



Living Well

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Twice



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than you think...

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Latty's House of Treasures

Karen Oliver, Senior Communications Officer
The Jamaica National Group



Every piece of furniture and décor item in G. Andre Latty's house is antique, that is, they are more than 100 years old. His impressive antique collection is simply a feast for the eyes.

An avid antiques collector, the JN Group Human Resource Executive started his collection as a young adult after inheriting several pieces from his deceased Cuban godfather. Since then, his collection has grown exponentially from purchasing antiques locally and from around the world.

"I am always on a treasure hunt," disclosed the certified antiques valuator. "Every week I scout the newspaper classifieds for antiques that are being sold. Sometimes, other collectors may approach me or persons may give me leads as to where I can get items to buy. I deal in a variety of antiques, unlike some collectors who specialise in specific items. There are collectors for any item from a pin to an anchor. I don't only collect, I also occasionally sell pieces here and overseas."

Among Mr. Latty's collection are coins, including a rare 10th century BC Roman coin, 17th, 18th and 19th century paintings, 19th century four-poster beds, bronze statues, paperweights, wall and mantle clocks, pottery and sterling silver.

"It's hard to determine which item I treasure the most," he said, adding that he maintains an inventory of his antiques and insures them.



Some of Mr Latty's antiques



"Antiques make good investments as they usually appreciate in value. Besides, they are usually characterized as having excellent craftsmanship, which explains why they are so durable," he explained. He noted that antiques can attract premium value if they are in excellent condition, rare, have aesthetic appeal and strong provenance, meaning that the piece

was owned by a famous person or made for or presented at a historical occasion.

"Collectors desire items in as close to their original condition as possible and a poor restoration job can significantly devalue an item. Pairs of items and collections around a particular theme will attract premium prices. There is currently a demand for Chinese items as a result of the emerging middle class in China, who are new players in the market and who actively seek to acquire their share of the antiques pie, as well as to retrieve vintage items of Chinese heritage," he pointed out.

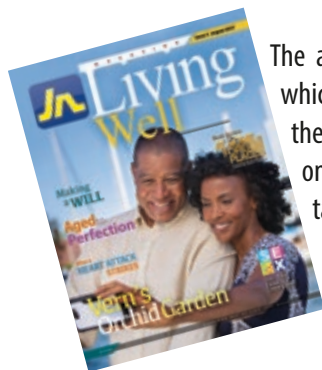
Although there is no established antique collectors' association in Jamaica, he is part of a group that helps to organise and provide appraisals at antique shows in Jamaica, such as the annual Antique Fair at Campion College.

He hastened to point out that persons often confuse collectables with antiques. "Collectables are items that are often collected as a hobby and are less than 100 years old. These items can be very valuable or only valuable to the collector," he explained.

So, does Mr. Latty own a vintage vehicle?

"Not yet," he chuckled, "but I'm hoping to get one in the near future."

FEEDBACK ON OUR LAST ISSUE



The amount of articles was just enough, which made it possible to read through the magazine quickly. I like the articles on Proverbs, making a will, and heart attacks. The articles have given me some ideas of topics that can be presented to the male group at my church.

Balvin Leslie, Westmoreland

The articles are relevant, interesting, short and diverse, which make for good reading. I like the glossy feel of the pages and the print smell is not overpowering. It would be good to include a religious column that focuses on uplifting topics.

Merlyn Wilkie, St. Andrew

The cover layout is extremely attractive. The articles covered a wide spectrum of interests and were easy to read, which added immensely to the reader's willingness to consume in totality.

Gregory Corrodus, St. Catherine

Everything about the magazine is good. It is interesting, and as a senior citizen, the articles suit me quite well. I shared my copy with two of my friends. I am looking forward to the other issues.

Ivy Patterson, Portland

The magazine was very good and informative. I enjoyed the doctor's column and the article on how to take care of the skin. Going forward, I would love to see more health-related topics.

Geneta Grant, St. Ann

EDITORIAL

JN Living Well is produced by The Jamaica National Group. The magazine is issued in April, August and December of each year, and is targeted to persons who are over fifty years of age, although many of the stories in the magazine will appeal to all age groups.

We invite your feedback and suggestions on topics that you would like to see in upcoming issues. Send an email to us at corporatecommunications@jngroup.com.



Tanya Pringle, Senior Manager
Corporate Communications, The Jamaica National Group



Karen Oliver, Senior Communications Officer
Corporate Communications, The Jamaica National Group



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Roy Thomas' Love for Long Distance Races

Karen Oliver, Senior Communications Officer
The Jamaica National Group

In the wee hours of October 15, 2017, 90-year-old Roy Thomas was en route from Kingston to the historic capital of Falmouth in Trelawny. His mission was to compete in the early morning Heroes in Action 4K/10K Run/Walk, organised by the JN Foundation, in partnership with the Usain Bolt Foundation.

Clocking 42 minutes and 31 seconds, Mr. Thomas crossed the finish line in third place among 15 competitors in the 4K Run Male Super Masters 60-99 age category. He was the oldest in that age category.

For this energetic senior citizen, participating in marathons and 5K races is a thrill. He has no intention to quit racing any time soon despite having scoliosis and a heart condition.

"I get a lot of psychological satisfaction from running. Besides, I get to see runners who I haven't seen in a long time," he said.

With such passion for athletics, one would expect that he was a successful sportsman as a youngster.

"Oh no, I was never one," Mr. Thomas quickly declared. "While I was at Kingston College I was so scrawny that I didn't even try to make it on the 100 yards athletics team. Twice I entered the mile race. By the time I reached the finish line, everyone had packed up and gone," he explained with a chuckle.

Mr. Thomas pointed out that he started participating in marathons in his forties after being encouraged to join the Ebony Running Club. His first run was a 5K race that ended at the National Stadium.

"I won the over-forty age category. It was an easy win as I was the only entrant in that category. I am always heartened about getting prizes for winning my age category. There is often no competition," he said with amusement.

He has participated in several local marathons and two overseas, and has even competed in a cycle race in New Mexico. His last marathon was the 26.2 mile Reggae Marathon in Negril, which he completed in a little over six hours, while in his seventies.

"I am only doing 5K races now. As I get older, my race time has been getting longer. I know my limitations."

Roy approaches the finish line

Mr. Thomas keeps fit by making a concerted effort to engage in leisure activities, such as gardening every day and running downhill two times a week.

His advice to persons considering starting long distance races is to get approval from the doctor, start with a short distance and progressively increase, as well as to get a good pair of running shoes.

Twice I entered the mile race. By the time I reached the finish line, everyone had packed up and gone...

"Make sure that the shoes are a half size bigger than your regular size to ensure comfort. There is nothing worse than running in a tight pair of shoes," he advised.

As a young adult, Mr. Thomas worked as a clerk at Hardware and Lumber. He later branched off into weather reporting for the Weather Office, which was operated by the United Kingdom Air Ministry Metrological Office. After living in the United States for two years, he returned home and worked as a dark room technician with the Jamaica Film Unit, which later became the Jamaica Information Service. He has been married to Dorothy for the past 62 years and the union has produced three children.

"No one in my family has taken any serious interest in long distance races," he bemoans.

Considering ENTREPRENEURSHIP after RETIREMENT

Leighton Williams, Communications Officer
The Jamaica National Group

You have just retired, or have stopped working for a while, and are contemplating your next move. However, you have no desire to sit at home twiddling your thumbs, or spend your day staring at your garden. You have thought about volunteering at a community service project, or even giving some time to your former employers to avoid boredom.

As you contemplate your next move, starting a small business could be one of them. And, starting a business can be much easier than you think.

“Starting a business is an exciting and rewarding experience. It could be developed from a hobby, such as floral arrangement, baking, cooking, interior decorating, or even landscaping. But, it requires thorough planning, creativity and hard work,” explained Jacqueline Shaw-Nicholson, Communications and Client Services Manager at JN Small Business Loans (JNSBL). “Those businesses require little or no start-up capital, and you can market to friends and family members, before expanding, as your business grows,” she added.

At the same time, these are simple businesses that can be operated from your home, but the desire to be an entrepreneur does not always come with the sector to invest in. When that happens, the communications and client services manager advises, “You can do some simple research. Determine what is in demand or needed in your community and explore how viable it is as a long-term business venture.”

“After you have accomplished that and determined that the business is sustainable, the next step is to do the necessary paper work, register it and ensure that you are compliant at all levels. This is important because, in registering your business, it will be accepted as a legitimate company, and that facilitates further growth,” she added.

After the business has grown and there is need for expansion, access to funding may not be an issue, but Mrs. Shaw-Nicholson notes there are many options available today.

“Gone are the days when business owners depended almost entirely on banks or loans from friends and relatives. Today, there are many different sources available for business loans,” she explained.

“There is the option of personal savings, which is the primary source of capital for most new businesses and other personal resources. While credit cards are often used to finance business needs, there are usually better options available, even for very small loans,” she related.

“Friends and relatives are often a source of funding and those funds are often loaned at a low interest rate. However, if none of these options are available, institutions such as banks, credit unions, and most importantly, JN Small Business Loans, will assist you with a loan, if you can show that your business proposal is sound,” she explained, adding that there are other options, such as crowd funding, angel investors and venture-capital firms, which also provide funding.

“However, if you are unsure about your ability to succeed as an entrepreneur even in retirement, in the United States of America, starting a business after retirement is a growing trend” Mrs Shaw Nicholson notes. “While it can be stressful, it is also empowering, given that you can now set your own working hours, because you are now your own boss. Therefore, take a deep breath, and start planning your own business. It will be a truly rewarding experience.”



Thelma Yong (left), Deputy General Manager, JNSBL, talks with a JNSBL client

Gone are the days when business owners depended almost entirely on banks or loans from friends and relatives. Today, there are many different sources available for business loans...

If you would like more information on how to start or access funding for your small business, contact JN Small Business Loans at (876) 948-7454-5, toll free at 1-888-725-6267, email: jnsblinfo@jnbs.com or visit the website at www.jnsbl.com.

10 Little Known FACTS ABOUT Fae Ellington

Karen Oliver, Senior Communications Officer, The Jamaica National Group



Fae Ellington is a respected and consummate Radio and Television Broadcaster who has provided more than 40 years of service to media in Jamaica. She is the recipient of many awards, including the Order of Distinction (Commander Class) in 2015 for sterling contribution to Communication, Media, Education and Culture; the Musgrave Bronze Medal in 1998 for Broadcasting, the St. Hugh's Distinguished Award for Broadcasting as well as from the Press Association of Jamaica for outstanding contribution to media.

A volunteer extraordinaire, Fae serves on several boards, including the Access to Information Tribunal, the National Integrity Action, and she is a former Chairman of the Jamaica Information Service Advisory Board. She is also the Patron of the Clarendon 4-H Clubs. For many years, she has been a lecturer at the Caribbean Institute of Media and Communication (CARIMAC), now the Caribbean School of Media and Communication at The University of the West Indies.

Here are 10 little known facts about this down-to-earth Jamaican personality:

1 She hails from Smithville in the hills of Clarendon where she grew up with her mother, grandmother and cousin. An only child, she has fond memories of helping to tie out the goats some mornings, going to the river, and taking part in many daredevil activities with her male cousin, Errol. Still a bold and adventurous soul, she hopes to one day go parachuting.

2 As a Cultural and Recreational Officer with the Social Development Commission in 1974, she taught music and drama to inmates in the island's six adult penal institutions. Her musical background stems from her mother who owned and played a pedal organ, and uncles who made and played guitars and banjos. Fae played the recorder, and is still in possession of the instrument which she owned since high school, even though she has not done any serious playing since 1974. She was also a member of the orchestra at St. Hugh's High, her alma mater, and is a foundation student at the Jamaica School of Drama.

3 She enjoys walking in the rain. She also walks five kilometers in the early mornings, three to five days a week.

4 Fae climbs trees if she needs to reap her fruits. Despite having fallen from an ackee tree in her yard some years ago, this has not deterred her. To appease her concerned friends, she purchased a ladder, but still climbs when no one is around to assist.

5 She owns a replica of the key to the cell of Nelson Mandela, South African Anti-apartheid Leader, which she acquired on her visit to Robben Island, South Africa. "I wept as I stood outside his cell and saw his blanket, basin and mug." She also visited Soweto, the hometown of Mandela and his second wife, Winnie. The two-week trip was so meaningful to her that she kept a journal of her activities there.

6 Among her prized possessions are several pieces of art, ceramics and a few sculptures. "I'm now out of wall space at home," she bemoans.

7 Fae loves soup. "I could have it morning, noon and night." Also, she enjoys fruits, vegetables and fish, which she has mostly every day. She eats very little meat and has never eaten pork. She prides herself in the fact that she is a very good cook who can prepare a delicious 'barefoot' rice and peas meal which can be consumed without any meat accompaniment.

8 A news junkie, Fae keeps abreast of local and international news online through several news apps on her mobile device. "I cannot do without my mobile device as it keeps me connected to the world and work." Every Sunday, she religiously immerses herself in the newspapers as soon as she returns home from early morning service.

9 Fae gets a thrill from pulling pranks. "It's a family thing." She herself has been the subject of many pranks. "One day I was passing under a breadfruit tree when my cousin dropped a ripe breadfruit in my head. It was just after my mother had finished washing and putting 'chiney bumps' in my hair." Another time she was lured next to a partially-dead green lizard. "I was so frightened that when I screamed no sound came from my mouth." She credits her childhood experiences for not being fearful of anything.

10 There are three things that annoy her: inefficiency, tardiness and poor communication. "I'm militaristic. If I tell you to call me at 3:30, I mean 3:30." She has great admiration for the military and enjoys doing work for them because of their precision in how they operate.

Photo credit: Peter Ferguson



MIGRAINE

With some patients, a Migraine begins with an Aura, which is the generic term for a number of neurological symptoms, such as flashing lights, hallucinations, or other sight disorders, but also sensation disorders, paralysis symptoms or even speech symptoms. The Aura usually disappears shortly before the headache occurs or may merge with it.

While the exact mechanism is not known, it is thought that Migraine is caused by a genetic abnormality that makes the neurovascular system hyper-excitable. It may include "Cortical Spreading Depression", an electrical phenomenon that may start in the occipital lobe and move forward. A cascade of events lead to vasodilation (increase in size of blood vessels), and pain impulses being sent to the cortex of the brain. As a result, normally innocuous stimuli such as a pulsating artery in the head or bright light and loud sounds, result in severe headache. Migraine occurs more in younger persons and females than older persons and males. Because of its hereditary component, patients often know other family members who suffer from it.

Triggers for Migraine headaches include: specific types of food, drinks or environmental factors, which are individually determined and may vary from patient to patient. For some Migraine sufferers, alcohol, stress or menstruation may be factors, while for others it might be coffee, chocolate or a certain smell. So it's important that Migraine sufferers should know their individual triggers.

In order to limit the seriousness, length and frequency of Migraines persons should: ensure a regular lifestyle, eat sleep and move regularly, avoid or limit stress, learn your personal triggers and then learn to anticipate them.

In addition to good hygiene, medicine can also be prescribed to treat or relieve Migraine. There is acute and preventive medication. Acute medications, (like Eletriptan and other Triptans) fight the pain directly the moment it surfaces. Those persons with more than two or three attacks per month should be prescribed medications to limit the number of attacks and their intensity. Types of drugs that can be used include: Botox, anti-convulsants, beta-blockers, calcium channels blockers and antidepressants. Migraine sufferers should ask their doctor for advice.

Migraine can be very painful and significantly hinder daily activities. So never say, "It's just a headache," when talking about a Migraine.



Dr. Julio Leachman, Medical Practitioner

More than one in ten persons suffer from migraine, a complaint that can have a significant impact on daily lives. So it's more than just a headache. This article looks at what exactly is Migraine, its causes, triggers, symptoms and what can be done to reduce or prevent them.

With some patients, a migraine begins with an Aura, which is the generic term for a number of neurological symptoms...

Migraine is a complaint that is connected with a severe form of headache, which often starts as a dull headache, which then develops into a throbbing or pounding pain, mostly on one side of the head. This pain can spread further to the neck and shoulders. Other symptoms may occur such as, nausea, vomiting and hypersensitivity to bright light, sounds and even smells.

Dr. Julio Leachman, BSc Biochemistry & Chemistry, MBBS, General Practitioner and Medical Officer in Cardiothoracic Surgery at The Bustamante Hospital for Children.

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Celebrating Three Jamaican Women Writers

Carmen Tipling, Communications Consultant

There are numerous Jamaica women writers: novelists, poets and playwrights; as well as, those who have written non-fiction books about a gamut of subjects, including: history, economics, gender, and so on.

Many of us have been empowered by the works of noted women writers: Una Marson, Erma Brodber, Sylvia Wynter, Carolyn Cooper, Olive Senior, Pamela Mordecai, Honor Ford-Smith, to name a few of our brilliant female writers.

In this issue of **JN Living Well**, we celebrate them; and draw your attention briefly, to the novels of three writers: **Lorna Goodison**, the current Poet Laureate of Jamaica; **Yvonne Brewster**, novelist and theatre director; and **Pat Cumper**, novelist and playwright.

The common threads between these authors, are that they: emerged from our national soil; honed their skills overseas; received wide recognition at home and abroad; and wrote novels, reflecting on the lives of their mothers.



Lorna Goodison, current Poet Laureate of Jamaica, wrote poems as far back as she can remember and, her novel, *“From Harvey River: A Memoir of My Mother and Her Island,”* speaks to her mother and her personal journey from Kingston where she was born and grew up.

As one reviewer affirmed, “In lush prose, Lorna Goodison weaves memory and island lore to create a vivid, universally appealing tapestry.”

For her widely acclaimed poetry, she received many awards, including: the Musgrave Gold Medal, from Jamaica, the Commonwealth Poetry Prize and one of Canada’s major literary prizes, the Henry Russel Award for Exceptional Creative Work from the University of Michigan, USA.



Yvonne Brewster: In her novel, *“The Undertaker’s Daughter: The Colourful Life of a Theatre Director,”* Mrs. Brewster relates her journey from an exchange student at Rose Bruford College in England. She deftly traces her family history; and theatre innovations from the Barn Theatre in Kingston, to

Talawa Theatre Company in London; and, becoming the first Black Theatre Director in Europe.

She is renowned for her play direction in England, having brought the works of some 40 playwright to the stage, including: CLR James’ *“The Black Jacobins”* and Derek Walcott’s *“O Babylon.”*

Her many awards include: The Order of the British Empire (OBE) and, the Women of Achievement Award from the Arts Council of Great Britain. She is a Fellow of the Royal Society of Arts and holds an Hon. LL.D from Open University.



Patricia Cumper: Paul Donovan, of the *Sunday Times*, writes that Pat Cumper’s novel, *“One Bright Child,”* is “Poignant, gripping, funny and well written.”

In her novel, Miss Cumper relates the story of her mother, “leaving her favourite mango tree in Kingston, Jamaica to attend a girl’s school in England to receive the finest education money can buy.”

Miss Cumper has also written radio plays, adapted from the works of Jamaican poet **Claude McKay** American novelists **Toni Morrison** and **Andrea Levy**, who is of Jamaican ancestry.

She is currently the Artistic Director for Talawa Theatre Company, in London.

Note: These novels are available at some local book stores and online at Amazon.com, as well as Barnes & Noble.

Cracking those Cryptic Instant Messaging Acronyms

Karen Oliver, Senior Communications Officer, The Jamaica National Group

With the emergence of instant messaging, a new communication format using acronyms has evolved that is intended to relay information quicker. While this has become convenient to youngsters, some older persons are left to unravel what is being communicated.

If you use Whatsapp, Facebook, Twitter, or any other social media platforms, chances are you would have come across many unknown acronyms. Among the most commonly-used ones are 'LOL' (Laugh Out Loud), FYI (For Your Information) and 'THX' (Thanks). However, as time progressed, they have become more complex such as 'TL;DR' (Too Long; Didn't Read). While most acronyms use letters only such as, 'IDK' (I Don't Know), quite a few have numeric characters such as '2MOR' (tomorrow), 'GR8' (Great) and 'B4N' (Bye for Now).

Hermine Bent, a retired school teacher from Ballard's Valley, St. Elizabeth, and an ardent user of Facebook and Whatsapp, said despite being familiar with a few of the common acronyms, it is not her practice to use them.

"We live in a changing world, so I try to keep up with the changes around me. Whenever I get messages with acronyms I usually ask the person who sent it to tell me what the meaning is," the JN Member said, "the only one I use is 'LOL'."

She pointed out that it's mostly her former students who use acronyms in messages to her, and observes that they also use them in formal writing, which she said is not acceptable.

The experience however, is different for Byron Ward, Retired Corporate Secretary from Kingston, who goes the extra mile to keep up to date with the 'new language'.

"I use acronyms every day because I communicate with young people a lot on social media. I have gone on the internet to check on the meanings of those I'm not familiar with and to learn new ones," he disclosed.

2nite	Tonight
BFF	Best Friends Forever
BTW	By The Way
FYI	For Your Information
HBD	Happy Birthday
LMK	Let Me Know
L8R	Later
NP	No Problem or Nosy Parents
POV	Point Of View
PPL	People



"Those that I use often are 'SMH' (Shake My Head), 'ROTFL' (Rolling OnThe Floor Laughing), and 'MNL' (Me Not Laughing). I have created 'DDWLL' which is an emphasis of 'DWL' (Dead with Laugh) which I use when commenting on something extremely funny."

Digital and Social Media Lead at The Jamaica National Group, Kevin Clarke, explained that many of the acronyms were pioneered by teens, who wanted to use coded language to hide texts from their parents.

"It would be good for older persons to become familiar with the popular acronyms which can help to bridge the generational gap when communicating with children and grandchildren via text messages," he pointed out.

THX or TX or THKS	Thanks
SITD	Still In The Dark
SMH	Shake My Head
TLC	Tender Loving Care
TMI	Too Much Information
TTYL	Talk To You Later
TYVM	Thank You Very Much
VBG	Very Big Grin
WYWH	Wish You Were Here
XOXO	Hugs and Kisses



It's Never Too Late to Recuperate

Contributors: Kadeem Rodgers and Kristia Franklin
www.myrepeatoffender.com

Rest and repair are always a do. Take advantage of God's given reparation coves by visiting one, two or three of several natural healing and restoration locales. It's time to grab your figure-hugging maillot or board shorts, your sunnies, towel and SPF 50 and let's take a trip around the Rock's healing reservoirs. Why? you ask. The best way to rejuvenate and restore is to manoeuvre the St Thomas hillside to the Bath Fountain springs, or road-tripping to some of the North Coast's world-renowned spas. We share four go-to stops. But before we do, let's get a few things out of the way.

How does a little R & R benefit me?

One or two days of rest and relaxation (R & R) are necessary to replenish your energy, repair damaged tissues and reboot. Take it from us, after every spa day, we grin like Cheshire cats too.

What should I pack?

Sunscreen! Vitamin D seldom hurts a soul, however, take everything in moderation, including sunlight. Light clothing! A Jae Jolly maillot, swim trunks from Carlton Brown, a fabulous wide-brimmed hat or cap for the gents, with sandals and of course a cover-up.

The List

Bath Mineral Springs - Bath, St Thomas

The centuries-old wellness haunt nestled in the foothills of the John Crow Mountains in St Thomas offers in-house and outdoor hot or cool water based water treatments, using water rich in mineral from springs flowing through the rocks on bamboo pipes. Water from the spring is believed to aid in the recovery of a wide range of ailments, including gout, rheumatism and skin conditions.

Jackie's on the Reef - West End Road, Negril

Soak your worries away in a soothing mineral bath while an attendant treats you to a detoxifying ion cleanse or a feet, hands and head-reflexology massage two new treatments at Jackie's on the Reef Wellness Retreat. Oprah Winfrey gave Jackie's on the Reef a seal of approval, both in The Oprah Magazine and on The Oprah Winfrey Show, before its climax. If that doesn't get your attention, we're sure the seven oil "raindrop technique" that balances the spine, or the Watsu water treatment will.

Strawberry Hill - Irish Town, St Andrew

Bask in the cool mountain mist that surrounds the Strawberry Hill Spa in Irish Town, St Andrew, then head to one of five treatment rooms: a specialised hydrotherapy room, a plunge pool, a sauna and a deck for yoga and other activities; or, treatment in the hydrotherapy room with a Blackwell rum and sugar scrub. Your therapist exfoliates the skin before aligning the spine and chakras of the mind, body and soul with a Vichy shower.

Sandals Royal Caribbean - Montego Bay

Why jetpack to Tahiti when you can #visitjamaica? Montego Bay boasts Jamaica's first of its kind over-the-water suites at Sandals Royal Caribbean. Why leave your room when you can see the pristine turquoise waters of the North Coast through glass floors? Take your R&R into your own hands. At your leisure, soak up the sun in your own infinity pool or your personal tranquility soaking tub, or utilise personalised butler service and a water taxi to take you back on land, if by chance you even need to.



Contributor: Jacqui Sinclair

This Christmas, why not make a nice sorrel chutney? It is absolutely excellent on meat or in sandwiches.

INGREDIENTS

- 7 cups of sorrel calyces
- 2 ½ cups brown sugar
- 2 ½ cups water
- 2 small onions (diced finely)
- 1 garlic clove (minced)
- 2 inch piece of ginger (finely grated)
- 1 lime (juiced)
- 1 tbsp white cane vinegar
- ¾ cup golden raisins
- 7 pimento (allspice) grains, crushed
- 2 yellow scotch bonnet pepper (de-seeded and finely chopped)

METHOD

1. Wash sorrel thoroughly, using the fingers to lift it from the water.
2. Put into stainless steel container and set aside.
3. Combine water, brown sugar, pimentos, ginger and garlic in a large saucepan.
4. Cook over high heat for five minutes then reduce to a simmer.
5. Add sorrel calyces, raisins, lime juice, vinegar and scotch bonnet
6. Stir all the ingredients
7. Cover, cook and stir occasionally until the mixture has a jam consistency.
8. Removed from heat and chill in refrigerator for at least 3 hours before serving.
9. Place chutney in spotlessly clean jars for storage. The flavor improves after a couple days.
10. This chutney can be stored in the refrigerator for 1-2 months.

Jacqui Sinclair, aka "JuicyChef", is a Co-Director of Kingston Kitchen and Founder of Meatless Monday Jamaica.



Making a List and Checking it Twice

Dr Karen Carpenter, Certified Clinical Sexologist & Psychologist

The lyrics of the famous Christmas song, **Santa Claus is Coming to Town**, tell us that not only does Santa know when we're good or bad, but that he's checking his list to make sure you are good enough to get a Christmas present. The words make me wonder why we have to wait on someone else to tell us, that we deserve to be rewarded for all the good work we've put into our relationships. And let's face it, whatever you do, good or bad, all of life is a relationship.

I'm a people-watching junkie, and as I travel around the world, I watch couples. The ones who take great pictures but have bad relationships, the ones who bicker in public so they can make up at home, and the ones who are comfortable enough with each other that they don't perform for anyone, but have a deep and genuine connection.



Some months ago, I was in a Delicatessen in the United States. An elderly Jewish gentleman of about 80 years old and his young wife of about 70 were having breakfast. The man got up and using his walker made his way over to the "All You Can Eat Buffet". He piled his plate high with bacon strips and beckoned to his wife to come and help him. She walked over, took the plate and set it down squarely in front of him, piled high with bacon. Then she patted him on the back of his hand as he sat down to demolish the forbidden strips of food.

I was struck not only by the quantity of bacon, the fact that Jews don't eat pork, but also by her gentleness and the way she seemed to care, as she allowed him this little failing. A big part of that connection that we all want has to be setting a standard of care for yourself and then extending it to the other person. The simple rule of, "Do unto others as you would have them do to you". And that rule is not meant for strangers. It's meant for the people we share our lives with.

So, for this Christmas and the days counting down to the big December 25, 2017, I'd like to encourage you to begin at home. Love the ones you're with, as much as you possibly can by extending to them the same kindness, honesty and respect you want for yourself. Make this

your gift: exercise the grace to forgive where you can, the courage to accept what you can't and the wisdom to know the difference. Make your own lists, check them twice, and consider what small change you can make to help your partner, your families and loved ones, experience the joy of Christmas. And while you're at it, pick up a copy of 'Love & Sex: The Basics' on amazon.com, and send one to a friend you care about. **Do your part to make this a Merry Christmas, everybody!**

Dr. Karen Carpenter is a Florida Board Certified Clinical Sexologist and Psychologist based in Kingston. She is a Relationship and Sex Therapist, host of Love & Sex on Nationwide 90 FM on Tuesdays and Thursdays from 9-11 pm, and the author of 'Love & Sex: The Basics' available on Amazon.com. Contact her by emailing: loveandsexja@gmail.com or text 876-275-7961.



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