



Living Well

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Oh What A
HEAT!



Unlearning
to love...
to love again

TAMMY BROWNE

LOVER OF ANIMALS

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TAEKWON-DO

A WAY OF LIFE FOR MASTER LUE

Karen Oliver, Communications Specialist
The Jamaica National Group

Life has a way of serving up unexpected moments which can change your own life forever. It is an experience that Master Peter Lue, Chief Instructor of the Jamaica TaeKwon-Do Association, readily relates with.

Master Lue, whose grandparents are from China, was a 14-year-old student at the Holy Trinity Junior Secondary School in Kingston, when a chance meeting with a TaeKwon-Do Master in an unlikely place – a hospital – ushered him into a life-long career to become a TaeKwon-Do Instructor himself.

“I was at the hospital visiting my uncle and he was there doing the same. My uncle knew of my interest in martial arts, therefore, he offered to pay for my classes with him.”

Like many other boys his age back in the 70s and 80s, Master Lue’s movie heroes were martial arts experts, such as Jackie Chan and Bruce Lee. He has fond memories of his regular visits to the Carib Theatre and the then State Theatre, to watch martial arts movies and then practise the various techniques with his friends.

He became so absorbed in the sport that he was spending up to four hours a day practising TaeKwon-Do.

“My family was not pleased with the amount of time I was spending doing it. They wanted me to find a job,” he said.

At the age of 19, he achieved his black belt, and by the following year, became an instructor. Over the years, scores of persons have trained with him, and more than 100 persons earned their black belts. Since 2006, he has been a lecturer in TaeKwon-Do at the University of Technology, Jamaica; and in 2010, he emerged as the region’s first International TaeKwon-Do Federation Master in the Caribbean.

He explained that while TaeKwon-Do and Karate are martial arts, they differ in terms of the movements and application. Furthermore, TaeKwon-Do originates from Korea while Karate is Japanese-based.

“TaeKwon-Do teaches you self-discipline, respect, it develops motor skills and is helpful to children with autism. Persons do TaeKwon-Do for various reasons. Some persons do it because of their love for martial arts, some do it to learn self-defence and to maintain physical fitness, while others do it to improve their ability to concentrate,” he pointed out.

Now 58 years old, Master Lue is on the verge of becoming an eight-degree Black Belt holder. He is one of the most senior practising martial arts experts in the Caribbean, and retirement is nowhere on his horizon.

“Age is just a number,” Master Lue declared.

TaeKwon-Do has created numerous travelling opportunities for him, whether to participate in competitions or to be a judge. He has been to every continent except Africa. His most recent judging engagement was as an official, in the US Open Martial Arts in Orlando, Florida, in July.

Looking back on that chance encounter in the hospital, Master Lue cannot imagine what his life would have been outside of martial arts.

“TaeKwon-Do is a passion. I couldn’t see myself doing a regular 9 to 5 job,” he maintains.



Master Peter Lue

FEEDBACK ON OUR LAST ISSUE

I found the April issue of JN Living Well to be of the highest standard. The article on Calbert Thomas, from 'Vendor to School Principal', was particularly inspiring. The quality of the various articles was world class and I especially liked the human-interest and income-earning features. Kudos on an excellent ezine.

Hugh Reid

The JN Living Well Magazine is a refreshing composite of relatable and inspirational stories. The magazine as a whole gives the reader information that is relevant to current situations, against a backdrop of trendy graphics and good organization. I fully recommend to anyone with an appetite for pleasurable magazine reading.

Donneil Linton



EDITORIAL

Dear JN Living Well readers: We thank you wholeheartedly for your valuable feedback on the JN Living Well magazine over the past two years, which have helped us to improve each subsequent issue. The magazine, which highlights inspiring, educational and informative features, continues to find resonance with readers.

As we are about to embark on the third anniversary of the publication in December 2019, we will be introducing a number of changes aimed at further increasing your reading pleasure. More varied content will be added that will now target different age groups.

Please continue to send your feedback and suggestions of topics you would like to see to corporatecommunications@jngroup.com.



Tanya Pringle
Executive
Corporate Communications
The Jamaica National Group



Karen Oliver
Communications Specialist
Corporate Communications
The Jamaica National Group

The JN Living Well Magazine is a production of the Corporate Communications department of The Jamaica National Group. It is issued in April, August and December of each year, and is targeted to persons who are fifty years or older. The articles, however, will appeal to all age groups.



MEMBER OMBUDSMAN AND YOU!



Claudine Allen, Member Ombudsman
The Jamaica National Group

It happens to all of us many times. We forget a loved one's birthday, someone's name or even an important item that we should have picked up at the supermarket. However, when it comes to older persons, the tendency to forget things is likely to occur often. Memory loss becomes

a real concern for seniors and their loved ones when it begins to affect the handling of their financial matters.

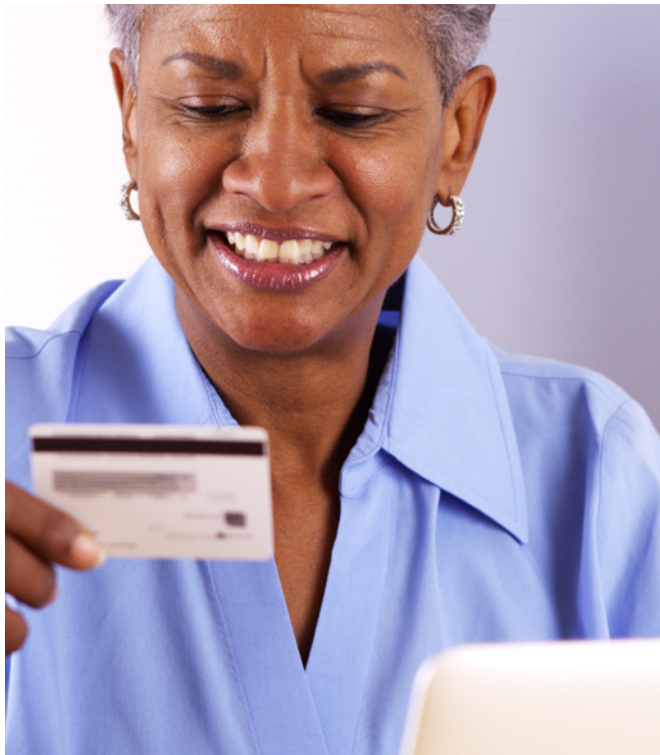
Older persons, who are beginning to experience frequent memory lapses, should enable a trusted person to assist them in the management of their financial affairs. This could be done by putting in place a "Power of Attorney," which allows a trusted friend or relative to conduct transactions on your behalf, in certain circumstances, or, you could explore adding a joint holder to your accounts. These options require significant thought prior to taking any action. And, you must be absolutely confident that the individual will act with utmost integrity, as he or she may have full access to your funds.

Five Tips to Manage Financial Affairs for Persons with Memory Loss:

1. Keep a monthly track of your banking transactions by using the JN LIVE online banking portal; calling the JN Member Care Centre; or, by visiting your branch.
2. When selecting a Personal Identification Number (PIN), to make it easier to recall, use a four-letter word, instead of a series of numbers. For instance, if you have a rose garden, you could choose "ROSE" using the keypad which would be "7673". Think about what you will choose before going to the bank, so you are absolutely certain when it's time to PIN your card.
3. Never provide account, debit, credit card numbers or PINs to anyone except someone who is duly authorised to act on your behalf.

Cont'd on page 3

MEMBER OMBUDSMAN AND YOU (cont'd)



Five Tips to Manage Financial Affairs for Persons with Memory Loss:

4. Keep all financial documents in one, safe place. This should include receipts for purchases made by credit card or using online platforms. At the end of the billing period, you can use the receipts to verify whether your statements are accurate.

5. Record the purpose for every cheque you issue on the cheque stub. This helps you to better manage your current account. Plus, the faintest ink is better than the best memory.

If you have noticed a discrepancy with your account, contact your branch immediately, or the JN Member Care Centre at 1-888-991-4065/6.

Your JN Member Ombudsman is the customer champion for The Jamaica National Group. She advocates for issues that preserve mutuality and unleash the potential of JN members. The Ombudsman also promotes the adoption of business practices that ensure delightful service and adds value to membership. The Ombudsman facilitates dialogue with JN members about matters which impact their relationship with the entities within The Jamaica National Group and investigates complaints in order to achieve impartial resolution. Visit www.jngroup.com/member-ombudsman

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What's Up With WhatsApp?

Sabriena Simpson, Communications Coordinator
The Jamaica National Group

In this new social media and digital age, WhatsApp messenger has emerged as one of the top social platforms for users of all ages. It is free, once you have data or Wi-Fi connection and is only a download away from the app store on your mobile phone. With its easy-to-use and cool features, WhatsApp keeps you connected with friends and loved ones near and far.

Here are five ways you can maximise your WhatsApp experience:

1. Text

WhatsApp can be used to send instant text messages and will let you know whether they have been received with the indication of ticks at the end of the messages. One tick means it has been sent to the WhatsApp server, but not delivered to the receiver; while two ticks mean that it has been received by the other party. If the ticks turn blue, it means the receiver has read the message (unless the receiver has turned off this option).

You can also use an emoji, a digital image or icon, to express an idea or emotion, or gifs (animated images) to enhance the conversation and better convey your emotions. Group chats may be created to facilitate multiple people conversing in one space.

2. Voice Notes

Who has time to type when you can just say what you want verbally? Just start a conversation, hold down the green microphone icon and speak. Once you are finished, release the icon and your voice message will be sent.

3. Voice/Video Calls

WhatsApp has almost eradicated the need to use credit or dig deep into your pockets to pay for phone calls with its voice/video calling feature. Keep up with your friends and family through voice conversations or talking to them while seeing



them in real time! You can also do group voice/video calling with as many as four persons at any one time!

4. Send Multimedia

Send pictures, videos, audio, documents, contacts and even your location with one click. To do this, click the paper clip icon in the lower end of the chat, select the type of media you want to send by choosing it from your gallery or relevant folder. You can also share media directly from your gallery to WhatsApp contacts and take a picture or video and send it whilst conversing.

5. Status Updates

WhatsApp status allows you to post pictures, videos and text to your status so that your contacts can view them. The good thing about this feature is you can select which contacts are able to see your posts so that you can maintain a certain level of privacy.

Keep up with WhatsApp today and stay in the loop!



Make **SMARTER CHOICES** when buying **GAS**

Andrew Green, Communications Specialist
The Jamaica National Group

You can expand your gas buying options by checking the Fuel Prices Guide on the Jamaica Automobile Association's (JAA) website, says Jason McNeish, Deputy General Manager.

"Most drivers say that they purchase gas where it is cheapest, but there are many other factors which can affect your final decision, such as customer service and convenience," he said. "We have upgraded our fuel prices webpage at www.calljaa.com/fuel-prices/ to assist drivers to find where stations are located, and how they stack up, in terms of pricing."

The webpage covers over 90% of the gas stations across the country, and its pricing information is updated weekly. The guide is in line with the JAA's goal to provide unique member services, while facilitating mobility and safety for all road users.

"We wanted to make gas buying choices easier," Mr McNeish explained. "You can find station comparisons by parish or by company, so that you can find your preferred brand wherever in the island you are."

"Wise consumers will be guided by their experience, however, it is useful to have a broader view of the pricing spectrum across the island," he said. "You might get some surprises."

John Gordon, Web Application Developer, JN Group, pointed out that the new page, which he developed, represents a substantial improvement that will benefit users.

"The previous fuel prices page worked fairly well, but it was due for an upgrade. With this new page created, it provides a more intuitive user interface, with additional features such as the ability to view prices from your preferred gas station, and also to find the stations with the lowest prices on Google Maps."

The JAA is a subsidiary of The Jamaica National Group.

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TAMMY BROWNE

LOVER OF ANIMALS

Karen Oliver, Communications Specialist
The Jamaica National Group

Sometimes she dyes her hair blue, other times, pink or purple. She is bold, with a larger-than-life personality, and has a compassionate spirit as expansive as the sky.

Meet Tammy Browne, founder of the Montego Bay Animal Haven, who has no reservations about taking risks and following paths where her heart leads.

“Life is way too short. You must take advantage of the moment,” opined Tammy, the mother of a teenaged daughter.

Tammy has always loved animals. Growing up in Manchester, she was accustomed to having many dogs and cats at home. At 16, she went to the United Kingdom where she later became a Veterinary Technician. She subsequently worked with horses for 11 years before returning to Jamaica 20 years ago.

Little did she know that after her uncle died in 2009, that it would influence the genesis of her philanthropic efforts in western Jamaica.

“I wanted to do something special to honour him. He loved animals. He bred dogs and was a judge in dog shows in Jamaica and the United States of America.”

Her initial plan was to host a one-time free spay and neuter clinic for stray dogs in Montego Bay. However, the need for the service was so overwhelming that she quit her job as a Manager at Chukka Blue in Hanover, where she was responsible for horseback tours, so she could devote her time to rescuing and caring for abandoned and injured animals, predominantly dogs, and re-homing them.

Over the years, through the establishment of the Montego Bay Animal Haven, a non-profit organisation, she gave thousands of animals a new lease on life.

Tammy with some of the “Hooligans”

With a full-time staff of six, she currently looks after more than 200 animals, about a quarter of which are physically challenged.

With a full-time staff of six, she currently looks after more than 200 animals, about quarter of which are physically challenged.

“Daily, I receive up to 200 requests about animals to be rescued,” she disclosed. “And, obviously, we cannot help everyone, but we try our best.”

Having fully immersed herself in the love of these four-legged furry friends, she is quick to point out that she has no regrets about following her heart.

“They are so non-judgmental, so pure in their love and loyalty. Their companionship is out of this world,” she said, adding that “They are the most amazing gifts.”

Tammy lives on a two-acre property with the dogs, who she affectionately calls “Hooligans.” Since the start of 2019, she created a unique tour experience for dog lovers, called “Hiking with the Hooligans.” On the tour, persons get the opportunity to take a two-and-a-half-hour hike with some 100 dogs through her 17-acre property in the hills of Montego Bay.

Photograph: Sukimac Photography



Photograph: Sukimac Photography

Tammy looks adoringly at a puppy available for adoption

"Many of the dogs are adopted by persons who participate in the hike and by persons living overseas," she pointed out.

Tammy has subsequently expanded the experience with the animals by facilitating children with special needs to interact with them.

"I'm uplifted every minute I spend with children and the animals. I'm one of the luckiest persons in the world. I'm so incredibly blessed," she declared.

She is thankful for all the opportunities that life has offered her.

"I have worked from the bottom up. I have worked in stables, kennels, bars and night clubs. Consequently, all of those experiences helped me to be able to relate to anyone," she said.

Four years ago, Tammy almost lost her life, which resulted in her making a crucial decision.

"I had dengue which caused me to bleed through my skin. I started to have a greater appreciation for life after that, which led me to give up smoking."

When time allows, Tammy enjoys horseback riding and reading autobiographies. As often as she can, she heads to Middle Quarters in St. Elizabeth for a treat of peppered shrimp and boiled corn; as well as indulges in chocolate, which she eats every day.

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OH WHAT A Heat!

Karen Oliver, Communications Specialist
The Jamaica National Group

“Oppressive”, “tormenting” and “miserable” are just some of the words that have been used to describe the high temperatures being experienced across the island this summer. Hardly a day goes by without hearing someone commenting about the heat.

Dr. Julio Leachman, a General Practitioner and Medical Officer in Cardiothoracic Surgery at The Bustamante Hospital for Children, urges persons to take the necessary precautions to prevent heat stress.

“Excessive heat exposure may cause serious effects on the body such as a heat stroke which can occur suddenly and quickly leading to death if not treated,” he said. Dr. Leachman pointed out that excessive heat exposure may cause headaches, muscular cramps, swollen hands, feet and ankles, heat rashes, unusual fatigue or exhaustion, general discomfort, excessive thirst, less frequent need to urinate, dark urine, rapid pulse and breathing and convulsions.

HOW TO STAY SAFE

“Keep well hydrated, avoid alcoholic beverages, take a cool bath daily, wear light clothing, plan outdoor activities in the early morning or late afternoon, and refresh your skin with a wet towel several times a day,” Dr. Leachman advised.

The JN Living Well Magazine interviewed members of the public to find out how they are coping with the heat.



Joan Small-Smith

I'm not coping very well. My house and work place have a slab roof so it is very hot in the days and in the nights. I bathe just before going to bed so I can feel cool before going to sleep and I don't use any cover. The fan is on all day and night. I often keep hydrated and I try not to be outside during the midday. I wear sunscreen and when I'm at home, I wear a hat when I go outside.



Desmond Josephs

I have been sleeping with the windows open. I drink more water and less juice. I try to wear cotton clothes and avoid black because it draws heat. I always keep a bottle of water with me.



Tamara Harvey Douglas

The moment I step outside I get a headache. I get heat rash and eczema which cause my skin to itch. I stay inside at work and use the fan. I get sweaty which causes the bed to get wet. I drink a lot of water to rehydrate myself.



Norman Smith

I really don't have a problem with the heat. It is hot at times but I try not to let it bother me. I stay mostly indoors. At work the a/c is on and when I'm on the road I have the a/c on in the car. At home, I sleep with the fans on. I drink a lot of water during the day.

Barbara Roberts ▶

The heat is a little rough but I have to go through it. I drink a lot of water, stay out of the sun when I can, and sleep with the fan running.





Places You Can Go to Beat the SUMMER HEAT

Sabriena Simpson, Communications Coordinator
The Jamaica National Group

1

Konoko Falls and Park

Located in the garden parish of St. Ann, Konoko Falls, as the name suggests, has several cascading



waterfalls which you can climb and which has a few miniature pools perfect for taking a dip. The location also has a small Taino museum with artefacts and a mini zoo featuring a crocodile, snakes, iguanas, turtles and birds. If you are brave enough, you can take the opportunity to feed the budgies, hold an iguana, snake, or the macaws and parrots.

2

Breadnut Valley Falls

Breadnut Valley Falls is nestled in the quiet, rural community of Maggoty, St. Elizabeth. It has an



abundance of water with four pools, perfect for swimmers and non-swimmers. However, the river is easy to miss as it is located behind a hydro plant off the Maggoty main road. The good thing about this little piece of heaven is that it is rarely used; and chances are that, when you visit, you'll be the only one there.

3

Fish Done Falls

The perfect definition of a "hidden gem," Fish Done Falls in Balcarres, Portland is tucked away on a path less travelled. Like me, everyone I have told about this spot had never heard about it before. It is completely uncommercialised, hence there are no entrance fees or bathrooms. However, there is a zinc shack which serves as a changing room. The expanse of the main pool is deep and is only suitable for swimmers but there is a small area for non-swimmers to relax. It has one main waterfall and a smaller one about a ten-minute hike uphill. Since this beauty is little known, there is never a crowd and visitors can enjoy "running a boat" while there.

4

Puerto Seco Beach

The renovated Puerto Seco Beach in Discovery Bay, St. Ann is the perfect daytime resort. Its upgraded architecture boasts a swimming pool, bars, jerk hut, a restaurant, beachside cabanas on rental and beach chairs. It also has a fun and challenging floating obstacle course, which is included in the cost.



5

Floyd's Pelican Bar

A bar in the middle of the sea! Floyd's Pelican Bar is every adventurer's

dream. Located on a sand bank a few miles off the coast of the Parrottee Beach in St. Elizabeth, it is the ultimate, rustic hangout zone.

Named after its owner, Floyd, the unique attraction is a 15-minute boat ride from the shore. The water surrounding the wooden structure is waist deep and is ideal for countering the sweltering heat. The bar serves up tantalising seafood, beer and rum.

6

7-Mile Beach

The seven miles of white sandy beaches lapped by turquoise waters is as much remedy as you will need for this heat. Located in Negril, Westmoreland, its beauty is unmatched.

Sabriena Simpson is a Food and Travel Blogger. Follow her @travelwithsabriena on Instagram and @eatroundicut on Facebook and Instagram. You can also read her restaurant reviews at www.eatroundicut.wordpress.com.

5 REASONS YOU SHOULD VISIT APPLETON RUM ESTATE

Sabriena Simpson, Communications Coordinator
The Jamaica National Group

The Appleton Rum Estate, home of one of the world's finest rums, has been a huge part of Jamaica's rich culture and history for more than two centuries. It is the oldest sugar estate and distillery in Jamaica, which has been in continuous production.

The revamped Appleton Rum Estate Tour, now called the Joy Spence Appleton Rum Experience (JSARE), is named after Joy Spence, the world's first female Master Blender, who has been with Appleton for more than three decades. Located in Siloah, St Elizabeth, the JSARE has been high on the list of local and international adventurers alike.

Here are five reasons you should visit the Appleton Rum Estate:

Beautiful Location: If you are a nature lover, or you can at least appreciate lush vegetation, then you will love the Appleton Rum Tour. The expanse of the estate is set in the lowlands of Nassau Valley, amidst the mountainous, green, shadowy backdrop of the Cockpit Country and they majestically line the street leading to the venue.

Unlimited Rum Punch: Like the popular Appleton slogan, "We are rum people," many visitors will appreciate the delight and pleasure of a refreshing cocktail, especially on a hot day. Therefore, the bartenders serve up limitless cups of Appleton-infused drinks, prior to the start of the tour. Drink responsibly!

History Lesson: For J\$2,500, the tour takes you on a visual journey back in time, demonstrating the development of rum production and how technology has refined it over the years. The tour also includes a live show about how cane juice was extracted in the 1800s using animal labour.

The cane is inserted into the mill, while "Pazz," the donkey, who is tied to the equipment, walks in a circular motion. As the donkey moves, juice is squeezed from the cane and into a container.

Another demonstration revealed how human labour was used to extract the juice from the cane. This time, visitors get to volunteer to be a part of the show, and were rewarded with the



Inside the rum tasting room



Inside the Ageing Room

natural cane juice to drink afterwards. These methods extracted 65-70 per cent of the juice. With modern technology, 98 per cent of the juice is now extracted.

Patrons also toured a small wooden cabin made from oak wood, which is 150 years old. The cabin contained several artefacts, printed scrolls with information about rum production and an antiquated wooden cane mill.

Educational: Not only was the tour an excellent history lesson, when it ended, we were able to give details about the different stages of rum production, "from cane to cup," as it was thoroughly explained by our tour guide, Peter. We were also taken to the distillation and ageing rooms after we received sweet cuts of cane and molasses to sample.

Rum Tasting: We were treated to tastes of the Appleton Signature and Reserve Blends and the Rare Blend Twelve Year Old, while pairing each with dark chocolate. As we departed, we were presented with a token, a souvenir-sized Appleton Signature Blend, which will always remind us about our adventure.

Sabriena Simpson is a Food and Travel Blogger. Follow her @travelwithsabriena on Instagram and @eatroundicut on Facebook and Instagram. You can also read her restaurant reviews at www.eatroundicut.wordpress.com.

BINGO!

A Guide to Seniors' Games Night

Kadeem Rodgers
Fashion Stylist/Writer (@TheStyleRedeemer)

As seniors, it is often quite natural and equally rewarding to create a space for others to relax. It's time to take care of yourselves and your needs. One of the best ways to achieve this is with a community. The older you get, the more important it is to have people around who love and care about you. They need not be family, relatives, or friends you already know; it could be someone you just met.

Finding ways to keep your brain active is the best way to nourish a quick wit, nurture relationships, and build a community. One way to kick-start this active social life is by starting a seniors' games night. This should be easy; chances are you already have the "tools" stowed away in a cupboard or box. For the average Joe, nothing beats a pack of playing cards, however, the following games are recommended for the ultimate games night experience:

Dominoes

Scrabble

UNO, Kalooki, or Go Fish

Jenga

Puzzles: Crosswords, Word Search,

Sudoku or the good 'ol Jigsaws

Bingo

Plus, if you want to test your mental capacity, a game of ABC Fast or Slow would be perfect.

"Games have been known to improve memory and can actually help to prevent conditions such as dementia and Alzheimer's disease," according to alvitacare.com, and essentially, "... playing games can help you to live longer!" The aim is to change your lifestyle. Think of a few places you frequent that you often see your peers - at church, perhaps, at the clinic, or at a funeral you attended recently.



"Games have been known to improve memory and can actually help to prevent conditions such as dementia and Alzheimer's disease."

All you need now are the players, or to simply join a group. Finding prospects should be easy. Your best bet is anyone who is smart and interesting, is available, and is looking to 'chillax' – that could be anyone from a grandchild to a new member at church. Your peers are everywhere, and in the same way you're looking to spark up your days, chances are they are looking to do the same.

You'll need to first select your group of hosts. A new host invites the group over each week, which means a different venue every time and much to look forward to. Ensure there's something for everyone: from game options to snacks, to the music playlist or booze and cigars/cigarettes. Never be judgmental; remember, it's all fun and games.

Now, some of us may prefer to go to the spa, spend the weekend at a resort, go on excursions, or head downtown to see the developing art scene. You get a 'vacay' to unwind and relax, yes, but let's face it, you're likely to be on the phone anyway, Face-timing your grandkids or checking in on the gardener. You may want to consult said grandchild on how to download the popular game apps, but once you're connected, you'll be able to take the games on 'vacay' too.



Dr. Karen Carpenter PhD; CST; PGCHE
Psychologist/Clinical Sexologist/Research Consultant

Unlearning to love...to Learn to love Again

There are a number of buzz words and phrases that have entered our conversations; one of them is unlearning to learn again. The idea is that if you want to learn a new skill, you have to first unlearn the old ones and then take a fresh approach. I like this idea partly because it makes sense and also because it offers new and exciting ways to look at life, and certainly at love. Today, couples who are over 50 and staying together or coming together for the first time, are looking for relationships that do more than retire into matching rocking chairs.

Housing developers know this and are changing the way they plan for the "young olds". Gated communities are cropping up all over the world with plenty of exercise options, tennis, swimming pools and doctors on call. For many, this represents the best of both worlds. No young children to care for and still enough zest for life to make you want to be active.

Couples are approaching romance not just differently, but better. My couples are coming in to fine-tune their relationships and learn new ways to communicate, build intimacy and enjoy each other's company. What I find that successful couples over fifty are interested in are workshops, seminars, retreats and cruises where they not only relax, but they also renew their minds.

In the past six months I have been invited to speak at more couples retreats than ever before. People want to learn how to discuss instead of arguing, to agree to disagree, to understand each other's personalities and to build deeper and stronger bonds between them. I was so curious about this new trend in couples retreats that I Googled it, and lo and behold, there were over 41,900,000 results worldwide for this topic. What this says about relationships is that we are re-investing in the relationship capital to yield better returns on our romantic investments. So the next time you wonder, "What can I do to bring back the spark to our relationship?" consider taking a vacation that helps you to relax, renew and relearn the art of love.

So what are all these curious couples learning about? Some retreats are geared toward exotic sexual practices such as the tantric art for couples. Others include spirituality, yoga or meditation and still others focus on healing from loss and bereavement. Whatever the topic, you can be sure that these retreats will be set in amazing surroundings that cater to your every need. From Thailand to Bali, the USA and Jamaica. There is plenty for every taste.

Typically there is a mix of talks, exercise spa treatments, shopping and plenty of alone time. But if this kind of renewal is not for you, think of a bucket list activity you both always wanted to do, but never got to. That bucket list will include wishes and dreams from both of you. Then each vacation, choose one activity and make it happen. Join a cruise, a painting tour, wine tasting, cooking in France, a ship in Alaska. And if your desire is to stay close to home, consider a round-the-island tour of Jamaica over two or three days. There is no end to the things you can do. Today, the world is literally your oyster. Whatever you choose the key to remember is be open and willing to unlearn...to learn...to love again.

Send us your questions at: Drkarencarpenter@gmail.com

Dr. Karen Carpenter is a Florida Board certified Clinical Sexologist and licensed Psychologist based in Kingston. She is the author of 'Love & Sex: The Basics' available on amazon.com. You can listen to 'Love & Sex' every Tuesday and Thursday on Nationwide 90 fm, from 9-11 pm. Email Dr. Carpenter at: loveandsexja@gmail.com.



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5 HURRICANE *Safety Tips* *Be prepared*



1

Update your insurance policy to ensure that you are adequately covered for your home and motor vehicle. If you have no home insurance, you are putting yourself and your family at risk, so call JNGI to get covered today.



2

Make sure you have emergency equipment and cooking facilities in your home. These include flashlights, batteries, portable radio, kerosene lamps, gas/coal stoves, coal and matches. Have simple first-aid essentials such as iodine, bandages, eye lotion, etc.



3

Know all evacuation routes especially if you live in flood-prone areas.



4

Store extra water and non-perishable food (things that can be eaten without cooking).



5


Place all important documents in a waterproof container. Ensure you know where to find these documents and take with you when evacuating.



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