

JUNCTION RIDE

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Word to the Reader

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

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

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

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COLOPHON

Junction Ride
Community Magazine

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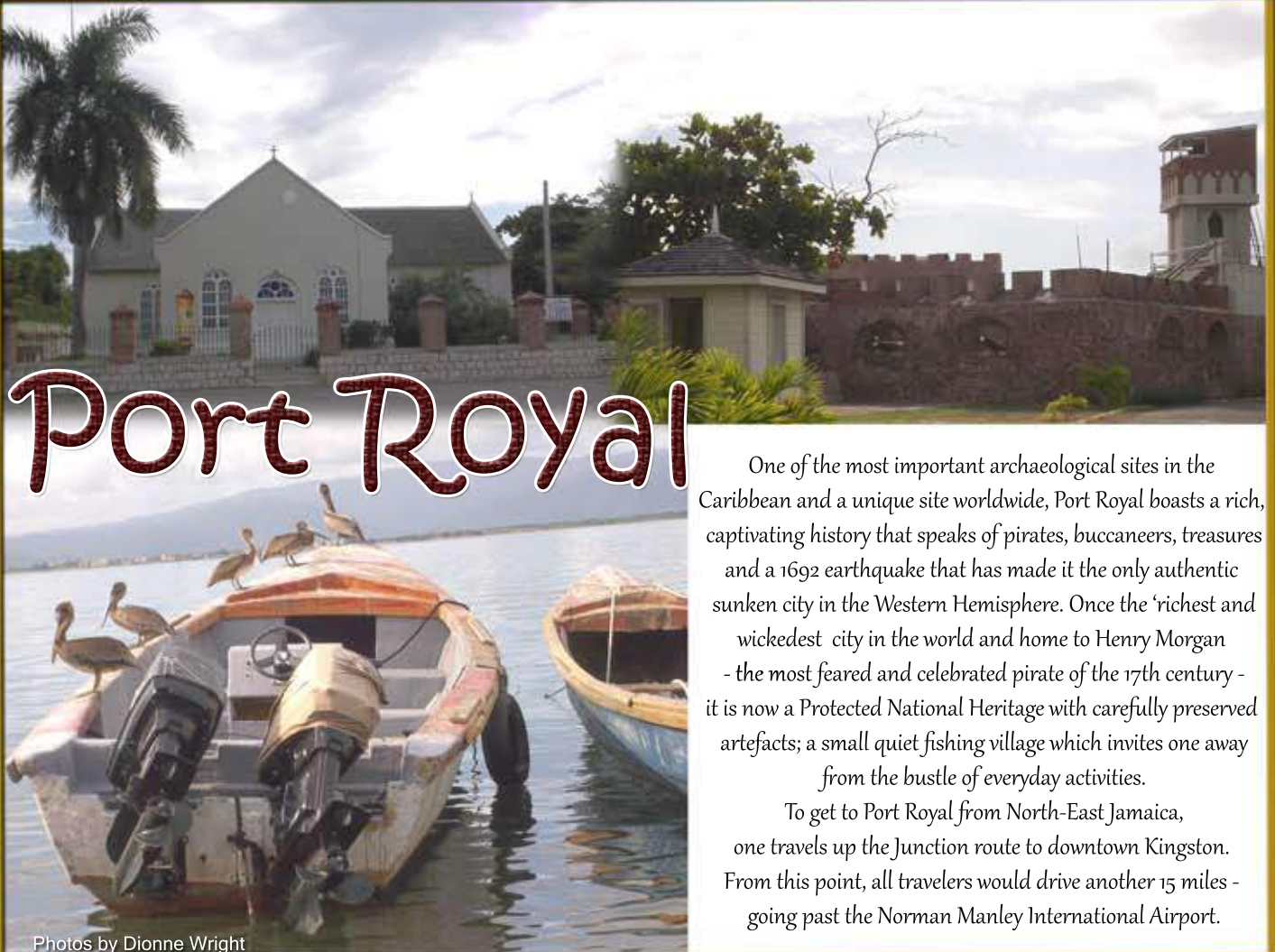
Available at:



things jamaican
Devon House

Norman Manley International Airport

Port Royal



One of the most important archaeological sites in the Caribbean and a unique site worldwide, Port Royal boasts a rich, captivating history that speaks of pirates, buccaneers, treasures and a 1692 earthquake that has made it the only authentic sunken city in the Western Hemisphere. Once the 'richest and wickedest city in the world and home to Henry Morgan - the most feared and celebrated pirate of the 17th century - it is now a Protected National Heritage with carefully preserved artefacts; a small quiet fishing village which invites one away from the bustle of everyday activities.

To get to Port Royal from North-East Jamaica, one travels up the Junction route to downtown Kingston. From this point, all travelers would drive another 15 miles - going past the Norman Manley International Airport.

Photos by Dionne Wright

Proud of my Profession!

Police Officer

Get featured
in JR today!
Contact info
at back.

(876) 996-4164.

“Serve, Protect and Reassure” is the motto of the Jamaica Constabulary Force (JCF), which is the official police force of Jamaica. With a history dating as far back as the 17th century, the JCF as we know it today came about after the Morant Bay Rebellion in 1865, beginning its operation with 984 members. Since 1867 the JCF has taken up the task of preventing and detecting crime, protecting life and property and preserving the peace. Outside of ‘policing’, the JCF offers a number of paid and unpaid services to the public such as Police Certificates, Expungement of Records, various reports, clearance for employment and taking of fingerprints for overseas use.

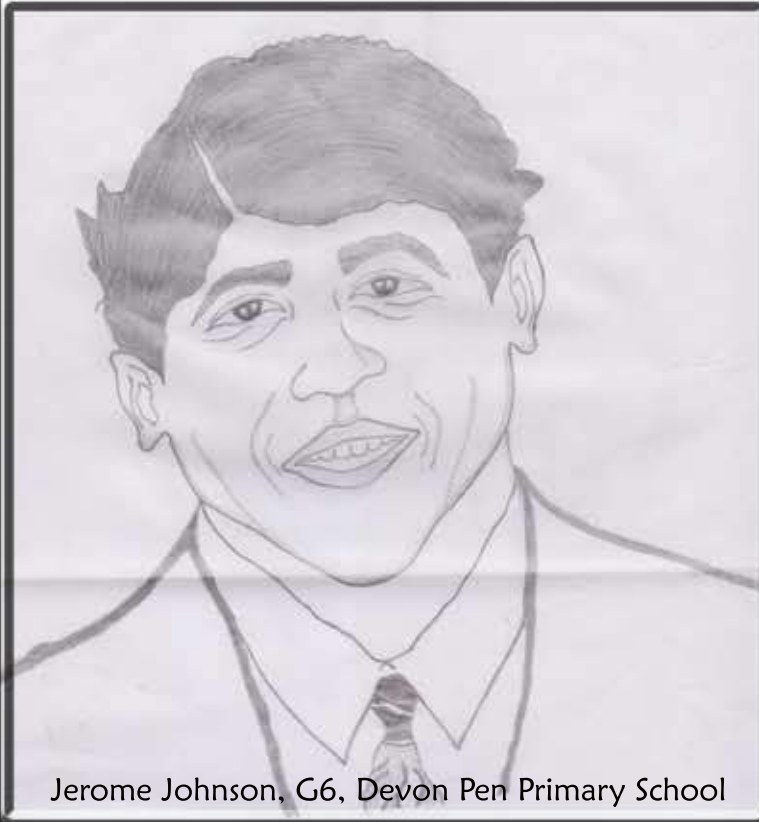
Members of the Jamaica Constabulary Force are trained at one of three colleges then recruits undergo a minimum of six months' basic training. Students are required to sit four written examinations called modules and twelve practical tests. They are exposed to on-the-job training through visits to selected police stations and Parish Courts. Upon completion of basic training, they are transferred to various divisions (where they are placed under supervision of the Divisional Training Sub-Officer) to continue their two-year probationary training. At the end of 18 months' service, probationary officers return to the Jamaica Police Academy for an additional five weeks of training. Thereafter, they return to their divisions to complete the probationary period.

The Jamaica Rural Police Force, popularly known as the District Constable (D.C.), is an auxiliary to the Jamaica Constabulary Force. District constables are appointed by the Commissioner of Police and attached to a particular Police Station. Their powers and authority, like the regular police, extend to all parts of the Island. The District Constable (DC) is concerned with community patrolling and policing in order to minimize the incidence of crime. District Constables normally reside in the community that forms part of their area of responsibility.

After Stony Hill, the only police station on the Junction route before getting to Annotto Bay is located in the community of Castleton, just beside the Castleton Botanical Gardens.

https://en.wikipedia.org/wiki/Jamaica_Rural_Police_Force
https://en.wikipedia.org/wiki/Jamaica_Constabulary_Force
<https://www.jcf.gov.jm/about-us/history>

Schoolaz Skillz



Jerome Johnson, G6, Devon Pen Primary School

Peace

Johnae, G5, Devon Pen Primary School

Peace is beautiful, loving, kind.

To have a peaceful mind,

You first have to be kind.

What is kind?

We don't have time to explain 'kind'

But here are some synonyms I have in mind:

Friendly, generous, gentle, loving, caring...

All the same - they come in a ring.

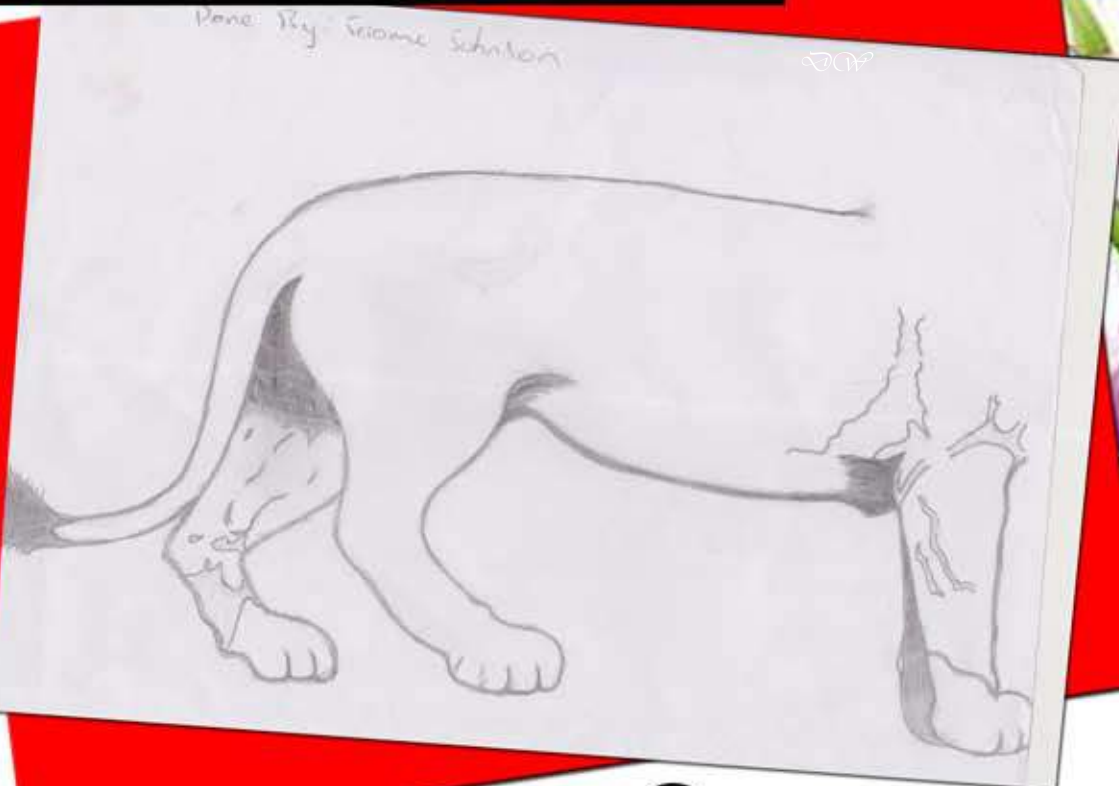
This is but a peek

At what I know

About peace.



8



NATURE & YOU!

Study nature, love nature, stay close to nature. It will never fail you.
Frank Lloyd Wright

Wag Water Valley



Natural Nutrition!

RECREATION ROCKS!

Man... just **GO FLY A KITE!**
Seriously. I mean it.
It's Eastertide and it's the thing to do, right here in Jamaica, especially on Easter Monday.
A stimulating and creative activity for both the young and the 'old', kite-flying promotes both health and happiness. It encourages mindfulness and socialising. Well-needed exercise is obtained and stress or depression reduced. One gets the necessary and beneficial break from the screens and sofas to enjoy and take notice of nature.
Build one or buy one, just go fly a kite.



Weird But Real!

NATURE FACTS
The Deep Sea Angler Fish, resembling something from a science-fiction movie lives at the lightless bottom of the sea. In some of the more than 200 species, the female is about 20 times larger than the male. For reproduction (and feeding) mature males attach to the female by their sharp teeth, fusing with her skin and bloodstream over time. They eventually lose eyes and all internal organs except the testes then die.

Properly wash ALL
fruits and vegetables
before consuming.

Safety Tip

Know your plants!

PLANT FACT
by Dionne Wright



Moringa / Horseradish / Ben oil tree is a plant that is revered by some while others remain very skeptical, especially here in Jamaica. Native to certain parts of African Asia and South America, this plant has numerous health benefits that are just being discovered by modern science, even though it has been imparting a multitude of benefits across various cultures since ancient times.

Walking on the busy streets of Jamaica, one can hear the shouts: 'merengeh, merengeh!' as vendors advertise their moringa seeds & dried leaves. Still, even they have difficulties explaining just how wondrous - miraculous even - the *Moringa oleifera* really is.



Nutrition and medicine varies depending on which part of the plant is used, but leaves, pods (including seeds) and flowers can be consumed while the root is advised against. Moringa is a nutritional powerhouse that provides a great range and amount of essential proteins, vitamins, and minerals

Health Corner

Sleep is instrumental for the proper functioning of our bodies. This along with diet and exercise greatly enhances one's quality of life. Many times focus is just on the quantity of sleep, rather than the quality of sleep. Not getting enough sleep is bad for health. Short term sleep skimping problems include difficulty concentrating, drowsiness, learning / memory difficulties and irritable moods; long term effects are obesity, major depression, increased risk of diabetes and breast cancer, decreased immune function and high blood pressure.

However, enough sleep but on the wrong surface can be just as hazardous or even worse than getting little or none, resulting in pain, fatigue, insomnia, poor sleep patterns, asthma & allergies. While many of the western world may think that having the highest, most gigantic, plush and softest bed is the best and only way to sleep like a king, it is to be noted that sleep traditions / surfaces differ around the world and these are directly proportional to one's resulting safety, health and fitness.

Think of the health, flexibility and fitness of the Japanese. Think of the Japanese futon.

The Montessori system encourages the floor bed, for babies and children.

The idea behind this is that children can independently access / leave their beds at any time.

Falls to the floor resulting in broken limbs and brain damage in some cases are avoided.

Adults who sleep on the floor on a thin mattress (futon) or a mat or a blanket report great improvement in flexibility, better muscle tone, reduction in pain and stiffness, better sleep and greater vitality next morning.

Sleeping on a mat or blanket on the floor does not expose one to a buildup of mildew, mold, lumps, allergens contained in mattresses or a sagging sleep surface. A far cheaper option which allows one to have other uses for the same space, floor sleeping is an increasingly popular trend which also greatly diminishes moving costs.

DELICIOUS DELIGHTS!

It's Eastertide.

For Jamaicans, this means a long awaited holiday, church-going, carnival, fun days and expos, kite-flying, eating special meals....

And of course, it just would not be Easter without bun an' cheese!

With numerous brands, shapes, sizes and tastes to choose from, at Easter time bun & cheese graduates from being di likkle poor man lunch to everybody's must-have favourite food. Money is put aside and sent to loved ones to ensure that bun 'an cheese is bought. The bigger the bun's box is and the taller the tin of Tastee (of course!) cheese, the greater the grin.



*Sooo.... when you're buying Easter bun,
tadah tadah tadah.....*



By all means, enjoy the holiday and of course, enjoy the bun and cheese like a real Jamaican. It's a once a year event after all and you're not certain to live to see the next...

While on this thought, did you know that you play a large role in your possibility of living to see the next one?

Eating healthy ensures that the body functions properly and lasts longer.

Limiting salt, fats, sugars and oils goes a very long way.

So instead of having bun 'an cheese for breakfast, lunch and dinner this Easter, how about consuming it as a snack between healthy meals (accompanied by a fruit and a glass of water) instead of replacing the meal itself with it?

After all, a typical **Easter bun** has the following as ingredients:

1&1/2 cup sugar

2 tea spoons butter

2 tea spoons honey

2 tea spoons mixed spice or nutmeg or cinnamon

1 cup stout

3 cups flour

3 tea spoons baking powder

1 cup mixed fruits and or raisins

2 eggs

If you don't think it's a good idea to stuff yourself with each ingredient, until the list is complete, why then would you 'love yourself' by eating a whole big bun and 1/2lb cheese in a day?

Processed cheese

'is a food product made from cheese (and sometimes other, unfermented, dairy by-product ingredients), plus emulsifiers, saturated vegetable oils, extra salt, food colorings, whey or sugar.

A disheveled shadow of a woman shuffled across the road.

A busty woman, sexily clad and wearing imported hair valuead at thousands turned to her friend and in hushed tones, she whispered, "Yuh know seh a obeah dem obeah har?" She continued, "Ah did good good smaddy wan time, wid big jab an' nuff money but something guh very wrang someweh! Peeple hav it she is a man did want har an' tie har – him put something inna har food... Odda people seh is a spin aff fram something to do wid har madda an' har faada and a hooman who did want har faada..."

Both women then politely exchanged greetings with the one "suffering from witchcraft" and pretended to not have been talking, all the while glancing sideways and busy with their thoughts.

"Obeah" as Jamaican voodoo is called, is a touchy topic.

Some outrightly deny its existence while others swear by it, whether to increase themselves or to decrease a competitor. Jamaica is a highly religious country, boasting of the most churches per square kilometre, despite the extremely high crime (murder) rate. However, Jamaica's history and heritage is steeped in African traditions, of which voodoo plays a strong role. Many of these traditions remain especially in the rural parts of parishes in eastern Jamaica.

According to the British Broadcasting Association,

"Obeah thrived during the era of slavery, but it has virtually died out in urban centres, where over half the Jamaican population now live. It has survived in rural communities though, and finding an Obeah man is a relatively easy task in the hills of St Mary. Obeah's history is similar to that of Voodoo in Haiti and Santeria in Latin America. Enslaved Africans brought spiritual practices to the Caribbean that included folk healing and a belief in magic for good and for evil "

Jamaicans are descendants of west coast Africans, especially the Ashanti tribe. Some (mostly those in the very rural areas and Maroons) have held on to traditions more than others. It is said that "... it was the Ashanti in Jamaica who, during the days of slavery, maintained a commanding influence over all the other types of slaves, even imposing on them their peculiar superstitions and religious practices..."

Historians have written that there once existed a clear distinction between those who practised 'good' obeah (done by priests and priestesses who aim to heal) and 'bad' obeah (carried out by witches and wizards who have injurious objectives). However, "In Jamaica, native religious assemblies were proscribed by law which greatly hampered the Okomfo in his sphere of influence, even his title being changed to Myal man, while the Obayifo or Obeah man, who had always worked in secret, flourished in his trade". So then, adaptation was necessary as personal interests demanded this as strongly as religious zeal and soon the Myal Man was practising both white and black magic. Myal is one of the oldest traditional dances in Jamaica and is mostly performed in the parish of St. Elizabeth. Myalism (good obeah) was the old tribal religion of the Ashanti that drew its name from the Myal dance that it featured, particularly in the veneration of the minor deities who were subordinate to Accompong and in the commemoration or intercession of ancestors. Here, the name "Accompong" represents the Supreme Being among the Ashanti, and not the Maroon town in St. Elizabeth. The primary title of this Supreme Being was Nyankopon, meaning Nyame, alone, great one. Accompong, then, was the white man's attempt to transliterate the Nyankopon which he so often heard on the lips of the expatriated Ashanti.

Whether one chooses to believe or not or partake or not, for those involved in this highly profitable trade, there is nothing that a visit to their "obeahman" can't do. A 'reading' is done and 'prescriptions' given to be filled at 'pharmacies' selling oils and fragrances to 'tie' someone loved, to provide escape from a court case, to ensure fertility or stamina, to reverse a curse and more.

A taxi came and the woman's thin frame folded into it.
The women watched it speed away.

One shook her head in pity and said, "Ah ca'an education mad har cause she reason like sensible smaddy. Still, something not right! Ah wha she cudda really do fi dem mash har up suh eeh?"

The second woman replied, "Heh! She nuh haffi do nutt'n! Bad mine ah serious ting inna Jamdung!"

"Chu ting", the first woman agreed. "Ah jus' chu she nuh know fi wi style. Ah nuh St. Mary she come fram! She fi jus' get a wickidah obeahman fi sart har out!"

"Yuh seet to!" the second woman laughingly answered as they boarded a bus which would take them to the town where they were going to get their 'remedies'.

CULTURE CLUB

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DIDACTIC RESOURCES

Contact: justwrightcomms.ja@gmail.com

Featured Country:

Draw the map!

Ivory Coast



Côte d'Ivoire which has French as its official language, is a country which is found beside _____ on the west coast of Africa. It obtained independence from _____ on 7 August 1960. With an estimated population of 25 million, and a capital city called _____, it is the 16th most populated country in Africa.

Ivoirien:

Magic System

Fêtes des Masques

(Paste pictures!)

How to say:

Hello	- Bonjour
Goodbye	- Au revoir
How are you?	- Comment ça va?
My name is...	- Je m'appelle...
I love you	- Je t'aime

CULTURE CLUB

Un mot de
... la France!



**DO YOU
WANT A PENPAL
TOO?
CONTACT US TODAY!**



Ecole d'Hargnies in northern France.

Ecole d'Hargnies was once a school for only boys but it now has a small population of both female & male pupils.

The students of this school correspond with those who are a part of the of the 'Fun With French Club' at Devon Pen Primary School in St. Mary, Jamaica.

Pâques en France



la cloche



les œufs



le poisson



les fleurs



le poussin



le lapin

The symbols of Easter in France are 'la cloche' and 'le poisson'. Chocolate bells, fish, chickens & rabbits fill the shops and kids look forward to Easter Sunday to participate in the traditional 'chasse aux oeufs'. On Good Friday (*Le Vendredi Saint*), one eats fish, bread, fruits & vegetables. On Easter Day (*Le Jour De Pâques*), lamb is eaten. It is tradition to eat omelette on Easter Monday (*le Lundi De Pâques*)

HISTORY & HERITAGE



Natural History Museum
of Jamaica

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

What is Green Behaviour?

When we mention the word green, what comes to mind? Is it the colour that we see in our surroundings? Is it the description or taste of a fruit that is not ripe, the colour of a political party, or in colourful Jamaican language, the strong body odour that may come after much sweat and activity?

Green behaviour however, is not described as any of the above.

Being green, in an environmental sense is ensuring that as we go about our daily activities, we minimize harm done to our environment.

Why are we to have green behaviour?

Green behaviour means taking care of our environment. Imagine the continuous depletion of our environment and then one day you awoke to find that there was no clean water to use or clean air to breathe, no trees growing, no fishes in the seas or rivers or no fruits to eat and enjoy! What would you do? How would you feel?

Being green or ensuring our activities show respect to our environment will make our surroundings more comfortable and liveable.

Behaving **green** will ensure that Jamaica remains a beautiful place to explore, discover and thrive. These are the seven (7) Rs to remember for a **greener** Jamaica:

 <p>RETHINK</p> <p>This is viewing alternative ways of using something: Such, as choosing a recyclable bottle for water instead of using disposable bottles</p>	 <p>RESPECT</p> <p>Treating our resources with care and consideration: Think of resources such as our rivers, soil, trees, clothes, books or machines</p>	 <p>REFUSE</p> <p>Avoiding buying something that is not recyclable: Such as using cloth bags at the grocery store instead of plastic ones</p>	 <p>REDUCE</p> <p>Using less of something and not wasting it: Why not turn off the pipe, while brushing your teeth?</p>	 <p>REUSE</p> <p>Using an item more than once, also repairing a used item instead of throwing it away: Let us mend and reuse or tablets!</p>
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 <p>RECYCLE</p> <p>This means reusing an item and creating something new with it: Such as converting a plastic bottle into a flower pot</p>	 <p>REPLENISH</p> <p>Restoring what has been used up: Let us replant a tree!</p>
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-Join the "GREEN" Challenge-

Mark X at the pictures that are not showing GREEN behavior

(GREEN Activity 1)



(GREEN Activity 2)

Create a "Green Journal" where you record ways in which you practice green behaviour everyday. Share your ideas with us!

(GREEN Activity 3: Earth Day 2018 Competition)

You can be green by celebrating Earth Day. This is an annual event celebrated internationally on April 22. It is held to demonstrate support for environmental protection and was first celebrated in 1970. Jamaica celebrates Earth Day with a number of activities such as the Institute of Jamaica's "Trash to Cash" Earth Day 2018 Competition. (See page 19)

For Earth Day 2018, let us pledge to be 'greener' in how we think and act:

"...so that Jamaica may under God, increase in beauty, fellowship and prosperity and play her part in advancing the welfare of the whole human race!" -- Jamaican National Pledge

and images contributed by the
Natural History Museum of Jamaica

What's Been Happening?

The second Monday of March each year is celebrated as Commonwealth Day.

In schools, there is normally a special programme - inclusive of student performances - to showcase this event.

However, this Monday 12 March 2018 also brought with it an unprecedented situation. Teachers at public institutions right across Jamaica went on strike, due to wage increase disputes.

Here in the Junction, this had effects on not just the students who were sent back home, but also on the public transport service providers who had relatively few commuters (as compared to when school is in session). Instead of an average wait of 30 minutes, one had to allocate an additional hour or more to the wait time for transportation.

Some parents were faced with the problem of securing their children while they went out to work; those who could, took them to work too.

For the students of the Junction, this respite was happily welcomed. Squeals of joy pierced the air as they ran up and down the slopes playing "mama lashie" or splashed in the cool, refreshing Wag Water River.

CREATIVE CRAFTS

Coconut



Home to the Junction route as well as a wide range of fruits and vegetables, St. Mary is one of the two major coconut-growing parishes of the island of Jamaica. Farmers grow various varieties of coconuts, mainly just for the purpose of harvesting the coconut - green / dry - to sell. Outside of the elderly who used the husks of the dried coconut to make brushes for floors, & a few craftsmen who use the dried shell to make containers such as ash trays, candle holders, many are ignorant of the fact that a good income can be earned from the rest of the plant. Ropes, mats and mattresses can be made from the husks, brooms from the sticks from the leaves; roofing from the leaves, medicine from the flowers, furniture wood and paper pulp from the trunk; food (jelly, flour, sugar), drink (water and milk) and oil from the fruit. Of course, many more uses are quite possible.

Five Ways to Maximise Your Productivity: Findings from brain science (Part 1)

We are most certainly in the Information Age and with that comes a lot of demands on our attention. We are surrounded by media, emails, instant messages, phone calls and meetings which in turn means unending lists of projects, tasks and reports. Many of us end up feeling defeated and overwhelmed. As we try to find resources to help us cope, like using time management books, testing the latest productivity apps and implementing fad systems that are guaranteed to bring our entire lives into perfect order, we often end up even more confused about what will actually work for us.

What if you could apply what is known about the brain to significantly increase your productivity? Brain research suggests that there are a number of changes that you can make that will do just that.

1. Establish a routine

Some of us are free spirits who like to “feel motivated” before we take on a particular activity. We go with the flow or invest our time in meaningless, non-strategic tasks that create a false sense of accomplishment. Randomly surfing through emails is one way of doing this.

There are times when we are faced with a mountain of work to do and find ourselves paralyzed by “workers block” or plagued by distractions - both external and internal.

Research is showing that we thrive on routines. A routine is really a series of habits that we establish over time. When we develop habits, our brains are able to run on a kind of auto-pilot.

This allows us to bypass emotions and distractions and focus more effectively on the work at hand.

Your routine should include:

- A set time for waking and going to sleep. (Adults typically need 7 - 8 hours of sleep to function optimally)
- A morning ritual that ideally incorporates a centering activity (e.g. meditation or prayer), exercise, and a brief review of plans for the day (if possible also include a brief time of learning by reading or studying)
- Clearly delineated times for starting and ending work so that your brain becomes accustomed to concentrated productivity within a set timeframe (this also prevents workaholism which eventually becomes counter-productive).
- Set meal times.
- A period of reflection on the day that is past, including journaling about what went well and what you could have done better (this orients your mind towards improvement).

2. Organize your day into blocks of activity

Our brains thrive on structure and variety. By organizing your day around different types of activity, you provide both things. Therefore, schedule blocks of time for intensive creative work like writing and designing (when your energy level is high), meetings, returning phone calls and reading and responding to emails.

Make sure that you integrate short breaks as well.

Join us next time for Part 2!

Dr. Makesha Evans
JamPsych Secretary and Education Chair



www.jampsy.com



A WORD ON ABUSE contributed by Sasha

My name is Sasha.

I am 23 years old. I feel like I am 200 years old.

I was a victim of reproductive coercion at the hands of the one I loved.

For me, love meant caring and helping.

For him, love meant owning and controlling.

He was very charming and like a true predator, studied my situation very keenly then swiftly moved in for the kill, quickly overpowering my defences and hesitations.

I was lonely; he provided companionship which quickly turned to guardsmanship, cutting off friends and family.

I was left little space or time alone and my communications and documents were surveilled.

From just two weeks into the relationship his goal was “mi haffi breed yuh!”.

I began to be wary of him but he was so romantic and overly kind each time I started feeling something was wrong that I questioned myself and reality. He even encouraged me to believe that I was only imagining his abusive behaviours. Other times he got extremely and irrationally angry, causing me fear of “losing the only person I had left”.

I felt like a yo-yo, working and minding an abusive man who for some reason I couldn't walk away from.

People say that he ‘put something in my food to tie’ me...

Looking back, I ask myself repeatedly if I had been insane to have been with the likes of him.

Two months into our relationship, I was pregnant but the incurable STD that he knowingly passed on to me resulted in a miscarriage. He watched me bleeding out and casually said, “Don't worry, you'll have another...” before walking out of the house.

At that point, I knew I was dealing with a monster. But each time I tried to separate, I feared more and more for my safety.

A month later, I was again pregnant despite efforts to protect myself.

At Death's door with Hyperemesis Gravidarum and with no assistance whatsoever from “the love of my life” (even to make a cup of tea took up too much of his time), I finally scraped together the very steep fee to end my suffering and prevent that of the baby. I also needed to get back to work so I could continue to earn my living as bills became unpaid and even food could not be bought. With no regard for my life (at just 8 weeks pregnant I had already lost 12lbs and couldn't keep anything at all down) and without a care about how the child would be provided for, he spread the word that I robbed him of his child. I eventually ran away as the violence escalated in various ways. He stalked me, forced sexual relations and intentionally got me pregnant, knowing that this time I had no money to have a doctor intervene.

Desperate, seeing the suffering ahead for both myself as well as the baby, I tried a good number of emergency preventative methods. They all failed. I was ashamed of the pregnancy and blamed myself for a very long time afterwards.

For him, this was victory as unable to work and isolated from family and friends, I would have to turn to him.

For me, this was where I decided to do or die.

Pregnancy was hell. I lost lots of weight and got many ominous warnings from the doctor.

Still, for some reason I cannot understand, God never left me.

Since giving birth to a healthy baby, I have gone for days without eating food, weeks without money to my name, though I have been doing whatever work presents itself from only a week after giving birth. I am in need of many things and life is very uncomfortable. But...

I am free.

I am a survivor.

If it doesn't feel right then it's not right. Run while you can and never look back!



Puberty in Girls

Puberty in girls brings about many changes that are similar to those of puberty in boys. The pituitary gland makes the growth hormone which causes the growth spurt while the ovaries begin to make the sex hormones estrogen and progesterone.

Skin may become oily; hair grows on legs, under arms and in the pubic area; breasts hurt and grow.

Bathing one's self regularly and properly as well as wearing clean, airy comfortable clothing is an important part of daily hygiene.

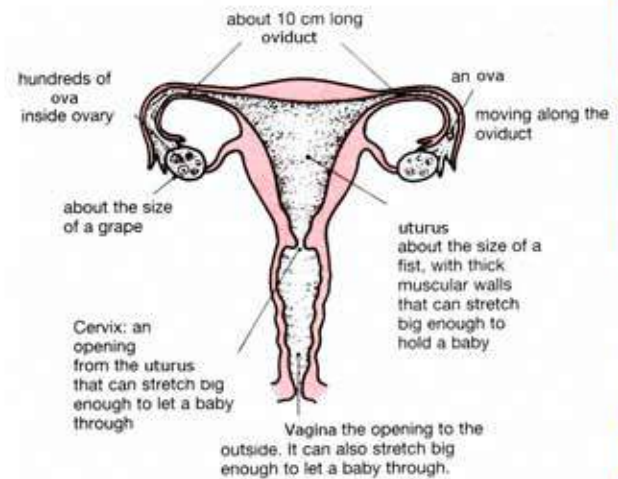
Girls are young mammals and during puberty, their bodies are preparing for reproduction - a characteristic of living things. For reproduction to occur, there must be the fusion of sex cells from a mature male and a mature female.

While many begin to worry about weight, attractiveness, breast size and broadness of hips, it must be remembered that each person will develop at a different pace and with varying results. In the end, each has their own beauty.

The female reproductive system consists of the vagina, uterus, fallopian tubes and ovaries.

During puberty, it reaches maturity and hips broaden; girls begin to menstruate anywhere from 9 to 16 years old. The menstrual cycle is normally from 28 - 35 days in length and during this time, a mature egg cell leaves the ovary and travels down the fallopian tube to the uterus which prepared itself by building up its lining.

If there is no male cell (sperm) to fertilise this egg, then there is no use for the lining and so everything is shed through the vagina and called 'the period'.



<https://human-anatomy101.com/female-anatomy-reproductive-system-diagram/>

Sanitary pads or tampons are used to absorb this flow and must be changed regularly to maintain proper hygiene. One may feel moody, have cramps or an increase in body temperature but this does not prevent most persons from carrying on with regular activities.

Eating right, exercising and getting good sleep is pertinent especially during puberty.

One's body is developing and becoming mature but though one may start feeling sexually attracted to another, one is not yet ready to engage in sexual behaviours.

Physiological changes are but a part of puberty and do not signify complete maturity.

It is not acceptable to kiss or touch someone if they do not want you to - this is sexual assault and must be reported to a trusted adult.



Homeschool TIPS 'N TALES

Home is the first school.
Parents are the first teachers.
(whether one is 'homeschooled' or not)
Keep this in mind and let every moment
of every day - from pregnancy - be a great
and unforgettable learning experience.

Be Inspired

However difficult life may seem, there is always something you can do and succeed at.
Stephen Hawking

Activity

Significant events are celebrated in the month of March worldwide.
With the aid of general knowledge and the JR Mag, complete the activity below.

1. The term "Press for Progress" is associated with _____
which is celebrated on 8 March each year.
2. On the 2nd Monday of the month of _____ each year, 53 countries - 13 of
which are located in the Caribbean - celebrate _____
3. On Friday 30 March 2018, many Christians around the world will celebrate _____

4. In Jamaica, people love to eat _____ and _____ for the Easter season.
A common fun, outdoor activity which requires breeze that many Jamaicans do, es-
pecially on Easter Monday is: _____
5. The continent which has the most French-speaking countries is: _____.
Three French-speaking countries on this continent are: _____,
_____ and _____.

BE THE ARTIST

Complete the poem with words that rhyme.

Take my hand, let me be your guide...
Let's proudly flower together, side by _____
Lift your head, be warmed by the morning sun,
Be bold and unfurl - have some _____

What lovely colour will you prove to be?
Red? Yellow? Purple? Blue? Quick! Let's _____
It really doesn't matter - open and share,
By someone, somewhere, you will be loved & held _____

Bask in the sunshine, be cleansed by the rain;
There remains much to see and do; more to _____
Hesitate not to be! Flower with me;
The time is perfect, just come and _____

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FAMOUS JAMAICAN ARTIST Ras Daniel Heartman

More known for his role as 'Pedro' in the movie
'The Harder They Come'

Ras Daniel - born Lloyd George Roberts -
was a talented artist who it is difficult to forget.
He is considered to be one of the most recognised
artists in the Rastafarian art movement.
'Prince Emanuel', a mesmerising pencil and charcoal
drawing of a Rastafarian boy done in 1972 - his
most pirated piece - attests to his great talent.
He passed away in 1990 at the age of 47, just
two years after migrating to Tanzania.

<http://www.largeup.com/2013/03/19/toppa-top-10-ten-jamaican-visual-artists-you-should-know/3/>
http://www.jamaicaobserver.com/entertainment/Securing-Ras-Daniel-s-legacy_11553130

Draw and colour the rest of the image.



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Dress for PROGRESS



*"The heights by great men reached and kept,
were not attained in sudden flight
But, they while their companions slept,
they were toiling upwards in the night."
Henry Wadsworth Longfellow - Good Poems for Hard Times*

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If you are twelve years or older, here is an opportunity for you to be GREEN and win scholarships, cash and many other prizes. Deadline for submission of entries closes on Friday, March 23, 2018. Submit your essays, poems, poster, models or photographs on creative ways of turning your trash into a new resource that can even be sold! You may visit our facebook page www.facebook.com/naturalhistorymuseumofjamaica/ for more information on this competition. You can also fill out this entry form and submit your creative pieces. Mail or Drop off your entries and entry form at 10-16 East Street, Kingston or contact us at 922-0620-6 extension 352/ 247

IOJ EARTH DAY 2018 COMPETITION
ENTRY FORM

NAME OF ENTRANT GRADE.....

TITLE OF WORK.....

NAME OF SCHOOL/ ORGANIZATION.....

NAME OF TEACHER/
FACILITATOR.....SIGNATURE.....

✂ _____

Jah-Mek-Yah

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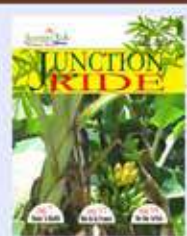
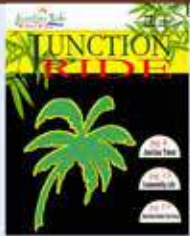
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