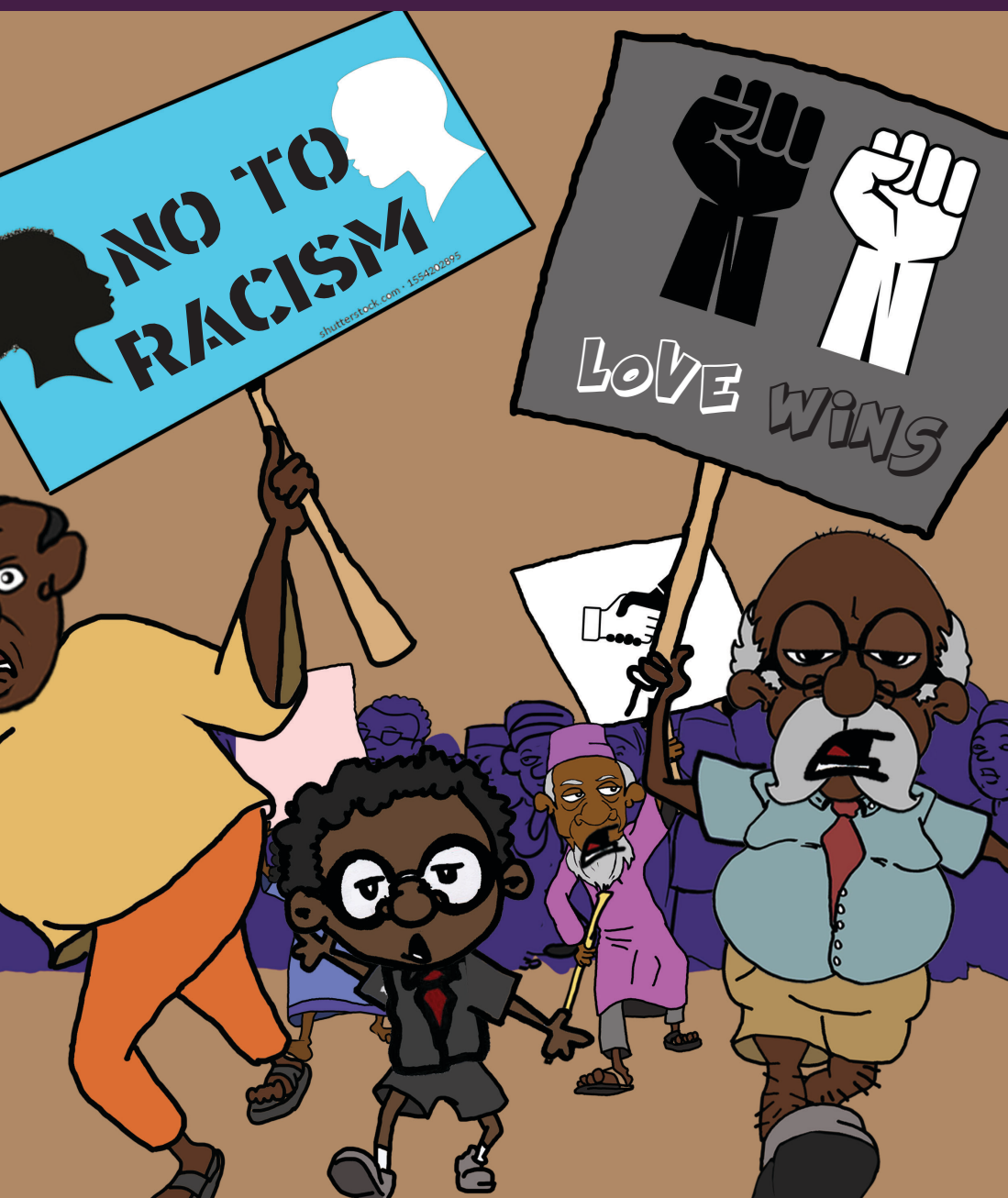




KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE



+ HEALTH

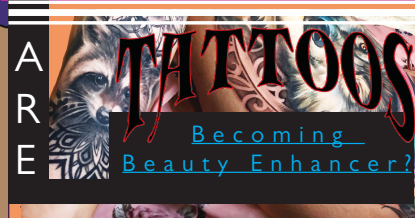
SCARY
Sexually Transmitted Infections
ESTI's

OVER
10 PAGES
CARTOON

FASHION



BEAUTY



kids



KATA KATA VILLAGE JOINS
THE INTERNATIONAL DAY FOR
THE ELIMINATION OF RACIAL
DISCRIMINATION MARCH

ISSN 2214-059X



Foods

Top health benefits of
chia seeds

INTERIOR

Factors affecting the
acoustics of buildings

TECU

Forcing someone to
unfollow you on Twitter

TRAVEL

The cleanest cities in
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:



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Twitter

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LinkedIn

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



Youtube

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

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I HEAR YOU

Velona iray trano, maty iray fasana. (*Malagasy*)

Tukiwa hai twaishi nyumba moja chini ya paa moja.
Wakati wa kufa hupumzika katika kaburi moja. (*Swahili*)

Vivant, nous habitons sous le même toit. Mort, nous nous reposons dans le même tombeau. (*French*)

Alive, we live in the same house or under the same roof. Dead, we rest in the same tomb. (*English*)

Love, peace and unity are essential elements for a progressive society (*Meaning*)

TELL ME SOMETHING

TELL ME SOMETHING!

Nigerian Government Spends Over N10 billion On State House Clinic Amid President Buhari's UK Medical Trips - News



Perhaps the Clinic is meant to treat State House rats and cockroaches.

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Publisher's note: *Searching for that goodness in every human being.*

Human beings are not born racists, undisciplined or a criminal. We learn our behaviour from social interaction with Ideological State Apparatuses such as family, the churches, education, court, trade unions, political parties, media, literature. These organs of the society may or may not operate under the State's control, but the State effectively uses them to transmit its preferred values, aimed at interpellating individuals to (re) production preferred meanings, identity and social realities. Thus Ideological State Apparatuses actively force individuals to adopt a specific subject position or social role necessary for maintaining the social order or formation. Through constant interaction with those State organs, human beings adopt specific behavioural patterns and (re)produce preferred meaning and ideology such as racism.

Logically, if racism is a learned ideology, it can be changed through alternative discourse. That explains why ignorance can be a dangerous and volatile weapon against justice, combined with power. That was a clear case during the apartheid South Africa regime, which masterminded the slaughtering of innocent black protesters on 21 March 1960 in Sharpeville. That act is today known as The Sharpeville massacre. When there is a riot, it is the language of the unheard or neglected, begging to be heard. In a world where one is judged, condemned, or respected based on skin colour, such an irrational attitude challenges any religious belief in God's creativity and unconditional love.

Only love can erase the hate, and we can only achieve meaningful change through our efforts, not by others because we are the change we wait for or seek in others. Therefore, it is not just enough to want or talk peace; we must

believe in it and studiously work towards it. Achieving lasting love and peace must be a collective responsibility because we need it to make a meaningful co-existence. What defines us as humans is an inter-related bond; humanity only makes meaning if we realise that our existence and freedom are bound up in one another's. That makes humanity a unified and interdependent entity; it is, therefore, impossible to separate love and peace from freedom because they go hand in hand. Furthermore, it gives meaning to humanity.

Freedom does not end in casting off the shackles on one's foot; it only makes sense when we achieve peaceful co-existence based on love and respect for one another. Therefore, we cannot measure the goodness in humanity by our actions in times of advantage and comfort; our attitude in a period of hardship, challenges and controversies defines who we are. If we can ignore the robust control of the Ideological State Apparatuses and make the right decision based on love, peace and respect for humanity, we are on the right path towards an egalitarian society, where we judge one by their intelligence and actions, not by their skin colour or social group.

Only light can eclipse the darkness. We are the light of the world; a lamp put under a bowl cannot bring light to the darkness. Humanity controlled by the darkness of racism heads to total annihilation. Let us embrace love, respect, peace, freedom as we embark on the priceless journey in search of that goodness in every human being.

Yours in Kata Kata,

Ogo Ubabukoh
Editor-In-Chief

SCARY

Sexually Transmitted Infections

STI's

Symptoms include :

You are more likely to experience pain or discomfort during sexual activity or urination if infected with an STD. Other symptoms are sores, bumps, or rashes on or around the vagina or penis or testicles or anus, buttocks, thighs, or mouth, as well as unusual discharge or bleeding from the penis or vagina. Moreover, fever, recurrence of pain, exhaustion, memory loss, abnormalities in eyesight or hearing, nausea, weight loss, and lumps or swellings throughout the body are equally common.

Statistics

According to the Centers for Disease Control and Prevention (CDC), an estimated 20 million new STD infections occur each year, over half registered among those aged 15 to 24. There are an estimated 1 million new cases of sexually transmitted infections (STIs) each day, the vast majority of which go unnoticed. If you don't show any symptoms, you won't know you have an STI until it has spread or caused additional symptoms. Infected sexual partners are at risk of spreading the disease. Because of this, it is essential to use a condom during sex.

Sexually Transmitted Infections, also known as STIs, are infections transmitted from one individual to another through sexual contact. Equally called Sexually transmitted diseases (STDs), STIs can be transmitted by any type of sexual contact, including vaginal, anal, and oral. Several STIs can be passed from mother to kid during pregnancy, childbirth, and breastfeeding. Furthermore, unsanitized sharp objects such as needles can potentially transfer the disease. Another infection possibility is by kissing someone infected with the disease. Viruses, bacteria, and parasites are all capable of causing them.



The most famous types of sexually transmitted infections (STIs) include:

Human Immunodeficiency Virus (HIV)

Hiv, which causes AIDS, is transmitted by unprotected sexual intercourse with an infected individual or by injecting drugs using a contaminated needle. Intravenous drug usage and blood, blood products, syringes, or other sharp objects contaminated with infected bodily fluids or blood can also spread the disease, but these methods are less prevalent. As a result, the human immune system is weakened, making it more vulnerable to infection and disease.

Symptoms

Flu-like symptoms such as fever, chills, rash, night sweats, muscle pains, sore throat, exhaustion, swollen lymph nodes, and mouth ulcers may be the early indicators of HIV infection. Infections and persistent symptoms may emerge when the virus multiplies and destroys your immune cells. These include rapid weight loss, excessive exhaustion, sores infections, neurologic diseases, and malignancies.

Treatment

Even though there is no known cure for HIV infection, you can treat HIV with medication. This method of treatment is known as antiretroviral treatment (ART). With ART, you can turn HIV infection into a chronic illness that is easier to deal with. As a result of this medical breakthrough, there is less chance of the infection spreading to others.

Chlamydia

Chlamydia trachomatis is a bacterium, that is responsible for Chlamydia. It is contracted by oral, vaginal, or anal contact with an infected partner. Chlamydia can infect both sexes, with a woman's cervix, rectum, or even throat, being common infected parts. The likely infected areas on men are the urethra, rectum, and throat. Chlamydia can also be transmitted during childbirth by a mother. It's common among teenagers, especially female teenagers.

Symptoms

Chlamydia infection typically does not cause any symptoms. As a result, you may not even know you have it.

Treatment

A cure for Chlamydia is possible. Chlamydia is a bacterial infection; therefore, antibiotics are the most effective treatment.

Gonorrhoea

N. gonorrhoea, or gonococcus, is the bacterium responsible for the infection. In most cases, the germs that cause gonorrhoea can be identified in urine and vaginal discharge. In unprotected sex, gonorrhoea can quickly spread between people. Vibrators or other uncleaned sex gadgets or used condoms can also spread the virus.

Symptoms

Gonorrhoea poses an enormous danger for pregnant women. Infections in women can lead to bleeding between menstrual cycles and a thick green or yellow discharge from the vagina or penis.

Treatment

Gonorrhoea, if left untreated, can permanently blind a newborn baby. A woman's unborn child can also contract the virus from her mother. A single dose of antibiotics is usually all that is needed to treat it.

Syphilis

Syphilis is a bacterial infection that is transmitted through sexual contact. The vaginal area, lips, mouth, or anus might be infected by it. Sexual contact with syphilis is the most common way to contract the disease. During pregnancy, it can also be passed from mother to child.

Symptoms

Other symptoms include small, painless ulcers that arise on the penis, genitals, or around the anus and a blotchy red rash on the palms and soles of the feet, as well as mouth sores and a blotchy red rash on the hands.

White spots in the mouth, weariness, headaches, joint pains, a high temperature (fever), and swollen glands in the neck, groin, or armpits (similar to genital warts) are common symptoms. These can appear on the vulva in women and the anus in men. Syphilis can go undetected in some persons.

Treatment

Syphilis can go undetected in some persons. Antibiotics can quickly cure syphilis if it is discovered early enough. Latex condoms can lower but not eliminate the risk of sexually transmitted infections.

Cancer-causing human papillomavirus (HPV)

These viruses are all part of the same family: Human papillomavirus (HPV). There are more than 100 varieties. The skin is affected by HPV. If you have any skin-to-skin contact with the genital area, including sex toys, you can contract HPV. Genital warts and cancer-causing alterations in cells can occur in infected people with HPV. However, this is not the case for the majority of people. HPV varieties that are linked to cancer are known as high-risk types.

Symptoms

You may not know whether you have HPV because there are no symptoms.

Treatment

It is impossible to treat an HPV infection on its own. Warts can be treated using medications.

Genital herpes

Herpes simplex virus (HSV) is responsible for transmitting genital herpes. You can contract it by having sex with someone who has it via vaginal, anal, or oral means. Possible side effects are sores on the vaginal or rectal area, buttocks, and thighs. During childbirth, mothers can potentially transmit germs to their newborns.

Symptoms

If you have tingling, burning, or itching around your genitals, anus, thighs, or bottom, as well as pain when you pee, see a sexual health clinic as soon as possible.

Treatment

A cure is not possible. But medication can help alleviate some of the symptoms.

Trichomoniasis

An infection known as Trichomonas vaginalis is the cause of Trichomoniasis, a sexually transmitted disease (STI) (TV), which can be passed from one individual to another sexually.

Symptoms

Symptoms are not always present in everyone. It often takes time before the symptoms emerge - sometimes as late as a month.

An abnormally thick, thin, or frothy yellow-green faeces in females caused by Trichomoniasis can cause soreness and swell around the vagina and itching in the inner thighs.

The wastes may also have an unpleasant fishy smell,

There may be pain or discomfort when having sex and soreness and itching in the vagina.

Men may experience discomfort while urinating or ejaculating and soreness, swelling, and redness in the penis and foreskin.

Frequent urinating is another common symptom.

Treatment

Antibiotics are the most effective treatment.

Pubic lice

Crabs, or pubic lice, are microscopic insects that dwell in the human pubic or vaginal region. Coarse body hair, such as that seen on the legs, armpits and moustache, and eyebrows and eyelashes, may also contain the protein.

Symptoms

You may notice itchy patches on your thighs or lower belly.

Redness and discomfort caused by scratching the black powder in your underwear.

You may also see little spots of blood on your skin (caused by lice bites).

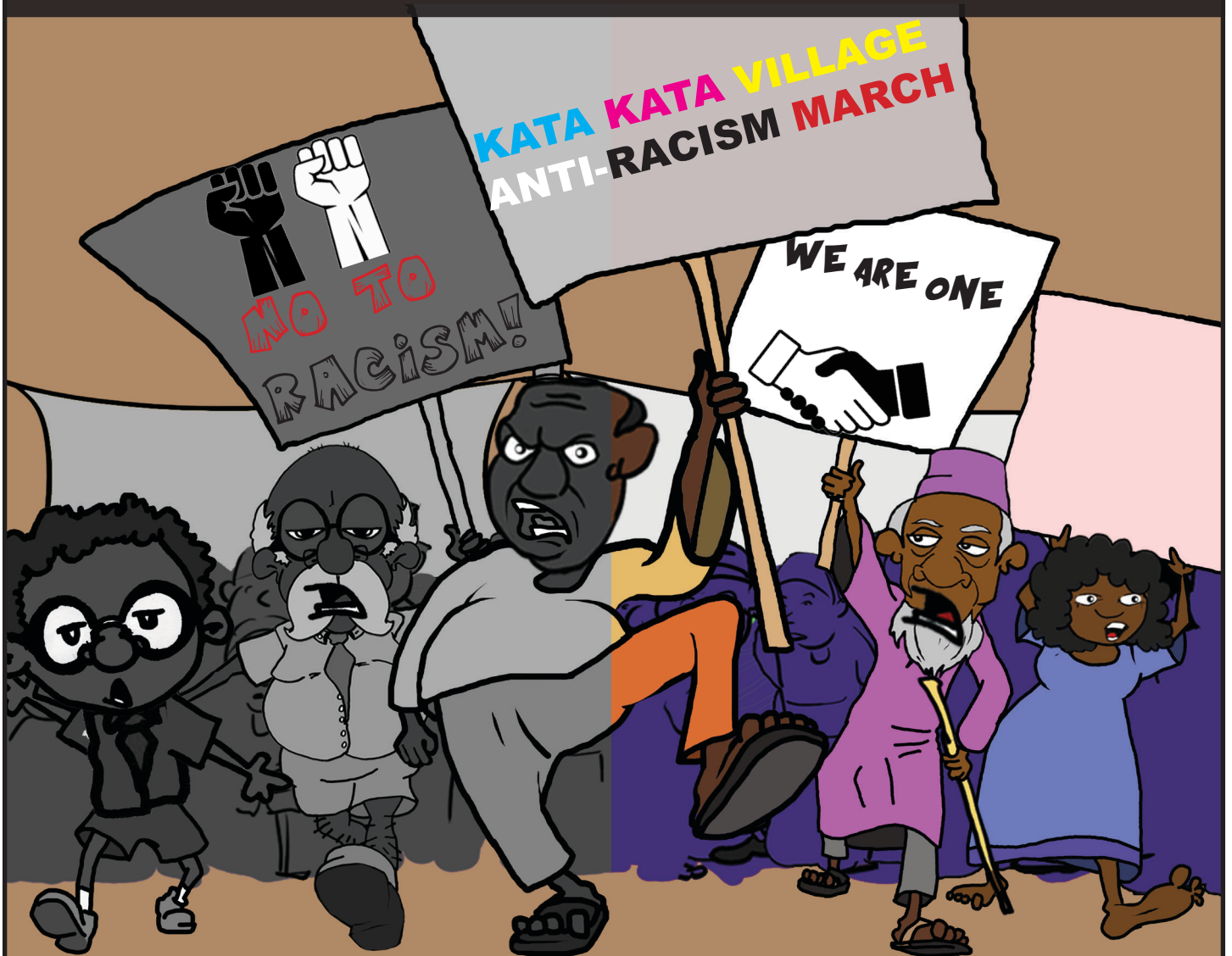
Treatment

If you notice any of the above symptoms, contact your pharmacist for the best medication to administer

It is worth noting that these infections cannot be transmitted by shaking hands, hugging, or sharing utensils.

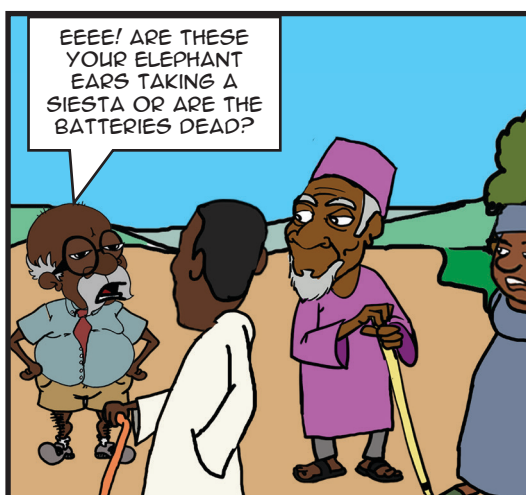
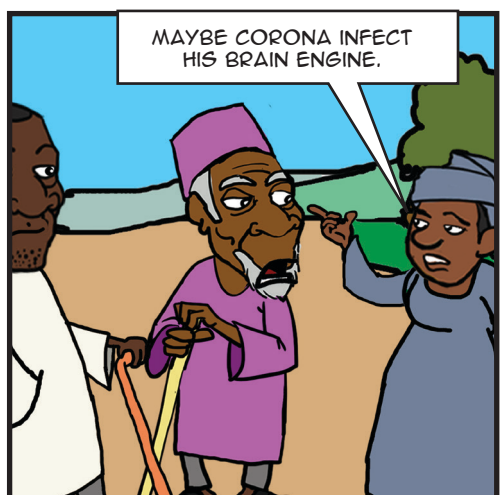
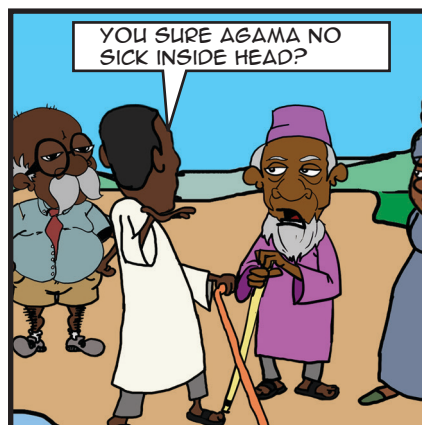
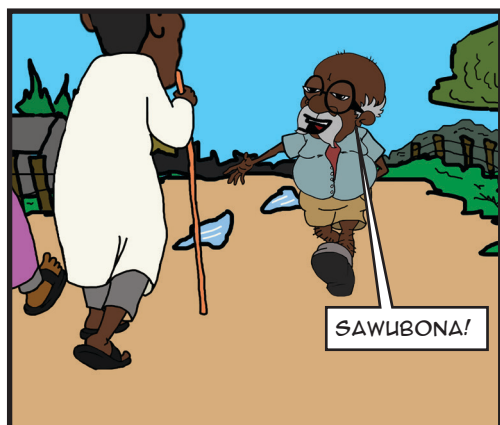
Take precautions, avoid multiple sex partners, and you will have little reason to worry about sexually transmitted diseases.

KATA KATA VILLAGE JOINS THE INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION MARCH

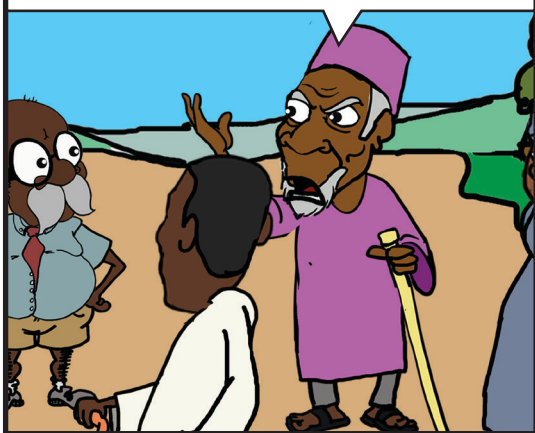




KATA KATA VILLAGE JOINS THE INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION MARCH



YOUR HEAD SUFFER FROM CORONA OR EBOLA? YOUR VADER SLEEP WITH CHIMPANZEE BEFORE THEY MAKE MISTAKE BORN YOU? WHY YOU TALK STRANGE-STRANGE LANGUAGE SINCE YOU COME BACK FROM SOUTH AFRICA? ME, I TIRE FOR YOUR INSULTMENT.



CHIEF, ME, I ANGRY TOO MUCH TOO. HE SAW ME LAST WEEK EN BEGAN WITH "SAWUBONA!". I LOOK-LOOK AT HIM, I ASK MYSELF WHETHER DAT ONE IS NOT MADNESS.



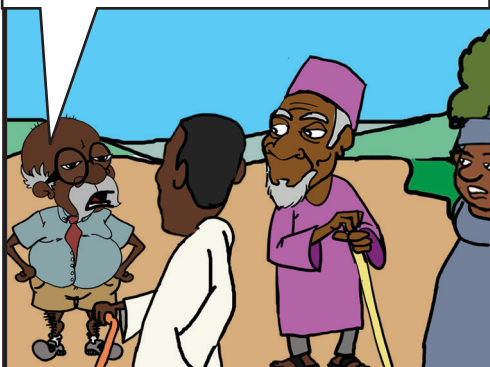
I AM FLABBERGASTED! WHY ARE YOU PEOPLE ANGRY? I WAS ONLY EXCHANGING PLEASANTRY AND SAYING HELLO TO YOU.



WHICH "HELLO"? IS DAT HOW YOU SAID HELLO DE FIRST TIME YOU GO YOUR IN-LAW HOUSE? YOU ENTER DE HOUSE EN SAY DAT NONSENSE EN YOUR IN-LAWS STILL ALLOW YOU TAKE THEIR DAUGHTER FOR MARRIAGE? (MIMICKING) "DUMELA!"



PARDON ME GENTLEMEN; OFTEN, I FORGET I AM NOW BACK IN KATA KATA VILLAGE INSTEAD OF IN SOUTH AFRICA. I MEAN GOOD! THOSE ARE BASIC PLEASANTRIES FROM ISIXHOSA, ISIZULU, SEPEDI, SETSWANA, SESOTHO, XITSONGA, DIFFERENT TRIBES IN SOUTH AFRICA.



NOW YOU ARE TALKING! ME, I THINK YOU WAN' CURSE US.



NOO! GOD FORBID. BUT CHIEF, I SAW A LOT IN SOUTH AFRICA WHEN I WAS THERE. THE GOOD, BAD AND UGLY THINGS. I WENT TO ROBBERN ISLAND, SHARPEVILLE.....



WHICH ONE SHARP-VILLA? THEY HAVE VILLA WHERE THEY SHARP-SHARP KNIFE?



HAHA NO! SHARPEVILLE IS A VERY IMPORTANT AND HISTORICAL TOWN IN SOUTH AFRICA. IN FACT, WITH THE CELEBRATION OF THE INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION, WHICH TAKES PLACE YEARLY ON 21ST MARCH, I SAW SO MANY TOURISTS HEADING TO SHARPEVILLE.

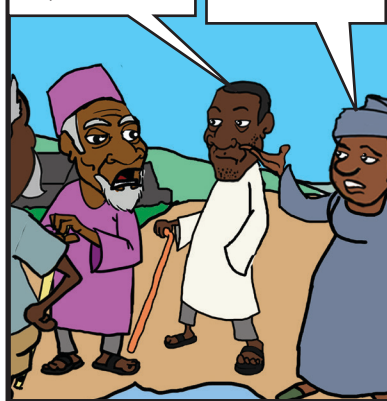


AGAMA, ME I THINK YOU SMOKE KEROSENE. WHY YOU TALK WITHOUT SENSE? ME, I NO UNDERSTAND THIS SHARK-PILLE AND RACHEL DISCRIMANNCI EN TOURISTS.



ME, I WONDER

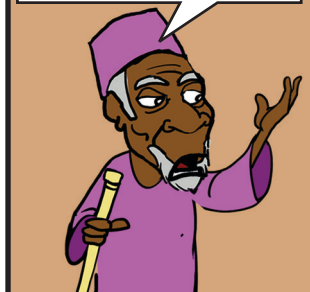
THANK GOD WE THINK DE SAME.

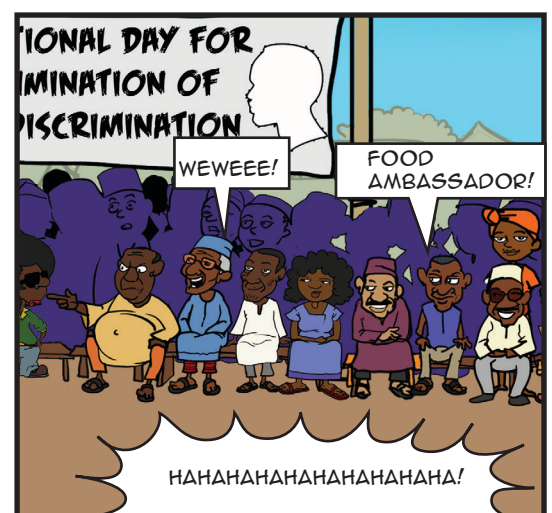
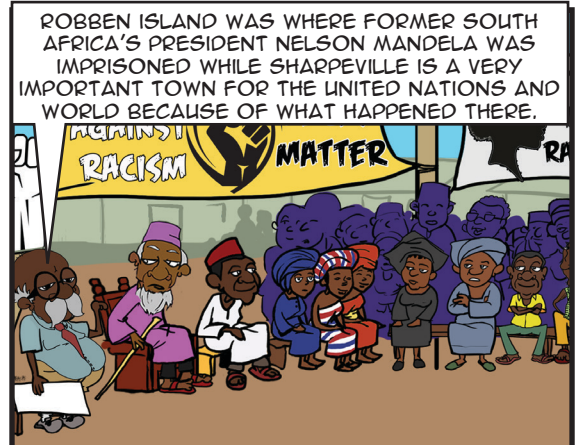
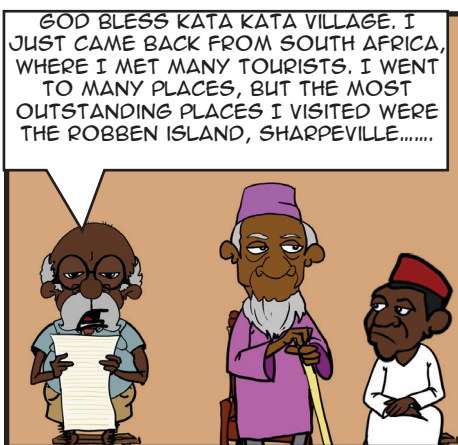


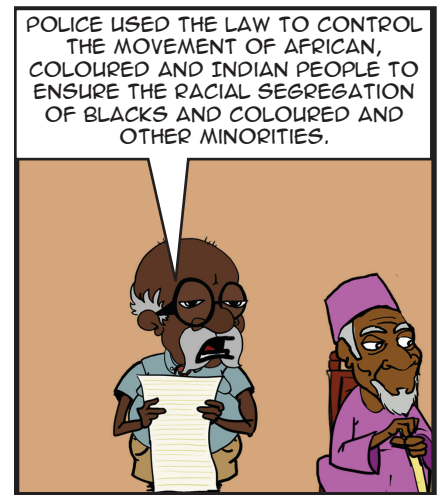
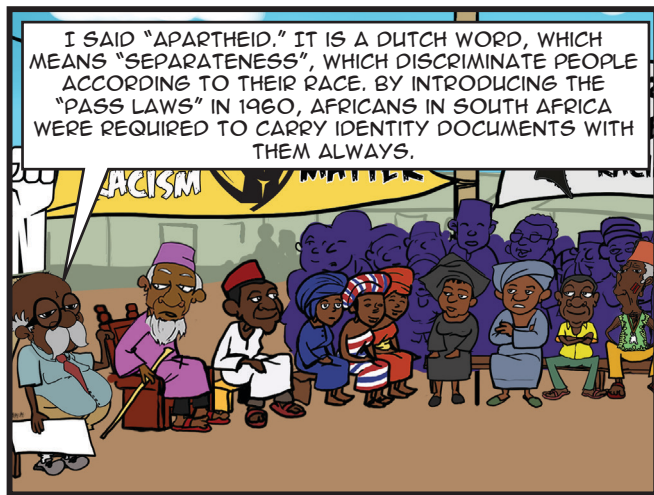
HAHAHA. I DIDN'T SAY SHARK-PILLE AND RACHEL DISCRIMANNCI. I SAID SHARPEVILLE AND RACIAL DISCRIMINATION. YOU GUESS WHAT? I SUGGEST YOU ASSEMBLE ALL KATA KATA VILLAGE MEMBERS SO THAT I CAN EXPLAIN MORE. I THINK EVERYONE WILL BENEFIT FROM THE HISTORICAL EVENT.



IF YOU SAY SO, DAT ONE GOOD, BUT ME I DON' WANT YOU TO GO THERE EN CONTINUE WITH YOUR SHARK-PILLE AND RACHEL DISCRIMANNCI OR DE YAFU-JAFU LANGUAGE YOU SPEAK.









WHEN I TELL YOU, YOU LIVE IN PARADISE INSIDE KATA KATA VILLAGE, YOU SAY I LIE. SOME EVEN INSULT EN TALK TO ME, DE CHIEF OF KATA KATA LIKE BABY WITHOUT ME LOSING MY ANGERMENT. NOW, POLICE SHOOT-SHOOT PEOPLE, WHY B'CAUSE DEY DEMONSTRATE OR THEIR SKIN BLACK. GOD FORBID!



BASED ON THAT SHOOTING, IN 1979, THE GENERAL ASSEMBLY DECIDED TO DEDICATE A WEEK, BEGINNING ON 21 MARCH, FOR THE SOLIDARITY WITH VICTIMS OF RACISM AND RACIAL DISCRIMINATION.



BUT WE WERE TOLD IN SCHOOL THAT SOUTH AFRICA IS NOW INDEPENDENT, HENCE ALL THE RACIAL LAWS HAVE BEEN ABOLISHED. WHY DOES THE UNO STILL SUPPORT THE CAMPAIGN AGAINST RACISM.



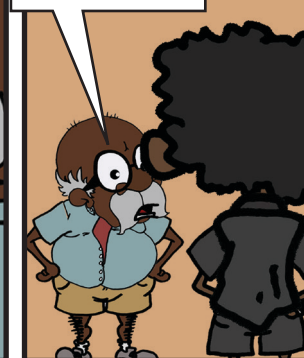
I HEAR YOU MY SON! YOU ASKED A VERY IMPORTANT QUESTION....



PAPA, GIVE ME HIGH FIVE! I TOLD YOU THAT MY GOOGLE BRAIN IS SHARPER THAN JAPANESE CHEF'S KNIFE.....



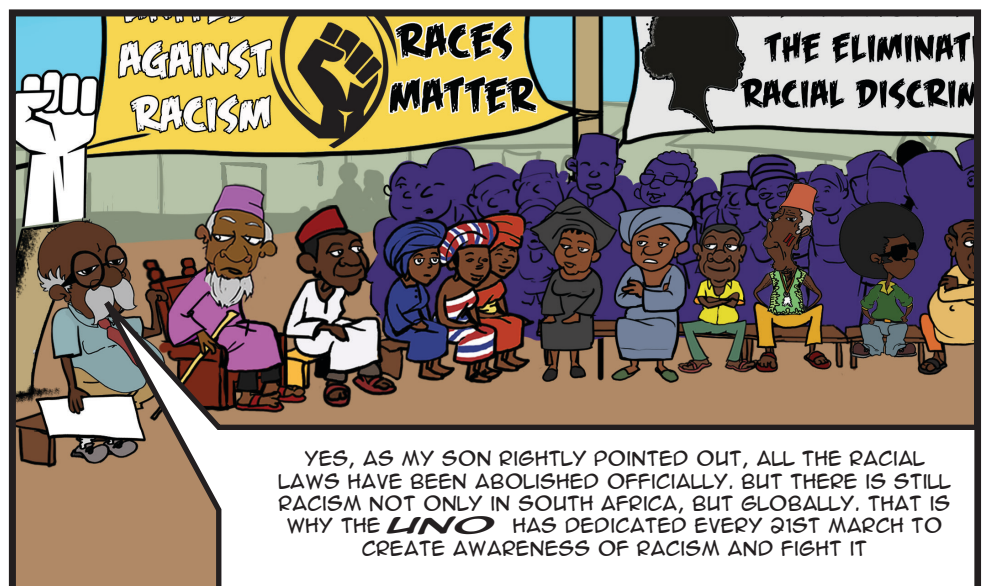
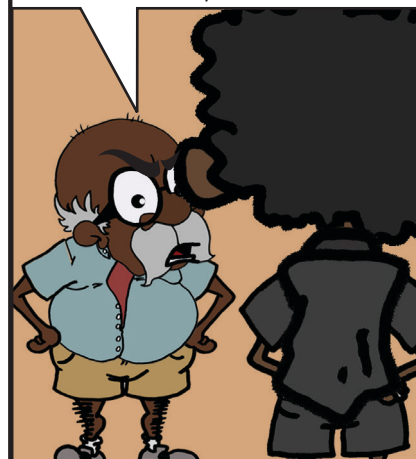
HIGH WHAT?

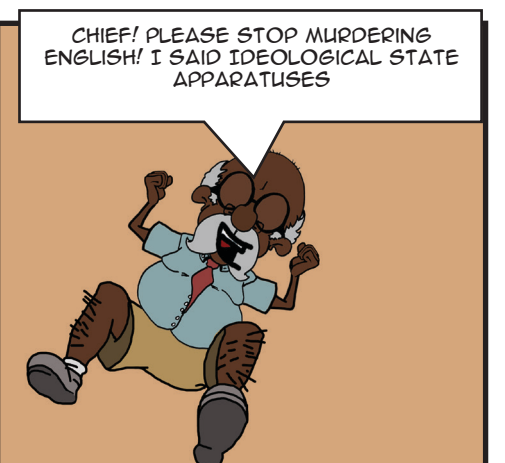


AREN'T YOU COOL AGAIN?

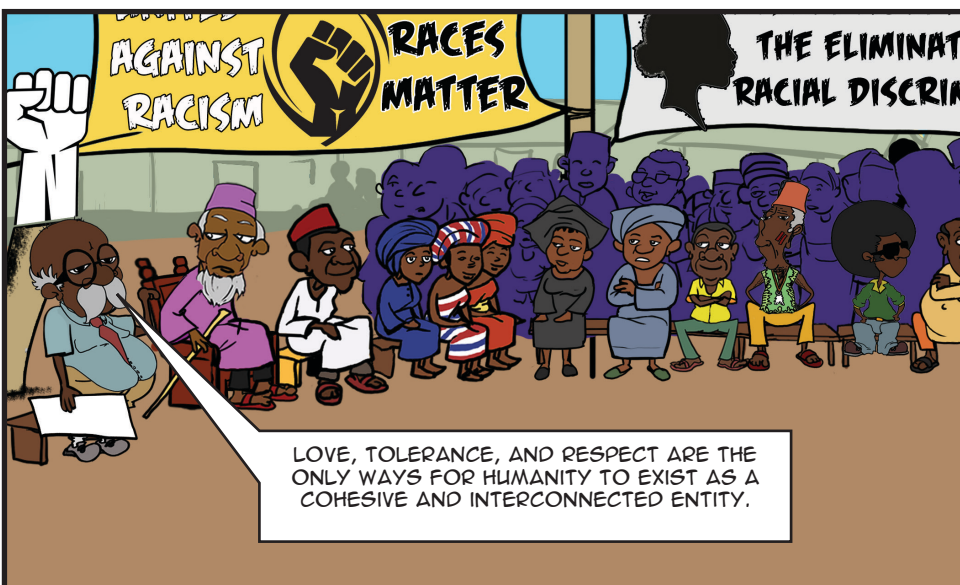
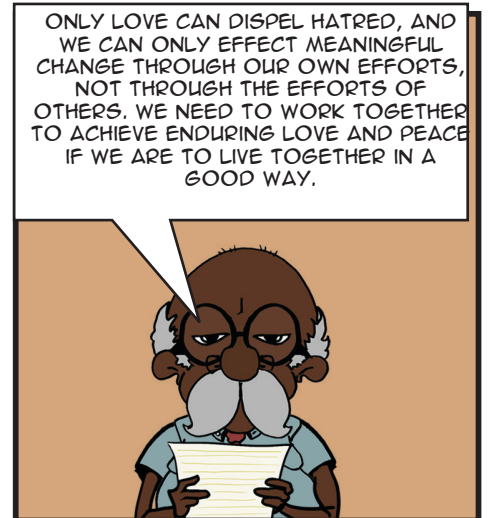


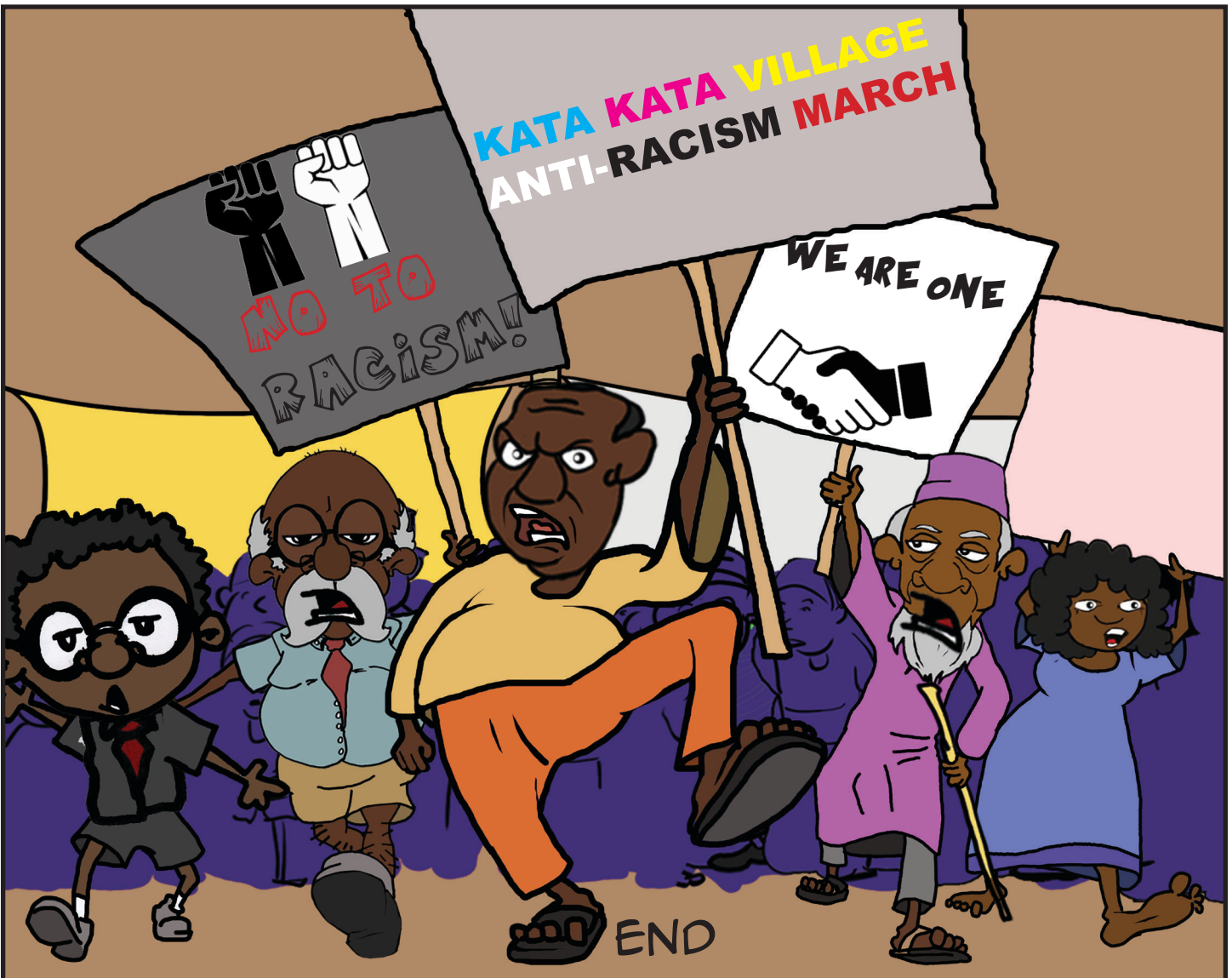
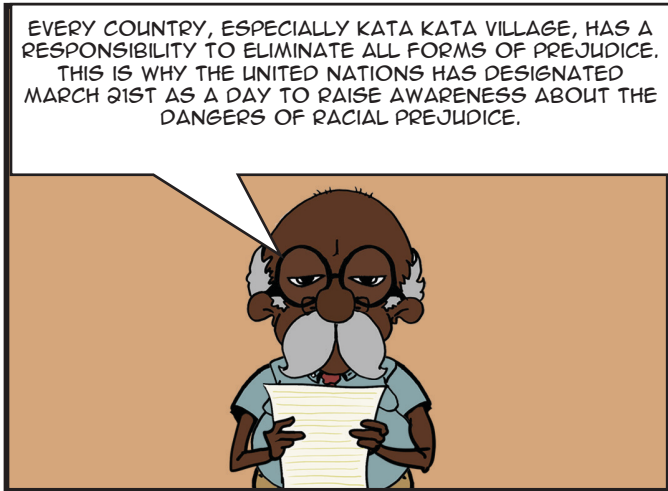
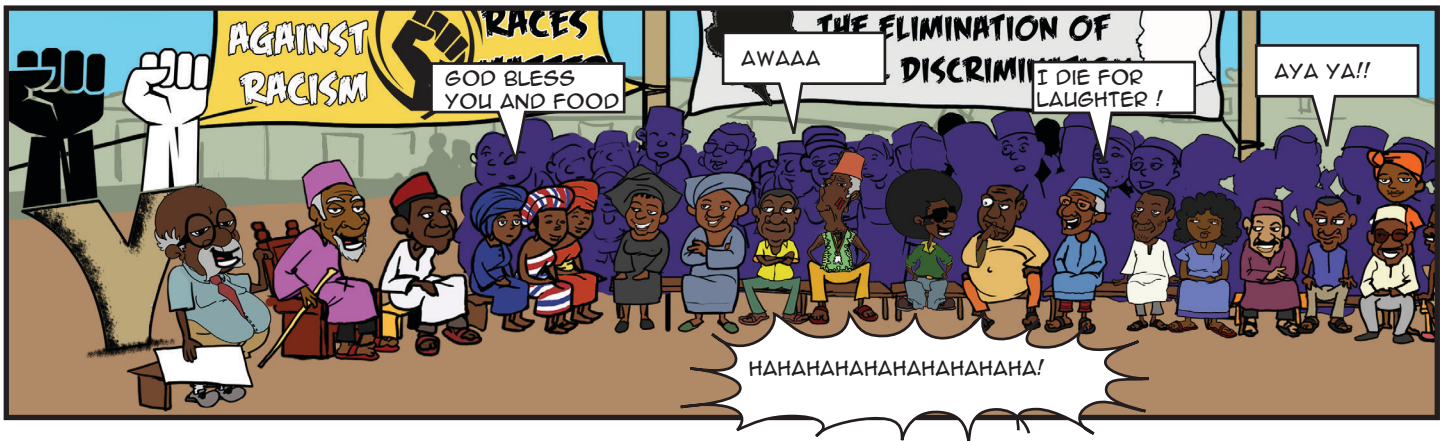
DO I LOOK LIKE YOUR MATE? OR DO YOU SEE ME WEARING A DIAPER? IN ANY CASE, SURE, SHARP BRAIN LIKE A RAZOR! THAT'S WHAT YOU INHERITED FROM YOUR FATHER, AGAMA!













tudents, particularly those in college, are incredibly self-conscious about their appearance. It is imperative to know what their peers and family think of them. Students often choose clothing styles that allow them to express their identities, communicate their moods and sentiments, and focus on individuality.

These pupils are well aware that it is during college that one should demonstrate one's fashion acumen and style. According to research, students nowadays spend more time thinking about Fashion than they do about their academics. As soon as they enrol in college, their manner of dressing, covering up, and style of a haircut all change. Boys utilize a wide variety of cosmetics formerly only available to women. They adore wearing tight trousers and obnoxious tops. Girls are also keeping up with the latest fashion trends, donning pants and oversized shirts formerly reserved for their male counterparts.

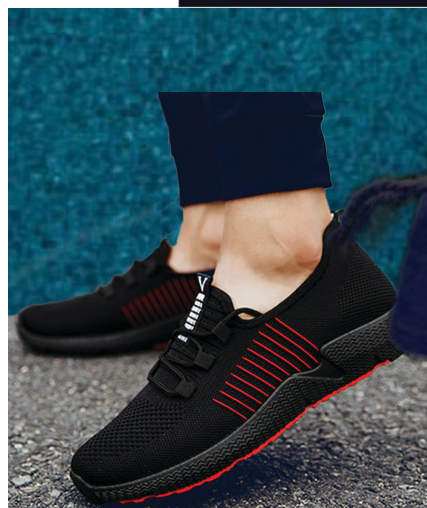
The following are some fashion trends that have always been popular among college students:



T-shirts

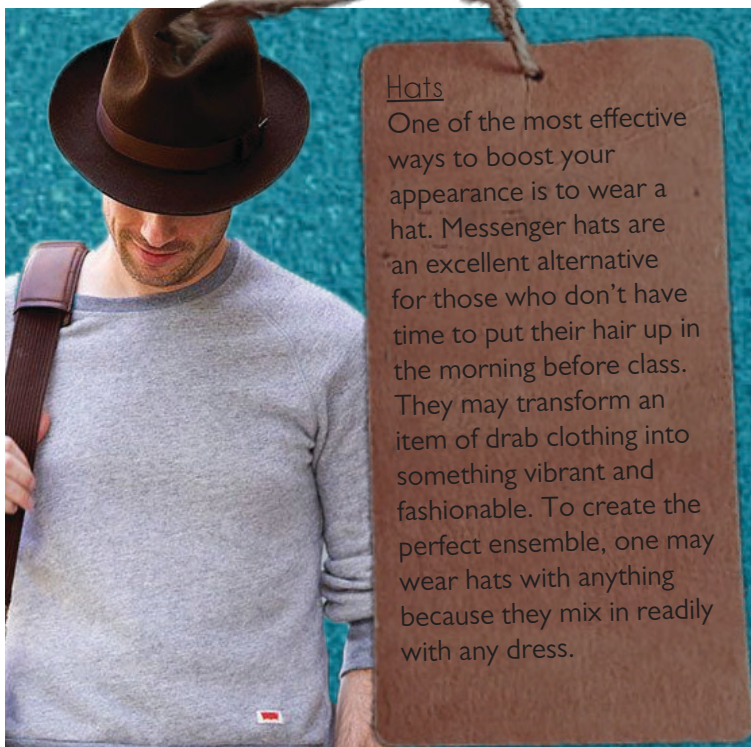
Besides not being expensive yet fashionable, bespoke t-shirts are also an excellent way to foster school solidarity among students and encourage them to take pride in their school. In a single day, you might discover half of the college students donning T-shirts, particularly those that bear their institution's name, colour, or logo. They dress in t-shirts and shorts or jeans with a pair of sneakers.

Because t-shirts are the quickest and most convenient item of clothing to wear, style, and accessorize, some students choose to wear t-shirts every day, especially when they are late for morning lectures.



Sneakers

They provide a sense of flair and comfort and serve as a symbol of youth. Shoes are also trendy and functional because they go with everything and are easy to wear. You can wear them when you are out with pals or in class. Bright colours may brighten your day on a poor day, and the marketplaces are swamped with various styles and colours, so choose one that suits your personality.



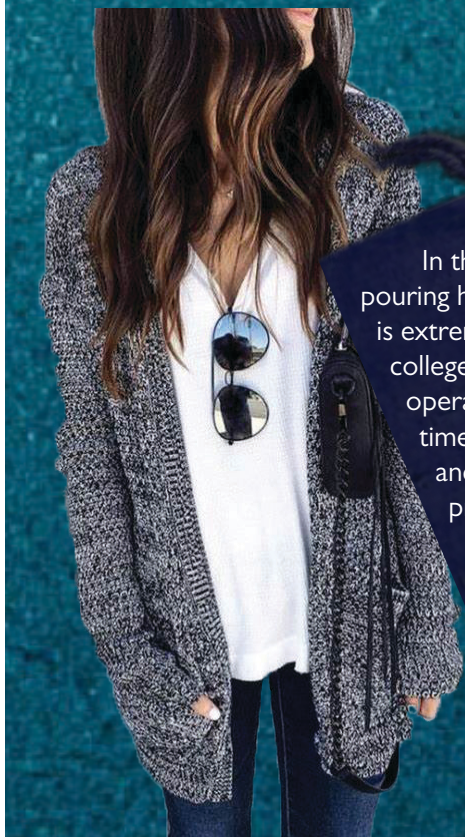
Hats

One of the most effective ways to boost your appearance is to wear a hat. Messenger hats are an excellent alternative for those who don't have time to put their hair up in the morning before class. They may transform an item of drab clothing into something vibrant and fashionable. To create the perfect ensemble, one may wear hats with anything because they mix in readily with any dress.



Jeans

Jeans are not only comfy, but they are also visually beautiful. They often fit different occasions, depending on their combination with other attires. In the classroom, on the field, at parties, at home etc. Ladies can pair them with high heels to create a more formal appearance. On the other hand, men can combine jeans with shoes to appear more casually dressed. One of the benefits of jeans is the diversity of styles and colours available, including mom jeans, thin jeans, boyfriend jeans, straight or cigarette jeans, bootcut jeans, flare jeans, low rise jeans, high-waist jeans, capri jeans, and ripped jeans, among many others. Due to their many varieties, jeans can be affordable to many students.




Sweaters and cardigans

In the winter, when it is pouring heavily, and the weather is extremely cold, the majority of colleges and institutions remain operational. This is the most significant time of year to stock up on sweaters and cardigans to keep you warm and protected from the cold. Sweaters and cardigans are practical, stylish, and easy to put on and take off. The most beneficial thing you can do for yourself is to get a variety of sweaters and cardigans in various colours and textures. According to studies, these are the most appropriate clothing to wear when working on your school project.

Every day, Fashion provides a significant contribution to our sense of self-assurance by enabling us to express ourselves in a variety of ways and to develop a distinctive personality. The way people dress reveals more about their characters and thoughts. It is consequently critical for young people to follow fashion trends and appear stylish because doing so substantially aids in their efforts to establish themselves and gain self-confidence. During their college years, young people begin to identify with their brands, so if you want to know the trending fashions, head to various schools and universities.



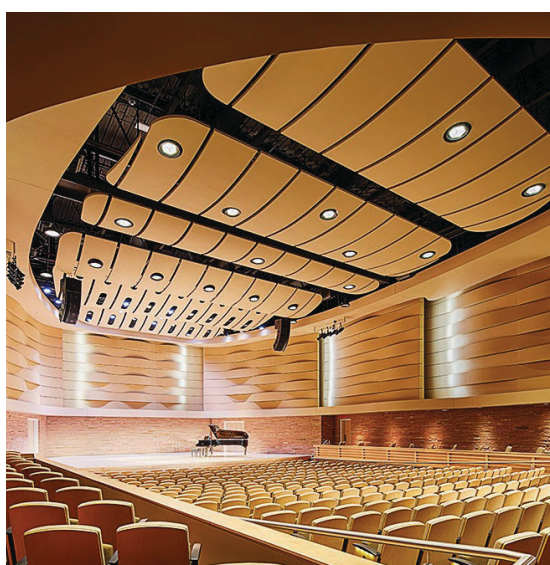


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coustics, according to architects, is the process of harnessing the qualities of sound to the greatest extent possible through the use of building design and construction techniques to the greatest extent possible. Acoustics is concerned with the production, transmission, control, and reception of sound and the effects of this process. Sounds are waves of energy produced when the air around us is disturbed somehow, generating a change in air pressure, radiating outward from the sound source. Sound can travel through the air; often, this is the case with the sound of a human voice.

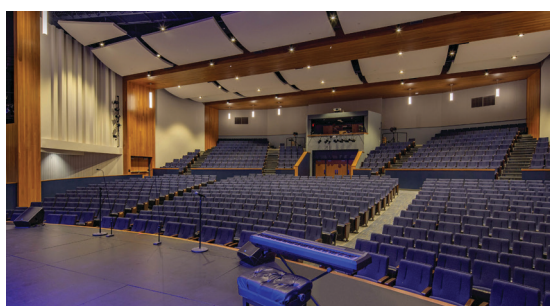
Sound is measured in decibels on logarithmic scales and expressed as a percentage. Decibel ratings are used to measure many different types of sound classifications. They are described in various ways to illustrate the many computations and measurements performed.

Acoustics buildings might include theatres, movie halls, auditoriums, classrooms, churches, and similar structures that produce sound. The planning, design, and construction of such facilities must be done so that the individuals inside can hear the sound clearly and pleasantly. Certain essential elements are taken into consideration by architects when creating buildings with the appropriate surfaces, forms, and mechanical systems to distribute and manage sound effectively. Consider the following:



1. Reverberation time

It is the amount of time it takes for reflected sound to “fade away” in an enclosed space after the source of the sound has been silenced. In contrast to music, rooms constructed for conversation often have a low reverberation time, but an enormous reverberation time can give depth, richness, and warmth to the sound of a musical instrument. It is possible to create a more prosperous and magnificent experience at a music venue by using long reverberation times in the architecture. When low reverberation is used in a location such as a conference room, on the other hand, listeners will be more engaged for a more extended period because it will take them less effort to hear and grasp the message. Various materials should absorb sound as it travels through the room’s walls and ceiling to lessen reverberation, preventing the sound from being reflected. Fiberboard, heavy drapes, and plastics are used to decrease resonance in a room.



2. Content

The acoustics of a large, empty building is vastly different from the acoustics of a large, crowded facility full of furniture, people, freight, or other items. Compared to a completely packed room, there will be much echo in an empty room. If possible, ensure that your space is filled, even if it is not with people; this includes furniture, luggage, and any other goods that you may need for your event.



3. shape

To determine the acoustics of your auditorium, the shape of your arena will be critical. The sound waves that strike some forms are scattered, whereas the sound waves that crash others are directed or concentrated. Avoid rooms with parallel walls such as squares or thin, rectangular rooms since the sound waves would bounce back and forth continually, causing unpleasant reverberations that will muddle the overall sound quality. It would be best to specialise in designing spaces with the appropriate shape for concerts or lectures to create the best acoustics possible. Curved walls, for example, are well-known for their sound-diffusing properties.

4. Material

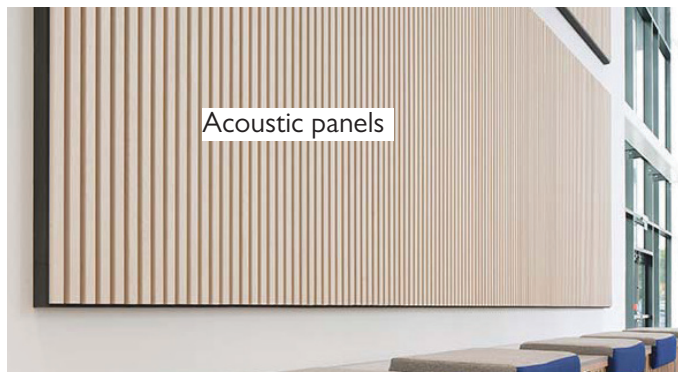
Use sound-absorbing materials to ensure that the reverberation time is as short as possible. Acoustic panels, upholstered chairs, curtains, and other soft, porous surfaces fall into this category. Your audience will likely struggle to hear the speaker if your facility is full of complex and nonporous surfaces, such as windows or wood flooring, because these materials will reflect sound waves

5. Doors

Use doors as a point to introduce outside noises. You may require high-quality acoustic doors for the project. All doors should have a robust core and airtight seals to prevent outside noise from infiltrating the building. Select solid-core doors with greater sound transmission control (STC) ratings over hollow-core doors with lower STC ratings when it comes to soundproofing.

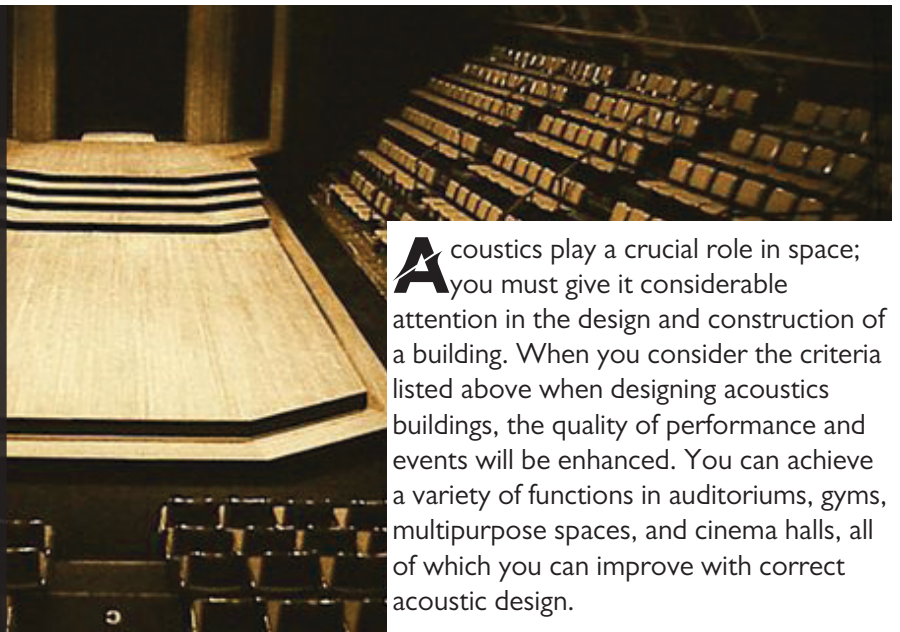
6. Geographical location

When constructing new movie halls, auditoriums, and other similar structures, they should be located as far from potential noise sources as feasible, such as highways, railroad tracks, industrial areas, and airports. You may have to construct a structure in a place where there is excessive noise. If this is the case, you may want to consider an acoustically isolated ceiling, or you may wish to use higher-density exterior walls and double-pane windows to prevent noise from nearby noise sources from leaking into the space.



7. Shape

To determine the acoustics of your auditorium, the shape of your arena will be critical. The sound waves that strike some forms are scattered, whereas the sound waves that crash others are directed or concentrated. Avoid rooms with parallel walls such as squares or thin, rectangular rooms since the sound waves would bounce back and forth continually, causing unpleasant reverberations that will muddle the overall sound quality. It would be best to specialise in designing spaces with the appropriate shape for concerts or lectures to create the best acoustics possible. Curved walls, for example, are well-known for their sound-diffusing properties.



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TATTOOS

Becoming Beauty Enhancer?

In today's society, more people are getting tattoos than ever before. They come in different forms, colours, inscriptions. At 48 per cent, Italians have the highest percentage of tattooed persons in the world, followed by Sweden (47 per cent) and the United States (46 per cent). Tattoos can be a form of expression, ranging from protest to even a gesture of love to people.

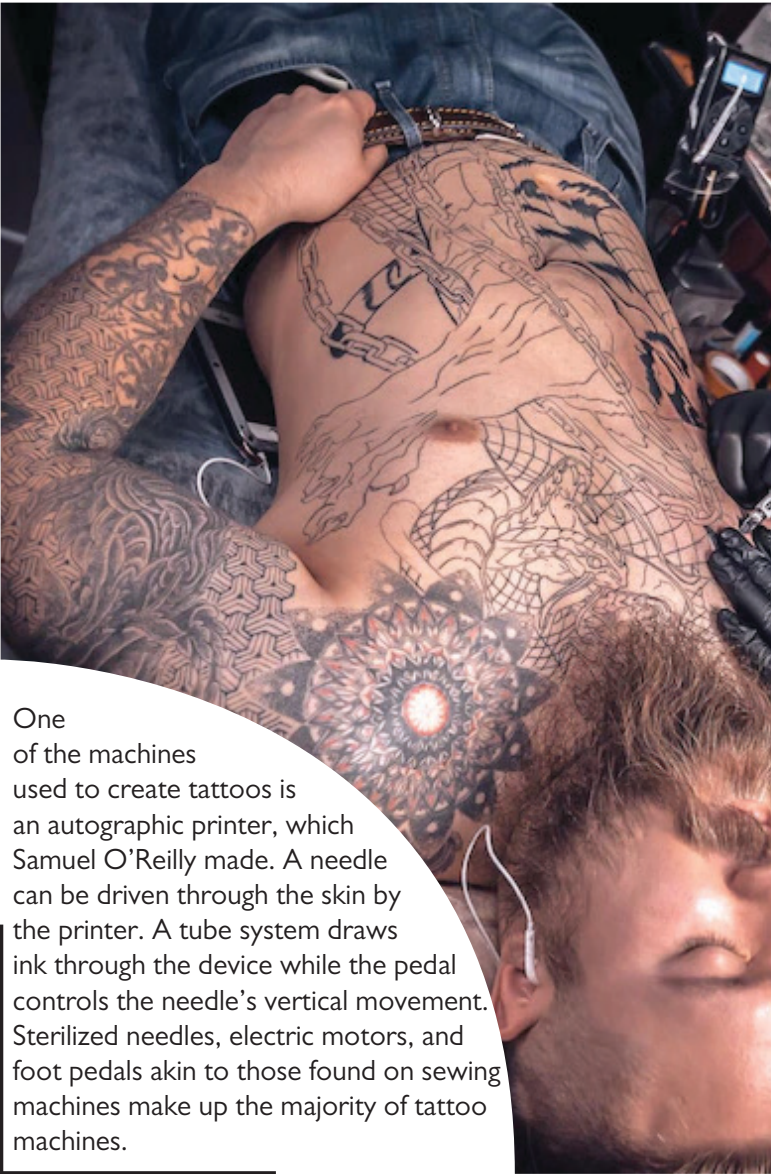
Statistics

According to studies, 47% of millennials have tattoos. Nearly three-quarters of the group (37%) have at least two, while 15 per cent have at least five. A review on the Compare Camp website shows that 35 per cent of UK residents aged 30 to 39 and 30 per cent of US college graduates have tattoos. The number of Africans with tattoos is lower than their western counterparts. Compared to the adult population, many Kenyan youths have tattoos. The same applies to many other African countries, albeit not as popular as in the West.

Interestingly, while some might associate tattoos with low incomers, numerous research results have shown that people with higher levels of education are more likely to have tattoos than those with lower levels of education (32 per cent versus 26 per cent). Furthermore, the percentage of tattooed people in the urban population (3%) is also higher than in the rural population (2%).

Origin and Mechanism

Tatau, the Tahitian term for mark, is the root of the word tattoo, first used by British explorers in the 18th century. Researchers at Sharecare have outlined the tattoo-making process. According to them, tattoos are made by injecting ink into a person's skin. Electro-mechanical tattoo equipment resembling dental drills are in use. Between 50 to 3,000 times per minute, the machines move solid needles up and down to penetrate the skin. The marker goes roughly a millimetre into the skin. A droplet of insoluble ink is deposited into the skin with each puncture.



One of the machines used to create tattoos is an autographic printer, which Samuel O'Reilly made. A needle can be driven through the skin by the printer. A tube system draws ink through the device while the pedal controls the needle's vertical movement. Sterilized needles, electric motors, and foot pedals akin to those found on sewing machines make up the majority of tattoo machines.

The practice of getting tattoos has been around for a very long time. Human tattoos date back between 3370 BC and 3100 BC, depending on the source. In 'The Descent of Man,' Charles Darwin said in 1871 that no country in the world did not perform some permanent body modification. Human beings used scars to decorate people's bodies long ago, according to 19th-century German ethnographer and adventurer Karl von den Steinen. The spot became discoloured due to the plant sap being rubbed into the wounds to stop the bleeding. It might be considered a tattoo as a result of the embellishment. According to records, ancient Egyptian mummies used tattoos dating back to 2000 BC, suggesting that the practise was prevalent in the region. 'Missionary Travels and Research in South Africa' (1857) by David Livingstone stated that Apache and Comanche warriors would rub soil into their wounds to make their scarring more noticeable

and demonstrate their status within the tribe. According to specific hypotheses, the tattoos discovered on the mummies were just cosmetic.

In 1991, two German hikers discovered the earliest tattooed human in the Otztal Alps, bordering Italy and Austria. In honour of the valley where they found it, the mummy was named "Otzi." Analysis of Otzi's remains revealed that he was between 30 and 45 when he died. Examinations revealed that he had 57 tattoos.

On his spine, knee, and ankle joints, Otzi has more than fifty lines and crosses tattooed on his body, the earliest known evidence of tattooing in the world. He had arthritis in his hip joint, knee, ankle and spine; forensic research found whipworm eggs, which are known to cause gastrointestinal pain, in Otzi's digestive system. Following the discovery, some believe that Otzi's tattoos were therapeutic after all.



ince experts discovered that tattoos have a substantial impact on one's health and general look, the number of people who have tattoos have increased in recent years. Apart from believing that it enhances one's natural beauty, tattoo lovers believe it makes one attracted to the opposite as well.



Positive effects

1 Further research reveals that tattoos boost the body's natural defences. According to a study published in the American Journal of Human Biology, tattooing can help protect the immune system from disease. The protection is possible due to a lower immunoglobulin loss of the skin. The antibody aids the immunological, digestive, and respiratory systems and aids the body in fighting viruses and even the common cold and flu with higher antibody levels in the blood. Tattoos also bolster the immune system. The immune system produces antibodies in response to a foreign invader being detected in the body.

2 Tattoos help athletes perform better than usual. Taking frequent exercises reduces cortisol levels as well. To put it another way, this is because cortisol harms your body's ability to repair and recover. Cortisol levels are lower, which allows your muscles to recover more quickly after training, resulting in more significant muscular gain with fewer days off from the gym. All athletes are working hard to keep their cortisol levels in check, from powerlifters to soccer players.

3 Tattoos also help to alleviate stress. As cortisol levels rise, so does the level of tension in the body. Cortisol levels are reduced while a person undergoes the tattooing process. As a result, stress levels in the individual are reduced, according to researchers.

4 Equally, research has shown that tattoos serve to bolster one's sense of self-confidence. People's self-esteem soars as a result of getting a tattoo. Women with several tattoos, in particular, are more confident than men. They act more confidently because of their tattoos.

5 Recent studies have shown that tattoos are a considerably more effective way to deliver vaccines to the body than the more traditional needle method. Tattoos, in addition to strengthening one's immune system and lowering stress, also aid in vaccination. "Tattoo vaccines" employ a tattoo machine to give the vaccine components instead of ink. This novel approach allows vaccines to be produced at a lower cost and more ease.

6 Survivors of sexual assault can regain control of their bodies by getting tattoos. The findings of a study conducted by Taylor and Francis Online in 2019 show that tattoos can help survivors of sexual assault feel better and more confident. Survivors can re-examine their experiences and construct new narratives about resilience and survival by using imagery related to their trauma and deliberately going through a painful process.

Possible Health issues

Tattoos can lead to skin infections and other problems, such as allergic responses. Tattoo pigments, particularly those in the colours red, green, yellow, and blue, can induce allergic skin responses such as an itching rash at the tattoo site. The symptoms can develop even years after the tattoo is applied. Other risks connected with tattoos include keloid scarring, MRI problems, and infection from non-sterilized needles.

Tattoos can conceal skin cancer.

Prejudice

Contrarily, some, especially Africans, have a negative attitude towards a tattoo. They even associate the practice with irresponsibility and immorality. The bad opinion may have some cultural dimensions.

Booming industry

The tattoo industry has become a booming economic section despite the prejudice, attracting both young and old. Many spend handsomely to learn the trade, while creative tattooists earn much. One may be unaware of the monetary benefits that tattoo parlour owners derive from their customers' body art. The average annual salary for a tattoo artist in the United States is \$49,520. Additionally, a tiny tattoo in the United Kingdom might cost as much as \$130.

Therefore, it is not a surprise that the tattoo industry has become a boom recently. The tattoo industry has indeed come to stay.



FORCING SOMEONE TO UNFOLLOW YOU ON TWITTER



People stop following other accounts when they no longer wish to see their Tweets in their home timeline. It can be demoralising when someone stops following you; you may feel unloved or rejected and question why such a decision. By being relevant to the platform's users and using it effectively, you can prevent unfollowing. You can achieve that in many ways.

Excessive Tweets

According to experts, there are various reasons why someone could cease following you on Twitter. The first is that you are tweeting excessively. If you want to keep all of your followers happy, don't abuse Twitter by tweeting every minute of every day. Keep your tweets to a bare minimum to avoid filling up people's feeds. Bear in mind that your followers have others they equally follow.

Stillness

Avoid too much stillness. Your chances of being seen by your followers if and when they tune in are limited if you don't tweet regularly. It's critical to appear constantly by using scheduling tools to distribute your tweets throughout the day evenly and even tweeting out your most important information many times over several days. It would be best to balance tweeting excessively and not to tweet regularly.

Angry Tweets

Then there are the angry tweets. Tweeps use social networking to communicate with their friends and promote their companies. And these are the ones that try to stay away from negativity at all costs. They want to be connected with positivity rather than being on the receiving end of your rants and raves. It would be easy to detect rage issues based on your tweets. One of the biggest reasons people unfollow you on Twitter is that your tweets are excessively harsh.

No profile photo

Did you fail to upload a profile photo? If you don't have a profile image, people won't trust you or your Twitter account. If you want people to keep following you, make your avatar a gorgeous, smiling photo of yourself. Giving a face to your name helps people connect with you.

Content hoarding

Finally, please avoid content hoarding. It's all about social media sharing. Try to find a few fascinating articles, books, movies, podcasts, speeches, or other tweets to share with your followers at least once a day.

Self-promoter and narcissism

The third point is being a self-promoter. You'll lose Twitter followers if every tweet you send promotes your products, content, or store. That makes you unsociable. Make it so that 90% of your tweets aren't about you – retweet others, communicate with your fans and influencers, and generally engage in dialogue – and your followers will stick with you.

Follow up

Please don't make it one-way traffic. Failing to follow up with your other followers could make them think you are arrogant or leave them feeling unappreciated. When someone follows you, they expect you to follow them back; failure to do so may force them to unfollow you.

To unfollow someone from a tweet, go to that user's tweet, click the down arrow next to it, select Unfollow @username, and you'll get a notification that says You unfollowed @username.

Please hover over the Following button next to any account name on your following list, it will change to Unfollow, and the switch to unfollow the account will appear.

Click on the account's profile page you want to unfollow, hover over the Following button on their profile page; it will change to Unfollow, then click the Unfollow button to unfollow the account.

But you can unfollow your unpleasant followers as well. Imagine you have a follower who is nagging or polluting the atmosphere on the forum; you can force them to unfollow you peacefully.

Twitter has devised a method of telepathically persuading your most obnoxious followers to unfollow you on their own. However, it is presently only available on the internet. Navigate to the profile you wish to remove from your online circle, click the three dots to the left of the follow button, and select Remove this follower from the drop-down menu.

You can also go to your profile page, click Followers, then select Remove this follower from the three dots next to the person you wish to remove. As a result, instead of allowing others to create an unpleasant atmosphere on the forum, use this innovative way to get rid of such followers without them realising what you've done.



LITERARY CORNER

COMING SOON



GENRE: ROMANTIC ADVENTURE COMEDY
RELEASE DATE : 25th MARCH 2022



GENRE: ACTION
RELEASE DATE : 01st APRIL 2022



GENRE: SUPERHERO
RELEASE DATE : 01st APR 2022

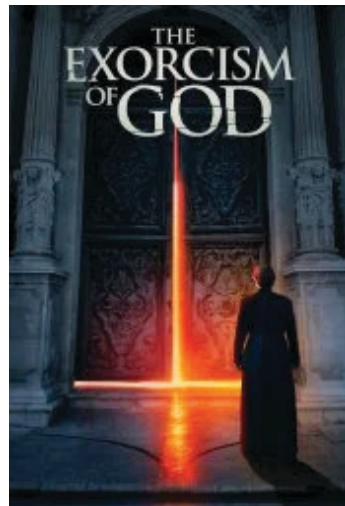


GENRE: 3D ANIMATION
RELEASE DATE: 22ND APRIL 2022

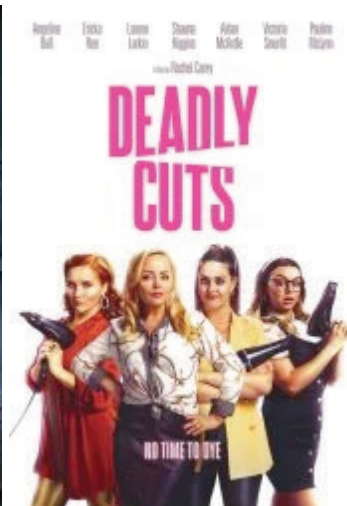
IN CINEMA



GENRE: 3D ANIMATION
RATING : 7.2/10



GENRE: HORROR
RATING: 5.5/10



GENRE: COMEDY
RATING: 7/10



GENRE: ACTION/ADVENTURE
RATING: 6.7/10

THE DARKENED EPISODE.

By Alyshya

POEM

Am I such a bad person? Then why does it feel this way...
Why do I seem to lose everything I value... Why do I touch
then have to watch it fade from me? Why do I have to get
so attached then feel it tear from me? Why does my soul
bleed so badly that even breathing is a test?

You swore to have my back, to be there always but like the
elusive wind your time ran out. Like fate you faded from
my world. You left behind scars that even fate itself can't
replace...

Fate wrote a tale. It created a world but like a sharp blade
it tore through that world. It cut through it's essence only
leaving behind the gaping unhealing wounds.

Dear fate I wish you could write a new tale. One where I knew
none but the jaded walls of my destruction. One in which my pain
drained my soul enough to end me. Dear fate, I hope you write
one more tale: one with an end. One where breath truly drains
from me.

@Alyshiya



MAKING
kids
HAPPY:

THINGS
THAT
CHILDREN
ENJOY

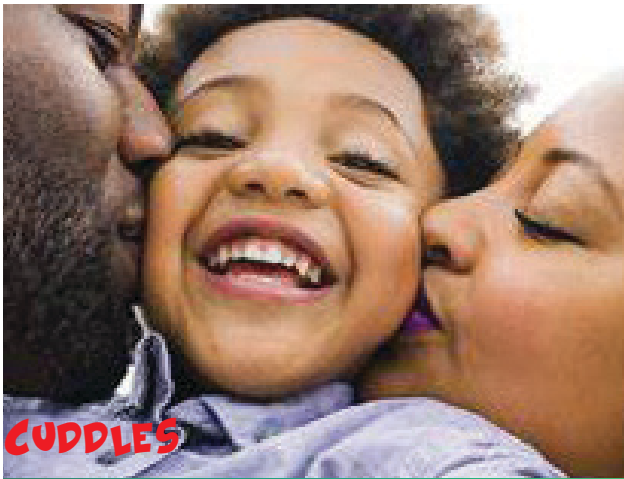


The way you bring up your kids moulds their future and character. It equally influences how they show affection. To give children the best opportunity in life involves paying attention to what makes them happy. The vast majority of children

enjoy cartoons, computer games, movies, playing, and even spending time with their grandparents, among other activities. In contrast to adults, children show genuine affection for things that most grown-ups deem inconsequential.

We can learn a lot about life from children, from being patient to understanding the actual meaning of happiness in life. As a result, we must refocus our attention on what children enjoy doing to disengage from the pointless expectations we place on ourselves. Below are some things that children enjoy; paying attention to them will add happiness to the lives of the children and help in their development.





Cuddling was a favourite pastime for children. Scientists have discovered that embracing and showing affection to children is vital for their overall development and influencing their perception. According to studies, cuddles and hugs help parents and their children create a special bond with one another. Hugs help stimulate further the release of oxytocin, which is essential in developing solid parent-child connections. Babies' epigenomes are altered due to their mothers' cuddling with them. The epigenome is the system that controls access to the body's genes and tells the human genome what to do.



Grandparents are unique in their own way, which is why their grandchildren like and respect them. They are usually ready for an adventure, have a lot of exciting stories to tell, and can be less strict to their grandchildren than their parents. Grandparents can infuse their time with their grandchildren with a unique sense of excitement, which aids in the learning and development of the children. They assist children in learning by engaging in activities such as playing, chatting, and reading while paying close attention to the grandchildren. An essential thing that grandparents can provide to their grandchildren is their love. Relationships with adults in their intimate and compassionate lives are necessary for babies, toddlers, and preschoolers. A young child's sense of safety and security is enhanced by the attention, interaction, and unconditional love provided by grandparents (and, of course, parents).



FRIENDS

According to research, teenagers are more likely than adults to withdraw from their parents and get emotionally attached to their friends. Making friends is an essential element of growing up and a crucial part of a child's social and psychological development. Friendships assist children in developing self-esteem and confidence. Positive companies may also act as a protective barrier against bullying in some cases. Healthy friendships can also empower children since they can help them feel belonging and identity.



PLAYING

If you want a child's health and development to be a priority, play is more than just an opportunity for them to have a good time. A child's brain, body, and life are enriched in significant ways by the various types of play, including anything from peek-a-boo to pat-a-cake to hide-and-seek to hopscotch. The play age group is when a child desires the time and opportunity to analyze what they see, investigate how things operate, and express their active imaginations through pretend games in which they take the lead and make all of the decisions.



GIFTS

Researchers at the University of Illinois Chicago conducted four distinct research and discovered that very young children, ages 3 to 5, have a greater appreciation for material goods than they do for experiences in their early development. Toys, clothing, and food items such as crisps, drinks, popcorn, biscuits, and chocolates are some of the gifts that children like receiving the most. In human psychology, gift-giving is significant for various reasons, ranging from improving mental health to enhancing happiness and lifespan. Acts of kindness and gift-giving are essential for multiple reasons, including improving mental health.

SPENDING TIME WITH CARTOONS



The biggest reason many children enjoy watching cartoons on television is that they are entertaining. Most people, regardless of their age, dislike being bored, and this is especially true for youngsters, who are constantly searching for something new to do or something amusing to watch. Yet another rationale is that cartoons are a fantastic way for children to learn about new subjects because they are not monotonous to watch. To a large extent, teachers and parents are faced with devising innovative methods to motivate their pupils to master new skills, mainly when the content is taught monotonous or uninteresting. Cartoons appeal to

youngsters for many reasons, not the least of which they are inventive and therefore unrealistic. Everyone yearns for a respite from the stresses of everyday life from time to time. It is natural for children to avoid unpleasant chores such as schoolwork, so they look for enjoyable activities to perform in their leisure time.



Children have different interests. Also, keep in mind that what two-year-old child values may differ from the interest of the ten-year-old counterpart. For example, in this situation, the former may not be as interested in cartoons as the latter. Your child may not enjoy all of the above activities; try to pay attention to what gives them joy and encourage them to explore other activities.

BOXES

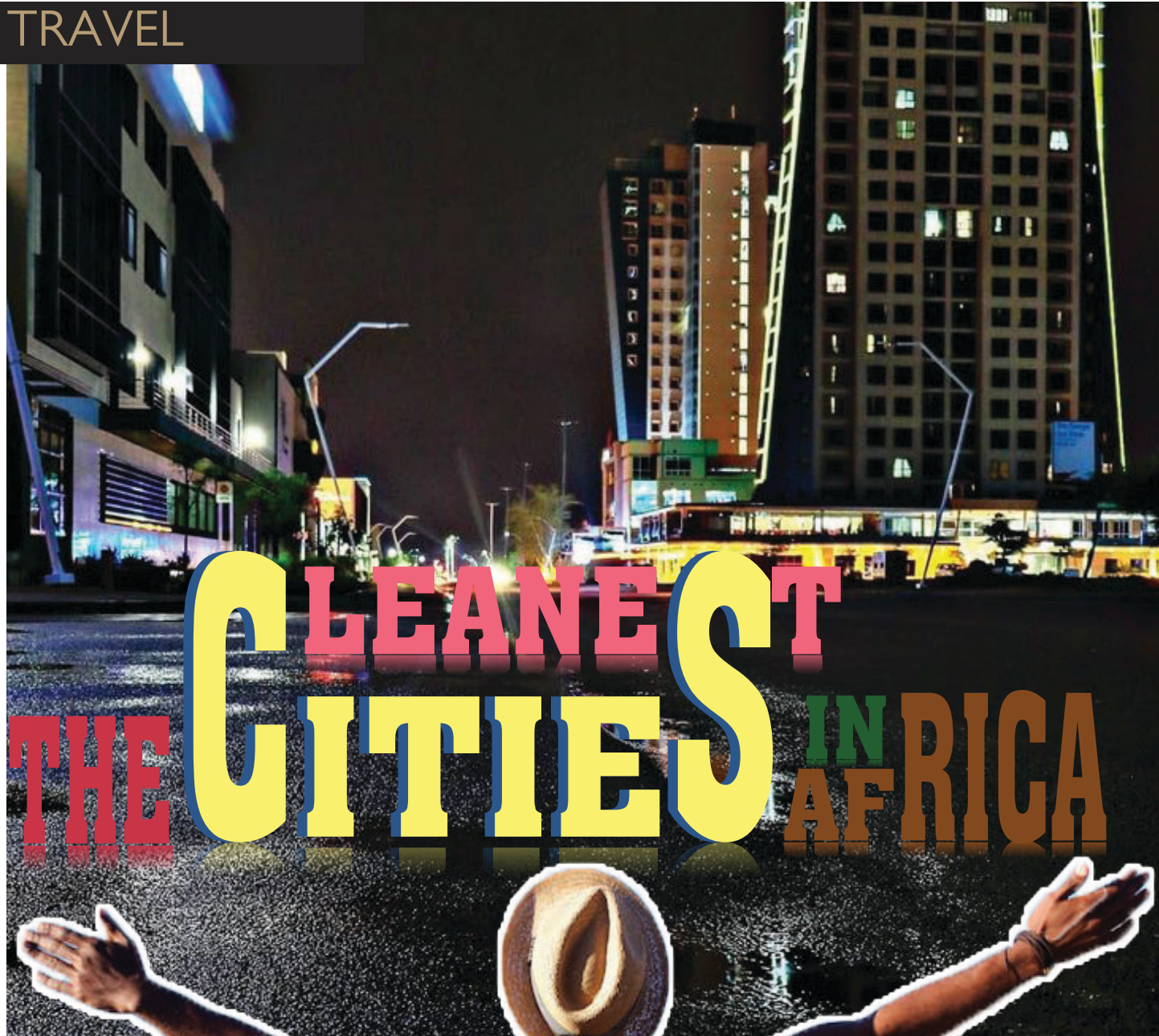
A beloved toy among children is the cardboard box. A small box is perfect for decorating, concealing goods, and functioning as a secret haven for keeping secrets of all kinds. While being used as a toy, a large box can be changed into a spaceship, fort, castle, magic cave, school, or jack in the box by the children. A smaller version is identical to a larger version; the only difference is that the smaller version is more portable and concealable.



**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



Logically, when you are planning for a holiday, many issues affect your choice of destination, amongst them, the cleanliness or environmental healthiness of the city. How clean is the town? Air quality, access to potable drinking water and the amount of Carbon (IV) oxide emitted into the atmosphere all play a crucial role. Visitors are more likely to return to a clean city or town, which has positively impacted them.

Don't be influenced by adverse reports about Africa; the continent has much to offer, and many African cities have put themselves on the global map regarding cleanliness. Due to the continent's history, wildlife, culture, and people, it is one of the best places in the world to visit. As a result, many African towns are working hard to improve the quality of life for residents and visitors alike.

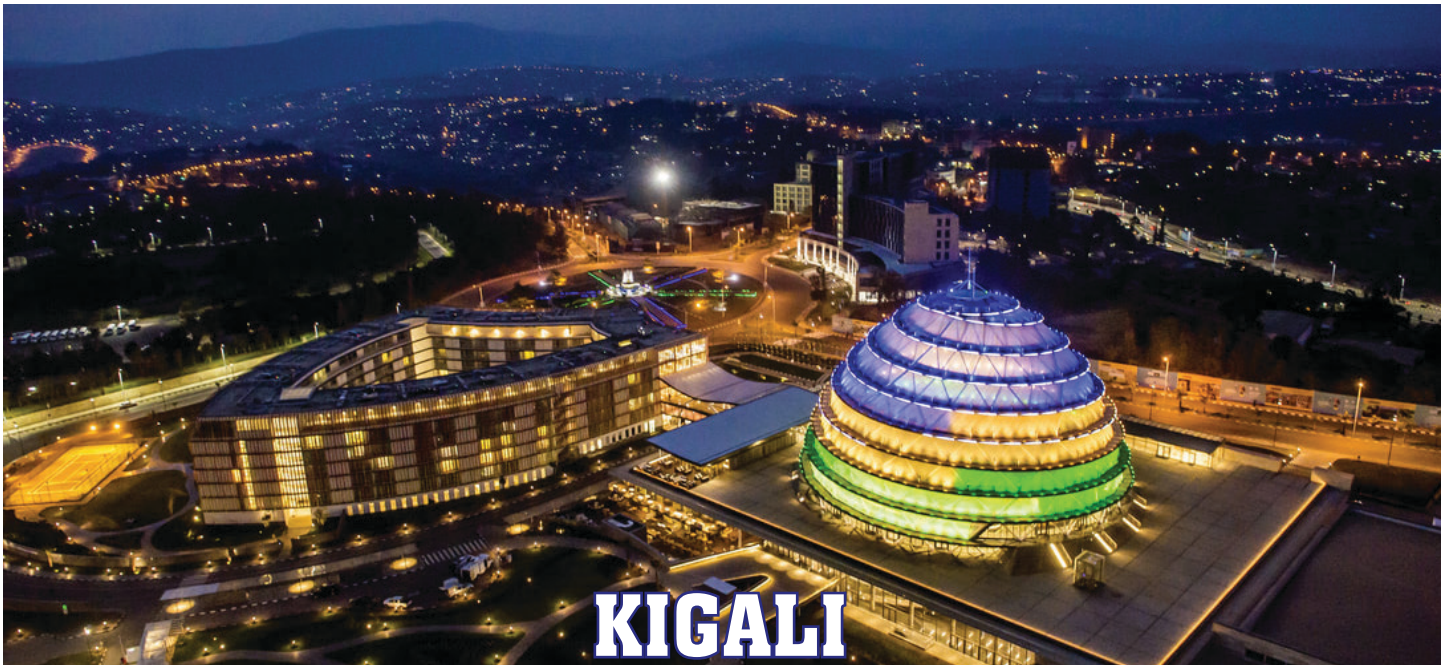
The majority of the world's population lived in rural

areas in the nineteenth century, and city life was not for everyone. Technology has made it possible for more than seventy per cent of the world's population to live in cities, which has happened in less than a century.

Environmental pollution was an afterthought until the last couple of centuries.

However, living in a pollution-free environment is possible despite the rise in industrial emissions, as evidenced by the following list of the cleanest African cities.

The most pristine cities are characterised by sustainable development, pure air, and a robust agricultural sector.



KIGALI

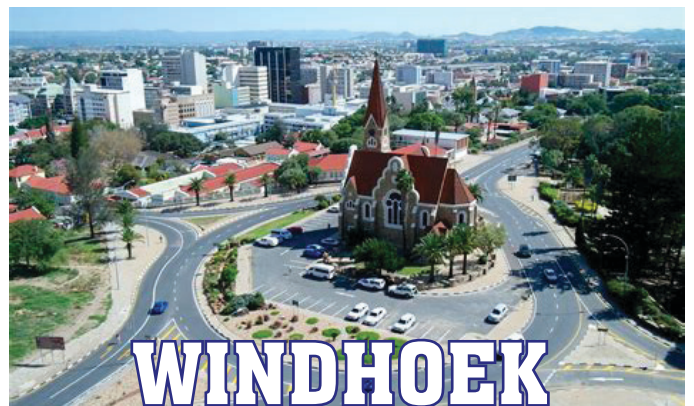
There are more than a million people in Kigali, the capital city of Rwanda, located in the country's central region, Ruganwa. With its Muslim quarter and four hills as a backdrop, Kigali is a top tourist destination, made up of an industrial zone and an eviction camp, both located in the city's northeastern section. Kigali's light industries are shoes, paint and varnish, radio assembly, and tanning. Highways, some of which are paved, link the city to its four borders, including numerous routes that pass through it. The city is also home to a significant international airport and a vocational training centre.

Despite being severely damaged by the 1994 genocide, the East African metropolis has emerged as the continent's cleanest. Plastic bag prohibition, national cleanup day, strict enforcement of the regulations and national consciousness about the necessity of keeping the streets clean have all contributed to Kigali's safe and clean streets. According to a study, the prohibition on plastic bags has helped Rwanda become one of the continent's cleanest countries. Due to a ban on plastic bags, Rwanda has experienced a considerable improvement in environmental quality since 2008. The country has replaced plastic bags with biodegradable materials such as paper, linen, banana leaves, and papyrus.



GABORONE

Apart from being the most democratic and stable country in Africa, Botswana's capital city, Gaborone, is also one of Africa's cleanest cities. Its political and economic stability makes it an attractive destination for tourists. The city board has achieved cleanup of the city through regular collection, disposal, and recycling of solid waste. Keeping the city clean is the responsibility of the Gaborone municipal council, which manages the facility.



WINDHOEK

According to reports, Windhoek is one of Africa's safest, cleanest and most accessible cities to navigate. Windhoek's municipal government is committed to maintaining the city's clean appearance and the environment by including residents in garbage management. Some experts believe the German culture and colonial past may have equally contributed to the city's stunning beauty. Apart from English, both German and Afrikaans are widely spoken in Namibia.



JOHANNESBURG

One of the most densely populated districts in South Africa, Johannesburg has won the Most Environmentally Friendly Metropolitan award multiple times. In 2017, Johannesburg was named the country's greenest metropolis. Once noted for its high levels of industrial waste, pollution, and congestion, today, the city is a model of environmental sustainability. The city has stepped up its efforts to ensure a safe and clean environment for its citizens. The capital of Gauteng Province is home to a plethora of parks, gardens, skyscrapers, and tree-lined boulevards. Its manicured orchards, found in every nook and cranny, add to the city's natural splendour.



DAR ES SALAAM

On the Indian Ocean side of Tanzania is Dar es Salaam, the country's largest city with stunning beauty. Despite the city's 7 million population, the city is clean, with all of the city's reservoirs and other public spaces are regularly cleaned by the local government. In addition, trees cover half of Dar es Salaam and its environs, absorbing carbon (IV) oxide and releasing a considerable amount of oxygen into the air. Like Rwanda, the city has banned plastic bags, to reduce environmental pollution.



PORT LOUIS

Mauritania's capital, Port Louis, is the largest city in the country. Even though the city has a significant population, its air quality is comparable to that of the cleanest countries in the world. In addition, Port Louis' Public Health Department ensures that the city's garbage disposal, cleanliness, and potable water supply are all well-maintained.

While these and other cities are doing an excellent job environmentally, others have fallen short. Some of the polluted cities in Africa are Bamako (Mali), Kampala (Uganda), Pretoria (South Africa), and Abidjan (Ivory Coast), according to IQ Air 2021 report. Sadly, the South African region had 11 of the continent's 15 most polluted cities.

It is not too late to make African cities environmentally sustainable. It requires commitment. Now is the right time to save our environment, and charity begins at home. A clean environment means healthy lives, so let us work together if we want to live longer.

TOP HEALTH BENEFITS OF CHIA SEEDS

Chia seeds were an essential part of the ancient Aztec and Maya diets, with enormous health benefits. Little wonder why they are now grown on a small scale in their ancestral homelands of central Mexico and Guatemala and commercially throughout Central and South America. They are oval, grey, black and white spots and have a diameter of about 2 millimetres (0.08 in).

Also known as *Salvia hispanica*, Chia seeds can be eaten cooked or raw, but they should be mixed with another food or soaked before eating. According to a New York Times report, chia seeds reappeared in homes as pets in the 1990s before making their way into our puddings, smoothies, bread, and other foods.

According to the United States Department of Agriculture Natural Resources Conservation Service (USDA), the seeds were also used for medicinal purposes, such as treating ailments like fever and inflammation.

According to research, the following benefits make chia seeds essential in our daily diets.



NUTRITIOUS

A review carried out by EVERYDAY HEALTH says that chia seeds are nutritional powerhouses. According to the United States Department of Agriculture (USDA) National Nutrient Database, a 28-gram, or one-ounce serving of chia seeds contains 131 calories, 8.4 grams of fat, 13.07 grams of carbohydrate, 11.2 grams of fibre, 5.6 grams of protein, and has no sugar.

They also contain calcium, manganese, vitamins, minerals, phosphorus, and a small amount of potassium and copper. The seeds have also been identified as a good source of protein by the United States Department of Agriculture's MyPlate guidelines.



HIGH FIBER CONTENT

According to health experts, one ounce of chia seeds contains 9.8 grams of fibre, which contributes significantly to the recommended 25 to 38 grams of fibre per day for adults aged 50 and younger, or 21 to 30 grams of fibre per day for adults over 50. The United States (U.S.) dietary guidelines Trusted Source for 2015 to 2020 states that men under the age of 50 should consume 30.8 grams (g) of fibre per day, while women under the age of 50 should consume 25.2 g per day.

The guidelines also recommend 28g and 22.4g of fibre per day for men and women over 50, respectively.

According to a review published in the Journal of Food Science and Technology, chia seeds aid the digestive system. They absorb water, gel up, and expand in your stomach to slow digestion and help you feel full after a meal. It also helps to keep your gut healthy.



ENDOWED WITH ANTIOXIDANTS

These tiny seeds are high in antioxidants such as Caffeic acid, Chlorogenic acid, Kaempferol, and Quercetin, which are known for reducing ageing signs, resulting in younger-looking skin, healthier hair, and a lower risk of cancer. Antioxidants also fight free radicals, which cause cell, protein, and DNA damage.



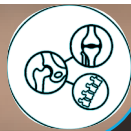
SOURCE OF OMEGA-3 FATTY ACIDS.

According to a review published in the Journal of Food Science and Technology, chia seeds are an excellent source of Omega-3 fatty acids. The omega-3 fatty acids aid in treating depression, improving sleep, and preventing heart disease. Research also indicates that it can reduce the risk of thrombosis and arrhythmias, leading to a heart attack, stroke, or sudden cardiac death.



WEIGHT LOSS

Chia seeds are essential in weight management because they contain protein and fibre. According to a study published in the SFGATE, protein and fibre promote blood sugar control, which keeps your appetite and energy levels more stable between meals. They also absorb fluid when added to beverages, making them even more satisfying.



ENHANCE BONE HEALTH

Calcium, phosphorus, and magnesium are essential elements for bone health. A study published by the NCBI shows that a cup of chia seeds contains 100g of calcium. These minerals help increase bone mineral density, which helps keep your bones strong.



LOWER HEART DISEASE

Another study published in the American Journal of Medicine discovered evidence of a link between a high fibre diet and a lower risk of heart disease. Omega-3 fatty acids have also been linked to a lower risk of cardiovascular problems like arrhythmias and blocked arteries. Chia seeds also contain quercetin, an antioxidant that can lower your risk of having a heart attack.



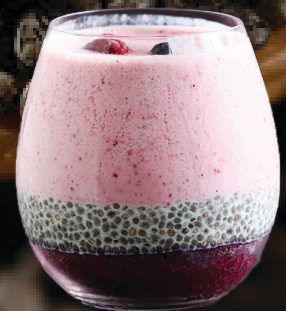
REDUCE BLOOD SUGAR LEVEL

Chia seeds play an essential role in the lives of diabetics because they can help stabilize blood sugar and improve insulin sensitivity. Their nutritional composition of Omega-3 fatty acids, proteins, and fibre helps stabilize blood sugar levels.

Despite their numerous health benefits, chia seeds have some drawbacks. According to research, high fibre consumption has been linked to negative digestive symptoms such as abdominal pain, gas, and bloating. Furthermore, those with inflammatory bowel disease are advised to limit their fibre consumption during flare-ups to avoid further complications. Regardless, the benefits of chia seeds outweigh the health challenges they pose. Therefore, it is not strange that chia seed has established itself as a top health product we must consume and promote.



Dragonfruit smoothie



Mix Berries Chia Seeds

AUNT SYLVIA



Dear Aunt Silvia,

Thank you for your interesting articles and advice. I am always uplifted every time I read your column. I have a 17-year-old daughter who has albinism. She is very brilliant, loving and peaceful, but she is often bullied on the street and at school because of her skin colour. The discrimination has become so much that she is reluctant to go to school or interact with other kids. I am worried that the stigma could seriously affect my daughter socially, academically or otherwise. Please advise me on how to handle this situation before it is too late.

Yours,
Adiatu (Port Loko, Sierra Leone)

ANTI-RACIST

Quotes

Let's practice motivation and love, not discrimination and hate. - Zendaya

Albinism isn't a malady which will hurt you so get to know individuals regardless of their shading.

A change in skin tone doesn't change the individual. Get to know them for their identity and not for what they look like.

All people are of similar sex, being an albino doesn't make them any unique.



Dear Adiatu,

Thank you for your E-mail. I can understand your worries and concern. However, the one thing I want from you is to assure your daughter that her skin colour should never limit her ambitions. Furthermore, make sure you continue showing your love for your daughter. She deserves the best. She needs your support to overcome prejudice and misconceptions.

Sadly, we sometimes put misconception above our common sense here in Africa. Unfortunately, one is discriminated against simply because of the colour of their skin. We complain about discrimination in the hands of the whites, yet here in Africa, we do the same against our fellow Africans. Isn't that a sad irony? Worse still, I've even heard of a belief that concoctions from a person with albinism could bring riches and cure other diseases. Others believe that sleeping with an albino can help cure HIV infections.

For clarity's sake, albinism is a hereditary genetic condition that causes an absence of pigmentation in the skin, hair, and eyes. Albinism is not limited to human beings; you have cases of albinism even in the animal kingdom. Logically, if one believes that sleeping with a person with albinism can help cure them of HIV infection, would sleeping with an albino animal cure the same? How I wish those who share the archaic belief would answer my question.

Regardless, as a parent, you must stand solidly behind your daughter as well as boost her self-confidence. Furthermore, I would suggest you report the discrimination against your daughter to the school authority and perhaps other relevant agencies. If I may ask, have you taken the time to explain to your daughter what albinism is? If you have not, please do so positively – without making her feel uncomfortable about it. Furthermore, encourage your daughter to often walk in a group. Perhaps moving together with others could deter bullying or any unexpected attack. These are precautional measures, which I suggest you take without making your daughter feel unnecessarily scared or different from others. Above all, assure her that the sky is her limit if she works hard and believes in her ability.

Yours,

Aunt Silvia



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