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Cover Story

16 Prof. (retired) Gabriel Bannerman-Richter, decidedly still going strong at 75.



22 Learn more about our Fabulous@50+ CEO Prince Kofi Amoabeng

39 At 23 years of age, Kwame Eric Takyi Ampadu is indeed young and able and amazingly agile. Kwame, a former top volunteer with The Longevity Project, is now employed as an Administrative Assistant with the Project. A single young man, Kwame has time to engage in numerous hobbies, including football, dancing, movies, reading, traveling, music and singing. He augments his martial arts training with jogging to maintain his health and fitness. Fufu with light soup and banku with okro stew are his favorite foods. His ideal girlfriend would be fitness-minded, socially-conscious, intelligent, and hardworking. Well, ladies, what are you waiting for?



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Thirty-four-year-old **Judith Ayima** really is Terrific@30+. Judith is married to Major Kwesi Ayima of the 48th Engineers Regiment of Teshie Camp and has her hands full raising 2 active children—7-year-old Wentirim and 5-year-old Tracy Akabialie. In addition to running a “full house,” Judith jogs and bicycles to stay in shape. She enjoys reading fiction and biographies of historic women and singing in church. She studied Hotel Management and looks

forward to furthering her education in this field. Banku with okro stew and tuo zaafi with ayoyo (a green leaf vegetable) top the list of foods she enjoys the most.

Fit@40 is 43-year-old **Elizabeth Tetteh**, a single parent of 2 grown (21 years and 20 years) sons. Lizzy is a hairdresser and co-owner of Loving Hair Salon in Accra. She jogs, stretches and does calisthenics to keep fit and strong and likes reading, dancing and singing. Her favorite foods are fufu with light soup and banku with fresh pepper sauce and grilled snapper.



Mrs. Lois Okudzeto, easily one of the most progressive queen-mothers in Ghana, is Sexy@60. Actually and incredibly, Lois is close to 70 years young. Lois had come down with a cold or flu when we visited for the photo shoot, but that wasn't slowing her down a bit. In addition to being the Vice-President of the Volta Foundation, she is the queenmother of Atorkor (in the Volta Region of Ghana) and finds time to faithfully serve on the Board of Directors of The Longevity Project. Lois is a prodigious walker and augments this activity with the Lotte Berke form of exercise, which uses the barre and involves lots of stretching routines. An excellent cook and hostess, Lois enjoys watermelon, meat and ice cream and counts playing the piano, sewing, reading and writing among her hobbies.