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Uncertainty hounds textile industry

4

THURSDAY April 21 - 27, 2022

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FOREIGN INVESTMENT DROPS 6%

...as tough economy troubles SACU

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BORN ON THIS DAY

- April 21**
- 1926** - Queen Elizabeth II of the United Kingdom and 15 other Commonwealth realms. She is the world's oldest living monarch. The first child of King George VI and Queen Elizabeth
 - 1959** - Robert Smith, English singer-songwriter and a musician, founder and a member of the rock band, the Cure. He is also the lead guitarist for the band
 - 1958** - Andie MacDowell, American model and actor who has also been the face of L'Oréal for 30 years
 - 1964** - Max Weber, German historian, political economist and sociologist widely regarded as one of the most influential and important theorists
 - 1965** - Anthony Quinn, Mexican-American actor best remembered for his academic award winning roles in Viva Zapata
 - 1973** - John Muir, Scottish naturalist, environmental philosopher, zoologist and author. He is considered a hero by many environmentalists around the world
 - 1979** - James McAvoy, Scottish frequent performer in West End productions, also showcased his acting skills in popular Hollywood movies

NewsBriefs

SA flood toll rises to 443



DURBAN - At least 443 people have died in floods that have devastated South Africa's KwaZulu-Natal province, according to an official, as rescuers searched for dozens of people still missing in the southeastern coastal region.

Sihle Zikalala, the province's premier, said on Sunday that the dead included two emergency workers and added that a further 63 people remain unaccounted for.

The floodwaters are the strongest to have struck KwaZulu-Natal in recent memory and were triggered by torrential rains that lashed the province last week.

The deluge engulfed the region, smashing into the port city of Durban and surrounding areas, pulling with it buildings and people. Most of the casualties were in Durban, and parts of the city have been without water for days.

Scores of hospitals and more than 500 schools in the region have also been destroyed.

"The loss of life, destruction of homes, the damage

to the physical infrastructure ... make this natural disaster one of the worst ever in recorded history of our province," said Zikalala.

In some of the worst-affected areas, some residents faced an agonising wait for the news of missing loved ones.

"We haven't lost hope. Although we are constantly worried as (the) days continue," said Sbhongile Mjoka, a resident of Sunshine village in the eThekweni municipality whose eight-year-old nephew has been missing for days.

In a nearby semi-rural area, three members of the Sibiya family were killed when the walls of the room where they slept collapsed and four-year-old Bongeka Sibiya is still missing.

"Everything is a harsh reminder of what we lost, and not being able to find (Bongeka) is devastating because we can't grieve or heal. At this stage we are left feeling empty," Lethiwe Sibiya, 33, told Reuters.

Prosperity Fund synergy rekindles small businesses

NEO SENOKO
business@maserumetro.com

MASERU - The Lesotho Chamber of Commerce and Industry (LCCI) has formed a partnership with the British Foreign Affairs through Prosperity Fund to assist Micro, Small and Medium Enterprises (MSMEs) for export readiness and capacity building.

Business Development Director at the LCCI, Lesei Lesei said the purpose of the partnership was mainly to assist small businesses in the country to be more export ready.

"Particularly as one of the renowned support organisations in the country, we assist businesses that are already up and running through different interventions," he told Maseru Metro in an interview on Tuesday last week.

"As the chamber we shall assist them through different interventions in the categories of fruits, nuts and vegetables production."

Dubbed Trade Forward Southern Africa (TFSA), the project aims to prepare MSMEs for SACU+M regional market penetration and into the international export trade including the United Kingdom.

SACU+M market includes Lesotho, Namibia, South Africa, Botswana, Eswatini plus Mozambique.

Southern African businesses face significant

challenges and barriers in growing their export trade and markets, particularly due to complex trade and customs standards and regulations that vary significantly across sectors and countries.

TFSA works across five broad sectors that already have a significant level of export trade, indicating good potential for growth. The main barriers identified in these sectors have a lot of regional synergies and can be addressed through TFSA's key services.

Working through business support organisations, TFSA targets firms that are exporting or near export ready to among others provide free and easy access to the latest information and tools for businesses to competitively grow their exports and markets. Through the programme, businesses are also equipped to be able to comply with standards and regulations across regional and global value chains. It also offers targeted online training sessions for firms and customs on export requirements for regional and trans-continental trade.

In recent years, Lesotho has been faced with tough economic challenges, mainly due to corruption and falling revenues coupled with the COVID-19 pandemic as exports also took a knock.

With the partnership between LCCI and UK through the Prosperity Fund, it is expected that local MSMEs are likely to benefit in the medium to long term, thus contributing massively towards economic growth.

FastFACTS

California is home to the "Artichoke Capital of the World."

Castroville is a rural town in California that grows a lot of artichokes (and other vegetable crops), thanks to the fact that the area enjoys ideal weather year round. Because of this, it grows 99.9 percent of all commercially grown artichokes and has even been nicknamed the "Artichoke Capital of the World."

On This Day in History

1941



April 21

On April 21, 1941, the Battle of Stalingrad became the turning point during World War II. It was the largest battle of the war with 2.2 million combatants and one of the largest ever battles in history.

The eventual defeat of Nazi Germany's 6th Army in the streets of the Soviet city not only resulted in a huge loss of life but proved that Germany advance could be halted on the deadly Eastern Front.

Freindrich Paulus, the commander of the German 6th Army on the Eastern Front, commandeered 250,000 soldiers, and it was he who led the drive to Stalingrad during the summer of 1942.

In November, the Soviets launched a massive counterattack, code-named Operation Uranus, and Paulua suddenly found himself completely surrounded. Adolf Hitler ordered him to maintain his position in the city at all costs.

Hitler then promoted Paulus to field marshal, noting that there had never been a field marshal who surrendered. He also implied that Paulus should kill himself rather than be captured.

ALL JOKES ASIDE

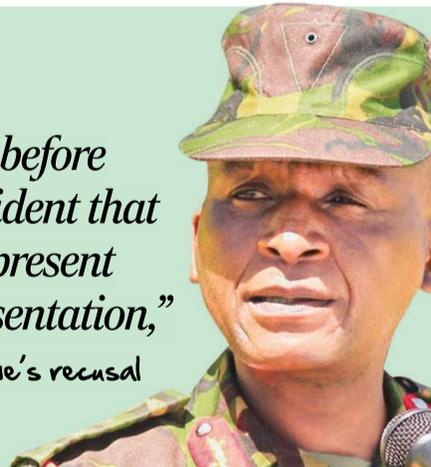
Quarantine seasonal travel

Oman, I really can't wait to Rome around.
Venice this going to get over?
You can't say when this lockdown will be over, Kenya?
Quarantine has made my Delhi routine too boring.
I've been Washingtons of utensils.
This Spain is real.
Stay home, stay safe. What's the Russia?
Maybe Indore is not such a bad place after all.
Wives are now Cochinn their husbands new skills. (dish washing, mopping?)
At this rate, I see my savings Dublin.
I've decided to finally wear my New Jersey which I've been storing for ages.
Mysore throat is on account of endless Zoom chats these days.
We need all the Lucknow more than ever before.
I'm sorry, but Iran out of travel puns.
Dubai your masks and gloves and wear them.

Quotes & Quips!

"It is proper that His Lordship should recuse himself even before the trial could start to avoid confusion, much as it was evident that His Lordship brought matters from another case into the present case as a basis to deny a fundamental right to legal representation,"

says former army chief, Lt Gen Tlali Kamoli, asking for Justice Charles Hungwe's recusal in the trial in which he (Kamoli) faces a litany of charges including murder and several counts of attempted murder



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**uncertainty
hounds
textile
industry**

4 ●

Metro BUSINESS

CURRENCIES

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

Loti/SDR	Special Drawing Right (SDR)	19.69
Loti/Dollar	United States (US\$)	14.99
Loti/Rands	South African (ZAR)	1.00
Loti/Euro	European Union (€)	16.58
Loti/Yuan	Chinese (¥)	2.34
Loti/Yen	Japanese (¥)	0.12
Loti/Pound Sterling	British (£)	19.60

STOCKS

S&P500	4,462.21
NASDAQ100	14,210.26
Nikkei225	27,217.85
Dow Jones30	34,911.20
FTSE 100	7,616.96
JSE	74,045.00
Hang Seng	20,930.35

COMMODITIES (Rates in Us Dollars)

Gold p/ounce	1,951.03
Platinum p/ounce	987.35
Silver p/ounce	25.21
Copper p/ounce	4.65
Brent Oil p/barrel	108.29

EQUITIES

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	M20.50
Unleaded 95 p/litre	M20.80
Diesel 50PPm p/litre	M22.95
Paraffin p/litre	M16.90
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

**Foreign investment drops by 6%
...as tough economy troubles SACU**

NEO SENOKO

business@maserumetro.com

MASERU - Lesotho's foreign direct investment (FDI) has plummeted from \$118 million in 2019 to \$102 million 2020, a six percent decrease year-on-year.

Already faced with tough economic conditions, the Minister of Trade and Industry, Dr Thabiso Molapo told the Southern African Customs Union (SACU) Investment Round Table held in Botswana last week that the private sector and SACU should continue working together to strengthen the business relations and linkages even outside the platform.

"We note with great concern that for most countries, the COVID-19 crises have caused a dramatic decline in foreign direct investment and Lesotho is no exception," he said.

According to the United Nations Conference on Trade and Development (UNCTAD) world investment report of 2021, global foreign direct investment flows dropped by 35 percent from \$1.5 trillion in 2019 to \$1 trillion in 2020.

In the case of Africa, the flow declined by 16 percent from \$47 billion in 2019 to \$40 billion in 2020.

"This is a major concern because international investment flows are vital for sustainable development in

the poorer regions of the world," said the report.

"Increasing investment to support a sustainable and inclusive recovery from the pandemic is now a global policy priority. This entails promoting investment in infrastructure and the energy transition, in resilience and in health care."

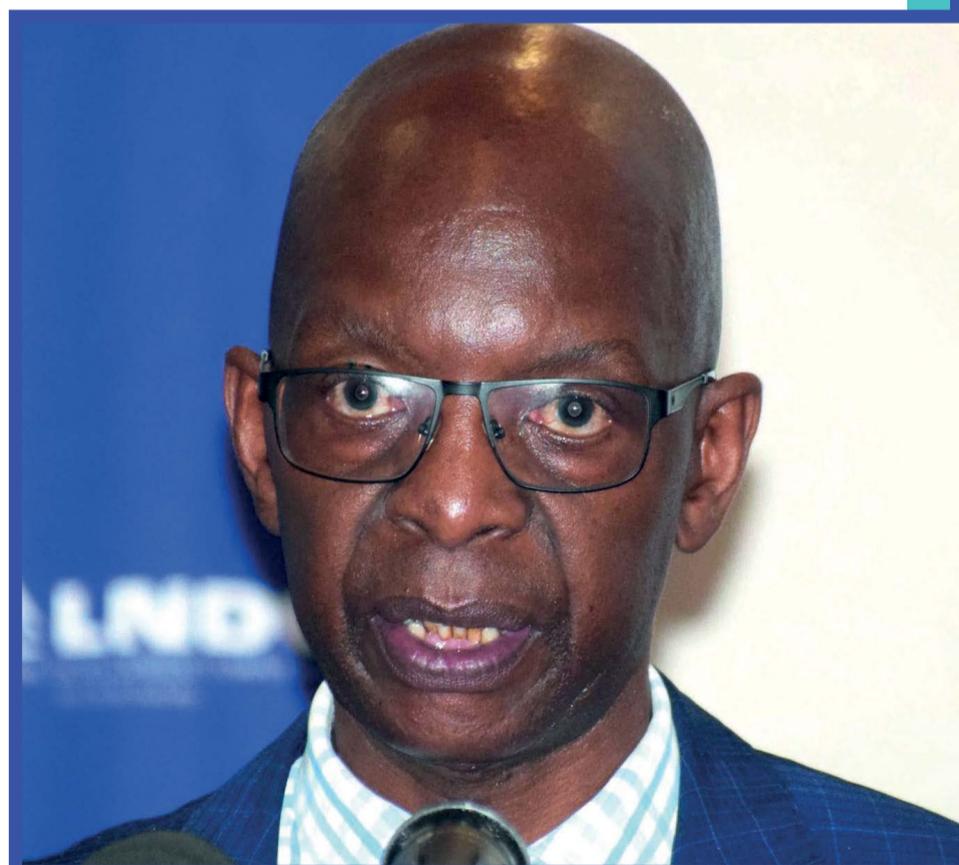
It said it was evident that the COVID-19 pandemic continued to have a persistent and multifaceted negative impact on cross border investment at national, regional and global level. Its severity is way more than the global financial crises which occurred a decade ago.

Dr Molapo said the refocused SACU work programme therefore could have not come at an opportune time providing direction for the region towards the recovery trajectory.

"The private sector should take full advantage of investment opportunities that exist within the SACU region to boost trade investment flows thereby achieving economic gains," he said.

"Such opportunities should serve as enablers for private sector participation in various value chains leading to industrialisation in reflective countries".

Furthermore, Dr Molapo said the importance of the prioritised sectors in the SACU Round Table could not be overemphasised, more so, that they resonated well with Lesotho economic and development agenda as highlighted in our National Strategic Development Plan II



The Minister of Trade and Industry, Dr Thabiso Molapo

(NSDP II).

"The successful implementation of the SACU work programme will enable Lesotho to meet the targets as laid out in the NSDP II, thus emphasising the

importance of the work programme for Lesotho," he said.

"It therefore goes without saying how critical the success of this work programme is for Lesotho."

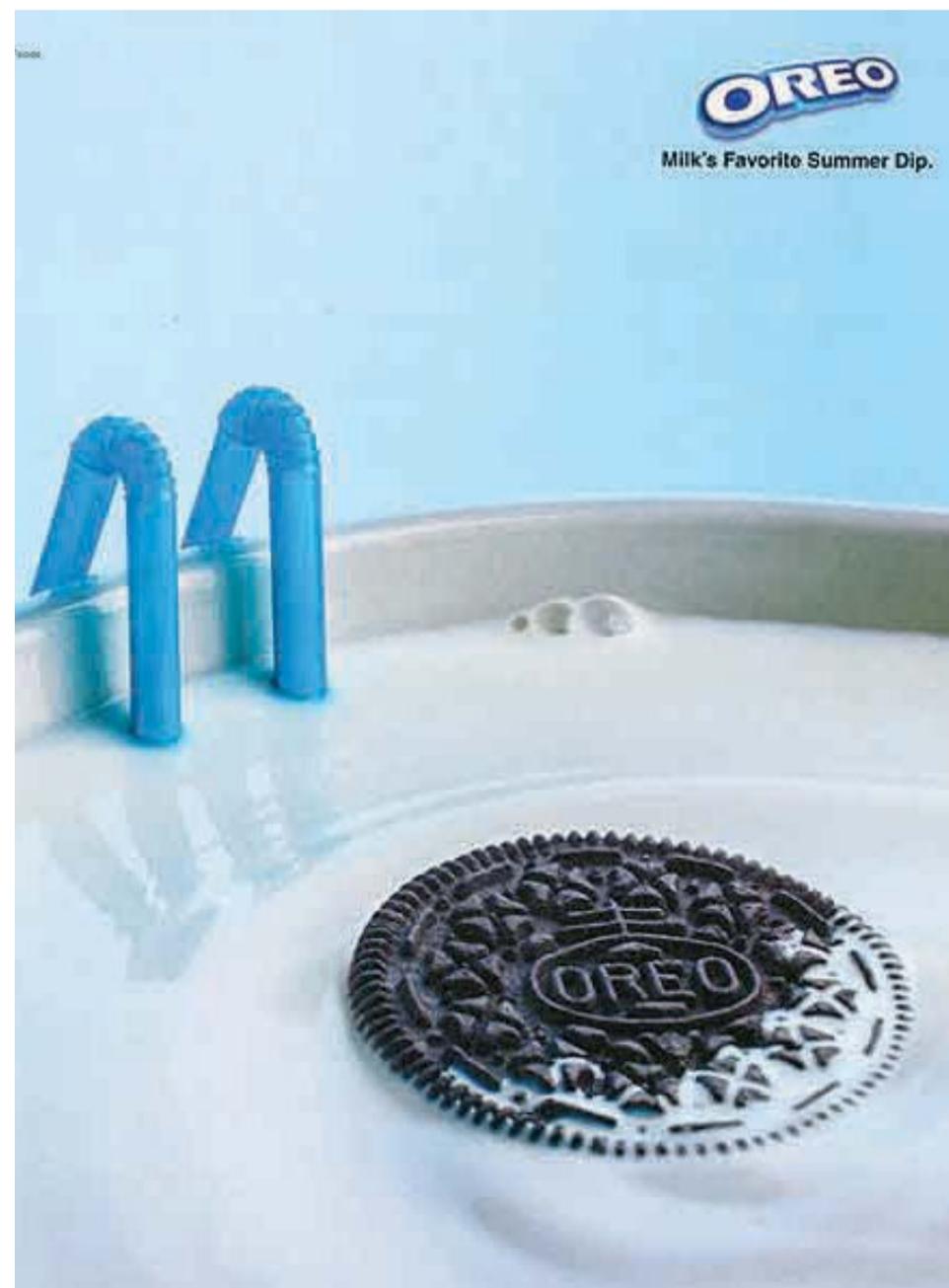
Business

Uncertainty hounds textile industry

...as more retrenchments loom



Textile workers hard at work in one of the local garment firms



KABELO MASOABI

LERIBE – Trade unions remain uncertain about the future of Lesotho's garment industry given that over 15 000 of the country's 50 000 garment factory workers have lost their jobs since March 2020.

With an estimated population of 2.1 million people and few formal employers, the National Union of Clothing and Textile Allied Workers Union (NACTWU) said the job losses were catastrophic in one of the world's least developed countries.

NACTWU deputy general secretary Tšepang Makakole said for example, Global Garment, which had hired over 11 000 workers, has recently closed business at its branches in Masowe and two in Ha Thetsane, Maseru leaving over 7 000 workers jobless.

He said the factory's management explained that they faced collapsing demand due to order cancellations by their US clients.

In a fresh twist of events, however, he said this week trade unions learnt there was new hiring at the factory.

"This time the management said they were boosting staff to one of their two remaining branches in Ha Thetsane," Mr Makakole said.

He said it left local unions doubtful, adding they were unsure whether or not the factories were shutting down genuinely.

"We smell a rat here," he said.

"Some of these textile factories have closed and their foreign owners fled the country, leaving workers jobless and unpaid."

He said it happened at Lesotho Umbrella and Peter Blond factories formerly based in

Maputsoe, Leribe.

"In a proper administration, and as the law stipulates, the government should see to it that there are security funds reserved by the factories to cover for unpredicted job losses but this is not happening," Mr Makakole said.

He said last week, 400 workers were retrenched in some factories in Maseru with 500 more expected to lose their jobs this week.

"In the long run, it is unclear whether the industry will find ways to retain workers or will continue its race to the cheapest possible production," he said.

Although small in comparison to global garment-making giants such as Bangladesh and China, Lesotho's clothing industry is the country's largest private employer, and more than 80 percent of its workers are women.

Previously, Managing Director of Afri-Expo Textiles, Teboho Kobeli, had warned that Lesotho was sitting on a time bomb with the textile industry mainly in the hands of foreign investors.

Kobeli had shown that not much was being done to stimulate domestic participation in the industry, indicating that FDI dominance meant more money was lost to the foreign world.

In Lesotho, the economy depends for growth, employment and export revenues on a manufacturing sector that is almost entirely driven by export oriented FDI in the apparel industry.

In 2001, Lesotho signed an historic US trade preferential deal under the African Growth and Opportunities Act, which guarantees duty-free goods to the US market.

Foot-and-mouth hits meat market

...as Basotho spend M6 billion on meat imports



A cow with the foot and mouth disease

STAFF REPORTER
news@maserumetro.com

MASERU – The Foot-and-mouth disease outbreak in South Africa has hamstrung Lesotho meat businesses, says Secretary General

of the Meat Traders Association of Lesotho, Teboho Motšepe. “Lesotho does not produce Grade A meat at all and we exclusively import it from South Africa because it is soft and tender,” he said. “And it is the most wanted meat

in the market because it makes good business for chesa nyama businesses and those offering catering services.”

Mr Motšepe said now that the importation of red meat was difficult due to the outbreak, businesses were suffering and losing lots of money.

“We are selling nothing on our shelves now,” he said, adding that it was normal that prices shot up when the supply was low and demand was high.

He said the disease broke out at the time that the local feedlot and national abattoir had shut down since November last year.

“Our only option is to slaughter in our backyards,” he said.

Amid the outbreak, Mr Motšepe said there should be vigilance at the borders to ensure control of red meat importation.

“There should be strict control of movement of the animals across the borders,” he said. “Failing to do this could have a devastating impact on the economy of the country.”

But Director of Marketing in the Ministry of Agriculture and Food Security (MAFS), Lekhoee Makhate, said not all South African provinces were affected by the outbreak.

The department, he said was still issuing permits despite the outbreak as the South African government had taken measures to contain the disease.

Information from the ministry shows that in 2019, the country spent M6 billion on South Africa’s red meat imports.

The meat included beef, pork, chicken and other processed meat products like sausages.

Following the outbreak, South Africa’s department of agriculture said stakeholders should abide by all veterinary movement restrictions.

The department also warned that the players in the industry should know the health status of the animals they invested in.

“Only buy animals that originate from known and proven sources,” the department said in a statement.

“Avoid buying animals from live auctions where animals have gathered from many different origins, especially if not intended for immediate slaughter.”

The department insists on a veterinary health declaration before animals are traded or slaughtered.

The farmers have been warned to keep the new arrivals separately from their own animals for at least 28 days.

This should happen until the farmer is satisfied that the animals are healthy.

The farmers are further warned to improve biosecurity on their farms to protect their animals from diseases coming onto the farms and to avoid nose-to-nose contact with the neighbours’ cattle.

The department has warned that animals showing suspicious clinical symptoms (salivation, blisters in the mouth, limping or hoof lesions) must not be moved under any circumstances.

Principal veterinary doctor in the MAFS, Dr Relebohile Mahloane said they were still working on a plan to save Basotho from the outbreak while at the same time trading with South Africa should continue without posing any danger.

Dr Mahloane said the department had been working over Easter holidays to come up with strategies to control the outbreak.

He said a press statement would be issued this week outlining how imported red meat from South Africa should be handled.

“We are aware of the impact the outbreak could have on the economy if not planned well,” he said.

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BLUE RIBBON

during lockdown.






Comments & Letters

Will taxi fares also decrease?

The Editor,

Assuming the war between Russia and Ukraine ends and petrol prices decrease, would taxi fares also go down? Many of us don't have well-paying jobs and those that are lucky have little to show for it - let alone to afford transport fare on a daily basis. I so wish fares could not increase as we are already feeling the pinch of the recent hike. Commuters are cash strapped with skyrocketing prices of energy and food all round. For students, a large chunk of their limited allowance will now be spent on travel alone, meaning they might as well be forced to walk to school or drop out altogether. Also, it's so annoying there are no infrastructure improvements with potholes on our roads yet government allocates money each year for repairs. All those responsible should think twice whether or not it's worth hiking the prices from all angles. While fare increases from time to time are justified, the big question is whether we are getting value for our money. It might just be that taxi operators deserve an increase in fares but most of us don't earn living wages, which makes a taxi ride even more expensive. We live on a tight budget and it means we will forgo many basic necessities if we are to travel to and fro work daily in taxis.

Boitumelo 'Mei
Khubetsoana, Maseru

Political party manifestos are not responsive

The Editor,

The publication of party manifestos is a big moment in a general election campaign but in my analysis, promises contained in them do not come to fruition.

One of these days we should talk about how outdated the manifestos for Lesotho political parties are. They fail to respond to current and future challenges of Lesotho with no amount of innovation brought about by science and technology. There is nothing special about building roads and bridges as those are fundamental necessities. All we want to hear now is how the parties will use technology to create the much needed jobs. Besides, manifesto pledges fare so badly when all politicians can do is hold horse races and football tournaments. A party without a good manifesto will need the support of the others as in a coalition to implement plans. Without a sound manifesto, parties will downgrade all but the most important or achievable goals.

I must admit some of the plans have been left unmet because of the difficulties of delivering them. However, it must be emphasised this can happen when manifestos contain conflicting promises or when policy commitments prove incompatible with each other.

Poor manifestos can also lead to missed commitments and poor policy development.

Ntholi Matlho
Lithabaneng, Maseru

We need transparency about KZN flood victims

The Editor,

I'm concerned there might not be transparency and full disclosure regarding the money set aside for Lesotho flood victims for their relief in KwaZulu-Natal and how it should be spent and distributed.

Experience has clearly shown the vulnerability of our procurement systems to corruption in times of crisis. If one considers the rampant corruption during COVID-19 pandemic, I can only think of the devastation that's going to be left by the flood victims.

Government's failure to prosecute swindlers of its fiscus, points to the lackluster approach to protecting its citizens.

Unlike Covid-19 initiatives that government mismanaged, it requires immediate attention to helping our people who have fallen victim of the Durban floods. There must be absolute transparency and full disclosure of how these funds will be distributed to ensure they reach the intended beneficiaries. Lessons must be learned from the PPE debacle and the subsequent publication of COVID-19 related spending, which allowed those monitoring to pick up irregularities.

Tshabalala Tshabalala
Peka, Leribe

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

EDITOR'S NOTE

Swallowing a bitter pill of globalisation

The chain of events on the economic front attests to how globalised the world is. As the Russia/Ukraine war ensues, everybody is feeling the pinch. It does not matter whether you are rich or poor.

In fact, the rich are the most losers particularly those around Vladimir Putin and the others whose investments are intertwined with Russia and Ukraine's economies.

It was only a matter of time before the International Monetary Fund (IMF) and other leading finance institutions revised the economic growth and inflation figures. Thousands of kilometres away from the war, Lesotho is fighting for survival owing to rapid increases in the prices of fuel and food.

By the time the IMF somersaulted on its earlier predictions, thousands of Basotho were already pacing through a subdued economic activity. As poor as we are, both declining economic growth and inflation are eating away at our dose of sanity. It doesn't matter whether we do not have the timely figures but news about economic developments is so rife that you don't need a local expert to verify the information. If it's not interest rates, it's tighter regulation to control the financial markets right in our backyard.

The war in Ukraine has certainly cost Lesotho and the world its happiness. The damage suffered and the lives lost are shared by us all. It seems no amount of multilateral action is swift enough to quell the tension as aid and ammunition trickle in to save the situation.

Everybody is stressed trying to tackle their personal life or deal directly with the war. It's like swallowing a bitter pill of globalisation.

Oil and food make up the bigger budget of household budgets in the small economies such as Lesotho and there's no end in sight of the ever increasing prices as a result of the war. Endless job losses in the textile and garment factories are only testimony to permanent damage caused by the war. Not so long ago, the COVID-19 pandemic had fractured our economies so much that the way of conducting business was unlike any other we had seen before. Suddenly, we were forced to take social distancing and masking crash courses as we pulled our lives through the new norm. We tested for the Covid and were injected with jabs to boost our immune systems still living with the hope and fear that things would change for the better. As we turned the corner from the loss of our loved ones, the war broke out and left us in shame and the world economy was soon in tatters.

For as long as we live in a globalised world, we know Lesotho shall never be the same as challenges confronting the world are our challenges. The integrated global banking and supply chains shall forever remain part of our country's DNA. Production milestones or disruptions in our country and elsewhere can affect the region, continent and the world as a whole. Yet, we know their loss is our loss.

Peace and prosperity: Moving Lesotho to the next level

As a nation we now have a character of a poor, starving, unemployed, corrupt, nepotistic, suspicious nation, with emerging and recurring destructive conflicts, high murder, suicide, and mental illness global ratings.

Any meaningful and sustainable thoughts about moving Lesotho to the next level of peace and prosperity must be based on and must address this kind of context and background.

Yet, we are very lucky that we are carrying out our National Reforms against the backdrop of the instructive pandemic of coronavirus.

It is instructive because we may be able to transfer some lessons from it to moving forward with the Reforms Program, if we should seek to have a successful and sustainable reforms program.

Both the Coronavirus and the older pandemic of chronic stress and mass psychosis that has damaged our psyches and our Botho, humanness, have their origins in the natural sciences, in how our cells and brains function, respectively.

Slavery, racialism, discrimination, colonialisms, other repressive practices, and apartheid "racial science" left deep tracks in the psyches of all its victims.

They are all based on science. The processes used to inculcate fear and entrench these unfortunate practices were simultaneously very intensive, extensive, and rigorous.

Reversing their sad legacies can only be achieved through more advanced science and steadfast commitment of those who truly want different.

Before teaching the public about the simple ways of protecting itself, as individuals and collectively, and curbing the spread of coronavirus, the public had to be educated on the scientific nature and characteristics of the coronavirus, how it spreads, the inner biochemical mechanisms of how it affects the human body, and its symptoms. As the medical fraternity struggled with finding a cure, the public was also updated on progress which included even a rather unusual measure of the science behind the researches.

These were done with the primary purpose of raising public awareness, enabling the public to appreciate the relevance and need for the protocols and medications; and to enable the public to work itself up and motivate itself to protect itself and curb the spread.

With this information and knowledge, many members of the

public willingly followed the many COVID-19 protocols, some of which are very inconvenient and affected the economy and lives adversely.

Of course, there were also naysayers. Governments even had to write these protocols into law and enforce them using security forces. Just imagine what would have happened without the preliminary public education.

Peace is like good crop husbandry to a crop farmer; and prosperity like good harvest. Knowing what we

know now about crops, should a wise crop farmer avoid getting information about the quality of her/his soil and nutritional needs of the crops s/he wants – their chemistry and biology – just because s/he did not study these at school, and still expect a good harvest?

What, then, of peace and prosperity?

Our destructive conflicts that are now erupting almost everywhere in our society and our life-destructive behaviours that have necessitated the call for social healing, (forgiveness,) reconciliation, unity and sustainable peace are rooted in the natural sciences.

A call that has been also emphasised by the Prime Minister Dr Moeketsi Majoro, in his key note address when opening this High Level Forum: "Without forgiveness, healing, atoning, and unity, the new good laws may not be very helpful".

Destructive conflicts are now even emerging within and between our watchdog institutions. "Moro Khotla ha o okoleo mafura".

Any desire to exclude natural science from the processes of social healing, (forgiveness,) reconciliation, unity, and building sustainable peace, including the design for the architectures of peace will not make it easy for the larger proportion of society to appreciate the relevance and need for the processes needed for achieving these effectively – processes as simple as the COVID-19 protocols and vaccinations, processes as simple as organic manure. Such a desire is likely to render the reforms efforts futile: Peacebuilding programs can have unintended consequences when they fail to account for how unconscious brain processes interact with conscious awareness to shape our behavior, when they fail to (consciously) account for the underlying science.

(To be continued next week)

SUSTAINING QUALITY

PEACE & RESILIENCE

BY MAFOLE SEMATLANE



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Price volatility hurts the poor Basotho

- High price increase a result of global inflationary pressures
- Food stuffs register the most volatility



The price of tomatoes has gone up tremendously

STAFF REPORTER

MASERU – Lesotho has recorded massive price volatility in essential goods hurting mostly the poor, says Consumer Rights Protection Executive Director, Nkareng Letsie.

He said the volatile price increase was a result of global inflationary pressures as well as local disruptions and extreme weather events.

“This has had far reaching consequences because of the dependency burden in the country where one employed person has to take care of 10 people” he said.

At the height of the pandemic, the price of some goods started to shoot up, making it difficult for consumers to cope with the capricious economic situation.

Mr Letsie said heavy rains would contribute significantly to the shortage of food in the country because the fields were water-logged during the planting season.

“Because of the heavy downfall, the country is facing a poor harvest because staple foods such as beans and maize have failed,” he said.

“The Russia and Ukraine war has added salt to the injury and it’s an undeniable fact that the war has had a devastating impact on the global economy.”

Like rest of the global countries, Mr Letsie said Lesotho was feeling the pinch of economic sanctions imposed on Russia, as consumers suffered.

Already, the wholesale price of cooking oil has seen several spikes this year, making it too expensive for consumers.

“Basotho should brace for more difficult times because of the soaring prices at an unprecedented rate,” said Mr Letsie.

He said Russia is one of the world’s major wheat producers, adding that embargoes on its other products including gas and crude oil spell more danger for the global community.

“The demand is high in the market while the supply is low and now the poor

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He said Russia is one of the world’s major wheat producers, adding that embargoes on its other products including gas and crude oil spell more danger for the global community.

“The demand is high in the market while the supply is low and now the poor

have to bear the brunt,” he said.

Advising on how the country could

stay afloat amid the harsh economic situation, he said there were short and long term options that could be adapted.

“The soaring food prices have to change the way people behave,” he said. “There is nothing exceptional that the country could do other than seeking some alternatives.”

He said consumers are forced to tap alternatives to navigate their ways out of this economic doldrums.

Mr Letsie warned that people should altogether stop or minimise the rate at which they use cooking oil when they cook, adding that instead of frying foods, they can boil them.

He noted that this could save people in their pockets and their lives as the fried foods usually cause unnecessary ailments.

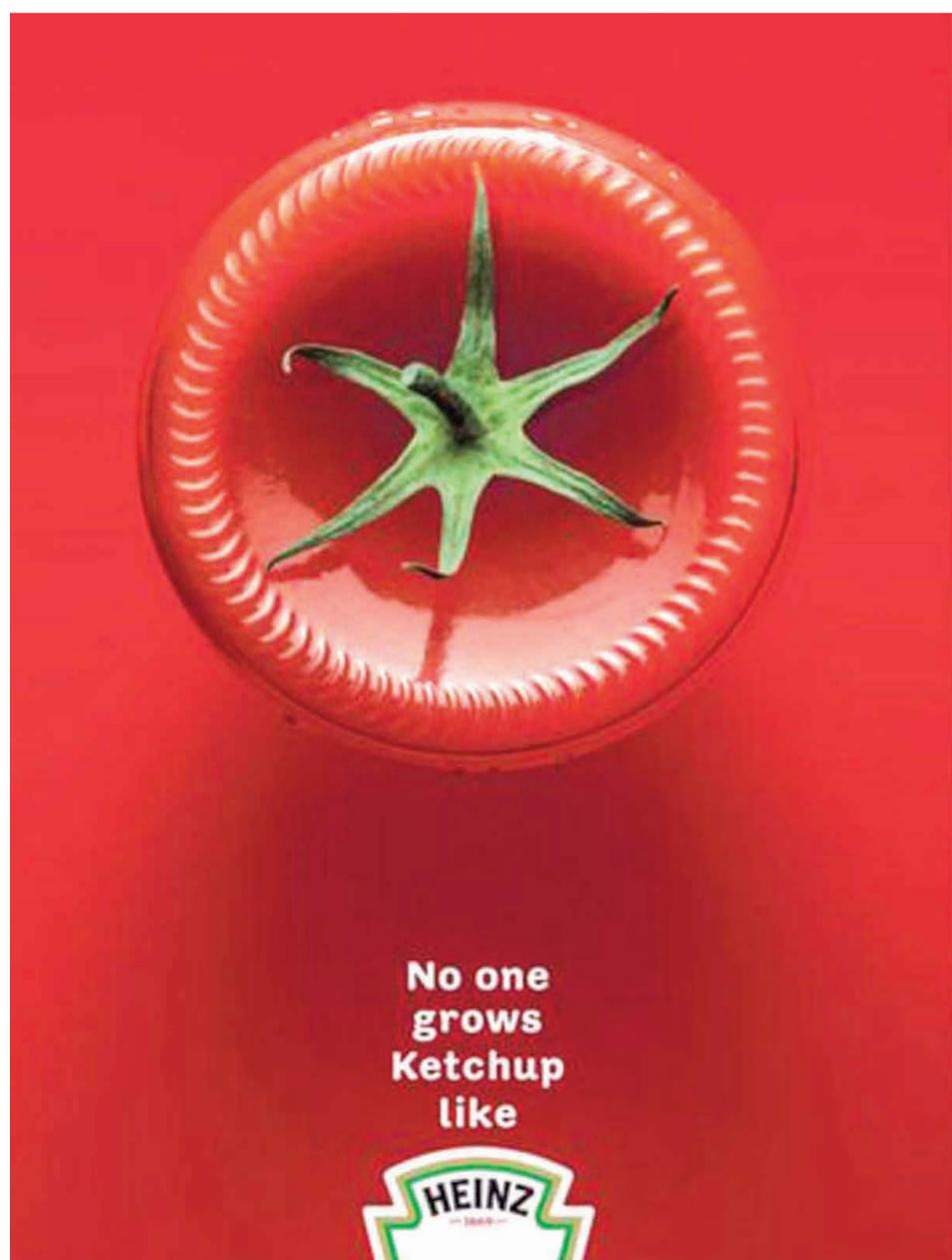
Mr Letsie further advised people to also dry vegetables in order to preserve them for future use.

For the long term method, he said people should try to be self-sufficient and produce enough food to avoid dependency on other countries.

“It is bad that some politicians still do not understand what food security is all about,” he said.

“Lesotho is too dependent on South Africa for food to an extent that Lesotho would be doomed if that country failed to export.

“We could die of starvation,” he said. “Otherwise, Lesotho is blessed with fertile soils and can produce enough food to feed its people. It’s high time that Lesotho sought alternatives to do away with dependency.”



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Safe legal abortion is essential healthcare – Ramatla

- Most victims are poor African women and girls under 25
- Safe abortion is essential health care and a human right



Local health activist, Lintle Ramatla

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MASERU – A health activist that advocates for safe legal abortions. Lintle Ramatla says Lesotho faces early and unintended pregnancy challenges including the fear of being judged.

“Safe abortion is essential health care and a human right that women and girls should be free to exercise without fear of being judged,” she said.

Despite efforts to educate people that legal abortions were safe, Ms Ramatla said most women and girls who had unwanted pregnancies were forced to get married and experience poor family planning.

deaths and serious injuries and disabilities every year.

WHO further shows that most victims are poor African women and girls under the age of 25, living in rural areas.

In a country like Lesotho, where abortion is illegal or highly restricted, Ms Ramatla said the act put lives of women and girls at risk such as injuries from unsafe abortions.

“It also poses risks to women’s physical and mental well-being throughout their lives and also the maternal mortality rates linked to unsafe abortions rise,” she also said.

“Some face the trauma to an extent that they get arrested when they are found to have aborted. Others lose their partners because of unwanted pregnancies.”

Although most of the victims have an idea about contraceptives

or family planning, she said myths, religious related restrictions and cultural norms make it difficult for some girls.

“Some use traditional methods to prevent pregnancy,” she said, adding that lack of access to health services was another barrier.

“I encourage sexually active women and girls to use contraceptives to prevent unintended pregnancies,” she said. “Abstinence is also one of the methods that can prevent unwanted pregnancies.”

She said sexual and reproductive health and rights services extended by government were not enough if they did not include safe legal abortion.

“There is a serious need for Lesotho to address unsafe abortion through progressive statutory and policy measure as it is a key component for creating

an enabling environment for safe abortion,” she said.

“Most Basotho women and girls who are aware of Section 45 of the Penal Code Act of 2010 that addresses the issue of abortion in a restrictive way need to be reviewed.”

Ms Ramatla has appealed to policymakers to decriminalise abortion, saying Lesotho should start investing in educating people about abortion to save lives of women and girls.

“Safe legal abortion is an essential healthcare that will reduce the maternal mortality rates and the injuries of unsafe abortions,” she said. “Our country must really prioritise women’s health over politics and religion.”

“I also appeal to Lesotho like other African countries to take steps to review restrictive laws in accordance with regional and international commitments. I will do whatever it takes to stand up for the sexual and reproductive health and rights and safe legal abortion of Basotho women and girls. One day they will live in a Lesotho whose laws are not a hindrance to exercising their health rights including safe legal abortion.”

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Breathe in and out deeply to distress:

Whenever you feel tensed or stressed, breathe air in deeply, hold for a while and then exhale. Do this 3-4 times at a go. Increased infusion of oxygen reaching brain helps in relaxing and calming senses. Also, instead of the situation you start focusing more on the breathing, which diverts your mind from the tensed condition.

How Many People Die of Snakebites in the U.S.?

For thousands of years, snakes have been associated with evil. They slither, hiss, and stare with unblinking eyes. One even deceived Adam and Eve in the Garden of Eden. So, it's no wonder many people have a fear of snakes, which is called herpetophobia. But are your snake fears justified? Every year in the

United States, venomous snakes bite about 8,000 people. This is more common between April and October when more people are outside and active. But out of all those snakebites, 30 years of data show that no more than 12 people have died from snakebites in any single year. While deaths from snakebite are

extremely rare, snakebites do happen, and every one of them should be considered a potentially life-threatening emergency. In this slideshow, discover what snakes to watch out for, what you can do to prevent snakebites, why snake venom works the way it does, and what to do if you are bitten.

Drinking alcohol is a health risk

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MASERU - People who are addicted to drugs are more likely to get an infectious disease such as HIV either through unsafe sex or by sharing needles, says Yes to Youth Foundation Lesotho

(YYF) founder, Tlali Moletsane.

While alcohol misuse can present health risks and cause careless behaviour in all age groups, he said drug addiction could lead to a range of both short-term and long-term mental and physical health problems depending on the type of drug taken.



Alcohol is the source of most ailments

“People who are addicted to drugs are more likely to drive or do other dangerous activities while under the influence,” Mr Moletsane said.

Having held a number of campaigns for youths on drugs and alcohol abuse, he said the purpose of the campaigns was to mobilise support and inspire youth and the community to act against drug and alcohol abuse.

“Youth engagement is a source of information in drug prevention programmes,” he said, adding that information could be gained from young people as citizens and beneficiaries.

“It could be about their changing attitudes and needs - their views as to what constitutes quality in service provision and barriers to accessing these services.”

Mr Moletsane said young people were able to recognise which methods were useful for others to access information and which methods still needed improvements.

“They know when services are working well for them and when other services are not,” he added. Given that young people are always trying to keep up with the latest trends, Mr Moletsane said they were a primary source for tapping into today’s rapidly changing youth culture, providing the community with information concerning anything ranging from music, fashion and even drugs.

“With respect to drugs, they are experts in their own right being the link between those who deal with drugs and those who wish to know more,” he said.

“But unfortunately, their impact and perspectives on prevention programmes are frequently overlooked.”

He said he was encouraged and motivated since their targeted group – youth - especially addicts, played a major role in engaging in-live changing programmes, activities and trainings to drug and alcohol prevention.

“We discuss topics like drugs and alcohol because I have seen that it is not easy for one to achieve their goals in life when you are attached to either drugs or alcohol or both,” he said.

Since they bring life-changing complications, he said they are more dangerous to young people as they increase the risk of short-term and long-term health problems.

For instance, he said binge drinking leads to young people taking risks and putting themselves in dangerous situations such as swimming while intoxicated and having unprotected sex.

FreshFever



COVID-19 records excessive death rate

...as pandemic claim lives of the elderly

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MASERU – The Ministries of Health, Home Affairs and Development Planning have given out a report here on Tuesday this week validating excessive death rate due to the COVID-19 pandemic.

The report outlined death statistics that occurred before and during the COVID-19 pandemic, indicating whether or not the country experienced a change in the number of deaths recorded.

The report says generally, all deaths were more than expected in 2021 for age group 65 years and above. As for January to April, July and December 2020, more deaths were recorded than the rest of the months under review.

Also, the report shows that in January, February, July and August 2021, there was a peak with more deaths recorded than expected for July and August.

The number of deaths peaked in January and fell below the 2020 deaths in March and afterwards for males, staying within the expected range but above the 2020 deaths.

Government said the objective of the study was to assess the excess mortality during the pandemic and evaluate its impact in the country.

The study would ascertain the impact of the pandemic and other causes to the mortality rate, which would communicate with public health for informed decision-making on mortality trends.

Data was disaggregated by all 10 districts of Lesotho, places of occurrence, (health facility and community), months, age group and sex, to establish the baseline death patterns and assessed excess mortality during the pandemic.

The COVID-19 pandemic has caused an unprecedented impact on health systems globally and an estimated 3.9 million deaths have been reported worldwide by the end of June 2021, according to the World Health Organisation (WHO), a specialised agency of the United Nations (UN) responsible for international public health.

However, WHO said the figures underestimated the true impact of the pandemic, estimating that excess mortality from the pandemic in 2020 to be two-thirds higher than reported COVID-19 deaths.

Earlier this year, WHO Secretary General, Tedros Adhanom Ghebreyesus declared the COVID-19 outbreak to be a global public health emergency of international concern.

Many countries including Lesotho faced a mammoth task of handling and addressing a paradigm shift against what was perceived to be a normal way of life.

Lesotho with a population of 2.1 million has recorded more than 3 000 COVID-19 cases from the start of May to August 10, 2021. During the period under review, the virus killed 391 people.



WHO Secretary General, Tedros Adhanom Ghebreyesus

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FRANCE

French elections: Macron v Le Pen and two visions for France

Emmanuel Macron and Marine Le Pen are proposing two very different futures for France, at home and abroad. As the two candidates prepare to face off in a televised debate on Wednesday ahead of Sunday's vote, what are their rival plans for the next five years? When the cost of living became the number one issue of the election, far-right hopeful Marine Le Pen made that the focus of her campaign. But her other big plan is to make social housing, jobs and welfare a "national priority" for French nationals and to fight Islamism. Under the banner Marine, Présidente, she tells her supporters victory has never been so close. The centrist president is trying to rally voters under the slogan *Nous Tous* - All of us. And after five years in power, Emmanuel Macron his offer is for "complete renewal", as he tries to attract voters from the left as well as the mainstream right.



SOUTH AFRICA

South Africa flooding: 'I had thought my house was safe'

Rescue operations are continuing in South Africa in an effort to save the lives of dozens of people who are missing following the floods in KwaZulu-Natal province. With more rain on its way, emergency teams face further peril as they search for survivors. "My house was here, and behind my house it was six or seven metres away from the river, so I thought I was safe," says Hero Cangatha, pointing at the debris that was once his Durban home. "I'm traumatised because I don't know what to do, I don't know where to go, I don't know the way forward. There's no way forward in fact." Hero is one of about 40,000 people affected by the floods. Officials say 13,500 properties have been damaged, leaving many homeless without shelter, food or water. Another woman nearby, who said she was too embarrassed to be named, said she must flee before her home is destroyed. Nearly 400 people have died and there are fears that number will increase as search and rescue operations continue to find scores of people who are still unaccounted for. The grim search for survivors is also in jeopardy because some excavation machine drivers have left for the Easter holiday. One aid organisation, Gift of the Givers, is now appealing for people who know how to operate excavation machinery.



GERMANY

Germany's conundrum over its ties with Russia

Since Russia invaded Ukraine on 24 February, many German politicians have publicly admitted they got Vladimir Putin wrong. Even German President Frank-Walter Steinmeier has apologised, saying it was a mistake to use trade and energy to build bridges with Moscow. "It's a bitter acknowledgement that for 30 years we emphasised dialogue and co-operation with Russia," says Nils Schmid, foreign affairs spokesperson for Mr Steinmeier's party, the centre-left Social Democrats (SPD). "Now we have to recognise this has not worked. That's why we have entered a new era for European security." That new era was dubbed "Zeitenwende" - literally meaning a turning point - by Germany's SPD Chancellor Olaf Scholz in a now-famous speech in the German parliament a few days after the invasion. It means scrapping rules about weapons exports, a huge boost in defence spending and an end to Russian energy imports. A Russian gas pipeline to Germany called Nord Stream 2 has already been suspended. Unexpectedly hawkish words for a party that until seven weeks ago believed Germany's historical guilt and moral duty to make up for Nazi crimes meant peace with Russia at all costs. But in Berlin, the war in Ukraine feels very close. The images of shelled Ukrainian buildings look like German cities in World War Two.



UK

Russia bans Boris Johnson from country over Ukraine war

Russia has banned British Prime Minister Boris Johnson and other senior ministers from entering Russia over the UK's "hostile" stance on the war in Ukraine. Foreign Secretary Liz Truss, Defence Secretary Ben Wallace and 10 other senior politicians - mostly members of the Cabinet - have also been barred. Moscow said the decision had been made in retaliation to the UK's sanctions against it since it invaded Ukraine. In March, Moscow imposed a similar ban against US President Joe Biden. The full list is:

- Prime Minister Boris Johnson
- Foreign Secretary Liz Truss
- Defence Secretary Ben Wallace
- Deputy Prime Minister, Lord Chancellor, and Secretary of State for Justice Dominic Raab
- Secretary of State for Transport Grant Shapps
- Home Secretary Priti Patel
- The Chancellor Rishi Sunak
- Minister for Entrepreneurship, Energy and Industrial Strategy Kwasi Kwarteng
- Minister for Digital, Culture, Media and Sport Nadine Dorries
- Minister for the Armed Forces James Heappey
- First Minister of Scotland Nicola Sturgeon
- Attorney General for England and Wales and advocate general for Northern Ireland Suella Braverman
- Conservative MP and former British Prime Minister Theresa May

SOUTH SUDAN

Opposition in South Sudan dissatisfied with army postures

The largest opposition political party in South Sudan has expressed dissatisfaction with recent selections to the unified military forces command structure. According to the Sudan People's Liberation Movement in Opposition (SPLM-IO), a number of "severe abuses" occurred during the process of appointing commanders for different army, police, and security services units.

President Salva Kiir announced the selections last week. According to the SPLM-IO, President Kiir excluded three opposition-designated directorates inside the National Police Service. Additionally, it states that the president established new posts that were not agreed upon by the parties and appointed his loyalists to them. "The president's effort to divide the opposition... would make it more difficult for us to achieve necessary changes, particularly in the financial sector, across all organised forces," Puok Both Baluang, an SPLM-IO official, stated in a news statement.

He asked President Kiir to adhere to the unified command arrangement. The president's administration has made no comment on the situation.

MEXICO

Why are Texas truckers in five-hour traffic jams?

Traffic has ground to a near standstill at several key US-Mexico border crossings in Texas, the result of new inspection requirements imposed by the state's governor - and subsequent protests by Mexican truckers angry about the policy. Lines of trucks carrying refrigerated agricultural goods, automobiles and industrial parts awaiting entry into the US have stretched for more than five miles at key border checkpoints near the US cities of El Paso, McAllen and Laredo this week. According to the US Customs and Border Protection agency, wait times at some border crossings are exceeding five hours, in spite of a 60% reduction in typical commercial traffic. The delays began after Texas Governor Greg Abbott announced last week his state would conduct supplementary inspections of all commercial vehicles entering the US from Mexico even after they cleared US government customs. In ordering what he called "enhanced safety inspections", Mr Abbott said the move was a response to US President Joe Biden's recent decision to rescind a pandemic-related Trump administration policy that allowed the immediate expulsion of all undocumented migrants detained at the border, regardless of asylum claims, rather than processing them on US territory.

The change to the policy - known as Title 42 - is scheduled to go into effect on 23 May. US authorities predict it will lead to a new surge in undocumented migrants attempting to enter the US from Mexico.

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Be Car-Smart

Preach Steady Driving

When behind the wheel, speed and direction should never change abruptly. In other words, drivers shouldn't accelerate quickly, slow down in a hurry, or turn on a dime. If your kid sees an exit but can't get over, for example, remind him or her to wait for the next one.

You can boost the overall fuel-efficiency of your car as much as 30% by simple vehicle maintenance and attention to your style of driving.

Avoid Aggressive Driving

"Jack-rabbit" starts and hard braking can increase fuel consumption by as much as 40%. Tests show that "jackrabbit" starts and hard braking

reduces travel time by only four percent, while toxic emissions were more than five times higher. The proper way is to accelerate slowly and smoothly, then get into high gear as quickly as possible. In city driving, nearly 50% of the energy needed to power your car goes to acceleration.

Deceleration also affects fuel efficiency.

Instead of breaking to stop your car, anticipate traffic flow as much as possible and coast to decelerate. In fuel-injection vehicles, removing your foot from the accelerator automatically stops the flow of fuel to the engine until the engine

speed drops to idle - when it starts again to ensure your car doesn't stall. Coasting to decelerate also saves wear and tear on your brakes.

Drive Steadily at Posted Speed Limits

Maintaining a steady speed helps your engine perform efficiently. In one study conducted in Japan, small variations in speed were shown to increase fuel consumption by as much as 20-48%. Instead of allowing small dips in speed followed by bursts of acceleration, maintain a steady speed. When traveling in hilly terrain and where traffic permits, allow your car to slow down naturally when traveling uphill and to speed up again when going downhill.

Avoid Speeding

Increasing your highway cruising speed from 55mph (90km/h) to 75mph (120km/h) can raise fuel consumption as much as 20%. You can improve your gas

mileage 10 - 15% by driving at 55mph rather than 65mph (104km/h). Natural Resources Canada puts the "sweet spot" for most cars, trucks, and SUVs even lower, between 30 mph (50 km/h) and 50 mph (80 km/h).

Note how quickly efficiency drops after 60 mph.

Avoid Idling Your Vehicle in Both Summer and Winter

Idling wastes fuel, gets you nowhere, and produces unnecessary greenhouse gases. If you're going to stop for more than 30 seconds, except in traffic, turn off the engine. In winter, don't idle a cold engine for more than 30 seconds before driving away. Older vehicles, however, may need more idling time when first started. In cold, wintery conditions, all vehicles may need more idling time to warm up and ensure the windshield is fully defogged. Be sure your vehicle is warmed enough to prevent stalling when you pull out.

The art of Zen in the Nissan Ariya

...how an interior colour designer infused the Zen philosophy into the Nissan Ariya



Her tenacity paid off when friends and colleagues saw the finished product last summer at the global unveil. "It was unreal for me," Ahn recalls. "Their enthusiasm and the feedback online continues to fill me with excitement and pride."

Outsiders may appreciate the final result, but they likely don't fully comprehend the amount of work that goes into colour selection. Ahn and the larger team not only studied a variety of colours and materials, but also how the cabin space looked in natural light. "We always check colour selections outside in the sun, even at different times of the day. A colour can significantly shift between 10 a.m. and 2 p.m." Ahn explains. That led to multiple rounds of refinements before final selections were made.

This thoroughness has sometimes led designer's to completely change their assumptions on a colour. Take for example the intricate Kumiko pattern found in several areas in the lower part of the interior, including the doors. "Originally, we had chosen a lighter colour to accentuate this roomier feeling of the interior. But that made the Kumiko pattern visually too busy." Eventually they decided on black, which not only solved this but added a sophisticated feeling as well. The thought of a "busy" interior countered the Zen philosophy Ahn and the team were after for the Ariya. "By eliminating clutter, a Zen-like interior can provide a kind of 'perfect comfort' for the physical and inner self," Ahn says. The haptic buttons hidden behind the wood grain of the dashboard are also a great example of this, cleanly integrating these direct touchpoints into the minimalist feel of the cabin.

As vehicles adapt to new types of powertrains and high levels of driver assistance, the effort behind the interior's own sense of Zen will only become more important. It will become paramount to shield the driver and occupants from an ever-increasing level of technology, allowing for intuitive control and functionality without clutter. This minimalist mindset will be key as we edge onwards to a new era of mobility.

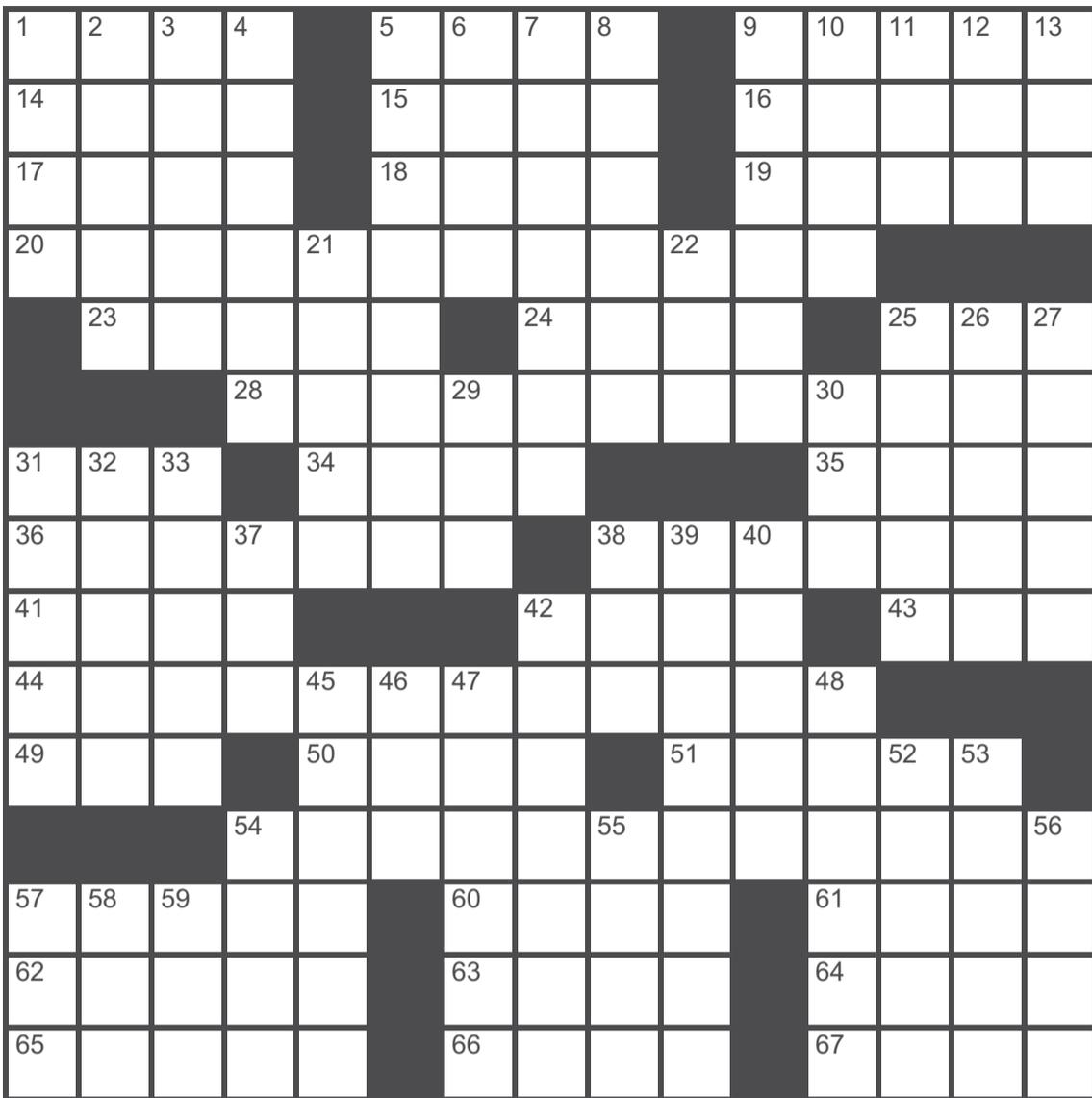
The Ariya not only reimagines what an electric vehicle could be but how people should feel when driving it. Everything from the zero-gravity seats to the horizontal, dual information displays were designed for comfort and ergonomics. But when it came to eliciting a sense of inner tranquility, it was colour designer Kyehyun Ahn's job to find the perfect combination of colour and materials. The designer came to Japan from Korea four years ago but had been studying the Zen influence on design long before she arrived. "While studying design in college, I moved away from shape and

toward colour to see how it influences mood in an intuitive, almost subliminal way," Ahn explains. "The Ariya was my first chance to explore taking a Zen approach to not only colour, but how it coordinated with interior materials." This path was a natural progression as Ahn embraced Nissan's newly established Japanese DNA (J-DNA) design language. She was enthusiastic to incorporate concepts such as Ma, Iki, Kabuku or Omotenashi into her own Ariya work.

This journey led Ahn to try some unique colour combinations that initially raised a few

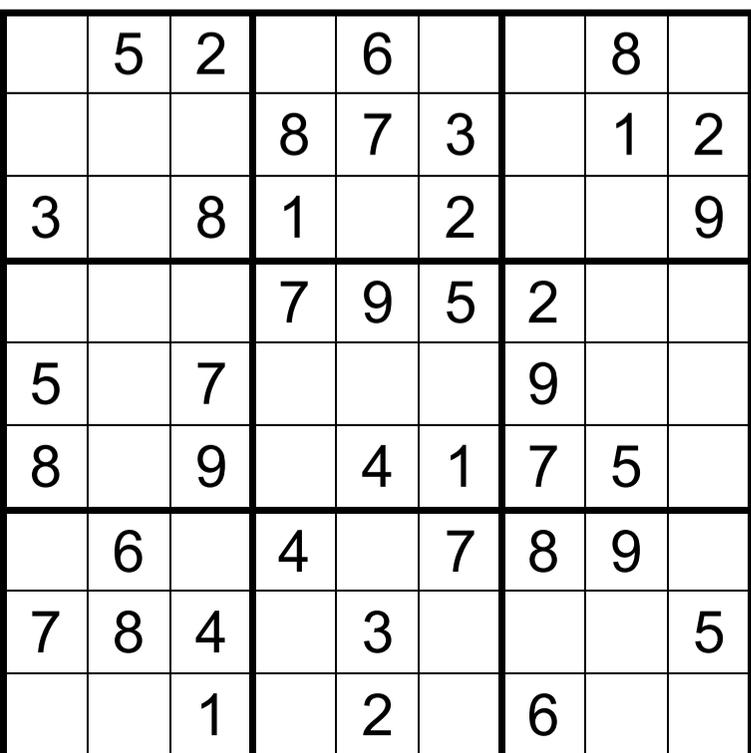
eyebrows within her team. "I tend to pick the main colour from a source image, like an initial render and then add the unexpected with a complementary colour to build an interesting story." That's how she paired the blue-gray leather of the Ariya with copper accents - colours considered polar opposites. She saw the copper as a "kick" to heighten the visual impact. "Some colleagues weren't comfortable with the combination right away, but I was confident that it would bring something very unique and beautiful to the interior, so I pushed for it."

General Crosswords



- Across**
- 1. Insect in a colony
 - 5. Eyes, poetically
 - 9. Humiliate
 - 14. Like some hands
 - 15. Mrs. Dithers of the comics
 - 16. Avian chatterbox
 - 17. Boutique
 - 18. Hullabaloo
 - 19. Chessman
 - 20. Clay-shaping tool
 - 23. Some like it hot
 - 24. In the vicinity
 - 25. Frequently, in poetry
 - 28. Invariably
 - 31. Lanka
 - 34. Pasty
 - 35. At the summit of
 - 36. Life estate
 - 38. Swiss cheese
 - 41. Dwarf buffalo
 - 42. Shade of blue
 - 43. Circle meas.
 - 44. Ordinary
 - 49. Mole
 - 50. Butcher's cut
 - 51. An unwholesome atmosphere
 - 54. Extended
 - 57. Swipe
 - 60. Ancient Chinese capital
 - 61. Lacquered metalware
 - 62. Rice dish
 - 63. Give off
 - 64. Wrinkle remover
 - 65. Implement
 - 66. Cub Scout groups
 - 67. Small change
- Down**
- 1. Bit of smoke
 - 2. Literally, "for this"
 - 3. A deadly sin
 - 4. Digestion
 - 5. Egg-shaped wind instrument
 - 6. Fishing equipment
 - 7. Junior Girl Scout
 - 8. Waistbands
 - 9. Current amount
 - 10. Get-out-of-jail money
 - 11. Air hero
 - 12. Egg holder
 - 13. Dolly, for one
 - 21. Take the honey and run

Sudoku Puzzle



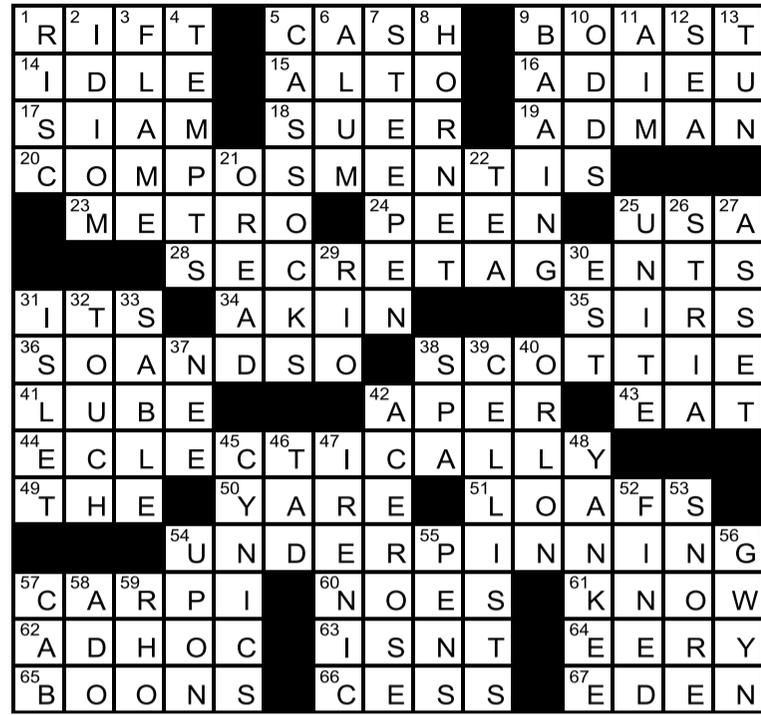
Fill in all the squares in the grid so that each row, each column and each 3x3 square contain all the from 1-9

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

Last Week's Solution

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

Last Week's Solution



- 22. "Mangia!"
- 25. Playful aquatic animal
- 26. Plant life
- 27. Written with a keyboard
- 29. Foxy
- 30. Dissenting vote
- 31. Identifying marks
- 32. Increase
- 33. O. Henry device
- 37. Chinese principle
- 38. High school class
- 39. Garments
- 40. Pitch-black
- 42. Penny
- 45. Downy
- 46. Preschooler
- 47. Made a disapproving noise
- 48. Milk-related
- 52. Beach
- 53. Honeydew, e.g.
- 54. Kind of agreement
- 55. Parade spoiler
- 56. Bad impression?
- 57. Place to relax
- 58. Puppy's bite
- 59. Matterhorn, e.g.

So You Think You are Genius

Question (Answer next week)

Which word is the odd one out: football polo badminton baseball golf tennis cricket billiards rugby



Last Week's Answer



The builder had forgotten the house numbers. The DIY shop charges £1.00 per digit, so 210 will cost £3.00.

Metro SPORTS



Likuena handed tough Afcon draw

MASERU - The Lesotho senior national team, Likuena have been handed a tough draw on Tuesday after being drawn in Group H alongside Cote d'ivoire, Zambia and Comoros for the 2023 Africa Cup of Nations.

Likuena have never faced Cote d'ivoire, who are already guaranteed a place at the next year tournament as the hosts, but registered victories over Comoros and Zambia in the last matches with the two country.

Likuena beat Chipolopolo at the 2021 COSAFA Cup in South Africa. Before, they had clinched a 1-0 victory over Comoros in 2017, although the Islander won the tie 2-1 in the qualifiers of the African Nations Championship (CHAN).

Likuena qualified for the group stage after knocking out Seychelles over a two-legged preliminary round tie as Serbian coach Veselin Jelusic began his tenure as the national team coach.

Speaking after the draw which took place in South Africa, the experienced tactician, said he was not surprised that his side has been pitted against some of the best teams on the continent.

"Our focus for the qualifiers will be on our preparations, but we knew anyway that in our group, we will get the top ranked teams," the

Likuena coach stated.

"Regardless of the teams we are going to play, our approach will be the same, to prepare as better as we can and to respect all our opponents while at the same time, do everything possible to get the best possible results."

The Likuena coach stated that his team would have to be at their best playing against countries such as Cote d'ivoire, Comoros and Zambia as they boast teams with players playing in some of the best leagues in the world.

"Of course, Cote d'Ivoire' are the hosts for the next year's final and will treat the qualifiers very seriously because they have already started with their preparations to make it a successful tournament. They are a powerhouse with top professional players," Jelusic said.

"We know that Zambia also have players in some of the best leagues in Europe like the English Premier League.

"Comoros are also a team made of professionals playing for European clubs in countries such as France, Belgium among others," he said.

Likuena will commence their group stage campaign with an away fixture against Comoros and will be followed by a home game against Cote d'ivoire.



The newly appointed Likuena head coach, Veselin Jelusic



Former LAAA spokesperson, Sejanamane Maphathe

Veteran athletics administrator bemoans declining standards

MASERU - Former Lesotho Athletics Association spokesperson, Sejanamane Maphathe reckons athletics standards have dropped in the country after several of the country's top athletes had below par performance competing in South Africa in recent weeks.

Maphathe commended the performance of Motlokoa Nkhabutlane and Mathakane Letsie, who finished in positions five and 10 respectively in the male and female categories at the TotalSport Two Oceans marathon.

Meanwhile, in the track and field events of the Grand Prix Continental Tour Challenger, 800m runner, Manqabang Tsibela managed third position in the first meeting and an eighth spot in the second meeting.

"I saw our athletes at the recent ASA Grand Prix for track and field. I feel like there is nothing much we can write home about in terms of physical fitness and tactical awareness, considering that they are

not novices," Maphathe stated.

"They should have long been waiting for this competition, which comes at this time of the athletic season. The athletes were not in good shape and looked like they are coming from Christmas holidays."

The veteran administrator said the performance was much better in the long-distance competitions, where several Lesotho's top marathoners finished among the top 10 finishers in most categories.

"I think those that ran on Sunday in both the half-marathon and main race did well though they did not get to make the podium," the former LAAA publicist said.

"In this category of long distance, most of our athletes managed to make it to top 10 though they were comparatively less in number as opposed to the previous years.

"There is a lot of potential and I think Tebello Ramangoana is a good prospect and I have no doubt that if

he is guided well, he will make us proud not only locally and, in the region, but internationally as well," he said.

Nkhabutlane, who is the country's marathon record holder, is among elite local long-distance runners that have enjoyed a lot of success in South Africa over the years.

Among others, the legendary runner also won the Two Oceans Marathon in 2015.

Mamoroalo Tjoka, who has in recent years been marred by doping scandals, is another Lesotho athlete who has enjoyed a lot of success in South Africa, having won the Soweto Marathon a record seven consecutive times, to earn herself the nickname of "Queen of Soweto".

Lesotho's other long-distance runners to have tasted success at the Soweto Marathon include Lebenya Nkoka, Mabuthile Lebopo, Teboho Sello and Tsotang Maine.



revenge after the two countries were drawn together in the group stage. Makoanyane XI exited the tournament in the group stage with losses to their neighbouring country and Egypt, but managed to get a point against Mali in the last game.

"I still remember that game against the Egypt Under-20 that had Salah, where they won 2-0 with the Liverpool striker scoring the second goal from the penalty spot. Their coach was very impressed with how we gave them a run for their money and I still believe that if we had agent here at home, most of us in that team would have ended up playing in big leagues like them."

Tseka, who has been playing topflight football for over a decade now, attributes his longevity to good discipline and his passion for the game.

"I think above all, it's about putting God ahead of everything, working hard on your craft and putting the discipline into it because you cannot make it for so long in football if you don't respect what you do and the body that you need to succeed as an athlete," the defender says.

The Berea-born player, who recently helped Likuena reach the group phase of the 2023 Africa Cup of Nations having featured in the back-to-back preliminary round matches against Seychelles, says his dream is to help his country qualify for the prestigious continental competition.

"Winning bronze at the 2018 COSAFA Cup with Likuena is one of the highlights of my career, but my biggest dream is to help my country qualify for the Africa Cup of Nations and win the COSAFA tournament," Tseka states.

"I want to compete for trophies and win the league. It would also be a big milestone for me to play outside the country before I retire."

Tseka says he has always felt safe playing alongside Likuena captain, Basia Makepe in the heart of the defence as the two have developed a good understanding having played together from their time with the national Under-20 side.

The two were rock solid in the recent 2023 Africa Cup of Nations preliminary round qualifier first leg match against Seychelles, but Makepe missed the second leg due to injury with Bantu's Motlomeo Mkhwanazi filling in for the Likuena skipper.

"I think we have developed a very good understanding because we have played together for a very long time and I'm also developing the same understanding with Lehlolonolo Moabi at club level due to the fact that we are also getting a lot of minutes partnering each other for LCS," he said.



From humble beginnings: How Kopano Tseka became a national treasure

MASERU - Growing up in Machoaboleng, Ha 'Makhoroana on the outskirts of Berea, Kopano Tseka had a dream to become a professional footballer.

But it never occurred to him that his dream would take him across the continent to take on some of the finest footballers to have graced the beautiful game in Africa.

"To be honest with you, I never thought I would don the national team jersey based on where I come from, but all has been possible through God's grace. He makes our dreams come true," Tseka says.

Before becoming a household name in Lesotho football and winning over 40 caps for his

country, Tseka's football journey began in his home village, playing for his childhood team, Hunters FC.

"I started playing in my home village for Hunters FC, but my first team in the elite leagues was Mphatlalatsane FC, which I later left to join Lioli," the defender explains.

He won several trophies with Tse Nala including the league title, the Independence Cup as well as the LNIG Top 8.

"My elder brother Kalaela, who also played football and is now a coach, is my role model because he is very passionate about the game as well. He is always pushing me to be a better player."

The lanky defender, whose accolades include helping the

Lesotho National Under-20 side, Makoanyane XI qualify for the African Youth Championship in 2011, where he came up against Egypt superstar, Mohamed Salah, says he will always be grateful to the late former national Under-17 coach, Matita Lemao, for spotting his talents while playing for Mapoteng High School.

"I was spotted by the late Ntate Lemao to play for the national Under-17 team. (may his soul continue to rest in peace). He saw me playing for Mapoteng High School during a schools tournament and he selected me for the Vision 2020 squad. That where it all began for me with the national teams. After the Under-17, it was the Under-20 and I then

graduated to the senior team-Likuena," the defender recalls.

The Makoanyane XI side that was coached by current LeFA Technical Director, Leslie Notsi, qualified for the junior tournament after eliminating Mozambique, South Africa, and Kenya.

South Africa however, managed to get their way back into the tournament replacing war torn Libya, as the new hosts of the tournament to eventually get their