



# KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE



ISSN 2214-059X



## + HEALTH



**OVER**  
**10** PAGES  
CARTOON

## FASHION



## BEAUTY



## kids



## Foods

African Super  
Vegetables

## INTERIOR

The power of colour in  
transforming your home

## TECU

TikTok Ban: Genuine  
Reason To Fear?

## TRAVEL

Discover Djibouti: A  
Hidden Gem in East Africa

Kata Kata is an authentic African cartoon magazine with both online and printed versions. Humorously, Kata Kata tries to discuss and sensitize typical African / global socio-political issues using cartoons. At the same time, it equally offers a maxim that life is perhaps not all about seriousness; one needs some laughs and relaxation to face serious challenges in life. The duality of Kata Kata is such that it, on the one hand, discusses serious issues and at the same time, it offers therapy for the problems through laughter.

In an educational, informative and yet humorous way, Kata Kata creates awareness of social problems through the dissemination of information and finds solutions to them. This important information can be sent across in many major languages (English, French, Spanish, Portuguese ) as well as / or different African languages, to reach the grass-root audiences.

The quarterly printed edition of Kata Kata is widely available in the Netherlands and some European countries. Equally, the magazine can be read or borrowed from different libraries globally, including the prestigious Stanford University Library, USA, Federal Library Den Haag, (the Netherlands), University of Leiden Library -African Studies (Netherlands), University of Iowa (Main Library), USA, Southern Africa Library, Basel, Switzerland etc.

Likewise, the digital version of Kata Kata can also be read online or subscribed to via Kata Kata website or Magzter, the world's largest digital newsstand with more than 20 million readers.

See: <https://www.magzter.com/NL/KataKata-CartoonMagazine/Kata-Kata-CartoonMagazine/Comics/>

We have expanded to Africa. With our offices in African countries, our humorous magazine is now available to our African readers, especially in various big hotels. We collaborate with a lot of credible international organizations, including the World Bank, the International criminal court (ICC), the CARE International, United Nations Population Fund, Ministries of gender etc.

Don't be left out. Hurry now and get your copy or become a subscriber.

Please visit our website: [www.katakata.org](http://www.katakata.org)

**Welcome on board Kata Kata. Relax with our humorous cartoon magazine and get ready for a long laugh aimed at attitudinal and social changes.**

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# CONTENTS



**05**

**HEALTH:**  
**Avian Flu: The Silent Killer We Must Pay Attention to**

**BEAUTY:**  
**Hyperpigmentation: Way To Get Rid of The Condition.**





**33**

**KIDS:**  
**The Importance of Encouraging Kids to Play**



**07**

**CARTOON:**  
**World Population Day Celebration in Kata Kata Village.**



**36**

**TRAVEL:**  
**Discover Djibouti: A Hidden Gem in East Africa**



**18**

**FASHION:**  
**Exciting African Fashion Brands To Keep Your Eyes On In 2023**

**TECHNOLOGY:**  
**TikTok Ban: Genuine Reason To Fear?**



**30**

**TikTok**



**40**

**FOOD:**  
**African Super Vegetables: What You Should Know About them.**



**22**

**INTERIOR:**  
**The power of colour in transforming your home**



**32**

**LITERARY CORNER:**  
**Movies, Poems & Books**



**43**

**LETTER:**  
**Aunt Sylvia**

## I HEAR YOU

Botolome ya bokokota baiso ko ndaengo. (Kele)

Mwanaume mwenye tamaa jicho lake huwa katika sufuria. (Swahili)

Un glouton a toujours l'œil dans la casserole de sa femme. (French)

A greedy man always has his eye on his wife's pot. (English)

When someone is greedy, they can often take what belongs to others. Hence, greed, envy, selfishness, corruption and other harmful elements in human beings can quickly destroy our society. (Meaning).

## TELL ME SOMETHING

### TELL ME SOMETHING!

Court orders Buhari govt to account for \$460m Chinese loan - News



How about, corruption, insecurity, unemployment, lawlessness and poverty?

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## Publisher's note: Addressing the Over- population Challenges.

Having a kid is viewed in many cultures as a blessing, and having many children is seen as a gift from God. Thus, the proverb "God gives children." However, with the world population surging to 8 billion, up from 5 billion in 1987, that phrase and belief have come under intense scrutiny. The world's population rose from just 1 billion people in hundreds of thousands of years to 8 billion people in just 200 years.

Around 8.5 billion people are projected to live on Earth in 2030, 9.7 billion in 2050, and 10.9 billion in 2100. The world population is increasing by 83 million people yearly at the current pace of growth.

That alarming figure comes with challenges.

On July 11, World Population Day, we should emphasise the significance of global population concerns, significantly raising public awareness of the effects of the rapidly expanding human population.

We have substantial cause to be concerned about the effects of overcrowding, even as we celebrate humankind. Population-related issues include many topics, such as family planning, gender equality, environmental impacts, and human rights challenges.

According to the latest data, Africa's population is expanding while Europe's is declining. There are weighty reasons to be concerned about overpopulation and to take

immediate action to stabilise it.

We all are inescapable from the dangers of a high population.

Overpopulation may result in severe food shortages, poverty, and decreased access to health and educational services; water and sanitation impact employment, income distribution, and other economic trends. All these challenges associated with overpopulation call for urgent attention to family planning.

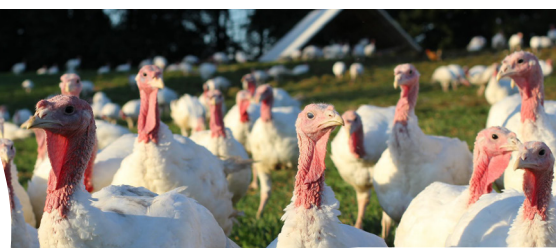
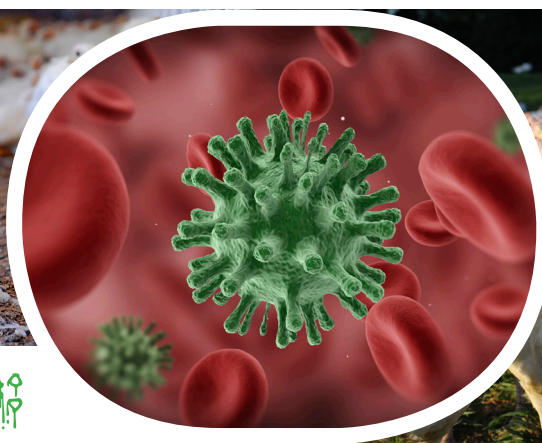
Fertility rates and life spans have changed as a result of family planning. Women had less than 2.5 children per woman by 2015, down from an average of 4.5 children per woman in the early 1970s.

We must pay close attention to the high population rate to accomplish social and economic growth, decent health care, sanitation, water, and education, as well as more employment and improved income distribution.

Kata Kata Village is doing everything possible to combat overpopulation concerns and contribute to the heroic fight for a better world. Be part of it.

*Yours in Kata Kata,*  
*Ogo Ubabukoh*  
*Editor-In-Chief*





## Avian Flu:

### THE SILENT KILLER WE MUST PAY ATTENTION

**B**ird flu, popularly referred to as avian influenza, is a contagious virus that primarily affects birds. It is caused by an influenza virus strain that is highly contagious among birds and may infect humans and other animals.

The virus that causes avian influenza is known as influenza A, and it has over 16 bird subtypes. The surface proteins hemagglutinin (HA) and neuraminidase (NA) are used to classify these subtypes. Variations of the H and N proteins are designated by numbers such as H5N1, H7N9, and H9N2.

### TYPES

The degree to which avian influenza viruses induce severe bird sickness determines their classification. Low-pathogenic avian influenza (LPAI) and highly pathogenic avian influenza (HPAI) are two categories of avian influenza viruses.

LPAI viruses usually cause moderate or no symptoms in birds, whereas HPAI viruses can cause severe disease and mortality in poultry flocks.

The fatality rate of avian flu, also known as avian influenza, varies depending on the virus strain and the individual's overall health and immune response. Some avian flu strains have been linked to severe disease and high mortality rates in humans, while others have only caused moderate symptoms.

For example, the H5N1 strain of avian flu has been linked to severe sickness in humans, with a high fatality rate. According to the World Health Organization (WHO), the documented case death rate for H5N1 avian flu is more than 60%. However, because the virus mainly infects birds, the overall number of human cases of H5N1 avian flu has been relatively low.



### SYMPTOMS

One of the primary symptoms of avian influenza is a fever, which can develop suddenly and reach up to 104 degrees Fahrenheit. Other flu-like symptoms include body aches, headaches, sore throat, and cough. In severe cases of avian influenza, patients may experience acute respiratory distress syndrome (ARDS), leading to difficulty breathing and requiring ventilation. In rare cases,

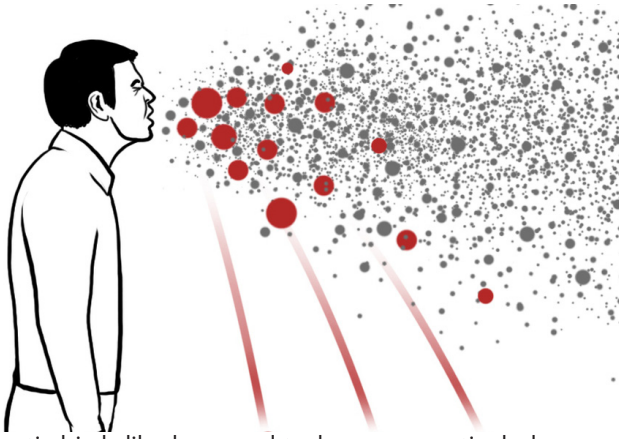
the virus can cause organ failure and death.

Avian influenza symptoms often happen abruptly, with patients typically having multiple symptoms at once. Aside from flu-like signs, some avian influenza patients may develop gastrointestinal symptoms such as diarrhoea and vomiting. The symptoms occur more frequently in children infected with the virus. If you have had intimate contact with birds and have flu-like symptoms, seek medical assistance immediately.

Several avian influenza symptoms are also present in other respiratory illnesses, such as the flu. As a result, a correct diagnosis necessitates laboratory testing to confirm the virus's presence.







## SPREAD

Although Avian influenza is a viral infection that primarily affects birds, it can infect humans and other mammals in rare situations. The spread of Avian Influenza is a complex process involving multiple elements, and knowing the transmission mechanisms is critical for disease prevention. Natural reservoirs for the Avian Influenza virus include birds, particularly wild aquatic species. The virus is passed on to the environment via the birds' saliva, nasal secretions, and excrement. Depending on the temperature, humidity, and other environmental conditions, the virus can survive in the environment for several months.

Domestic birds like hens and turkeys are particularly vulnerable to Avian Influenza. In most cases, they become infected by direct contact with infected birds, contaminated surfaces and equipment, or by inhaling the virus from contaminated dust and faeces. Infected birds shed the virus in high concentrations, spreading the infection quickly within a flock and from farm to farm.

Wild birds that come into touch with domestic birds can also carry the Avian Influenza virus. Wild birds can have the virus in their intestines without becoming ill, and the virus they produce can contaminate the environment and infect domestic birds. Contaminated feed, water, and equipment can also transmit the virus.

Although transmission of Avian Influenza from birds to people is unusual, it does occur. People with close contact with diseased birds or their environs, such as poultry farmers, bird handlers, and veterinarians, are most likely to be affected. The virus can also be transferred by consuming raw chicken products.

Global travel and trade are two variables that can contribute to the spread of avian influenza. Avian influenza can spread fast across countries and continents through the movement of diseased birds, poultry products, or contaminated materials. Large-scale commercial poultry farms can also raise the risk of avian influenza epidemics by providing optimal circumstances for virus propagation, such as congested living areas and poor cleanliness.

Avian influenza viruses can evolve and alter further over time, potentially resulting in novel strains that can infect different species or travel more easily between birds or from birds to people. Furthermore, wild birds, particularly waterfowl, can carry the avian influenza virus and spread it to domesticated birds, mainly congregating in common areas such as lakes and ponds. Inadequate biosecurity measures, such as insufficient disinfection procedures, a lack of protective clothing, and inadequate separation of sick and healthy birds, might increase the risk of virus spread.

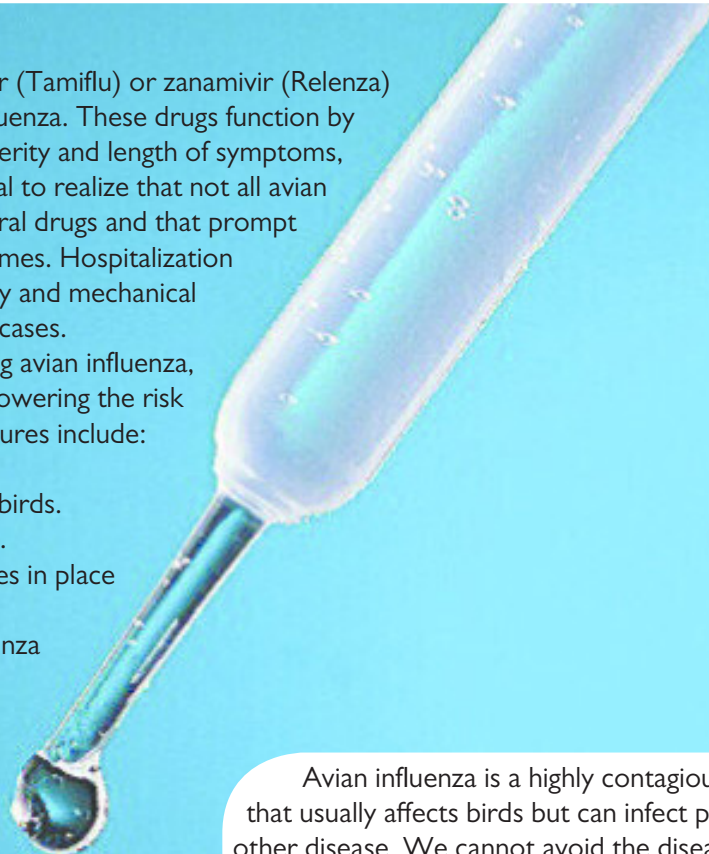
## TREATMENT

Antiviral medications such as oseltamivir (Tamiflu) or zanamivir (Relenza) are frequently utilized to treat avian influenza. These drugs function by inhibiting virus activity, lowering the severity and length of symptoms, and preventing consequences. It's crucial to realize that not all avian influenza strains respond to these antiviral drugs and that prompt treatment is essential for optimal outcomes. Hospitalization and supportive care, like oxygen therapy and mechanical ventilation, may be necessary in severe cases.

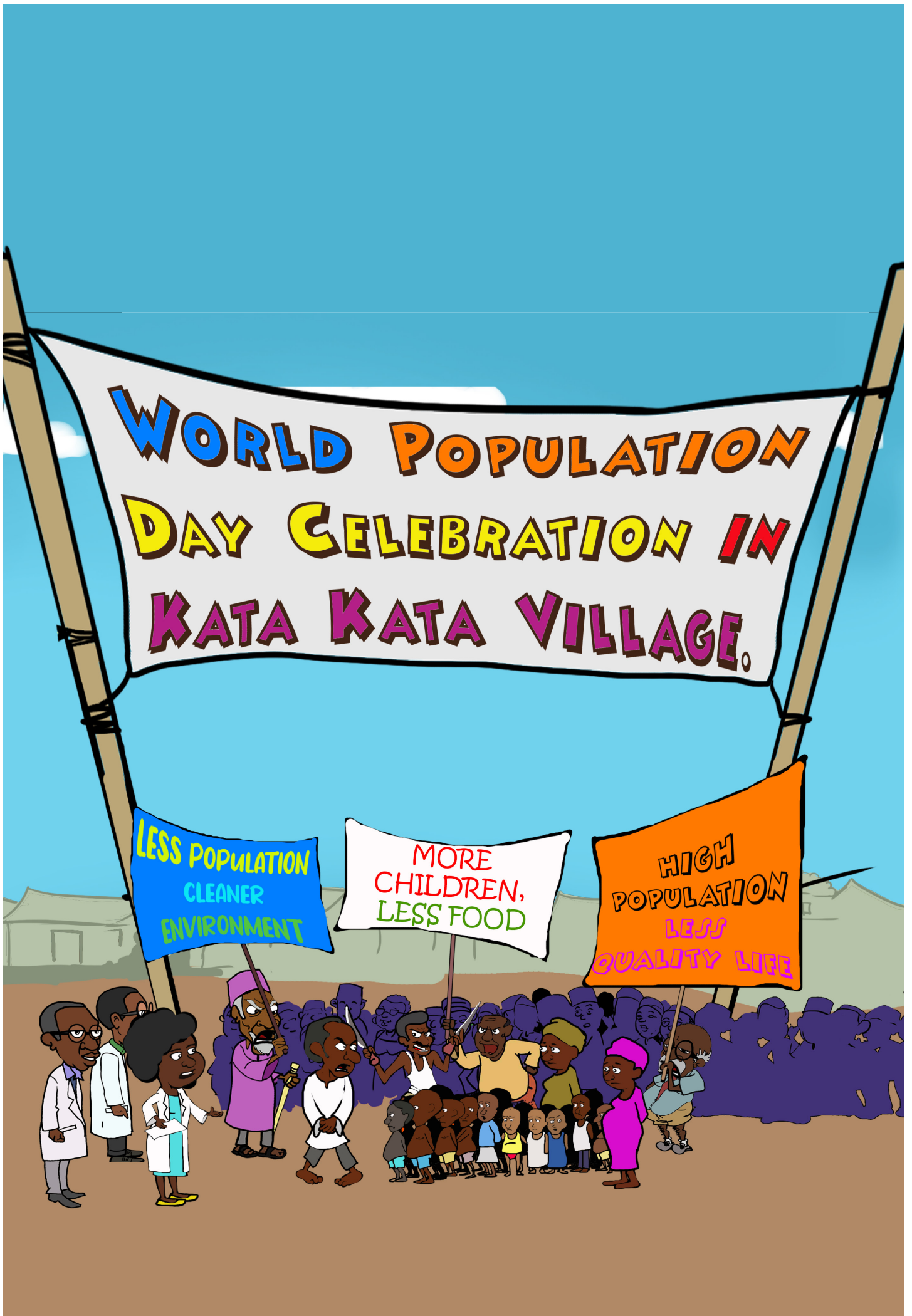
Prevention is also essential to controlling avian influenza, and efforts should be directed toward lowering the risk of virus exposure. The preventive measures include:

- Maintaining excellent hygiene.
- Avoiding contact with sick or dead birds.
- Correctly cooking chicken and eggs.
- Putting efficient biosecurity measures in place on farms and at live bird markets.

Vaccines for some strains of avian influenza are also available, and they can be used in targeted vaccination campaigns to protect at-risk populations, such as poultry workers or people living in high-risk areas. Vaccine availability, however, may be restricted, and their effectiveness may vary depending on the virus strain.



Avian influenza is a highly contagious illness that usually affects birds but can infect people like any other disease. We cannot avoid the disease but must take necessary precautions to prevent its contraction and spread for the benefit of both birds and humans.



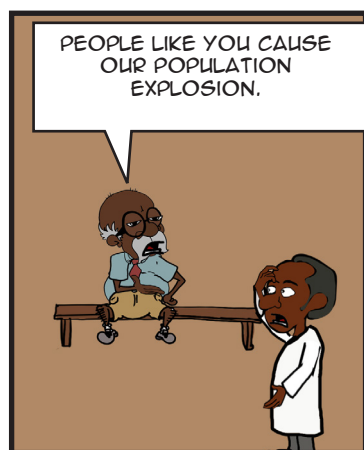




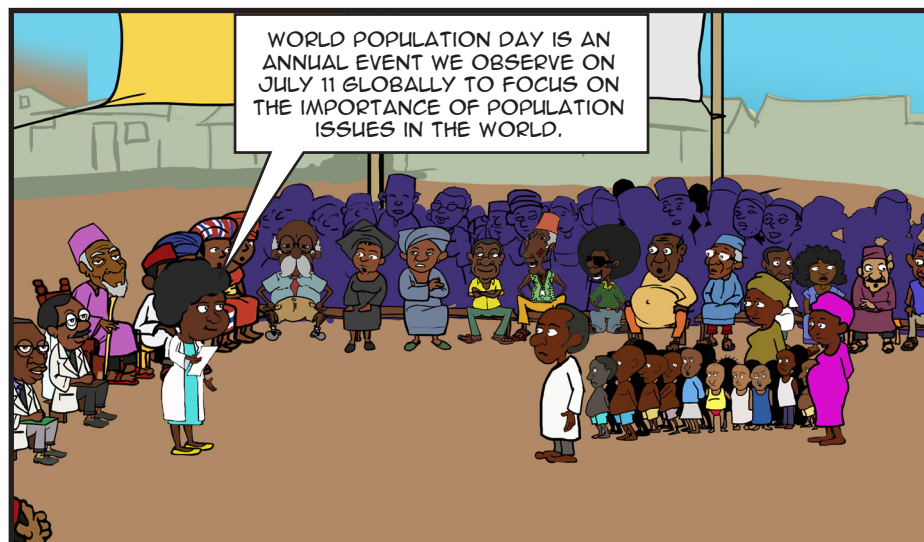
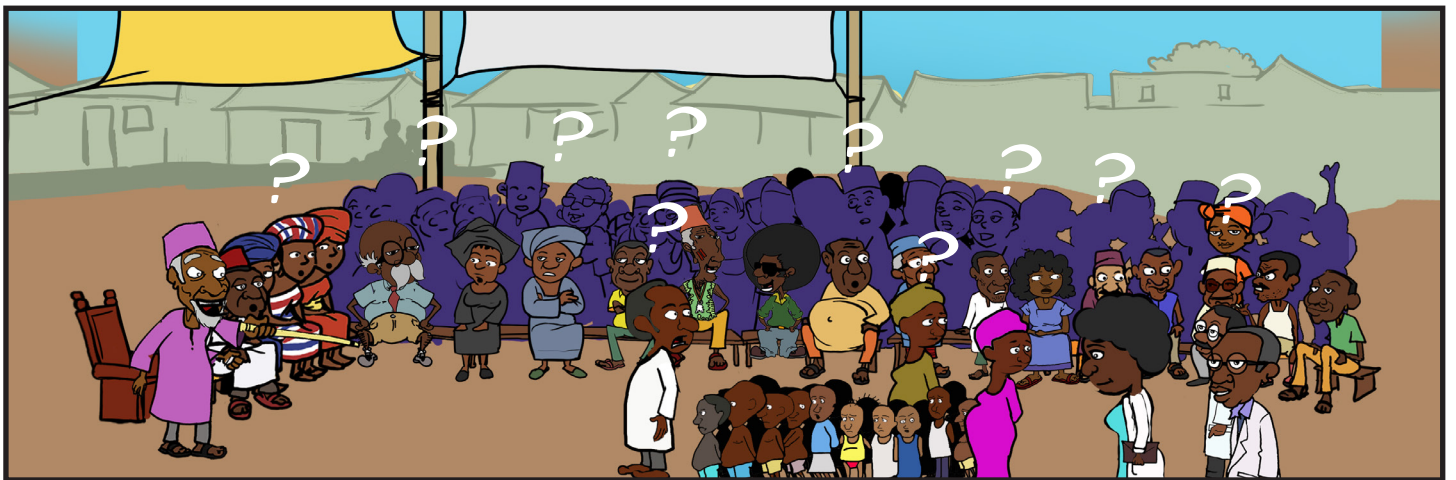




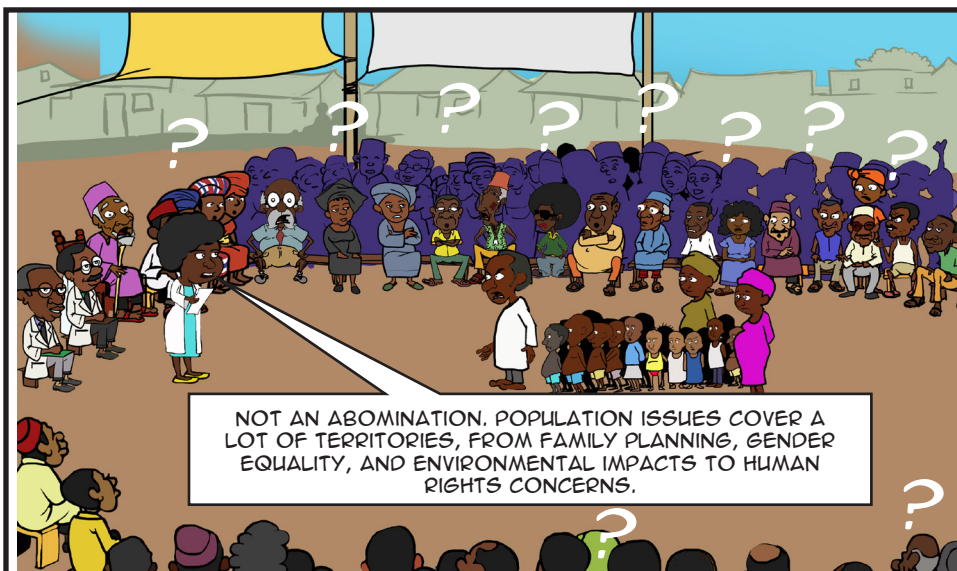




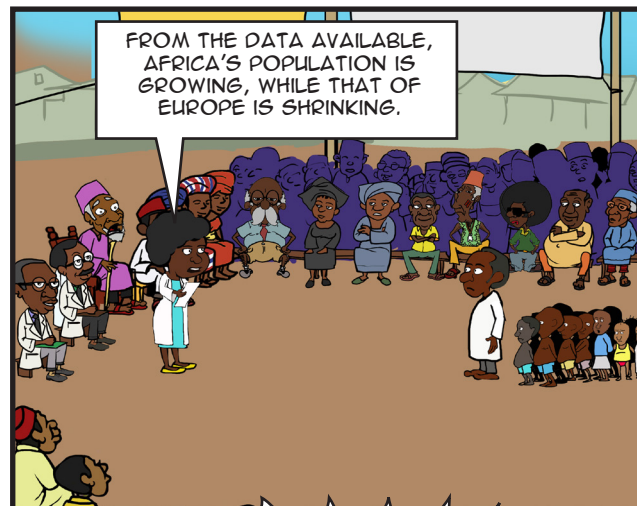
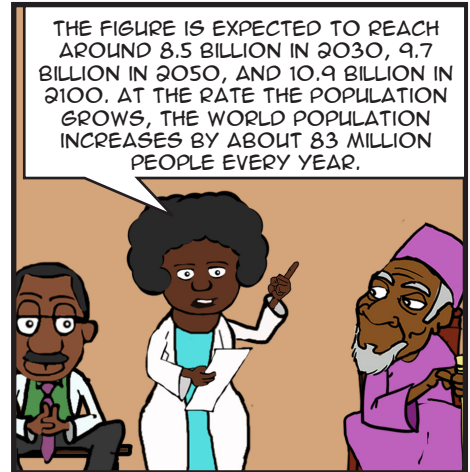












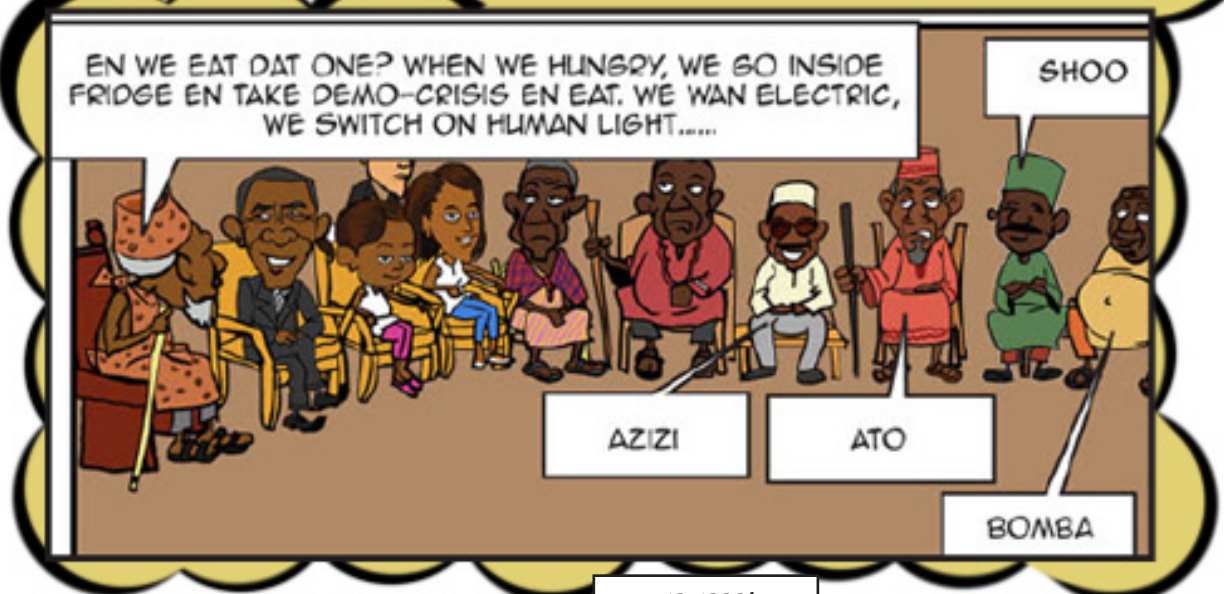




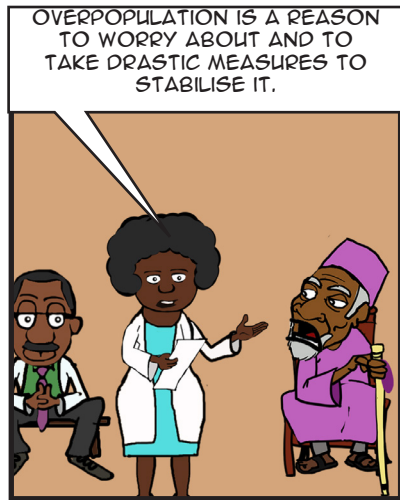
FLASHBACK: AFRICAN LEADERS CALL  
OBAMA HOME FOR ADVICE.

WAIT! THINK WELL - WELL  
BEFORE YOU ANSWER ME.  
WOT YOU DO FOR OUR  
VILLAGE?

WHAT I BROUGHT FOR YOU?  
COME ON, WHERE DO I START?  
DEMONCRACY, RULE OF LAW,  
HUMAN RIGHTS ARE ALL PARTS  
OF MY.....



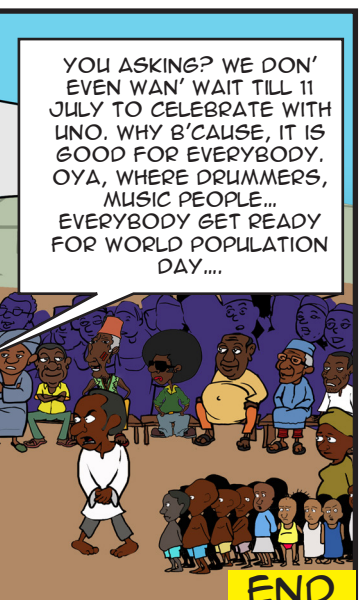
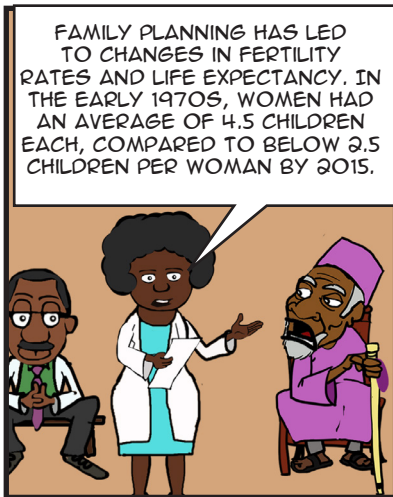
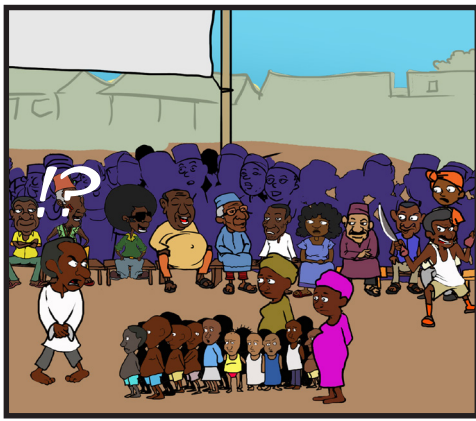












END



# Exciting African fashion

Brands To Keep Your Eyes On In 2023

African fashion is stunning and unique; the fact that East Africans, West Africans, South Africans, North Africans, and even Central Africans all have wonderfully different fashion concepts from one another brings out the uniqueness of African fashion. People are continually free to participate in nuanced and sophisticated conversations through fashion. It encourages connections and provides its bearer with a sense of identity. More fashion and accessory brands continue to appear as designers rely on different facets of themselves to create brands that are a part of their identity, whether by race, femininity, masculinity, sexual orientation, prior experiences, or another characteristic.



African culture and identity are expressed via fashion. A particular region or tribe's native textiles, patterns, and colours are frequently incorporated into the diverse and historically significant African fashion. In addition, attire plays a part in cultural rituals and events. African fashion is also known for its inventiveness and originality, with designers reinterpreting age-old materials and methods to produce wearable, contemporary items. Due to its invention and ingenuity, African fashion has become a distinctive and dynamic component of the global fashion industry.



In Africa, the fashion business employs many people, especially women. It offers entrepreneurship opportunities and makes money through making, advertising, and selling apparel, textiles, and accessories. Additionally, the development of trade and local economies are aided by the fashion industry. One of the most lucrative sectors on the continent of Africa is fashion. The fundamental forces behind the expansion include:

- The continent's youthful, active population.
- Modern fashion trends.
- Growing consumer interest in locally made goods.

Young entrepreneurs are capitalizing on this trend and promoting economic transformation on the continent by creating unique fashion enterprises.

Consequently, the following is a list of popular African brands one may purchase:







# Ajobi

ABIGAIL AJOBIL  
PRODUCT OF ENGLAND

## Abigail Ajobi, Nigeria

The Keeping It Real Foundation is supported by this company, which is well known for its simple approach to eco-friendly streetwear. Through education, advocacy, and sustainable development initiatives, this non-profit organization works to enhance the lives of women, children at risk, youth, people from disadvantaged backgrounds, those who are incarcerated, and members of the general public. Among Abigail Ajobi's many triumphs is her participation in the fashion weeks in Lagos, Paris, and London. The company also received the University of the Arts London Entrepreneurship Award for contributing to sustainability and community development.

# A J A B E N G

G H A N A

## Ajabeng, Ghana

Ghana-based Ajabeng is a modern fashion and lifestyle company. A Ghanaian-American businessman named Travis Obeng-Casper launched the company in 2018. Ajabeng aims to promote ethical and sustainable production methods while showcasing the diversity and originality of African fashion and design. The brand creates distinctive and fashionable products by fusing traditional Ghanaian textiles and patterns with contemporary design features.

The product selection of Ajabeng comprises apparel, accessories, and housewares. The apparel company has designs from casual streetwear to more formal and exquisite pieces with vibrant and striking prints. The home décor collection offers pillows, throws, and tableware, while the accessories line offers purses, hats, and jewellery. Ajabeng has developed a reputation for its dedication to ethical production and sustainability. The company collaborates with Ghanaian artisans and small-scale manufacturers that acquire their components locally to create its items.

Fair pay and safe working conditions for Ajabeng's producers are top priorities.



# DM

D O N M O R P H Y

## Don Morphy, Cameroon.

Don Morphy is an American luxury menswear brand based in Dallas, Texas. Daniel Mofor, a Nigerian-born designer, started the brand in 2014. Don Morphy aims to make high-quality, handcrafted clothing that blends traditional tailoring with contemporary design. The brand's lines include suiting, outerwear, and casual wear from high-quality materials like Italian wool and leather. The custom-made shoe, produced in Italy utilizing the brand's unique designs and materials, is one of Don Morphy's signature pieces. Custom embroidery, multicoloured laces, and exotic leathers distinguish the shoes, making them stand out in any wardrobe. Don Morphy is known for its attention to detail and dedication to craftsmanship. Expert artisans handcrafted the brand's products in small batches, ensuring the most outstanding quality and attention to detail. Don Morphy also provides made-to-measure services, letting customers tailor their pieces to their unique needs.



### David Tlale, South Africa

David Tlale, South Africa

David Tlale is a well-known South African fashion designer with avant-garde and theatrical designs. He founded his eponymous label in 2003 and has become one of Africa's most famous names. Tlale's creations are distinguished by their dramatic silhouettes, complex embellishments, and inventive use of materials. He is gifted at producing couture designs that blend traditional African aesthetics with modern design features, resulting in one-of-a-kind and eye-catching clothing. Tlale's product line comprises apparel for both men and women, accessories, and bridal wear. He has also worked with many major companies, including Woolworths and Samsung.



### Epica Jewellery, South Africa



Luxury jewellery company Epica Jewellery is established in South Africa. The company was started by designer Marie-Paule Tano in 1992. It is renowned for its distinctive and inventive designs that blend contemporary materials and methods with traditional workmanship. The firm frequently uses organic shapes, texture, and movement in its designs to produce delicate and daring items. Epica Jewellery collections include various things, such as rings, bracelets, earrings, and necklaces. High-end components, including 18kt gold, platinum, diamonds, and precious stones, create each piece.

The "African Queen" line, inspired by the beauty and grit of African women, is one of Epica Jewellery's trademark collections. The pieces in the collection are complicated, with flowing lines and organic shapes, and are frequently adorned with diamonds and other valuable stones.

Epica Jewellery has won multiple design accolades, including "Jeweller of the Year" at the South African Jewellery Council Design accolades. The brand's dedication to quality and craftsmanship and its inventive and one-of-a-kind designs distinguish it in the luxury jewellery industry.



### Maxhosa, South Africa

Laduma Ngxokolo, a fashion designer, established the upscale South African company Maxhosa in 2011. The company is well-known for its distinctive knitwear, which boasts solid and geometric designs drawn from traditional Xhosa textiles and beadwork. The collections from Maxhosa include a variety of knitwear and other apparel and accessories, all of which are manufactured using the best materials and meticulous attention to detail. The brand creates unique, eye-catching creations that have won worldwide popularity by fusing traditional African aesthetics with contemporary, high-fashion components. Maxhosa is dedicated to assisting regional craftsmen and advancing economic development in South Africa in addition to its focus on design and workmanship. The company works with regional communities to make its knitwear, giving skilled artisans jobs and training possibilities. The company stands out in the fashion business. It is pleased to represent African fashion internationally thanks to its cutting-edge designs and dedication to social responsibility. Celebrities have been spotted wearing Maxhosa, and it has been published in essential fashion magazines, including Vogue and Elle.







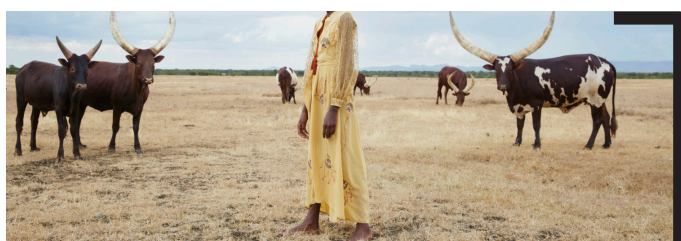
### Haus of Stone, Zimbabwe

Zimbabwe-based Haus of Stone is a sustainable luxury clothes label. Designer Nkanyeziyethu Malunga of Zimbabwe established the company in 2016. Haus of Stone aims to produce gorgeous, high-quality clothing while advancing moral and environmentally friendly manufacturing methods. All the apparel and accessories in the brand's collections are manufactured in-country from organic cotton and recycled textiles. The reversible jacket, which has an eye-catching pattern on one side and a more muted, solid hue on the other, is one of Haus of Stone's iconic designs. By extending the garment's life, this adaptable design decreases waste and offers a variety of styling alternatives. In addition, Haus of Stone collaborates with regional artists to make handcrafted jewellery and accessories, including woven purses and beaded necklaces. The company's dedication to sustainability is demonstrated by using environmentally friendly materials and production techniques and by its initiatives to help regional economies and lessen their environmental impact.



### Hamaji Studio, Kenya

Hamaji Studio is a Nairobi-based modern fashion label. Designer Laila Abdul-Hamid established the label in 2015. Clean lines, minimalism, and a focus on sustainable and ethical production techniques define the aesthetic of Hamaji Studio. The brand's collections are inspired by Kenya's natural beauty and diversity and utilize high-quality textiles such as cotton, linen, and silk. Clothing, accessories, and home design items are available from Hamaji Studio. The clothing line features a combination of classic and contemporary pieces and designs that can be dressed up or down. Handmade bags and jewellery are available in the accessories line, and pillows and dinnerware are available in the home décor line. The use of natural and eco-friendly products and production processes demonstrate the brand's commitment to sustainability. Hamaji Studio collaborates with Kenyan small-scale producers, many women, pays fair wages and ensures safe working conditions.



The African fashion business is expanding faster than ever before. Its expansion is due to an increase in the number of high-end designers, advanced technology and the availability of social media. The African fashion sector is expected to be worth \$32 billion by 2023, making it one of the continent's most vital industries.



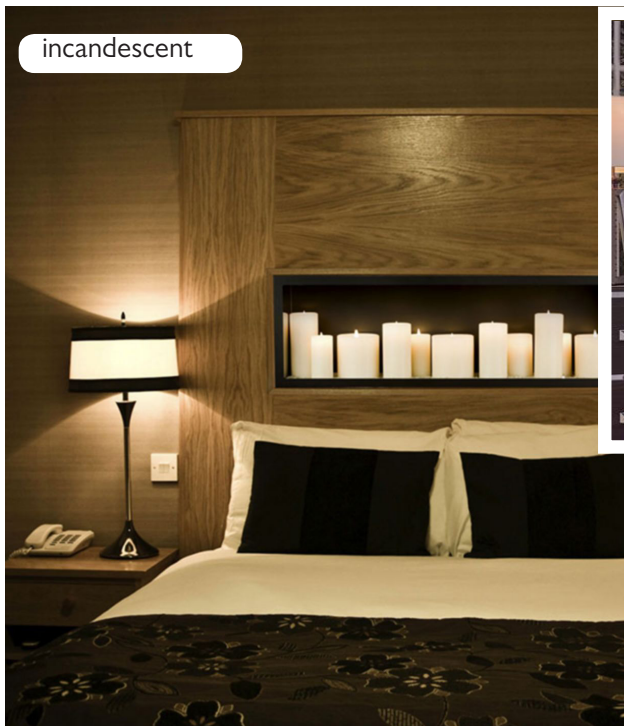


When altering your home, colour is an enormously powerful weapon. It can set the tone, create harmony, and make a location more hospitable and appealing. We can achieve enormous happiness by merely looking at our homes. We often take colour for granted, but it affects how we feel and function. It can inspire us, give us more self-assurance, soothe us down, or even ignite a romantic relationship. Therefore, we must carefully consider our colour choice to improve the atmosphere in our homes. While choosing colours for your home's design, it's crucial to consider how they affect our dispositions and minds. For example, darker hues can make areas feel smaller, cosier, and more intimate. In contrast, lighter colours make interiors feel more extensive and airier. The illusion of interior spaces, including ceiling height, room breadth, depth, and scale, can also be altered by colour.

Colours can produce a sense of serenity, make a statement, bring warmth, generate contrast, and highlight architectural details. Colour also boosts a space's energy, such as pastel hues producing a delicate, gentle atmosphere, while bright hues can make a dramatic aesthetic statement. While neutrals serve as a canvas, bright colours may breathe life into a place that might otherwise be lifeless. As a result, there are many elements to consider when choosing paint colours for your home.







incandescent



halogen

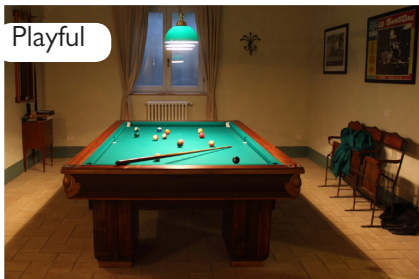


fluorescent

## LIGHTING

Consider whether the lighting is incandescent, halogen,

fluorescent, natural outdoor lighting, etc., or another type of illumination; it depends. These lights all emit various tones that can change the hue. Also, it depends on the direction the room is facing. For example, a room facing north or west may not receive as much sunlight, which causes the colour to become darker in tone because of less natural light. You also can lower the temperature on the warmest walls or warm up a room with a north-facing window simply by using colour subtly.



Playful



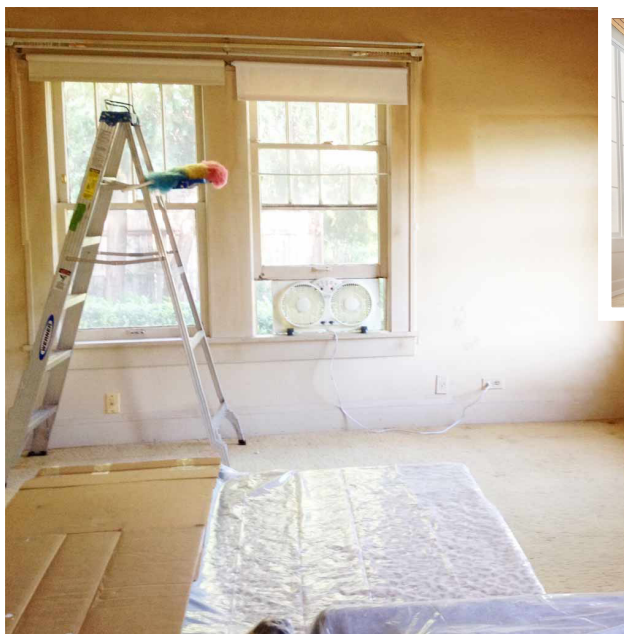
Relaxing



Romantic

## MOOD

Consider the mood you want the space to convey. Consider the environment you wish to create as a starting point when choosing a colour. If you want to create a pleasant, quiet environment for leisure, use cool neutral colours. If it's an amusement or game area, choose brighter colours. Before embarking on transformational painting endeavours, know why you want to paint a room and what changes you want to create. What vibe do you like to send out in the room? Playful? Relaxing? Romantic? Alluring?

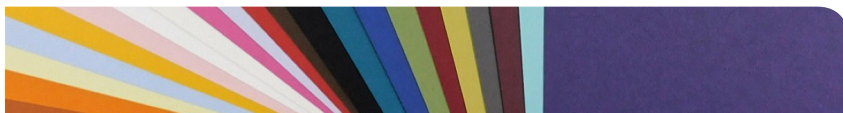


## PRESENT COLOUR

Assess the room's current colour palette as well. What colour is the flooring, cabinetry, drapes, furniture, and so on? Check that the colours complement one another. Even better, use the colours that are currently there in the room as a starting point. Begin with your favourite colours, too. Since you have a small amount of space and a nearly infinite number of fabulous colour combinations, start with colours you already know you like. The choice allows you to create where you are most comfortable and keeps you from becoming overwhelmed by all your options.



Are you seeking a colour that will keep you calm, rejuvenated, and revitalized? Let's have a look at some of the colours.



## GREEN

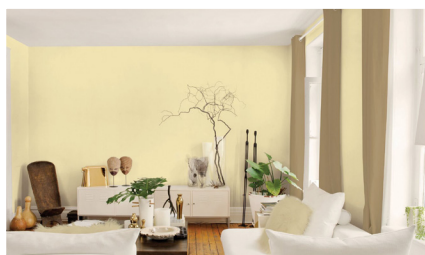
Green has evident foundations since it helps us think about

nature. Green is widely used in bedrooms due to its natural calming characteristics. Our homes have a new look and vibe thanks to two deep, stimulating green tones, a living plant wall, and some quirky pops of colour. The love of the natural world will always stay in style, so if you're seeking trendy interior design ideas that will last, nature-themed themes are a great place to start.



## BLUE

Blue is another great colour in our home. It provides a range of cold and warm hues that arouse various feelings, from serenity to vigour. While bold colours give a space a sense of energy and confidence, they can also convey the peace of the ocean or the optimism of a cloudless blue sky. Darker blues, like navy or royal blue, can give depth and drama to a room. These colours are incredibly successful in living and dining rooms, where you want to convey a sense of sophistication and elegance. Furthermore, because blue is generally connected with the water, utilizing blue in-house designers can create a seaside vibe. The colour is instrumental in beach houses or homes near water.



## YELLOW

Conversely, yellow can inspire increased confidence and optimism and is the finest colour for igniting excitement. It is always employed on the walls of living rooms and bedrooms to produce a warm and cosy scheme. Yellow may create a calm and energizing atmosphere in a living space. It pairs beautifully with blues, teals, greens, reds, and white, adding a crisp freshness. Yellow can connote joy and optimism. Using yellow in home decor can create a pleasant and uplifting environment that can improve your attitude. Furthermore, little yellow elements, such as yellow throw pillows or a yellow vase, can bring a pop of colour to a room while creating a sense of visual intrigue.

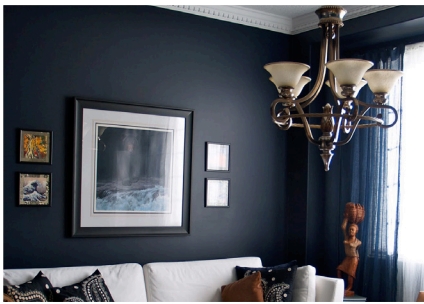






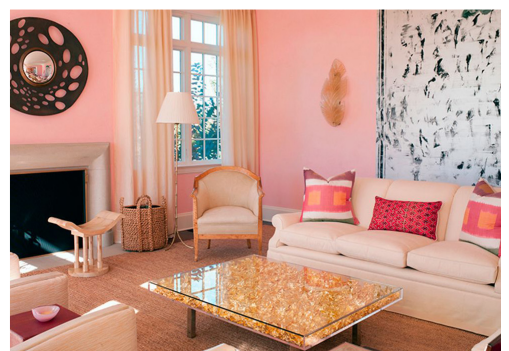
## BROWN

Additionally, Brown has associations with the natural world, relaxation, strength, and comfort. Layer multiple shades of Brown for a comforting, cocooning effect. Use it to level pastel hues or give a neutral colour theme depth. Natural materials like wood, leather, and stone are frequently associated with brown. Using these elements in home design can provide a space with natural beauty and warmth. The colour brown is excellent when you want to create a rustic impression. One can achieve this by incorporating raw materials like wood beams or stone walls and rustic decors like antiques or vintage objects.



## DARK COLOURS

If you want to add ambience and sophistication to a space, go for a dark colour. When used on the main run of base and wall cabinetry, dark colours can appear opulent and adventurous while maintaining a classic, cosy appeal. If you don't want to be as daring, match dark paint colours with a green accent or a neutral colour like soft whites for a refined look that stands out.



## PINK

Pink is popular among homeowners because it connects with nurturing, love, and femininity.





## RED

Further, red is an excellent colour to choose while painting your home, particularly in darker spaces, dining rooms, or creative areas where a high level of passion is critical. It elicits strong feelings such as desire, energy, and enthusiasm.



## ORANGE

Use orange in social situations because it represents warmth, optimism, and good humour.



## PURPLE

Purple is an essential secondary colour to consider while decorating your home. Everything from intensity and richness to majesty is stimulated by it.



Colours are essential in a home; the colour you give to a space expresses your feelings. Warm and cool colours are two additional classifications noted by researchers. If you want a warm and inviting colour design, choose warm hues. Warm hues like reds, yellows, pinks, and oranges attract people into space. Nonetheless, cool shades have a calming impact on a room, giving it a more formal and expansive appearance. Greens and blues are a couple of examples of chilly colours. It is, therefore, not enough to have a home; the colours that come with it also bring out the beauty and your feelings toward the house.



## HYPERPIGMENTATION:

Way To Get Rid of The Condition.

**T**he loss or diminution of skin pigmentation is hypopigmentation in medicine. Numerous variables, including genetics, autoimmune diseases, infections, and specific drugs, might cause this. It can appear in several forms, such as black patches, age spots, and melasma. While the condition is not hazardous, many people may be self-conscious, and others may wish to rid themselves of it. Melasma, post-inflammatory hyperpigmentation, UV damage, and medical illnesses are the four main types of hyperpigmentation caused by excessive melanin synthesis.

Melasma is a common skin ailment that results in dark, discoloured patches of skin. It is more frequent in women, particularly those pregnant or taking birth control pills, although men can also have it. The specific aetiology of melasma is unknown, but it is thought to be related to hormone fluctuations, sun exposure, and heredity. Certain drugs, thyroid disorders, and skin irritation can also contribute to the formation of melasma. Melasma patches typically occur on the face, most notably on the forehead, cheeks, nose, and upper lip. They can range from brown to greyish-brown and might appear blotchy or omogeneous.

Post-inflammatory hyperpigmentation (PIH) is a frequent skin disorder that develops following a skin injury or inflammation. Acne, eczema, psoriasis, or even a minor cut or burn can fall into this category. The emergence of dark spots or patches on the skin, ranging in hue from brown to red or purple, is characteristic of PIH. The aetiology of PIH is the excess production of melanin, the PIGME that gives skin its colour, in reaction to inflammation or damage. Melanin can become trapped in the higher layers of the skin, resulting in the dark spots or patches seen in PIH.

Overexposure to the sun's UV radiation causes solar damage. Our skin loses the ability to regulate the amount of melanin generated over time as it is subjected to UV and even blue light from the sun and other sources. Age spots, freckles, and melasma are typical hyperpigmentation caused by sun exposure. These hyperpigmentation patterns are typically more apparent in areas of the skin subjected to the sun, such as the face, neck, hands, and arms.

Hypopigmentation, or a loss or reduction in skin pigment, can be caused by medical problems. Vitiligo, an autoimmune sickness that involves the loss of melanocytes, the cells that generate skin colour, is one example of a medical condition that can lead to hypopigmentation. This causes pigment loss in spots or significant portions of the skin.

Additionally, there is albinism, a hereditary condition that impairs melanin synthesis. Because albinos have little to no melanin in their skin, hair, or eyes, hypopigmentation may result. In addition to Albinism and Vitiligo, Tinea versicolor is a fungal infection that can result in hypopigmented regions of skin. Some areas of the skin are lighter because the fungus creates acids that prevent melanin synthesis. What are some of the most successful ways to treat hyperpigmentation?



### **Wear Sunscreen.**

Sun exposure can trigger melanin production, leading to dark spots on the skin. Consistent sunscreen application can slow the progression of hyperpigmentation and even lighten already present dark spots. When selecting a sunscreen, seek a broad-spectrum composition that protects against UVA and UVB radiation. Daily sunscreen usage is advised, also when weath because UV radiation can damage the skin through clouds. Experts recommend using a broad-spectrum sunblock with a minimum sun protection factor (SPF) of 30 and reapplying every two hours. Additionally, it is best to stay out of the sun from 10 am to 4 pm, when it is at its strongest.

### **Chemical Peels.**

A chemical-based solution is put onto the skin during a chemical peel procedure, causing the top layers to peel away to reveal the smoother, more even-toned skin below. Chemical peels exfoliate the skin's outer layers, which can aid in the removal of excess melanin that causes hyperpigmentation. Chemical peels can also increase collagen formation, which can enhance skin texture and lessen the appearance of fine lines and wrinkles.

To treat hyperpigmentation, chemical peels, including alpha-hydroxy acid (AHA) peels, beta-hydroxy acid (BHA) peels, and trichloroacetic acid (TCA) peels, can be employed. The sort of peel suggested will be determined by the severity of the hyperpigmentation as well as the individual's skin type. The skin may be red, irritated, and flaky for a few days to a week after a chemical peel. To minimize further irritation or injury to the skin, avoid sun exposure during this period and follow the dermatologist's post-treatment instructions.

### **Topical Treatments.**

Topical therapies can be an effective technique to treat hyperpigmentation. Hydroquinone, a regularly used topical treatment for hyperpigmentation, is one sort of topical treatment that can be used to address hyperpigmentation. It acts by preventing melanin formation in the skin. For the best results, use hydroquinone alone or in combination with other topical therapies. Second, retinoids, such as tretinoin, are vitamin A derivatives that can help diminish hyperpigmentation by increasing cell turnover and encouraging collagen formation. Retinoids can also aid with skin texture and the appearance of fine lines and wrinkles.

Third, Vitamin C is a potent antioxidant that can aid in minimizing hyperpigmentation by inhibiting melanin formation in the skin. Additionally, it can help to lessen the signs of wrinkles and imperfections and improve skin texture. The fourth ingredient is azelaic acid, a naturally occurring substance that can aid in diminishing hyperpigmentation by reducing melanin formation in the skin. It can further reduce inflammation and the improvement of skin texture.

### **Micro-needling.**

Microneedling is a valuable method to treat hyperpigmentation since it can lessen the visibility of black areas or marks on the skin. Microneedling boosts the skin's natural healing reaction, which can assist in decreasing hyperpigmentation by encouraging collagen and elastin synthesis. A device with tiny, delicate needles is used in the cosmetic procedure of micro-needling to inflict regulated micro-injuries on the skin. The needles puncture the skin during the micro-needling process, causing the skin to produce new collagen and elastin fibres. By doing so, the skin's texture can be enhanced, and hyperpigmentation can appear less prominently. The skin's healing and regeneration process can be further aided by micro-needling by improving the absorption of topical medications like vitamin C or hyaluronic acid.



### **Laser Treatment.**

Various laser procedures can cure hyperpigmentation, including: Targeting the excess melanin in the skin is possible using intense pulsed light (IPL) therapy, which uses a broad light spectrum. Sun damage, age spots, and melasma are just a few of the hyperpigmentation that can be treated with IPL. Additionally, using a laser beam, fractional laser therapy damages the skin in minute columns. As a result, the skin's natural healing process and collagen synthesis are encouraged, both of which can enhance skin texture and minimize the signs of hyperpigmentation. The last treatment is Q-switched laser therapy, which targets the extra melanin in the skin with a high-intensity laser beam. Tattoos and birthmarks are two examples of resistant hyperpigmentation commonly treated with this laser therapy.

### **Lightening creams.**

Whitening creams are over-the-counter (OTC) medications that help lessen pigmentation by utilizing particular ingredients. They are frequently applied once or twice daily to lighten the skin. In over-the-counter lightening products, liquorice extract and vitamin B-3, also known as niacinamide, are often present. There are various techniques to reduce the risk of hyperpigmentation, even if it cannot always be stopped or stopped from becoming more pronounced. You can prevent picking at the skin when there are spots, scabs, or acne by using skin-protective clothes and sunscreen with an SPF of 30 or higher. Keeping away from skin-lightening cosmetics will also assist your complexion in general. It would be best to get professional advice before using creams to lighten dark areas because doing so might have effects.

**A**lthough hyperpigmentation can be difficult to cope with, numerous methods exist for managing and reducing it. Sunscreen, chemical peels, topical treatments, micro-needling, and laser treatment are all effective options to help you achieve clearer, smoother, and more even-toned skin.



# TikTok

TikTok's social networking software enables users to make and share little films. It has over 2 billion downloads worldwide and has proven incredibly popular, especially with younger people. The videos on TikTok can include everything from lip-syncing contests and dance challenges to comedic sketches and informative material. Additionally, users have the option to add music and additional effects to their movies. A "For You" page also displays content that has been carefully chosen based on a user's preferences and engagement history. There are more than 150 nations where TikTok is accessible, with over 2 billion downloads worldwide. It is notably well-liked in countries like China, the United States, India, and Brazil. Its accessibility and level of acceptance, however, may differ based on regional laws, cultural norms, and other elements.



TikTok has received praise for its capacity to foster community and highlight creativity. But it has equally generated debate due to worries about privacy, data collecting, and censorship. Despite its popularity, TikTok has come under fire frequently for the security of user data. Due to data privacy and security concerns, the U.S. government has recently restricted or banned TikTok in various ways. EX President Donald

Trump issued an Executive Order in 2020 that effectively outlawed TikTok in the United States unless an American business acquired it. The bans covering internet-enabled devices like mobile phones, tablets, and computers have dramatically increased since November 2022 when FBI director Chris Wray expressed concerns that China's government may use the App to exploit American user data for spying operations and to control their mobile device software. Many other States in the USA have banned their employees from accessing TikTok while at work. The warning prompted 25 States to restrict the App to state-owned smartphones.

Moreover, the U.S. House of Representatives, the U.S. Senate, the Home Department, and many other government departments favour the ban. For security concerns, the USA wants to compel employees, especially those under law enforcement or national security operations, and federal government personnel to uninstall the App from their government-issued devices. Montana State went further to restrict the Chinese-based App from the state. That ban has generated legal action. The fear among supporters of the App restriction is that TikTok, controlled by the Chinese corporation ByteDance, would gather and share user data with the Chinese government.

According to U.S. government concerns, the Chinese government might utilise TikTok to gain access to such devices and U.S. user data; the access could jeopardise USA security. Both the company and the Chinese government have vehemently denied the allegation. But the denial hardly convinces many.



Apart from the U.S., the European Commission and the E.U. Council have also banned TikTok from employee phones. The restriction, effective on March 20, applies to business devices, including tablets and mobile phones registered with Parliament's mobile management application. Also, the assembly vehemently advised staff members and politicians to delete TikTok from their devices.



How about the Asian region, where the App originated? India equally blocked TikTok in June 2020, citing national security and data privacy concerns. Although the embargo came amid a border dispute between India and China, it is unclear whether the decision by the government in Delhi was based on pure security concerns or political reasons. Others have argued that the decision was part of the Indian government's larger drive to lessen the country's reliance on Chinese technology and investment. The Indian government had previously worried about Chinese Apps, notably TikTok, collecting and exchanging data from Indian users. The government claimed that the applications were "harmful to India's independence, ethics, defence", state security, and public order." The restriction on TikTok and other Chinese Apps was designed to protect the data of Indian users and prevent illicit use by foreign organisations.





Indonesia is similar. The Indonesian government momentarily barred TikTok access in 2018 due to worries that the App featured “negative content” that was regarded unsuitable or disrespectful to Indonesian norms. According to the administration, TikTok promotes hate speech and pornography. To address those concerns, TikTok deleted some content after negotiations with the Indonesian government, such as sexually suggestive material and videos that incite violence or hate speech. TikTok has also promised to beef up its moderation efforts and hire more content moderators to evaluate and remove inappropriate content. Since then, TikTok has grown in popularity in Indonesia, particularly among young people. But conservative groups and religious leaders did not stop criticising the App, calling for stricter regulation or even a ban owing to worries about its content and potentially destructive impact on Indonesian culture and values.



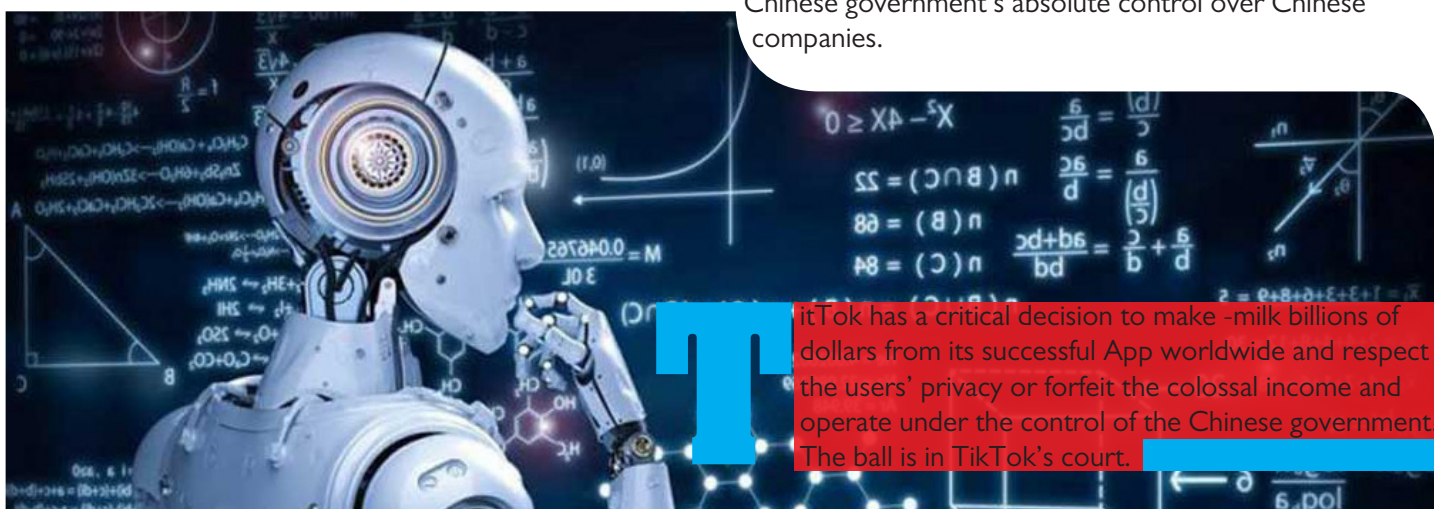
Pakistan’s interaction with TikTok has been challenging. TikTok has been banned multiple times in Pakistan, citing concerns over unsuitable content such as obscene or immoral, blasphemy, and obscenity. The Pakistan Telecommunication Authority (PTA) announced the ban on TikTok in October 2020, claiming that the App had failed to eliminate “immoral and indecent” content and was “spreading vulgarity and indecency in society.” After ten days, they lifted the ban after TikTok agreed to filter its content in conformity with Pakistani laws and principles. TikTok was again banned in Pakistan in March 2021 due to worries over the App’s “obscene” and “immoral” content. The PTA noted that it had received multiple public complaints over the App’s content and that TikTok had failed to comply entirely with Pakistani laws and regulations governing internet content. After TikTok committed to further filtering its content and deleting undesirable information, the government listed the restriction.



Another nation where TikTok has run into trouble is Taiwan. Due to worries over the App’s data collecting and sharing policies and Chinese ownership, the Taiwanese government barred its officials from using TikTok on their work phones in 2020. The government noted the dangers of disclosing sensitive government material to Chinese authorities, who could use it for espionage or other purposes. Taiwan’s government has also warned its citizens about the potential security hazards of using TikTok and other Chinese-owned applications, urging them to exercise caution and use alternative apps wherever possible. On the other hand, TikTok is still available and popular among Taiwanese users as of May 2021.

Although both TikTok and the Chinese government deny all the censorship allegations, the fact that the Chinese government made a law that requires all Chinese companies to submit to the government any information the government deems vital for its security gives many countries that banned TikTok App an excellent ground to worry. With such a law in place, TikTok cannot deny the government in Beijing any information (data of TikTok users included) it wants. Is the law, not enough reason for other governments to worry about?

Although TikTok corporation insists it maintains user data outside of China, coupled with stringent data privacy regulations and security procedures to protect user information, more than those assurances are needed to convince other countries otherwise, given the repressive Chinese government’s absolute control over Chinese companies.



TikTok has a critical decision to make - milk billions of dollars from its successful App worldwide and respect the users’ privacy or forfeit the colossal income and operate under the control of the Chinese government. The ball is in TikTok’s court.



# LITERARY CORNER

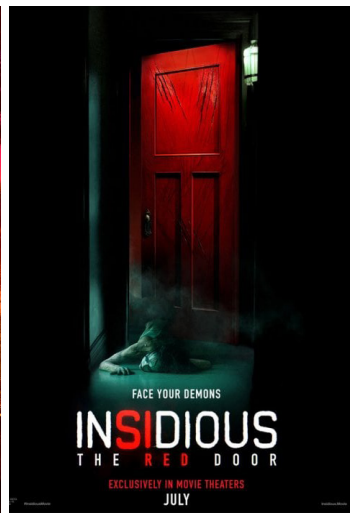
COMING SOON



GENRE: COMEDY  
RELEASE DATE: 23<sup>rd</sup> JUNE 2023



GENRE: ACTION  
RELEASE DATE: 24<sup>th</sup> JUNE 2023



GENRE: COMEDY  
RELEASE DATE: 07<sup>th</sup> JULY 2023



GENRE: 3D ANIMATION  
RELEASE DATE: 20<sup>th</sup> JUNE 2023

IN CINEMA



GENRE: 3D ANIMATION  
RATING: 7.6/10



GENRE: SCI-FI  
RATING: 5.6/10



GENRE: COMEDY  
RATING: 8/10



GENRE: HORROR  
RATING: 6.2/10

## TO THE GIRL THAT WILL SPARK MY HEART.

By Goon

POEM

I'm not made of brimstones  
I'm a fireball.

So at 45,  
Don't mind if I'm still catching fire for you.

At 50,  
Don't mind if I'll still build beautiful turmoils,  
With the whisk of my tongue on your neck.

When I hit 55,  
I'll still have goosebumps,  
At the mention of your name.  
Sorry, Our name.

Even at 60,  
I'll still make a poem for you.

I hope I'll still will,  
surrender myself to you in prose,  
In my own free will.

I hope I still will,  
free my diction,  
Enough to steal your free will.

~Thy\_Goon.





Children playing is not only a typical sight worldwide; playing is vital to a child's development. It helps them learn, grow, and build social and cognitive abilities. Children frequently participate in activities that require imagination, creativity, and physical activity as they play. Children like playing because it is enjoyable, intriguing and provides a safe, imaginative environment to express themselves. Why do children like playing, and what are its benefits for their development?

Playing is essential for children's mental health and overall development. It provides numerous benefits to their emotional, social, cognitive, and physical well-being. Playing has enormous positive effects on children's mental health, such as:

**Emotional well-being:** Play allows children to express and regulate their emotions. They can explore different scenarios and roles through imaginative play, which helps them understand and manage their feelings. It also offers a safe space for children to work through challenging experiences or emotions they may be facing.

**Children's growth:** Play is a crucial aspect of childhood with several advantages for children's development. Children enjoy playing because it is entertaining, engaging, and gives them a secure, imaginative space to express themselves. Play allows children to gain new talents, social and cognitive capabilities, and physical and emotional health. Encourage children to play and will enable them to explore and learn about their surroundings as parents or other adults responsible for them.





**Social development:** Play provides opportunities for children to interact with peers, develop social skills, and build relationships. Cooperative play, such as playing in groups or team sports, fosters collaboration, negotiation, empathy, and problem-solving abilities. These social interactions contribute to children's sense of belonging, self-esteem, and overall mental well-being.

**Cognitive development:** Play stimulates cognitive growth and enhances various mental processes. It promotes creativity, imagination, and critical thinking as children engage in pretend play or solve problems through games. Play also improves memory, attention span, and concentration, which are crucial for learning and academic success.

**Communication skills:** Researchers link early play to the development of communicative capacities. One study looked into whether play may improve communication. Researchers observed what happened when a newborn began to use a toy. Three months later, they noticed that the baby's linguistic skills increased if the mother responded by moving and naming the toys. In a separate study, 65 kindergarteners were observed in their classrooms for four weeks by researchers from the University of Georgia. Dramatic play, in particular, has been shown to predict pre-reading, language, and writing performance.

**Stress reduction:** Play acts as a natural stress reliever for children. It allows them to release pent-up energy, unwind, and have fun. Playful activities can help reduce anxiety and promote relaxation, vital for maintaining good mental health.

**Self-confidence and resilience:** Engaging in play builds children's self-confidence as they explore their abilities, take risks, and overcome challenges. Whether mastering a new game or accomplishing a physical feat, each achievement contributes to their sense of competence and resilience. These positive experiences during play can translate into other areas of their lives, fostering a healthy self-image and mental well-being.





**Physical well-being:** Active play, such as running, jumping, or participating in sports, promotes physical fitness and overall well-being. Regular physical activity during play improves one's improved mood, reduces symptoms of anxiety and depression, and leads to better sleep patterns, all of which positively impact mental health.



**Languages:** Children learn language and literacy through play and social interaction beginning in infancy. Babies and toddlers use new words when adults describe what they hear, see, and do. In poetry and music, syllables and beats are connected. Children learn about the sounds in words and develop their listening skills. Even if they are unable to communicate, they can converse! Sharing book stories with children, whether orally or through role play, helps them grasp their selves and their position in the world. Stories also demonstrate to pupils how language works and how to structure narratives.



**T**o support children's mental health through play, adults must create an environment that encourages and facilitates various game forms. The condition includes providing time, space, and resources for recreation and participating in play activities with children. Additionally, promoting a healthy balance between screen time and active play is crucial, as excessive screen time can adversely affect mental health. Remember that every child is unique, and their play preferences may differ. It's essential to respect their choices and allow them to explore and engage in the types of play that bring them joy and fulfilment. Let us stimulate our kids by encouraging them to play.



## 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)





**D**jibouti is a small country in the eastern part of Africa, bordered to the southeast by Somalia, to the north by Eritrea, and the west and south by Ethiopia. The nation has a population of about 1 million and a total land area of about 23,200 square kilometres. Djibouti City is the country's capital and largest city. While Somali and Afar are also commonly spoken, Arabic and French are Djibouti's official languages.

### Strategic Location

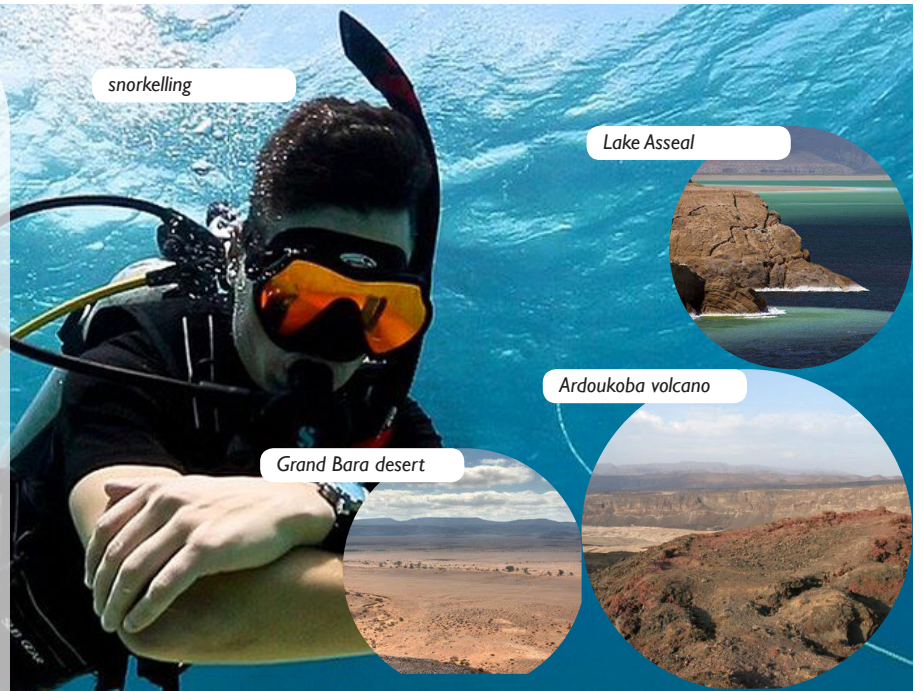
Due to its advantageous location at the entrance to the Red Sea, Djibouti is a significant hub for global trade and shipping. Port services, travel, telecommunications, and tourism comprise its economy. Several foreign military installations, including those of the US, France, and China, have bases in the nation. The nation has a rich cultural heritage, influenced by Arab and French colonial control and the ancient civilizations of the Horn of Africa. Islam is the most common religion in Djibouti, a multi-ethnic and multi-religious nation.





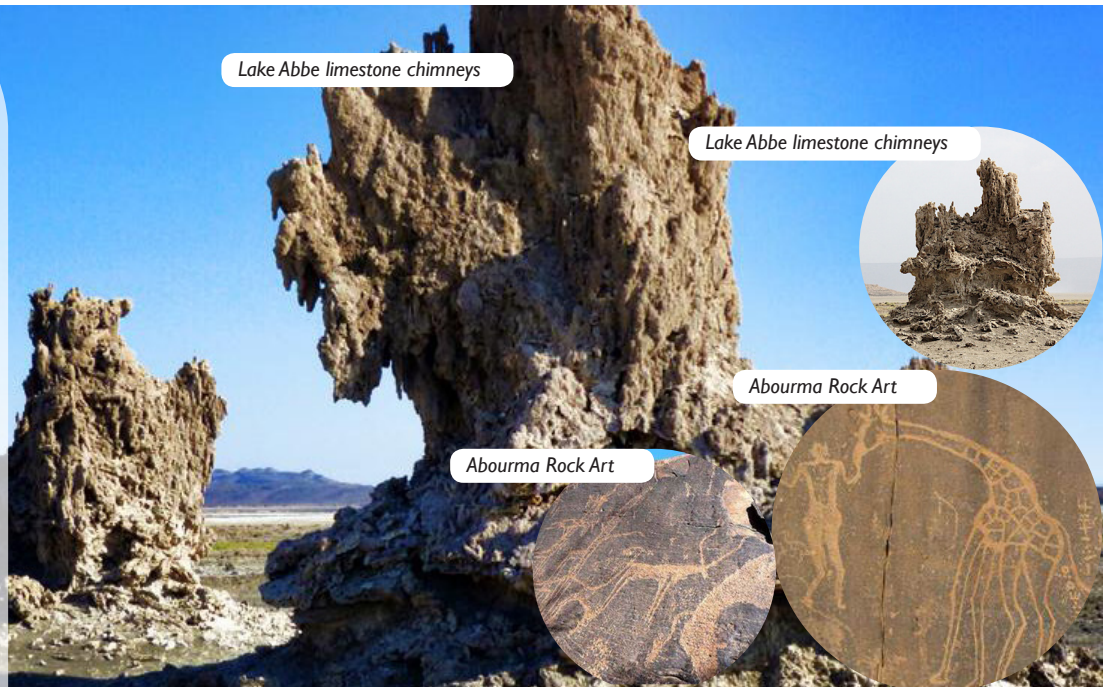
## Geographic features

The geographic features of Djibouti are varied, including desert, mountainous, and coastal areas. The nation is home to several unusual natural landmarks, such as Lake Assal, one of the world's saltiest bodies of water, and the Ardoukoba volcano, whose last eruption was in 1978. The coastline also attracts visitors in large numbers, which features beautiful beaches and waters ideal for diving and snorkelling. Arid and scorching, the midsummer highs in Djibouti frequently reach 40 degrees Celsius. Although temperatures are gentler and the best time to come is between November and February, visitors should still bring clothing for the heat.



## History

Djibouti has a rich history, with evidence of human habitation dating back thousands of years. The country was a significant trading hub for several ancient civilizations, including the Egyptians, Greeks, and Romans. Today, visitors can explore several historical landmarks, such as the Arta Megaliths, a collection of ancient stone structures that date back to the Neolithic period.



## Culture

Djibouti's culture is influenced by a mix of African, Arab, and French colonial heritage. The population is primarily made up of ethnic Somalis, with smaller communities of Afar and Issa people. One of Djibouti's most unique cultural experiences is the traditional Afar salt caravan, where locals transport salt blocks across the desert using camels. Visitors can witness this incredible sight and even participate in the process themselves.





## Cuisines

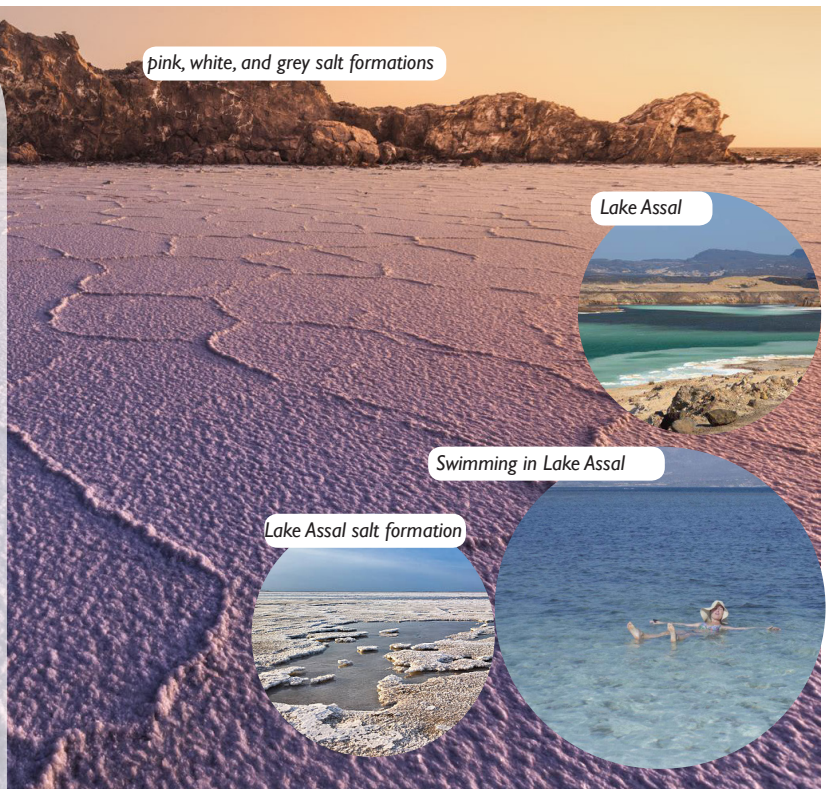
Due to its advantageous location at the entrance to the Red Sea, Djibouti is a significant hub for global trade and shipping. Port services, travel, telecommunications, and tourism comprise its economy. Several foreign military installations, including those of the US, France, and China, have bases in the nation. The nation has a rich cultural heritage, influenced by Arab and French colonial control and the ancient civilizations of the Horn of Africa. Islam is the most common religion in Djibouti, a multi-ethnic and multi-religious nation.



## Natural attractions

Despite its small size, Djibouti has a wealth of natural attractions to explore. One of the most popular destinations is Lake Assal, located in the Danakil Depression. This salt lake is Africa's lowest point and one of the saltiest pools of water on the planet. Visitors can take in the breathtaking natural beauty of Lake Assal and the area around it, as well as the striking salt formations formed when the lake evaporates. The pink, white, and grey salt formations are an unusual and impressive sight. Swimming in Lake Assal's saline waters, well-known for their buoyancy due to its high salt content, is one of the lake's most popular activities.

The small settlement of Goubet, located near Lake Assal, also has a natural underwater volcano. One may take a boat tour to see the volcano and the surrounding marine life, which includes dolphins, whales, and turtles. Also, guests can swim in the area's hot springs or trek in the nearby hills.

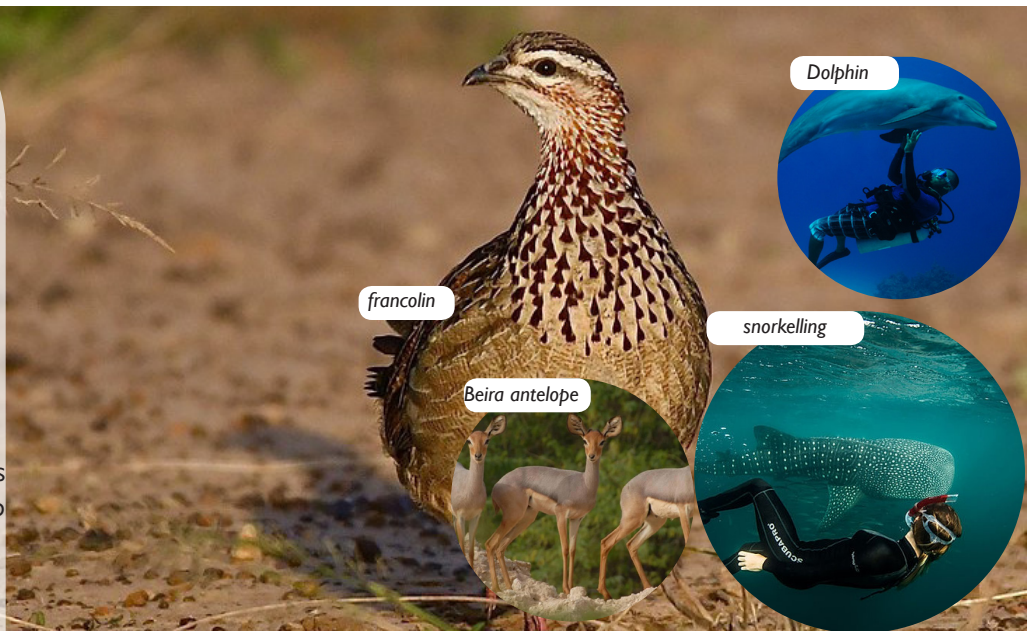


Another must-visit location is the Day Forest National Park in the Goda Mountains. Visitors can hike through the park and spot the diverse flora and fauna. This park is home to several endemic bird species and other wildlife, including baboons and antelopes. For those looking for a beach getaway, Djibouti's coastline is home to several stunning beaches. One of the most popular is Sable Blanc, located on the Gulf of Tadjoura. This white sand beach is perfect for sunbathing and swimming. Visitors can also try their hand at kiteboarding or windsurfing.



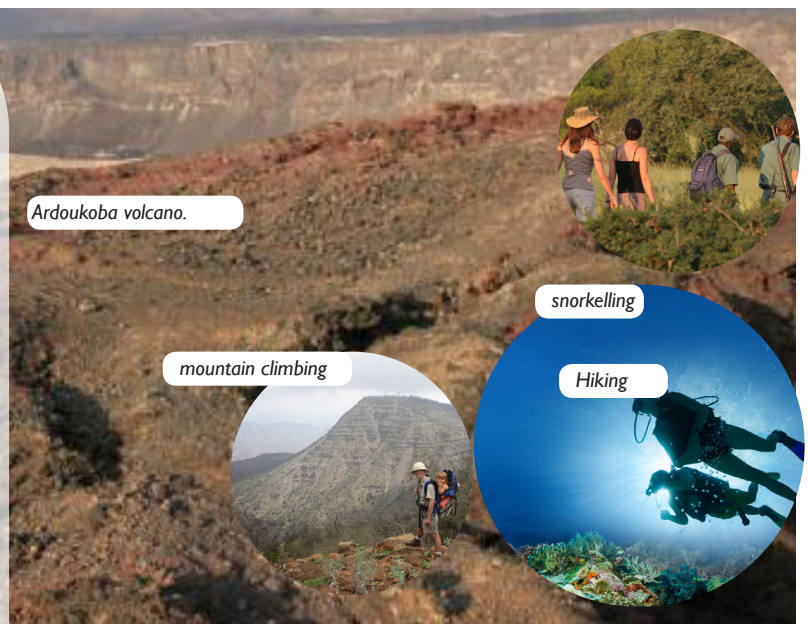


Moreover, Djibouti is home to several unique species of wildlife, some of which can only be found in the country. One of the most famous is the Djibouti francolin, a bird endemic to the region. Visitors can also spot several species of antelopes, including the Soemmering's Gazelle and the Beira Antelope. The Gulf of Tadjoura is also home to several species of marine life, including dolphins and whale sharks. Visitors can take a snorkelling or diving trip to see these creatures up close.



Another must-visit location is the Palace of the People, a former presidential palace now serving as a museum. The building is an impressive example of French colonial architecture. The exhibits inside offer a glimpse into Djibouti's history and culture.

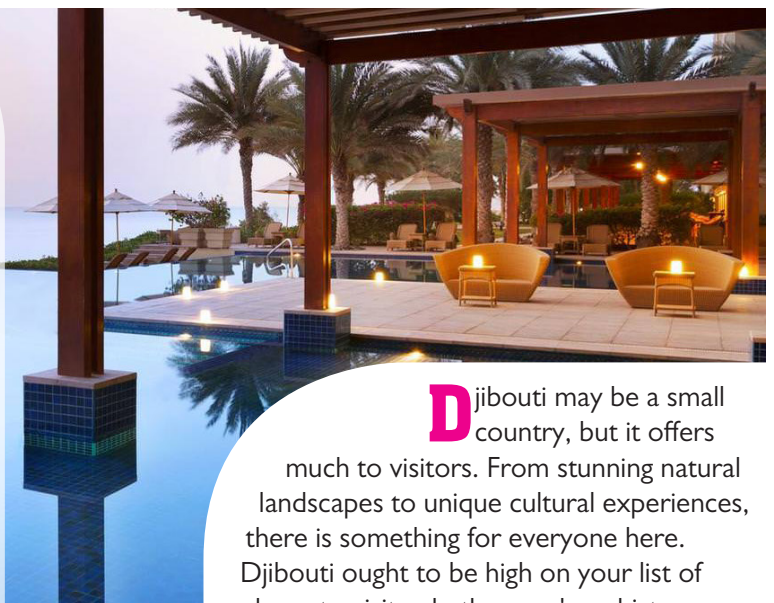
Djibouti is a paradise for adventure seekers, with plenty of outdoor activities. One of the most popular is diving and snorkelling, thanks to the country's crystal-clear waters and diverse marine life. Visitors can explore coral reefs and shipwrecks and even swim with whale sharks. Hiking is another popular activity, with several mountain ranges and national parks to explore. Visitors can hike through the Goda Mountains, spot wildlife in the Day Forest National Park, or climb the Ardoukoba volcano.



## Accommodation

Despite its small size, Djibouti has several accommodation options to suit all budgets and preferences. In Djibouti City, visitors can choose from several hotels and guesthouses, ranging from budget-friendly to luxury. For those looking for a unique experience, several eco-lodges and camping options are available in more remote locations.

Getting to Djibouti is relatively easy, with several international airlines offering flights to Djibouti-Ambouli International Airport. Visitors can also enter the country by land, although this is not recommended due to safety concerns in certain areas. Once in Djibouti, visitors can navigate the country using taxis, buses, or private car hire.



**D**jibouti may be a small country, but it offers much to visitors. From stunning natural landscapes to unique cultural experiences, there is something for everyone here. Djibouti ought to be high on your list of places to visit, whether you're a history lover, an adventure seeker, or just seeking a calm beach holiday. Djibouti offers good reasons to plan your upcoming adventure right away!





## AFRICAN SUPER VEGETABLES

Africa has been a melting pot for cuisines due to its cultural, geographical and historical features. There are a large number of vegetables native to Africa as well as introduced species that have gained currency in regional cuisine. All kinds of vegetables are grown, mostly in small front or backyard plots; recently, urbanisation has given birth to increasingly medium- to large-scale farming industrial operations. Introduced and indigenous vegetables make up the two categories of vegetables in Africa.

Vegetables are essential for human health because they are rich in minerals, vitamins, phytochemicals, antioxidants, and other nutrients. Most vegetables are high in several minerals, including potassium, dietary fibre, folic acid, vitamin A, and vitamin C, yet low in calories and fat. Vegetables' dietary fibre reduces blood cholesterol levels and the risk of developing cardiovascular disease. On the other hand, dietary potassium might help you keep a healthy blood pressure level. Vitamin C absorbs iron, healing wounds and maintaining healthy teeth and gums, while vegetables high in vitamin A keep the skin and eyes healthy and fight infections. Vegetables of all kinds should be consumed regularly and in sufficient amounts to maintain good health. Health authorities attribute millions of deaths globally to inadequate vegetable consumption. On the other hand, poor vegetable consumption frequently contributes to non-communicable illnesses like cardiovascular disease and several cancers. The WHO advises eating more than 400 grams of fruits and vegetables daily to maintain excellent health and reduce the risk of non-communicable diseases.







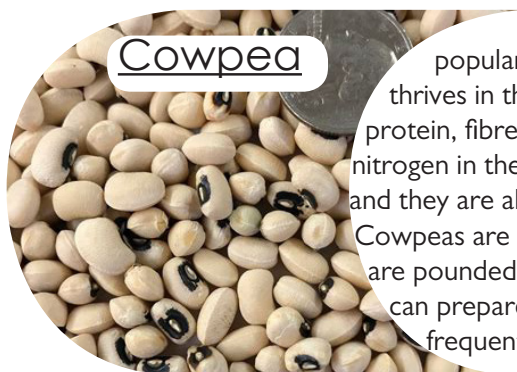
There are many different types of tasty vegetables in Africa. Peppers, eggplant, cucumbers, sweet potatoes, bananas, cassava, peanuts, and common beans are the primary vegetables farmed on the continent. The banana is a common irrigated crop in Somalia, Uganda, Tanzania, Angola, and Madagascar. Here are some tasty African vegetables:

### kales



Kale is a lush green vegetable in the cabbage family. It is widespread worldwide, particularly in Africa, where it is a common ingredient for stews, soups, salads, and a side dish. Kale is called by various names across Africa, depending on the location. In East Africa, for example, it is widely referred to as sukuma wiki, which translates to “push the week” in Swahili because it is a very inexpensive and easy-to-grow vegetable that can be a meal supplement throughout the week. Kale is a high-nutrient vegetable with vitamins A, C, and K and minerals such as calcium, iron, and potassium. It's also abundant in antioxidants and fibre, making it an excellent supplement to a balanced diet. You may prepare kale in several ways, such as sautéing, boiling, or steaming. It can be flavoured with various herbs and spices.

### Cowpea



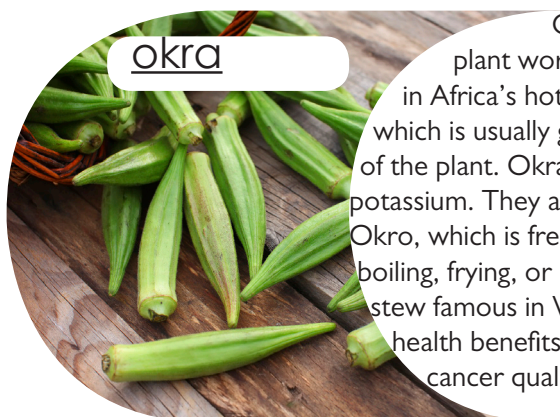
Cowpea, also known as black-eyed peas, is a legume species popular in Africa and other regions worldwide. It is a warm-season crop that thrives in the hot, dry conditions seen in many parts of Africa. Cowpeas are high in protein, fibre, and essential vitamins and minerals like iron and folate. They may restore nitrogen in the soil, boosting soil fertility and lowering the demand for chemical fertilisers, and they are also relatively easy to grow. Cowpeas are utilised as a food crop, animal feed, and cover crop to avoid soil erosion. They are pounded into flour and used to make a form of flatbread in several parts of Africa. You can prepare cowpeas in various ways, including boiling, stewing, or frying. They are frequently used in soups and stews or as a side dish with rice or other grains.

### African Cabbage



African cabbage is a leafy green vegetable native to Africa known as Ethiopian kale, Ethiopian mustard, or Abyssinian mustard. It belongs to the Brassica family, including cabbage-like vegetables, broccoli, cauliflower, and kale. African cabbage is a primary ingredient in many African dishes. It is grown in many parts of Africa, including Ethiopia, Kenya, and Tanzania. It has a robust and slightly bitter flavour and can be eaten raw or cooked. African cabbage is rich in calcium, iron, and vitamins A, C, and K. It is also abundant in antioxidants and fibre, making it a nutritious complement to any diet. African cabbage can be sautéed, boiled, or steamed and used in stews, soups, and salads. African cabbage is an essential crop for small-scale farmers in Africa since it is easy to grow and may be picked numerous times throughout the growing season. African cabbage is a nutrient-dense and versatile vegetable significant in African cuisine and agriculture.

### okra



Okra, commonly known as lady's finger, is a blooming plant worldwide, including in Africa. It is a warm-season crop that thrives in Africa's hot and humid growing conditions. The immature pod of the okra plant, which is usually green in colour and has a little fuzzy texture, is the edible component of the plant. Okra pods include vitamins A and C and minerals, including calcium and potassium. They are also high in fibre and antioxidants. Okro, which is frequently used in soups and stews, can be prepared in various ways, including boiling, frying, or roasting. It is prominent in many African recipes, including gumbo, a spicy stew famous in West Africa and the southern United States. Okra offers many possible health benefits in addition to its culinary usage. It may have anti-inflammatory and anti-cancer qualities and can enhance digestion and manage blood sugar levels.






### Amaranth

Amaranth is a leafy green vegetable grown and consumed throughout Africa and the rest of the world. It is a warm-season crop that thrives in the hot, dry conditions seen in many parts of Africa. Amaranth leaves are high in vitamins A, C and minerals, including calcium and iron. They're also packed in antioxidants and fibre, making them a nutritious complement to any diet. Amaranth leaves can be sautéed, boiled, or steamed and used in stews, soups, and salads.



### Sweet Potatoes

Sweet potatoes are a root vegetable widely grown and enjoyed throughout Africa and the rest of the world. They are a warm-season crop that thrives in Africa's hot and humid growing conditions. Sweet potatoes are a source of potassium, iron, and vitamins A and C. They're also high in fibre and low in fat, making them a nutritious complement to any diet. You may use sweet potatoes in dishes that are either savoury or sweet. Equally, they can be baked, boiled, or roasted.





### African Eggplant

African eggplant, also known as garden egg or aubergine, is a widely consumed vegetable throughout Africa. It is a warm-season crop that thrives in Africa's hot and humid growing conditions. African eggplants are often smaller and rounder than other sections of the world's eggplant variants. They have solid, slightly bitter flesh and tough skin, frequently removed before cooking. African eggplants are high in vitamins and minerals, including vitamins A and C, potassium, and fibre. They are frequently used in stews, sauces, and grilled or fried.




### Tomatoes

Tomatoes are one of the most commonly grown and consumed crops in many parts of Africa and worldwide. They are a warm-season crop that thrives in Africa's hot and humid growing conditions. Tomatoes contain vitamins and minerals, including vitamins A and C, potassium, and fibre. They are commonly used in various culinary such as salads, sauces, soups, and stews. Tomatoes can also be consumed raw as a nutritious snack. Tomatoes are essential for small-scale farmers in Africa since they are easy to grow and may be picked numerous times throughout the growing season. Farmers can also profit from them because they can be sold fresh or used to manufacture value-added goods like tomato paste and sauce.



### Spinach

The leafy green vegetable known as spinach is widely grown and eaten in Africa and the rest of the world. It is a cool-season crop that thrives in the gentler growing conditions prevalent throughout Africa. Spinach is high in vitamins and minerals such as A, C, and K, as well as iron, calcium, and magnesium. It is always used in various cuisines, including salads, soups, stews, and stir-fries. As a nutritious snack, spinach can also be consumed raw. Aside from its culinary use, spinach is an essential crop for small-scale farmers in Africa since it is easy to grow and can be collected numerous times during the growing season. Farmers can also make money from it because it can be sold fresh or used to manufacture value-added products like canned and frozen spinach.



Vegetables provide more dietary fibre, vitamins, minerals, and phytochemicals or antioxidants, which are essential for a healthy lifestyle. However, not eating enough vegetables may endanger your life. Many non-communicable diseases, such as cardiovascular disease, cancer, diabetes, obesity, and metabolic syndromes, can be prevented by consuming plenty of high-quality vegetables - an excellent reason to make those vegetables an essential part of your diet.



## AUNT SYLVIA



Dear Aunt Silvia,  
Thank you for your impressive and priceless pieces of advice. I am from Nigeria, married for 18 years with four kids. My husband, who is into business, earns more than I do, but I am responsible for raising the kids and caring for our home. Right from the first year of our marriage, my husband cultivated the attitude that providing money for home solves all other problems at home. He does not understand that money alone cannot care for everything; someone has to make things work. He calls me names and claims I am lazy and useless. His disrespectful attitude is becoming so unbearable that I cannot take it anymore.

Yours,

Haima (Lafia, Nigeria)

### QUOTES ON RESPECT FOR WOMEN

"Respect is one of the greatest expressions of love."

"Men and women have roles – their roles are different, but their rights are equal."

Dear Haima,

Thank you for your letter. You did not indicate your age and whether you have any other kind of work besides caring for the home and kids. Regardless, those two tasks have enormous responsibilities, which our society must appreciate more. Unfortunately, the unacceptable attitude has put terrible stress on many relationships.



One of the most essential ingredients for a harmonious relationship with others is respect - the vital expression of love. Love is that priceless ornament one can give to others. We all have the right to be treated with love and dignity. So do you. In a marriage, a woman is not only the man's partner; she symbolizes a daughter, wife, sister and mother; as such, she should be loved and treated the same way. If your husband cannot respect women, he hardly can respect anybody else – because it is a woman that brought him into the world. Hence anytime he thinks of disrespecting you, he should remember who carried him for nine months in the stomach and how he came into this world in the first place.

The truth is that one is not born a gentleman; you earn it by one's actions and choices. It is up to your husband to define his true identity – just a man or gentleman. He should not hide under the shield of culture to mistreat his wife. Human beings make culture and can alter it to fit their everyday realities. A culture that respects a woman and values her is something that we should look up to – not the one that enslaves women. Of course, we know that our culture has created sex roles for men and women; even though those roles are different for men and women, their rights are equal. We must treat women right because it's their right to be treated with love and dignity. Love is reciprocal; hence when you treat her right, you will be treated right in return. One good time deserves another.

We are human with our vulnerabilities; if your husband expects nothing but an angel from his woman, he must, logically speaking, create a heaven for her. The same applies to a woman; her man is neither an angel because he equally has his faults. Hence, no relationship can last without some degree of tolerance and compromise. Both of you should have an honest discussion to make some compromises. Regardless, he must appreciate your priceless contribution to the family.

Yours,

Aunt Silvia

"How you treat women says a lot about your character."

"The measure of any society is how it treats its women and girls."

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