



KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

Uganda
Edition

+ HEALTH

Common
causes of a
**Runny nose
& Headache**

**OVER
10** PAGES
CARTOON

Fashion

*Best
Hoodies
4 Men*

BEAUTY

Excessive
sweating
*a condition that interferes with
your good looks*

 **kids**

Stimulation
of kids 2
**become
good
readers &
writers**



KATA KATA VILLAGERS

COMBAT

COMBATANT POLLUTION

ISSN 2214-059X



Foods

Home-made Refried
Beans

INTERIOR

Tips for choosing the best
roof repair professionals

TECH

Africa's best EdTech
Initiatives

TRAVEL

Places that offer best
view of lions in Africa.

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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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CONTENTS

06



HEALTH:

Common causes of a runny nose and headache

INTERIOR:

Tips for choosing the best roof repair professionals

23



29



KIDS:

Stimulation of kids to become good readers and writers.

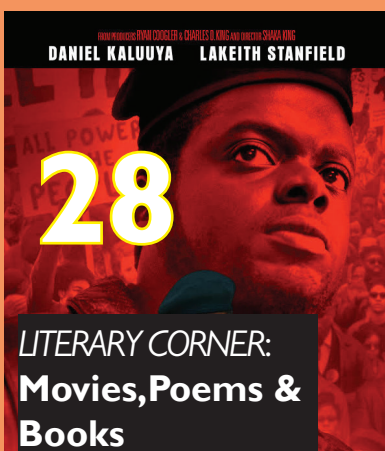
09



CARTOON:

Kata Kata Villagers Combat Combatant Pollution.

28



LITERARY CORNER:

Movies, Poems & Books

32



TRAVEL:

Places that offer best view of lions in Africa.

16



FASHION:

Best hoodies for men

34



FOOD:

Home-made Refried Beans

26



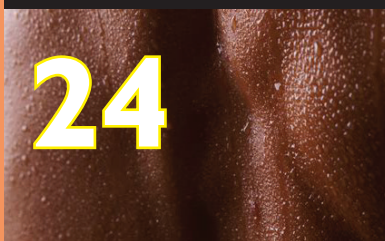
TECHNOLOGY:

Africa's best EdTech Initiatives

BEAUTY:

Excessive sweating.. a condition that interferes with your good looks

24



35



LETTER:

Can Community-Led Pollution Management work?

I HEAR YOU

Egabire tebura kikama. (*Runyankore, Uganda*)

Ng'ombe yenye maziwa haikosi mtu wa kuikamua. (Swahili)

La vache qui a du lait ne manquera pas quelqu'un pour la traire. (*French*)

The cow that has milk will never lack someone milking it. (*English*)

Human beings are important for the existence of the society. For the society to survive, human beings must work hard to get a daily living. (*Meaning*)

TELL ME SOMETHING

TELL ME SOMETHING!

Nigeria's Ngozi
Okonjo-Iweala appointed new WTO boss
- News



The stone the Nigerian builders rejected
became the cornerstone

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Publisher's note:

Combating The Combatant Pollution

Presently, COVID-19 or Coronavirus pandemic has become the most dominant news discourse. The pugnacious virus has drastically changed the world, medically, financially, socially, and otherwise. But coronavirus is hardly the only health challenge facing the world today. Pollution has become one of the most deadly yet less reported silent killers today.

Pollution or environmental pollution refers to when an amount of any form of substance or energy is put into the environment at a rate faster than it can be dispersed, diluted, decomposed, recycled, or stored in some harmless form. It is high time we knew we are dying silently from pollution. According to the World Health Organization, about 4.6 million people die yearly from air-related pollution.

Interestingly, more lives are lost globally due to air pollution than automobile accidents. Every year, pollution causes more than 100 million deaths globally. That scaring figure is comparable to the demise due to global diseases such as HIV and malaria.

Not even animals and birds are spared from the cold hands of environmental hazards. According to the UNO, yearly, more than 1 million seabirds and 100,000 sea mammals die because of pollution. As much as the figure is intimidating, hardly are our governments doing enough to reduce the unnecessary deaths.

Nor are our aquatic organisms free from pollution-related ends. Because many lakes are too polluted, fishing, marine life, or swimming has become seriously

affected.

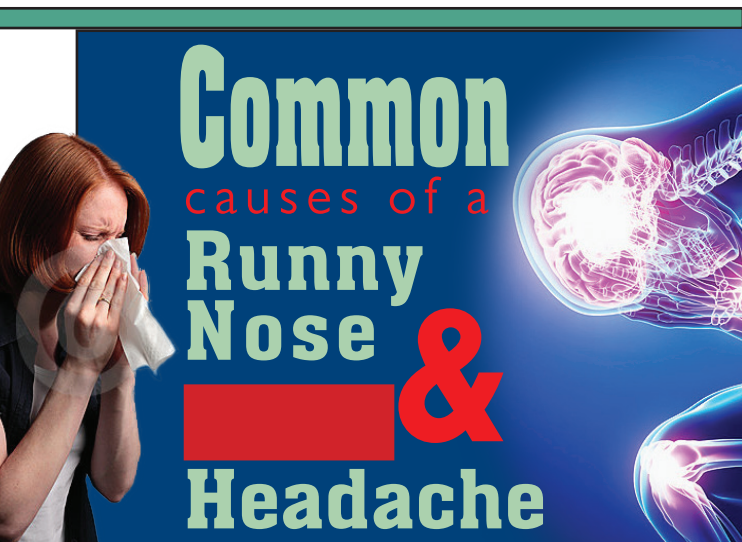
Our ocean and water have become an ideal spot where cargo ships and cruise liners dump billion pounds of garbage. All these unhealthy activities cause serious environmental hazards to both humans and sea animals. Yearly, as much as 1.2 trillion gallons of industrial waste, stormwater, and untreated sewage are dumped into the water. But that is not all.

Since air pollution accounts for the most deaths, people exposed to air pollution have a 20% higher risk of dying of lung cancer than people who live in less polluted areas, according to the UNO. Worse still, although children form only 10% of the world's population, 40% of them die globally due to pollution. As many as more than 3 million children under age five die yearly due to environmental reasons. Furthermore, 7.8 million people could die prematurely due to being directly or indirectly exposed to emissions.

Sadly, looking at the World Health Organisation figures, which show that over 90% of people live in an unsuitable environment, based on the WHO air quality guidelines, it is time to take immediate actions to tackle the global environmental challenges.

Kata Kata village is leaving no stone unturned. It has just formed the Kata-kata Village Pollution Police (KKVPP) to achieve its goals. Wouldn't you like to join the campaign? Thanks for your positive response. Let's get going.

Yours in Kata Kata,
Ogo Ubabukoh
Editor-in-chief / Publisher



According to the World Health Organization (WHO), almost everyone has experienced a headache in life. Everybody is susceptible to headache regardless of age or colour. The UK's Medical News Today, a web-based medical news outlet, stated that headache could be a sign of stress, emotional distress or medical disorder like migraine, high pressure, anxiety or depression. On the other hand, a runny or stuffy nose occurs when the tissue lining the nose becomes swollen, according to the US' MedlinePlus. The swelling is caused by inflamed blood vessels.

Health experts have categorized headache into ten groups as follows:



Tension: This type of headache makes you feel dull and experience an aching sensation all over your head.



Cluster: Only occurs on one side of the face at a time. It causes severe burning and piercing pain.



Migraine: Migraine is characterized by intense deep pain within your head. The pain can last for days.



Hypertension: Those suffering from high blood pressure are most likely to suffer from hypertension headaches. It occurs on both sides of the head.



Allergy/sinus: This kind of pain transpires as a result of an allergy. Pain is usually around your sinus area or the front of your head.



Rebound. Overuse of medication like Over-the-Counter (OTC) pain relievers causes rebound headache.



Exertion: Intense physical activity may cause headache, although it does not last for long.



Caffeine: Taking much caffeine may lead to headache because it affects blood flow to your brain.



Hormone: Hormone headaches are common in women. The headache occurs due to hormonal fluctuation, mainly during menstruation or pregnancy.



Post-traumatic. A head injury may cause Post-traumatic headache, which may last up to 6 to 12 months.



Since a person with a runny nose and another with a headache exhibit common symptoms, knowledge of common causes of the diseases will lead to better treatment options.

1

Allergies

When your immune system overreacts to allergens, you will experience a runny nose and headache. Headache occurs due to nasal congestion. Common allergens are pollen and dust.



Symptoms

- Running nose
- Pain in the face around the cheeks and nose
- Watery and itchy eyes



Treatment

You can use OTC (over-the-counter) medications like antihistamines and nasal decongestants. Avoid allergy triggers.

2

Nasal polyps

These are growths in the nasal passages. Polyps are caused by irritation from allergies, infections or asthma. Having too many nasal polyps can cause blockages in your nose and sinuses.



Symptoms

- A reduced sense of smell
- Difficulty breathing through your nose
- Pressure around the eyes
- Frequent sinus infections



Treatment

Nasal polyps are treated using steroids and saline washes.

3

Cold and flu

Viruses can cause cold and flu. The viral infection irritates your nose and throat, causing fluid to build up in your sinuses and nasal passages.



Symptoms

- Nausea
- Sore eyes
- Headache
- Fatigue
- Lack of appetite
- Sore throat
- Vomiting
- Fever Chills
- Muscle aches



Treatment

Use OTC medications such as ibuprofen. Home remedies such as steamy showers can cure a cold.

4

Respiratory Syncytial Virus (RSV)

RSV is an infection of the lungs, nose and throat. This virus causes a mild headache and runny nose and is common among children.



Symptoms

- Shortness of breath
- Sore throat
- Fatigue
- Cough
- Fever Wheezing



Treatment

Consult a medical expert before administering medicine to your children. OTC cold medications are the best options here.

5

Sinusitis

Sinusitis commonly causes a runny nose, throbbing face and headache pain. It is a condition that leads to inflammation of the sinuses around your nose. The cold causes the sinuses to swell, block the nasal and sinus passageways; it finally leads to the accumulation of mucus.



Symptoms

- Pressure around eyes, forehead or nose
- Fever
- Headache
- Discoloured and thick mucus
- Breathing difficulty via your nose
- Fatigue
- A feeling of fullness in the ear



Treatment

Use antibiotics recommended by a medic or OTC medications.



7

Ear infections

Either a virus or bacteria can cause ear infections. Fluid from an ear infection can leak into the throat leading to nasal infection, ending up causing a runny nose. Elsewhere, pressure and pain from the fluid build-up in the ear can cause a headache.

An ear infection is common among children because Eustachian tubes between their middle ear and throat are horizontal compared to adults,' which are vertical.



Symptoms

- Loss of hearing
- Loss of balance
- Fluid draining from the ear
- Fever
- Trouble sleeping



Treatment

There are numerous treatment options for this illness:

- Rest
- Extra fluid
- OTC decongestants
- OTC pain medications
- OTC ear drops

6

Pregnancy

During the early stage of pregnancy, one experiences a runny nose and headache due to hormonal fluctuation. Nasal passages are likely to swell, causing congestion and pressure behind the eyes and in the forehead and sinus headaches.



Symptoms

- Sneezing
- A running nose



Treatment

Visit your doctor to prescribe safe medications. You can also try the following activities: practising good posture, pregnancy yoga, getting more rest, neck and shoulder massage and eating well.

7

Migraines

Migraines are severe headache which affects one side of your head. They occur several times in a month or once in a while. Bright light, stress, lack of sleep, too much sleep and strong odour can trigger migraines.



Symptoms

- Clear fluid from the nose
- Nasal congestion
- Throbbing pain
- Vomiting
- Sensitivity to bright light
- Nausea
- Changes in vision



Treatment

When you experience at least two of these symptoms, it is advisable you consult your doctor.

It is highly advisable to seek further medication from renowned medical experts if your runny nose and headache persist beyond two weeks.



KATA KATA VILLAGERS

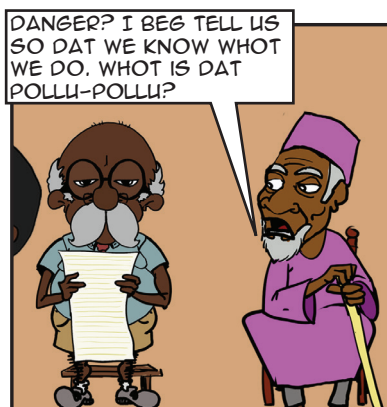
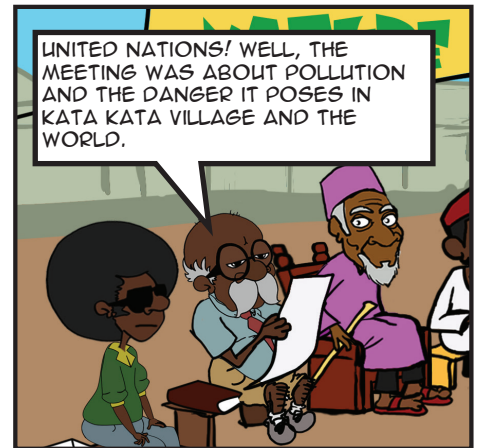
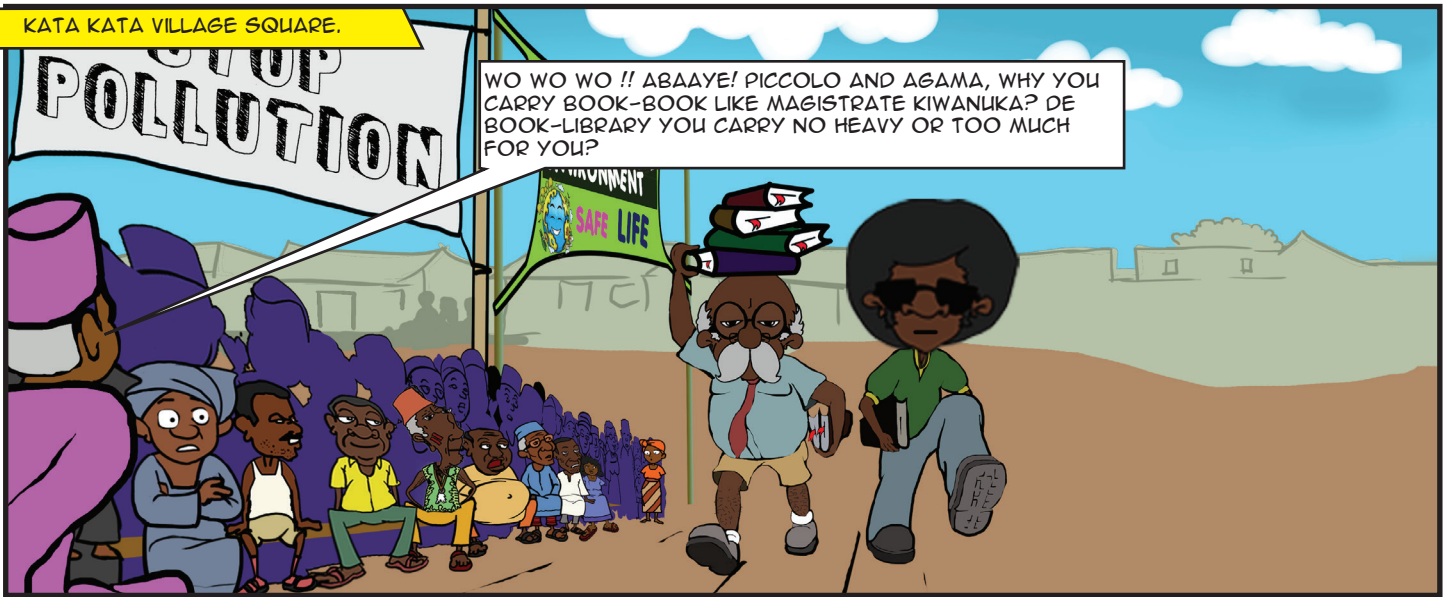
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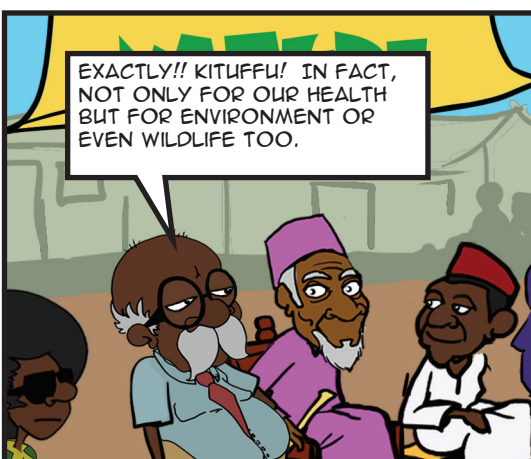
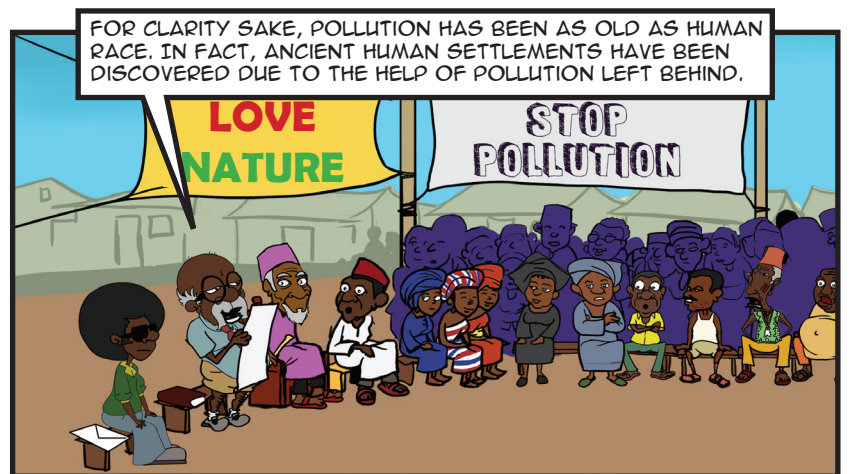
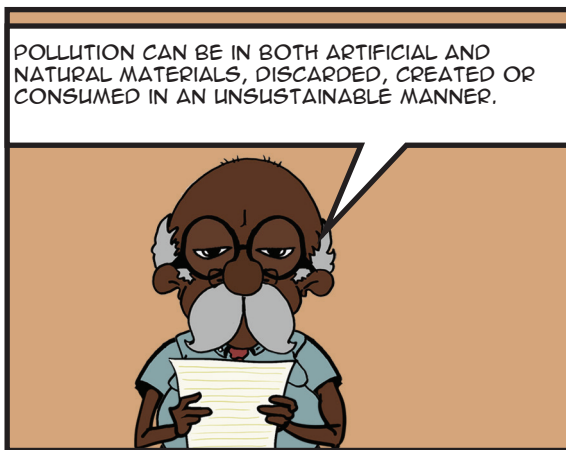
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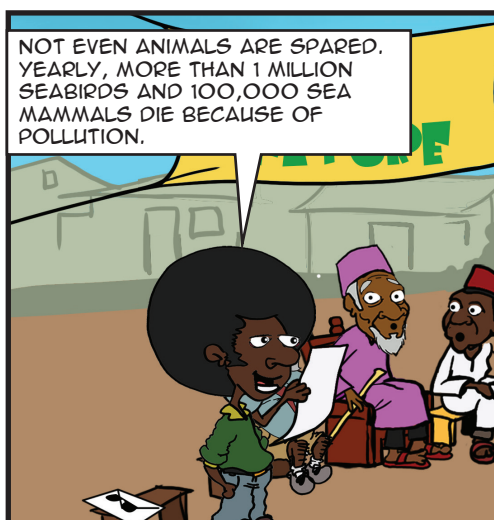
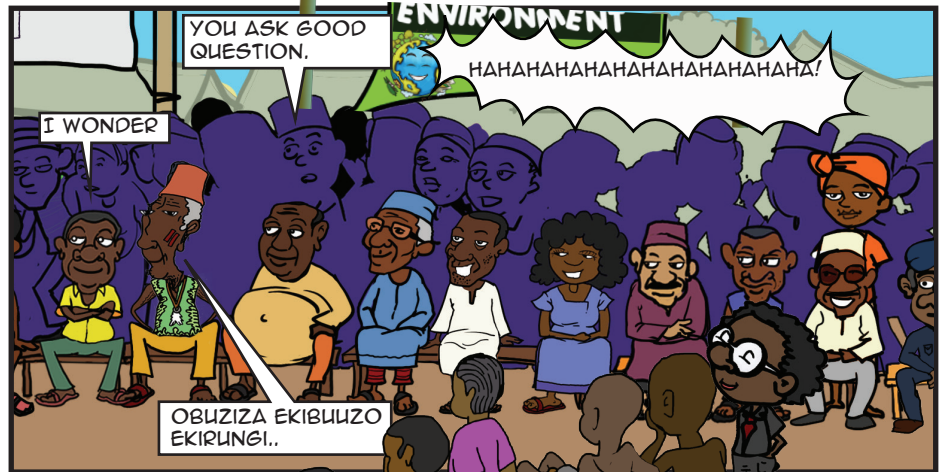
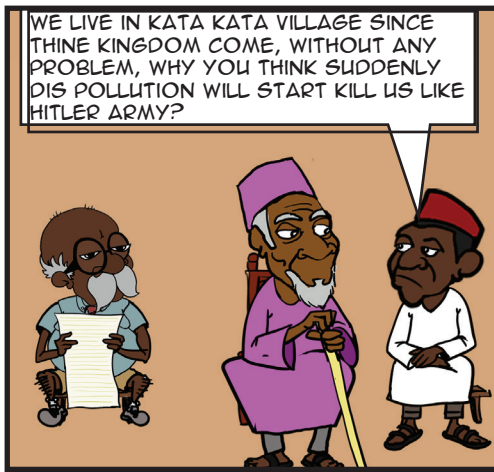


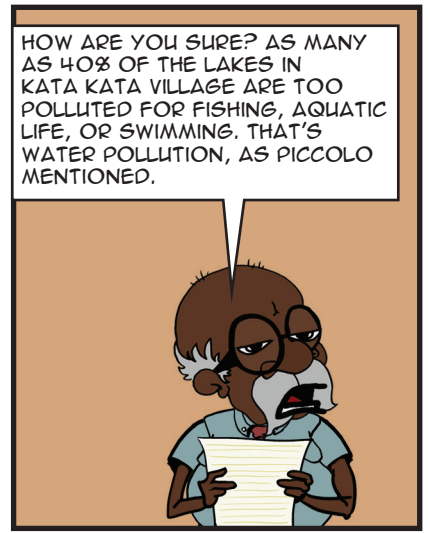
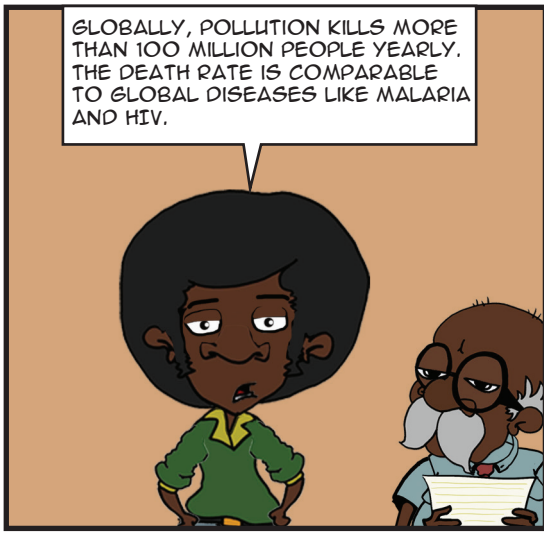
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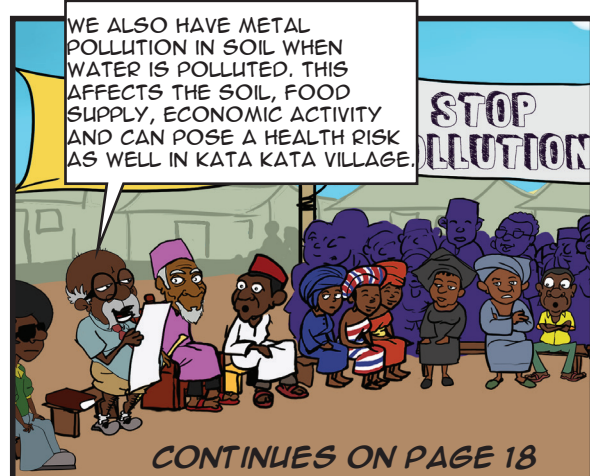
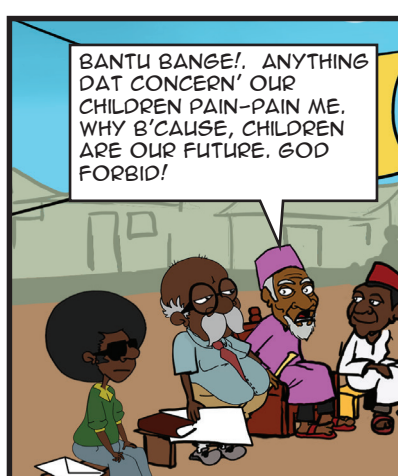
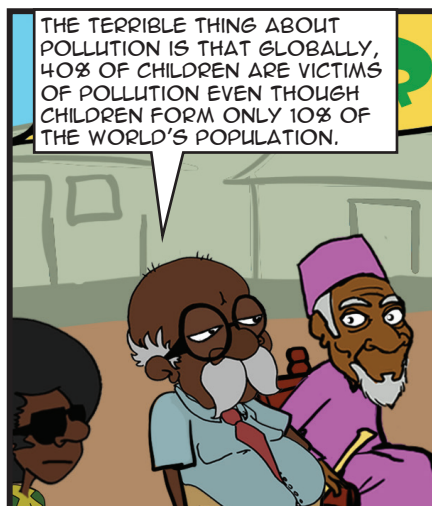
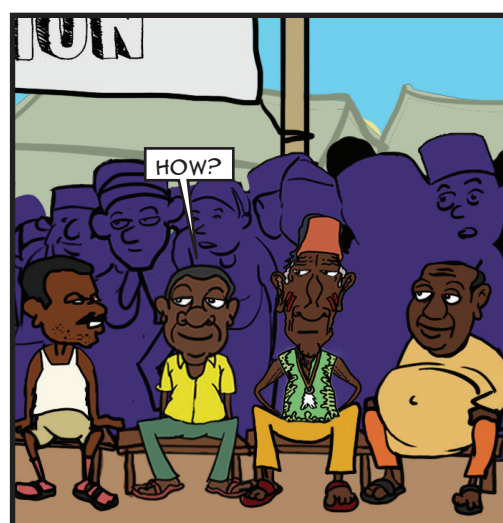
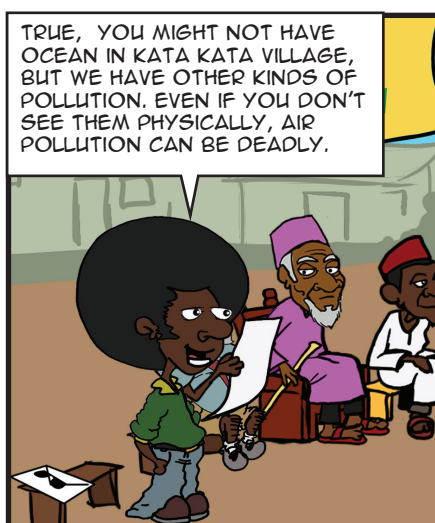
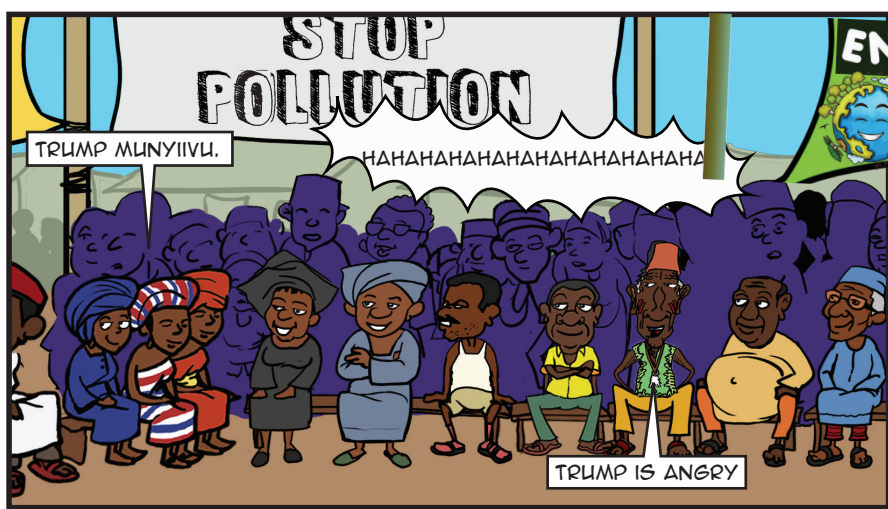
KATA KATA VILLAGE SQUARE.











Best Hoodies For Men

Some fashion experts have argued that a hoodie is unmissable in the wardrobe of fashion enthusiasts. It is one type of clothes that is trending and gaining more popularity recently. Fashion designer Gordon Richardson, former creative director of Topman, a British multinational men's fashion retailer, said that hoodie symbolizes streetwear. Its popularity has tremendously grown since its introduction in the 1990s due to its versatility and comfortability.

"As the hoodie has become a wardrobe staple, big brands are listening to their market. Guys aren't afraid to splash the cash on designer sportswear now, and mixing track tops or joggers with tailoring has become a trend in recent years," said Richardson.

The hoodie has come a long way. It was first developed by the US Company called Champion, initially named the Knickerbocker Knitting Company, established in 1919. The company came up with the flocking process that enabled all manner of team logos and university names, embellished over a sweatshirt's front.

After its invention, some parts of the Western world banned hoodie for a certain period; presently, it enjoys an era of acceptance globally. People of all different walks of life in society have now embraced hoodie.

Below are some of the best hoodies, which may match your needs:



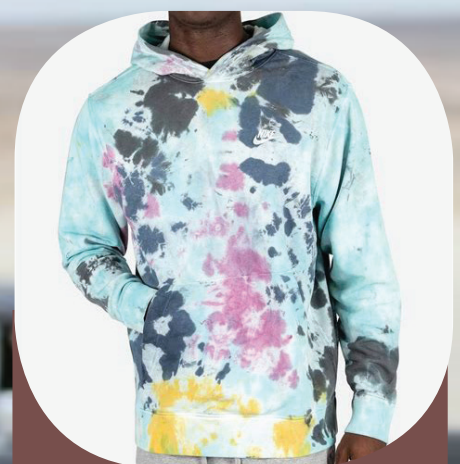
Wellen Waffle Raglan Pullover Hoodie

They are popularly known as multi-tasker because they can be used both during cold and warm seasons. It is made from pure organic cotton hence it provides needed comfortability all day irrespective of the tasks you are undertaking. They are mobile and strong and thus durable too; they come in three colours, black being the most common.



Hanes 1901 Heritage Fleece Ragland Pullover Hoodie

This type of hoodie, which resembles a casual sweatshirt, is well-liked and familiar. Worn and adored by friends, colleagues, family members, it is available in two neutral colours. What makes the hoodie so popular is that you can wear it as a shirt, hoodies or base layer with a jacket or a button-up shirt.



Nike Club Tie-Dye Hoodie

Nike Club Tie-Dye Hoodie rose to fame after a short period due to its cosy splash of colour, consisting of yellows, blues and pinks. Nike, the creator, said the Tie-Die Hoodie would never go out of style given its uniqueness and appealing nature. Some fashion pundits feared it would hit a shortage due to an increase in demand.



Under Armor Training Sleeveless Hoodie

Sleeveless Hoodie is machine washable and is perfect for catching some sun and provision of ventilation. It is made from a cotton and polyester blend, which allow it to maintain its natural shape after practising.



Outdoor Voices CloudKnit Hoodie

Outdoor Voices CloudKnit Hoodie is called CloudKnit because it is made primarily of polyester fabric, which is behind its lightweight and comfortable properties. They are appropriate when you desire coolness without sweat during the summer.



Reigning Champ Pullover Hoodies

This hoodie is appropriate for all-season use, and it is designed with raglan sleeves for more flexibility. It is made of hard materials, thus durable.



Gucci Printed LoopBack Cotton-Jersey Hoodie

Most fashion experts associate Gucci products with class and Gucci Printed Loopback Cotton-Jersey Hoodie is not an exception. The hoodie has a high standard "mirrored G logo on a green and red racing striped box, complete with brand name plastered on each side." Wear it with your favourite wash denim to create the outfit for a Gucci hoodie.



ALO Conquer Hoodie

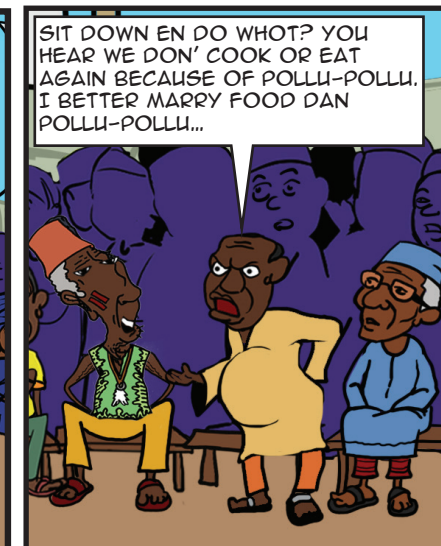
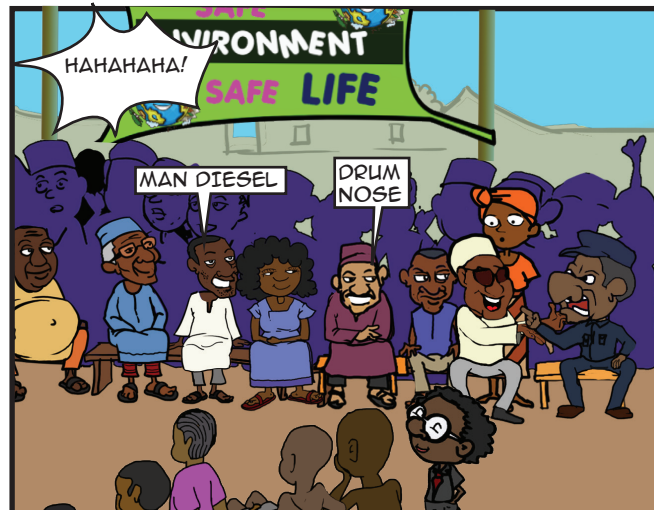
The Conquer Hoodie is ideal for hot yoga, athletics and other sports. Originated from the US, the hoodie comes with a four-way stretch; its moisture-wicking feature is fabulous. Moreover, Conquer Hoodie features a comfortable raglan sleeve and drawstrings features, which make it outstanding.

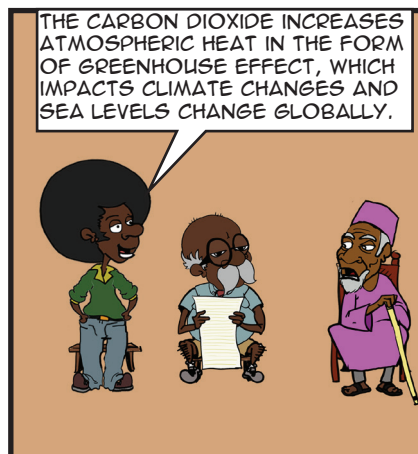
American Giant Classic Full Zip Hoodie

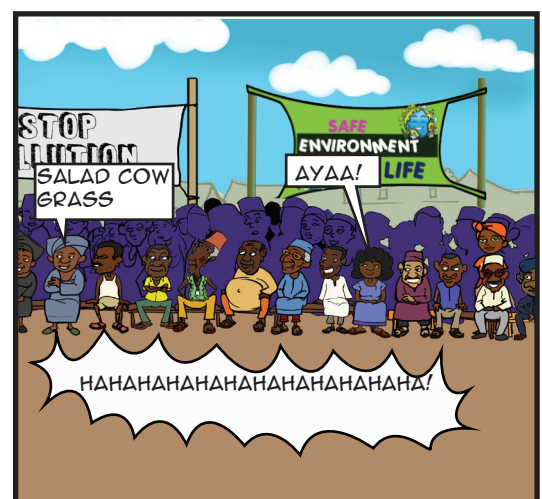
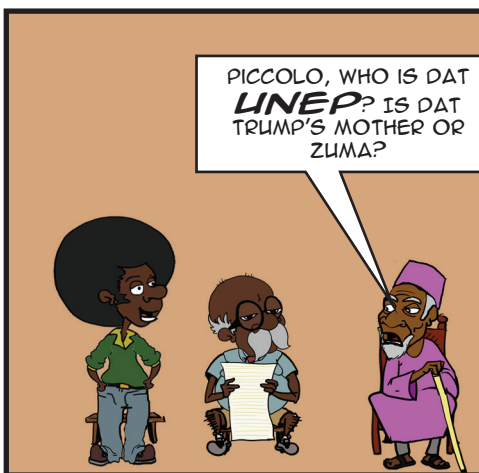
Experts say it is the best hoodie ever, thanks to its cosy outlook and outstanding style to fit your body. American Giant Classic Full zip is ideal for colder seasons because it is fabricated from heavy-weight cotton fleece. It provides the user with different colours to choose from since it comes in eight different colours. Full-Zip is further designed in a way to match whatever your style is.




A hoodie is not just like any other garment; it is more than what we think. It can last for longer and have natural breathability, wicking and fast-drying qualities. The ability to wear it during winter, summer and spring is why it never goes out of style. Go for a hoodie!









FOR EXAMPLE,

- WE USE ENVIRONMENTALLY CLEAN VEHICLES,
- SHARE CAR OR CAR POOL,
- BURN LESS FOSSIL FUELS,
- MINIMIZE DEFORESTATION,
- PROMOTE CLEAR AIR TO REDUCE SICKNESS SUCH AS ASTHMA, HEART DISEASE, LUNG CANCER, STROKE AND OTHERS.
- WE USE WIND POWER PLANTS TO PROVIDE CLEAN AND AFFORDABLE ENERGY.
- WE MUST.....

STOP POLLUTION

AND WE ALSO STOP NOISE POLLUTION FROM MY POLLU-POLLU MZEE HUSBAND!!

JAJJA MWAMI

A cartoon illustration of a community meeting. A group of diverse people, including men and women of various ages and ethnicities, are seated in a circle on a bench. They are all looking towards the left side of the frame, where a speaker is partially visible. The speaker is wearing a blue shirt and a white cap. A large banner in the background reads "ENVIRONMENT SAFE LIFE" with a logo of a smiling sun. A speech bubble from the speaker says "KIKI!". Other speech bubbles from the audience show reactions: "YES OH!", "AHAA!", and "DIS IS SERIOUS OH". A sign on the left side of the frame says "OLUTION".

SEE HOW DE MOUTH JUMP-
JUMP LIKE POPCORN INSIDE
OVEN. DAT ONE IS NOISE
POLLU-POLLU TOO.

STOP POLLUTION

SAFE ENVIRONMENT
SAFE LIFE

HAHAHAHAHAHAHAHAHAHAHAHAHAHA!

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FOR CHOOSING THE BEST ROOF REPAIR PROFESSIONALS



Roof leakage is not a matter one should take lightly; it must be addressed as fast as possible to avert dangers and damages to the house. Typical damages and problems associated with a leaking roof include damage to the building interior, insect infestation, fire hazard, water damage, slip. Others are fall hazard, higher utility bills and wasted energy. Serious health issues like inflammation and asthma due to mould contamination are also synonymous with roof leakage. Several factors, such as improper roof installation, lack of maintenance and wind or storm, may cause roofing leaks.

Fixing your roof can be less strenuous if you find experts and professional contractors who know their job. Do not just pick any contractor you come across if you want a perfect job. Choosing unskilled contractors may cost you much in case of mistakes. You may end up paying double the price for a job a professional could have done once and for all. To avoid being a victim of cheap contractors, follow the common saying that when the deal is so good, think twice.

Here are some tips that will help you in choosing the best roofing company to repair your roof.

Ask for recommendations

Speak to your friends, relatives, neighbours and colleagues at work about your plan to fix your leaking roof. Ask them if they can recommend a contractor to you. Let them share their experiences with you. With recommendations, you will not spend much time searching for professional contractors.

Choose a good communicator

It is necessary that you scrutinize the manner of communication between you and the company before you offer them a contract. Examine how they responded to your emails and phone calls and the duration of their response. You should pick one which has no delay form of communication. Moreover, opt for a company you will be able to communicate with even after the work is complete.

Get quotes

Ask for quotes from as many companies as you can for comparison purposes. Then identify companies that offer average cost for your work but drop those with exorbitant quotations. Furthermore, reject companies quoting below the average because they may be trying to defraud you or provide substandard services.

Choose professionals

Ensure you employ a contractor who is licensed and has workers' compensation and liability insurance. Counter-check their certificates to prove their validity and the insurance company to confirm their enrolment. When they are insured, you will not incur any cost in terms of a financial burden if an accident occurs.

Get a warrant

A contractor may make a mistake by fixing the roof incorrectly, and you may realize the fault after several months or years. To avoid paying double to ratify the contractors' mistakes, ask for a comprehensive warranty that allows the work to get revised at no additional cost to you. A good and reputable company will offer you a warranty without hesitation.

Look for an experienced contractor

Avoid substandard installation; go for a contractor who has a long track record of doing high-quality work. It will be an added advantage if the contractor has been in the industry for a very long time. Be cautious of unscrupulous contractors who disappear to avoid paying damages only to reappear months later under a new name.

Hire a local company

Choose a local company established in your community because it would not like to destroy its good reputation by offering subpar services. Local roofers are the best options since it is easier to reach out to them should any issue arises. They are well acquainted with local legislation and rules, and building a relationship with them can be easy.

Put everything in writing

Be wary of roofing companies that have any issue with the written agreement since they can backtrack in future and claim they were not part of the deal. Get all agreements in writing, including financials deals, to protect yourself and the company. Ensure every detail of their assessments and the duties they intend to carry out are put down in writing to avert any uncertainty that may come up in future.

Not every contractor can fix your leaking roof to your satisfaction. Some will provide sub-standard services, while others perfect. Therefore, choosing an experienced roofing company from your locality, with a license and insurance, which also offers a warranty, among many others, may come with job satisfaction.

Excessive sweating,

a condition that interferes with your good looks

Sweating is inevitable. Naturally, we sweat when carrying out a strenuous task or when we engage in physical exercise. However, other conditions such as emotions, stress, response to food or medication, illness and hormonal fluctuations due to menopause can equally cause sweating. Sweating plays a crucial role in regulating body temperature.

Products

When the body temperature escalates, the sympathetic nervous system stimulates the eccrine sweat glands to exude water to the skin surface. The sweat wets the surface of the body and cools it down as it evaporates. Medically, sweat is clear and odourless; it contains water, sodium chloride, urea, proteins, immunoglobins and uric acid.

Effects

Sweating is healthy, but when it is in excess, it can raise enough reason for concern. Research has revealed that those who sweat too much are likely to be suffering from hyperhidrosis. Medical experts define hyperhidrosis as abnormal excessive sweating that has no connection to heat or exercise. Too much sweating may lead to body odours, withdrawal from people, stained shirts; it can even lower one's self-esteem. It is very embarrassing to put on your best attire, only to have it soaked with sweat.

Categories

Hyperhidrosis is of two categories:

- Primary and secondary hyperhidrosis. Primary hyperhidrosis - also known as focal hyperhidrosis - causes extreme sweating in the hands, armpits or feet without apparent reason.
- On the other hand, secondary or generalized hyperhidrosis triggers excessive sweating in the entire body. It could manifest as a result of a reaction to a medication or medical condition such as diabetes, obesity, respiratory failure. Equally, some medications such as pilocarpine, antidepressants and anticholinesterases can cause secondary hyperhidrosis.

Social problems

Extreme armpit sweating is likely to deny you the freedom to wear clothes of your choice; even wearing make-ups can be a mountainous task. For instance, women or ladies may avoid light or bright coloured tops because of fear that the stains from their underarms could be visible. The majority of men may keep their heavy jackets, sweaters or jumpers on - even when the weather is hot. They do so to hide the stains under their sweaty armpits. When one suffers from underarm hyperhidrosis, the attention is likely to focus on the sweat, thinking that someone may have noticed your soaked shirt.



Dermatologists indicate that uncontrollable sweating of hands or palms, also known as Palmar hyperhidrosis, can impact your life negatively. From social embarrassment, negative impacts on occupational activities to a slippery handshake. Holding a pen, using a computer keyboard, and driving may not be comfortable or an easy task due to your sweaty hands. It is an embarrassing condition that even putting on hand gloves hardly helps.

Excessive sweating of the soles is also another discomfort condition. Due to excessive sweating, taking off your shoes in public is likely to create an unease situation; you are worried about the uncomfortable odours from your feet. Walking on the floor barefooted leaves embarrassing wet footprints behind. Researchers have argued that a sweaty foot is hereditary; however, there is not enough evidence to support the claim. According to Healthline, extreme feet sweating can lead to an athlete's foot.

HOW CAN EXCESSIVE SWEATING BE MANAGED?

When you notice the symptoms of uncontrollable sweating, it is advisable you seek medical help. Your dermatologist will make more diagnoses or recommend you to a physician. Meanwhile, the following natural remedies can help you minimize excessive sweating:

i. Antiperspirants. Unlike deodorant, which protects you against odour, antiperspirants protect you against sweat and odour.



ii. Put on soft socks made of natural leather.

iii. Avoid shoes made of synthetic materials because they can worsen the situation.

iv. Go for loose clothing.

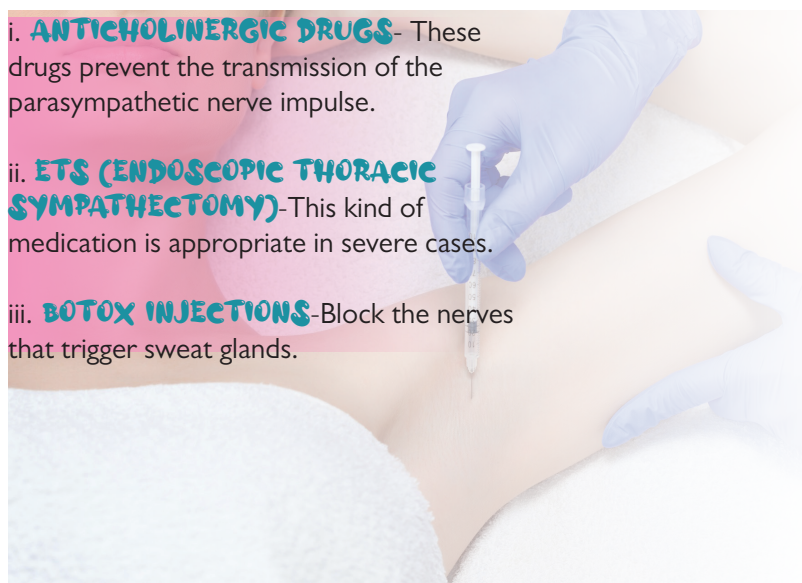
TREATMENT

In case the natural remedies fail, a dermatologist may recommend the following:

i. **ANTICHOLINERGIC DRUGS**- These drugs prevent the transmission of the parasympathetic nerve impulse.

ii. **ETS (ENDOSCOPIC THORACIC SYMPATHECTOMY)**-This kind of medication is appropriate in severe cases.

iii. **BOTOX INJECTIONS**-Block the nerves that trigger sweat glands.



Hyperhidrosis is not harmful or life-threatening, however, it can change the quality of your life from good to worse. It could lead to psychological conditions like anxiety, emotional stress, depression and lack of confidence. Other problems such as nail infections, heat rash, bacterial infections around hair follicles and between the toes and skin growths caused by Papillomavirus may occur.

It is highly advisable not to shy away when you are experiencing excessive sweating; rather than allow the embarrassing condition to destroy your life, seek medical help. An appointment with your doctor or dermatologist could help and turn your life around.

TECHNOLOGY

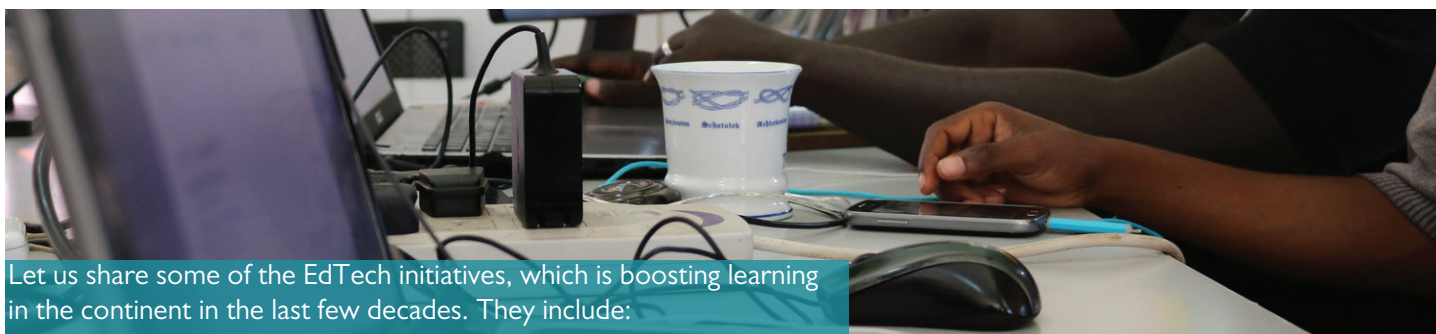
AFRICA'S BEST EDTECH INITIATIVES



Built-in.com defines EdTech as the practice of introducing IT tools into the classroom to create a more engaging, inclusive and individualized learning experience.

According to experts, Africa is one of the continents still lagging with a high rate of illiteracy; it is the place where most factors contributing to illiteracy are found. It is only in the continent where a high proportion of children do not have access to primary education or drop out of school. Data released by the African Union in 2019 revealed that Africa is 20 per cent away from the world literacy average, which is at 90 per cent.

The UN reports now indicate that the average primary school enrolment has hit a high, and several people, regardless of age, can now access education services, thanks to technology evolution, which has made learning more accessible. Learners can access learning materials online via their phones, tablets, computers, televisions anywhere, anytime. The technology is also promoting collaboration and inclusivity in classrooms.



Let us share some of the EdTech initiatives, which is boosting learning in the continent in the last few decades. They include:



Founded in 2001, Eneza provides curriculum-aligned revision materials for primary and secondary students in Kenya, Ghana and Ivory Coast. The learner only needs access to a mobile phone that is connected to a mobile network. To access the lessons, the user must dial Eneza's shortcode at a subscription fee. After taking a class on any topic of choice, the learner must do a test consisting of 5 questions to test whether he or she has learned something or not. Once the learner is through with the test, they receive the result with explanations. Moreover, users can ask teachers questions using the Ask-A-Teacher feature and can carry out research using Wikipedia.



Ubongo is Africa's leading education entertainment company based in Tanzania. It creates fun, localized and multi-platform education content for kids through television, radio and mobile phones. The program enhances school readiness and learning outcomes for these young ones and promotes social, behavioural change for kids, caregivers and teachers.



Know Zone is a locally produced TV series in Kenya, Uganda and Rwanda, aimed at raising the education standards for primary kids. These shows have highly researched content and provide a two-way engagement via SMS services and social media channels.

The study shows that children who view the programs outperform non-viewers. By 2014, Know Zone had attracted 3 million viewers.

Siyavula is a learning platform that provides access to education in South Africa via mobile phone and web. It has developed software that enables learners of grade 8 to 12 to practice science and mathematics. It provides learners with openly-licensed, curriculum-aligned textbooks, which are freely-accessible to read and download online and over mobile. Around 10 million copies of the books have been printed and distributed in all public schools by the Department of Basic Education.

EduTrac

EduTrac is a mobile-phone-based data collection system used to track teachers, pupils, and other essential information in Uganda. School administrators share data reports via SMS, shared with district education officers and the Ministry of Education and Sports via an online portal. It helps the Ministry improve learning at the district level and provides quick responses and solutions to schools. Teachers send in reports of pupils' attendance, while the headteacher submits reports on teachers' attendance. On the other hand, members of the school management committee send in information on headteacher attendance. In contrast, the Girls Education Movement members are mandated to submit a monthly report on school meals and infrastructure.



Karri Payments

Karri is a mobile payment technology that enables parents to make quick payments for school fees and other charges. The technology has done away with cash transactions in many schools in South Africa, making the institutions secure. It has automatic reminders for parents to make payments and also saves both teachers and parents' time that would be used to collect fees. According to Douglas Hornle, the CEO, the founder of the payment application, 90 per cent of parents at schools where the payment method has been adopted, use the technology despite their bank affiliation.

Impact Network

Launched in Zambia in 2011 by American Dan Sutera and David Seidenfed, Impact Network uses the eLearning model known as eSchool 60 to deliver high-quality education in the rural communities of the South African nation. The model contains student-centred instruction, tablets, and projectors with pre-loaded, curriculum-aligned lesson plans for local teachers and weekly coaching sessions for teachers. Annually, eSchool 360 serves 6000 students in partnership with the Ministry of Education at the cost of \$3 per month per student.



eKitabu

"Kitabu" is the Swahili word for "book;" eKitabu is an ebook store, which distributes ebooks and interactive content across East Africa. Established in 2012, with its headquarters in Kenya, eKitabu has built an inventory of over 400 000 ebooks in partnership with local and international publishers. The Kenya Institute of Curriculum Development (KICD) distributes the content via mobile app, partners, government, commercial and NGO.

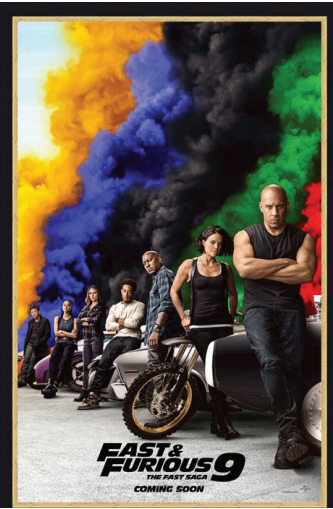
Although the above is not an exhaustive list of all the EdTech initiatives in Africa, there are many others that you will come across in your learning process. Apart from promoting collaboration, enhancing 24/7 access to learning, and offering attention-grabbing to learners, these initiatives help teachers eliminate guesswork, manage a large group of learners, and save their time grading the students. EdTech initiatives are valuable to African schools.



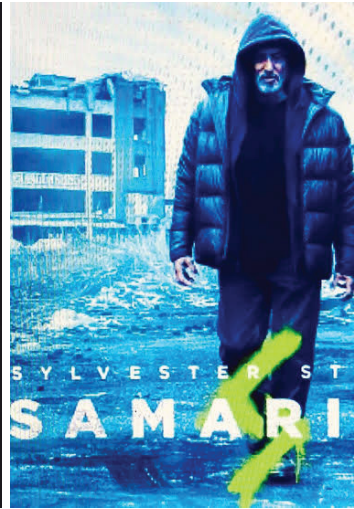
COMING SOON



GENRE: COMEDY
RELEASE DATE: 21ST MAY 2021



GENRE: ACTION
RELEASE DATE: 22ND MAY 2021

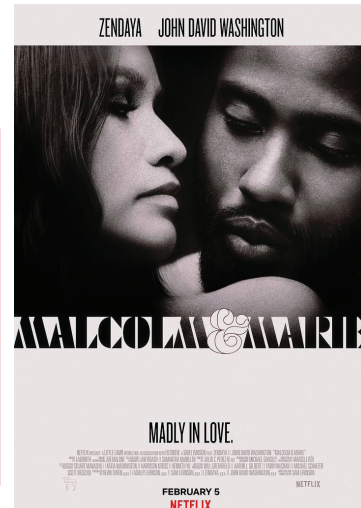


GENRE: SUPERHERO
RELEASE DATE: 12 TH JUNE 2021

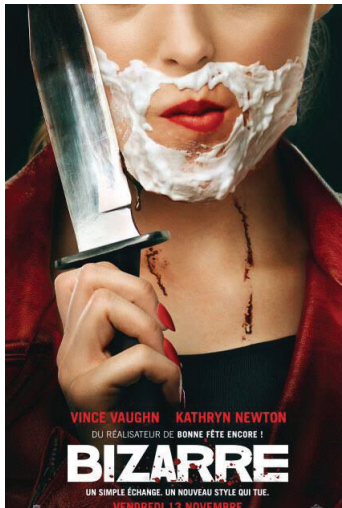


GENRE: 3D ANIMATION
RELEASE DATE: 14 TH MAY 2021

IN CINEMA



GENRE: ROMANCE DRAMA
RATING: 6.7/10



GENRE: HORROR
RATING: 6.3/10



GENRE: FICTION
RATING: 7/10



GENRE: HISTORY
RATING: 7.7/10

THE DARKENED EPISODE.

By Alyshya

POEM

It was not my wish for you to go,
but you just left me here feeling very low,
for sure I cannot take it slow,
has the trumpet of leaving me decided to blow?,
what hurts me is that our relationship had started to grow
and now it's gone and I never know.
At least darling you could leave a notice,
likewise, as the landlord gives a notice,
if I was to make a choice,
it could not be my choice,
I could only turn it anticlockwise.
I wish you can come back soon,
especially before noon,
but I see it's already gone when I see the moon....
what I see is just but a doom

please come back to me and I will treat you like a goog.
I sing this song in pain,
for sure I cannot regain,
what you gave to me I will maintain,
and what I promised I will attain...
Good bye my love until we meet again

KIDS Stimulation of kids to become good readers & writers

“The real importance of reading is that it creates an ease and intimacy with the process of writing; one comes to the country of the writer with one’s papers and identification pretty much in order. Constant reading will pull you into a place (a mind-set, if you like the phrase) where you can write eagerly and without self-consciousness. It also offers you a constantly growing knowledge of what has been done and what hasn’t, what is trite and what is fresh, what works, and what lies there dying (or dead) on the page. The more you read, the less apt you are to make a fool of yourself with your pen or word processor. ... “

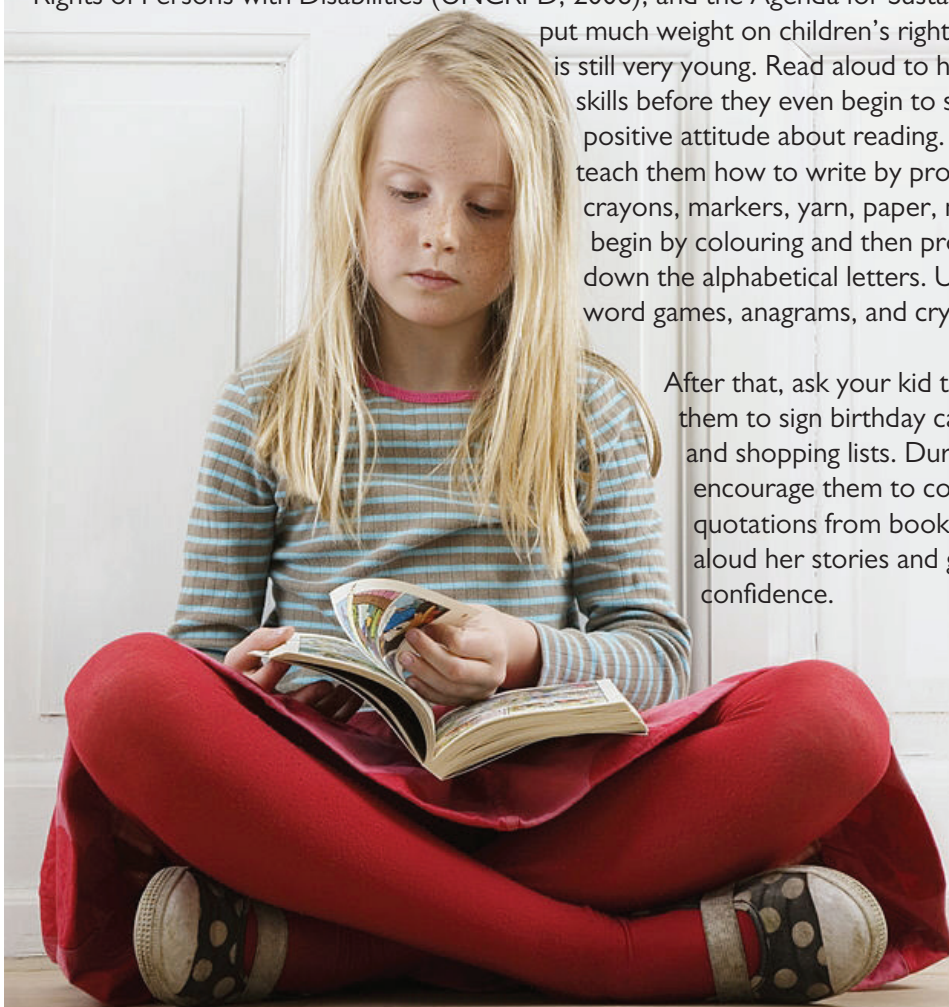
said Stephen King in his book, On Writing: A Memoir of the Craft, 2000.



Learning to write and read is an essential activity in modern society as it is the only avenue for social and economic progress. According to the Organisation for Economic Co-operation and Development (OECD), 2016, people must learn to read and comprehend written text to develop, achieve goals, and participate in society’s activities. There is no significant difference between reading and writing skills. Instead, they are related to each other since one can learn to read and write simultaneously (Liberty, 2010). Reading entails decoding and understanding what one has interpreted, whereas writing puts words on paper (Scott, 2012).

Teaching your kid to read and write is not only your obligation as a parent or a guardian but also the right of children to quality education. The United Nations Convention on the Rights of the Child (UNCRC, 1989), the Convention on the Rights of Persons with Disabilities (UNCPRD, 2006), and the Agenda for Sustainable Development (UN, 2015) have put much weight on children’s rights to education. Begin when your child is still very young. Read aloud to help your kid master essential language skills before they even begin to speak, and as they grow, they develop a positive attitude about reading. When they can talk, read with them, and teach them how to write by providing writing materials such as pencils, crayons, markers, yarn, paper, notebook, or cardboard. Let them begin by colouring and then proceed to draw objects before jotting down the alphabetical letters. Use games such as crossword puzzles, word games, anagrams, and cryptograms to assist them with spelling.

After that, ask your kid to write his or her name. Also, implore them to sign birthday cards and help you write letters, messages, and shopping lists. During trips, recommend note-taking and encourage them to copy their favourite songs, poems, and quotations from books or plays. Further, ask your child to read aloud her stories and give positive feedback to boost their confidence.



Studies have revealed a variety of influential factors on children's reading and writing development. They include:

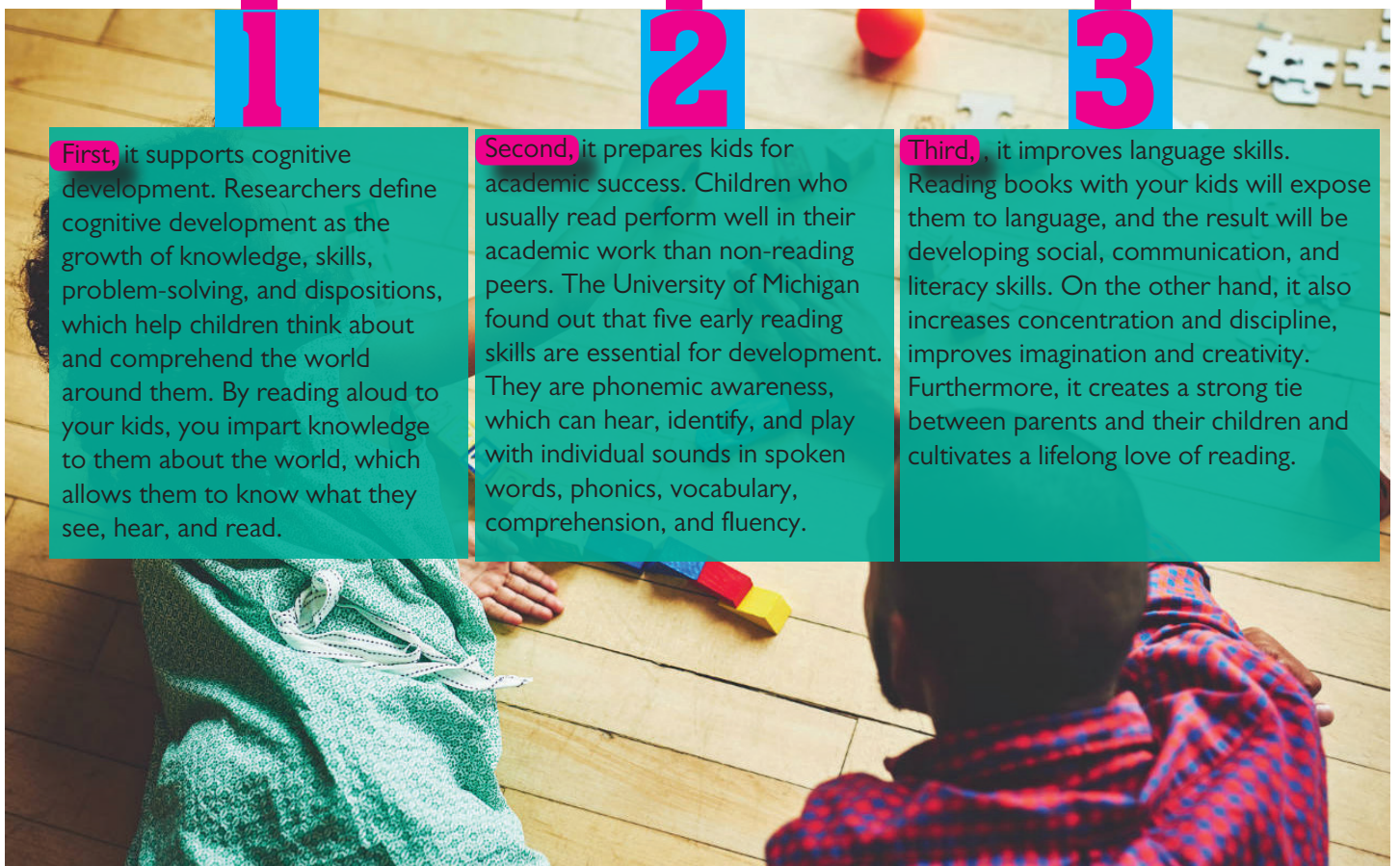
- children's exposure to books (Senechal & LeFevre, 2002),
- socio-economic status of children's family (Korat et al., 2006),
- home literacy stimuli from parents (Weigel et al., 2006),
- children's attention span, transcription, and oral language proficiencies (Kent, Wanzek, Petscher, Al Otaiba & Kim, 2014).

Other factors are

- children attitude and motivation for learning to read and write (Baker, Scher & Mackler, 1997),
- teachers and their teaching strategies (Snow & Juel, 2007),
- children's opportunities to experience rich language environments with many books, read and conversations about the text (Hellblom-Thibblin et al., 2012)
- children's attitudes towards reading (Ozturk et al., 2016).



Reading comes with success from the academic to the growth of a nation, according to Oberhilzer (2005). It is a fundamental life skill and a basis for success in society.



1 First, it supports cognitive development. Researchers define cognitive development as the growth of knowledge, skills, problem-solving, and dispositions, which help children think about and comprehend the world around them. By reading aloud to your kids, you impart knowledge to them about the world, which allows them to know what they see, hear, and read.

2 Second, it prepares kids for academic success. Children who usually read perform well in their academic work than non-reading peers. The University of Michigan found out that five early reading skills are essential for development. They are phonemic awareness, which can hear, identify, and play with individual sounds in spoken words, phonics, vocabulary, comprehension, and fluency.

3 Third, it improves language skills. Reading books with your kids will expose them to language, and the result will be developing social, communication, and literacy skills. On the other hand, it also increases concentration and discipline, improves imagination and creativity. Furthermore, it creates a strong tie between parents and their children and cultivates a lifelong love of reading.

Despite the effort made by UNESCO and the UIS to alleviate illiteracy in Africa, there are still millions of people who can neither read nor write. A report by the Center for Universal Education shows that 17 million school-aged children in Sub-Saharan Africa do not attend school. Another 37 million learn less while in school. Researchers have attributed the inability to read and write by millions of kids in the continent to recruit unprofessional teachers who cannot correctly handle reading subjects in school (Betha et al., 2008). Also, there is inadequate attention to phonics instructions in class, laziness among pupils, and lack of motivation from parents and teachers (Njie, 2013; Rany, 2013). Other challenges are flawed teaching methodology used in teaching reading (Lucas 2011), shortage of course books, inappropriate curriculum, and crowded and noisy classrooms (Lucas&Rany, 2013).

Due to Africa's low reading and writing culture, the illiteracy rate has hit a high record and regular school dropouts. According to UIS data, more than one-fifth of children aged 6 to 11 are out of school, followed by one-third of youth aged 12 to 14. As of 2018, the illiteracy rate in Sub-Saharan Africa was 65.58 per cent, based on the World Bank data.

Experts recommend creating and maintaining interest in reading and developing a motivational approach to overcome the following barriers. Parents should play a significant role in creating and maintaining interest in reading by providing writing and reading materials, establishing reading time, and leading by example. There is also a need to model good reading habits, read with and to your child, encourage him/her to practice reading, and restrict television time. The government should also employ qualified teachers and provide the necessary materials needed.

Like creating and maintaining their interest in reading, kids also need to be motivated. Allow your kids to pursue their interests by reading what they like most (Hidi & Anderson, 1992; Hidi et al., 2001). Please do not force them to read books they do not like. Teachers should issue instructions that provide cognitive and emotional support for learning (Turner et al., 2002). According to Guthnes & Knowles (2001), they should also provide them with exciting texts and support for strategic reading, including modelling and coaching and peer discussion.

To support young kids who are talented in writing, Kata Kata Cartoon Magazine has established young writers' forum to mentor such kids. The platform allows them to write about any topic and share it with our readers. Liam Katabira, a young writer from Uganda and a product of the Kata kata Magazine's young writers' forum, has become a role model. He has written fantastic stories, which are recently published. Liam's story is proof of how far children can go if encouraged. Let us bring other children on board.

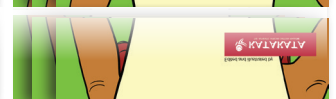
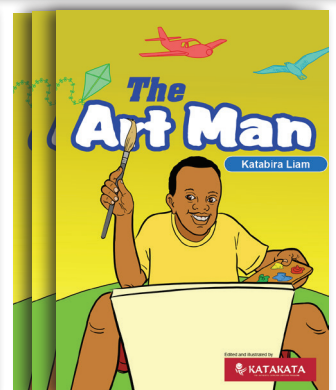
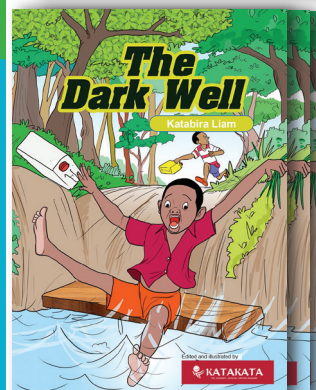


KATAKATA
CREATIVE
CLUB

Are you a kid?
Can you write interesting stories?
Do you want to be part of the Kata Kata creative club?

Please send us your story (not more than one page) with your email contact details. Perhaps your story may be published with your photo or you may win a prize for your creative talent

send your story to: info@katakata.org

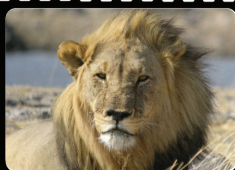


PLACES THAT OFFER THE BEST VIEW OF LIONS IN AFRICA

The lion is Africa's most significant big cats and one of the most adored animals. Several visitors travel across the seas to Africa annually to see lions. The big cat is a muscular animal with a long body, large head and short legs. Their sizes vary according to their sexes, with males looking bigger than their female counterparts, thanks to their manes. The lion is commonly called the "King of the Jungle." You can spot this unique creature in some African countries, such as Kenya, South Africa, Tanzania, Botswana, Namibia and Zambia.

If seeing a lion tops your priority list, then travelling to the following areas will provide a better chance to realize your dream.

KING of the JUNGLE



Etosha National Park, Namibia

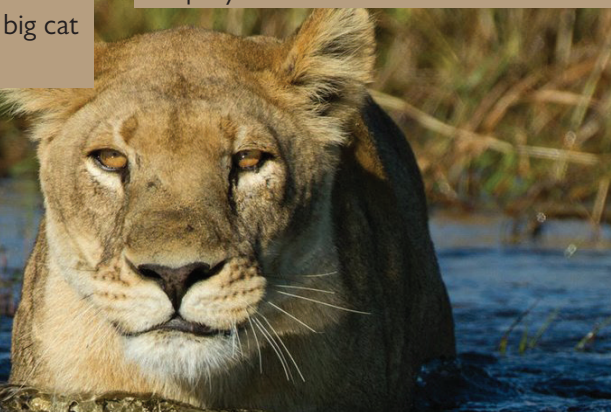
Etosha National Park, located in the Northern part of Namibia, hosts between 300 and 500 adult lions. The dry season when the vegetation is scarce, is the perfect time to spot the animals. This period lies between June and December. Its floodlight waterholes also enable visitors to see lions drinking and hunting very early in the morning. Dolomite, Rateldraf, Okondeka, Nebrownii, Okaukuejo, Homob, Salvadora, Goas, Rietfontein, Chudop, Kalkheuwel, and Klein Okevi are some of the best watering holes in the park.

Serengeti National Park, Tanzania

Tanzania's oldest park and the Unesco World Heritage, Serengeti, is located in the Northern part of the East African country and the South of Kenya. Tanzania has the largest lion population in Africa, with statistics showing that Serengeti offers a home to around 4 000 lions. The ideal time to visit this ecosystem is during the great annual migration when herds of wildebeest and zebra move in search of grass and water. It is during this period (December to March) that the big cat is on the hunt.

South Luangwa National Park, Zambia

This wildlife habitat is located east of Zambia and has an enormous pride of up to 30 lions. The lions of South Luangwa feed on hippos, a unique character that differentiates them from others. There is a better chance to watch these lions when they are active because the local authorities offer night drive. Moreover, the southern region provides the best spots for locating lions due to the high concentration of prey.



Ruaha National Park, Tanzania

Even though Ruaha National Park is the largest game reserve in Tanzania, it is the least visited site. Many visitors prefer to head to Serengeti. It is easy to spot lions here because they form immense pride and have small territories. Visiting Ruaha will save your time and offers you comfort you cannot obtain at Serengeti due to overcrowding. Forty per cent of Tanzania's lion live in this park.



Okavango Delta, Botswana

Okavango Delta, located in the Northern part of Botswana, boasts of the largest and most powerful lions. They are more significant than the average lions found on the continent. The big cats have adopted the uncommon behaviour of swimming in deep water and targeting bigger prey like buffalos and elephants. It is easier to locate them here during the dry season when prey spent much of their time on higher grounds and during the rainy season (December to March). Okavango is home to more than 2 300 lions.



Kruger National Park, South Africa

Kruger is located on the border of Mozambique and South Africa, hosting around 1 800 lions. The southern part is known for offering the lions' best view because the region has many prey animals. You can also watch them at Sabi Sands Game Reserve, Manyeleti Game Reserve and Timbavati Private Game, the unfenced private reserves that border the park.



Maasai Mara Game Reserve, Kenya

Maasai Mara Reserve, an open savannah in Kenya, is another best destination that offers top-class lion viewing throughout the year. The lion pride of Maasai includes the ones filmed in the Disney Documentary African Cats. June and October are the best time to see the lions; it is when a herd of wildebeest moves across the plains to look for grass and water. It has close to 900 lions, with the BilaShakaLuggah area being the prime lion territory.



With the International Union for the Conservation of Nature report indicating that the number of lions is declining in Africa, it is better to visit these regions since none knows what the future holds. The 2019 report shows that less than 25,000 lions live in Africa, and the number is decreasing rapidly. If proper measures are not put in place to protect the endangered species, Africa could wake up to find its wild Jewry disappeared.

HOME-MADE REFRIED BEANS

Served for: 5 persons

INGREDIENTS

- ½ Cup water
- 1 tablespoon lime juice
- 3 cups of cooked pinto beans
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon fine sea salt
- 2 cloves garlic, minced
- ½ teaspoon chilli powder
- ½ ground cumin

PREPARATION METHOD:

- (i) Heat olive oil in a saucepan until it simmers. Add the onions and salt, stirring until the onions turn golden
- (ii) Add garlic, chilli powder and cumin. Stir for about 30 seconds, then put beans and water. Stir, cover and let it cook for around 7 minutes.
- (lii) Lower the heat and use a potato masher to mash up at least half of the beans. Continue cooking the beans for about 3 minutes
- (iv) Remove the saucepan from the heat and stir in the cilantro and lime juice





ASK AUNT SILVIA

I see 2021 as a unique year of hope after the devastating corona year 2020. Unlike my previous articles, I would like to feature, as the first article of the year, an interesting write-up from one of our anonymous writers, which discusses pollution in Uganda. Enjoy

Kata Kata Village: Can Community-Led Pollution Management work?

The growth rate of towns and urban centres in Uganda is one of the highest on the globe. In recent times, seven former Ugandan municipalities had been upgraded politically to city status. Uganda now has eight cities. Currently, Uganda has over 390 urban centres, comprising municipalities, town councils and town boards. Whereas this current situation comes with development, it also ushers in several challenges. Population increase and waste management are some of them. The population increase calls for more services and more products, creating a rise in by-products or disposable matter.

Diseases like cholera, diarrhoea, dysentery and others commonly occur in areas where there is poor waste management; this leads to unbearable consequences.

Dr J. Baker Nyakaana in 1997 noted, “a new wave of immigrants - the marabou storks, rats, flies and other rodents get admitted to the towns....”. These become very harmful and a menace to the neighbouring communities. Littering and sometimes burning waste products is the order of the day, causing air, land and water pollution.

Poor waste management leads to obstruction of drainage, which has proved to be a problem in the Ugandan metropolis. Most people find it normal to dump garbage, especially plastics and food peelings and related products inside tunnels and drainages. Apart from blocking the waterways and causing flooding in the towns, they make towns look dirty, killing the beauty and emitting a terrible stench stretching, far away from the garbage collection centre.

Households find it more convenient to burn the debris or throw it anywhere along the roadsides. The toxic air from the burnt items such as plastics is a danger to people's health. Contaminated air is one of the major causes of respiratory diseases in urban centres in Uganda. The other items dumped along the roadsides or in compounds or public places find their way into water bodies. The unwanted pollution in the water is another ugly sight that affects the quality of water. Its biodiversity - or beneath the top layers of the soil - prevents the water from seeping into the soils, which causes water runoffs and flooding.

In the central business district (CBD) Kampala and in many suburbs of the Greater Metropolitan Kampala and the cities such as Mbarara, Arua, Masaka, Gulu, Soroti and Lira, most of the streets are littered with black and green plastic single-use bags and gunny bags containing domestic waste, sometimes including human waste.

According to a study by Namata Teo, the most predominantly generated waste types in Rubaga and Kawempe Division are mainly food-related, such as peelings (banana, cassava, and potato peelings (66.1%), plastics (5.7%), dust and sweepings (9.1%), debris (11%), paper (3.7%), metal and glasses (1.5% and 0.7% respectively) and others (2.2%) in Kawempe division. In the Rubaga division, 63.6% of the generated waste was organic. Others are plastics 6%, dust and sweepings 12%, debris 10%, paper 4%, metals and glass (1.4% and 0.6% respectively and others at 2.4%. This finding is not very different from other divisions in Kampala and other urban centres. The result shows the materials can attribute immensely to pollution.

Nine out of 10 people worldwide breathe polluted air. Air pollution is the most deadly health issue of our time, causing 1 in 9 deaths globally and an estimated 7 million premature deaths every year. Air pollution causes death from heart disease, lung disease, lung cancer and stroke. Air pollution also harms our natural environment, decreasing the oxygen supply in our oceans, making it harder for plants to grow and contributing to climate change.

We can reduce air pollution if we can implement solutions. To achieve a tangible result in combating the environmental havoc, we need collective action. The communities need to act now. Whether you live in a city that is still under a lockdown, or where some degree of “normalcy” is beginning to be in place, we need to be mindful of the pollution and waste. Through a campaign and in collaboration with the Kata Kata community, we can tackle pollution through collective action.

Be it from a top-down or bottom-up perspective, community engagement and insight-gathering can, and should, play an essential role in the fight against environmental problems. The collaboration facilitates information exchange and dialogue aimed at finding local solutions for pollution management. Since most of us live in an environment with no blueprint, we will need to rely on community-led and evidence-based solutions in rebuilding efforts towards tackling pollution. We need serious, urgent and collective actions now if we want to achieve our goals. This combined effort is our strategy at Kata Kata Village, so join the campaign now.

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