



# KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE



+ HEALTH

RATE OF HIV  
IN EAST AND  
SOUTHERN  
AFRICA



OVER  
10 PAGES  
CARTOON

## Fashion

WHERE TO BUY

African Fashion

ONLINE

BEAUTY

AVOID  
THESE BAD HABITS  
TO PROTECT YOUR SKIN FROM  
PREMATURE  
AGING

## Kids

TEACHING  
YOUR CHILD  
HOW TO READ



# AGAMA THE KIDNAPPER

ISSN 2214-059X



**Foods**

Outstanding chef's knives

**INTERIOR**

Know the type of solar panels

**TECH**

Remodeling mistakes that you should avoid

**TRAVEL**

Botswana: Facts and Places to visit

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:**



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



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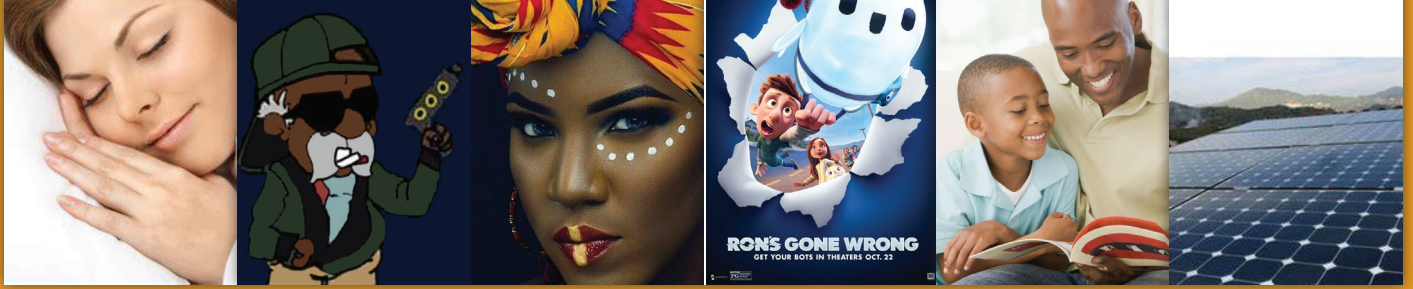
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## I HEAR YOU

Kuteka Lesa ke kumweka bwishi ne.  
(Kaonde, Zambia)

When God cooks, you don't see smoke.  
(English)

In the face of hopelessness, help can come unexpectedly (Meaning)

## TELL ME SOMETHING

### TELL ME SOMETHING!

Nigeria's influential "prophet" TB Joshua died aged 57 - News



.....But didn't "see" it coming

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## Publisher's note:

*The small cut that defines and changes your life.*

It is not just like any other cut; it targets a specific gender and a particular part of their body. More than anything, it is not just done for religious or cultural reasons alone; there are hardly any sacred scriptures that require it. It is carried out as an instrument to suppress a woman's sexuality and reinforce their cultural perception as a sex object. Welcome to the wild world of women as they battle with female genital mutilation (FGM).

FGM, a cruel procedure performed on a woman or girl, which involves the partial or total removal of her external genitalia or other injuries to the female genital organs for non-medical reasons, is not new. Today, over 80 per cent of women and girls in Guinea, Somalia, Egypt, Eritrea, Burkina Faso, Chad, Ethiopia, Mali, and Djibouti undergo genital mutilation or cutting. According to the WHO report, yearly, at least 200 million girls and women aged 15–49 from 31 countries are victims of FGM practice, with the cost of the treatment of health complications from FGM practice in 27 affected countries amounting to 1.4 billion USD yearly.

From severe long-term physical and emotional problems and dangerous medical complications, including excessive bleeding, severe pain, infertility, infection, and even death, FGM equally increases the chances of HIV transmission. That is not all. The practice can cause complications during childbirth, problems urinating, and later cysts, stillbirth, infections, postpartum haemorrhage and early neonatal death.

Sadly, FGM has no health benefits for girls and women, yet, according to the WHO report in 30 countries, millions of girls and women who had undergone FGM are left physically, socially, and

mentally disorganised until death. If female genital mutilation has no health benefit, why is the practice prevalent in many countries?

The answer is simple. FGM is a manifestation of social norms rooted in gender inequality which sanctions violence against girls and women as acceptable behaviour. Societies use FGM to enslave women systematically and cruelly coerce women to become a voiceless appendix to their men through aggressive sexual exploitation and violence in the hands of men.

Ironically, relationships are built on mutual love, trust and respect for each other. It is hard to imagine that FMG is an instrument to create love and trust in a male-female relationship. Why would that be when the woman is constantly subjected to pain whenever one of the essential issues that matter most in a relationship or union comes into question?

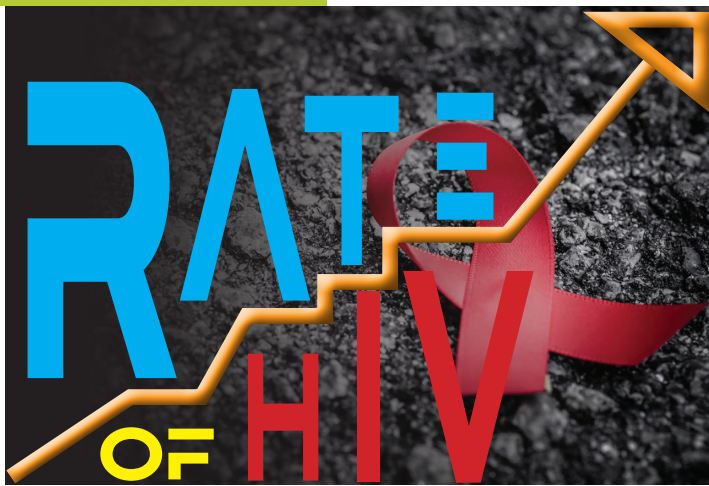
Most of the affected women hardly complain due to social pressure and the web holding them down. But that doesn't mean they are happy with their miserable situation.

We must join hands to free them from their female genital mutilation shackles. The World Health Organization (WHO) and other rights organisations are trying to stop female genital mutilation; they want everyone to support their efforts.

Let's start from Kata Kata Village. Join me!

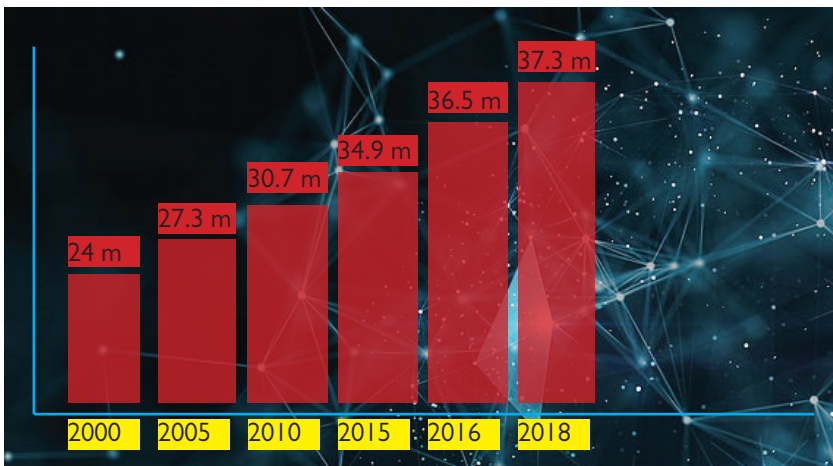
Yours in Kata Kata,

Ogo Ubabukoh  
Editor-in-Chief



# IN EAST AND SOUTHERN AFRICA

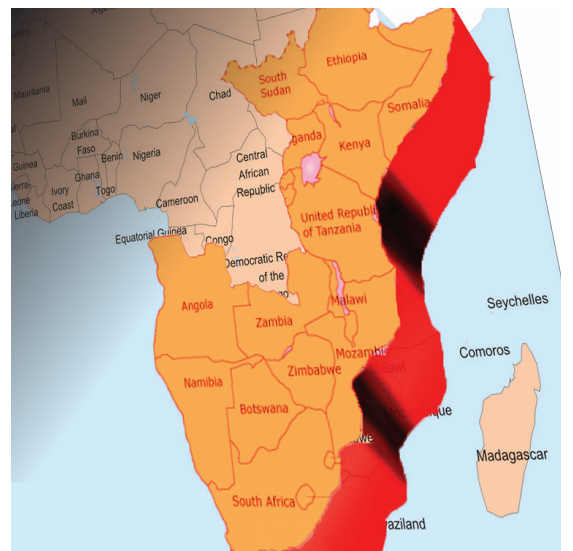
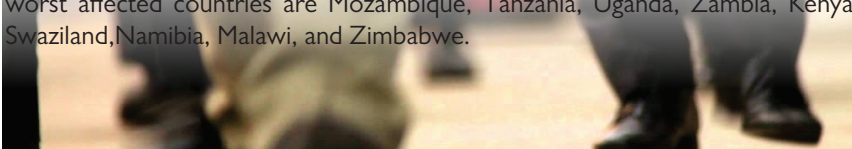
The Centers for Disease Control and Prevention (CDC) defines the Human Immunodeficiency Virus (HIV) as a virus that invades the body's immune system. Possible symptoms include fever, chills, rashes, night sweats, muscle aches, sore throat, fatigue, swollen lymph nodes, and mouth ulcer. Health experts found that if HIV is not treated in time, it leads to Acquired Immunodeficiency Syndrome (AIDS). The virus can be transmitted in many ways, such as through anal or vaginal sex with an infected person, sharing needles, syringes, or drug injection equipment with those already infected. It can also be transmitted from a mother to her child during pregnancy, birth, and breastfeeding, but it is less common due to advances in HIV treatment and prevention.



Amid the Covid-19 pandemic, HIV is still a big problem to the entire world, based on statistics from Avert.org. The organization's 2019 report indicates that 38 million people were living with HIV/AIDS, of whom 1.8 million were children. In the same year, 690,000 people also succumbed to AIDS-related diseases. According to data provided by Avert.org, the number of people living with HIV/AIDS has been on the rise between 2000 and 2019. In 2000, 24 million were HIV positive, 2005 the number rose to 27.3 million, 2010 30.7 million, 2015 34.9 million, 2016 36.5 million, and 2018 37.3 million.

In terms of regions, East and Southern Africa recorded 20.7 million cases, the highest globally, followed by Asia and Pacific with 5.8 million. Then West and Central Africa come third with 4.9 million. Fourth, West and Central Europe and North America 2.2 million, Latin America 2.1 million, East Europe and Central Asia 1.7 million, Caribbean 330,000 and lastly, the Middle East and North Africa with only 240,000 people living with HIV.

Sub-Saharan Africa is the hardest hit region by the virus. With a total population of about 1.14 billion, more than 20 million people are living with HIV. In 2019 alone, 730,000 new infections were registered, and 300,000 people died of AIDS. Avert.org reported that South Africa is leading with the number of HIV cases worldwide, with an approximated 7.7 million people living with HIV. It also recorded more than a quarter of the region's new infections in 2018. Other worst affected countries are Mozambique, Tanzania, Uganda, Zambia, Kenya, Swaziland, Namibia, Malawi, and Zimbabwe.



Population Reference Bureau (PRB) stated that South Africa, Lesotho, Swaziland, Botswana, Namibia, Zambia, and Zimbabwe. Botswana, Lesotho, Swaziland, and Zimbabwe have a prevalence rate of more than 30 percent, Mozambique, Malawi, Burundi, Rwanda, Kenya, Tanzania, and Ethiopia have adult prevalence rates between 6 and 15 percent. On the other hand, Somalia, Eritrea, Djibouti, and Sudan have little or no data, while Madagascar's prevalence rate is below 1 percent despite the high rate of sexually transmitted infections and the rampant commercial sex trade.



Poverty is the major contributor to HIV transmission as there are not enough funds to carry out HIV tests, antiretroviral therapy, and buy condoms.



Next is inadequate medical care. There are inadequate hospitals and doctors to handle the growing number of HIV patients.



Thirdly, lack of prevention and education. Many African governments initially ignored the disease, giving it room to spread faster. They have also not done enough in educating people on the virus transmission, prevention and effects.



The fourth point is polygamy marriage which is believed to fuel the spread of the virus.

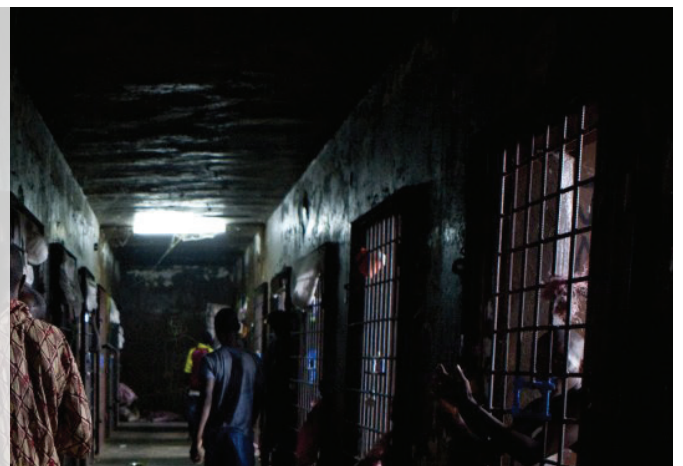


Fifth is prostitution; poverty has driven many young women to the commercial sex trade, hastening its spread. People with HIV are also stigmatized and sometimes expelled from society; hence some of those living with the virus conceal their status.



The most affected groups of people in East and Southern Africa are sex workers, clients of sex workers and other sexual partners, gay men and other men who have sex with men, and people who inject drugs, according to the UNAID assessment report. Others are young women and prisoners. Fifty-five percent of sex workers, whose majority are women, are reported to be living with HIV, and one in every five men who have sex with men is estimated to be living with the virus. Also, less than a third of people who inject drugs are HIV positive, with Kenya, Madagascar, Mauritius, Mozambique, South Africa, Tanzania, and Uganda being homes of drug lords. A total of 21.8 percent of people who inject drugs in the South were living with HIV in 2018. While Kenya recorded 18 percent in 2011, their neighbours Tanzania had 15.5 percent.

Research by Avert.org has also found high HIV prevalence among prisoners triggered by overcrowding, limited access to health care, drug use, unsafe injecting practices, sexual violence, unprotected sex, and tattooing. Also, there are high cases of HIV among young women compared to their male counterparts. By 2019, 1.6 million young women had the virus in the region compared to 660000 young men. This is due to a high level of transactional sex and little knowledge on HIV prevention, with experts at Avert.org saying that only 4 percent of young women in Mauritius know how to prevent HIV as opposed to 30 percent of young men. Kenya reportedly has high knowledge of HIV prevention in the region, with 64 percent of young men and 57 percent of young women have enough knowledge. Another factor that escalates HIV transmission among young women is a high level of physical and sexual violence towards them.

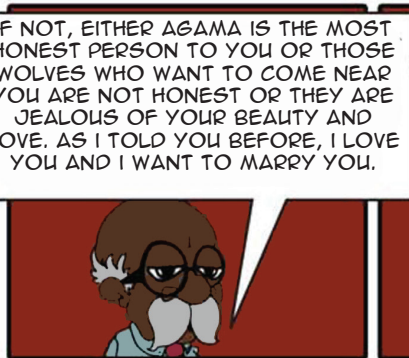
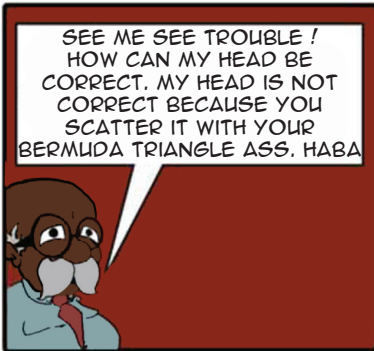


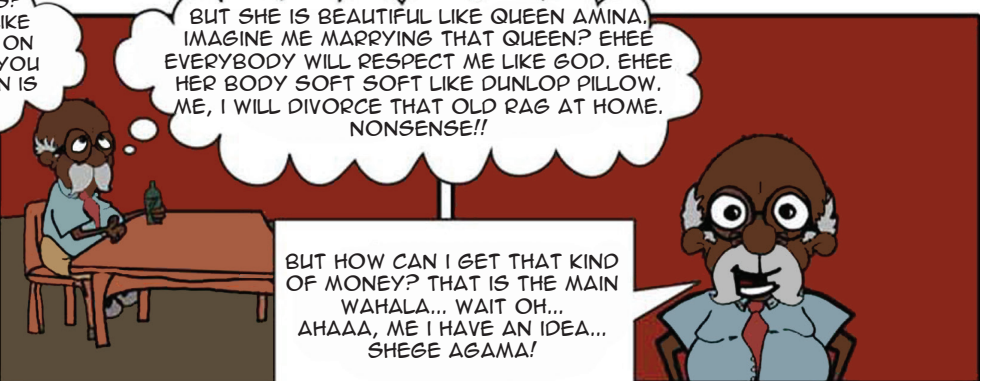
Attempts by different NGOs, WHO, African governments, and various health experts to mitigate the spread of HIV are bearing fruits now though it will take time to achieve a hundred percent result. The Avert.org 2019 report shows that 87 percent of people from East and Southern Africa know their status, 83 percent on HIV treatment, and 90 percent are virally suppressed. Many countries have also rolled out education programmes to create HIV awareness among their people.

As an individual, there are many ways to prevent yourself from contracting the virus, such as abstaining from sexual intercourse, desisting from sharing needles, syringes, and drug inject equipment with other people, properly using a condom as well as using Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP).

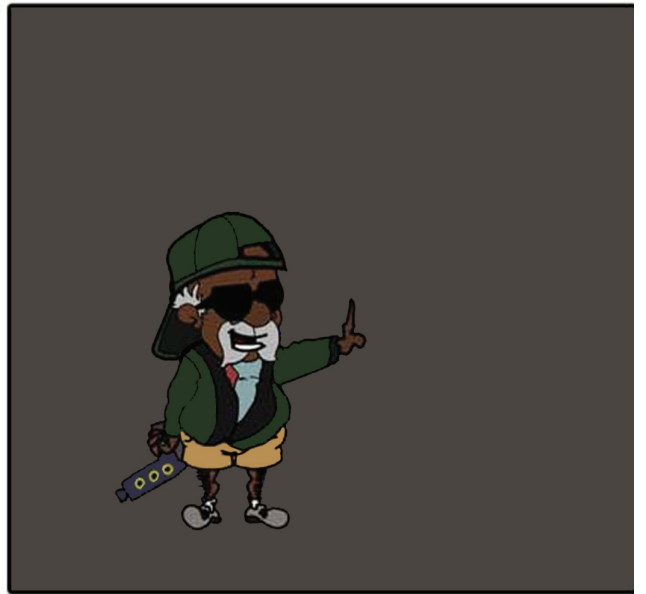


# AGAMA THE KIDNAPPER

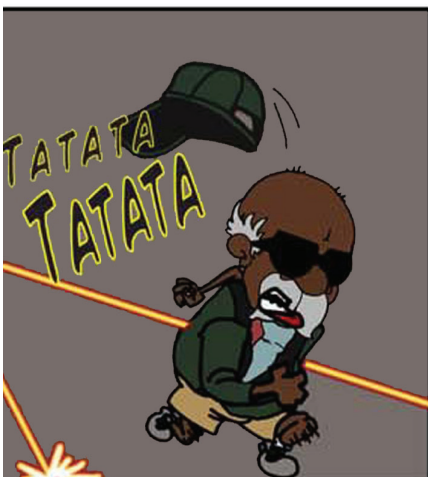
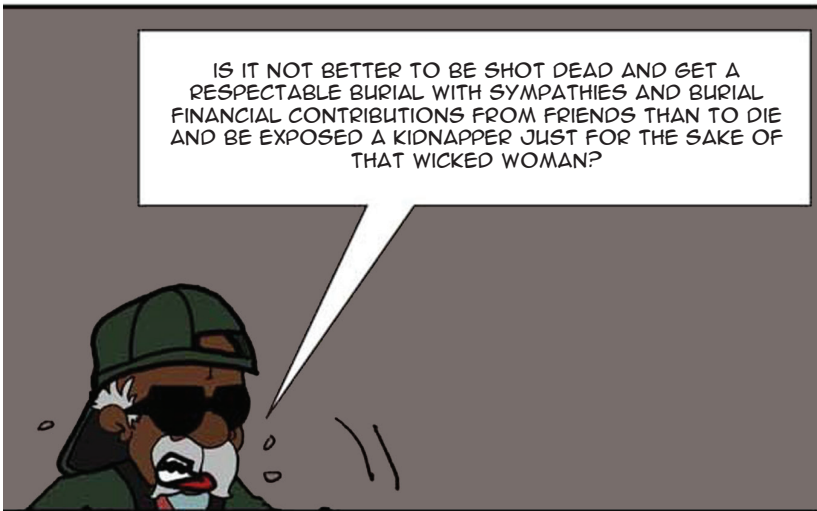












WHERE TO BUY

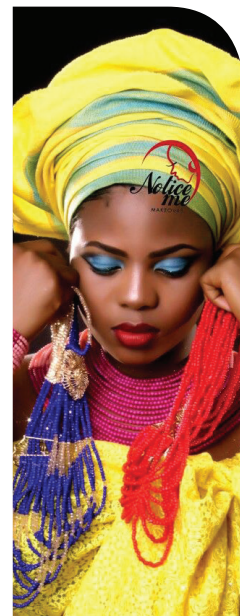
AFRICAN FASHION

ONLINE



Africa is famed for its lively cultural diversity, incredible inventions, and rich history and its incredible fashion sense. Wearing African clothing is a popular method for people to respect their history and culture. It's a way for them to pay tribute to their forefathers and the natural beauty of their birthplace. African garb can also display creativity, status, and a commitment to tribal roots in Africa.

Jumpsuits, wrap dresses, rompers, dashikis, and bandage dresses are available for men and women. As a result of technological advancements, you may now purchase an African outfit of your choice without having to fly and have it delivered to your home.



wrap dress



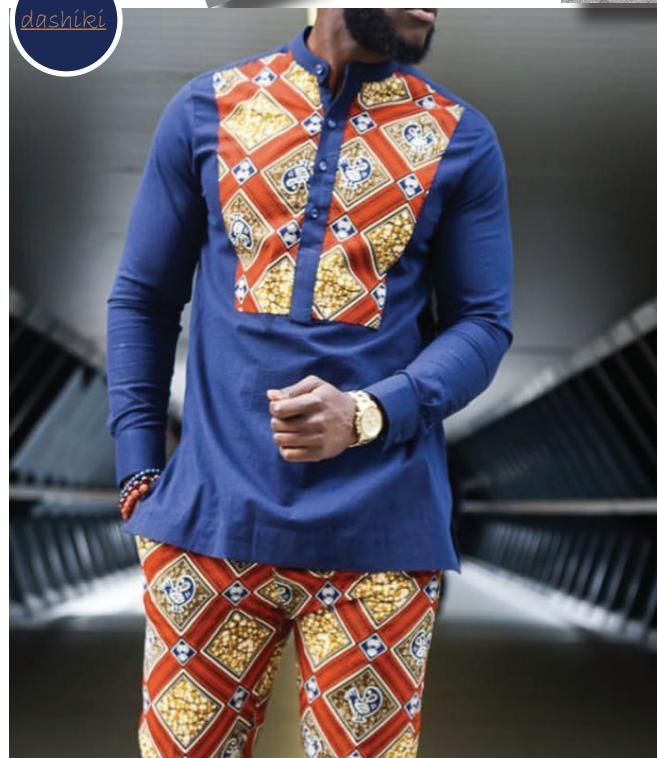
Jumpsuit



Romper



dashiki



Bandage dress

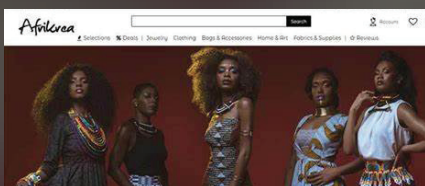


The websites listed below are where you can purchase your desired African clothing at any time and from anywhere. These websites are authentic, with a vast product range and a global customer base.



D'IYANU is a ready-to-wear clothing line with bright prints that offers affordable, high-quality African-inspired clothing. It was founded at the beginning of 2014 by Nigerian-born Addie Elabor. Its purpose is to inspire individuals to dress stylishly and courageously.

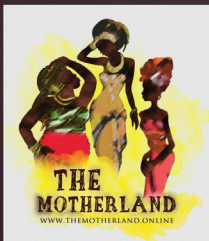
The meaning of the "D'IYANU" brand "D" in French means "of" or "from," while "IYANU" in Yoruba, a Nigerian language, meaning "miracle" or "wonderful," loosely translated as "of or from something delightful."



Afrikrea is an online marketplace for finding, buying, and selling African clothing, arts, and crafts. This online store was developed to help African goods vendors market and sell their African-related products to customers interested in all things African. It brings buyers and sellers from all around the world together to facilitate transactions and exchanges. Some of the top African clothing stores on the Afrikrea platform include Afrothrone, Mangishi-doll, Grass-fields, and Bazara-pagne.



In Zimbabwe's Shona language, Zuva means sun. After becoming disappointed with her difficulty in finding African-inspired garments and accessories online, Kelechi Anyadiegwu, a Nigerian-African entrepreneur, founded it in 2014. The platform's purpose is to provide global designers with the skills they need to access a worldwide market and make women all over the world feel courageous and gorgeous in vibrant and zany African-inspired creations.



TheMotherland.online is a one-stop-shop for stunning African-inspired apparel and accessories. It also sells soap, cosmetics, clothing, and items for both ladies and children. They also sell tote bags, bow ties, and cell phone cases, as well as artwork and accessories.



It offers a diverse selection of African clothing for men and women of different shapes, sizes, and colors. L'aviye also develops trademark African-inspired footwear and purses that look wonderful with any ensemble and add the right finishing touch. Its purpose is to encourage African fashion fans to rekindle pride in African culture.

## GRASS-FIELDS



Christelle and Michelle Nghanou, twin sisters from Cameroon, created it. Its purpose is to create clothing that makes you feel confident. Grass-fields offers high-quality, ethically manufactured apparel for women, men, and children in various styles. The majority of modern clothing is produced in Africa. They carry a wide range of patterns in a variety of sizes, including African-inspired clothing.



Ocacia is the first premium African internet store specializing in handmade clothes for both men and women and offering bespoke designs. Shoes, jewelry, shawls, and basket-based art are also available.



Maryam Garba is a designer who specializes in brightly colored professional women's clothing. Its purpose is to empower women for professional and personal success by providing elegant and affordable clothing. Elegant and quality are two of Maryam Garba's fundamental ideals. This line's dresses, skirts, shirts, and pants can be worn for special occasions or to show business pride.



You're looking for African clothing merchants online, but you're not sure which ones are genuine. The above-mentioned internet retailers will be of great assistance to you. Choose what you enjoy and dress to impress.



# MISTAKES THAT YOU SHOULD AVOID

**A** good home is not only for shelter, but homes are more important than you can comprehend. Our homes make us happy by giving us a sense of belonging, identity, security, privacy, and control, said Graham Rowles, a gerontology professor at the University of Kentucky. He states that the environment in which people live is closely linked to their well-being. So investing in your home to make it a suitable place to inhabit is one of the best decisions you will never regret in life.



If you have the financial muscle to renovate your home, you do not have any excuse to dwell in a house whose roof is devastated by termites, furniture is torn, and walls have cracks occasioned by bad weather conditions. Renovation offers numerous benefits, including increasing space, restoring the house's former glory, improving comfort and safety, and maximizing the property value. Having remodelled your home before, you can agree with me that the process is hectic and requires good planning and patience. Know what you need, come up with a realistic budget, consider the space available, and most importantly, be ready to encounter eventualities on the road. There are various mistakes homeowners make at the beginning of the project, either knowingly or unknowingly, but later they bring headaches. They may look minor initially; however, you will have to break the bank to rectify the mistakes over some time. Some of these mistakes are avoidable if you develop a good plan and stick to it and strictly follow your experts' recommendations.

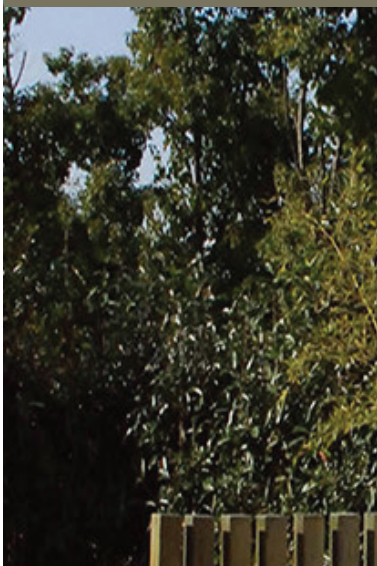


### NEGLECTING A PLAN

Before you begin redecorating, redesigning, or extending your home, have a plan that will guide you in the entire process. Ensure your plan has correct details, including every single product set to be used plus their model numbers. Proper planning should take time, and a renovation expert, Dan DiClerico, suggests that you should take at least six months to assemble your team: designer, contractor, decorator, and architect. Making a plan and sticking to it are two different entities. Stick to your initial plan by avoiding minor changes along the way that might escalate the construction cost.

### CHOOSING THE WRONG ARCHITECTURAL ELEMENTS

You are advised to invest in high-quality windows, doors, and floors since they are not easy to replace. Experts recommend that you opt for windows that suit your home's interior and exterior design and should work well with natural lighting and provide easy access. A door must be sturdy and efficient, providing beauty and function to space, and should be spacious to accommodate many people, particularly for the main entry. When it comes to the floor, first consider the environment. If it is your mudroom, go for slate or tile, but common areas like the kitchen require hardwood flooring due to easy maintenance.



### SETTING AN UNREALISTIC BUDGET

Like planning, a budget should be made early enough to evade delay and ensure the process is smooth. Renovation is not a cheap exercise; you have to set aside enough cash for materials needed, contracted professionals, and anything that may be used. Be ready to spend to avoid the temptation of going for cheap materials that are substandard and less durable. Purchase materials with a lifespan between ten and fifteen years or above as they will prevent you from spending more in the future.

### MISCOMMUNICATION

Good communication enhances your work relationship with the contractors; hence every work is carried out to suit your needs. Choose proper ways of communicating with them either through phone, email or text. Clara Jung of San Francisco's Banner Day Interiors advised that you call for an onset meeting with your team to seal loopholes in communication. Please keep away from side conversation without the entire team, bring them all on board, and listen to their suggestions.



### DIY EVERYTHING

Perhaps you have knowledge of refurbishment, but the truth is that you cannot do everything by yourself. You have your limits. Contract an expert with a wealth of knowledge, and you can trust, feel comfortable around and get along with one who understands the vision you have for your home and have your best interests in mind. You can do tasks like painting walls, moving furniture and hanging wallpapers, leaving structural changes, plumbing, roofing, and electrical to professionals.

### EXPECTING THE PROJECT TO BE WITHOUT ERRORS

Since man is to error, no project can go flawlessly without one or two mistakes or even more. Embrace yourself for pitfalls on the road to renovation to avoid stress or disappointments. It is good to know that any project can take longer than you expected or exceed the budget. The cost of materials may rise, prompting you to dig deep in your pocket.



### FOLLOWING TOO MANY TRENDS

According to Abigail-Elice, creative director and founder of Colorado-based Design Studio, you should develop a design plan that can last for 10 to 15 years. Avoid being caught up in trends you see on television or in magazines, they might be good today, but tomorrow they are become obsolete and forgotten. Instead, stick to timeless, your needs, and lifestyle. It is wrong to choose a popular trend that will haunt you in the future.

### FAILURE TO SECURE A PERMIT

Before you begin to work on your project, make sure you are well conversant with the laws and regulations that govern your area. It is advisable to visit your government's website and remind yourself of the building codes to legalize your construction. Knowing the codes will save you from heavy penalties and your building from being torn down by the relevant authorities.



As you plan to renovate your home before this year ends, you should note that rushing the design process is a big mistake. The designing process is not a one-week or month event; it takes time. It would be best to learn to follow the adage that says,

*"patience attracts happiness; it brings near that which is far".*

# AVOID THESE BAD HABITS TO PROTECT YOUR SKIN FROM PREMATURE AGING



## Intrinsic aging

As you become older, your skin loses flexibility fibers, and collagen production declines. A loss of elastic fibers causes wrinkles, and without collagen, the skin loses its suppleness, becoming leathery. Intrinsic and extrinsic aging are the two factors that induce skin aging. Intrinsic aging is a natural, genetically determined process driven by free radical degeneration, hormone oscillations, and the body's failure to repair skin damage properly. Skin sagging, thinning, cracking, and the formation of fine lines and wrinkles are all signs of intrinsic aging.

## Extrinsic aging

On the other hand, extrinsic aging is caused by factors such as lifestyle and environment, like exposure to ultraviolet sun rays, pollution, smoking, and alcohol consumption, among others. While intrinsic aging is unavoidable, extrinsic aging can only be avoided by adopting a healthy lifestyle. If you want a good look and healthier, you must first grasp the following negative habits that speed up the aging process and how to avoid them.



### Lack of exercise.

Regular exercise is beneficial to your health since it stimulates blood circulation in the body, making your skin glow. Exercise daily to improve the health of your skin, as well as your heart, lungs, and mind.



### Insufficient sleep

The Centers for Disease Control and Prevention (CDC) recommends at least seven hours of sleep per night to maintain the body healthy, with severe consequences if this is not achieved. Sleep deprivation creates dark circles, black patches, and minor creases under our eyes. It also lowers the skin's ability to defend itself against the sun's harmful rays. Poor quality sleep, according to specialists, can exacerbate inflammatory skin diseases, including eczema and psoriasis.



### Excessive exposure to sunlight

Prolonged exposure to the sun's UV radiation can harm the skin's elastic fibres. The skin's elastic fibres help to keep it firm. When they are damaged, their skin wrinkles and loosens. When you are exposed to Ultra-Violet rays regularly, you are more prone to acquire skin cancer. It also develops age spots on sun-exposed regions of the body, such as the face and legs. When heading out, make sure you use sunglasses to avoid the harmful effects of UV rays.



### Sugary food

Sugar-rich foods break down other proteins like collagen and elastin. When your skin is damaged, it loses its ability to remain firm and delicate, making you appear older than your actual age. If at all possible, stay away from foods that are high in sugar.







### Alcohol

Alcohol dehydrates the body and depletes vitamin A, which is needed to keep skin firm and youthful. Jairo Rodriguez, a New York dietitian, observed that alcohol induces tissue inflammation and that systemic inflammation of the skin causes a histamine reaction, which results in skin redness and flushing. If you must consume alcohol, Rodriguez advises that you also drink water to increase the diuretic impact. However, given the destructive consequences of drinking, I would stop drinking for good if I were you.



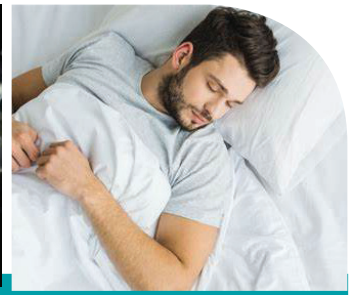
### Stress

Stress, in addition to insomnia, anxiety, and melancholy, can hasten the aging process. The cellular structure of the body is destroyed by stress, leading cells to age prematurely. It also produces inflammation in the body, which destroys various body parts as well as skin fibers. This makes the skin appear lifeless and dull. Limit your caffeine intake, avoid processed meals that may cause digestive distress, and engage in yoga or meditation to improve your mood and relax your mind to manage stress.



### Smoking

Smoking is known to hasten the aging process of the skin, in addition to its adverse effects on other body parts. Tobacco smoking promotes inflammation in the body, which affects the collagen and elastin components in the skin, causing it to sag and wrinkle at a young age. When you smoke, the frequent puckering of your lips develops wrinkles around your mouth. The only remedy is to stop smoking, not only for your skin's benefit but also for your overall health.

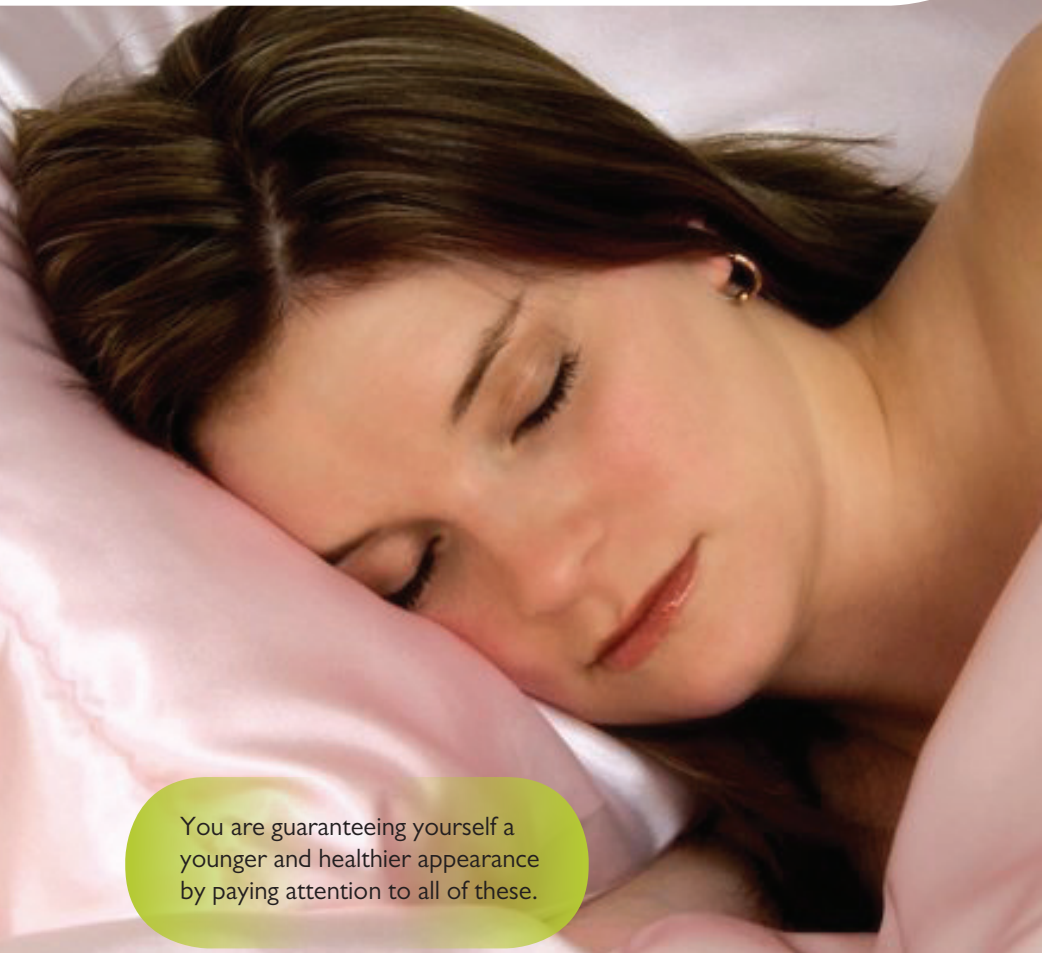


### Sleeping positions

Skin deformation and the creation of sleep lines can occur as a result of certain sleeping positions. Your skin can develop wrinkled if you sleep on your side or stomach all of the time. In other words, rather than an internal change in the skin's texture, you're developing facial wrinkles due to external pressure on the skin. Ensure you sleep on your back to relieve pressure on your skin, or use silk pillowcases to prevent skin friction.

Extrinsic aging indicators can only be avoided if you adjust your lifestyle. All good ideas are to:

- 1 avoid consuming alcoholic beverages
- 2 quitting smoking
- 3 exercising regularly
- 4 wearing sunglasses when out
- 5 sleeping for the necessary hours
- 6 avoid sugary foods
- 7 sleep in the correct position
- 8 minimize stress



You are guaranteeing yourself a younger and healthier appearance by paying attention to all of these.

# KNOW THE TYPE OF SOLAR PANELS



A solar panel is a group of photovoltaic cells mounted in a framework to produce direct power from sunshine. Solar panels are made up of solar cells that are connected electrically and arranged in a frame. When several solar panels are joined together, a solar array is formed. When the cabling brackets and inverter are installed, the entire system becomes a solar panel system. Solar panels consist of numerous solar cells, each with silicon, phosphorous, and boron layers. As a result of absorbing photons, they generate an electric current. When photons collide with a solar panel's surface, the energy released knocks electrons out of their atomic orbits and releases them into the solar cells' electric field, which subsequently attracts these free electrons into a directed current. The photovoltaic effect is the name for this mechanism.



Until Edmond Becquerel discovered the photovoltaic effect, which helped convert sunlight to solar electric energy, solar energy was utilized to produce steam used to drive machines.



Charles Fritts invented the first genuine solar cell in 1893. It was made by coating selenium sheets with a thin layer of gold.

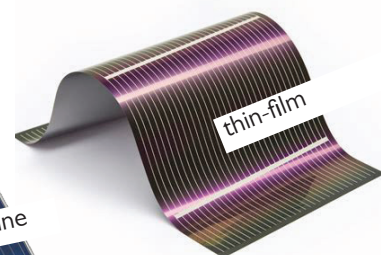
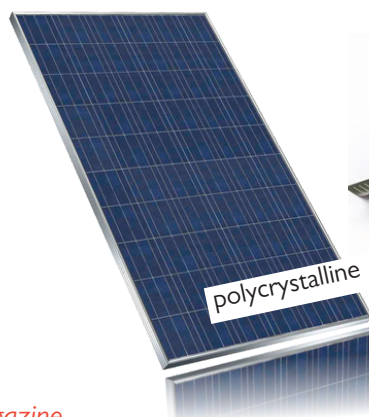
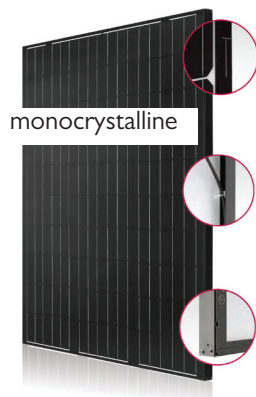


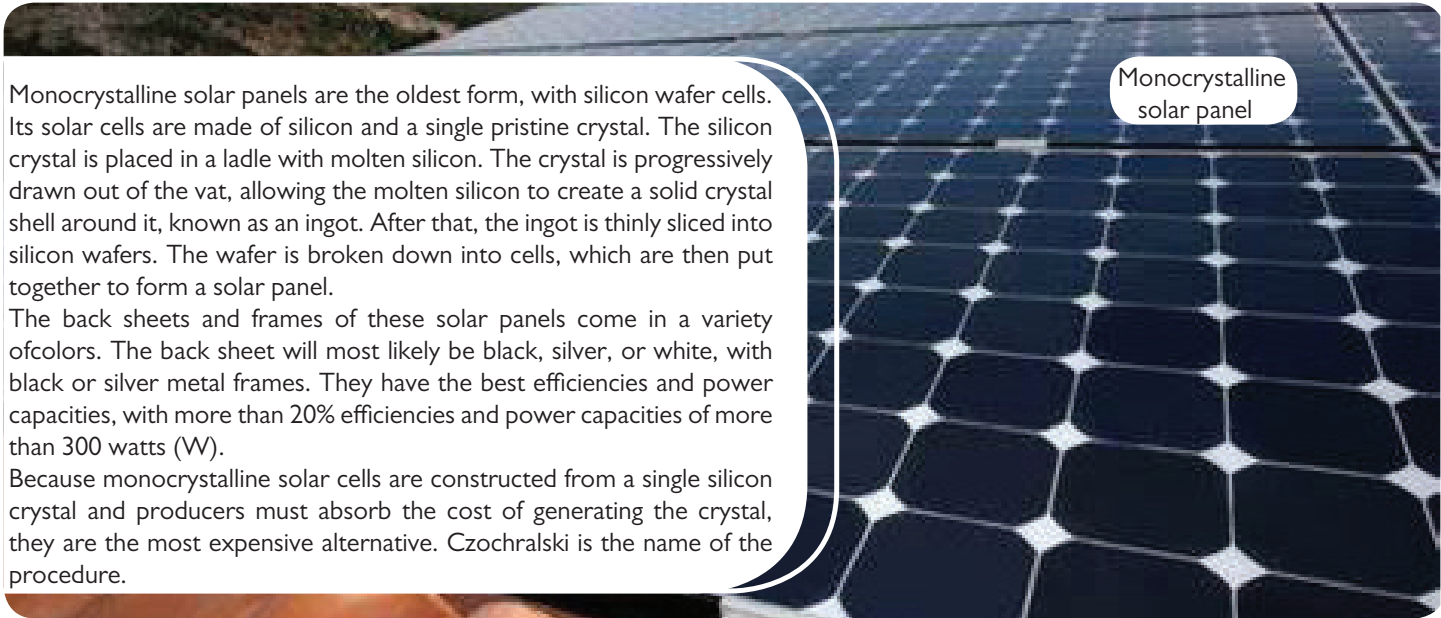
It didn't stop there; in 1941, Russel Ohl invented the world's first silicon solar cell, which led to Bell Laboratories producing the first solar panel in 1954.



Solar panels are being employed in various places, including houses, schools, hospitals, hotels, community facilities, resorts, and even clubs. Solar electric systems are less expensive since they do not require the expensive installation of utility poles and cabling from the nearest main grid access point. Solar power is also a clean and renewable source of energy, reducing the impact of greenhouse gas emissions on our environment.

Solar panels come in three types, each made uniquely and has a different aesthetic appearance. They are monocrystalline, polycrystalline, also known as multi-crystalline, and thin-film.



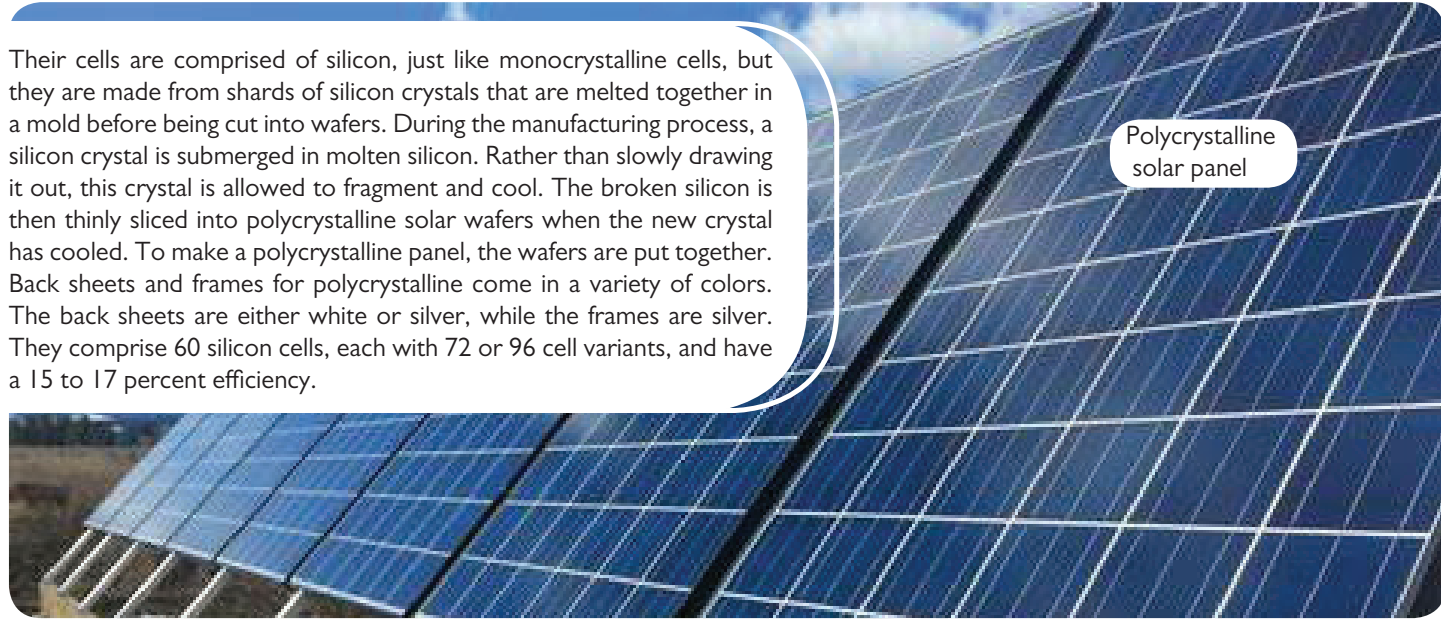


Monocrystalline solar panels are the oldest form, with silicon wafer cells. Its solar cells are made of silicon and a single pristine crystal. The silicon crystal is placed in a ladle with molten silicon. The crystal is progressively drawn out of the vat, allowing the molten silicon to create a solid crystal shell around it, known as an ingot. After that, the ingot is thinly sliced into silicon wafers. The wafer is broken down into cells, which are then put together to form a solar panel.

The back sheets and frames of these solar panels come in a variety of colors. The back sheet will most likely be black, silver, or white, with black or silver metal frames. They have the best efficiencies and power capacities, with more than 20% efficiencies and power capacities of more than 300 watts (W).

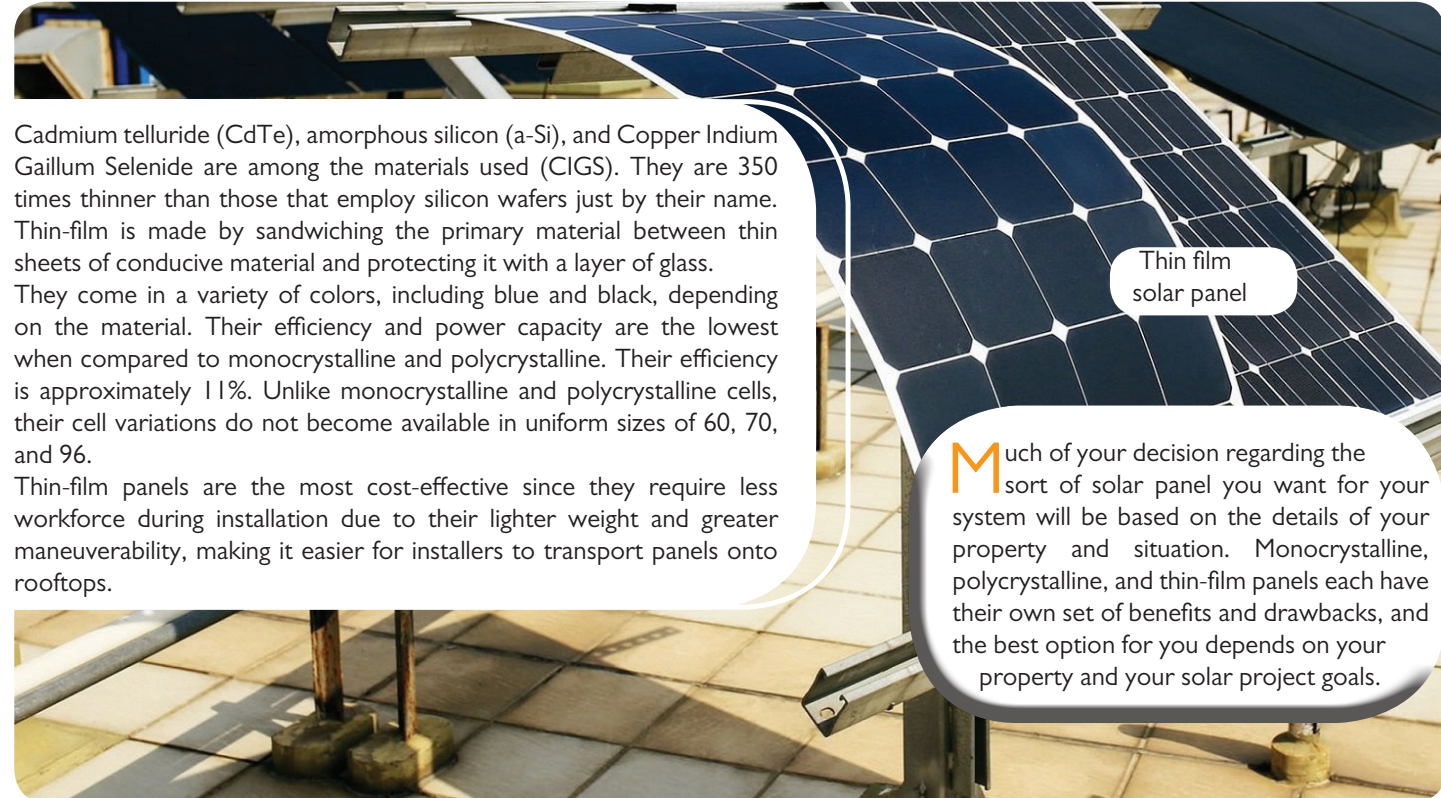
Because monocrystalline solar cells are constructed from a single silicon crystal and producers must absorb the cost of generating the crystal, they are the most expensive alternative. Czochralski is the name of the procedure.

Monocrystalline solar panel



Their cells are comprised of silicon, just like monocrystalline cells, but they are made from shards of silicon crystals that are melted together in a mold before being cut into wafers. During the manufacturing process, a silicon crystal is submerged in molten silicon. Rather than slowly drawing it out, this crystal is allowed to fragment and cool. The broken silicon is then thinly sliced into polycrystalline solar wafers when the new crystal has cooled. To make a polycrystalline panel, the wafers are put together. Back sheets and frames for polycrystalline come in a variety of colors. The back sheets are either white or silver, while the frames are silver. They comprise 60 silicon cells, each with 72 or 96 cell variants, and have a 15 to 17 percent efficiency.

Polycrystalline solar panel



Cadmium telluride (CdTe), amorphous silicon (a-Si), and Copper Indium Gallium Selenide are among the materials used (CIGS). They are 350 times thinner than those that employ silicon wafers just by their name. Thin-film is made by sandwiching the primary material between thin sheets of conductive material and protecting it with a layer of glass.

They come in a variety of colors, including blue and black, depending on the material. Their efficiency and power capacity are the lowest when compared to monocrystalline and polycrystalline. Their efficiency is approximately 11%. Unlike monocrystalline and polycrystalline cells, their cell variations do not become available in uniform sizes of 60, 70, and 96.

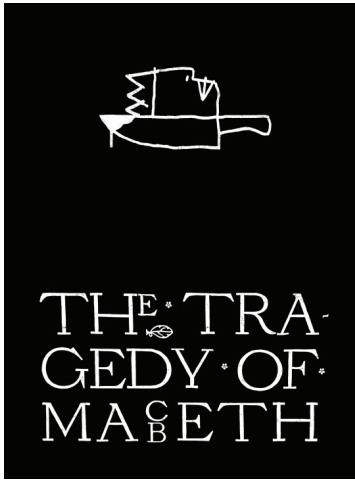
Thin-film panels are the most cost-effective since they require less workforce during installation due to their lighter weight and greater maneuverability, making it easier for installers to transport panels onto rooftops.

Thin film solar panel

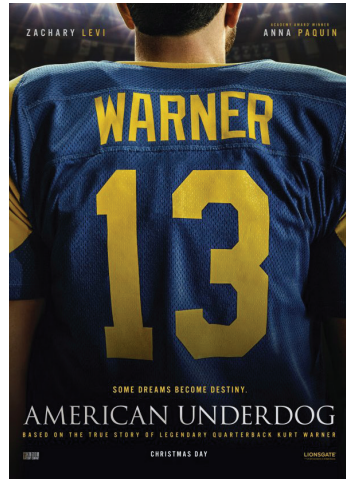
Much of your decision regarding the sort of solar panel you want for your system will be based on the details of your property and situation. Monocrystalline, polycrystalline, and thin-film panels each have their own set of benefits and drawbacks, and the best option for you depends on your property and your solar project goals.



COMING SOON



GENRE: DRAMA/ THRILLER  
RELEASE DATE : 25TH DEC 2021



GENRE: BIOGRAPHY  
RELEASE DATE : 25 DEC 2021

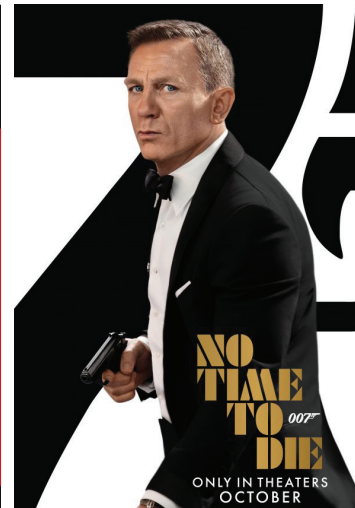


GENRE: SCIFI ACTION  
RELEASE DATE : 22ND DEC 2021

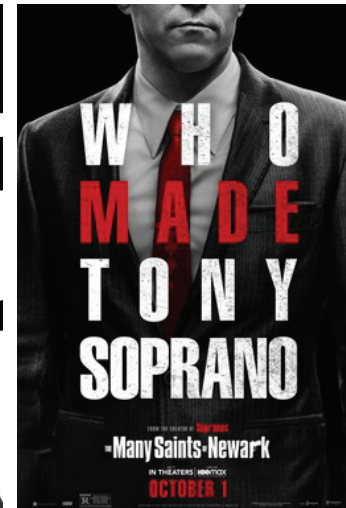


GENRE: 3D ANIMATION  
RELEASE DATE : 10TH DEC 2021

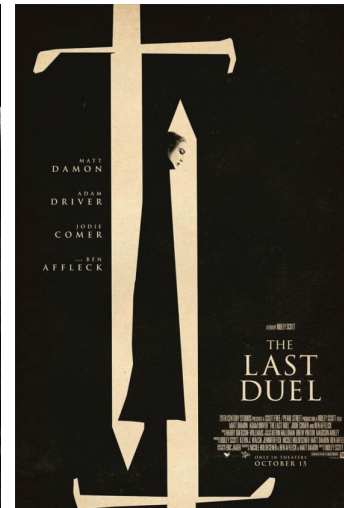
IN CINEMA



GENRE: ACTION  
RATING : 7.5/10



GENRE: CRIME/ DRAMA  
RATING: 6.4/10



GENRE: HISTORICAL DRAMA  
RATING: 7.7/10



GENRE: ANIMATION  
RATING: 7.2/10

POEM

## °Him°

By Alyshya

He's like a king  
A ruler in his own world  
He bows to none  
Lowers his head to only one  
The Heavenly Lord who stands above  
him always

He's a humble  
Yet in his humility lies his nobility  
His nature isn't loud  
It's calm and steady  
Just like nature

His soul glitters  
It's pure and golden  
Shining with the best of intentions  
It's untainted

Like a lion king he races  
Alone he battles  
A million stand behind him  
Yet none are by his side

He's a loner in someway  
Sojourning through life alone  
Always surrounded yet never belonging  
He fights silent battles

The kind that don't scream  
Alone he breaks down  
Picks his pieces and rises again  
It's a new day  
Time to give hope again

He's a man  
He's human  
But his jaded side is his strength  
He's the best of his kind

©Alyshya  
°Shadows

PARENTS

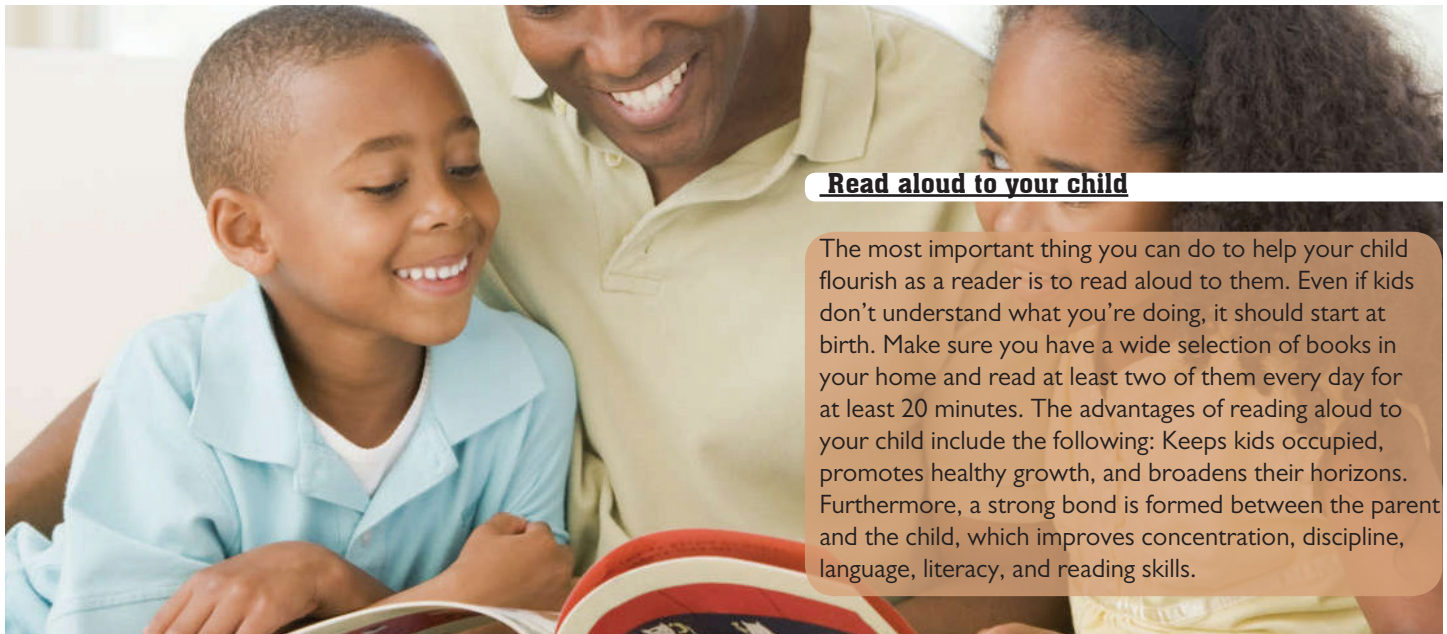
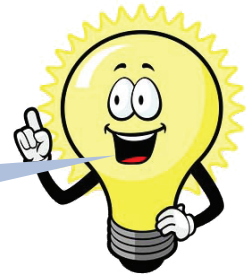


TEACHING YOUR CHILD HOW TO READ



**H**elping your child to read is not a 'natural process that occurs spontaneously. It's a difficult one that necessitates the proper instruction of a variety of skills and tactics. Learning to read is also not a one-month event; it is a long process that requires patience and passion as a parent, guardian, caretaker, or teacher. Also, for the child, learning should be enjoyable and engaging. Reading should be something that the youngster enjoys and can utilize to learn more about the world through books. Researchers have discovered that the ability to read plays a crucial role in your child's life as it can open up new worlds for them, giving a source of lifetime enjoyment and learning as well as opportunities. Therefore, no matter your child's age, it's never too early to begin introducing your children to the world of reading and books.

Do you want to help your child improve their reading skills but aren't sure how to prepare them for their first reading steps effectively? Kata Kata Cartoons has put together a handbook that will be extremely useful to you and your youngster.



**Read aloud to your child**

The most important thing you can do to help your child flourish as a reader is to read aloud to them. Even if kids don't understand what you're doing, it should start at birth. Make sure you have a wide selection of books in your home and read at least two of them every day for at least 20 minutes. The advantages of reading aloud to your child include the following: Keeps kids occupied, promotes healthy growth, and broadens their horizons. Furthermore, a strong bond is formed between the parent and the child, which improves concentration, discipline, language, literacy, and reading skills.

## Ask questions

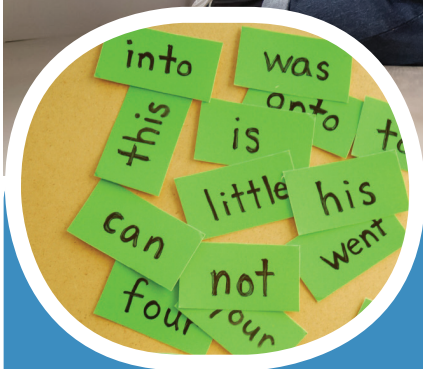
When reading together with your child, ask them some questions to help them connect with it and grasp what they're reading. Ask your child questions like, "Do you see the cup?" while pointing to it when they are still newborns. This will aid in the development of your child's vocabulary. As they become older, start asking them questions before, during, and after reading. Show them the front cover and have them guess what the narrative is about. While reading, inquire as to why certain characters are acting in a certain way and then inquire about the book's synopsis.

## Always read to inspire your kid

It's important to remember that youngsters often learn by example. Demonstrate to your child the importance of reading to everyone, including adults. Take some time to inspire your child by reading a magazine, a recipe, a novel, or your Bible.

## Use printed words

When children see printed words on posters, charts, books, and labels, they can see and apply linkages between sounds and letter symbols. As a result, to increase your child's reading skills, create a print-rich atmosphere at home.



## Make simple cards

Make a simple deck of cards and write a three-syllable word on each one, such as car. Request that your child chooses a card and read the word aloud while holding up three fingers. Request that they say the first, then the second, and ultimately the third sound in the word. Children can use cards to practice sounding out words and enhance their phonics and decoding skills.



## Use of songs and nursery rhymes

Use of songs and nursery rhymes Even though the use of nursery rhymes is decreasing, they are an excellent way of having fun with your kids. It is an important way of helping your kid develop phonemic awareness, build memory and articulation, and be creative. Kids taught using nursery rhymes are more likely to develop social and listening skills than their colleagues who know nothing about them.



## Use phonics

When compared to children with a weak phonics background, those with a strong phonics background are better readers. The phonetic method teaches kids how to read words that they haven't memorized by going letter by letter — sound by sound — and combining the sounds as they go.

There are several methods for teaching children to read, and it is best to use one that your child enjoys. Because what works for your friend's co-worker might not work for you, choose what makes your child happy. Also, be patient and practice every day.



# KATAKATA CREATIVE CLUB

Are you a kid?  
Can you write interesting stories?  
Do you want to be part of the Kata Kata creative club?  
Please send us your story(not more than one page) with your email contact details. Perhaps your story may be published with your photo or you may win a prize for your creative talent

send your story to: [info@katakata.org](mailto:info@katakata.org)



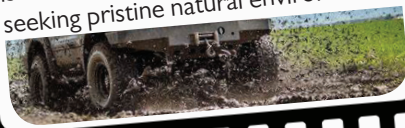
# BOTSWANA

## Facts and Places to visit

Botswana is known a landlocked country in Southern Africa with a population of approximately 2.4 million people, making it one of the world's smallest countries. It is bordered on the south by South Africa, on the west and north by Namibia, and on the northeast by Zimbabwe. According to a survey issued by the World Fact Book in 2009, diamond mining is Botswana's most important economic sector, accounting for 35 percent of national GDP and 70-80 percent of export revenues. Tourism, agriculture, and financial services are some of the other major sectors.

Due to its fantastic safaris with a high density and variety of animals and being natural and organic, free of fences and built tourist facilities, and unforgettable experiences, the Southern African nation is one of the top travel destinations on the continent. Because the geography

of Botswana is severe, with tons of dust, deep sand, and seasonal flooding, driving by road is both rewarding and exciting. Botswana is also an excellent choice for those seeking pristine natural environments.



Another reason to visit Botswana is that it is one of the world's least populated countries, which means it is less crowded. The country covers a total area of 581,730 sq km, with around 40% of that area designated as wildlife habitat. Elephants and other endangered gigantic animals like the

black rhinoceros, African wild dog, cheetah, and lion can be found here in the world's largest concentration. In addition, Botswana is one of the most peaceful countries in the world, not just on the African continent. Its tranquil environment and absence of political upheaval

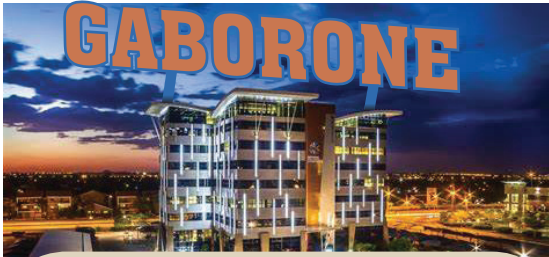
can be used to justify this. It is Africa's second safest country, placed 30th on the Global Peace Index.





# Areas to explore

When you are in Botswana, by any chance, do not miss to set your feet into these places:



## GABORONE

Gaborone is Botswana's capital city, located in the country's south-eastern corner. The people that live there are lovely and inviting, and the weather is beautiful. In May 2021, Delusional Bubble named Gaborone as one of Africa's cleanest cities, with Kigali, Nairobi, Algiers, and Cape Town, among many others. Modern facilities, such as hotels and restaurants, are also available in the city.



## GABANE

Small manufacturers such as glass, metal, and pottery call it home, and the ceramic factory sells dinnerware, rases, and handcrafted ornamental pieces. Gabane is also a great place to go hiking in the hills.



## Okavango Delta

The Okavango Delta covers 15,000 square kilometres that is home to some of the country's most well-known animals. Here you can see giraffes, elephants, spotted hyenas, black rhinos, and even Nile crocodiles.



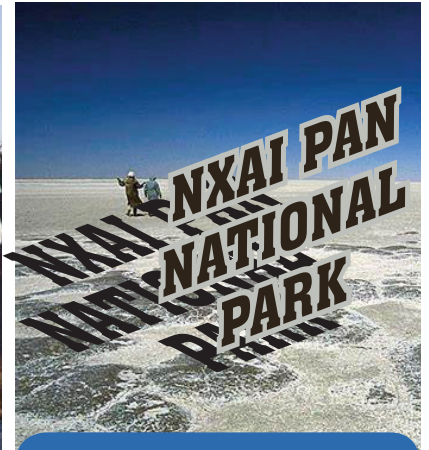
## KALAHARI DESERT

The Kalahari Desert stretches approximately 900,000 square kilometers (350,000 sq mi). It's a sand-covered plain with moderate undulations that's totally above sea level, at least 900 meters. It is home to a number of game reserves that are well worth seeing.



## MAKGADIKGADI PANS

It's the remnants of a large lake that dried up thousands of years ago, and it's located in northern Botswana's dry savanna. Zebras and wildebeests can be seen at the Makgadikgadi Pans, the world's largest pans.



## NXAI PAN NATIONAL PARK


It is a wonderful site to visit, with sand dunes, large salt pans, and the famed Baines baobab trees. You will also have the opportunity to observe birds and wildlife.



### Best time to visit Botswana

Many experts recommend visiting Botswana during the dry season, which spans from May to October. Warm, sunny days (22°C-35°C) and cold evenings characterize the season. Okavango Delta Water levels also at their peak during this period. Temperatures are between 75 to 95 degrees Fahrenheit during this time. Green season, which starts in November and culminates in April, is also the best time to visit the country. This is when Botswana receives the most of its rain. When it rains, the environment becomes beautiful, and birds arrive from other countries and outside the continent.

**A**ccording to a statistic published on Knoema.com, the number of visitors to Botswana increased to 1.83 million from 940000 in 1998, representing a 5.72 percent annual growth. This indicates that it is a desirable destination for travelers from all over the world. Let's head to one of African safest and of course, most stability countries, Botswana.





# Outstanding Chef's Knives

There is no more essential item in the kitchen than a knife, which you cannot live without. It facilitates your cooking tasks and allows you to complete them more quickly. When cooking foods like juice and salad, tools like a gas stove are unnecessary, but a chef's knife is required. A chef's knife is exceptionally flexible, as it may be used for various tasks such as slicing onions, chopping herbs, smashing garlic, and mincing meat.

Chef's knives are divided into two types: Japanese and German.

Japanese knives are often sharper, lighter, and with a thinner blade. They are helpful for precise jobs such as slicing cucumbers cleanly. Because they are made of more robust steel, these knives may last longer between sharpenings; nonetheless, they are prone to chipping or splitting.

German knives, on the other hand, are heavy and thick. They are useful for everything from mincing garlic to cutting through poultry bones. They have thicker blades typically bent to enable rocking and are composed of softer steel, requiring frequent sharpening.

Here's our recommendation for the most outstanding chef's knives on the market.



### Shun Engetsu 20th Anniversary Chef Knives

It highlights Engetsu's stunning design, unique material qualities, and technically challenging manufacturing process. Its blade is made up of two steel grades, resulting in a blade with remarkable cutting durability. The Damascus layers shown on this highly polished blade are patterned by an artistic "full moon" design. It looks fantastic when paired with the striking blue-black grip.



### Circulon Chef's Knife

This 20cm chef's knife is well-balanced and suitable for chopping and slicing regularly. Because it is wrapped in soft-grip rubber, the handle is ergonomically designed to fit comfortably in hand. Forged Japanese stainless steel is used to make the blade.



### Misen Chef's Knife

It includes bolsters on the base slope of the blade that enables a comfortable pinch hold. The blade shape is Western in origin, curving down from the top and up from the bottom to make swinging the blade up and down on the cutting board more comfortable. The shape and handle are Western in design, but the blade is Japanese in thickness. The skinny design of the Misen knife creates a sensation more akin to surgery than overpowering force.



### Shogun Series X 8" Chef's Knife

This exquisitely forged chef knife is the most fantastic Damascus steel chef knife for home and professional use. It is multifunctional, features a long-lasting blade for maintaining a sharp edge, and an ergonomic handle with a unique copper mosaic. Using liquid nitrogen to chill the blade improves the steel's crystalline structure, resulting in improved strength and hardness.



### **Crusader Series 8” Chef Knife**

The crusader Series Chef Knife has one advantage: it is inexpensive. Because it is made of a single continuous piece of steel from handle to blade, it is easy to clean and hygienically remarkable. It is manufactured using a high-temperature heat treatment followed by a deep-freeze nitrogen cooling process to boost hardness and flexibility. It also comes with a magnetic sleeve made of Acacia wood.



### **Shadow Black Series 8” Chef Knife**

You may get this high-quality knife at a reasonable price. Expert artisans work tirelessly to polish the Shadow Black Series edge to 16-18°, resulting in clean, precise cuts and excellent blade edge retention. Its gorgeous blade is precision forged, very sharp, and wear-resistant high carbon steel with a black, non-reflective titanium-nitride coating that increases corrosion resistance, toughens the blade and improves nonstick properties.



### **Henckels Professional S Chef Knife**

In Solingen, Germany, Zwilling J.A. Henckels manufactures the Henckels Professional S, one of their top-tier goods. As a result, it is also present in Spain and Japan. It's built of one piece of steel and has a bolster, a full-tang, and a three-rivet grip. There are two sizes of the Professional S: 8-inch and 10-inch. There is also a 6-inch blade available; however, it is too small for an all-purpose knife.



### **Wusthof Classic Ikon Santoku**

This is made by Wusthof, a German knifemaker in addition to Henckels. It's a santoku, or Japanese-style, a blade that has the width of a longer knife without the bulk. It's noticeably slimmer and lighter, and its thinness provides less resistance while slicing through dense objects like carrots. Like the Henckels chef knife, this santoku is fully forged and has a full tang. However, unlike the Henckels, it does not have a full bolster.



### **Messermeister Meridian Elite Stealth Chef Knife**

Stealth Chef Knife is an 8-inch knife that is not as well-known as Henckels and Wusthof. It comes with a half bolster to make sharpening easier. Before Henckels and Wusthof, Messermeister was the first to design a forged chef knife without a full bolster. They were also the first to provide a “stealth” variation of their premium forged lines. The blade on a Stealth chef knife is approximately 25% thinner and thus 10% lighter than a standard model. There is less resistance and weight to tire out your arm when slicing.



### **8-inch Chef's Knife**

This high-carbon German steel knife is used to perform any chore in the kitchen. Its handle sits in the centre of your palm and comes with a protective plastic covering, making it extra safe to store. The bolster on the Pampered Chef makes it very easy and comfortable to grasp.

Meanwhile, before purchasing a chef knife of your choosing, make sure you understand the cost, construction, sharpness, weight, balance, handle comfort, ease of use, maintenance, and materials used.



## AUNT SYLVIA



Dear Aunt Silvia,

My 20-year old son is getting out of control in his relationship with girls. He can be dominant, assertive and sometimes sexist, if I may use the word. Yet, his father hardly sees anything wrong with his behaviour. A "typical boys' behaviour", my husband would defend him carelessly. Please, I need your help to tackle this irritating behaviour before it gets out of hand.

Yours,  
Bishaaro  
(Hargeysa, Somalia)



Dear Bishaaro,

Thank you Bishaaro for your letter.

Children are born innocent; their environment (parents, education, church, social interaction with other kids etc.) influences their behaviour. That said, your son's behaviour is learnt. Sadly, your husband's attitude towards his son's behaviour encourages his bad behaviour towards his female mates.

Have a serious conversation with your husband and let him realise the damage his attitude has in his son's life and how such negative behaviour affects the girls. Perhaps some points below will help you and your husband change your son's behaviours.

### **Equality and respect for women.**

It all starts with seeing the female as being equal to the male and respecting the former. Her gender does not make her less intelligent than the male. Despite the cultural expectations, the natural law of "Treat others as you would like to be treated," should apply in a male-female relationship. Let the girl know that her personal opinion is as important and valid as yours. Avoid dominating the conversation with the female. Give her a chance to air her views and do not interrupt her when she speaks. Try to let her know you listen to whatever she says – even if you may disagree with her point of view.

### **Mind your language:**

Avoid disrespectful or degrading language towards her. Calling her insulting names or using rude slurs shows your negative and biased attitude towards her. Try to reflect on your attitude towards girls to help you determine whether you are biased towards them.

### **Avoid intrusion into her privacy.**

Having respect for a girl helps you avoid any form of physical contact without her permission. Do not take things for granted, and never you assume you have "right" over her. You will be winning a girl's confidence and respect if you can show her affection by acknowledging her right to decide who touches her body, when and how. If and when she says "No", you must respect her decision.

### **Do not make hasty conclusions and sexist comments.**

Be mindful of quick interpretations. When a girl dresses in a short skirt during a date, it does not automatically mean she wants something intimate with you. You can make positive comments about her dressing, but nothing to suggest otherwise.

### **No generalisation.**

Everyone is different, so do not put every girl in the same box; doing so would imply that all girls are the same. Every girl (one) has her unique personality, which we must respect and appreciate.

### **Respect her emotions.**

Respecting a person translates into respecting their feelings. Acknowledge her feelings as valid even if you believe they do not meet your criteria. If you and your husband train your son to pay attention to those crucial points above, his relationship with girls or women will improve tremendously. Goodluck

Yours,  
Aunt Silvia

## Love QUOTES

"Relationships don't always make sense."

"When you stop expecting people to be perfect, you can like them for who they are."

"The best thing to hold on in life, is each other."

"We are most alive when we are in love."



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