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CANNABIS FIRM CERTIFIED FOR EXPORT
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LNDC strives to save textile jobs
7




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Ex Lesotho goalie hurt by Bloemfontein Celtic sale 14

Regulars

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- Coach Ribbo to be buried on August 21
- New number plates ready to be printed
- Public transport fares increase by 10%



BORN ON THIS DAY August 19

- 1946 - William 'Bill' Clinton an American politician who served as the 42nd US president
- 1972 - Elizabeth Wolfgramm, American singer (The Jets), born in Salt Lake City, Utah
- 1972 - Roberto Abbondanzieri, Argentine footballer, born in Bouquet, Argentina
- 1973 - Mette-Marit, Crown Princess of Norway
- 1983 - Reeva Steenkamp, South African model and paralegal
- 1983 - Tammin Sursok, South African-born Australian actress and singer
- 1963 - Hector Pieterse, SA schoolboy who was shot and killed during the Soweto uprising
- 1994 - Tamaryn Green, model and beauty pageant who was crowned Miss SA 2018
- 1939 - Caiphus Semenya, SA composer and musician
- 1986 - Lehlohonolo Majoro, SA footballer who plays as a forward for PSL side AmaZulu

NewsBriefs

Sekola bans famo blankets in Mokhotlong



The Minister of Police, Lepota Sekola

MOKHOTLONG – The Minister of Police, Lepota Sekola has banned all blankets associated with famo music gangs after the recent killing of several people including a police officer over blankets colours in Mokhotlong. Declaring war on the music gangs on Friday in Molikaliko, Khubelu, he slammed the killings, saying such brutal acts will not be tolerated. Sekola was holding a public gathering in

the area where he appealed to the community to stop associating with famo music groups including “Terene”, “Seakhi” and “Khang-Kholo”. The gathering was held a few days after the kidnapping and murder of a Mapholaneng police sergeant by suspected famo music gangsters.

Police together with other state security organs, Sekola pledged, will work hard to root out the blanket/famo related killings.

He condemned the killing of Sergeant Qetelo Letsela, saying the law will act accordingly on the suspects.

Senior Superintendent Mapesela Tlelase of the Mokhotlong police said the suspects who killed Sergeant Letsela have already been arrested.

The late police officer was allegedly abducted and killed last week Sunday.

Four men aged between 26 and 38 have already appeared in the Mokhotlong Magistrate’s Court in connection with the murder.

They include Qhalanyane Mokotjo, 26, of Mangaung, Mokhotlong along with Siphon Ramoloko 31, Ntjapeli Ramoloko 34 and Motlalepula Ramoloko 38 - all three from Ha Motlalepula in Khubelu.

They were remanded in custody and are expected back in court on August 26.

LeNA

Mortuary document delays Mafeteng murder case

MASERU – The trial in which five members of the Lesotho Defence Force (LDF) are charged with the 2012 murder of three Mafeteng men could not proceed on Friday as scheduled because the prosecution failed to provide a mortuary registry book that the defence had requested.

The Crown’s Advocate Mosoeunyane Masiphole told the High Court on Friday that after he was told to provide the document, he went to the Mafeteng Government Hospital mortuary where the bodies of the three men had been kept but he could not find the book.

He said he however, learnt that the registry was being used elsewhere, adding that the officer investigating the case however,

promised provide copies of the wanted document as soon as possible.

The defence submitted that the document is central to the case, therefore no progress can be made in the trial without it.

The accused in the matter include Litekanyo Nyakane, Khauhelo Makoa, Sebilo Sebilo, Tšepo Tlhakeli and Thebe Tšepo.

They are charged with the murder of Thabang Mosole, Monyane Matsie and Pakiso Ntala Letatabe during an incident that happened in Ha Motanyane, Mafeteng on April 7, 2012.

The case was initially before Judge Onkemetse Tshosa who has since resigned. It has therefore been re-allocated to Justice Polo Banyane.

It continues next week Wednesday. LeNA

FastFACTS

Nearly half of the world’s population watched both the 2010 and 2014 FIFA World Cup games

Soccer - or football, depending on who you ask - is the most popular sport around the world. That’s why when the FIFA World Cup games took place in both 2010 and 2014, nearly half of the world’s population (around 3.2 billion people) tuned in to see who would win.

On This Day in History

1953

August 19

CIA-assisted coup overthrows government of Iran

The Iranian military, with the support and financial assistance of the United States government, overthrows the government of Premier Mohammad Mossadeq and reinstates the Shah of Iran. Iran remained a solid Cold War ally of the United States until a revolution ended the Shah’s rule in 1979.

Mossadeq came to prominence in Iran in 1951 when he was appointed premier. A fierce nationalist, Mossadeq immediately began attacks on British oil companies operating in his country, calling for expropriation and nationalization of the oil fields. His actions brought him into conflict with the pro-Western elites of Iran and the Shah, Mohammed Reza Pahlevi. Indeed, the Shah dismissed Mossadeq in mid-1952, but massive public riots condemning the action forced the Shah to reinstate Mossadeq a short time later. U.S. officials watched events in Iran with growing suspicion. British intelligence sources, working with the American Central Intelligence Agency (CIA), came to the conclusion that Mossadeq had communist leanings and would move Iran into the Soviet orbit if allowed to stay in power.

Working with Shah, the CIA and British intelligence began to engineer a plot to overthrow Mossadeq. The Iranian premier, however, got wind of the plan and called his supporters to take to the streets in protest. At this point, the Shah left the country for “medical reasons.” While British intelligence backed away from the debacle, the CIA continued its covert operations in Iran. Working with pro-Shah forces and, most importantly, the Iranian military, the CIA cajoled, threatened, and bribed its way into influence and helped to organize another coup attempt against Mossadeq. On August 19, 1953, the military, backed by street protests organized and financed by the CIA, overthrew Mossadeq. The Shah quickly returned to take power and, as thanks for the American help, signed over 40 percent of Iran’s oil fields to U.S. companies.

ALL JOKES ASIDE

A nun and a priest crossing the Sahara Desert

A nun and a priest were crossing the Sahara desert on a camel. On the third day out the camel suddenly dropped dead without warning. After dusting themselves off, the nun and the priest surveyed their situation.

After a long period of silence, the priest spoke. "Well sister, this looks pretty grim."

"I know, father." "In fact, I don't think it likely that we can survive more than a day or two."

"I agree." "Sister, since we are unlikely to make it out of here alive, would you do something for me?" "Anything father."

"I have never seen a woman's breasts and I was wondering if I might see yours."

"Well, under the circumstances I don't see that it would do any harm." The nun opened her habit and the priest enjoyed the sight of her shapely breasts, commenting frequently on their beauty.

"Sister would you mind if I touched them?" She consented and he fondled them for several minutes.

"Father, could I ask something of you?" "Yes sister?"

"I have never seen a man's penis. Could I see yours?"

"I supposed that would be OK," the priest replied lifting his robe.

"Oh father, may I touch it?"

This time the priest consented and after a few minutes of fondling he was sporting a huge erection.

"Sister, you know that if I insert my penis in the right place, it can give life."

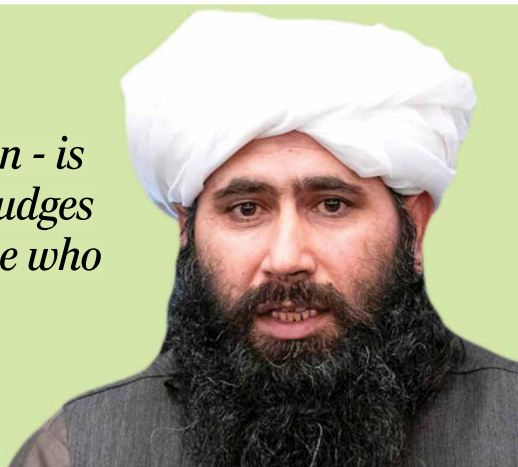
"Is that true father?" "Yes it is, sister."

"Then why don't you stick it up that camel's ass and let's get the hell out of here."

Quotes & Quips!

“The Islamic Emirate - after the freedom of this nation - is not going to revenge anybody, we do not have any grudges against anybody. We have pardoned anyone, all those who have fought against us,”

said Taliban spokesman, Zabihullah Mujahid after the militants seized control in Afghanistan again, following the recent withdrawal of U.S forces from the country.



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CURRENCIES

(How Lesotho's Loti fared against world major currencies this week)

Loti/SDR	Special Drawing Right (SDR)	23.22
Loti/Dollar	United States (US\$)	14.88
Loti/Rands	South African (ZAR)	1.00
Loti/Euro	European Union (€)	17.45
Loti/Yuan	Chinese (¥)	2.27
Loti/Yen	Japanese (¥)	0.13
Loti/Pound Sterling	British (£)	20.50
Loti/Dollar	Australian (A\$)	10.92
Loti/Dollar	Hong Kong (HK\$)	1.98
Loti/Dollar	Singapore (S\$)	10.86
Loti/Naira	Nigeria's (₦)	0.04
Loti/Kwanza	Angola's (Kz)	0.02
Loti/Birr	Ethiopia's (Br)	0.48
Loti/Pound	Egypt (E£)	0.95
Loti/Ruble	Russia (RUB)	0.25
Loti/Riyal	Saudi Arabia (SAR)	3.97
Loti/Shekel	Israel (₪)	4.62
Loti/Real	Brazilian (R\$)	2.94
Loti/Rupee	India (₹)	0.24
Loti/Dirham	UAE (د.إ.)	4.12
Loti/Rupee	Mauritius (Rs)	0.46

AG slightly disputes World Bank independence report

5

Metro BUSINESS

COMMODITIES (International Rates in US\$)

STOCKS		PRECIOUS METALS	
S&P500	4,439.25	Gold p/ounce	1,782.79
NASDAQ100	15,013.50	Platinum p/ounce	999.50
Nikkei225	27,935.57	Silver p/ounce	23.66
Dow Jones30	35,173.00	Copper p/ounce	0.22
FTSE 100	7,505.20	Brent Oil p/barrel	69.58
JSE	68,940.00	EQUITIES	
Hang Seng	26,980.25	Bonds	18.44
		Treasury Bills	3.67
		Interest Rates	91

AGRICULTURE (Rates in Maloti/Rands)

Maize Meal p/kg	M7.00	Eggs p/tray	M45.00
Wheat Meal p/kg	M10.00	Milk (fresh) p/litre	M16.00
Cabbage p/kg	M14.00	Milk (sour) p/litre	M20.00
Potatoes p/kg	M10.50	Rice p/kg	M30.00
Brown Bread p/loaf	M10.00	White Sugar p/kg	M22.00
White Bread p/loaf	M11.00	Brown Sugar p/kg	M25.00
Sorghum Meal p/kg	M25.00	Beef p/kg	M85.00
Brown Beans p/kg	M30.00	Mutton p/kg	M90.00
Tomato p/kg	M15.00		

ENERGY (Rates in Maloti/Rands)

Petrol Unleaded 93 p/litre	M15.25
Unleaded 95 p/litre	M15.15
Diesel 50PPm p/litre	M14.85
Paraffin p/litre	M10.50
Water (Domestic) p/litre	M5.53
Water (Industrial) p/litre	M15.03
Electricity (Domestic) p/unit	M1.38
Electricity (Industrial) p/unit	M0.26
Gas p/kg	M20.00

Cannabis firm certified for export

NEO SENOKO

business@maserumetro.com

MASERU - Halo Collective, a cannabis company that owns Bophelo Bioscience and Wellness in Lesotho, has achieved the European Union Good Agricultural and Collection Practices (EU GACP) compliance, clearing the way for commercial export of medical cannabis.

The EU GACP certification was awarded to Bophelo by Pharmaconsulta Ltd, an independent consultancy firm based in Malta specialising in pharmaceutical regulatory affairs.

Pharmaconsulta's audits are recognised globally.

The EU GACP certification enables Bophelo to enter the international medical cannabis supply chain, including the European Union (EU) market.

The EU medical cannabis market was predicted would be worth approximately \$37 billion (about M536.5 billion) by 2027 according to Prohibition Partners, a leading market intelligence firm providing strategic consultancy services in the global cannabis industry.

Halo Collective is a leading, vertically integrated cannabis company that cultivates, extracts, manufactures and distributes quality cannabis flower, oils and concentrates.



The Chief Executive Officer and Co-Founder of Halo Collective, Kiran Sidhu

The company has sold approximately nine million grams of oils and concentrates since inception. It continues to expand its business and scale efficiently, partnering with trustworthy leaders in the industry who value its operational expertise in bringing top-tier products to the market.

The company announced recently that it has received certification for cannabis growth at Bophelo's initial 14-hectare cultivation site, scalable up to 200-hectares, located in Tšakholo, Mafeteng.

"EU GACP certification is a hard-won accomplishment that enables Bophelo to participate in the large, rapidly growing market in the EU for medical cannabis. With this approval, Bophelo can begin commercialising its California and Oregon West Coast style cannabis for the EU immediately," the Chief Executive Officer and Co-Founder of Halo Collective, Kiran Sidhu said.

In addition, he said, Bophelo is actively working to secure distributors for its premium flower lines.

The firm operates a campus in

Lesotho focused on the cultivation and production of medical cannabis products for international export. It is one of the largest licenced marijuana cultivation sites in the world with access to a maximum of 200 hectares of canopy.

Halo Collective currently operates in the United States in Oregon and California, Canada, Lesotho and the United Kingdom (UK).

The company recently announced its intention to reorganise its non-U.S. operations into a newly formed entity called Akanda Corp, whose mission will be to provide high-quality and ethically sourced medical cannabis products patients worldwide.

Mr Sidhu will seek to deliver on this promise while driving positive change in wellness, empowering individuals in Lesotho, and uplifting the quality of the lives of the employees and the local communities where the company operates, while limiting its carbon footprint.

He will also combine the scaled production capabilities of Bophelo Bioscience and wellness, Halo's Lesotho based cultivation and processing campus located in the world's first Special Economic Zone (SEZ) containing cannabis cultivation operation, with distribution and route-to-market efficiency of Halo's UK based fully approved pharmaceutical importer, Canmart.

Business



One of LeseliHub's billboards in Maseru

LeseliHub offers shares to public

With the aim of becoming the industry leader in Lesotho and southern Africa in the next five to 10 years, leading with quality and innovative marketing and advertising services, the company wishes to offer shares to the public in furtherance of the achievement of this goal.

"The need for investment capital is the reason why the public is invited to buy shares from LeseliHub and subsequently have a hand in its anticipated dynamic growth which will be immensely rewarding in return," the company further showed.

Upon raising the envisaged investment capital, the company says the plan is to build, within a period of three to five years, an additional 200 billboards in all 10 districts of Lesotho, taking its cumulative infrastructure number to 242 billboards, all ranging from the sizes of 6m x 3m, 12m x 3m and 18m x 3m.

About 60 percent of these billboards will cater for local clientele, 30 percent for South African clientele while 10 percent shall be for clientele in countries other than Lesotho and South Africa.

"Our eight to 10-year plan is to expand into the Southern African Development Community (SADC) region and build a total of 1 000 billboards (10 percent digital) throughout all SADC countries. Further to this, move into the entire African continent with our focus on highly populated African regions, thereby building up to a minimum of 10 000 billboards throughout the entire African continent in a period of 15 to 20 years," the company added.

It further noted that, subject to any agreement or restriction binding the company from time to time, any declaration of dividend for each financial year shall be determined by shareholders in the annual general meeting upon the advice of the board, having taken into account the profits in the company available for distribution after appropriation of prudent and proper reserves including allowance for future working capital, provision for tax, interest payments and repayments of amounts borrowed.

While the directors do not provide any assurance of the future level of dividends to be paid by the company, and while it also intends to retain future earnings to fund the development and growth of the business, the payment of dividends will be reviewed every five years commencing from the date of the success of the offer.

NEO SENOKO

business@maserumetro.com

MASERU - Marketing and promotions giant, LeseliHub has been given the green light by both the Central Bank of Lesotho (CBL) and the Ministry of Trade and Industry to issue a total of 150 000 ordinary shares to the general public.

The public offer, according to the company, seeks to raise in aggregate a total equity amount of M31 million and is open between August 2 - February 1, 2022.

"The prospectus relates to an invitation to citizens of Lesotho and non-citizens to subscribe for up to 150 000 ordinary shares in LeseliHub at the issue price of M206.67 per share. The make-up of this issue price can be illustrated in the following:

"Intrinsic share value price of M199.88 plus share premium of M6.76 is thus equal to the share issue price of M206.67," the company said in its prospectus.

The minimum subscription required for participation by an applicant in this offer is 10 shares, which amounts to a subscription payment of M2 066.67 and the maximum amount for subscription is 1 000 shares, amounting to subscription payment of M206 666.67.

LeseliHub is a local specialised marketing and promotions company that has enjoyed an exponential growth since 2013 while mainly dealing in outdoor advertising, specifically billboards.

If the total equity raised through the public offer is less than M5 million, then the public offer will not be implemented in terms of Section 117(2) and (3) of the Companies Act.

If after the closing date, the minimum subscription amount has not been exceeded, all contributions made shall be repaid within a period of 90 days in terms of Section 117(4) of the Act.

But if the total equity raised in the public offer is equal to or greater than M5 million, but below M31 million, the public offer will still be deemed successful.



JOB ADVERTISEMENT

The Government of Lesotho through the Lesotho Millennium Development Agency (LMDA) is looking for highly qualified professionals with specialised skills to support the Health Facilities

MANAGER – MEDICAL EQUIPMENT & FURNITURE MAINTENANCE

JOB SUMMARY:

To ensure successful maintenance of furniture, medical and general equipment under the project. The objectives will be achieved through efficient planning, monitoring, inspections, auditing and overall coordination of the project activities following the LMDA guidelines.

KEY PERFORMANCE AREAS:

- KPA 1:** Projects Planning and Coordination
- KPA 2:** Projects Management and Maintenance Supervision
- KPA 3:** Contracts Procurement oversight
- KPA 4:** Projects' Contracts Administration
- KPA 5:** Quality Assurance and Risk Management
- KPA 6:** Certification of Maintenance Works
- KPA 7:** Project's staff and contractors Performance Monitoring and Evaluation
- KPA 8:** Projects Performance Reporting

SUPERVISORY RESPONSIBILITIES:

The employee is required to closely monitor and supervise the Assistant Manager, Client Site Agents as well as medical equipment maintenance contractors when carrying out the works.

EDUCATION and/or EXPERIENCE:

Maintenance Programme and Compact II development. Interested and highly committed individuals are invited to apply for the following position on contract basis ending on the 30th March 2023.

Bachelor's degree in Clinical Equipment Management or Project Management or equivalent from a recognized institution; and minimum of 7 years' experience in dealing with medium to large medical equipment projects including procurement, implementation and closure; 7 years' experience in management of medical equipment management projects including project stakeholder coordination and risk management; and 5 years of project design and supervision of medical equipment maintenance works including certification of contractors' performance

CERTIFICATES, LICENSES, REGISTRATIONS:

The incumbent must have at least two (2) years' Code B driving license with Defensive driving as a requirement. Project management certification is an added advantage Interested candidates should submit their applications letters together with CVs, certified copies of certificates and transcripts electronically on or before Monday - 23rd August 2021 at 12.00 noon, to hrapplications@lmda.org.ls and copy sefalis@lmda.org.ls Please indicate the position title as e-mail subject. Only shortlisted candidates will be contacted. LMDA deserves the right not to fill any advertised position.

AG slightly disputes World Bank independence report

Auditor General has recruited staff from November 2019 as opposed to the Public Service Commission recruiting on the office's behalf. However, the recruitment of the Auditor General would be addressed in the constitutional reforms," the Communications Manager in the Office of the Auditor General, Matšepo Mohau said.

The office of the Auditor General was established in terms of Section 117 of the Constitution, which states among others that, there shall be an Auditor General whose office shall be an office in the public service.

The Constitution also recognises the independence of the Auditor General, stating that in exercising his/her functions, the Auditor General shall not be subject to the direction or control of any other person or authority.

Ms Mohau said while the issue of financial independence is provided for in the Audit Act 2016, the office is still served as one of the government ministries to date.

"Financial independence is provided for in the Audit Act 2016, but we are still served as one of the government ministries and we were also affected by transitional arrangements. The implementation of the financial independence is a process," she added.

Among others, the report found out that while the majority of SAIs were legally mandated to publish annual reports and present them to the legislature, this mandate was not consistently discharged, and there were wide-ranging variations.

Among the deficiencies noted were limited opportunity to subject the reports for deliberation by the legislature, undue delays in finalising and publishing reports and inconsistencies in publication and public access.



The World Bank office in Washington DC

effective. However, this is what transpired, in line with issues of functional independence, Section 117 of the Constitution provides for that and the Auditor General has always been

functionally independent.

"On the side of organisational independence, the Audit Act 2016 provides for the organisational independence as the

NEO SENOKO
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MASERU – A recent World Bank report on the independence of the national audit institutions has exposed Lesotho as one of the only 29 least independent auditing authorities in the world.

The results from the Supreme Audit Institutions Independence Index assessment of 118 countries show that much needs to be done to meet the aspirations of the 1977 Lima Declaration on the independence of Supreme Audit Institutions (SAIs).

The SAIs play a pivotal role in promoting goods governance, transparency and accountability. They also contribute to monitoring the attainment of the Sustainable Development Goals (SDGs).

"Independence is a critical foundation for the effective functioning of the SAIs. Truly independent SAIs can fulfil their mandate to reduce waste and the abuse of public resources so that public resources can be better channeled for programmes that fight poverty, which is a focus of the international development community and the core mission of the World Bank Group," the report says.

Reference of the report dates from as far back as 2015, with the latest being 2020.

Lesotho, Madagascar and the Democratic Republic of Congo (DRC) are the only Southern African Development Community (SADC) countries which received the lowest grades.

While not entirely disputing the World Bank findings, the office of the Auditor General revealed in an interview with Metro that progress has been made in Lesotho, particularly since the operationalisation of the Audit Act of 2016.

"We are of the view that the study was carried out before the Audit Act 2016 became



Still baking & delivering your essential



during lockdown.



Comments & Letters

The taxi fares hike is going to kill us

The Editor,

I understand that taxi and bus operators are working under tight financial conditions with the price of fuel and car spares going up every now and again.

But increasing the fare by 10 percent is a bit outrageous not to mention unfair on the poor passengers whose salaries are hardly ever adjusted.

A five percent increase would still collect enough profit for them to pay all overheads of their business, including pocketing good cash for themselves as well as the one that normally disappears into the socks of the drivers and their assistants (conductors).

It is a pity because passengers cannot do without using public transport but a little consideration for them would not hurt anyone in any way.

A decision has, however been made and the increase has officially been announced. Hence, there is no turning back, public transport fares are finally going up.

Concerned passenger

Basotho must tour their own country

The editor,

There is a serious need to encourage tourism and inspire the spirit of travelling in Lesotho.

As a nation that boasts of a rich culture and history, Basotho can trace their origins to the pre-colonial times.

The country's mountains, valleys, and rivers provide memorable scenery for tourists and travellers. This is where Lesotho gets its crystal clear water along with green pastures for its thousands of livestock. Minerals such as diamond are found in these hard and cold mountains. Indeed, Lesotho is the Kingdom in the Sky. The country is famous for its snow-capped Maloti Mountains which our currency, loti, is named after. Most tourists travel hundreds even thousands of kilometres from their native homes to come and enjoy the unique topography of our land. They also come here to frolic in our clean fresh waters found in some of the country's valleys, streams and water falls. If the income they generate is so valuable to the development of the local tourism industry, why can't Basotho also become tourists in their own country?

Let us embrace the majestic beautiful Mountain Kingdom, share experiences from all the unique corners of the country, celebrate and capture domestic tourism. There is hope that if we all tour our country, its tourism will become one of the best there is out there.

Lipuo Sebele

Let's vaccinate and save lives

The editor,

It is imperative for every one of us to do what we can to help our communities get vaccinated in order to protect each other from this deadly coronavirus. The goal is to overcome the pandemic so that we could get back to our regular lives.

But we should start by stopping rumours about the COVID-19 vaccine, and make adequate researches about it if we really intend to help. The lies being peddled around only help to scare people from vaccinating and staying healthy.

The vaccine is one crucial step to keeping families, communities and individuals safe, and was proven to be safe and effective by among others, the World Health Organisation (WHO). The minor side effects which are associated with it can readily be addressed at the nearest health facility or by local village health workers.

So if one decides to get their jab purely to protect themselves, they are also indirectly protecting their families and communities.

All we need to do is forget these inconsequential side effects which some people are on about and go and vaccinate to save lives.

Eunice M. Rabasotho

Speak OUT! Your opinions matter. This page is dedicated to those who wish to express their views.

EDITOR'S NOTE

Local cannabis firm brings hope to Lesotho' economy

Getting a European Union Good Agricultural Collection Practices (EU GACP) certification is a big deal to both Halo Collective and the Cannabis industry in Lesotho.

Halo Collective is a cannabis outfit that owns Bophelo Bioscience and Wellness in Lesotho.

The certification among other clears the way for commercial export of medical cannabis, creating ample employment opportunities for Basotho. It allows the cannabis company to enter international cannabis supply chain, such as the lucrative European, American and Canadian markets.

According to Halo Collective CEO and Co-Founder, Kiran Sidhu, the EU GACP certification is a hard-won accomplishment that enables Bophelo to participate in the large, rapidly growing market in the EU for medical cannabis.

"With this approval, Bophelo can begin commercialising its California and Oregon West Coast style cannabis for the EU immediately," Sidhu also says, adding that they are actively working to secure distributors for their premium flower lines.

Owing to its geographical location and weather, Lesotho is regarded as one of the best places in the world to grow all types of cannabis. As a result the country has become a front runner in the legal African cannabis industry.

So opening more international markets for locally operating cannabis cultivating, processing, extracting and formulating companies goes a long way towards the development of the country's economy. The Lesotho economy does need a serious shot in the arm after suffering a hefty knock due to the prevailing COVID-19 pandemic that resulted in scores of businesses closing down and thousands of workers, especially in the private sector losing their jobs. With the unemployment rate in Lesotho at a staggering 28 percent this year, according to the Lesotho Poverty Assessment Report, there is little or no hope of the economy fully recovering anytime soon, unless a serious intervention by way of job creation is made. Recently, a leading denim wear manufacturing firm, Nien Hsing International retrenched 2 500 workers due to the negative impact of the COVID-19 pandemic and loss of international markets, among others.

The textile and apparel manufacturing industry which is the country's largest private employer is facing more job losses owing to the pandemic and market factors.

With major retrenchments and more job losses looming in the textile industry, there is however hope that the fast growing cannabis sector will subsequently fill that vacuum and bring in the much needed balance in our employment rate.

Recent reports show that, Halo Collective sold approximately nine million grams of oils and concentrates since inception and the company continues to expand its business and scale efficiently, while consorting with reliable leaders in the industry who value its operational expertise in bringing top-tier products to the market.

Introduction to PRCA Platform

Climate change, amid spiraling rate of AGREXIT by Basotho farmers, calls for serious hard-driven state-interventionist PRCA (Potentially Resilient Climate-Smart Agriculture) Platform that must immediately roll-out in the form of PRCA Platform centers in each of the 10 districts of Lesotho.

The current texture of our agro-tensile conundrum conjures up two most important questions:

What happens to those people who have quit farming?

What is the anticipated agro-economic impact to Lesotho?

By extension of the second question, what is the conceptual framework of PRCA platform center?

Selection Criteria of the proposed PRCA Platform:

Proximity to water resources

Soil fertility and productivity

Accessibility to wider public by road and bridges where applicable

Availability of information and communications networks within the designated platform centers and between platform centers. Prospective multi-disciplinarity of agricultural enterprises within the platform centers

Availability of skilled labor and manpower resources around the platform centers

Going down the memory lane to the time when Ntate Machobane's Mantša-Tlala produced bumper crop of potatoes, he writes in his book (Drive Out Hunger) "I had already talked to the government that they must prepare to help me market the potatoes because - farmers were going to produce such a big crop that would not be sold all at once. I said the potatoes were very perishable, they need something like an elevator that would let air circulate inside, I asked them if I could have such a device in town here but they said I was a dreamer. At the same time, I

worked out that we would need about 40 trucks to be moving throughout the country to be selling to the people. Nobody believed that I could really meet the promised target. Everyone claimed that I was assuming miracles".

From Ntate Machobane's account in his book- DRIVE OUT HUNGER- it is evident that pre-independence colonial government had no interest in promoting food security for Lesotho. The Leribe District Commissioner not only discouraged Ntate Machobane from producing what became bumper potatoes crop, but he went further to engage a bakkie with a loud-speaker on top telling the public that his purported bumper crop had been bought from RSA, that nobody in Lesotho could produce a million bags full of potatoes, that Ntate Machobane was not a farmer but a politician that wanted to rule the country by false pretences.

What is clear to us is that the Commissioner purposefully deprived Mantša-Tlala project because it was threatening to roll-out a movement in the direction of popular demand for Marketing Chain Infrastructure, an undesirable development that would lead to food security.

The work of pre-independence colonialist is being perpetrated by neo-colonialist of post-independence Lesotho, only with our own people in the vanguard of administrative bandwagon, against all manner of initiatives at state-interventionist marketing chain infrastructure. Naha ea Lesotho e sa ntsane e hloloa ho itlhahisetsa lipeo, esita le tsa meroho feela, e sa ntse e hloloa ho itlhahisetsa breed ba eona ba khomo ea lebeso. Lesotho le hlotsoe leha MaCanada a na le thuse ho aha LNDB (Lesotho National Dairy Board) bakeng sa tšebetso eo har'a tse ling tsa bohlokoa tsa ho ntlafatsa schoai sa lebeso ka marketing functions including optimal production, pricing, promotion and distribution with strategic information management.



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LNDCEO
Adv. Molise
Ramaili

LNDCE strives to save textile jobs

MASERU – The Lesotho National Development Corporation (LNDCE) is concerned about the downscaling of operations by key players in the textile and apparel manufacturing industry which has resulted in considerable job losses.

This after about 2 500 factory workers lost their jobs due to poor international markets.

In a press statement, the LNDCE says the textile and apparel manufacturing industry remains Lesotho's largest formal private sector employer hence, the corporation has engaged the companies that have downsized their operations through sizable layoffs.

The companies the LNDCE says have cited disruptions in the supply chain due to the COVID-19 pandemic as the main

driver behind the cutting down of jobs.

In a bid to curb the disruptions, the corporation initiated engagements with key stakeholders to jointly address issues that negatively impact the investment climate and has also resuscitated the Inter-Ministerial Task Team (IMTT), which is a high-level problem-solving forum led by the Minister of Trade and Industry to address investors' grievances.

The LNDCE explains that the purpose of this involvement is to facilitate collaboration with key stakeholders to improve the investment environment to restore investor confidence.

The corporation has therefore assured the workers and the public that it is exploring all avenues to preserve and create new jobs for those who have been retrenched, through operationalising expansion projects in its pipeline.

The corporation further notes that saving existing jobs is as equally important, if not more important to LNDCE than creating new ones,

particularly under these strained economic conditions.

It says the involvement of Foreign Direct Investment (FDI) in Lesotho has made a significant contribution to job creation in the country.

But looking after the welfare of existing investors to ensure that they thrive and create additional jobs for Basotho as reflected in the corporations mandate remains a key priority for LNDCE.

The LNDCE is the main parastatal of the Government of Lesotho charged with the implementation of the country's industrial development policies.

The role of the corporation is to promote Lesotho as an attractive investment location for both foreign and indigenous investors.

LNDCE is wholly owned by the Government of Lesotho and falls under the Ministry of Trade and Industry, Cooperatives and Marketing which is responsible for providing overall policy direction on industrialisation.

LeNA

Farmers urged to take advantage of early rains

MASERU – Director of Crops in the Ministry of Agriculture and Food Security, Mofihli Motšetšero has appealed to farmers to take full advantage of the early torrential rains by preparing soil as well as securing both seeds and fertilisers in preparation for summer cropping.

He said based on the Lesotho Meteorological Services (LMS) recent weather focus, which had predicted normal and below normal rainfall from August to March next year, they were of the view that the rains would only come in October.

However, he said now that the early showers arrived in August, it means the farmers should take full advantage by tilling the soil, especially in the lowlands, adding that they should ensure that they have enough seeds and fertilisers in their stores. "The farmers in the lowlands should prepare to plant maize, sorghum and beans while those in the highlands should be ready to plant wheat, peas and potatoes," he said.

Mr Motšetšero, however, said production of vegetables such as cabbages, tomatoes and green peppers should also be an alternative to avoid relying on imports from the neighbouring South Africa.

"We have arable land and moisture as well as manpower to produce our own crops and vegetables in order to ensure that the little money that we have circulates in the country," he said.

He warned the farmers not depend on government subsidy in order to



get farming inputs such as seeds and fertilisers, saying that should only happen only after severe droughts or flooding and not under normal circumstances.

He said for vegetable production, the farmers should build shade nets or green houses for use during the dry seasons, adding that the ministry

has already formulated a National Irrigation Master plan aimed at assisting the farmers in such trying times.

He highlighted the need for the country to take production of potatoes seriously due to its high altitude coupled with high temperatures, saying the climate is conducive for

producing quality potatoes that are free of diseases.

He said the farmers could also consider production of potato seeds under the supervision of extension officers from the ministry.

For his part, President of the Basotho Agricultural and Machinery Association (BAMA), Motlohi Sekoala

said as much as they welcome the current rainfall, there are no farming inputs at the Ha Foso government store where they always keep inputs like seeds and fertilisers.

He therefore appealed to the ministry to ensure that the farmers get the farming inputs early in order to avoid being caught ill-prepared. LeNA

Metro HEALTH

health@maserumetro.com

LOVE YOUR HEART

Drinking unsweetened Lipton green and black tea everyday can help support a healthy heart



Solidarity Plus trial launched against Covid-19

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MASERU - Solidarity Plus trial for promising drugs will roll out in 52 countries and the World Health Organisation says it is an unprecedented global collaboration for the COVID-19 pandemic.

WHO has announced the next phase in its Solidarity trial saying it will enroll hospitalised patients to test three new drugs in hospitalised COVID-19 patients.

WHO Chief, Dr Tedros Ghebreyesus says these therapies artesunate, imatinib and infliximab were selected by an independent expert panel for their potential in reducing the risk of death in hospitalised COVID-19 patients.

He said they are already used for other indications, adding that artesunate is used for severe malaria, imatinib for certain cancers, and infliximab for diseases of the immune system such as Crohn's Disease and rheumatoid arthritis. These drugs, he said were donated for the trial by their manufacturers.

"Finding more effective and accessible therapeutics for COVID-19 patients remains a critical need, and WHO is proud to lead this global effort, and I would like to thank the participating governments, pharmaceutical companies, hospitals, clinicians

and patients, who have come together to do this in true global solidarity," said Dr Ghebreyesus.

Solidarity PLUS trial is a platform trial that represents the largest global collaboration among WHO Member States. It involves thousands of researchers in over 600 hospitals in 52 countries, 16 more countries than the first phase of trials.

This is reported by WHO to allow the trial to assess multiple treatments at the same time using a single protocol, recruiting thousands of patients to generate robust estimates on the effect a drug may have on mortality, even moderate effects. It also allows new treatments to be added and ineffective treatments to be dropped throughout the course of the trial. Previously, four drugs were evaluated by the trial. The results showed that remdesivir, hydroxychloroquine, lopinavir and interferon had little or no effect on hospitalised patients with COVID-19.

Through the Solidarity PLUS trial, researchers across the world have an opportunity to use their expertise and resources to contribute to global COVID-19 research.



World Health Organisation Chief, Dr Tedros Ghebreyesus

Rights body strives to maintain HIV epidemic control



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MASERU - The People's Matrix Association says because it cares

about its clients, it is still running the Epidemic Control (EpiC) Project, which aims to attain and maintain HIV epidemic control among at-risk adult men, women and priority

populations. The organisation advocates and lobbies for the political, sexual, cultural and economic rights of people with diverse sexual orientation, gender identity and

gender expression in Lesotho.

Promotion and protection of human rights features is one of the key objectives of the body.

The EpiC Project is a five-year global project funded by the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) and the U.S. Agency for International Development (USAID), managed by Family Health International (FHI) 360 and dedicated to achieving and maintaining HIV epidemic control.

As such, the association strives to always make things easier for the clients and believes leveraging their innovative solutions in healthcare service provision can stimulate their satisfaction.

To foster outstanding relationships with its clients, the association trusts in focusing on improving clients support and make it unchallenging for clients to interact with their top notch pre and post service delivery mechanism.

The association's Project Monitoring and Evaluation Officer, Tleketle Tlali told Metro that the project provides strategic technical assistance and direct service delivery to achieve HIV Epidemic Control and promote self-reliant management of National HIV programmes by improving case finding, prevention, treatment

programming and viral load suppression.

"Since the implementation of the project in 2019, scheduled to end in 2024, we have seen a lot of success, with challenges here and there. But through the Ministry of Health and USAID's support, we have been coping just fine, even in the wake of the COVID-19 pandemic," he said.

Mr Tlali said the aim is to achieve HIV Epidemic Control by 2030, that will be achieved by stopping new infections through ensuring that those who are HIV negative but at risk take PrEP while those who are HIV positive are virally suppressed and virally undetectable, because virally undetectable people cannot transmit the virus to others.

The EpiC Project provides USAID missions with a proven platform and deep technical bench to bring innovations to country programmes and overcome performance challenges.

It is able to work through both strategic Technical Assistance (TA) and Direct Service Delivery (DSD) to break through barriers to 95-95-95 and promote self-reliant management of national HIV programmes by improving HIV case finding, prevention and treatment programming, and viral load suppression.

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LIBERTY

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DSTV

ALo CaNN

A Lesotho Origin CaNNabis

METROPOLITAN LESOTHO

The world in 10 minutes

UNITED KINGDOM

Woman gobsmacked at note stranger hands her in coffee shop while she was on a date

There are many perils of modern-day dating - and it's always wise to meet a stranger for the first time in a public place.

In the quest for romance, it's common to experience a few creeps along the way.

But when it happens, amazing strangers can happen to be in the same place and alert you that your date is red flag central.

One man is being hailed a hero on social media after he came to the rescue of a woman who sat next to him while on a date in a coffee shop.

The woman, called Hadia, shared her unfortunate experience online - and posted a note the coffee shop man handed her while her date was in the bathroom.

It went viral after she posted it on Twitter, with many praising the quick-thinking man for taking the initiative to

alert her without making a scene.

Hadia posted: "I had coffee with a guy yesterday. When he went to the bathroom, the gay guy sitting behind me passed me this note."

The note said: "Too many red flags. Run. Be safe girl."

On Twitter, one person replied: "I can't help but wonder how bright red those flags were for a complete stranger notice AND write a warning note. Big yikes."

Hadia replied: "As bright as my red nails."

She added: "It honestly wasn't THAT bad...until after he came out the bathroom. Everything he said after the note was a major red flag."

One person replied: "If I got that note I'd have immediately given him the 'appreciate it' head nod and ended the date early. Nobody is going to see a man's red flags faster than another man."

UGANDA

Uganda anti-pornography law dropped after backlash

A controversial anti-pornography law has been quashed in Uganda following pressure from women's rights groups.

The government introduced the legislation in 2014 to prohibit the spread of pornography, which it said would help protect women and children.

But critics say the law was misused, leading to women being attacked in the streets for wearing certain types of clothing, such as miniskirts.

The legislation has now been annulled by Uganda's Constitutional Court.

A panel of five judges unanimously ruled that sections of the law that defined pornographic offences, including a ban on "indecent" clothing, were unconstitutional.

They said that no harm would occur to society

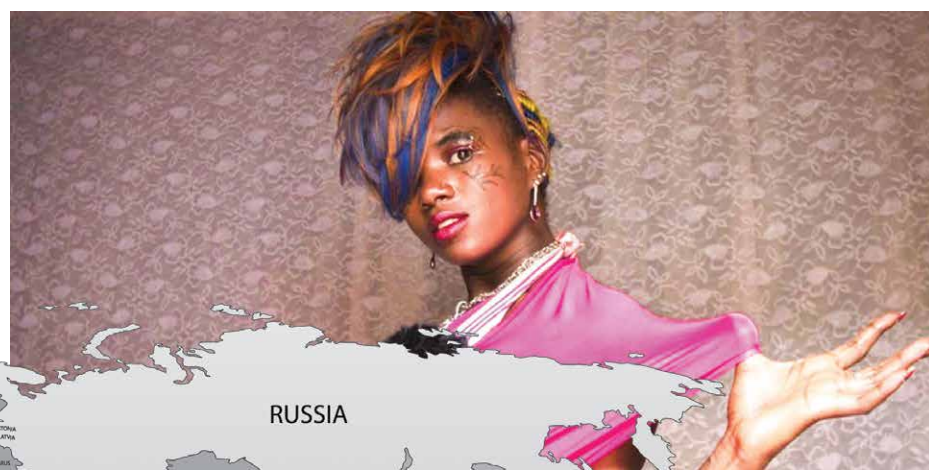
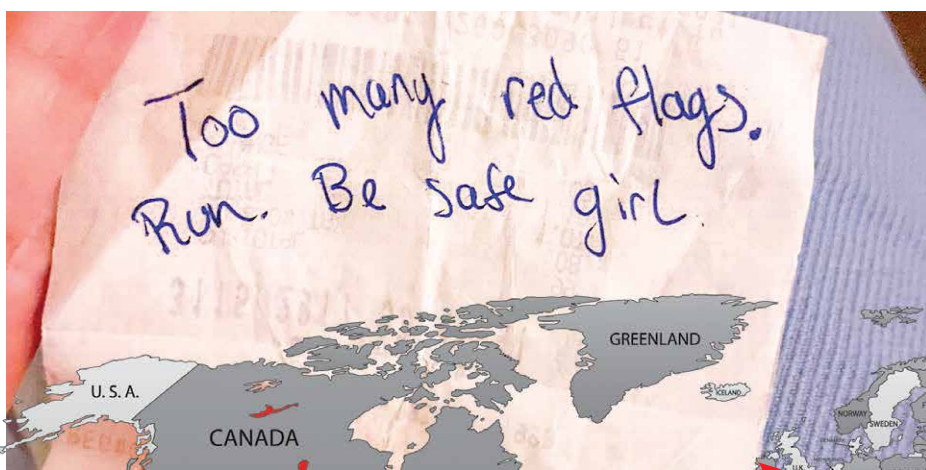
if certain bans on acts or material that elicit sexual excitement were lifted.

The introduction of the legislation in 2014 - initially branded the "anti-miniskirt" law - led to street protests in the capital, Kampala, after women dressed in short skirts were publicly harassed and assaulted.

Several women's rights organisations and human rights lawyers urged the government to review the law and later presented a petition to the constitutional court.

The organisation Uganda Women's Network said at the time that the legislation was in conflict with the country's constitution, which guarantees equal rights for both sexes.

Under the law, song lyrics and music videos could also be categorised as pornographic, with artists facing arrest and jail.



NIGERIA

Nigeria's Kano state moves to ban mannequin heads on Islamic grounds

The Islamic police force in Kano, a Muslim-majority state in Nigeria, has raised eyebrows after it ordered shops to only use headless mannequins to advertise clothing.

"Islam frowns on idolatry," Haruna Ibn-Sina, the commander of the Sharia police known as the hisbah, told the BBC.

"With the head on it looks like a human being," he added.

Mr Ibn-Sina also wants the headless mannequins

covered at all times because to show "the shape of the breast, the shape of the bottom, is contrary to the teachings of Sharia [Islamic law]."

Kano is one of 12 states in the Muslim-majority north that practise Islamic law. The legal system is supposed to apply only to Muslims.

But in reality, non-Muslims come under pressure to adhere to the hisbah's rulings, including the ban on full-bodied mannequins.

RWANDA

Rwandan President and Arsenal fan Paul Kagame frustrated by defeat

Rwandan President and Arsenal fan Paul Kagame has vented his frustration at the club's shock defeat by a newly promoted club on the opening day of the English Premier League season.

Brentford, after a 74-year absence from top-tier football, beat Arsenal 2-0.

Mr Kagame often comments on the Gunners - a club sponsored by his government.

After Friday's away game, he tweeted: "We just must NOT excuse or accept mediocrity. A team has to be built with purpose to win win win."

In two further rapid-fire tweets, he demanded "a plan that really works" and lamented that "fans don't deserve to be kind of get used to this".

Since 2018, the Rwandan government has had a controversial sponsorship deal worth more than £30m (\$42m), which involves a "Visit Rwanda" logo displayed on Arsenal shirt sleeves.

Critics have said it is an example of the authoritarian leader of a poor, African country subsidising a wealthy football club. But the Rwandan government says the sponsorship more than pays for itself over in tourism revenue.



Afro Jazz artiste, Thari-Ea-Tsheepe

Thari-Ea-Tsheepe introduces new poetry/jazz fusion style

KABELO MASOABI

MASERU - Afro Jazz singer Thari-Ea-Tsheepe has returned to the music scene with a fresh sound of poetry and Afro Jazz fusion. The long-awaited debut; Bana

Ba Thari is a follow-up to his 2015 self-titled EP and is set to be launched later this month. As a performer of traditional poetry, real names Thaabe Lelosa, 29, is the first artist in Lesotho to fuse his skills in three genres

including Jazz, SothoHop and Acapella. Top songs in the album include "Phato" (August), which is already gaining popularity on local radio stations. Thari-Ea-Tsheepe deems himself the 'legitimate heir' of the Lithoko tribe, a passionate artist with recites poetry uniquely infused in Afro Jazz music – a culture-driven style. He is the Founder of Bana Ba Thari Cultural Dance Crew, a group of girls that does Basotho cultural dancing. He recorded all the tracks in the album at BK's Studio in Maseru, working with his producer, SaMoghRa. The album features musical giants such as Tlali-Mothoana, Thaathe, and melodious female, Mosimoli. Local bass guitarist, Mega, proved his

prohress in songs like Phato, Litau and Lesotho. Bana Ba Thari is composed of 10 tracks that Thari-Ea-Tsheepe wrote within a month's time. Throughout this new album, his relaxing chill out poetry style remains evident yet matured, with a more refined view at the world. Having successfully completed the album, Thari-Ea-Tsheepe says with his team, they will sell the album through flash-drives encrypted to be non-rewritable. "This is because we now live in the modern world where CD's are slowly fading away. "Truly, we didn't expect the whole album to turn out so well, especially bearing in mind that we have been recording it in the midst of the COVID-19 pandemic. The new songs are inspired by

some great life-changing events in my life, including a glimpse to my past – my real roots. And while each song varies in tone, they are all originals and circle back to one universal theme. Bana Ba Thari is a Poetry-filled, catchy collection of reminders that our cultural roots, love, harmony, diversity and unity can co-exist in our modern world," explains Thari-Ea-Tsheepe. SaMoghRa has high hopes for the success of the album. He says: "The new album is so fascinating. The word that describes best it is 'Unique'. Listeners will find it perfect for cultural purposes and heritage." Businesses interested in partnership or media opportunities can learn more on Thari-Ea-Tsheepe Facebook page.

From football to cooking – Fariki the Cook

KABELO MASOABI

MASERU – MANY young people in Africa dream of becoming successful and wealthy soccer stars, but the sad reality is our continent does not offer many opportunities for such dreams to come true. But the life of Selikoe Mokhothu tells an inspiring story of a young man who beat all odds to achieve what he wants, but in another type of field. Mokhothu chose to divert from the conventional paths by putting a pause to his professional soccer career to make a mark in the culinary world. The annual employment report by the International Federation of Professional Footballers, a global soccer player union, reveals that African-based professional soccer stars often play under dire conditions, which force them to forsake their soccer dreams and seek other means of making a living. Mokhothu who is a former Matlama, Sky Batallion FC and Linare defender, says his story should come as an eye opener to many young footballers in the country. While playing for Matlama, the team sent him to a catering school after learning about his interest in the food industry. This shows that the whole intention was to prepare him for a life after football.

The 29-year-old player continued to play for Matlama while also pursuing his cooking studies. When he left Tse-Putsoa and joined Sky Batallion and later Linare, he still received from his new teams with his cooking studies. Hailing from Sekamaneng, Berea, Mokhothu is now a professional chef although he is still passionate about football. "At the moment, I'm not contracted to any team as I am focusing all my energy on becoming a renowned chef. I was supposed to relocate to Mokhotlong and play there but the coronavirus restrictions on sports hit in again. Hence, I cannot rely on football alone," he says. He was inspired to cook from an early age by his mother who is also a great cook. "My mother used to force me to cook with her. In those days, it felt like punishment but later I learnt that she gave me a lifetime gift, teaching me how to cook. After the Matlama management realised my passion for cooking, it sent me for cooking lessons during my spare. I appreciated the initiative as a way of preparing me for life after football," he says, expressing his gratitude for the gesture. He is now a graduate of the Mosh School of Baking and catering, based in Sea-Point.



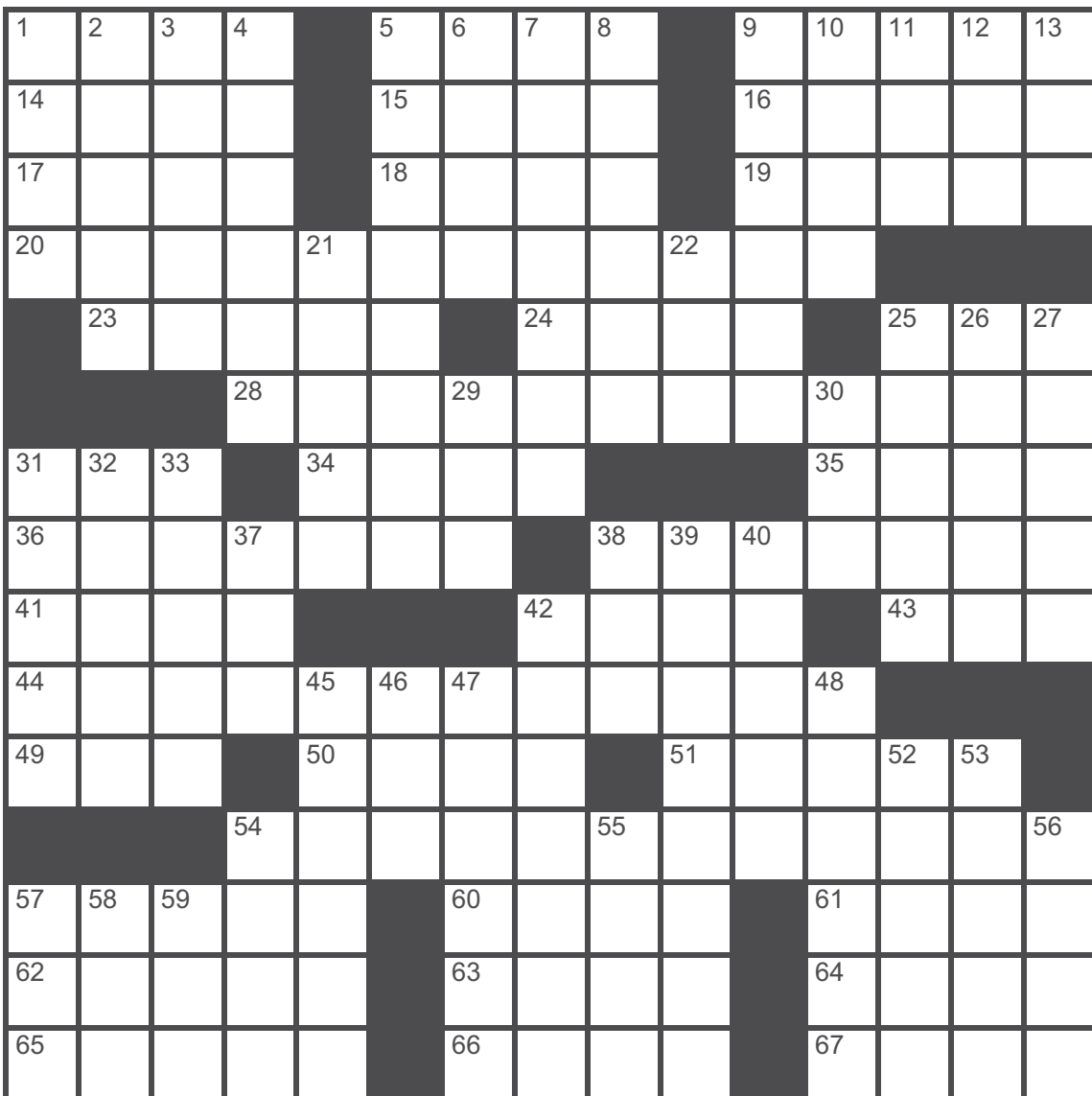
Footballer turned chef, Selikoe Mokhothu (right) poses with a cake he baked for the Royal Family

Maseru. It is worth mentioning also that the institution school hired him even before he completed his cooking studies. "I know I'm now one of the best male chefs in the country. Next year I'm planning to bake as part of my exhibitions a giant size cake depicting the image of His Majesty King Letsie III on his birthday. "I want that to be a souvenir to be remembered with for many years to come.

"The whole country will know about me and my work. At the moment I work from home. I want to inspire other players to pursue their other dreams as well," he notes. His message to fellow footballers is, "Take the opportunity you are given at the present time because tomorrow never guarantees anything." Going by the name Fariki (pig) the Cook in the food industry, he says what differentiates him

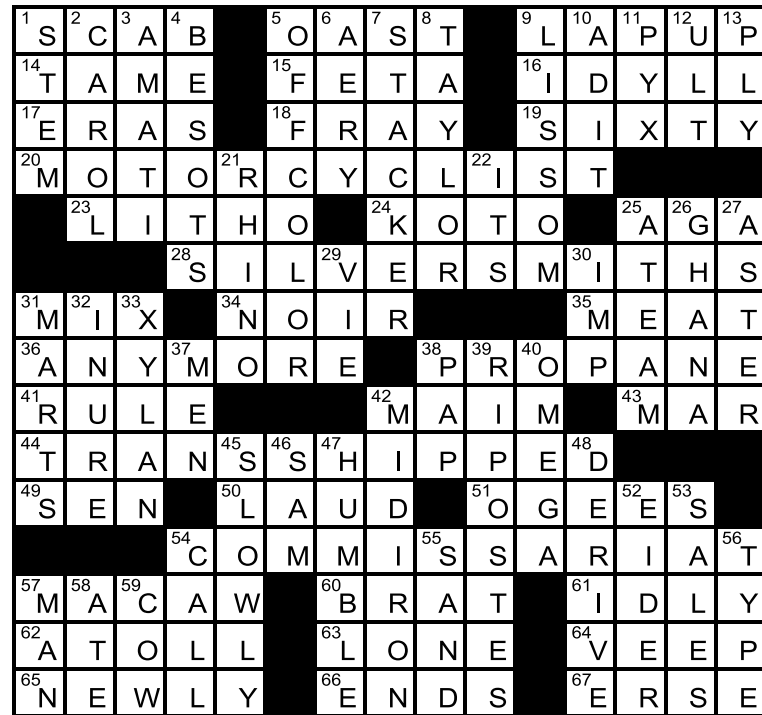
from others chefs is that he makes preparing food fun and adventurous, using more technical and focused techniques. "I always watch and listening to food videos just to make my cooking have a different taste from the usual. My other skill includes baking cakes for parties and weddings and do full catering and decoration," he explains. For more information he can be found on his Facebook page titled Fariki the Cook.

General Crosswords



- Across**
- 1. Spill the beans
 - 5. Grouch
 - 9. Book of maps
 - 14. Put on board, as cargo
 - 15. Fine-tune
 - 16. Some like it hot
 - 17. Andy's radio partner
 - 18. Sicilian peak
 - 19. Female monarch
 - 20. Protection against illegal imprisonment
 - 23. Appears
 - 24. Himalayan legend
 - 25. Colorful carp
 - 28. Petty officer
 - 31. Driver's need
 - 34. Start of something big
 - 35. Wassailer's song
- Down**
- 13. Break a Commandment
 - 21. Accumulate
 - 22. School org.
 - 47. Raw meat
 - 48. Least refined
 - 52. African river
 - 42. Queen's residence
 - 43. "Mangia!"
 - 1. Ho-hum
 - 2. Spiritual leaders
 - 25. Norwegian money
 - 26. School org.
- Across**
- 36. Comeback
 - 38. Unknown
 - 41. Neck of the woods
 - 66. Ivan or Nicholas
 - 67. A load
- Down**
- 53. Continental divide?
 - 44. Power structure
 - 49. Tricky curve
 - 3. Desert home
 - 4. Accord
 - 27. of Langerhans
 - 54. It may be out on a limb
 - 50. It may get into a jamb
 - 51. Sun Valley locale
 - 54. Canadian province
 - 57. Where Seoul is
 - 60. Delivered
 - 61. Épée
 - 62. Pioneer in Surrealism
 - 63. Gaelic language

Last Week's Solution

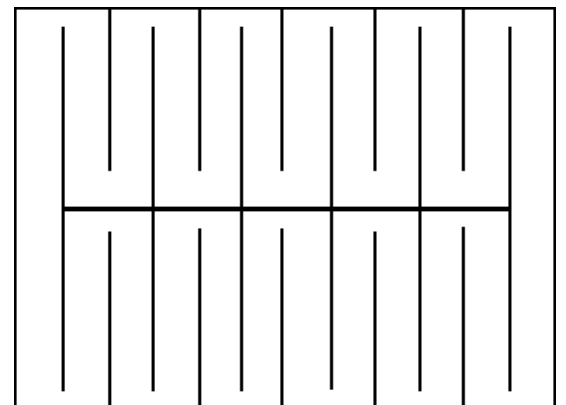


- 64. Fix, in a way
- 65. Rub the wrong way
- 5. 32-piece board game
- 6. Campus military org.
- 7. Ticked off
- 8. Check payee, maybe
- 9. Find not guilty
- 10. Conclusion starter
- 11. Fabrication
- 12. Brewed drink Course requirement?
- 30. Santa , Calif.
- 31. Vineyard fruit
- 32. Buenos
- 33. Eyeglasses
- 37. Furniture wood
- 38. Military address
- 39. Heat-n-serve meal
- 40. Orchestra section
- 42. "Egad!"
- 45. Conceive
- 46. Without delay
- 55. Major (constellation)
- 56. Custodian's collection
- 57. It may be tapped
- 58. Bruin legend Bobby Genetic info carrier

So You Think You are Geneius

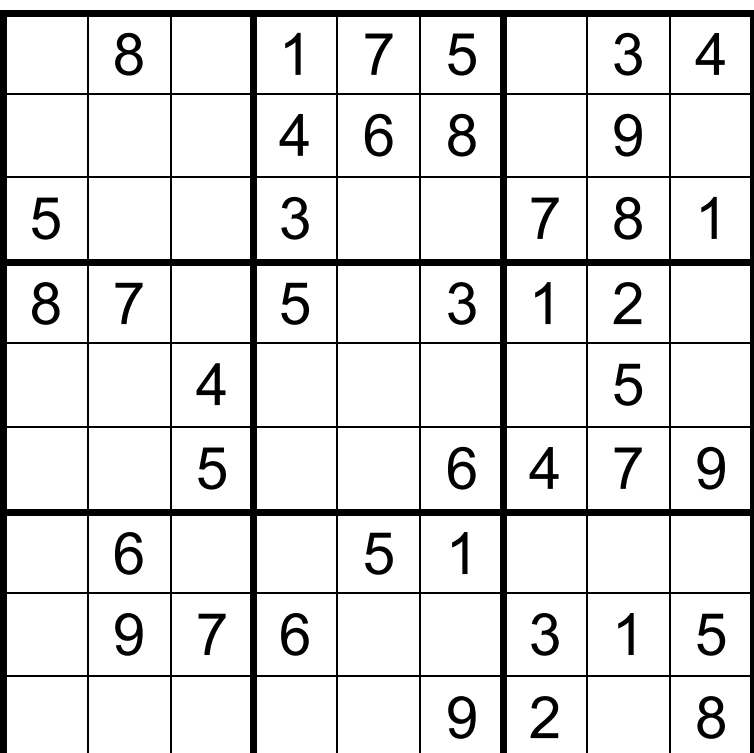
Question (Answer next week)

Suppose I flip two coins, without letting you see the outcome, and I tell you that at least one of the coins came up heads, what is the probability that the other coin is also heads?



Last Week's Answer

Sudoku Puzzle



Fill in all the squares in the grid so that each row, each column and each 3x3 square contain all the from 1-9

This is the Quick Sudoku for the solver in a hurr: target time, ten minutes.

Last Week's Solution

6	1	2	9	5	7	8	3	4
9	8	4	6	3	1	2	5	7
7	5	3	4	2	8	6	9	1
1	2	6	7	9	3	5	4	8
8	9	7	5	6	4	3	1	2
3	4	5	8	1	2	9	7	6
2	7	8	3	4	5	1	6	9
5	6	1	2	7	9	4	8	3
4	3	9	1	8	6	7	2	5

Fold the paper in half, make cuts reaching almost across the whole width of the paper, alternating from side to side. When the paper is opened, it makes a very large loop. Here is a template which would work

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Be Car-Smart

Forget Your Keys

On your next date night, leave your cars in the garage for a change and hire a car service instead. You'll ride in style to and from a restaurant, enjoy a night of carefree drinking and dancing, and you won't need to worry about staying sober for the drive home.

How many times have you been ready to race out the door only to discover that your car keys are nowhere to be found? You go through coat pockets, dump your purse, and check the bowl in the foyer. No keys.

While you can't anticipate every situation, there are certainly ways to ensure you don't get locked out of your office, car, or house and that keys are easy to locate. Try these tested solutions.

1. Get yourself a cheery key chain. That way keys will be easier to spot and bigger so they are less likely

to hide in your purse. When your key-chain is more obvious and memorable others will have recalled seeing keys you left lying somewhere.

2. Have a specific spot for keys like a hook inside the door to your garage or a bowl in the front foyer. That way you can drop them off the minute you get inside the door and grab them the last thing before you go out the door.

3. Attach your keys to a stylish lanyard or bracelet or clip them to your pants. There are lots of reliable gizmos or gadgets that do this.

4. Houseclean that key ring. If you have pounds of keys, chances are there are keys on that key ring that open a house you've sold or luggage that long ago wore out. Get rid of keys that serve no purpose.

5. Why not go high tech? Attach something like

a handbag or a gym bag or a backpack to your keys. Register the object with an app on your phone using Bluetooth. Then, whenever you open the app you'll be able to track where that object attached to your keys is. You'll get an alert with the last known location of that object...and yours elusive keys.

6. Tile those keys. There is a whole range of wireless object finders of which Tile is an example. Tile is a disc that you can attach to clothing, shoes, a bag or other object. Stick N Find works like Tile except it can be stuck to things like your key ring. The principle in both cases is that Tile or Stick N Find emits a radar-like mechanism to locate the keys.

7. Have a place for everything whether it is a drawer, a hook, a bowl... Think about where you use items like keys and how often you use them. Put them in the same place each time you arrive home. If you have children treat your keys like a gun. Put them in a safe place where kids cannot reach them. Keys in kids' hands can easily get lost or misused. Don't drop them in your purse or you will be forever digging for them or trying to decide which purse you last used. The same goes for pockets!

Careful planning and developing a routine then adhering to it is the key (pun intended) to ensuring you are not constantly seeking those misplaced keys.

No matter how well you plan ahead there will be those situations beyond your control.



Mobility tips to minimise your expenditure and maximise your savings



affect your fuel consumption.

• Car insurance policies are like a safety net to protect your car. There are a variety of insurance policies available on the market – do your research and tailor a policy to accommodate your specific needs. Check in periodically with your insurer and negotiate lower premiums. A claim-free history will do wonders for your premium, and insurers are more likely to negotiate with low-risk clients. If your car is financed, it is important to note that having insurance

is mandatory, so cancelling is not a wise (or possible) option. Also consider bundling your car and home insurance for a lower premium.

• Check your car licence disk expiry date. Keeping on top of renewal payments will minimise late renewal penalties. On the subject of penalties, it is equally important to follow the rules of the road. A traffic fine or infringement is an avoidable and unnecessary expense in your budget.

“The point is not to compromise the

wellbeing of your car, but to invest in the most cost-effective ways to keep it running at its optimum performance level. Doing so could mean more savings to your budget in the long term,” says Kutlwano Mogatusi, WesBank Motor Communication Specialist.

“The freedom of movement afforded to you by having your own vehicle is unparalleled. However, it is important to ensure your vehicle is maintained and in the best condition to avoid incurring unnecessary costs and expenditure.”

Your car could be the first major financial asset that you will own and manage. As with any asset, the key to maximising its performance, longevity and saleability is ensuring that you take care of it and keep it in the best condition possible. One way is to familiarise yourself with some handy tips that could save you money and help preserve your asset.

With July as National Savings Month drawing to a close, the focus has been on key aspects around saving and financial planning. As such, it is a good time to examine the household budget and see where savings can be made, including on your vehicle, recommends leading vehicle and asset solutions provider WesBank. Getting car insurance, a tracking device and other value-added products are great for ensuring that you maintain the value of your car.

However, on a day-to-day basis, here are a few tips that WesBank suggests you follow to assist you with managing and minimising your monthly expenditure, which could also lead to better savings.

• While driving, use a navigation system or app with real-time traffic monitoring to avoid traffic congestion, which wastes fuel.

• Weigh up the route options. Though it might be quicker on the highway, remember to take into account toll charges, where applicable. For intra-city travel, it could be more affordable to avoid tolled highways whereas, for inter-city journeys, tolls might be cheaper than the cost of extra fuel on back roads.

• Clear out any unnecessary clutter in your car that could weigh it down, resulting in unnecessary and excess fuel usage.

• Use the correct fuel grade for your vehicle model. If you are not sure, speak to your dealer for the best advice on what fuel to use to ensure optimum performance for your car.

• Replacing worn tyres is essential for vehicle safety on the road but can be expensive and is not covered in service/maintenance plans. Ensuring your car's wheel alignment is set correctly will prevent premature wear and tear, fuelled in part by aggressive driving habits, and will positively

Metro SPORTS



Bloemfontein Celtic before they were sold

Ex Lesotho goalie hurt by Celtic sale

MASERU - Former Lesotho and Bloemfontein Celtic goalkeeper, Ronnie Malefetse is unhappy about the sale of Phunya Sele Sele after the South African Premier League side

on Tuesday announced its decision to change hands.

This after the hierarchy of the club announced it was struggling to keep up with the financial implications of

running a professional football team.

The Bloemfontein-based club has relocated to Durban, KwaZulu-Natal and will now be known as Royal AM.

Malefetse is one of several Lesotho born players, who donned the club's colours and enjoyed a lot of success with them having won the now defunct Mainstay Cup with Celtic in 1985.

Keteng 'Lekoetose' Mosala, Tšeliso 'Frisco' Khomari, Seephephe 'Mochine' Matete are some of the prominent Lesotho footballers who also played for Celtic in the 1970s and early 1980s.

They were followed by a generation that included among others Lehlohonolo Seema, who went on to captain and coach the team after retiring along with the likes of Lebaka Mphongoa and the late duo of Tšeliso Thite and Motlatsi Shale.

Likuena striker, Motebang Sera is the latest of the Lesotho players to join Celtic and is in the squad that has relocated to Durban after being bought by Royal AM.

"Let me narrate a bit of my history with the team. I started playing for them in early 1970s while I was still playing here at home. Celtic were at the time still playing in the lower division, I would cross to Bloemfontein

with other local players on weekends to play there and come back home immediately thereafter," Malefetse said

"The team was eventually promoted to South Africa topflight football in 1984 and that's when our brother, Mosala who was already playing for the club was given an assignment to recruit players in Lesotho."

Others like Matete, Khomari and 'Valdes' Leleka to mention a few were already in the books of the club around that time, he said.

"I have heard about the team's financial problems over the past couple of years and it is sad to be sold because it has always opened its doors to players from neighbouring countries such as Lesotho, Botswana and Malawi," the former Lesotho prominent goal minder said.

"The sale of the club is going to hit hard on young players from Lesotho and the Free State province itself. It's a sad end to a rich history of a club that was not only loved in the Free State, but the whole of southern Africa.

"We had a big connection with the club as Basotho as you can see with the story of Seema, who played for the club before he later coached it," he said.



Celtic striker, Motebang Sera celebrate goal

LDF Ladies ready for COSAFA campaign

game with the men national Under-17 squad which helped them develop certain areas prior to the competition.

"I can confirm that my players are fit in all aspects and are looking forward to this historic moment in their careers," he said.

The Lesotho Football Association (LeFA) on Tuesday announced that the army side reported for camp at the Bambatha Tšita Sports Arena on Monday.

"Lesotho's representatives at the upcoming CAF Women's Champions League/ COSAFA qualifiers, LDF Ladies on Monday reported for a week-long camp at Bambatha Tšita Sports Arena as they fine tune their preparations for the regional qualifiers to be staged in Durban from August 26 to September 4.

"All the players and technical team tested negative for COVID-19 on Monday. The team will remain in a bio-bubble camp until they depart for Durban. LDF will kick-start their campaign against South Africa's Mamelodi Sundowns in Group A that also has Double Action Ladies from Botswana and Eswatini's Manzini Wanderers," LeFA statement reads.

According to COSAFA, the winners of this first ever regional club competition for women in southern Africa will not only have their names forever imprinted in women football history, but will also book a ticket to the continental finals scheduled for Egypt later this year.



LDF Ladies at training with their coaches

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MASERU - LDF Ladies' new head coach, Lengana Nkhethoa is confident about his charges' physical fitness and preparedness to compete in the inaugural Confederation of African Football

(CAF) Women's Champions League I COSAFA qualifiers set for Durban, KwaZulu-Natal from August 26 - September 4.

"All the players are in good shape and the good thing is that all the technical team and players tested negative of COVID-19 but we are yet to test again on

Saturday prior to leaving for Durban. The spirit in our camp is high as everyone is eager to make history in the regional tournament," Nkhethoa told Metro on Wednesday.

Since they went down 2-1 to Kick4Life Ladies in the "Dare to Dream Championship" final

on July 10, they have not had a chance to play any friendly matches due to the prevailing national lockdown.

The lockdown resulted in the suspension of contact sports activities including football.

Nkhethoa was, however, quick to note that they played a friendly

Seema wins first match as Arrows coach

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LESOTHO international coach, Lehlohonolo Seema registered his first victory as Lamontville Golden Arrows head coach when his side defeated Supersport United 4-3 on penalties after playing to a 2-2 stalemate during the regulated time to progress to the MTN 8 Cup semifinals on Saturday.

Swallows FC beat Orlando Pirates 2-1 in the real Soweto derby to progress to the semifinals and Mamelodi Sundowns outclassed Kaizer Chiefs by 2-1 in the penalties after the two sides held each other to a 2-2 draw on Sunday before Cape Town City defeated Amazulu 2-1 to book a semifinal spot.

Seema is faced with a lot of pressure at Arrows after an impressive 2019/20 season where the then Mandla Mcikazi led side finished on fourth position and Seema is

therefore expected to match that performance or take Abafana Besthende to the heights.

Seema joined Arrows in July after Mcikazi left the Durban-based side for a coaching job at Orlando Pirates. Seema's Premier Soccer League (PSL) coaching career is indeed extended as the former Bloemfontein Celtic and Orlando Pirates defender takes charge of Arrows as the fourth team after his former clubs Celtic, Chippa United and Black Leopards.

Arrows fans took to social media to share their sentiments. Bhalo Sxubho Dlamini congratulated the entire team for the victory.

"Good work guys you nearly did what you did against Amazulu in the Nedbank Cup loss. The game belongs to us, once again thanks. I love you guys even the one who left us must see that we were not depending

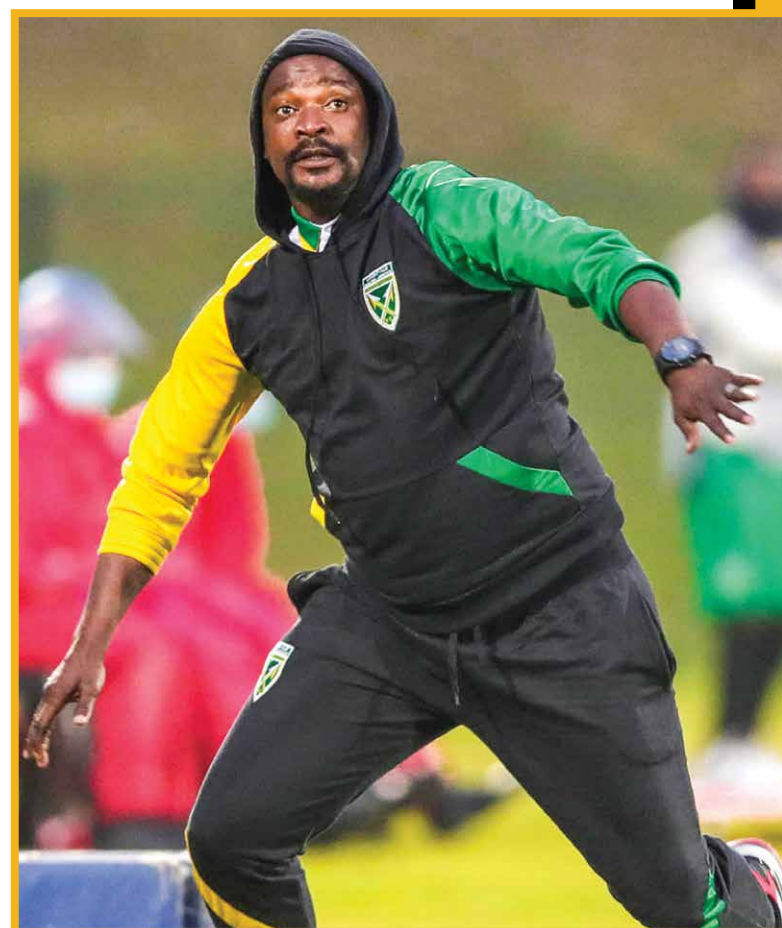
on them, we don't play as individuals but as a team," he said.

"Well begun, half done. Thanks," Archibald Mduduzi Jwara commented.

The PSL announced on Sunday that Arrows will battle it out against Sundowns in the semifinals while Cape Town City will take on Swallows with dates yet to be confirmed.

Local coach, Daniel Ntlaloe said Seema has a chance of advancing to the finals even though it is not that easy given the fact that he will be playing against the best team in South Africa in all aspects.

"What may assist Arrows is that they have character, because Seema is good at instilling the fighting spirit in players, which is a crucial thing in the game, but Sundowns are hungry for this trophy as they won it a long time ago. I see Sundown versus Swallows in the final," he predicted.



Golden Arrows coach, Lehlohonolo Seema



Lekoane Lekoane during his playing days at Kaizer Chiefs

Meticulous striker, Lekoane Computer Lekoane

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MASERU – One of the most gifted footballers and prolific forwards to come out of the Mountain Kingdom is Lekoane Lekoane, better known as “Computer” in football circles.

He enjoyed a lot of success with Arsenal and Majantja on the home front before he went on to make a mark in South Africa, with Soweto giants, Kaizer Chiefs and later Dynamos.

Lekoane was a formidable Likuena striker who caused severe nightmares for defenders during his playing days.

He was featured in the Likuena’s squad that made history by beating Cameroon’s Indomitable Lions 2-0 in 1994, notwithstanding that the Cameroonians had just competed at the 1994 World Cup.

Lekoane won the Lesotho Premier League title with Majantja FC in 1995 and the prestigious Top 4 Cup with the same team later that year.

As a coach, he assisted Majantja to gain promotion to the Premier League in 2017 and he left when the team was in second position on the log the following season.

He holds a CAF C License coaching certificate which he obtained from the Lesotho Football Association (LeFA) in 2017.

Born on August 15, 1968, Lekoane Lekoane is the son of the late Makoanyane and “Malerutla Lekoane of Levi’s Nek, in Leribe.

He did his primary education at Emmanuel Primary School in Levi’s Nek and Koroti Primary in Hlotse, where he completed in 1984.

He began his football career with his home team, Mathebe FC which played in the A Division under the mentorship of Philip Letsoeba.

At the age of 18, he was the youngest player in the squad of 1986. Around that time, former Arsenal coach, the late Styles Phumo spotted him and invited him to join the now



defunct Gunners who were at the time playing in the A Division.

He became part of the dominant Arsenal in 1986 and remained with the Maseru-based outfit until they were promoted to the Premier League in 1988.

Lekoane was later spotted by Vaal Reefs Mine scouts while playing for the Gunners in 1988 and he joined the South African Mine’s football team later that year.

A former colleague at Vaal Reefs Mine, Cosmos Mahlomaholo invited him to join Majantja and he struck a deal with the club’s then president,

Sebatana Russell.

Russell offered him a monthly salary of M1 500 in order to leave his job at the mine where he earned R600 per month.

Before he joined the Mohale’s Hoek-based outfit on a fulltime basis in 1988, he used to come to Lesotho with Mahlomaholo to play for Majantja on weekends.

He remained with the team that was playing in the Premier League until 1995 when he left.

Majantja were at the time mentored by player cum coach, the late Zero Motšetše until 1992 when Bomba Matete took over.

Lekoane was scouted during a friendly match against Kaiser Chiefs at Setsoto stadium in 1995 by Screamer Chabalala, a Leribe-born South African who was at the time a Chiefs’ scout.

Both Chiefs and Majantja had won league trophies that year in their respective countries and Sebatana had organised the friendly game between the two.

Chiefs won by 5-1 and Lekoane scored Majantja’s lone goal.

“I thereafter went for Chiefs trials in South Africa and I passed after a one-day morning session. Later that afternoon when I returned to the ground, for second session, I was told that I had made it through. They told me to return to Lesotho to fetch my clearance certificate before signing a contract with the club,” he recalls.

“Playing for Chiefs was not easy for me, some of my teammates did not like me and they made life real difficult from the first day I joined the club. But I told myself I was there to play football and shine.”

His maiden game at Chiefs was against Swallows and his side won. He spent two seasons at Chiefs before he left in 1997 to join Dynamos who were at the time playing in the Second League, Mvela. Dynamos were promoted to the Premier League the following year and Lekoane left the club in 1999.

The forbidding striker was forced to hang his soccer boots in 2000 due to a leg injury he sustained after he was shot on the leg in his home by armed burglars.

He returned to his old team Majantja in 2017, to start his coaching career. He was assisted by Retšelisitsoe Mapepe.

He remained with the team until 2018 when the club released the duo and engaged a youthful South Africa coach, Kabelo Malapane.

People who helped groom him into a coach include his first mentor, Letsoeba, his former teammates at Mathebe FC such as Mokete Pama and Tseki Rathebe along with a close relative of his, Kopano Mabaleha.

As a young player, Lekoane looked up to Chiefs’ Fani Madida and Doctor Khumalo. In the coaching department, he idolised Letsoeba, the late Phumo, Matete and Jeff Butler.

He considered Thato Mohale, Matete Matete and Litšitso Khali as his serious rivals at national team level while Pollen Ndlanya, Aaron Lebunda, the late Fortune Kolomba and Mika Rapatsa as his fierce competitors during his days at Chiefs.

His former teammate at Likuena, Teele Ntšonyana describes him as one of the most exceptionally talented strikers he has ever played with.

“He was a gifted left footed forward, also very creative with the ball. I remember when we defeated Cameroon 2-0 in 1994 in Maseru after they returned from the World Cup. He scored alongside the late Lefika Lekhotla and went on to score an incredible goal during the return match away in Cameroon in 4-1 loss and was given a standing ovation. The national army even saluted him,” Ntšonyana recalls.

Lekoane’s worst moment was in 1995 during the Top 4 Cup match against LDF FC when the game had to be temporarily stopped because the players had started a fight and the fans also joined the scuffle.

Police disperse the fracas with a teargas. The game resumed and Majantja won 2-0 to lift the trophy.

His best moment was a 2-0 victory over Moroka Swallows in the Bobsave Cup at the Joburg stadium in 1996 when he scored Chiefs’ winning goals alongside Ndlanya.

He also regards the 1995 Amakhosi’s 2-0 victory over Cape Town Spurs as his best moment.

He scored the first goal while Ndlanya netted the winning goal for Amakhosi.

Members of the Lesotho Defence Force were at the stadium, watching that game.

Lekoane is married to Mareitumetse Lekoane and the couple is blessed with a girl.

Besides football, he also enjoys music and athletics.