



KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

Let's Celebrate

World Mental
Health Day

In Kata Kata
Village



+ HEALTH

DEWORMING
TREATMENTS
IN HUMAN

OVER

10 PAGES
CARTOON

FASHION



Caring
4 your
Crowning
Glory

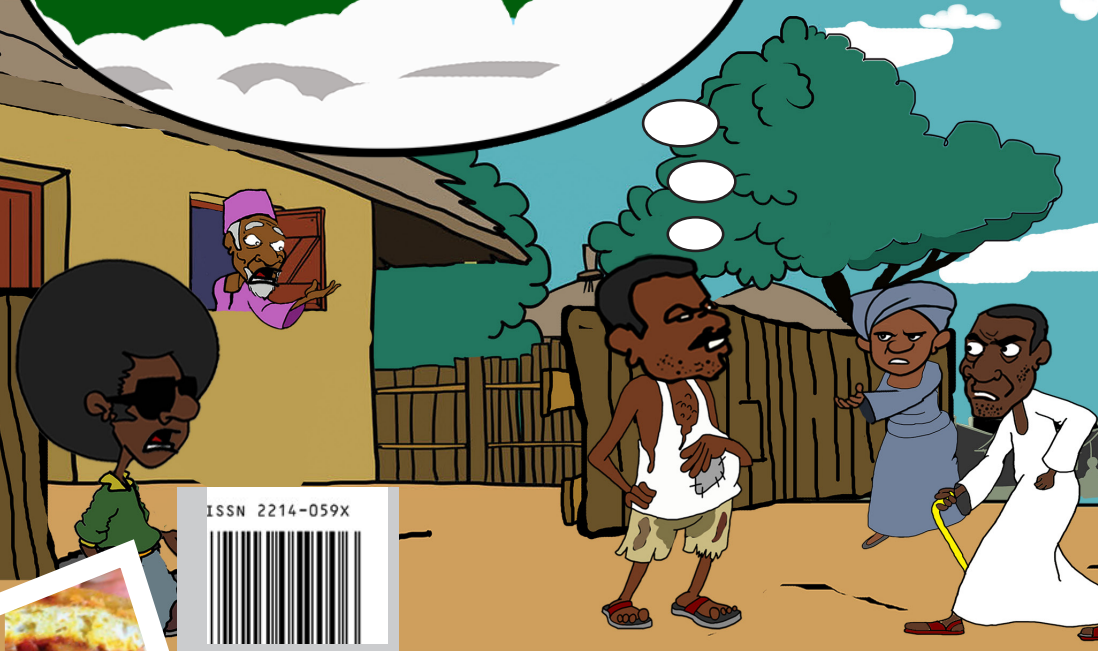
BEAUTY

PROFESSIONAL TEETH WHITENING
WHAT IT TAKES TO HAVE THAT BRIGHTER SMILE



Kids

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



ISSN 2214-059X



Foods

Frozen Meals: Convenient but
Controversial.

INTERIOR

Using Interior Designer Software
To Make a Difference.

TECU

CCTV: From a High Definition
Video Recording to a Wireless
Security camera.

TRAVEL

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

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

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

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

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

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

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

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

Please visit our website: www.katakata.org

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

Get on board with kata kata through the following platforms:



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LETTER:
Aunt Sylvia

I HEAR YOU

Botolome ya bokokota baiso ko ndaengo. (Kele)

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

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

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

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

TELL ME SOMETHING



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Publisher's note: Mental Health.

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

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

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

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

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

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

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

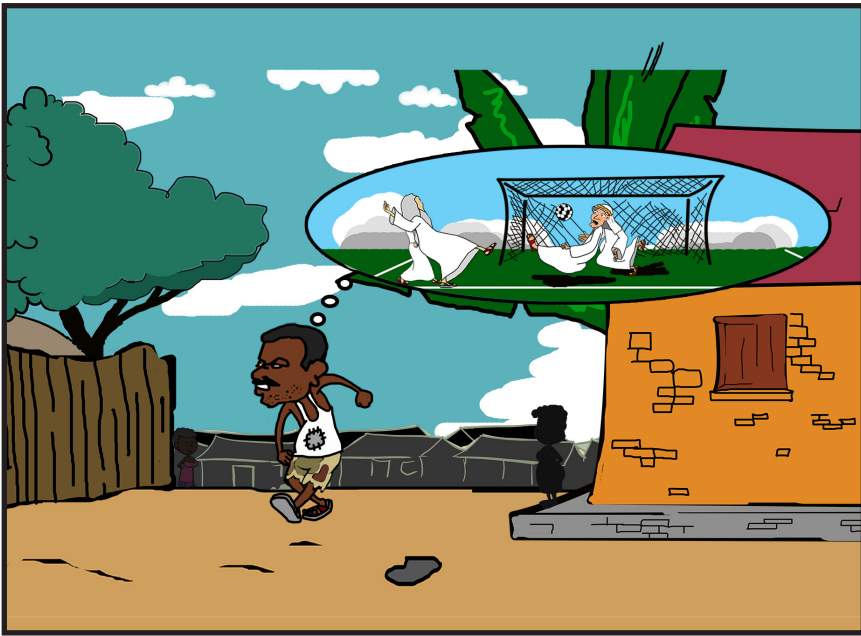
Meeting and interacting with other mental health victims makes one realise they are not alone in their problems, as others face similar challenges. Therefore, signing up for a group therapy workshop nearby would not be a bad idea.

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

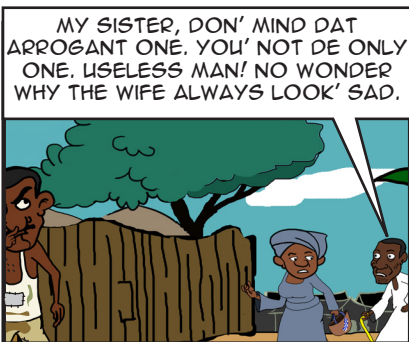
Yours in Kata Kata,

Ogo Ubabukoh

Publisher

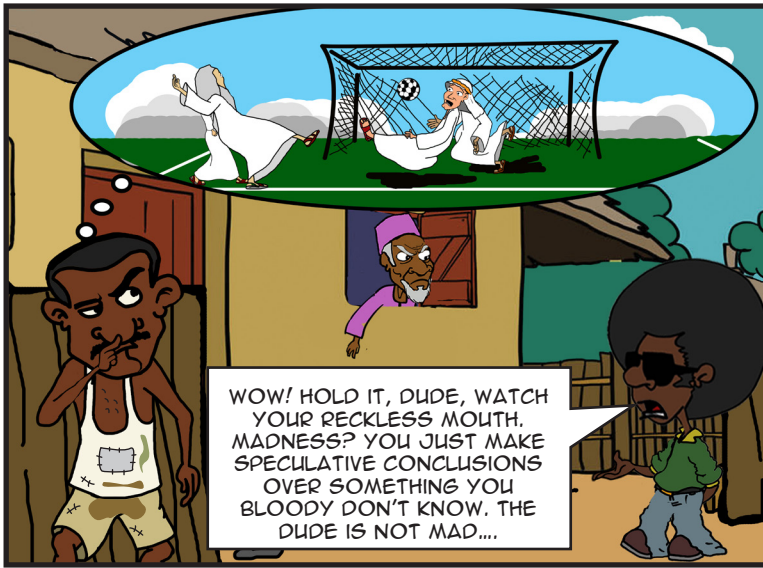


WHAT KIND NONSENSE IS DIS? EVERY DAY I GREET YOU, YOU JUST LOOK AT ME LIKE CASTRATED GOAT EN' WALK AWAY WITHOUT A WORD? YOU WAN' ME FIRST GET SCHENGEN VISA BEFORE I GREET YOU, OR BEFORE YOU ANSWER ME? YOUR BRAIN CONTAIN AMOEBA EGG? NOW, ANSWER ME!!

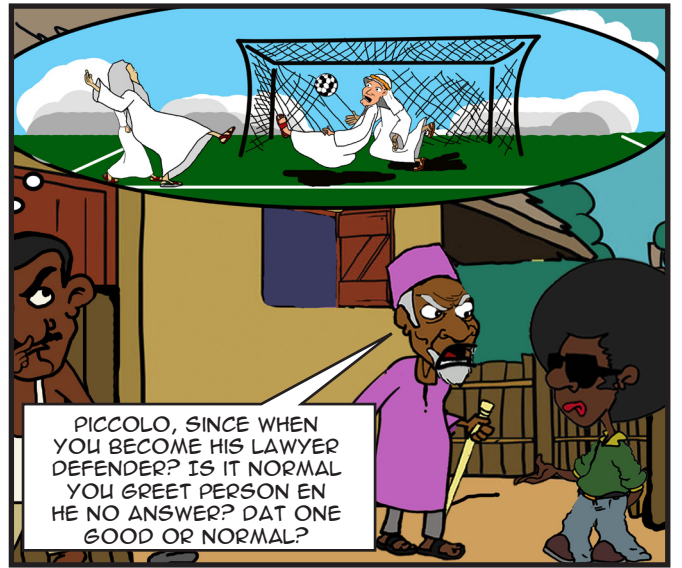


WHICH BULL? YOU SEE ANY CHICKEN HERE SHITTING, TALK LESS BULL?

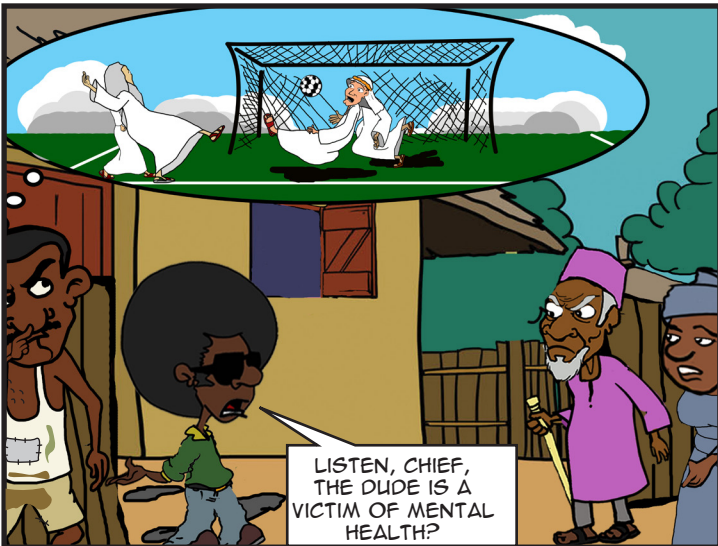




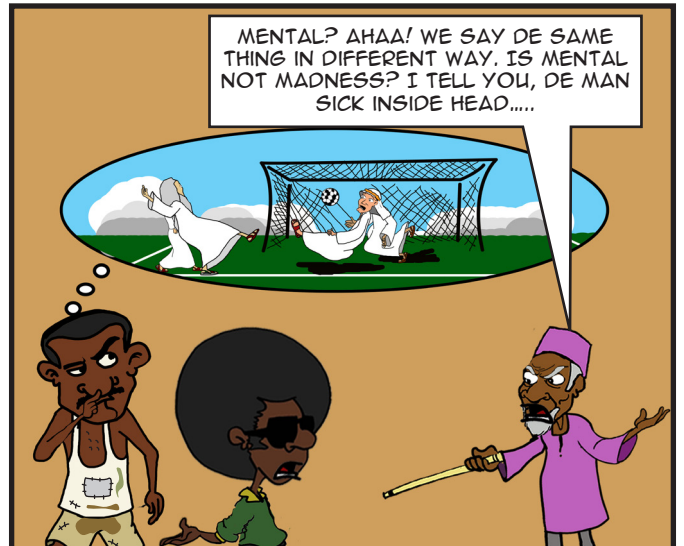
WOW! HOLD IT, DUDE, WATCH YOUR RECKLESS MOUTH. MADNESS? YOU JUST MAKE SPECULATIVE CONCLUSIONS OVER SOMETHING YOU BLOODY DON'T KNOW. THE DUDE IS NOT MAD....



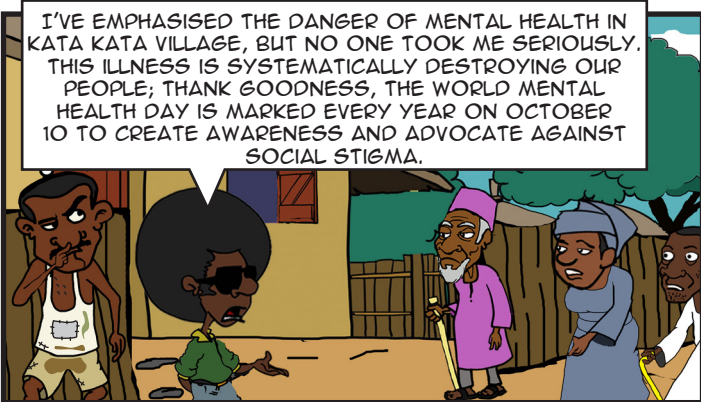
PICCOLO, SINCE WHEN YOU BECOME HIS LAWYER DEFENDER? IS IT NORMAL YOU GREET PERSON EN HE NO ANSWER? DAT ONE GOOD OR NORMAL?



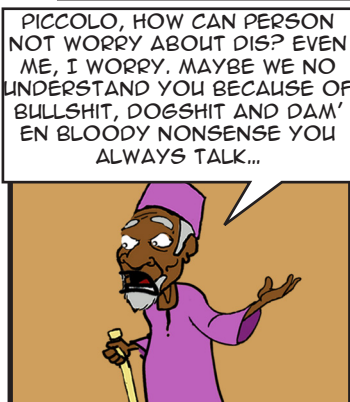
LISTEN, CHIEF, THE DUDE IS A VICTIM OF MENTAL HEALTH?



MENTAL? AHAA! WE SAY DE SAME THING IN DIFFERENT WAY. IS MENTAL NOT MADNESS? I TELL YOU, DE MAN SICK INSIDE HEAD....



I'VE EMPHASISED THE DANGER OF MENTAL HEALTH IN KATA KATA VILLAGE, BUT NO ONE TOOK ME SERIOUSLY. THIS ILLNESS IS SYSTEMATICALLY DESTROYING OUR PEOPLE; THANK GOODNESS, THE WORLD MENTAL HEALTH DAY IS MARKED EVERY YEAR ON OCTOBER 10 TO CREATE AWARENESS AND ADVOCATE AGAINST SOCIAL STIGMA.



PICCOLO, HOW CAN PERSON NOT WORRY ABOUT DIS? EVEN ME, I WORRY. MAYBE WE NO UNDERSTAND YOU BECAUSE OF BULLSHIT, DOGSHIT AND DAM' EN BLOODY NONSENSE YOU ALWAYS TALK...



WHATEVER!



PLEASE, PICCOLO, LET ME CALL OUR VILLAGE MEETING SO DAT WE HEAR YOU PROPER EN KNOW HOW TO SOLVE DIS ZOMBIE MADNESS.

