



KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

+ HEALTH



OVER
10 PAGES
CARTOON

FASHION



BEAUTY



Kids



A SPECIAL INTERNATIONAL MIGRANTS
DAY CELEBRATION IN KATA KATA VILLAGE



ISSN 2214-059X



SPECIAL
Africa's social-political
haemorrhage and youth
empowerment.

Foods

Shrimp Salad

INTERIOR

Selected dinnerware
sets for your Christmas

TECU

Innovative Tech in
2022

TRAVEL

Amazing places to visit in
Namibia

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.

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I HEAR YOU

Kuhubha nzila hu gumana nzila. (*Sukuma*)

Kukosea njia ndiyo kujua njia. (*Swahili*)

Perdre le chemin, c'est trouver le chemin. (*French*)

To lose the way is to find the way. (*English*)

Meaning: Be humble and learn from your mistakes.
(*Meaning*)

TELL ME SOMETHING

TELL ME SOMETHING!

South African ex-President FW de Klerk's
Nobel Peace Prize medal stolen - News



Even the thieves want the Nobel Prize!

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Publisher's note: Hope and Optimism in the face of hardship.

Human beings are systematically entangled in the web of problems, conflicts and other social issues, which may leave them in a precarious situation. Often, the best way to tackle our challenges is to educate people about them. Hence, we mark international days, amongst them International Migrants Day, to educate and enlighten people to remember issues of concern and mobilise the public to channel their will and resources to address them. By doing so, we celebrate and reinforce the achievements of humanity.

The celebration of International Migrants Day was created on 18th December 1990 by the United Nations, based on the International Convention on the Protection of the Rights of All Migrant Workers. According to research, about 281 million people were international migrants in 2020; that would amount to 3.6 per cent of the world population. That figure was 272 million in 2019 and 51 million more migrants than in 2010. Often these migrants are victims of assault, abuse, discrimination or violence; hence the United Nations has mandated everyone to protect all migrants and their families.

There are many reasons why someone would prefer to leave their home for another place. Sometimes people migrate voluntarily or by force due to war, conflict, economic reasons, or natural disasters such as earthquakes, hurricanes, drought, and tsunamis. Others migrate to study or live closer to family. Hence when you see a rat out of its hole, it is either looking for something or its life is in danger. Some migrants did not choose to leave their homes and countries; unfortunately, sometimes, they are forced to relocate.

When we talk about migrants, some people see them as just parasites who have relocated to other bases for their economic benefit. It is only sometimes the case. Migrants and immigrants contribute to a nation's economic, social and political development. It is, therefore, not strange that countries like Canada are encouraging migrants to migrate to them.

Regardless of one's attitude towards migrants, the fact remains that, from a moralistic point of view, every human deserves the right to a decent living. It is a fundamental right of everyone to have necessities in life such as food, shelter, health care, water, and clothing. As far as these needs are not met, human beings are bound to migrate in search of them.

Rather than antagonising migrants, we must make those necessities available and affordable. Our lives are interdependent and interwoven; we must be our brother's keepers. There is hardly a better way to celebrate and reinforce the achievements of humanity than by showing love and compassion.

Kata Kata Village does not want to be left behind in assimilating migrants and allowing them to develop their potential. Join us as we celebrate the end of 2022 and work diligently and judiciously to usher in a more peaceful and progressive year in 2023.


Yours in Kata Kata

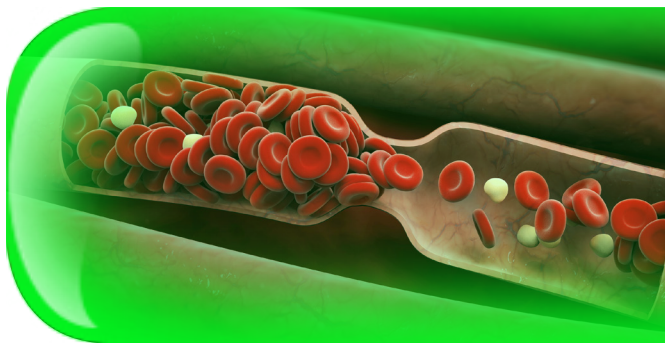
Ogo Ubabukoh
Editor-In-Chief



Blood clots are dangerous

diseases that require special attention. The condition is one of the leading causes of death and disability worldwide. Statistics show that there are 900,000 blood clots yearly in the United States, of which 100,000 die annually. The American National Blood Clot Alliance states that the total number of deaths from blood clots is far much significant than the number of people who lose their lives to AIDS, breast cancer, and automobile accidents yearly.

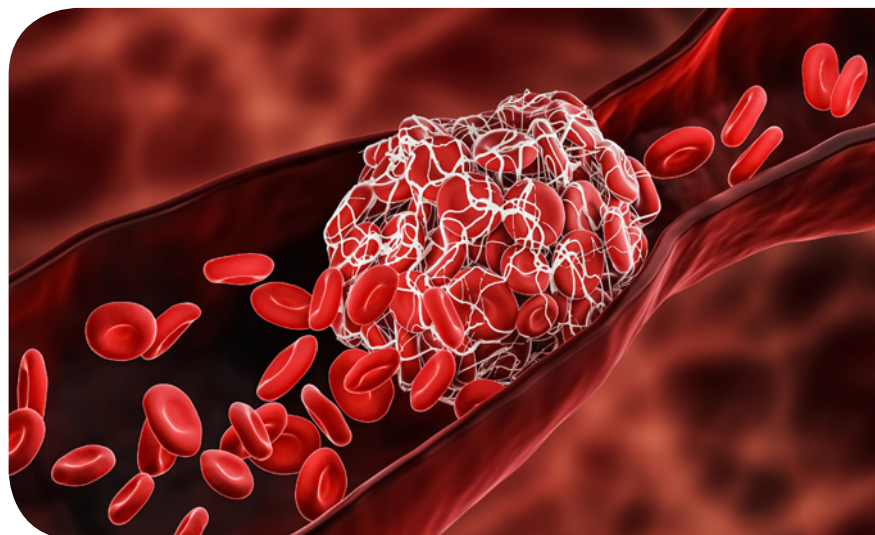
 **Cleveland Clinic** defines blood clots as jelly-like collections of blood that form in veins or arteries when blood goes from liquid to partially solid. When blood forms in your veins, it can cause serious health problems. These blood clots can break off, go through your body and block blood flow to your organs. When a blood clot takes place where it shouldn't have, it is called a thrombus. A blood clot is further called a thrombus. When the clot stays in one place, it's called thrombosis, and when it moves through the body, it's called an embolism or thromboembolism.



Occurrence

Blood clots can occur in the abdomen, arms, legs, brain, heart, and lungs. Venous thromboembolism (VTE) can be divided into two parts:

- Deep vein thrombosis (DVT) (clot may occur in a deep vein, an arm or leg),
- Pulmonary embolism (PE), a lump already broken off and entered the lungs.



Signs

All body parts with a blood supply are vulnerable to blood clots. Symptoms will most likely vary depending on where the clot blocks blood flow. Some signs include warmth, swelling, pain, or tenderness unrelated to an injury, particularly in one or both legs, a discolouration (redness or blueness) of the skin on your legs, and sudden trouble breathing or shortness of breath. Other symptoms include fast, erratic, or irregular heartbeat, chest pain, dizziness or fainting, low blood pressure, significantly if pain worsens with coughing or deep breathing, and coughing up blood.

Anyone, irrespective of age, can get blood clots, especially deep-vein thrombosis (DVT); adults over 60 and hospital patients are more likely to develop this condition. The human body responds to an injury or cut by adequately clotting blood. This type of blood clot is not dangerous. A blood clot can form without it being caused (for example, by an injury or a cut). Certain risk factors or conditions make this more likely.

Risk Factors

The following risk factors are obesity, pregnancy, immobility including prolonged inactivity, long journeys, smoking, oral contraceptives, certain types of cancer, trauma, certain surgeries, age (higher risk for those over 60 years), a family history of blood clots, chronic inflammatory diseases, diabetes, high blood pressure, high cholesterol and earlier placement of a central line.

Other Diseases

Some diseases and health conditions can increase an individual's risk of developing blood clots. Conditions include cancer, COVID-19, and heart conditions such as congestive heart failure, atherosclerosis, and hypertension.

Others include chronic kidney disease, blood disorders, inflammatory bowel disease, Behcets disease, rheumatoid arthritis, systemic lupus erythematosus, asthma, sepsis, obstructive sleep apnea, tuberculosis, diabetes, and polycystic ovary syndrome.



Medical Test

Since there are other conditions with symptoms similar to blood clots, special tests are needed to diagnose a blood clot, which can look for lumps in the veins or lungs (imaging tests). Your doctor may recommend the following medical examinations: blood tests and ultrasound, which give a better view of your veins and blood flow. Others are CT scan of the chest, abdomen, or head, magnetic resonance angiography (MRA), and V/Q scan Test circulation of air and blood in the lungs.

Medications and Treatments

When a blood clot is diagnosed, your general health and where you have the blood clot will determine treatment options. Your doctor may recommend medications such as anticoagulants, which prevent blood clots, and thrombolytics. The latter can destroy blood clots that have already formed. Compression stockings also apply pressure to reduce leg swelling or prevent blood clots from forming. Other treatments include stents, which are known to keep blood vessels open, vena cava filters that prevent blood clots before they can get to the lungs, and surgery.

Scientists and medical experts have recommended natural ways and lifestyle changes that can reduce your risk of getting blood clots. Changes include:



Regular exercise. Since physically inactive lifestyles have been linked to blood clots, it is advised that you walk for not less than 30 minutes per day to maintain your circulation.



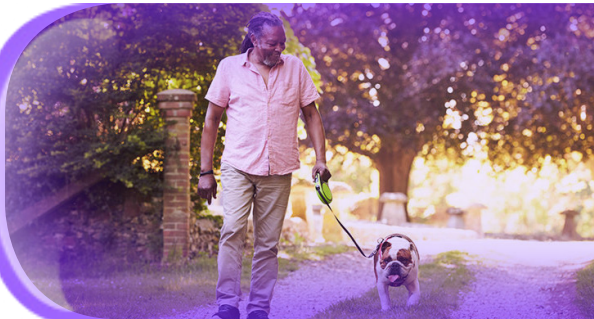
Drink water. You can prevent blood clots by drinking plenty of water daily, not less than eight glasses per day.



Walk. Pregnant women should take regular walks. Blood clots can occur due to the hormonal changes brought on by pregnancy, so it's crucial to keep your leg muscles contracting to help blood flow when you walk.



Weight. Maintain a healthy weight. Blood clots can form due to weight gain and the increased venous pressure that comes with carrying extra pounds. Weight loss and a healthy weight can lower your risk of clotting.



Take a break. Break long sedentary periods of travel, illness, or your job demands you to sit for long periods; you must stand up and move around often. To prevent a clot from forming, the Centers for Disease Control and Prevention recommends standing, stretching (feet, ankles, and legs), and moving about every 2 to 3 hours if possible.



Avoid smoking. If you smoke, it's high time you quit. According to research, medical experts have discovered that smoking increases the risk of developing a dangerous blood clot.

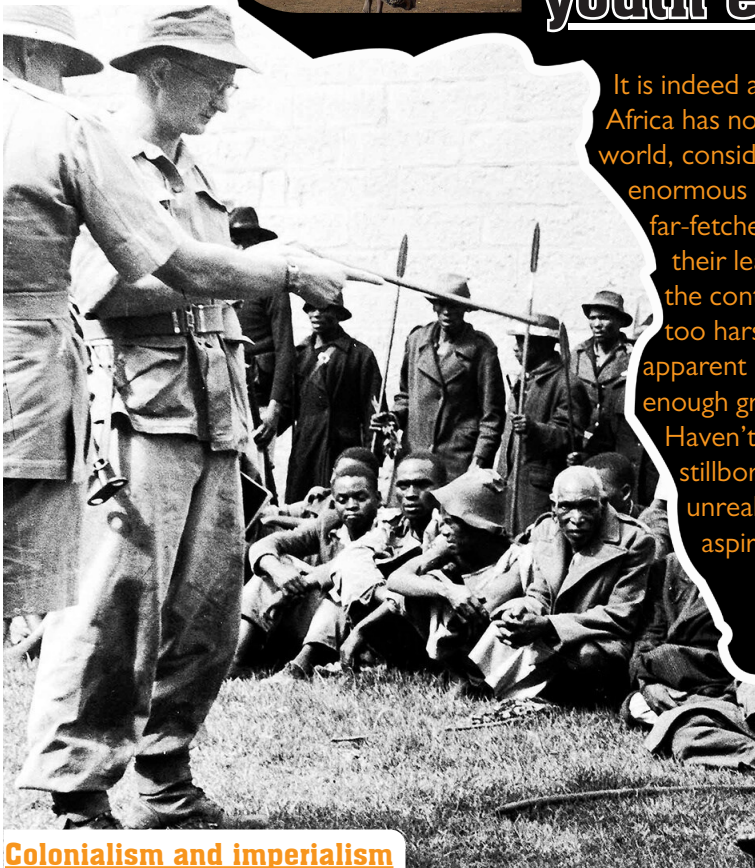


Although no one is immune to blood clots, it's wise to look for signs of blood clots and contact your doctor as soon as you suspect something is wrong.

Africa' Social-political haemorrhage & youth empowerment.

By Tedman Oscar

It is indeed an understatement to argue that Africa has not taken its rightful place in the world, considering being blessed with enormous natural resources. Nor is it far-fetched to say that Africans and their leaders have woefully failed the continent. That might sound too harsh or negative a view, but apparent reality hardly gives one enough ground to argue otherwise. Haven't you heard of the stillborn, a wasted or unrealised dream and aspiration?



Colonialism and imperialism

During the colonial and imperial periods, the colonial masters subordinated, dehumanised and mistreated Africans, whom they regarded as inferior. The former used racist ideology to support and justify such treatments and empower and legitimise their colonial plundering and conquests. The evil acts of colonialism eventually gave rise to political awaking and social-political consciousness amongst Africans. Soon, African leaders demanded self-determination and control of their destiny and wealth. Such a demand was met with swift resistance from the parasitic colonial lords, afraid of losing control over their political and economic power and relevance. But after a ferocious struggle, the colonial rulers finally ceded power to Africans, allowing them self-rule and political and economic self-determination.



Independence and hopes

Jubilation and ecstasy heralded the granting of independence, which came with ambitious dreams and aspirations amongst Africans, especially the masses. What came into your mind? Egalitarian society. An equal (ok, that word, "equality" hardly exists, so a "near-equal" would be a better word, wouldn't it?) society where everyone can access healthcare, education, and other fundamental services. The enthusiasms amongst African nationalist leaders were – or seemed – genuine with hopes to end poverty in Africa by judiciously harnessing and managing the continent's abundant natural resources to spur economic development. That was not the only dream. African pan-Africanists equally intended to do away with foreign charity by boosting the economy, uniting the continent and creating a society free of ethnic and religious dichotomy, which their colonial masters had craftily mastered to create division amongst Africans. New hopes and ambitious dreams. But to take one's life into their hands requires self-sacrifice and commitment. Those are the qualities lacking in most Pan-Africanists. Soon the vast aspirations became stillborn. Selfishness, ethnic consciousness, and nepotism took the more significant part of those African leaders. That was the beginning of the disintegration we witness in Africa today.

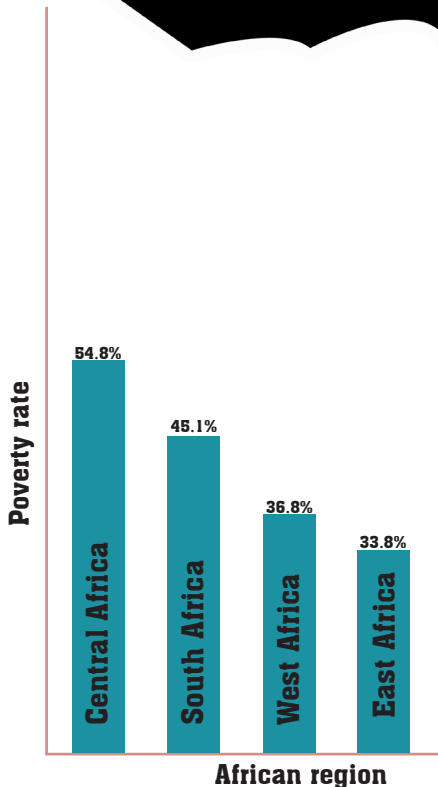


Division

Of course, one cannot exonerate the colonial masters from the African's predicament. Indeed, the West carefully used ethnicity, cultural, and religious differences among Africans to cultivate division on the continent, enabling the West to continue dominating the colonised. However, that argument becomes unattainable and unsustainable if one considers that only a corrupt mind can entertain corruption. It is high time we stopped pointing accusing fingers at the West without accepting our self-lacking and shortcomings. Admitting our weaknesses hardly means that the West does not share blame for the ills befalling Africa, but for how long shall we continue to blame others rather than getting out of our gutter of imperialism and taking our lives and future in our hands?

Unfortunately, since African nations gained their independence, many of them are in much worse shape than before. Despite being rich in natural resources, Africa remains

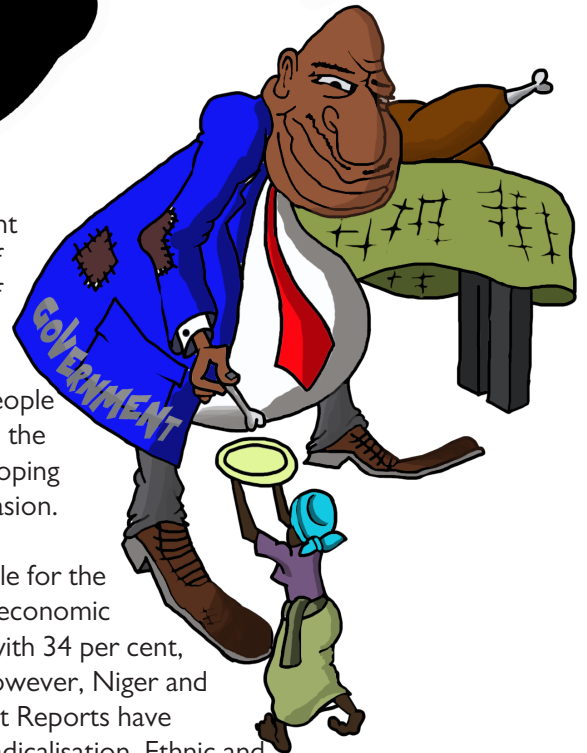
the poorest continent in the world based on statistics from the World Bank. Twenty-three out of the twenty-seven countries in the world that the World Bank currently classifies as Low-Income Economies—the very poorest countries in the world—are in Africa. Statistics show that Sub-Saharan Africa is the continent's region with the most poverty prevalence. The extreme poverty rate is 54.8% in Central Africa and 45.1% in Southern Africa, while the rates are 36.8% in Western Africa and 33.8% in Eastern Africa. These figures are not what one should be proud of, are they?



Corruption

Africa's hope of becoming a better continent has been dashed by rampant corruption. This menace has effectively mortgaged the lives and future of many Africans, causing immense suffering and hardship among millions of people. Corruption, which manifests in various ways, has become a significant obstacle to economic growth, good governance, and fundamental liberties like the right to free speech and the ability of the people to hold their governments accountable. Beyond this, corruption impacts the health of people, families, and communities. According to analysts, developing countries lose \$1.26 trillion annually due to corruption, theft, and tax evasion.

Undoubtedly, the continent's extreme levels of corruption are responsible for the region's excessive unemployment among youth, unproductivity and low economic growth. Statistics show that South Africa leads in youth unemployment with 34 per cent, followed by Djibouti and Eswatini at 28 and 26 per cent, respectively. However, Niger and Benin had Africa's lowest unemployment rates. The World Development Reports have constantly linked unemployment to youth participation in violence and radicalisation. Ethnic and religious bias and nepotism have been the core stumbling blocks towards the continent's economic growth. Those in positions of authority frequently hire family members, proxies, and members of their ethnic group and religion without regard for their qualifications. This choice has created inefficiencies and fuelled resentment among marginalised ethnic groups, caused conflicts, and slowed development, effectively undermining the state's ability to function efficiently.



Transparency International Corruption Perception Index report 2022 indicates that 44 out of 180 countries with low corruption index scores are in Africa. According to the report, Africa has the lowest average index score in the world, at 33. Transparency International assigns a score to each nation, with zero representing the least corrupt and 100 representing the most. According to the CPI report, the most corrupt African countries are South Sudan 11, Somalia 13, Libya 17, Equatorial Guinea 19, Burundi 19, Chad 20, Sudan 20, Comoros 20, Guinea Bissau 21, Congo 21, Eritrea 22, Zimbabwe 23, Nigeria 24, Central African Republic 24, Guinea 25, Mozambique 26, Madagascar 26, Uganda 27 and Cameroon 27.

It is worrisome, too, to know that many African nations are becoming more corrupt, with the governments doing virtually nothing to tame the menace, according to Transparency International's Global Corruption Barometer – Africa 2019. Furthermore, the report revealed that the poorest in Africa are the hardest hit by corruption compared to the rich, with the police, government officials, members of parliament, judges, magistrates, NGOs, and religious leaders being entangled in the web of corruption. One may ask: Who will bell the cat? Research shows bribery is the most common form of corruption in Africa, with the Democratic Republic of Congo (DRC) leading the hierarchy in the continent at 80 per cent, ahead of Liberia (53%) and Sierra Leone (52%). On the other hand, Mauritius, Botswana, and Cape Verde are the only nations with the lowest bribery rates at 5, 7, and 8 per cent, respectively.

Most corrupt African countries

Cameroon	27.
Uganda	27
Madagascar	26,
Mozambique	26,
Guinea	25,
CAR	24,
Nigeria	24,
Zimbabwe	23,
Eritrea	22,
Congo	21,
Guinea Bissau	21,
Comoros	20,
Sudan	20,
Chad	20,
Burundi	19,
Equatorial Guinea	19,
Libya	17,
Somalia	13,
South Sudan	11,



Foreign Aid

Some of the poorest countries in the continent by GDP Per Capita are Burundi (\$239), Mozambique (\$448.5), Madagascar (\$471.5), Central African Republic (\$492.8), Sierra Leone (\$509.4), Democratic Republic of Congo (\$544), Niger (\$567.7), Liberia (\$632.9), Malawi (\$636) and Chad (\$659.3) according to the World Bank. Africa is also home to 21 of the world's 55 Lower Middle-Income countries. Due to extreme poverty, most low-income African nations rely heavily on foreign aid. Instead of channelling the support to economic development, most African countries use it for humanitarian purposes like meeting food and emergency needs and only a tiny amount for stimulating their economies. Furthermore, some African nations pour aid money into ineffective white elephant projects that neither promote growth and development nor the development of good institutions. Research shows over \$1 trillion has been donated to Africa over the past 50 years. One hardly sees the result of such a significant amount of money on the ground.

That does not mean the aid has not been helpful. Foreign aid has brought about economic reforms by lowering tax burdens and increasing local revenue in many African countries. The funds have also significantly impacted the infrastructure, education, agriculture, and health sectors. However, foreign aid is not the solution to Africa's problems because Africa's over-reliance on it has prevented countries from taking advantage of global economic opportunities. In addition, resource misallocation, corruption, and poor governance limit Africa's ability to use the aid effectively.

Diaspora and Remittances

While bad governance has fuelled the migration of skilled and unskilled African labours to other parts of the world in search of greener pastures, causing excessive brain drain, the same factor has stimulated the economies of various African countries through foreign remittances. According to the latest World Bank data, remittance inflows to Sub-Saharan Africa increased by 6.2% to \$45 billion in 2021. According to the World Bank's "Migration and Development Brief 35," Nigeria is the region's largest recipient. Given the size of the Nigerian migrant base, the West African country continues to dominate remittance inflows into Sub-Saharan Africa, according to the report. Other countries with high remittance flows include Ghana, Kenya, Senegal, Zimbabwe, and others. Remittances combined with foreign aid would have completely transformed the continent. However, the reality on the ground says the opposite.

In most cases, the remittance has yet to be effectively utilised. When one depends on free income, one tends to become lazy and dependent. That dependence hardly gives room for industriousness. Often these remittances are being diverted from economic development and financial sustainability to personalised luxury. In most cases, this misplaced monetary policy leads to joblessness and an inability to harness the potential of youth, who are the backbone of any country's economic growth and sustainability.

Youths

The youths are a vital economic locomotive engine of many countries; they possess the energy, human resources, knowledge and ability to turn things around. Statistically, Africa is a bedrock of a vibrant but untapped youthful labour force. They account for 65 per cent of the total population of the continent. Unfortunately, rather than providing opportunities for the youths to board the economic train, most African governments have left them untapped, leaving the economics in the hands of recycled old leaders, who milk the economies for their interests. With a higher proportion of African youth unemployed and living in poverty, young people's aspirations and needs, as well as their ability to reach their full potential, remain primarily unmet due to stagnant economic growth and limited opportunities for advancement

A report by the US Department of Justice shows that most of the crimes in Africa result from poverty and high unemployment. Educated individuals who are jobless can be easily attracted to crime because financial security is the first step towards a crimeless society. Good enough, several organisations have begun to focus on youth empowerment, particularly in social innovation, leadership, and entrepreneurship. They provide the skills, resources, and networks needed to solve community problems and improve the environment. Aside from skills, empowerment creates inclusive opportunities for the youth to collaborate, build networks, and develop supportive programs for early-stage ventures. Youth empowerment is equally crucial for nation-building.

The leadership skills gained during empowerment are sufficient to ensure that African youths enter politics to replace the older leaders who are reluctant

to relinquish their positions. Many have argued that involving youths in nation-building will create tremendous economic growth, especially since most African rulers are a spent force. Irrelevant, one might call them, but many African leaders employ every crooked means, including intimidation, coerce, bribing electoral officials to remain in power, and preventing youth participation and any opposition.

Agreed that youth participation in governance will lead to economic and political growth in Africa, and those positive developments are vital in the face of an increase in the youth population on the continent.

But youths need stimulation, intransigence, bullheadedness and resistance to climb the demanding political hierarchy. The hierarchical arena is where sit-tight leadership has become a norm; cronyism has taken over merit, capability and professionalism. Youth-led protests can remove autocratic leaders from office and give potential young leaders access to formal decision-making. Additionally, since the youths would better understand the challenges facing the young generation, involving them in national affairs would be the best way to address those problems from a holistic angle.

Expectedly, those authoritarian leaders will hardly give way to the youth. The former would fight back, but nothing can be achieved without sweat. That hard work on the part of the young ones, combined with mobilisation will be needed to bring genuine changes. The young generation should not wait till the mantle of leadership is handed over to them; they must fight for it. Otherwise, they will have to wait endlessly. Taking the bull by the horn is the most feasible and productive way for the new generation of leaders to defeat authoritarian leadership and usher in prosperity, job, the rule of law and democracy.

There is no doubt that the solution to Africa's problems lies within the continent. The continent should use farming and its natural resources (minerals, tourism, agricultural products) and renegotiate better trade terms with the West, among

other things. Those steps can only produce tangible results if Africa combats corruption and make good governance through respect for the rule of law the cornerstone. It all starts with leaders leading by example. Visionary leaders are not born; they are made. We have seen those quality and committed leaders around the globe. Africa will not be an exemption.

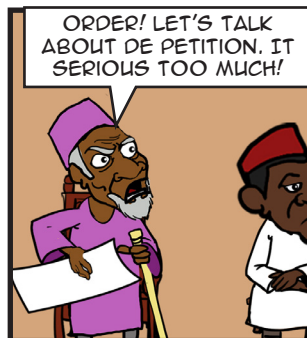
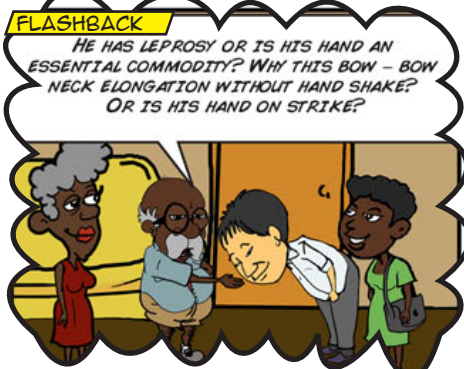


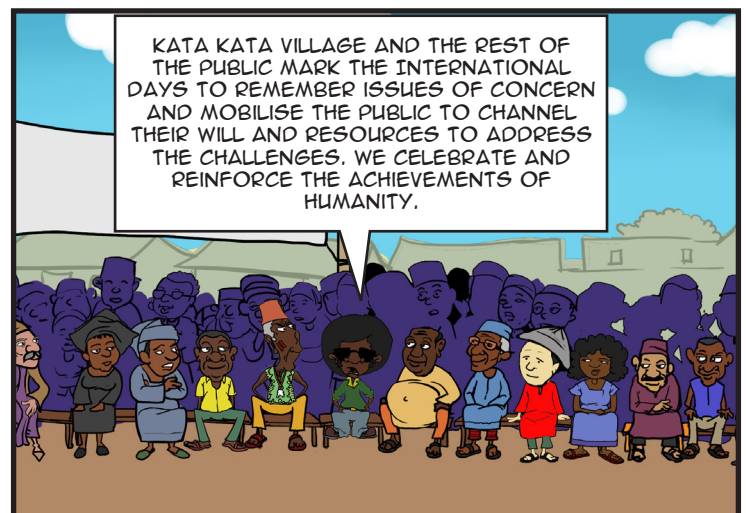
Interestingly, some African countries, such as Seychelles, Cape Verde, Rwanda, Mauritius, Botswana, and Namibia, are taking bold steps to reduce corruption and strengthen the rule of law. The remaining countries should follow suit. Africa belongs to Africans; the West will never come to the African continent to rebuild it for Africans. History has proved that mindset woefully wrong and a mere misconception. There is no better way for Africa to escape from its political haemorrhage than to take its faith into its hands and do the right thing, rather than dwelling on the past and pointing accusing fingers at others. Doing so can only lead to socioeconomic, political, and economic stability and growth. Those are the unwritten prerequisites to earning global respect. If Africans want to be treated with dignity and respected and accorded their rightful place in the political cum economic arena, they must do the right things. They are the only ones who can do them for themselves - and Africa.

A SPECIAL INTERNATIONAL MIGRANTS DAY CELEBRATION IN KATA KATA VILLAGE













One exciting thing about fashion is that it resurfaces with time; it never dies a permanent death. For years, sweatpants had been a trend, but they re-emerged in early 2020, thanks to the Covid-19 pandemic, which forced millions of people to stay indoors. Even after the pandemic, people started putting them on whether for relaxation at home, attending Zoom meetings, picking up kids from school, going for a jog, or attending a late-night outing. Today, sweatpants are a staple of many wardrobes and an essential part of contemporary fashion.



Origin

Sweatpants have been around since the 1920s but are less popular than today. Mile Camuset, the founder of French sports brand Le Coq Sportif, created the first sweatpants. Its primary purpose was to keep one warm, and it was made from knitted cotton for easy movement.

Fitting

Your sweatpants should always be tight enough for you. Ignore extremely tight jogging pants that can be found all over the internet. They may look attractive and stylish but affect your comfort. Good jogging pants should also be looser in the crotch and thighs. If you look in the mirror and see the outlines of sweatpants pockets on your thighs or your stuff, the pants are too tight.



Gildan
Fleece Elastic
Bottom Sweatpants

According to model and actor Miles Garber, Gildan sweatpants are the cheapest on the market. They're made from a cotton-polyester blend and come in primary colours like grey, navy, and black. They have a simple, no-frills design with side pockets but no back pockets. Everyone needs a pair of comfortable and warm sweatpants, and this style is no exception. They come with an elasticated waistband, drawcord, ankle cuffs, and side seam pockets, making them appealing to many.

It is also advisable to avoid baggy and shapeless sweatpants. Instead of buying them online, go to your local store and try them to choose what fits your body shape. They must also have elastic cuffs on the legs to enable you to wear them pulled up a few inches above your shins.

Material and types

Make sure it is made of cotton for its high quality. Classic cotton jogging pants are usually made from a French terry knit, with loops on one side and a smoother knit on the other. The French terry knit feels soft and cosy.



Rhone
Spar SeaCell
Jogger

The Spar comes from premium SeaCell fabric with just enough stretch, a moisture-wicking exterior, and side and back zippers. The Spar is exceptionally soft and light on the skin. It has a faster drying time and increased strength and durability. Spar is ideal for everyday wear, fitness, running, training, boxing, basketball, and other outdoor or indoor activities.

Another popular fabric for jogging pants is fleece knit fabric. Made of polyester, it's lightweight, warm, moisture-wicking, soft, and fluffy.

Style

The last factor to consider when buying sweatpants is style. Sweatpants can either have an internal drawstring hidden in the waistband or an external drawstring that ties in the front. It's your choice what type of pockets yours must have; however, note the design of the cuffs or the leg openings has snug ribbed cuffs.



Nike Sportswear Pants

The Nike Sportswear Pants are made with heavyweight semi-brushed fleece, high ribbed cuffs, and tonal details. It has an elastic waistband, a flat drawcord, side pockets, and a back pocket for a quick stash of your phone keys and cards. With a slim-fitting look that differs from the bulky nature of the genre's vintage variants, these sleek joggers offer wearers an elevated piece that can be worn for a night out, at the gym or home.



KUHL FREEFLEX

Lightweight FREE FLEX fabric wicks moisture and dries quickly, and it stretches without spandex to prevent sagging or bagging over time. The wide drawstring waistband with an external drawstring ensures a comfortable, adjustable fit. The gusset in the crotch provides more freedom of movement. It features front pockets with zip closure at the seam, a single inset back pocket, hidden cell phone pocket.



Champion Men's Classic Jersey Joggers

These joggers are made of cotton and have a comfortable fit thanks to the Sport Comfort waistband and drawstring combination. They have an athletic fit, tapered legs with elasticated cuffs, side pockets, and a screen-printed logo for style. Champions come from pure cotton.



Paper Projects All Day Clean Sweatpants

These are made with an antimicrobial finish to fight and reduce odour and bacteria. They have a ribbed waistband that resembles an old-school sweatshirt, with thick drawstrings to adjust the fit. A bold ribbed cuff also provides a streamlined finish at the ankle.

All Day Clean Sweatpants - Indigo Navy

They come with an antimicrobial Bac-pure finish, which offers long-lasting, sustainable, and functional protection against bacteria, viruses, fungi, mould, and unpleasant odours. The fabric weight is lighter than standard terry, thicker and more durable than a jersey, and has more stretch for ease of movement. The weight is light enough to be carried all year round. It feels soft against the skin and has a smooth back and front. Softness is achieved by pre-shrinking and garment laundering. Indigo Navy is made from 65 per cent organic cotton and 35 per cent paper interlock knit.



Long Jamby's

Jamby's pants are from a proprietary modal fabric that is soft, stretchy, lightweight, and breathable. They are an excellent option for warmer weather. They come in 18 different colours and prints and have an external drawstring and side pockets but no back pockets. These are lightweight sweatpants that can also serve as a pyjama.



City
Sweat Jogger
Fleece

The City Sweat fleece jogging pants are available in different lengths to adapt to smaller or larger people. These jogging pants have two side pockets, a secure zipped back pocket, and a hidden coin pocket inside. The drawstring can be worn inside or outside, as small openings in the waistband allow threading in both directions.

Reigning
Champ Midweight
Terry Slim Sweatpant

These are specially made for slim people. They also have flatlock seams, meaning the fabric doesn't overlap, reducing the chance of chafing or skin irritation. They come in black, navy, or grey and have standard side pockets plus one back pocket.

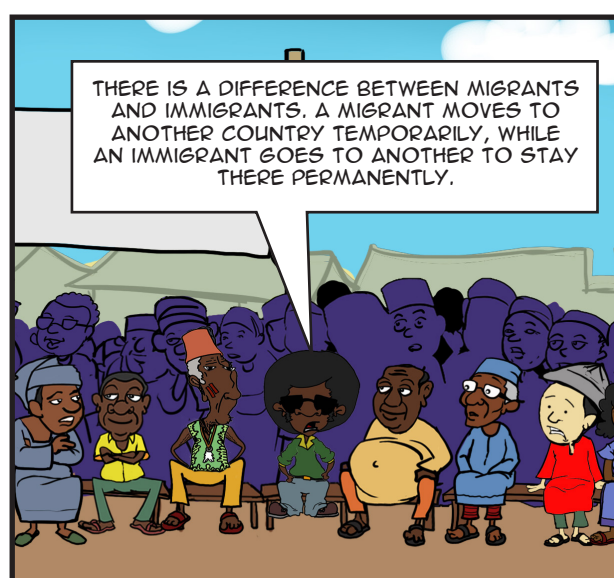
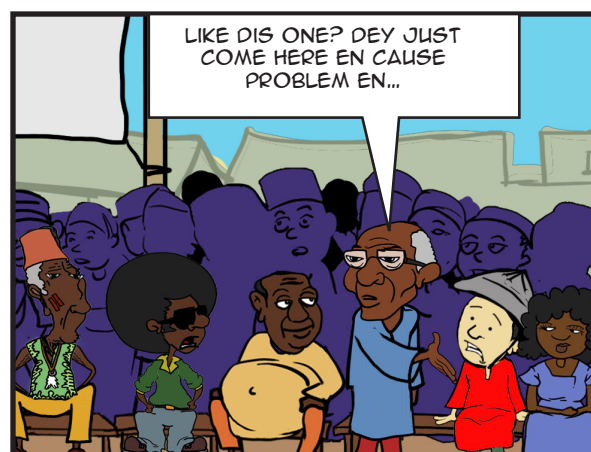


Organic
Basics Cotton Mid-
Weight Sweat Pack

The sweatpants have jogger-style cuffs, an external drawcord, side pockets, and a single, plain back pocket with no closure. The set is available in navy or grey. Organic Basics is also a B Corp, meaning it adheres to higher standards of transparency and accountability regarding the clothing it makes.

These sweatpants are classic and unisex, which means that everyone, regardless of gender, can wear them. They also make you feel modern and stylish and boost your confidence and self-esteem. Time to try this new fashion trend, isn't it?





ACCORDING TO THE UNITED NATIONS, EVERYONE IS MANDATED TO PROTECT ALL MIGRANTS AND THEIR FAMILIES. FOR CLARITY'S SAKE, THERE ARE MANY REASONS WHY SOMEONE WOULD PREFER TO LEAVE THEIR HOME FOR ANOTHER PLACE...



PICCOLO, YOU TALK TRUE. OYIBO-MZINGU SAY THERE IS NO PLACE LIKE HOME. SO, THEREFORE, IF I LEAVE MY HOME EN DECIDE TO LIVE IN ANOTHER MAN'S HOME, SOMETHING IS NOT GOOD WITH ME.



YOU ARE RIGHT. PEOPLE COULD MIGRATE VOLUNTARILY OR BY FORCE DUE TO WAR, CONFLICT, ECONOMIC REASONS, OR NATURAL DISASTERS SUCH AS EARTHQUAKES, HURRICANES, DROUGHT, AND TSUNAMIS. OTHERS MIGRATE TO STUDY OR LIVE CLOSER TO FAMILY.



SO WHY DEY COME KATA KATA VILLAGE? WHY DEY DON' GO ELSEWHERE?



ORDER! IN KATA KATA VILLAGE, WE LOVE PEACE AND WE SHARE WHAT WE HAVE, EVEN IF WE POOR. WE ARE NOT AS RICH AS TRUMP VILLAGE, BUT WE WELCOME EVERYONE, AS FAR AS YOU DON' COME EN BREAK OUR LAW OR TELL US WHO WILL SLEEP ON TOP WHEN WE WAN' MAKE CHILDREN.



HAHAHAHAHA!



WE DON' WAN ODER PEOPLE FROM ODER PLACE HERE BECAUSE DEY HAVE DIFFERENT CULTURE, RELIGION.....



GOD FORBID! WE ACCEPT EVERYBODY IN KATA KATA VILLAGE. WE ARE THE SAME.



WE TALK ABOUT OTHERS NOT BEING PART OF US, AND WE CAN BE INSENSITIVE TO OTHERS' PROBLEMS, BUT IF A BOMB DESTROYS KATA KATA VILLAGE TODAY, WE WILL BE THE FIRST TO MIGRATE TO ANOTHER BETTER OR SAFER COUNTRY. THAT IS HUMAN SURVIVAL INSTINCT AND NATURE.

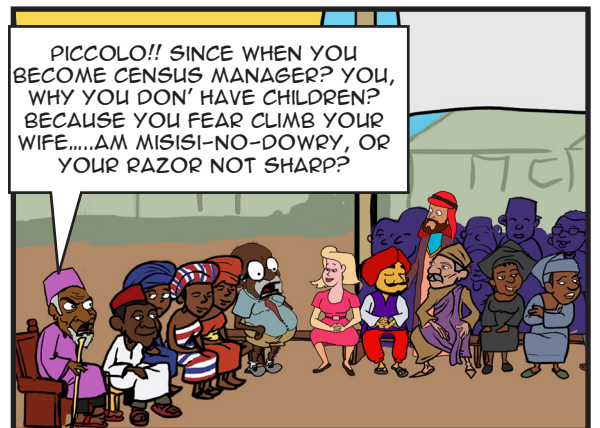
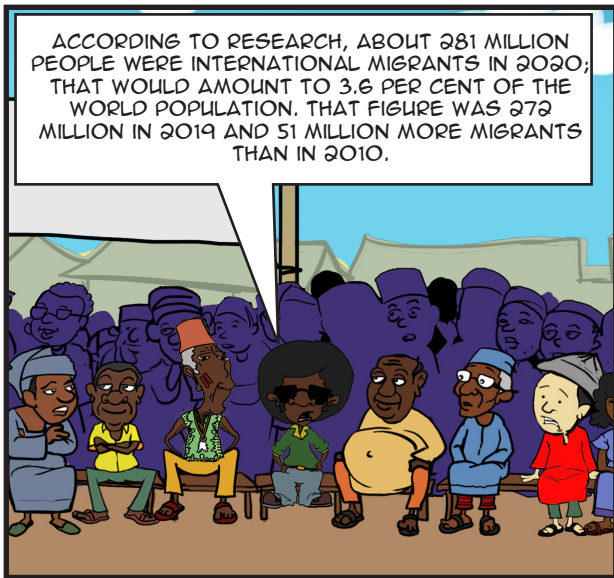


ONE THING I KNOW IS IF DEY THROW BOMB HERE EN WE DON' HAVE FOOD, ME, I WILL RUN BEN JOHNSON TO TALIBAN FOR HELP EN EVEN LIVE WITH DEM.



HAHAHAHAHA!







LET'S BE SERIOUS! OFTEN WHEN WE TALK ABOUT MIGRANTS, MOST PEOPLE THINK THEY ARE JUST PARASITES WHO COME AND LIVE IN A COUNTRY FOR THEIR ECONOMIC BENEFIT. NO, NOT ALWAYS. MIGRANTS AND IMMIGRANTS CONTRIBUTE TO A NATION'S ECONOMIC, SOCIAL AND POLITICAL DEVELOPMENT.



HAVE YOU EVER WONDERED WHY A COUNTRY LIKE CANADA IS BUSY ENCOURAGING MIGRANTS TO COME TO THEIR COUNTRY..... ?



WAIT OH! IF DAT IS SO, WHY TRUMP FIGHT-FIGHT MIGRANTS? I EVEN HEAR DAT DE VADER EN GRANDMAMA COME FROM OTHER COUNTRY TOO.



WANNA PASS THAT QUESTION OVER VIA GIULIANI?



PRESENTLY, WE HAVE MORE PEOPLE LIVING IN ANOTHER COUNTRY OTHER THAN THEIR COUNTRY OF BIRTH. SOME MIGRATE WILLINGLY; OTHERS ARE FORCED TO DO SO.



HOW? BY FORCE? WHY? BECAUSE DEY COMMIT ABOMINATION OR OFFEND GOD?



AS PICCOLO SAID BEFORE, SOME MIGRANTS ARE FORCED TO LEAVE THEIR COUNTRIES DUE TO WAR, CONFLICTS, POLITICAL REASONS, DROUGHT ETC.



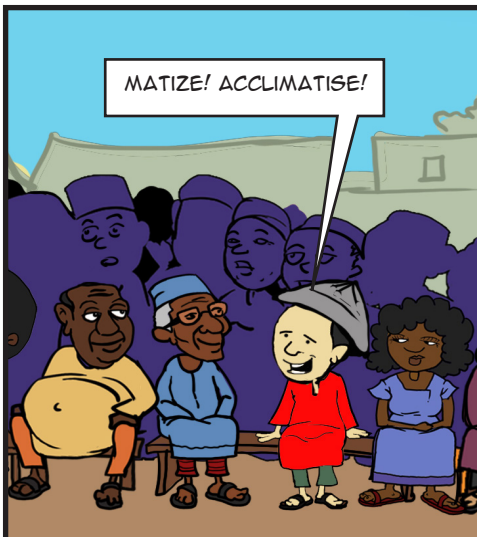
EEEE! I DON'T KNOW ABOUT ALL THE PROBLEMS YOU GET IN YOUR COUNTRY BEFORE YOU COME HERE. PLEASE FORGIVE ME DAT I AM ANGRY WITH YOU.



WE CAME HERE WITH LOVE; LOVE KNOWS NO BOUNDARY, COLOUR, RELIGION, POLITICS OR CULTURE. OFTEN PEOPLE THINK IT IS EASY FOR US TO ACCLIMATE.....



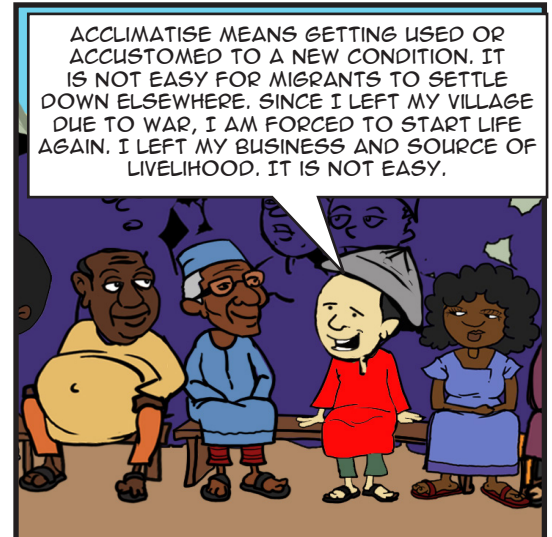
ACCLIMA...WHAT?



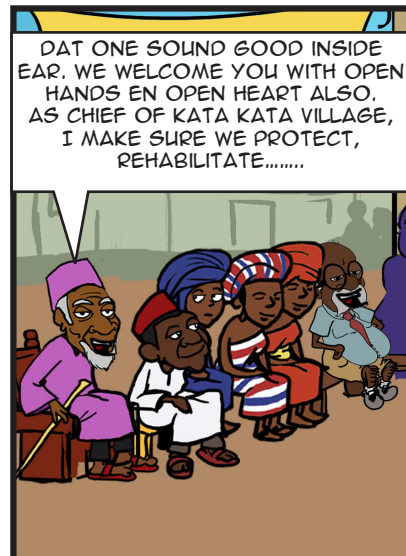
MATIZE! ACCLIMATE!



ODUWAWA!! WHO IS DAT ONE? IS DAT THE NAME OF YOUR SON OR WIFE?



ACCLIMATE MEANS GETTING USED OR ACCUSTOMED TO A NEW CONDITION. IT IS NOT EASY FOR MIGRANTS TO SETTLE DOWN ELSEWHERE. SINCE I LEFT MY VILLAGE DUE TO WAR, I AM FORCED TO START LIFE AGAIN. I LEFT MY BUSINESS AND SOURCE OF LIVELIHOOD. IT IS NOT EASY.



SELECTED DINNERWARE SETS FOR YOUR CHRISTMAS



Nothing is more impressive than arranging your dining table to give it a classy look and having plates that match. To have a stylish table, you must be willing to invest in tableware sets that will provide an elegant look. Invest in a chic, coordinated set that includes dinner plates, side or salad plates, bowls, crisp linen napkins, and gleaming cutlery that will stand up to daily wear and tear. It should be functional, easy to clean, and adaptable.

A good dinnerware set will add a degree of class to any dining table and stay stylish for years while withstanding the rigours of everyday use. Consider weight, design, and price before purchasing a harness of your choice. Its design should be catchy and attractive and match your table and other devices in your house. However, your pocket determines what to buy.

Here are the best dinnerware sets you can choose in 2022 and beyond:

Gio 16-Piece Dinnerware Set


A set consists of four pieces each: a dinner plate, salad plate, bowl, and mug. Made from China Bonne, they are light, thin, flawless, and stackable. Gio is also durable to withstand the rigours of everyday use. They are also microwaveable and dishwasher-safe.






Richmond Speckled Stoneware Dinnerware

This tableware impresses with a classic and elegant look. Not only is Richmond Speckled Stoneware Dinnerware beautiful, but it is also durable and affordable. They appear delicate with their free-form edges and handcrafted look, but the pieces are sturdy and resilient to daily wear and tear. Like the 16-piece Gio tableware set, they are dishwasher and microwave safe. You can buy it as a set of 20, each containing four of each of the following: dinner plates, salad plates, mugs, and two bowl sizes: a shallow bowl that's great for pasta and soup; and a deeper, smaller bowl better suited for cereal, snacks, and ice cream.




M&S 12 Piece Tribeca Matte Dinner Set

This set is of stoneware with a matte outer edge for an elegant design. Simple, stylish, and scratch-resistant, it is the best dinnerware set for an effortless update of your home restaurant. As a dish for each dish, it comes in 12 pieces, with the option to add pasta bowls and cups. Its inner surface has a high gloss finish for a look that stays as good as new. Aside from its stylish looks, it's also massive, and that's why they're often a choice for many. It is dishwasher friendly, and the plates have a rim to prevent food spills.



Lufworth Seafoam 12 Piece Dinner Set

This stoneware crockery set consists of 12 pieces. It's finished in a contemporary seafoam blue hue to upgrade your dining table instantly. In this set, you get four dinner plates, four side plates, and four bowls, each embossed with a reactive glaze speckle. It's dishwasher and microwave safe for added convenience.



12-Piece Bistro Dinnerware Set



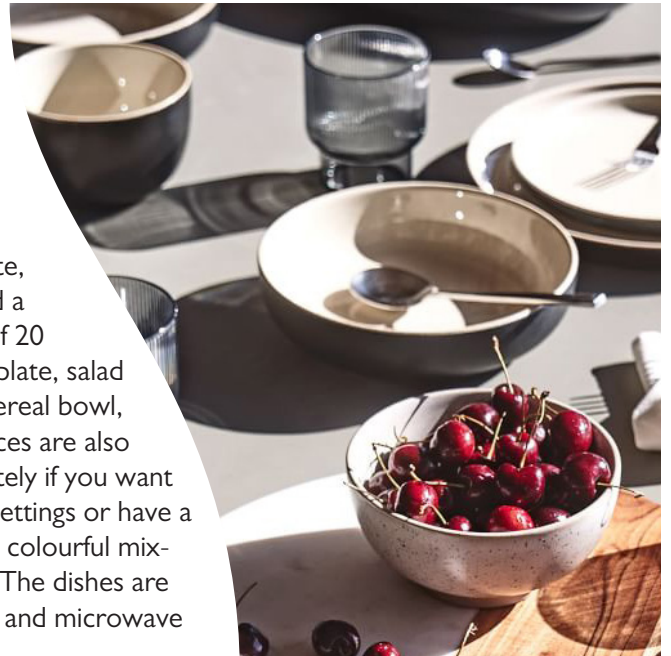
Bistro Dinnerware Set, made from porcelain, offers eighteen vibrant colour options with a fun concentric pattern around the rim. It allows users to purchase different colour sets to mix and match. Piece Bistro Dinnerware is chip-resistant, microwave, oven safe and dishwasher friendly, comes in a set of a dinner, a salad plate, and a bowl.



Kafoti Stoneware Dinnerware Set



This stoneware set offers a range of beautiful colours to choose from. Colours range from grey and black oak to dusty blush and bright white, with a matte exterior and a refined interior. A set of 20 contains four: dinner plate, salad plate, pasta bowl, cereal bowl, and mug. The pieces are also available separately if you want to add more settings or have a more playful, colourful mix-and-match. The dishes are dishwasher and microwave safe.



Rustic Outdoor Melamine 12-Piece Dinnerware Set



Melamine is an excellent choice for outdoor dining because it's lightweight and less prone to scratching or breaking. It's also more functional and sustainable than paper plates. It has a rustic look with stylish wide edges reminiscent of earthenware. A set consists of a dinner plate, a small plate, and a salad bowl. The collection includes serving platters, bowls, and chargers sold separately. All parts are dishwasher-safe but not microwave safe.



Corelle Livingware 16-Piece Set, Ocean Blues



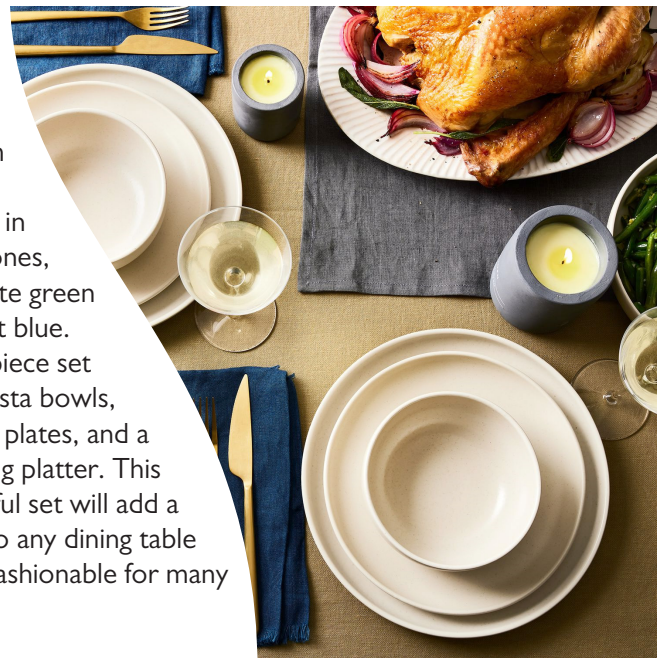
Corelle is blue, thin, light, and sturdy despite its weight. The Corelle dinnerware set is also a fantastic option for families looking for durable dinnerware that their children can easily handle. The set serves four people: dinner plates, bread and butter plates, soup/cereal bowls, and stoneware mugs. Corelle is safe to use in the microwave, dishwasher, and oven.



Casafina Modern Classic Ceramic Dinnerware and Serveware



This beautiful set is crafted from sturdy stoneware and finished with a silky glaze. It's available in muted pastels and deeper tones, ranging from cream and slate green to a rosy blush and cobalt blue. It's obtainable as a 24-piece set for eight, including pasta bowls, dinner plates, salad plates, and a bonus oval serving platter. This raw and beautiful set will add a classy touch to any dining table and remain fashionable for many years.



Dinnerware is not only meant for dinner; the set adds class and elegance to your home. Just as you invest in the other things in your home, it is also good to invest in pottery. Your dinnerware set should be both attractive and functional. The dinnerware sets' materials should add to the overall look and durability. Standard materials are earthenware, porcelain, bone china, and melamine. Give your home a touch of taste, dignity, sophistication and elegance with a dinnerware set.

Top
rending
Black
Women hairstyle
for
2022

Most women, regardless of age, enjoy having a polished appearance always. Aside from dressing fashionably, one way to leave a lasting impression is with their hair. These hairstyles are perfect for taking a selfie and will garner a lot of likes and catch people's attention.



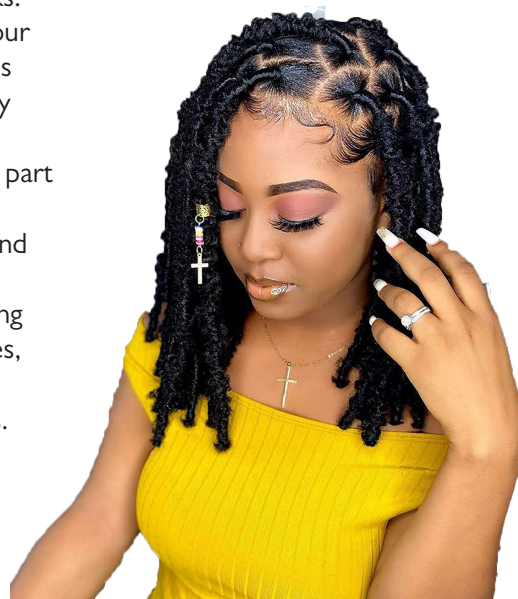
Natural black hair is incredibly versatile and has full, thick curls that can be styled into various lovely looks. It is the right time to rock your natural coils, kinks, and curls as we approach the holiday season.

Hairstyles are an integral part of fashion, so many new hairstyles become a trend yearly. The options for gorgeous short and long natural tresses, weaves, wigs, and braided hairstyles are endless. It may be hard for you to choose only the best styles. We have compiled the hottest and most modern hairstyles for black women.



Short hair

Many women give up synthetic weaves and wigs to showcase their natural tresses. Short hair is less common than long hair, which makes it unique, alluring, and unquestionably attention-grabbing. Most men are proud of women with short hair because it requires low maintenance and exposes their necks and face. A woman's neck and face are easily attracted to men. But other men love women with long hair.



Butterfly locs

With curly loops that give it its recognizable appearance, butterfly locs is a low-maintenance style that looks quite natural. You can wear the butterfly loc long, even down your back, unlike most women who wear it in a shoulder-length bob. Summertime is the ideal time to wear butterfly locs because they shield the hair from manipulation and sun damage. So, given that it is resistant to injury, this is it if you're looking for the best beach hairstyles for black girls. Goddess locs and passion twists work beautifully together to create butterfly locs. Remember that butterfly locs are a commitment-free hairstyle that typically locks your natural hair extensions and gives you a glamorous appearance.

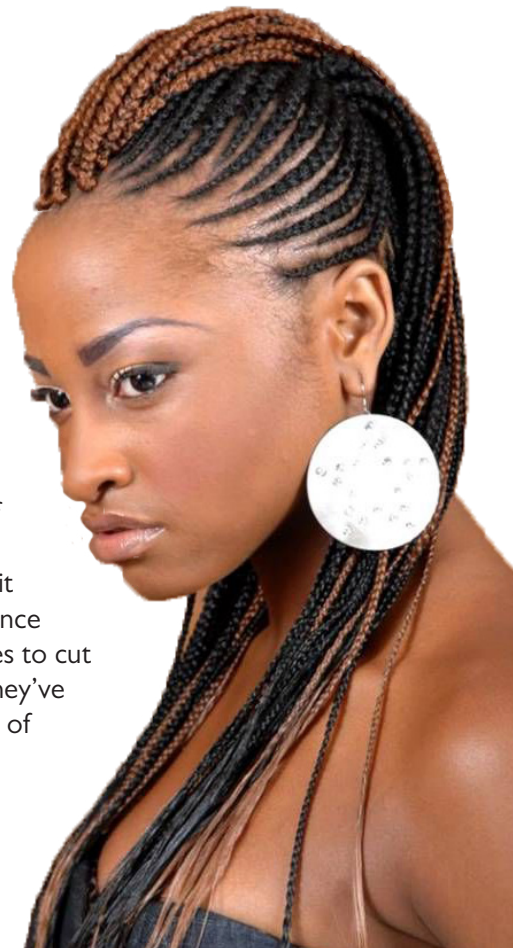


Jumbo braids

Jumbo box braids have always been in vogue. They are adaptable and attractive and safeguard your natural hair when properly applied. Although straightforward, the Jumbo style can be accessorized with various items. One of the best ways to change your appearance is to add metallic cuffs. Asking your stylist to create a zigzag parting is another way to stand out from the crowd.

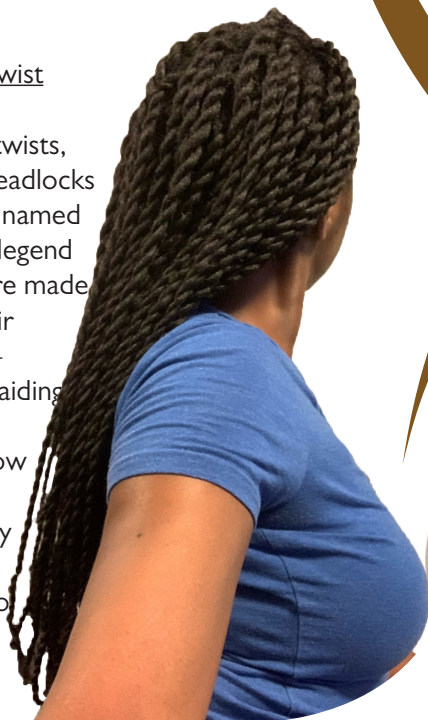
Abuja lines

As the name indicates, this hairstyle originated in Abuja, Nigeria. They have premium fibre, a silky texture and are lightweight. They are employed to create a variety of elaborate hairstyles. Abuja lines are famous and won't go out of style soon. Both young and modern women can afford it because of its low maintenance requirements; everyone likes to cut costs wherever possible. They've also demonstrated the ease of installation.



Marley Twist

These two-strand twists, which resemble dreadlocks or faux locs, were named after reggae music legend Bob Marley. They're made by tying natural hair strands with kinky-textured Marley braiding hair extensions. Marley twists are low maintenance and protective, and they can be styled in various ways due to their versatility. The installation procedure can be completed at home or under the guidance of a qualified hairstylist and can take up to a few hours. The actual style lasts six to eight weeks.



Curly wigs

Many women find curly hair an epitome of youthfulness and a carefree spirit, which they find attractive. As if that weren't enough, a woman can look younger with curls. The bouncy, spiral shapes and voluminous appearance convey a sense of freedom and defiance.





Bob braids

The bob is among the most popular braided hairstyles in Africa and beyond. It adds volume, is edgy and modern, and guards against harm. The right accessories can make your bob stand out. You could include flowers, rings, beads, clips, or coloured threads. There are many different bobs styles, including graduated designs, A-line, inverted, asymmetrical, and classes with bangs. The right bob can do wonders to frame your face.



Faux locs

Faux locs, as the name implies, are made to resemble natural dreadlocks and give you the freedom to wear a stunning hairstyle with a long cultural and historical history without committing to it. The only difference between them and goddess locs is that faux locs have curly hair additions along the loc's length or at its end. The lifespan of fake locs can range from two to three months, depending on how well you take care of them.



Weaves with bangs

If you want to explore something new, bangs are the best option. When done correctly, bangs are excellent for centring a focal point or attention area. They conceal your face or eyes and can hide larger forearms and shade eyes. They can also help frame your face, enhancing or changing the shape's appearance. There are numerous bang styles, such as curled, wavy, swooped, long-side, curved, and fringed bangs.



Kinky straight ponytail

The kinky straight ponytail offers a gentle, natural styling experience while holding the hair in place. The kinky straight ponytail's distinctive structure makes it an excellent option for women with long hair. It can last long because it is made of high-quality materials and has good elasticity. Ponytails can be worn in various ways and are appropriate for all occasions. In the meantime, the ponytail makes a good present for friends, family, coworkers, and even yourself.

The newest hairstyles can quickly change the way you look and help you stand out in a crowd. The hairstyles mentioned above are low in maintenance and have many styling options. They will ensure that your beauty is evident and perfect for formal and informal events. Go for any of the mentioned trending black hairstyles.

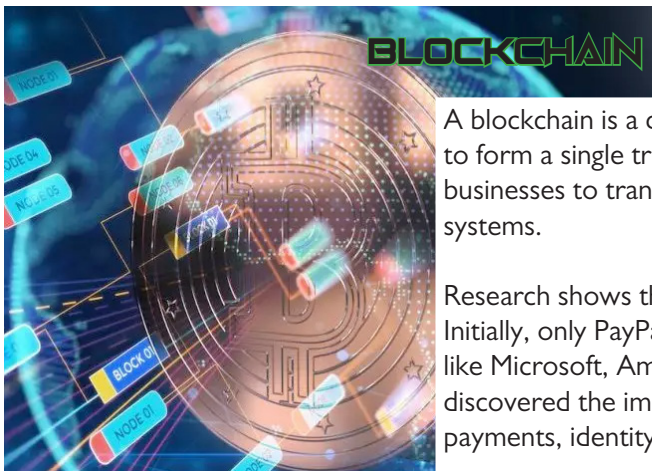
TECHNOLOGY



Technology will dominate our lives with the increasing use of social, mobile and cloud technologies. Users' rapid expectation to interact in real-time is disrupting the business ecosystem. These recent developments are having a significant impact on how we approach business

matters. In the last two years, the COVID-19 pandemic has dramatically accelerated the evolution and implementation of technological advances. Since the pandemic swept the world, many previously analogue activities have gone digital.

HERE ARE THE TOP TRENDING TECHNOLOGICAL DEVELOPMENTS IN 2022



A blockchain is a database that stores encrypted data blocks and connects them to form a single trustworthy source for the data. Blockchain technology is used by businesses to transform time-consuming, centralized, less reliable and less secure systems.

Research shows that 81 of the world's top 100 companies use this technology. Initially, only PayPal and Walt Disney dealt with blockchain; meanwhile, companies like Microsoft, Amazon, Tencent, Nvidia, J.P. Morgan, Walmart, Alibaba etc., discovered the importance of technology. Blockchain technology is used in payments, identity and reputation, trade finance, banking, supply chain and logistics.



ARTIFICIAL INTELLIGENCE

Artificial intelligence is systems or machines that perform tasks by emulating human intelligence and can iteratively improve based on the information gathered. AI technology enhances the performance and productivity of organizations by automating processes or tasks previously performed by humans. AI can also process data on a scale that no human can.

According to Harvard Business Review, companies primarily use AI to detect and prevent security breaches, resolve user technology issues, reduce production management workload, and assess internal compliance using approved vendors. The global artificial intelligence market was worth US\$93.5 billion in 2021 and is likely to grow at a CAGR of 38.1 per cent between 2022 and 2030.



CYBER SECURITY

The increasing number of security and privacy regulations, and the shift of crime online as criminals, try to make money by stealing information and committing fraud. The growing frequency of state-sponsored cyber attacks for various reasons is driving the development and growth of the cybersecurity market. Cybercriminals continue to professionalize their operations and develop new methods to exploit IT vulnerabilities.

More people working from home in the post-Covid era has increased the attack surface for businesses, making them more vulnerable to attacks as there is more to protect. In line with this trend, cybersecurity will continue to be a popular technology to defend against cyber threats.



5G is the fifth generation of wireless technology. It is the latest global wireless standard, succeeding 1G, 2G, 3G, and 4G networks. It can outperform 4G LTE networks in speed, latency and capacity. It's one of the fastest and most durable technologies in the world. 5G will do much more than improve your network connection. It opens up new ways to deliver breakthrough solutions that benefit society. 5G is used in three connected services: enhanced mobile broadband, mission-critical communications, and the massive Internet of Things.

This year an average consumer uses almost 11 GB of data per month on their smartphone. The consumption is due to the explosive growth in video traffic as mobile devices become an increasingly popular source of media and entertainment. 5G will also majorly impact businesses due to its high data speeds and superior network reliability. The benefits of 5G will increase business efficiencies while giving users faster access to more information. Smart cities could use 5G in a variety of ways to improve the lives of their residents, including greater efficiencies such as more connectivity between people and things, faster data speeds, and lower latency than ever before in areas such as vehicle safety, infrastructure, virtual reality, and entertainment.



INTERNET OF THINGS (IoT)

The Internet of Things, or IoT, relates to physical devices now connected to the internet and collect and share data globally. These gadgets range from everyday household items to sophisticated industrial tools. Experts predict there will be 22 billion connected IoT devices by 2025, up from more than 7 billion today.

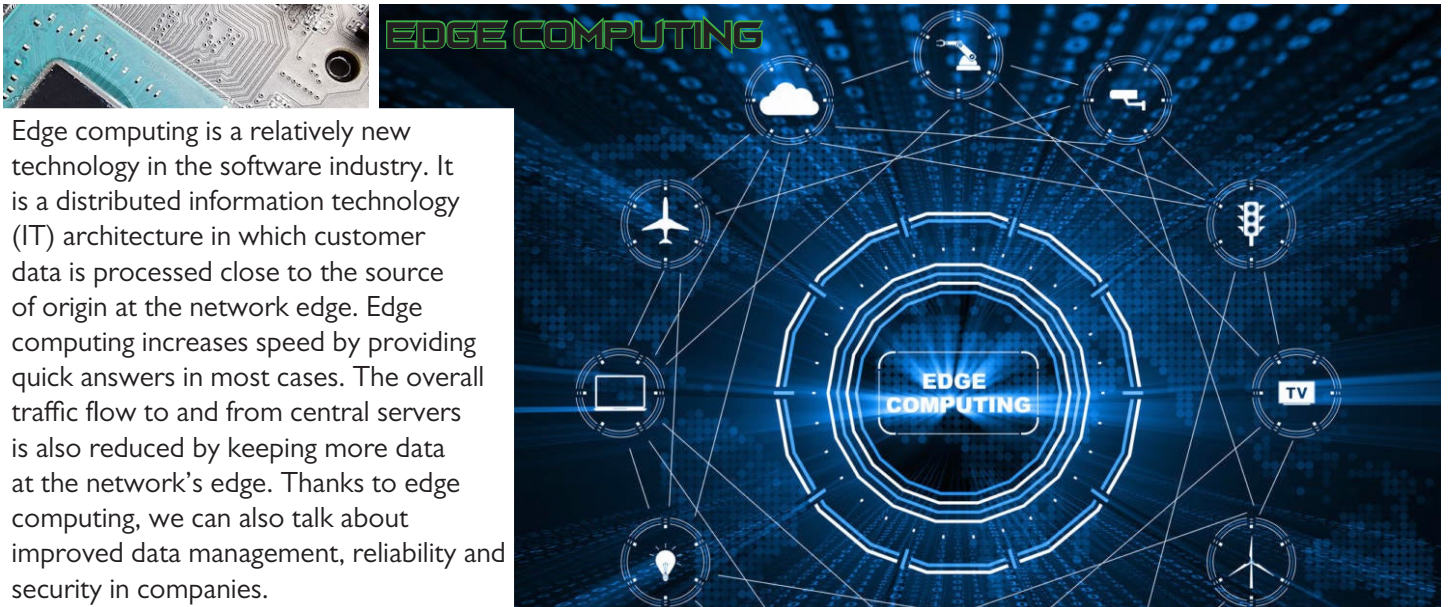
IoT plays a crucial role in people's lives in the 21st century. We can use the Internet of Things to live and work smarter, completely control our lives and add smart devices to automate our homes. It is also changing companies. IoT gives companies a real-time view of their systems' workings, providing insights into everything from machine performance to supply chain and logistics operations. It also allows companies to automate processes and reduce labour costs. It also reduces waste and improves service delivery, lowering the cost of manufacturing and delivering goods while providing transparency in customer transactions.



ROBOTIC PROCESS AUTOMATION (RPA)

RPA is a software technology that simplifies the creation, deployment, and management of software robots that mimic human actions when interacting with digital systems and software. Software robots can complete tasks faster and more consistently than humans without stopping to stretch or take a coffee break. These robots perform repetitive, low-value tasks such as logging into applications and systems, moving files and folders, extracting, copying, pasting data, filling out forms, and completing routine analyses and reports. Furthermore, advanced robots can undertake cognitive processes such as text interpretation, chat and discussion participation, recognizing unstructured data, and making complex decisions using advanced machine learning models.

Workflows are streamlined through robotic process automation, making businesses more profitable, flexible, and responsive. Removing mundane tasks from their workdays also increases employee satisfaction, engagement and productivity.

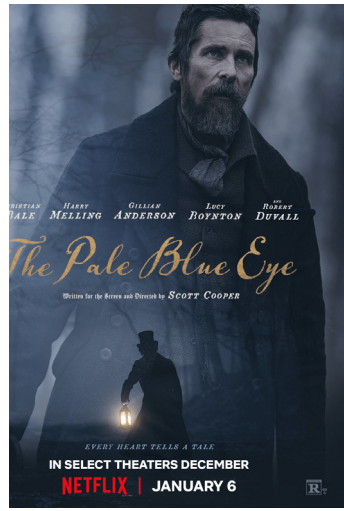


LITERARY CORNER

COMING SOON



GENRE: THRILLER ADVENTURE
RELEASE DATE: 02nd DEC 2022



GENRE: HORROR
RELEASE DATE: 05TH AUG 2022



GENRE: COMEDY
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RELEASE DATE: 02ND DEC 2022

IN CINEMA



GENRE: 3D ANIMATION
RATING: 5.6/10



GENRE: DRAMA
RATING: 8/10



GENRE: COMEDY
RATING: 6.6/10



GENRE: HORROR
RATING: 6/10

THE DARKENED EPISODE.

By Alyshiya

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

FUN CHRISTMAS ACTIVITIES FOR

kids

As we approach the festive season, kids are eyeing and counting days since the joy they experience during the holiday is unmatched. Young children look forward to spending Christmas with family and friends. As they spend time outside the classroom, children enjoy making Christmas cards, decorating Christmas trees, and listening to Christmas music. These are so much fun, and kids will undoubtedly enjoy their Christmas activities.

During the holiday season, there are numerous activities for children. You can plan Christmas activities for your kids to occupy and amuse them during this festive season. Christmas activities can help children develop their creativity, imagination, problem-solving, and critical thinking skills. Furthermore, these activities enable them to learn about the significance of Christmas traditions and customs in a fun way. Aside from that, they keep themselves occupied and entertained throughout the celebration. Here are some fantastic Christmas ideas for your kids!

Christmas crafts

You can ask children to use handmade crafts to decorate their homes to engage and occupy them during Christmas. Kids can learn to make interesting decorative items like lanterns, snowman cups, paper hangings, mason jars, Christmas cards, and snowmen with cotton balls by participating in Christmas crafts.





Christmas-themed movies

Movies play a crucial role in stimulating the mind and imaginations of young ones. During the holiday season, there are many options for watching movies. You can rent or buy several of your favourite Christmas movies at your local rental store. You can even purchase a standby movie theatre membership that allows you to watch multiple movies simultaneously for a reduced price.



Solving Christmas riddles

These Christmas-based riddles force children to think critically about the answers. For example, you can ask them where baby Jesus was born, who his parents were, and why people celebrate Christmas. Participating in riddles stimulates children's minds and improves their learning experience.



Solving Christmas puzzles

In addition to riddles, make them solve Christmas puzzles as well. These puzzles motivate children to think critically and fill in the words diagonally, horizontally, and vertically in the provided space. This activity assists children in developing their vocabulary and spelling skills. Some of Christmas vocabulary includes north pole stockings, elves, snowflakes, wreaths, and cookies. It also improves their concentration and perseverance when it comes to learning. You can assist children in solving the puzzles by providing hints or clues if they are having difficulty.



Christmas holiday cards

Making Christmas cards for friends and family members is one of the most uncomplicated and inexpensive Christmas activities for kids. Christmas is an excellent time to create memories and strengthen relationships. Let your kid use the opportunity to send Christmas cards to their aunts, uncles, grandparents, classmates, teachers, and friends. You'll only need plain paper, art supplies, and a little imagination to make these cards.





Recite Christmas poems

Apart from Christmas carols, teach your kids Christmas poems too. Reading aloud poems allows children to acquire new vocabulary quickly. The new words enable them to form sentences and communicate effectively with others. Numerous Christmas poems for kids are simple to understand and recite.



Building block themes

Building blocks are a fantastic option because they have numerous advantages for kids' mental and physical development. Additionally, when your child finishes building, they will have something they created to feel proud of that they can keep for years to come! Therefore, allow your child to construct gingerbread houses, Christmas-themed structures, or any other Christmas-related objects and settings out of blocks. The available red, green, and different coloured blocks are perfect for tying in with the holiday theme of Christmas.



Decorate Christmas tree

Ask kids to help you decorate your Christmas tree after you've set one up at home. The task will keep them occupied and engaged as you decorate the tree with ornaments. They can adorn it with cotton balls, tinsel, stars, crystal balls, and other objects.



Wrap Gifts

We buy a variety of gifts for our family and friends. Everyone takes their time wrapping gift covers. As a result, you can encourage children to help with gift wrapping to learn how to do it correctly. Meanwhile, they will also understand the importance of gifts.





Christmas spelling games

You can dictate words to kids and let them write them down on paper to improve their spelling abilities. After they are done, evaluate their performance based on the quantity of the right words. They learn how to spell the words correctly by participating in spelling exercises.



Prepare Christmas themed pancake

Cooking activities for children can include preparing something and decorating it with a Christmas theme. In this activity, you can make pancakes and have them decorate them with the ingredients provided. Your child will have a great time participating in Christmas activities for kids like these.



Play the Christmas treasure hunt game

Children are constantly interested in learning new things. Use this chance to have them look for Christmas-related items around the house. You can assign the kids a time limit and ask them to find a few things hidden around the house in various locations. The Christmas treasure hunt game is one of the crucial games for kids during Christmas.



Reading Christmas stories

In this situation, you could ask kids to read Christmas-related tales. One of the best Christmas activities for kids is reading Christmas stories. They will learn about the holiday season while also improving their reading abilities. You can hold kids' reading contests, and those who successfully read and comprehend the stories will be eligible for prizes.



Write Christmas essays

One of the best Christmas activities for kids to improve their writing and language skills is writing essays with a Christmas theme. You can ask your child to write an essay about Christmas to help them hone their writing abilities. You can evaluate what they wrote and give them credit for their efforts. Teaching them how to write essays can develop children's language skills.



If it takes to get your family in the holiday mood is creativity and vigour because Christmas is a unique time for children! Make the upcoming Christmas memorable for your children.



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

Merry Christmas
&

Happy New Year

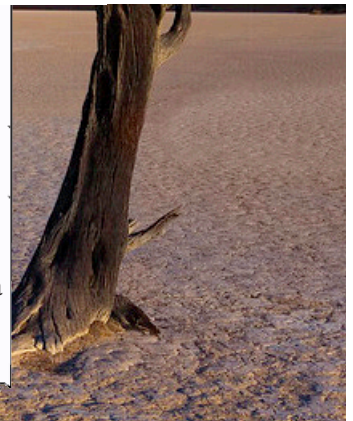




Located in South West Africa, Namibia is one of the best African travel destinations for nature lovers, individuals who would love an encounter with extraordinary spectacular wonders and those who long to experience authentic travel. Being in this South African nation brings a sense of currentness due to its most

The country is home to exceptional wildlife, traditional cultures, ubiquitous colonial charm and the best infrastructures. Namibia is also sparsely populated, with one person per square kilometre, which provides ample space for visitors looking for typical solitude. If you are looking for an exclusive, secluded and luxurious place to visit during your vacation, Namibia is the perfect place. These are some of the must-visit places when in the country.

important landmarks, beautiful places and famous tourist attractions. It is the ideal place to observe shifting dunes and shifting deserts. It also boasts colossal red cliffs, stunning mountain ranges and a haunted coastline.

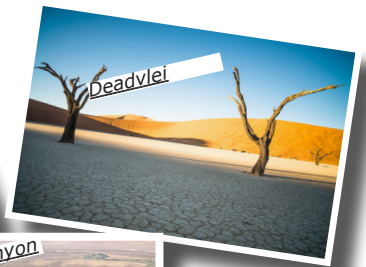


Etosha National Park, known as Namibia's foremost wildlife sanctuary, is a popular destination in the country and beyond. It is home to many animals, including a lion, elephant, leopard, giraffe, cheetah, hyena, springbok, two types of zebra, and eland. It is also home to 340 bird species. The vast salt pan is called Etosha, which means "great white area." It is breathtaking because it is undoubtedly Africa's giant salt pan. The floodlit waterholes at all of the main camps are what set this park apart. Some of the parks even have photography hides near the reservoirs.



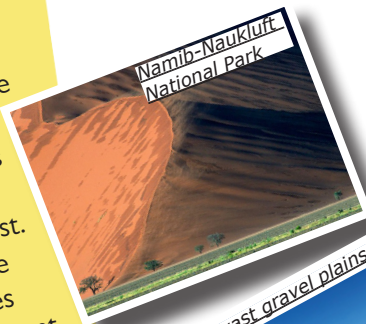
Sossusvlei

A trip to Namibia would be unthinkable without a stop at Sossusvlei. It's a salt and clay pan encircled by towering red dunes in Namibia's Namib-Naukluft National Park in the Namib Desert's south. In a broad sense, the term "Sossusvlei" refers to the surrounding area, a popular tourist destination in Namibia. Visitors are welcome to explore the area surrounding Sossusvlei, which includes Sesriem Canyon, Dune 45, Hiddenvlei, Big Daddy, and Deadvlei. Experience the beauty of the desert from every angle, with activities such as dunes, quad biking, nature walks, hot-air balloon rides, and so much more.



Namib-Naukluft National Park

The Namib-Naukluft National Park, located between the Atlantic Ocean and the rim of the Great Escarpment, is one of Namibia's most popular tourist destinations. The park covers 49,768 square kilometres, making it Africa's most extensive and the world's fourth largest. The Namib Desert is in the park, and as the world's oldest desert, it has colourful dunes that are among the world's largest. Magnificent mountains, naturally formed gorges, vast gravel plains, and majestic and mesmerizing dunes characterize the landscape.



Kalahari Desert

Aside from the Namib Desert, the country's southernmost region is home to the Kalahari Desert. The name "Kalahari" is derived from the Tswana word Kgalagadi, "a place without water", or Kgala, which means "great thirst." The Kalahari Desert is approximately 900,000 square kilometres in size. It's a sand-covered plain that rises at least 900 meters above sea level.

The northeastern part of the desert receives significantly more rainfall and cannot be classified as a desert due to a lack of surface water. The lack of surface water is because rain quickly drains through the deep sands, leaving the substrate completely dry. Steenbok, wildebeest, springbok, gemsbok (oryx), kudu, and duiker, as well as several bird species, can be found in the desert.



Kaokoland

Kaokoland, a sparsely populated county between the Skeleton Coast Park and the Kunene River on the Angolan border, is another top place to visit. Its unique beauty with outstanding mountain scenery is very fulfilling. The semi-nomadic Himba tribe inhabits the area. The beautiful Himba people, known to be attached to their culture, are distinguished by their ochre skin, intricate hairstyles, and handcrafted jewellery. The Kaokoveld also has incredible flora and fauna, such as the desert-dwelling elephant, rhino, giraffe and lion. Canoeing or rafting on the Kunene River near Epupa Falls, hiking, bird watching, sunset cruises and learning about the Himba people and their culture are all available tourist experiences in Kaokoland.



Damaraland

Damaraland Camp, an award-winning collaboration between Wilderness Safaris and the Torra Conservancy, has served as a model for community-based conservation efforts since 1996. The camp comprises ten elevated, spacious, thatched adobe rooms, each with a large deck overlooking the desert. In the crystal clear night sky, a pool, open campfire, and outdoor boma off the main area are dotted with myriad stars. Damaraland's stunning mountainous region is home to various desert-adapted wildlife, including elephants, rhinos, zebra, and lions. It also has the picturesque Brandberg, Namibia's highest mountain, and thousands of ancient rock paintings.



Skeleton Coast

Skeleton Coast is a fantastic sight where sand sheets and seas of sand dunes meet the sea. The name is most obviously derived from the many stranded whales that died there, with their skeletons visible everywhere. The barren coast is still known as the world's largest ship graveyard. Despite its hostile nature, the Skeleton Coast is home to a diverse range of wildlife, amongst them desert-adapted elephants, rhinos, desert lions, brown hyenas, jackals, giraffes, seals, gemsbok, kudu, and zebras. Some plants are also highly adapted to the Skeleton Coast's lack of rain, relying solely on the daily fog from the Atlantic Ocean.



Fish River Canyon

The Fish River Canyon, located in southern Namibia, is the world's second-largest canyon after the Grand Canyon in the United States and the country's second-most-visited tourist attraction. The Fish River is Namibia's longest river, stretching 800 kilometres. It gets its name from the eastern Naukluft Mountains. Over 1,600 plant species, 100 endemic succulents, and a variety of larger mammals, including the recently reintroduced rhino, live in the landscape. A popular hiking trail traverses the gorge. The route is approximately 85 kilometres long.

fish river canyon



fish river canyon



fish river canyon



Caprivi

The Caprivi is a constricted stretch of land in northeastern Namibia. The area is home to six tribes; it borders Zimbabwe, Zambia, Botswana, and Angola; it is surrounded by the perennial rivers Chobe, Kwando, Linyanti, and the Zambezi; and it is home to the Bwabwata, Nkasa Rupara, Mudumu, and Mahango National Parks. The landscape is distinguished by alluvial forests and watercourses abundant in flora, fauna, and many bird species. The area boasts history, having been the site of a tug-of-war between locals, Britons, and Germans in the late 1800s.

Chobe river



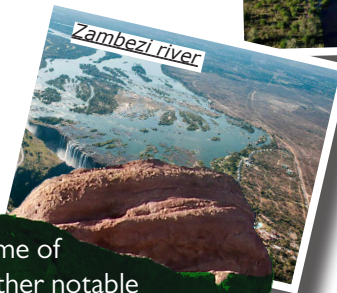
Kwando river



Linyanti river



Zambezi river



Mahango National park



Be visiting some of these and other notable areas, you will have an exceptional opportunity to learn about some of Africa's most beautiful places, famous tourist attractions, magnificent stratified dunes and rolling deserts, colossal red rocks, pristine coastlines, and fantastic wildlife. A visit to Namibia offers you a rare opportunity to familiarize yourself with sights and traditional cultures uncommon elsewhere.

SHRIMP SALAD



Number of people: 4

Ingredients.

- 1kg Shrimp
- 400g cherry tomatoes
- 500g field salad
- one tin of sweet maize
- 400g olive
- 200g grape
- one onion
- two spoons of olive oil
- 1 sachet (100ml) salad mixer
- Salt
- Pepper



shrimp salad with rice



shrimp salad with black eye beans



shrimp salad with fried yams

Preparation:

- Wash and dry shrimp on a kitchen paper
- Spice shrimp with salt and pepper
- Wash salad, grapes and tomatoes and cut tomatoes in half.
- Peel and cut onion.
- Add a spoonful of oil to a bowl. Add salad mixer.
- Add salad, tomatoes, onions, maize, olive, and grape.
- Heat olive oil in a pan and add shrimp. Fry for 5 minutes and remove from the fire.
- Mix shrimp and sauce with salad

Serve with rice, black-eye beans, cooked/fried yam, plantain, boiled potatoes or any other food of choice.

Ben Appetit!



plantain cups with shrimp and avocado salad



shrimp salad with boiled potatoes

AUNT SYLVIA



*T*HAT INNER PEACE THAT CREATES ABUNDANT *D*EVELOPMENT

Every day brings hope and challenges; how we handle those obstacles determines our life situation.

The corona pandemic, which claimed millions of lives globally, has been under control, with fewer infections and deaths. Kudos to our dedicated scientists and leaders. It is an outstanding achievement we must celebrate. However, while the world was about to breathe some relief, another global defiance occurred.

In February, the world woke up to Russia's brutal war – or “special military operation”, as Russians would euphemistically call it - in Ukraine. It was billed to be a few weeks war, but ten months along the line, the conflict is far from over. And the world is paying a massive price through inflation, high energy prices, unemployment, deaths, and migration. Still, counting?

The world is paying hefty prices. So do Russians and Ukrainians too. Innocent young soldiers are being sacrificed and slaughtered in the alter of some political leaders' selfish political ambitions and chauvinism, while millions of helpless Ukrainians are brewing for the upcoming winter without shelter or electricity, made possible by Russia's bombardments. Innocent Russians are under economic crush, thanks to western sanctions.

The hardship is not different in other parts of the world. With the primary energy supply to Europe cut off, Europeans have a huge price to pay, from gas and petroleum to bread going astronomically up. Inflation is smiling at every door. Africa, Asia and the rest of the world face the same man-made havoc.

The global problems are revealing as they equally ask for different approaches to facing and solving challenges. As we face global issues, we need to appreciate how much we need each other and why we should find a peaceful solution to global problems instead of conflict. Our interdependence shows why wars or disputes can be counter-productive; it can be a two-edged sword which could hurt both parties involved in a raw.

To achieve lasting peace, we must never allow the actions and behaviour of others to destroy our inner peace. Stress kills our mind, and we owe our peace to ourselves, not to anyone, because no one can bring you peace except yourself- and except you want it. Peace does not come easily; we must work tirelessly with much determination and sacrifice to make it a success. Achieving peace is a gradual process involving changing our attitudes, opinions, and mindsets, destroying our old unproductive barriers, and quietly building new structures.

Harmony comes with social development. The fundamental reality is that without peace, there is no development, and without growth, there is no peace. Hence peace is the primary ingredient for development, which is vital for creating opportunities, especially for youths. That makes peace the hope for the future.

As we welcome the year 2023, we look forward to casting away our old attitudes, mindsets and retrospective plans, which create unnecessary impediments to our progress. Let us embrace dialogue on every level – personal, interpersonal and state – for the goodness of humanity. There is no better way to enjoy the years ahead than to follow this road map, which can only lead to development. Have a happy 2023 in advance.

Yours,

Aunt Silvia



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