



KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

LET'S CELEBRATE

WORLD MENTAL
HEALTH DAY

IN KATA KATA
VILLAGE.

+ HEALTH

DEWORMING
TREATMENTS
IN HUMAN

OVER
10 PAGES
CARTOON

FASHION



BEAUTY

PROFESSIONAL TEETH WHITENING

WHAT IT TAKES TO HAVE THAT BRIGHTER SMILE.



Kids

Celebrate in Style:

Unique Party

Ideas for Your

Child's Birthday.



ISSN 2214-059X



Foods

Frozen Meals: Convenient but
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Using Interior Designer Software
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CCTV: From a High Definition
Video Recording to a Wireless
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TRAVEL

The Vibrant Township of Soweto:
A Side of South Africa You Can't
Miss.

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

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

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

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

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

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

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

Please visit our website: www.katakata.org

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

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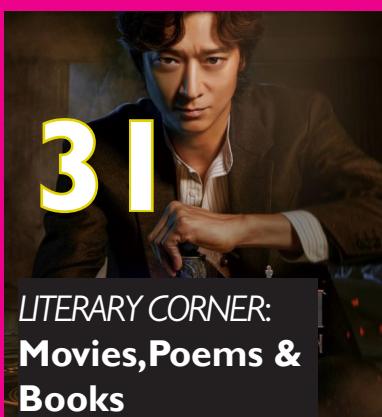
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Aunt Sylvia

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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PAYMENT:

Account Nr: 453100619

IBAN: NL02ABNA0453100619

BIC: ABNANL2A

PLACE: Almere, The Netherlands



Publisher's note: Mental Health

The adage "a healthy mind is a productive mind" makes resounding sense if one relates it to the worrisome rate of mental health challenges facing the world today.

Sadly, we are casually sitting on a keg of gunpowder waiting to explode; we hardly do much to address the danger associated with mental health, which is systematically destroying people's lives.

As we celebrate World Mental Health Day on October 10, we must create awareness of the sickness through global health education and advocate against social stigmatisation of mental health victims.

Globally, 284 million people suffer from anxiety, while more than 43 million Americans alone have mental health. Depression affects 264 million people worldwide. Those are not encouraging figures. Alcohol dependence affects 107 million victims, and 71 million suffer from substance use disorders.

The coronavirus pandemic did not spare the already devastating mental health condition. The unexpected epidemic, which forcefully kept many indoors and shut down human interactions and activities globally, undeniably impacted health care and social relations. Since the start of the epidemic, rates of anxiety, depression, and drug use disorder have increased, and the first year of the COVID-19 pandemic witnessed an enormous 25% rise in fear and sadness. With lockdown in place and physical interaction significantly minimised during the coronavirus pandemic, loneliness became a norm. At the

same time, fear of infection and death, financial and job losses, and trauma over the demise of loved ones all caused devastating mental stress and depression. Faced with all the health challenges, most victims, including many exhausted health workers who experienced thousands of deaths daily, contemplated suicide as a solution to their disastrous mental health condition.

We must join hands together to tackle the mental health epidemic. Apart from providing the victims with necessary medical attention, we must encourage them to engage in self-care, which requires the victims to take steps to make many changes in their lives. These self-care measures include keeping in touch with friends and family, having a regular sleep routine, avoiding or minimising drugs and alcohol intakes, exercising regularly, changing one's diet to healthier options, engaging in the activities one used to enjoy, discussing one's health problems and feelings with someone one trusts, seeking help from a healthcare professional, amongst others.

Meeting and interacting with other mental health victims makes one realise they are not alone in their problems, as others face similar challenges. Therefore, signing up for a group therapy workshop nearby would not be a bad idea.

We must take those measures to Kata Kata Village before it is too late. Please go with me.

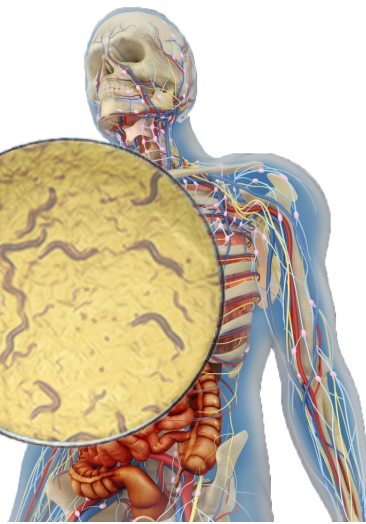
Yours in Kata Kata,

Ogo Ubabukoh

Publisher

DEWORMING TREATMENT

How to Eliminate Parasites IN HUMANS.



Human worm infections, often known as helminthiasis, are a form of parasitic illness caused by many parasitic worm species. These worms are a severe public health problem worldwide, particularly in communities with limited access to sanitary facilities and safe drinking water (World Health Organization, 2020).

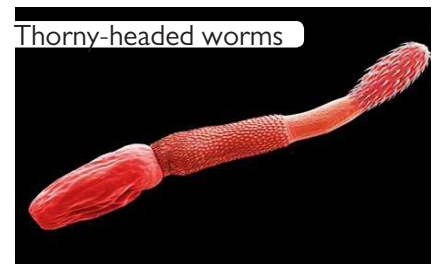
TYPES



Flatworms



Roundworms



Thorny-headed worms

Roundworms (nematodes), flatworms (platyhelminths), and thorny-headed worms (acanthocephalans) are three forms of parasitic worms that commonly infect humans. Once inside the body, these worms can settle in various organs, including the intestines, blood vessels, lymphatic system, lungs, and liver, producing a variety of health problems (Centers for Disease Control and Prevention, 2019).

SYMPTOMS

The symptoms of worm infection vary depending on the infecting organism and its location in the body. However, several shared and common symptoms may indicate a worm infestation. One typical sign of worm infections is stomach pain or distress.

The pain can be generalized or localized, depending on the parasite's location and the disease's extent. Patients frequently experience bloating, gassiness, or unexplained abdominal pain.

Another typical symptom is digestive difficulties such as diarrhoea or constipation, which may alternate. Some people may also experience nausea, vomiting, or appetite problems. A considerable weight loss despite a normal or increased appetite may indicate the existence of intestinal worms that eat the host's nutrition.

Physical symptoms, such as weariness and skin problems, might indicate a worm infestation. Despite proper rest and a well-balanced diet, persistent weariness may be

caused by the worm's resource-depletion effects on the body. Itching skin or rashes, particularly around the anal area for specific worms such as pinworms, may indicate a probable infection.

Worm infections can cause issues such as fever or the appearance of worms in the faeces in more severe instances. Children with severe infestations may experience reduced growth and developmental problems. Furthermore, a person with a worm infection may develop less apparent symptoms such as anaemia owing to iron depletion by some parasites such as hookworms. It is very typical for patients to have malnutrition signs.

The severity and duration of these signs vary significantly between people and depending on the type of worm.

As a result, if such symptoms are seen, it is essential to visit a doctor. Precise diagnostic procedures, such as stool examination and imaging methods, can establish the existence of worms, allowing the appropriate treatment plan to be chosen.



TRANSMISSION



Worms are often transmitted via the fecal-oral pathway. This implies that if someone unintentionally consumes tiny worm eggs discovered in contaminated food, drink, or soil, they may get ill (NHS, 2019). Consumption of these parasite eggs can result from insufficient sanitation, such as not thoroughly washing hands before eating or cooking.

Pinworms, roundworms, tapeworms, and hookworms are among the worms that often infect people, each with its transmission route. Pinworms, for example, are typically transmitted from one sick person's faeces to another via shared contaminated things. Roundworms and hookworms, on the other hand, are primarily transmitted by contact with soil contaminated with human faeces containing worm eggs or larvae (World Health Organization, 2020).

Tapeworms may represent a concern in locations where livestock is abundant. These parasites are usually caught by eating raw or undercooked meat from infected animals, which allows the eggs or larvae to hatch within a human's gut and mature into adult worms (Centers for Disease Control and Prevention, 2019).

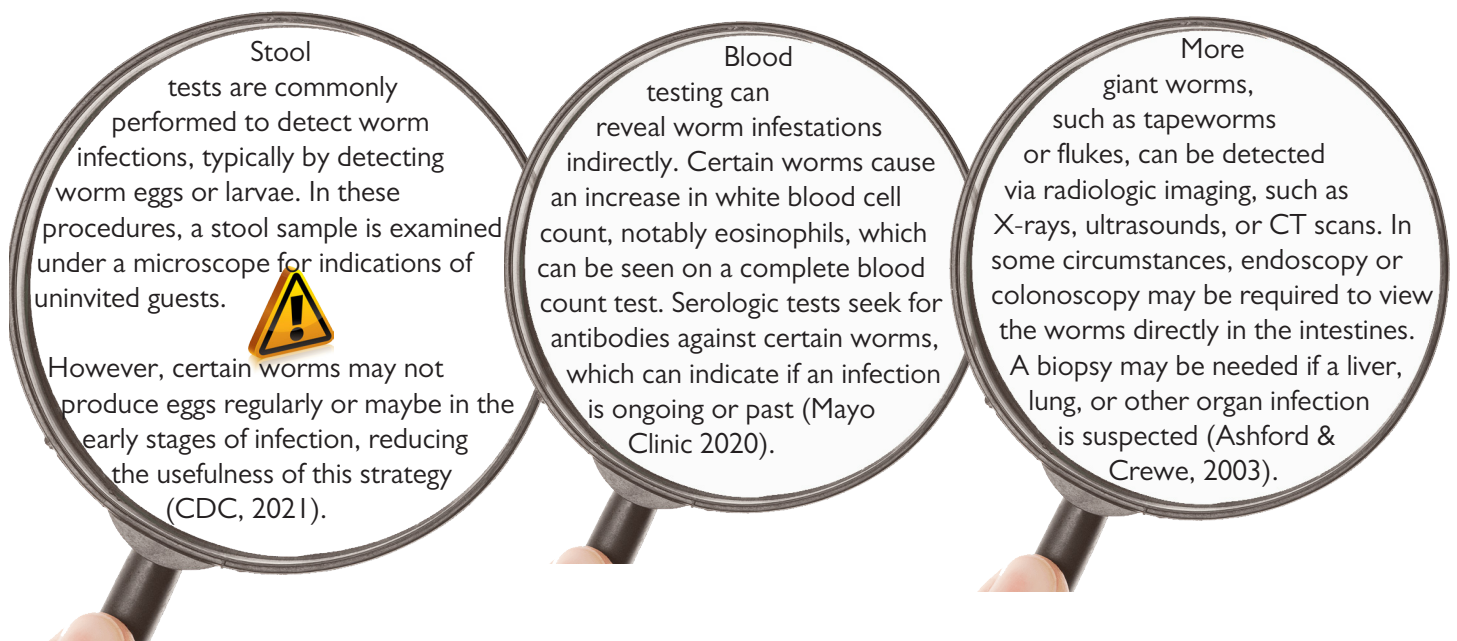
Furthermore, some worms, such as schistosomes, are contracted uniquely. Instead of being swallowed, these parasites enter the skin of people who come into touch with freshwater sources polluted with the larval stages of these worms, such as rivers or lakes (World Health Organization, 2021).

INFECTION DIAGNOSIS.

Accurate worm infection diagnosis frequently necessitates a combination of medical histories, meticulous clinical exams, and laboratory testing (Hotez et al., 2014). Evaluating a patient's medical history and probable exposure sources is the first step in the diagnosis process. Doctors ask about travel to locations with high parasite incidence, nutrition, particularly raw or undercooked foods, and contact with sick people or animals. Symptoms can also point doctors in the direction of worm infections. For example, loss of appetite, lethargy, gastrointestinal discomfort, diarrhoea, and unexplained weight loss may indicate an infestation (Mayo Clinic, 2020).

The following stage is a clinical examination that focuses on worm infection symptoms. Abdominal pain, an enlarged liver or spleen, rashes or skin lesions, and odd swellings or lumps may be present. *Ascaris lumbricoides* (roundworms), for example, leave apparent symptoms on the body, such as skin rashes or migratory footprints. However, laboratory testing is used to provide a definite diagnosis of worm infections. Stool testing, blood tests, imaging, and, on occasion, more specialist treatments are used (CDC, 2021).





TREATMENT.

Following a worm diagnosis, the next step is to seek treatment from a certified doctor. The doctors will expose you to numerous therapy options based on your situation. The primary treatment procedure for worm infections is antihelmintic medication. This method comprises using medications to eliminate or reduce parasitic worms. Most worm infections are treated with one of four antihelmintic drugs: albendazole, mebendazole, pyrantel pamoate, and praziquantel.

Albendazole and mebendazole, both benzimidazoles, work by preventing the synthesis of microtubules in the parasite, resulting in energy loss and, eventually, death of the worm. They are frequently used to treat hookworms, roundworms, and whipworms. On the other hand, Pyrantel pamoate paralyzes the worm, enabling it to lose its hold on the intestinal wall and be evacuated naturally during bowel movements. It works against roundworms, hookworms, and pinworms.

Praziquantel works very well against flukes and tapeworms. It causes muscular contraction, paralysis, and death by increasing the permeability of the worm's cell membrane to calcium ions.



PREVENTION.

While antihelmintic medications help treat worm infestations, prevention is still the best option. Frequent hand washing can dramatically reduce the risk of disease, especially after using the restroom and before eating.

Additional preventative actions include drinking clean, filtered water and properly preparing meals, particularly meat and fish.

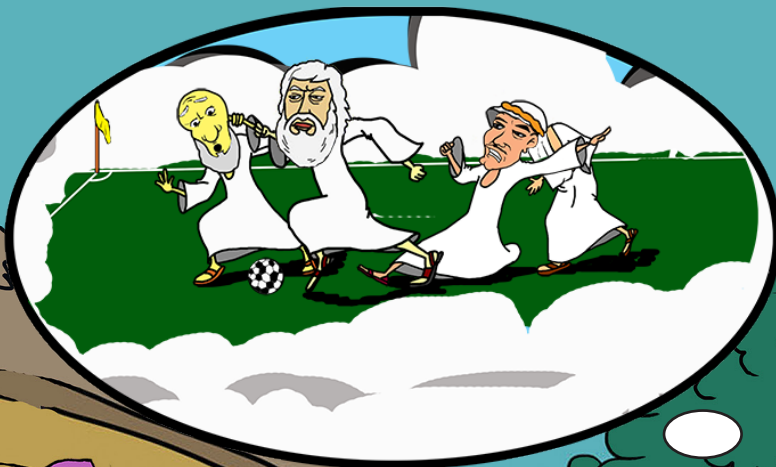


While there are effective therapies for worm infections, such as antihelmintic medications, prevention is still the best defence. Continued research to create better therapeutic alternatives and implementing prophylactic measures are critical in the ongoing battle against parasitic worm infestations.

LET'S CELEBRATE

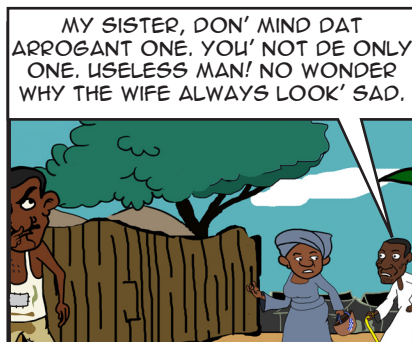
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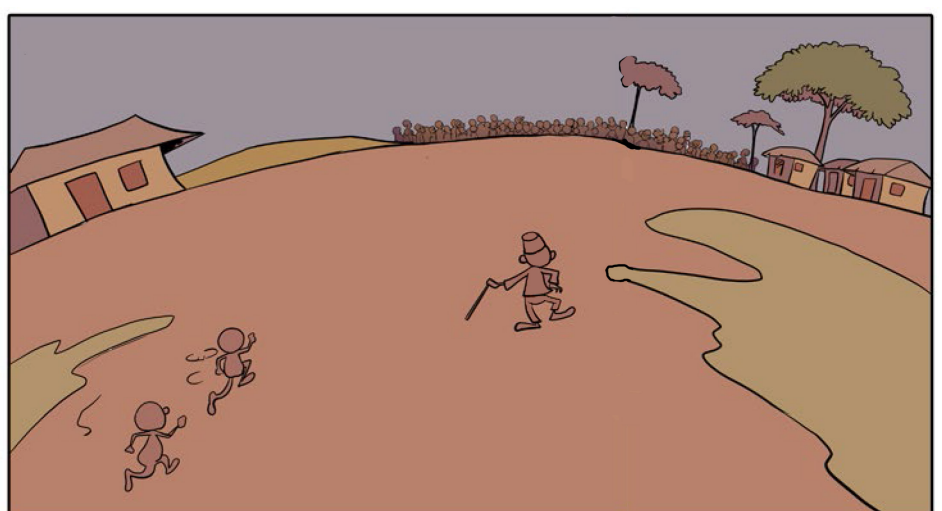
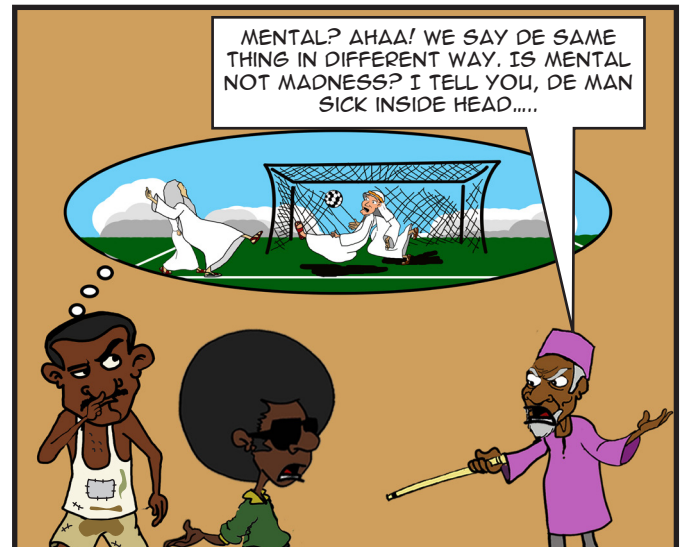
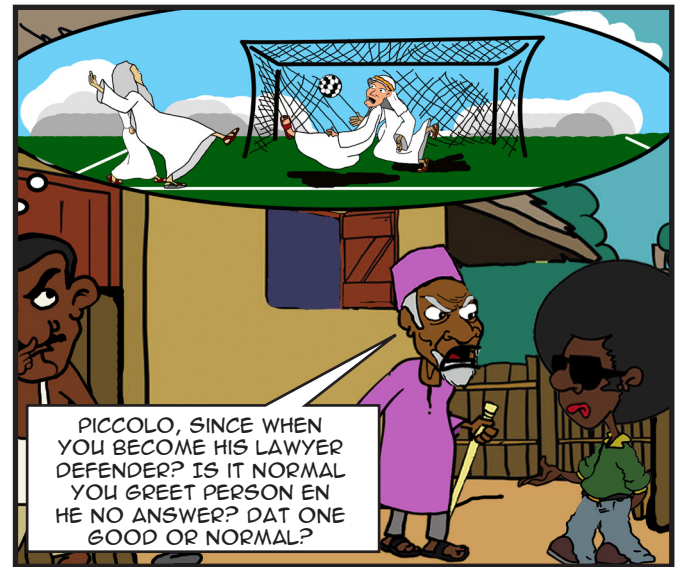
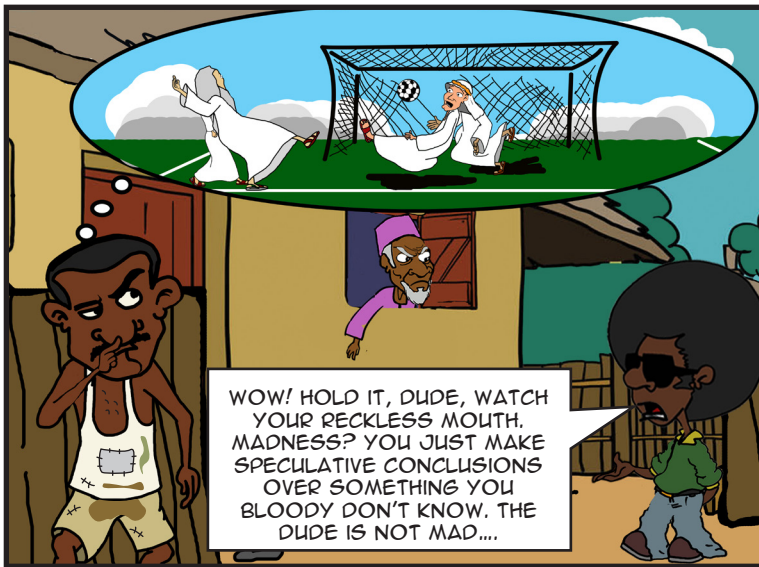
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VILLAGE.

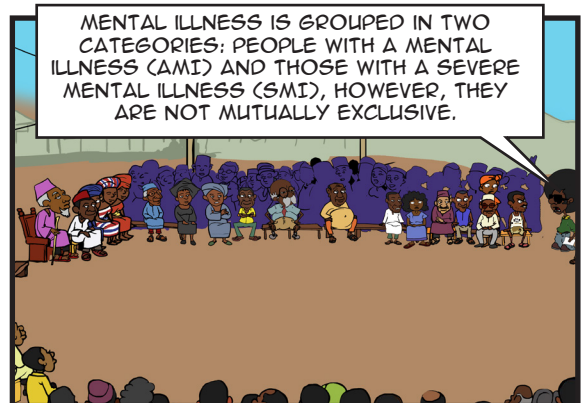
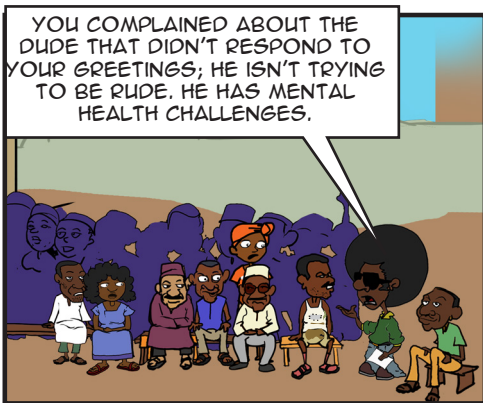
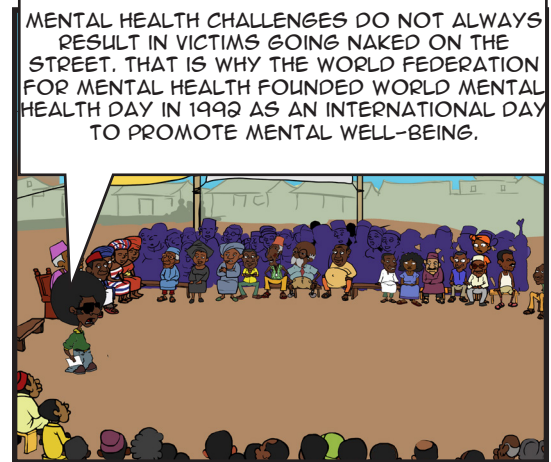


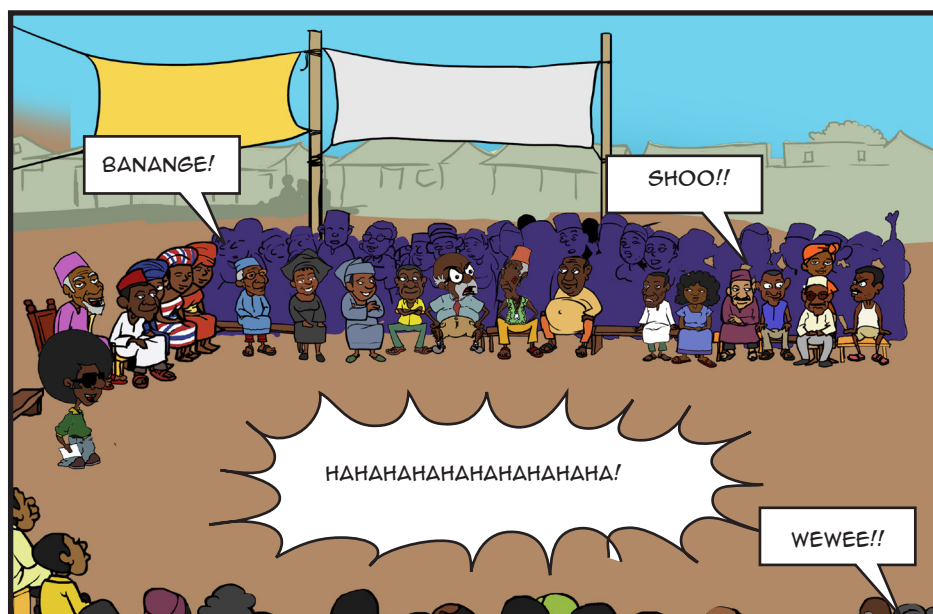
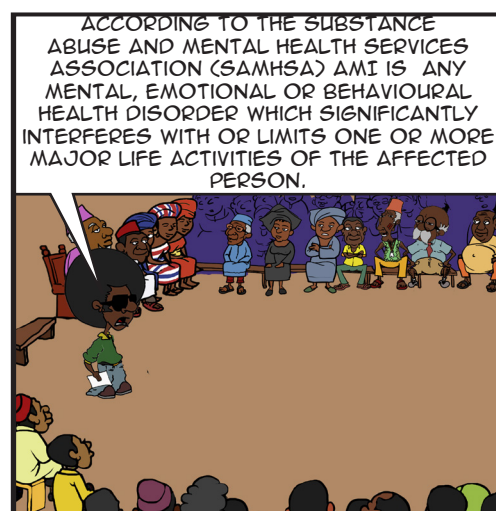
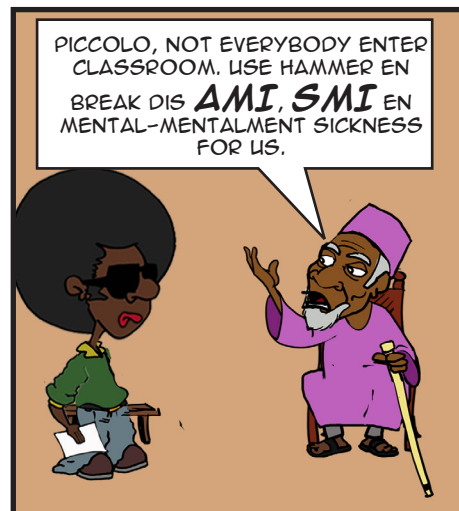
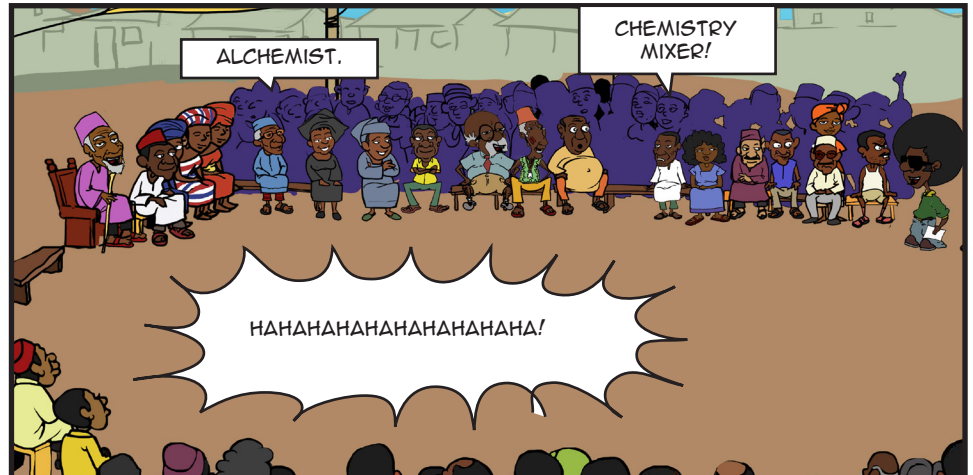
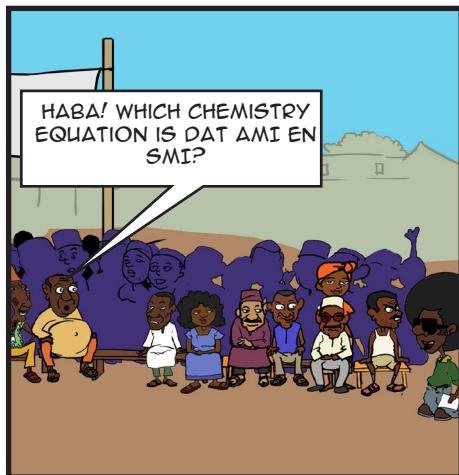


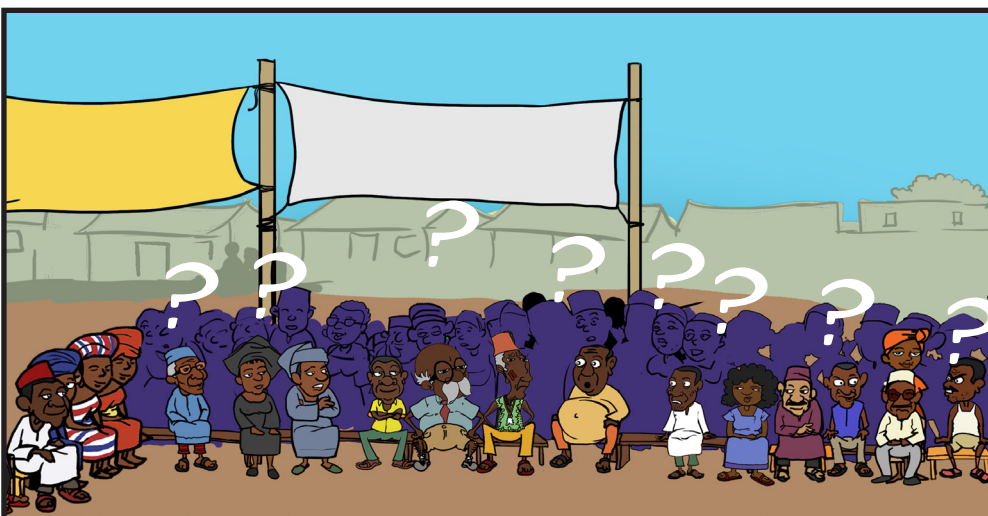
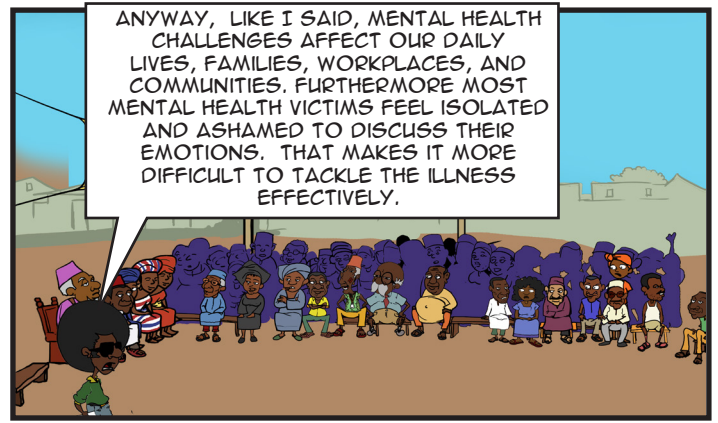
WHAT KIND NONSENSE IS DIS? EVERY DAY I GREET YOU, YOU JUST LOOK AT ME LIKE CASTRATED GOAT EN' WALK AWAY WITHOUT A WORD? YOU WAN' ME FIRST GET SCHENGEN VISA BEFORE I GREET YOU, OR BEFORE YOU ANSWER ME? YOUR BRAIN CONTAIN AMOEBA EGG? NOW, ANSWER ME!!



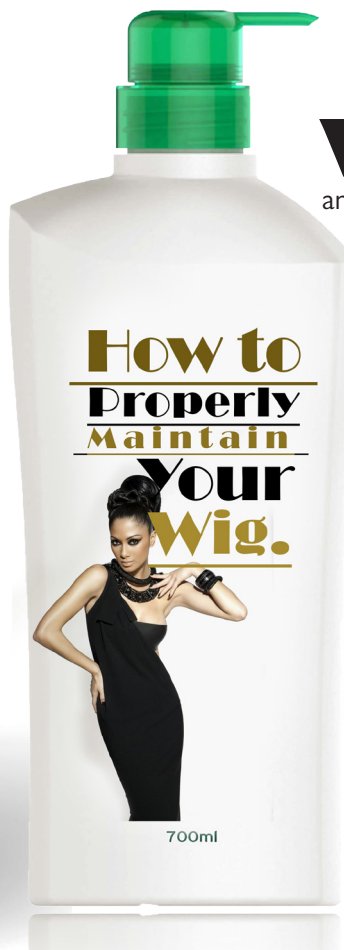








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Wigs have become a popular fashion item, particularly among women. High-quality, natural-looking hair is connected with a particular feeling of charm, which has fueled the popularity and demand for wigs.

Wigs, which have long been used as a flexible beauty and fashion accessory, were first worn by the ancient Egyptians to protect their shaved, bald heads from the sun. Today, they have become essential, giving a cure for hair loss and an easy way to transform one's appearance (History of Hair).



The two primary types of wigs are those made of synthetic and human hair. Wigs made of human hair offer the most realistic look and feel. They may be styled, dyed, and maintained in the same way that natural hair is. They have the same texture and shine as natural hair since they are produced from human hair. They are, however, more costly and require more upkeep than synthetic wigs.



Human hair wigs

Human hair wigs come in two varieties:

a. **Remy:** This is the best-grade human hair wig available. It keeps the hair cuticles intact and prevents them from being peeled. This procedure provides a more natural look and increased lifespan.

b. **Non-Remy:** Less costly than Remy human hair, but suitable for a natural look. However, they must be handled with caution to last long.



Synthetic hair wigs

Synthetic Hair Wigs, conversely, comprise synthetic fibres and are meant to appear and feel like natural hair. Because of technological advances, many synthetic hair wigs can tolerate heat and be groomed using hair tools.

The following are two common types of synthetic hair wigs:

a. **Heat-Resistant:** These wigs are made of heat-resistant fibres, allowing for effortless style. They are less durable and must be handled with care to avoid harm.

b. **Standard:** The cheapest synthetic wigs are standard. However, they do not allow for heat styling. They arrive pre-styled and retain their original look even after washing.

Advantages.

One of the most visible benefits of wigs is their ability to alter an individual's look instantly. The metamorphosis can include hair length, volume, texture, and colour changes, allowing people to experiment with their appearance without committing to a permanent change or risking hair damage.

Wigs provide a solution for regaining self-confidence for people suffering from alopecia, cancer treatments, or other medical conditions that cause hair loss. Maintaining a person's look can promote their psychological well-being through difficult times, alleviating some of the worry associated with hair loss (Williams, 2018).

Wearing a wig also acts as a shield for the natural hair underneath, which otherwise may have been damaged by using heated equipment, dyeing, or styling products. On the other hand, using a human hair wig allows the natural hair to relax and heal from past stress produced by hair treatments (Davis, 2017).

Human hair wigs are lifelike and often made of 100% human hair that has been meticulously picked and extracted (Smith, 2019). As a result, they have several advantages over synthetic wigs. The main advantage is adaptability; they may be fashioned and restyled in various ways, including straightening, curling, and dying (Johnson, 2020). People who wish to experiment with different style techniques without risking harm to their natural hair appreciate this versatility greatly.



Furthermore, wigs respond to the demands of individuals who lead hectic lives. They are more convenient and need less upkeep than genuine hair. As a result, wigs are a time-saving option for people with hectic schedules, providing fashionable, ready-to-wear hair in a matter of minutes.

Additionally, while wigs may appear expensive, they might be cost-effective in the long run. For example, with appropriate maintenance, premium synthetic wigs may last up to a year, removing the need for regular trims, colouring, or styling products.

Modern wigs have been developed to reflect a more natural appearance, created from high-quality materials, and available in various styles and colours to fit individual preferences as the hair business has advanced. The contemporary market's diversity guarantees a wig to suit everyone's taste, letting them express their personal style and individuality.



Whether you need a wig for medical reasons, to protect your natural hair, for fashion, or to modify your look, choosing the appropriate wig is critical. You must take the following elements into account:

1 Purpose: Understand that the reason for requiring a wig will heavily influence the sort of wig you buy. Is it due to a medical problem, such as alopecia, or the side effects of chemotherapy? Is it a fashion pick for its adaptability in terms of style? The responses to these questions will influence your wig selection.

3 Size & Fit: Wigs are available in various sizes, including tiny, average, and big. A well-fitted wig provides comfort and a natural appearance. From the front hairline to the nape of your neck, past one ear, the other ear, and back to the front hairline, count the circumference of your head.

5 Maintenance: Consider your lifestyle and choose between a low-maintenance synthetic wig and a natural hair wig that requires equivalent care to your hair. Remember that appropriate care extends the life of a wig.

7 Purchase From a Reputable vendor: Purchase your wig from a reputable vendor who provides high-quality items, after-sales services, and ethical sourcing processes, especially for human hair wigs.

Wigs, whether synthetic or human hair, require special maintenance to preserve their beauty and lifespan. Proper storage is the first line of protection. When not in use, it is critical to keep your wig's form, texture, and style by keeping it on a wig stand. Heat might harm a synthetic wig and disrupt the styling of a natural hair wig (How to Store Your Wig, 2020).

9 Colour: Keeping your wig's colour is also critical. Colour fading may make a wig appear worn and exhausted. Avoid exposing your wig to direct sunlight for a lengthy amount of time. When exposed to the sun for an extended period, synthetic and natural hair wigs can lose colour. When not in use, keep your wig in an excellent, shaded location (Wig Care Tips, 2019).

2 Material: Wigs often comprise synthetic or genuine human hair. Synthetic wigs contain synthetic fibres and are less expensive, adaptable, or long-lasting than human hair wigs. On the other hand, human hair wigs have an ultra-realistic look and feel but are more expensive.

4 Color: To get a realistic appearance, strive to match the colour of your wig to your actual hair colour. However, if you're buying a wig for fashion, you may experiment with various colour possibilities.

6 Cap Construction: The cap is the basis of the wig to which hair is connected, and its structure influences the wig's appearance, feel, and adaptability. Because each hair is knotted individually, monofilament caps provide the most realistic look but are pricey. Machine-made hats are less expensive but provide less stylistic freedom.

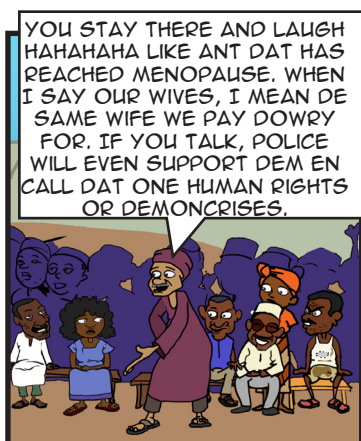
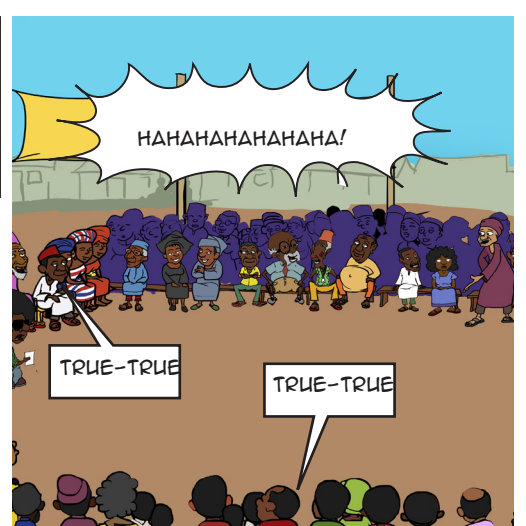
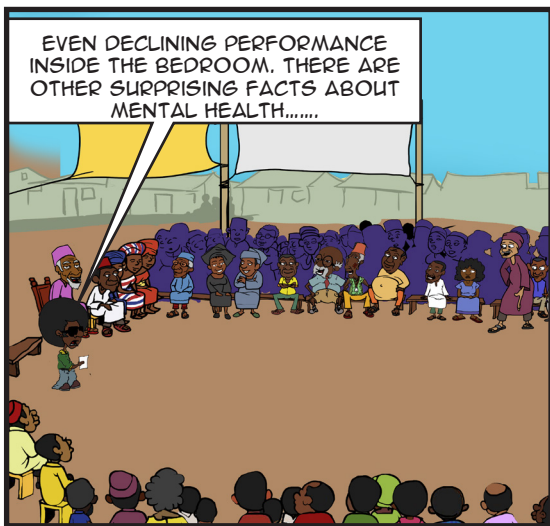
8 Wash gently: Regular gentle washing is another vital part of wig care. Continuous use may collect a lot of dust and filth on a wig. Instead of regular shampoo and conditioner, use wig-specific products. These are particularly formulated to be friendlier on wig fibres. Another suggestion is never to scrub the wig but rather gently swirl it in soapy water to enable the wig products to do their work (Orlov, 2018).

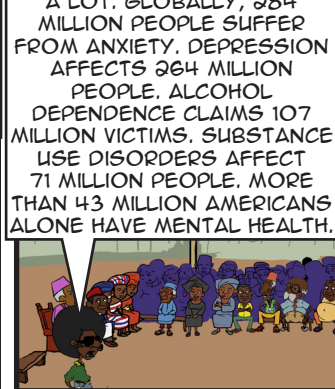
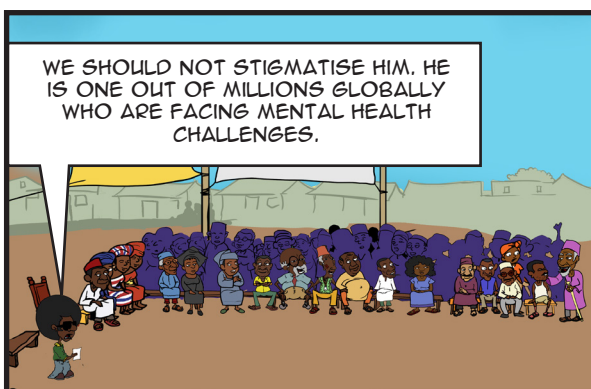
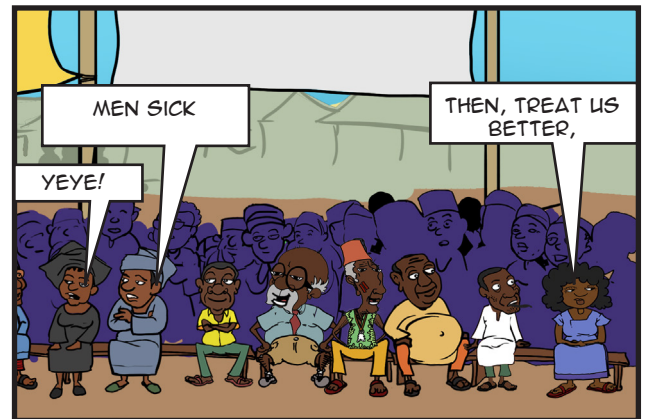
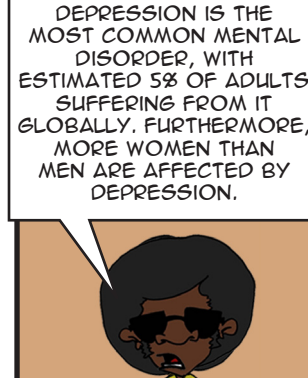
Brushing cannot be overstated. While it may appear to be a simple chore, it may do wonders for the longevity of your wig. To avoid damage, remove tangles and smooth out the wig strands with a specially designed wig brush. Brushing not only helps preserve the look of your wig but also increases its life (Francis, 2017).

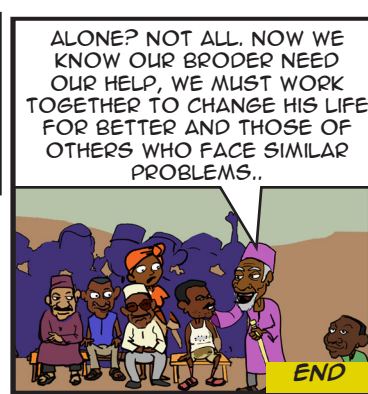
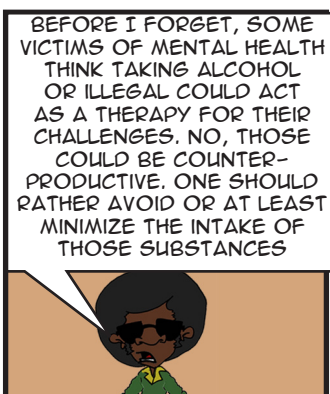
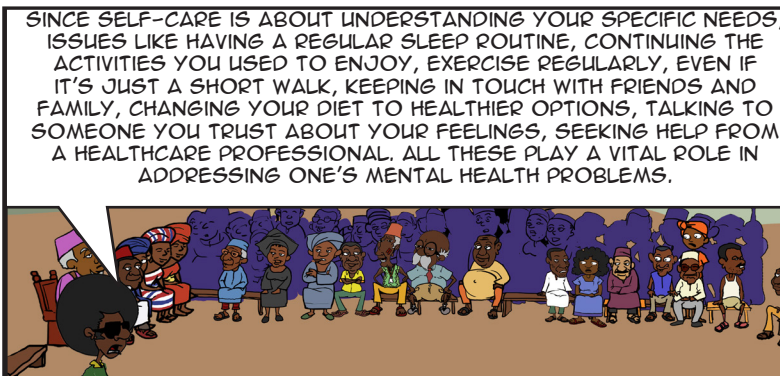
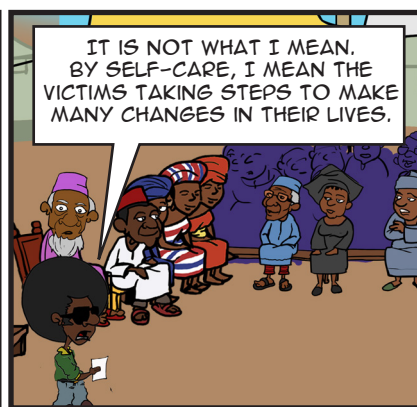
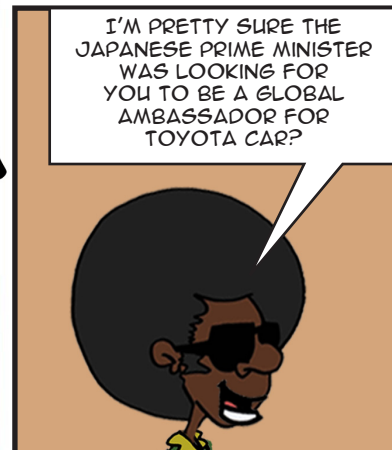
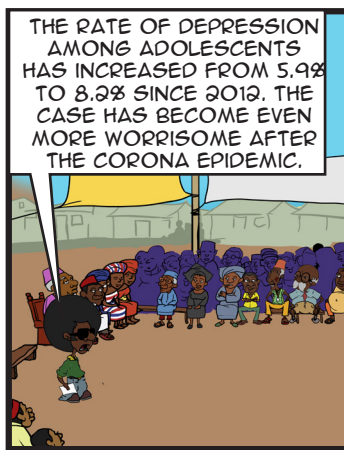
10 Regular conditioning: This is also essential for human hair wigs. Like natural hair, it needs a moisturizing conditioner to keep its health and lustre. On the other hand, synthetic hair benefits from a leave-in conditioner that forms a protective coating over the fibres (Orlov, 2018).

Proper care of a wig necessitates paying close attention to elements that may not apply to natural hair. Maintaining the quality and lifespan of a wig requires correct storage, frequent cleaning with wig-specific solutions, regular gentle brushing, colour preservation, and regular conditioning. Enjoy your fabulous wigs.









USING INTERIOR DESIGNER SOFTWARE TO MAKE A DIFFERENCE



Advantages.

One of the software's most valued capabilities is three-dimensional rendering. It provides both the designer and the customer with a clear depiction of what the area will look like once the project is completed (Serrano, 2019). This accurate measurement of software assists in preventing the purchasing of furniture and equipment that are either too small or too large for the area, improving efficiency.

Furthermore, interior design software stores furniture and décor models, saving the designer time by simply dragging and dropping these objects. This function also allows the customer to imagine the ultimate appearance of the space with the natural objects they desire in situ (McNulty, 2020).

One may calculate the entire project cost using interior design software. It enables customers to stay within budget by allowing them to replace products with more cost-effective alternatives before purchasing anything. The platform offers pricing transparency by providing real-time estimations, giving clients piece of mind.

The development of technology over time has greatly influenced interior design. The use of interior design software is one area that has shown substantial expansion. The design process has been more streamlined, precise, and efficient thanks to digitisation, giving customers access to detailed visual representations of their environments.

Interior design software is a technology interior designers use to create a virtual plan of a room or residence. Designers may use it to bring their creative ideas to life and showcase them in a more aesthetically attractive way (Breyer, 2017). Designers may use these tools to create precise plans, schematics, and blueprints, avoiding guessing and the possibility of costly miscalculations throughout the design process.

Commercial.

Aside from domestic design, the program is also helpful for commercial interior design in bigger rooms or more complicated structures, such as hotels or office buildings. It can handle sophisticated design aspects effectively, reducing total project execution time (Serrano, 2019).

Interior design software can also help improve communication between the designer and the customer. In the early stages of a project, the visual format allows clients to convey their expectations, likes, and dislikes, potentially saving both parties time and money (McNulty, 2020).





As technology advances, many businesses, including interior design, must adapt to remain competitive and relevant. Interior design has progressed from hand-drawn sketches to sophisticated computerised systems. Some of the best software include:



Autodesk AutoCAD is a program that is widely used in the industries of architecture, engineering, and interior design. Interior designers may use

it to produce precise, scaled drawings of spaces and furnishings and a step-by-step plan for building and fabrication. One of its defining advantages is AutoCAD's ability to transmit the delicate details of interior elements in a comprehensible style, allowing exact measurements that assure an accurate model depiction.

Further, AutoCAD software provides various design tools that aid in producing drawing components and customisation options that allow the designer to adjust each piece according to his or her vision. It also automates several aspects of the design process, resulting in faster project completion.

AutoCAD's adaptability in 2D and 3D design and modification is critical. The program produces 2D floor plans, elevations, and sections, which serve as the foundation for interior design development. The 3D modelling capability, on the other hand, assists designers in displaying the final look of their projects, improving visualisation and communication with customers and stakeholders. Autodesk AutoCAD's interoperability with other applications is another advantage. For example, Architects and designers frequently utilise AutoCAD combined with 3ds Max for rendering.



Trimble Navigation's Sketchup, previously Google Sketchup, is a user-friendly 3D modelling program. Architects, designers, builders, engineers, and

hobbyists utilise the program to swiftly and effectively illustrate their conceptualisations (McCarthy, 2019). Sketchup, initially released by @Last Software in 2000, was designed to simplify the 3D design process (McCarthy, 2019). Sketchup stood out from its competition due to its user-friendly interface, unique "push/pull" modelling approach, and very short learning curve. Google purchased Sketchup in 2006 to increase geo-mapping applications (Taylor, 2006). However, Trimble Navigation took over Google in 2012, resulting in more software upgrades (Sholtz, 2017).

The primary aim of Sketchup is to create, modify, and share 3D models. It has a wealth of user-friendly tools for creating and manipulating 3D objects. Users may easily extrude any flat surface into 3-dimensional objects using Sketchup's unique "push/pull" tool. Furthermore, Sketchup's built-in object repository, Sketchup Warehouse, offers a large selection of free 3D models submitted by users worldwide, improving usefulness and adaptability (McCarthy, 2019).

Sketchup's extensibility is one of its critical assets. The Sketchup Extension Warehouse is a shop with over 800 extensions. These extensions enable users to modify Sketchup's functionality to their requirements, allowing experts from various sectors to expedite and personalise their workflow (Scott, 2018).

Sketchup's excellent connection with other popular applications strengthens its place in 3D modelling. Because it is compatible with Google Earth, architects and urban planners may model constructions within real-world terrain and buildings (Taylor, 2006).

Autodesk Revit is a program that is revolutionising

architectural design and building construction. Revit, best known for its Building Information Modeling (BIM) features, has become a must-have tool for architects, structural engineers, and contractors worldwide.

The program facilitates quick and successful project advancement from conception to completion by providing 3D modelling, collaboration, and data management capabilities. Professionals may use Revit to construct intelligent 3D models and design buildings with accuracy, intricacy, and efficiency (Autodesk, n.d.). Revit's precise models provide rich visualisations, allowing architects and designers to spot problems before construction, eliminating costly onsite mistakes.

Revit also encourages teamwork. Using cloud-based technology, teams may simultaneously work on the same project, increasing overall efficiency. Designers may see, edit, and interact with BIM models everywhere. Changes made by one person are immediately visible to others, reducing the possibility of misinterpretation and redundancy. This synchronisation allows teams to operate smarter, quicker, and more precisely, resulting in smooth project execution.

Another area in which Revit shines is data management. The program combines massive amounts of data into a single, complete model. As a result, in a single system, all project-related information is easily accessible. The accessibility saves time searching for various files or data, allowing teams to make data-driven choices more quickly. This large data availability helps every part of the project life cycle, from energy performance to estimating lifetime costs (Azhar et al., 2008).

SmartDraw may be used to produce floor plans, flowcharts, organisation charts,

network diagrams, mind maps, project charts, and other visualisations in addition to diagrams and charts. Users may drag and drop symbols and shapes into their working canvas because of its simple UI. The automated alignment tool guarantees that the symbols and shapes are equally dispersed and symmetrical, resulting in professional-quality diagrams.

It has a significant advantage over its competitors regarding integrating other popular programs and platforms. Users may easily export their diagrams to Microsoft Word, Excel, PowerPoint, and Outlook. SmartDraw is also compatible with Google Workspace, allowing easy collaboration and sharing (3). Third-party integrations like Dropbox, Box, and OneDrive are also supported for simple cloud-based storage.

SmartDraw also offers technical help to its users as a bonus. For any technical concerns or questions, the organisation provides extensive online resources, video lessons, and a dedicated customer service team (3). Understandably, because the application's features are extensive, having dependable assistance reduces the learning curve and increases user confidence.





FloorPlanner is a leading web-based program for planning, developing, and visualising 2D and 3D floor plans. The simple program lets users precisely create and style their homes, businesses, retail establishments, or even summery events online.

Using FloorPlanner, creating a floor plan is as easy as arranging the pieces into a workstation. The program provides many things and materials from which users may pick. These include anything from chairs, tables, and beds to textural items in various finishes for wall surfaces or flooring. One of FloorPlanner's critical assets is the overall user-friendly design, flexibility, and freedom that it provides to users.

FloorPlanner's 3D visualisation feature distinguishes it from many other design tools. This function converts 2D plans into 3D models, allowing users to perceive the area in a realistic simulation. It will enable experts to experiment with different interior styles and examine the potential results before implementing them. Furthermore, the lifelike renderings produced by the program are astounding, which aids in impressing clients and helping stakeholders see the result more effectively. This characteristic aids in the avoidance of unpleasant shocks during restoration or development. Furthermore, it is possible to change the design till satisfied, making it a versatile tool.

FloorPlanner is a fantastic educational resource in addition to personal and business usage. Architecture and design students may use the program to refine their abilities, experiment with different designs, and perfect their art. Another outstanding feature of FloorPlanner is its low cost. While the commercial version has more advanced capabilities, a free edition allows users to build one project. As a result, it provides a significant chance for consumers to try and experience the platform before committing to higher-end subscriptions.



Integrating these handy software technologies into an interior designer's workflow allows for more efficient operations, design processes, and happier clients. Designers that use this program benefit from increased accuracy, productivity, and originality, as proven by producing one-of-a-kind and spectacular designs that create a lasting impression.

You cannot imagine how interior designer software has effectively transformed our interior designs and brought style, uniqueness, cosiness, and a sense of appeal to our homes.



PROFESSIONAL TEETH WHITENING



*What it takes to **have** that brighter smile.*



Teeth whitening is an increasingly popular dental hygiene technique that brightens teeth by removing stains and discolouration. This procedure has quickly acquired popularity because of its capacity to improve the aesthetic aspect of a person's smile, giving one a bright and confident smile.

Tooth discolouration is a common oral health issue affecting millions worldwide. In rare cases, changes in the colour of teeth from their regular white look to more obvious discoloured tints such as yellow, brown, or even black are referred to as the phenomenon.

Causes.

Teeth discolouration is caused by various sources, including extrinsic (surface stains), intrinsic (inside the tooth), and age-related discolouration. Understanding these characteristics is critical in preventing, managing, and curing disease.

The most prevalent kind is extrinsic discolouration, caused by the contact of the outer covering of teeth (enamel) with drinks, meals, or cigarettes. Red wine, coffee, tea, cola beverages, and some fruits, such as apples and potatoes, have powerful colour pigments that adhere to the tooth enamel (Parmar and others, 2019). Furthermore, tobacco contains two compounds (tar and nicotine) that generate tenacious yellow-brownish stains, whether smoked or chewed.

In contrast, intrinsic discolouration occurs inside the tooth structure. This variety may result from excessive fluoride exposure when teeth form in early childhood. Other factors include tetracycline antibiotics given to children under eight or pregnant women, which cause discolouration of the child's growing teeth. Furthermore, uncommon genetic abnormalities such as dentinogenesis imperfecta produce intrinsic discolouration (Donly et al., 2019).

Trauma that causes internal bleeding or tooth injury can also result in intrinsic discolouration. Discolouration secondary to pulp necrosis is one example in which the tooth turns dark yellow, grey, or black due to the death of the pulp tissue trapped within the tooth's complex layers.

The third cause is age-related discolouration, which is caused mainly by ageing. The outer enamel layer peels away over time, exposing the naturally yellow dental beneath. At the same time, the teeth may discolour for both external and internal reasons throughout time.

Inadequate dental care, such as brushing and flossing, can also cause discolouration by enabling plaque and stain-causing chemicals to accumulate on the teeth.

Disease factors such as metabolic diseases, specific infections during tooth development, or illnesses requiring head and neck radiation and chemotherapy may impact tooth colouring. In other cases, the underlying cause is iatrogenic since some dental materials used in restorative operations might leave colouring residues on the teeth (Bhattacharya and colleagues, 2019).





A bright grin conveys a sense of confidence and personal cleanliness. However, age, food, and hereditary factors can all contribute to dull, yellowish teeth. The dental condition does not mean you must accept your fate; in today's dental hygiene environment, several techniques and products may efficiently whiten teeth.



Using Whitening Toothpaste and Mouthwash.

Incorporating whitening toothpaste and mouthwash into your regular oral care routine is likely the most straightforward and least expensive approach to begin whitening. These treatments use gentle abrasives and chemicals to remove surface stains softly. To progressively whiten the teeth, experts recommend regularly using the product as suggested on the package (ADA, 2018).



At Home Whitening

Due to their accessibility and convenience, at-home whitening treatments like gels and strips have experienced tremendous growth in popularity. These products work by being applied to the teeth for specific amounts. A coating of hydrogen peroxide or carbamide peroxide solution, a typical bleaching agent favoured by dental experts, is included in whitening strips.



Professional Whitening Treatments.

Professional whitening procedures performed by a competent dentist are advised for a more advanced and quick outcome. These sessions usually begin with applying a high-concentration peroxide gel to the teeth and then using unique lamps or lasers to speed up the whitening process. In only one session, this approach can give many shades of whiter results (Li, Y. 2021).



Rather than employing cosmetic teeth whitening procedures, which can occasionally cause gum irritation and enamel erosion, nature provides safe and effective alternatives for achieving that angelic, white smile (Zaidel et al., 2012).



Baking soda.

Baking soda is one of the most common natural teeth-whitening solutions. Baking soda is a prominent component in many commercial forms of toothpaste because of its inherent whitening properties. A recent study found that toothpaste with baking soda effectively removes tooth stains and supports tooth whitening ((Li et al., 2014).



Hydrogen peroxide.

Hydrogen peroxide is another effective natural treatment. When used daily, this mild bleach efficiently whitens teeth. In lesser amounts, hydrogen peroxide is present in most commercial whitening products. However, because hydrogen peroxide can potentially induce gum inflammation or tooth sensitivity, it should be used cautiously.



Oil pulling.

Another effective treatment is oil pulling, a traditional Indian practice encouraging good mouth cleanliness. Plaque and discolouration can be reduced by consuming a spoonful of coconut, sunflower, or sesame oil and swishing it in the mouth. Due to its tasty flavour and high lauric acid content, which is very helpful in lowering dangerous microorganisms, coconut oil is chosen for oil pulling (Thaweboon et al., 2011).



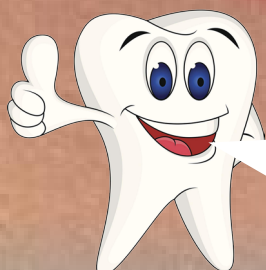
Apple cider vinegar.

Known for its purifying and disinfecting qualities, apple cider vinegar can help whiten teeth (Johnston & Gaas, 2006). Apple cider vinegar, mainly used for cleaning, successfully removes stains from teeth and whitens them. Still, it should only be used seldom to prevent enamel deterioration.



Balanced food.

Additionally, eating a balanced diet of fruits and vegetables helps keep teeth whiter. For instance, bromelain and malic acid, two naturally occurring active enzymes recognized for their ability to whiten skin, are present in strawberries and pineapples, respectively (Unlu et al., 2007).



While having a dazzling smile is nice, teeth whitening must be done carefully. Every technique has limitations, and excessive usage may harm your gums or cause your teeth to become sensitive. Before commencing teeth-whitening tactics, speak with your dentist to ensure the technique is secure and suitable. Once you have the correct information and advice, a whitened, prettier, confident smile is guaranteed.

TECHNOLOGY

CCTV:
FROM A HIGH
DEFINITION
VIDEO
RECORDING



**TO A
WIRELESS
SECURITY
CAMERA.**

Today, people are more concerned about their safety and security. Homeowners and businesses want increasingly powerful surveillance systems as criminals become savvy. Installing outside wireless security cameras is one possible alternative. These gadgets have transformed the security market by providing enhanced functionality, mobility, and ease of installation.



MOBILITY AND ADAPTABILITY.



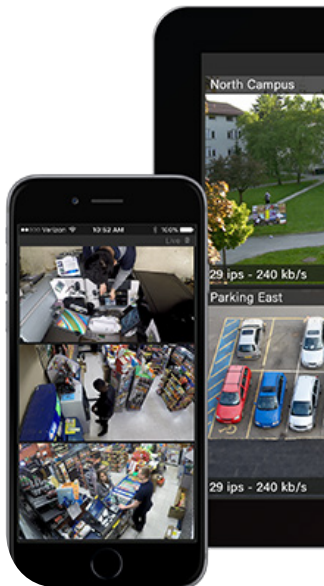
The mobility and adaptability of outdoor wireless security cameras are particularly appealing (Ware, 2019). These devices communicate over a wireless network, reducing the need for complex wiring and providing a clean installation experience. The lack of connections also makes concealing the cameras from potential criminals easier, adding to the element of surprise.

• Motion detection, night vision, and high-definition video recording are all standard features of wireless security cameras (Chamoff, 2020). Motion sensors only record when an activity is in the monitored area, resulting in energy savings and better storage space use. Night vision capabilities are vital for keeping properties secure during the night, while high-definition video provides a high-quality film that can be useful in identifying culprits.

• Furthermore, many wireless security cameras include waterproof and weatherproof capabilities that increase their lifetime and efficiency, making them ideal for outdoor use (Smith, 2014). Given that they must constantly brave the elements, these characteristics ensure they perform regardless of the weather.



ACCESSIBILITY



Outdoor wireless security cameras are appealing for reasons other than their functionality. The adaptability of these technologies makes remote monitoring possible. Because of Wi-Fi connectivity, homes and businesses can access live video from their cameras nearly anywhere using their smartphones or laptops. This real-time accessibility not only instills confidence but also allows quick reactions to any threats.

• Investing in an outdoor wireless security camera system guarantees safe premises and the peace of mind that your property is continuously monitored. With expanded wireless signal range, higher picture quality, and unique features, the current incarnation of these devices provides a practical and dependable security solution.



FLAWS

However, like with any technical progress, these monitoring systems are not without flaws. For example, they rely on Wi-Fi, and network outages might impede monitoring. Battery-powered cameras may also require regular replacement or recharging. As a result, while selecting an outdoor wireless security camera system, it is critical to examine the security requirements, budget, and environmental conditions.

The outdoor wireless security camera has come a long way in the last century. The contemporary outdoor wireless camera, formerly an essential gadget for taking grainy black-and-white photos, today delivers clear, high-resolution video and additional features like motion detection, night vision, and real-time notifications.

EARLY SURVEILLANCE SYSTEM.

Before the 1940s, these devices were technically primitive but fulfilled critical security and law enforcement functions. Physical observation methods were the most basic surveillance technologies, typically incorporating human intelligence. Law enforcement authorities or security guards would monitor key sites and report any questionable activity. These systems, however, were prone to human mistakes and tiredness (Pringle, 1996).

Technological improvements have led to the creation of new surveillance instruments, such as the telegraph and the camera, since the beginning of the nineteenth century. The telegraph transformed communications by allowing messages to be conveyed over longer distances more quickly (Starr, 2004). It provided a means for security personnel



to discreetly and efficiently convey information regarding suspicious actions. Furthermore, the introduction of the camera enabled the filming of incidents that might be used as evidence in court.

Thomas Edison created the phonograph in 1880, one of the most significant advances in surveillance technology. Though it was primarily used for pleasure, it was the first example of audio-recording technology, which would later become an essential tool in surveillance (Baldwin, 2001).

While advances in picture, audio, and telegraph technology increased monitoring capacity significantly, these systems were not centralised and frequently needed the presence of operators. Almon Strowger's construction of the first mechanical automated telephone exchange in 1891 was a watershed moment that solved these flaws. This discovery revolutionised surveillance by allowing automated tracking and recording of telephone conversations (Coopersmith, 1992).

THE INTRODUCTION OF THE CCTV SYSTEMS.

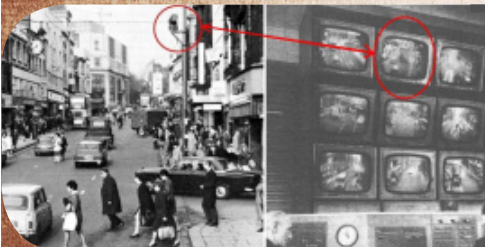
CCTV systems initially appeared in 1942, when German engineer Walter Bruch created and built the first operational system. During WWII, it was primarily used to monitor the launch of V-2 rockets in Peenemünde, Germany (Ratcliffe, 2016). Following the war, the business sector grabbed on this unique technology, ushering in the era of CCTV systems throughout the larger industry environment.

To curb crime, the first publicly-funded CCTV system was established in the United Kingdom in 1968 in the municipality of Olean, New York (Yano Research Institute Ltd, 2020). CCTV technology quickly spread throughout the UK, becoming a standard in public and private security systems in towns and cities. By the end of the 1970s, CCTV deployment in supermarkets and department shops in the United States had taken on a more significant role in retail theft prevention.

Early CCTV systems were analogue, beaming pictures into displays through a single point-to-point connection. They were frequently time-consuming, costly, and of low resolution. The possibilities of CCTV systems developed significantly with the advent of digital technology in the late twentieth century. The advent of Network Video Recorders (NVRs) and Internet Protocol (IP) cameras transformed CCTV systems by enabling remote monitoring and giving high-definition pictures (Bakshi, 2017).

With the introduction of digitisation, user-friendly interfaces were established, making CCTV systems more accessible to a wider variety of users. Furthermore, with the introduction of digital CCTV systems, new features such as facial recognition, motion detection, and night vision emerged, bringing several benefits for investigations and threat prevention.

In recent years, the market has seen an increase in smart and AI-infused CCTV systems. When enhanced with machine learning algorithms and data analytics, these technologies may discover trends, promptly inform authorities about anomalous activity, and even forecast potential threats (Baldwin, 2019).



MODERN OUTDOOR CAMERAS

Modern outdoor cameras, integral to today's security system setups, have seen significant technological developments. They provide an efficient monitoring approach, assisting in the fight against crime and safeguarding the safety of persons. With their ever-evolving technology, these cameras ensure a safe barrier against possible attacks.



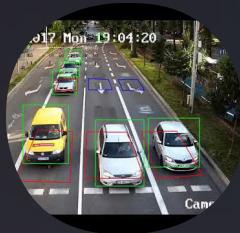
Outside cameras are outfitted with various technologically advanced characteristics that set them apart from their regular indoor counterparts to resist the ever-changing and frequently severe outside circumstances. The most prominent feature is the weather-resistant function, which allows the cameras to perform effectively in various weather situations, including sun, rain, snow, and dust.



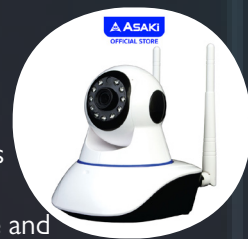
The technical characteristics, however, are not limited to being weather-resistant. Many new outdoor cameras have high-definition (HD) resolution, producing crystal clear images and accurate object detection. This function is essential since the significant purpose of outdoor surveillance is to catch the most minor details, even from a great distance.



Meanwhile, night vision is an essential element in modern outdoor cameras. It enables continuous monitoring in the absence of natural or artificial ambient light. Today's exterior cameras are outfitted with infrared LEDs that allow them to collect footage even in complete darkness, providing all-around security with no time constraints.



Another critical feature is Wi-Fi connectivity, which allows the outside cameras to connect to a secure network, enabling remote viewing and offering live feeds directly on customers' smart devices. This capability has also paved the way for cloud storage, where the camera's data may be saved and retrieved at any time and location.



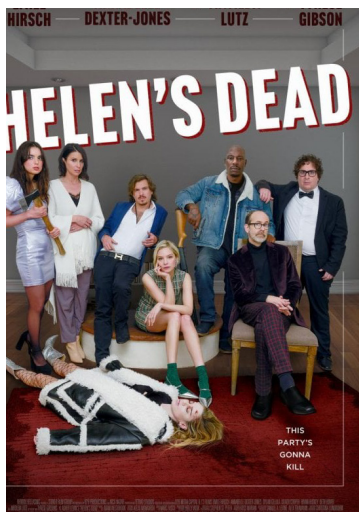
Additionally, the introduction of Artificial Intelligence (AI) has expanded the capabilities of these modern outdoor cameras. Face recognition and motion detection, supported by AI technology, are a reality, providing more accuracy and fewer false alarms.



The progression from simple CCTV systems to contemporary, feature-rich security cameras demonstrates the progress made in security and technology over the last decades. The rise in these systems' quality, functionality, and dependability has resulted in a higher adoption rate and a safer environment. Today's wireless outdoor security camera is far from its simple origins. As technology advances, these devices will continue to develop and adapt.

LITERARY CORNER

COMING SOON



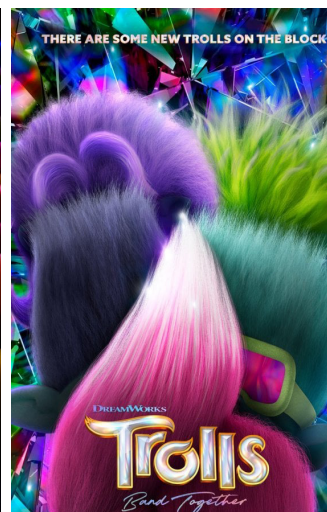
GENRE: COMEDY
RELEASE DATE: 3rd NOV 2023



GENRE: THRILLER
RELEASE DATE: 3rd NOV 2023



GENRE: COMEDY
RELEASE DATE: 27th OCT 2023



GENRE: 3D ANIMATION
RELEASE DATE: 17th NOV 2023

IN CINEMA



GENRE: 3D ANIMATION
RATING: 6.1/10



GENRE: ACTION
RATING: 7.6/10



GENRE: COMEDY
RATING: 6.7/10



GENRE: HORROR
RATING: 6/10

DARK LOVE.

By Irene

Tell me how it feels sitting up there,
Felling so high,
While you know you are hurting me down here.

Time flowed faster than my memories could handle.
You never cared of my wicking heart ,
The pains and the effects.

I knew I was waiting for the pain, but I acted blindfolded.
I acted like I was the queen of the juggle to handle every pain.
Hahaha foolish and innocent soul,
Carrying a giant trust in the wrong idea of a person.

When we talk about love dear sister.
Are you sure you can handle.
Are you ready to cry night regrets flowing in your mind.
And more of its memories diminishing your weak soul.

Also, so you have the serenity to accept
What have happened and what is still on the way.
Dear love sees what you have inflicted on this young generations
heart.



Celebrate in Style:
Unique Party
Ideas for Your
Child's Birthday.



Birthday celebrations assist youngsters in understanding the concepts of accomplishment and advancement. Celebrating their birth anniversary helps youngsters know they are growing up, learning new abilities, and maturing. Being a year older also creates a sense of responsibility and allows youngsters to reflect on their progress and achievements (Selikowitz, 2009).

A birthday party also allows youngsters to express their uniqueness and make decisions. The degree to which children participate in arranging their celebrations varies. Still, even the smallest choices, such as choosing the cake flavour, promote decision-making abilities. This method empowers the children, emphasizes their uniqueness, and aids in developing their sorting, prioritizing, and decision-making abilities (Luthar & Ciciolla, 2016).

Another essential benefit of birthday celebrations is the opportunity for bonding and social engagement. Children engage with individuals of all ages and ethnicities by inviting friends and relatives. It increases their social skills, communication talents, and understanding of the dynamics of diverse relationships. Furthermore, expressing love, excitement, and appreciation on a child's birthday can considerably improve his or her emotional well-being and self-esteem (Ishii-Kuntz, 2010).

Furthermore, birthday parties have an essential function in forming memories for youngsters. They may savour the warmth of family and friends by reflecting on these joyous occasions, sometimes preserved in images and movies. It contributes to their sense of belonging and community.





Themes

These festivities need much thought and meticulous organization. Choosing a theme for a child's birthday party is a common first step. According to Amy Morin, a child behavioural therapist, a well-chosen theme may brighten the environment and raise children's excitement (Morin, 2020). Pieces like superheroes, princesses, or animals can appeal to the interests of youngsters, making the party more exciting and motivating for them.

Following the theme decision, the decorating stage sets the tone for the celebration. Decorations that correspond to the chosen theme enhance the party mood. Balloons, banners, tablecloths, plates, and mugs with theme-related graphics may thrill youngsters and foster creative play, an essential aspect of children's cognitive development (Miller, 2019).

Of course, a child's birthday would not be complete without delectable goodies. Food is essential to children's birthday festivities, from themed cakes to artistically made snacks. Furthermore, it enhances children's sensory experiences and can highlight the event.

A child's birthday might be the ideal time to expose them to the wonderful world of cooking. Simple and enjoyable culinary tasks for children may be thrilling, such as baking and decorating cupcakes, making handmade pizzas, or assembling a colourful fruit salad.



If you have enough space in your backyard, organizing outdoor activities such as treasure hunts, sack races, or tug of war may make the birthday celebration more exciting and active. Turn your living room into a mini-theatre and make your child's birthday special with a movie night. Choose a family-friendly film, prepare popcorn and other refreshments, dim the lights, and let the youngsters enjoy their home cinema experience (Gandhi, 2020).

Since children enjoy tales, arranging an interactive storytelling session for the children might be a terrific idea. You may read their favourite books and incorporate exciting activities and aspects to keep them interested. Virtual gatherings have also become increasingly popular in recent years. Sending virtual invites to your child's pals and planning online activities, dancing, and storytelling through video chat are all part of this notion (Kapoor, 2021).





Gifts

Gifts are generally anticipated at children's birthday celebrations. A gesture of gratitude tailored to the child's theme or passion may create a lasting memory, making their birthday even more memorable. Birthday parties may be popular, but fantastic birthday presents will always be the talk of your child's day. Choosing birthday presents for children may be a difficult chore at times. The ideal present is determined by various factors such as their age, personal preferences, and developmental stage.

Toys that excite the senses are highly recommended for children aged 1-3 years. They have begun exploring their surroundings, so colourful toys, making sounds, or varied textures may be instrumental. This item educates children about many word categories using music and noises, which are entertaining and informative.

Consider toys that require problem-solving or imagination for youngsters aged 4-6 years. These might include puzzles, construction blocks, or arts & crafts sets. The "Melissa & Doug Deluxe Standing Easel" is a popular choice in this category. It enables children to develop their creative abilities and expand their imagination.

Educational board games like "Zingo" or books like the "Harry Potter series" are ideal for children aged 7-9. These presents entertain children and test their brains and mental abilities. Another great option is the "LEGO Classic Medium Creative Brick Box". It allows children to express their imagination by constructing various buildings out of the available blocks.

Gadgets like the "Amazon Kindle" or "Nintendo Switch" are popular gifts for children aged 10 to 13. This age group is more digitally adept and appreciates more advanced toys. A "4M Crystal Growing Experiment" might give a terrific hands-on experience for science enthusiasts.

Finally, while shopping for presents for adolescents, it is critical to carefully evaluate the child's likes, hobbies, and interests. This age group has particular tastes; therefore, gifts connected to their favourite music band, sports team, or fashion trend may be appropriate.

You may make memorable birthday experiences for your child at home by adapting inventive themes, activities, and games. Throw away your concerns that your child will miss out on something important since home celebrations give you a blank canvas to create memories that your child will cherish forever.



The Vibrant Township of

SOWETO

A Side of South Africa You Can't Miss.

Hector Pieterse Memorial and Museum

Established in the early 1930s, Soweto, an acronym for South Western Townships, has played an important role in South African history, culture, and politics. Soweto, formerly a segregated region under apartheid rule, has resurfaced as a lively and active metropolitan district, a monument to South Africans' resilient spirit.

Soweto, South Africa's most prominent black urban residential neighbourhood in Johannesburg, has become an iconic emblem of resistance to apartheid. Its ethnically varied population includes people from all around Southern Africa. According to the South African Census, Soweto has 1.9 million residents as of 2022, accounting for more than a third of Johannesburg's population.

The town holds a special place in the annals of modern South African history. The Soweto Uprising of June 16, 1976, is remembered as a pivotal event that challenged and eventually helped to abolish apartheid, South Africa's institutionalized system of racial segregation and inequality. The rebellion began with a significant rally by Soweto school students protesting the imposition of Afrikaans in local schools. Their incredible bravery in opposing the cruel dictatorship prompted the world community to reconsider its position on apartheid—the Republic of South Africa.



Apartheid-era delays in socioeconomic growth in Soweto have been gradually reversed since 1994. It now embodies an unusual combination of old and new. It contains some relics of its history, such as the famed Vilakazi Street, the only street in the world to have produced two Nobel laureates, Nelson Mandela and Desmond Tutu. At the same time, it boasts sophisticated shopping malls, entertainment centres, and enhanced housing amenities, confirming its transformation into a modern metropolitan region.



Often overlooked in favour of more mainstream tourist destinations in the country, Soweto is finally starting to gain its due recognition. Suppose you're debating whether or not to add Soweto to your travel itinerary. In that case, there are several compelling reasons why you absolutely should.

Historical Significance.

One of the main reasons is Soweto's significance in South Africa's sociopolitical history. It was a crucial hub in the battle against apartheid, and the city's various landmarks and museums bear witness to this effort. The Hector Pieterse Memorial and Museum, previously the Nobel laureate's residence, maintains the heritage of his life and leadership (Visit South Africa, 2020).



Culture.

In addition to its historical appeal, Soweto has a vibrant and complex culture. It provides a variety of possibilities to interact with the regional traditions as a mashup of South African cultures. You may enjoy traditional and modern performing arts at the Soweto Theatre and sample real Sowetan food on Vilakazi Street.



Adventure.

Also, Soweto is becoming a destination for adventure tourism. The Orlando Towers provide bungee leaping for adrenaline seekers, and the Soweto Bicycle Tours give a unique opportunity to see the area while supporting eco-conscious tourism. Soweto's blossoming art culture, highlighted by street murals and graffiti, begs for a visit (The Guardian, 2016).



Further, Soweto's economy has experienced excellent growth and development over the years, resulting in improved living circumstances and a boom of creative firms such as Soweto Outdoor Adventures and Shared Outdoor firms. Tourists visiting Soweto influence the local economy, helping to improve the neighbourhood.



Cuisines.

Soweto's food is synonymous with its rich history and cultural variety. Each cuisine is a culinary story of the past and present, boiling with tastes that encapsulate the spirit of Soweto. All of this leads to the cuisine of this region being distinct and excellent, a must-try for every foodie.

Traditional Sowetan food is profoundly based on the history and culture of Zulu, Xhosa, and Sotho. Maize, sorghum, beans, and various meats are major mainstays, richly seasoned with native vegetable relishes called "chakalaka" and "atchar." Shisa Nyama, which means "burn the meat," is a prominent aspect of Soweto cuisine. This open-air barbeque ritual draws neighbourhood people together for a day of cooking, eating, and connecting. This practice is a cornerstone of Soweto's social scene, with substantial amounts of pap or mielie pap (cornmeal), samp (crushed corn kernels), and morogo or wild spinach.

Among the several Soweto delicacies, "Mogodu" is a local favourite. It's a delectable tripe stew with a rich onion-based sauce that's been simmered for a long time to acquire a soft texture. Biltong, the South African equivalent of Jerky, is another favourite snack in Soweto. It is seasoned with various spices and comes in meat varieties such as beef, ostrich, and kudu.

Another Sowetan culinary delicacy is "boerewors," a sausage made by the Boer people. The core of this spice-packed sausage is beef or lamb. However, variations with different types of game meat exist. Its rich, juicy taste makes it a staple during Shisa Nyama gatherings when grilled.

Soweto cuisine is breaking tradition to allow local interpretations of international foods. For example, Soweto-style pizza, with toppings such as biltong and boerewors, rabbit, and even crocodile, exemplifies Sowetans' developing preferences.





Mandela House.

A trip to Soweto without stopping at the Mandela House would be incomplete. A public museum has been created at the former home of Nelson Mandela, a well-known freedom fighter who subsequently served as president of South Africa. Visiting this historic home provides a vivid picture of life during the Apartheid era. Nelson Mandela's life is described in depth during guided tours, and his role in the liberation of South Africa is highlighted via the different displays.



Soccer City.

The FNB Stadium, often known as Soccer City, is a must-see for sports fans. It is the largest stadium in Africa, located on the outskirts of Soweto. It has hosted some of the World Cup's most memorable games. It's a sight to behold, with its distinctive African design inspired by a calabash.



Outdoor activities.

Soweto's outdoor activities are equally appealing. Originally a coal-fired power plant, the Orlando Towers are today a colourful icon providing adrenaline-pumping sports like bungee jumping and abseiling.



Soweto's historical significance, cultural variety, dynamic lifestyle, adventure activities, and visual appeal make it a desirable tourist destination for visitors from all over the world.

This vibrant South African township provides guests with a genuine and diversified travel experience that embodies the spirit and soul of the country.

FROZEN MEALS: Convenient but Controversial.

Frozen meals are pre-cooked foods packed and frozen at subzero temperatures to be consumed later. Since their introduction in the mid-twentieth century, these simple, time-saving technologies have significantly influenced the worldwide food scene (Mayo Clinic, 2019).

Frozen meals are traditionally prepared on the stovetop or microwave, producing a ready-to-eat dinner in minutes. The set meals range from essential recipes like vegetable stir-fry to more complicated dishes like lasagna, chicken enchiladas, or beef tips in red wine sauce.

Grand View Research estimates that the global frozen food market was worth USD 291.3 billion in 2019 and is projected to increase by 3.7% from 2020 to 2027.

TYPE

FROZEN PIZZA



Due to its ease and the widespread appeal of pizza, frozen pizzas may be among the most well-liked frozen food items. They are widely accessible in various brands and flavours, cementing frozen pizza's position as the best-frozen cuisine. According to Euromonitor, frozen pizza sales accounted for \$5.6 billion in the US alone in 2017.

FROZEN MEAT AND SEAFOOD



Frozen meat and seafood is another area that has grown in popularity in the frozen food industry. These protein-rich alternatives are an everyday household staple, whether pre-cooked, breaded chicken, frozen shrimp, or meatballs. According to Allied Market Research, frozen beef products had the largest market share in 2015 due to their substantial protein levels and ease of availability.

FROZEN VEGGIES AND FRUITS



Other popular frozen foods include frozen veggies and fruits. They are an excellent alternative for anyone looking for a quick side dish or incorporating nutritious aspects into their meals. Because of their convenience and nutritional benefits, frozen fruits and vegetables have grown in popularity, with a global market value of over \$31 billion in 2018.

FROZEN OR READY-TO-EAT MEALS



Another popular category is frozen or ready-to-eat meals. They include everything from traditional foods to foreign cuisines and gourmet options. They not only reduce cooking time in today's fast-paced world, but they also provide portion control. By 2023, the worldwide ready meals industry was predicted to reach \$143 billion.



Frozen meal creation begins with the idea stage when food scientists collaborate with chefs to curate and build nutritious and tasty meal plans. The plan might be motivated by customer insights identifying a particular taste or cuisine or the requirement to accommodate dietary constraints, such as vegan or gluten-free options (Paulraj et al., 2017).

The recipe development step follows. A kitchen trial is undertaken to develop the recipe for large-scale manufacturing using the objectives established in the idea stage. This process could involve intensive testing and tests to ensure the final product fulfils all quality requirements.

The primary quality standards are achieving the proper flavour, texture, and nutrient profile.

Product approval accompanies the development of a recipe that fulfils the required standards. Pricing, packaging, and shelf-life concerns heavily impact the decisions. The product should ideally retain its quality even after being frozen for a lengthy period. After the joint committee accepts the product, mass manufacturing begins.

The production phase includes ingredient acquisition, equipment calibration, and verifying that the formula is followed precisely. During this period, quality control is critical. The meal must be made and promptly frozen to seal in nutrition and flavour. Typically, "flash freezing" is utilized, in which the meals are immediately frozen to prevent the production of substantial ice crystals, which might impair the texture of the food (Sun, 2014).

Furthermore, packaging is essential in the production of frozen meals. It not only gives a pleasing look to the customer, but it also protects the meal's quality throughout travel and storage. Packaging factors frequently include the material's resistance to moisture and cold and its cost-effectiveness in manufacturing.

Finally, the meals are delivered to shops. Frozen dinners are carried in refrigerated containers to keep them frozen and retain their quality. The supply chain management team's job is to guarantee that this procedure is efficient and that the meals are in the best possible shape.

CONVENIENCE AND ADVANTAGES.

Frozen meals provide a lot of advantages, including nutritional value. Contrary to common assumption, frozen veggies and fruits are as healthy as fresh equivalents. Producers freeze these items at their optimum ripeness when they are most nutrient-dense. According to some research, frozen vegetables may be more nutritious than fresh fruit since the nutrients are locked in throughout the freezing process.

Frozen meals are highly convenient. There is no need to waste time washing, peeling, cutting, and discarding inedible fruit and vegetable components. The additional convenience of not visiting a grocery shop regularly for fresh fruit saves time that would otherwise be spent standing in line and commuting.

Frozen meals also help reduce food waste, a significant worldwide concern. In contrast to fresh meals, which may deteriorate before being consumed, frozen goods may be stored in your freezer for lengthy periods. This possibility saves money on groceries, prevents waste, and allows you to pick various items still, even if you last shopped a while ago.

Additionally, contemporary freezing technology keeps the taste and texture of meals, contrary to popular belief that frozen foods lose flavour. The retention of flavour means you may enjoy your favourite seasonal fruits and veggies even in the thick of winter, and they will taste practically as wonderful as when they were fresh.

In terms of cost, frozen goods often provide better value for money. Because they are frequently offered in bulk, you wind up spending less per serving than you would for fresh meals. In addition to monetary savings, frozen goods have a lengthy useful life, which reduces the chance of spoiling.

CONTROVERSIES AND DISADVANTAGES.

Understandably, not all frozen meals are advantageous. Despite the benefits of frozen meals, these widely available dietary items may endanger the health of millions of people globally. The high salt level of frozen meals is the first significant disadvantage. Sodium is often a preservative in these foods to extend their shelf life and keep microorganisms at bay. High-sodium diets have been related directly to hypertension and other cardiac problems. Consumers are unintentionally exposed to a significant amount of salt with the rising use of frozen meals.

Studies have scored frozen foods often lower on the nutritional spectrum than fresh foods. Specific unknown processing processes frequently deplete the nutrition of its essential nutrients, vitamins, and minerals. The processing can result in vitamin A, B, C, and E deficits and calcium, potassium, and fibre shortages.

Another source of worry is using artificial additives to improve the flavour and visual attractiveness of frozen meals. These chemicals can be dangerous, producing unpleasant responses such as allergies in certain people. Furthermore, artificial sweeteners may cause obesity and diabetes.

Aside from health problems, frozen meals promote dietary monotony. Consuming frozen meals increases the likelihood of frequently eating the same kind of food, which is both mentally harmful and devoid of gastronomic thrill.

On the financial front, while frozen goods may appear less expensive initially, their long-term dependency can significantly boost shopping costs. Fresh, local produce is a less-priced and healthier option.

The environmental effect of the frozen food sector is unavoidable owing to the packaging waste created, which contributes heavily to landfills. Furthermore, the energy used in the freezing process contributes to the negative environmental impact.

While frozen foods provide convenience and time efficiency, they expose the user to various health difficulties, meal monotony, financial pressure, and environmental harm. As a result, while they are okay to include in our diets occasionally, a consistent excessive reliance on them might have serious consequences.

Despite the benefits of frozen meals, choosing fresh, local, and seasonal vegetables is advantageous, providing balanced nutrition and environmental sustainability.



AUNT SYLVIA



Dear Aunt Silvia,

Please, we need your help. We have a 22-year-old son who is studying medicine at university. He is doing very well academically. Suddenly, he has developed an idea of wanting to start his own business. Although we have nothing against the idea, recently, he is considering abandoning the university for his business dream. We are apprehensive that he might end up destroying his future. Please, we need your help.

Yours,

Ade (Lome, Togo)

QUOTES ON CHILD'S EDUCATION

A child miseducated is a child lost.

John F. Kennedy

An investment in knowledge pays the best dividends.

Benjamin Franklin

Dear Ade,

I received your e-mail with thanks. I assume the "we" in your e-mail refers to you and your wife. If so, knowing you are acting as a team is encouraging. That sends a powerful message to your son, which could persuade him to change his plans about choosing a start-up business over his lucrative studies.

Your son is brilliant; otherwise, he would not have secured a place in a medical school. It is a once-in-a-lifetime dream of every student to get such a competitive medical school. So, your son should be very proud of his achievement and never allow this lucrative chance to vanish. Often, children think that setting up a business is so easy. Choosing to go into business instead of attending university is a significant decision, and it's crucial for individuals, especially young people, to consider their options and goals carefully. The decision to start a business instead of attending university is highly individual and depends on one's circumstances, goals, and resources. However, it's worth noting that entrepreneurship and education are not mutually exclusive. Some entrepreneurs start businesses while pursuing part-time or online instruction to enhance their skills and knowledge.

That said, with start-up businesses facing a lot of turbulence, your son should instead focus on his studies, finish and earn himself a certificate worth millions of dollars.

He may start a company to support his medical job after earning his medical degree if he is still passionate about business. The certificate and a career in the medical industry would act as a buffer in case the start-up business goes wrong. Before starting any business after his studies, he must be thoroughly convinced and demonstrate his interest and passion for a business. Passion can be a powerful motivator for success in entrepreneurship. He must evaluate his existing skills and knowledge and know whether he has the financial management, marketing, or product development skills necessary to run a business. Otherwise, is he willing to learn and develop these skills independently or through other means?

Regardless, I suggest your son grab the educational opportunity to qualify as a medical doctor; if he does, the sky will be the limit, which may be a key to opening business opportunities.

Yours,

Aunt Silvia

Children have to be educated, but they have also to be left to educate themselves.

Ernest Dimnet

Education is the key to unlock the golden door of freedom.

George Washington Carver

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