



# KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

## LISTEN TO MY HOMO LESSON



### + HEALTH



OVER  
10 PAGES  
CARTOON

### FASHION



### BEAUTY



### Kids



ISSN 2214-059X



### Foods

Ways of preserving food at home

### INTERIOR

Important interior design tips for bathroom

### TECU

Let's go for electric cars

### TRAVEL

The Top Reasons to Visit Madagascar

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)

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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 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: That Symbolic Lesson of Difference

Humanity is entangled in the web of fragmentation and dichotomy; we assess, judge, segregate and interact with individuals based on our assumed differences in their identity and characteristics - race, gender, sexual orientation, religion, education, and ideology. To achieve our divisive discourse, we often create a symbolic world, which explains the order of things and how and why things are the way they are. That figurative or allusive world gives meanings and legitimacy to our actions, more or less.

The reality is that we are products and victims of interwoven and interdependent existence. We live because others exist; we hardly can separate our peaceful co-existence from the liberty of others. That makes equality the heartbeat of freedom, without which there is no liberty. The identity of our ultimate interests arises from equality of rights; you can't deny or destroy your neighbour's rights without effectively endangering yours. Hence, we can argue that our rights and liberties are interwoven; the rights of others determine mine.

When Mary McCarthy states that in science, all facts, no matter how trivial or banal, enjoy democratic equality, it poses a challenge to human society in their interactions with others they consider different. Differences are not alien unless we make them so.

Take a look at the issues of homosexuality, which many Africans and other emerging countries deprecate and consider a strange behaviour or cultural abnormality. On the other hand, their Western counterparts are more tolerant and open to gay relationships.

While research has proven that biological variables that begin before birth have a role in sexual

orientation, it is clear that people do not choose to whom they are attracted. Therapy, treatment, or persuasion cannot alter a person's sexual orientation. As a result, it's reasonable to argue that you can't "change" or "convert" a person into a gay. Furthermore, like in human society, it is scientifically proved that homosexuality exists in the animal kingdom. If we accept that one's sexual orientation is a natural part of who one is - not a choice - it becomes reasonable to make tolerance a cornerstone for harmonious co-existence.

Likewise, while polygamy is a normal and acceptable practice in many African societies, that is not the case in the West. Interestingly, both gay and polygamy relationships have one thing in common - love. Though some might wonder why one might be antagonistic about love between two adults, which does not hurt others, others might denounce the West for fighting against gay discrimination, which Africans and some developing worlds might consider "alien" and "abnormal" to their cultures, while unapologetically practising their polygamous relations, which is alien to the West.

As Albert Einstein right said, "Before God, we are all equally wise, and equally foolish." Who are we to judge or throw the first stone?

The fundamental law of any religion and humanity is love - unconditional love! If that love exists amongst us, it creates light, which beams tolerance and leads to peaceful co-existence.

That is the gist of that symbolic lesson of difference.

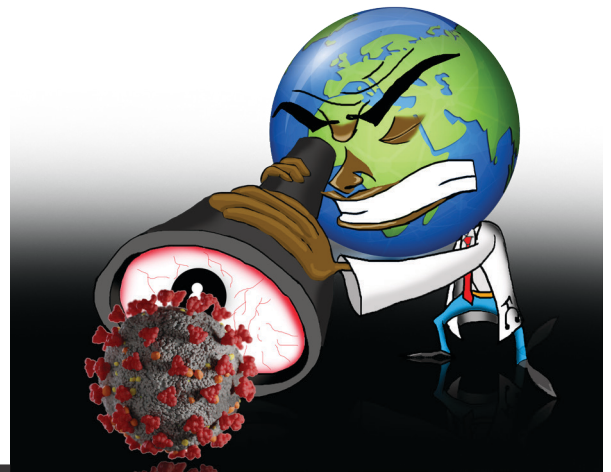
Yours in Kata Kata  
Ogo Ubabukoh  
Editor-In-Chief



Global attention has switched to the Covid-19 epidemic since 2020, as health experts strive to find ways to contain the sickness, which has killed numerous people and damaged the world's economy in the last years. According to the Global Fund, COVID-19 has severely disrupted health systems and service delivery for HIV and other diseases such as tuberculosis and malaria in low- and middle-income countries, particularly in Africa and Asia.

The excessive focus on COVID-19 harms HIV research and therapy since HIV has a disproportionate social and medical impact.

Since the corona outbreak, the public's focus has recently shifted to the vulnerabilities that have long been understood to be the structural drivers of HIV transmission. The data, according to UNICEF, reveals that COVID-19 has exacerbated health inequities that already existed, with the most vulnerable, marginalized, and stigmatized being pushed to the margins. According to the Global HIV Prevention Coalition's report, the demands placed on healthcare workers, as well as other containment and mitigation measures such as lockdowns and physical distancing mandates, have made it extremely difficult to maintain the face-to-face health encounters that have long been the foundation of HIV prevention, testing, and treatment programs.



The Global Fund report states that HIV testing plummeted 41% from April to September 2020 compared to the same six-month period in 2019, and the number of HIV tests reduced by 22% in 2021. HIV prevention and support for those living with HIV have also been hampered due to the epidemic. People cannot know their HIV status or obtain treatment if they do not access prevention services such as testing. As a result, the incidence rate of HIV in these nations is in danger of increasing. The cancellation of HIV care delivery was caused by lockdowns, restrictions on large groups of people, transportation halts, and COVID-related stigmatization, among other factors. Other factors include health providers' unwillingness to care for patients suspected of having HIV – who exhibit some of the same first symptoms as COVID-19 – and clients' failure to seek health services as frequently as they would otherwise.

The successes gained in the war against AIDS might be reversed. In particular, the impact on HIV services in Africa is a source of worry. There are indications that the mortality toll from AIDS in sub-Saharan Africa could quadruple soon. A further concern is that, in some African nations, the number of new infections among children due to mother-to-child transmission could grow by as much as 100 per cent. According to a UNICEF report, at least 300,000 children were infected with HIV for the first time in 2020, or one child every two minutes. Another 120,000 children died from AIDS-related causes during the same period, which equates to one child every five minutes.

In Nigeria, 20,695 children aged 0-9 years were infected with HIV in 2020, equating to one child every 30 minutes. According to the HIV and AIDS Global Snapshot, a protracted COVID-19 pandemic puts vulnerable children, adolescents, pregnant women, and breastfeeding moms at higher risk of missing out on life-saving HIV prevention and treatment opportunities.



**S**ome of the lockdown measures in many countries harmed the rights of persons with HIV, such as the ability to obtain their drugs. Due to the social restrictions, it became unavoidable to disrupt the HIV prevention services and supply chains for essential prevention commodities, such as antiretroviral and other compromised drugs.



The Lancet HIV reported, for example, that in South Africa, lockdowns had a significant impact on HIV testing and antiretroviral treatment. According to the New York Times, activists and scientists believe that more has to be done in Rwanda in terms of HIV prevention, despite the progress that has been made in the fight against the illness. Health professional, advocate, and researcher Dr Brenda Asiimwe Kateera stated that some people are losing their sense of alertness when it comes to prevention, even though HIV/AIDS is still a public health concern for which there is no cure or vaccine. According to her, much more has to be done, particularly in the light of the Covid-19 incident.

In a recent interview, Dr Basile Ikuzo, Director of HIV Prevention in the HIV/AIDS and STIs Diseases Division of the Rwanda Biomedical Centre (RBC) stated that the Covid-19 pandemic had hampered some of their outreach sensitization campaigns. As a result, they have had to turn to other channels to communicate preventive messages to Rwandans, such as radio, billboards, and other means.

With the corona pandemic drastically under control in 2022, resulting in fewer dead tolls than in 2020, let's hope this positive development will allow health officers to pay more attention to HIV/AIDS to avoid further loss of lives.

# Listen to My Homo-lesson - West

AT THE WHITE HOUSE, WORLD LEADERS, INCLUDING OBAMA, CAMEROON, MERKEL, HOLLANDE, PUTIN, MARK RUTTE (HOLLAND), RENZI (ITALY), ARCHBISHOP OF CANTERBURY JUSTIN WELBY ETC

MEN, YOU GUYS KNOW WHY WE ARE HERE. I DIDN'T INVITE YOU GUYS HERE TO HELP ME BEG MY REPUBLICAN FRIENDS TO PASS MY SPENDING BILL. ....



BITTE? I AM NOT SURE WE HAVE ONLY MEN HERE. OR DO I LOOK LIKE A MAN? OF COURSE, I MIGHT DECIDE NOT TO HAVE A KID, BUT THAT DOESN'T MAKE ME LESS A WOMAN.

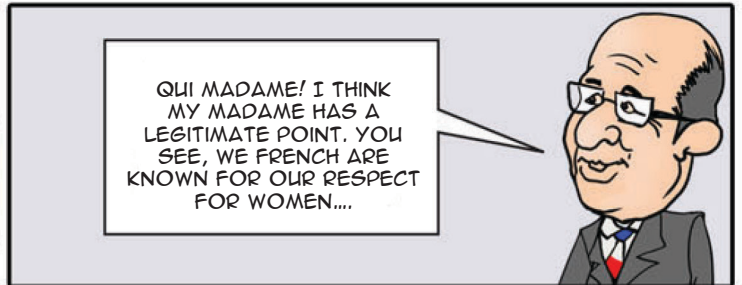
I GOT YOU, ANGELA....

YOU GOT ME? ON THE ONE HAND, YOU PREACH DEMOCRACY AND EQUAL RIGHTS; ON THE OTHER HANDS, YOU DISCRIMINATE.....



SI! WE MUST RESPECT OUR FEMALE SISTERS.

QUI MADAME! I THINK MY MADAME HAS A LEGITIMATE POINT. YOU SEE, WE FRENCH ARE KNOWN FOR OUR RESPECT FOR WOMEN....



GRAZIE

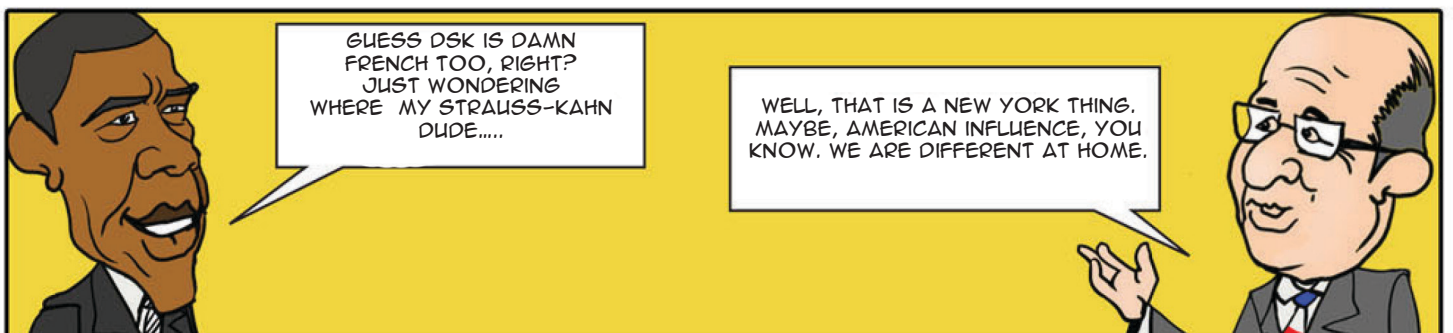
YEA, I GOT IT. LIKE BERLUSCONI AND DSK.....

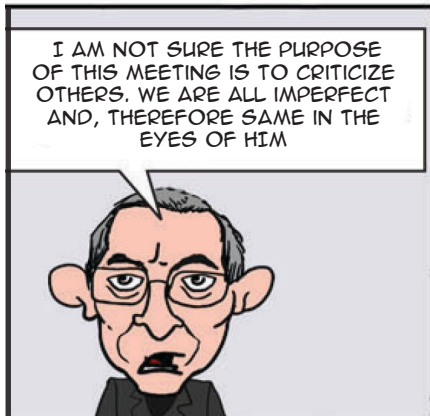
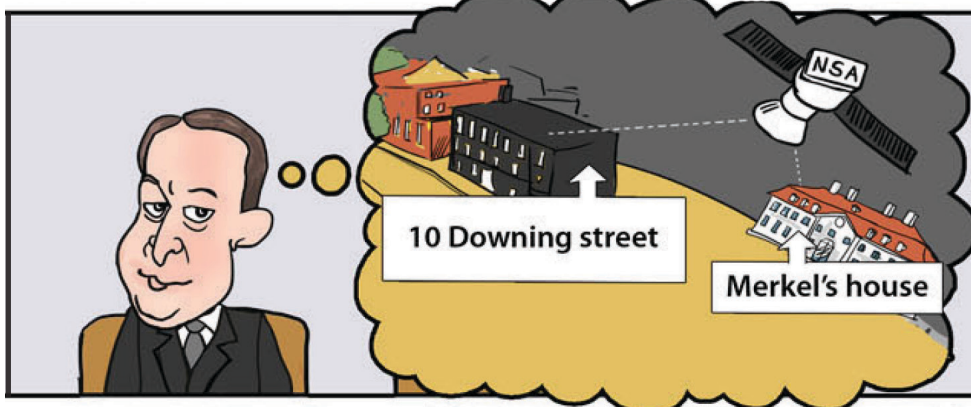
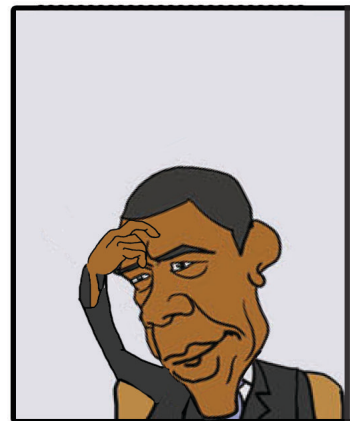
PARDON?



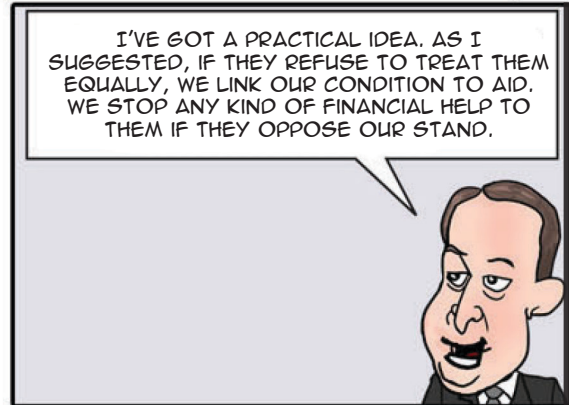
GUESS DSK IS DAMN FRENCH TOO, RIGHT? JUST WONDERING WHERE MY STRAUSS-KAHN DUDE.....

WELL, THAT IS A NEW YORK THING. MAYBE, AMERICAN INFLUENCE, YOU KNOW. WE ARE DIFFERENT AT HOME.





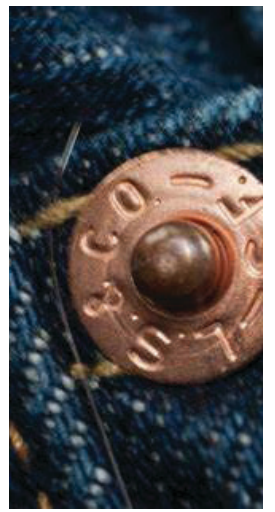




# TYPES OF JEANS EVERY WOMAN DESIRES TO OWN



Jeans have undergone significant evolution over the last few decades. They began as working clothes, then as symbols of disobedience, before becoming fashion icons. Jeans with a long and colourful history are pants made of denim or dungaree cloth. Denim is a long-lasting, versatile, and low-cost fabric. They were discovered in 1873 by Jacob Davis and Levi Strauss and are still worn today, albeit in a contrasting setting. Genoa, Italy, is the hometown of the denim brand, where cotton corduroy, also known as jean or jeane, was manufactured.



In 1873, Levi Strauss & Co. introduced riveted jeans, but indigo-dyed denim workwear had been around for centuries. The rivets played a significant role in how Levi's jeans came to dominate all others. Jeans are still defined by a few key features that haven't changed since the early 1870s. The rivet is the most important of these features. Blue jeans would most likely not look the same without hooks. And it's unlikely that Levi's design would have defined the jeans we wear today if the patent to make jeans with rivets hadn't been granted.



Women's wardrobes aren't complete without a pair of jeans. We will introduce you to the various types of jeans that are available.



## SKINNY JEANS

Skinny jeans are appropriate for women with an hourglass body shape, petite women, or anyone with slim legs. They trace the condition of your legs down. Skinny jeans are available in

low, mid, and high rise waist cuts, all of which are stretchable.



## BOOT-CUT JEANS

Boot-cut jeans have been a favourite for generations due to their stylish versatility. They look good on almost any body type and can be dressed up or down for any occasion; they are narrow around the thighs and widen slightly below the knees, creating a slim silhouette. Boot-cut jeans look great with boots.



## FLARE JEANS WITH

While boot-cut jeans gradually open up below the knees, this style flares up – literally. Tall and curvy women are best suited to wear them, pear-shaped women and round body types. If you are short and curvy, avoid them.



## BOYFRIEND JEANS

Such jeans, as well as boyfriend crop jeans, are excellent choices for curvy women. They're also ideal for women who prefer to cover their legs, but they look great on anyone equally. These outfits also have a looser, baggy cut but snug fit around the waist for a flattering effect.



## JEANS

Most women prefer them because they are incredibly comfortable and have a waistband rather than the standard button system. They are also popular among pregnant women because they do not pressure the belly while remaining fashionable. These are also great in the winter for various reasons, including the fact that they are simple to wear with winter boots and keep you warm and comfortable.



## CIGARETTE JEANS

Cigarette jeans are skinny jeans with a slightly larger leg opening. The silhouette of skinny jeans narrows from the hip to the ankle, whereas cigarette jeans hug the hip and thigh and are cut straighter from the knee to the hem. Slim or toned legs can look great in cigarette jeans.



## CAPRI JEANS

Cropped and Capri jeans are shorter in length than full-length jeans. The only distinction between cropped and Capri jeans for women is where they end on the leg. There may be some overlap, and the placement of Capri and cropped jeans on your leg is determined by your leg length. Cropped jeans can be worn from the mid-calf to the ankle, depending on your preference. "Ankle jeans" refer to jeans that end at the ankle.



## WIDE LEG JEANS

In contrast to bootcut and flared jeans, wide-leg jeans are cut looser through the thigh and can widen as they progress from the knee to the hem. This style is the most relaxed and comfortable fit for any women's jeans.





## J EANS TROUSER

Trouser jeans are flattering jeans that look good on almost any body type because the straight line formed by the loose silhouette falls from the hip to the foot, streamlining and lengthening the figure. These jeans are sometimes designed to look like dressier pants, with slash pockets and finer details. They frequently resemble non-denim pants in that they lack many features of traditional jeans, such as a five-pocket design or flat-felled seams with contrasting stitching.



## STRAIGHT JEANS

Straight-fit jeans are ideal for lengthening your legs, and an alternative to skinny jeans and are cut straight from the hip and thigh to the hem. The fit is relaxed through the hip and thigh, falling between tight skinny jeans and loose boyfriend jeans.

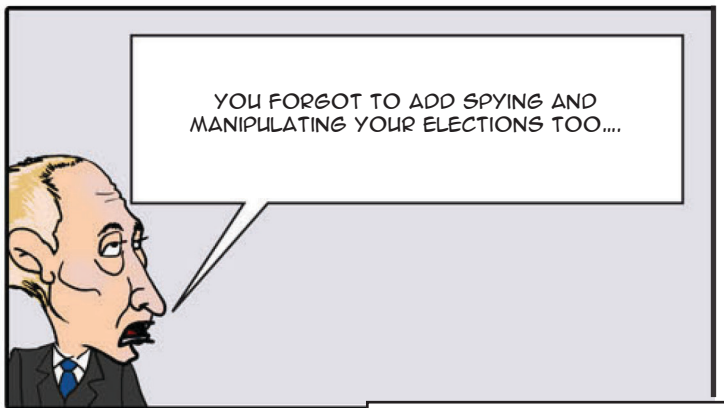
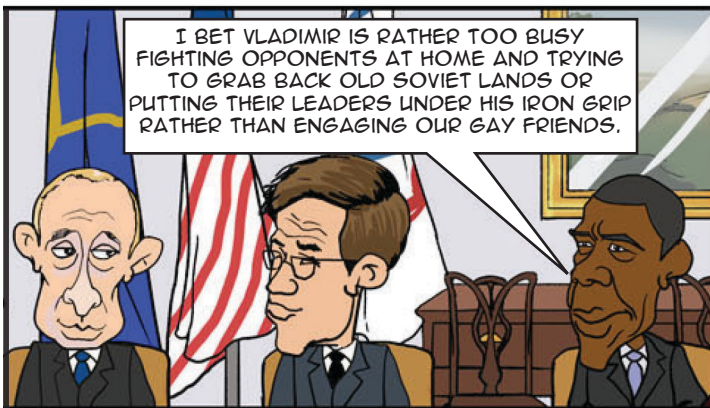
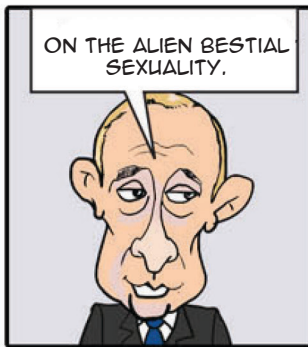


## MOM JEANS

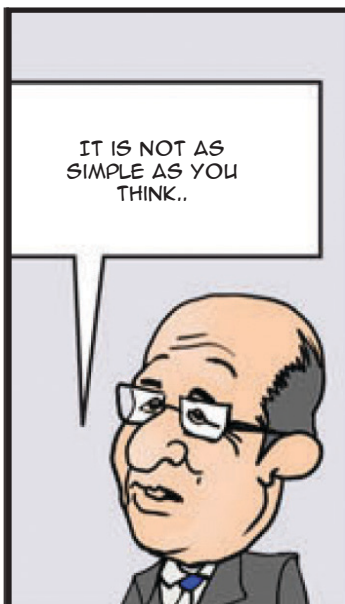
Of all the types of women's jeans, mom jeans can be the most difficult for most body types. Mom jeans are typically made of rigid denim, have tapered legs, are high-rise/high-waisted, and are loosely fitted in the zipper and crotch area, making your bottom appear longer and flattering. Those with slim or mid-range figures (average weight and proportional) may find the revival of this 80's/early 90's style of the jean to be another trend to experiment with for a different look in their denim wardrobe.



**J**eans are both comfortable and fashionable, and they are universally adored. They will be with us for the rest of our lives. Get one for yourself and be part of the fashion family.











WHO WILL PAY FOR THE SWARM OF IMMIGRANTS AND PART-TIME GAYS HEADING TO MY COUNTRY FOR ASYLUM? I AM NOT SURE THEY WANT TO GO TO MOSCOW.

A panel showing caricatures of Theresa May and David Cameron. Theresa May is on the left, looking towards David Cameron on the right.

WE HAVE NOTHING AGAINST THEM. BUT WE DON'T WANT ANY ALIEN IDEOLOGY.

A panel showing a caricature of Nicolas Sarkozy speaking into a microphone.

IT HASN'T COME TO THAT YET..

A panel showing a caricature of Barack Obama smiling.

IT DEFINITELY WILL, BARACK. I KNOW HOW MANY IMMIGRANTS MY FRIEND AND I HAVE ABSORBED. YOU ARE LUCKY YOU ARE TOO FAR TO REACH.

A panel showing caricatures of Theresa May and David Cameron. Theresa May is on the left, pointing towards David Cameron on the right.

DEFINITELY! WE ARE AT THEIR DOORSTEP. MOREOVER, ELECTIONS ARE COMING SOON. THOSE IMMIGRANTS CAN BE A TIME BOMB...

A panel showing caricatures of Theresa May and David Cameron. Theresa May is on the left, pointing towards David Cameron on the right.

DON'T SEE IT THAT WAY. IMMIGRANTS ARE A COLOSSAL WORKFORCE; WE NEED THEM...

A panel showing a caricature of Barack Obama smiling.

HIGH SKILLED IMMIGRANTS, YOU MEAN? NOW I UNDERSTAND YOUR IMMIGRATION REFORM.

A panel showing a caricature of Theresa May.

OK. OK... LET'S CONCLUDE THIS IMPORTANT MEETING. WHAT SHALL WE DO? I GUESS DAVID HAS SOME GOOD POINTS. WE MUST ACT WITH ONE VOICE. NO COMPROMISE UNTIL WE FORCE OUR WISHES ON THEM

A panel showing a caricature of Barack Obama smiling.

**D**espite its diminutive size, the bathroom serves an essential function in your home. It serves as a place for spa treatments and as a place of relaxation. The room contains sinks, bathtubs, showers, and toilets, all of which should be designed stylishly. A bathroom is a place where you can shower, brush your teeth, and do your



business simultaneously, and it deserves to be treated with the utmost respect. It is just as important as the bedroom, kitchen, living room, etc. Living in the present with new products on the market and embracing unique products and ideas to have the bathroom of your dreams is vital. It is not an option but a requirement to consider elements such as lighting, fixtures, and accents before deciding on what you require.

Here are some ideas that, while not cheap, add value and style and raise the bar in terms of a well-thought-out project:



**Lighting**

Lighting is critical because it can completely transform a room. Soft, muted lighting is the best option because it creates a relaxing environment, and many people incorporate natural light through glass brick windows or other privacy glass options. Make the most of your bathroom window if it has one! Remove any blinds, shades, or curtains blocking sunlight from entering the room. Using clear glass in your shower and placing a few mirrors around the room will allow the natural light to bounce around and warm up the space. You can replicate natural light with artificial lighting if you do not have a window in your bathroom.

**Flooring**

Bathroom floors must be not only long-lasting, water-resistant, and slip-resistant but also visually appealing. The most common choices are stone tiles and ceramic tiles. It is preferable to highly polished stone because it is slick when wet. A highly polished stone floor will expose you to an accident resulting in long-term injuries. On the other hand, tiles with coarser surfaces can be more challenging to clean because they tend to trap grime. Select a tile that isn't too smooth or too rough. Also, choose incredibly durable tiles that can withstand water, stains, and wear and are simple to maintain.



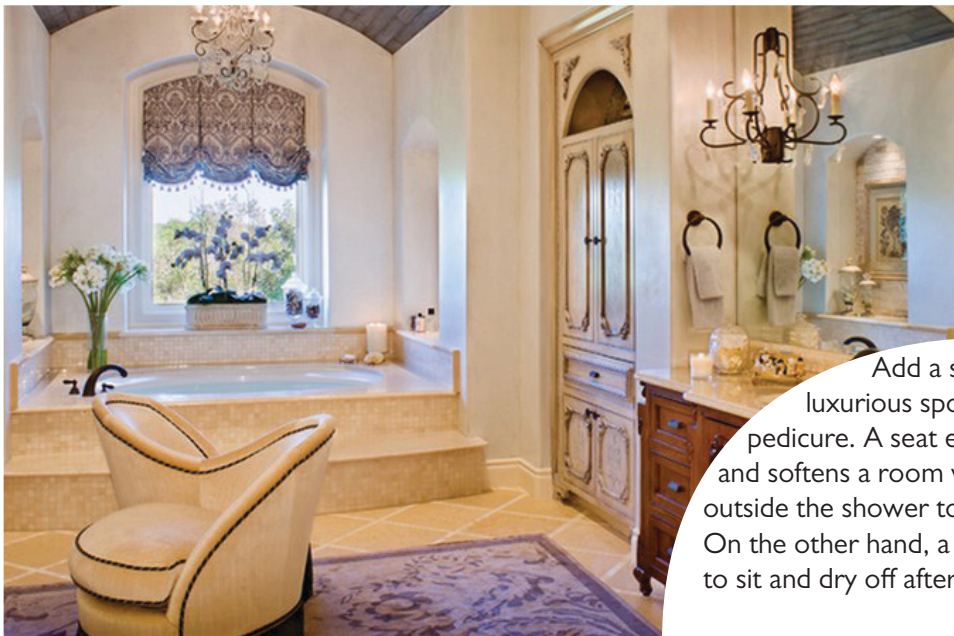


### **Storage**

Ensure your bathroom has a storage area for your body products, towels, toothbrushes, toothpaste, etc. If the towels are colourful and plush, they may be displayed on decorative racks or open spaces, whereas you may store more mundane linens and other items in small closets built into the walls. Some products can be stored on corner racks in the bathtub or shower, while over-the-door hooks provide additional storage options for pyjamas or robes.

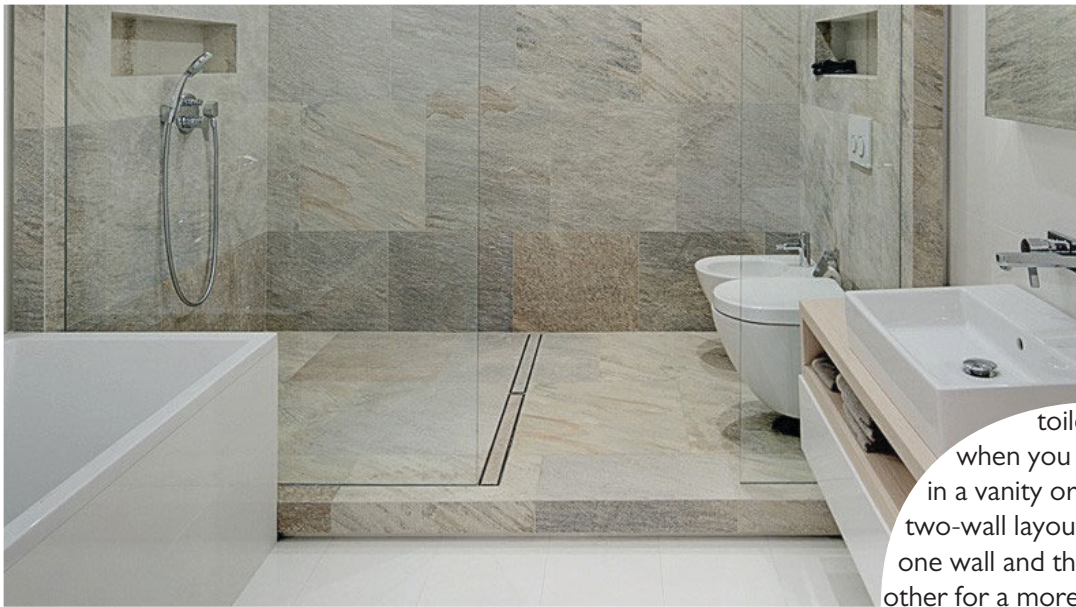
### **Accents**

Water-inspired colours, patterns, and prints are the most popular, including abstract waves, bubbles, fish, and other aquatic motifs. Soft colours - aquas, blues, whites, and different pastel shades - and tile patterns on the walls and floor can be used to set the mood. Shower curtains, rugs, toilet seat covers, and sink accessories (cups, soap dishes, and so on) can all be purchased in coordinating themes and colours to give the room a cohesive look. Mirrors and framed artwork are featured. The colours in the cabinetry wood and the stone or tile you choose for the floors and walls all play a significant role in creating an overall colour personality. Even the sink and tub contribute to the colour scheme of the bathroom.



### **Include a seat.**

Add a stool, ottoman, or bench for a luxurious spot to lounge and get your next pedicure. A seat elevates the look of your bathroom and softens a room with hard surfaces. Place a stool outside the shower to place a towel or change of clothes. On the other hand, a bench next to a tub is an ideal place to sit and dry off after a long soak.



**Layout**

Check that each functional area has enough space. If you don't have enough space, having a freestanding tub in a small bathroom will make it look crowded and detract from the room's aesthetics. Also, instead of having the

toilet be the first thing you see when you walk into the bathroom, put in a vanity or a freestanding tub. Try a two-wall layout with the sink and toilet on one wall and the tub and shower on the other for a more compact bathroom.

**Low-maintenance materials**

It is preferable to use materials that are long-lasting and easy to maintain. Most designers recommend porcelain and reconstituted stone because they are durable and easy to maintain instead of natural stone, which looks great but requires more sealing and is more challenging to maintain over time due to its porous nature.



**Include a shelf.**

If you don't have enough vanity space, add a shelf above the sink for the small everyday items you use. Install a few small, clear glass shelves above the toilet for additional storage that blends in.



Do you want to build or remodel your bathroom but are at a loss for ideas? Follow the above advice, and if necessary, you may get more information from your expert. Enjoy your newly designed bathroom.

# GETTING RID OF FOUL BODY ODOUR



**S**weating should not worry you since it is a natural process that aids the body in regulating its temperature. You will sweat whether you like it or not when physically exercising, during hot weather, or when walking in the sun. The big challenge is when the sweat produces a foul odour which could be pretty embarrassing when you are with your friends, colleagues or loved ones. Wrong body smells destroy one's quality of life and self-esteem; you must avoid it at all costs.

According to health experts, sweat is usually odourless. The smell is caused by bacteria that accumulate on your sweaty skin and react with sweat and oils to grow and multiply when perspiration reacts with skin bacteria. Bacteria that break down proteins and fatty acids are responsible for the unpleasant smell of the human body. Adolescents, obese people and individuals with certain medical conditions are prone to foul body odours.

The feet, the groin, the armpits, the genitals, pubic and other hair, the belly button, the anus, and behind the ears are the most common places for body odour to occur. People's diet, sexual orientation, medical conditions, and medications contribute to unpleasant body odour.

The good news is that foul body odour is treatable. Here are some validated ways to keep your body odour at bay so you can always get a pleasant smell.

## Bathe always



Sweat is odourless and is not responsible for poor body odour; instead, the scent is caused by the response of sweat and microorganisms on one's body. Therefore, it is appropriate to shower at least once a day and after physical exercise. If possible, bathe in the morning and before you retire to bed. Showering will wash away sweat and eliminate some bacteria on your skin. Be sure to use anti-bacterial soap as they are designed and proven to remove odour-causing bacteria.

## Dry yourself well



Thoroughly dry yourself after showering by paying attention to areas where you tend to perspire excessively. Bacteria that cause body odour can't survive on dried-out skin. Do not wear your clothes after shower before drying yourself using a dry towel.

Apply probiotic deodorant or antiperspirants



We tend to sweat more when it is cold than during warm weather. To prevent excessive sweat, apply antiperspirants. They have aluminium chloride, a chemical that helps keep moisture at bay. Dermatologists recommend we use antiperspirants before one goes to bed. You can also apply deodorant, which prevents offensive smells in the first place. While antiperspirants are applied at night, you may use probiotic deodorants in the morning or the day after a shower.

Wear clean clothes



Isn't it tempting to wear the same clothes after a day of shopping or even working out? Odour-causing bacteria thrive in these environments, so change your clothes often when you sweat heavily. Fresh clothes help keep body odour down.

Shave your body hair



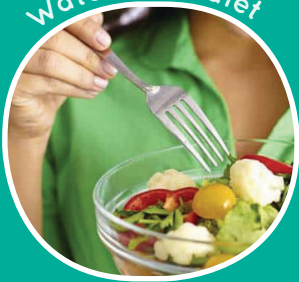
Having much hair on your body can cause many problems, making you sweat more. Moisture and bacteria can be trapped and mixed, leading to a body odour. Regularly trim your underarm and groin hair and any hair that grows in these areas. The trimming will prevent bacteria from hiding and multiplying and reduce body odour.

Put on light clothes



Wear loose, airy clothing that allows air circulation and thus keeps you cool. Light clothes enable airflow and the body's heat to escape easily. Avoid synthetic clothing that does not allow the skin to breathe and clothing that is too tight.

Watch your diet



The food you eat may influence your body's odour. Processed foods, excessive consumption of red meat, too much alcohol or caffeine, and foods cooked with garlic and onion can make your body stink. Foods that cause you to sweat more, such as hot peppers or other spicy foods, can cause body odour. Caffeine and alcohol can also increase sweating. Eating magnesium and zinc-rich foods such as shellfish, pecans, tofu, oysters, and broccoli can also help.

Dress in breathable clothing

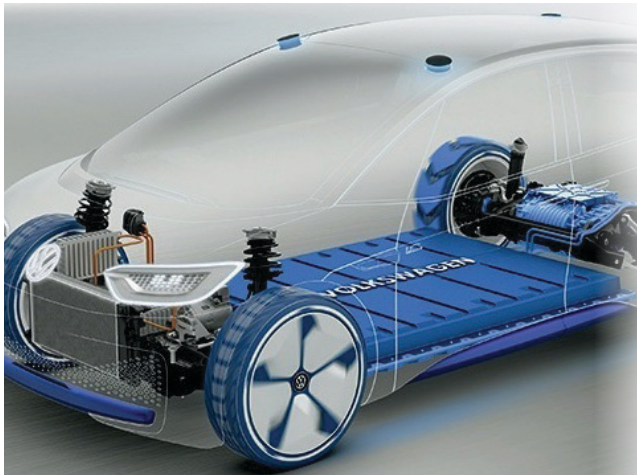
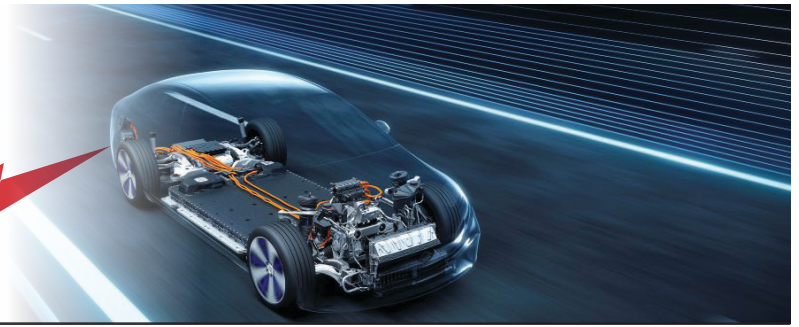


Make sure you're wearing clothing that will help you reduce sweating. Choose breathable fabrics like cotton, silk, and wool to allow air to enter your clothes and prevent sweat from accumulating. With the suitable material, you won't have to worry about perspiration building up on your skin and mixing with your skin.



Following these tips, you can avoid unnecessary embarrassment with your loved ones or friends. On the other hand, body odour and excessive sweating may be signs of a more serious health problem. Please consult a medical professional if your body odour or sweat volume changes unexpectedly.

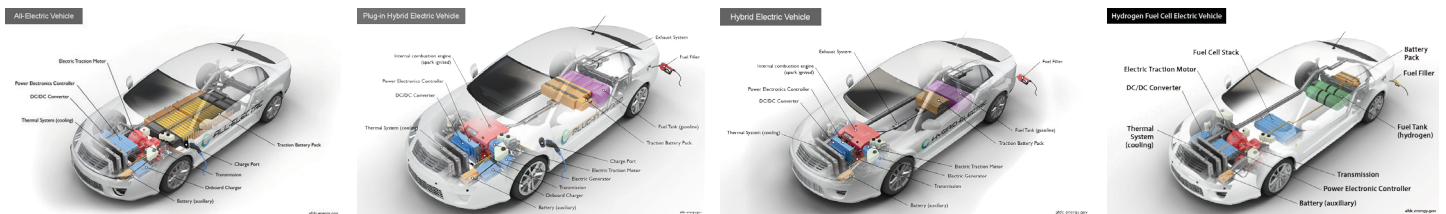
# LETS GO ELECTRIC CARS



**W**hen it comes to the automotive industry, electric vehicles (EVs) are a relatively new phenomenon. Electric cars are revolutionizing how we travel and the entire transportation system around the globe. Electric vehicles (EVs) do not have internal combustion engines like gas-powered vehicles. An electric motor and rechargeable battery pack allow EVs to travel on roadways without consuming gasoline or releasing harmful exhaust emissions, and they also produce less noise pollution.

Electric cars function by plugging into a charge point and taking electricity from the grid. The wheels are turned by an electric motor powered by rechargeable batteries. They are faster than vehicles powered by traditional fuel engines in terms of speed.

There are different EV's types: plug-in electric, plug-in hybrid, hybrid electric and fuel cell vehicles. All the power in a plug-in electric car comes from the outlet where it is being charged. Gasoline is not required for this type of vehicle. Plug-in hybrids, on the other hand, are primarily powered by electricity, but they also have a traditional fuel engine in case they run out of power. Regenerative braking is used to recharge the electric battery in hybrid-electric vehicles, which use a mixture of gasoline and diesel as their primary power source. On top of that, fuel cell vehicles generate their electricity from the hydrogen stored onboard. Recharging does not necessitate the use of an electrical outlet.



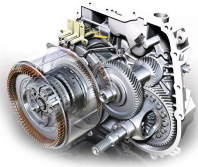
### How much time does it take to charge an electric car?

It all depends on the type of battery and charger. Everything is subject to change based on the battery used and the charging method. According to research, using a 7kW charger, the 2019 Tesla Model S with a 75kWh battery can be set in about 11 hours, while a 150kW charger takes less than an hour. According to the latest research, a 7kW charging station can recharge a typical empty electric car's 60kWh battery in under 8 hours. However, most drivers prefer to top up their battery rather than wait for it to recharge from an open state to a full one.

### How long are electric car batteries expected to last?

When it comes to how long the batteries can last, there are many variables to consider. Knowing how far an electric car can go on a single charge is essential. The battery type and the vehicle it is in have an impact on this as well. It only takes about 200 miles on average. The lifespan of EV batteries is also a consideration. Electric car batteries become less efficient over time, eventually holding less charge. According to industry statistics, most electric car batteries could last 10 to 20 years.





Electric vehicles offer several financial, performance, and environmental advantages compared to automobiles powered by internal combustion engines. The following are some of the benefits:



## Lower costs of repair and upkeep

While the price of an EV may be comparable to most gasoline or diesel vehicles, the cost of operating an EV is significantly less expensive, especially over the vehicle's entire lifespan. You could spend a lot less money on an electric car than you would on a traditional counterpart. You could spend far less on an electric vehicle than a conventional one because of the lower cost of electricity and the reduced maintenance requirements of electric vehicles. The onboard charger, inverter, and motor are the three main components of a fully electric vehicle designed to be as efficient as possible. As a result, the car and its engine are subjected to less stress and wear, and there are fewer moving parts to cause problems.

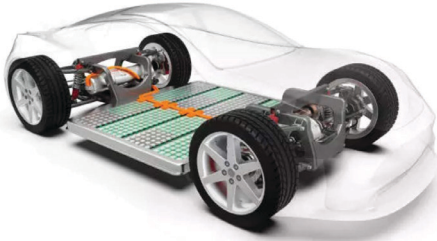
## There will be no outpouring.

Because they emit no greenhouse gases, electric vehicles are better for the environment than gasoline or diesel vehicles. Fewer emissions equate to fewer greenhouse gas emissions, which aids countries in transitioning to more environmentally friendly, renewable forms of energy.

## Noise pollution is less of a problem.

Electric vehicles (EVs) produce less noise than traditional internal combustion engines (ICEs). The instant torque of electric cars means you'll always be able to get the power you need. These cars are ideal for city driving because they respond quickly to the accelerator, resulting in a burst of speed.





## Safe

Because electric cars have a lower centre of gravity, they are more stable on the road in the event of an accident. When an accident occurs, airbags will be deployed, and the battery's electricity supply will be cut, helping keep you and your fellow passengers safe.

## It's a cinch to charge.

Charging your electric vehicle is inexpensive, simple, and fast at home. It's as simple as plugging in a charging cable when you've parked your electric car at home to recharge. It's as simple as plugging in your phone.



## Effective from a financial standpoint

Until recently, owning an electric car was out of reach for the average person. However, with the advancement of technology, both costs and maintenance have decreased. It became significantly more cost-effective to own an electric vehicle due to the large-scale production of batteries and the availability of tax incentives.



## Driving is simple

Electric cars have the simplest driving method in the automobile industry. Commercial electric vehicles have a transmission with only one extremely long gear and, unlike petrol vehicles, do not experience stalling. A clutch mechanism would have been necessary to prevent this from happening. The accelerator, the brake, and the steering wheel are all you need to control an electric vehicle.

## More practical.

With an electric vehicle, you won't have to run to a gas station to recharge your car before you can get on the road. The charging system is with you at home, and you charge at your convenient time.



Electric vehicles have apparent advantages. It's an excellent time to switch to an electric car, as new technologies are being developed that promise to reduce charging times to minutes, increase range significantly, and improve safety and automation features. Let's go for electric cars

# LITERARY CORNER

COMING SOON



GENRE: THRILLER ADVENTURE  
RELEASE DATE : 19<sup>th</sup> AUG 2022



GENRE: HORROR  
RELEASE DATE : 05<sup>th</sup> AUG 2022



GENRE: COMEDY  
RELEASE DATE : 05<sup>th</sup> AUG 2022

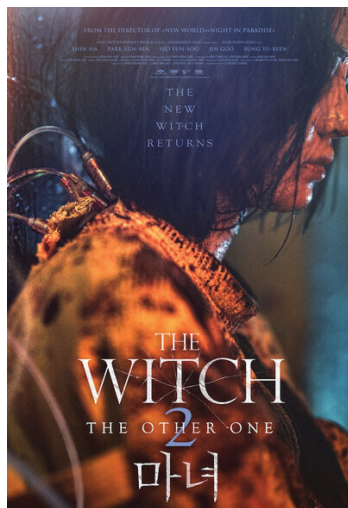


GENRE: 3D ANIMATION  
RELEASE DATE: 05<sup>th</sup> AUG 2022

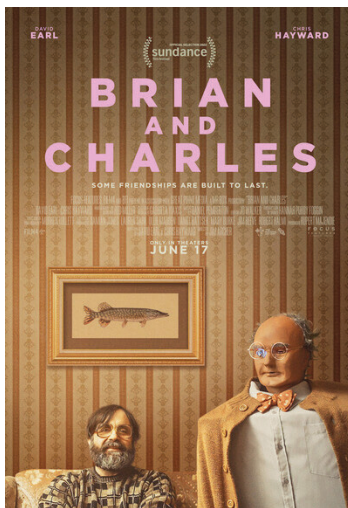
IN CINEMA



GENRE: 3D ANIMATION  
RATING : 5.6/10



GENRE: HORROR  
RATING: 8/10



GENRE: COMEDY  
RATING: 7/10



GENRE: ACTION/MARVEL  
RATING: 7.3/10

## 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

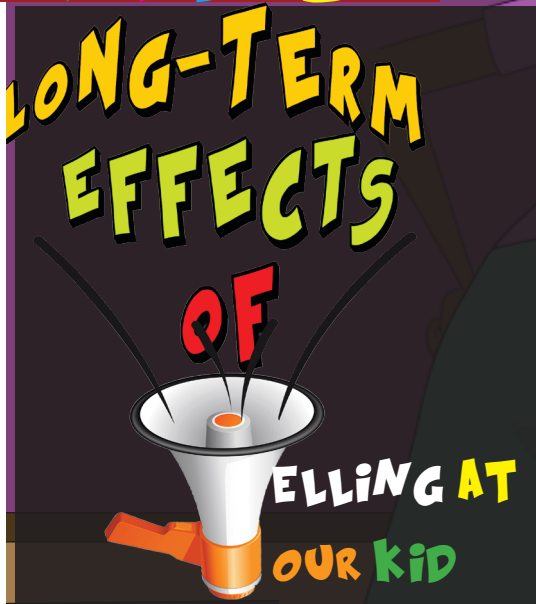


Image: scene from "Kaikura Love For Sale" animation. Download **Kata Kata African Cartoon** app for free and enjoy this and more animations.



While we accept the importance of training our children to be better leaders of tomorrow, many child experts and psychologists have differed on the best way to achieve that. Some parents prefer to talk or smack their children when misbehaving; others resort to yelling at them, especially out of anger and frustration. Regardless of which strategy a parent might apply to train their kid, there is little doubt that parents want the same result - the welfare of their children in question. But many research works, including those published in the Journal of Child Development, have



- shown that screaming at a child has the same effect on them as physical punishment. Anxiety, depression, and behavioural issues are all exacerbated by this stressor. If you're going to yell, make sure it's not

- at the expense of harming your child's development. Studies have revealed that yelling can have both positive and negative consequences. Even though yelling is the quickest way to deal with your children's misbehaviour, research has shown that they'll continue to defy you and perceive you as a weak parent. Yelling is unquestionably humiliating; hence experts have advised that one should avoid it at all costs.

## When you yell at a child, you risk the following long-term consequences:

### Behavioural issues grow.

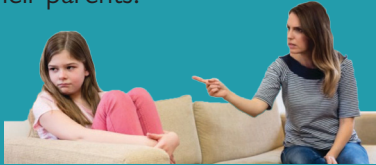
You could be wrong if you believe that yelling at your child will motivate them to stop doing something annoying. It only exacerbates the problem, which is usually only discovered after significant harm has already been done. When parents yell at their children, they don't always change their bad behaviour but rather increase it in response to the yelling. Child behaviour worsens in direct proportion to a parent yelling. If you keep going at this rate, you may do more harm than good to the kid's future.

### The brain is affected.

Yelling can alter a child's brain development because the human brain processes adverse events faster than positive ones. Clinical psychologist Laura Markham claims that a child's brain goes into "fight-or-flight mode" when they're afraid. As a result, your child will be unable to learn when you yell at them because their brain interprets your yelling as a threat and effectively shuts down other brain parts that are not dedicated to defence and protection.

## It damages the relationship you have with your child.

Dr Markham discovered that yelling puts children and their parents at odds with one another and causes them to feel as if you are not on their side. Children who are yelled at feel a greater sense of distance from their parents than their counterparts. Even more importantly, children who have been verbally disciplined feel defiant, defensive, and disconnected from their parents; they are less receptive to change, more resistant, and less connected to their parents.



## Negatively impacted Physical health.

Stress is likely to develop in children raised in an environment where yelling is typical. Unmanaged stress can lead to various health problems that can plague a person for the rest of their lives if not addressed.

## Yelling causes chronic pain.

Researchers have established a link between the development of painful chronic conditions later in life and the occurrence of adverse childhood experiences, including verbal and other forms of abuse. Arthritis, bad headaches, neck and back pain, and other chronic pain are among the conditions.

## Depressing effect.

According to Dr Neil Bernstein, a clinical psychologist, yelling creates an explosion of negativity that can last for days or weeks. Children who are yelled at are at risk of developing depression because they feel hurt and sad. Frequent yelling harms children's mental health, resulting in issues like depression and anxiety. Teens suffering from depression are more likely to engage in risky behaviours, such as drug use or unsupervised sexual activity, or even attempt suicide.



## Emotional problems.

Have you ever met an adult struggling with their emotional health and well-being? If this is the case, it's essential to realise that yelling may contribute to developing some of these symptoms. A child's anxiety, low self-esteem, bullying, and social problems can result from parents yelling at them.



Of course, a child's upbringing comes with correction, which is one of the essential tasks of every parent. As a parent, you sometimes get angry and emotional at your child; it is perfectly normal to show your annoyance at your child, including yelling. How often and to what extent you yell at your child matter a lot. Minimising yelling at your child and learning new parenting techniques will help raise a healthy, happy, and cheerful child.



**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)

# THE TOP REASONS TO VISIT MADAGASCAR

**M**adagascar is an island republic in the Indian Ocean officially known as the Republic of Madagascar and was previously known as the Malagasy Republic. After Indonesia, it is the world's second-largest island country, made up of Madagascar (the world's fourth-largest island) and many smaller outlying islands.

Madagascar is a fantastic destination if you want to discover new natural wonders and a luxurious vacation resort. The African country is stunning, with gorgeous vistas of nature, incredible wildlife, diverse culture and history, and clean beaches.

Below are reasons why Madagascar should be an unmissable choice while planning a trip.

## Lemurs



Lemurs are the most famous animals in Madagascar, and it is the only place in the world where you can see them. There are over 100 varieties of lemurs, and these lovely critters embody this one-of-a-kind island. These tiny creatures are quick, strange, loud, and, without a doubt, adorable.

## A reasonable cost of life



Madagascar's cost of living is lower than that of most European countries. According to research, the average dinner cost is \$5, while lodging is roughly \$15. Local foods such as lasopy, ravitoto, masakita, sesika, and others are likely to cost less than \$5. Madagascar should be at the top of your bucket list if you want to travel on a budget, although the airfares to the country are not inexpensive.

## Culture



Madagascar is a cultural melting pot with many different cultures and traditions. The Malagasy culture mingles African, Arab, and Indian origins, with over 18 ethnic groups. Malagasy is the common language, and traditional beliefs are essential in kinship and ancestor reverence. Music is crucial in the Malagasy people's lives, with beats and rhythms mimicking African and Indonesian music and typically played on traditional instruments or sung with hand-clapping accompaniment.

## Whale-watching



Because Madagascar lies close to the whale migration route, the mammals can be seen from the coast twice a year. From July to September, humpback whales may be seen from Sainte Marie Island, and from October to December, watching baby whales and their moms lounging in the sun at Nosy Be beach is possible.

## The culinary arts



Madagascar cuisine features many aromatic flavours, including red-hot pepper paste with ginger and garlic, spicy green chilli, and hot pickled fruit like mango, lemon, carrot, or tomato. Crayfish, prawns, lobster, fish, and oysters are popular seafood options. Rice is a staple food that is well-engrained in the Malagasy culinary tradition. Expect to eat the breakfast in broth, and for lunch and supper, it's offered with coconut stews, curries, and everything from chicken to fish.

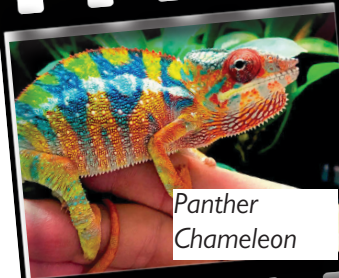
## Fauna and Flora



## Fauna and Flora

It has been stated that Madagascar possesses about 12,000 plant species, including 165 palm tree species. The island is also home to 83% of the world's vascular plants, which are not found anywhere else. There are five plant families with 900 orchid species, 200 palm species, and some traveller's tree species among the unique flora. The country also possesses uncommon baobab trees on the west coast that can reach 30 meters in height and 9 meters in circumference.

## Uniqueness



Aside from lemurs, the World Wildlife Fund (WWF) reports that 98 per cent of mammals, 92 per cent of reptiles, and 41 per cent of bird species found in Madagascar are endemic to the island and cannot be found anywhere else on the planet.

## Enthralling beaches



Madagascar also has virgin beaches that have yet to be discovered and explored. Nosy Iranja, Manafiafy, Nosy Be, and Ile Saint Marie are some of the country's south beaches near Fort Dauphin and Ifaty. The beaches will provide privacy while enthralling you with their breathtaking beauty, exciting wildlife, and mysterious caves.

## Outstanding national parks



Isalo, Ramonafana, Tsingy, and Andasibe-Mantadia are among the famous parks. Just a few of the activities accessible here include hiking, mountain biking, swimming in natural lakes, and horseback riding. While Tsingy de Bemaraha National Park is a UNESCO World Heritage Site with 11 lemur species and 90 bird species, Isalo National Park is compared to the American Grand Canyon and is suitable for adventure seekers. Ranomafana, on the other hand, is home to the rare golden bamboo lemur and 30 endemic bird species.



**M**adagascar is one of the safest destinations globally, with fantastic weather, spectacular terrain, extraordinary fauna and flora, beautiful beaches, rich culture and history, and delectable cuisine. It is an excellent destination for those who want to visit areas yet to be discovered.



**F**ood preservation, according to FoodSafetyHelpline.com, prevents food from becoming contaminated or ensures that it does not spoil for future use. The primary goals of food preservation include killing microorganisms and limiting food spillage and contamination. Food preservation did not begin suddenly; it started centuries ago, with our great grandparents being part of the innovation. Salting and drying are two of the oldest methods of preserving food; however, with the advancement of technology, newer methods such as pasteurization, radiation, and sterilization have emerged.

Protecting food against spoilage using the following methods, whether old or modern, not only protects your food but also saves you money.

## Drying

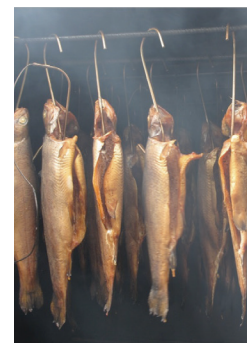


Drying is one of the oldest means of protecting food from bacteria, fungi, and other microbes. Although the sun and wind are the most popular methods of drying food, there are other modern methods such as bed dryers, fluidized bed dryers, freeze-drying, shelf dryers, spray drying, commercial food dehydrators, and household ovens. Dried food is water-free; it prevents bacterial growth and is light enough to carry. You can dry fruits and vegetables such as apples, pears, peaches, plums, apricots, bananas, and cantaloupe. Fruit leathers, rolls, strawberries, blueberries, carrots, celery, maize, green beans, potatoes, and tomatoes are among the others.



## Smoking

Food smoking is another ancient method of preserving fish and meat. It includes exposing food to smoke from smouldering or burning wood or other plant material. The preserved meat is hung high above a smoky fire until a rigid outer layer forms. Because smoke is antibacterial and antioxidant, the crust of smoke provides a barrier that blocks the entry of microorganisms that cause deterioration. Hot smoking, cold smoking, roasting, and baking are all ways of smoking.







## Salting

Salting, sometimes called curing, is another way to preserve meat and fish. This approach entails sprinkling salt on food. By dehydrating the microorganisms, salt destroys them and prevents bacterial growth. There are two types of salting: dry curing and moist curing. In the former, the food is surrounded by salt and stored in a cool, dry area. In the latter case, a brine is made by dissolving salt in water, after which the food is placed in the brine and stored in a cool, dry place.



## Refrigeration

Refrigeration requires keeping food in the refrigerator at a low temperature, less than 4 degrees Celsius. Refrigeration reduces bacterial growth, allowing food to remain longer before spoiling. According to the Alimentaryum, this approach slows or stops most germs from reproducing but does not kill them. According to research, there are two forms of refrigeration: static and vented. Your requirements will determine the best option for you. However, before purchasing one, consider the following factors: net equipment capacity needed thermal load, kind of stored product, technology, and equipment features.



## Freezing

According to FoodSafetyHelpline.com, freezing is storing prepared foods in cold storage. The procedure preserves frozen food for months or even a year and is safe to consume. According to High-Speed Training Hub, to securely freeze your food, set the freezer to a temperature of -18 to 22 degrees Celsius and arrange the food in airtight containers or freezer bags before freezing.

Meanwhile, avoid refreezing defrosted food because it allows bacteria to grow. Also, always freeze products before their best and use dates, defrost the freezer regularly to prevent ice buildup, and label food.



## Canning and bottling

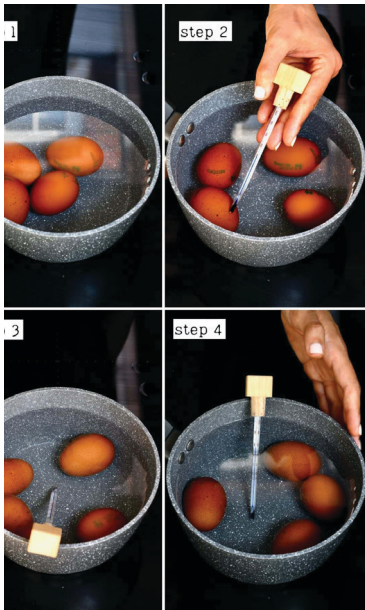
The canning and bottling method of preserving food involves treating and sealing food content in an airtight container or bottle at a high temperature, according to research provided on Biologyexams4u.com. Bacteria are killed or weakened when the container is boiled. Milk and wine can be bottled, whereas meat, fish, fruits, and vegetables may be canned.





## Fermentation

Fermentation is a chemical reaction in which microorganisms, such as bacteria or yeast, change carbohydrates to alcohol or organic acids through the action of enzymes. Cheese, yoghurt, and sourdough bread are examples of fermented foods.



## Pasteurization

Pasteurization, named after the French chemist Louis Pasteur, is the practice of applying heat to food and beverages to kill microorganisms and improve shelf life. While killing or inactivating many microorganisms, pasteurization is not sterilization because the procedure does not eliminate bacterial spores. The specific technique of pasteurization depends on the type of the items, according to ThoughtCo. Liquids, for example, are pasteurized as they travel through a pipe. Heat can be applied directly or through steam/hot water along one segment. The liquid is then cooled. The temperature and duration of the phases are meticulously monitored. Milk, eggs, and beer are examples of commonly pasteurized items.



**F**ood preservation is paramount, especially in our busy, hectic, demanding socio-economic environment, which offers limited time and opportunity for food wastage. Use drying, smoking, salting, chilling, freezing, fermentation, pasteurization, canning, and bottling to extend the shelf life of food both at home and in business. The notion of food preservation involves the prevention of microbial decomposition, the prevention of self-decomposing foods, and the prevention of various chemical, physical, and mechanical food harm. For sure, food preservation is a procedure we hardly can ignore.

## AUNT SYLVIA

**APPROPRIATE ATTIRE FOR A FUNERAL**

Funeral rites serve as a vehicle for us to express our deepest sentiments and feelings in the wake of the loss of a loved one. Funerals are held in high esteem throughout the world, not just in Africa. Having a funeral helps people accept the reality of death, testify to the deceased's life, encourage the expression of grief consistent with the culture's values, and provide support to mourners.

It also allows for embracing faith and beliefs about life and death and offers continuity and hope for the living. As a result, it is essential to dress appropriately for the occasion.

Many cultures allow mourners to wear black clothing when attending a funeral because it is considered conservative and respectful. But not all cultures believe black to be an appropriate colour to wear at a funeral. The mourners at a Hindu or Sikh funeral, for example, are encouraged to wear white clothing. For a Ghanaian funeral, community members wear black and white, while the

immediate family wears red and black. In South Africa, red is sometimes worn as a colour of mourning.

When mourning a loved one in Thailand, women wear purple as a symbol of grief. In addition to black, purple is worn in Brazil. In addition, many African, Caribbean/West Indies, humanist, and non-religious funerals in the United Kingdom and around the world will use brighter colours. Many people believe that attending a funeral in vibrant clothing adds to the spirit of celebrating life. Most funeral services can use colours like browns, greys, and other earth tones.

Yellow is a mourning colour in Egypt and Ethiopia. Furthermore, many cultures in the Middle East and Asia consider white to be a colour of mourning.

Before deciding on a dress for such an occasion, consider some things. First and foremost, one's faith. Do a little research ahead of time to see if there are any specific rules about mourning attire in your denomination. Attending a funeral in a miniskirt or other short and tight clothing would be disrespectful. Tight clothing is generally frowned upon by some religious groups. After that comes customs specific to the deceased's culture; in this case, look for colours approved by the deceased's culture.

Make sure that whatever clothing you're wearing is comfortable for you. Keep in mind the current weather conditions as well. Remember to bring your umbrellas, coats, and jackets if the funeral will be held outside. Keep to black umbrellas and dark jackets, but don't go overboard with the colour. A shorter hemline and slip-on shoes are essential if you plan to walk along the sand or water after the service. This is particularly true if the funeral will take place near a beach.

Last but not least, remember the deceased's unique personality. When selecting what to wear to a funeral, remember the person you're honoring. If it's an elderly person, you may want to be more sombre and formal. For a close friend or spouse, you could get them something that reflects their character or something you saw them wear in the past.

**What to wear to a funeral?****Women**

Women can wear skirts or dresses as long as they are knee-length and without too much bling. If you don't feel comfortable in a skirt or dress, a pair of smart full-length or ankle-grazer trousers is an alternative. You can wear a smart blouse or top with a skirt or trousers. There must be no writings or drawings on the top of the hat. Open-toed shoes or sandals may be worn in some locations but are less common in others, such as formal settings.

**Men**

Men often wear dark suits or tuxedos. They can be dressed up or down, depending on your personal taste. There should be no pattern or colour on the tie. Traditionally, black shoes have been the preferred choice, but any smart shoe will do. In the absence of a traditional suit, a sharp pair of pants with a plain white T-shirt and a jacket is a suitable substitute.

**Children**

Children's clothing is less complicated than that of adults. They can wear dark coloured trousers, a plain top and a jumper, a dark skirt, a plain top and cardigan, a smart dress, and smart black or dark shoes for funerals.

Please keep in mind that jeans are not appropriate attire for a funeral. When attending a funeral, denim is not proper attire. Shoes, shorts, flip-flops, and baseball caps should also be avoided.

Yours,  
Antie Silvia

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