



# KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

+ HEALTH



OVER  
10 PAGES  
CARTOON

Amanda Gorman

THE  
WE  
CLIMB

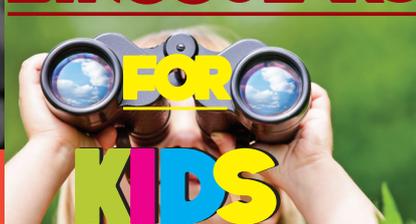
Fashion



BEAUTY



kids  
BINOCULARS



ENOUGH OF  
FEMALE  
GENITAL  
MUTILATION  
(FGM)  
IN KATA KATA VILLAGE

ISSN 2214-059X



Foods

Silver fish recipe

INTERIOR

Trending paint colours

TECH

Pros and cons of PayPal

TRAVEL

Safest Countries In Africa In 2021

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](http://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:**



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Cartoons, celebrity, gossip, sports, politics, fashion.. [www.katakata.org](http://www.katakata.org)



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Join the already many fans who like us on facebook [web.facebook.com/katak.kata.98](http://web.facebook.com/katak.kata.98)



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Youtube

Subscribe to our channel to watch our cartoons [www.youtube.com](http://www.youtube.com)

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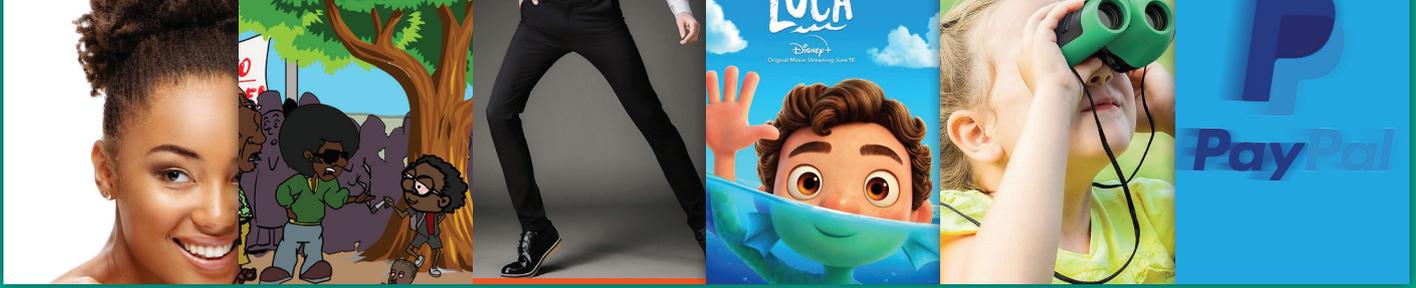
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## I HEAR YOU

Kuteka Lesa ke kumweka bwishi ne.  
(Kaonde, Zambia)

When God cooks, you don't see smoke.  
(English)

In the face of hopelessness, help can come unexpectedly (Meaning)

## TELL ME SOMETHING

### TELL ME SOMETHING!

Nigeria's influential "prophet" TB Joshua died aged 57 - News



.....But didn't "see" it coming

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## Publisher's note:

*The small cut that defines and changes your life.*

It is not just like any other cut; it targets a specific gender and a particular part of their body. More than anything, it is not just done for religious or cultural reasons alone; there are hardly any sacred scriptures that require it. It is carried out as an instrument to suppress a woman's sexuality and reinforce their cultural perception as a sex object. Welcome to the wild world of women as they battle with female genital mutilation (FGM).

FGM, a cruel procedure performed on a woman or girl, which involves the partial or total removal of her external genitalia or other injuries to the female genital organs for non-medical reasons, is not new. Today, over 80 per cent of women and girls in Guinea, Somalia, Egypt, Eritrea, Burkina Faso, Chad, Ethiopia, Mali, and Djibouti undergo genital mutilation or cutting. According to the WHO report, yearly, at least 200 million girls and women aged 15–49 from 31 countries are victims of FGM practice, with the cost of the treatment of health complications from FGM practice in 27 affected countries amounting to 1.4 billion USD yearly.

From severe long-term physical and emotional problems and dangerous medical complications, including excessive bleeding, severe pain, infertility, infection, and even death, FGM equally increases the chances of HIV transmission. That is not all. The practice can cause complications during childbirth, problems urinating, and later cysts, stillbirth, infections, postpartum haemorrhage and early neonatal death.

Sadly, FGM has no health benefits for girls and women, yet, according to the WHO report in 30 countries, millions of girls and women who had undergone FGM are left physically, socially, and

mentally disorganised until death. If female genital mutilation has no health benefit, why is the practice prevalent in many countries? The answer is simple. FGM is a manifestation of social norms rooted in gender inequality which sanctions violence against girls and women as acceptable behaviour. Societies use FGM to enslave systematically and cruelly coerce women to become a voiceless appendix to their men through aggressive sexual exploitation and violence in the hands of men.

Ironically, relationships are built on mutual love, trust and respect for each other. It is hard to imagine that FMG is an instrument to create love and trust in a male-female relationship. Why would that be when the woman is constantly subjected to pain whenever one of the essential issues that matter most in a relationship or union comes into question?

Most of the affected women hardly complain due to social pressure and the web holding them down. But that doesn't mean they are happy with their miserable situation. We must join hands to free them from their female genital mutilation shackles. The World Health Organization (WHO) and other rights organisations are trying to stop female genital mutilation; they want everyone to support their efforts.

Let's start from Kata Kata Village. Join me!

Yours in Kata Kata,

Ogo Ubabukoh  
Editor-in-Chief



Old age is not lovely to many people because wrinkles, dry skin, blemishes characterize it, and sometimes darkened skin. It is caused by free radicals, inflammation, lifestyle choices, stress, sun, and pollution. Due to desires for smooth, beautiful, and glowing skin, some have gone for eye creams, wrinkle-fighting serums, and plastic surgery to make their skin radiant. However, all these are not enough when the right lifestyle choices are not made. Get things on the right track; keep away from wrong lifestyle choices to enhance your appearance even at old age. Dieticians and nutritionists recommend a healthy diet packed with anti-aging foods to improve your skin quality and immunity. Research shows that the perfect skin food must contain vitamins, minerals, ellagic acid, and biotin,

which boosts collagen production. Apart from prolonging the life expectancy, anti-aging foods decrease your risk for illness, combat skin-damaging free radicals, slow inflammation, and repair collagen. Though foods rich in antioxidants, healthy fats, significant nutrients, and water are essential, you cannot ignore regular physical exercise, enough sleep for not less than seven hours, and skin protection from sun damage. Nourish your body with the following vibrant anti-aging foods to keep looking younger even at old age.

## WATER

Drinking water should not be optional whether you are thirsty or not. Research has found out that alkaline water is ideal for fighting off the aging process. Alkaline water is rich in hydrogen and micro-clustered to penetrate every cell in your body without difficulty. It removes toxins and pathogens from the body, known for speeding up the aging process. By taking alkaline water, you also boost collagen production, and your skin elasticity is enhanced. This kind of water also has potent antioxidants that keep the environmental factors at bay from interfering with your skin. It further hydrates and moisturizes your skin, as well as neutralizes acids that can cause skin infections.

## GREEN TEA

Please do not underestimate the power of Green Tea since it contains antioxidants that destroy free radicals to make them unable to cause skin damage. It is also fully packed with antioxidants known as polyphenols that combat heart disease, diabetes, inflammation, and maintain insulin levels—further slow and reverse signs of aging by protecting collagen.

## AVOCADO

Avocado is delicious and has heart-healthy fat, vitamins, minerals, and fiber. It is rich in monounsaturated fat and the antioxidants lutein and Zeaxanthin, which protect the skin and DNA. Avocado also has a high content of compounds polyhydroxylated fatty alcohols that contain anti-inflammatory properties, protect skin from UV rays, and fix damaged DNA.



## POMEGRANATES

Play significant roles in reducing the aging process like protecting the skin from sun damage, mend existing skin damage and boost collagen production. Also, maintain insulin levels and lower skin inflammation.



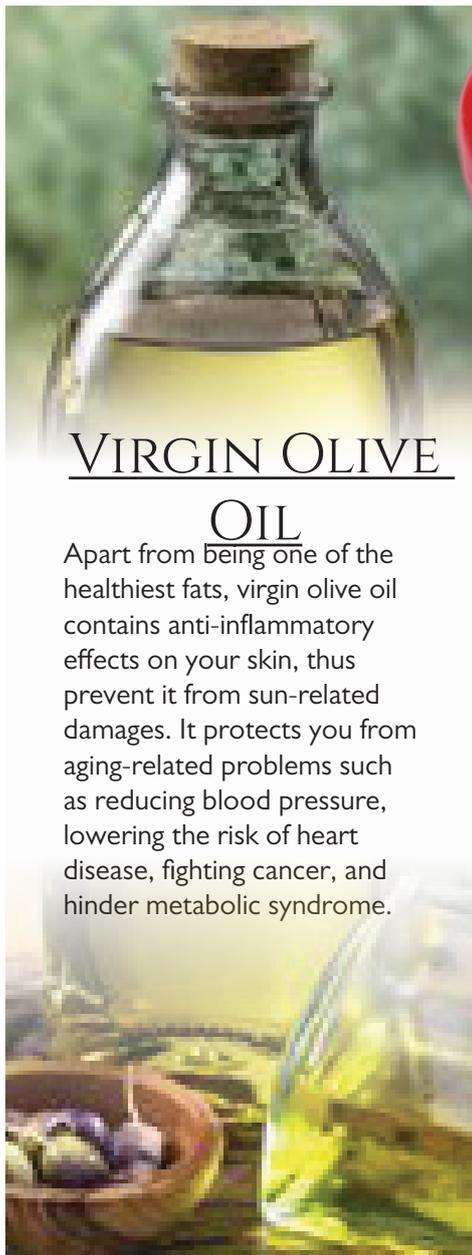
## DARK CHOCOLATE

Experts say dark chocolate is far much better than berries. It enhances skin hydration, thickness and does away with rough spots. It has antioxidants known as flavanols, ideal for protecting your skin from Ultra Violet rays. Dark chocolate also decelerates blood pressure, enhances skin elasticity and arterial function, and improves insulin insensitivity.



## BLUEBERRIES

They are known for promoting heart health and preserving cognitive function as you advance in age. Blueberries reduce the risk of some cancers and contain high content of Vitamin C, anti-inflammatory, antioxidant, and fiber.



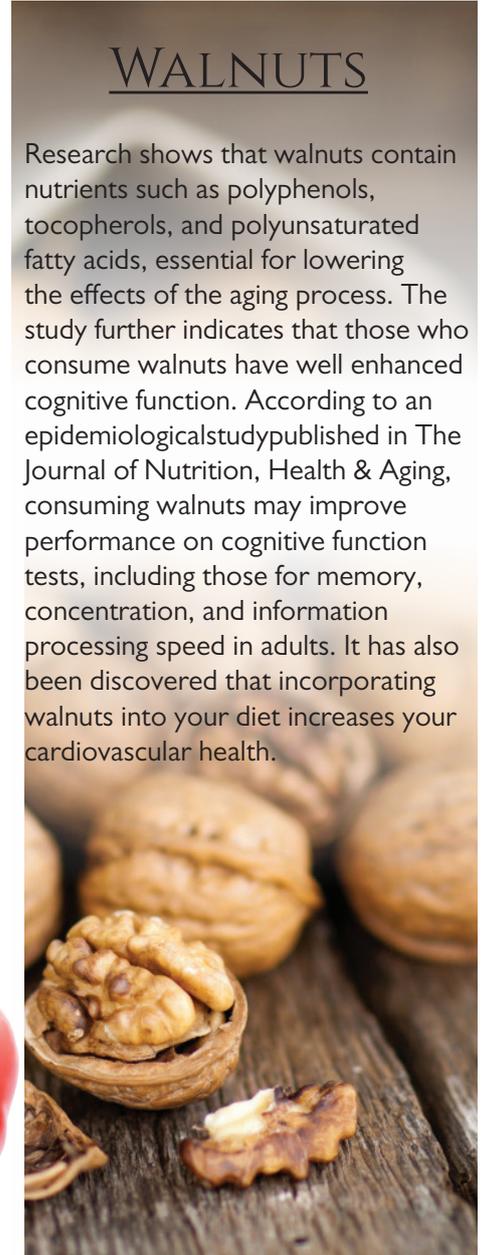
## VIRGIN OLIVE OIL

Apart from being one of the healthiest fats, virgin olive oil contains anti-inflammatory effects on your skin, thus prevent it from sun-related damages. It protects you from aging-related problems such as reducing blood pressure, lowering the risk of heart disease, fighting cancer, and hinder metabolic syndrome.



## RED BELL PEPPER

Red bell pepper can be cooked in a stir fry; add them in a raw salad or dip them in hummus as a snack after slicing them. Its antioxidants carotenoids offer protection to skin from pollution, toxins, and sun damage. It is also rich in Vitamin C that increases the production of collagen.



## WALNUTS

Research shows that walnuts contain nutrients such as polyphenols, tocopherols, and polyunsaturated fatty acids, essential for lowering the effects of the aging process. The study further indicates that those who consume walnuts have well enhanced cognitive function. According to an epidemiological study published in The Journal of Nutrition, Health & Aging, consuming walnuts may improve performance on cognitive function tests, including those for memory, concentration, and information processing speed in adults. It has also been discovered that incorporating walnuts into your diet increases your cardiovascular health.

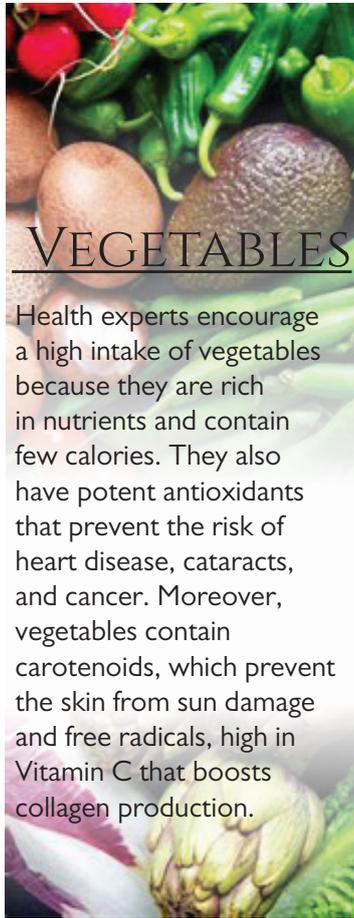
## SALMON

People who are advanced in age feed in salmon more often than other age groups. This is because salmon has Omega-3 fatty acids called docosahexaenoic (DHA), which protects them from suffering heart diseases, slows the deterioration of eyesight, reduces brain dysfunctions such as dementia and other mental conditions. Omega-3 fatty acids also reduce bone pain, slow joint pain and stiffness occasioned by arthritis, repairs muscles, and fix up connective tissues.



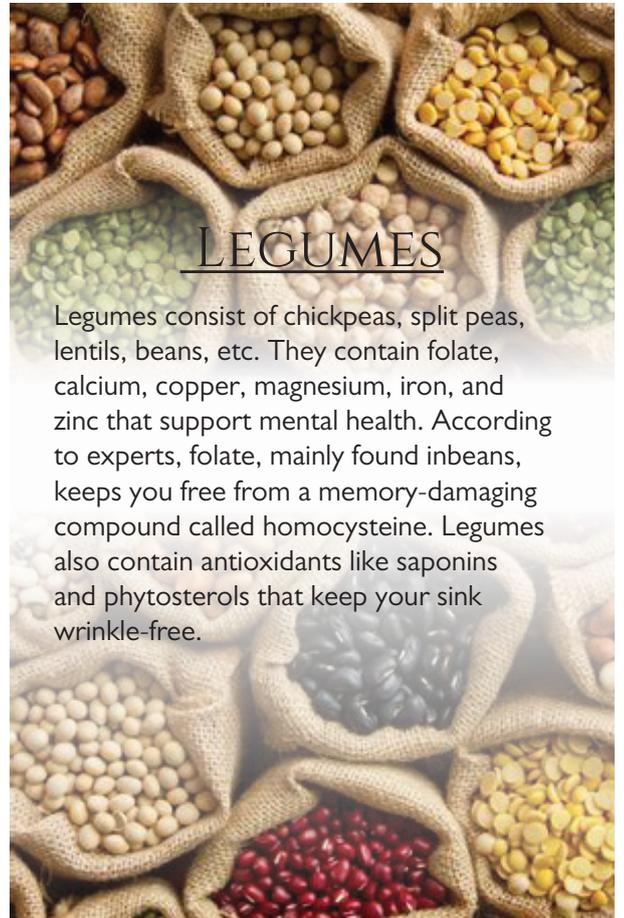
## VEGETABLES

Health experts encourage a high intake of vegetables because they are rich in nutrients and contain few calories. They also have potent antioxidants that prevent the risk of heart disease, cataracts, and cancer. Moreover, vegetables contain carotenoids, which prevent the skin from sun damage and free radicals, high in Vitamin C that boosts collagen production.



## LEGUMES

Legumes consist of chickpeas, split peas, lentils, beans, etc. They contain folate, calcium, copper, magnesium, iron, and zinc that support mental health. According to experts, folate, mainly found in beans, keeps you free from a memory-damaging compound called homocysteine. Legumes also contain antioxidants like saponins and phytosterols that keep your skin wrinkle-free.



Aging is an irreversible process but can be slowed down by making the right lifestyle choices like;



incorporating healthy foods in your diet



protecting your skin from sun radiation.



having enough sleep



regular exercising

By keeping all these, you will have hydrated and glowing skin, reduced risk of diabetes and heart diseases, perfect blood circulation, and lower blood pressure.

# ENOUGH

# OF

# FEMALE

# GENITAL

# MUTILATION

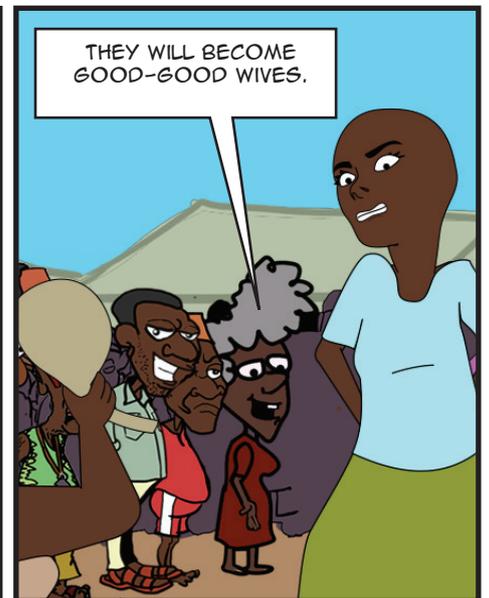
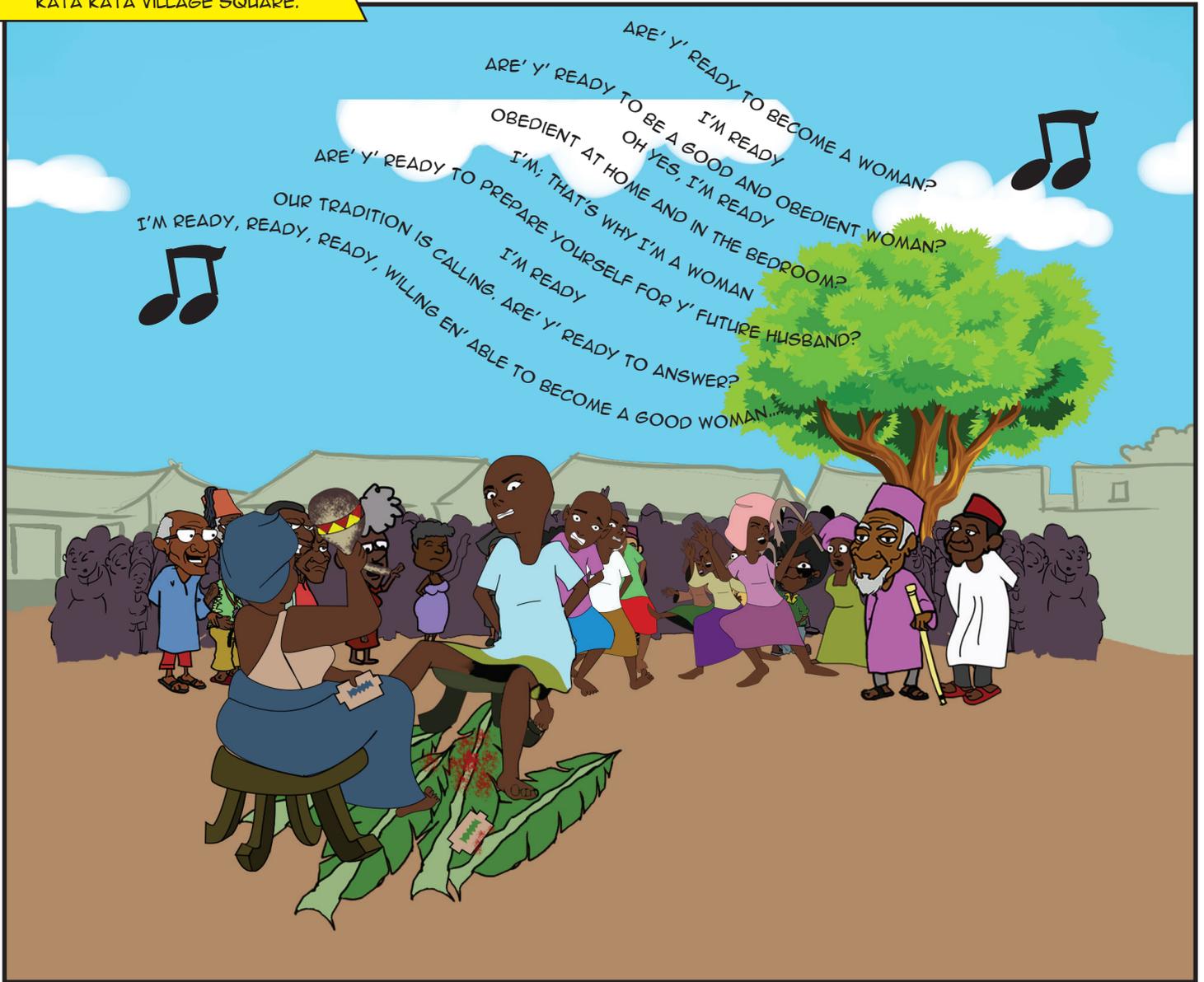
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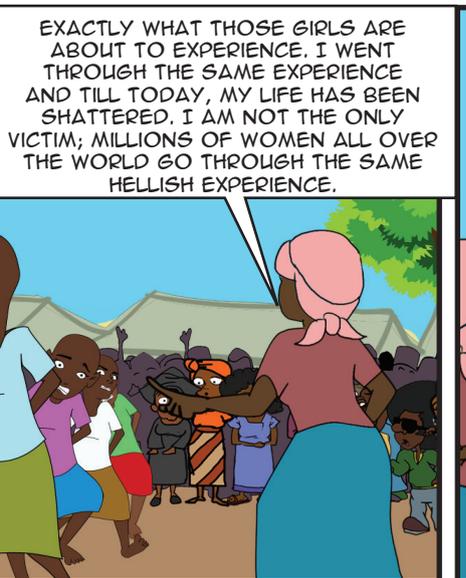
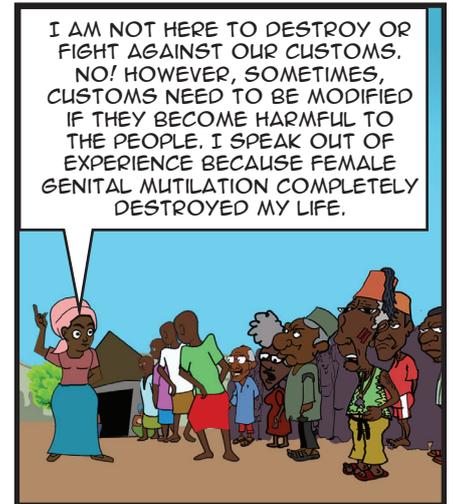
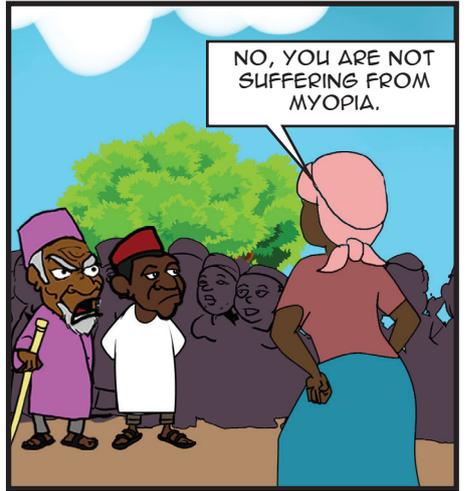
# IN KATA KATA VILLAGE.

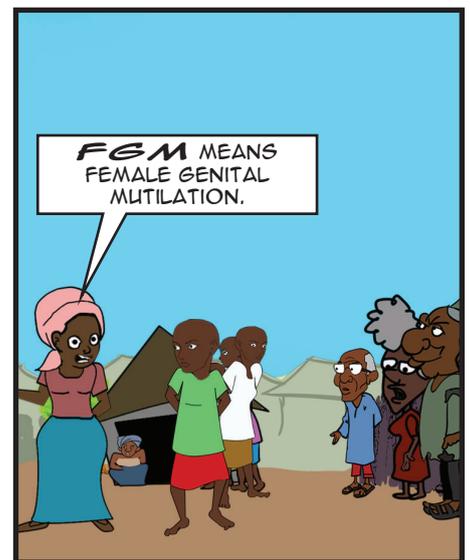
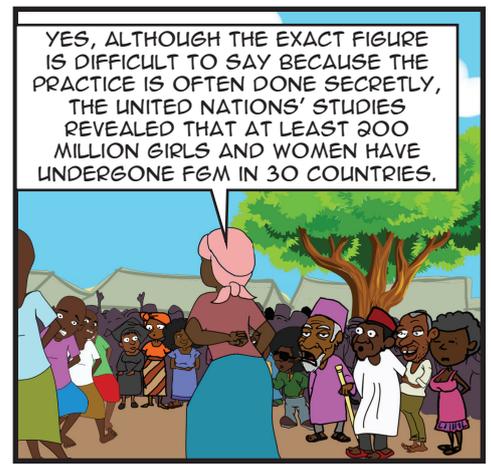
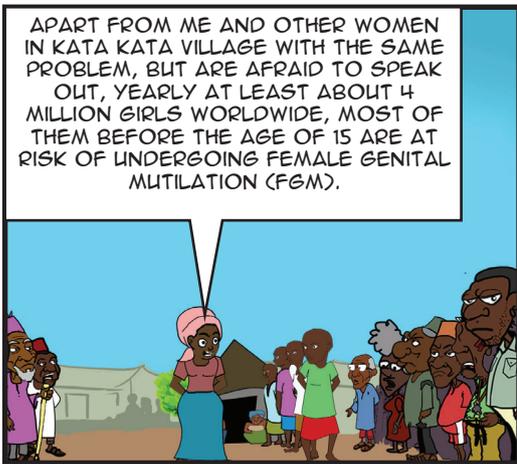


# ENOUGH OF FEMALE GENITAL MUTILATION (FGM) IN KATA KATA VILLAGE.

KATA KATA VILLAGE SQUARE.

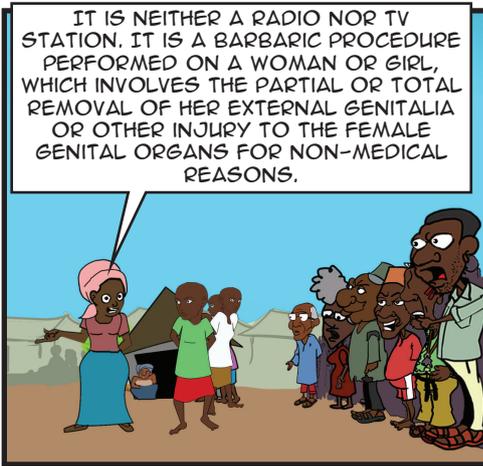








IS DAT ONE FM RADIO STATION?



IT IS NEITHER A RADIO NOR TV STATION. IT IS A BARBARIC PROCEDURE PERFORMED ON A WOMAN OR GIRL, WHICH INVOLVES THE PARTIAL OR TOTAL REMOVAL OF HER EXTERNAL GENITALIA OR OTHER INJURY TO THE FEMALE GENITAL ORGANS FOR NON-MEDICAL REASONS.



HABA! JUST BECAUSE WE REMOVE SMALL SKIN FROM WOMAN, DAT'S WHY YOU MAKE NOISE? ME, I THOUGHT HITLER THROW ANOTHER BOMB INSIDE KATA KATA VILLAGE EN WAN' START THIRD WORLD WAR. WHY YOU LIKE CAUSE PANIC?



ME, I SURPRISE!

HAHAHAHAHAHAHAHAHAHAHAHA!

I WONDER!



YOU CALL THAT TO REMOVE "SMALL SKIN FROM WOMAN"? FEMALE GENITAL MUTILATION IS A VIOLATION OF GIRLS' AND WOMEN'S FUNDAMENTAL HUMAN RIGHTS.

THE WORLD HEALTH ORGANIZATION (**WHO**) CLASSIFIED FGM INTO FOUR CATEGORIES:

**TYPE 1:** TOTAL OR PARTIAL REMOVAL OF THE CLITORIS AND/OR THE PREPUCE.

**TYPE 2:** TOTAL OR PARTIAL REMOVAL OF THE LABIA MINORA OR THE CLITORIS, WITH OR WITHOUT EXCISION OF THE LABIA MAJORA.

**TYPE 3:** CUTTING AND BRINGING TOGETHER THE LABIA MINORA AND/OR THE LABIA MAJORA TO NARROW THE VAGINAL ORIFICE AND TO CREATE A TYPE OF SEAL, WITH OR WITHOUT EXCISION OF THE CLITORIS. OFTEN, THE CUT EDGES OF THE LABIA ARE STITCHED TOGETHER. THIS STITCHING TOGETHER OF LABIA IS CALLED 'INFIBULATION'.

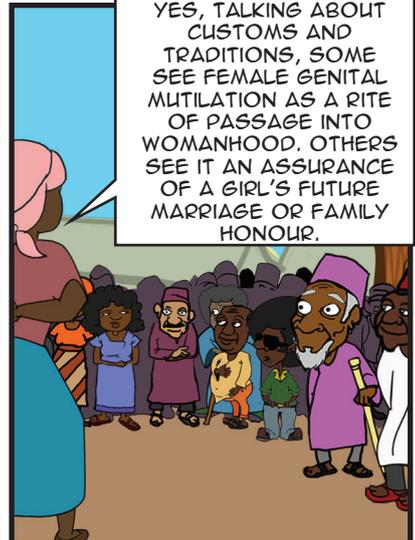
**TYPE 4:** ALL OTHER FORM OF HARMFUL ACTS SUCH AS INCISING, PRICKING, CAUTERIZATION, PIERCING, SCRAPING, TO THE FEMALE GENITALIA, WHICH ARE NOT MEDICALLY NECESSARY.



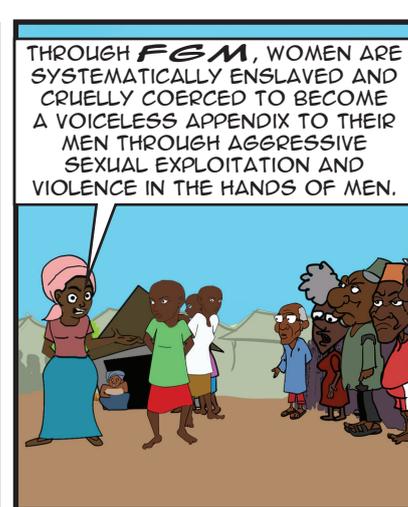
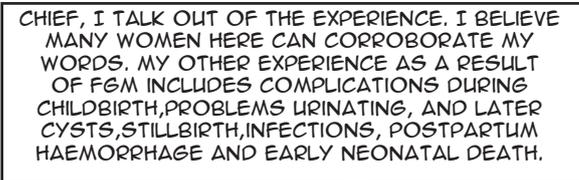
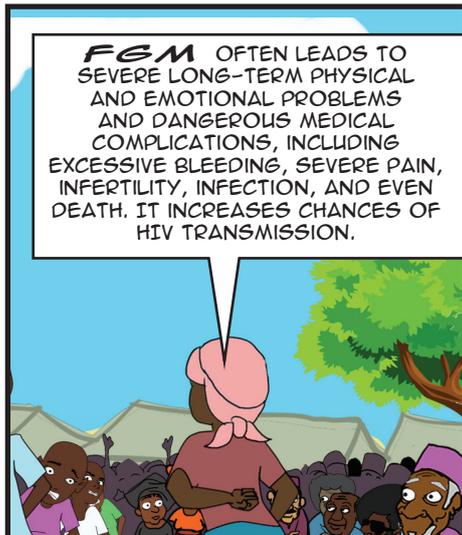
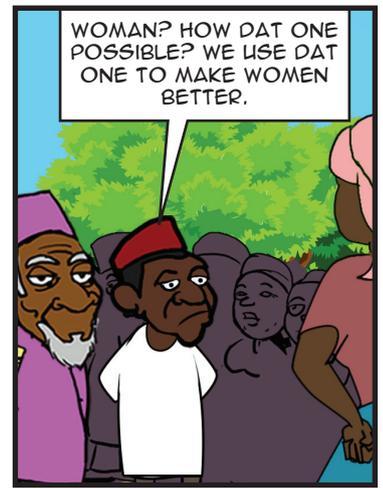
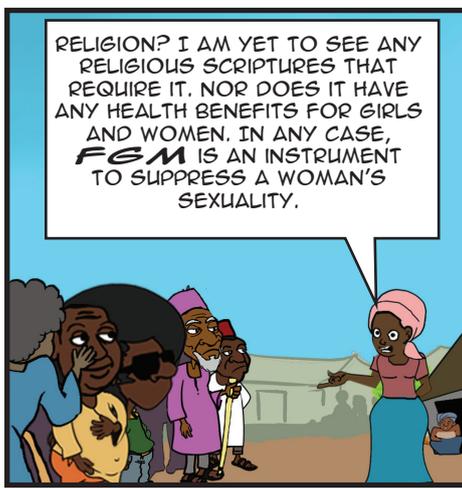
THESE ARE SOME OF THE BARBARIC ACTS THESE GIRLS WILL LIKELY EXPERIENCE TODAY...



BUT DAT ONE IS OUR CUSTOM EN TRADITION, WHICH OUR FADAS LEAVE FOR US....

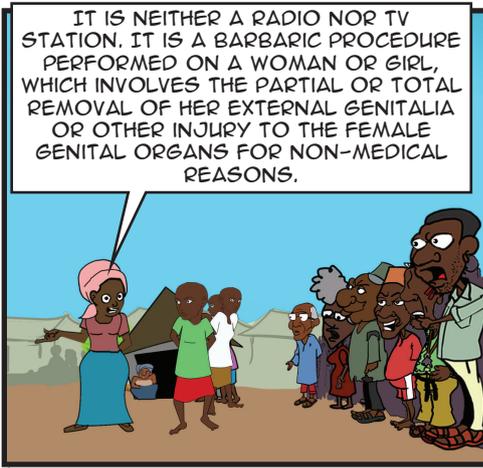


YES, TALKING ABOUT CUSTOMS AND TRADITIONS, SOME SEE FEMALE GENITAL MUTILATION AS A RITE OF PASSAGE INTO WOMANHOOD. OTHERS SEE IT AN ASSURANCE OF A GIRL'S FUTURE MARRIAGE OR FAMILY HONOUR.





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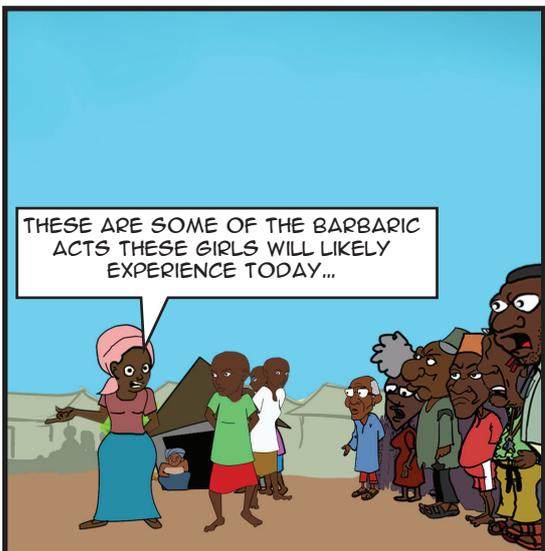
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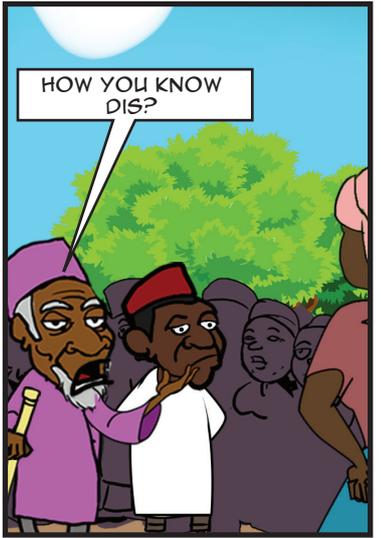
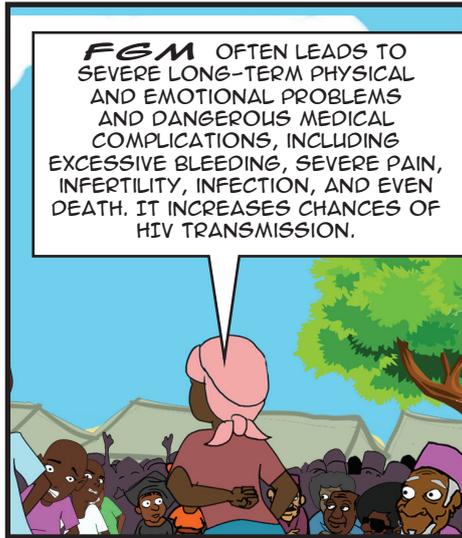
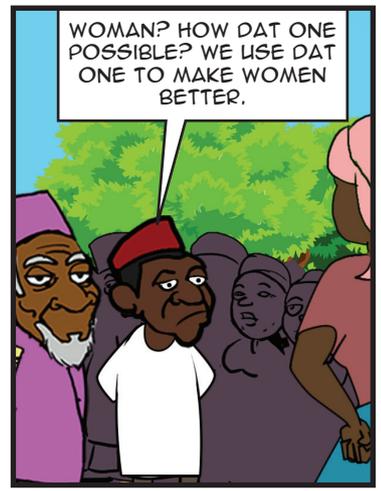
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YES, TALKING ABOUT CUSTOMS AND TRADITIONS, SOME SEE FEMALE GENITAL MUTILATION AS A RITE OF PASSAGE INTO WOMANHOOD. OTHERS SEE IT AN ASSURANCE OF A GIRL'S FUTURE MARRIAGE OR FAMILY HONOUR.



CHIEF, I TALK OUT OF THE EXPERIENCE. I BELIEVE MANY WOMEN HERE CAN CORROBORATE MY WORDS. MY OTHER EXPERIENCE AS A RESULT OF FGM INCLUDES COMPLICATIONS DURING CHILDBIRTH, PROBLEMS URINATING, AND LATER CYSTS, STILLBIRTH, INFECTIONS, POSTPARTUM HAEMORRHAGE AND EARLY NEONATAL DEATH.



THROUGH FGM, WOMEN ARE SYSTEMATICALLY ENSLAVED AND CRUELLY COERCED TO BECOME A VOICELESS APPENDIX TO THEIR MEN THROUGH AGGRESSIVE SEXUAL EXPLOITATION AND VIOLENCE IN THE HANDS OF MEN.



MY FIRST NIGHT BADD DDD TOO MUCH. OH! DE PAIN!! MY HEARTLESS HUSBAND NO HAVE MERCY ON ME. HE EVEN WAN' USE KNIFE CUT IT WIDER SO DAT HE CAN ENTER

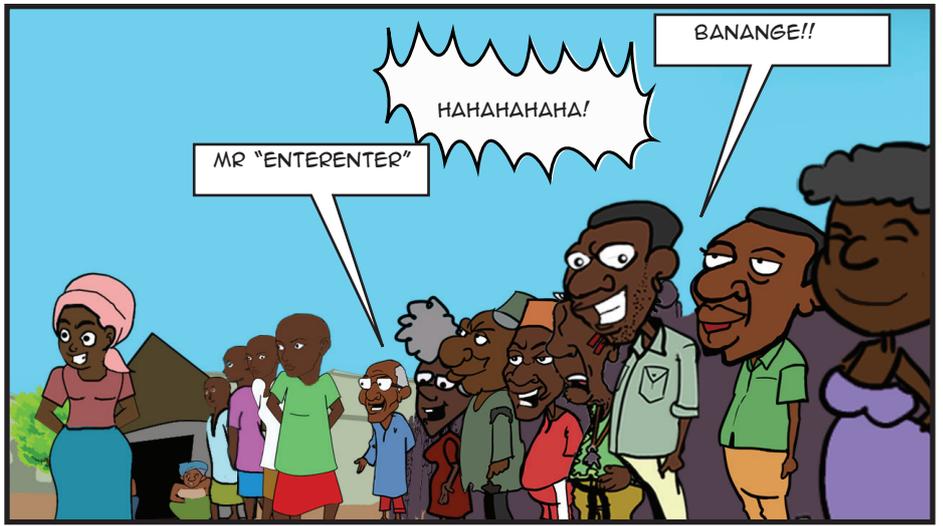


WOMAN! WHY YOU WAN' SHOW YOUR NAKED BODY IN FRONT OF MARKET? DAT ONE BELONG INSIDE BEDROOM.





INSIDE BEDROOM INDEED? BUT ME, I BEAR DE PAIN. NOT YOU. DE ONLY THING YOU KNOW IS "ENTER" ENTER" EN "ENTER".



MR "ENTERENTER"

HAHAHAHA!

BANANGE!!



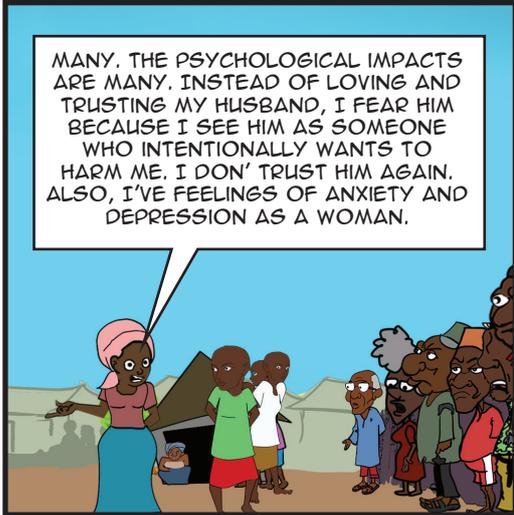
ORDER! DIS PROBLEM SERIOUS!



YOU SORRY TO HEAR YOU HAVE SAME PROBLEM BECAUSE OF FGM IN KATA KATA VILLAGE. ME I SURPRISE WHY B'CAUSE, ODER WOMEN DON' COMPLAIN. YOU HAVE OTHER PROBLEMS?



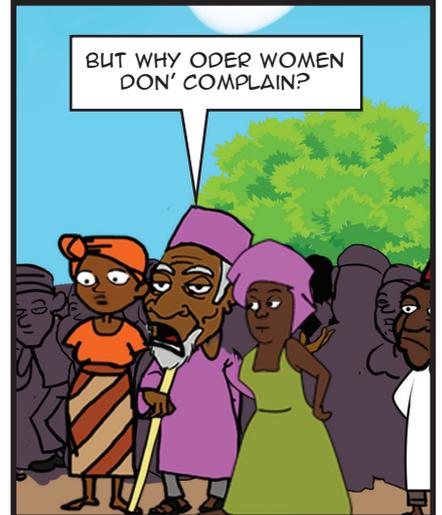
YES, OF COURSE.



MANY. THE PSYCHOLOGICAL IMPACTS ARE MANY. INSTEAD OF LOVING AND TRUSTING MY HUSBAND, I FEAR HIM BECAUSE I SEE HIM AS SOMEONE WHO INTENTIONALLY WANTS TO HARM ME. I DON' TRUST HIM AGAIN. ALSO, I'VE FEELINGS OF ANXIETY AND DEPRESSION AS A WOMAN.



ME TOO!



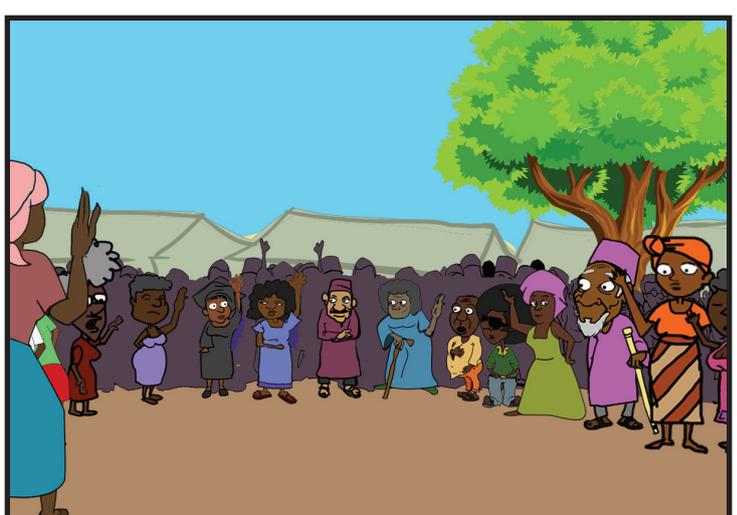
BUT WHY ODER WOMEN DON' COMPLAIN?

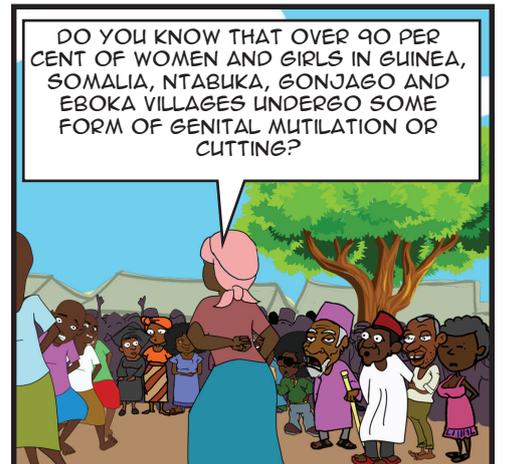
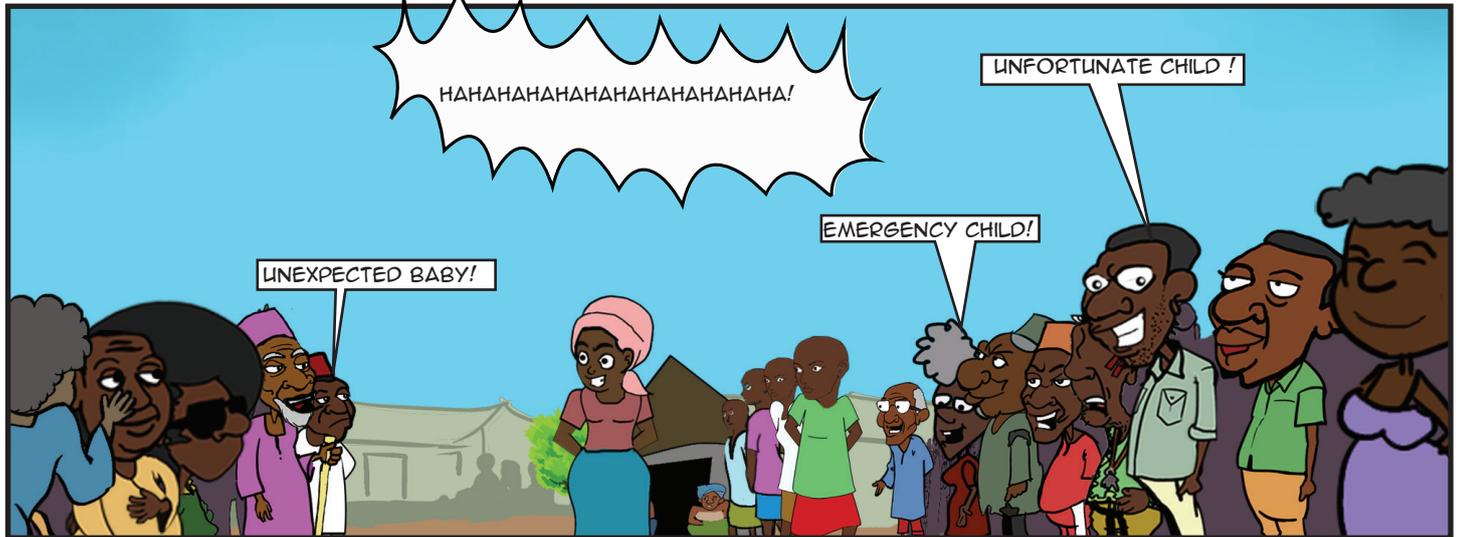
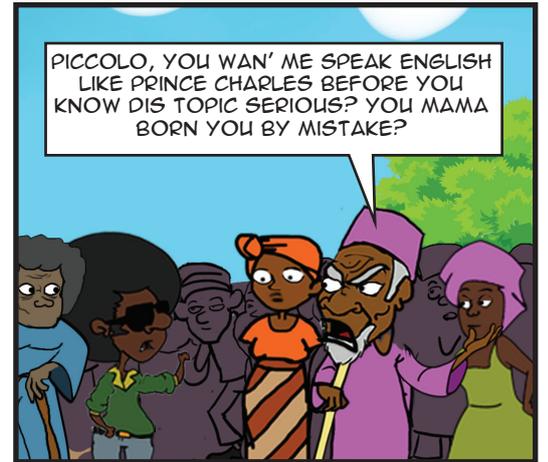
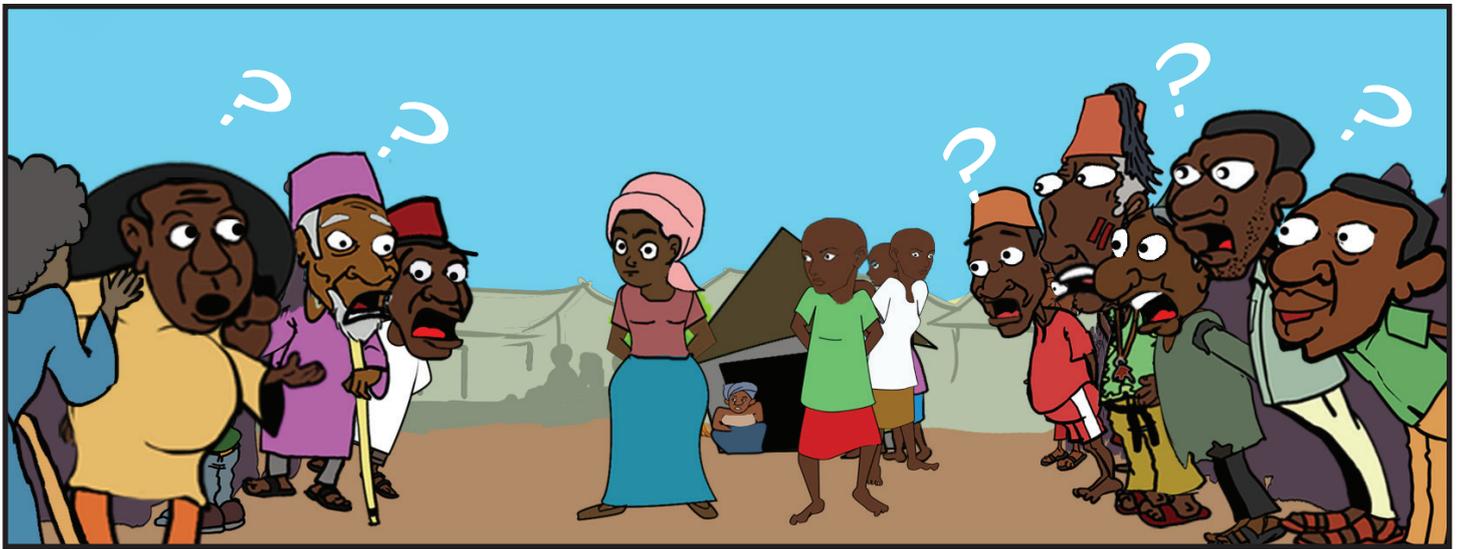


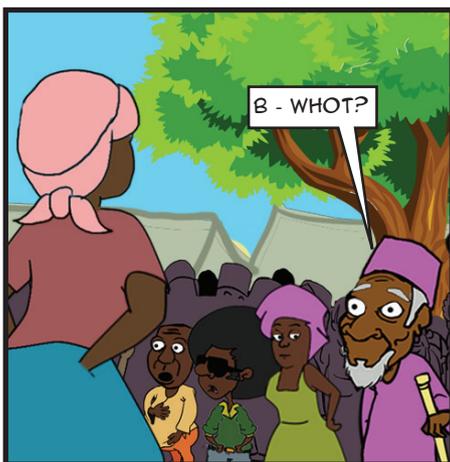
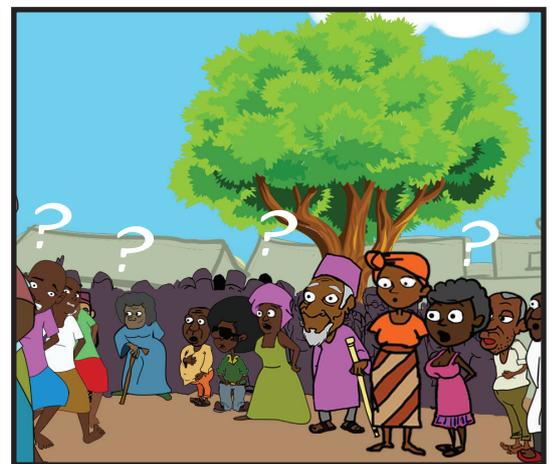
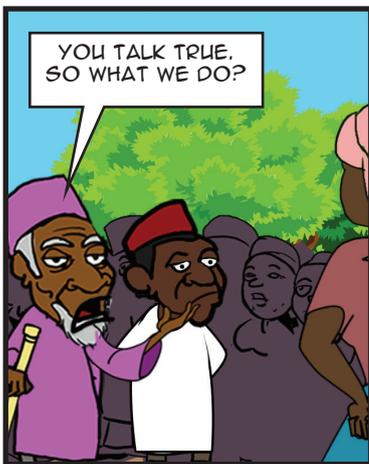
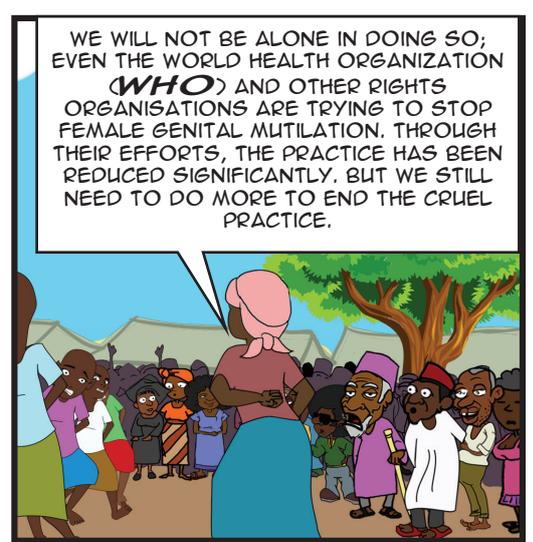
BECAUSE THEY HARDLY COMPLAIN DOES NOT MEAN THEY DON'T FACE THOSE PROBLEMS DUE TO FEMALE GENITAL MUTILATION. AND BY THE WAY, THE AGONY IS NOT LIMITED TO WOMEN IN KATA KATA VILLAGE ALONE.



WAIT! I'VE QUESTION FOR OUR WOMEN. IF YOU EXPERIENCE WHOT SHE JUST COMPLAIN, RAISE HAND.









WE MUST INVOLVE EVERYONE AT MANY LEVELS - FROM FAMILY, CLAN, COMMUNITY, VILLAGE, STATE, NATIONAL AND INTERNATIONAL. WE MUST ENACT LAWS TO PUNISH OFFENDERS.



YOU TALK TRUE.



YOU KNOW, SOME PEOPLE PRACTICE THE BLOODY **FEM** SECRETLY, SO WE MUST HAVE ADEQUATE CONTROL TO SAVE OUR GIRLS WHO ARE SUBJECTED TO THIS INHUMAN TREATMENT.



AHAA, NOW YOU TALK SENSE, PICCOLO! NOT DAT BLOODY, DUDE OR JUDE NONSENSE YOU TALK.



HAHAHAHAHAHAHAHAHAHAHAHA!

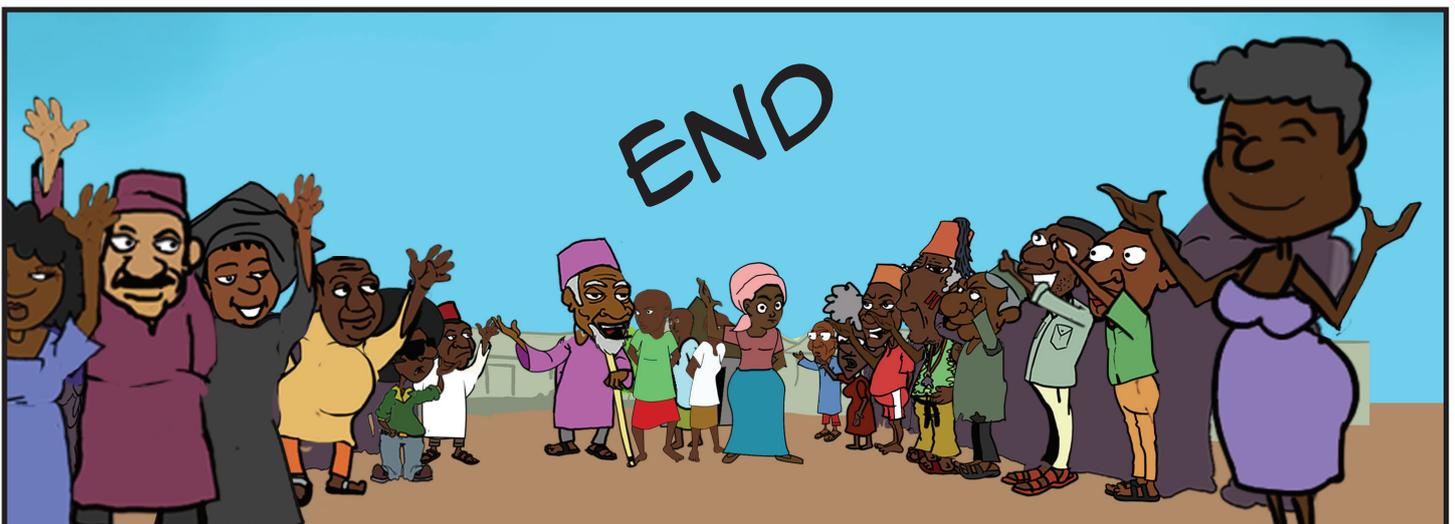
BLOODY, DUDE OR JUDE NONSENSE



WE MUST ALSO START A CAMPAIGN TO ENLIGHTEN EVERYONE ABOUT THE DANGER OF FEMALE GENITAL MUTILATION.



ME, I SUPPORT DAT ONE MILLION TIME. ANY OTHER PEOPLE WHO SUPPORT THIS?



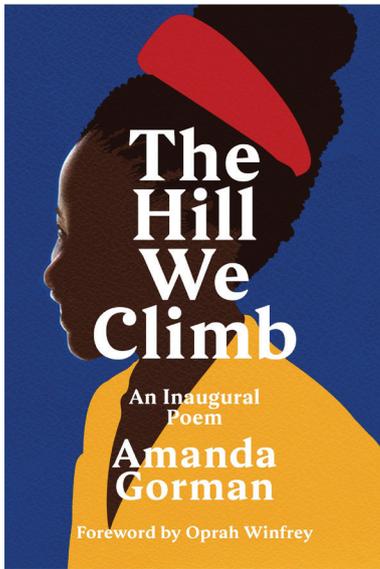
END





Amanda Gorman

# THE WILL WE CLIMB



# The Issues of Translation, Fragmentation & Identity

It came like a flashy thunderbolt, drizzling gently over my stunned and weakly mesmerised soul. Truly hypnotised in the bliss of perfect pleasure, you may say. Alas, it was somehow difficult to attribute the source of the impromptu intoxicating ecstasy – the inauguration of President Joe Biden of the USA, despite all Mafiosi-like unconstitutional attempts to stop the legitimate constitutional process? Or those powerful poetic lines from amazing Amanda Gorman’s poem

“The Hill We Climb,” which she recited at President Biden’s inauguration, and effectively caught the eyes and hearts of millions around the world? Yes, those powerful imageries captured in “The Hill We Climb,” carefully encapsulate and vividly articulate the social realities of the USA imbalanced and racist society. A country built on the tyrannical coerced sweat of the uprooted, shipped and shackled black slaves, who laboured cruelly and built the USA, turning the land of plantation and despair into an indispensable world superpower.

Today, 400 years along the line, the USA, the supposedly Mecca of democracy and the rule of law, has still heartlessly slammed the door of opportunity, equality and prosperity against the very same buffalo soldiers through institutionalised racism, segregation, backed by brutish police brutality. Racial annihilation, identity and cultural crisis define the black

experience and their lives, which Amanda Gorman hugely shares as a black girl raised by a single mother. Theirs is a long, bumpy, hilly journey searching in the artificial darkness for equality, freedom, identity, black language, background, family, and community, all of which characterise Amanda Gorman’s identity as a black woman in the USA. Amanda

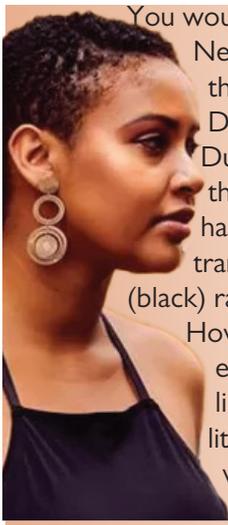
Gorman has carefully and creatively echoed those social realities in her “The Hill We Climb.” Amanda’s skin colour and gender have played a part in the poem, which has attracted enormous attention globally. As much as Amanda Gorman’s poetry has received a positive reaction worldwide, it has equally become a subject of controversy. Sure, pugnacious argument globally indeed. Would one expect calm and serenity in a wild unbalanced world?

Ironically, attempts by many literary experts to interpret “The Hill We Climb” have awakened many of the same issues Amanda Gorman tries to address in her poem. That is not all. They have raised many controversial questions, profound tendentious and contentious (mis)interpretation, fragmentation and identity issues. Some blacks have vehemently opposed any attempt

by a white literary critic to interpret the poem, arguing that a white person hardly shares blacks’ experience; as such, they cannot understand black’s social cognition, mind and experience, which Amanda

Gorman captures in her poem. And they have every reason to argue so.





You would expect such commotion and resistance in the USA alone, but here in my country, the Netherlands, a similar debate was/is going on. A typical case in point was the brouhaha that followed the Meulenhoff Publishers' choice of Marieke Lucas Rijneveld, a white Dutch novelist, as a translator of Amanda Gorman's poem "The Hill We Climb," into Dutch. Following the public debate over the choice of Marieke Lucas Rijneveld rather than someone closer to the Gorman, in both origin and genre, Marieke Lucas Rijneveld had to withdraw, only to be replaced by a black spoken word artist Zaire Krieger, as the translator. Marieke Lucas Rijneveld (white) controversial replacement with Zaire Krieger (black) raises many questions, including, but not limited to the following: What is identity? How multiple can identity be? Can someone from a different social group understand the experience of those from another group? Is one's expertise in a given field of study limited to works related to their social group? In other words, can, for example, a literary critic from a particular social background interpret an academic assignment written by someone from another social group?



# Identity

We cannot say that one has a pre-given, constant, fixed or static identity because the meanings of identity depend on their constructions in specific contexts. Instead, we have multiple identities, which are meaningful only as a member of a group. In other words, each individual makes meaning as a member of a community or group; we do not create meanings individually because one's identity is derived from a larger community, which one belongs to.

That multiplicity of identity gives rise to fragmentation. What does one's identity as a woman mean? Generally, one could classify women as a minority, but that classification depends on many factors such as the woman's community, race, education, religion (you name them). For example, a black and white woman from the USA may have a different level of socialisation, power and authority despite belonging to the same gender group (woman). Generally, would one expect a European woman working in a bank to have the same social control, power and access to (re)production of meaning as her counterpart in a village



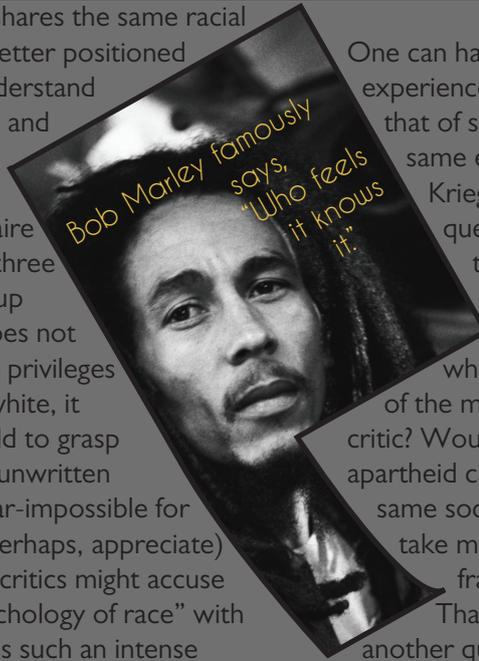
in Somalia? Hardly not. Social influence and dominance are based on privileged access to socially valued resources such as education/knowledge, status, group membership. Even though blacks in the USA (and, for that matter, Amanda Gorman) have less power and control than their white counterparts in the USA, the former may still generally enjoy a higher hierarchy and social position than her "sister" in Afghanistan. Coming from a different community (black/white community) means different social experiences – and fragmentation. Although Amanda Gorman, Marieke Lucas Rijneveld and Zaire Krieger are all women, they belong to other social communities, which exposes them to different experiences, despite having the same gender. That makes one's identity (as a woman/man) multiple: women share the same gender group, yet they are divided according to their race, class, nationality, education, levels of psychology, sexual orientation etc. All these differences define women hardly as "a unified sisterhood or nature." The multiplicity of identity means the fragmentation of a group. As a black, one could argue that Zaire Krieger may be closer to Amanda Gorman in both origin and experience. But how about the genre? That brings one to the next question.

## CAN SOMEONE

from a different social group understand the experience of those from another group?

Zaire Krieger defended her choice to interpret Gorman's poem with the following argument: "For example, if Gorman had written a dystopian novel, it would have been very different. But Gorman's poem is about a black woman finally being allowed to take up space in the white system."

Zaire Krieger insists that since she shares the same racial group as Amanda Gorman, she is better positioned than Marieke Lucas Rijneveld to understand Amanda Gorman's social situation, and to that extent, interpret her poem, which is a reflection of the poet's social condition. In other words, Zaire Krieger believes that although the three women share the same gender group Rijneveld's racial group as white does not only give her latent advantages and privileges over her black counterparts; as a white, it equally makes it difficult for Rijneveld to grasp Gorman's world. Those latent and unwritten advantages and benefits make it near-impossible for Rijneveld to fully understand (and perhaps, appreciate) the black experience. While some critics might accuse Zaire Krieger of exhibiting the "psychology of race" with her argument, it is difficult to dismiss such an intense argument with a wave of a hand.



One can hardly deny that having first-hand knowledge experience of a situation might not be the same as that of someone who imagines or understands the same experience. In as much as one shares Krieger's argument, it equally raises numerous questions. Does one have to belong to the same group (for example, race) of a victim to understand the social challenges and experience of the victim fully? Can't a white person understand or feel the segregation of the minorities? What qualifies one as a social critic? Would one's race, as, for example, a white anti-apartheid campaigner, be a barrier against sharing the same social mind as black minorities? Whatever one's take maybe, the one thing is sure: we are fragmented on different levels and groups. That fragmentation of individuals leads us to another question.

## IS ONE'S

expertise in a given field of study limited to works related to their social group?

In other words, can, for example, a literary critic from a particular social background interpret an academic assignment written by someone from another social group? As much as one might share Zaire Krieger's argument that Marieke Lucas Rijneveld is not close to Amanda Gorman in both origin and genre, some might insist that Rijneveld, by way of professionalism, is qualified to translate Amanda Gorman's poem "The Hill We Climb."

Professor of Modern Dutch Literature Thomas Vaessens sees a different problem in choosing Rijneveld. *"Rijneveld is an author and poet, but not a translator. And that is fundamentally different, argues Vaessens. "A translator has to translate the meaning of the original text," he explains. "You can be such a good writer, but you have to get into the text when translating to realise all the meanings there are. That is a special profession".*

If Krieger was chosen based solely on her profession as a translator, that decision is understandable, as it justifies Vaessens' argument above. But was

that so? The idea for choosing Krieger over Rijneveld was because the former is "closer to the Gorman, in both origin and genre." How does that choice support Krieger's criticism of Meulenhoff's selection, which Krieger compares to a film she saw in which an American actor played a Dutchman?

*"Then you hear Dutch, and you think, why is he doing that? And that's exactly what I felt. That does not mean that a good actor did not play the role, but you could also have chosen a Dutchman. That's a feeling that a lot of white Dutch people don't understand, but maybe a little more when I tell it like that."*

As strong as the above argument might be, it raises another thought-provoking question: Can a literary critic from a particular social background interpret an academic work written by someone from another social group?

We have many academic authorities in different fields of study from different social, racial, and geographical backgrounds. Many white academics are experts in black literary works and

vice versa. Likewise, you have Africans, Asians, and Europeans who specialise in different genres, including black American literature. Must these specialists share the same racial, gender, geographical ties with their field of study to be accepted as experts in their various fields? I strongly doubt that idea.

Even though we are the same, human beings are not the allied force of nature; we are at the mercy of inevitable fragmentation. In the process of healing the wound of segregation, discrimination, injustice and inequality, we often, ironically, bruise those same social diseases.

While trying to interpret Amanda Gorman's poem "The Hill We Climb," and build a fair and egalitarian society, we may have, instead, exposed human psychology and the dichotomy in our race, gender, class, social hierarchy, which ironically, are the same very thorny issues "The Hill We Climb" tries to expose and address. You now understand better the hill Amanda Gorman climbs.

10 Commandments

men's wear

A well-documented constitution governs every country or kingdom, and all people living in that country or kingdom must abide by the constitution. Life without rules is meaningless and unordered. No wonder roads, workplaces, educational institutions, hospitals, airports, homes, etc., all have rules.



The rules are to establish the structure of society because they ensure the safety of everyone. Without restrictions, everything will become chaotic, accidents will increase, and the world will become confused. As in society, rules also apply to our way of dressing. To look impressive and sophisticated, you need to know what to do and what to avoid when it comes to clothing. Not every piece of clothing will make you look great, especially if you don't know the rules for certain types of clothing. Here, we will share some of the rules every man must follow before purchasing clothes and footwear.



Taking care

It's nice to take care of the clothes and footwear you've invested in. Wash clothes, iron them, and store them in a wardrobe to avoid any destruction. Also, keep the shoes in the box, clean, waterproof, and polished regularly and repair or replace the soles when needed.



Properly tie your tie

A Google report in 2013 showed that many men do not know how to wear a tie. According to reports, most of the men who will be interviewed will visit the Google search engine to learn how to wear a tie. However, as a man, it is good to know these 3 knots: Four-in-hand, Half-Windsor, and Windsor.



Feeling good

Your clothes are designed to boost your mood by making you feel good. Emotionally hold on to your clothes and stay away from things that are uncomfortable to you. Professor Karen J. Pine of the University of Hertfordshire (UK) pointed out in her book *Mind What You Wear: The Psychology of Fashion* that when we wear an item of clothing, we say, "We can't help but adopt it even if we don't know."



## Go for fit, not tight

Buying well-fitting clothes, rather than ultra-thin ones, will hinder your movements and make you feel awkward on the street. When it comes to tight clothes, ladies or ladies are the culprits. People who wear tight clothes look more beautiful and younger, but buybacks outweigh the benefits. A study published on [ecostinger.com](http://ecostinger.com) found that wearing tight-fitting clothes all day will harm your skin because the skin cannot breathe well, and if it is not treated early, it will develop into skin disease. Wearing tight clothing can also cause breathing difficulties and abdominal pain due to abdominal pressure. Other side effects include acne, back pain, heartburn, headache, heartburn, and blurred vision.

Skinny jeans can cause testicular tension in men, as per TENA Men, the company produces clothing for men with bladder problems. Due to poor blood circulation in the neck, a tight tie may be a cause of stroke.



## Invest in quality

Don't let fashion influence you; strive for quality. For example, a pair of cheap shoes may be popular now but will soon fall apart. The investment in quality can keep a timeless style and save you money in the long run.



## Choose fit over price

If your clothes and shoes do not suit you, they will not make you look fashionable or sophisticated. Experts say that money can't buy clothes, but only fitting clothes can make a big difference.



## Honour your tailor

Buy clothes that are fitting your body size but ensure you involve your tailor. When your sleeves are wide, let them be narrowed and shorten your pants as well.



## Do not wear a tie that is too slim

Ultra-slim ties are not as popular as wide ties. Buy a tie that is about three inches tall; it looks modern and sophisticated. The blood circulation in the neck is not working well if you wear an extremely slim tie.



## Put your wallet on a diet

Don't let unnecessary items such as receipts and graphics cards mess up your wallet. They should be in the drawer. In addition to money, your wallet should also have essential cards.



## Value simplicity

When attending special occasions, be simple and don't wear clothes to scare others, because this is the main reason for your disappointment. It may seem strange to you, and this will affect your self-esteem.

**B**y following these and many other rules, I assure you that your timeless style will be unparalleled, and there is no doubt that you will stand out from the crowd.

# TRENDING PAINT COLOURS



**H**

ome remodeling keeps changing due to the rapid evolution of new tastes and trends. A person may be looking for now painting ideas while another may experience difficulty selecting the appropriate paint color to use. Let us put in our mind that we all experience different challenges when we are on the verge of redesigning our rooms or entire houses, and our choices play a significant role in the outcome. If you choose the wrong paint colours which do not match your

furnishings expect not a good looking result.

Therefore, before embarking on painting duty, consider what works with your lifestyle, design direction, and taste. Do not go for popular colours; instead, choose the ones which make your home look stylish and attractive. We have compiled a list of paint colors that you should consider to remodel your house or room before we cross to 2021.

## Soft clay

Instead of using beiges and brown as your paint color, go for soft clay to give your room great enthusiasm and energy, and casual stylishness. This color applies to any room or accent wall, or backsplash.



## New blue paint colours

Ensure that any blue home interior colors you choose have a soothing effect, and it is recommended you avoid a heavy-handed color that will make your room look smaller and darker. Consequently, if you have a casual approach to interior design, ice blue, gray-blue, charcoal blue, and a very pale powder blue are better options.



### **Moody metropolitan**

Since it carries depth and coolness, it is the perfect color to paint your dark or reddish wood floors and cabinets and decorations and some accents. Moody metropolitan is a mixture of gray and white.



### **Mustard**

Mustard is the best alternative to gold and perfect for creating rich crucial accents and accent walls, plus making walls look tidy. To create a provocative intensity, highlight furnishings, select muted and moody mustard.



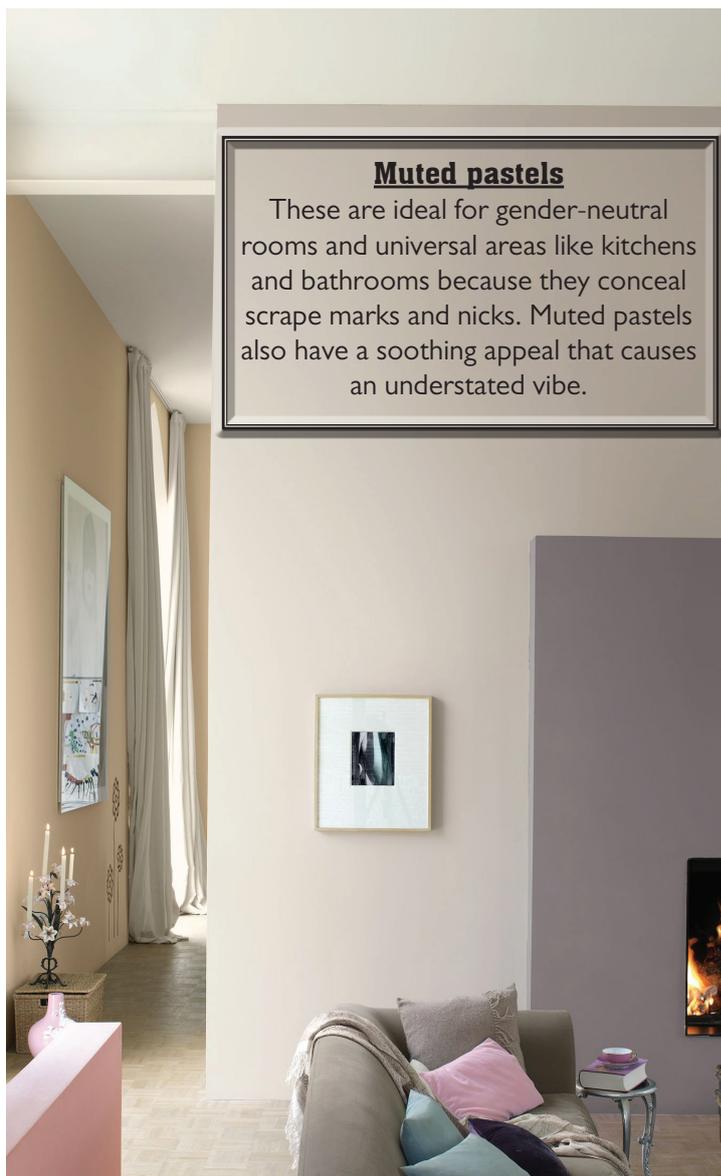
### **Dark greens**

Homeowners should use this color in well-lit and large rooms since its intensity can overshadow small spaces and make them look darker. Dark green acts as a healing power of nature in your house and brings the feeling of luxury.



### **Muted pastels**

These are ideal for gender-neutral rooms and universal areas like kitchens and bathrooms because they conceal scrape marks and nicks. Muted pastels also have a soothing appeal that causes an understated vibe.

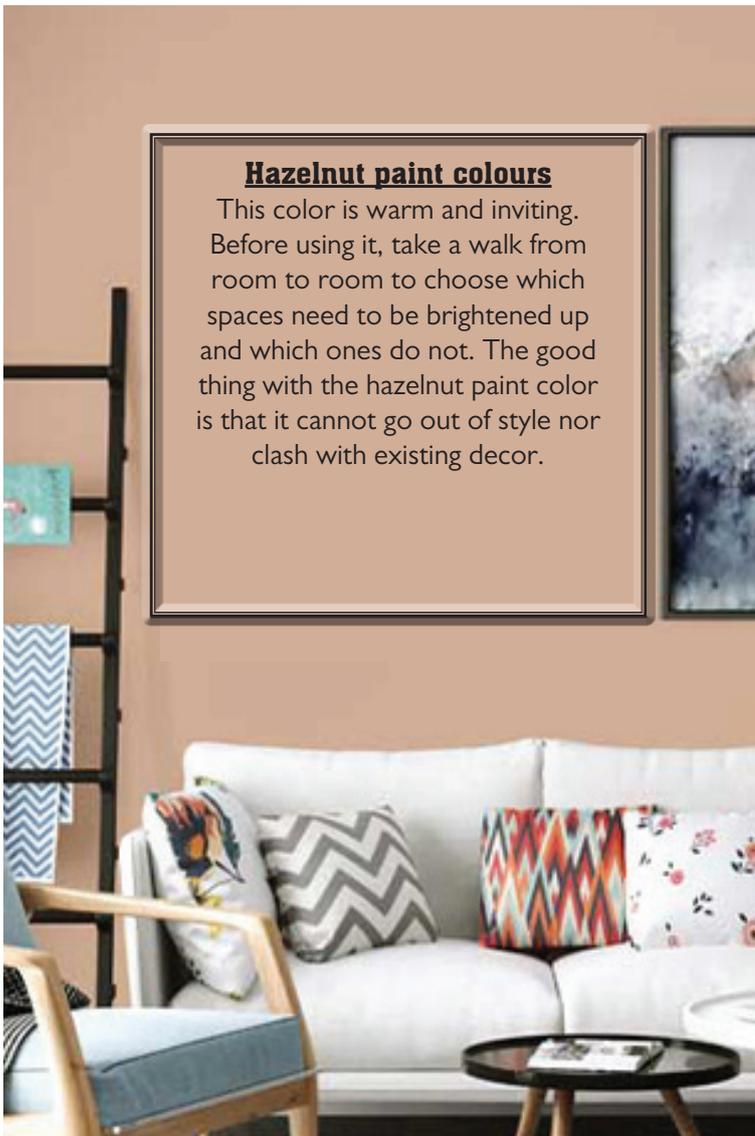




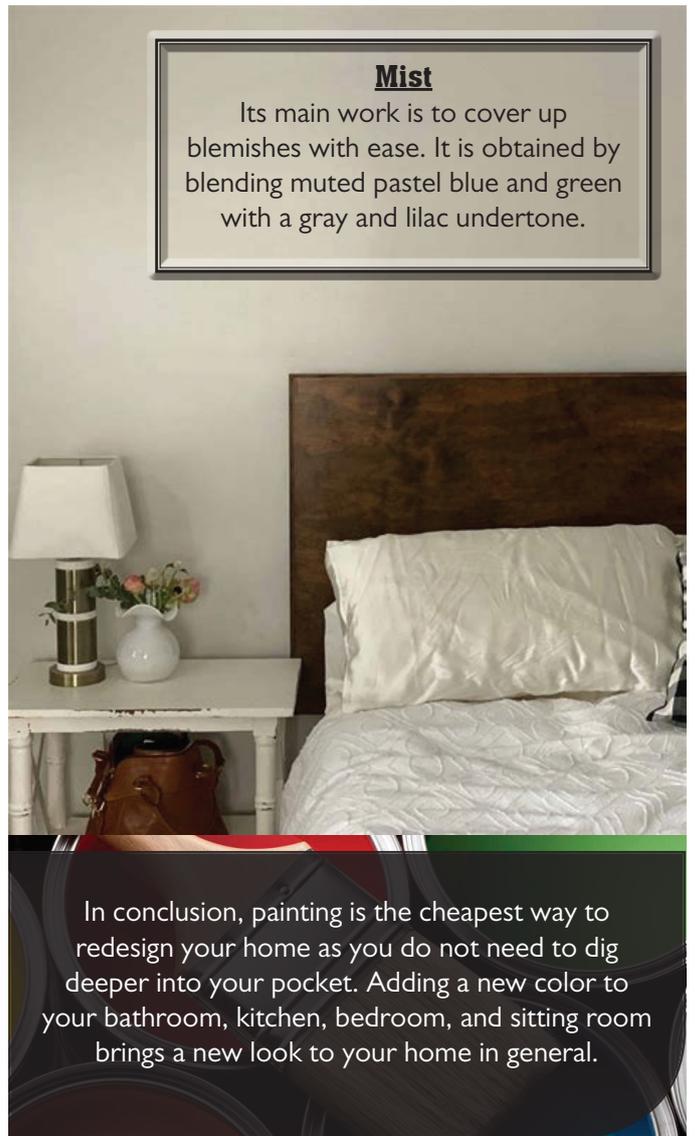
**Mushroom**  
 Shades of mushrooms look fantastic with natural furnishings and finishes. They are also excellent, timeless in appeal, and gender-neutral.



**Coral**  
 It is a mixture of orange and pink. Coral is the right accent color. It is widely known for adding a splash of life to a dull scene. It is perfect for courageous people.



**Hazelnut paint colours**  
 This color is warm and inviting. Before using it, take a walk from room to room to choose which spaces need to be brightened up and which ones do not. The good thing with the hazelnut paint color is that it cannot go out of style nor clash with existing decor.



**Mist**  
 Its main work is to cover up blemishes with ease. It is obtained by blending muted pastel blue and green with a gray and lilac undertone.

In conclusion, painting is the cheapest way to redesign your home as you do not need to dig deeper into your pocket. Adding a new color to your bathroom, kitchen, bedroom, and sitting room brings a new look to your home in general.

# Sunscreen Products your body needs

“UV rays can harm our skin during any season and any type of weather. The temperature outside doesn’t matter from a UV perspective. The sun’s rays can shine just as powerfully on a cold day as they might during the summer.”

says Sourab Choudhury, DO, a board-certified dermatologist, and the chief medical officer at Dermatology Specialists in New York City.

You have to protect your skin against the sun during all seasons to enhance your outlook by evading early aging, sunburn, and some skin diseases. The tendency of applying suncare products on our skin during summer times should stop and instead you should apply them always. Research shows that ultraviolet rays are responsible for sunbursts, premature aging, and skin cancer. Besides, Havard Health states that sunscreen protects against squamus cell, carcinoma, basic cell carcinoma, and melanoma. All of these are types of skin cancers.

Here are the best sunscreens dermatologists have recommended in addition to layering on clothing hats, sunglasses, and seeking refuge in shades.

## Anti-Oxidant+Sunscreens Lotion

This is one of the top sunscreen products because of its inability to feel greasy on the skin as well as absorbing well with no white residue. It neither dries nor irritates the skin, sticks to the skin, and does not burn the eyes. Furthermore, its beachy scent is amazing.



## Pure Sample SPE 50 Sunscreen Lotion

It is only made with Zinc Oxide and it is the number one choice of those who love non-chemical sunscreen. It is not greasy, oily, or sticky.



### SPF 30 Anti-Oxidant Day Cream



One of the main features that make it different from others is that you can put it under makeup without interfering with its main purpose. It further wets the skin and does not inflame the skin, leaving behind a white cast or cause breakouts. Also boasts of fresh and light smell.

### No excuses invisible Facial Sunscreen Gel SPF 40

This sunscreen for the face fits well with all skin types either dry or oily and all skin tones. Easy to apply and in terms of weight, it is light. Does not cause breakouts also.



### Biocerneum Scar Gel SPF

Specifically applied on the spots where there are marks, it protects the scar from harmful sun rays by causing a smoother and enhanced outlook. Pigmentation is likely to develop on the premature that is exposed to the sun according to Joshua Zuckerman, MD, a board-certified plastic surgeon based in New York City.



### Coolibar UPF clothing

Ultraviolet Protection Factor (UPF) clothing is suitable for those who always forget to reapply sunscreen or those who miss a spot when applying. Unlike other clothing, UPF is tightly knitted as one to prevent the UV rays from penetrating to your skin according to Todd Minars, MD, a board-certified dermatologist and the founder of Minars Dermatology in Hollywood. Another good side of UPF clothing is that it does not need to be repled always.





### Ultra Sport Lotion SPF 50

Just as the name indicates, it is commonly used by those taking part in sporting activities like athletes and among many others. Ultra Sport lotion SPF 50 has a smooth texture and can easily be absorbed. Also has no irritating effects and leaves no white residue on the skin.



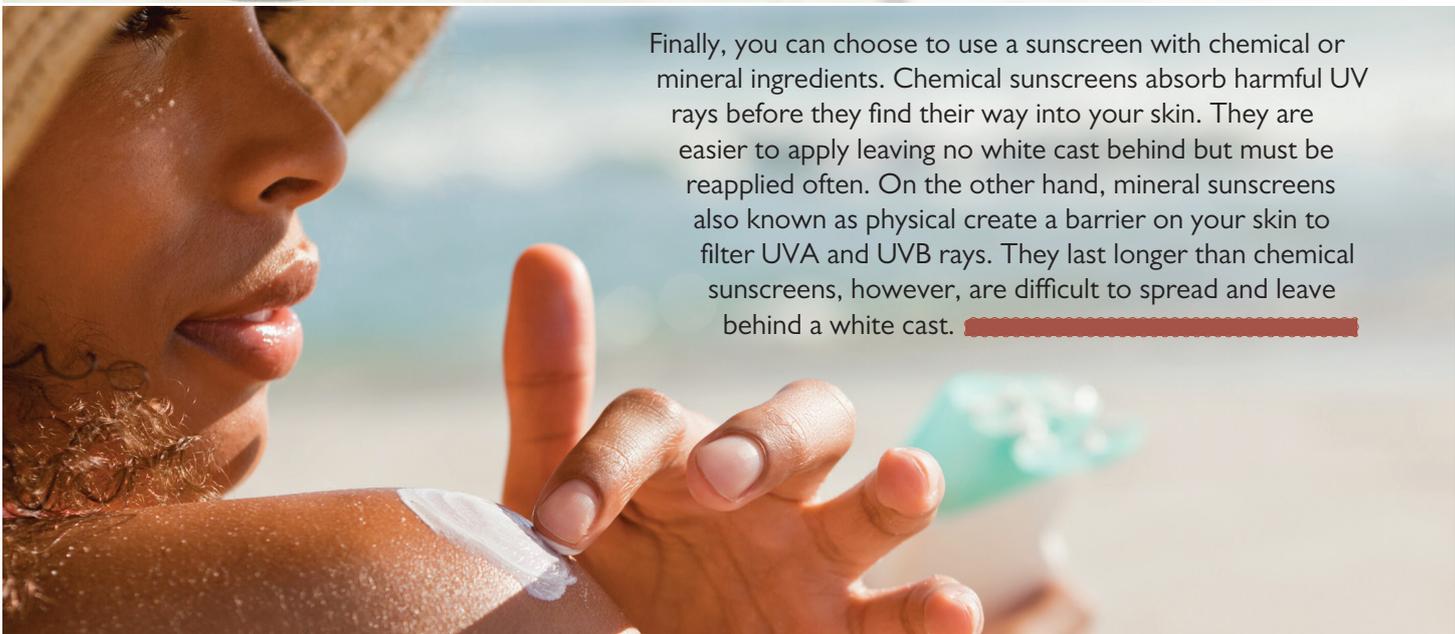
### Elta MD UV Clear Broad-Spectrum SPF 46

This is applied to the face to protect it against harmful UVA and UVB rays. It has no smell, greaseless, and exists in both tinted and untinted versions. Dermatologists have found out that UVA and UVB rays are responsible for aging and sunburn.



### Clarins sun care oil spray SPF

It is lightweight, greaseless, and makes skin smooth according to Gretchen Frieling, MD, a board-certified dermatopathologist near Boston. Clarins protect both the skin and hair.



Finally, you can choose to use a sunscreen with chemical or mineral ingredients. Chemical sunscreens absorb harmful UV rays before they find their way into your skin. They are easier to apply leaving no white cast behind but must be reapplied often. On the other hand, mineral sunscreens also known as physical create a barrier on your skin to filter UVA and UVB rays. They last longer than chemical sunscreens, however, are difficult to spread and leave behind a white cast.



Pay-Pal is an American-based multi-financial technology company that serves as an electronic payment system. It functions as a payment processor for online sellers, auction sites, plus other commercial users at a fee. It was established in 1998 as Confinity by Peter Thiel, Luke Nosek, and Max Levchin. A year later, it switched to a digital wallet before being bought by eBay. In 2002, eBay became an independent company and was renamed PayPal. Through PayPal, you can sell or purchase goods and services online, receive or send payments for online auctions and donate or give out donations. It boasts of PayPal Credit that offers consumers the opportunity to shop online at thousand vendors that allow PayPal as a payment method. You can have access to PayPal online or at the Google Play Store or iTunes App Store.

## CREATING A PAYPAL ACCOUNT

- PayPal account exists in two categories, namely personal and business accounts. While personal is for individuals sending money to their friends, family members and doing online shopping, business belongs to those who sell products online.
- After identifying the type of account you want, ensure you have your identification card or passport, credit or debit card specifically for payments, and bank statement used for verification purposes.
- After meeting all these requirements, visit PayPal's website and click the sign-up button. Settle on the type of account and enter your phone number, name, email address, and password, then click continue. Insert your nationality, address, and any other information needed. Then add your debit card, credit card, or bank account to enable you to deposit and withdraw money. Lastly, verify your email address by clicking on a link sent to you by PayPal.
- Any account needs verification for safety purposes, and that is simple, easy, and time-saving. You only need to visit PayPal.com and click on the Pay and Get Paid tab. Under wallet banks and cards, and from there, select the bank account and card you would like to verify. Finally, confirm your account using the four-digit code sent to you.

## PROS OF PAYPAL

- It is one of the fastest means of purchasing what you want from more than 200 stores across the globe. It is quicker to pay recurring bills using PayPal since a regular shopper does not enter all the required information.
- Second, one does not need to have money to create a PayPal account. It is also free to download the PayPal app, send and receive money from other users.
- Another benefit is that PayPal is secure, whether you pay bills, transmit, or receive money. Your personal information is safe, and no third party can access it as it is secured using sophisticated encryption.
- Moreover, it is easy to sign in, send and receive money from friends and colleagues. PayPal is also a flexible payment network as you can pay using the linked debit or credit accounts. Your work is only to choose the method of payment.
- There is also an aspect of on-time payment. You can send, receive or make payment wherever you are, thus saves time. In addition, it is also cheaper as there is no processing fee, no service charges.

## CONS OF PAYPAL

- However, PayPal is marred with a myriad of challenges like a lack of customer skills. There is no phone number a customer can contact when they encounter problems when making payments. The only available channel is an email which is always responded only with automated replies, which are frustrating. Another point is that it is prone to fraud as, on many occasions, sellers suffer huge losses when funds are returned to customers after goods have been delivered.
- It has also been proven that it is not easy for many customers to make payments using currencies like Indian Rupees because it is excluded. PayPal has approved only twenty-three currency types of payments.
- When your account gets suspended, PayPal takes a more extended period to investigate and re-open it. This is inconvenient when you need to pay for some goods immediately or need money for your friends or loved ones urgently. The delay is attributed to strict rules imposed by the management.
- Those whose PayPal accounts are linked with their banks cannot make any online purchase until the verification system is complete. Deposits take five days to reflect in your account, and you are required to notify PayPal of the amounts before your account is verified. If you do not have access to internet banking, you might wait for a month to verify your account.
- Even though many PayPal services are free, non-PayPal payment fees are costly. Small sellers are charged fees of a range of 1.9 and 2.9 percent and 0.30 percent per transaction, which is extremely expensive.

DATA  
Report



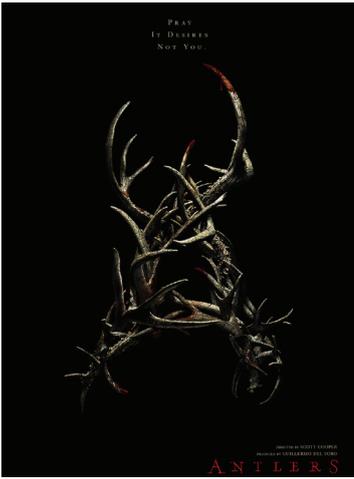
*Therefore, PayPal serves the needs of online businesses of every size, and they can sell to all consumers spread across the globe. After a consumer has paid for goods or services, PayPal process the payment and*

*transfers the amount to your account.*

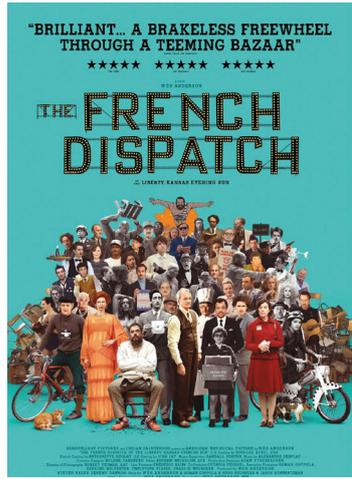
PayPal



COMING SOON



GENRE: HORROR  
RELEASE DATE: 28TH OCT 2021



GENRE: COMEDY  
RELEASE DATE: 21ST OCT 2021



GENRE: SUPERHERO  
RELEASE DATE: 15TH OCT 2021



GENRE: 3D ANIMATION  
RELEASE DATE: 24TH NOV 2021

IN CINEMA



GENRE: ACTION  
RATING: 6.7/10



GENRE: ROMANTIC COMEDY  
RATING: 7/10



GENRE: SCIFI  
RATING: 6.4/10



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.

# BINOCULARS



# KIDS



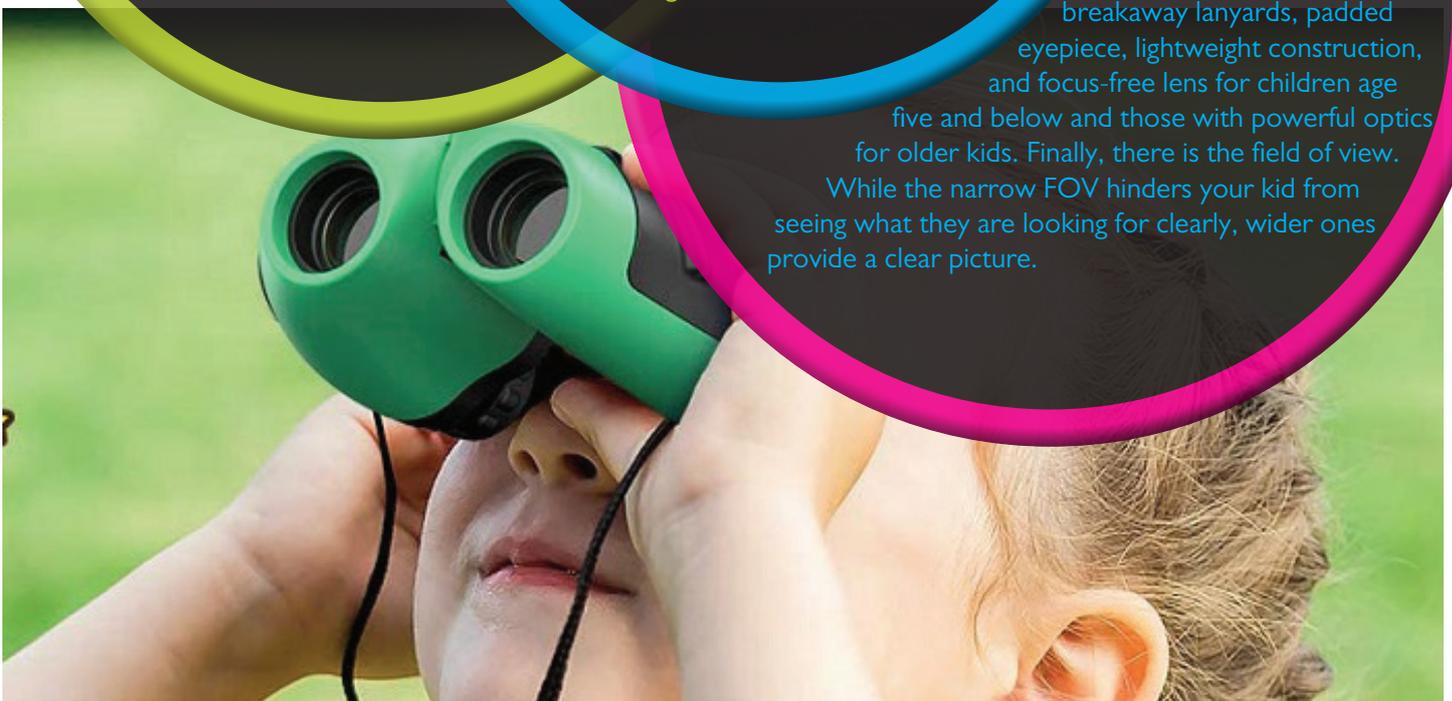
Kids naturally love outdoor activities like hiking, bird watching, etc. They will love playing outdoor more if they can have access to essential technologies like binoculars since it will help them see things far away more clearly. Research shows that binoculars for kids are not just toys but enhance the personal growth of young ones. Kids can explore more about nature at a very tender age. Having binoculars for outdoor activities is also fun and fulfilling for kids.

Are you in dire need of binoculars for your kid? Before purchasing one, there are some factors to consider if you want to obtain the right one that suits his or her needs. Budget is a critical factor that you ought not to overlook. There is no need to break your bank to buy a binocular for your kid because there are affordable ones. Many of them range between \$30 and \$50, but some cost less than \$15 even though they have a smaller field of view, cheaper build quality, and lower magnification.

Magnification is the second factor. The older the child, the higher the magnification, and the younger the child, the lower the magnification.

The size and shape of your kid's binoculars also matter a lot.

Experts recommend binoculars with rounded edges, shockproof construction, breakaway lanyards, padded eyepiece, lightweight construction, and focus-free lens for children age five and below and those with powerful optics for older kids. Finally, there is the field of view. While the narrow FOV hinders your kid from seeing what they are looking for clearly, wider ones provide a clear picture.



## The following are some of the binoculars your kid should not miss out in 2021:

### Celestron 71330 Nature DX 8x32 Binoculars

Celestron is an excellent choice for older kids. It features different magnification options, 8X to 12X ideal for the broader field of view. Its multi-coated 8x32 lenses provide bright imagery and boast of waterproof and fog proof materials and a built-in tripod mount. Celestron suits well kids who love bird watching. However, you need to dig deep into your pocket to obtain one.



### BESPIN Binoculars for kids

Like Celestron, BESPIN is excellent for a bird watcher as it enables one to easily focus on objects far away by setting the central adjustment well. It is built for kids who are six years old and above and is ergonomic design to fit in smaller hands. BESPIN is durable since it contains shock-resistant rubber. It is significantly cheaper compared to Celestron.



### POLDR 8x21 Small Compact Lightweight Binocular

POLDR 8x21' 8x magnification and an objective lens diameter of 21 provide the learner with a broad field of view. It is designed for kids who have never used one before, and they are lightweight, super compact, and have powerful 8x optics. Nevertheless, they lack waterproof and shockproof coating, exposing children to face injuries, and the binocular may not last for long.



### Dreamingbox Compact Shock Proof

They are kid-friendly with eyepieces made of soft rubber to protect your child from face injury. Dreamingbox is specifically for children age three and above and is pocket-friendly. It gives you ten different colour options and features shock-resistant coating, an objective lens diameter of 21 millimeters, 8x magnification, 128 meters field of view, and a weight of 5.6 ounces.





### Explorer kit for kids by Mini Explorer

This binocular is limited to one colour choice and 4x magnification. It contains a diverse set of educational tools and is also shockproof. Explorer is best for kids aged four and above and has a size of 7.5x5.2x3 inches and an objective lens diameter of 30 millimeters.

### Obuby kids Binoculars

Looking for a binocular with tons of colour choices and one with a professional-looking design, Obuby is the best option. It is durable and shockproof or waterproof. Its wide-angle magnification makes it suitable for live sporting events and seaside boat trips.



### Plemora Binocular for kids

In case you have curious kids, opt for plemora as it is perfect for training them. It comes in three different color choices: a compass, magnifying glass, and a handy carrying bag. It weighs more than seven ounces and has a magnification of 8x.

Your kid's age and degree of genuine interest in bird watching or general nature watching are the two significant determiners of your choice. A binocular should not be that large that it cannot fit into your child's hands comfortably. It also should not be cumbersome so that he or she should not get tired while holding it. It further should withstand regular drops, bumps, and bangs from your kid.



## 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](mailto:info@katakata.org)



**W**hen it comes to tourism, one of the main issues tourists consider is their safety. A country could be beautiful, but with a low-security level, most tourists would head to other less attractive destinations without security and stability challenges. Often Africa is portrayed as unsafe and politically unstable in the Western media, but is this representation always accurate? Hardly not. With a population of about 1.276 billion people, Africa, the world's second-largest and second-most-populous continent with 54 countries, is not a lawless jungle as some would want you to believe. It is a virgin continent full of exotic beauty with amiable people. Despite being a victim of mismanagement due to its leaders' greed and corrupt tendencies, Africans welcome visitors with ever smiling faces. Like every continent, some countries in Africa have security problems, but many African nations are leaving no stone unturned to compete with their western counterparts in security and infrastructure.

According to the Global Peace Index, which annually measures and ranks countries in security and peacefulness, many African countries occupy an enviable position globally. The Global Peace Index report is based on 23 indicators of peace (eg. Political instability, criminal level, level of violent crimes, number and duration of internal conflicts, relations with neighbouring countries) to determine the rankings. Using three categories as judgemental standards - ongoing international and domestic conflict, societal safety and security, and militarization, below are some of the safest countries in Africa in 2021:



## Mauritius

Mauritius, the family-friendly, multicultural island country located off the eastern coast of Africa, is the safest country in Africa, and 24th globally, according to the Global Peace Index. With the overall low crime rate, often limited to petty theft and non-violent crimes, Mauritius, surrounded by seductive beaches, jungles and exotic landscapes, has received a Level I travel grade from the USA State Department. It is one of the safest paradises in Africa for relaxation.



## Rwanda

When it comes to security, Rwanda, the East African country, which was ranked the ninth safest country worldwide in 2017, hardly compromises. Visitors to the country are quick to notice this on arrival. Despite the security measures, the country, especially the capital Kigali, welcomes a relaxed atmosphere. Ironically, the 1994 genocide has become a uniting factor in a country where almost one million people were brutally butchered due to ethnic antagonism. Since President Paul Kagame came into power, security has become a top priority; that achievement has come with huge rewards, with Rwanda being a number one destination for many Western tourists who visit the country to watch its rare mountain gorilla and enjoy the beauty and tranquillity Rwanda offers. You can visit Rwanda at any time, but the dry season between June and September offers the best weather.



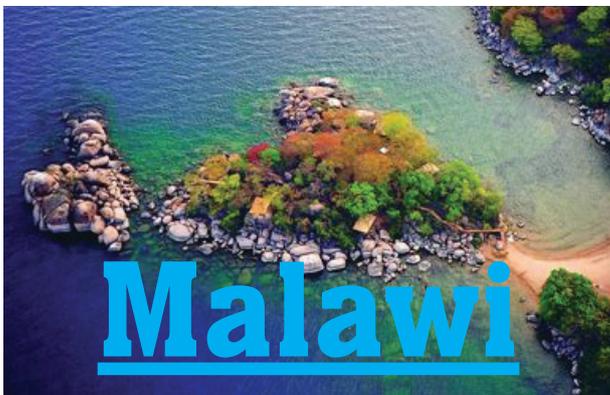
# Botswana

Botswana is one of the safest countries in Africa and the most stable without any political instability since its independence in 1966. Ranked 30th by Global Peace Index, Botswana is one of the largest diamond producers in the world. In 2017, Botswana produced approximately 23 million carats of diamonds worth \$ 3.329 billion, the third-largest after Russia and Canada. Being one of the few African countries with financial discipline, Botswana has effectively developed the tourism sector that it received a level 1 travel grading from the USA State Department. Chobe National Park, Moremi Game Reserve (Voted the best game reserve in the African continent in 2008), Central Kalahari Game Reserve, Wildlife Sanctuary and World Heritage Site Tsolido are some of the must-go areas for tourists heading to Botswana.



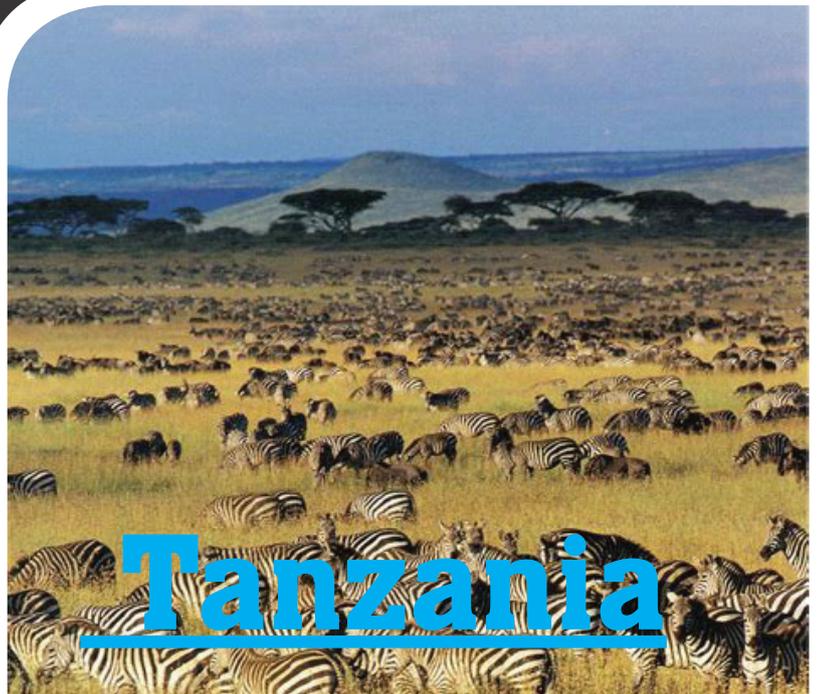
# Namibia

Namibia has virtually everything one is looking for in a country for tourism. From the long coastline, the sand seas, with the tallest dunes globally, wild safaris, vast deserts, awe-inspiring Fish River Canyon, coupled with very low crime, Namibia is one of the most popular holiday destinations. As the second least densely populated country globally, with just two people per square kilometre, Namibia offers tourists safety both in big cities and remote areas. Having the least rainfall in southern Africa, Namibia, which derived its name from the Namib Desert, the world's oldest desert, is a predictable place to visit in terms of security and weather. It does not hurt that the country has been experiencing solid political stability.



# Malawi

Malawi might be considered an emerging country in terms of GDP, but according to GPI reports, it is one of the safest countries in Africa. Crimes are typically low, often limited to handbag snatching and petty stealing, little wonder why Malawi is ranked safer than rich countries like United Kingdom, France, Greece and Vietnam, according to the Global Peace Index report. Known for its topographic highlands, the Great Rift Valley and enormous Lake Malawi, the country offers wildlife and other tourist attractions. Malawians are considered some of the most friendly in Africa.



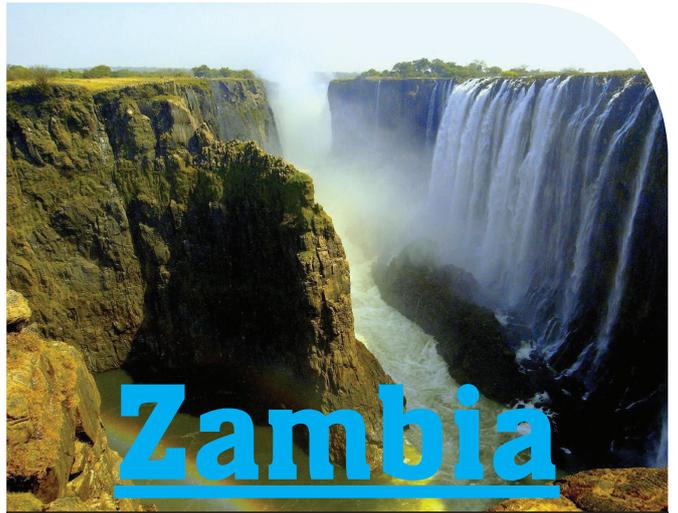
# Tanzania

According to the Global Peace Index, Tanzania has ranked the seventh safest country in Africa and 54th globally. A beautiful country with the Kilimanjaro mountains and excessive wildlife parks, including the Serengeti Plains, Tanzania offers tourists the ultimate holiday experience. With a Level 2 by the USA Department of State, Tanzania is generally safe; however, visitors are advised to avoid secluded regions, especially at night. Using taxis from known taxi firms is recommended.



# Ghana

Even though Ghana's Global Peace Index rating has dropped five places from 2018 and 2019 reports, the West African country still enjoys a comfortable fourth position in Africa and 44th in the world in terms of safety. Ghana is considered a safer destination than heavyweights like the United Kingdom, France, Argentina, South Korea, Greece, and other major tourist countries. What's more, Ghana has a Level I travel advisory from the USA Department of State.



# Zambia

Even though Ghana's Global Peace Index rating has dropped five places from 2018 and 2019 reports, the West African country still enjoys a comfortable fourth position in Africa and 44th in the world in terms of safety. Ghana is considered a safer destination than heavyweights like the United Kingdom, France, Argentina, South Korea, Greece, and other major tourist countries. What's more, Ghana has a Level I travel advisory from the USA Department of State.



# Madagascar

The Global Peace Index report rates Madagascar as the eighth safest country in Africa and 55th worldwide. Even though the country is recently experiencing some level of arm robbery due to joblessness, Madagascar has overall considerably a low crime rate. The USA Department of State Madagascar gives Madagascar a level 2 travel recommendation, making it safer than many famous tourist lands like France, Greece, and Vietnam.



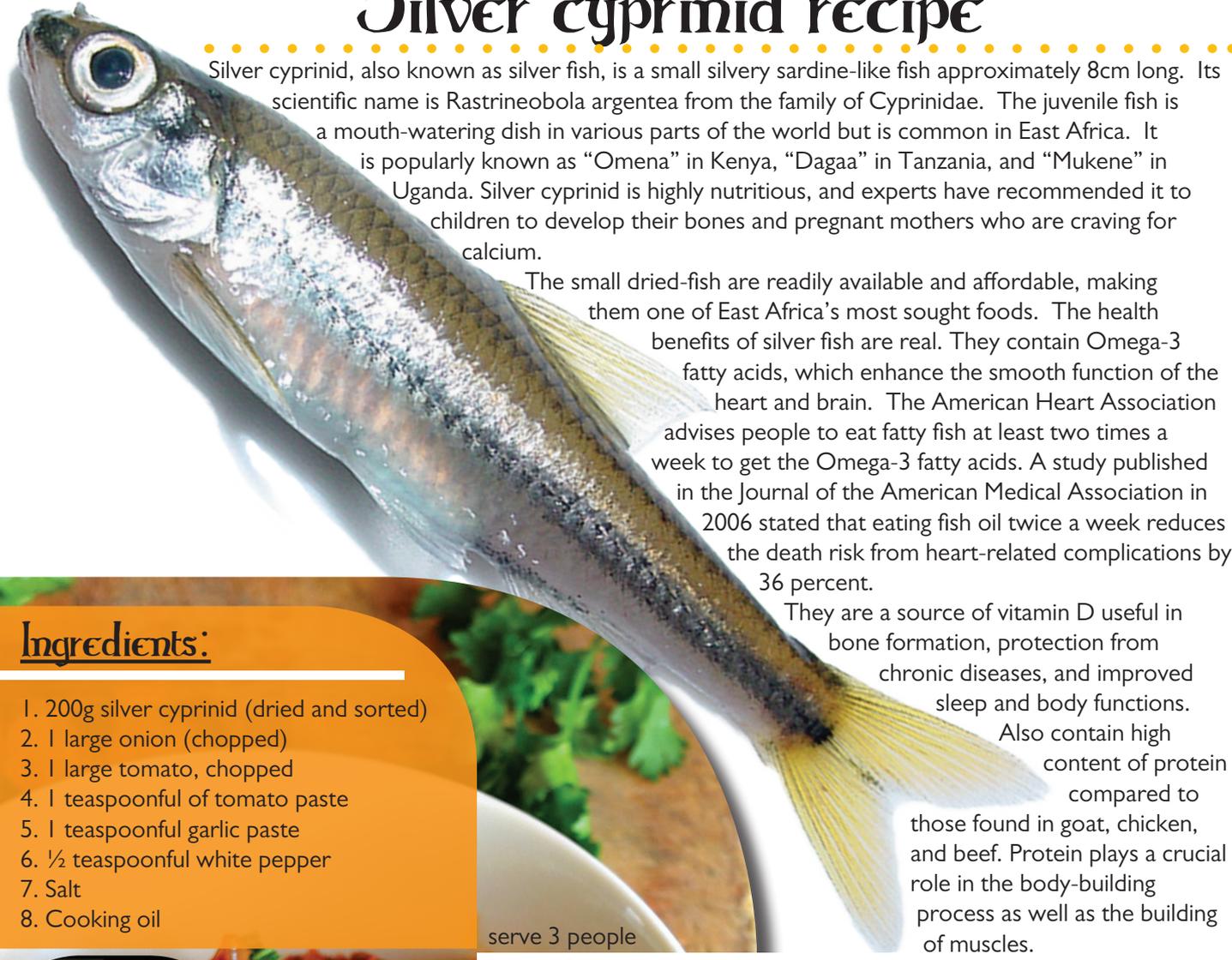
# Senegal

With a low rate of crime and disease and hospitable people, Senegal is ranked Africa's ninth safest country, safer than France and Greece, according to the Global Peace Index. It is home to beautiful nature, including beaches and wildlife.



Based on the Global Peace Index, many African countries are safe for travellers worldwide. Choose your next vacation spot in the continent and take advantage of the pleasant climate, breath-taking scenery, mouth-watering cuisines, unique cultures, and rare animals. Africa is calling; listen to your heart.

# Silver cyprinid recipe



Silver cyprinid, also known as silver fish, is a small silvery sardine-like fish approximately 8cm long. Its scientific name is *Rastrineobola argentea* from the family of Cyprinidae. The juvenile fish is a mouth-watering dish in various parts of the world but is common in East Africa. It is popularly known as “Omena” in Kenya, “Dagaa” in Tanzania, and “Mukene” in Uganda. Silver cyprinid is highly nutritious, and experts have recommended it to children to develop their bones and pregnant mothers who are craving for calcium.

The small dried-fish are readily available and affordable, making them one of East Africa’s most sought foods. The health benefits of silver fish are real. They contain Omega-3 fatty acids, which enhance the smooth function of the heart and brain. The American Heart Association advises people to eat fatty fish at least two times a week to get the Omega-3 fatty acids. A study published in the *Journal of the American Medical Association* in 2006 stated that eating fish oil twice a week reduces the death risk from heart-related complications by 36 percent.

They are a source of vitamin D useful in bone formation, protection from chronic diseases, and improved sleep and body functions. Also contain high content of protein compared to those found in goat, chicken, and beef. Protein plays a crucial role in the body-building process as well as the building of muscles.

## Ingredients:

1. 200g silver cyprinid (dried and sorted)
2. 1 large onion (chopped)
3. 1 large tomato, chopped
4. 1 teaspoonful of tomato paste
5. 1 teaspoonful garlic paste
6. ½ teaspoonful white pepper
7. Salt
8. Cooking oil

serve 3 people

## Steps:

1. Cleanse silver cyprinid with warm water, leave it to soak for about 2 minutes, and then rinse them off. Soaking lowers the amount of sodium you would take since they contain high salt content.
2. Put them in the saucepan and place the pan in a medium heat fire. Stir until they get dry and add oil. Cook them until they turn golden brown, then add onion and cook for about 6 minutes.
3. Add tomato and after it becomes tender, add tomato paste and continue cooking for 3 minutes.
4. The last step entails the addition of garlic paste, white pepper powder, and salt as you stir until it becomes ready to be served.

Besides, silver cyprinid is a dietary source of calcium great for healthy bones and teeth, prevention of osteoporosis, and bones’ strengthening. There is also a high content of iron and zinc. Iron aids in forming red blood cells to prevent anemia, while zinc boosts the immune system, promotes cell growth, wound healing, and cell division. It is also a significant source of phosphorous, Vitamin A, Vitamin B, etc.



## AUNT SYLVIA



Dear Aunt Silvia,

My 20-year old son is getting out of control in his relationship with girls. He can be dominant, assertive and sometimes sexist, if I may use the word. Yet, his father hardly sees anything wrong with his behaviour. A "typical boys' behaviour", my husband would defend him carelessly. Please, I need your help to tackle this irritating behaviour before it gets out of hand.

Yours,  
Bishaaro  
(Hargeysa, Somalia)



Dear Bishaaro,

Thank you Bishaaro for your letter.

Children are born innocent; their environment (parents, education, church, social interaction with other kids etc.) influences their behaviour. That said, your son's behaviour is learnt. Sadly, your husband's attitude towards his son's behaviour encourages his bad behaviour towards his female mates.

Have a serious conversation with your husband and let him realise the damage his attitude has in his son's life and how such negative behaviour affects the girls. Perhaps some points below will help you and your husband change your son's behaviours.

### **Equality and respect for women.**

It all starts with seeing the female as being equal to the male and respecting the former. Her gender does not make her less intelligent than the male. Despite the cultural expectations, the natural law of "Treat others as you would like to be treated," should apply in a male-female relationship. Let the girl know that her personal opinion is as important and valid as yours. Avoid dominating the conversation with the female. Give her a chance to air her views and do not interrupt her when she speaks. Try to let her know you listen to whatever she says – even if you may disagree with her point of view.

### **Mind your language:**

Avoid disrespectful or degrading language towards her. Calling her insulting names or using rude slurs shows your negative and biased attitude towards her. Try to reflect on your attitude towards girls to help you determine whether you are biased towards them.

### **Avoid intrusion into her privacy.**

Having respect for a girl helps you avoid any form of physical contact without her permission. Do not take things for granted, and never you assume you have "right" over her. You will be winning a girl's confidence and respect if you can show her affection by acknowledging her right to decide who touches her body, when and how. If and when she says "No", you must respect her decision.

### **Do not make hasty conclusions and sexist comments.**

Be mindful of quick interpretations. When a girl dresses in a short skirt during a date, it does not automatically mean she wants something intimate with you. You can make positive comments about her dressing, but nothing to suggest otherwise.

### **No generalisation.**

Everyone is different, so do not put every girl in the same box; doing so would imply that all girls are the same. Every girl (one) has her unique personality, which we must respect and appreciate.

### **Respect her emotions.**

Respecting a person translates into respecting their feelings. Acknowledge her feelings as valid even if you believe they do not meet your criteria. If you and your husband train your son to pay attention to those crucial points above, his relationship with girls or women will improve tremendously. Goodluck

Yours,  
Aunt Silvia

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