixés sur mes pensées,  
Sans rien voir au dehors, sans entendre aucun bruit.  
Seul, inconnu, le dos courbé, les mains croisées,  
Triste, et le jour pour moi sera comme la nuit.

Je ne regarderai ni l'or du soir qui tombe,  
Ni les voiles au loin descendant vers Harfleur,  
Et quand j'arriverai, je mettrai sur ta tombe  
Un bouquet de houx vert et de bruyère en fleur.

Submitted by Rachelle JOHNSON - Marseille, France



**"Bonne année 2018!"**

Les Calanques, Marseilles



A student at Devon Pen Primary opens a package sent by penpals in France.





## Parish Profile - St. Mary

Jamaica's fourteen parishes are grouped into three counties. The parishes of Kingston, St. Andrew, Portland and St. Thomas are in Surrey; St. Mary, St. Ann, Manchester, Clarendon and St. Catherine are in Middlesex; Hanover, St. James, Trelawny, St. Elizabeth and Westmoreland are in Cornwall.

The Junction route lies mostly in St. Mary, a parish that has a land Area of 611.3 sq km (236.0 sq mi) and a population of 114,227. The capital of St. Mary is Port Maria. St. Mary is bordered by Portland in the East, St. Ann in the West, and parts of St. Catherine and St. Andrew in the South. It is mostly mountainous, rising up to almost 4000 feet at the highest point with just under 13 per cent of its area having slopes below 10 degrees. There are three (3) main rivers in St. Mary: the Rio Nuevo River, Wag Water and White Rivers. These rivers are often slow, and at times create swamps in the surrounding area.

St. Mary is well known for being one of the first sections of the island to be occupied by the Spaniards. In 1655, after the English captured Jamaica from the Spanish, the area around the town of Puerto Santa Maria became known as St. Mary. Port Maria, the current capital of the parish was the second town built by the Spaniards on the island. Today, this parish includes the former parish of Metcalfe and part of the former parish of St. George. Numerous national monuments still stand in the parish such as the town of Rio Nuevo which holds historical significance for being the site of the last battle between the invading English and the defending Spaniards who eventually had to flee to Cuba.

In 1760, the most serious rebellion in Jamaica's history broke out around Port Maria, eventually spreading to almost the entire island. The leader of this rebellion was a Coromantee slave called Tacky, who belonged to the Frontier Estate. Fort Haldane, now Grays Charity, was seized and ammunition taken. The rebels then moved inland. Many whites were killed.

After Emancipation, free villages were formed in St. Mary but the parish still basically remained one with big estates. At the beginning of the 19th century there were 63 sugar factories in the parish but by the end of the century only three existed.

With the decline of sugar, banana cultivation took its place. In the late 1930s, St. Mary played a prominent role in the creation of Jamaica Producer's Association which was set up to prevent the continuation of the monopoly on bananas held by the United Fruit Company and other purchasing organisations. Under the umbrella of the Association, the Jamaica banana growers banded together to ship and market their own produce.

### Main towns

Port Maria, the capital of the parish, is home to several buildings which survived from Port Maria's golden days of being a busy port, such as the St Mary Parish Church and the old courthouse.

Oracabessa is located west of Port Maria on the main road leading to the neighbouring parish of St. Ann. The name Oracabessa is thought to have been derived from the Spanish 'oro de cabeza' meaning Golden Head. Oracabessa is a farming town.

Annotto Bay is a sea coast town on the western side of the mouth of the Wag Water River, one of St. Mary's many rivers. In its heyday, Annotto Bay boasted a rich sugar estate, Grays Inn, but this sugar factory no longer functions since banana has replaced sugar as the main crop. The rusting smoke stacks that once billowed forth life on this estate now stand idle.

### Other Important Towns

- Highgate is a busy, bustling, agricultural and commercial centre.
- Richmond, Formerly known as Meeks Springs, Richmond is a residential and farming area. Here is located Jamaica's first 'prison without bars' - Richmond Prison.



## What's Been Happening?

### Castleton Primary & Junior High School Staff and Parents Uniform Day



### Funny Dress Day



### Girls' Day



The Kushu (Scotts Hall Maroons) now have their own website to encourage the learning of History and culture as well as to keep you up to date on events / what's being offered in their community.

<https://kushumaroons.weebly.com>

## CREATIVE CRAFTS

## BAMBOO

A bamboo fishing rod, part of a toy fisherman set.



DW



The *Bambusa vulgaris*, is one of the largest and most easily recognised species in the world. Originally from tropical Asia, it was brought from the island of Hispaniola to Jamaica in the 18th century. There are currently hundreds of hectares of bamboo growing in Jamaica with comparatively few persons making use of this versatile plant. The uses of the *Bambusa vulgaris* are many and can easily provide income opportunities especially for those living in the Junction where it flourishes abundantly.



Several types of psychologists you say cont'd:

## The health psychologist

Ever wonder why it's so difficult to stick to those new year health resolutions?

Each year we give ourselves permission to begin again, to forget the Christmas cake, rum and sorrel from December's festivities and wipe the slate clean. We say we'll exercise more, eat more vegetables, stop drinking soda, maybe even get some more sleep. We may write them down or even better, post them to social media! Yet somewhere between February and March we find ourselves floundering. In fact, research has it that about 80% of us will fail by the second week of February.

But don't let that discourage you, this is where the skills of a Health Psychologist play a critical role. Yes, **health psychology** is another area of specialization in psychology.

Health psychology specifically looks at how biological, psychological and social factors impact our health habits and how we handle illness.

Health psychologists study behaviours such as why we hit the SNOOZE button instead of waking up and getting some exercise. They also study factors like finances, personal beliefs and accessibility to health care to better understand and help individuals live healthier lives.

They help to promote healthy behaviors such as diet and exercise, prevent unhealthy behaviours, such as smoking and unsafe sexual practices, and inform treatment of disease and illness, for example, how to help patients adhere to their medical treatment.

Health psychologists can also be integral in helping governments improve their approach to health care.

So the next time you're tempted to hit that snooze button, find yourself reaching for that soda, or thinking about skipping that doctor's appointment, do try to remember these few tips from health psychologists:

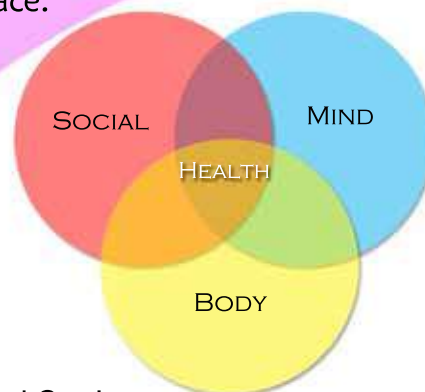
- start with one goal/behaviour at a time
- get someone to join you and keep you motivated
- don't beat yourself up - every moment is a second chance and finally,
- remember the reason you started in the first place.

All the best for the New Year!



Djavila Ho, M.Sc  
Associate Clinical Psychologist  
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Director of Membership, Jamaican Psychological Society





## A WORD ON ABUSE contributed by Dolorita

Me llamo Dolorita...

During many days I had to keep repeating this simple statement to remind myself that I am a person.

I am a domestic abuse survivor.

Far from being uneducated, I have a number of Post-Graduate qualifications.

Far from being an unexposed 'country bumpkin', I have done extensive travels and socialised with some of the greatest persons on earth. Saying this just to make it clear that abusers don't choose 'weak or stupid' victims.

There is no reward or gratification in breaking someone 'lesser' than them.

My abuser was my husband and we knew each other for 3 years before the abuse started.

If an abuser was abusive from Day 1, NO ONE WOULD STAY.

Why don't we leave?

Because we have a heart and gave that love and loyalty to the wrong person.

Because while in the relationship, though at times feeling there is something wrong, we don't feel like he's an abuser as we end up questioning reality as a result of his skilled gas-lighting techniques.

Because we think we are in love with a deeply troubled man

and he makes us feel like we are the only ones who can 'fix' him.

Because the most dangerous time for a domestic violence victim is during the process of a breakup

- when the victim finally finds enough strength and courage to want to find herself,

to want to again know something different, to want to again respect herself, to want to live -

That's when most murders occur.

That's exactly when I had my phone crushed so I could not again call the police;

that's when I was choked against the door jamb til I was voiceless and blue, because instead of fighting him,

I tried to run out of MY house;

that's when he followed me to the neighbour's where I had ran to barefooted, bruised and bleeding, to beg for help.

That's when he held a concrete block then a car axle above my head to crush it,

ordering me back into the house where there would be no witnesses.

I held on for dear life to a flimsy plastic water pipe while the neighbours watched in fascination, not even moving to call the police.

The only way out of the situation which would allow me to get to the police was to trick him into believing

I would overlook the incident and we would again be fine.

I returned into the house, fearing that he would harm the child that was crying out for me and realized that he didn't want the little boy to see his horrid actions. It was most important to him to remain an angel in the child's sight.

I used this fact to my advantage and managed to calm my husband who at this point was mostly concerned with properly examining my neck for squeeze marks. This shows he knew exactly what he was doing.

He was even trying to hug and kiss me, believe it or not.

I pretended to be getting something at the back of the house and escaped through the bushes to the Police Station.

He was arrested but released moments after as he 'did not pose a threat to society'.

Despite the destruction of property, the injuries that had to be treated at hospital and with medications, the choking almost to death.

Of course, while the statement was being taken, he was being held right in front of me, threatening with his thunderous looks.

As soon as he was released, he turned up at the hospital, forcing the doctor to keep a guard by my side...

Domestic violence is not a marital issue; it is a CRIME and must be treated as such.

If I went up to a complete stranger and punched them in the nose, I would be arrested and charged to the full extent of the law. Yet victims of abuse are shamed and told to sweep it under the rug to avoid further embarrassment.

They suffer twice over, with no light at the end of their dark tunnel.

And even after finally managing to drag themselves away from the neglect, the verbal abuse, the physical abuse, the sexual abuse, the reproductive coercion, the psychological abuse, many women - like myself - still endure economic abuse from the same abuser.

Fathers refuse to maintain the child(ren) or contribute very little; some even go as far as damaging the woman's employment prospects via slandering of character, forcing the women to become / remain unemployed, so they have to use their last resources and thus can never become truly independent or better themselves.



# 'TWEENS 2 TEENS

Going from 'tween to teen is quite an interesting time. This period is labelled as 'puberty'. Puberty is typically viewed as a very hard time, both for those living it as well as for parents who have difficulties explaining it. However, this doesn't have to be the case and the most can be made of these moments, resulting in closer parent-child relationships as well as a better grasp of Science on the whole.

Everyone's experience of puberty is unique. For some it begins at as young as the age of 8; others wait til even the age of 16 years to begin. Despite this, the end result is the same: transitioning from being a child to being an adult. Your body changes; your feelings and perspectives change; your relationships with those around you change. A whole lot happens that many persons FEAR or are embarrassed about. Sadly, in fearing and in being self-conscious, they miss out on the FUN of learning Biology first hand!

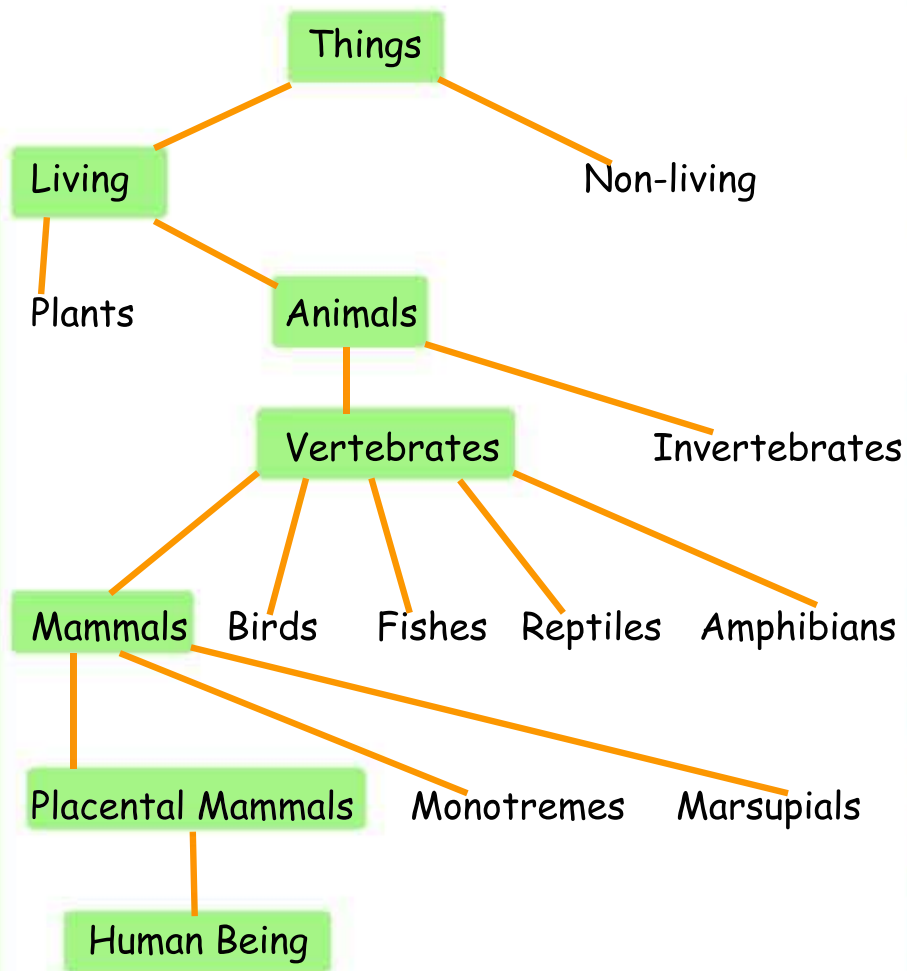
We all don't mind speaking of the egg to the larva to the pupa to the butterfly... Why then does the topic of children maturing into adults cause such a stir? How about if we look at puberty from this angle:

## SCIENCE SESSION 1

All living things are made up of cells and they all:

- feed
- move
- respond to stimulus
- grow
- respire
- REPRODUCE

Human Beings are mammals that just like all other living things, reproduce (generate offspring). Being Placental Mammals, the adult nurtures the young via the placenta, which facilitates exchange of nutrients and wastes between the blood of the mother and that of the fetus. For reproduction to occur, the body has to grow and develop to a certain stage of maturity. This is where PUBERTY comes in.





# BUILD YOUR BRAIN!



## Homeschool TIPS 'N TALES

Instead of forcing to stick to a rigid curriculum (learner might lose interest), allow learners to explore the topics they are interested in, even 'beyond their level'. Never put a limit on learning!

## Be Inspired

*Education is the most powerful weapon which you can use to change the world.*  
Nelson Mandela

## Activity

Correctly complete the following with the aid of information presented in the first four issues of the Junction Ride Community Magazine.

1. Three historical places that are found along the Junction route are:

\_\_\_\_\_, \_\_\_\_\_,  
and \_\_\_\_\_

2. The place in Jamaica that has been named a World Heritage Site is called:

\_\_\_\_\_, located in the parishes  
of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

3. St. Mary is one of the smallest parishes in Jamaica. It is bordered by the parishes of:

\_\_\_\_\_, \_\_\_\_\_,  
and \_\_\_\_\_. Three of its largest towns are; \_\_\_\_\_,  
\_\_\_\_\_ and \_\_\_\_\_

4. The closest Maroon community to Jamaica's capital is: \_\_\_\_\_



# BE THE ARTIST

Complete the poem with words that rhyme.

I, with my eye,  
I see the sea.  
It shimmered and sparkled,  
As blue as can \_\_\_\_\_.

Seagulls squawked.  
As above me they flew:  
Hermit crabs scuttled on the sand,  
And a gentle wind \_\_\_\_\_.

I thought I was being followed,  
So I began to run.  
The footprints were only mine -  
Keeping my company - sharing the seaside \_\_\_\_\_.

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## FAMOUS JAMAICAN ARTIST

### Barrington Watson

Born in Hanover, Jamaica, in 1931, Professor the Honourable Barrington Watson, OJ, was educated at London's Royal College of Art, attended the Académie de la Grande Chaumière in Paris and the Rijksacademie in Amsterdam amongst other major European art academies.

Returning to Jamaica in 1961 he quickly became one of the most influential post-Independence artistic figures.

[http://vm.instituteofjamaica.org.jm/vrtour/BWatson/index\\_intro.html](http://vm.instituteofjamaica.org.jm/vrtour/BWatson/index_intro.html)

Draw and colour the rest of the image.



Blue Mountain Peak

© Dionne Wright



# JUNCTION ROUTE SERVICES



Issue 4 - January 2018



SERVICES

Doctor / Clinic	X				X			
Police Station	X				X			
Fire Station	X							
Post Office	X				X		X	
Gas Station	X	X	X		X			
Banks / ATMs	X							
Child Care	X							
Schools	X	X	X	X	X	X	X	X
Churches	X	X	X	X	X	X	X	X
Food & Drink	X	X			X	X		
Fun Park / Garden	X		X		X			
Accommodation	X						X	
Internet Cafe	X			X				
Farm & Garden	X	X			X			
Hardware	X		X	X	X			
	Stony Hill	Golden Spring	Temple Hall	Toms River	Castleton	Friendship Gap	Devon Pen	Broadgate

## JUNCTION ROUTE COMMUNITIES

# Jah-Mek-Yah

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