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The Intelligent Lady . ISSUE 02 . SEPTEMBER/DECEMBER 2017





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PUBLISHER'S VOICE

The Intelligent Lady. Fear God, Love People

Inspiring Intelligent Women



EOPLE perform at their best when they are inspired and motivated. Throughout the Bible and World history we read of women who dared greatly, defied the odds, broke the rules, achieved success and changed their stories.

Stories of Mary McLeod Bethune, an educator and civil rights advocate who founded a school for African American now known as the Bethune-Cookman University in the United States; Corrie ton Boom who with her Dutch family provided a hiding place for Jews during the Holocaust; Elizabeth Fry an advocate of prison reform for women in Britain, Mother Teresa (St. Teresa) who cared for the poorest of the poor in India and Nobel Laurete winner Wangari Maathai who founded the Green Belt Movement in 1977, as a response to the economic and social needs of Kenyan women living in rural areas, are a few of the exceptional examples of women.

The STORY of the Syrophoenician woman in Matthew 15:26 inspires me the most. A woman who dared to challenge Jesus Christ's statement "It is not good to take the children's bread and throw it to the dogs" and yet managed to get her healing through her faith inspired words "Yes, Lord; but even the dogs eat the crumbs that fall from their masters' table."

Her boldness and audacity which was fueled by her need, empowered her to go all out to receive a miracle. We read about these stories written thousands of years ago and they inspire us. These are women who



through faith got their sons raised from the dead, saved countries and generations yet unborn.

One would ask, do we still have such women in our contemporary world? Yes we do. Women who through their wisdom, boldness and persistence, are affecting lives and changing destinies whose stories must be heard and read to inspire younger women and girls.

This is what The Intelligent Lady Magazine is all about – to inspire women with success stories of contemporary Women of Faith.



Princess Sekyere Founder & Publisher





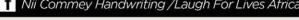
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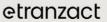








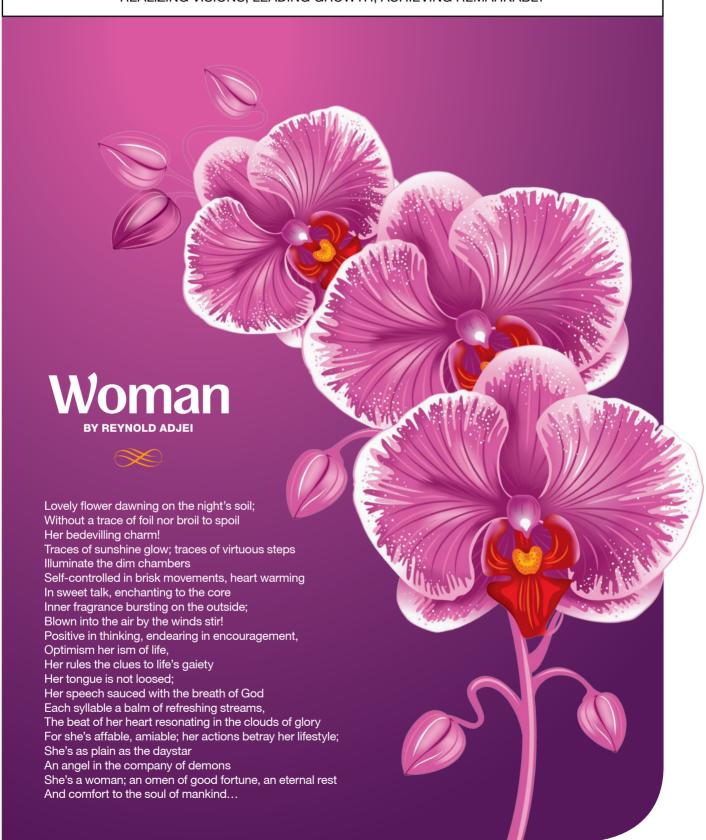






FULFIL IT

REALIZING VISIONS, LEADING GROWTH, ACHIEVING REMARKABLY





The Entrepreneur In Every Woman

BY EDWINA ASSAN



HE GOOD BOOK says that the virtuous woman works with eager hands, she gets up while it is still dark to provide food for her family (household), she also considers a field and buys it and out of her earnings she plants a vineyard. She sets about her work vigorously and her arms are strong for her tasks. She sees that her trading is profitable. She is clothed with strength and dignity and speaks with wisdom. (Reference: Proverbs 31).

Every young woman who reads the above should be in a position to start learning how to become a successful entrepreneur in future. God has put you in a position to do so. A successful businessman once said when he started business at a very young age, he was very enthusiastic, he had good ideas and sought good advice - this is what propelled him to become successful.

What are the qualities of an entrepreneur? An entrepreneur takes a calculated risk for opportunities that she identifies or creates for emotional, physical or economic rewards. She is self-motivated, and has a strong and positive attitude to win. She is innovative with leadership skills and above all, hard working and ready to work for long hours.

The social status of the woman encompasses a lot. Irrespective of your professional or career situation, there are the visible and not too visible social expectations. The woman is a mother (not necessarily for her own children), a care giver to her household, and is responsible for ensuring that meals will be available at any cost. She is part of the command structure of the household with or without support from anyone in her household. I believe in football parlance, such a person is called a versatile player. Such players are crucial to the successes of every team. To be able to do this effectively in order to be called the 'virtuous' woman of our society, there must be in-built traits that will assist you to juggle all these or most of the duties successfully.

The entrepreneur in you as a woman therefore comes naturally. As a woman, you are the one to bear the child—OPPORTUNITY. Your body has been prepared to carry a baby—CALCULATED RISK. A period of nine months to carry a child is a time of showing a STRONG AND POSITIVE ATTITUDE TO WIN. The child's total survival for the first five years of its life depends on the mother—LEADERSHIP SKILLS AND INNOVATION.

Nature has prepared you to be an entrepreneur. Which type will you rather be? The successful one or the failed one? The choice is yours. Go for it.

"The woman is a mother (not necessarily for her own children), a care giver to her household, and is responsible for ensuring that meals will be available at any cost."

Power of a Vision

SETTING EFFECTIVE GOALS

BY JOYCE LI. PhD



. VISION IS powerful. When people can develop a concrete vision of what success looks like, they can then focus their energy towards the future reality. A vision also provides context and meaning to their hard-work. Goal-setting helps paint the vision of success. It is a critical and worthwhile task. This technique to goal-setting also applies to our personal lives. The following are characteristics of effective goals, which I call the "T-I-F-S" technique.

STRATEGIES FOR EFFECTIVE GOAL SETTING: THE T-I-F-F-S TECHNIQUE

Tangible

The goal is concrete or imaginable. Sometimes it can be a small one. Having a goal that is vague or ambiguous does not paint a clear picture of what outcome to expect.

Conversely, setting a tangible goal enables you to actually visualize the outcome.

Feasible

Attainable - Can this be done? Setting a goal to lose 10 pounds in one week is simply not achievable for most people under normal circumstances.

Focused

Does it address fundamental challenges (to the point)? Though a person may have a few pressing issues to overcome, focusing on solving problems one at a time is usually more effective than trying to solve the world's poverty through one campaign.

Important

The goal is important to you. Ask: What is in it for me? Is it important to me? If the goal is of interest to you and it is important, you will work hard to attain it.

Succinct

Can you explain your goal in one sentence or less? We engage in self-talk all the time. When we set a goal, it is important that we rehearse the goal in our minds and be reminded of it. You may find it helpful to put sticky notes on your fridge or in the bathroom mirror to remind you of your goal of moving from a size 12 to a size 10 pants in three months.

May your performance exceed your goals as your apply the "T-I-F-F-S" technique in your goal-setting!



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Delta Air Lines partners Breast Care International (BCI) in Ghana to provide year-long financial support to BCI's Community Outreach Programme and 'Walk for the Cure' event in Kumasi

Woman On a Mission

Dr. Mrs. Beatrice Wiafe Addai

—X—

In this edition we profile Dr. Mrs Beatrice Wiafe Addai, a woman on a mission to create awareness, prevent and treat Breast Cancer in Ghana.

HE IS THE founder of Breast Care International and the Chief Executive Officer of the Peace and Love Hospital with branches in Kumasi and Accra; a specialist hospital that caters for Breast Cancer patients and its related diseases in Ghana. The hospital serves as one of the primary resource centers in Ghana for the Diagnosis, treatment, Counseling, Rehabilitation, and Research for Breast Cancer, Cervical Cancer, Hepatitis Infections and Renal Dialysis among others.

Dr. (Mrs.) Beatrice Wiafe Addai has over 27 years' experience as a Medical officer in Ghana. She has been a Breast Surgeon for the past twelve years and a consultant in Breast Cancer Management. Her training and wide scope of study as a specialist Breast Pathologist and a surgeon has made her a role model and inspiration to women and society as a whole. By God's grace and her endowed knowledge, hundreds of women have been healed of various diseases through her expertise particularly Breast Cancer.

Dr. Wiafe Addai and her able team normally embark on outreach missions among women groups, churches, second cycle and tertiary institutions, organizations, and those marginalized in rural and deprived communities, sometimes at the expense of her own financial and logistical resources. Her good work with Breast Cancer in

****** Woman On A Mission

"Dr. (Mrs.) Wiafe Addai is a wife, mother and teacher. She is gentle and very courteous when dealing with people."

Ghana was recently spotted by Delta Air Lines who are supporting her efforts in reaching out to many more women across Ghana.

Dr. Beatrice Wiafe-Addai is member of several professional bodies including the Ghana Medical Association and Surgical Society of Russia and a board member of the the National Health Insurance Capitation in Ashanti Region. She is also a member of the Board of Governors of Mpraeso Senior High School and the Kwahu Government Hospital, Atibie.

Dr. Wiafe Addai's passion and aspiration for the prevention, awareness and treatment of breast cancer has earned her many awards including World Leader Businessperson Award, 2015, Excellence in Business Management Award, 2015, Excellence in Business Leadership Award, 2015, ESOR Quality Achievements Award, 2015, Kwawuman Achievers Award, 2015 and Women That Soar Award (Medicine Category), 2013.

By dent of her hard work, commitment and meticulous working experience in various environments and her continuous search for better ways of delivering care for Breast Cancer patients, Dr. Wiafe-Addai has become an active international speaker. She has addressed many international conferences and symposiums including the AORTIC Conference 2015, Marrakech in Morocco, and the International Breast Cancer and Nutrition Symposium in Guadeloupe, France, October 2015.

Dr. (Mrs.) Wiafe Addai is a wife, mother and teacher. She is gentle and very courteous when dealing with people. Her generosity is phenomenal just like St. Francis of Assisi or Madam Theresa of Calcutta. She does not take no for an answer and pursues what she believes in. She makes no compromises and never tries to hide mistakes concerning what matters most to her. She is a fearless woman who is passionate, articulate and intelligent.

CONTENTMENT

BY ESTHER GYIMAH TETTEH



ONTENTMENT is that deep seated feeling of quietness in the spirit in spite of adverse circumstances. Most importantly, I believe it is being at peace with oneself and enjoying the achievements and blessings of others even when you have not been blessed with same yet. Sometimes while I drive, I observe some drivers who make it a point to overtake others at all cost only to realize after a hot chase that the person they were competing with was not even going their way after all. One takes a turn while the other goes all the way down the road.

The chase then becomes pointless and fruitless because there are different destinations involved. I cannot stress enough, the need to focus on where one is headed in life. It is of no use being jealous of the person who got that job or that car or that house or that spouse or that child before you did. Do you know in what direction that person's life will turn tomorrow?

I have come to appreciate the fact that with consistency and the application of enough pressure, even a blunt object becomes a useful tool at cutting. The way to contentment thus, is to consistently live to achieve set goals and jump the hurdles of one's own life. Comparing one's life to others with a sense of ineptitude is a distraction that can lead to depression and ingratitude

To be content, list those things that you consider a blessing to you and it will surprise you how much they outweigh what you seek to have. God satisfies our mouths with good things so we can be content.

So live your life chasing no one, be thankful for what you have and strive for a better tomorrow, that is when you will realize what true satisfaction means.



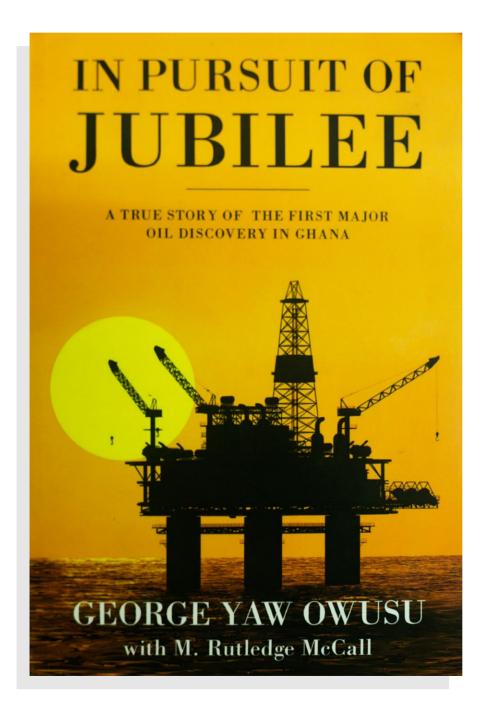
The Pursuit of Jubilee

SUBTITLE: A TRUE STORY OF THE FIRST MAJOR OIL DISCOVERY IN GHANA

AUTHORS: George Yaw Owusu & M. Rutledge McCall PUBLISHED IN: Ghana by Belvin Computer Consult CHAPTERS: 44 Chapters | DEPTH: 361 Pages

FOREWORD: Abdul Maleek Kweku Bako (Editor in Chief,

The Crusading Guide)



GENRE

The book, 'In Pursuit of Jubilee', I will describe as a quasi - biography, sandwiched with political-historical antecedence, socio-cultural and moral values, economic adventures of various governments, chopped bigotry decisions of various leader of this nation with sliced strong family heritage and values.

INTRODUCTION

The author opens the narrative with a brief historical post-mortem of the nation "Ghana", something worth nothing" in the 2nd paragraph of the introduction – "By the end of the 20th Century, things had changed for Ghana. Times became leaner, her natural resources, less plentiful, her economy more precarious" WHY?

If this is the writer's observation and description of Ghana, in the 20th century, I wonder how "Ghana" would be described in the 21st century, in the now!!! Considering this comment by the author Rutledge is made in 2017 it would be a bit strange for many readers like me to say the least WHY?

From the eyes of a child growing up in the 60th characterized by:

Free education. Quality education (share my experience my experimental school experience). As a critique I don't agree to that comment and I find it ambiguous and subjective.

Chapter 1 dramatically titled "AN EXPLOSIVE BEGINNING" paints

"The book, 'In Pursuit of Jubilee', I will describe as a quasi - biography, sandwiched with political-historical antecedence, socio-cultural and moral values, economic adventures of various governments, chopped bigotry decisions of various leader of this nation with sliced strong family heritage and values.

the picture of fireworks, chaos and a very dramatic entrée to the unfolding of the narrative of courage, bravery, historical and the unique life of the author George Yaw Owusu.

Some images, this time not metaphorical like CID department, uniformed men, lawyers, investigators are but a few of the images penned in the entrée of chapter 1.

At this point, Mr. Exploration marries Mrs. Criminal and they become me. And Mrs. Criminal. Oil exploration and criminality are strange bed fellows but a reality to the author Dr George Yaw Owusu. In motions like numbness disbelief, embarrassment, disgrace, freight etc are also alluded to.

STYLE

For a story about **OIL EX- PLORATION** by an environmentalist, it is quite colourful and intriguing. For instance, on page 7, he narrates two incidents which occurred two decades apart; one in faraway USA on July 5, 1990 when he comes face to face with a plant explosion at the ARCO plant.

He then draws a parallel between that and his experience on Tuesday June 16, 2009 in his home land Ghana, as he comes face to face with fully armed uniform men accompanied by wailing sirens to escort him to his office for a search. The stage is set for an ex-

plosive narration of bravery, morality, hard core business world of trade, emotions, family ties.

WHAT DRAMA?

In One scene is a real explosion, another scene flashing blue highlight of security buses. The author is able to draw the dichotomy between both incidents. Interestingly both are first of the kind. Owusu then ushers us into chapter 2, which is dramatically and intentionally titled the "WARRIOR KING" which incidentally is the meaning of Ghana. Again, on style, the author Owusu in chapter 2 drops his date of birth (24th February, 1949) which historically resonates exploration, explosion and drama.

In the first paragraph of this chapter, Owusu manages to connect the battles, strive and intrigue of his country Ghana to the strive, battles and intrigues of himself and his family.

He then contrasts the war, explosive and chaotic political, environment of that day with the detailed and emotionally charged introduction of his background. Are you getting the style?

Beginning with his parents, the author paints a very beautiful and proud portrait of an African family heritage to us on page 12. He certainly leaves his readers in no doubt of his pedigree in oil business and entrepreneurship. He takes us deeper into the waters as he makes his political convictions very clear.

His style can best be described as a roller-coaster, unpredictable yet very conscious of his readers and ensuring their captivity and still realizing his objective.

He is able to talk about politics, development and personal nasty encounters with national leaders which are all hared lined, very rocky and mountainous and still keep his humanity its roots.

Page 13, my favourite page, where Owusu is able to paint a beautiful portrait of political excesses smudge it emotions, splash a little morality in there which could make a beautiful movie scene making me happy and also brining tears to my eyes.

But 1 disagree with the statement, "along with the vast majority of Ghanaians (page 13), I think it is subjective, however you worn my heart and I believe you will wore the heart of many of your readers as well, from this emotionally charged narrative he then ends chapter 2 reminiscing. He shares something worth noting in chapter 3, when he notes the insignificance of his acquired certificate acquired in Ghana when he migrated to the USA. The contrast is the case here and I thought it quite noting. Tick, tuck, bang. Take a pittance and go home, so sad this chapter, then the warrior bane heat of Owusu Kicks in chapter 38 tilled. Nothing to hose followed by our now that turned businessman

Owusu in chapter 39 filled "Nothing to lose. Oh this is getting Exciting followed by Vindication redemption". Showing his creative writing and literacy SWAG – do you get the chapter rhythms and rhymes?

Get set and match the final chapter of bravery and persistence

This book is a must read, as the writer's style is unique, sincere, exciting and easy to read.

I remember when I saw the book for the first time, I thought wow, 361 pages of technical jargons on oil politics? Ouch. But as I skimmed each page I saw an unfolding of a biography that could easily go for a novel, as well as a movie. Apart from a few bias here and there on a scale of 1 – 10, I would give 8 for a balanced narrative

CHRONOLOGY

Although not in chronological order in his personal life narrations, the oil acquisition account is in good chronological order.

Although the time lines are a bit chaotic in the sense of writing order, however, it keeps the reader in suspense and so creates curiosity.

I believe this book is largely apolitical in motive and a national legacy that people should read and learn life's lessons, leadership lifestyle that is transformational in nature and also learn from others mistakes on what not to do as a leader. It is easy to read, exciting and intriguing. A lot of major lessons to be learnt from the life of Owusu. Leadership styles how to change social political status quo for one's benefit and service to the nation etc.

"This book is a must read, as the writer's style is unique, sincere, exciting and easy to read."



Watural creativity.



Scroll in Palm Branch-Woven box - INVITE



Bamboo with scroll - INVITE



Card with feather -GREETING CARD



Bamboo-bound booklet with cowries - PROGRAMME



Palm Branch-Woven mat with Shell - PROGRAMME





One of the handson architects of the African Growth and Opportunity Act (AGOA), whose persistence and work brought about this trade law, America's first with African countries which provides duty-free access to the US market for essentially all African-made products.

What kind of home did you grow up in? Did you have everything available to you?

grew up in a home full of love and encouragement but it definitely was not a home of privilege and comfort; it was a challenged home. Like many people, I had to go through the divorce of my parents; I had to overcome tough economic challenges. My parents were not university graduates: they were working class and had imbued in me and my three siblings, values that encouraged a strong a work ethic, integrity, love for God and caring for one another.

In my home, for example, we never had a sense of ownership. In other words, whatever we brought into the home belonged to everyone. So we learned early on about compassion and sharing; that was the foundation from which everything was formed. Whether it was

an item of clothing, whether it was food or a book, whatever it was, it had to be shared. And you understood it belonged to the home.

So you grow up thinking that everyone else had a better life because there were things we just couldn't have because we couldn't afford them. In hindsight, I now understand how "lack" can be a catalyst to develop character. It helps you not to take things for granted or to feel entitled.

I believe that although we had struggles, we turned out to be much more compassionate and better people, much stronger professionals because we were not privileged. And thus, I am very grateful to God for the home that I grew up in.

Education was highly valued in our home as a great equalizer that would ultimately balance the "lack" in our lives with promise and opportunity. We were taught that not getting a strong education was just not an option. My parents and elders often reminded us that as African-Americans, a high price was paid to secure our right to receive an education.

Upon arriving on
America's soil, our African
ancestors were denied an
education, which helped to
keep African-Americans in
a deficit economic situation.
My parents were determined that we would not
end up in the same kind of
economic condition of our
fore-parents.

Education - What are some of the outstanding experiences you had during your school days that have shaped your life?

It's very interesting. I had lot of experiences so I will start from the first one I can recall, and it is very interesting because not too many people remember what happened when they were five years old. I remember at five years old, I had an elementary school teacher, Mrs. Shade, at Mott Elementary school Washington DC, just a few blocks from Howard University. And why would I now remember something that happened when I was five years old?

I remember it because it left an indelible impression: Mrs. Shade was giving a prize to the best student in the class,we were all in a circle and she asked each one of us to identify the best student.

I really did not think it would be me for a number of reasons; at that point in my life my sense of self-worth was in the basement. Mrs. Shade said that "you're the best student." And that was the first time I recall really believing that I had value.

This experience often reminds me of the importance of teachers and words in the lives of young people who are still developing and so impressionable. The minds of our youth are still like sponges—soaking in everything: things that shape who they are and remain for a very long time. We need to speak well to and of them—always!

Mrs. Shade's words meant more to me than actually being the best student; it was her affirmation of my value. Her positive words meant everything at that time.

My education was filled with many different things: I recall that at sixteen I moved out of my parent's home and I joined an exchange programme, because in the United States at that time (and even today), there are parts of the country that are very racially segregated.

"Education was highly valued in our home as a great equalizer that would ultimately balance the 'lack' in our lives with promise and opportunity."

So I came from Washington DC, which at that time was 80% African-American. Washington DC was called "Chocolate City" when I grew up (because of the predominance of African-Americans who had long migrated from the Southern parts of the US in search of work and opportunity in the Capital city). This domestic exchange programme—AFS, was designed to foster understanding between Blacks and Whites.

So I relocated to Wisconsin, lived with a White family in a White community and attended a nearly all-white school at the age of sixteen. This experience was transformative and helped to foster in me the kind of cross-cultural awareness and communications that would serve me well, as I later studied in the UK and Italy as a university student and went on to become a US Diplomat and serve in the Executive Office of the US President, as our country's first Assistant US Trade Representative for Africa—responsible for trade relations with the 48 countries in sub-Saharan Africa.

Part of my motivation for joining AFS was tragedy; my favourite aunt, with whom I was living, was murdered by her husband and I just wanted to run. But God turned this evil into something good by placing me in a place where I would grow and develop a stronger foundation to fulfil destiny.

I enrolled in college, The American University, in 1977 at the age of 17. I received a Bachelor's Degree in Political Science and a Master's in Public Administration with a major in International Administration. I was active during my university years—elected to represent my class in student government and was a founder of the students' South African Divestment Committee, which opposed the apartheid regime in South Africa.

What were some of the values or principles you held?

I kept the same values my parents instilled in me as a child--integrity being the very most important. I valued God and relationships. I



















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was taught to be loyal and honour mentors and those who had authority in my life—despite their shortcomings. I valued education. I really do believe God and education are quite important.

Education doesn't have to be formal. For me education is having a thirst for knowledge, the drive to strive and the intellectual curiosity to learn, absorb and put into practice new things. I was taught that as an African-American, I had to be 10 times better just to be recognized as "average." Nothing felt easy for me so I developed perseverance that keeps me going to this day.

It's often said that I "outwork" everyone and this is often true. These are my values in a nutshell. As a child, my dad would often say that "lying is worse than stealing." Stealing was something that we viewed in our home with utter disdain, so if lying was worse, wow! I still cherish these teachings and values and try to pass them on.

At what point did you develop a close relationship with God?

I always loved God. But in terms of a close relationship with God, I think that happened at the moment of my salvation when I was 17 years old and in college. I will never forget it. The preacher preached the sermon on the seven churches in Revelation and he talked about one church, Laodicea, being lukewarm and I felt that I had to do something because I realized that while I loved God, my relationship with Him was superficial and definitely lukewarm.

God was an abstraction for me at the time. So that was when I came out publically and gave my life to Christ. I soon realized that this walk with Christ would be a life-long journey with twists and turns. Notwithstanding life's battles, I vowed to never turn back. There is nothing in my life more important than my relationship with Christ. I've learned to yield and lean on Him for strength, direction and ability.

Career - What was your dream career during your teenage years? What informed it? Did it change along the way?





From childhood, I knew that I wanted to make a difference in the lives of people that were disadvantaged by poverty and/or inequality. Somehow, while I may not have been able to articulate it, I understood that I was burdened by economic injustice. Even at a very young age, I used to compare the lives of the people in my community to the lives of those I saw on television and often wondered what was wrong.

Eliminating poverty and all that comes with it has been the driving motivation pushing me into action for most of my life. I started working in community development at the age of 13, but my trajectory was really to become a politician because I thought politics was the best avenue to transform lives.

All my mentors were politicians when I was growing up and as I went through university. As I grew academically and professionally, I realized that Economics rather than Politics was the better route to pursue my passion for poverty elimination.

So what kept you going in your career?

A strong sense of purpose, a strong sense of dissatisfaction and an equally strong commitment to transform and impact lives and nations. You know I was never satisfied with things I saw around me. So I always looked for avenues to make things better.

I think the greatest thing one can do with his or her life is to dedicate it to a cause greater than themselves. And so that was what I did. I think I was driven by a strong sense of purpose and I always felt that God put a call in me. I later came to know that call was definitely tied to Africa, and that was what kept me going.

Success also has a way of keeping you going: when you see that what you are doing is working! In any job, community or circumstance in which I found myself, if I didn't make a positive difference or make something significantly better, I felt and believed that my time had been wasted. I never wanted to leave this life without tangible evidence that I had lived.

How did you overcome some of your challenges?

In life, there will always be challenges to overcome. I approach challenges by recognizing that I was created to depend on God so there are many things that I will never be able to solve in my own strength. We were not created to be independent of our Creator—so I strive to lean on Him and yield to His way and guidance in every situation.

I have also had very good mentors. I stand on the shoulders of some great people—masters of their craft, great politicians, notably, great diplomats. I am blessed that God has always put great people in my path whose wisdom I adopted. I always had intellectual curiosity and a thirst for knowledge and history—not just knowledge unto myself but knowledge to transform conditions. I've made a lot of mistakes; I've learned from them.

I also understood early on that pettiness kills purpose so I try to avoid petty situations like a plague. I have vowed that I will not give undue attention to anything that won't matter in five years and that helps me on a daily basis to separate wheat from chaff.

How did you birth the Africa Growth and Opportunity Act (AGOA) which has impacted many lives in Africa?

It's interesting because I get a lot of credit for AGOA, and actually there were about five or six of us who started

"I approach challenges by recognizing that I was created to depend on God so there are many things that I will never be able to solve in my own strength."



working on AGOA initially. I started thinking about it when I was living in La Cote d'Ivoire as a diplomat in the American Embassy. I was observing many global policy initiatives including well-intentioned US initiatives to address poverty and build economic ties between the US and Africa.

I felt our policy initiatives were not going far enough and they were failing for a number of reasons, so it was part of this drive that I have in me to always push for better. I will never forget the time I got instructions from Washington to do what we call a "demarche"-that means you call on government officials to inform or convince them on a position. My demarche was to convince La Cote d'Ivoire to come into the World Trade Organization.

That was around 1994/1995 when the World Trade Organization was being birthed from the General Agreement on Trade and Tariffs. It was a very hard demarche because I wasn't convinced. How could I possibly motivate government officials that international trade would work for their country?

Africa was not even integrated well into the world trading system. As expected, Ivorian officials told me that trade was not working for their people—in fact they blamed trade for impoverishing Africans. I had no evidence to the contrary and realized that my well intentioned colleagues in Washington may have given me a script that I just couldn't read.

My "make it better" mantra started going off and I met Mike Williams, a Congressional Staff Member who was visiting Abidjan. We teamed up and decided to do just that—make trade work better for Africa through an initiative we would later draft with about five others—which we enti-

tled the African Growth and Opportunity Act (AGOA). I then arranged a transfer from State Department to work for my hero Congressman, Charles Rangel who was the top ranking Democrat and African-American on the powerful Ways and Means Committee.

I knew that if I could convince Rangel to author and support AGOA, America's first comprehensive trade law towards Africa, we could get it enacted. It helped that I had earlier worked for the U.S. Congress after Graduate School as a Congressional Black Caucus Fellow. Rangel immediately called then Secretary of State, Madeleine Albright and got me transferred to his office and the rest is history.

Through him I learned how to get very tough things done-how not to aet discouraged in the midst of storms. Rangel. after all, was the leader who got American companies to divest from apartheid South Africa through his Rangel Double Taxation amendment. This was the man who defied all odds and secured Enterprise Zones and Earned Income Tax Credits to bring economic development to poor African-American communities and Rangel, I figured correctly, cared enough about Africa to fight for AGOA which took nearly five years.

He, like me, was an insomniac so I was privileged to sit with him—often into the mornings and learn so much. I am where I am today because of him.

So do you consider the AGOA initiative as fulfilling purpose?

I think it is a fulfilment in purpose, but there is so

"I understood that if I married, I would only marry a man whose vision I could support."

much more to do. AGOA has, without a doubt, lifted many out of poverty but I am still not satisfied because while AGOA has achieved a lot—creating over 1.3 million new African jobs and accounting for \$USD 19 to 45 billion in duty-free African imports into the United States annually, it could do so much more.

We underestimated the paucity of institutional capacity within African countries and the support many countries needed just to seize the opportunities accorded by AGOA. AGOA (market access) is just one piece of the economic development puzzle. African countries desperately need infrastructure, education and human development to transform. AGOA included many other initiatives e.g. provisions for infrastructure and equity funds in support of Africa's development. I'm proud of all of that but I'm still not satisfied because there is still a lot of untapped potential. This is a multigenerational endeavour to which I've committed my life.

Do you feel you've made a difference or you still trying to fulfil an ambition?

Yes on both fronts. Through God's grace I have been able to make a difference, and much more of a difference than I had earlier thought. But I also feel there is so much I have to do. I think about that every day.

How do you combine work with marriage life?

Well, that goes back again to purpose because I believe that God has to be the source and centre of any successful marriage. My husband Archbishop Nicholas Duncan-Williams and I never disagree on this, so we commit everything to prayer. He is very supportive of me and God's call on my life and I am very supportive of him.

I understood that if I married, I would only marry a man whose vision I could support. And so I am married to my husband but I am also married to his mission. I support, protect and am fiercely loyal to his mission.

How relevant is marriage to your purpose?

I think marriage was a fulfilment of purpose. I was alone for many years but marriage has expanded everything that I was doing in a very positive way.

There is no substitute for a Godly marriage. I am happy to no longer walk this journey alone—although companionship and marriage took a long time to come together for me.

What is your advice to single women who wish to be married?

Being single does not mean living a life of misery. If you are miserable as a single woman you're going to be miserable as a married woman.

There's nothing outside of yourself and outside of God that's going to make you sustainably happy. The motivation for marriage is often incorrect because people are looking for something outside of themselves to complete them or to give them happiness.

Some women in particular want to marry because of cultural pressures or to escape a stigma associated with aging while single. Our satisfaction should really come from the Holy Spirit.

Be prayerful and be your best self and believe that when the time is right, God will bring the right person. Decide to live a purpose-driven life full of inner peace and joy regardless of life's circumstances or your marital status.

Instead of trying to find the right person, focus on becoming the right person.

What is your advice to young women?

My advice to young women is to put God first. I can't say this enough. I say recognize who you are in Christ.

Do not let anybody destroy your self-esteem. Self-esteem means seeing yourself as God sees you and understanding that you are worth the price He paid for you—the sacrifice of His son.

Do not see yourself through the lens of other people including the media. Do not let others determine your identity. Be yourself because nobody can beat you being you.



THE CALL

I have done a lot of great things in my life. The greatest thing I've done, however, was in 1977 at the age of 17 when I gave my life to Christ. I like many young women today did not feel worthy of Christ's salvation. I didn't understand everything and I was not doing a lot of things right.

I did not feel worthy of Christ's salvation. I didn't understand everything and I was not doing a lot of things right. Many people feel that they have to get things right and do things right before they come to Christ. But they

first have to believe that He is; He can then work within them to turn ashes into beauty. This is done over a life-time through His strength and not our own.

What an awesome and loving God we serve, He who takes us as we are without judgement and cleans us up in the process.

I advise every woman to take that first step in accepting Christ as her Lord and Saviour, believing that He is the son of God. Come as you are. I did and it transformed my life. God can do extraordinary things with ordinary women.













"The future belongs to her"

Building a More Prosperous Africa by Bringing Economic Empowerment to Women

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FACE IT

SPIRITUAL, INTELLECTUAL & SENTIMENTS



'VE EXPERIENCED days, weeks, and even months when God gave a good impression of being silent. Yet although I couldn't hear God or see evidence of Him at work, He was active. God is always at work, it's simply that He doesn't always tell you what He's doing. When God seems silent, remember that He is faithful, and trust that you will hear Him when the time is right.

How Do You Respond When God Seems Silent?

It's easier to go through things when you know why. But God doesn't always let you in on the why. What do you do when the enemy tries to tell you lies like:

- What makes you think that you can hear God?
- God isn't going to speak to you, you don't deserve it
- You don't really know God at all.
- God doesn't care about you.
- He's given up on you.
- God isn't real. You've just been making Him up.

Do you rely on your feelings, or do you trust God's promises?

When God seems silent,

- Hold on to what you already know what's the last thing God said?
- God could be testing you what do you really believe?
- Don't start to doubt what you know.
- Don't compare yourself to other people.
- · Beware of making things overcomplicated - faith is childlike.
- Walk by faith, not by sight.

God promised that He would never leave you or forsake you. God is always with you. When God seems silent, let Him guide you even in the apparent silence.

Remember that

- God is guiding you now.
- He's guided you in the past.
- He will guide you in the future.

"God is always at work, it's simply that He doesn't always tell you what He's doing."

When God seems silent. remember that He is faithful, and trust that you will hear Him when the time is right."

God's apparent silence is an invitation to take your eyes off the circumstance and to look to Jesus who is the author and finisher of your faith. Dare to trust God and draw even closer.

Some obstacles to hearing God

- · Wrong ideas about God & how he speaks
- Unbelief "God couldn't, wouldn't, doesn't"
- Busyness
- Sin
- Lack of patience
- Expecting God to speak in a particular wav
- Wrong motives

Overcome the obstacles to hearing God

- Learn to wait for God.
- Stop insisting on your own way.
- · Resist manipulating Him.
- Don't resort to manipulating the circumstances.

Hearing God involves waiting and listening

Remember that God hasn't abandoned you, He's still with you and He knows all about it.

"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast."

-Psalm 139:7-10

"...surely I am with you always, to the very end of the age."

-Matthew 28:20

Take heart. Don't give up

"Wait on the Lord; be of good courage. and he will strengthen your heart."

DO YOU **KNOW** JESUS? I mean do vou **know Him** personally? Do you have a personal relationship/ fellowship with Him like you talk to your friend and family members on a daily basis? Am referring to the Son of God that came 2000 years ago to die for your sins and resurrected on the 3rd day to give you everlasting life: the man Jesus. If it is a No, then say this prayer... O Lord God, I thank you for the gift of life of your dear Son Jesus to save me from my sins. I believe that you resurrected Him on the third day to give me everlasting life. I invite Jesus into my heart today as my Saviour and Lord. Your Word says that: "For as many believed in His name to them You gave power to be called the children of God". I declare today that I am born - again, I am a Child of God and filled with Your Spirit in Jesus name. Amen.

The Sweetness of Submission

BY T. TYRONE ROBERTSON



UBMISSION IS a word that can change the mood of many who have been hurt, abused, misused, or disrespected. Submission defined through a warped cultural perspective can (and has) caused damage within some marriages. To get a proper view of submission in a marriage, we must first look at Scripture:

"Further, submit to one another out of reverence for Christ. For wives, this means submit to your husbands as to the Lord. For a husband is the head of his wife as Christ is the head of the church. He is the Savior of His body, the church. As the church submits to Christ, so you wives should submit to your husbands in everything. For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her."

-Ephesians 5:21-25 (NLT)

According to the Apostle Paul, submission was a concept that took many people by storm. It was presented to a culture where women were the silent presence in the home a voiceless community. Apostle Paul compared submission to the relationship between Christ and the Church. He also listed the responsibilities that the husband and wife have to each other. But, it's important to recognize that submission

"Submission defined through a warped cultural perspective can (and has) caused damage within some marriages."

was not compared to slavery. Submission is not treating a spouse as property or a child. It is not presenting a list of orders and demands (with threats of punishments). Submission is not fixing plates, cooking, cleaning, or being at home "bare foot and pregnant." Submission is not being the dictator in the house, or treating one's spouse like a door mat.



So, What Is Submission?

Submission is taking the back-seat at times, sacrificing, taking the time to communicate about decisions (as a couple), being receptive to constructive criticism, listening without interruption, and humbly choosing to love and value one's spouse.

To the person who is married to an unbeliever: Your spouse can be won by exhibiting submission. That means, showing love in a Christian way—without belittling, brow-beating, or forcing the unbelieving spouse to believe.

Applying the Scriptural view of submission will take time, and it is a process that will not happen overnight. There are wounds, scar tissue, egos, and other things that will not let the old way go. However, marriages can be fruitful and rewarding when a Christian couple understands the joy of submitting to Christ...while submitting to each other.





EX OR SEXUAL activity, as it should be rightly called, is God's idea, and whether we are Christians or not we must first embrace the truth that Jehovah, our Maker, has the exclusive patent for the human anatomy. For the person who professes Christianity, sex must be seen and enjoyed from the standpoint of Christian truth and principles.

Yes, we are living at a time when sex is treated as somewhat casual. It is losing almost every value it has, especially as the sacred seal on marriage. If one outwardly discusses it from Biblical standpoint, he/she should expect to be ridiculed, scorned or even castigated as being fanatical.

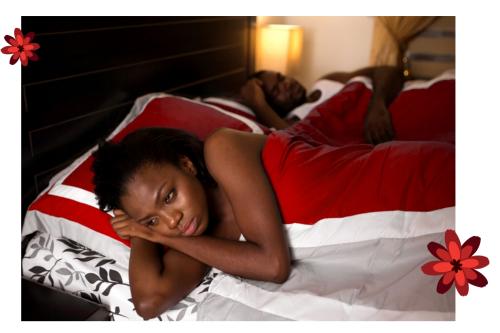
Regardless of how we have diluted or twisted the concept of sex. God's purpose and standard remain the same, and that is what should be reflected in our entertainment, advertisements, education, fashion, and in fact every fibre of our society; we can't and will never escape God's standards just by shutting our eyes or by assuming to play safe.

The truth is that a time comes in the life of every young man and woman when you begin to develop attraction towards one special person of the opposite sex. What then do you do when this happens? Just make sure that person in your life shares your commitment to Christ.

There are several erroneous beliefs peddled, such as: "If you really love me, you will do it", "Let us do it, after all, we are getting married very soon", "Oh sex! It's nothing, God understands. After all I am only involved in it because of poverty and lack", "You see, the Bible says; give Caesar what belongs to Caesar, as such I have to pass this course", "The lecturer is proving stubborn, and I have to do what I have to do".

The list of excuses and reasons goes on and on and on. The scripture calls all these sexual excuses FORNI-CATION. Society may say casual sex with no penalties, but God says it is fornication with serious consequences. Let's consider a few scriptures about sex for the unmarried:

In 1 Corinthians 6:13, 18, the Bible savs: Foods for the stomach and the stomach for foods, but God will de-



"Recognize that the depiction of sex in most movies, television shows, music videos, and songs does not measure up to Biblical standards."

stroy both it and them. Now the body is not for sexual immorality (fornication) but for the Lord, and the Lord for the body... Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality, sins against his own body.

Galatians 5:19: Now the works of the flesh are evident, which are: adulterv. fornication...

Romans 1: 28-29: And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting; being filled with all unrighteousness, sexual immorality...

Ephesians 5:5-6: For this you know that no fornicator, unclean person ... has any inheritance in the kingdom of God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

Hebrews 13:4: Marriage is honourable among all, but fornicators and adulterers God will judge.

The above scriptures speak about sexual indulgence by single/unmarried people. You may be shrugging your shoulders in unbelief regarding the position of God on this matter, but in Romans 3:3-4 the Bible says. For what if some did not believe? Will their unbelief make the faithfulness of God

without effect? Certainly not! Indeed, let God be true but everyman a liar... Sex is never intended to be entered into except in marriage.

Genesis 2:24-25 says, therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh. And they were both naked, the man and his wife, and were not ashamed.

Recognize that the depiction of sex in most movies, television shows, music videos, and songs does not measure up to Biblical standards. Be very selective of what you allow to entertain you and the kind of company you keep.

Almost everything around us is full of impressions and suggestions about sex. All around us, we have examples of people engaging in pre-marital sex (fornication) and extra-marital sex (adultery).

There is almost no way to turn to - today's culture fills our minds with hundreds of reasons to just go ahead and have sex outside of marriage. But as Christians, we don't want to simply follow everyone else. We want to follow Christ and know what the Bible says about sex outside of marriage.

May you be a part of the remnant on campus who will say no to sexual involvements of any kind until you are married? GOD BLESS YOU!





PETROSOL GIVES YOU

QUANTITY





Humility Is Not Timidity

BY TERRY MANTE

ES, I AGREE THAT humble people are expected to respect people, give consideration to others, and exercise a great deal of restraint. But because of these attributes, humility has often been misconstrued as passive involvement, unbridled acquiescence and obvious timidity. Such misconstruction has caused a delusion of the virtue of humility. Hence the value of humility has been lost on many people, as if it is an attribute of weak people. On the contrary, true humility is real strength. It is strength under the clothing of composure, circumspection, and consideration.

O COMPOSURE

AFTER being unjustly incarcerated for nearly three decades (1964-1990), Nelson Mandela stepped out of his Robin Island cell to the cheers and applause of the entire world. The whole machinery of the South African state was at his disposal and the wider international community on his back.

He had every opportunity and justification to exact his fair share of retribution against his jailors. Instead, Mandela adopted a gracious posture and let bygones be bygones. He chose to focus on weightier matters such as of reconciliation, development and other issues critical to the positive evolution of his country, South Africa.

Mr Mandela composed himself. He did not allow himself to be driven by the pain and stain of his unjust incarceration. He remained calm and steadily controlled his emotions. He did not allow his emotions to drive his actions.

That is what humility is; choosing to pursue what you believe to be right without necessarily responding to the provocation of circumstances within which you find yourself. By not pursuing vengeance, Mandela got the nation to focus on issues that would engender development and progress in the country. Humility is a choice we make to focus on higher issues. It is not a sign of weakness. It is a choice only strong people like Mandela can make.



OCIRCUMSPECTION

HOW do you arrive at your decisions? Do you carefully consider the pros and cons as well as risks and consequences of your choices before you proceed to act? I know that in many circles, the ability to make decisions quickly, firmly and clearly is a celebrated virtue. It is called decisiveness. Inasmuch as I don't discount decisiveness, I equally believe that taking time to weigh options and assess potential risks and consequences to arrive at a moderated action or answer is even worth more than gold. As a matter of fact, it cements and consolidates the decisions you make.

However, in certain places, when you take time to decide, you are likely

to be seen as slow and timid. But it takes a lot of discipline, intellectual dexterity, and maturity to be able to hold on and make decisions. A weak person cannot do that. Only a strong person can do that. If you choose to be humble, you choose to be strong. You elevate yourself above your emotions and the circumstances around you. You are able to coordinate your responses to situations and live more purposefully.

CONSIDERATION

In one sense, the Encarta World English Dictionary (Bloomsbury Publishing Plc., 1999) renders consideration as "thoughtful concern for or sensitivity towards the feelings of others."

Consideration is about paying attention to the feelings, difficulties and circumstances of others before you embark on an action.

Think about Jesus; a man considered to be part of the Triune God. As the second person of what Christians call the Trinity, Jesus has all power at His disposal including power over life and death. He has power to restore life to the dead, command the storms of the sea and walk on water. He is the one who died and resurrected on the third day of His death – a man of tremendous power and authority; a man who was also God.

In spite of all that, Jesus appeared on earth as a natural person, served God and humanity and got Himself unjustly maltreated and eventually executed by the Roman authorities. Why did Jesus do that? Why would such a powerful person allow Himself to go through such humiliation? Was it because He was weak? Definitely not! He thought about the impact His life, death and resurrection would have on the entire human race. He did not just look at His God-position, but He wanted the human race to have a dignified position in life.

Certainly, any individual who purposefully gives up a privileged position for the sake of others is not a reed. Today, Jesus has become such a powerful phenomenon that His name is not just that of a person, but it is the centrepiece of the Christian faith – the largest religious ideology in the world. Jesus now lives in the hearts of many and is the first and final hope of many who are worn out, weak and weary.

HUMBLE people are not fumbled people. Meekness is not weakness but it is strength at its peak which is deliberately constrained. Choose to be humble and you will be strong.

Women Are Crucial To Saving Lives Through Clean Cooking







hree billion people, who make up 40 percent of the world population, rely on heavily-polluting solid fuels for cooking. In Ghana, that fraction is more than 80 percent, which results in over 13,000

deaths each year owing to the resulting exposure to household air pollution from smoky cooking fires. Girls and women, who do the majority of cooking, are the most impacted. The rural poor, mostly women, largely only have access to fuels that are inefficient in converting to energy. Lack of access to clean cookstoves and fuels forces women and children to spend many hours gathering fuel - up to 5 hours per day- or spend significant household income purchasing fuel.

Women provide 91% of households' total efforts in collecting fuel and water, and women have an average working day of 11-14 hours, compared to 10 hours on average for men.

The Global Alliance for Clean Cookstoves, with strong support from many local partners within the public and private sectors, are working in Ghana to strengthen and advance the clean cookstoves and fuel market. Clean cookstoves and fuels can save users money and time, while also reducing toxic emissions by using less fuels and cooking more quickly and efficiently.

A reduction in time spent collecting fuel and cooking enables women to spend more time with their children, tend to other responsibilities, enhance existing economic opportunities, pursue income-generating or educational opportunities, leisure activities and rest, all of which contribute to poverty alleviation.

Women also play a crucial role in the widespread adoption and use of clean household cooking solutions because of their central responsibility for managing household energy and cooking. As consumers and users of cookstoves, women are not just victims but a critical component of the sector's ability to scale. Women must be fully integrated into the process of designing products and solutions because without their opinions and input, products will not meet their needs and will not be used.

For more information on clean cooking, please visit

Life Made Simple 🧀

BY MAAMA DANKWAH



I HAD THIS BURNING DESIRE IN ME to organize a group discussion on my floor, the K block, Legon Hall of the University of Ghana. I had finished my training as a peer counsellor with the university's counselling centre.

However I wondered where this sudden desire came from. As I lay on bed with my legs on my sister's inner room chair, Phil. 2:14 came alive in my spirit - "I cause you both to will and to do of my good pleasure."



I immediately sat up straight on the bed and smiled at myself as though I had found a missing one billion cedi cheque. I had discovered the root of my desire and had been energized to go all out for it. Now, this was the irony: Here I was, a shy and timid person who couldn't even look someone in the face much more invite someone for a group discussion. Yet I was inspired to do this. So I set out to organize the floor group discussion.

The topic for the discussion was "How to ensure a healthy boy-girl relationship". During the planning stage, I decided to provide refreshments for all those that would be present; however, I was cash-strapped.

"I realized that it was by the help of the one and only, the Holy Spirit."

After some hard thinking, I approached provisions shop owners around my hall for sponsorship. To my amazement, they offered much more than I anticipated. At the end, I had enough drinks and biscuits to refresh evervone who came.

When I reflect on what happened, I am stunned by the number of people from my block and the opposite block who turned up for the discussion. How did I pull it off considering how shy and unconfident I was? I realized that it was by the help of

the One and Only, the Holy Spirit. I realized I could do 'everything' and 'anything' by His strengthening and so can you. I believe there have been times in your life that you've doubted your ability, strength, and skill to fulfil your dreams.

Well, as a Christian you can do all things you set out to do because your helper and counsellor, the Holy Spirit, is ever ready to assist you and lead you. He is your ever present help in times of need. He can give you the strategy to win. All you need to do is to develop a close relationship with Him and follow His directions.

The Holy Spirit is a Spirit. He can't be seen physically, but His presence can be known and felt. He is a person. Just as you are close to your best friend, family members, and your spouse, you can develop a close relationship with the Holy Spirit too.

By studying and meditating on the Word and praying ceaselessly in the spirit (praying in tongues), you get to know and fellowship with Him. One intriguing thing I have found about the Holy Spirit is His ability to communicate to you (your spirit). Isn't it beautiful to know what your tomorrow will be like or what is happening or about to happen in your family or at work? These are just a few of the things the Holy Spirit can do in your life when you consciously make an attempt to get close to Him.

I am yet to see someone who has regretted developing a close relationship with Him. He is the best and most reliable friend you can ever have or know. With Him life is made simple.



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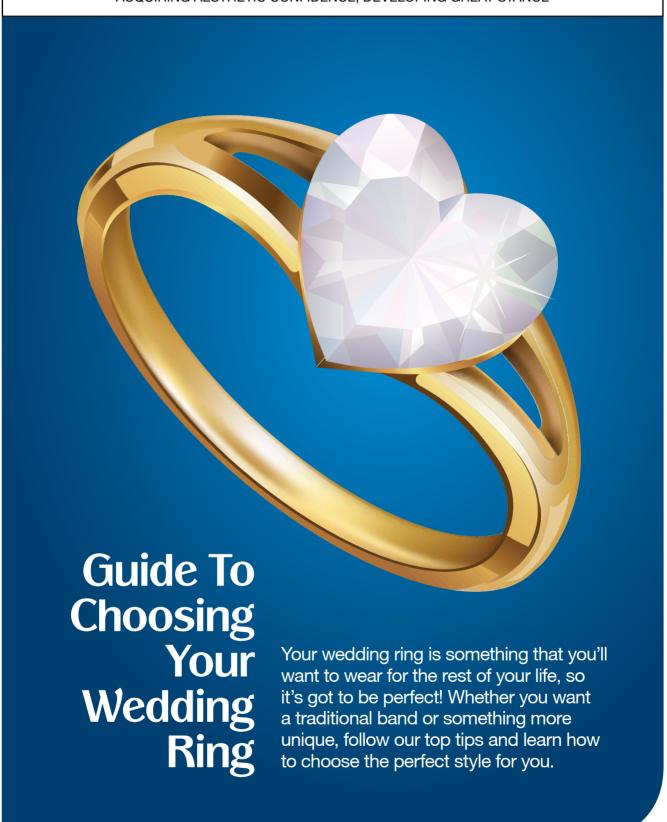


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Precious Metals

Choosing the metal for your wedding ring is a good place to start. There are numerous metals available, all with different properties and styles that make some more suitable than others.

9 YELLOW GOLD

Yellow gold is a good choice for traditional brides and grooms-to-be. Generally, 22ct gold is too soft to wear every day, so consider buying a 18ct, 14ct or 9ct gold wedding ring. These rings are combined with stronger metals and are better suited to the demands of day-to-day life.



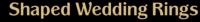
WHITE GOLD

This wedding ring is the perfect complement to a platinum engagement ring. White gold wedding rings are often plated with rhodium to enhance their appearance. While this plating should be expected to wear off over time, it can be easily re-applied and make your wedding ring look as good as new.



These wedding rings are becoming increasingly popular with modern couples. This white-coloured metal is extremely tough and stands up well to everyday wear and tear. It's rarer than gold and much more expensive but a platinum wedding ring will last, unmarked, forever.

If a platinum wedding ring blows your budget, consider buying a palladium wedding ring instead. Palladium has become a popular alternative to platinum because of its similar colour yet more budget-friendly price tag.



After you've decided on the metal, you need to consider if this new wedding ring will complement your engagement ring. Both rings will be worn side by side for the rest of your life, so it's important that they sit well together. You may have never considered the profile of the ring before, but you'll begin to see subtle differences once you compare the styles side by side.

If this is case you may decide to choose a shaped wedding ring, often referred to as a curved or fitted wedding ring. These come in a range of designs including a delicate curve, a pronounced Z-shape or a cut-out in the ring.

Even if you don't need it to be shaped, consider the ring profile—you'll be able to choose from court shape (rounded on the inside and out), flat profiles (completely rectangular), D-shape (flat on the inside, round on the outside) and more.

Diamond Set Wedding Rings

Once you've chosen the wedding ring, now is the time to consider including a diamond or other precious gemstone. Diamond-set wedding rings are becoming more fashionable and are more commonly found in women's wedding rings to provide a sparkly backdrop for the engagement ring.

But grooms shouldn't discount diamonds. Diamond wedding rings are finding favour with men, too, as a way of remembering someone close to their heart. Another fun way to do this is with an imprint of your fingerprint.

Diamonds in wedding rings are usually brilliant-cut (round) or princess-cut (square), but you can also find designs with pear-shaped, emerald and marquise-cut stones. The more unusual the diamond shape, the more glamorous your wedding ring—and probably, the more expensive!



Applying Shadows



BY JULIET ANSU YEBOAH



Apply your shadows. Here I used four different shades, black, dark brown, blue and white. Blend colors starting dark from the corner of your eyes and lighter going towards the center of your eyes.









Apply Eyeliner after applying shadows. Make sure you keep your hand steady. In this case I used liquid liner for the top and pencil liner for the bottom of her eyes.



Shape your eyebrows. Use an eyebrow brush to comb your eyebrows and then darken them slightly if need be. (You can use a concealer to shape out the eyebrow and then use brown pencil to darken the brows slightly)



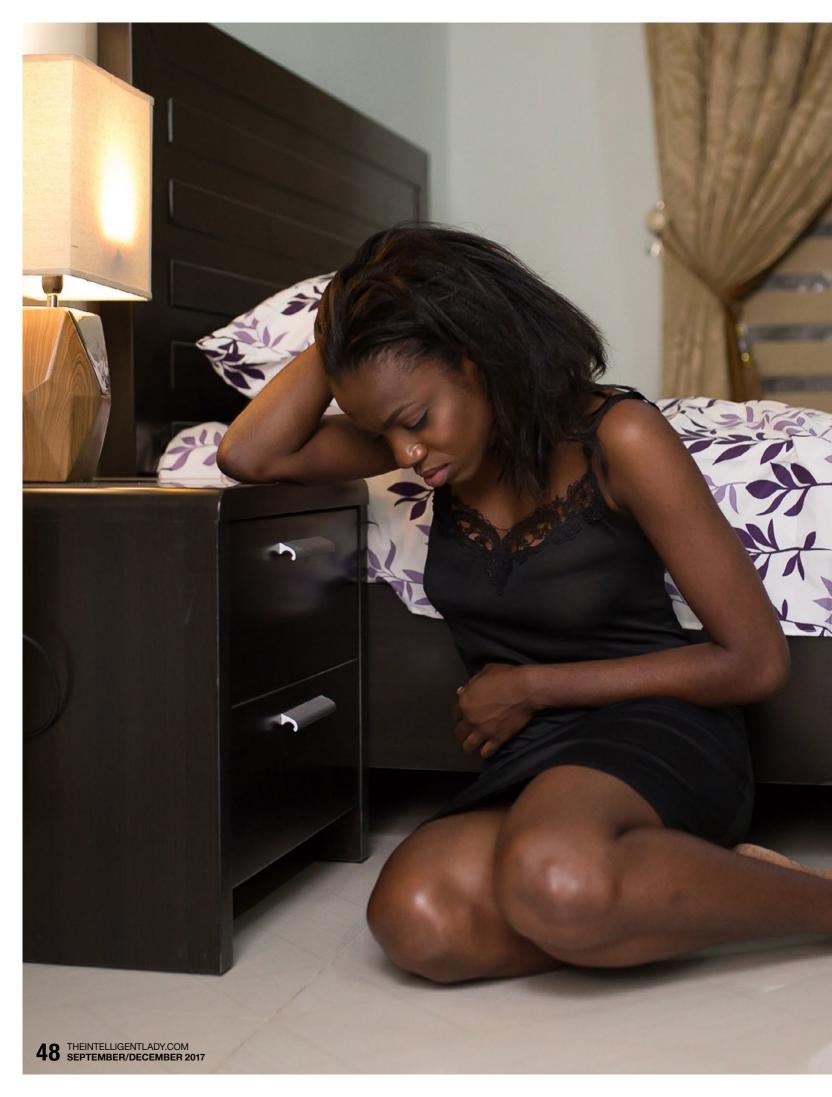
Apply your mascara. This will help to highlight your eyes.



After applying makeup



Join me on the next issue as I give you more tips on how to apply make-up. You can always visit our blog jaysmake-up.blogspot.com for more tips or call us on 0266607791 for tips or to book us.





Painful Menstrual **Periods**

BY DR MICHAEL MCCARTHY



HILE MENSTRUATION for most women is a normal part of their lives, others have various forms of difficulty when it occurs. One of the commonest problems many women encounter during menses is pain. This kind of pain is medically known as dysmenorrhoea.

Menses may start becoming painful within six months to two years after the first period. The pain may decrease in intensity over time as the girl gets older and is most common from the late teens to early 20's. Many women with dysmenorrhoea experience much less pain after the delivery of their first child. Menstrual pain can vary from a dull pain in the lower abdomen and/or lower back to severe cramping and lower abdominal pain. It usually begins with the onset of the flow of menstruation (or just shortly before) and persists through the first 1-3 days. It does not last longer than the duration of blood flow. This pain is caused by contractions of the uterus as it expels its unneeded contents.

What causes painful periods?

In general, women with dysmenorrhoea experience more powerful uterine contractions during menses as a result of an imbalance in the chemicals which control the contractions of the uterus.

This type of dysmenorrhoea is referred to as primary dysmenorrhoea and is the type usually experienced by younger women. 10% of women will experience cramps that are so painful that they may not be able to carry out their normal activities such as going to school or work.

What can one do about this pain?

The following may help with painful periods.

- · Maintain a healthy body weight or optimise your body weight.
- Ensure that you have regular exercise such as walking, skipping, jogging, dancing, swimming, aerobics or cycling. This helps to improve blood flow to the pelvic area and ease menstrual pain.
- Reduce or discontinue consumption of caffeinecontaining beverages or foods just before and during your period.



"Ensure that you have regular exercise such as walking, skipping, jogging, dancing, swimming, aerobics..."

- Do not drink excessive amounts of alcohol.
- Do not smoke.

Here are some strategies to help relieve menstrual pain:

- Apply warmth to the pelvic area using a hot water bottle.
- Massage your back and lower abdomen.
- Some women find that lying down on their backs and elevating their legs by putting a couple of pillows under their knees helps to reduce pelvic pain.

- To relieve back pressure, lie on one side and bring your knees up to your chest.
- Taking a hot bath or shower may be helpful.
- Take over the counter medication for menstrual pain.

What kind of pain is abnormal for a woman during her menses?

• When menstrual cramps continue to be painful for an unusual period of time,

- especially after the blood has stopped flowing
- When pain is suddenly worse or different from what has been previously experienced
- When a period is associated with signs of infection; including fever, chills, and a vaginal discharge with a bad odour
- When menstrual cramps begin in a woman for the first time after 25 years of
- When a woman experiences menstrual cramps while she suspects she may be pregnant
- When there is little or no response to therapy with over-the-counter drugs

"Maintain a healthy body weight or optimise your body weight."

such as paracetamol or ibuprofen

Dear reader the above was taken from my book on menstruation. Get yourself a copy and read about other issues like excessive blood loss, missed periods, menstrual hygiene and more!



MY GYNAECOLOGIST



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