



KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

+ HEALTH

ERECTILE DYSFUNCTION.

a condition that frustrates

MEN

OVER

10 PAGES
CARTOON

Fashion

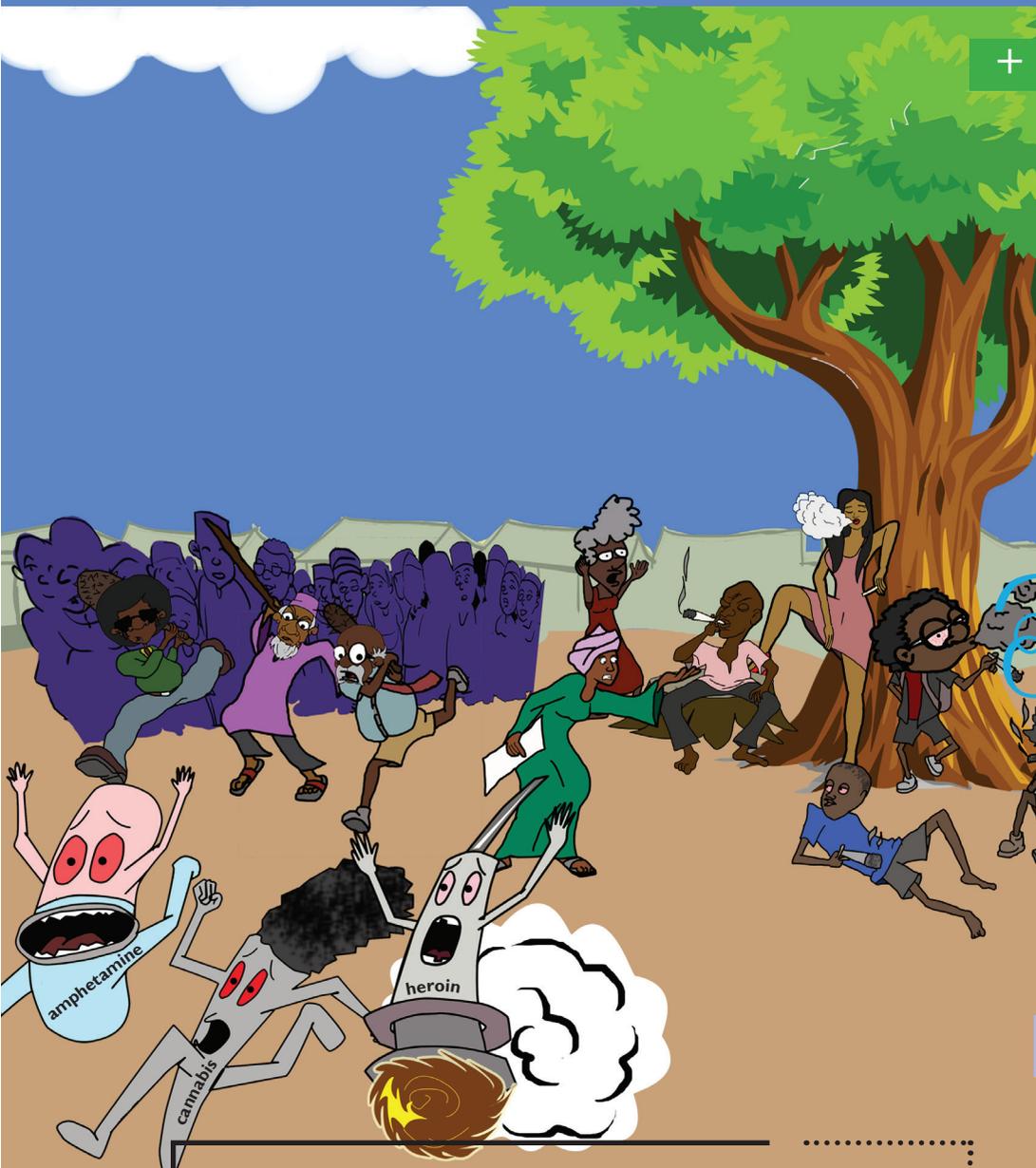
IS
THE SUIT
ON ITS
WHY OUT?

BEAUTY

grooming tips
for stylish
men

kids

BEST
MICROSCOPES
FOR KIDS



**DRUG ABUSE AND ILLICIT
TRAFFICKING? NOT FOR
KATA KATA VILLAGE!**

ISSN 2214-059X



Foods

Sudanese traditional cuisines

INTERIOR

Regular interior design mistakes we always make

TECU

Best nutrition apps

TRAVEL

Tips on travelling to Africa

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.

Get on board with kata kata through the following platforms:



Online

Cartoons, celebrity, gossip, sports, politics, fashion.. www.katakata.org



Facebook

Join the already many fans who like us on facebook web.facebook.com/katak.kata.98



Twitter

Follow us on Twitter and stay up to date twitter.com/Katakatacartoon



LinkedIn

Connect with us on linkedin rs.linkedin.com/in/ogoubabukoh



Youtube

Subscribe to our channel to watch our cartoons www.youtube.com

Kata Kata Team

Team

Editor-in-chief / Publisher
Ogo Ubabukoh

Art/Graphics Producer-in-chief
Deogratius Okudi

Art/Graphics Assistant
Perminus Ngugi

Editorial Advisory Board
Dr Pieternel Drijvers, Dr Ogu Okany, Eng. Dan Olupot, Dr Beate Ubabukoh

Editorial Researcher
Andrea Shaffner

Legal Consultants
Riek Mollema - de Jong (The Netherlands)
Geoffrey ntambirweki kandebe (Uganda)
Vivian Iro - Uchime (The Netherlands)
Ebele Topman (Nigeria)
Lyka Mtambo (Malawi)
Alice Keshubi (Uganda)

Marketing
Romolo Pusceddu - Consultant (International Business Development)
Silvia Rugina - Marketing Consultant (Africa)
Quintus Babirye Luutu (Uganda)

Contributors:
Samuel Ouma
Liam Katabira
Robin Ubabukoh
Tedman Oscar
Tumwire Edward
Lara Ubabukoh

Uganda office
Lydia Gift Namuswa - Country Manager

Malawi office
Diana Namasani - Country Manager

Ambassador (Africa)
Liam Katabira

KATA KATA CARTOON MAGAZINE
Venloweg 34
1324 DL Almere, The Netherlands
+31 (0) 36 52 98 411 +31 (0) 61 98 69 357
+31 (0) 61 38 46 788
info@katakata.org
www.katakata.org

MALAWI
Kampala Building
3rd Floor, Room No.10, Area 2,
Lilongwe, Malawi
+265 881 339 881, +265 993 673 801
malawi-office@katakata.org
KENYA
kenya.office@katakata.org

UGANDA
Arches Building, Kisaasi,
%00 Metres Off Kisaasi Roundabout
On Northern Bypass,
Office No. 2 Second Floor,
918/938 Block No. 214
+256 706 751 311 +256 783 868 242
Uganda-office@katakata.org

© 2021, KATA KATA AFRICAN CARTOONS ALL RIGHTS RESERVED.

This cartoon magazine contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this magazine may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the author / publisher.



CONTENTS

05

HEALTH:
Erectile
Dysfunction



INTERIOR:
Regular interior
design mistakes we
always make



23

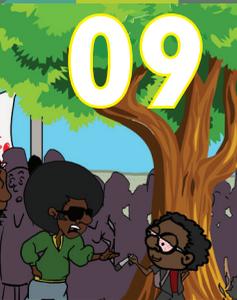
29

KIDS:
Best
microscopes
for kids



09

CARTOON:
Drug Abuse and
Illicit Trafficking?
Not for Kata
Kata Village!



28

LITERARY CORNER:
Movies, Poems &
Books



32

TRAVEL:
Tips on travelling
to Africa



16

FASHION:
Is the suit on its
way out



34

FOOD:
Sudanese
traditional
cuisines



26

TECHNOLOGY:
Best nutrition
apps



24

BEAUTY:
Grooming tips for
stylish men



35

LETTER:
Dear Aunt Silvia,



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

SUBSCRIPTION:

Subscription to the printed version is possible via
the website (www.katakata.org) or E-mail
(info@katakata.org) ALTERNATIVELY, you may fill in
the form below and send to us:

Name:

Address:

Telephone Number:

Duration of Subscription: 1 year 2 year

Till further notice

Subscription rates per year (4 editions including
postage):

THE NETHERLANDS: €45, EUROPE: €55,
USA/AMERICA: €52 AFRICA: €75, ASIA: €75

Send your form to: info@katakata.org

OR by post :

KATA KATA Cartoon Magazine

Venloweg 34

1324 DL Almere, The Netherlands

+31 (0) 36 52 98 411 +31 (0) 61 98 69 357

+31 (0) 61 38 46 788

PAYMENT:

Account Nr: 453100619

IBAN: NL02ABNA0453100619

BIC: ABNANL2A

PLACE: Almere, The Netherlands



Publisher's note:

Drug abuse and illicit trafficking

Through the resolution 42/112
of 7 December 1987, the United
Nations General Assembly
declared 26 June the International
Day against Drug Abuse and Illicit
Trafficking. The aim is to create
awareness of the danger of drug
abuse and illicit trafficking and put
action and cooperation in place
to achieve a drug-free society.

Simply put, drug abuse means
using illegal drugs or prescription
or over-the-counter medicines
in excessive amount or for
other purposes than they are
intended to be used. Drug abuse
has become a global epidemic,
leading to mental, physical, social,
emotional, and even job-related
problems. According to World
Drug Report, around 269 million
people used drugs globally in
2018. That is a 30 per cent
increase since 2009.

Moreover, over 35 million people
are victims of drug use disorders,
according to the latest research.
The newest UNO and European
Union reports show that drug
abuse is often a result of illegal
drug production and trafficking,
which have become some of the
most profitable ventures amongst
criminals and organised crime
groups globally. To continue
earning billions from the illicit
trade, drug criminals make sure
drug addict victims depend on
their drugs.

Drug abuse or addiction is not
limited to children; many adults
are victims too. Apart from the
cigarette, other dangerous drugs
are cocaine, heroin, cannabis,
opiates, amphetamine-type
stimulants, and new psychoactive
substances (NPS) are some
addictive substances, which are
hazardous to health.

No one is born a drug addict;
certain factors can cause or speed
up drug addiction. They include
lack of proper parental or family
care, family history of addiction,
early use of drugs, lousy peer
company, taking addictive drugs,
having mental health disorder.

We must realise that the effects
of drug abuse are not limited to
the victims; families and even
society suffer. Fighting drug abuse
and illicit trafficking requires
communal or team efforts. Apart
from the law enforcement agents,
it is a war in which everyone must
be involved.

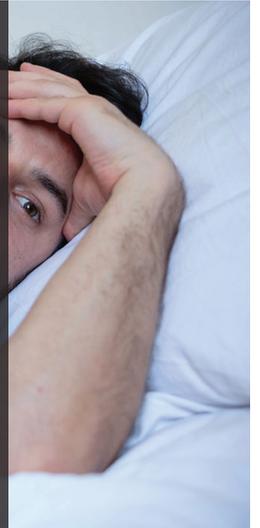
Kata kata Village is taking all
necessary steps to create a
drug abuse and trafficking-free
community. However, we need
your help and cooperation to
succeed. Please come and join
the campaign.

Yours in Kata Kata,

Ogo Ubabukoh
Editor-in-Chief



Some would call it men's ego; others name it machoism or male chauvinism. Regardless, one of the most embarrassing moments for many men is when they cannot perform in the bedroom with a lady. Poor sex performance on the part of men can be demoralizing, resulting in low-esteem and embarrassment, unworthiness, and sometimes unattractiveness. On the other hand, most women hardly take it kindly if a man cannot satisfy them sexually. Available research has shown that in the case of bad performance in the bedroom, most women would try and look for alternative ways to satisfy their sexual desires by either leaving the relationship or cheating.



What is ED?

One of the leading causes of nasty sex is Erectile Dysfunction (ED), which is the inability to get and keep an erection firm enough during sexual intercourse as defined by Mayo Clinic. Erectile Dysfunction is also known as impotence.

Who are at risk?

Both young and older men are at risk of being affected by ED. Still, older ones are more likely to experience it than the younger generation, according to the Journal of Urology, 1994. However, a study by Boston University in 2002 states that ED is increasing among young men due to their luxurious lifestyle characterized by smoking and drug substances.

Data

For instance, studies indicate that approximately 30 million men in the United States have ED. Similarly, Cleveland Clinic, 2019, found out that in every ten men in the US, one has suffered from the disease at some point in their lifetime. Also, Canada and Hong Kong have reported a high prevalence

Erectile Dysfunction is a global pandemic that affects almost 15 per cent of men annually, and its prevalence varies from one country to another (World Health Organization).

rate of 41.4 and 63.6 per cent, respectively. This menace did not start recently. By 1995, more than 150 million men worldwide had ED, and recent research shows that the problem will skyrocket to 320 million by 2025 (International Journal of Impotence Research, 2000).



Causes

ED occurs in men when they experience low blood flow to the penis. When any man experiences sexual arousal, the penis' muscles relax to increase blood flow via penile arteries to two chambers in the penis. As a result, the penis becomes rigid and ready for sexual intercourse. Nevertheless, when the muscles contract, and the blood in the two chambers flows through the veins, an erection ends, and the desire for sex immediately stops. Erectile Dysfunction is linked to underlying medical conditions such as heart disease, diabetes, Etc. or emotional distress.



The causes of ED have been grouped into two categories that are physical and psychological issues. Common physical issues include;

- ▶ low testosterone,
- ▶ heart disease,
- ▶ high blood pressure,
- ▶ high cholesterol,
- ▶ diabetes,
- ▶ surgeries or injuries that interfere with the pelvic area,
- ▶ Peyronie's, which is the development of tissue inside the penis and clogged blood vessels.

- Other physical factors are;
- ▶ metabolic syndrome,
 - ▶ Parkinson's disease,
 - ▶ multiple sclerosis,
 - ▶ specific medical prescriptions,
 - ▶ tobacco use,
 - ▶ treatments for prostate cancer or enlarged prostate,
 - ▶ alcoholism and sleep disorders.

Depression, anxiety and stress are among the psychological problems. Social problems like the death of loved ones, unemployment, etc., may reduce a man's appetite for sex. Likewise, people suffering from depression are at risk of developing ED (The Journal of Medicine, 2018). The research further discovered that those with ED are three times more likely to experience depression.

Experts have noted that Medical-related issues are the major causes of Erectile Dysfunction, with blood pressure medication being on top of the list (Boston University School of Medicine, 2002). Equally, the Boston University research linked 64 and 57 per cent cases of ED to heart attacks and bypass surgery, respectively. In addition, obesity and diabetes have caused ED in 8 million men worldwide (PolskiMerkuriuszLekarski, 2014).

Treatment

Unlike some sickness such as HIV/AIDS, which have no cure, Erectile Dysfunction is treatable. After your doctor diagnosed you with ED, they will administer the appropriate type of treatment, which can be medication or talk therapy. Sometimes you will be required to take several medicines until you find the best drug for the symptoms. Oral medicines like Avanafil, Viagra, tadalafil and vardenafil can stimulate blood flow to the penis. The total yearly spending on Viagra, Vardenafil and Cialis is \$1 billion worldwide, according to a study conducted by Clinical Pharmacology&Therapeutics in 2011. In some cases, Alprostadil, also known as Caverject, can be administered as a penile suppository or as a self-injection at the base or side of the penis to treat ED, said experts. Doctors also recommend testosterone therapy to people with low testosterone.



Another necessary treatment is the use of a vacuum pump to stimulate an erection. The pump draws blood into the penis, and as a result, an erection occurs.



Finally, there is talk therapy, which works well when one is experiencing psychological ED. Book an appointment with a relationship counsellor and share your challenges to get solutions.

If treatment fails to work, surgery might be the best option. There are two types of ED surgery: implants and vascular. Implants, also known as the prosthesis, are placed in the penis to allow you to use a pump to make your penis larger (inflatable implant) or enable you to resize your penis manually (malleable implant). On the other hand, vascular surgery opens blocked arteries to allow adequate blood flow to the penis.

Cost and Ego

Despite various treatment methods available for Erectile Dysfunction, only a handful of men with ED seek treatment (The Journal of Sexual Medicine, 2014). The high cost of the therapy plays a significant part in a low number of men who seek medical treatment for their ED-related problems. According to the Journal of Sexual Medicine, 2018, expensive treatment like penile prosthesis can scare many men. Furthermore, ego and sometimes cultural taboos and expectations discourage many men from discussing their ED problems. That prevents the patients from seeking medical treatments.



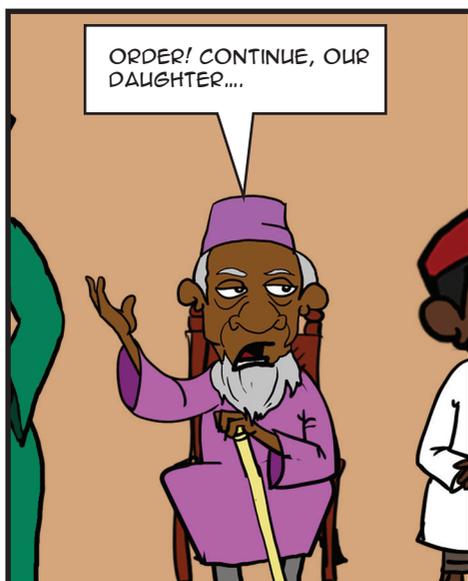
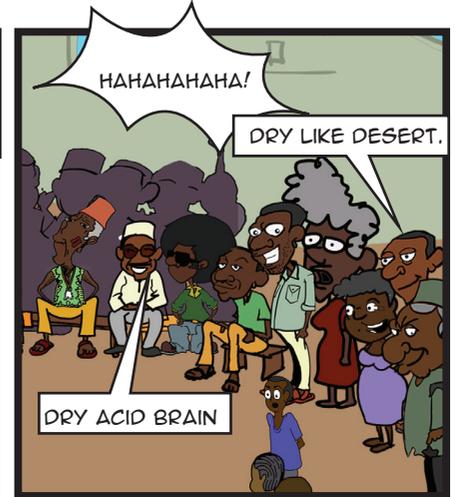
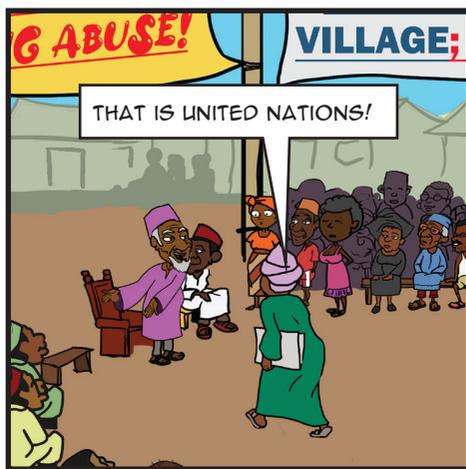
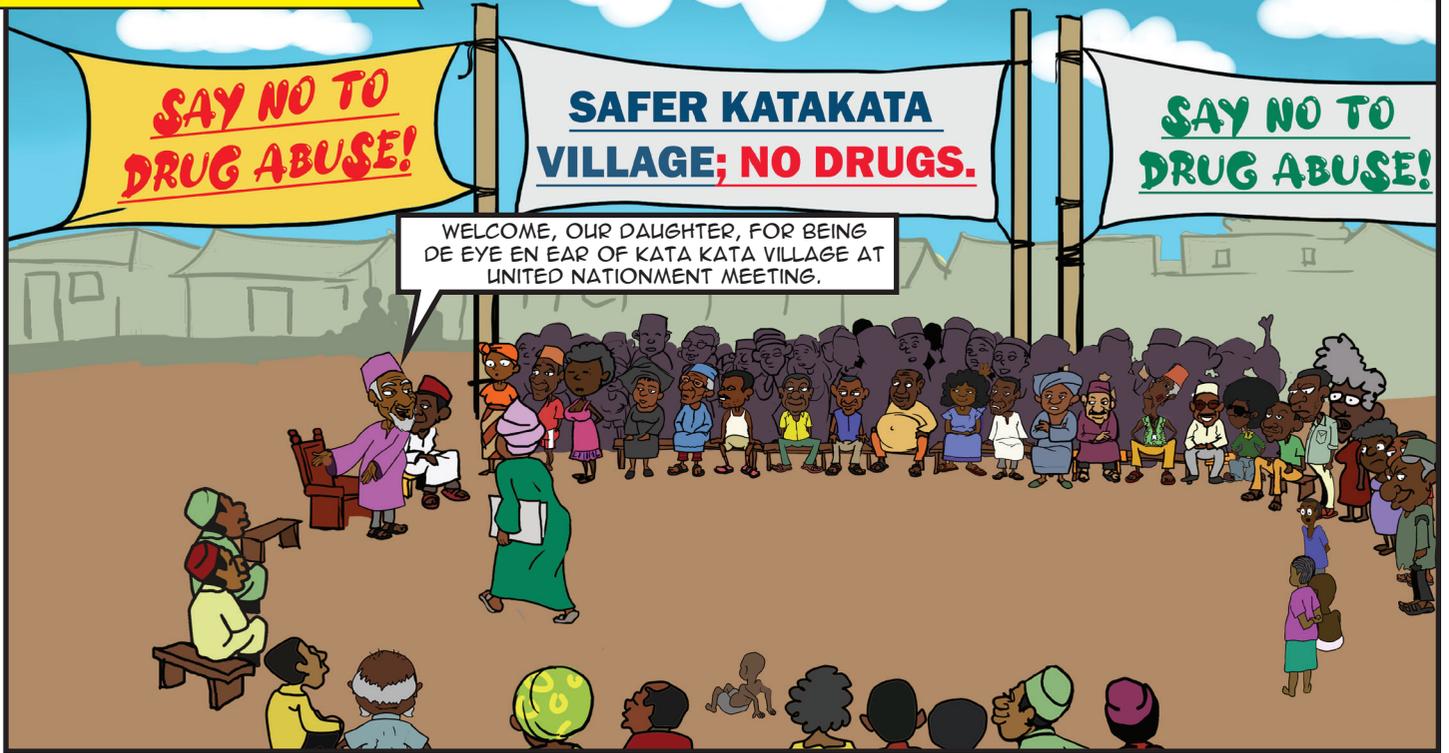
A healthy lifestyle can prevent Erectile Dysfunction. Engage in regular physical exercising, quit smoking, seek help for anxiety, stress or depression, visit your physician regularly. Furthermore, eating whole grains, vegetables and fruits, moderating red meat, full-fat dairy, and processed sugars will go a long way in preventing Erectile Dysfunction - and helping you avoid unnecessary embarrassment in bed and emotional stress.

**NO DRUG ABUSE ,
NO ILLICIT TRAFFICKING
FOR
KATA KATA VILLAGE !**



DRUG ABUSE AND ILLICIT TRAFFICKING? NOT FOR KATA KATA VILLAGE!

KATA KATA VILLAGE SQUARE.



IN ITS DETERMINATION TO CREATE AWARENESS OF THE DANGER OF DRUG ABUSE AND ILLICIT TRAFFICKING AS WELL AS TO PUT ACTION AND COOPERATION IN PLACE TO ACHIEVE A DRUG-FREE SOCIETY, THE UNITED NATIONS GENERAL ASSEMBLY, THROUGH THE RESOLUTION 42/112 OF 7 DECEMBER 1987, DECLARED 26 JUNE THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING.



SO DAT IS WHY WE SEND YOU GO TO THE MEETING? IS DAT WHAT WE SHOULD BE HAPPY ABOUT? YOU WAN' US CLAP FOR DAT STUPID LAW OR WHOT?



I WONDER!



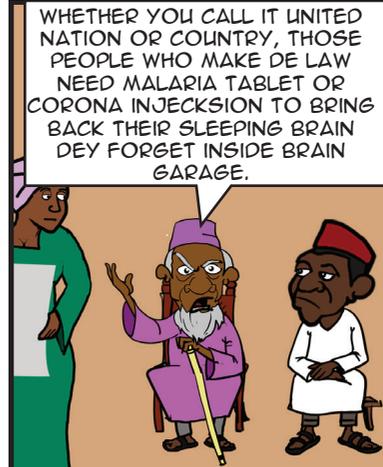
GOD PUNISH DAT UNITED NATIONMENT DAT MAKE DAT JANKALIWO LAW.



UNITED NATIONS, NOT NATIONMENT!



WHETHER YOU CALL IT UNITED NATION OR COUNTRY, THOSE PEOPLE WHO MAKE DE LAW NEED MALARIA TABLET OR CORONA INJEKSION TO BRING BACK THEIR SLEEPING BRAIN DEY FORGET INSIDE BRAIN GARAGE.



BANANGE !

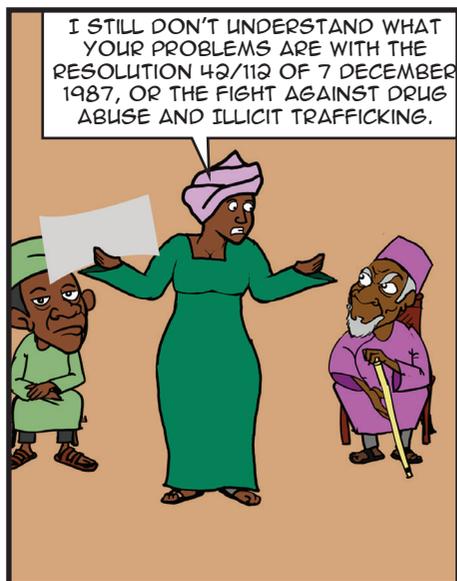
WEEWE!

YOU TALK TRUE.

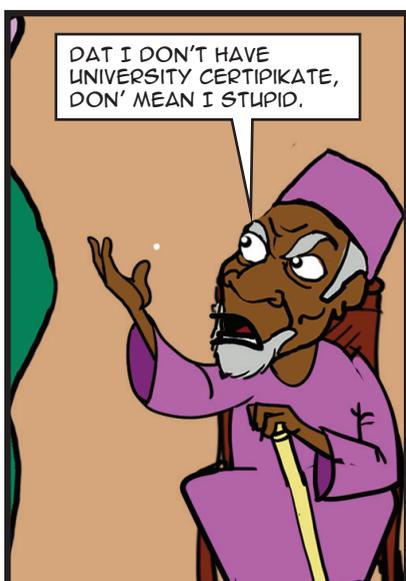
HAHAHAHAHAHAHAHAHAHAHAHA!



I STILL DON'T UNDERSTAND WHAT YOUR PROBLEMS ARE WITH THE RESOLUTION 42/112 OF 7 DECEMBER 1987, OR THE FIGHT AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING.



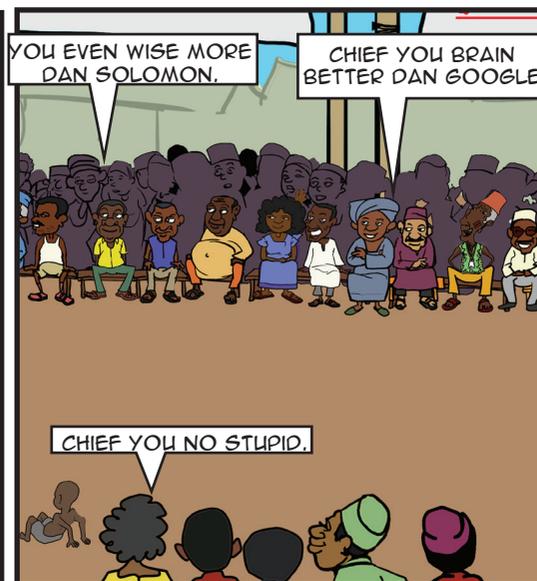
DAT I DON'T HAVE UNIVERSITY CERTIPIKATE, DON' MEAN I STUPID.



YOU EVEN WISE MORE DAN SOLOMON.

CHIEF YOU BRAIN BETTER DAN GOOGLE

CHIEF YOU NO STUPID.





YOU COME HERE EN TELL US UNITED NATIONS WAN' US STOP TO TAKE ASPIRIN, PANADOL, PARACETAMOL.....



PARACETAMOL?



YES, EVEN CODEINE. DEY WAN' US DIE LIKE CHICKEN? BEFORE, DEY COME HERE EN TELL US WE MUST GET IMMUNIZAL....



IMMUNISATION..



AHA! YES, IMMUNISATION. DEY TELL US WE MUST GIVE OUR BLOOD FREE, ME MUST DO DIS EN DAT. WE OBEY DEM; WE THINK DEY LIKE EN WAN' HELP US. NOW DEY COME AND MAKE LAW EN SAY WE MUST STOP TO TAKE PANADOL, ASPIRIN EN.....



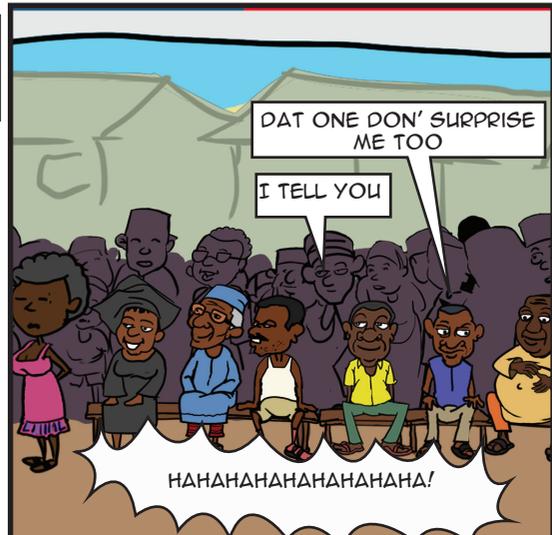
NO!! I DIDN'T SAY SO. HOW CAN THEY SAY THAT?



YOU NO SAY SO? YOU THINK MY EAR GRAMOPHONE SPOIL OR DAMAGE?



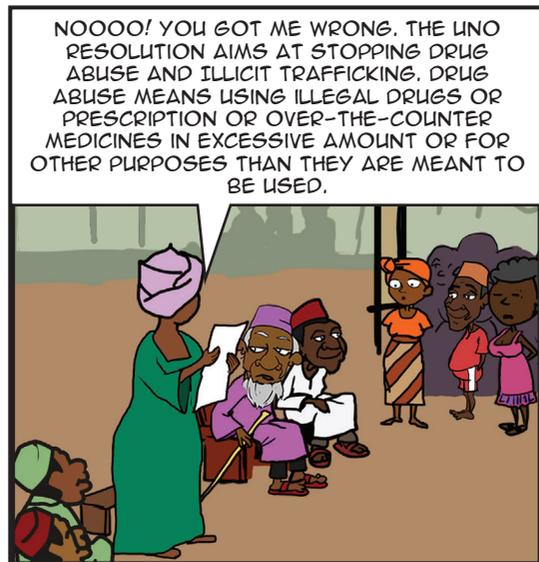
ME, I DON' CARE IF DEY WAN' US STOP TAKING PARACETAMOL OR CHLOROQUINE; I ONLY RIOT IF DEY WAN' BAN FOOD TOO.



DAT ONE DON' SURPRISE ME TOO

I TELL YOU

HAHAHAHAHAHAHAHA!



NOOOO! YOU GOT ME WRONG. THE UNO RESOLUTION AIMS AT STOPPING DRUG ABUSE AND ILLICIT TRAFFICKING. DRUG ABUSE MEANS USING ILLEGAL DRUGS OR PRESCRIPTION OR OVER-THE-COUNTER MEDICINES IN EXCESSIVE AMOUNT OR FOR OTHER PURPOSES THAN THEY ARE MEANT TO BE USED.

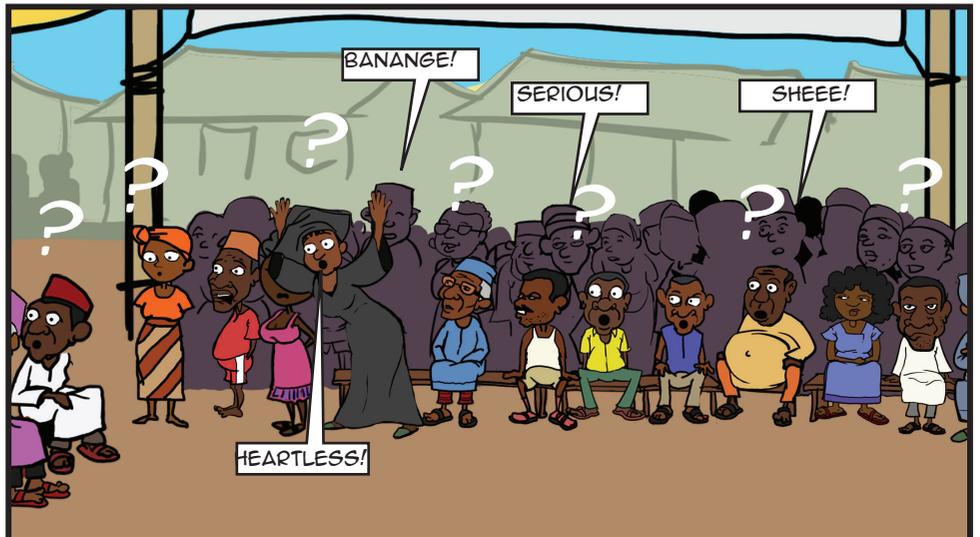
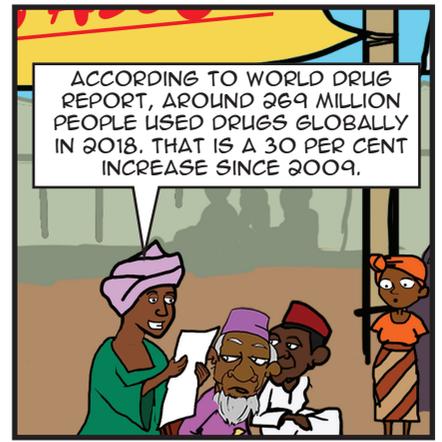
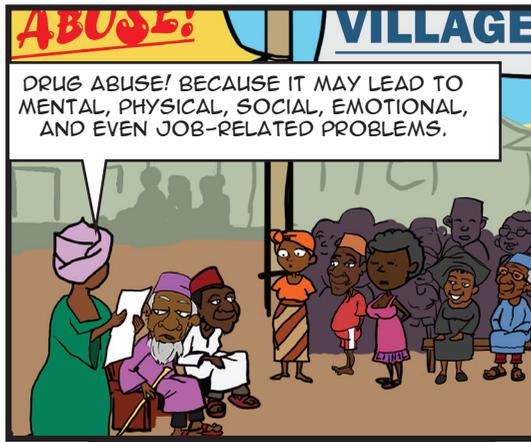
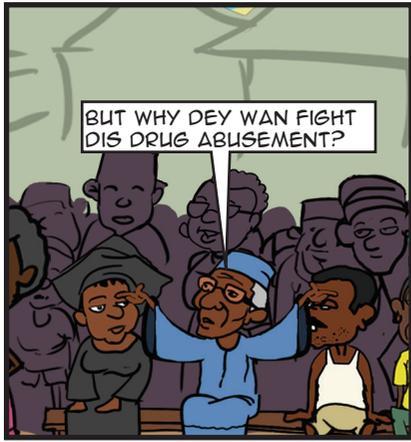


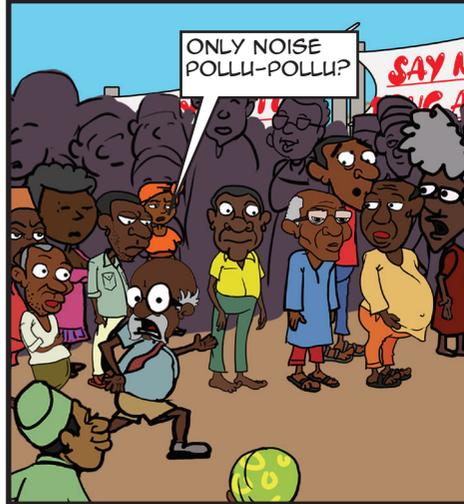
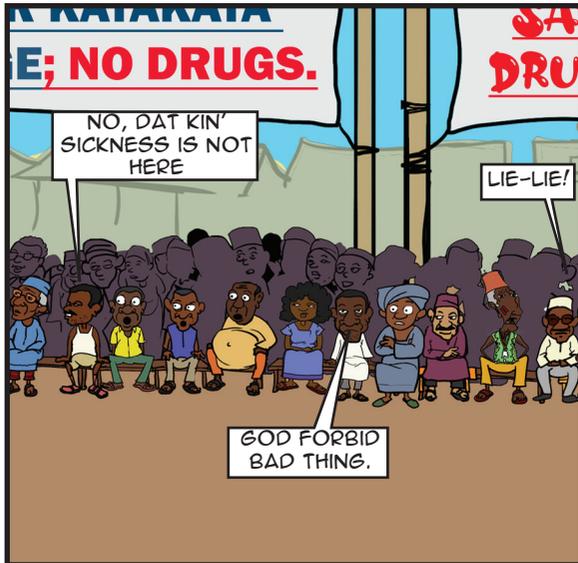
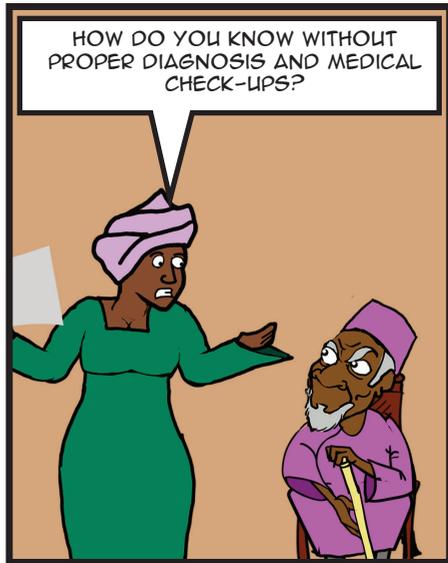
AHAA! NOW YOU ARE TALKING!!

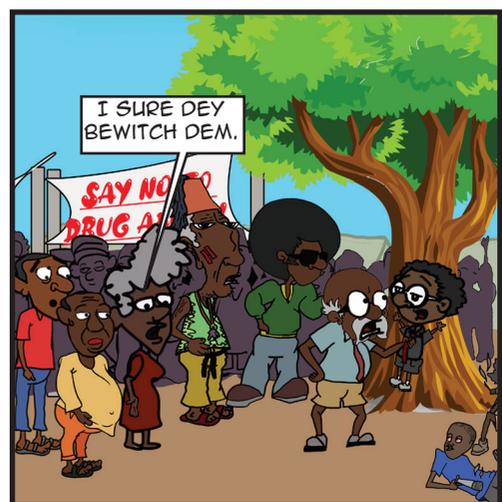
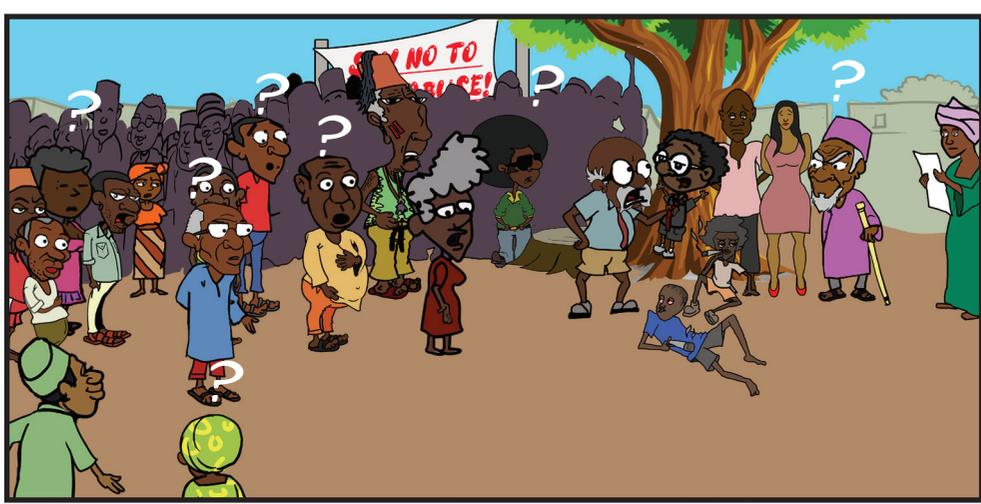
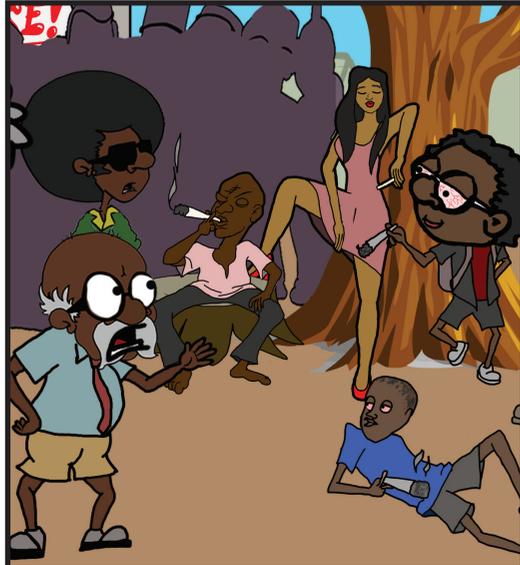
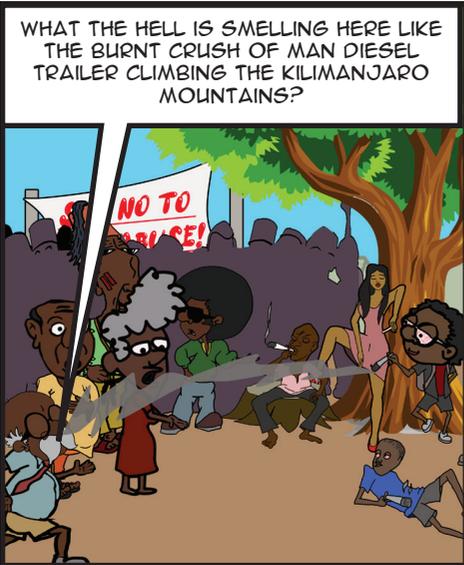


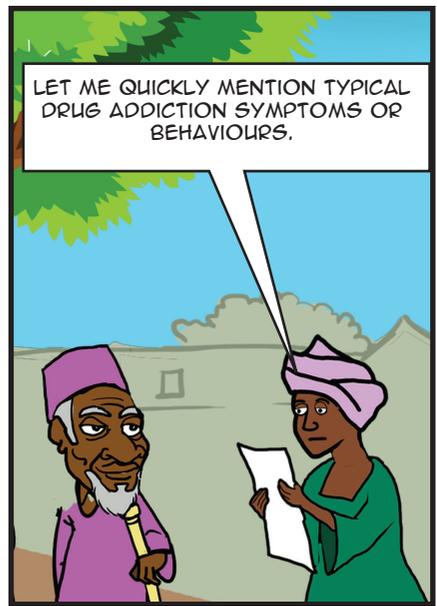
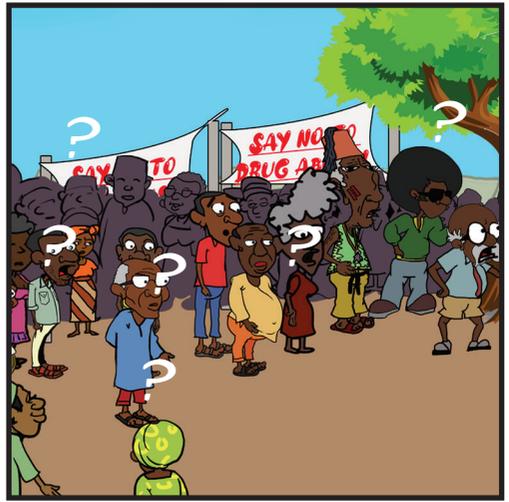
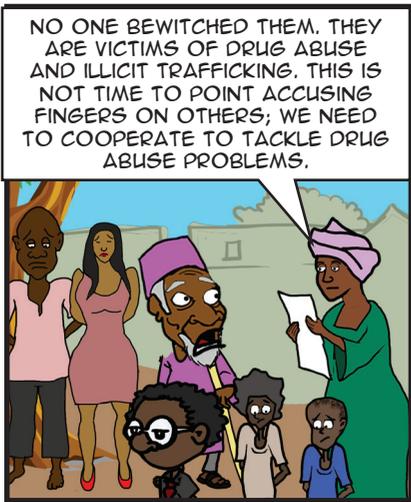
BUSE!

NOW I UNDERSTAND. EEE! ME, I AM HAPPY NOW. WHY BECAUSE, I KNOW OUR FRIEND UNITED NATIONS WAN' DE BEST FOR KATA KATA VILLAGE.



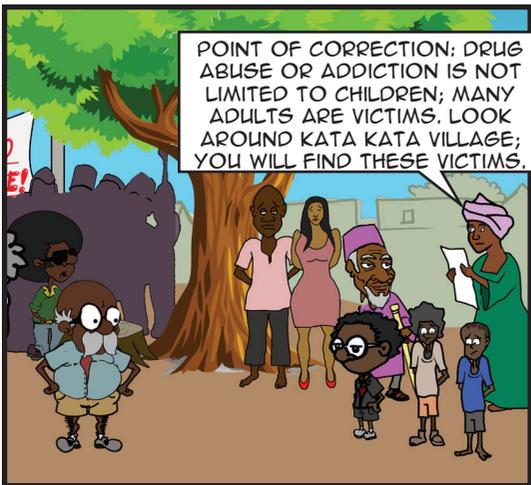
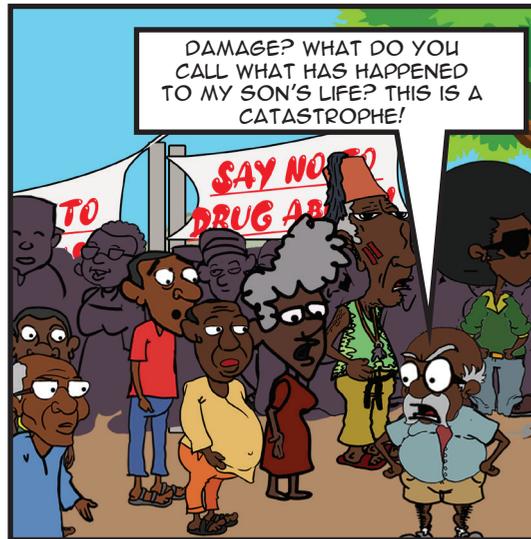
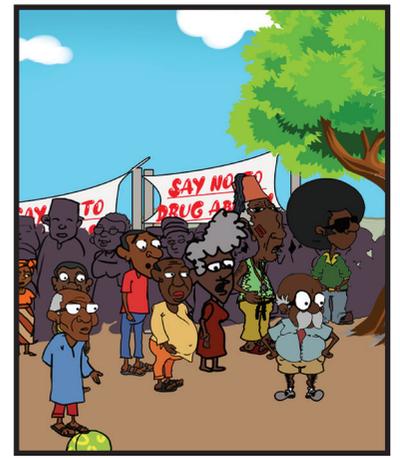
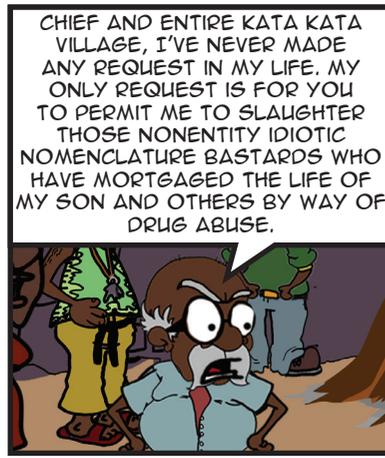






THEY INCLUDE, AMONG OTHERS:

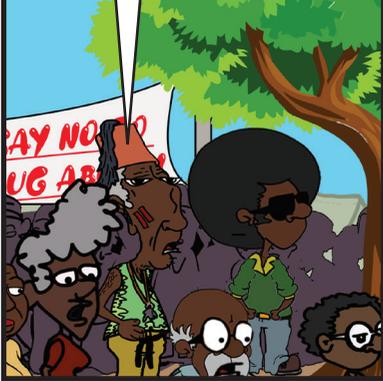
- YOU HAVE HEAVY URGES FOR THE DRUG THAT HINDERS YOUR OTHER THOUGHTS, NEEDS AND ACTIVITIES
- HAVING THE URGE TO USE THE DRUG REGULARLY DAILY OR OFTEN PER DAY
- CONTINUOUS IN NEED OF MORE DRUG TO GET THE SAME EFFECT
- YOU TAKE MORE SIGNIFICANT AMOUNTS OF THE DRUG FOR A LONG TIME THAN YOU INTENDED
- MAKING SURE YOU MAINTAIN A SUPPLY OF THE DRUG
- WILLINGNESS TO SPEND MONEY ON THE DRUG, EVEN THOUGH YOU CANNOT AFFORD IT
- YOUR DUTIES, RESPONSIBILITIES, OBLIGATIONS AND SOCIAL ACTIVITIES ARE AFFECTED DUE TO THE USE OF THE DRUG
- INABILITY TO STOP USING THE DRUG DESPITE BEING AWARE THAT IT CAUSES PHYSICAL OR PSYCHOLOGICAL HARM TO YOU OR PUT YOUR LIFE IN DANGER
- DOING THINGS TO GET THE DRUG THAT YOU NORMALLY WOULDN'T DO, SUCH AS STEALING, LYING
- YOU ENGAGE IN RISKY ACTS LIKE DRIVING WHILE UNDER THE INFLUENCE OF THE DRUG
- YOU SPEND MUCH TIME TRYING TO FIND THE DRUG, USING IT TO QUENCH YOUR DESIRE
- INABILITY TO STOP USING THE DRUG
- WHEN YOU TRY TO STOP TAKING THE DRUG, YOU EXPERIENCE WITHDRAWAL SYMPTOMS



APART FROM THE CIGARETTE, OTHER DANGEROUS DRUGS ARE COCAINE, HEROIN, CANNABIS, OPIATES, AMPHETAMINE-TYPE STIMULANTS AND NEW PSYCHOACTIVE SUBSTANCES (NPS).



EVEN DE SOUND OF DE NAMES ALONE TELL YOU DEY DANGEROUS.



LATER YOU ASK ME WHY I PREFER FOOD



HAHAHAHAHAHAHAHA!

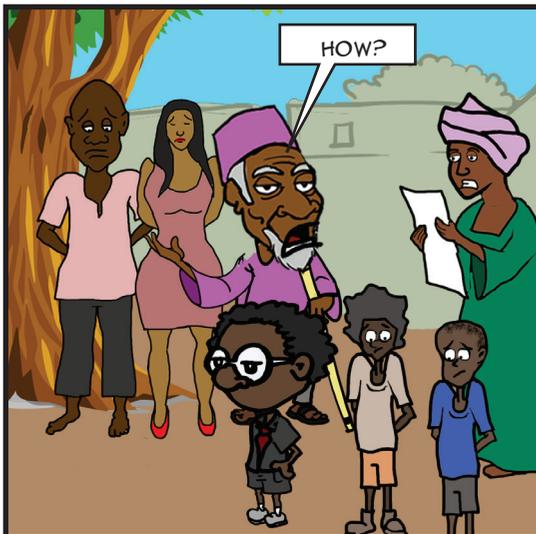
BACK TO YOUR QUESTION, CERTAIN FACTORS CAN CAUSE OR SPEED UP DRUG ADDICTION. THEY INCLUDE LACK OF PROPER PARENTAL OR FAMILY CARE, FAMILY HISTORY OF ADDICTION, EARLY USE OF DRUGS, BAD PEER COMPANY, TAKING ADDICTIVE DRUGS, HAVING MENTAL HEALTH DISORDER.



I SHIVER WHEN I HEAR ALL THESE.



WE MUST REALISE THAT DRUG ABUSE PROBLEMS ARE NOT LIMITED TO THE VICTIMS; THEY AFFECT FAMILIES AND EVEN KATA KATA VILLAGE AS WELL. SO WE MUST WORK TOGETHER TO FIGHT THE PROBLEM.



HOW?

WE MUST CREATE AWARENESS AND IMPROVE THE UNDERSTANDING OF THE PROBLEMS THAT COME WITH DRUG ABUSE. WE MUST ENCOURAGE EVERYONE AND ORGANISATIONS TO GET INVOLVED.



FIRST, WE MUST HELP THESE CHILDREN AND OTHERS WHO HAVE DRUG PROBLEMS.



LET'S NOT TALK LONG GRAMMAR. I SUGGEST WE FORM KATA KATA VILLAGE VIGILANT GROUP TO FIGHT AGAINST DRUG ABUSE, ORGANISED CRIME AND ANY PERSON OR GROUP THAT ENCOURAGE DRUG ABUSE AND TRAFFICKING.



AGAMA, YOU TALK WELL. WE DON' WASTE TIME.



THE END



IS THE SUIT ON ITS WHY OUT?

The suit, which men often wear, is associated with elegance, authority, and mastery of a profession; it creates a class and an aura of confidence and dignity. The attire is prevalent amongst bankers, lawyers, pastors and bridegrooms. It is also often a preferred dressing mode for interviewees. Have you ever tried to figure out how the attire emerged and how it has evolved throughout history?



The modern suit styles, designs, and types saw the light in the late 19th century, but traced their way back to the English King Charles II reign in the 17th century. King Charles II invented the simplified sartorial standards of dress. By following the footsteps of King Louis XIV's coat of Versailles, he ordered the men to put on a long coat, waistcoat, cravat, wig, knee breeches (also known as trousers), and a hat.

Before, men in England wore coats with tails, powdered wigs also silk stockings. Not pleased with men's style, Beau Brummel, an essential person in Regency England and a judge of men's fashion, chipped in and came up with the suit consisting of two simple pieces, the modern type. He denounced frock coats and powdered wigs, which paved the way for simple jackets and full-length trousers.

Suits continued to expand, and in 1900 they were elucidated by dark colours, dark Wovens, sturdy fabrics, and heavy woollens, according to Ellen Mirojnick, a costume director

of the stylish showtime series, *The Knick*. Other changes during the period were establishing high-button stances, slim lapels, high-arm holes, high paper shirt collars, and three-piece suits. Later in 1920, accessories such as tie pins, tie bars, and colourful shirts appeared. However, the trousers were high-waisted and oversized. That would soon change.

Fashion changes with time. Since the 19-century suit has gone through a significant fashion metamorphosis; however, its position in society has taken a u-turn. It is losing its place in the fashion arena, and many individuals are more into sweatshirts, trainers, and shorts. Gone are the days when most men would dress up in suits every day and during almost every occasion. Many men only wear suits occasionally and when necessary, like during a wedding or funeral.

Fashion experts have noticed the decline in traditional tailoring. Market analyst Kanter reported a 7 per cent decrease year-on-year in suits, ties 6 per cent, and blazers have declined by 10 per cent. Research shows that an average man would initially buy a single pair of suit every two years. But things have taken a seismic shift; today, that figure has drastically dropped to one, perhaps, after ten years.

The decline in the demand for suits is universal. Euromonitor International Research found out that the number of suits sold in America has decreased with time, leading to a decline in US revenue for men's suits up to \$2.2 billion in 2018. The UK's Bureau of Labour Statistics also noted in June 2019 that the Consumer Price Index for suits in the same period was 25 per cent lower than in June 2000.

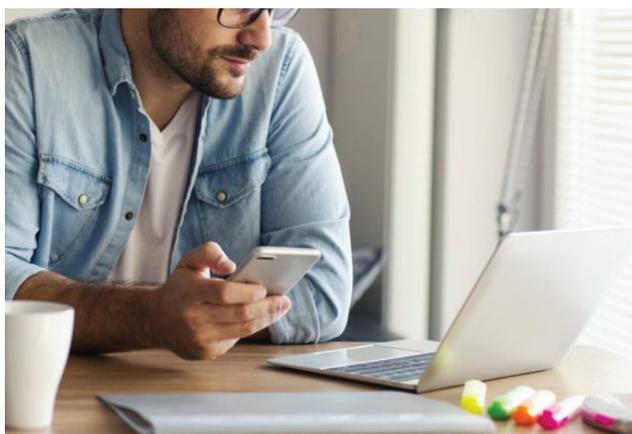
The presence of suits in the workplaces is also diminishing. Gone are the days when office attires were formal. Today, many workers prefer to dress casually in the office; hence wearing a suit to work is hardly a norm nowadays. Goldman Sachs, the world's most influential investment bank in 2019, relaxed its dressing policy to change "the nature of workplaces generally in favor of a more casual environment." The bank said it tended to update its traditional policies for its younger

employees through an internal memo.

In 2016, JP Morgan Chase also consented to the casual nature of the modern workplace. The company gave its hundreds of thousands of employees the green light to wear business-appropriate casual shirts, polo shirts, sweaters, tops and blouses, casual pants, Capri pants, dresses and skirts of appropriate length for the workplace, as well as dress shoes, dress sandals, jewellery, and fragrances. Nevertheless, the firm outlawed hoods, athletic clothing, shorts, beachwear, halter tops, tank tops, or crop tops. Others are clogs, rubber-soled floater sandals or slippers, tight clothing, visible offensive tattoos, and unprofessional hairstyles.

JP Morgan Chase is not the only typical American giant that relaxed its rules on the mode of dressing. Facebook CEO Mark Zuckerberg's dressing code is a specific case in point. Even though Zuckerberg is one of the wealthiest people globally, he often wears his traditional T-shirt instead of a pair of suit, as many would have expected. However, in April 2018, Mark Zuckerberg appeared before two Senate Committees wearing a navy suit, pale blue tie, and crisp white shirt. He was testifying about the role his company played in the Cambridge Analytica data breach. His dressing mode elicited heated discussions since he is a man of casual hoodies, T-shirts, and jeans.

Some fashion experts say we should let the suit go; others believe the decline in demand is temporal and the attire will make a strong comeback.



Human beings can be complex in their demand, which changes with time and space. So is fashion. What is in need today might not be the same after some years. Likewise, due to the complexity and diversity of demands, a fashion model which goes into oblivion today might bounce into trends after some years. Today, the desire for suits has declined, but is that a good reason to conclude that the mode has died a natural death? Sportswear, jerseys, pants, and shorts are seriously competing with the suit; let us wait and see how long those new trends can dominate the fashion world, as far as humans have different tastes, ideologies, cultures, mindsets, and demands Etc.

REGULAR INTERIOR DESIGN MISTAKES WE OFTEN MAKE

The one thing is to own a home, and another is to translate it into a cosy, comfortable place. That is where the interior design of your home matters. As long as you are looking for a comfortable and elegant home, you have to minimize common mistakes during decor. Ensuring your space, line, form, pattern, colour, texture, line, proportion, and scale are all in harmony is essential to creating a warm interior.

Unfortunately, many people hardly pay attention to their house interior due to lack of interest or finance. So they employ the service of amateur or individuals without any interior decoration knowledge rather than professional interior designers to save costs. The result is costly mistakes and sometimes disasters, which are, in most cases, realized upon the completion of a project. Yes, mistakes are inevitable in life, but professional interior designers can save you some headaches and unnecessary costs. Here are some of the interior blunders you can avoid if you employ the service of a professional.

1 Failure to measure a room

Scale and proportion are two significant aspects of decorating, and ignoring them can cause you many problems. Getting the measurements of your room gives you a rough idea of what you need and the type of furniture you need to buy. Many people have purchased either small or big furniture after failing to get the correct measurements of their rooms. Know what will fit your space by measuring the size of your room before you embark on decor.

“One of the most common interior design mistakes people make is relying on the eye to measure a space. Instead of purchasing furniture pieces because it’s your favourite, consider the overall volume of the space. Measure every nook and cranny,” said Mikel Welche, an interior designer in New York.

3 Fear of colour

A whopping percentage of people choose neutral or plain white colours simply because they are on-trend. They forget that neutral colours create boredom. It will help if you use at least a single wall of an accent colour that can brighten your space. Nonetheless, carry out research first and select your choice.

2 Following trends

Many people make a significant mistake to follow what people talk about instead of choosing what they love. In the end, they select outdated designs instead of timeless ones. Interior designers urge you to ignore too many trends you hear about and instead sit down, choose what is good for you, and make your house exceptional.

4 Lack of plan

Carrying out a project minus a plan is likened to tracing a very dark room floor for a coin. You might find the cash, but after encountering several challenges. The study shows that setting a few guidelines before beginning your project is vital since it is time-saving. The guidelines might also save you money. Moreover, it is also necessary to follow the guidelines step by step to avoid unnecessary equipment and items.

5

Bad lighting

Relying on a single light source is dangerous because it can cause darkness, making your house look awkward. Ensure every room in your home is well lit by installing various light sources such as task lights for study and cooking, floor or wall lamps as ambient lighting and recessed lights for general lighting.

Also, use accents lights to highlight artwork and photography. Athena Calderone, the founder of EyeSwoon, sums it up:

“Be sure to have lighting on dimmers and also coming from multiple sources at different heights, [such as] floor lamps and table lamps. And always choose soft white bulbs. Harsh fluorescent or white lights can make a space feel stark and uninviting. Warm lighting not only sets the mood but also makes a room feel intimate and aglow.”

7

Too much furniture

Movement within a room crowded with furniture is restricted due to lack of space. The majority have adopted the notion of filling big rooms with oversized furniture and small ones with a small table, a wrong idea.

Arrange your furniture in a way to maximize traffic flow. If a need arises, you can create space by removing some pieces of furniture. Get rid of old furniture which is of no use.

6

Hanging curtains too high

Another mistake identified is hanging curtains at the window frame, making windows look smaller than they are. The curtains can also block natural lights; hence your room becomes dark. It is simple to rectify this error by hanging curtains just below the ceiling and extend them down to the floor to make your windows look significant.

“Eye-level or so is a good starting point, and I always err on the lower side of that.” Use a removable hook to test the placement, and wait a few weeks before affixing it permanently,” reiterated Max Humphrey, an interior designer based in Portland, Oregon.

8

Lack of budget

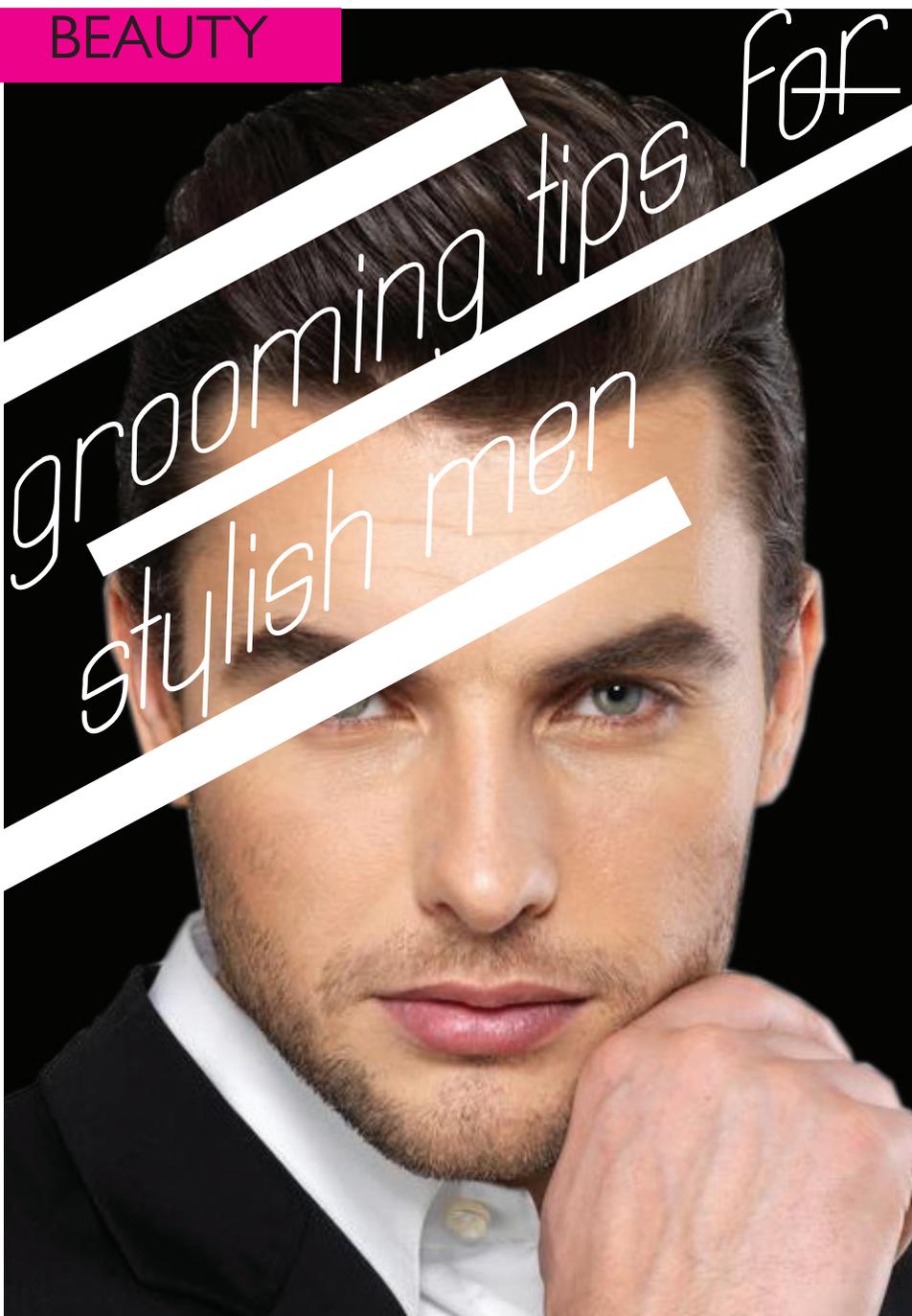
The budget constitutes the backbone of every single project, and you hardly can execute any project successfully without a proper budget. Lack of a budget or improper budget can lead to miscalculations, poor judgement and lack of proper oversight.

A budget will assist you in calculating the duration of the project and the total amount needed. It is advisable to come up with a list containing everything you want to do in your home. It is also good to let your designer know what you want and your budget.

Are some of the above mistakes familiar to you? By considering them and applying appropriate solutions, you will avoid interior design errors and make your house more glamorous than ever. Of course, the best bet is to employ the service of a professional interior designer. If you want to create a lasting impression of your home, do not gamble by trying out yourself or hiring an amateur in the field of interior design. Goodluckwithyour house.



grooming tips for stylish men



There is an adage, which says that one's self-confidence starts with his or her hygiene. From well-maintained skin, body, face and fingers, personal hygiene plays a vital role in boosting one's self-esteem. It is not an overstatement to say that one hardly sees a well-groomed person who has low self-esteem. Often our looks boost our self-confidence, and people mostly base their first impressions of others on their physical appearance. When you look neat and tidy, you are more likely to create a positive image in people's minds. Consequently, a well-groomed person stands out in the crowd, draws positive attention, and expeditiously earns public trust. Other benefits include

- feeling more assured
- exhibiting better hygiene and individual care
- having high self-esteem, appealing
- appearing mature.

Although grooming applies to both men and women, the focus of this article will be on men. Sociologically speaking, a self-confident man is most likely to achieve great things in his life than the one who is not. Having self-confidence comes with believing in one's ability to realize what one is pursuing. You could groom and boost your confidence in many ways, including the following:



1

Groom your eyebrows

Do you desire a perfect looking eyebrow? The trick is simple. Keep them neat and clean. Brush them up using a moustache comb, then use tiny scissors to thin out any hairs that grow beyond the top line of your brows. In case you have bulk hair, you may use an eyebrow trimmer. Furthermore, clean the trimmed hairs with a pair of tweezers.



2

Regular visit to your barber

Do justice to that long, untidy or unkempt hair of yours. You may keep it short; the best way to achieve that is by paying a regular visit to a barber, either weekly or monthly, for trimming. The intervals you cut your hair depend on your hairstyle, length, and how rapidly it grows. Experts advise a monthly haircut for short haircuts and a buzz cut every 2-3 weeks.

Skincare routines

Just like women, men should also take care of their skins to enhance their look and maintain their skin at its best. With many skincare products in the market, picking out the correct product might not be easy, but, ideally, you select products that match your taste and demands. Some recommended products are facial cleanser, eye cream, moisturizer, chemical exfoliator, serum, and retinol.

Trim your beard

Give your beard a good shape by trimming it to your desired size. Commence by cutting the most extended hair length and scale down its size gradually. Don't allow your beard to get bushy; do away with excess bulk. To attain the perfect cut, single out the beard neckline by putting your finger above your Adam's apple and shaving the hair below the line.

5

Apply body spray

Wearing a good perfume enhances your smell and creates a pleasant attitude towards you. When shopping for spray products, go for the ones with fresh and bright odour, which can be applied both during the day and night. It is advisable not to use more than one perfume at a time.

6

Wear sunscreen

Sunscreens protect your skin from UV rays. Apply sunscreen to keep your skin healthy and avoid contracting skin cancer and early ageing.

8

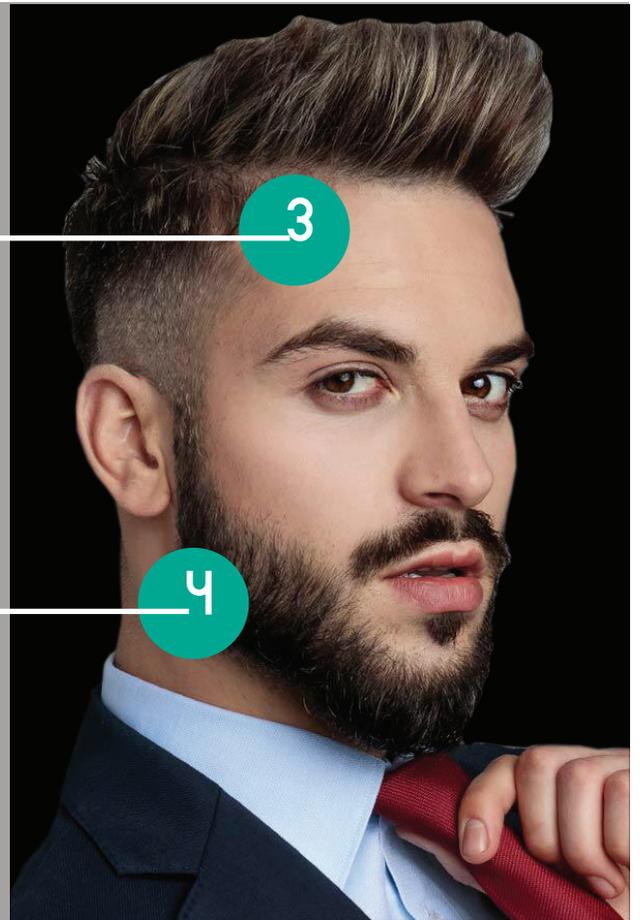
Cold showers

Many depositions reveal that a cold shower is one of the best grooming tips for everyone. Such a shower levels hair follicles, making your hair glossy, more robust, and healthier, as well as escalating their ability to hold the scalp. It also aids the skin to maintain its natural oils. It further makes your cuticles and pores tight, leading to few breakouts and less dirt. Furthermore, research has revealed that a cold shower does not cause the skin to dry out, unlike a hot shower.

10

Take care of your feet

Paying attention to your feet will help you minimize unnecessary embarrassment. Are you concerned with your feet's look, feel, or smell? You sure must. Embrace a good foot care routine recommended by experts. Wipe dry the areas between the toes after taking a shower, keep your toenails short by trimming them, remove calluses using a pumice stone and change your socks at least once a day to avert excessive sweating.



3

4

7

9

Cut your nails

Unlike women, men often keep their fingernails short. Long nails can be hotbeds for germs, which can cause some infections. Depending on your choice, you can trim your nails either before or after the shower using nail clippers or files to attain clean fingernails look.

Regular mouth care

Imagine dressing immaculately, yet people distance themselves from you simply because of your mouth odour! That scenery may kill one's self-confidence. Dental care experts recommend that you take care of your mouth to prevent tooth decay, plaque, gum disease, and of course, bad smell. The American Dental Association (ADA) recommends that one brushes their teeth at least twice a day with a soft-bristled brush, fluoride toothpaste and dental floss. The CDC strongly advises limiting the intake of alcoholic drinks, keeping off from tobacco products, floss to get rid of dental plaque, and making a regular visit to your dentist.

Conclusion

“Bolstering your physical appearance builds your self-esteem. If your ambition is to have lifetime self-confidence, consider applying the above grooming tips regularly, rather than once in a while. You have yourself-esteem in your hands.”

BEST NUTRITIONAL APPS



With your smartphone, nothing can hinder you from achieving your health and dietary goals. The device can install some of the best diet apps to help you be in charge of your health by eating healthy food. Monitoring the food you eat offers many benefits, ranging from creating awareness of what you ate, detecting food intolerances, identifying eating patterns, showing what you are (not) doing well, and how often you eat to create accountability on your goals. Let us have a look at some of the Apps.

Protein tracker

Proteins are significant nutrients for the human body; they assist in building the body's structures. The American National Academy of Medicine recommends a minimum of 0.8 grams of protein for adults every day, and anything beyond that could be surplus. With the help of a protein tracker, you can check on the amount of protein you take in, set alerts and reminders to meet your protein goal daily, and set goals that you would love to achieve.

Calorie Counter&Food Diary

Calorie Counter & Food Diary app has valuable features that help you plan your meals and monitor your devotion. The components can read supermarket bar-codes so as obtain nutritional information that keeps you on track in decision making. Besides, they help in shopping for groceries and keeping an eye on macronutrients. Before you embark on using the app, you are required to insert your nutritional goals.

Shopwell

Shopwell App aids in decision-making when it comes to purchasing food products. Insert your nutritional requirements, food sensitivities, and your fitness goals after setting Shopwell. Then, check the nutritional content, added sugar and salt on the items you have decided to buy by scanning the bar-codes on them. Shopwell gives you the freedom to select only food items that suit your needs. Very helpful.

Food Intolerance

Food Intolerance app is designed for people with allergies and food insensitivities. It contains various foods that notify you whether a particular food matches your allergies or food sensitivities. It mainly targets people ailing from mastocytosis and lactose intolerance, among many others.

Forks over Knives

Forks over Knives shorten the search for vegan and vegetarian. This app is known for putting together recipes, recommending ingredients, and compiling your desired meals in one location.

Fitocracy Macros

The app is beneficial when tracking the intake of macronutrients and caloric input. However, one deficiency of Fitocracy Macros is that checking macronutrient intake and inserting figures manually. The app is also accessible to iPhone users only.

MyPlate Calories Tracker

With two million nutritional database units and the capability to monitor energy, nutrients, especially macros and fluids intake, MyPlate Calories Tracker helps keep an eye on your diet goals. Apart from the database items, you can also use graphs and charts to envisage and examine your eating habits.

My Fitness pal

My Fitness pal is very helpful when changing bad habits, controlling your nutrients to keep your weight at bay, and building muscle. It contains a massive food database, bar-code scanner, restaurant logger, calorie counter, and a recipe importer.

Waterlogged

The primary role of waterlogged is to ensure you do not get dehydrated. In addition, the app enables you to drink sufficient water since it allows you to capture your drinking vessels' photos. It further offers you an option to set up a reminder to take fluids. The only problem with this app is that those using androids phones cannot access it.

Nutrients

Just like waterlogged, the Nutrients app is only accessible to iPhone users. Tracking your food intake in this app is quite simple as it contains a food journal and nutritional information for various foods. It is essential since it enables you to insert your recipes and receive an instant dietary breakdown.

conclusion

Nutrition apps play crucial roles in our health by making life easier for those monitoring their food intake because of health issues. In addition, some apps provide strategies for losing weight, and others can help people trace restaurants that satisfy their dietary needs. The technological revolution is the mother of nutritional apps, which enable us to have in-depth control over our health. Therefore, we must embrace the new technology wholeheartedly.



COMING SOON



GENRE: HORROR
RELEASE DATE: 2ND JULY 2021



GENRE: MUSICAL DRAMA
RELEASE DATE: 6TH JULY 2021



GENRE: SUPERHERO
RELEASE DATE: 4TH AUGUST 2021



GENRE: 3D ANIMATION
RELEASE DATE: 23TH JULY 2021

IN CINEMA



GENRE: ACTION
RATING: 6.7/10



GENRE: HORROR
RATING: 9.1/10



GENRE: WESTERN DRAMA
RATING: 8.4/10



GENRE: ANIMATION
RATING: 9.4/10

My dignity as a girl By Alyshya

POEM

I am a girl of dignity
Not ready to lose my virginity
They say it's lack of opportunity
But their mind is more scanty
I know I have the capability
To be once a mighty
I don't wanna find myself in a
martenity
When it's full to capacity.

I will make my mind still
As you know Alice it's your will
Why get pregnant to kill
Hey don't enjoy me like a meal
I have got much to accomplish
and also put a seal

Why enjoy me like a chocolate
In your work
I will not participate
It's my choice and I have the mandate
In your work I will not tolerate
Do not invite me in a cabbarate
Make your mind easy and calculate
That the generation is waiting for me and
appreciate.



BEST MICROSCOPES FOR KIDS

A microscope is educational and fun, making it one of the greatest gifts you can ever purchase for your kid. By buying your kid a microscope at an early age, you are most likely to kindle the love for science within them, enabling them to search for answers about the world independently.

Before purchasing a microscope for them, you must consider particular factors such as the cost of the microscope, its use and the child's age. Other factors to consider are resolution, focus tuning, adjustability, and build quality. A good microscope is a lightweight material; furthermore, it provides details, high quality and transparent image, and it is easy to adjust.

For kids, there are only two types of microscopes - compound and stereo. However, experts have discovered that compound microscopes are suitable for viewing fine details, microscopic things such as blood cells, cells, parasites, bacteria, algae, tissue, and thin sections of organs. On the other hand, stereo is more fitted for various things visible to the naked eyes like coins, flowers, insects, plastic or metal parts, printed circuit boards, and fabric weaves.

Let us have a look at some of the best microscopes for kids.



CARSON MICROBRITE PLUS LED LIGHTED POCKET MICROSCOPE

This microscope is designed for children of all ages, meaning it is simple to use and lightweight. Carson MicroBrite Plus LED Lighted Pocket Microscope is produced for outdoor use, and it has a single LED illuminator that needs one AA battery. Through an LED illuminator,

your kid can view both surfaces and 3D objects. Besides, its magnification level ranges between 60x and 120.

DUO-SCOPE MICROSCOPE MFL-06



The microscope is suitable for kids aged nine and above, middle-schoolers as well as high school students. Duo-Scope is more versatile than most microscopes for kids, thanks to its dual illumination feature. One LED light source is used to view slides, whereas the other is for 3D objects like insects.

Unlike AmScope M30 Kids, Duo-Scope has no mirror, and its LED light needs three AA batteries to operate well, which are not part of the microscope. It also has glass lenses, which provide 40X, 100Xd, and 400 X magnifications. Duo-Scope can be used both indoor and outdoor because they are lightweight and portable. It also comes with 50 applications.



OMANO JUNIORSCOPE

The JuniorScope is one of the most cherished kids' microscopes designed with three magnification levels, 40x, 100x, and 400x. It offers a fun experience, clear images, and a quality design. It also has a starter kit with experiments, stains, slides, and top and bottom LED lightings for tangible objects and slides.



MEIJI TECHNO MT-14 BINOCULAR LED COMPOUND STUDENT MICROSCOPE

Meiji Techno MT-14 offers LED variable intensity illumination. It is endowed with a rechargeable battery, making it suitable for outdoor use since it is portable. Also, it has semi plan objectives such as 4x, 10x, S40x, and S100x.

DINO LIGHT AM 2111 0.3MP DIGITAL MICROSCOPE



This digital microscope has three magnification settings 10x, 50x, and 230x with 4 LED Light sources. It is

plugged into a computer to allow kids to check images on the computer screen, capture and share pictures with their family members and friends.



NATIONAL GEOGRAPHIC ULTIMATE DUAL MICROSCOPE

National Geographic Ultimate Dual is a compound and stereo microscope with the lower LED illuminator used to view slide samples and an upper light to check the 3D objects. It is high-quality optical glass eyepieces of 20X and 50 X magnifications made of glass. In addition, it comes with more than 50 assorted accessories

such as ten prepared slides, ten blank slides, ten slide covers, covers, tweezers, an eyedropper, a petri dish, a hatchery, and a learning guide booklet, among others.



GEO SAFARI MICROPRO

GeoSafariMicropro is an upright compound microscope used for educational insights for kids aged between 8 and 12. It is the perfect option for parents operating under a tight budget. It has both LED light and mirror

with LED light requiring two AA batteries, not included with a microscope. The microscope has five magnification options including 50x, 100x, 150x 300x and 600x. Its body is made of die-cast metal for the stability of the frame. It comes with many accessories such as eight blank slides, eight slide labels, 16 slide covers, three specimen vials, a petri dish, pipette, test tube with cape, scalpel, and spatula, stirring rod, tweezers, and three prepared slides.



AMSCOPE M30 KIDS

If you are looking for a microscope for beginners, AmScope M30 is a perfect choice. Being an outstanding STEM learning tool, it is appropriate for kids aged 8 to 12 years. It offers different magnification settings 120x, 240x, 300x, 480x, 600x and 1200x. AmScope M30's body is made of metal and has a rotating turret to facilitate easy viewing.

It also comes with tweezers, eye dropper, petri dish, scalpel, shrimp experiment kit, blank plastic, and covers for easy learning.

Furthermore, it uses both a battery-operated LED light illuminator and a mirror. AmScope M30 features a single LED bulb with a spare one available. The main advantage of this microscope is that it comes with 49 accessories plus a hard plastic case for storage.

If you are looking for a gift for your kid, a microscope is an excellent choice. Apart from being fun and educational, it is intriguing, robust, and simple to use. Introduce microscopes to your kids and broaden their intelligence and scientific knowledge.



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

TRAVEL

Tips on travelling to Africa



Africa for years has been castigated negatively in the Western world. It is allegedly a dark continent of diseases, poverty, and criminal activities. The negative stigmatization has created a wrong impression on the social cognition of many, making it difficult for many travellers to make the continent their next destination because of fear of being victimized by criminals and contracting dangerous diseases. However, just like any other part of the world at one time in history, although the continent has experienced wars, diseases, political unrest, and coup de tat, many African countries are safe for adventures and new experiences.

While visiting the continent, you will encounter a positive part of it more than what you have heard or read in the media. But the real Africa awaits you once you step your feet on the continent. Africans being amongst the friendliest people globally, you cannot miss those smile faces, fantastic wildlife, beaches, diverse cuisines, intimidating landscape, great weather as described in the World Economic Forum's Travel and Tourism Competitiveness Report 2013. The report stated that the majority of Africans has a positive attitude towards foreign visitors. In the report, 3 African countries were ranked in the top ten worldwide in the population's attitude toward foreign tourists.

Despite the positive reports about Africa, as a tourist, it is essential to have good knowledge of the continent before you embark on a visit to any African countries to evade uncertainties and regrets that are nerve-wracking. Below are some things you should know before you set off and what you should do in your dream country.

Select the country you want to visit.

Africa has 54 countries, each with its uniqueness ranging from unspoiled nature to fancy buildings and amazing wild animals:

1. Identify the country or countries of your choice that suit your needs.
2. Do thorough research on the internet to find out what your next destination can provide.
3. Prioritize your safety by selecting nations that are considered peaceful.

The study shows that some of the safest countries to visit in Africa are Rwanda, Kenya, Namibia, Botswana, Mauritius, Morocco, Zambia, Tanzania, and Seychelles. However, keep off from countries that constantly experience wars and political unrest for the sake of your safety.

Check visa requirements.

Is your country or countries of choice granting visas on arrival, or you have to get one in advance? Learn about paperwork requirements before embarking on your journey. It is advisable to contact your local embassy to inquire more about visa application procedures to avoid being turned back on arrival.

Be concerned about your health

Africa is a home of malaria and other tropical diseases; therefore, you need to consult your doctor about vaccinations and medication you should carry with you. Remember to take anti-malarial medication, antibiotics, painkillers, antihistamine, and insect repellent. Do not drink tap water in Africa to avoid waterborne diseases such as typhoid, Bilharzia, Cholera, etc.; instead, go for bottled water since it is less expensive and available. Also, prevent sunburn by equipping yourself with a hat and sunblock. Besides, inform your agent in case of any sickness or allergy.



Get a friend

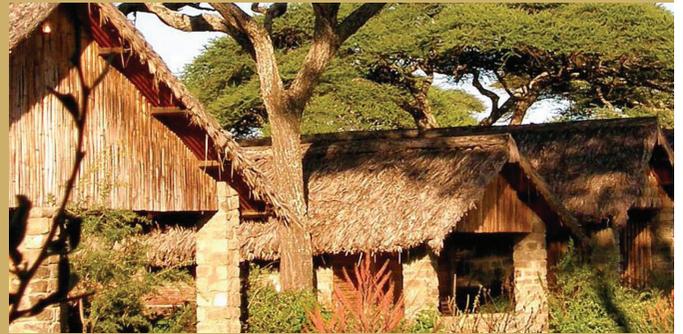
Do not be a lone ranger in a foreign country. Find a trusted local person who will show you which spots to visit and which areas to avoid. You can choose a friend before travelling on Social media especially renowned bloggers who might be of helped. It is also perfect to choose a friend after you have landed in the country you are visiting. He or she can be your immediate neighbour, and from those, you interact with.



Accommodation

Before booking your room:

1. Check the online reviews to make a wise decision.
2. Pick secure, decent, and reputable safari lodges before you set off.
3. Compare the prices before settling on one since there is no need to book an expensive room if cheaper ones are available.
4. Save some money for other activities like buying souvenirs and enjoying local delicacies.



Be scam-free

If you must change money to local currency, be aware of the exchange rate and bargain if possible. Dismiss a person who offers to carry your luggage at the airport or bus depots. Distance yourself from individuals begging for money in the streets. Of course, you may always help beggars or poor ones on the road, but keep off from people issuing goods or services for free.

Keep your money safe

Cases of pickpocket are familiar in the continent; thus, it is advisable to keep your money safe and spread it out in small stashes in various places such as pocket, suitcase, wallet, or purse. When using the ATM ensure your surrounding is safe to avoid being mugged.

Personal security

Keep away from the streets at night and refrain from exposing the gadgets you are using in public. Put your phone, camera, or other devices inside the bag when you are not using them. Avoid taking photographs at the border or government buildings because you risk arrest on the ground of being a spy.

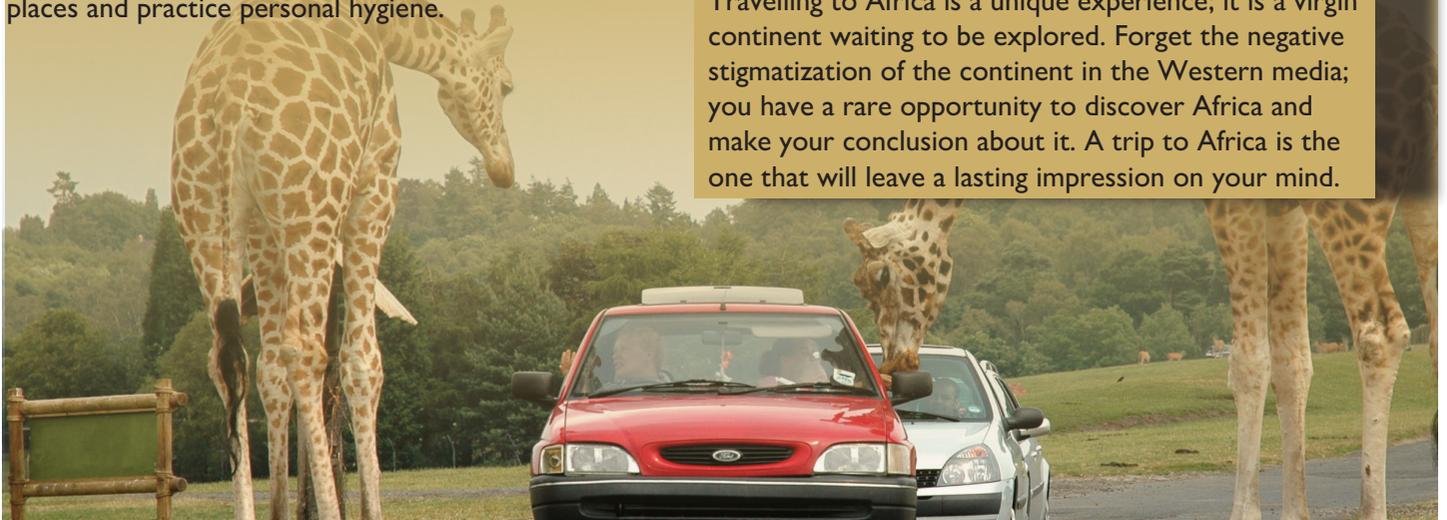
Moving around

Travelling around in Africa is not that strenuous, thanks to adequately constructed roads and the availability of passengers' vehicles. You may opt for public transportation because they are cheaper compared to private means. But it comes with a price tag; you must be ready to embrace the commuters' crowded conditions and uncomfortable seats.

Covid-19 pandemic

When travelling in this era of the Covid-19 pandemic, ensure you have the certificate indicating that you are coronavirus-free. Also, keep the protocols established by the local government to curb the spread of the disease. Keep physical distance, wear masks in public places and practice personal hygiene.

Travelling to Africa is a unique experience; it is a virgin continent waiting to be explored. Forget the negative stigmatization of the continent in the Western media; you have a rare opportunity to discover Africa and make your conclusion about it. A trip to Africa is the one that will leave a lasting impression on your mind.



SUDANESE TRADITIONAL CUISINE



KISRA

Kisra is a Sudanese staple food, which looks like fermented bread.

Ingredients

- sorghum flour,
- water,
- all-purpose flour
- sesame oil

Preparation

- Mix the sorghum with water.
- Leave it for at least 12 hours.
- Next, stir in the all-purpose flour in water to form a thin batter.
- Ladle some Kisra batter into a pan brushed with a thin layer of oil over medium heat.
- Then use a small scraper and spread the batter around smoothly.



AUNT SYLVIA



Dear Aunt Silvia,

My husband and I have been living happily until of late. The reason for the disharmony: our daughter and son wanted to have a pet (a dog or cat), a wish my husband vehemently opposed. The kids are very sad about his decision, but my husband seems not to care. How shall I come out of this dilemma? I want a happy family.

Yours,

Tlotliso (Lesotho)



Dear Tlotliso,

Thank you for your mail. I am sorry to hear about your dilemma. Have your children talked directly with their father over their wish? If they have not, I suggest they do.

“ **Their desire is not silly; having a pet is very important both for kids’ social and mental psychological development. Taking care of a pet is a necessary developmental foundation for children. Such a task enables children to know how to reciprocate such treatment to human beings.** ”

You did not mention how old your children are; however, parents must be involved in open discussion, planning and choosing the right animal to bring a positive experience for everyone. For example, depending on the age of the children, young children cannot take care of larger animals. Some animals are strong-willed; as such, children might find it difficult to control such animals. Regardless, a child who learns to care for an animal, and treat it kindly and patiently, may get invaluable training to treat people the same way.

It is necessary to inform the children that having a pet comes with responsibilities, like feeding the animals and cleaning up their homes. It is also essential to clarify to the children that the animals can be taken away to another home should they neglect the pets. That creates some sense of duty and responsibility for the children. Parents must act as role model to enable the kids to emulate them. If children show laxity in taking daily care of the animals, parents must jump in to give a helping hand. Careless treatment of animals is unhealthy for both the pet and the child involved. Learning how to treat animals kindly and patiently lays a solid foundation for children and enables them to practice the same treatment on human beings. Advantages of having a pet include helping children develop emotional needs fulfilled by pet ownership, such as love, loyalty, affection, physical activity, and comfort. Socially, it helps children develop responsible behaviour, provides lessons about life, including reproduction, birth, illnesses, accidents, death, and bereavement. Furthermore, it provides a connection to nature.

I suggest you sit down with both your husband and your children and discuss your children’s wish as a family. Good luck.

Yours,

Aunt Silvia

FAMILY QUOTES

“My family is my life, and everything else comes second as far as what’s important to me “

“A happy family is but an earlier heaven”

“Family is test of freedom, because family is the only thing a free man makes for himself and by himself”



**Advertise
with
us and
make
your
product or
service
known**

Contact us via:

info@katakata.org
+31 619869357
+31 613846788
+31 684316478



**FREE
CARTOONS
BLOGS
NEWS
COMICS
COMMUNITY**
JOKES
SHOP



**WELCOME ON BOARD
KATA KATA!!!**

www.katakata.org

© Copyright (2021), KATA KATA CARTOON MAGAZINE
ALL RIGHTS RESERVED. This cartoon magazine contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this magazine may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the author / publisher.