



KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

European
Edition

+HEALTH

**Alcohol
vs
immune system**

BEAUTY

Secrets of **H**ealthy and
gorgeous **H**air

**OVER
10 PAGES
CARTOONS:**

kids

PERFECT
**PET
4 YOUR
KID**

**BEAUTY
FASHION
DESTINATIONS
& TRAVEL
+Interiors**

**KATA KATA VILLAGE
PUSHES AIDS OFF
THE CLIFF**

ISSN 2214-059X



Foods

How to prepare
black-bean soup

INTERIOR

Exceptional ways of
arranging your closet

TECH

How technology has
enhanced gardening

TRAVEL

Delectable East
African dishes

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Kata Kata is an authentic African cartoon magazine with both online and printed versions. Humorously, Kata Kata tries to discuss and sensitize typical African / global socio-political issues using cartoons. At the same time, it equally offers a maxim that life is perhaps not all about seriousness; one needs some laughs and relaxation to face serious challenges in life. The duality of Kata Kata is such that it, on the one hand, discusses serious issues and at the same time, it offers therapy for the problems through laughter.

In an educational, informative and yet humorous way, Kata Kata creates awareness of social problems through the dissemination of information and finds solutions to them. This important information can be sent across in many major languages (English, French, Spanish, Portuguese) as well as / or different African languages, to reach the grass-root audiences.

The quarterly printed edition of Kata Kata is widely available in the Netherlands and some European countries. Equally, the magazine can be read or borrowed from different libraries globally, including the prestigious Stanford University Library, USA, Federal Library Den Haag, (the Netherlands), University of Leiden Library -African Studies (Netherlands), University of Iowa (Main Library), USA, Southern Africa Library, Basel, Switzerland etc.

Likewise, the digital version of Kata Kata can also be read online or subscribed to via Kata Kata website or Magzter, the world's largest digital newsstand with more than 20 million readers.

See: <https://www.magzter.com/NL/KataKata-CartoonMagazine/Kata-Kata-CartoonMagazine/Comics/>

We have expanded to Africa. With our offices in African countries, our humorous magazine is now available to our African readers, especially in various big hotels. We collaborate with a lot of credible international organizations, including the World Bank, the International criminal court (ICC), the CARE International, United Nations Population Fund, Ministries of gender etc.

Don't be left out. Hurry now and get your copy or become a subscriber.

Please visit our website: www.katakata.org

Welcome on board Kata Kata. Relax with our humorous cartoon magazine and get ready for a long laugh aimed at attitudinal and social changes.

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I HEAR YOU

Aghalamwino, tighaira mwino, agharaelino ghaila ilibu.
(Soga, Uganda)

Palipo ng'olewa jino hubaki na pengo. (Swahili)

La où dent est extraite, reste un vede. (French)

Where a tooth is removed there remains a gap. (English)

The world is full of challenges which create gaps in our lives, but with endurance, positive changes and better opportunity, we can overcome. (Meaning)

TELL ME SOMETHING



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Publisher's note

Lest we Forget Mr Aids

The year 2020 is synonymous with the COVID-19. From forcing both the rich and the poor indoors in the name of lockdown to social distancing, not to talk of the thousands of deaths and devastation of the global economies, the Coronavirus has audaciously established itself as a serious health challenge. But the bold and fearless presence of the COVID-19 virus should never make one ignore or underrate the danger posed by other deadly diseases such as Aids.

Since the start of the Aids epidemic, 75.7 million people have become infected with HIV (the virus that causes Aids); amongst these people, 32.7 million people have died from AIDS-related illnesses, as of 2019. About 38.0 million people globally were living with HIV in 2019, 1.7 million of them have been newly infected with HIV in 2019. Amongst the 38.0 million people living with AIDS, 36.2 million of that figure are adults, while 1.8 million are children aged between 0–14 years.

If the figures are not terrifying enough, they at least, clearly show how challenging the task ahead of us is, despite the positive efforts made to curtail the aggressive spread of Aids. For sure, we have somehow, tamed the tempestuous Aids epidemics. With the discovery of antiretroviral drugs (ARV) and good therapy, you can live a normal and long life. It is a milestone achievement by the

tireless efforts of many medical experts.

A breakthrough, it is, considering how many millions of souls that have succumbed to the seductive trap of Aids. But we still have many tasks ahead. We still have many problems and challenges, as far as we still practice unprotected sex. We must make it a habit and protect ourselves with a condom during sexual intercourse.

Sure, it is not just about being HIV positive or dying of the disease; the infection of others is more worrisome and dangerous. With about 38.0 million people globally living with HIV in 2019, the danger is still threatening. You can curtail Aids by having one partner. For those who have multiple partners, always use a condom.

Can you hear our friends at Kata Kata Village meeting debating?

"You say we must wear rain-cloth when we touch our wife. How can you bathe with clothes on?"

Before you respond to that, another bombshell follows:

"You wan' eat sweet together with de wrapping. Dat one is not madness?"

Sweet is sweet, whether in wrappings or not. Think of your life – and that of others - first...

Are Kata Kata Villagers listening?

Yours in Kata Kata,

Ogo Ubabukoh
Editor in-Chief / Publisher

ALCOHOL & IMMUNE SYSTEM



Alcoholism, which is also referred to as alcohol use disorder (AUD), is a condition of excessive drinking of alcohol that leads to mental or physical health problems. Medically speaking, alcoholism exists when one displays one of the following characteristics:

- One consumes large amounts of alcohol over a long period
- You find it difficult to reduce or stop your alcohol intake
- Drinking of alcohol affects fulfilling of your daily responsibilities
- You have an uncontrollable desire to drink alcohol
- Your alcohol consumption results in health and social dangers

Excessive consumption of alcohol damages the liver, heart, pancreas, brain, immune system and can lead to health challenges such as mental illness, irregular heartbeat, delirium, increased in cancer disease. How does alcoholism impair one's immune system?

The Better Health Channel, an Australian based website, defines the immune system as a complex network of cells and proteins that protect the body against external infections. The main roles of the immune system are to fight disease-causing germs such as bacteria, viruses, parasites and fungi and get rid of them from the body, recognize and neutralize harmful substances from the environment and to combat disease-causing changes in the body.

The immune system is composed of white blood cells, antibodies, complement system, lymphatic system, spleen bone marrow and thymus. All these parts collectively fight infection. The Immune system is very vital for our survival; without a strong immune system, our bodies would be exposed to attack from outside invaders and getting ill will be the order of the day.

There are two main parts of the immune system - the innate and adaptive immune systems. The innate immune system is inherited and it starts working the moment a child is born. When it recognizes a foreign body, innate immune system cells surround and overwhelm the invader and kill it. On the other hand, the adaptive or acquired immune system is the one you develop when your body is exposed to microorganism or chemicals released by the microorganism. When your body is exposed to the invader, acquired system, with the help of the innate system, produces cells to protect the body against it.

Alcohol consumption is a common practice in our various societies; Debates have been going on how dangerous alcohol is to the health. Various research works have proved that alcohol can be harmful to your health. Alcohol can damage your liver, cardiovascular system, digestive system or increase your chances of contracting cancer. In general, excessive drinking disrupts your immune system, thus lowers its ability to cope up with the infectious disease.

"Alcohol has diverse adverse effects throughout the body, including on all cells of the immune system, that lead to increased risk of serious infections," said Dr E. Jennifer Edelman, a Yale Medicine addiction specialist.

During this period of the coronavirus pandemic when people are prohibited from moving anyhow, and interacting with their friends and loved ones, research shows that several people have resorted to alcohol to overcome boredom and stress. Furthermore, alcohol consumption has also been on the rise during this COVID-19 period as a result of a myth that consumption of alcohol kills the virus causing Covid-19, a misconception that health experts have dismissed. The World Health Organisation (WHO) had urged governments to restrict the selling of alcohol, warning that drinking alcohol makes people more prone to the novel virus.

"Alcohol consumption is associated with a range of communicable and noncommunicable diseases and mental health disorders, which can make a person more vulnerable to COVID-19. In particular, alcohol compromises the body's immune system and increases the risk of adverse health outcomes," the WHO stated.

Researchers have discovered that alcohol can weaken your immune system and expose one to more risk to pneumonia, acute respiratory stress syndrome (ARDS), alcoholic liver disease (ALD) and Tuberculosis. Other risks are sepsis, high blood pressure, heart disease and Covid-19. It is worth noting that alcohol not only damages the body, but it also makes it weak as it fights certain diseases. It should be a matter of concern to all drinkers that alcohol has negative impacts on the functionality of the body and immune system. Let us have a closer look.

Gastrointestinal and alcohol

The Health Engine defines the gastrointestinal system as “a hollow muscular tube starting from the oral cavity, where food enters the mouth, continuing through the pharynx, oesophagus, stomach and intestines to the rectum and anus, where food is expelled.” It is also known as the gastrointestinal tract and it is subdivided into the oesophagus, stomach, and intestines. The gastrointestinal system is the first point of contact for alcohol. The main functions of the gastrointestinal tract are to digest and absorb ingested nutrients and emit waste products. The tract contains thousands of microorganisms that aid transpiration, digestion and absorption of food nutrients. When you sip alcohol, it interferes with the balance of the microbial organism and the cells that create a barrier between your gut and the rest of the body get destroyed.

Oral cavity and oesophagus are the first parts of the body that are exposed to alcohol and thus the effects are more direct and severe. Chronic alcohol drinking can cause mucosal injuries, weaken the functioning of the oesophagus, leading to increased acid reflux and/or heartburn and destroy salivary glands, lower production of saliva, amongst many others. Similarly, alcohol reduces the production of gastric acid, leading to high chances of bacteria getting into the small intestine.

Respiratory illness and alcohol

The lungs can also be destroyed by alcohol, a fact that many people are not aware of. Too much of alcohol impairs the function of immune cells making you susceptible to pneumonia, tuberculosis (TB), respiratory syncytial virus (RSV) infection, and acute respiratory distress syndrome (ARDS). Research conducted by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) shows that millions of people in the world have an alcohol use disorder (AUD). Dementia, nerve damage, damage to the heart muscles and pancreatitis and liver cirrhosis are some of the common health problems associated with AUD.

Conclusion

Finally, the only option that should be ringing in your mind if you are a drinker is to quit alcohol to salvage your life. However, the way one wants to stop drinking is different from another person's. Some may need guidance from friends and health experts, whereas others gain better results going to residential rehab or seeking long-term care support. Coming out of alcoholism is not an easy task. To be able to quit, one must first acknowledge they are alcoholic as well as be ready to come out of the vicious circle. Equally, they must understand the health problems they have been exposed to due to alcoholism as well as accept that they need help. Understanding and accepting these realities are necessary if one wants to quit drinking. Quitting alcoholism is indeed a necessary and healthy choice to make.

katakata

VILLAGE
VILLAGE

PUSHES

AIDS

OFF

THE

CLIFF

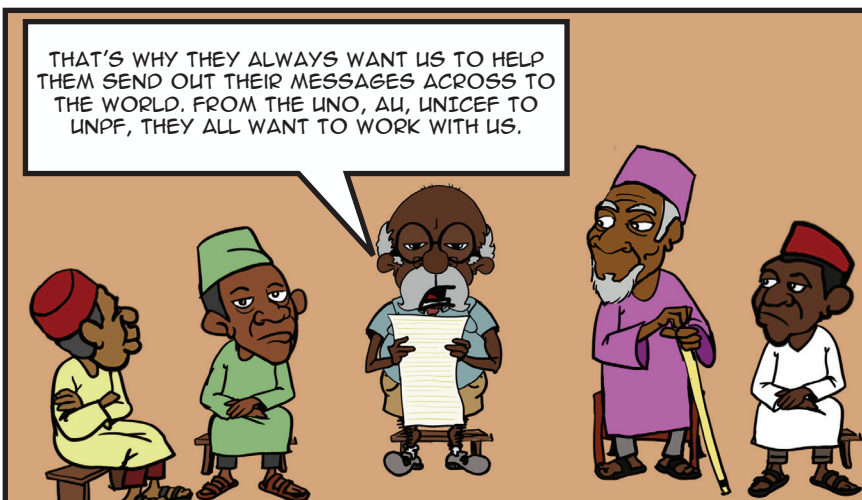
LET'S FIGHT AIDS




KATA KATA VILLAGE

PUSHES AIDS OF THE CLIFF

KATAKAT VILLAGE SQUARE



YOU START DIS MORNING AGAIN? WHO YOU CALL JUDE? YOUR MAMA GIVE ME DAT NAME? I TELL YOU MILLION EN TWENTY TWO TIME, MY NAME IS CHIEF! YOU HAVE MADNESS IN YOUR FAMILY, PICCOLO?



WHICH DAMN RELIGION DOES THAT NAME SUBSCRIBE TO? I DON'T KNOW OF ANY BLOODY SAINT CALLED CHIEF. OR WAS THAT THE GODDAMN NAME YOUR PARENTS GAVE YOU DURING YOUR BAPTISM?




GO EN ASK YOUR MOTHER! YOU HEAR ME?



SURE! GONNA DO JUST THAT WHEN NEXT I VISIT HER GRAVE.




SO, AS I WAS SAYING, WE HAVE HAD CAMPAIGNS AGAINST VIOLENCE AGAINST WOMEN. NO MORE BEATING OF YOUR WIFE, OR DAUGHTERS. NO TO SEXUAL INTIMIDATION, FORCED SEX, ORGANIZED CRIME, HUMAN TRAFFICKING, SELLING AND FORCING WOMEN AND GIRLS INTO PROSTITUTION OR SLAVERY....



NOW YOU' TALKING. ME, I HAPPY TO BE CHIEF OF DIS KATA KATA VILLAGE.




DAS' WHY UNO, WORLD BANK EN EVEN MUZUNGU WAN COME HERE EN LEARN HOW WE DO OUR GOOD WORK.



YA, BUT WE STILL HAVE A LOT TO DO. WE STILL HAVE MANY PROBLEMS AND CHALLENGES.



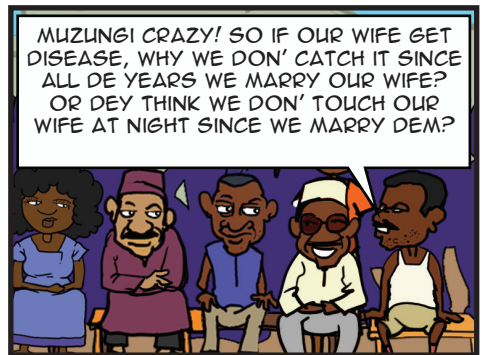
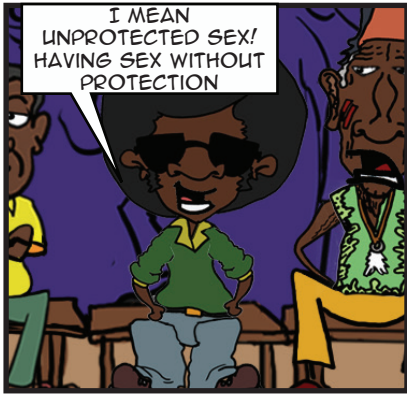
YES, MANY PROBLEM LIKE NOT HAVING ENOUGH FOOD TO EAT. ME, I TELL YOU, MY STOMACH IS CRYING IN HUNGERMENT.

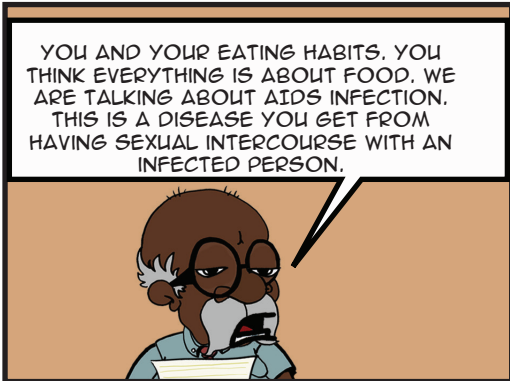
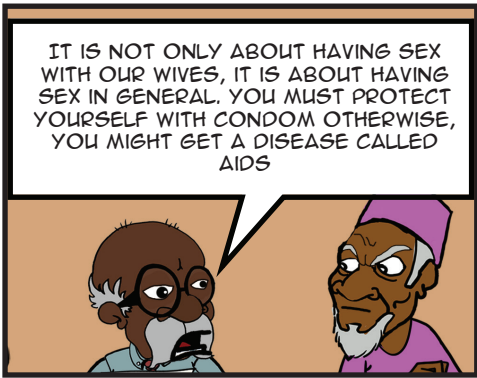


DE DAY YOU ALLOW FOOD REST IS DE DAY YOU BECOME HEALTHY....



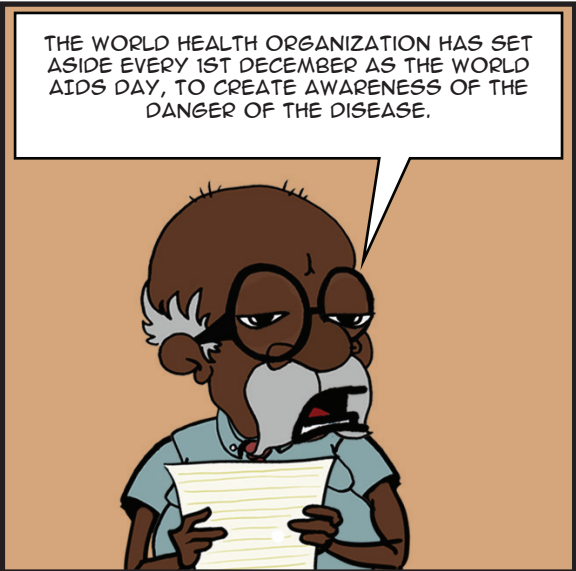








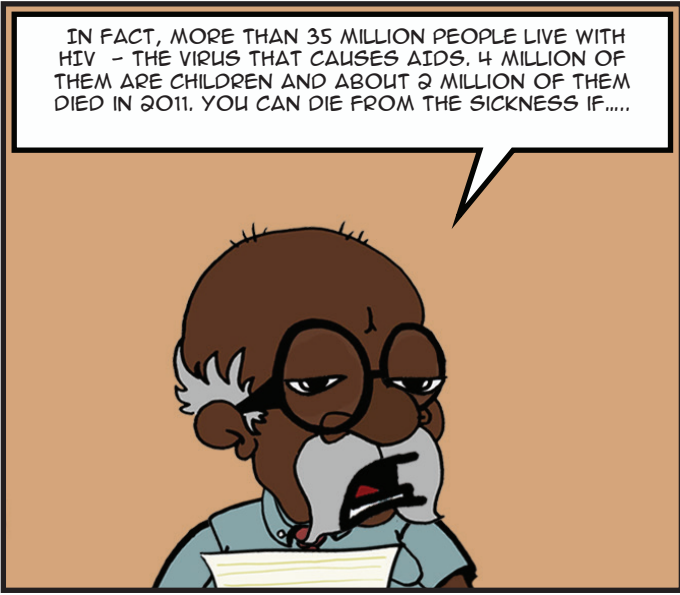
ORDER! DIS IS SERIOUS!!



THE WORLD HEALTH ORGANIZATION HAS SET ASIDE EVERY 1ST DECEMBER AS THE WORLD AIDS DAY, TO CREATE AWARENESS OF THE DANGER OF THE DISEASE.



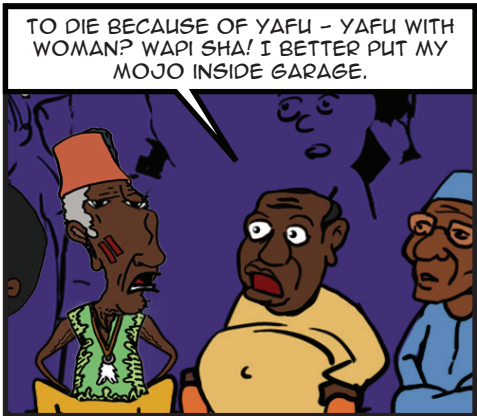
DAT ONE IS GOOD.



IN FACT, MORE THAN 35 MILLION PEOPLE LIVE WITH HIV - THE VIRUS THAT CAUSES AIDS. 4 MILLION OF THEM ARE CHILDREN AND ABOUT 2 MILLION OF THEM DIED IN 2011. YOU CAN DIE FROM THE SICKNESS IF.....



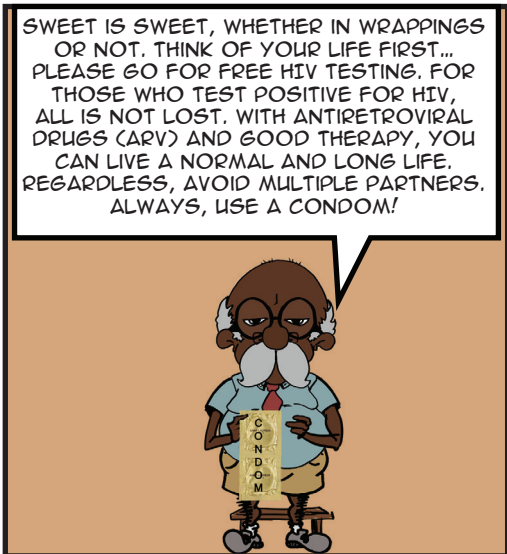
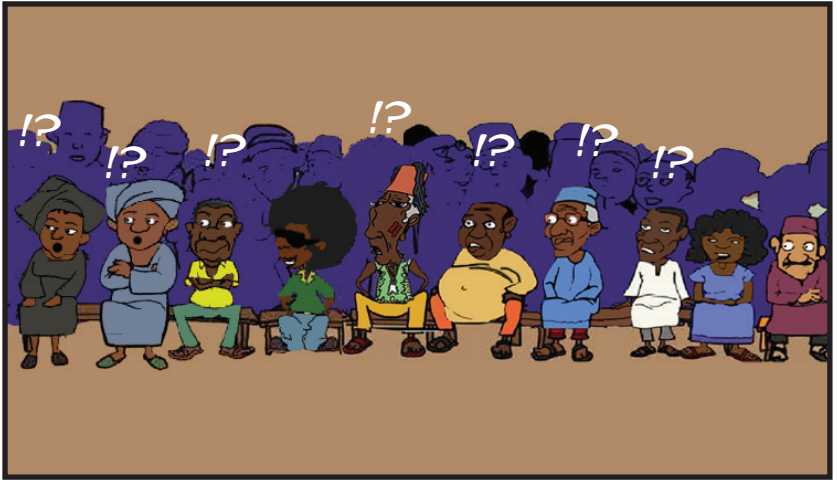
SO MANY?



TO DIE BECAUSE OF YAFU - YAFU WITH WOMAN? WAPI SHA! I BETTER PUT MY MOJO INSIDE GARAGE.



HAHAHAHAHAHA!



END

SUIT

attire that

TRANSFORMS

the physical impression of

MEN

Suits are among the attires adorned by a large section of people despite their origins. These apparels are associated with bankers and lawyers, but I would like to underscore this perception. They can be put on during any occasion and any time of the year and it is good to own at least a single suit because it will make you look presentable and impressive. Suits carry an aura of respect in several countries; for instance, in Kenya, they are linked with wealth. He who adorns in a suit in a particular event in the East African nation is more likely to attract attention, as well as being considered important in a crowd of people than one who is wearing casual attires. Similarly, ladies are more likely to be attracted to men in suits than those without.



Many fashion experts would argue that wearing a suit makes one look classy. It is advisable, therefore for every man who is fashion-conscious or wants to make a sartorial statement, to own at least, a suit in his wardrobe. To look trendier, you need the right shoes, tie, shirt, and belt to match your selected suit. You don't only need these sets of clothes to look more stylish but also because special occasions call for them. When you are figuring out what to put on during special occasions like anniversary, wedding, birthday and funeral, a suit should be the first thing to ring in your mind.

In most cases, a man who wears a suit is accorded more respect and special treatment wherever he goes. Watch the reactions of those people working in the office where you visit. Can you see the uncontrollable admiration, respect on their faces as you walked in? That's the power of the suit!. Did you attend an interview, wearing a suit? The interviewee who puts on a suit often leaves a deep impact on the first impression, and might even get the job simply because of the air of responsibility the suit carries along with it.

Research has shown that wearing a suit creates high self-esteem, confidence and enhances your credibility which, if well handled, could translate into a big success. Dr Tim Edwards, a behavioural psychologist at the University of Waikato said the suit is a symbol of masculinity.

"One may also query the linking of the suit to masculinity when, for example, in the 1980s, it became symbolic of female sexuality at the office. Yet women's tailoring often has little to do with men's – not least in its use of the skirt and tendency to emphasize the bust and waist, let alone in the fluffy pink varieties donned by Reese Witherspoon in *Legally Blonde* – and, when it does, as in the case of Marlene Dietrich, it is famous for its mannishness," said Dr Edwards.

The suit might not be your taste, but give it a try; surprise your friends, loved ones, and your colleagues with a nice looking even once in a blue moon. However, before you acquire one, put into consideration the following factors: brand, material, style, and cost. You do not have to break the bank; shops are selling stunning suits at pocket-friendly prices.

HERE IS A LIST OF SUITS EVERY MAN SHOULD OWN AT LEAST ONE.

Patterned suit.



Patterned suits are not appropriate for the office environment; instead, they are suitable for informal weddings, parties, and even nights out. This type makes you stand out in the assembly of people where everybody is in a suit. Make sure you choose your favourite colour and the size that will fit you well. You should pair it with a plain shirt, belt, shoes, and belt.

Summer Suit



This suit is suitable during warm weather to keep you much cooler. So do not have any excuse to avoid wearing suits during summer weddings, sports events and garden parties. They are either made from tropical wool that is knit with larger gaps to allow minimize perspiration or linen-wool which are lightweight.

Plain Two-Button Suit



Bridegrooms and those working in the office should purchase plain Two-Button Suit. Stylists have recommended the navy as the appropriate colour with charcoal or grey as an option. This apparel has a textured material a property that gives you a chance to wear a jacket and trousers as suits separate.

Dinner Suit



If you're looking to get dressed up for a party or a traditional black-tie event, it is good to have a dinner suit in your wardrobe. Avoid putting on your regular suits when invited to a dinner party; opt for a dinner jacket (tuxedo for Americans), a white dress shirt, and patent leather shoes. The number of night events you attend will determine the number of suits you need in your cupboard.

Double-Breasted Suit



The Dmarge magazine defines a Double-Breasted Suit as a coat or jacket with two parallel columns of buttons and overlapping front flaps. This type is for those of you who want to make a sartorial statement, but do not like a patterned suit. If I were you I would plump for a dark-double breasted jack because they fit in either formal environment like the office and informal such as parties or weddings. A normal double-breasted blazer has one to four rows of buttons with only one or two are working.

With many suits available, you may get confused when it comes to buying the right one. Do not fret; the following are major buying tips for a suit presented in the Real Men Real Style (RMRS). First, choose whether you are carrying out your purchase online or offline then set your budget, select your fabric, and choose the right size. Others are choosing function over fashion, picking your dress shirt, and matching your shoes with your suit.

Secrets of healthy & gorgeous hair

Healthy hair tips for women

To some people, the beauty of a woman is incomplete without a nice looking hair. Women spend their time, energy, and money to get pleasant hair look; it forms a major part of their personality and self-confidence. Apart from the magnificence part of it, hairs also keep the head warm and regulate body temperature. If you want to maintain healthy hair, here are some tips for healthy and gorgeous hair.

Avoid regular washing of your hair.



Wash your hair less frequently, at most 3 or 4 times a week. Nonetheless, if your scalp is oily, wash it once in a day. Use cold water instead of hot water. Cold water makes your hair shiny and bouncy since it helps it to stick close; on the other hand, hot water is likely to cause split ends and frizz.

Use Healthy products for your hair type.



Choose products that are good for your particular type of hair. Stylists have suggested that you use products such as shampoo, hair gel, and hairspray made from natural ingredients instead of chemical-based ones. Research indicates that chemical shampoos have strong cleansers that remove the natural oils from your hair and make it curly. Besides, keep away from dye, bleach, chemical straightener, and chemical curlers as they can cause untold destruction to your hair.

Sleep on a silk pillowcase.



In case you have been using average pillowcases, try a silk pillowcase for the sake of your hair. Unlike cotton pillowcase, which makes your hair gets tangled, the former causes less hair breakage, prevents hair loss and ensures blowout lasts longer.

Use of a conditioner



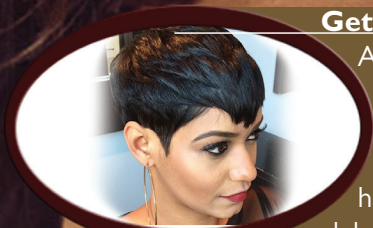
After you have put shampoo in your hair, stylists believe that you use conditioner to enhance the appearance of your hair. Conditioner increases shine decreases static electricity, improves strength, and offers some protection from harmful UV rays. The type of shampoo and conditioner to use depends on your hair type.

General care and precautions.



Do the following to maintain your hair: Before swimming, put on a tight-fitting cap and after swimming wash your hair with specially formulated swimmers shampoo, dry your hair with a soft towel after washing it, and apply hair serum to your hair before using heating styling devices.

Get a good haircut



A nice haircut is lovely and eye-catching. Do that if you find yourself a good barber who can get the work done without mistakes; your hair will be screaming of a high-class. You have free choice to choose the haircut style you cherish from a variety of classy modern styles such as short, medium, long, layered, and bob haircuts. Numerous celebrities have proved that haircuts can make you stand out in a crowd of people. Check out celebrities like Julianne Hough, Lupita Nyong'o and Michelle Williams.

It takes extra effort for a woman or any lady to take care of her hair. No wonder salons have become one of the busiest places in the world with the research showing that over 72 per cent of women visit salons every month. Ideally, you should wash your hair every 2 to 3 weeks to remove debris, impurities, and any product that might make it dirty. Good luck with your new amazing hair.

INTERIOR

By Samuel Ouma

“How do you want to feel when you walk into your closet? What are your goals? Be realistic and ruthless in ridding your closet of anything that doesn’t line up with those aspirations. I love taking this approach with my clients to set the tone for the project and keep things focused on the result.”

Kate Turk, American interior stylist and professional organizer.

There is that good feeling of joy and satisfaction within you if it does not cost you much energy and time to select clothes from your wardrobe because organizing your clothes neatly and properly not only saves you time but also boosts your confidence. If getting dressed every moment you change your clothes confuses, then something needs to be done. Embrace apparel organization, tactics and work on them until you become professional.

The closet organizing tips we are sharing with you are easy and can be adapted by anyone to his or her closet. They save you time, space and help you have a boutique you can shop from every anytime. These tips range from emptying and cleaning your closet to decluttering your clothes by category. Neatness might not be your strength, but it is advisable you keep trying until you achieve your goals.



Go for good hangers

Hangers play a crucial role in your wardrobe as it brings uniformity to your display. Initially, hangers were used to allow people easily access their clothing and also to keep them dry or wrinkle-free. According to beauty experts, without hangers in your closet, there will be no arrangement and neatness. There are major three types of hangers:

First, wire hanger which has a loop of wire flattened in a triangular shape and a hook at the top. Next is a wooden hanger with a flat piece of wood cut into boomerang-like shape and a hook made of metal jutting from the point. Third, plastic hanger, which has the shape of either a wire or a wooden hanger, exists in all sizes. Other types of clothes hangers are garment, matt, lingerie, curtain and handle hangers.

Declutter your clothes by category

Tracing a particular dress in a heap of clothes can be so demanding and tiresome. You can make work easier for yourself by sorting them into categories like undergarments, pants, dresses, tops, outwears and accessories. Make sure you get rid of items that you do not need, keep only the clothes you wear frequently. Also ensure you narrow down what you own in multiples, for instance, if you have 8 black trousers, do away with the ones you rarely wear and keep a few.

Furthermore, you can colour-code your closet by organizing your outfit by colour. This process can be tiresome, but I assure you that the result will be amazing. You will appreciate your effort and love the outlook of your wardrobe.



Declutter your clothes by category

Owning a declutter or donation box should not be an option but mandatory since every day, you will need to whisk away clutter and you need to put it somewhere until you take it out of your closet. That bag, basket, box or whatever you prefer should not be called litter bin because whatever is deposited in it can be of use to another person. It might be a sweater, scarf, jacket, dress, top or even shoes that still can be beneficial to somebody else. Empty the box regularly by donating the items to the family, friends, neighbours or selling them.



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Empty and clean your closet

Once in a while, it is advisable to empty your closet and carry out a proper deep-cleaning. Remove hangers, clothes and shoes and put them either in your bed or on the floor. After emptying it, do a thorough cleaning by wiping down the shelves and scrubbing any dirt off the walls and take some rest while giving it time to dry. Later, check on it and if you are satisfied with how it looks you can get back to your pile of outfits and separate what you do not need from others. Throw out the trash and arrange neatly the remaining items in your closet.

Make use of your vertical storage space

When running out of space, maximize your vertical storage space such as top shelves, doors and walls. Experts have provided the following ideas you can put into use to utilize vertical and under-utilized areas. They include:



1 Install DIY shelves that hold jewellery boxes or handbags.



2 Install shelves along the perimeter of your bedroom walls.



3 Hang a clothes rack in the corner.



4 Hang a cork wall for jewellery storage.



5 Use crown moulding as a shoe rack.



6 Hang pegs on the back of your closet door for storing shoes.



7 Give your pants their rack.

Finally, when your closet is well arranged it is easier to locate where your favourite attire is, but organizing it depends on the following factors: space available, size of your wardrobe and the lifestyle. Furthermore, there are closet organization toolkits required, such as tape measure to determine hanging and shelving space, shopping bags to transport clothes to the donation centres, tailors or dry cleaner and catch-all baskets for putting papers, pins, rubber bands or hair clips found in the pockets. If you follow all these instructions, you will have a tidy closet.

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HOW TECHNOLOGY HAS ENHANCED GARDENING

Gardening has become easier recently, thanks to the development of technology. You no longer need to uproot weeds using your hands since there are tools which can perform the task efficiently with less energy. Unlike in the past when sticks were used for digging, today they are improved tools specifically designed for such a task.

In this article, we are going to share with you some of the gardening tools, which help you to get the job done in your garden no matter the size. Gardening does not only need seeds, water, sun and soils, but also the right tools to make work easier and enhance the output. You do not need to add all tools in your collection, but choose what you want based on what you grow, where and how you grow it.



Gardening gloves

Tasks like pulling up nettles and dealing with thorny branches become easier if you have gloves. They are very essential and should be at the top of the list of your garden tools. Apart from preventing your hands from getting injured, they also protect them from pressure and friction caused by other tools. Gloves also prevent your hands from getting dirty. Ensure your gloves are fit, water-resistant, durable and have longer cuffs.

Gardening does not only need seeds, water, sun and soils, but also the right tools to make work easier and enhance the output.



Hand trowel

This is an essential tool used for transplanting seedlings, moving soil, digging, removing weeds and mixing fertilizers. Some gardeners use it for weeding because it has a small and sharp blade that can help to uproot stubborn weeds. When purchasing a hand trowel, go for one with a broad blade to move more soil and the ones made of stainless steel which are durable. Also, select the one whose handle feels comfortable.

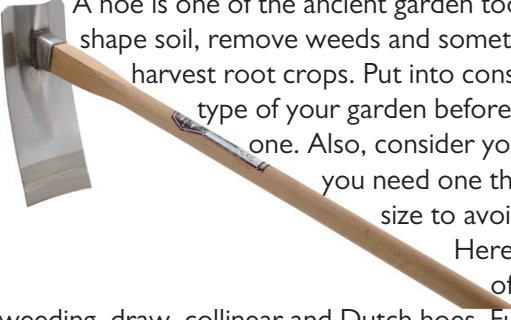


Pruning shears

They are also known as secateurs. Pruning shears look like scissors and are ideal for trimming hard branches of trees and shrubs. They are also used to harvest herbs, fruits and vegetables and cut thick stems. There are three common types of pruning shears. They include Anvil pruners, which are perfect for deadwood because they can cause damage to fresh and green stems and branches. Others are bypass pruners, which are ideal for live plants and green wood and ratcheting pruners that give increased cutting strength.

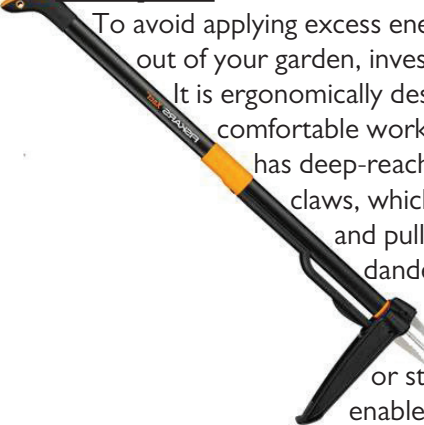


Hoe



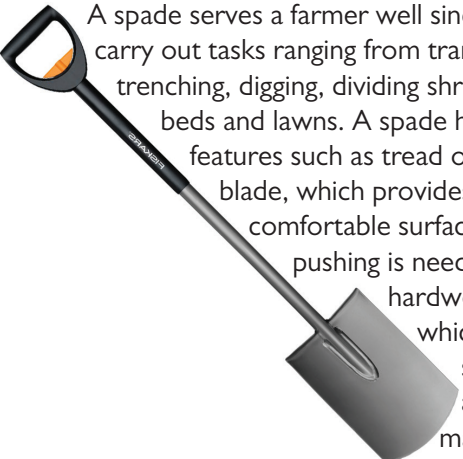
A hoe is one of the ancient garden tools used to shape soil, remove weeds and sometimes used to harvest root crops. Put into consideration the type of your garden before you shop for one. Also, consider your height since you need one that suits your size to avoid back-pain. Here are examples of the hoe: flat, weeding, draw, collinear and Dutch hoes. Furthermore, choose a blade width based on your need, for example, a wider hoe is needed when you are dealing with large areas of dirt.

Weed puller



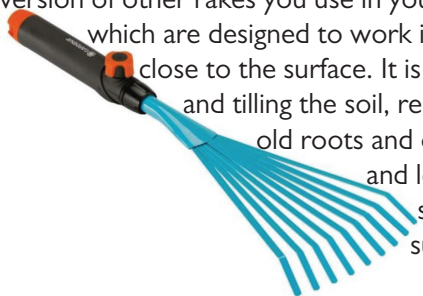
To avoid applying excess energy in pulling weeds out of your garden, invest in a weed puller. It is ergonomically designed to ensure a comfortable working posture. This tool has deep-reaching stainless steel claws, which entangle the weed and pull it out. Select hand dandelion digger designed to remove weeds with a tap root or standup weeder, which enables you to push the spikes into the ground. What you need to do when using stand-up weeder is to press down on the lever with your foot and it grabs the weed and its roots, then pull it out of the soil.

Spade



A spade serves a farmer well since it is used to carry out tasks ranging from transplanting, trenching, digging, dividing shrubs to edging beds and lawns. A spade has several features such as tread on top of the blade, which provides a sturdy and comfortable surface in case extra pushing is needed, ash hardwood handle which acts as a shock absorber and the head made with stainless steel to prevent rusting. Spades come in a variety of sizes and shapes and without them, gardening will be incomplete.

Hand rake



Gardening know-how defines hand rake as a smaller version of other rakes you use in your yard and garden, which are designed to work in tight spaces and close to the surface. It is perfect for turning and tilling the soil, removing weeds, old roots and other garden debris and levelling and smoothing the surface of the soil.

Garden rake and lawn hand rake are the common types of hand rakes. Garden hand rakes are smaller than a trowel and have short handles. They have strong, stiff tines used to till the soil, which are good when you want to get tough weeds or smaller stones out of a garden bed. On the other hand, lawn hand rakes are small versions of leaf rakes with short-handled flexible tines. They are perfect for cleaning up dead leaves and plant materials. Their small sizes enable them to penetrate around plants without destroying them.

In conclusion, these are just a handful of garden tools, there are many others and as technology evolves, expect to come across better tools in future. To ensure gardening tools remain efficient, they must be treated with a lot of care. Good maintenance keeps your tools in good condition and enables them to last longer. Clean every tool after use, remove sap, especially in pruning blades and apply oil regularly to prevent rusting. You also need to keep them sharp and store them in a safe place to prevent damage or theft.



MOVIES



Title: BLACK WIDOW
Release : 7TH May 2021
genre: Sci-fi/ Superhero/ Adventure/ Fantasy/ Action
PG:13

Black Widow is an upcoming American superhero film based on the Marvel Comics character of the same name. Produced by Marvel Studios and distributed by Walt Disney Studios Motion Pictures, it is intended to be the 24th film in the Marvel Cinematic Universe (MCU). The film was directed by Cate Shortland and written by Eric Pearson from a story by Jac Schaeffer and Ned Benson, and stars Scarlett Johansson as Natasha Romanoff / Black Widow alongside Florence Pugh, David Harbour, O-T Fagbenle, William Hurt, Ray Winstone, and Rachel Weisz. Set after Captain America: Civil War (2016), the film sees Romanoff on the run and forced to confront her past.

Development of a Black Widow film began in April 2004 by Lionsgate, with David Hayter attached to write and direct. The project did not move forward, so the film rights to the character reverted to Marvel Studios by June 2006. Johansson was cast in the role for several MCU films beginning with Iron Man 2 (2010). Marvel and Johansson expressed interest in a solo film several times over the following years before Schaeffer and Shortland were hired in 2018. Benson joined in early 2019, with Pearson added later. Filming took place from May to October, in Norway, Budapest, Morocco, Pinewood Studios in the United Kingdom, and Atlanta and Macon, Georgia.

POEMS

Henry Wadsworth Longfellow. 1807–1882

A Psalm of Life

TELL me not, in mournful numbers,
 Life is but an empty dream!—

For the soul is dead that slumbers,
 And things are not what they seem.

Life is real! Life is earnest!

And the grave is not its goal;
 Dust thou art, to dust returnest,
 Was not spoken of the soul.

Not enjoyment, and not sorrow,
 Is our destined end or way;

But to act, that each to-morrow
 Find us farther than to-day.

And our hearts, though stout and brave,
 Funeral marches to the grave.

In the bivouac of Life,

Be not like dumb, driven cattle!

Be a hero in the strife!

Trust no Future, howe'er pleasant!

Let the dead Past bury its dead!

Act,—act in the living Present!

Heart within, and God o'erhead!

Lives of great men all remind us

We can make our lives sublime,

And, departing, leave behind us

Footprints on the sands of time;

Footprints, that perhaps another,

Sailing o'er life's solemn main,

A forlorn and shipwrecked brother,

Seeing, shall take heart again.

Let us, then, be up and doing,

With a heart for any fate;

Still achieving, still pursuing,

Learn to labor and to wait

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PERFECT PET 4 YOUR KID



Many years ago, cats and dogs used to be the most popular pets in many households, but today, things have taken a new twist. There exist several pets ranging from birds, fish to rabbits; thus, an individual who does not prefer the two most common pets as his or her pet, has some options to choose from.

Many research works have shown that pets play crucial roles in the development of children. Little wonder, therefore, why researchers propose that a kid should own at least a pet in their early childhood life.

Below are the reasons why pets are necessary for your kid's health and growth, according to the research.

Pets teach kids life values: Cleaning the pet's cage or tasks such as walking a dog teaches your kid on how to be responsible.

Boost self-esteem: Allen R. McConnell, PhD from Miami University, have found that people who own pets have high self-esteem and are less fearful compared to those who do not have. Also, engaging in physical exercise with pets makes the kids' bodies to produce neurochemicals which, boosts self-confidence.

Companionship: Children with pets are less anxious as they find comfort and support from the animal companion.

Strengthen family bond: Tasks such as feeding the pet, cleaning its cage allow the family to engage in much conversation, which in turn binds the family together.

Entertainment: It is fun to listen to a bird's melodious music and play around with rabbits, dogs, cats etc.

Lower isolation: Kids who own pets are not likely to become lonely; hence, they may not suffer from depression.

Reduce allergies: A study carried out by health psychologist Dr June McNicholas of the University of Warwick shows that toddlers brought up in homes with pets are not prone to childhood allergies because they have a strong immune system.



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2020 Issue



Mice

Research shows that mice make wonderful

pets for teens and also adults. Mice are sociable, available everywhere in the world, active and fun to watch and pose no threat of diseases to humans. Moreover, they are clean and intelligent. They are also good at giving a good company; they do not require much space keep and there is no experience needed to own a mouse.



Birds

Their elegant colours attract much

attention from the kids. They also provide companions and their melodies fascinate toddlers. Parakeet is the best species of birds to choose as a pet because it is less expensive in terms of maintenance compared to others. You should note that birds require much daily attention since they are the most demanding.



Guinea pigs

These creatures are a domesticated species of

rodents. They are also known as Cavies. The Animal Diversity Web (ADW) says that guinea pigs are tailless and have a huge body size weighing between 700-1,100 grams, a feature which makes them attractive to many kids. Cavies have compact and cylindrical bodies ranging from 8 to 10 inches long. They are social animals and like human being company.



Rabbits

Rabbits are cute and cuddly,

making them more attractive. They provide for a good companion and keeps kids busy. However, they require much attention; that is why they are better suited for older children who can take better care of them. They have to be fed regularly, and their cages must be kept clean. The owner must keep a close eye on them since they are prone to attacks or harms from other animals like dogs.



Cats

Just like dogs, cats are also adorable and make for

a good companion; they require limited space and little maintenance. One of the negative things about having a cat as a pet is that it is - unlike dogs - hardly loyal to their owners since they can easily run away anytime



Fish

Apart from being a pet, it also adds beauty to

your home. Fish is one of the most preferred pets due to its nature of being calm. It is good you choose for your kid the type of fish which is easy to raise, like Siamese fighting fish also known as Betta fish. This species can live in isolation and you do not need aerators, filters or heaters. Fish needs to be handled with care by making sure you feed them with the right quantity of food and regular cleaning of the container to avert a build-up of germs and wastes.



Dogs

Dogs are the most adored pet in the entire

world. Sixty-three per cent of households in the US own a dog, according to the 2019-2020 National Pet Owners Survey conducted by the American Pet Products Association (APPA).

A study by Pet Secure in 2018 ranked US, China, Russia, Japan and the Philippines as the top five countries with the highest population of dogs in the world.

Dogs are known as intelligent, calm and loving animals. They are the best in keeping company both inside and outside and are very loyal to their owners.

However, dogs require veterinary services and immunization, which might be expensive.

In conclusion, you have learnt that toddlers with pets are more compassionate, feel supported, have high self-esteem, better cognitive skills, less stress and have good health. Besides, before you choose the right pet for your kid, bear the following factors in mind: the lifespan of the pet, kid's personality, special needs, health care costs and care requirements and needs. Make your children happy, get a pet for them.




TRAVEL

Delectable East Africa

Culinary Experience

When you mention East Africa countries, you may think of Tanzania, Uganda, Kenya, Rwanda and Burundi. East African region hosts thousands of travellers because of its warm and friendly people, exotic plant and animal species, and don't forget the warm weather, of course.

But those are not only what makes the region of Africa vibrant. Their appetizing dishes are irresistible. The food is a reflection of people's rich culture and heritage, with the East African region inhabiting over 200 communities with distinct customs and traditions. Historically speaking, East Africa is a melting point of different cultures, which is manifested in the use of varieties of ingredients, cooking technique and the taste of the cuisines. The influence of the Arabs and Indians is noticeable in the cuisines from different parts of East Africa. Generally, spices which feature prominently in the kitchen of this part of Africa are of top quality to ensure uncompromising intensive and pure flavour.



Here are the tastiest East African delicacies to experience while visiting the area:



Ugali

Ugali is a popular dish in East Africa, which is loved by the majorities of Kenyans. It is also called cornmeal porridge. When preparing it, you put maize, sorghum or millet flour in hot water, then stir until a semi-solid with dough-like thickness is formed. Popular foods taken with ugali are meat, chicken or vegetables.



Uganda Curried Potatoes

Uganda Curried Potatoes is a mixture of potatoes with spices like onion, garlic, turmeric, cinnamon, coriander, tomatoes and fresh parsley. Uganda Curried Potatoes are very nutritious, and it goes well with grilled chicken and steamed spiced vegetables.



Isamaza

Isamaza is a famous drink in Rwanda. It came into existence through the creative idea of Albert Rudatsimburwa Rwandan talk-show host, musician and entrepreneur, who wanted to create something typical Rwandan after complaining that virtually every food in Rwanda is imported and expensive. To achieve his goal, he turned locally farmed coffee and lemon into a syrup. The syrup is mixed with imported alcohols to produce what he calls Rwandan branded and packaged liquor Isamaza. So you could say that Isamaza is similar to any other high-quality alcohol imported from the West, except that it contains a little touch of Rwandan flavour, which has been added into it.



Chapati

Chapati is prepared from the beaten dough and mostly served with stew and beverages like coffee and tea. It is famously known as a flatbread. It originated from the Indian subcontinent, and it is a staple food in India and other neighbouring countries like Bangladesh, Pakistan, Nepal Sri Lanka. Chapati is believed to have been introduced to East Africa and the Caribbean by the Indians.



Mandazi

These are doughnut-like fried bread snacks but are not frosted. They are popular among the Swahili people. Their shapes vary, either triangular, circular and are oval. Mandazi is eaten with fresh fruit juice or tea at breakfast; it can also be served as a snack during any time of the day. They are the Swahili buns.



Nyama na Irio

Nyama na Irio encompasses mashed-up potatoes, peas, beans, corn and onion. It is served with spiced roasted meat. The delicacy is one of the favourites of the Kenyan Kikuyu community, and its fame has spread to the entire Horn of Africa.



Renga Renga

Renga Renga is a Burundian potato leaves' stew mixed with a little grained peanut, tomato, oil and salt.



Matoke

Matoke is cooked bananas. Green bananas are harvested, peeled and then baked or steam cooked and pounded into a meal. It is common in Uganda, Tanzania and Kenya. Matoke can be served with beef, peanut sauce, chicken, coconut milk, among many others.



Grilled fish

In Tanzania, it is called Samaki Wa Kupaka in Swahili. Taking this dish will leave you begging for more; the ingredients used produce sumptuous aroma and taste that can make you salivate.



The above dishes are just the tip of the iceberg of East African culinary experience. A visit to this part of the continent will reveal to you the appetizing culinary diversity of the region. It is a lasting experience you will never regret.

BLACK BEAN SOUP

The bean seed, a very important source of protein, is one of the most common foods in Africa. Classified as a vegetable for human or animal food consumption, bean belongs to many genera of the flowering plant family called Fabaceae. Beans, which are used in several traditional dishes in African and beyond, can be cooked in different ways, including boiling, frying, and baking. Below is a list of some bean recipes you can prepare. These meals taste delicious when properly cooked. A good reason to follow the instructions carefully.

(Serve 5)

Ingredients

1 medium onion and carrot each
 3 garlic cloves
 1 tablespoon salt
 ¼ cup of virgin oil
 ¼ cup red wine vinegar
 Small amount of chiles
 1 can dry black bean
 1 ½ teaspoon dried oregano
 1 cup of whole yoghurt
 1 tablespoon of hot chilli sauce
 Water

Preparation Method:

- (i) Peel and chop the onion and carrot
- (ii) Peel garlic cloves by smashing into smaller pieces
- (iii) Heat the oil in a pot; add onion, carrot and garlic. Cook while stirring until onion turns golden
- (iv) Add red wine vinegar and cook
- (v) Add 2 tablespoons of chilli sauce and stir to coat
- (vi) Pour dried black beans, oregano, salt and 8 cups of water
- (vii) Simmer and stir every 30 minutes to prevent sticking, until beans are soft and creamy for about 2 hours



AUNT SYLVIA



Dear aunt Silvia,
I would not like to mention my real name to avoid any conflict with my wife. I am aged 51, married with four children. Generally, I would say my wife is a very lovely lady. However, she tends to fulfil nearly every demand from the children, simply because she wants them to believe she is easy-going. Despite having had several discussions over this with her, she still hasn't changed her acts. Recently, the children often go to her whenever they have a request they know I wouldn't honour. That gives our children the impression I do not love them. Please what shall I do to change this attitude amongst our children?

Yours
Lonwabo (Makhanda, South Africa)



Dear Lonwabo,
Thank you for your mail.

Unfortunately, you did not mention the genders and ages of your children.

Nevertheless, the problem you raised is not

peculiar to you; many families face a similar challenging situation. Sadly, if not well and quickly handled, it could damage the family. Often, it is typical that mothers try to be on the side of their children when certain issues arise in the family. Call it the mother instinct if you like. By so doing, mothers end up not only being overprotective. They equally – sometimes, unknowingly – create a huge division in the family. I must quickly add that not only women engage in protective action, but men also do the same, although less often than women.

Imagine a child wants something and the father denies permission, the child turns to the mother, who gives her approval. With the approval, the child might believe they can always go to the mum if they want anything their father might not approve of. Worse still, the father's disapproval might equally be interpreted as hatred; that creates a crack in the family. When your children seek your wife's approval for a request, she must insist they call you so that the final decision can be made as a family. Once your wife does this, the children will learn that they need the approval of both of you before they take any action.

Parents must act as a team with one voice, otherwise, children are likely to exploit the

opinion difference to their advantage. Of course, it is normal that parents could have a difference of opinion, however, the differences must not be known to the children. As parents, you need to come up with a compromise to let your children know you are a team.

Never argue in their presence if you disagree as parents. Likewise, overriding the decision of your wife (vice-versa) in the presence of your children sends a very bad signal.

Sometimes, it happens unintentionally, but children can be very smart and sometimes, self-centred; often when they see an opportunity that favours them, they capitalise on it. By not acting as a team, parents could create a situation whereby children may start to show less respect towards a parent they believe does not give them a free hand. That is sad because being strict with rules does not transcend to hatred. Please sit down with your wife and iron out these points. Good luck.

Yours,
Aunt Silvia

FAMILY QUOTES

"The most important thing in the world is family and love." -John Wooden

"Nothing is better than going home to family and eating good food and relaxing." -Irina Shayk

"To us, family means putting your arms around each other and being there." -Barbara Bush

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