



How do I 'escape' from her?

DEAR Nana Ama, I am 30 and she is about 28. I got to know her about six months ago and I have planned to marry her because I don't have any serious girl friend.

Initially, she told me she is a widow with two children but later when I visited her I realised that she has four children.

However, she is not employed and she does not know any trade at all. She told me since her late husband was financially sound she did not

bother to learn any trade and so was a housewife. When I asked if she is prepared to learn any trade, she objected to the suggestion.

She is only interested in business, and is now worrying me to get her a huge capital to start her business. I told her I don't have that amount of money because I'm an average worker.

Please, how do I escape from this woman and do you think as a young man, this lady is the right person for me to marry?

E. Addai-Mensah, Berekum, B/A.

Dear E. Addai-Mensah, I believe you have your doubts about the young woman and that is what is worrying you. You are right to be concerned because if you get married she could be a real problem to you.

In the first place she cannot have the amount of money she is demanding from you and this means she will continue to be a housewife as long as she is not prepared to learn a trade which will enable her do any other work besides trading.

Again, you are likely to have children of your own and I doubt very much if you can look after the children all by yourself since she is not working.

Why don't you exercise patience and look for a girl who is neither a widow nor a mother?

Does 'withdrawal' method cause stroke?

DEAR Nana Ama, I am 35 and my wife is 29. We have been married for about nine years and we have two children. After the first child, we waited for seven years before we had the second child.

We could space the two children because we use the 'withdrawal' method. In fact we enjoy sex alright with this method.

Nana, my problem is that information I have so far gathered on this practice shows that I may have stroke when I am old if I should continue with this practice. What do you say about it?

We need your advice since we do not want to have anymore children and also have agreed not to use any other contraceptive method. Do you also consider the practice to be against the teachings of the bible?

Okrad, Aburi.

Dear Okrad, I think the best you can do is to try to talk to family planning officials who can allay your fears and if necessary to introduce you to other natural methods which may be equally effective.

Well, I don't know which portion of the Bible speaks against the "withdrawal" method. The only time the Old Testament reported such an incident, the person involved did it with the wrong motives which God was against (Ref. Genesis 38:9).

Can I marry her?

DEAR Nana Ama, I am 35 and have an eight-year-old son while she is 44 and have three children. We have been together for six years but we have not performed the customary rites which will legitimise our relationship.

Once I went in for a lover and when she discovered it she became so worried that she lost a lot of weight. I was forced to break up the relationship with the other girl because of my love for her and the effect my actions had on her.

Now my big problem is the age difference. Would it affect our future happiness?

B.K. Manu, Kumasi.

Dear B.K., I think there are a lot of things to consider before settling down in marriage.

In the first place what do you intend to do with her three children? Are you going to adopt them or would they be taken care of by their father? Are they going to live with you?

You need to settle the above issues in a way that would leave no doubts or suspicion. If you are unable to resolve this problem

He wants a come-back

DEAR Nana Ama, We were friends for about eight years but we had to break up because he went in for another girl. After we had broken up he left the country and in the course of time I found another lover I have grown to love dearly.

The first boy has returned and he is asking for reconciliation. He has asked to my grand mother about the problem and because I respect her I'm confused as to what to do.

Gladys Sarpong, Ejura.

Dear Gladys, You need to talk to your grandmother. Explain the circumstances surrounding the break up and how you found someone else you have grown to love early.

Meanwhile that "someone" is nice to you and has not wronged you in anyway to necessitate a break up. Besides, there is no guarantee that the first boy will not repeat what he did and cause you a greater headache. I believe your grandmother will understand and not put pressure on you. All the best.

See a psychiatrist

DEAR Nana Ama, I am a 29-year-old university graduate who is very honest.

However, I always find myself at places where theft cases have just occurred. And most often my friends get to know that I was at places where thefts have been reported.

I am therefore suspected to be a thief but I have never stolen anything in my life.

Sometimes fear that if I'm not careful one of these days I will be mistaken for a thief and given a sound beating.

Nana, what is my problem?

H. Donalds, Accra.

Dear Donalds, Your story appears to be unique in the sense that you are always at places where theft cases have been reported. If it happens once or twice or even three times we could say it is coincidental but to always find yourself at such places means there is something seriously wrong somewhere.

Please talk to a psychiatrist as soon as possible for help. All the best.

lem it could forever be a source of friction in your marriage.

Again, nine years is quite a lot of years but it all depends on whether or not she will be willing to allow you to be the head of the household despite the age difference.

Again, if you intend to have children then I'm afraid you may have to look elsewhere.

In any case you need to talk over all the issues so that at the end of the discussion it will be clear to both of you what the fate of the relationship would be.

Offensive body odour worries me

Dear Nana Ama, I am 43 and an ex-convict. I am a driver and a Christian I have three kinds of very offensive odour. The odour gets very bad when I'm in a crowd - at church, in the company of women or with important people.

Anywhere I sit at church, people notice it immediately and start leaving for other parts of the church. Nana, it's so terrible that I can't stand it myself.

The odour is like that of a Billy goat, then sometimes like rotten meat or fish then also like excreta.

I also flatulate all the time. On some occasions these flatulences seem to be coming not from my anus but from some parts of my body and it is a worry. I have spent all the money benevolent people have given me on hospital bills and herbal treatment but all have been in vain.

I've had too many abortions

DEAR Nana Ama, I am 27 and he is 44 years and a businessman. We have been together for the past four years and all my parents and siblings know him as my husband-to-be.

But what is worrying me most about the relationship is the frequent abortions he has asked me to have.

Last July we had another abortion all because I'm afraid if I refuse to do so he will leave me and I would surely die. We have however decided to have a child now but since July last year, I have never missed my period. Nana, have I become barren as a result of the frequent abortions? I'm scared; please let me know where I can seek medical help because I'm very worried.

Tawiah Amproti, Samreboi.

Dear Tawiah, You can see a gynaecologist for assistance at any of the hospitals.

What you fear is that if you fail to have an abortion the man might break up the relationship and then you may "die" as you put it. But have you considered the other option? That is, if you fail to have a child when he wants one he will look for another woman to bear him one? In that event you will still lose him and "die".

In the event of your being unable to have children, you would have caused yourself a greater harm than merely going ahead to have the baby or asking him to legitimise the relationship.

I do hope sincerely that you have learnt a valuable lesson out of this. All the best.

My wife said she could no longer bear it so she is gone. But for the sake of Christ whom I serve I would have ended it all.

John Adams, Walewale

Dear John, I wonder if what you are describing is real body odour because if it is, with medication or even some types of deodorant you should have some relief.

Why don't you try and consult a Ear, Nose and Throat (ENT) specialist?

If you visit the district or regional hospital you can be referred.

If it becomes necessary I believe you would be referred to a psychiatrist. Seek medical help immediately.



A dancer with the Nananom Cultural Troupe doing her own thing when she performed at the launching of the Ghana Independence anniversary. Picture: Ebow Hanson.

THE TRICKSTER

By Regina Rachel Bonyah, Ola Presby School, Cape Coast

ONE Saturday morning, I was sent by my uncle to buy some items from Melcom Department Store for my cousin who was beginning JSS in a boarding school. He asked me to be very careful with the money.

So I set off with about ₵300,000 on me. I felt so grown up going to shop with all this money on my own. On my way I met a young man of about 28 years. He gave his name as Kweku Frafra, and claimed he comes from Cape Coast. He told me he knew me at the university campus but when I said I didn't live there, he said he was sorry but I looked like a lady at that area.

We then started talking about general things. Mr Frafra said I was very respectful so he will help me. He went on by saying that since I am in JSS three and preparing for my BECE, he can help me get twelve ones.

Infact when he said that, I thought he was talking about private classes but he said he had a better way to help me. He said he was a man of God who had powers to do good things for good girls and boys. He even said he has helped many schools.

He said that he would pray for me but before that he wanted some money. I said I didn't have money but that the money on me was for my uncle. He said that was no problem as he could double or even triple the money by praying over it.

He then asked me to give him a thousand note which he changed to two thousand, then five thousand changed to ten thousand. I became interested and gave him all the money.

He said since the money was too much I had to count one up to a hundred, since it takes some time to multiply ₵300,000.

After counting up to a hundred, I opened my eyes and to my astonishment the man (my saviour) was no where to be found. It then dawned on me that I had been tricked.

I started looking for the man but he was nowhere to be found. I started asking passers-by about the man and they looked at me like I was crazy. I cried till I reached home and when I told my uncle about what had happened I was reprimanded. I did not eat that day and couldn't sleep either in the night. I couldn't believe I had made a fool of myself and realised I had more growing up to do.

From that time I made up my mind to be careful with strangers and take extra care when handling money.



DO AWAY WITH ANGER

ANGER, very unfortunately is something most of us suffer from, and it is only after a really close appraisal of its effects is it obvious that it is (A)nti-Christ (against Christ) (N)egative (often yields the result you don't want (G)odless (its something God does not like, (E)xpensive (often, showing too much anger can lead to physical stress which may result in (R)uin.

Years back my dear mother told us of a story about two prominent gentlemen of Accra who were fighting over the ownership of a parcel of land. Often at week-ends in the mornings, they would meet at the site and argue and shout at each other and often return tired to their homes.

One Saturday one of the gentlemen arrived in his car and unfortunately just as he was getting out to engage in his world title shouting match he collapsed due to a heart attack.

Fortunately for him, his opponent had already arrived in the "ring" and saw what had happened. He then quickly rushed his opponent to Korle-Bu for treatment and his life was saved. The following day he paid him a visit in hospital and its alleged that at the sight of each other they both burst out crying and the patient could be heard saying in-between sobs that his good Samaritan could keep the land.

Well there you are, How would you have acted? Would you have seized the awful opportunity of allowing the man to die so that the land would become yours? It's a thought, isn't it? During my childhood it was often common to see dogs

fighting. But these days they seem not to be living too much of a dog's life because they've stopped, wow, they've wised up, what about us!

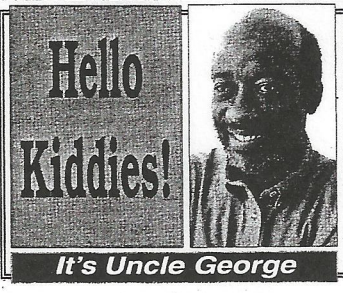
Anger, even when you feel justified, often leaves you wondering whether you didn't make a fool of yourself. You lose control of what you are saying and say all sorts of unnecessary hurtful things which later is regretted. How many times do we read stories that remind us of our worst nightmares. People lose their lives for lifeless, unimportant

things, just because somebody was not patient enough to listen to the still small voice within. The devil takes over in his usual, abrasive destructive manner and nothing is solved. What sometimes amazes me is when two people are fighting and onlookers agree to let them fight, just so that somebody is taught a lesson or two.

People like that I feel very sorry for and are very unfortunate because despite the fact that we are all becoming so called more enlightened, they live in pre-historic times, and should be living on another planet or universe altogether.

I worry sometimes about the so called peaceful Ghanaian and I'm convinced that its you children who, with effort, will truly give Ghana, her inner peace and love that passeth our understanding. You have to work at patience and the absence of anger. Get into the habit of jawing and not warring, and always make an effort to understand someone else's point of view.

Give each other an opportunity to be heard, and make it a habit of always coming to a compromise that is sensible, reflects varied viewpoints and is understood by all. Don't get into the unproductive fashion of walk-outs at meetings, parliament and what have you, that some adults who should know better are doing.



One of the greatest victories is to loose an opportunity to show anger, oh! believe me it's great feeling. A feeling of achievement that lifts your soul to envious heights. I've tried it a few times and I want it to happen more often. I want it to become more and more part of my life. Why don't you join, me, and may be cool be with you!

Answers to Kiddy Quiz

- What is the name of the scale used to measure wind speed? —Anemometer.
 - What type of chemical gives the sour taste in lemons? —Acids.
 - How do birds and other animals keep warm in winter? —Animals keep warm by trapping air between their fur or feathers.
 - What colours are known as the primary colours — Red, yellow and blue.
 - What are the colours of the spectrum? — Red, orange, yellow, green, blue, Indigo and violet.
 - The Moon orbits the earth. True/ False? True.
 - The sun Orbits the earth. True/False? — False.
 - The moon and the Earth orbit the sun? True/False —True.
 - Which is the longest bone in your body. — The femur (thigh bone).
- The following are winners to our Kiddy Quiz and will receive prizes from EPP BOOKS SERVICES. They are:
- Edem Adzo Dzebu, Kabore JSS, Box 430, Ho.
 - Alex Lawerbi Alorgbe, Segge JSS, c/o the postal agent, Segge, Ada.
 - David Fodjour, c/o Ghana Education Service, Box 16, Offinso Ashanti.



• Little Maxwell Tsatsu of the Nananom Dance Ensemble thrilled the audience with his drumming skills at the launching of Ghana's 40th anniversary celebration last Friday at the Kwame Nkrumah Mausoleum. Picture: Ebow Hanson.

Kiddy Quiz

start

T A U G H A I N A L T H P P
 S A R B O N U G N G W K G S U L
 V S O R O R N R E M I N I N E N E
 I T H S I N G S W G S T R E S
 M A M I T L E M L O C K E I S S
 I N S N E A N T E R E S Y T E S
 F S N I R S L A T L O S A O B T
 R O T E A L B T S E H C N I M A
 G S O I R I K R C H I S N G N C
 L E R O E N O E N I T L U C A E
 H S I S T G M S O C I N P M E R
 Y P E R R A S S R B R O H Y S E
 O I B T R Y T H M B H C T A R M
 N A N E A N O R O O I A Y P E A
 G N P E O R R O I S R A O H L C
 I N A C T I S C S M A L I D O H

finish

THIS chart is a word search, trace your way around to find:

- Five components of a healthy diet.
- Three activities which promote good health.
- Four heart diseases.
- A disease caused by an insect.
- Three respiratory diseases.
- Two diseases carried by dirty water.

The first three children who get all answers correct will receive lovely prizes from EPP Books Services.

JOKE

THREE blind men were once taken to the zoo to enable them have a feel of various animals and listen to their sounds.

On reaching the elephant the first man drew closer and touched the leg after which he remarked, "Oh I see an elephant is like a big tree".

When the second man had his turn, he held the trunk and after a good feel, he went, "oh I see an elephant is like a huge snake."

Finally the third man touched the belly, moved left and right and exclaimed; oh I now see, an elephant is like a tall wide wall!"