



# KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

# AGAMA THE GREEDY LOVER



ISSN 2214-059X



+ HEALTH

## GUT HEALTH



THE MISSING PIECE OF THE WELLNESS PUZZLE

OVER  
10 PAGES  
CARTOON

## FASHION

The Symbiotic Relationship Between **STREET STYLE** & High Fashion

## BEAUTY

Makeup matters



How Cosmetics Help Women Feel Empowered

## kids

How Kids Can Help Save the Planet!



**Foods**



Living With Food Allergies and Intolerances: Advice for Eating Well at Home and Away

**INTERIOR**

The Perfect Partnership: Using Art to Enhance Interior Design

**TECU**

Blockchain Banking: How Distributed Ledger Technology Is Revolutionizing Finance

**TRAVEL**

Uncovering Cairo: A Journey Into Ancient Egypt's Timeless Treasures

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.**

**Get on board with kata kata through the following platforms:**



Online

Cartoons, celebrity, gossip, sports, politics, fashion.. [www.katakata.org](http://www.katakata.org)



Facebook

Join the already many fans who like us on facebook [web.facebook.com/katak.kata.98](http://web.facebook.com/katak.kata.98)



Twitter

Follow us on Twitter and stay up to date [twitter.com/Katakacartoon](http://twitter.com/Katakacartoon)



LinkedIn

Connect with us on linkedin [rs.linkedin.com/in/ogoubabukoh](http://rs.linkedin.com/in/ogoubabukoh)



Youtube

Subscribe to our channel to watch our cartoons [www.youtube.com](http://www.youtube.com)

*Kata Kata Team*

**Editor-in-chief / Publisher**

Ogo Ubabukoh

**Art/Graphics Producer-in-chief**

Deogratius Okudi

**Content Manager**

Perminus Ngugi Kiiria

**Editorial Advisory Board**

Dr Pieternel Drijvers, Dr Ogu Okany, Eng. Dan Olupot, Dr Beate Ubabukoh  
Drs. Buchi Njere

**Editorial Researcher**

Andrea Shaffner

**Legal Consultants**

Riek Mollema - de Jong (The Netherlands)  
Geoffrey ntambirweki kandeebi (Uganda)  
Vivian Iro - Uchime (The Netherlands)  
Ebele Topman (Nigeria)  
Lyka Mtambo (Malawi)  
Alice Keshubi (Uganda)

**Marketing**

Romolo Pusceddu - Consultant (International Business Development)  
Silvia Rugina - Marketing Consultant (Africa)  
Quintus Babirye Luutu (Uganda)

**Contributors:**

Samuel Ouma  
Liam Katabira  
Robin Ubabukoh  
Tedman Oscar  
Tumwire Edward  
Lara Ubabukoh

**Uganda office**

Lydia Gift Namuswa - Country Manager

**Malawi office**

Diana Namasani - Country Manager

**Kenya office**

Perminus Kiiria - Country Manager

**Nigeria office**

Drs. Buchi Njere - Country Manager

**Ambassador (Africa)**

Liam Katabira

KATA KATA CARTOON MAGAZINE  
Venloweg 34  
1324 DL Almere, The Netherlands  
+31 (0) 36 52 98 411 +31 (0) 61 98 69 357  
+31 (0) 61 38 46 788  
[info@katakata.org](mailto:info@katakata.org)  
[www.katakata.org](http://www.katakata.org)

MALAWI  
Kampala Building  
3rd Floor, Room No.10, Area 2,  
Lilongwe, Malawi  
+265 881 339 881, +265 993 673 801  
[malawi-office@katakata.org](mailto:malawi-office@katakata.org)  
KENYA  
[kenya.office@katakata.org](mailto:kenya.office@katakata.org)

UGANDA  
Arches Building, Kisaasi,  
%00 Metres Off Kisaasi Roundabout  
On Northern Bypass,  
Office No. 2 Second Floor,  
918/938 Block No. 214  
+256 706 751 311 +256 783 868 242  
[Uganda-office@katakata.org](mailto:Uganda-office@katakata.org)

© 2023, KATA KATA AFRICAN CARTOONS ALL RIGHTS RESERVED.

This cartoon magazine contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this magazine may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the author / publisher.



# CONTENTS

**05** **HEALTH:**  
Gut Health: The Missing Piece of the Wellness Puzzle

**21** **BEAUTY:**  
Makeup Matters: How Cosmetics Help Women Feel Empowered

**28** **KIDS:**  
Small Acts, Big Impact: How Kids Can Help Save the Planet.

**08** **CARTOON:**  
Agama The Greedy Lover

**24** **TECHNOLOGY:**  
Blockchain Banking: How Distributed Ledger Technology Is Revolutionizing Finance

**31** **TRAVEL:**  
Uncovering Cairo: A Journey Into Ancient Egypt's Timeless Treasures

**13** **FASHION:**  
The Symbiotic Relationship Between Street Style and High Fashion

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

**36** **FOOD:**  
Living With Food Allergies and Intolerances: Advice for Eating Well at Home and Away

**17** **INTERIOR:**  
The Perfect Partnership: Using Art to Enhance Interior Design

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

**03**

## I HEAR YOU

Magembe abili gatakitaga kwikumya. (*Sukuma*)

Majembe ya watu wawili wanaofanya kazi kwa pamoja katika shamba moja wakati mwingine hayakosi kamwe kugongana. (*Swahili*)

Les houes de deux personnes qui font le meme métier dans la même champ ne manquent pas de s'ecraser. (*French*)

The hoes of two people cultivating together in a field sometimes clash (hit) against each other. (*English*)

We need tolerance, acceptance and sacrifices in a relationship to achieve greatness. (*Meaning*)

## TELL ME SOMETHING

### TELL ME SOMETHING!

African governments defend large delegations at COP28 - News



When will they defend joblessness, corruption and lack of essential social services in their countries?

## SUBSCRIPTION:

Subscription to the printed version is possible via the website ([www.katakata.org](http://www.katakata.org)) or E-mail ([info@katakata.org](mailto:info@katakata.org)) ALTERNATIVELY, you may fill in the form below and send to us:

Name: .....

Address: .....

Telephone Number: .....

Duration of Subscription:  1 year  2 year

Till further notice

Subscription rates per year (4 editions including postage):

THE NETHERLANDS: €45, EUROPE: €55, USA/AMERICA: €52 AFRICA: €75, ASIA: €75

Send your form to: [info@katakata.org](mailto:info@katakata.org)

OR by post :

KATA KATA Cartoon Magazine

Venloweg 34

1324 DL Almere, The Netherlands

+31 (0) 36 52 98 411 +31 (0) 61 98 69 357

+31 (0) 61 38 46 788

PAYMENT:

Account Nr: 453100619

IBAN: NL02ABNA0453100619

BIC: ABNANL2A

PLACE: Almere, The Netherlands



## Publisher's note: Chasing the dreams without losing integrity

Often, it is everyone's dream to live a better, comfortable, or prosperous life, but the question is how to achieve that aspiration. We can make our dream a reality, but at what costs?

In our attempt to fulfil our dreams, we confront insurmountable impediments, obstacles and sometimes, temptations, which may challenge our integrity. Whether we succumb to or overcome those deterrents often defines who we really are and our legacies in the future. The journey towards integrity is not always popular and easy, but standing for the right, even in the face of opposition or unpopularity, defines one's moral character. Hence, the destination to virtue is rocky. Virtue is not defined by success but instead by value. It comes down to a choice between being called a person of success or value.

One's power or ability can skyrocket them to the pinnacle, but the character is a prerequisite to remaining there. Being at the apex of power comes with responsibility- and temptations; how one navigates through those two thorny states defines one's personality. The ultimate measure of integrity is not necessarily one's stand or position in the time of comfort and convenience but where they stand in the face of challenge and detriments. Whoever loses the truth in small matters cannot be trusted with important matters. Hence, once the character is lost, all is lost.

Integrity is a duty that every individual must diligently protect; it is the expressway to freedom because one with integrity has nothing to fear, knowing they have nothing to hide. Being

honest with yourself helps guide one on the triumphant path to integrity because integrity is a matter of doing the right thing, even when no one is watching or guiding. Changing yourself and knowing the right thing to do will help impact society. One's road to greatness starts when one can maintain the highest standards of integrity – regardless of what others may think or do.

As 2023 is coming to an end, we have every reason to be grateful that we made it alive and regretful for those right decisions we failed to take. It is not too bad to make mistakes, but it is unacceptable to repeat the same mistake. Let the year 2024 be an opportunity to correct the mistakes of the previous years and get things right. Every wasted opportunity is death and destruction for those around us.

Remember, at the end of the day, our greatness is not necessarily measured by how much wealth we acquire but by our integrity and ability to affect those around us positively. There is still time to make those changes for the betterment of humanity.

Till 2024, take care of yourself and each other. Happy New Year in advance.

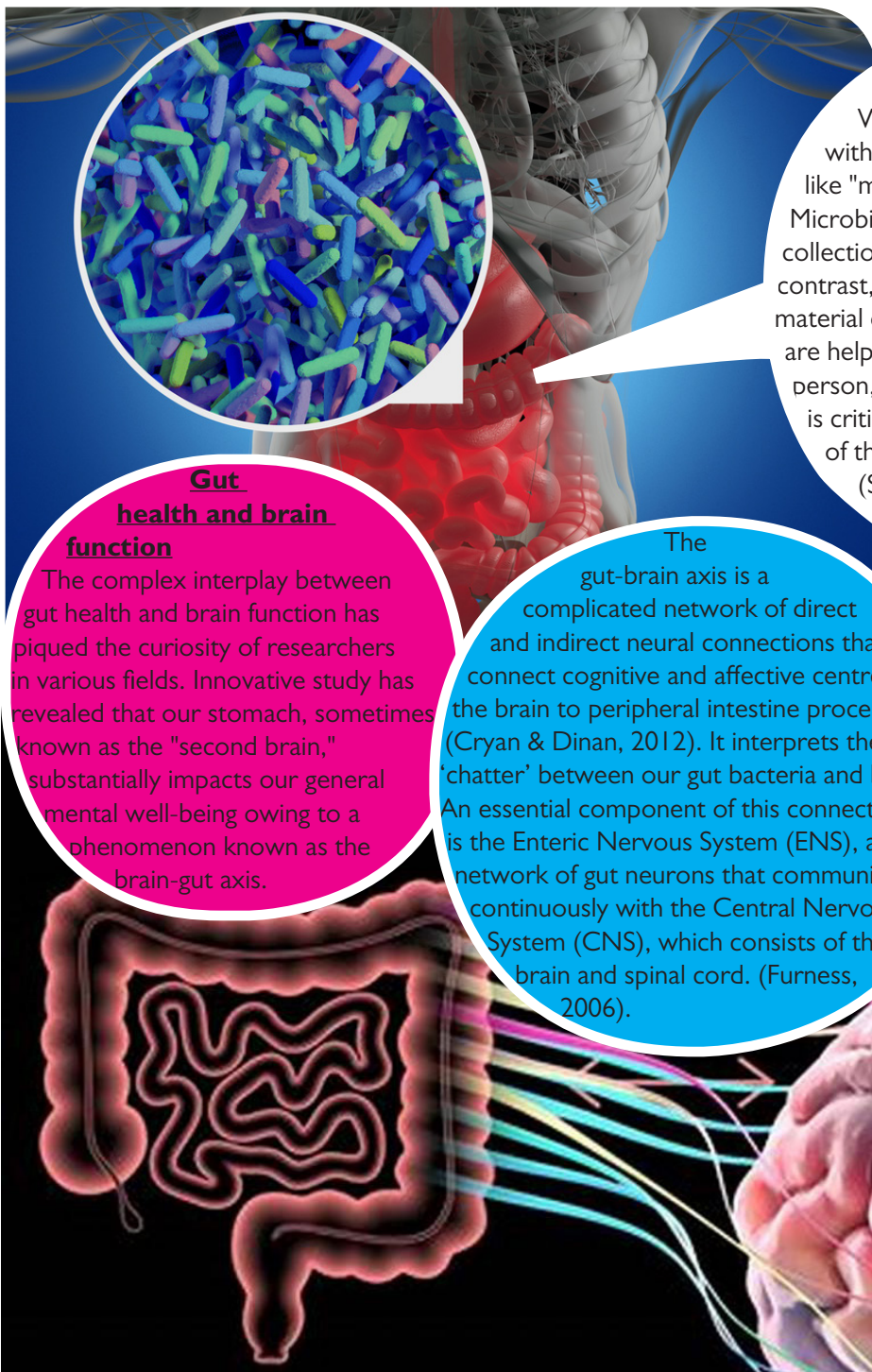
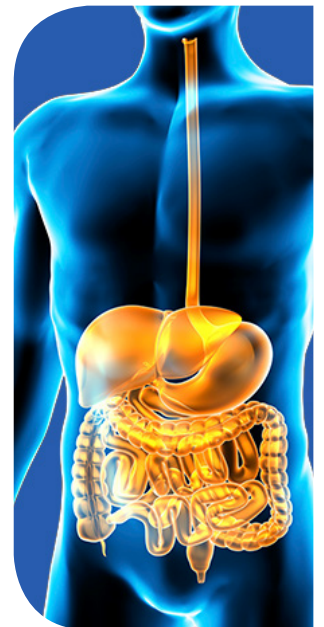
Yours in Kata Kata,

Ogo Ubabukoh

Editor-In-Chief



"Gut Health" refers to maintaining an efficient and effective gastrointestinal (GI) tract. Gastrointestinal absorbs and digests nutrients from your meals and contains most of your immune system, namely 70 to 80 per cent (Vighi et al., 2008). As a result, your gut's health directly influences your general well-being and functionality.



## **Microbiota and Microbiome**

We cannot discuss gut health without discussing terminologies like "microbiota" and "microbiome." Microbiota refers to the human stomach's collection of bacteria, fungi, and viruses. In contrast, microbiome refers to the genetic material derived from this microbiota. These are helpful and neutral microbes in a healthy person, with only a few harmful species. It is critical to understand that the balance of these bacteria is vital for gut health (Shreiner et al., 2015).

## **Gut health and brain function**

The complex interplay between gut health and brain function has piqued the curiosity of researchers in various fields. Innovative study has revealed that our stomach, sometimes known as the "second brain," substantially impacts our general mental well-being owing to a phenomenon known as the brain-gut axis.

The gut-brain axis is a complicated network of direct and indirect neural connections that connect cognitive and affective centres in the brain to peripheral intestine processes (Cryan & Dinan, 2012). It interprets the 'chatter' between our gut bacteria and brain. An essential component of this connection is the Enteric Nervous System (ENS), a vast network of gut neurons that communicates continuously with the Central Nervous System (CNS), which consists of the brain and spinal cord. (Furness, 2006).

The gut microbiome, comprised of billions of bacteria, facilitates communication between the gut and the brain. They create various chemicals, including almost 90% of the body's serotonin, a neurotransmitter that influences mood and a wide range of metabolic activities (O'Mahony et al., 2015). Serotonin deficiency has been related to a variety of mood disorders, including sadness and anxiety.

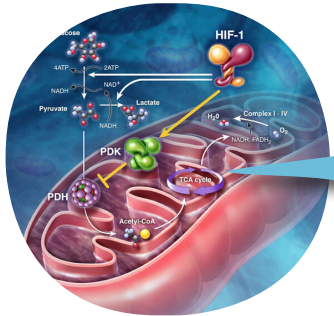


Additionally, there is evidence that changes in the gut microbiota may impair memory and cognitive function. Mouse research found that mice with a diversified microbiome performed better on memory tests than mice raised in a germ-free environment (E. Hsiao et al., 2013). Furthermore, germ-free animals showed increased stress reactions, demonstrating that gut microbes can directly interact with the stress axis in the brain.

Recent studies have also revealed probable correlations between gut bacteria and neurodevelopmental problems. Research found unusual microbiome compositions in children with Autism Spectrum Disorder (ASD), indicating that gut bacteria may have a role in the disorder's development (Kang et al., 2013).

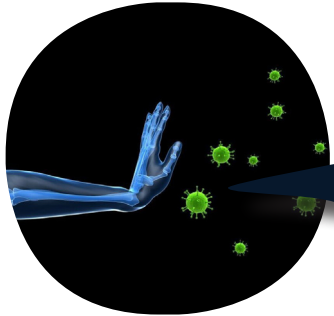
While the complexities of the gut-brain link remain unknown, it provides a potential foundation for future methods of treating brain-related diseases. A better gut microbiota may aid in treating mental health disorders, cognitive impairment, and neurodevelopmental illnesses.

In recent years, there has been a growing recognition of the critical role of maintaining a healthy gut microbiota. Our gut microbiome, consisting of bacteria, viruses, and fungi, is critical to our health and happiness (National Institutes of Health, 2020). It is involved in many biological systems, including metabolism, immunity, and even mood control, and an imbalance can result in various health issues ranging from obesity to mental health disorders.



**Metabolism**

The gut microbiota aids in metabolic activities by assisting in the digestion of nutrients that our systems cannot digest on their own, such as fibre. These microorganisms convert these unprocessed food particles into advantageous compounds, including short-chain fatty acids, which have been connected to a lower likelihood of autoimmune diseases, coronary artery disease, and type 2 diabetes (Tilg et al., 2014).



**Immune System**

Furthermore, our gut microbiome's health is critical to our immune system's functioning. The gut contains many immune cells, and gut microbes interact with and affect these immune responses. They are critical in establishing immunological tolerance, teaching our immune system to differentiate between innocuous and hazardous chemicals and fostering an adequate immune response (Belkaid & Hand, 2014). The gut microbiota is related to our mental and physical health via a phenomenon known as the gut-brain axis. According to research, gut bacteria may create neurotransmitters and control their levels, influencing mood and behaviour. Mental health problems have been linked to alterations in the gut microbiome (Clemente et al., 2012).



### **Balanced diet**

Unhealthy eating habits and stress are two variables that can disturb the gut microbiome's equilibrium, highlighting the need to maintain a balance for good health. It is thus critical to maintain appropriate gut health. Maintaining a balanced diet is crucial for optimum gut health. A fibre-rich diet that includes fruits, vegetables, legumes, and whole grains promotes a healthy diversity of gut bacteria. A study found that prebiotic foods, such as raw onions, garlic, and asparagus, are advantageous because they promote the development of intestinal bacteria.

Furthermore, fermented foods such as yoghurt, kimchi, and sauerkraut are high in probiotics, which improve intestinal health.



### **Physical activity**

Physical activity is another critical factor in improving intestinal health. Regular exercise helps to increase the diversity of gut flora, which benefits metabolic health and immunity. Research shows moderate to high-intensity physical activities are the most beneficial in improving gut health.



### **Stress and rest**

Without addressing stress management, strategies for promoting gut health would be insufficient. Chronic stress can affect gut health, resulting in symptoms such as acid reflux and heartburn. To offset these effects, try yoga, meditation, or a hobby. Additionally, enough rest and drinking are essential for intestinal health. A regular sleeping pattern, combined with enough water intake, ensures that the body's disposal processes run smoothly, improving digestion and keeping the stomach healthy.



### **Probiotic supplements**

Finally, while natural techniques are essential for gut health maintenance, a doctor's prescription for probiotic supplements may be required in some circumstances. Such supplements can aid in restoring normal gut bacterial variety and function, particularly following antibiotic therapy.

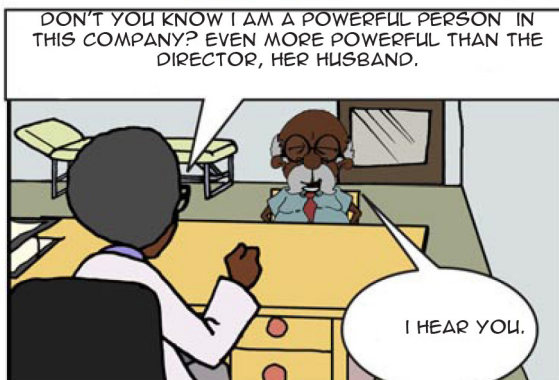
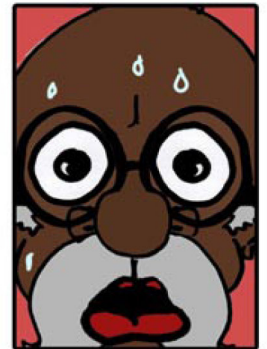
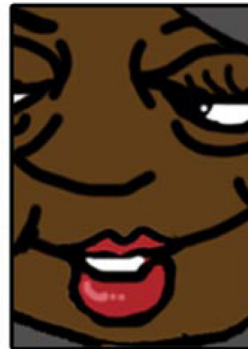
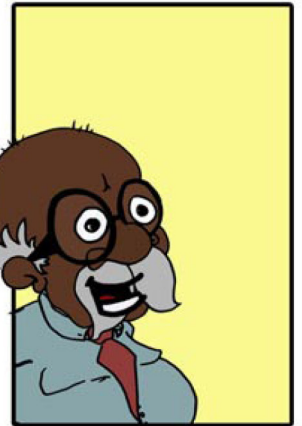
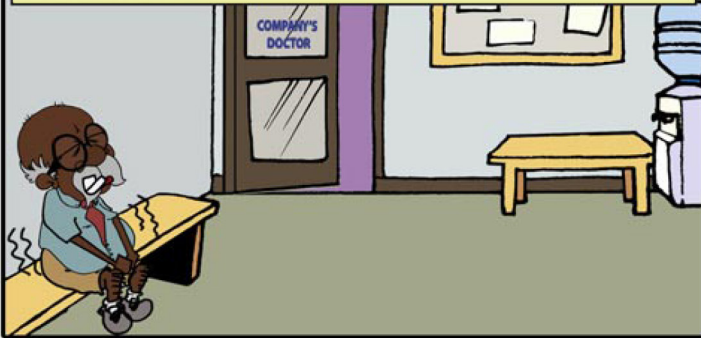
Protecting and encouraging gut health is not a passing trend but a need in our daily lives. We contribute significantly to general physical and mental well-being by understanding its significance and implementing behaviours that promote good gut bacteria.



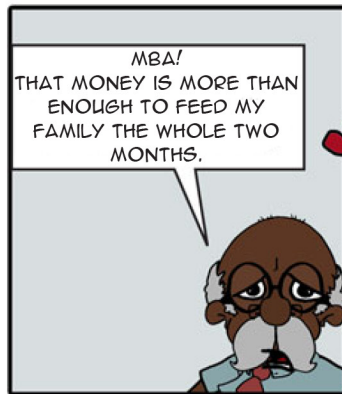
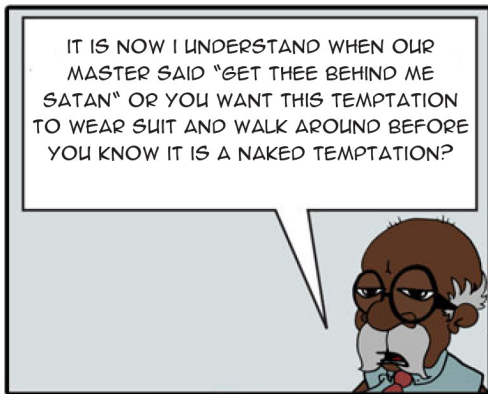


# AGAMA THE GREEDY LOVER.

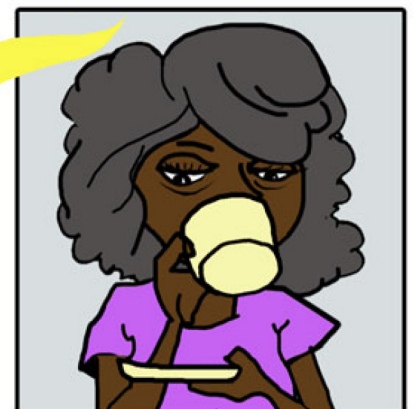
AGAMA WANTS TO SUPPLEMENT HIS PENSION MONEY BY TAKING UP A JOB. ONE DAY AGAMA HAS GONE TO THE COMPANY'S CLINIC BECAUSE HE IS NOT FEELING FINE. WHILE IN THE CLINIC, AGAMA MEETS A WOMAN HE IS CRAZY ABOUT HER.

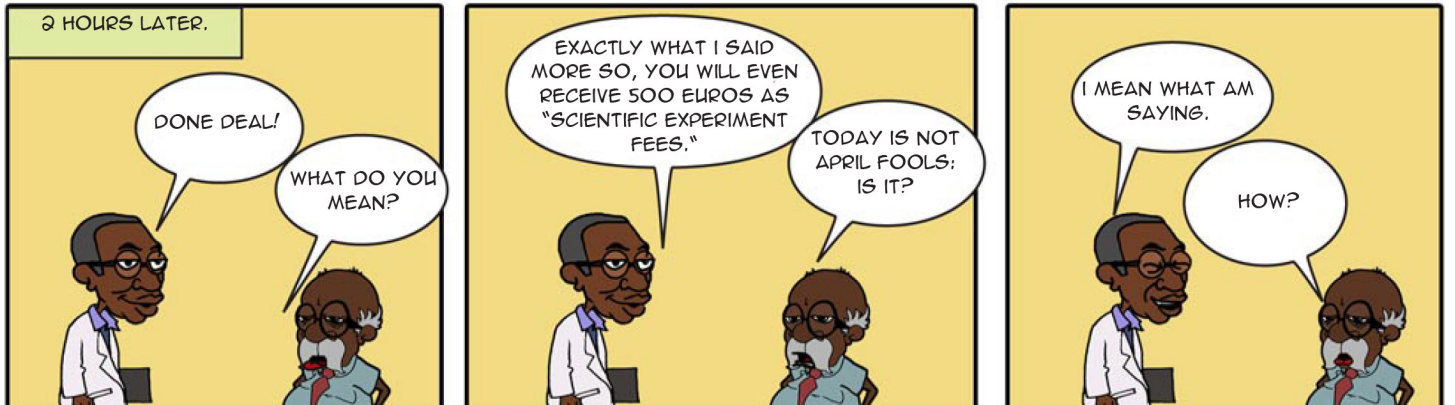
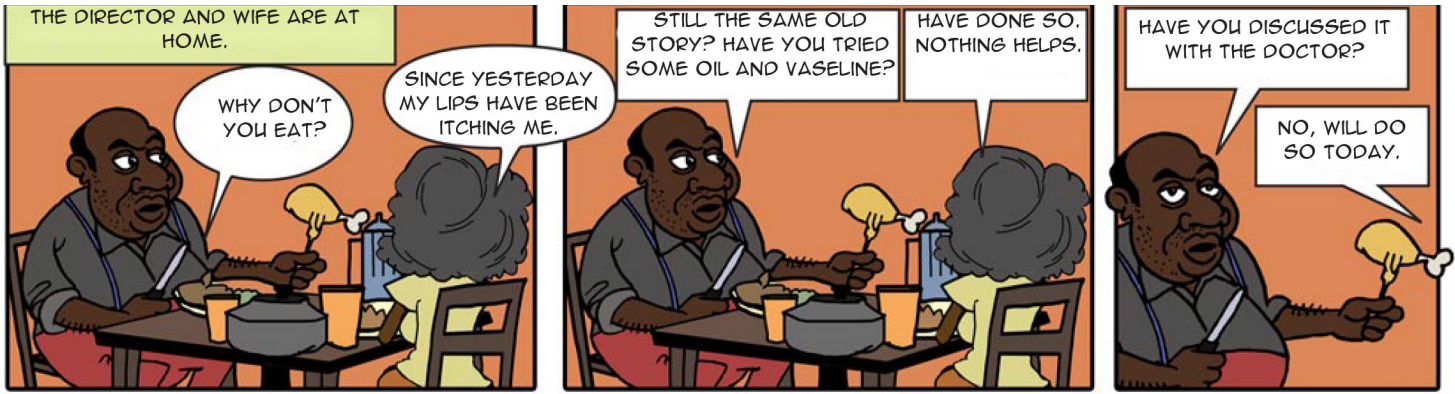


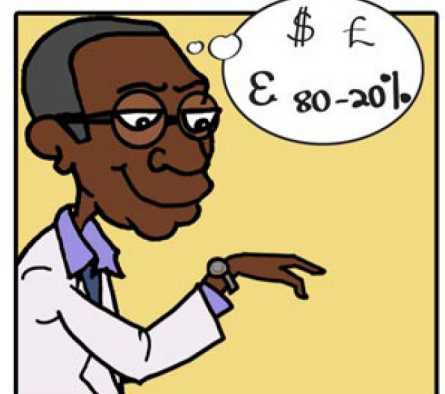
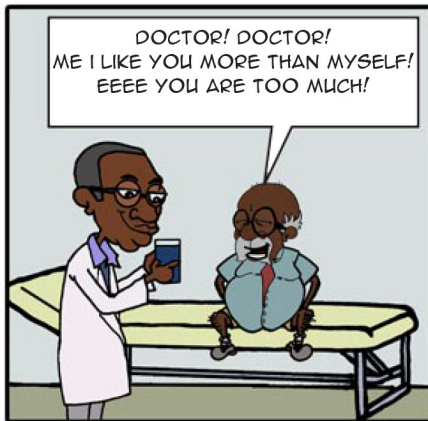
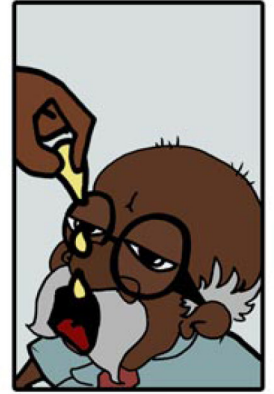
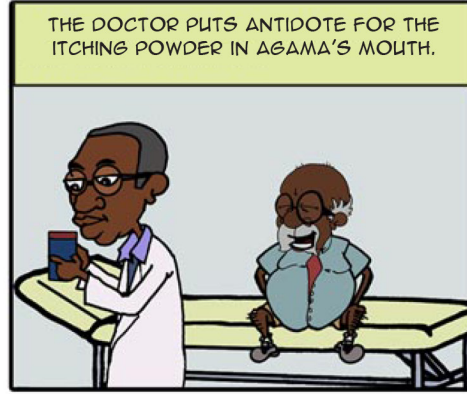
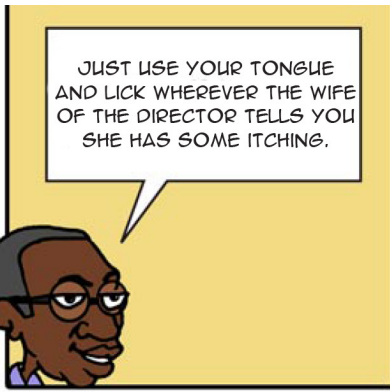


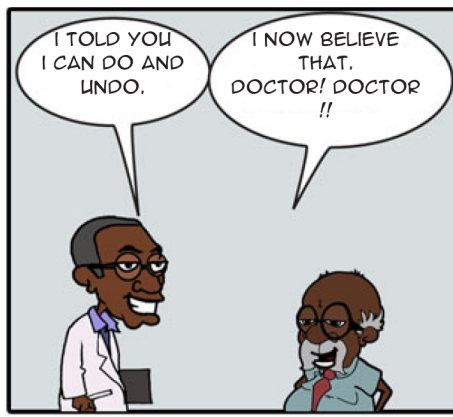


NEXT WEEK, THE WIFE OF THE DIRECTOR IS AT THE CLINIC. THE DOCTOR ADDS ITCHING POWDER IN HER TEA











The Symbiotic Relationship Between **STREET STYLE** & High Fashion

**S**treet style is a broad phrase that encompasses a key component of fashion that has gained popularity in recent years. Unlike mainstream fashion, which focuses on meticulously designed looks displayed at high-end fashion shows, street style is a different fashion spectrum that is physically born and harnessed on the streets. It portrays regular people's raw and dynamic creativity, displaying their individuality and distinctiveness (Woodward, 2007).



Established rules, trends and deviation

Individuality and personal flair are at the heart of street style. It recognises that fashion is more than just following established rules and trends; it also celebrates the freedom to disrupt existing conventions and create new trends. Street style is, therefore, a canvas for self-expression through casual style statements that organically mirror varied personal narratives, culture, and ethos. This style genre is frequently at the intersection of fashion and culture, greatly affected by current events and local trends. In other words, street style is expressed through accessories, haircuts, body art such as tattoos and piercings, and even bicycles or skateboards (Le-Huu & Pedroni, 2018).

Surprisingly, street style challenges the notion that fashion is only the realm of designers and the privileged. While designers create collections based on various influences, including street style, street style is mainly affected by what regular people draw on the streets, not only in fashion capitals like Milan or Paris but everywhere from Tokyo to Johannesburg.



Street style presents a vital social component of fashion in an inspiring way. It represents the democratisation of fashion, in which anybody, regardless of socioeconomic class, can be a fashion influencer. It makes fashion more inclusive by allowing everyone to make a fashion statement (Kawamura, 2006).

The changing nature of street style is one of its most intriguing aspects. It never reaches a point of saturation since it is constantly changing. People's diverse personal styles and combinations that they incorporate into their street style are the leading cause of this.

Given that no two people are similar, the permutations and combinations that might result from street style are virtually unlimited.

As a result, the introduction of digital technology and social networking platforms has significantly increased the scope and possibilities of street style. It has allowed people worldwide to communicate and display street style interpretations, fostering an active and inclusive global fashion debate.



### Origin:

#### 'Hippies' and 'punks'

Street style may be traced back to the 1950s, with the rise of the 'teddy boys.' These London-based young people dressed in dandy-like curtains inspired by Edwardian-era clothing. The 'teddy lads,' widely regarded as the first British youth subculture to embrace dress as a form of self-expression, laid the groundwork for the evolution of street fashion.

'Hippies' and 'punks' firmly established street style as a counter-cultural expression during the 1960s and 1970s. The term 'hippie,' derived from the word 'hipster,' referred to a youth movement in the United States distinguished by distinctive clothing choices that reflected their anti-establishment values. The intellectual foundation of the 'hippie' style diverged from conventional materialism, representing their attitude of peace, love, and spirituality.



The punk rock subculture of the 1970s, especially in New York City and London, had an essential role in determining the tone of street style. Shredded clothing, band t-shirts, leather jackets, and distinctive haircuts characterised punk fashion. Personal expression and strong aesthetic choices were frequently favoured over conformity or conventional trends in the punk style.



20

The 1980s were a watershed moment in the growth of street style, with the emergence of urban streetwear, most notably in Los Angeles, New York, and London. Streetwear, commonly connected with the advent of hip-hop culture, marked a new era of fashion that embraced more oversized shapes, informal attire, bright logos, and brilliant colours.

### Internet and digital platforms

The development of the Internet and digital platforms accelerated street-style globalisation in the twenty-first century. With the press of a mouse, social media platforms enabled fashion fans worldwide to share and see street fashion trends, further democratising the profession. Street style blogs, forums, and websites have played an essential role in recording and spreading these fashion trends.





A cross-pollination between high fashion and streetwear redefines the paradigms of the global fashion business. Style is no longer defined solely by the catwalks of Paris and Milan; the impact of street style has infiltrated the world of high fashion (Smith, 2017).

Street style refers to the fashion decisions made by people in metropolitan areas that have gained popularity due to their documentation on blogs and social media. Its raw authenticity and diversity offer a different viewpoint on high fashion, distinguished by its luxury, exclusivity, and influence from well-known fashion houses.



For a long time, high fashion has dictated trends to the people, with collections shown during elite fashion weeks



serving as the gold standard. This one-way street, however, has been changed by street style. Streetwear



has given fashion a democratic element, allowing everybody to participate in fashion trends and narratives (Morley, 2020).

High fashion firms and designers are now capitalising on the energy and impact of street style. The selection of Virgil Abloh, a prominent streetwear designer, as Louis Vuitton's men's artistic director exemplifies this shift. Similarly, Gucci has heavily incorporated parts of street style to overhaul its brand image, pioneering the concept of 'luxury streetwear' (Robinson, 2018).

### Inclusion and Collaborations

Street fashion has also challenged conventional high fashion rules by promoting inclusion and making it more accessible. It has tackled topics that high fashion has frequently ignored, such as gender fluidity, body acceptance, and ethnic diversity. Designers must now confront these issues in their works, redefining what it means to be 'fashionable' (Turner, 2019). Furthermore, the impact of street fashion has increased partnerships between high fashion labels and streetwear firms. Collaborations such as Louis Vuitton x Supreme and Gucci x The North Face have created a buzz that has increased sales, brand visibility, and consumer engagement for the brands involved

Street style has undoubtedly had an impact on high fashion. It has democratised fashion, harnessed the power of partnerships, promoted inclusion, and aided the growth of premium streetwear, revolutionising the fashion business.





# The Perfect Partnership Using Art to Enhance Interior Design

*Interior design art adds beauty, individuality, and uniqueness to a room. Interior design and décor employ aesthetics and practicality to enhance the attractiveness of a house while also having an emotional influence on its residents. The importance of art in this process cannot be emphasized, as it bridges the gap between the practical and the aesthetically beautiful, enhancing the core of interior design.*



## Partnership

Art has an impact on interior design in a variety of ways. For starters, it breathes vitality into a living area. No matter how well-structured or attractively decorated a room is without art, it frequently lacks the final touch required to feel complete (Mollica, 2018). A well-placed picture or a one-of-a-kind sculpture may lend a splash of personality to a bland structure and turn it into a home.



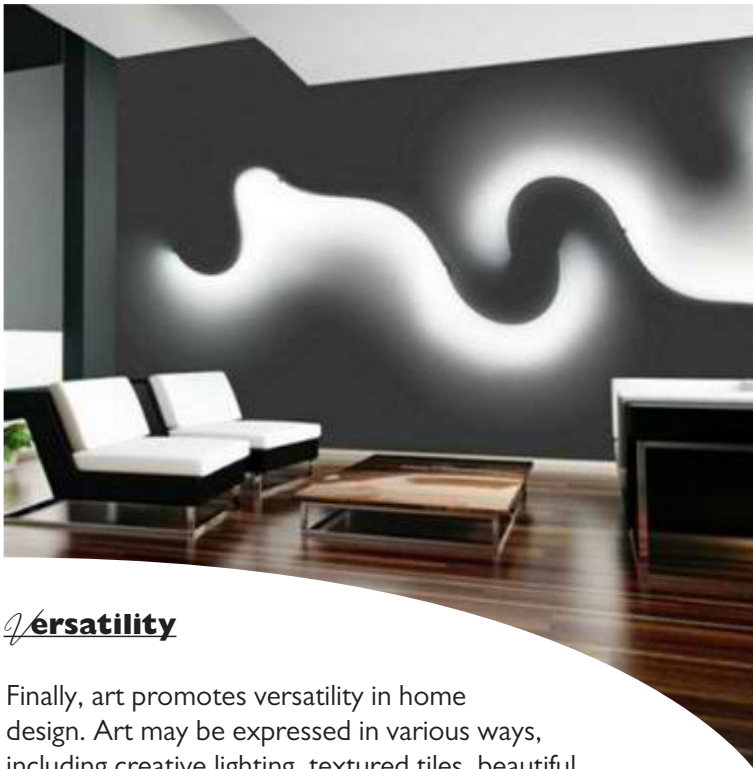


## Coherence

Creating a feeling of coherence is crucial to incorporating art into home design. Art may connect disparate components of a space, such as colour, texture, and furniture, and portray them as a unified whole. Even with minimalist settings, a single, stark work of art may be the focal point for the whole area.

Art is vital in eliciting emotions. The colours and shapes of artworks greatly influence a location's mood and ambience (Jackson, 2017). Bright colours convey a dynamic, cheery atmosphere, whereas soft and subdued colours convey a serene, peaceful setting. Artworks can also represent the occupants' personalities, hobbies, and values. By personalizing the place, art produces a strong emotional resonance that starts dialogues and inspires creativity.

In addition, art characterizes interior spaces. A unique art, antique, or craft may convert an ordinary area into an outstanding one. A well-curated art collection may also reveal the homeowner's personality and tastes. This individuality will impress guests and make the house a source of pride for its residents.



## Versatility

Finally, art promotes versatility in home design. Art may be expressed in various ways, including creative lighting, textured tiles, beautiful textiles, vintage furniture, and attractive plants. The interaction of these diverse variables motivates designers to develop their creativity in novel ways. It also allows residents to constantly update and reimagine their living areas, keeping the environment new and lively.





Selecting suitable artwork for an interior design project may improve any space's overall look and mood. The room's design, size, and colour scheme frequently influence such a choice. However, it is not just about matching the room's theme but also about improving the mood and, in many cases, defining the entire décor of the space.

Consider the room's aesthetic before beginning the process of picking artwork. The style of the area, whether modern, classic, rustic, or eclectic, will assist you in selecting the suitable artwork. For example, a free-standing sculpture or a huge abstract painting

may be acceptable in a minimalist or modern-style space.



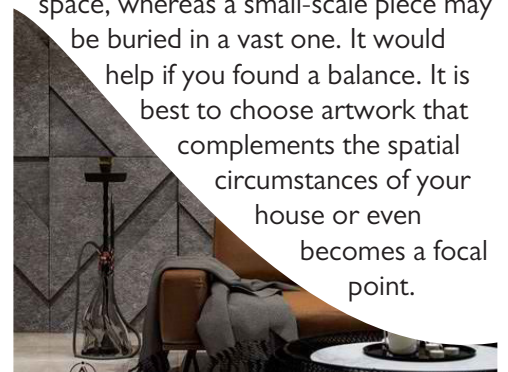
Choosing the magnitude of the artwork is just as important as picking the style. A little item may be lost in a large room, whereas a big piece may overpower a small one. Considering the wall or surface where the artwork will be displayed is essential. A good rule of thumb is for artwork to take up around two-thirds to three-fourths of the available wall space. An integrative approach to this sizing issue is to create a gallery wall out of sets or groupings of smaller framed pieces, forming a coherent, bigger visual show (McKee, 2020). Consider the current colours in the space, such as the upholstery, wall colour, carpets, pillows, and curtains, while choosing colours. To pull the aesthetic together, use artwork that mirrors these hues. While matching colours is safe, introducing complimentary or contrasting colours

into the area may provide unexpected energy.



Furthermore, the artwork's subject matter is worth a thought. You're not just decorating a space; you're building an environment. Selecting a theme that evokes distinct emotions or encourages specific concepts may successfully express your clients' preferences and personalities. Budget is also an important consideration. Remember that a high price tag does not always translate into community cohesion or satisfaction.

Whether buying from a gallery or a local artist, striking a balance between price and quality is essential. It is essential to exhibit artwork to maximize its aesthetic potential properly. An adequately displayed piece of artwork improves the interior design of a place, making it more welcoming. Continually evaluate the scale and proportion of the artwork concerning the surrounding area (Douglas, 2018). Oversized artwork may dominate a tiny space, whereas a small-scale piece may be buried in a vast one. It would help if you found a balance. It is best to choose artwork that complements the spatial circumstances of your house or even becomes a focal point.





## Positioning

The display's height should be appropriate. Typical standards recommend hanging artwork at eye level; however, this should be considered in the context of the living rooms and wall dimensions (Gallagher, 2017). Displaying an item that is too high or too low might cause eye discomfort and disrupt the natural flow of the home design.

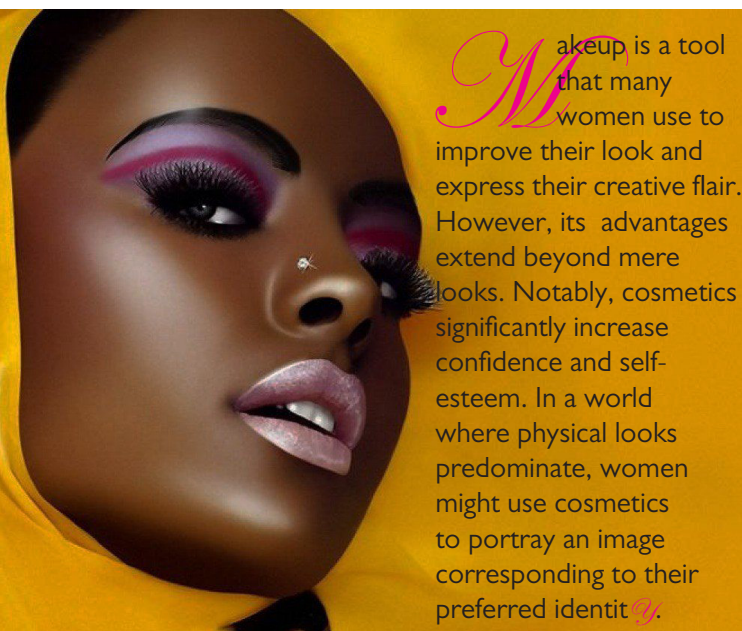
Lighting is also crucial in displaying your artwork. The correct amount of illumination may highlight the artwork's features and colours. Overly bright lights may wash away the artwork, while inadequate lighting may reduce its effect (Douglas, 2018). Most artworks benefit from soft, indirect lighting.



The significance of art in home design cannot be overstated. It extends the designer's personality into the layout and gives depth and substance to the spatial experience. Conversely, effectiveness is based on the ability to choose and show works with care, accuracy, and a reference to harmonizing design components.

# Makeup Matters

How Cosmetics Help Women Feel Empowered



Makeup is a tool that many women use to improve their look and express their creative flair. However, its advantages extend beyond mere looks. Notably, cosmetics significantly increase confidence and self-esteem. In a world where physical looks predominate, women might use cosmetics to portray an image corresponding to their preferred identity.

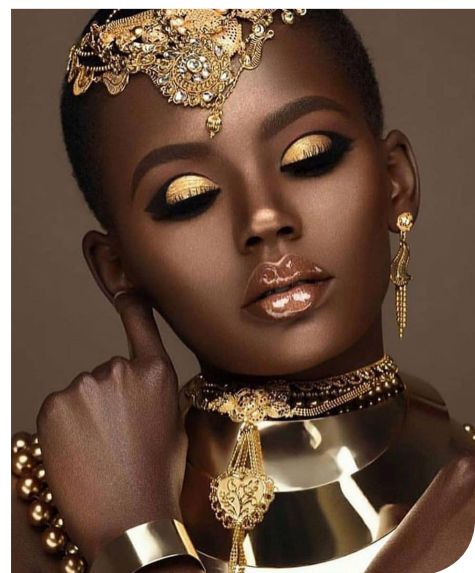
According to research, putting time and effort into one's appearance might improve one's self-perception, particularly among women (Bhatt, 2017). When women apply cosmetics to their features, they can enhance their attractiveness while concealing perceived physical defects. This physical metamorphosis might trigger a psychological shift toward positive self-perceptions. Additionally, putting on makeup is both a morning habit and an act of self-care. According to research by Anglia Ruskin University, applying makeup allows women to spend time on themselves, increasing self-love and comfort (Swami et al., 2019). Focusing on oneself, even for a few minutes daily, may promote well-being and start a cycle of confidence throughout the day.

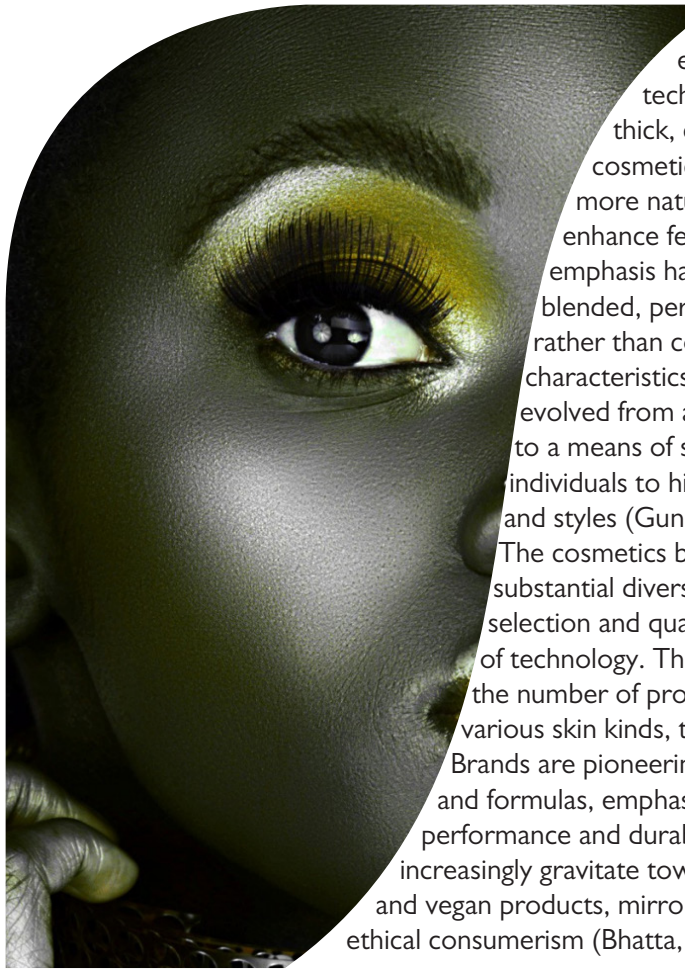


In a professional setting, cosmetics may act as armour, giving women greater confidence to face the day (Nash et al., 2006). Makeup may assist women in projecting a professional, polished image, boosting confidence and competence in their talents. This view extends internally and externally, with research indicating that makeup can impact how others perceive an individual's competence and trustworthiness (Mulhern et al., 2003).



Consumer demand for cosmetics has been increasing, with the worldwide makeup market anticipated to reach \$85.72 billion by 2025 (Grand et al., 2019). This increased risk may be linked to various causes, including the expanding impact of the fashion and entertainment industries, social media, and the number of working women who are important customers of these items.

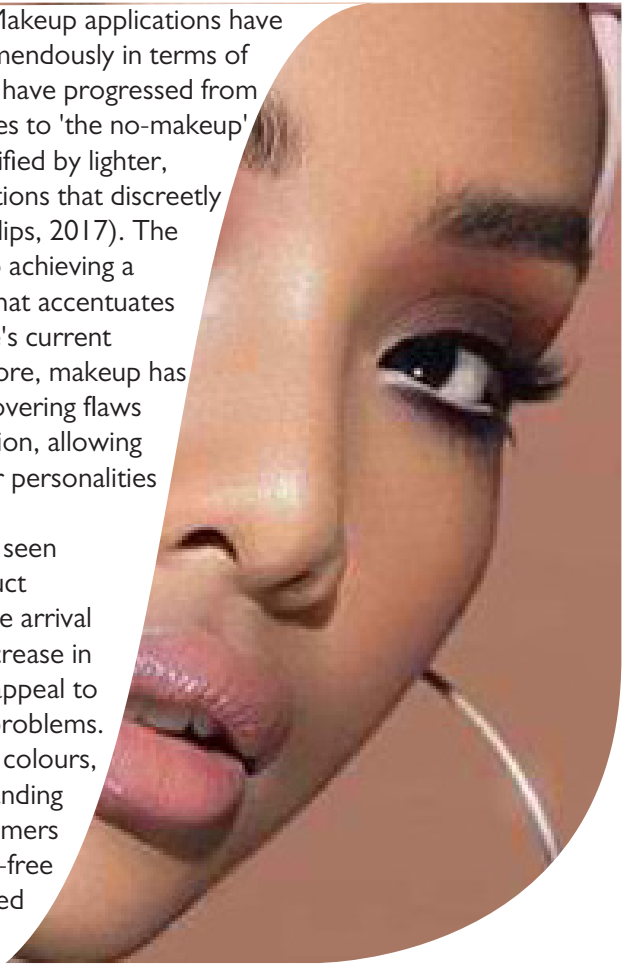




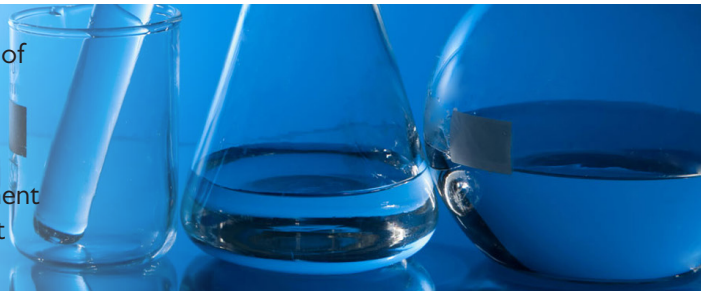
Makeup applications have

evolved tremendously in terms of technique. We have progressed from thick, cakey finishes to 'the no-makeup' cosmetics style, typified by lighter, more natural applications that discreetly enhance features (Phillips, 2017). The emphasis has moved to achieving a blended, perfect finish that accentuates rather than conceals one's current characteristics. Furthermore, makeup has evolved from a tool for covering flaws to a means of self-expression, allowing individuals to highlight their personalities and styles (Gunn, 2014).

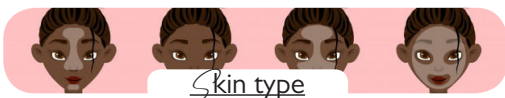
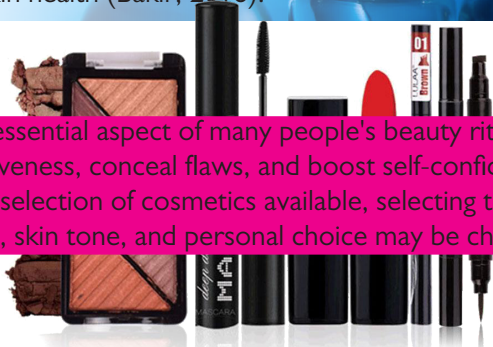
The cosmetics business has seen substantial diversity in product selection and quality since the arrival of technology. There is an increase in the number of products that appeal to various skin kinds, tones, and problems. Brands are pioneering textures, colours, and formulas, emphasising outstanding performance and durability. Customers increasingly gravitate toward cruelty-free and vegan products, mirroring increased ethical consumerism (Bhatta, 2020).



Science has also played an important part in the evolution of cosmetics. Cosmetic chemistry is becoming an essential aspect of product creation, with professionals investigating the molecular interactions of chemicals to generate safe, effective, and high-quality cosmetics products (Popescu, 2019). Furthermore, combining skincare and cosmetics has resulted in the development of products such as BB/CC creams and tinted moisturisers that improve appearance while caring for skin health (Bakir, 2018).



Makeup is an essential aspect of many people's beauty rituals. It is used to enhance attractiveness, conceal flaws, and boost self-confidence. However, with the enormous selection of cosmetics available, selecting the perfect makeup for your skin type, skin tone, and personal choice may be challenging.



### Skin type

To begin, assess your skin type. Whether oily, dry, or mixed skin affects how makeup interacts with your skin (Pundir & Singh, 2017). To avoid blocking pores and creating breakouts, makeup for oily skin should preferably be oil-free and non-comedogenic. People with dry skin should use hydrating cosmetics like foundation and primer. Those with a mixture of skin may need to use a variety of cosmetics designed for different parts of the skin.



### Skin tone and undertone

Next, determine your skin tone and undertone. Skin tone, or surface colour, is the first colour you see and often falls into the bright, medium, and dark spectrums. It may vary somewhat due to variables such as sun exposure or health issues. Undertone, on the other hand, is the faint tint beneath the surface. Undertones remain steady independent of skin tone changes and are often classified as warm, cool, or neutral. Individuals with cool undertones have pink, red, or bluish tints and are flatteringly complemented by silver accessories; warm undertones have a golden, peachy, or yellow cast and generally appear better in gold jewellery. Warm and cold undertones combine to create neutral undertones, providing flexibility when choosing colours.

Product's constituents

Third, take the product's constituents into account. Ghose (2018) found that the skin absorbs about 60% of what is put to it. As a result, look for cosmetics that have natural, non-toxic, and non-irritating chemicals. Avoid dangerous ingredients like parabens, synthetic colours, and heavy metals, which can affect your skin and general health.

Personal taste and ethical concerns

Finally, personal taste and ethical concerns are essential; vegan, cruelty-free, organic, or hypoallergenic items may better accord with your ideals.

Event or purpose

Fourth, choose cosmetics based on the event or purpose. Daytime makeup is usually more subdued, with softer colours and lower-appearance formulations. Evening or party makeup tends to be deeper in colour and heavier in formula. You may choose your makeup based on whether it is for everyday usage or special events.

Cosmetics enhance women's physical features and empower and boost their confidence.

Makeup may be an essential tool in women's journey to more self-assurance by improving their self-perception and affecting how others view them.





**B**lockchain technology is quickly becoming the norm in the digital and financial industries. Its popularity has risen with the emergence of cryptocurrencies, particularly Bitcoin, which uses blockchain as its underlying technology.

## Invention

The technology was first intended to serve as a public ledger for Bitcoin transactions. In 2008, an individual or group of individuals known as Satoshi Nakamoto devised the concept. Blockchain is a distributed, decentralised ledger system that keeps track of digital transactions across several computers. The fundamental aim is to guarantee that the transaction record is resistant to tampering and transparent (Nakamoto, 2008).

## Organisation

Transactions are organised into blocks on a blockchain. Each brick is rigorously checked before being added to a chain of previously authorised blocks. The blockchain is made up of this chain. Importantly, each block contains critical transaction information, such as the sender, recipient, and the amount of assets transferred. Furthermore, each block has a unique identifier called a cryptographic hash, which is critical in ensuring the blockchain's integrity and security (Tapscott and Tapscott, 2016).

## Security

Another critical aspect of blockchain technology is security. Once a block is uploaded to the blockchain, it is permanently recorded. This immutability limits an attacker's ability to modify the transaction record, making the blockchain cryptographically safe (Miers and Garman, 2016).

In reality, blockchain technology has users beyond cryptocurrencies and financial services. Its openness, security, and decentralisation make it an appealing alternative for supply chain management, healthcare, and political systems looking to strengthen confidence and transparency. Blockchain technology is, without a doubt, revolutionary. It has enormous potential to improve security, transparency, and efficiency across several industries.

The banking sector is only one of the many industries that blockchain can upend. It has been called one of the most disruptive technologies of our time. Banking systems have traditionally been centralised, with all transactions passing through the bank. The decentralised aspect of blockchain threatens to upend this decades-old tradition and, as a result, change how transactions are handled. Blockchain technology employs a distributed ledger, which allows data to be saved across several computers worldwide. The saving provides data integrity and fraud prevention since any modifications made are practically tamper-proof because they must be confirmed across all machines in the network (Papadopoulos, 2019). More secure transactions and data security for banks help ensure client confidence, which is a critical building component for every financial organisation.





## **Fast and cost-effective.**

Furthermore, due to the participation of several intermediaries, foreign transactions in present banking systems are riddled with delays and costly fees. Transactions employing blockchain technology, on the other hand, may be conducted in real-time, regardless of geographical location (Vigna & Casey, 2016). Ripple, a digital payment system, employs blockchain technology to enable real-time, direct payments between parties, avoiding costly and time-consuming intermediaries.



## **Transparency**

Blockchain equally comes with transparency in the banking sector. Transactions in traditional banking might be veiled in secrecy. However, there is improved accountability with blockchain's open ledger architecture, in which all transactions are recorded and available to network users. Transparency minimises the danger of financial fraud and increases the trustworthiness of banking operations (Tapscott & Tapscott, 2016).

Furthermore, blockchain technology is quite effective in cost control. Accenture estimates that it can save a bank's infrastructure expenses by up to 30% (Chishti & Barberis, 2016). This decrease is mainly accomplished through eliminating intermediaries and automating back-end activities using smart contracts.

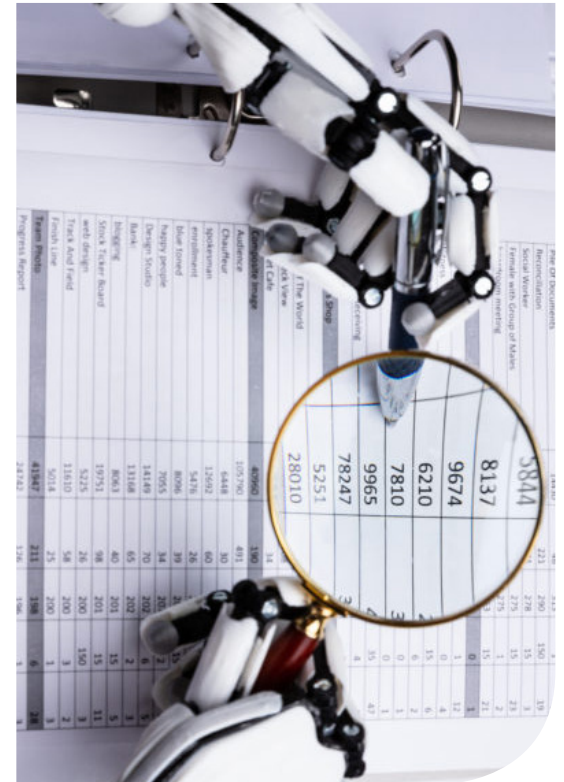
One must recognise blockchain's potential influence on payments and money transfers. Traditional banks and financial organisations frequently employ old-fashioned methods that are sluggish, inefficient, and costly. Blockchain technology can address these issues by enabling peer-to-peer transactions that are quicker, more efficient, and less expensive. Blockchain payments are done in real-time and do not require go-betweens, dramatically reducing costs and increasing transaction speed (Tapscott & Tapscott, 2016).



## **Auditing**

Additionally, the level of transparency and traceability of blockchain might change auditing and regulatory compliance. Every transaction on a blockchain is recorded on a decentralised ledger that cannot be changed. This characteristic has the potential to make audits less complicated and more efficient. The system's openness may also prevent fraudulent behaviour and facilitate adherence to regulatory norms (Mougayar, 2016).

Blockchain technology might also transform asset management. Real-world assets such as real estate or art may now be 'tokenised' and exchanged on blockchain platforms, thanks to the growth of tokenisation. This tokenisation can potentially democratise the financial business by allowing more people to engage in markets previously reserved for affluent or institutional investors (Tapscott & Tapscott, 2016).



**NEGATIVE**

**1**

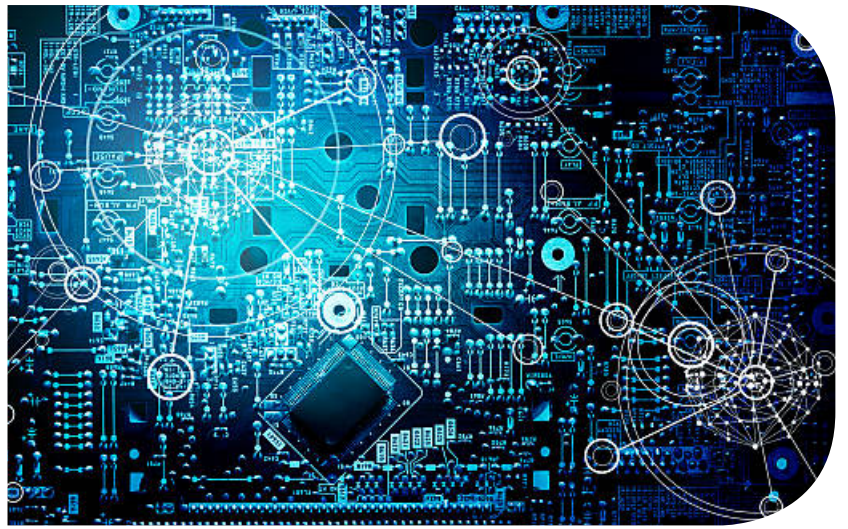
Despite its enormous application potential and numerous benefits, blockchain technology does not come without drawbacks. One of the most noticeable disadvantages of blockchain technology is its high energy consumption. Blockchain transactions entail significant processing power, requiring massive electrical energy, with Bitcoin being the most obvious example (Krause, 2018). According to one analysis, Bitcoin's yearly power usage exceeds that of certain countries. Such massive energy use strains the world's energy supplies, contributing to environmental damage.



**NEGATIVE**

**2**

Another disadvantage is the scalability issue that blockchain confronts. By design, blockchain technology lowers transaction processing time as the number of users grows. Every transaction requires verification by most network nodes, reducing processing speed and efficiency (Böhme, 2015). This verification makes using blockchain technology for large-scale operations complex and, thus, is a crucial barrier to its widespread adoption.



**NEGATIVE**

**3**

The third issue of blockchain technology is the need for more regulation and monitoring. Its decentralised structure makes it appealing but makes regulation and control complex. Unlawful acts or misuse, such as money laundering or fraud, may occur without regulation. Furthermore, decentralisation implies no centralised authority to lead action during crises or conflicts (Barber, 2012).



**NEGATIVE**

**4**

Finally, we must recognize the complexity linked with blockchain technology. To utilise it successfully, consumers and enterprises must have a certain level of technology literacy. Blockchain principles and procedures might be complex for ordinary people and even certain corporations. This intricacy impedes widespread adoption (Zheng, 2018).



The decentralisation, security, speed, transparency, and cost-efficiency of blockchain are upending the old banking paradigm. While blockchain may not instantly replace traditional banking systems, its continuous popularity shows that it will profoundly affect the future of financial services.

# LITERARY CORNER

COMING SOON



GENRE: COMEDY  
RELEASE DATE: 22<sup>ND</sup> DEC 2023



GENRE: THRILLER  
RELEASE DATE: 25<sup>TH</sup> DEC 2023



GENRE: BIOGRAPHY  
RELEASE DATE: 20<sup>TH</sup> DEC 2023



GENRE: 3D ANIMATION  
RELEASE DATE: 22<sup>ND</sup> DEC 2023

IN CINEMA



GENRE: 3D ANIMATION  
RATING: 5.2/10



GENRE: HORROR  
RATING: 5.6/10



GENRE: ACTION/ COMEDY  
RATING: 5.4/10



GENRE: ROMANCE/ SCI-FI  
RATING: 6.1/10

## THE DECISION By Irene

POEM

It started like a dream come true,  
Truth be told the height, the body and also the "soul"  
attracted me  
But the roemers continued to spread,  
Like fire in the judge on a windy season,  
I innocently believed the word's directly from the devil  
himself,  
Know I am warred alone,  
And the only thing that can console me is this little book,  
Through the lines that I write,  
And several writings form the spoken,  
The months are nearly ending,  
Through which determine where I will turn into medicine or  
not,  
Life medication I mean,

But anyway, it's me who decided to take the risk,  
Not considering my future,  
My lover or even my children to be,  
Also, my family after finding out am positive,



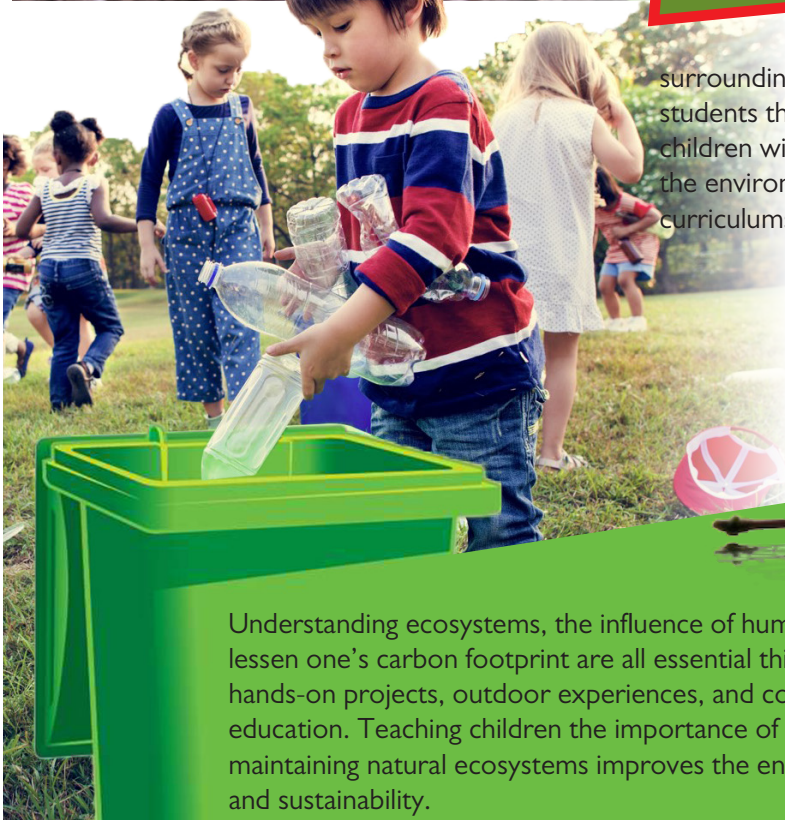
# How Kids Can Help Save the Planet.



# E

nvironmental stewardship is responsible management and maintenance of the environment via conservation and sustainable methods. Teaching children about environmental stewardship is critical because children are our future leaders. The incoming generation will inherit the Earth and its ecological difficulties; therefore, early environmental education may instill a lifelong feeling of duty and action to save and defend our world.

Children are inherently interested in their surroundings. The piqued interest gives an ideal chance to teach students the value of environmental protection. We can equip children with the information and skills they need to influence the environment by incorporating ecological stewardship into curriculums, extracurricular activities, and daily life.



Understanding ecosystems, the influence of human activities on the environment, and methods to lessen one's carbon footprint are all essential things for children to learn. Classroom instruction, hands-on projects, outdoor experiences, and community involvement are all examples of such education. Teaching children the importance of minimising trash, recycling, conserving water, and maintaining natural ecosystems improves the environment while teaching them the value of resources and sustainability.

Furthermore, children taught about environmental stewardship are more likely to develop a strong sense of responsibility for the natural world. They can grow into knowledgeable citizens capable of making informed decisions that reflect their awareness and dedication to environmental problems. The commitment can impact policymaking in the long term as young children grow into people who vote, influence others, and govern their communities.

Another part of educating children about environmental stewardship is the development of empathy and ethics. Understanding the interconnection of life and people's influence on other species and the ecosystems that sustain them is part of learning about the environment. We teach youngsters to be environmentally conscious while teaching them compassion for all kinds of life.

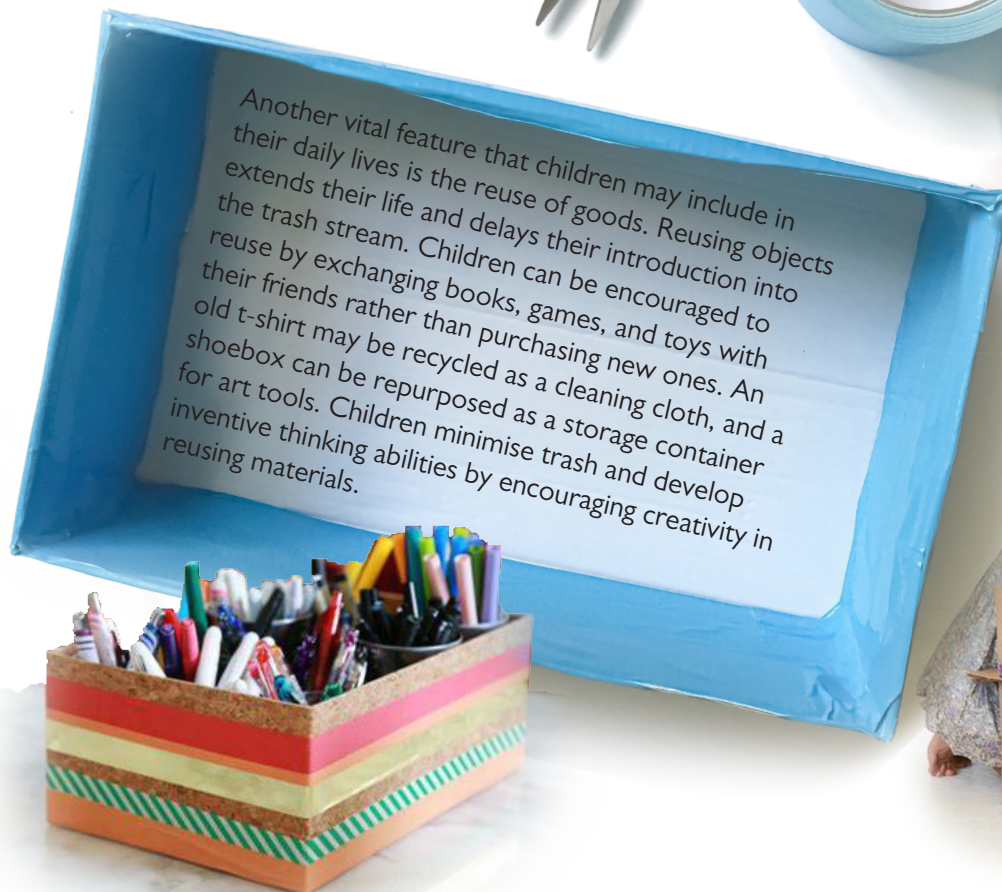
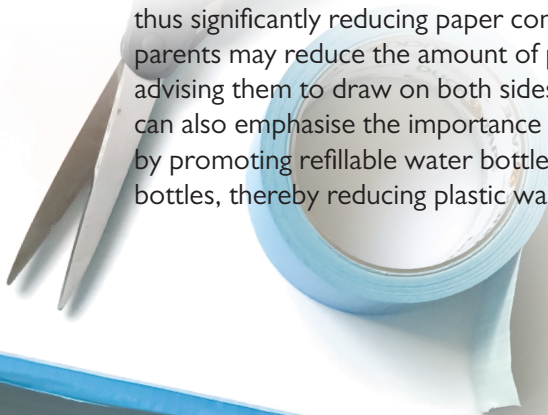
Children who learn about environmental responsibility at a young age are more likely to engage in long-term behaviours. The behaviour involves:

- Adopting environmentally responsible practices such as using reusable items.
- Supporting sustainable companies.
- Choosing eco-friendly transportation alternatives.



Beyond education, students may help safeguard the environment by participating in eco-friendly activities. They may join in tree-planting efforts, which not only improve local biodiversity but also help with carbon sequestration. Children understand the importance of trees to our ecology by participating in these activities.

Children may help by practising reducing waste at home by recycling and reusing. Reducing consumption is the first step in the hierarchy of the Three Rs (reducing, recycling and reusing). It entails using fewer resources and minimising waste. For children, this could mean simple choices such as opting for digital invitations instead of paper ones for their birthday parties, thus significantly reducing paper consumption. In addition, parents may reduce the amount of paper that kids use by advising them to draw on both sides of the paper. Educators can also emphasise the importance of conservation in schools by promoting refillable water bottles instead of single-use plastic bottles, thereby reducing plastic waste.



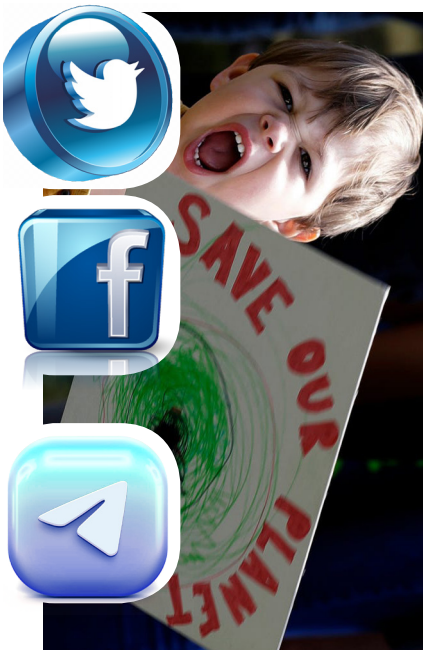


The third of the Three Rs is recycling, which entails transforming waste resources into new goods. This procedure reduces the consumption of new raw materials, energy consumption, and greenhouse gas emissions. Children should be taught how to separate recyclable materials from their regular garbage. Families may set up a recycling centre at home where children can sort paper, plastics, and metals into different containers. Schools may help by organising recycling campaigns and informing students about the benefits of recycling.

Children may also participate in community clean-up initiatives, which assist in maintaining local areas, such as parks, beaches, and streets, clean and pollution-free. These activities promote awareness about the dangers of littering and the necessity of keeping public places clean for human and wildlife health.

Also, youngsters may become environmental ambassadors by raising awareness among their classmates and community members. The basis of ecological awareness is education. Children can organise or participate in environmental education programs. The program in these seminars might include presentations on recycling, conservation initiatives, and the impact of pollution to educate peers and community members about environmental challenges and sustainable practices.

Participating in or organising community clean-up events is also an easy way to become involved with your town's environment. Children can organise a volunteer organisation to clean up local parks, beaches, or neighbourhoods, increasing awareness about the negative impacts of trash and lobbying for a better society.



Social media campaigns have become vital instruments for raising awareness about nearly any topic, thanks to the advent of digital platforms. With proper instruction, children may use this tool to raise awareness about environmental issues, give eco-friendly suggestions, and motivate others in their community to take meaningful actions toward sustainability.

Encouraging children to interact with local government members can help them become more vocal about environmental concerns. They might go to town hall meetings, send letters, or start petitions to enact eco-friendly legislation or solve specific ecological challenges in their neighbourhood. Children can also work with local companies to promote environmentally friendly behaviours. The exercise might include:

- Pushing stores to use less plastic.
- Promoting recyclable products.
- Collaborating with businesses on environmental efforts.

In addition, creating art shows with environmental topics pique people's interest and sends powerful signals to the community. Children can express their environmental concerns and goals via painting, sculpture, or mixed media, creating community conversation.



There are various advantages to encouraging youngsters to participate in environmental conservation actively. It instills in them a feeling of responsibility, educates kids about the effects of human activity on the environment, and empowers them to embrace sustainable behaviours that contribute to the general well-being of our world. It's an investment in a better, cleaner future made by our communities' youth. It is worth every effort because our children are the future leaders.





Cairo, Egypt's capital city, is known for its exciting history, vast geographical extent, and dynamic blend of cultures. It epitomises mesmerising attraction, splendour, and charisma, representing a fascinating narrative of human civilisation. As a crucial centre of ancient and contemporary periods, Cairo is an unusual location that boasts a magnificent past and embraces a lively current, fulfilling the interest of innumerable history, architecture, arts, and culture enthusiasts worldwide.

The city was founded in the 10th century AD and inhabited by many historical groups, including Pharaohs, Romans, Byzantines, Arabs, Ottoman Turks, and more. Cairo's rich historical tapestry is reflected in the Pharaonic artefacts, the splendour of Islamic architecture, the enormous Coptic churches, the fascinating Roman ruins, and the contemporary urban buildings.



## The Pyramids of Giza

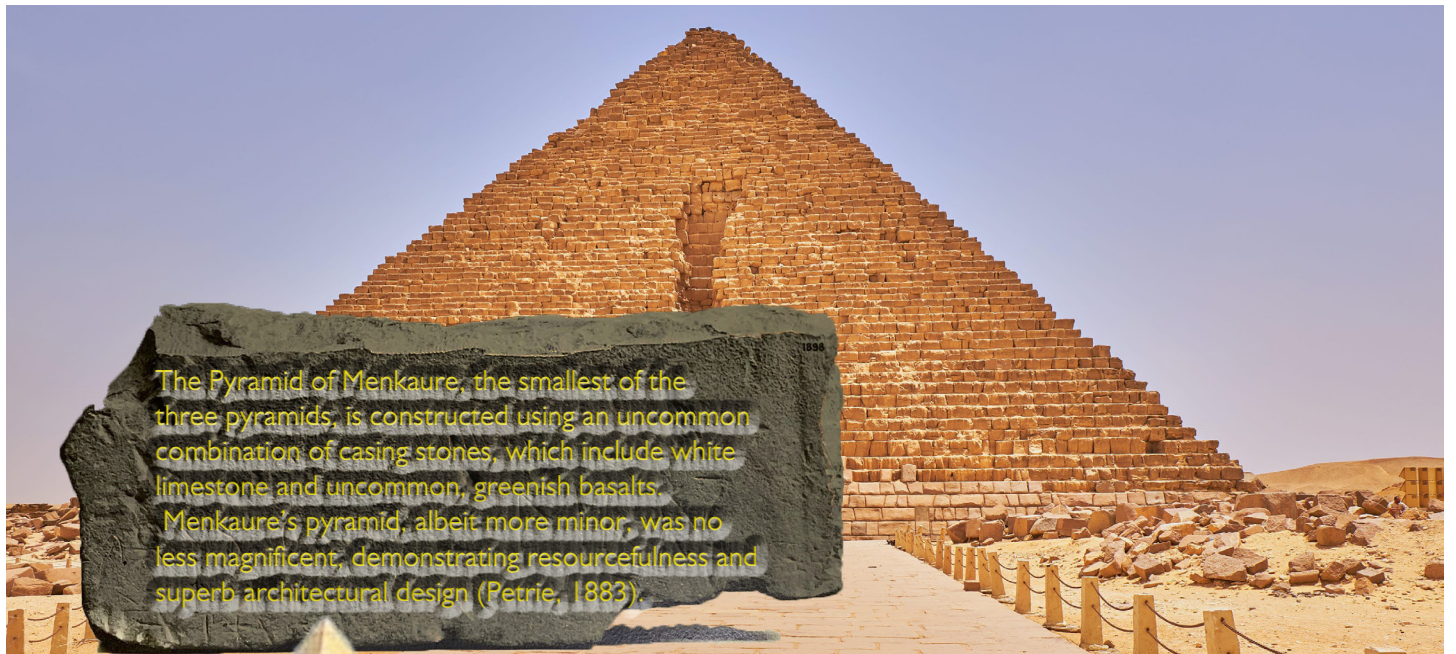
Start your trip to Cairo with a visit to the Pyramids of Giza, the most recognisable landmark in the city. Among the Seven Wonders of the Ancient World is the Great Pyramid. These pyramids, built between 2580 and 2560 BC, are a tribute to the genius of humanity. The Great Pyramid of Khufu, Khafre, and Menkaure are all part of the Giza Pyramid Complex.



The Great Pyramid of Khufu, the oldest and most remarkable, is an awe-inspiring achievement of structural engineering (Lehner, 1997). The Great Pyramid, roughly 146.7 meters tall when erected, has captivated archaeologists, historians, and visitors worldwide (Verner, 2001).



The Pyramid of Khafre, the second most enormous pyramid, is notable for maintaining the lowest half of its casing of smooth Tura limestone, giving it the illusion of being more significant than Khufu's pyramid. Furthermore, the Pyramid of Khafre is linked to the famed Sphinx, an iconic limestone figure with a lion's body and a human's head (Hawass, 2006).



The Pyramid of Menkaure, the smallest of the three pyramids, is constructed using an uncommon combination of casing stones, which include white limestone and uncommon, greenish basalts. Menkaure's pyramid, albeit more minor, was no less magnificent, demonstrating resourcefulness and superb architectural design (Petrie, 1883).

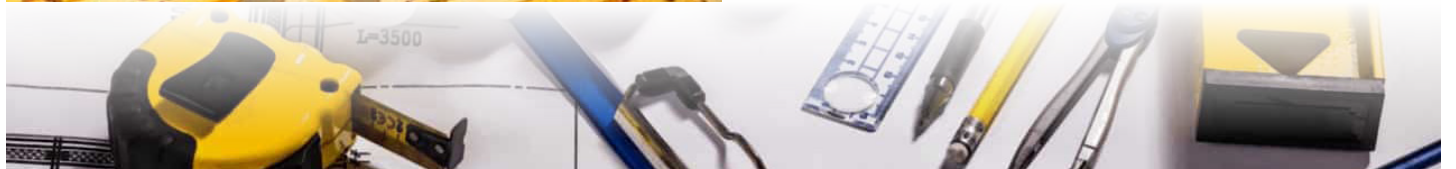
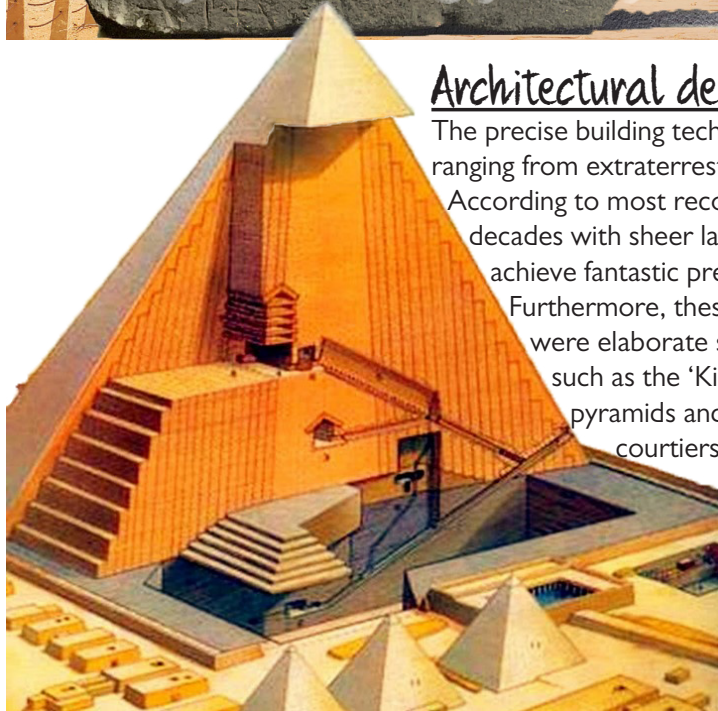
## Architectural designs

The precise building techniques of the Pyramids of Giza have sparked several ideas ranging from extraterrestrial interference to a complex system of ramps and pulleys.

According to most recognised views, these gigantic buildings were built over several decades with sheer labour, sophisticated instruments, and surveying procedures to achieve fantastic precision (Lehner, 1997).

Furthermore, these pyramids were much more than just pharaohs' graves. They were elaborate systems with small corridors leading to numerous rooms, such as the 'King's chamber' and the 'Queen's chamber'. Smaller satellite pyramids and mastabas encircled each for the wives of the pharaohs and courtiers. The pyramids were also highly symbolic, representing the ancient Egyptians' belief in the afterlife (Hawass, 2006).

The Pyramids, on the other hand, are a resounding homage to the reign of pharaohs, their status in society, and their belief in eternal life post-mortem. Following their death, pharaohs were believed to have ascended to the glory of the sun god Ra, rightfully making the Pyramids the celestial 'ascending' steps (Allen, 2001).







## Egyptian Museum

Next, learn about Egypt's 5000-year history by visiting the Egyptian Museum, which has an extensive collection of pharaonic artefacts. The Egyptian Museum, founded in 1835, is aesthetically stunning and an iconic emblem of Egypt's vast heritage of ancient history and culture (Hawass, 2001). Furthermore, visiting this museum provides a once-in-a-lifetime opportunity to engage deeply with Egypt's ancient civilisation. The Egyptian Museum's corridors and displays provide an intimate trip through thousands of years of history, from the Old Kingdom to the Greco-Roman periods.

The unequalled collection of ancient Egyptian artefacts is what distinguishes this museum from others throughout the world. The museum's collection is unique in bulk and significance, with approximately 120,000 objects (Egyptian Ministry of Tourism, 2010). These include jewellery, ceramics, sarcophagi, mummies, tomb riches, and statues of kings and gods that once adorned ancient Egypt's temples and palaces.



Visitors acquire a better knowledge of ancient Egyptian life, culture, art, religion, and burial rituals by inspecting these one-of-a-kind objects. For example, stylistic variations in sculpture and art representing pharaohs and gods may be seen over several dynasties. The displays also provide intriguing stories about the activities, beliefs, and values that shaped the lives of ancient Egyptians.



The Tutankhamun collection is undeniably one of the museum's main draws. This display includes several valuables unearthed in the young pharaoh's tomb by archaeologist Howard Carter in 1922, including the famed gold mask, which has become an iconic image of ancient Egypt (Carter, 1923). Visiting the museum and experiencing these valuable relics gives a unique experience that cannot be replicated by studying history books.





## Khan El Khalili market.

Visit the bustling Khan El Khalili market for an authentic experience. The historical significance of the Khan El Khalili market is one of the most compelling reasons to come. It is a Fatimid Dynasty remnant and an architectural marvel in its own right, with tiny, twisting passageways, arched ceilings, and classic oriental embellishments. Meandering through these alleyways is like stepping back in time, providing tourists with an intimate view of Egypt's rich history and culture.

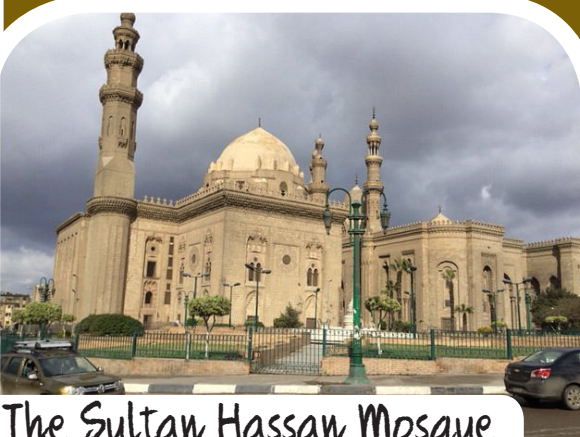
On the other hand, Khan El-Khalili is a vibrant, breathing centre of modern local life, not merely a glimpse into Cairo's past. Locals can shop for spices and textiles, have spirited chats over tea in traditional coffee "Ahwa" shops, or work in their antique workshops, highlighting a sense of community that has lasted and thrived for decades.

Another attraction is the variety of things offered at Khan El Khalili bazaar. Vendors in the Khan sell everything from traditional handmade Egyptian goods like papyrus scrolls, perfume oils, jewellery, and pottery to modern clothing and electronic devices. Every booth has a story to tell, making shopping in Khan El Khalili a one-of-a-kind experience of discovery and bargaining.

Furthermore, the market is a hotspot for Egyptian gastronomic specialities. Visitors may taste classic Egyptian meals such as kosher, molokhia, and a selection of local desserts while drinking a cup of mint tea among the noise and bustle of the market.



molokhia



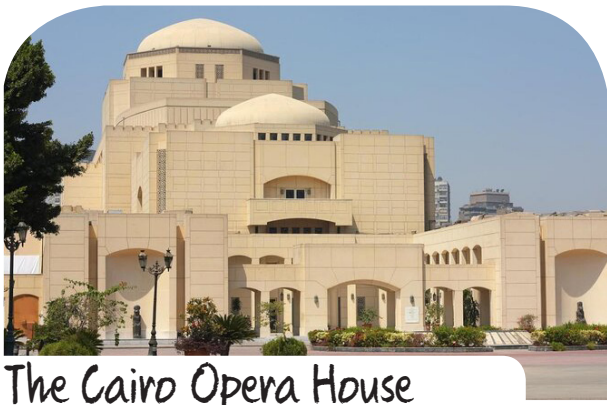
## The Sultan Hassan Mosque

Cairo's cultural flair extends beyond historical buildings and bustling bazaars to religious landmarks. One such spectacular destination to see is the Sultan Hassan Mosque. The mosque, constructed between 1356 and 1363 under Sultan Hassan, is a magnificent example of Mamluk architecture. It mixes aspects of Islamic creativity, providing an instructive experience for people drawn to unusual architectural ideas. It combines Anatolian Seljuk architecture with Arabic and Islamic characteristics to create a sophisticated architectural language unrivalled worldwide (Bianca, 1984).

The mausoleum of Sultan Hassan himself, placed beyond the Qibla wall, is the mosque's pinnacle of beauty. Despite the passage of almost 600 years, the tomb is covered with an artistically carved wooden baldachin, with its complex pattern preserving its original colour and gilding. The mihrab at the mosque is substantially larger than in other mosques, a tribute to Sultan Hassan's ambition and magnificence (Behrens-Abouseif, 2007).

Today, the Sultan Hassan Mosque is an active site of prayer and an open-air museum, capturing centuries of Cairo's rich heritage and history. The mosque has a fantastic aura of holiness and calm, providing a welcome escape from Cairo's hectic daily life. Its striking silhouette against Cairo's massive skyline is reason enough to visit. Visiting the Sultan Hassan Mosque is more than simply a visual treat. It investigates Egyptian cultural history, the elegance of Islamic artwork, and the Mamluk era's deep-rooted customs. It is an essential addition to the agenda of any history buff or architectural enthusiast visiting the City of a Thousand Minarets.





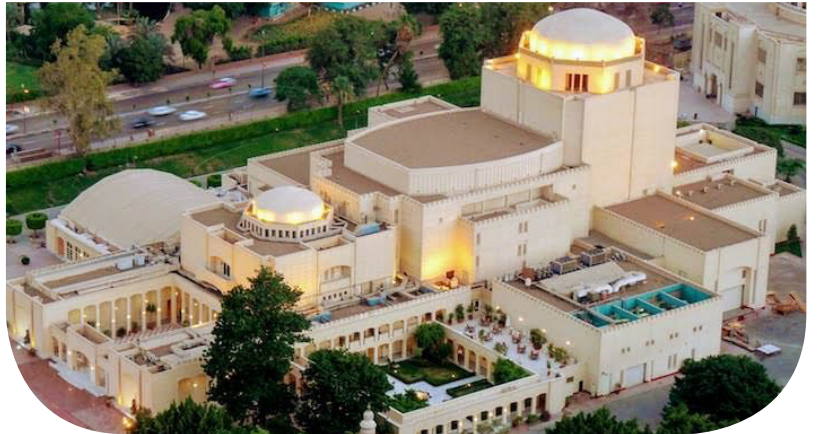
## The Cairo Opera House

The Cairo Opera House, regarded as the peak of Egypt's performing arts community, has established itself as a timeless landmark and cultural centre in downtown Cairo. The current Cairo Opera House was inaugurated in 1988 as a magnificent replacement after the previous Khedivial Opera House burned down in 1971 (Cyber Divers, 2021).

It is a significant cultural symbol that showcases Egyptian, Arab, and world-class performances while safeguarding cultural wealth. It is a colossal complex nestled among the bustle of the Zamalek neighbourhood. It incorporates many

performance spaces, including the Main Hall, the Small Hall, and the Open-Air Theatre, each adapted to different sizes and styles of events (Culture Trip, 2018).

With a seating capacity of roughly 1,200, the Main Hall presents large-scale productions such as ballet, opera, and symphony concerts. In stark contrast, the Small Hall, which seats around 500 people, is used for smaller performances like chamber music concerts and specialist talks (Egypt Tours Portal, 2018). During the warmer months, the beautiful Open-Air Theatre also stages a variety of acts, providing spectators with a one-of-a-kind theatrical experience.



## Cairo Tower

Constructed between 1956 and 1961, the Cairo Tower, sometimes called "Borg El-Qahira," is a remarkable example of contemporary architecture. It is the highest tower in Egypt and North Africa, at 187 meters tall. The tower exemplifies the nation's merging of historical traditions with modern advances because it is entirely composed of granite, the same material the ancient Egyptians used to create their ageless monuments. This famous tower's fantastic panoramic view is one of the main reasons to visit. Visitors may enjoy breathtaking views of Egypt's expansive capital city against the robust Nile River background from the revolving observation deck atop the tower. One can even catch sight of the Pyramids of Giza, one of Egypt's most well-known sites, on a clear day.

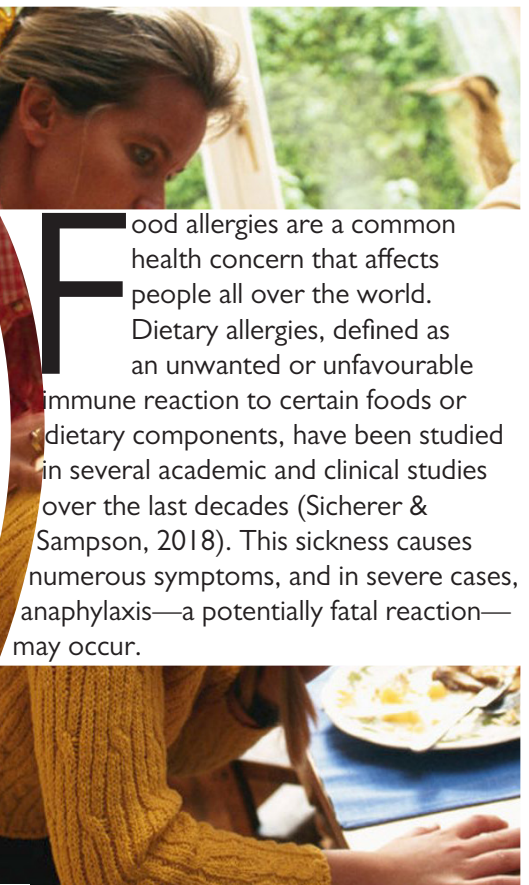
The Sky Garden Cafe and the Revolving Restaurant provide unique eating experiences to visitors to the Cairo Tower. These restaurants, which give a delectable selection of Egyptian and foreign cuisines, ensure a great dining experience while providing stunning city views.



Cairo continues to enchant visitors with its many cultural, historical, and modern attractions. This city's throbbing atmosphere and historical riches give every traveller a unique, memorable experience. Time to visit Egypt!



LIVING WITH FOOD ALLERGIES AND INTOLERANCES:  
ADVICE FOR EATING WELL  
AT HOME AND AWAY



**F**ood allergies are a common health concern that affects people all over the world. Dietary allergies, defined as an unwanted or unfavourable immune reaction to certain foods or dietary components, have been studied in several academic and clinical studies over the last decades (Sicherer & Sampson, 2018). This sickness causes numerous symptoms, and in severe cases, anaphylaxis—a potentially fatal reaction—may occur.

**Dietary allergies**

Dietary allergies develop when the immune system's capacity to distinguish between hazardous and innocuous dietary components fails. The immune system mistakenly sees specific dietary proteins as dangerous, resulting in an overreaction defined by activating specific white blood cells and generating antibodies. Immunoglobulin E (IgE) antibodies stimulate inflammatory reactions, resulting in a cascade of symptoms (Konstantinou et al., 2014). Food allergies can affect both adults and children; however, the sorts of foods to which people are allergic may differ depending on their age. Common dietary allergies include eggs, milk, soy, tree nuts, fish, shellfish, and wheat.

**ALLERGENS**

These eight allergens are responsible for roughly 90% of all allergy responses to food worldwide. Individuals with food allergies must maintain constant attention to minimize exposure to offending foods and carry emergency medicine such as self-injectable epinephrine (Sampson et al., 2018).



**Peanut allergy** is one of the most frequent food allergies, accounting for more fatalities from food-induced anaphylaxis than any other food allergen (Finkelman, 2017). This allergy affects about 2% of children and 0.6% of adults in the United States. Peanut allergy produces rapid symptoms and has a high prevalence of persistence, estimated to be over 80% (Sicherer, Sampson, 2018).

**Allergies to milk and eggs** are more prevalent than those to peanuts, particularly among children. Cow's milk allergy affects around 2.5% of children under three, making it the most prevalent food allergy in childhood (NIAID, 2019). Egg allergies are common in youngsters and often outgrow (Lemon-Mulé et al., 2008).

**Allergies to fish and shellfish** occur more in adults and, in contrast to other food allergies, seldom go away.

**Fish allergies** affect around 0.6% of the US population, with shellfish allergies accounting for 2% (Ebisa-wa et al., 2020).

## **Modifying and accommodating dietary**

Modifying and accommodating dietary limits is essential to avoid acute responses to specific meals. First, it is critical to grasp which foods cause allergic responses thoroughly. Milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish are the "big eight" allergens, accounting for nearly 90% of all food allergies (FARE, 2021). Knowing about these allergies can significantly aid in establishing a proactive plan to deal with dietary limitations.

Creating a customized meal plan is an excellent method to handle dietary limitations. The plan entails replacing allergic meals with nutrient-dense alternatives. For example, individuals allergic to milk can substitute dairy-free alternatives such as oats, almonds, or rice milk. On the other hand, those allergic to wheat can substitute gluten-free grains such as quinoa, rice, or maize (Cleveland Clinic, 2018).



## **label reading**

Furthermore, thorough label reading is essential in avoiding food allergy exposure. Common food allergies must be listed on product labels by manufacturers by law. Checking labels not only guarantees that harmful components are discovered but also aids in maintaining dietary limits and safe food consumption (FDA, 2021).



## **Home cooking**

Cooking at home gives you more control over what goes on your plate than eating out. Prepare meals using fresh, complete ingredients to avoid cross-contamination, which is a significant problem in food operations.



## **Culinary techniques**

Furthermore, culinary techniques like baking, grilling, or sautéing can increase flavour without introducing potentially allergic substances (Cleveland Clinic, 2018).



## **Hygiene**

Regarding home cooking, hygiene is one of the most essential aspects. It is critical to wash hands and cooking surfaces with hot, soapy water before and after preparing meals to reduce the possibility of allergy cross-contamination (Luccioli, 2008). This simple procedure can significantly minimize the likelihood of allergic responses when followed regularly.



## **Separate cooking equipment and appliances**

Similarly, utilizing separate cooking equipment and appliances for making allergen-containing foods can dramatically reduce the risk of cross-contamination (Luccioli, 2008). For example, separate cutting boards, knives, and pans should be utilized when cooking meals for someone with a known food allergy.



## **Timing**

Consider the timing of allergic food introductions as well. Waiting until a kid is older before introducing foods associated with allergies, such as peanuts or shellfish, may help avoid allergies, according to the American Academy of Pediatrics (AAP, 2019).



## Cooking techniques

Food handling and cooking techniques can also help to prevent allergies. Some cooking and preparation techniques, like boiling or frying of food, might diminish allergic characteristics in some foods (Venter, 2016). As a result, learning safe cooking procedures for foods that are frequently associated with allergies is critical.



Understanding how to avoid food allergies when dining out is critical. Make deliberate queries about food components. A practical approach is to inquire with the waitstaff or chef about the food's composition, cooking procedures, and any cross-contaminants. Additionally, suppose the menu has symbols identifying which foods include common allergens. In that case, they might help give critical visual clues (The Food Allergy & Anaphylaxis Network, 2018).

Additionally, bringing meals while dining out is often wise, especially if you are not sure of what will be offered. A prepared meal gives you more control over what you eat, decreasing the possibility of adverse responses.

Subsequently, carrying an allergy card is a highly successful method. It aids in communicating your allergies precisely. Some cards even depict the intensity of an allergic response, emphasizing the crucial significance of avoiding certain foods (Asthma and Allergy Foundation of America, 2020).

Also, bring allergen-specific medication when you eat out, and remember to check the expiration date. It is critical to check with your allergist about the optimum dose, especially while using an EpiPen.

With the incidence of food allergies rising, understanding their processes, symptoms, and management techniques is more important than ever.



## AUNT SYLVIA



Dear Readers,

Generally, I use my last article of the year to touch base and see how far my advice to my readers has impacted them in any way.

Let's go to Ahero, Kenya, and hear from Akeyo. How is your 15-year-old daughter, and how are you and your husband tackling the issue of teaching your daughter sex education? Did you eventually win your husband's support to give your daughter sex education lessons and teach her the dangers of early pregnancy and how to prevent it, even though your husband thought such a move could lead your daughter to a promiscuous lifestyle? Did you let him know that exposing children to sex education does more good than harm because it helps prevent unwanted sex and even premature death among teenagers? I am curious how all is with your daughter. Hopefully, your husband has seen that the advantages of giving your daughter sex education outweigh the disadvantages. Please write and update me on this.

How about you, my dearest Ade from Lome, Togo? How is it going with your 22-year-old son, the medical student who suddenly wanted to go into business? As I mentioned in my message, deciding to start a business instead of attending university is a crucial decision your son, whom you said is academically sound, should consider before diving into it. As mentioned, entrepreneurship and education are not mutually exclusive. While anything could go wrong while trying to run a business, a certificate in hand is an undeniable tool to unlock many opportunities that could lead to financial stability. I am happy to hear that you and your wife convinced your 22-year-old to finish his medical school first and earn himself a certificate before thinking of venturing into business. Applause for you and your family.

I appreciate you, Haima from Lafia, Nigeria, for thanking me for my advice and how they helped tackle the misunderstanding between you and your husband over financial contributions to your family. It is a joy to hear that your husband has recently recognised that providing money for home does not solve all other problems at home. He now understands that money alone hardly takes care of everything; someone has to make things work. More importantly, it is good to hear that he now appreciates your tasks at home, such as taking care of the children, cooking, washing, shopping, and ensuring your family functions effectively, even in his absence. You mentioned that your husband's attitude has turned from disrespect to acknowledging your family's contribution. Wow! It gives me extraordinary joy to learn that your family has started to spend quality time together. What a best end-of-the-year gift for me!

It is good to learn that my little advice could bring such a magnificent change in the lives of my readers; it is my wish that they impact others positively through their efforts.

As the year clocks to an end, I wish you all the best and hope that the year 2024 will bring more success, good health and happiness to you.

Happy New Year in advance, and see you in 2024.

Yours,

Aunt Silvia



**Advertise  
with  
us and  
make  
your  
product or  
service  
known**

Contact us via:

info@katakata.org  
+31 619869357  
+31 365298411  
+31 684316478



# FREE CARTOONS BLOGS NEWS COMICS COMMUNITY

JOKES  
SHOP



**WELCOME ON BOARD  
KATA KATA!!!**



**KATA KATA AFRICAN  
CARTOONS APP**

GET IT ON  
**Google play**

**WATCH** HUMOUROUS  
ANIMATIONS

**READ** MORE MAGAZINES  
& COMICS

[www.katakata.org](http://www.katakata.org)