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Who goes to their rescue?

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Security operative stabbed to death

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Nii Armah Ashietey, an accomplished public figure turns 70

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The toxic 'jungle' inside Odorkor Otatten

By Kester Aburam Korankye

FOR the heavy stench of chemicals that permanently fills the air, one would have ruled out the possibility of such a lucrative illegal trade

flourishing in the open on the blind side of the government or admit the reality of the government's negligence in restricting such a toxic venture.

A strong unpleasant scent of the chemicals used to manufacture the

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Editorial
The Mirror Ghana's Most Popular Weekend Paper Since 1953

End fatal road accidents now

THE nation has once again been thrown into a state of shock for days and cannot understand how it lost more than 34 souls to one accident in a spate of a few minutes.

According to reports, 54 others suffered serious injuries in the carnage that occurred at Dompoe, near Elmina in the Komenda-Edina-Eguafo-Abrem (KEEA) municipality in the Central Region, in the wee hours of last Monday.

Unfortunately, we were told that the same spot claimed more lives in another devastating accident about 10 years ago. Certainly, nobody can be happy with fatal accidents which are preventable.

What is more worrying is that provisional figures from the Motor Traffic and Transport Department (MTTD) of the Ghana Police Service indicate that 13,877 road accidents occurred in the country last year alone, an increase over the figure for 2018, which was pegged at 13,645.

That also resulted in the death of 2,284 people, which was 57 more than the previous year's figure of 2,341 deaths. It is also estimated that Ghana spends up to \$230 million every year treating injuries and traffic fatalities.

Even though we pride ourselves as a peaceful country, some have asserted that Ghana is a dangerous place to live due to the frequency of accidents that claim more lives than terrorist attacks in countries such as Somalia.

This is not what we have always envisaged for this lovely country of ours, but that is the situation we find ourselves in now, and the earlier we found a practicable solution to this canker, the better it would be for all of us.

The Mirror believes that the key things to address are education and enforcement. The Road Traffic Regulations (L.I. 2180), which were made under Section 133 of the Road Traffic Law Act, 2004 (Act 683), provide policies which, if we are to follow, will take us out of the present situation.

The law enforcement agencies have failed to strictly apply the laws and that has emboldened people to go against the laws with impunity.

A person buys a vehicle and, without doing any due diligence, puts it on the road. The next thing you hear is that car has crashed and claimed innocent lives. Vehicle owners must not only be interested in their daily

sales but also ensure that their vehicles are always in good shape.

It is painful that precious lives are being lost through the negligence of drivers, who can and must always exercise patience on the roads.

There is the need for continuous road safety education by the relevant stakeholders on road usage. It should not be assumed that everyone knows how to use the road.

The Accra-Kumasi and Accra-Takoradi highways, for instance, could be dualised to save lives. The mixture of fast, slow, big, small and all manner of vehicles in large numbers is a recipe for disaster. As more vehicles are put on the roads each year, the problem gets worse.

The National Road Safety Authority (NRSA) must deploy its men to the various transport stations from time to time to check vehicle maintenance, as well as educate drivers on road regulations.

Passengers too must quickly prompt drivers whenever they are speeding and not remain unconcerned until a life is lost.

We will all not remain here forever, but untimely deaths can be avoided if all of us are vigilant.

MIRROR LETTERS



• It is common to see preachers and drug peddlers in commercial vehicles

Stop extortion in the name of God

THESE days it is difficult to sit in a commercial vehicle, specifically 'trotro', in Accra without encountering either a preacher or a drug peddler. These people are all over the city!

To attract attention, these "motivational speakers" (drug peddlers included) usually start their conversations with the word of God then later divert to what they are selling or why you have to part away with a few Ghana Cedis.

I had an irritating experience on January 21 on my way to work. I was surfing news sites when a young preacher who introduced himself as Agya Abraham started his sermon.

When he realised I was not paying attention, he started making comments about how some people seemed too busy with their phones at the expense of the word of God and how such people would not make it to heaven.

His sermon was full of insinuations and insults targeted at those of us who were not interested in his talk and several quotations from the Bible on the blessings in giving.

I decided to cross-check some of the scriptures from the Bible on my phone and to my utmost surprise, most of those quotations had no relation to giving.

From my observation, most of them are only interested in the money they make from passengers. Sometimes they sing or shout so loud that even if you have an earpiece tucked in your ear, you can still hear them.

I keep wondering why the Ghana Private Road Transport Union (GPRTU) and the Progressive Transport Owners Association (PROTOA) still allow these people on buses.

Jennifer Kwasi, Accra

Rt. Rev. Felix Doni-Kwame
 Kindly contact the Editor on 0207912787 for an important message.

The Mirror's page is now live on the internet @ www.facebook.com/TheMirrorGhana.

Readers are urged to send their letters, short stories, memorable stories, poems, 'from me to you' messages and other correspondence to our facebook page. You can also whatsapp to 0552501565

From our Facebook wall

What's on your mind?

Jennifer Amankwah
 We need to force the authorities to amend the provision that gives power to the President to appoint chairpersons of the Electoral Commission. We are tired of the posture some political groups adopt in our electoral system.

Dorothy Kankam
 The Food and Drugs Authority's ban on well-known personalities from advertising alcoholic beverages is in order. Their fans idolise them such that they will consume any alcoholic beverage they endorse in excess. It is just mind-boggling that some celebrities are crying foul.

Are they telling us that they depend solely on alcoholic beverage advertisements to survive?

Sarfo Kantanka
 Ghanaian rice farmers need to have a talk with the Agric Ministry to have a subsidy on the rice they produce to enable Ghanaians to buy, since rice produced in this country are more expensive than those imported.

Talata Mumin
 Kudos to the Electoral Commission on this bold step of compiling a new and credible voters register. I hope they have made provisions that will not allow citizens to stand in the sun for hours because we are tired of this trend.



• According to residents, manufacturing of illegal pesticides and other chemicals started in the 90s

The toxic 'jungle' inside Odorkor Otatten

• Continued from page 01

Insecticides could be smelled from every corner of the area and one could barely breathe properly without a nose mask.

Aside from branded distribution vans that are parked along the streets in the area, many of the shops along the streets are open for the sale of the illegal substances only.

Otatten lies within the heart of Odorkor, a densely populated suburb of Accra, with all innocence and destitute like every other deprived portion of the country's capital.

Basic social amenities are absent and the entire community is characterised by poor roads and filthy drains that beg for attention.

With innocent children and

nursing mothers dominating human activities in the community, what is not immediately visible to first-time visitors of the community is a sprawling industry that revolves around the production, distribution and sale of illegal insecticides, pesticides, rodenticides among other household chemicals.

The cartel

A resident of the area who spoke to *The Mirror* on condition of anonymity said the manufacturing of illegal household chemicals has persisted in Otatten and surrounding communities since the early 1990s when some settlers began the production.

Over the years, the source said it had become a well-organised syndicate of producers, distributors

and marketers under an association called the 'Boa wo man' Insecticide Producers Association.

The source said although law enforcement agencies had, on few occasions in the past, attempted to stop the illegal manufacturers, none had been successful and that had fuelled the illegality.

Eminent danger

Due to the illegality, the Director-General of the Ghana Standards Authority (GSA), Professor Alex Dodoo, who led a raid on the syndicate last Sunday afternoon, told *The Mirror* that the presence of the illegal household chemical cartel posed "obvious danger to about 1.4 million people living within a 2.1-kilometre radius in and around Odorkor".

According to Prof. Dodoo

residents of the community and its environs were at risk of developing serious respiratory diseases, central nervous system disorders such as confusion, dizziness, depression and other related diseases as well as various forms of cancer due to the presence and activities of the syndicate of illegal household chemicals producers.

Their activities, he also said, could be likened to chemical weapons production and must be flushed out immediately.

"What we are witnessing now is an imminent health threat that must be contained immediately to forestall any escalation. There is also the need to demolish the area and decontaminate some of the facilities and houses around to assess the level of exposure to the houses and children around and

see if corrective things can be done because the exposure has been there for a long time," he said.

Violations

The syndicate which operates from homes and other makeshift factories are deeply involved in the manufacturing of these toxic chemicals without any safety precaution or official approval from the Food and Drugs Authority (FDA) and the GSA.

However, some of their products bear the GSA and FDA conformity mark without authorisation.

Beyond operating without the right certification, including business registration and certificates and operating permits, the operations are also situated in the heart of densely populated residential areas, in violation of the Environmental Assessment (EA) Regulations (LI 1652).

In the Sunday swift operation that involved the police, a

• Continue on page 25

Security operative stabbed to death

• Over funeral donation

By Emelia Ennin Abbey

A NATIONAL security operative was stabbed to death at Awoshie, Accra, on Wednesday, for failing to donate towards the funeral rites of his assailant's father.

Abdul Mummin, who was stabbed in the neck, was taken to the Ga South Municipal Hospital, popularly called 'Akawe' near Weija for medical attention, but was referred to the Korle-Bu Hospital where he died the same day while receiving treatment.

The angry mob descended on the assailant, Emmanuel Gyeabour, 32, in an

attempt to lynch him but was rescued by the Anyah Police who are keeping him.

Mob attack

When contacted, the Public Relations Officer of the Accra Regional Police Command, Deputy Superintendent of Police (DSP) Mrs Effia Tenge, confirmed the incident and said the body of the deceased was at the Korle But Teaching Hospital mortuary.

She said the police received information at about 3:30 p.m on January 22, 2020 about a mob attack on Gyeabour who had allegedly stabbed a national security operative at

Awoshie.

A team of police personnel, she said, were dispatched to the scene.

She said but for their timely intervention, Gyeabour would have been lynched by the mob made up of young men from the area who heard about the stabbing and wanted to revenge.

Eye witness

An eye witness, who gave his name only as Michael, said he was with Mummin at a spot in the community where men in the area usually played draught when Gyeabour arrived with some pieces of dried fish and offered Mummin some.

Mummin, the witness said, rejected the offer with the explanation that he would have preferred meat.

Gyeabour is said to have responded that Mummin refused to support the funeral arrangement of his (Gyeabour's) father even though he had given him an invitation card.

Mummin then asked a young man standing by to fetch his wallet from his car parked close by but before the young man could return with the wallet, Gyeabour, who was armed with a knife, was said to have stabbed Mummin at the back of his neck.

Mummin's wife, Ayisha Shiabu Basseh, said her husband popularly referred to as 'Sly' worked at the Blue Gate as a national security operative and a polling executive for the New Patriotic Party in the community.

She said her husband, who was very friendly, was also always available to help the Awoshie community and made friends with many of the youth in the area, including the suspect.

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From Me To You

Mrs Gloria Appiah, Adjakaa-Manso -

January 11, 2020 was your wedding day. We thank God for the beginning of your new glorious life. May the rest of your days be full of love and happiness as you enjoy the blessings of marriage - *Hilda Adu Dwamena*

Pastor and Mrs Emml Mawuli Agbobli -

Happy birthday to you two. May God richly bless you two to do His will - *Agbobli Asiedu families*

Funeral announcements

Micheal Lomotey

Burial of Micheal Lomotey, 71, a former employee of the erstwhile Post and Telecommunications Corporation takes place at the Osu Cemetery on Saturday, January 25, 2020. Funeral rites will be held at the compound of the Anglican Church at Bubuashie, near the Cocoa Clinic.

Rejoice Worlasi Gozah-Agbakpe

Burial of Rejoice Worlasi Gozah-Agbakpe, 75, takes place at the Global Evangelical Church Cemetery, Agorve, after burial service at the Global Evangelical Church, Anloga, on Saturday, February 1, 2020 at 9 a.m. Thanksgiving service will be held at the same church on Sunday, February 2, 2020. She was the mother of Evelyn, Rita, Edwin, Felix Mark and Godwin Nutekpor.

Charlotte Sarah Akyeampong

The death is reported of Charlotte Sarah Akyeampong, 73, a former tutor of Wesley Girls High School, Achimota School and Presbyterian Boys SHS, Legon.

She was the wife of the late Professor Daniel Afedzi Akyeampong and mother of Angelo and Adrian Akyeampong and Mrs Adeline Mensah

Funeral arrangements will be announced later.

Gladys Selawoka

Burial of Gladys Selawoka takes place at Abor after valedictory service at the Church of Pentecost, Ashaiman Official Town District, Dormeabra Assembly on Saturday, January 25, 2020 at 8.00 am.

Filing past precedes from 6am. Final funeral rites follow on Sunday, January 26, 2020 at The Celestial School Complex after Memorial and Thanksgiving Service at the Church of Pentecost, Ashaiman Official Town District, Dormeabra Assembly at 8:30am.

Yacoba Elizabeth Thompson

The burial service for Yacoba Elizabeth Thompson, 90, takes place at the Calvary Methodist Church, Adabraka, today at 9 am. The body will be laid in state at the same venue from 7 am to 8:30 am before the burial service.

Thanksgiving Service will be held at the same venue on Sunday, January 26, 2020 at 9 am.

She was the mother of Mrs Janet Amegatcher, Marian Thompson, John Thompson, Margaret Cain and Joseph Thompson.



Thoughts of a Native Daughter



Ajoa Yeboah-Afari

A regrettable, baffling 'GNAT versus GNAT' quarrel!

THE intriguing headline of a full page advert earlier this week, in the Tuesday, January 21 issue of the *Ghanaian Times*, attracted my attention immediately.

It stated: "FROM THE GHANA NATIONAL ASSOCIATION OF TEACHERS

"TO MR MICHAEL NSOWAH, CHAIRMAN, GHANA EDUCATION SERVICE (GES) COUNCIL

"ON HIS OUTBURSTS OVER THE DECEMBER 5, 2019 STRIKE ACTION"

The last line of the headline made it clear that the statement below was not a love letter to Mr Nsowah.

If anything, it could be viewed as an outright declaration of hostility towards Mr Nsowah!

The surprise was that Mr Nsowah's name has long been associated with education and the teaching profession. So what had he done to incur the unmistakable wrath of his own professional body?

For an explanation, the following are the first two paragraphs of the advert or statement:

"The Ghana National Association of Teachers (GNAT) wishes to react to a statement purported to have been made by no less a person than Mr Michael Nsowah, the Chairman of the Ghana Education Service (GES) Council, in a radio interview on the recent strike action by the three pre-tertiary teacher unions.

"Mr Nsowah is said to have said that Ghanaian Teachers are "people that the government is having pity on", in an interview on the Adom FM, based in Accra."

* * *
Other excerpts from the GNAT statement:

"We find this statement from Mr Nsowah very repugnant, caustic and in effect insulting and therefore unacceptable. We want to remind him that since the dawn of education ... Teachers, of whom Mr Nsowah is one, have never held themselves in opprobrium, ridicule and scorn.

"Teachers are not, and can never be people any government, including those of the past, and those to come should have pity on.

"It is an infra dig for any persons who should, and indeed know better to throw insults at them when they are asking for their legal rights and entitlements ... the (so-called) legacy arrears due them as far back as 2012 - 2016.

"As an Education Unionist himself - having at one time been the Ashanti Regional Chairman of GNAT, Mr Nsowah should have been decorous with his vituperations and diatribes on his colleagues Why (should Teachers) be pitied for asking for what is legitimately

theirs?

"We think Mr Nsowah should have been discreet, rather than falling into tantrums and pouring scorn on Teachers. We want to stress and emphasize to Mr Nsowah and all who think like him, that Teachers are not mendicants, and would never be.

"Mr Nsowah in his comfort zone, can epitomize the geographical maxim that 'the higher you go, the cooler the temperature becomes', but our Teachers are not there yet.

"Same goes to that loquacious white-bearded former Chief Executive of that Centre of Educational Excellence in Accra who (at) one time described Teachers as lazy ... He should not run amok anytime he throws his lenses on Teachers, forgetting that he (too) is a Teacher.

"We hereby join the Central Regional Chairman of GNAT and put it to good old Mike, with emphasis, that 'Ghanaian Teachers are not poor beggars ...'

"Thank you."

The statement concludes: "ISSUED BY THE GHANA NATIONAL ASSOCIATION OF TEACHERS, ACCRA".

* * *
 After reading the advert, one inescapable conclusion was that the writer, or writers, wanted to demonstrate that they have a good command of the English language!

And I wondered why the statement couldn't be delivered to Mr Nsowah, as he is described as "a colleague", why this complaint had to be published in a national daily.

Furthermore, despite reading it a number of times, I still had no idea what else Mr Nsowah allegedly said that resulted in the description "outbursts". How can one "unacceptable" comment be termed in the plural, as "outbursts" or "vituperations and diatribes"?

Critically, in what context did Mr Nsowah allegedly make the remark? Also, as Adom FM is an Akan station, was the interview in English or Akan - and then translated or interpreted?

I agree that being described as "pitiful" or "to be pitied" could have a very negative connotation. However, unless the context says otherwise, I believe that it could also mean 'sympathy for'.

If Mr Nsowah indeed made the comment, could it be that he actually meant that the Government *sympathises*

with the situation of the affected teachers? Was it a case of a good intention but wrong choice of word(s)?

Very strangely, the GNAT statement has no signature or name! A signature, a name, surely adds more credibility to such statements.

Another defect is the omission of the name of the person referred to as

"that loquacious white-bearded former Chief Executive of that Centre of Educational Excellence in Accra who one time described Teachers as lazy".

Does that CEO not have a name? If GNAT has been bold enough to name and shame Mr Nsowah, why not identify a person who is also accused of denigrating GNAT? Is it because Mr Nsowah is seen as a softer target? In fact, Mr Nsowah's name is cited at least **10 times**

in the advert!

Besides, why the unexplained reference to the Central Region Chairman of GNAT? Baffling!

Moreover, if GNAT is so furious with Mr Nsowah, why in the same breath, is he being called "good old Mike"? Confusing!

If the man is "good old Mike" to GNAT, a friendly appellation, why this full page castigation?

I'm also curious to know whether a copy of the statement was sent to the radio station for the benefit of those who heard the Nsowah interview.

But it seems to me that given the cause of GNAT'S anger, the "unacceptable" language, GNAT's own language in the statement is extremely regrettable.

After all, Mr Nsowah is a fellow "Education Unionist" and someone who once held a GNAT senior position. Equally significantly, he is still in Education and in a high position, therefore somebody that GNAT probably has to work with.

So why this highly indecorous attack, based merely on a remark Mr Nsowah is "purported to have made", something he is "said to have said"?

Or is an old grudge at the root of it? Furthermore, will Mr Nsowah, too, not benefit from the "legacy arrears" when paid?

So many unanswered questions!

Unfortunately, I have never met Mr Nsowah so, for now at least, I have no way of satisfying my curiosity about this very baffling 'GNAT versus GNAT' quarrel!

If GNAT is so furious with Mr Nsowah, why in the same breath, is he being called "good old Mike"? Confusing! If the man is "good old Mike" to GNAT, a friendly appellation, why this full page castigation?

CoverStory

Nii Armah Ashietey, an accomplished public figure turns 70

By Kester Aburam Korankye

OUR elders say where you sit when you are old shows where you stood in youth.

Nii Armah Ashietey, who turns 70 on Tuesday, January 28, has served this country in many capacities and continues to be a trailblazer who inspires many. As a unionist, legislator, minister of state, local government leader, businessman and employer there is without doubt that Hon. as he is affectionately called, is an icon of union, employer and the government.

In all of these sectors, Nii Armah Ashietey has maintained a high level of integrity and have long endeared himself to those who got into contact with him as an incorruptible individual.

Presbyterian upbringing and finding a carrier path

Nii Armah Ashietey's early school days began at the Otu Salem School where he was taken through the rigorous provincial Presbyterian Training to instill in him discipline and Christian values. That training was the hallmark that formed his character and personality and shaped his conduct, attitude, behaviour and candour throughout life from Middle School through Secondary School to the University and thereafter.

After Secondary School, Nii Armah Ashietey attended the Kwame Nkrumah University of Science and Technology (KNUST) and completed in 1975. He immediately proceeded to work with the Ghana Merchant Navy Officers Association (GMNOA) in Tema as the General Secretary for 17 years.

During his time at GMNOA, he took advantage of the association's affiliation with the International Transport Workers Federation (ITF) of London and together with his membership of the (ITF) committees, namely the Fair Practices Committee, the Maritime Policy Committee and the ILO/IMO joint committees on Maritime Training, advertised Ghana to the world as an emerging maritime country with a pool of competent, qualified, hardworking, friendly and English speaking seafarers. Nii's representation on these committees was for both Ghana and Africa.

As the General Secretary of GMNOA, Nii Armah Ashietey persuaded the Ethiopian Shipping Lines to bring their cadets and upgraders to Ghana for training under the south-south cooperation.

It was through that strategic intervention that many Ethiopian cadets and upgraders were subsequently trained at the Regional Maritime University at Nungua in the Greater Accra Region.

This constituted a huge source of foreign exchange to the university.

Hon. was also instrumental in getting the government of Ghana to adopt the UNCTAD Lines code of 40-40-20 which was the formula for the sharing of Cargo among national flag ships and cross traders.

With the support of the late

Blow Tawiah, a member of the erstwhile PND.C, he fought against certain powerful forces who were against the adoption of the code. Today, it can be said that Ghana has benefited from the adoption of the code.

Fortunately, it was the levy from Shipments that accrued to the Ghana Shippers Authority and the Ghana Maritime Authority that contributed to the success of the two organisations.

Nii Armah Ashietey was also instrumental in the transformation of the Ghana Shippers Council into the Ghana Maritime Authority (GMA).

Nii's tenure as the General Secretary of (GMNOA) was most successful with many who worked close to him attesting to the fact that it was one of the finest in the history of the Association.

However, in 1980 one unfortunate incident challenged his resolve as a leader.

As the general secretary when the members of the association embarked on an industrial action to demand for adjustment in their conditions of service and they were all sacked and replaced with foreigners (Filipinos), Nii did not abandon them but eventually worked for the Ghanaians to be brought back but at a high cost.

Nii also played an important role in the affairs of the Ghana Nautical College now the Regional Maritime University leading to the reorganisation of the college and eventual transformation into a Regional University.

Unionist leader and diving into private business

During the same period, all the Transport Unions in Ghana including the CPRTU, Maritime and Dockworkers Union (MDU) National



• Nii with former President Rawlings during his time as the MCE of Tema

Nii Armah Ashietey could gladly look back with nostalgia at the tenure he served as Unionist, Legislator, Minister of State, businessman and employer with great joy as he turns 70.

President of the West African Transport Workers Federation (WATWF).

Nii Armah Ashietey later dived deep into private business when he left GMNOA to establish a recruitment agency called Ceceec in 1992.

Ceceec's focus at the time was to champion the recruitments of Ghanaian Seafarers to serve on Foreign Flag ships including the Islamic Republic of Iran Shipping Lines (IRIS) and Voltaire Shipping Line both of Iran, the Ethiopian Shipping Lines of Ethiopia, Pacific International Shipping Lines of Singapore and Danaos Shipping of Greece.

With Ceceec's understanding of the industry, the Ghana Seafarers proved very competitive and worked so creditably that Ghanaian Seafarers are now in high demand on the International Maritime Labour Market.

It was for the role Nii Armah Ashietey played in opening the gate for the employment of Ghanaian Seafarers on foreign vessels that the Manning Agents Association of Ghana (MAAG) elected him as the 15th President of the (MAAG) in 2002.

He also served as a board member of the famous Black Star Line in Tema. It is instructive to note that the demise of the black star line

was the result of the dismantling of the UNCTAD Lines Code of 40-40-20 by the Developed Countries which saw the code as protectionist and against free trade in 1987.

The African Shipping Lines obviously could not compete with those of the Developed Countries. The Ethiopian government however resisted the scapping of the code and upheld the position that their ships must carry their own cargoes. No doubt Ethiopian Shipping Lines have survived and thrived.

Venturing into Law and Fx Business

It was while working with the GMNOA that Nii Armah Ashietey seized the opportunity to attend the Ghana School of Law where he passed out in 1986 with a Bachelor of Law degree. He combined the Law practice for some time whilst still working with the (GMNOA) until 1992.

When Forex Bureaux were introduced in Ghana, Nii Armah Ashietey was among the few who ventured into the business in 1989 and established the Ashton Forex Bureau to buy and sell foreign currencies. He was elected the first President of the Ghana Forex Bureau Association but his tenure however ended abruptly in 1993 following his appointment as the Tema Municipal Chief Executive in 1993 and marked the beginning of his political career.

Nii is now the Managing Director of Ashton Forex Bureau Ltd and Ashton Travels and Tours Ltd.

and indeed the shipping lines in Africa was the result of the dismantling of the UNCTAD Lines Code of 40-40-20 by the Developed Countries which saw the code as protectionist and against free trade in 1987.

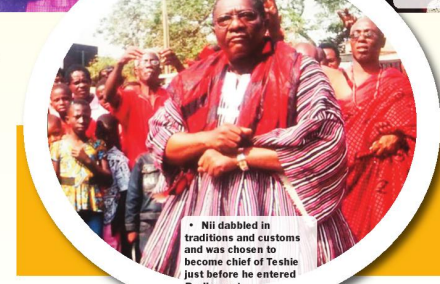
The African Shipping Lines obviously could not compete with those of the Developed Countries. The Ethiopian government however resisted the scapping of the code and upheld the position that their ships must carry their own cargoes. No doubt Ethiopian Shipping Lines have survived and thrived.

Legend has it that he took on sanitation with both hands and made a great impact.

In Tema, Nii also pushed for the establishment of the Tema International Trade Centre



• Nii welcoming the Duke of Edinburgh, Prince Philip and former First Lady Nana Konadu Agyemang Rawlings to Tema when Queen Elizabeth visited Ghana



• Nii dabbling in traditions and customs and was chosen to become chief of Teshie just before he entered Parliament

(TTC/TEXPO) and insisted that the project should not be reduced to a food market after he left office in 2001.

It did not come to many as a surprise when in 2001, Nii was among the 17 former Chief Executives who were cleared of any malpractices.

Just before he entered party politics to run for parliament, he was nominated in 2006 by the king makers of Teshie and was later seized for confinement to go through the preliminary rituals to become the Chief of Teshie in the Ledzokuku Municipality. However, Nii managed to escape from confinement to truncate the rituals.

In 2008, Nii Armah Ashietey successfully ran for the Member of Parliament (MP) for the Klotey Kote Constituency; the King makers agreed to release him to pursue his political career and serve the nation.

Having won the election to become the MP for the Klotey Kote Constituency, he was appointed Minister for the Greater Accra Region until March 2012. He was later appointed the Minister for Employment and Labour Relations in 2013 to 2014.

Presently a Member of the Ghana Bar Association and a Member of the Ghana Chamber of Shipping, Nii Armah Ashietey could gladly look back with nostalgia at the tenure he served as

Unionist, Legislator, Minister of State, businessman and employer with great joy as he turns 70.



• Nii turns 70 on Tuesday, January 28

• One accessory you are likely to see him wear is hats; he loves them and has them in different designs and colours

• Nii Armah Ashietey after he was appointed Greater Accra Regional Minister

• Nii Armah Ashietey

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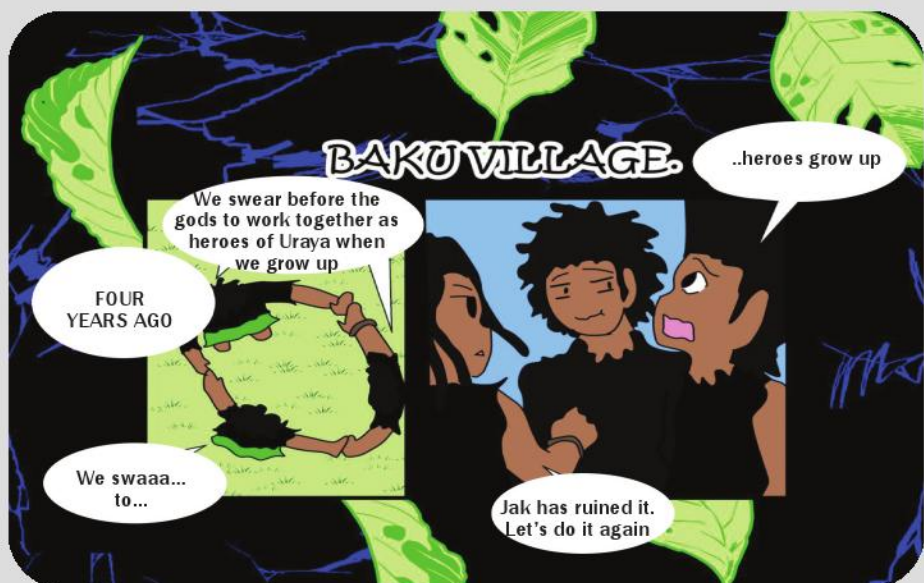
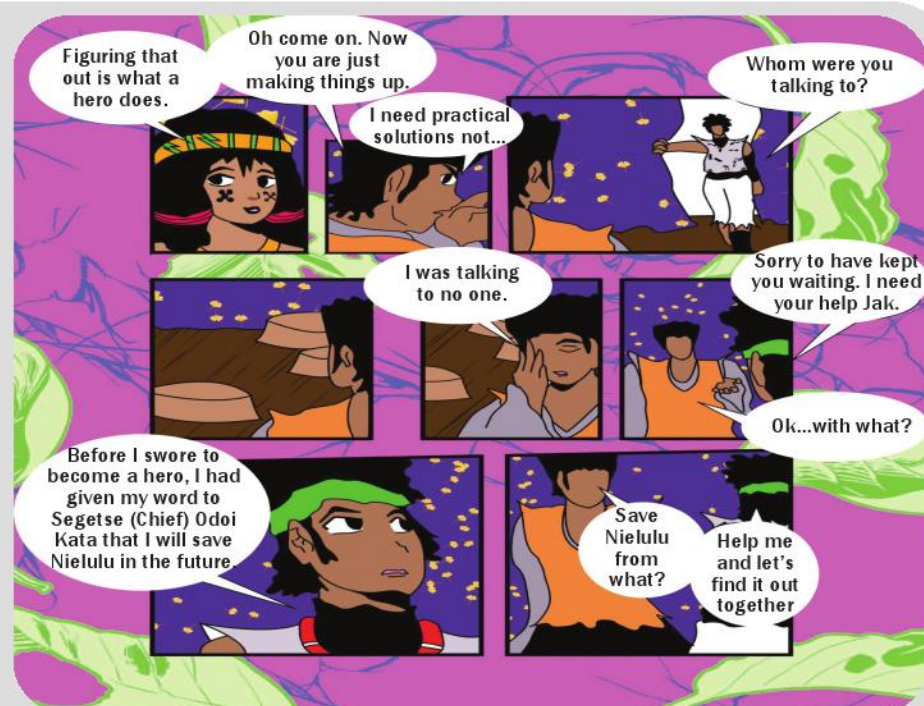
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TO BE A HERO



Writer: Paa Kwesi Banafo (Njanjan) Email: pkbanafo@gmail.com Artist: Ifeanyi Anthony Oduenyi (Yamamzae)

To be continued



Presidential visit

• President Akufo-Addo (middle) with winners of the Junior Graphic National Essay Competition on Sustainable Development Goals (SDGs) when they (winners) visited the Jubilee House in Accra last week.

New Year resolution for teenagers

A NEW year gives you the opportunity to set new goals and work towards achieving them.

Here are some tips to guide you:

Learn something new

Trying something new is one of the best ways to develop ourselves. Learning a new skill can stretch you, help you meet new people, and give you new confidence.

You could learn how to play a new sport, knit, cook, play a new musical instrument, take beautiful photographs, play chess, or join a new group.

The possibilities are endless! Resolve to

just try one new thing this year.

Be a role model

There are few goals as noble as trying to be a good role model to those around you.

The key here is to make smart decisions in front of other people. Say no to drugs and alcohol.

Stand up to a bully and invite the new kid to sit with you at lunch.

Read for fun

Reading strengthens your mind, improves your literacy (which significantly improves your chances for a successful adulthood),

and opens your perspective to new ideas.

Unfortunately, school can sometimes ruin the joy of reading, since it's a story you didn't pick and you are being graded.

So, instead, choose five books to read this year that are not school books.

Get moving

This is a popular resolution that many fail to keep, but it is worthy of consideration.

Exercise is one of the very best ways to become healthier.

Get off the couch a little more often to play sports, walk with a friend or the dog,

swim, cycle, skate, or generally move around.

Eat slower

Our culture likes to do everything fast, and that even translates into eating. We buy fast food, and we gobble it down before we even taste it.

Consider a resolution to eat more home-cooked meals, choose healthy snacks, and put your fork down between every bite to slow down.

Those simple steps will easily help you lose weight and be healthier.

middleearthnj.wordpress.com



MENTOR

TAKES YOU HIGHER

WHOWINS

Mentor *Reloaded*



Myka



Dufie



Taabea



Yaw Blvck



Kobi Kobbs



Sam Bryt



Jedy



Eli



Aemma



Optional King



Kweku Darlington



Bennada



Chichiz



Missy



Frema Baby



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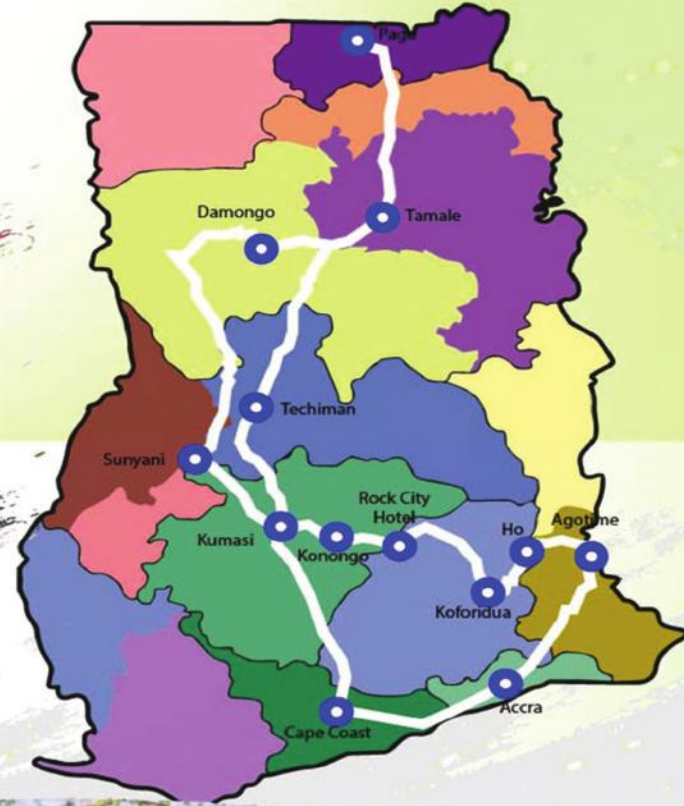


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TERMS AND CONDITIONS APPLY

Electoral commissions of Africa

• Composition and functions

THE United Kingdom of Great Britain and Northern Ireland and the United States of America are countries with the longest experience of democratic practice.

The UK is regarded as the mother of democracy and the US is the country where democratic practice has been perfected.

In both countries, political parties play a pivotal role in the conduct and supervision of general and presidential elections.

In both countries, the political parties are represented on the Electoral Commission and are part of the decision-making process.

In the UK, the EC is an independent body established in 2001 by the House of Commons. Membership of the EC is made up of members nominated by the political parties. Each of the three largest parties nominate commissioners who serve a term of four years.

The smallest political parties also nominate commissioners who serve a two-year term.

Nominations of all the parties are vetted by the Speaker's (House of Representatives) committee appointed by the House, and must receive the assent of the Queen of England.

The Chairman of the UK EC is appointed by the Speaker's committee.

The current Federal Election Commission (FEC) of the US was founded in 1974 under the US Federal Elections Commission Act. Consisting of six members, the FEC is appointed by the President of the United States and approved by the Senate, the upper chamber of Congress.

Of the membership of the FEC, a political party is represented by not more than three members. A member serves a six-year term.

The Chairman of the FEC is appointed on rotatory basis from among the members, and one member is appointed by the FEC to act as Vice Chairman.

In Africa, the principle guiding the composition and functions of the EC are not, in some cases, similar to those of the US and the UK.

That means, some African countries, such as the following, allow political parties be part of membership of the national EC and in its decision making: South Africa, Burkina Faso, Niger, Cote d'Ivoire, Mali, Guinea (Conakry), Guinea Bissau, Togo and Cape Verde.

The following countries in Africa do not involve political

parties in membership and decision making of the EC: Senegal, Ghana, Namibia, Liberia, Sierra Leon, Nigeria and Cameroun.

For some African countries with no political party membership of the EC, the guiding principle appears to be that being interested parties and stakeholders - decision making, conduct and supervision of national elections, must not be their business. In some countries, civil society organisations and identifiable bodies are permitted, by law, to be members of the EC.

For example, in Senegal, the EC is appointed by the President in consultation with the identifiable and professional organisations with approval by the Senate.

In some countries where representatives of political parties are members of the EC, the identifiable, professional and civil society organisations also participate as commissioners.

For example, in Burkina Faso, the EC composition is broadly based. It comprises five

representatives each from the majority and minority parties in Parliament, five representatives of civil society organisations, one representative each from traditional rulers and the Organisation for the Defence of Human Rights and Freedom.

The EC of Niger is also broadly based in composition. The Chairman of the Niger EC must be a magistrate appointed by the government. The first vice Chairman must also be a magistrate appointed by the magistrates and judges of Niger.

The second Vice Chairperson is a representative of the

Association of Women of Niger. Other members include, representatives of political parties participating in national elections, human rights organisations, key government ministries such as Ministry of Finance, Foreign Affairs, Defence, Interior and Justice, women organisations, trade unions and the mass media.

Ghana is among countries where membership of the EC does not include political parties and is

not broadly based. The EC members are appointed by the President in consultation with the Council of State. It consists of a chairperson, two deputies and four members.

Ghana's electoral body, like the EC of other countries, is empowered by the 1992 Constitution "to conduct and supervise all public elections and referenda", among other functions.

One of the important functions of the EC is "to compile the register of voters and revise it at such periods as may be determined by law".

The Constitution provides the guidelines as to how the EC should be composed in terms of membership and how it is to perform its functions.

The Constitution, therefore, gives answers to all questions as to how the EC is to do its work. For example: Should political parties, civil society organisations and identifiable bodies perform the functions of the EC?

According to Article 46 of the Constitution "... in the performance of its functions, the Electoral Commission shall not be subject to the direction or control of any person or authority."

Unlike ECs of some African countries, political parties and civil society organisations in Ghana are not members of the EC. They must not, therefore, involve

• Continued on page 15

A decision taken by the EC is final. No advice, recommendation or pressure from any person or authority can compel the EC to change its decision.

Managing facial paralysis

By Dorothy Ekua Adjabu

PHYSIOTHERAPY management of individuals with this condition may vary from one person to the next as its severity also varies.

For many individuals the symptoms may take a couple of days to peak and sometimes may take a long time to resolve.

Seeking early treatment always helps to improve the condition. The physiotherapist develops individual protocols according to the findings of the examinations.

The aims of therapy include:

- Improving the facial symmetry (to ensure that half of the face is not pulled away towards the other side)
- Minimising involuntary movements of the affected side of the face
- Improving the muscle strength of the affected side of the face
- Preventing tightness in the unaffected side of the face
- Minimising swelling on the affected side of the face and
- Improving the facial expressions

In some individuals with facial paralysis/ Bell's palsy, the facial muscles may begin to make involuntary movements

and hence facial movements ought to be re-organised through various forms of exercises to minimise or prevent its occurrence.

This is done by retraining the muscles on the affected side to move appropriately.

Education

This is a vital aspect of treatment. It is necessary for you to know and understand the role that your facial muscles play, and how it works correctly.

You need to learn about the unique features of your face, how it needs to move in the right way, how it should look at rest or when you do not have any expression on your face and how it should function.

Eye care

In the initial stages of the condition, you may realise that it's difficult to fully close your eyes. As you perform your daily activities, you need to protect your eye from dust and other small particles from

entering and irritating your eye, hence you can wear glasses as you step out of the house.

Some individuals may also be unable to fully close the eyes when asleep and may require the use of an eye patch to also protect the eye when sleeping.

Facial exercises

Targeted exercises are used to improve the ability to move the facial muscles voluntarily so that over a period of time the individual is able to have natural facial movements and expressions.

These exercises also increase muscle strength and coordination of the facial muscles. All facial exercises are individualised to suit you so that the areas of concern are addressed accordingly.

The exercises form an integral part of the daily routine of the individual and can be performed with or without supervision. You will realise that performing these exercises early play a crucial role in the outcome of the

Seeking early treatment always helps to improve the condition. The physiotherapist develops individual protocols according to the findings of the examinations.

condition.

For individuals who develop inappropriate movements in the face, the primary facial muscles need to be retrained to move properly.

In the initial phase of performing the movements, the aim is to regain the ability to correctly move whilst focusing on an action and over a period of time the movements become natural and effortless.

It is crucial to note that the exercises should be performed appropriately to prevent creating further problems.

For example if you strengthen the unaffected side of the face, it will only increase the facial asymmetry and make the condition worse.

It's essential to perform these exercises in front of a mirror to get the necessary feedback and ensure that you are obtaining the correct movements.

Using a mirror also helps you to know if your condition is improving or not and identify any changes (good or bad) early.

Some of the exercises include jaw and mouth movements, lip closure, smiling, frowning, facial expressions, and forehead wrinkling.

The writer is a Senior Physiotherapist at the 37 Military Hospital, panierus@live.com

Are you having enough physical exercise? (2)

By Dr W. B. Owusu

NATURALLY, when one is hungry and/or is not sure about the next meal the body will usually tend to adapt to decrease its activity (an aspect of "economics in biology" too) and one may thus feel dull and appear temporarily disinterested in what happens around him/her (this can lead to reduced anger thresholds; a kind of "a hungry person is an angry one" situation).

There is a significant traditional, and of course a considerable statistical, correlation between one's socio-economic status (SES) and the level of physical activity, with those in the top SES bracket tending to be less physically active than those in the lower SES category.

Education, however, can moderate, or even modify, this association, because a well-to-do individual who may have all the energy-saving gadgets at home and in the office, but appreciates the value of physical

activity to his/her happiness and wellbeing is more likely to exercise voluntarily.

Assessing energy use

How do we assess energy expenditure? A way of comparing how much energy one spends is the Metabolic Equivalent (MET), a Harvard concept.

MET for any activity gives us an idea about how much more energy one expends per unit time in that activity compared to when sitting



• Any change in exercise patterns should be gradual and reasonable

quietly. For example, ironing a shirt, singing a Basel hymn (which I particularly enjoy doing sometimes!), tailoring or sewing, typewriting, have a MET of about 2.0 each (i.e. these activities entail about twice the energy used for sitting quietly). Eating gently (no offence intended!), writing, reading, or thinking "seriously" or "cracking your brain" as some students believe, practically do not require expending

much more than sitting quietly. Playing table tennis has MET of about 4, dancing to highlife music, 4; "adowa" or "agbaja", 5; break-dancing, 6-7; bicycling, 6; and walking leisurely, 5.

Advisory notes

Based on this review, the following are suggested:

- It is good to engage in some form of physical activity to keep our bodies in good shape and health (appropriate exercises can improve the condition of diabetic and other patients, for example);
 - Daily exercise before showering and leaving for work is not bad at all; this especially for those in the sedentary category. Otherwise, a weekend gentle jog or a formal keep-fit activity is also recommended; and
 - While it is not good to be sedentary, it is also not necessarily beneficial (in fact it could be harmful!) to over-indulge in physical exercise. The underlying principle should therefore be: "each according to his/her ability and needs".
- Please note, dear reader, that any change in exercise patterns (e.g. change in intensity in activity, if and when necessary) should be gradual and reasonable.
- Seek professional guidance, if need be.

(wbowusu2019@gmail.com)

Recipe Corner



Ginger orange juice

Ingredients

- Four small oranges
- Five pieces ginger
- One tablespoon honey
- One teaspoon sugar

Directions

- Cut ginger into a blender and make it a puree.
- Cut oranges into half and remove the seeds.
- Add it to the ginger in the blender and puree it.
- Add 300 ml water to the blender and pulse one last time.
- Strain the juice and add honey and sugar.
- Mix well and keep it in refrigerator for 20 minutes and serve.

www.bbc.com

Health benefits of ginger

GINGER is among the healthiest spices on the planet.

It is loaded with nutrients and bioactive compounds that have powerful benefits for the body and brain.

It's been a traditional remedy in many cultures for thousands of years.

Here are some benefits of adding ginger to your meal:

Reducing gas and improving digestion

Several studies have investigated ginger's effects on the gases that form in the intestinal tract during digestion.

Research indicates that enzymes in ginger can help the body break up and expel this gas, providing relief from any discomfort.

Relieving nausea

Research indicates that ginger can help alleviate morning sickness and relieve nausea following cancer treatment.

Lowering cancer risk

Ginger does not provide protein or other nutrients, but it is an excellent source of antioxidants.

Studies have shown that for this reason, ginger can reduce various types of oxidative stress.

Oxidative stress happens when too many free radicals build up in the body.

Free

radicals are toxic substances produced by metabolism and other factors.

Reducing muscle pain

Ginger appears to be effective at reducing the day-to-day progression of muscle pain, and may reduce exercise-induced muscle soreness.

Heart health

This area of research is relatively new, but ginger may have powerful anti-diabetic properties.

Ginger has been shown to lower blood sugar levels and improve various heart disease risk factors in patients with type 2 diabetes.

www.medicalnewstoday.com

• Ginger





Health

Causes of recurrent headaches – brain tumours

The last cause of recurrent headaches I would talk about are brain tumours.

THE brain is made up of different cells that are wired together or networked together to form connections and pathways for transmission of signals.

It is located within a limited space in the brain vault or skull. The brain is bathed by a fluid called cerebrospinal fluid produced within the brain and has a well-defined channel of drainage.

There exists a balance between production of the cerebrospinal fluid and absorption so the fluid balance within the brain is maintained.

Brain tumours may arise from structures within the brain itself as in neural elements within the brain, or they may represent spread of distant cancers to the brain or a swelling or boil within the brain usually called brain abscess.

Brain tumours arising from brain cells itself account for roughly half of all cases of brain tumours. Tumours can be cancerous or non-cancerous.

Tumours of the brain produce its clinical manifestations through a number of

mechanisms. Small, critically located tumours may damage specific pathways of the brain connections.

The tumours can invade or infiltrate normal brain tissue, disrupting normal function. Because the brain dwells in the limited volume of the skull, growth of tumours within the brain with

accompanying swelling may increase the pressure within the brain.

Tumours adjacent to the drainage pathway of the cerebrospinal fluid may impede the flow of cerebrospinal fluid, leading to excess fluid accumulation in the brain called obstructive hydrocephalus.

In addition, tumours generate new blood vessels disrupting the normal blood-brain barrier and promoting excess fluid or brain swelling.

An abscess or a boil can

happen in the brain if an infectious agent spreads into the brain from the blood or deposited into the brain from a penetrating injury or more commonly spread from the sinuses to the brain.

Complaints about brain tumours may be the same whether it is coming from a tumour arising from the brain itself, an abscess or a tumour that has spread to the brain from another part of the body.

The onset of symptoms usually is gradual, but an acute episode may occur when there is bleeding into the tumour, or

when a tumour suddenly occludes the drainage pathway for the cerebrospinal fluid.

Manifestations may be nonspecific and include the following:

- Headache
- Altered mental status
- Funny walking or wobbling
- Nausea
- Vomiting
- Weakness
- Gait disturbance
- Focal seizures
- Fixed visual change
- Speech deficits
- Focal sensory abnormalities

Headache associated with brain tumours often is a late complaint and usually the chief concern of most patients.

It is often nonspecific and the location of the headache reliably points to the affected side of the head. It is often

accompanied by nausea and vomiting.

No physical finding or pattern of findings unmistakably identifies a patient with brain tumour. Based on their location, findings may include double vision, impaired ability to look upward, impairment of smell and gait abnormalities.

When brain tumour is suspected imaging of the brain either a CT scan or MRI is recommended. Based on specific

characteristics observed, the tumour may be described even though in some instances a piece of the tumour would have to be sent to the pathologist for exact diagnosis and treatment advice.

Sometimes, other supporting laboratory investigations such as kidney function may be indicated to characterise the pressure effect of the brain.

Other parts of the body may need to be imaged if the tumour is suspected to have spread from other parts of the body.

Management of brain tumours may require urgent decompression if the mass effect of the tumour is critical. It may be an urgent surgical procedure or the use of medications usually steroids to reduce the pressure.

Generally, care of patients with a brain tumour is multidisciplinary, requiring

assistance from a neurosurgeon, an oncologist (cancer specialist), a radiologist, and an expert in radiation therapy.

Abscesses may require antibiotic administration and evacuation of the pus from the brain.

astom2@yahoo.com

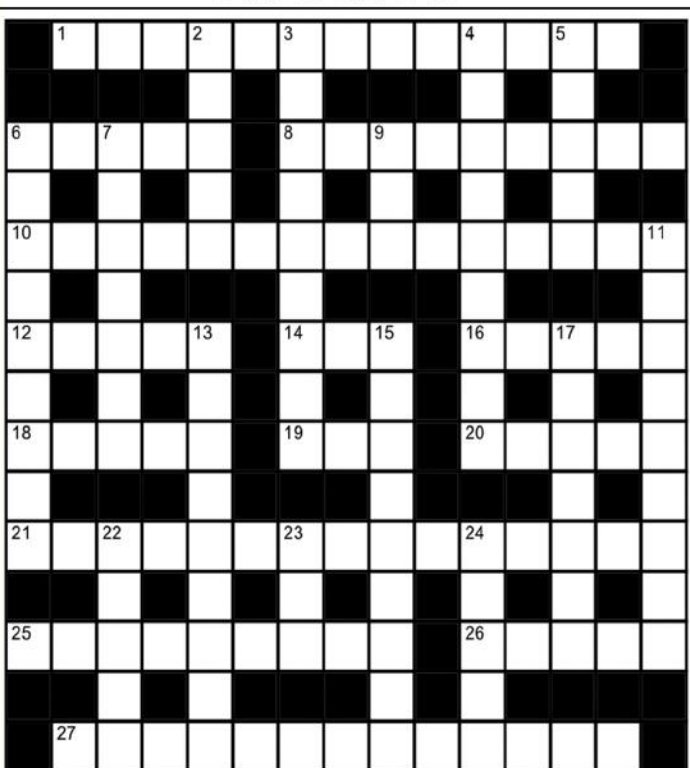
A member of Paediatric Society of Ghana

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ELITE WORD PUZZLE By Ekow Michaels

Puzzle No. 948



Across

1 Owner of Exton Cubic (13)
6 Boiled or baked buckwheat (5)
8 Log (full form of) (9)
10 Fourth Thursday in November in the United States (12,3)
12 Tag (5)
14 Female of domestic cattle (3)
16 Saint Nicholas (5)
18 Someone who is seemingly indifferent to emotions (5)
19 Wreath (3)
20 Type of fastening (5)
21 Very occasionally (4,2,1,4,4)
25 Student not on scholarship (3-6)
26 A narrow cavity connecting the nose to the skull (5)
27 May he Rest In Peace; Okumkom Nana __ (6,7)

Down

2 By surprise (5)
3 Unconnected (adjective) (9)
4 Guided by practical experience rather than 5 Hushed (5)
6 Sprite Ball: School banned indefinitely and striped of title (9)
7 A person who is deemed to be despicable or contemptible (2-3-2)
9 Government (3)
11 A young child (9)
13 Tortilla with meat filling baked in tomato sauce seasoned with chilli (9)
15 Merry-go-round (9)
17 Neonate (7)
22 Tick (5)
23 Cassius Marcellus Clay (3)
24 Happen afterwards as a consequence (5)

Solution to No. 947



Why we need a Ministry for Accidents



Ghana lost 2341 lives in road accidents in 2018 while the nation spends up to \$230 million every year treating injuries and traffic fatalities.

SOMALIA is one of Africa's worst bad news countries. It has been in the news for the wrong reasons since it hit the crisis road more 30 years ago.

It is frequently hit by terrorist attacks mounted by the Al Shabab group killing hundreds of people every year and is often in the top 10 on the list of most dangerous countries in the world.

Ghana, on the other hand is perhaps one of the most peaceful countries on the continent – if your measure of peacefulness is the absence of violent conflict.

This contrast in the fortunes of the two countries provides a stark background to consider the next sentence - More people died in road accidents in Ghana than people killed in terrorist attacks in Somalia in 2018.

In 2018, 2,341 people were killed in road accidents of whom 795 were pedestrians. This means that on the average more than six people died every day in road accidents in our country.

Ghana, our beloved country, bathing in the applause generated by the Year of Return is theoretically more dangerous than the East African nation where fewer people died in bomb and other explosions.

How can a country be so hospitable and yet allow such carnage on its roads?

The sad fact is that unlike Somalia where terrorist casualties are declining, the number of deaths in road accidents in Ghana is on the rise.

The number of road accidents recorded in 2008 showed a 12.76% jump over the figure for 2017.

In a final comparison with Somalia, we have to assert that while terrorist incidents are almost unpredictable, in Ghana most road accidents are both predictable and preventable.

Indeed, by their very nature, the causes of road accidents could lead to prosecution because they are caused by preventable negligence of duty by drivers and regulators such as the police, the National Road Safety Commission and others.

All road safety indicators point to human error as the greatest cause of road accidents in Ghana.

The big question that goes unanswered is **WHAT ARE WE DOING ABOUT IT?** Sadly, **whatever** we are doing is not

enough, and the evidence, which is implied in the statistics shows that we are not doing enough.

Imagine what would happen if six people died of say, cholera every day for one whole year. Surely, we would see a lot of action including orders and commands from the President and a quick response from the entire government machinery.

At the very least a ministerial team would be set up to deal with the **EPIDEMIC**. So, why is this number of road accident casualties not grabbing attention?

I don't have an answer and I don't think anyone can provide one; but it is strange that not even catastrophic accidents like the recent one which claimed 34 lives on the Cape Coast-Takoradi road spurs any serious action beyond visiting the injured and mouthing some platitudes by government officials.

The time has come for the government to see road accidents as an epidemic and find urgent solution the same way they would

deal with any health and safety emergency.

But the scale of this emergency demands that we all get involved in looking for solutions, and more importantly, applying them.

It must be obvious that if all the institutions implicated in road accidents were working conscientiously, the situation would improve.

Many of the measures that can arrest the accidents emergency are long-term. Such as re-training of drivers, dualisation of major roads and lighting of some parts of our highways. However, we don't need to dither over it because it is long-term. We need to start now.

The Accra to Kumasi and Accra to Takoradi highways should be dualised as soon possible to save lives. The mixture of fast, slow, big, small, and all manner of vehicles in large numbers is a recipe for disaster. As more vehicles are added on the roads each year, the problem gets worse.

The most urgent and necessary task is to ensure that all drivers

drive according to driving rules and road regulations. At the moment, anecdotally, one can say that **MOST** Ghanaians do not or cannot obey basic driving rules.

This is urgently required, and as there are institutions and officials already assigned to this, they should just get on with it. But it isn't that simple otherwise they would do it.

One of the reasons why we don't seem to have a response to the epidemic of road accidents is the problem of coordination. We know where to turn in a health emergency, and when hit with a problem in education we know we have the educational authorities to answer.

Given the number of agencies involved in complete road safety, who do we call to respond to accidents? Of course, the Road Safety Commission but I don't think it has the resources or political clout to deal with the measure of this calamity.

This is why I am proposing the appointment of a minister to be in charge of road safety with a specific remit to cut down the number of accidents on our roads.

A minister reporting to the President will have the authority to correct the weak supervision and institutional confusion that must be contributing to the carnage.

The big question that goes unanswered is WHAT ARE WE DOING ABOUT IT? Sadly, whatever we are doing is not enough, and the evidence, which is implied in the statistics shows that we are not doing enough.

Recommended Book

Ama – A story of the Atlantic Slave Trade

By Manu Herbstein

Publishers - 2005, Picador Africa
2001, E-Reads

novel that uses character, scenery and a mastery of the use of research to tell the story.

Ama has been described as an attempt to recreate the experience of enslavement and resistance, seen from the point of view of one African slave.

The author, Manu Herbstein, holds dual South African and Ghanaian citizenship. In the 1960s he worked as a civil and structural engineer in England, Nigeria, Ghana, India, Ghana again, Zambia and Scotland.

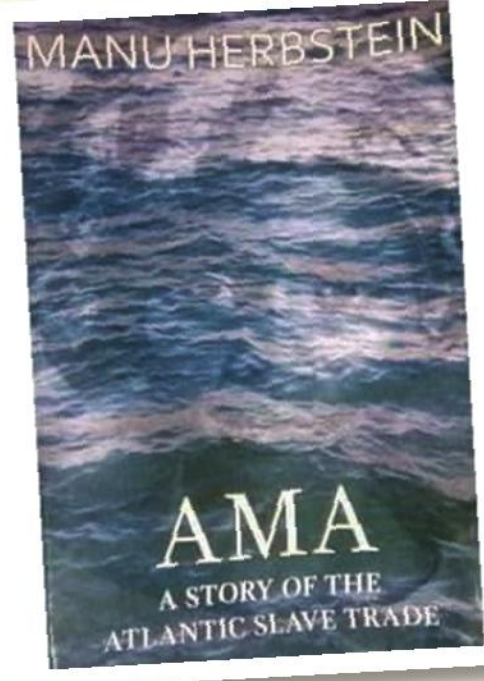
He returned to Ghana in 1970 and has lived there

since. He began writing seriously as he approached retirement.

His first novel, Ama, a Story of the Atlantic Slave Trade, won the 2002 Commonwealth Writers Prize for the Best First Book.

Manu Herbstein will

feature as February's author of the month at the Ghana Association of Writers (GAW) Sunday on February 2, 2020 at PAWA House in Accra where he will be available to answer questions and interact with the audience.



Electoral commissions of Africa

Continued from page 11

themselves in the running of it. A decision taken by the EC is final. No advice, recommendation or pressure from any person or authority can compel the EC to change its decision.

It appears to me that any attempt to put pressure on the EC to alter or abandon a decision taken, is unconstitutional and unlawful.

Should the Ghana Card of the National Identification Authority (NIA) replace the Voter Card? Should the NIA database replace the register of voters? Article 42 of the Constitution provides the answer.

It states: "Every citizen of Ghana of 18 years of age or above and of sound mind has the right to vote and is entitled to be registered as a voter for the purposes of public elections and referenda."

The Constitution prescribes a register of voters comprising names and other particulars of citizens who have registered to vote on election day.

The Cycle

Swanky baseball caps

By Hadiza Nuhhu-Billa Quansah

BASEBALL caps have moved from being part of a sporting outfit to a fashion accessory.

In every home, it is highly possible to find one. It is worn to complement a casual outfit or it is worn during a workout, corporate or society sporting events to keep the sun in check.

History has it that the first baseball hats were made of straw and were first worn by the New York Knickerbockers on April 24, 1849. But within a few years, the team began to wear a cap made of fine memo wool.

That soon became the prototype for one of the most popular

styles of that time and still is today.

Until 1954 baseball players could pick any kind of hat they wanted just to keep the sun out of their eyes. It is said that 1954 saw a new era in baseball hats when New Era designed and popularised a cap called the '59Fifty'.

It became the official cap of Major League Baseball and remains to this day a popular line of baseball hats that anyone can purchase. This sporting classic has had legions of admirers for its practicality and good looks.

If you are into baseball caps, you would observe that there is more than one style you need to know to enable you to pick the right one. There is the Snapback which is a six-panel design, meaning it is made from six fabric panels all stitched together. The front two are usually slightly stiffer, giving the cap a structured look.

At the back, there is a plastic

snap-closure adjustment system which gives this style its name.

Another type is the fitted ones. This type has no means of adjustment, so it must be purchased in the correct size. This type was made popular by the hip-hop rappers who loved to wear them.

One of the most popular caps of recent years is the Dad cap which has a canvas strap and metal securing buckle at the back. However, there is a less common one known as the unstructured baseball cap. There is no stiffness to the body nor peak so it is easy to fold it.

There are also the luxury styles which are made with quality designer fabrics making them very stylish and expensive. You can wear a baseball cap with a smart casual outfit, street-wear, everyday wear and sportswear.

The good thing about baseball caps is that young children, grown men and women wear them as do basketball players and tennis players, umpires and truck drivers, hawkers and servicemen.

Indeed, it seems there are baseball cap styles to suit every person.

The general rule for wearing a baseball cap is to find one with a good fit.

This means it should feel snug on your head to avoid falling off, but never so tight that it gives you a headache or leaves marks and indentations on your forehead.

Remember it is always good to keep your cap neat because it attracts sweat.



Mirror Fashion

The Cycle

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In every home, it is highly possible to find one. It is worn to complement a casual outfit or it is worn during a workout, corporate or society sporting events to keep the sun in check.

History has it that the first baseball hats were made of straw and were first worn by the New York Knickerbockers on April 24, 1849. But within a few years, the team began to wear a cap made of fine memo wool.

That soon became the prototype for one of the most popular

styles of that time and still is today.

Until 1954 baseball players could pick any kind of hat they wanted just to keep the sun out of their eyes. It is said that 1954 saw a new era in baseball hats when New Era designed and popularised a cap called the '59Fifty'.

It became the official cap of Major League Baseball and remains to this day a popular line of baseball hats that anyone can purchase. This sporting classic has had legions of admirers for its practicality and good looks.

If you are into baseball caps, you would observe that there is more than one style you need to know to enable you to pick the right one. There is the Snapback which is a six-panel design, meaning it is made from six fabric panels all stitched together. The front two are usually slightly stiffer, giving the cap a structured look.

At the back, there is a plastic

snap-closure adjustment system which gives this style its name.

Another type is the fitted ones. This type has no means of adjustment, so it must be purchased in the correct size. This type was made popular by the hip-hop rappers who loved to wear them.

One of the most popular caps of recent years is the Dad cap which has a canvas strap and metal securing buckle at the back. However, there is a less common one known as the unstructured baseball cap. There is no stiffness to the body nor peak so it is easy to fold it.

There are also the luxury styles which are made with quality designer fabrics making them very stylish and expensive. You can wear a baseball cap with a smart casual outfit, street-wear, everyday wear and sportswear.

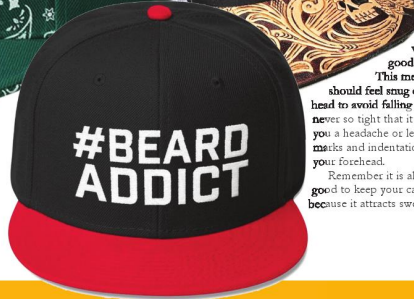
The good thing about baseball caps is that young children, grown men and women wear them as do basketball players and tennis players, umpires and truck drivers, hawkers and servicemen.

Indeed, it seems there are baseball cap styles to suit every person.

The general rule for wearing a baseball cap is to find one with a good fit.

This means it should feel snug on your head to avoid falling off, but never so tight that it gives you a headache or leaves marks and indentations on your forehead.

Remember it is always good to keep your cap neat because it attracts sweat.



Mirror Fashion



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unicef for every child

Call for Expression of Interest

The purpose of the Call for Expression of Interest is to identify eligible Civil Society Organisations for prospective partnership with UNICEF Ghana Office. This call focuses on CSOs that have the capacity to partner with UNICEF to support interventions for improvement in urban **sanitation in communities, schools and health centres in Ho, Tamale, Cape Coast and Komenda Edina Eguafu Abrem (KEEA).**

Eligible Civil Society Organisations (CSOs) are invited to submit proposals for partnership to support achievement of results for children outlined in the 2018-2022 Country Programme (details are provided in the complete EOI).

Organisations that wish to participate in this Call for Expression of Interest are requested to visit United Nations Global Marketplace (UNGM) link <https://www.ungm.org/Public/Notice/103009> for the complete EOI.

Interested organisations are required to send or deliver their submission in a sealed envelope clearly marked "CSO Call for Expression of Interest" at the following address:

United Nations Children's Fund, 4-8th Rangoon Close, Cantonments, P. O. Box AN 5051, Accra North, Ghana

By February 21, 2020

Applications must be submitted in English.

Any requests for additional information should be addressed in writing by **14th February, 2020** at the latest to **Korama Ocran, kocran@unicef.org**.

UNICEF's responses to any queries or clarification requests will be made available to all online at www.unicef.org before the deadline for submission of applications.

Applications will be assessed by an evaluation committee to identify CSOs that have the mandate, capacities and comparative advantage to support achievement of results for children using criteria outlined in the complete EOI. It should be noted however that participation to this Call for Expression of Interest does not guarantee the CSO will be ultimately selected for partnership with UNICEF. Selected NGOs will be invited to review and finalise partnership agreements in accordance with criteria outlined in the complete EOI, and applicable policy and procedures on partnership with CSOs.

Applicant CSOs will be informed of the outcome of their submissions by communication sent out to the email/ postal address that is indicated in the CSO submission.

PS. UNICEF defines Civil Society Organisations (CSOs) as autonomous associations that are independent of the public and for-profit sectors and designed to advance collective interests and ideas. They include international and national non-governmental organisations (NGOs) and community-based organisations (CBOs), foundations, civic movements and advocacy groups, trade unions, faith-based organisations and professional voluntary associations, think tanks and academic and research institutions.



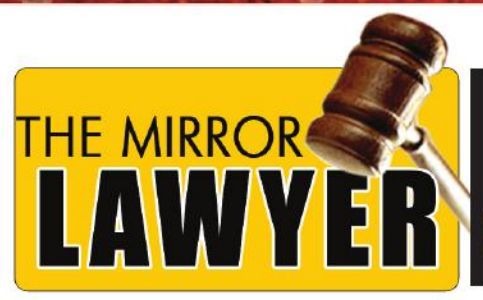
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What is deportation?



DEAR Mirror Lawyer, What is deportation? Is it possible for a Ghanaian to be deported from his own country?
Kabu Adodoadji, Tema.

Dear Kabu, Deportation is the removal of a foreign national to his or her country of citizenship or permanent residency for reasons such as illegal entry, serious criminal behaviour, overstaying the permissible entry visa duration, breach of the conditions of the visa, potential threat to the public welfare or otherwise for other reasons lost their legal status to remain in the country.

In Ghana, the law governing deportation is the Immigration Act, 2000 Act 573. Section 35 provides that a foreign national is liable for deportation if:

(a) A court recommendation for the deportation of the foreign national is effective after conviction for an offence punishable by a term of imprisonment exceeding three months with or without a fine and on an appeal against the conviction, the Appellate Court has upheld the recommendation; or an appeal has not been brought within the time allowed for appeal but the recommendation was made by the High Court or an

inferior court and has been approved by the Chief Justice and a report made in writing to the minister, or

(b) The foreign national has been found by a court to be destitute or without means of support, or to be of unsound mind or mentally handicapped, or is a prohibited immigrant, or is in Ghana without a valid permit, or any of the conditions on which the permit was granted has been broken, or

(c) The presence in Ghana of the foreign national is in the opinion of the minister not conducive to the public good.

An order deporting a person liable for deportation is made by the Minister of Interior by executive instrument, and may be made subject to such conditions imposed by the Minister including deporting the dependents of the person liable to be deported.

Once the deportation order is made, a person to be deported shall leave Ghana in accordance with the requirements of the deportation order and shall so long as the deportation order is in force remain out of Ghana.

In the case of *Balogun v. the Minister of Interior* [1959] GLR 452, four men issued a writ as co-plaintiffs against the Minister of the Interior on March 16, 1959,

claiming declarations that the Deportation Orders made against them were null and void on the ground that each plaintiff respectively was a citizen of Ghana.

The first plaintiff claimed that he was born in Ghana, and that his mother was also born in Ghana.

The second plaintiff claimed that he was born at Ejisu in the Ashanti Region, and that his mother was a native of Kintampo in the Brong Ahafo.

The third plaintiff claimed that he was born in Ghana and that his mother Ayishetu was a native of Gambaga.

The fourth plaintiff claimed that he was born in Ghana and that his father Mallam Imoru was also born in Ghana.

Ollennu J (as he then was) found that it is not denied by the ministry that by virtue of the places where the plaintiffs and their parents and grandparents

were born as proved, the plaintiffs were citizens of the United Kingdom and the Colonies or British protected persons immediately before the commencement of the Ghana Nationality and Citizenship Act, and must by virtue of section 4 sub-section (1) of that Act each be a citizen of Ghana.

There is the further evidence in respect of three of the plaintiffs that at the time of their deportation, they were registered in Ghana as voters entitled to elect members to Municipal

Councils and to Parliament, and that in the case of the first plaintiff, he had stood as a candidate for election to the Accra Municipal Council immediately before his deportation.

On the basis of those findings, Ollennu J held that the

uncontroverted evidence on the record leads to the irresistible conclusion that each of the four plaintiffs is a citizen of Ghana, and that the deportation of each of them is prohibited by section 3 sub-section (1) of the Deportation Act (No. 14 of 1957), which provides,

"No citizen of Ghana shall be liable to deportation under this Act."

He further declared the deportation orders L.N. 333, L.N. 336, L.N. 338 and L.N. 339 made on October 17, 1958 respectively against the four plaintiffs null and void.

The law is clear that it is only a foreign national who is subject to a deportation order. Foreign national is defined in the law to be a person who is not a citizen of Ghana. It follows that a citizen of Ghana cannot be deported from his own country.

A citizen can only be exiled from his own country based on an applicable law. Currently, we do not have any law that permits a Ghanaian citizen to be exiled from the country.

A citizen can, however, opt to go into self-imposed exile.

Foreign national is defined in the law to be a person who is not a citizen of Ghana. It follows that a citizen of Ghana cannot be deported from his own country.

Steps in effective praying



WHEN mobile phones were introduced into the market I purchased one. My staff stored on my new cell phone the contact numbers of all my regional managers.

I was on a trip for a very important meeting in Kumasi, and when I got to the outskirts of Kumasi, I desperately needed to communicate with my manger in Kumasi. But I could not retrieve his phone number stored on my cell phone.

I felt frustrated and disappointed. The success of my trip for that Kumasi business meeting was badly affected. I had the new expensive cell phone alright, but I didn't know how to use it well.

Prayer is a critically important privilege God has given to believers. But many of us don't use that to our utmost benefit. We don't know how to pray effectively. Others don't grow in prayer.

Prayer is an invitation from God to meet with Him. It is the Christian's vital breath. In all of our life's situations, prayer must be our first response rather than our last resort. Indeed, we triumph and experience



It is very important that we pray effectively and grow in prayer.

victory only through the grace of God and earnest praying. And so it is very important that we pray effectively and grow in prayer.

Here are a few steps in effective praying:

First, calm yourself in the presence of God for prayer and begin with worship of God. Refuel your prayer faith-tank by reflecting on the awesomeness, and the supreme greatness of God, the King of kings you have come to.

We have a good example of this in Psalm 91: 1&2. The Psalmist uses four key distinctive names to worship God:

- Most High (Elyon): Superlative God; surpassing all others; supreme; above all other powers and authority. He is the

creator, all others and everything else is creature, created by Him!!

- Almighty (El Shaddai): all powerful; omnipotent; the source and end of all power. He is supreme in power. He is "Tumiwura."

- LORD (Yahweh): this name means "I am the who I am." He is the one who is there for His people.

- God (Elohim): the maker of the universe and the supreme creator of all life.

This name emphasises God's unique power and strength which is evident in creating, from nothing, the heavens, the earth and all that is in them. In all, He is the incomparable God.

Second, enter God's presence with a grateful and thankful heart. The psalmist shows the way, "Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me." Psalm 103:1&2, NLT

Thirdly, settle all your indebtedness to God, early in your communication with Him. We must come to Him with clean hands and clean consciences.

Fourthly, use your everyday daily Bible reading time or "quiet-time" as great opportunity for prayer and growing in prayer. In many cases it is an opportunity to use as prayer a specific Bible text. Pray the scriptures directly.

Also, in your daily Bible reading turn the bible lessons you have gained for that day into prayer. When you use appropriate Bible text of the day's Bible passage to pray it empowers your prayers and it keeps your prayers fresh.

Fifthly, bring your own personal needs and the needs of others to God in daily prayer.

Sixthly, engage in intercessory prayer in your regular prayer times; When you pray alone or in group prayer meeting, avoid "me, myself, and mine" only prayers.

Pray for Kings, leaders, your neighbour and others. Pray for church, community and nation.

Seventh, to be effective in your prayer scope and coverage, it is good to use a weekly prayer outline.

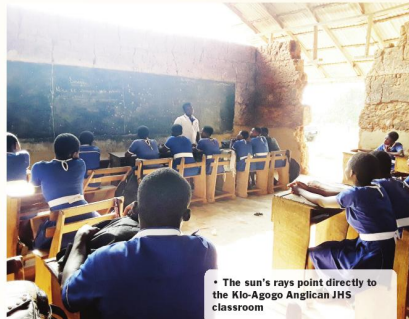
Here is a suggested outline:
Monday: Pray for Churches and



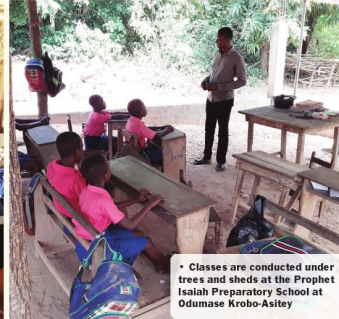
• Pupils of the Prophet Isaiah Preparatory School at Odumase Krobo-Asitsey have no option than to use this risky makeshift bridge



• In some classes more than four children share a desk while others use the bare floor



• The sun's rays point directly to the Kilo-Agogo Anglican JHS classroom



• Classes are conducted under trees and sheds at the Prophet Isaiah Preparatory School at Odumase Krobo-Asitsey

Who goes to their rescue?

• Yilo Krobo schools in ruins

From Charles Andoh, KLO-AGOGO

MANY primary and junior high schools (JHS) in the Yilo Krobo municipality in the Eastern Region are in a dilapidated state.

Most of these schools, both public and private, face serious challenges that expose the lives of pupils and teachers to danger. Already, some of the schools have been declared death traps due to the state of their classrooms, but classes are still being run.

A visit to some of the communities, including Kilo-Agogo, Odotorm, Obawale

and Odumase Krobo-Asitsey, revealed the severity of the situation.

Dire situation

Teachers and students at the Kilo-Agogo Anglican JHS and Agogo Presbyterian schools described the situation as dire.

During a visit to the Kilo-Agogo Anglican JHS, *The Mirror* observed that teaching/learning is conducted in a mud structure for the JHS One, Two and Three students, while in each of the primary

classrooms, one mono desk is shared by six students, compelling them to squeeze themselves during classes. Those who feel uncomfortable about the situation have no option but to sit on the bare floor.

The roofing sheets at the JHS are all worn out and the sun's rays point directly to the classroom whenever the sun is up, with the wood and frames also rotten.

The situation usually disrupts academic activities during school hours.

At the Agogo Presbyterian, Odotorm and Obawale schools, teaching and learning activities are conducted in makeshift structures, even though some of the classrooms appear to be in good shape.

'We need help'

Some of the pupils who spoke to *The Mirror* appealed to the government and corporate organisations to come to their aid since the situation is unbearable.

"We don't have enough desks and textbooks, and that makes teaching and learning very difficult. So we are appealing to the government to come to our aid," Abigail Djaba, a JHS One student, said.

Richard Asare stated that: "The noise from the other classes is enough to distract you from paying attention during class hours. There are times we are chased by snakes that fall from the tree."



• The lack of desks causes some of the students to sit on the bare floor to take notes.

"Anytime it is about to rain, we are forced to go home because the teachers feel the building can easily collapse on us," another said.

The Assistant Headmaster of the Kilo-Agogo Anglican, Mr Daniel Appiah Bentil, said the school had not seen any renovation since it was established 60 years ago.

"Due to the nature of the building at the

JHS, those from the primary section leave for other schools when they reach JHS.

"Some of the townsfolk have turned the classrooms into places of convenience and abuse the rooms because there are no doors. The situation is really affecting us," he emphasised.

At the Odumase Krobo-Asitsey, pupils of the Prophet Isaiah Preparatory School, belonging to the Isaiah Roman Faith Healing Church in the area were also studying under a shed.

Additionally, the pupils have to always cross a dangerous bridge from one section of the road before getting to school and during break time.

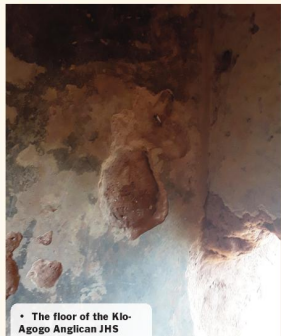
Letters

The Parish Priest of the Kilo-Agogo Anglican Church and the Local Manager for Anglican School at Kilo-Agogo, Rev Fr Ernest Obeng, said he had written a number of letters to the municipal assembly, some corporate organisations and non-governmental organisations (NGOs) for their support, but they were yet to respond.

"On my own, I have started some campaign to raise funds to support the school, but it has not been easy. I have been chasing and begging people to come in and help the school, because it is really suffering," he stressed.

Only 20 per cent of schools in good shape

The Municipal Chief Executive (MCE) of the Yilo Krobo Assembly (YKMA), Mr Ebenezer Tetteh Kipualor, confirmed that



• The floor of the Kilo-Agogo Anglican JHS

strongly advocated a division, said he was presiding over 283 communities and that was putting a strain on the budget of the assembly.

"I will tackle the most pressing ones, including the Kilo-Agogo Anglican JHS when the funds are available.

"Other equally important communities need projects. There are some who have no social amenities at all, and those are the ones I am looking at immediately," he stressed.

Scan to watch the condition of the school



• The Kilo-Agogo Anglican JHS has not seen any significant renovations since it was established 60 years ago



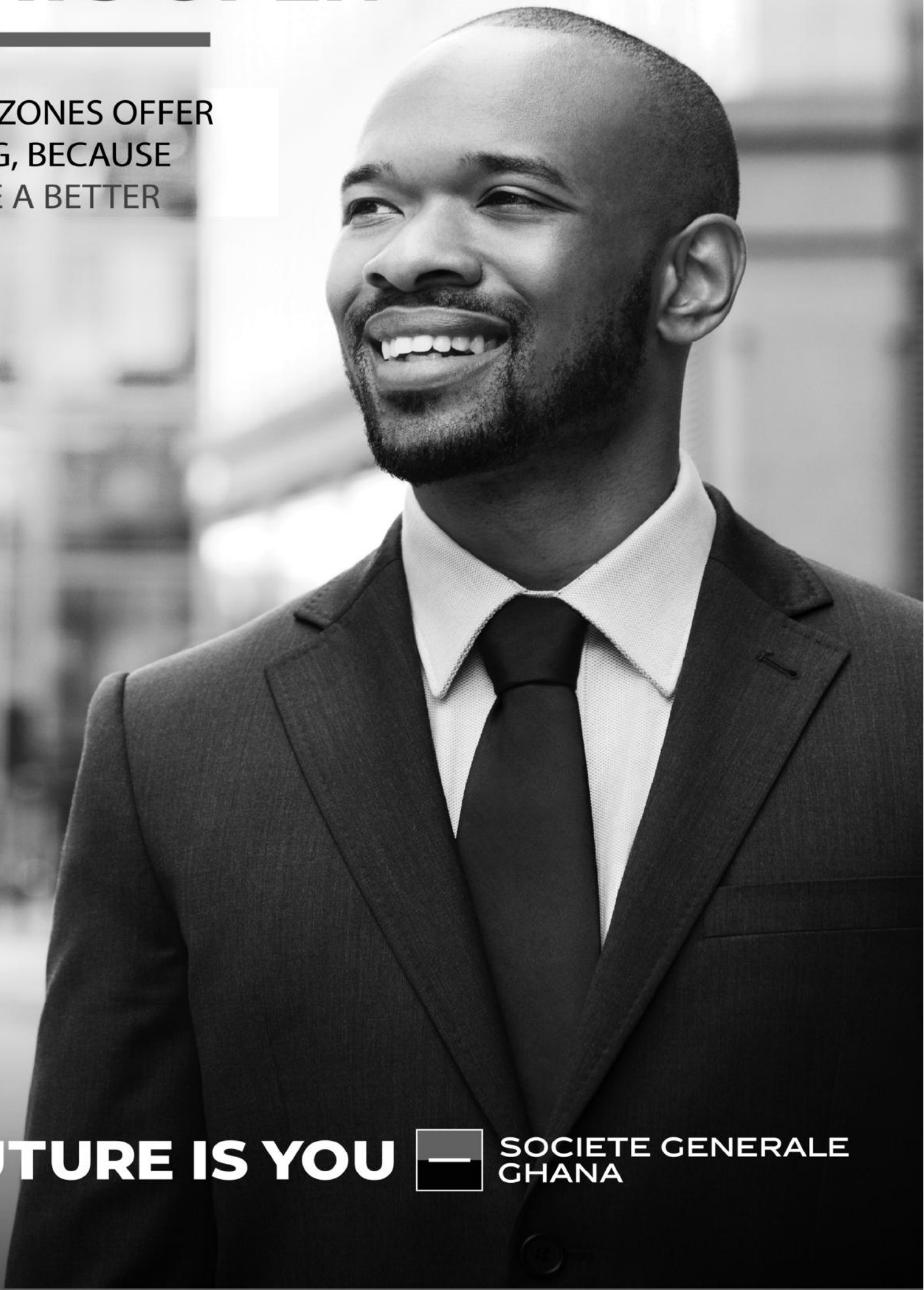
• At the Agogo Presbyterian School classes are held in bamboo structures



• The Agogo Anglican Primary School is one of the few schools in good shape in the Yilo Krobo municipality

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Happiness, a gift to yourself

By Dr John Boakye

MOST people go into a relationship with the wrong understanding of love and, therefore, with wrong motives. They think first of themselves and want their needs to be met before they can be happy.

If a lover does not do what they want, they claim they are not happy. Their lovers become their problem and solution. This explains why many clients come in and claim they have never seen a day of happiness since they got into a relationship or marriage.

Fact, however, is that nobody including your lover or anything can make you happy. Only you can because what determines your happiness is your personality, thoughts and behaviour.

Happiness can't be found outside you. It is only about you. You can, therefore, make yourself happy or sad out of the similar circumstances in your relationship.

Some ways to happiness

Have a positive mental attitude about yourself, lover and relationship: If you do not see yourself as good and over-criticise yourself, no one will see you as good. Think fulfillment in your mind's eye. See it, feel it.

This means while you nurture positive emotions such as empathy, serenity, kindness, mercy, forgiveness, appreciation and gratitude, you thwart negative

emotions such as pessimism, resentment, fear, anxiety and anger.

Each day, keep an optimistic outlook of your relationship. If you focus on the good things in your lover, you will see good things and the negative feelings will diminish.

Have realistic expectations: Appreciate that it is impossible to have a relationship without conflicts because we are uniquely made with our differences in temperaments, sexuality and backgrounds.

Every human being thinks between 50,000 and 70,000 a day and you are bound to have different values, needs and aspirations. You may develop negative feelings and fight no matter how much you love each other.

A relationship or marriage is the most difficult work in the world and there is nothing like living happily forever in it. Lovers are like porcupines - we love to be close to each other but in doing so prick each other.

Conflicts are, therefore, inevitable part of relationship. The fact that you see conflicts does not mean there is something wrong with your relationship. Your marriage is dead without it.

On the other hand, conflicts handled well will spice up your relationship and make you happy.

Love cost and you pay by the sacrifices you make for your lover.



unconditionally and deep from your heart.

Happiness is a gift to yourself

Happiness is a state of mind. It is not about what your lover does or does not. The good news is that it is a free and Divine gift within you. You only have to awaken the power in you to live in happiness. You must, therefore, put the focus on yourself and live your life fully.

Each day in your relationship, revise what can be improved, resolve what can be settled and cope with what you can't change. Be at peace with yourself.

Happiness is the most sought after matter in life but it's very elusive; it is like a butterfly; the more you chase it with sex, money, popularity, academic qualification and achievements, the more it eludes you because what you achieve may not bring enduring state of happiness.

However, if you turn your attention to other things such as kindness, forgiving spirit, appreciation, commitment and prayer, happiness will come and settle on your shoulder.

Can your lover make you happy? No, nobody or anything can make you happy. Only you can because everything you need is inside you.

Don't wait for your lover or others to light your fire. You have your own matches to happiness. Choose to light it and be happy.

Each day let happiness be your gift to yourself.

*jydboakye01@gmail.com
Mob 0208181861*

The greater the sacrifices

you make the greater your happiness because true love does not seek his/ her own.

Don't expect your lover to change or meet your needs before you can be happy. True happiness comes from meeting the needs of your lover even if it comes at great cost to you.

If you want happiness in your relationship, always invest in it by the sacrifices you make for your lover. Resolve to be the burden bearer not the burden.

Always remember that in a relationship, it takes only one committed partner to keep it warm, fulfilling and happy. Let it

be you.

Be content with your relationship:

Avoid holding grudges or nurturing grievances, frustration and bitterness because they harm you emotionally and physically and prevent you from seeing the beauty of your relationship.

At the same time, foster forgiveness because it reduces the power to create bad events and make you unhappy.

Pope John Paul refers to forgiveness as a restoration to freedom. You can be happy only with a forgiving spirit. This means you must forgive your lover

...HealthlineCorner

'Glaucoma, cause of 20% blind cases'

This is the final piece in the series of the Vodafone Healthline programme. Check graphic.com.gh on Mondays for insightful updates.

AN Ophthalmologist at the St Thomas Eye Clinic and Nyaho Hospital, Dr Michael Gyasi, has said that glaucoma accounts for 20 per cent of blind cases in the country.

Speaking about the eye on the last episode of Healthline Season Eight, he said the condition was preventable and that frequent eye checks could help avoid the condition, which was also the second leading cause of blindness worldwide.

He explained that the condition occurred when there was pressure on the nerve that connected to the brain.

"If the level of pressure builds up, it can damage the optic nerve which sends images to the brain, causing blindness. The pressure in the eye is due to build-up of fluid that flows through the eye and drains.

"When the fluid is overproduced or the drainage system is damaged, the fluid is not able to flow out at its normal rate and eye pressure increases. We prevent it by reducing the amount of fluid or increasing the way it drains from the eye."

Dr Gyasi explained that early detection of the condition was

critical to prevent it from worsening.

Vodafone Ghana, through its Healthline programme, has supported and transformed the lives of hundreds of Ghanaians who have undergone various surgeries for life-threatening conditions, including hydrocephalus, cataract, hernia, fibroids and heart-related problems.

It has also educated and demystified various myths on health-related conditions.

In 2011, Vodafone Ghana, in collaboration with Sightsavers and the Ghana Health Service, restored the sight of 2,500 visually impaired people suffering from cataract and trachoma across

Ghana as part of its support for

World Sight Day.



• Early detection can prevent the condition

If you miss it, you mess it!

TIMING is very important in life. When things happen at the wrong time, they yield no fruits. For instance, when a couple is always having sex at the wrong time, it can never result in a foetus. There needs to be A CERTAIN TIME which is the right time.

We can't afford to take timing for granted in life. When some things are not done at a certain time of our lives, we miss out on their essence because such may have a deadline.

You can't start a professional football career, for instance, after 40. That is when it is supposed to end.

There are some skills in life you can't use after a certain age. Imagine going to school after 60 to earn a degree with the intention of working with it. Hello! Retirement is at 60!

We all need to know the 'certain times' of every opportunity that walks into our lives so we don't miss out on them. We need to know when to jump off the cliff to grasp an opportunity.

The timing is just as important as the opportunity. When we miss out on when we are supposed to get in, we mess it up.

Last year, our play, *THE BOY CALLED A GIRL*, was staged at National Theatre. It received amazing reviews but something eventful happened on stage during the first show that many didn't notice but I did. I wrote the play after all.

Truth is, one of the characters got on

stage at the wrong time — earlier than she was supposed to. Guess what. She truncated the plot because her wrong timing cut away another character's monologue which was extremely key to understanding the story.

She missed her timing and she messed it!

Wrong timing is suicidal. When we miss out on the timing of the opportunities in our lives, we do ourselves a great disservice. Like the above-mentioned character, we truncate the plot of our lives.

Life is like a stage performance. Walking into a scene too early can cost us as much as too late can. On stage, a character puts everyone under pressure if they miss the timing of even what they say.

Life will throw opportunities at us from time to time. However, if you are too early, you will miss it. If you are too late, you will as well miss it. You need to know your timing!

Timing is important to everybody — both the young and old. As a young man or woman, there are some opportunities that when missed in your youth can never be accessed when you are old. As an adult, if you don't grab some opportunities as they come your way, there won't be a second chance later.

Some opportunities have deadlines, thus, if you miss out on them, they don't come back. If you see an opportunity, know the timing and jump on it!

The Bible tells an intriguing story of a man with an infirmity who had been lying at the pool of Bethesda for a whopping 38 years waiting for his turn to be healed anytime an angel disturbed the waters AT A CERTAIN TIME.

Until Christ came, he had always missed his healing because he always missed the timing... and someone always beat him to it.

When life throws opportunities at us, we miss exactly when we are supposed to hold on to such. Of a truth, knowing when to jump at an opportunity is as

crucial as the opportunity itself. When we miss it, we mess it!

We are all witnesses to how some friends messed up their education in high school because of peer pressure and how many of such could never recover that lost opportunity until today.

Most of us have a friend who is living a substandard life today because they messed up a great opportunity when it came walking through their doors yesterday.

Some opportunities will only walk through the doors of our lives just once. We should not miss them.

If you undervalue your opportunities, you will miss out on how to treat them. If you miss out on how to treat such, you will mess them.

Inside KOBINA ANSAH'S Shrine



Every great thing you have in your life now is an opportunity. Treat it as such. Don't miss out on the timing. A great spouse is an opportunity. Having good friends is also an opportunity.

Above all, having the gift of life is an opportunity — the greatest opportunity. Never miss out on how to regard the opportunities in your life.

Great spouses are hard to come by. If you miss out on one, you can barely come across another of their kind. Supportive friends are gold. Store them in a safe. Your life is precious. Treat it as your first luxury property because it indeed is.

If you undervalue your opportunities, you will miss out on how to treat them. If you miss out on how to treat such, you will mess them.

Be led when an opportunity comes knocking your door. Don't be too early. Don't be too late. Opportunities have A CERTAIN TIME label on it.

You need to discern that time lest you mess it when you miss it. Being too early may be just as disastrous as being too late.

Kobina Ansaah is a Ghanaian playwright and Chief Scribe of Scribe Communications (www.scribecomm.com), an Accra-based writing firm. His new play this 2020 is "Emergency Wedding".

The ambits of significance

By Julius Mawuli Ziorklui

I HOPE you know that in primary school there were three very powerful students at any point in time? I know you're wondering. So one of them was the class prefect.

The class prefect had a certain authority especially when it came to writing names of people who talked in class.

I remember a time in school when a friend went to snatch our class prefect's girlfriend. Hmm, my friend was very miserable that term. His name was always part of the talkative list even on days he wasn't in school.

The second powerful student was the cupboard prefect. They had a way of showing you they had power. They were always threatening people.

I hope you remember this sentence, "if you do, I'll misplace your book."

Now the third powerful student was the bell boy. Oh, it was always a scene especially when he was in your class. Imagine you are not prepared for an oral test and the teacher comes to perform one a few minutes to break time.

You'll see everybody giving him a signal to go and ring the bell. Well, that's just by the way.

However, you'll realise that the grades and the looks of these students often don't matter. Their significance was indisputable.

To become a prefect in school, you have to be of a certain calibre. In order to attain that, you must sacrifice some things. The sacrifice creates a room of significance for you.

You must understand that significance is in levels and a corollary to the sacrifice you make. Those who sacrifice have the right to the room of significance.

You can say all you want about significant people but they paid a certain price to get to where they are.

A few years ago, I had a serious problem with Cristiano Ronaldo. I felt he was a bit arrogant. I honestly didn't know why other people were so fond of him.

One day, a friend showed me his training routine and my admiration for him ever since is ineffable.

His ex-personal trainer said, "Cristiano is a phenomenon and an elite level athlete. He always trains to the best possible level because his way of working is comprised of three things: dedication, competitiveness and a positive attitude.

"We are talking about a world-



• If you can't sacrifice your time, you can't attain a certain level of significance.

class player who, when we returned home at 2 a.m. from a Champions League away match, would not jet off home in his car. No, he would stop at the training centre for at least an hour for various recovery exercises and cryotherapy."

I can give a myriad examples of very significant people and what they did to attain their level of significance. Nelson Mandela sacrificed his freedom and he's celebrated globally today. Jesus Christ sacrificed His life and after thousands of years, He is still

significant.

Perhaps, you have not attained a certain level of significance because you're holding on to things you are not supposed to. What are you holding on to?

One of the things you need to sacrifice in order to be significant is your time. In this year, I can foretell with precision those who will fail.

I know you're thinking, everybody wants to be a better person in this New Year. If wishes were horses, beggars would ride.

The sure way to fail is attending to the most important things at your convenience or your own time.

This is a clear sign that if you can't sacrifice your time, you can't attain a certain level of significance.

A story is told of a boy who was training hard a few months to his exams. This gentleman played for a team and was required to come for training after school every weekday.

The coach upon knowing that he was preparing to write his final exams cautioned him to hold on to training, study and resume after his exams. He wouldn't listen. His friends advised him but it was to no avail.

Fast forward, after the exams, all his friends who sacrificed their time to study passed and gained admission to their dream schools. He, on the other hand, didn't even pass the exam.

We can glean from this story that if you want to be significant in this life, you have to attend to the most important things at your convenience and inconvenience.

Sacrificing isn't losing. It is the greatest investment in life. Sacrifice is willingly giving something in order to receive something greater.

What are you still holding on to?

MoneyMatters

Viral threat to personal wealth

With viruses, you never know what to expect at all times. Bernard Otobil explains

THIS week, for most parts, media spotlight was on movements within financial markets in the Asia Pacific region, as amid growing concerns about a new strain of coronavirus in China, share prices tumbled.

In the germ theory of disease, which is currently the accepted scientific theory for many diseases, it is very easy to explain away why there is an epidemic of some sort, and why that situation should be one of public health concern in a particular region.

The experts in health related issues use various investigations to arrive at a logical conclusion because it is easy to identify why a bodily contact with an infected person, for instance, can and should lead to the spread of a particular disease.

So, the basics here according to those in the know is that, microorganisms, commonly referred to as pathogens or "germs" can lead to disease!

For this scientific reason, it is very easy to understand why health authorities in the Asia Pacific region are leaving no stone unturned following the death of at least four people (at the time of writing) after contracting coronavirus and signs that it may have also spread to at least four countries.

So how do you draw the parallel between the public health risk posed by the new strain coronavirus and the sideways walk of financial markets following the same episode?

Well, there are a considerable number of factors that can be used to explain this serious risk to financial market and economic growth.

In fact, in 2003, when there was that infamous Sars virus outbreak, the consequential economic damage brought huge reversal in the portfolio of most market dealers, which meant a considerable drop in personal wealth too.

According to market watchers, this week's reaction by analysts, fund managers and the other market dealers may well be due to the experience of the past.

Many traders, for instance, sold heavily on January 21 amidst fear that the real impact could be felt days later when the travel and the hospitality industry in general suffer from the "viral effect".

Of course, this is certainly the expected effect from viruses as very few are dormant in most cases, whether the identified threats to computers, animals or humans!

In the computer industry too, there are also threats of viruses that impact negatively - and heavily - on markets when not properly controlled. It is the same with viruses that cause illnesses in humans!

Let me be clear here, that the linkages are not only due to spill overs but also broadly due to financial contagion. This is so because even though the initial cause may appear

small, the affected domains - financial instruments, markets, economies, regions and the wider world economy - are correlated and connected in many ways.

To put the argument in shape, let us consider one channel of this correlation and interconnectedness, and that is trade.

In the current scheme of things involving the risks associated with the coronavirus, can you imagine the possible knock-on effects on trade if the control mechanisms put in place do not function according to plan?

A simple back-of-the-envelope calculation teaches us that any restriction on the movement of people and goods would negatively impact on trade, affecting the trading partners within the bloc. And this will have a multiplier effect on the wider economy because income is always important to keep an economy running.

The wheel of the economy runs when there is money, whether through income earned from employment, for example, or available credit channels that ensure that there is the liquidity for businesses to expand and keep the wheel well-oiled at all times.

Hence, any multiplication of the viral effects could cause trade to slow and incomes to drop in the process. When incomes are low, high street sales will fall, all things being equal.

In line with the grind within an economy, employers will not have the available demand to employ more people and even if the status quo is maintained, there is still the loss of employment opportunity that others

would have enjoyed had the trade situation been favourable.

Certainly we can go on and on about this issue because trade is just one of the many channels that uncontrolled coronavirus can affect.

And, yes, today we have viral marketing or viral advertising gaining grounds among seasoned professionals in the field of business and market development. Those in the know describe viral marketing or viral advertising as "a business strategy that uses existing social networks to promote a product".

In actual fact, if you are exposed to the effects of social media on the spread of news this century, viral advertising will not sound strange.

Experts say viral marketing or viral advertising refers to how consumers spread information about a product with other people, "much in the same way that a virus spreads from one person to another", and that "It can be delivered by word of mouth or enhanced by the network effects of the Internet and mobile networks".

What is more, with the growth in technology development and adoption, today, viral marketing channels involve the use of video clips, interactive flash games, advergames, ebooks, brandable software, images, text messages, email messages, or web pages and even web pages to create "viral messages." This has transformed marketing and advertising this century.

All in all, there are viruses everywhere! The significant part, however, is that they can be created with purpose, or accidentally developed, with huge impact, regardless.

botabil@gmail.com

There are viruses everywhere! The significant part, however, is that they can be created with purpose, or accidentally developed, with huge impact, regardless.

Steps in effective praying

• Continued from page 20

ministries involved in evangelism and discipleship. Pray that we seek God's kingdom and His righteousness.

Tuesday: Pray for families and marriages. Charity begins at home; faith and nurture begins at home. Harmony and peace must be in homes and marriages.

Wednesday: Education - Pray for all teachers and students at all levels. Pray for growth in intellect and true godliness in the institutions of education.

Thursday: Business and Finance - Pray for attitude to work and hard work and productivity. Healthy growth of the economy and for improved standard of living.

Friday: The arms of Government - for the President and the ruling government. For the Chief Justice and godly judicial delivery system. For Parliament and responsible political leadership of our nation.

Saturday: People of faith as Salt and light. Pray for the impact of the Christian faith to be seen in daily behaviour and business practices.

Pray for care for the poor and marginalised, world Christianity/ world missions and people to live a life of godliness and integrity - that brings glory to God

(The author is the President of Africa Bible Centre for Disciple-making; an International Conference Speaker and former CEO of Scripture Union. sughanaho@gmail.com)

The toxic 'jungle' inside Odorkor Otatten

• Continued from page 03

multitude of products that were being manufactured at the time of the raid were retrieved and the discovered makeshift facilities put under lock and key with a GSA security seal.

It was the second time in two days that the swoop had been conducted. During the first swoop on January 17, no arrest was effected.

Although the Sunday operation lasted about three hours, within which about 10 people were arrested, a walk through the Otatten community, revealed a chilling sight of emboldened young men and women who claimed to be homeless, desperately producing the chemicals without any protective clothes in a toxic environment.

Those arrested, mostly workers are currently assisting the police to fish out the owners of the businesses for prosecution.

Means of survival

Some of them were quick to posit that they were only engaged in the illegality to maintain a living as it was their only source of daily income. One of them, who presented



herself as Felicia Dapaah, said she moved to the area from Akyem Achiashe where many of her colleagues also came from, purposely to occupy a waiting job in the illegal syndicate.

She said when she first arrived, she was responsible for the packaging of the products but over time, she was entrusted with the responsibility of mixing and producing the finished products which she does without any safety gear.

Another lady who refused to disclose her name said she started the job only a month ago and was only responsible for the packaging of the products.

They both said their daily wage was GH¢17 each.

Association

A man who presented himself as the Chairman of the 'Boa wo man' Insecticide Producers Association, Mr Frank Atia, told *The Mirror* later that he started trading in household chemicals in 1997 when he moved to the area.

At the time, he said, he was only a distributor for the manufacturer until he started his own makeshift factory in 2003.

He said the area was the main hub for the production and distribution of household chemicals in the country, as a result of which even producers outside the community set up shops in the area to help them have access to a larger market.

He called on the relevant authorities to help regularise their activities to help keep them in business, as they were prepared to comply with the law.

Asked why they had disregarded the safety of the public to operate illegally over the years, Mr Atia said they were ignorant of the laws that regulated their activities.

How do we reduce fatal accidents on our roads?

Scan to watch as people share their views

Interviews and pictures:
Francisca Asamoah & Yaw Obuobisa Newman



THERE are two major things we need to address as a nation — education and enforcement.

Even though training has been made a compulsory element in the acquisition of driving licence, there's still more to be done.

The government must look into the entire driving training, testing and licensing structure again by bringing stakeholders together to find a lasting solution to this menace.

Enforcement is the second major issue.

It is not enough to blame the police, but the political will to implement laws passed by Parliament is also another issue of contention.

For example, Regulations 125 of LI.2180, which talks about continuous education of commercial drivers at least



Marshall Bobbee, Driver Instructor

once in a year is not being enforced. Again, Regulations 33 of LI.2180, which also talks about showing evidence of training before renewal of license for all drivers is also not in force.

ROAD accidents can largely be reduced if road users conscientise themselves and adhere to road safety regulations.

Also, the Driver Vehicle and Licensing Authority (DVLA), the Motor Traffic and Transport Department (MTTD) of the Ghana Police Service, and transport companies must collaborate and hold regular training sessions for all road users especially drivers, to upgrade their driving skills, vehicle maintenance, safe driving, and observation of road signs.



Joseph Kwaku Kpormegbey, Journalist

IN my view, drivers should avoid entirely the use of mobile phones while driving.

This will ensure full concentration on the road — attention can be divided between conversation of any form and driving at the same time.

Drivers must also avoid aggressive driving on the road.

Not all drivers are in the right frame of mind to be behind the wheels, and this is an issue to check by the authorities.



Francis Odame, Teacher

WITH my years of professional driving and instructing experience, I've come to understand that accidents can be minimised by at least 80 per cent.

Accident is said to be an unforeseen event which may result in injury, damage of properties or even death.

We have an option to prevent it, but sometimes things get out of hand and these fatalities occur.

I suggest that we intensify the level of education on road usage in this country.

Road safety education is a responsibility for everyone including drivers and other road users to reduce crashes.

Secondly, road offences ranging from negligence to disobedience to road regulations must come with



Stephen Oppong, Certified Driver Instructor

severe punishment.

If we enforce the road traffic regulations to the letter, it'll go a long way to reduce the accident fatalities on our roads.

TO reduce fatal accidents on our roads, there is the need for proper education for both road users and drivers.

Drivers must be guided by principles and follow simple road guidelines as well as avoid wrongful overtaking.

Passengers must also not sleep in cars but be alert and advise drivers to reduce their speed limit when they are speeding.

Car owners must not only be interested in their daily sales, but ensure that their cars are always in good shape.

The National Road Safety Authority (NRSA) must deploy their men to the various transport stations from time to time to check vehicle maintenance as well as educate drivers on road



Anthony Owusu, Teacher

regulations. We will all not remain here forever but untimely death can be avoided if all of us are vigilant.

MOST drivers often tailgate when driving, and this leads to fatal accidents on our roads.

If drivers check this practice, it'll go a long way to minimise road crashes.

Also, drivers should minimise or avoid distractions while driving such as fidgeting with radio set, making phone calls, eating and momentarily taking their hands off the steering wheels.



Bridget Klutse, Student

ROADS that are in bad shape must be fixed and constant education carried out on road usage.

Drivers must not engage in drunk driving which poses danger to them and other road users.

Pedestrians, motor riders, children and animal owners must be educated on the need to ensure their safety while using the road.



Mary Abena Dampson, Student

THE policy governing our road constructions should be critically reviewed to remove the lapses that affect the quality of our roads.

At least the database of all roads should be viewed and checked regularly for the quality level.

Therefore, whether the roads are constructed by locals or foreigners, there's the need for effective maintenance to save resources as well as human lives.



Simon Nutsuglo, Student

CoverStory

Nii Armah Ashietey, an accomplished public figure turns 70

By Kester Aburam Korankye

OUR elders say where you sit when you are old shows where you stood in youth.

Nii Armah Ashietey, who turns 70 on Tuesday, January 28, has served this country in many capacities and continues to be a trailblazer who inspires many. As a unionist, legislator, minister of state, local government leader, businessman and employer there is without doubt that Hon. as he is affectionately called, is an icon of union, employer and the government.

In all of these sectors, Nii Armah Ashietey has maintained a high level of integrity and have long endeared himself to those who got into contact with him as an incorruptible individual.

Presbyterian upbringing and finding a carrier path

Nii Armah Ashietey's early school days began at the Otu Salem School where he was taken through the rigorous provincial Presbyterian Training to instill in him discipline and Christian values. That training was the hallmark that formed his character and personality and shaped his conduct, attitude, behaviour and candour throughout life from Middle School through Secondary School to the University and thereafter.

After Secondary School, Nii Armah Ashietey attended the Kwame Nkrumah University of Science and Technology (KNUST) and completed in 1975. He immediately proceeded to work with the Ghana Merchant Navy Officers Association (GMNOA) in Tema as the General Secretary for 17 years.

During his time at GMNOA, he took advantage of the association's affiliation with the International Transport Workers Federation (ITF) of London and together with his membership of the (ITF) committees, namely the Fair Practices Committee, the Maritime Policy Committee and the ILO/IMO joint committees on Maritime Training, advertised Ghana to the world as an emerging maritime country with a pool of competent, qualified, hardworking, friendly and English speaking seafarers. Nii's representation on these committees was for both Ghana and Africa.

As the General Secretary of GMNOA, Nii Armah Ashietey persuaded the Ethiopian Shipping Lines to bring their cadets and upgraders to Ghana for training under the south-south cooperation.

It was through that strategic intervention that many Ethiopian cadets and upgraders were subsequently trained at the Regional Maritime University at Nungua in the Greater Accra Region.

This constituted a huge source of foreign exchange to the university.

Hon. was also instrumental in getting the government of Ghana to adopt the UNCTAD Lines code of 40-40-20 which was the formula for the sharing of Cargo among national flag ships and cross traders.

With the support of the late

Blow Tawiah, a member of the erstwhile PND.C, he fought against certain powerful forces who were against the adoption of the code. Today, it can be said that Ghana has benefited from the adoption of the code.

Fortunately, it was the levy from Shipments that accrued to the Ghana Shippers Authority and the Ghana Maritime Authority that contributed to the success of the two organisations.

Nii Armah Ashietey was also instrumental in the transformation of the Ghana Shippers Council into the Ghana Maritime Authority (GMA).

Nii's tenure as the General Secretary of (GMNOA) was most successful with many who worked close to him attesting to the fact that it was one of the finest in the history of the Association.

However, in 1980 one unfortunate incident challenged his resolve as a leader.

As the general secretary when the members of the association embarked on an industrial action to demand for adjustment in their conditions of service and they were all sacked and replaced with foreigners (Filipinos), Nii did not abandon them but eventually worked for the Ghanaians to be brought back but at a high cost.

Nii also played an important role in the affairs of the Ghana Nautical College now the Regional Maritime University leading to the reorganisation of the college and eventual transformation into a Regional University.

Unionist leader and diving into private business

During the same period, all the Transport Unions in Ghana including the CPRTU, Maritime and Dockworkers Union (MDU) National



• Nii with former President Rawlings during his time as the MCE of Tema

Nii Armah Ashietey could gladly look back with nostalgia at the tenure he served as Unionist, Legislator, Minister of State, businessman and employer with great joy as he turns 70.

President of the West African Transport Workers Federation (WATWF).

Nii Armah Ashietey later dived deep into private business when he left GMNOA to establish a recruitment agency called Ceceec in 1992.

Ceceec's focus at the time was to champion the recruitments of Ghanaian Seafarers to serve on Foreign Flag ships including the Islamic Republic of Iran Shipping Lines (IRIS) and Voltaire Shipping Line both of Iran, the Ethiopian Shipping Lines of Ethiopia, Pacific International Shipping Lines of Singapore and Danaos Shipping of Greece.

With Ceceec's understanding of the industry, the Ghana Seafarers proved very competitive and worked so creditably that Ghanaian Seafarers are now in high demand on the International Maritime Labour Market.

It was for the role Nii Armah Ashietey played in opening the gate for the employment of Ghanaian Seafarers on foreign vessels that the Manning Agents Association of Ghana (MAAG) elected him as the 15th President of the (MAAG) in 2002.

He also served as a board member of the famous Black Star Line in Tema. It is instructive to note that the demise of the black star line

was the result of the dismantling of the UNCTAD Lines Code of 40-40-20 by the Developed Countries which saw the code as protectionist and against free trade in 1987.

The African Shipping Lines obviously could not compete with those of the Developed Countries. The Ethiopian government however resisted the scapping of the code and upheld the position that their ships must carry their own cargoes. No doubt Ethiopian Shipping Lines have survived and thrived.

and indeed the shipping lines in Africa

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Venturing into Law and Fx Business

It was while working with the GMNOA that Nii Armah Ashietey seized the opportunity to attend the Ghana School of Law where he passed out in 1986 with a Bachelor of Law degree. He combined the Law practice for some time whilst still working with the (GMNOA) until 1992.

When Forex Bureaux were introduced in Ghana, Nii Armah Ashietey was among the few who ventured into the business in 1989 and established the Ashton Forex Bureau to buy and sell foreign currencies. He was elected the first President of the Ghana Forex Bureau Association but his tenure however ended abruptly in 1993 following his appointment as the Tema Municipal Chief Executive in 1993 and marked the beginning of his political career.

Nii is now the Managing Director of Ashton Forex Bureau Ltd and Ashton Travels and Tours Ltd.



• Nii welcoming the Duke of Edinburgh, Prince Philip and former First Lady Nana Konadu Agyemang Rawlings to Tema when Queen Elizabeth visited Ghana



• Nii dabbling in traditions and customs and was chosen to become chief of Teshie just before he entered Parliament

Life in politics and traditional duties

Nii's political career began as the Chief Executive Officer of the Tema Municipal Assembly (TMA) in 1993 under the JJ Rawlings first term as a democratically elected President when Ghana returned to constitutional rule.

Before he exited office in 2001, Nii Armah Ashietey was touted as a fine leader in the history of the assembly.

He motivated his team to work hard to develop the then Tema Municipality where he championed many projects especially in sanitation. Legend has it that he took on sanitation with both hands and made a great impact.

In Tema, Nii also pushed for the establishment of the Tema International Trade Centre

(TTC/TEXPO) and insisted that the project should not be reduced to a food market after he left office in 2001.

It did not come to many as a surprise when in 2001, Nii was among the 17 former Chief Executives who were cleared of any malpractices.

Just before he entered party politics to run for parliament, he was nominated in 2006 by the king makers of Teshie and was later seized for confinement to go through the preliminary rituals to become the Chief of Teshie in the Ledzokuku Municipality. However, Nii managed to escape from confinement to truncate the rituals.

In 2008, Nii Armah Ashietey successfully ran for the Member of Parliament (MP) for the Klotey Kote Constituency; the King makers agreed to release him to pursue his political career and serve the nation.

Having won the election to become the MP for the Klotey Kote Constituency, he was appointed Minister for the Greater Accra Region until March 2012. He was later appointed the Minister for Employment and Labour Relations in 2013 to 2014.

Presently a Member of the Ghana Bar Association and a Member of the Ghana Chamber of Shipping, Nii Armah Ashietey could gladly look back with nostalgia at the tenure he served as

Unionist, Legislator, Minister of State, businessman and employer with great joy as he turns 70.



• Nii turns 70 on Tuesday, January 28



• Nii Armah Ashietey



• One accessory you are likely to see him wear is hats; he loves them and has them in different designs and colours

• Nii Armah Ashietey after he was appointed Greater Accra Regional Minister

Mini Series

Baby factory (32)

By Sackey Sowah

*Story so far...
After Gloria's operation, Duke's whole attitude towards the girl that has sacrificed everything for him for eight long years, changes. Then, suddenly, he disappears from her life without a trace.
Broken-hearted and emotionally*

*injured, Gloria licks her wounds and picks up the pieces of her life. One year on, she meets another man who ultimately takes her to the altar. But five years into the marriage, Gloria's womb remains shut.
Read on...*

ONE evening, Fiifi called Gloria on the phone just when Dora came in to see her, and after they had been on the line for almost half an hour and she had had the opportunity to follow the trend of their conversation, Dora charged her friend, "Gloria, I think you're being somewhat ungrateful to this new friend of yours."

"You should have found time to pay him a visit at his place by now," Dora told her. "He was at your bedside twice every day, physically, when you were in hospital. How many days now since you were discharged and he brought you home? Should it take me to motivate you to pay him a visit at his place before his foot gets healed completely?"

"And, when are you going back to your matrimonial home? When is Gloria due back home?"

The mention of Samson's name caused the little light in Gloria's face to go dim suddenly. She looked quietly in Dora's face for a

while, her own eyes portraying some pain, then took in a deep breath, closed her eyes and began to shake her head solemnly without speaking a word.

Being smart enough, Dora narrowed her eyes while a deep frown creased her forehead.

"Gloria," she said almost at a whisper, "please, don't confirm the suspicions I've been having since you told that awkward story at the hospital about Samson's whereabouts. I could have called him, to find out where he was, but should I have done that without your knowledge?"

"Dora," Gloria let out another deep breath, covering her eyes with her hand, "sad to tell you that it has eventually happened. It's over. Samson is history."

Auntie Dede and Stella took Gloria's separation from Samson with the greatest of pain but also with deep understanding.

By Saturday morning, Gloria had regained much confidence and much composure to make that promised visit to Fiifi's place with Dora. A bubbly Fiifi, moving as if

the pain in his POP foot had totally dissipated, welcomed them into the house with great enthusiasm and a quick hug to Dora and then a long one to Gloria.

As he led them to the porch, Gloria looked around for the taxi but only a deep blue Honda Accord EX-L sedan was parked in the yard.

"Where's my taxi?" Gloria asked, injecting a little humour into her query. "At the workshop?"

"I just gave it to a driver this morning to work with temporarily while I look for a permanent driver."

Gloria frowned. "Why, you don't want to drive it any more yourself because of the accident?"

A little laugh escaped Fiifi. "Sorry, Gloria, but I'm not a taxi driver by profession. I'm on leave from my regular job, and because I don't have a permanent driver for the taxi at the moment, I take time to work with it for short periods, mostly in the evenings."

"Oh, I see. Ah, now some

confusion is beginning to clear from my mind," Gloria said.

Fiifi asked her about the nature of the confusion but she shook her head and refused to tell him.

"That's a nice car," Dora commented, rubbing her hand over the sleek Honda Accord as they walked past it.

"Thank you," Fiifi said with a smile.

"And, if you're not a taxi driver, what are you then?" Gloria asked.

Fiifi also shook his head. "I won't tell you. I'll tell only Dora, so please, close your ears."

He smiled as Gloria dipped her fingers into her ears, and then went on, speaking directly to Dora, "My dear, I'm a graphics designer

working with IGI, that's Info Grafix International, a multimedia company headquartered in the UK. We are the local branch."

"Info Grafix International," Dora repeated. "Never heard the name before."

"Neither have I," Dora

said.

Fiifi looked at Dora with a reproachful smile, "So, you were eavesdropping . . ."

"No," Gloria denied, shaking her head vigorously and showing him her fingers. "See, the plugs were porous."

They all laughed.

As she kept telling Gloria, the circumstances that had brought the

two of them together was an accident planned by God Himself.

What else could explain the mystery of her moving out of her marital home and on that very same day landing straight into the embrace of another man waiting for God to bless him with another wife?

But some turnaround occurred when, some five months into their friendship, Fiifi announced the passing of his father in Takoradi (he had once told Gloria about his father's stroke which had rendered him incapacitated for almost six years) and Dora urged Gloria to travel with him to the port city for the funeral.

In the evening, when Gloria went alone to Fiifi's house and confirmed her readiness to go with him to Takoradi for the funeral, he took her hand in his and squeezed it gently while smiling in her face.

"You have no idea just how much I've been praying to God to touch your heart to make you go with me, Gloria," he told her. "Looks like God answers my prayers very quickly nowadays. Your presence alone at my father's funeral would kill everything for me. It'd be most, most appreciated. Thank you for this most considerate offer." And he kissed the back of her hand.

That was the first time his lips had touched any part of her body, and she was surprised how good that made her feel. He asked whether she was hungry and though she was not, she said yes.

The kiss on her hand seemed to have worked a little magic in her heart and she got the strong desire to be around him probably for the rest of the evening.

• To be continued

Wedding Album

Mr Abraham Gogoe Ashirifi of Holiday Inn, Accra and Ms Innocent Shiorakor Okoe of Accra Marriott Hotel, tied the knot recently at the Bethel Congregation of the Presbyterian Church of Ghana, La - Accra.



There was a nexus of love, happiness, and merrymaking as Sylvester Kwame Osei, a communications professional, tied the knot with Ruth Serwaa Bonsu, a medical records coordinator at Apramang in Kumasi, recently.

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Akwasi Agyeman, others to be honoured at Made-In-Ghana UK Show

By Kouame Koulibaly

THE CEO of the Ghana Tourism Authority (GTA), Mr Akwasi Agyeman, is among personalities slated to be honoured for their immense contributions towards promoting made-in-Ghana products and services at this year's Made-In-Ghana UK Show in London.

The event is an annual affair which seeks to create an authentic platform for the promotion of the Ghanaian culture, products and services in the United Kingdom. This year's programme, the fourth in the series, will come off on March 21 at the Discovery Centre, Barking.

The GTA boss has been widely praised for his role in the creation of the Year of Return brand and for helping to make it a resounding success.

Others on the list of honourees include singer/rapper, Okyeame Kwame; Mr Freddie Annang, CEO of Base Empire; Nana Obokese Ampah, Apagyahen of the Asebu Traditional Council (Pan African Village project) and Mr Samuel Afari Dartey, CEO of Aqua Safari Resort.

Mr Abudulai Yakubu, Chief Director at the Ministry of Tourism, Arts and Culture (MoTAC) said the event, among other things, would be used to promote the 'See Ghana, Eat Ghana, Wear Ghana, Feel Ghana' campaign, which aims at igniting the 'I am Ghanaian spirit.'

Ms Mercy Gyarkari, a manager at Musicbiz Ghana, local representatives for the programme said it would go a long way to emphasise and enhance the Ghanaian culture and interests in the UK.

"As this coincides with the 63rd independence celebration of Ghana, we will be celebrating the rich Ghanaian culture in a grand style through product exhibition, fashion, music and foods," Ms Gyarkari stated.

Top Ghanaian personalities in the UK involved with entertainment, sports, business and politics are expected to attend the event which will be graced by the Minister for Tourism, Arts and Culture, Mrs Barbara Oteng Gyasi; and Paapa Owusu-Ankomah, Ghana's Ambassador to the UK.

Afrobeats stars, Joey B, Kelvyn Boy and OV have been confirmed to headline the event concert which is scheduled to attract over 2,000 Ghanaians and Africans in the UK.

The show is organised by the Made-in-Ghana UK Foundation, LaboroGH and Musicbiz Ghana, in partnership with the Ghana High Commission in London and the Ministry of Tourism, Arts and Culture.

It is supported by other outfits such as the Musicians Union of Ghana (MUSIGA), the Fashion Industry Association of Ghana and HypeNet (9 Digital Marketing firm), Ghana Music Fund and Showbiz Africa.

• Mr Akwasi Agyeman

Painting sessions 'catching fire'

By Efia Akese

TWO years ago, Ms Lebene Thelma Ledi introduced Wine and Art, an alternative form of entertainment where patrons, mostly amateurs, are guided to paint like professionals.

The sessions (weekly events) usually take place at bistros or at private locations selected by clients.

At each session, patrons are provided with brushes and paints and are guided to paint based on the theme of the day.

Depending on the day or venue (handpicked by Ms Ledi), patrons also have the opportunity to choose between painting on canvas, T-shirts, ceramic plates or calabash.

Last year when *The Mirror* spoke to Ms Ledi at one of her events at Osu, she said she wanted to make painting or art a permanent feature in



• A private painting session

our entertainment.

She said aside from art being therapeutic, the sessions also provided a good avenue for networking and allowed patrons to explore.

In an interview this week, she admitted that people had gradually come to accept it and the demand especially for private events kept growing.

She stated: "We have had a number of group private art sessions and the feedback is always great. My personal best event was at GIMPA last year where we had about 100 students trying their hands on painting."

"We started off slowly but when the first batch finished their session and showed their canvases to their colleagues, it caught fire and everyone wanted to be part."

"When we started this journey, my biggest challenge was that I didn't want it to be a fad but part of people's social life. Almost two years on, I think it's safe

to say people have accepted it."

She explained that other people were doing similar works at different locations and events and she was happy to see it become an alternative entertainment.

Ms Ledi also admitted that they were yet to spread out to other parts of the country as currently all their sessions were held in Accra.

Throwback to the biggest pot of jollof rice

LAST December, the third edition of the Afrochella festival, held at the El Wak Stadium, Accra, drew over 10,000 revelers from different parts of the world.

The festival, an official Year of Return event which celebrated Ghana's diverse culture, also exhibited works of many creative persons and entrepreneurs in the arts, cuisine and Afrobeat music industries.

One of the highlights of the event was the live cooking of Ghana's biggest ever pot of jollof.

A 16-man team of cooks, led by Executive Chefs Joseph Onchwati and Jove Mensah, worked their way steadily around a swimming pool-sized cooking pot to deliver a 1.46-tonne meal of Tasty Tom Jollof.

The key ingredient used, Tasty Tom Jollof Mix, is a new recipe developed by Nutrifoods Ghana which combines Tasty Tom tomato paste with traditional jollof ingredients and it can be prepared in 45 minutes.

When the huge pot of jollof was cooked, a large number of the revellers were served with samples.

The Brand Manager of Tasty Tom, Ms Ewuresi Krampa, explained that the new recipe "blends all the main ingredients used in the



• The 16-man Tasty Tom Jollof Mix team of cooks at work to deliver Ghana's biggest ever pot of jollof rice.

traditional process of cooking jollof in Ghana and allows people to cook the meal in four steps.

Ms Krampa described the task of cooking such a vast quantity of jollof as "a most exciting challenge" for her team.

"It seemed like an impossible task at first, but with the cooking skills of the Tasty Tom Jollof Mix team at play and the enthusiasm showed by the audience on the Afrochella festival grounds, we were able to pull it off with great success," she told newsmen.

The Marketing Head of Olam's Packaged Food Business, Mr Jay

Anjaria, said "jollof is a dish loved by Ghanaians and cooked in most homes across the country, but cooking the meal the traditional way could be so time-consuming and stressful that many families are unable to eat jollof as often as they normally would."

"The arrival of Tasty Tom Jollof Mix is, therefore, revolutionary. Nutrifoods Ghana has changed the game with the introduction of Tasty Tom Jollof Mix, an innovative new culinary aid that makes life much easier for Ghanaians by allowing them to cook Tasty Jollof quickly and easily," Mr. Anjaria said.



• Songne Yacouba
– Kotoko forward

Can Hearts defy history against Kotoko?

Preview: Peter Sarbah

OLD foes and two of the nation's biggest traditional clubs, Hearts of Oak and Asante Kotoko, will once again battle for the bragging rights when they clash at the Accra Sports Stadium in a Week Six Premier League thriller tomorrow.

Fact is, games involving the two sides defy the form guide but the impressive wins for both teams in their respective games last Sunday have set the tone for a thrilling encounter.

The Phobians fought from a goal down to beat Liberty Professionals 2-1 at Dansoman, while the Porcupine Warriors relied on two late goals to defeat Ebusua Dwarfs 2-0 at the Baba Yara Stadium in Kumasi.

It will be the second time in a month that the two sides are clashing after the Phobians succumbed 1-2 to the Porcupine Warriors in the President's Cup match at the Baba Yara Stadium last month.

Since then, both sides have managed to pick up the pieces, despite their inconsistency in the league this season.

At 109 years, Hearts remain the oldest club in the country, yet trail their arch rivals on the total number of league titles thus far. While the Phobians boast of 20 league titles, the Porcupine Warriors have four more, thus explaining Hearts' hunger for the league title this season after a decade of drought.

Coach Maxwell Konadu knows the Accra Stadium is a favourable venue for his Kotoko side but will not take chances, knowing how eager his Hearts counterpart, Edward Odoom, is to change the script.

Both coaches have showed glimpses of their love for all-attacking football and that could be their game plan on Sunday as Coach Odoom is expected to unleash his striking duo of Kofi Kordzi and Joseph Eso on the Kotoko defence, just as Coach Konadu might feature the pair of Songne Yacouba and Augustine Okrah in attack.

This afternoon, there will be another tough battle at the Golden City Park as high-flying Aduana Stars challenge the invincibility of league leaders, Berekum Chelsea, in their regional derby.

Eleven Wonders will have the luxury of hosting Karela United at the Techiman Park, while Great Olympics host Inter Allies at the Accra Stadium today.

King Faisal will welcome Elmina Sharks to the Baba Yara Stadium in Kumasi, while Ashantigold travel to the Akoon Park at Tarkwa to entertain Medeama SC, with Ebusua Dwarfs and Dreams FC squaring off at the Cape Coast Stadium on Monday.



• Kofi Kordzie
– Hearts forward



Clubs' stats since 2006/07 season



23 games

A total of 23 league matches have been played between the two clubs since the 2006/07 season, with Hearts winning eight, while Kotoko have also won seven times with eight games ending in a draw.

3 wins for Hearts
Hearts have won three out of their last 11 home games against Kotoko.

35 total goals scored
Within the period, 35 goals have been scored between the two teams, with Hearts getting the lion's share of 18, one more than Kotoko.

7 goals for Hearts
Hearts have scored seven goals at home as against Kotoko's nine goals at the Accra Stadium.

18 points for Kotoko
Kotoko have garnered more points in Accra with 18 points out of a possible 33 points in Accra, while the hosts have won 15 points within the period.

5 wins for Kotoko
Kotoko have won five times at the Accra Stadium out of 11 league matches played in Accra.



Date of Birth:
February 5, 1978
Age: 45
Playing Position:
Defender

Teams Played:

Bluna Ladies,
Black Queens

National Team
Appearance:

10

Teams Coached:

Amidaus
Professionals,
Halifax Ladies,
Black Queens

Trophies won:

2018 WAFU Cup
Other Achievements:
First female referee
in Ghana Premier
League (2005),
SWAG Best Referee
2008,
First Ghanaian
female referee at the
FIFA Women's
World Cup (2007)
PLB Referee of the
Year 2006/2007

Mercy Tagoe- Quarcoo

MERCY Tagoe-Quarcoo is one of the most unique football personalities, having made a smooth transition from an active playing career to coaching. However, it was her brief but eventful career as a referee that defined her uniqueness.

As a footballer, the 45-year-old played for Bluna Ladies in the Greater Accra Regional Women's League in the late 1990s before being called into the national women's team, Black Queens.



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