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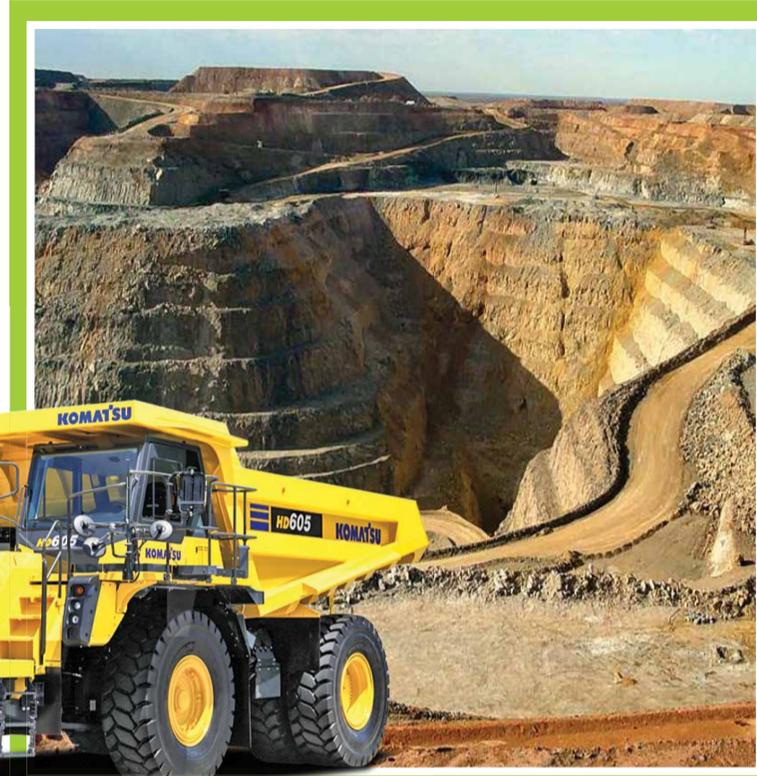
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Fuel hikes driven by Russia-Ukraine war



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Lesotho fails migrant miners

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...as they lose jobs for lack of skills

THURSDAY June 2 - 8, 2022

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**GOVT OWES
BUSINESSES
M200 BILLION**

...as LCCI begs for speedy payments

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- Phatšoane inks new football milestones
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BORN ON THIS DAY June 2

- 1946** - Peter Sutcliffe, English serial killer Peter Sutcliffe was dubbed the 'Yorkshire Ripper' as he was likened to the infamous unidentified serial killer, Jack the Ripper, by the press. Convicted of killing 13 women and injuring nine other, Peter Sutcliffe was sentenced to life imprisonment.
- 1951** - Jeanine Pirro, American TV host and author. Over the years, she has made important contributions to 'The Morning Show with Mike and Juliet', a syndicated morning talk show.
- 1972** - Wentworth Miller as Michael Scofield in the popular TV series 'Prison Break'. As sturdy as his character Michael in real life, Miller went on to establish a successful career despite suffering from depression and suicidal thoughts since his childhood. As an openly gay actor, he also serves as an inspiration to the LGBTQ community.
- 1978** - Justin Long, American actor and comedian. He is best known for playing the boy next door characters, thanks to his looks and physique. Long was applauded for his courage when he shared his story of being victimized of drugging and abduction by a group of local individuals in Michigan.
- 1979** - Morena Baccarin is the daughter of Italian actor, Vera Setta. The Juilliard alumna is best known for series such as 'Homeland', 'Gotham', and 'Firefly' and movies such as the 'Deadpool' franchise.

NewsBriefs

Fuel hikes in Africa driven by Russia-Ukraine war



Local fuel station

The world continues to feel the impact of Russia's war in Ukraine. While some countries feel the impact of the increase in food prices, for others, the impact is more visible in the hike in fuel prices.

Lesotho, South Africa and Zimbabwe are few of the many countries in Africa feeling the brunt of the war with the hike in crude oil prices.

South Africa, the continent's most developed economy, saw gas prices go above R24 (\$1.50) per litre, more than \$5.80 per gallon. Diesel prices also went up.

The latest increases make fuel in South Africa about 40% more expensive than a year ago. To try to hold down the spike in price, the government has reduced its tax on fuel sales.

The government said the increases were a result of the rise in the price of Brent crude oil.

The fuel price increase is the latest addition to South Africa's economic woes, which include a 34.5% unemployment rate and an economic downturn

caused by the COVID-19 pandemic which resulted in the loss of an estimated 2 million jobs.

Economists are warning of further increases throughout the year, which will hit consumers already dealing with rising food, electricity, and transport costs, University of Witwatersrand economist Professor Jannie Rossouw said.

The biggest impact would be felt by the poor, who are already facing economic hardship, he said. "The government has to do what it expects ordinary people to do by also cutting costs and using public money frugally because reducing the fuel levy will have a big impact on its revenue collection," he said.

"I'm not happy with the increase, it is too much. It will now be too difficult to buy food for the children, we will end up having to sell our cars to avoid petrol costs," said Soweto motorist Mwelase Mooki as he waited in the gas station line to fill up his car before the petrol increase came into effect at midnight.

FastFACTS

Muhammad is thought to be the most popular name in the world.

Step aside John, James, Mary, and Jane—the most popular name in the world is believed to be Muhammad. According to The Independent, an estimated 150 million men and boys around the world share this name. The popularity is thanks to a Muslim tradition of naming every first-born son after the Islamic prophet.

On This Day in History

1953



The coronation of Queen Elizabeth II

June 2

The coronation of Queen Elizabeth II took place on this day at Westminster Abbey in London. Elizabeth II acceded to the throne at the age of 25 upon the death of her father, King George VI, on February 6, 1952, being proclaimed queen by her privy and executive councils shortly afterwards.

The coronation was held more than one year later because of the tradition of allowing an appropriate length of time to pass after a monarch dies before holding such festivals. It also gave the planning committees adequate time to make preparations for the ceremony.

During the service, Elizabeth took an oath, was anointed with holy oil, was invested with robes and regalia, and was crowned queen of the United Kingdom, Canada, Australia, New Zealand, South Africa, Pakistan, and Ceylon (now Sri Lanka).

Celebrations took place across the Commonwealth realms and a commemorative medal was issued. It has been the only British coronation to be fully televised; television cameras had not been allowed inside the abbey during her parents' coronation in 1937. Elizabeth's was the fourth and last British coronation of the 20th century. It was estimated to have cost £1.57 million (c. £43,427,400 in 2019).

ALL JOKES ASIDE

Why did Africa pull a prank on Europe?

He thought he was GHANA get away with it. KENYA blame him? He's BENIN worse situations before. OMAN, I gotta stop. I can't BELIZE i'm saying these words right now. There's NORWAY anybody is gonna find this funny. Nothing ISRAEL to me anymore. How much do you want TIBET this will get downvoted to oblivion? Well, if you do downvote this, then URUGUAY. If you and your friend both downvote this, then you are both a PARAGUAY's. Why JAMAICA me crazy like this?? I SPAIN so much time writing this, and now IRAN out of material :(

Quotes & Quips!

"He has set the bar very high for his colleagues, but overall, we are happy that our referees' department continues to grow from strength to strength as they continue to get appointments for different competitions in the region, continent and beyond,"

says LeFA president, KC Salemane Phafane, applauding top local assistant referee, Souru Phatšoane on his appointment to officiate the FIFA World Cup in Qatar



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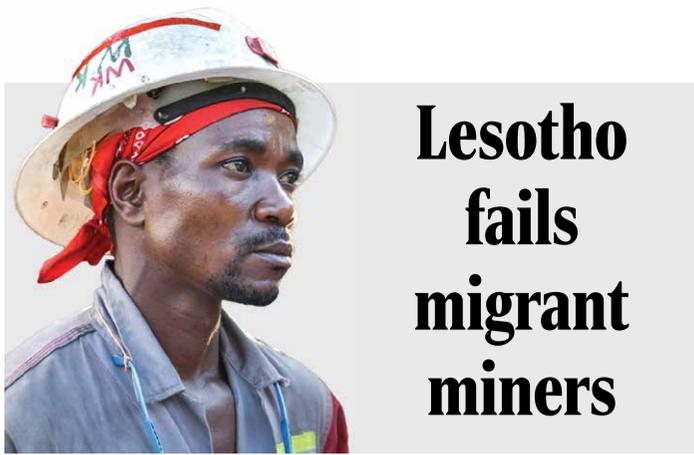
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Lesotho fails migrant miners

4

Metro BUSINESS

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\$) | 15.57 |
| Loti/Rands | South African (ZAR) | 1.00 |
| Loti/Euro | European Union (€) | 16.71 |
| Loti/Yuan | Chinese (¥) | 2.33 |
| Loti/Yen | Japanese (¥) | 0.12 |
| Loti/Pound Sterling | British (£) | 20.93 |

COMMODITIES

STOCKS

| | |
|-------------|-----------|
| S&P500 | 4,123.26 |
| NASDAQ100 | 12,635.74 |
| Nikkei225 | 27,457.89 |
| Dow Jones30 | 32,923.73 |
| FTSE 100 | 7,348.18 |
| JSE | 71,119.00 |
| Hang Seng | 27,294.94 |

PRECIOUS METALS (Rates in US Dollars)

| | |
|--------------------|----------|
| Gold p/ounce | 1,848.79 |
| Platinum p/ounce | 1001.92 |
| Silver p/ounce | 21.90 |
| Copper p/ounce | 0.22 |
| Brent Oil p/barrel | 116.32 |

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 | M20.70 |
| Unleaded 95 p/litre | M20.95 |
| Diesel 50PPm p/litre | M23.80 |
| Paraffin p/litre | M17.80 |
| 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 |

Govt owes businesses M200 billion

...as LCCI begs for speedy payments

STAFF REPORTER

MASERU - Government owes local businesses a whopping M200 billion, the Minister of Finance, Thabo Sophonea (pictured) has said.

He told Parliament this week that this amount is owed as far back as 2019, adding that his ministry was working tirelessly to speed up the payments.

"We are yet to assess which sections of the business people are owed - how many women and men we are talking about here," Mr Sophonea said.

The Minister's remarks come barely two weeks after the deputy leader of the Movement for Economic Change (MEC), Tšepang Tšita-Mosena had argued that the outstanding payments were not only bad for business but were detrimental to the economy of the country.

Mr Sophonea said bottlenecks that had contributed to the delayed payments included ministries that sought services yet there was no money to pay for them.

He said the Covid-19 pandemic also had a direct bearing to the delay.

The General Secretary of the Lesotho Chamber of Commerce and Industry (LCCI), Fako Hakane has begged government to accelerate the payments as government was the largest buyer of goods and services.

"The delayed payments from by the

government as the biggest business buyer make some people crash out of business," he said.

"With most businesses getting loans from the financial institutions to operate, the delayed payments make it difficult for the businesses to repay their loans. This has been going on for a long time and it kills businesses."

When people go into business, Mr Hakane said, they invariably expect something in return.

"As the business people, they expect to get returns and want payment in this case," he said.

He noted that business had since formed a technical working group, whose mandate amongst others, was to ensure that people who had transacted goods and services with the government were paid.

"The committee is meant to level the playing field between the government and business," said Mr Hakane, adding that the technical committee did not work properly in 2020-21 owing to the ongoing Covid-19 pandemic.

"This has made most businesses go south," he also said, adding, "There is a deep concern over the continued delay of payments that is happening between the government and the business community. This has greatly disrupted the future of entrepreneurship in the country, leaving businesses

drowning in debt while they are trying to keep their heads above water under the hard trading conditions,"

Mr Hakane also said.



Business

Lesotho fails migrant miners

...as they lose jobs for lack of skills

NEO SENOKO

business@maserumetro.com

MASERU - Lesotho is failing to train and equip its citizens with the latest technologies that its migrant mineworkers are continuously losing jobs in the South African mines, says Ex-Miners Association of Lesotho representative, Rantšo Mantsi.

He told Maseru Metro on Tuesday that employment prospects of Lesotho mineworkers deteriorated since the advent of democracy in South Africa, when a system of institutionalised racial oppression, apartheid, ended.

Compounded with the mechanised work environment, Mr Mantsi said Lesotho should have then prioritised skills development of its migrant mineworkers while also equipping them with the level of the necessary technology that is ever evolving.

"Lesotho has failed to deal with the situation since then," he said. "The country has failed to allocate funding to train its people to be on par with the latest technologies in order for its labour force to remain in the market, at least in comparison with other neighboring countries."

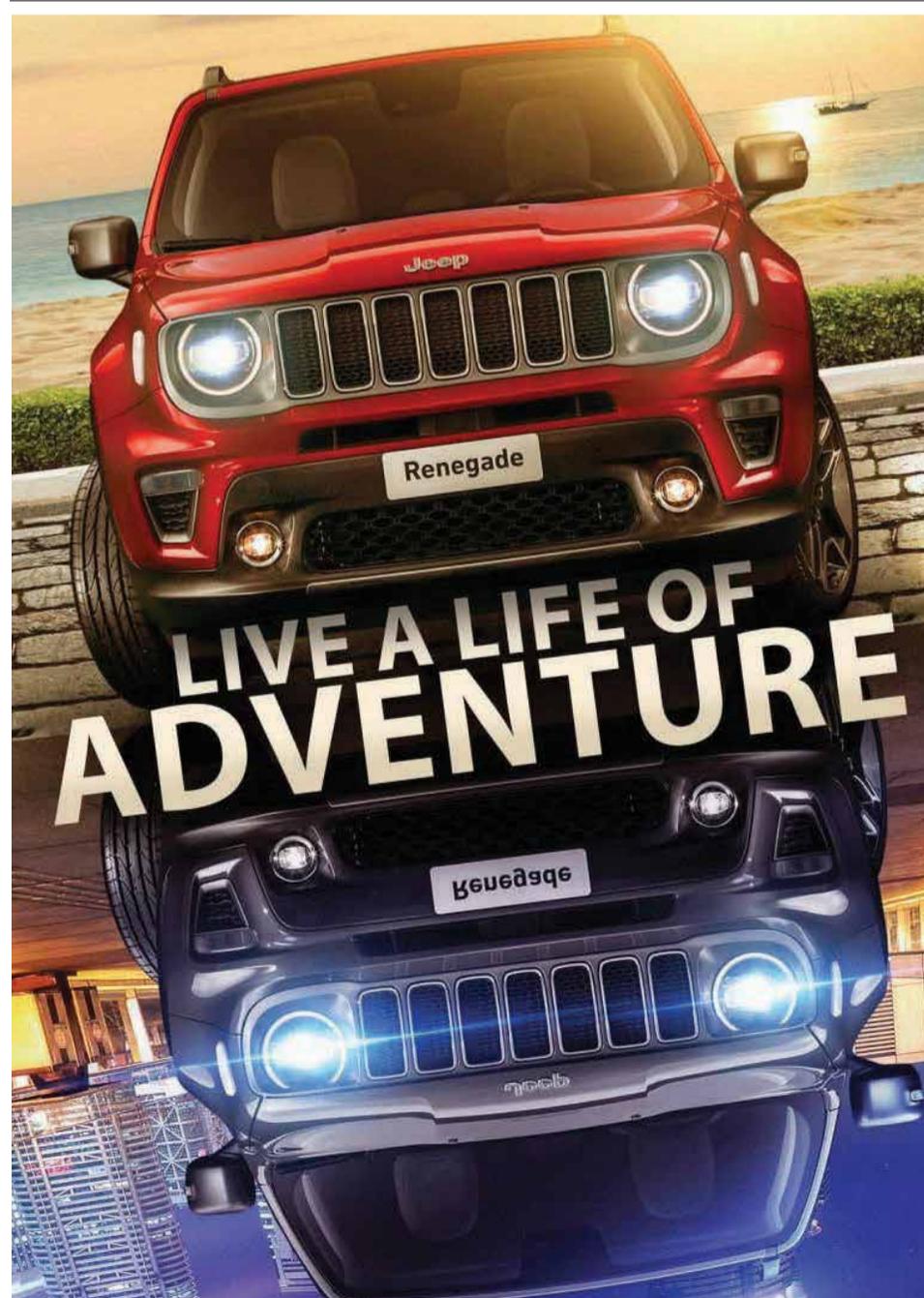
He said South African mining companies had since found new and cheaper ways of doing business that Lesotho should have kept up with the latest developments to avoid job losses in the mining sector.

For generations, Basotho have been migrating to the neighboring South Africa to work in the diamond, coal, gold and platinum mines, important sources of foreign income to Lesotho.

However, Lesotho could not see wood for the trees as one of its most important foreign currency constituencies shifted towards less



A female miner working underground



labour intensive forms of mining, shedding the much needed Basotho jobs because they were ill-equipped.

Given higher production costs, global economic slowdown and the weakening South African rand, Lesotho migrant mineworkers are being sent back home in greater numbers.

"The loss of remittances from mineworkers has had a major impact on the economy of Lesotho," said Mr Mantsi.

He argued that Lesotho should have been prepared for these socio-economic changes in the neighbouring country, where thousands of Basotho are employed but have been losing jobs for lack of foresight by their leaders.

"This has affected thousands of Basotho migrant mineworkers, whose families depend on their skills and experience," he also said.

Booi Mohapi of the Catholic Commission for Justice and Peace said the fact that South Africans were now showing an interest in the mining sector was another reason why Basotho should have been more qualified to compete for the mining jobs.

In the past, he said South Africans did not care much about working in the mines because

there were lots of other jobs in that country.

"But now things have changed and they are taking over the mining industry," Mr Mohapi said. "Another thing - continuous labour disputes, mining closures and retrenchments have put a lot of Basotho in the firing line."

He said he was worried that the number of Basotho mineworkers employed in the South Africa mines could never recover - instead it would decline further.

"I suggest that the locals should instead shift focus and move to other countries such as Zambia and the Democratic Republic of Congo (DRC), which are making strides in the mining sector in recent years," he said.

The lack of planning on the part of Lesotho authorities to support its migrant mining labour also means that the country is losing millions of maloti in remittances.

Coupled with a growing unemployment rate, it has accelerated levels of poverty and food insecurity for households that were once dependent on mineworkers.

Up to March, the Central Bank of Lesotho (CBL) said the number of migrant workers had continued to decline tremendously.



Kofi Khafetsa hits over 20 000 followers

- NUL graduates hustle like dropouts
- They run a classy coffee and book shop

BY BUSISIWE TJEKOA

MASERU – THEY call their coffee brand Kofi Khafetsa. After graduating from the National University of Lesotho (NUL), both Litšitso Sibolla and his best friend, Tumelo Lipholo started selling coffee here in the streets of the capital.

A Bachelor of Science graduate and fundamentals of digital marketing certificate holder, Sibolla says he put his academic qualifications aside and hustled like a dropout.

“The aim was to finance our marketing company and so we started selling coffee,” he told Maseru Metro.

“The response from customers has been pretty amazing that our Facebook page gained 20 000 followers in our first two weeks of operation,” said Sibolla.

“Kofi Khafetsa became the talk of town, taking Facebook by storm. My timeline was flooded with people sharing their content. I think people were blown by the customised cups, something we rarely see around here.”

Sibolla and his partner, Lipholo have since moved to a more decent working environment after opening in June 2021. They now rent a wooden and comfortable working space opposite Lepoqong in the Maseru

commuter taxi area.

“We moved to this place because it represents everything we stand for,” he said.

“A place like home, the set-up is quite unique and amazing. It’s a place like home but far from home.”

Sibolla said their moving to a bigger place came as a result of business growth due to a growing market.

“Our business grows daily and we are yet to move to a much bigger place because sometimes it gets packed and customers run out of seats,” he said.

Otherwise, Kofi Khafetsa has also extended its menu offering a variety of beverages and fast foods like bunny chow (stuffed bread), lekakarane (smoked chicken), milkshake, tea and ice cream.

“Kofi Khafetsa’s marketing strategy is working where we also run an active Facebook page and post content frequently,” Sibolla said.

“An active Facebook page means that we are always on people’s minds. People share our posts and so they know where to go when they need the best coffee.”

Sibolla said customers’ pictures, which they also shared on their page, showed they were all about ‘seeing is believing’, where Lipholo, who is also

a professional photographer, comes in handy for a craft that would otherwise have been expensive.

“Most businesses fail because they use internet photos,” he said.

“A lot of people - myself included - ignore them because what you see is usually not what you get.”

Sibolla said rarely, does one find books and indoor games at hangouts in Maseru, adding however, Kofi Khafetsa was a different ball game altogether.

“The purpose is to make people interact with each other by playing games and reading books together,” he said.

“Also, we do book exchange. If we have a book you want borrow from us, you can bring yours and exchange it with ours. So, if you are a book and coffee lover, you should head to Kofi Khafetsa.”

Just like any business, Kofi Khafetsa also faces setbacks.

Sibolla said sometimes the weather gets so unfriendly that it affects the number of patrons,



especially when it rains because less people come to town.

“For example, in December the business was surprisingly slow due to rainfall but things went back to normal in January,” he said.

Following the success of Kofi Khafetsa, Sibolla said Lipholo and

him have split responsibilities, with one focusing on Kofi Khafetsa’s daily operations and the other on marketing for their string of companies.

“I don’t know if the word ‘company’ is appropriate because it’s just Tumelo (Lipholo) and I at the moment,” he also said.

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PROUDLY LESOTHO



700 g
CLASSIC BROWN BREAD

Comments & Letters

We are going to starve

The Editor,

The heavy rains that covered the whole country pained us. They have seriously damaged and destroyed crops, and disrupted field farm work.

We love the rain but too much of it destroys our crops. Combined with the loss of soil fertility it will end in poor harvest for all of us. Mostly, our fields throughout the country are waterlogged while in many places the plants are submerged in pools of water.

It has depleted nutrients due to residual moisture.

Most farmers have not been able to weed and most crops are already turning yellow. As the weeds are at the flowering stage, the use of post-emergence herbicides will not be effective and the only alternative is manual weeding, which is also challenged by the crops that are lodging.

Caroline Thakanyane
Semonkong, Maseru

Job hunting costs are very high

The Editor,

As one of the young people living in this country and desperately looking for a job, I can attest to the fact that the cost of searching for a job is high.

This is also one of the factors keeping young people, especially those living far away from the economic hub, Maseru, locked out of the labour market.

An independent online study indicates that young South Africans spend an average M1,293.82 per month looking for work, which is more or less the same with Lesotho as both countries are economically integrated.

In both countries the cost of looking for a job does not only include money for buying weekly newspapers, it also includes money for bribes.

As a result, the high cost of job seeking for many young Basotho have inadvertently become discouraged and given up looking for work. I urge the relevant ministries to make regulations that will make it less costly for job seekers.

While they can introduce a job seeker's grant, government could also work with employers to look for alternatives to help ensure the cost of seeking employment is cheaper like the creation of a job seekers' database.

The database will prescreen job seekers with all their academic qualifications, transcripts, CVs and other relevant documentation attached that can be accessed and utilized for vacancies in companies.

Neo Maieane
Lihlabeng, Thaba-Tseka



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

EDITOR'S NOTE

South Africa's mining automation, a two-edged sword

...as Lesotho hustlers, prostitutes, drug dealers bring money home

This week we are carrying one of the saddest stories about how Lesotho mineworkers in South Africa are losing jobs due to automation. Actually, this is a global problem as companies increase capital intensity in production. South Africa, Lesotho's only neighbour where most Basotho are also headed to eke out a living, is no exception.

These days, machines and other capital equipment in production processes such as mining are replacing labour. But the question is: Is there anything Lesotho authorities could have done in advance to contain the problem of job losses in the South African mines?

If the South African mines were such an important source of income to the lives of many Lesotho households, the authorities should have foreseen the impact automation would have in replacing foreign labour in this sector. Economic planning and labour departments should have been in a position to make projections about where the economy and labour should be headed as determined by economic conditions, demographic trends, social, moral and cultural values as well as psychological attitudes. At least, they should by now know what the effective supply of labour is, not only in Lesotho, but South African migrant labour market, which many Basotho depend on. While automation in the mining sector is a two-edged sword, improving production on the one hand and cutting jobs on the other, Lesotho authorities should have been prepared for the repercussions of advancements in technology. Nowhere is the quality of Lesotho migrant labour important than the South African mines, where authorities should have taken responsibility to empower Basotho migrant mineworkers through education, training, ability, experience, to minimise job losses.

Yet, Lesotho still has another source of income in South Africa's informal sector, which employs thousands of Lesotho nationals. This sector may be unattractive to an average individual but it is certainly relevant to a discerning person concerned with Lesotho's high unemployment rate and economic performance in general.

If anything, Statistics South Africa should be taken as seriously as the Lesotho Bureau of Statistics for periodical economic indicators such as unemployment and labour force participation for proper economic planning.

The link between Lesotho and South Africa's labour and employment cannot be ignored but to what degree can local authorities respond to their changes? As much as Lesotho authorities should have taken Basotho formal employment in the South African mines seriously, they should regard the big neighbour's informal sector equally important.

If it were not for South Africa's informal sector, which employs taxi operators, hustlers, shebeeners, hawkers, dagga smugglers, nannies, robbers, prostitutes and traditional healers, Lesotho would be worse off. This shadow or unrecorded economy is putting bread on the table for many families in Lesotho. As economic growth is headed for the worst locally and elsewhere, increasing attention must be paid to South Africa's informal sector as an additional source of income and employment.

So far, no policymaker seems to have answers to a stagnating and declining Lesotho economy. No political manifesto gives hope to stimulating formal economic activity.

Principles of inclusivity, ownership, and accessibility

As we continue wrap up this presentation that has been running for several weeks now, remember we have been going through phases for purposes of thinking about moving Lesotho, and ourselves, into the next level of peace and prosperity.

In Phase 1, we looked at how the presentation would help us envision and plan for the new experiences that we expect in the next level, taking into specific account our current and evolving context.

We said although in phase 1 we would already be learning from the envisioning and planning processes, Phase 2 is labeled the pre-learning phase. In this phase we would be sharing and agreeing the incentives that would motivate us and the theoretical knowledge that we need to dare beyond our regular five senses; beyond the limiting cognitive minds (responsible for only less than 10 percent of learning); and beyond the stressful thinking that causes destructive behaviours and limits us from fulfilling ourselves and experiencing the fullness of life.

Now, Phase 3 explicitly immerses us into learning how to learn and journey together, experiences we have hardly ever had in recent times to ensure the principles of inclusivity, ownership, and accessibility.

This is where the learning tools discussed earlier, and others not mentioned here, are put into use to transport us to the next level. It is well and good to envision and plan together. The next bigger challenge lies with putting our thoughts and dreams into action. Some of us have taken pride in being able to write development plans that other nations come to copy and implement in their countries while the original plans gather dust in our shelves, because they were most likely, not planned for our specific context.

Phase 4 takes us to the missing level of action, beyond merely dreaming. It helps us to open up our motivation and reward brain-circuits. It starts us onto the practice of turning dreams into reality, beginning to observe ourselves and our colleagues as we do the life-supportive things that we are implementing, observing the things, and learning with intention.

Phase 5 – Contemplation – is where we deliberately begin to think about our own thinking; where we deliberately enter into

silentness for its huge benefits on thinking; where we pray – set ourselves, individually, to access higher solutions to respond to the mysteries of our lives; and it is where we reflect on our experiences of the processes, experiences of ourselves, or, maybe, our experiences of our colleagues.

In Phase 6 we take time to internalize the lessons we have gained through the processes and to consider how we might transfer the lessons into our regular work and day-to-day lives. The internalization and transfer constitute a move into new freedom and ushers us into deliberation about sustaining the effort, and our responsibilities for sustaining the effort.

Finally, you should recall this presentation noted, for various reasons, the phase of reforms that we were getting into, which were not easy at all. We were charged with thinking about the future of the Lesotho National Reforms beyond the life of the NRA, about moving Lesotho to a new level of peace and prosperity.

The thinking can only be meaningful when it is context-specific and accounts for how our unconscious brain processes interact with conscious awareness to shape our behavior, habits, actions, and outcomes. This presentation went beyond just sharing thoughts. It also proposed how to turn the thoughts into reality. It illustrated and discussed our deteriorating economic, political, and social conditions and their implications for any meaningful and sustainable national reform process with reference to our specific context – ourselves as individuals, institutions, society, and nation.

It accounted fully for how our unconscious brain processes interact with our conscious awareness to shape our behaviours, habits, actions, and outcomes. It shared and illustrated a few tools for impacting the interactions of our psyches positively. The presentation used one of the tools to deliberate major considerations for designing and building effective Infrastructures for Sustaining Quality Peace and Resilience (I4SQPRs).

Never forget the key words: Botho, sustainability, quality peace, resilience, quality education, civil learning communities, and higher thinking.

SUSTAINING QUALITY

PEACE & RESILIENCE

BY MAFOLE SEMATLANE



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Do you have life insurance?

In our previous articles we looked at risk and return for investment purposes. This week, I would like us to look at the concept of personal risk, which is synonymous with life insurance to protect yourself and the wealth you have created against loss.

In fact, there are various types of risk – some insurable and others uninsurable, where insurance can make provision for your financial losses or financial risk, which can be divided into speculative and pure risk. While speculative risk can make either a profit or a loss, insurance does not cover speculative risk as it only covers pure risk. Although you may suffer a loss in the case of pure risk, it is impossible to benefit or profit.

Already, you probably have in mind what insurers you are contracted with to ensure that you and your dependants are protected against financial loss. By financial loss we refer to loss you could suffer when certainties such as death of a loved one occur. Or it could be the financial loss you suffer if you become ill and have to visit a medical doctor or if you are injured and cannot work anymore.

So, it is crucial that should any of these problems occur, you are in a position that there is some level of protection against such losses. Therefore, there are various insurance companies that can offer you products to protect yourself and your family so that you can maintain the same standard of living.

Otherwise, life insurance can be divided into four main areas: The need of a lump sum payment in the event of death, where you would need life cover to maintain the lifestyle of your dependants or cover debts that should arise when you die; the need to protect your ability to earn an income; the need to make provision for adjustments to one's lifestyle due to illness or impairment (disability); and the need to provide for future needs or goals such as university education for your children.



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Personal Finance



By Mr Lekhetho Ntsau

Your financial advisor should be able to establish your needs before giving you any sort of advice on financial planning. Just like a medical doctor's diagnosis before prescription for your ailments, your financial advisor should do a proper needs analysis to ensure you get the appropriate products suited to your requirements.

In Lesotho, like many developing and developed countries, the long-term insurance industry provides different types of risk coverage to individuals and businesses. Also called life companies or assurers, long-term insurers offer policies that can be used to accumulate capital for future use. Therefore, long-term insurance policies do not only serve as mechanisms for accumulating capital or assets, they also protect the capital and help to transfer the assets to beneficiaries after your death.

Generally, the insurer should give you compensation as a specified amount or an amount calculated according to a predetermined formula. As we said, long-term insurance deals with some events that are certain or highly likely such as death and old age, and others that are less certain like disability or sickness. A long-term insurance includes both risk assessment and investment value. Like life assurance or an endowment policy, it may have a maturity value after three years, which may be taken tax free after five years.

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MASERU - The Ministry of Health has advised travellers to report any sign of illness to health professionals upon arrival, including information about all recent travel and immunisation history.

Following an outbreak of the Monkey Pox in Europe, Canada and the United States of America, the World Health Organisation (WHO) said the disease was endemic in some parts of western Africa and central African countries. Monkey Pox symptoms include fever, intense headache, swollen lymph nodes, muscle ache and a rash that blisters and crusts.

"The rash tends to be concentrated on the face, palms of the hands and soles of the feet," the Ministry of Health said in a statement.

"The mouth, genitals and eyes may also be affected. The symptoms and skin rash generally last for several weeks during this time a person can be infectious to others."

It said the disease could be severe or fatal, particularly in children.

Upon receipt of the alert, the National Rapid Response Team (NRRT) of the Ministry of Health convened to view the current status to develop preparedness plans that should respond effectively if the disease was detected in Lesotho.

WHO said clinical care for Monkey Pox should be fully optimized to alleviate symptoms, manage complications and prevent long-term problems. It said patients should be offered fluids and food to maintain adequate nutritional status, while secondary bacterial infections should be treated.

Travellers urged to report Monkey Pox

Furthermore, it said the main prevention strategy for Monkey Pox was to raise awareness of risk factors and educate people about the measures they could take to reduce exposure to the virus. Scientific studies are underway to assess the feasibility and appropriateness of vaccination for the prevention and control of Monkey Pox.

Meanwhile, United Kingdom (UK) health authorities have urged anyone who tests positive for the monkeypox virus to abstain from sex until their symptoms have cleared.

In new guidance released Monday, the UK Health Security Agency also recommended that previously infected persons continue to use condoms for a period of eight weeks after the virus has passed, as a precautionary measure. The health agency said the risks to the general public remain low, but encouraged people to contact a health professional if they notice any unusual rashes or lesions. The advice comes after Britain recorded an additional 71 cases of the virus over the weekend, bringing the UK total to 179 less than a month after its first case was on May 7.

The UK now has the highest



The hand of a person suffering from Monkeypox

monkeypox case count among nonendemic countries, followed by Spain with 120 and Portugal with 96.

As of Monday, there were 555 confirmed and suspected cases of monkeypox in countries outside of Africa, according to Our World in Data. While the virus is generally mild, usually clearing up on its own within two to four weeks, health experts have voiced concern over the recent spike in cases in countries where monkeypox does not usually spread, and the growing

risks of community transmission. The majority of cases so far have been spread through sex, with a particular concentration of cases occurring within the gay and bisexual communities and men who have sex with men, according to the WHO.

The public health body said Monday that it was not yet clear whether the recent outbreak could lead to a global pandemic but said that there is currently a window of opportunity to curb rising cases.

"Collectively, the world has an

opportunity to stop this outbreak. There is a window," Rosamund Lewis, the WHO's technical lead for monkeypox, said during a briefing.

The WHO also said it is currently considering whether the outbreak should be assessed as a "potential public health emergency of international concern." Such a declaration was done for the COVID-19 and Ebola outbreaks, and would enable additional research and funding to contain the disease, it noted.



Pop a Probiotic

To keep yeast infections at bay, head for the vitamin aisle. Supplementing with "good" bacteria (for example, Lactobacillus or Bifidobacterium) may help restore the balance the of bacteria living in the female genital tract and inhibit the growth of yeast in women with recurrent infections. Foods such as naturally fermented sauerkraut, kimchi, and kefir, as well as yogurt with active cultures, also contain these bacteria.

Water

drinking adequate water each day is good for your body overall. As much as 60% of our bodies are comprised of water. Good old-fashioned pure drinking water - not other liquids such as soda or soup - is

what your skin cells need to stay hydrated which will help your skin look more plump and younger. Water also helps cells move nutrients in and toxins out, which can help keep your skin looking healthy. Further,

when we are hydrated, we sweat more efficiently, which keeps skin clear. "It is my belief that our skin needs at least a ½ gallon of good, clean water -- that's about eight glasses -- every day," says Lipski.

13 percent of females lack sanitary pads

...as menstruation disrupts their education

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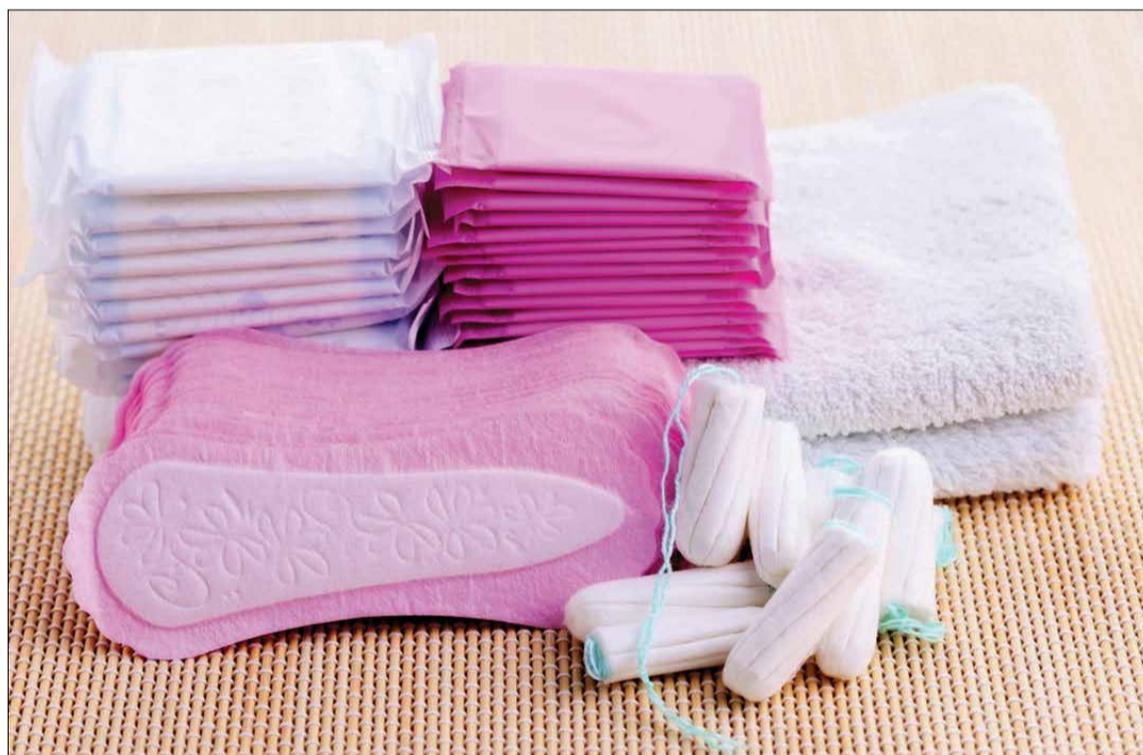
LERIBE - At the age of 17, Mosele Rampai is still in primary school. Like many other girls in her community, Mosele's education is disrupted by poverty. She misses school each month because she cannot afford sanitary pads.

"This affects my performance in class," she said. "Being unable to attend school because of lack of funds for sanitary products makes life even harder."

In Lesotho, menstruation is one of the significant barriers to meaningful participation in life. An estimated 13 percent of females aged 15 to 49 reports that they are unable to participate in social activities, school, or work due to menstruation.

Lack of menstruation management products, inadequate facilities, cultural factors, shame and embarrassment, fear of leakage, and discomfort are many of the reasons that are a hindrance to school girls like Rampai to living a normal life.

Many adolescent girls and



Sanitary pads and tampons

young women her age living in deprived rural areas use rags as sanitary pads, with no water to wash their hands and no toilets for their privacy.

But government and its partners are working together to make menstruation a normal

fact of life. There are efforts to increase access to accurate, timely, age-appropriate information on menstruation, effective and affordable menstrual materials.

Also, government is supplying supportive facilities and services,

Rampai said she used to share used pads with fellow classmates before her class teacher warned against it because it was unhygienic.

"I always tried to find solutions but improvising was not always ideal," she said.

full potential." Every May 28, concerned organisations observe Menstrual Hygiene Day, a global advocacy platform that brings together the voices and actions of government agencies, individuals, non-governmental organisations and the private sector to promote good menstrual health and hygiene for all women and girls.



It undermines the learning opportunities, health, and overall social status of women and girls worldwide," the body said. "As a result, millions of women and girls are kept from reaching their full potential

Menstrual Hygiene Day aims to break taboos and end the stigma surrounding menstruation. It raises awareness about the challenges regarding access to menstrual products, education about menstruation, and period-friendly sanitation facilities while at the same time mobilising the required funding.

"In Lesotho, many of our girls and women of reproductive age face many challenges in managing their menstruation in different settings - households, schools and workplaces," said UNICEF.

"The country lacks adequate and appropriate menstrual management materials, sanitation facilities, water supply infrastructure and handwashing facilities. As a result, many girls and women, especially in deprived areas, still use old clothes, dirty rags, or leaves to manage their menses."

It says using these products can be dangerous to health and difficult to conceal, often leading to shame, with individuals menstruating being targeted with violence.

This year's Menstrual Hygiene Day presents an opportunity for community members, advocates, governmental leaders at all levels, non-governmental organisations, and businesses to unite around efforts to make menstruation a normal fact of life.

The country lacks adequate and appropriate menstrual management materials, sanitation facilities, water supply infrastructure and handwashing facilities. As a result, many girls and women, especially in deprived areas, still use old clothes, dirty rags, or leaves to manage their menses.

including water, sanitation, and hygiene for washing the body and hands, changing menstrual materials, and cleaning and/or disposing of used materials.

It offers timely diagnosis, treatment, and care for menstrual cycle-related discomforts and disorders and positive and respectful living and learning environments - free from stigma and psychological distress - to girls like Rampai.

When she was 15 in Class Six,

UNICEF says poor menstrual hygiene is caused by a lack of appropriate information on the issue, persisting taboos and stigma, limited access to hygienic menstrual products, and poor sanitation and water infrastructure.

"It undermines the learning opportunities, health, and overall social status of women and girls worldwide," the body said. "As a result, millions of women and girls are kept from reaching their

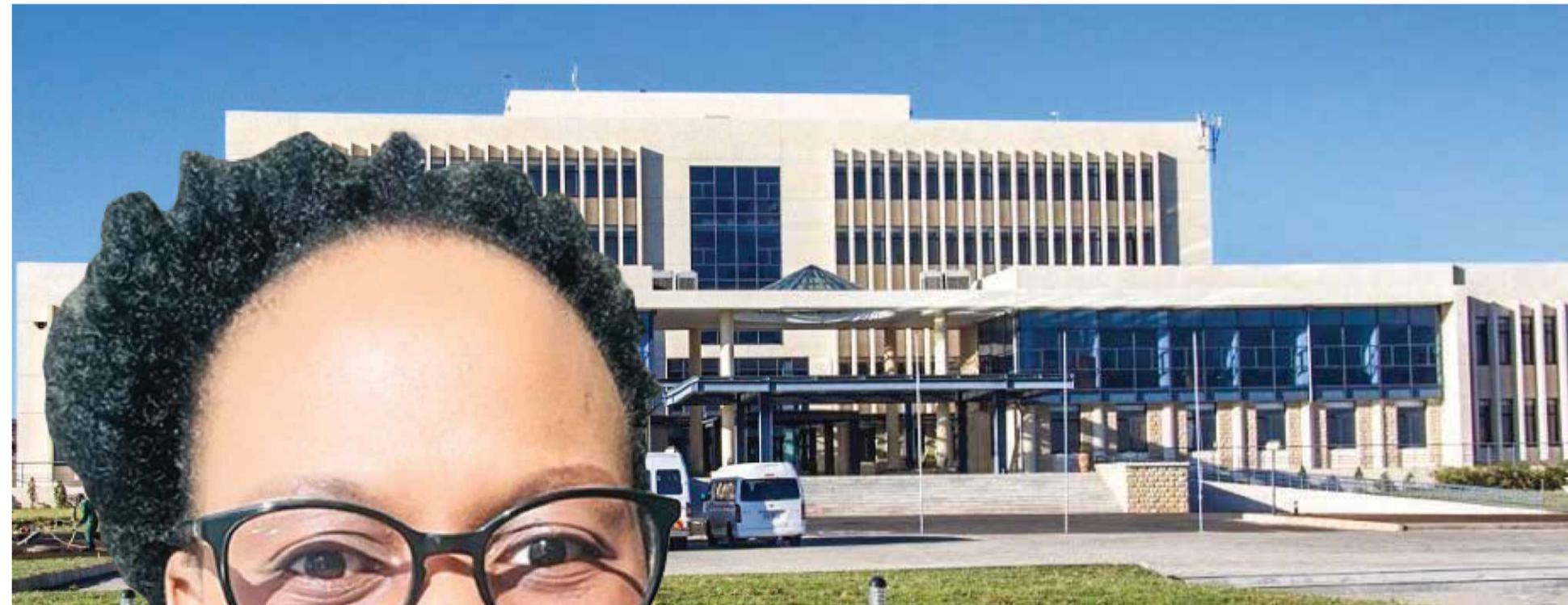
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Parliament implements SADC health programme

for an effective partnership to be nurtured between the Parliament and other partners, in view of assisting Parliamentarians in delivering the Project's outcomes and accomplishing the related objectives.

The vision of the Project is 'universal access to integrated SRHR and HIV/AIDS services and related rights, including bringing forward social change, improved health and respect for human rights that are enjoyed by all in the SADC region'.

The Project aims to enhance parliamentary interventions in SRHR around key focus areas namely: Gender

inequality and Sexual and Gender Based Violence, Early and Unintended Pregnancies (EUP) and Safe Abortions, Commodity Security and Access to SRHR and HIV and AIDS related services in view of reinforcing health systems and contributing to Universal Health Coverage, Comprehensive Sexuality Education and Non-Discrimination and Protection of Key Populations among others.

The project recognises that the need to improve the basic health of citizenry and uphold and respect human rights to ensure that all SRHR are enjoyed by all in SADC region.

SRHS officer, Mammehela Matamane

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MASERU - The SADC-Parliamentary Forum (SADC-PF) is implementing the Swedish-funded SRHR, HIV and AIDS Governance Project (2019-2023) in collaboration with SADC national Parliaments in view of enhancing Sexual and Reproductive Health and Rights (SRHR) and the democratic drive through parliamentary interventions having legislative, budgetary, oversight and representative value for SADC citizens and communities in Southern Africa.

The project facilitates the interaction of SRHR partners such as Civil Society Organizations (CSOs) with SADC Parliamentarians in order to effectively bridge the gap between Parliament as an institution and civil society partners who

are actively engaged in the advancement of SRHR.

Lesotho SRHS officer, Mammehela Matamane said one of the guiding principles of the SADC-PF is to promote a culture of human rights within SADC, which includes the enjoyment of SRHR for all without discrimination.

She said the project that has been implemented in Lesotho for the past three years will end in March 2023.

Under the proposed SADC-PF project, she said one of the most important objectives was to promote SRHR advocacy, and this will continue to consist in building the capacity of parliaments to promote legislative roles in advocating for SRHR and improving accountability.

In this respect, Lesotho Parliament as one of the SADC member Parliaments has established a collaborative framework

Hubblys, food & drinks available inside.

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The world in 10 minutes

UKRAINE

Zelensky visits Kharkiv in first trip outside Kyiv region

Ukraine's President Volodymyr Zelensky has visited troops in the Kharkiv region, on the country's battered eastern front line. It was his first official trip outside the Kyiv region since the Russian invasion began on February 24. He was pictured in a bullet-proof vest surveying ruins in Kharkiv city. Mr Zelensky told soldiers, "I want to thank each of you for your service." Later, he sacked the local security chief for "not defending" the city. Russia has resumed shelling Kharkiv - Ukraine's second-largest city - in recent days after a fortnight of comparative quiet.

The city - Ukraine's second-largest - faced intense bombardment in the war's first months, with images showing tower blocks flattened to rubble. Russian troops were gradually pushed back from its surrounding towns during April and May, prompting some who had fled Kharkiv to return, and the metro to reopen for the first time since the invasion. But the city remains within range of Russian artillery. Several loud explosions were heard in the city after Mr Zelensky's visit. President Zelensky's office posted a video on Telegram with the caption: "2,229 buildings have been destroyed in Kharkiv and the region. We will restore, rebuild and bring back life. In Kharkiv and all other towns and villages where evil came."



USA

USA ends Scotland's winning streak

Scotland were stunned by the United States with a 104-run defeat in their ICC World Cup League 2 match in Texas. Shane Burger's side had won their previous eight ODIs but never looked likely of chasing down a target of 311. Sushant Modani top-scored with 77 and an unbeaten 60 from Gajanan Singh saw the USA post 310-5. Scotland's pursuit got off to a slow start, with just 27 scored in the first 10 overs as opener Matthew Cross fell for six. Captain Kyle Coetzer made a resolute 28 and Calum MacLeod added 40, but the run-rate continued to creep up as Saurabh Netravalkar took four wickets. George Munsey hit 54 off 53 balls, but it was not enough for Scotland as the USA - ranked 18th in the world, six places below Scotland - wrapped up a convincing victory.

The sides meet again at Moosa Stadium in Pearland, Texas, on Sunday and Scotland face the United Arab Emirates on Tuesday. The Scots remain second in the table but with 16 games in hand on leaders Oman in the tournament that runs through to February 2023, with the top three progressing to the 2023 Cricket World Cup qualifier.



INDIA

Why are kangaroos being spotted in India?

When villagers walking along a road on the edge of a forested village in eastern India first saw three confused, weak and hungry animals, they couldn't believe what they were witnessing. The animals looked nothing like anything they had seen before. They alerted West Bengal state's forest officials, who told them that the animals were kangaroos - native to Australia but not found in India. The animals were rescued and sent to a wildlife park to be treated. One died later. The villagers were still confused and surprised with what they had seen. Soon, videos of the kangaroos in India went viral.

"How on Earth are kangaroos turning up in West Bengal," a Twitter user asked. Debal Ray, the chief wildlife warden of West Bengal, tells the BBC that the animals were most likely left in the open during an anti-smuggling operation by his team. When he received a tip-off that some exotic animals were being smuggled into the state, he immediately alerted his team. Acting quickly, the officers started checking vehicles along one of the main routes to enter the state.



SYRIA

Former Irish soldier guilty of Islamic State membership

A former Irish Defence Forces soldier has been found guilty of Islamic State (IS) membership. Lisa Smith, 40, had pleaded not guilty to being a member of the group between October 28, 2015 and December 1, 2019. Smith was, however, found not guilty of financing terrorism by sending money to a man for the benefit of the terrorist group. She had been accused of sending €800 (£680) to a man to fund IS in 2015. But on Monday the judge, at the Special Criminal Court in Dublin, said the prosecution had not proved she intended for the money to be used to benefit the group.

RTE reports. Justice Hunt said the court could not exclude a reasonable possibility that Ms Smith had transferred the money because of charitable or humanitarian concerns. Smith, who had converted to Islam, travelled to Syria after terrorist leader Abu Bakr al-Baghdadi called on Muslims to travel to the Islamic State. The prosecution alleged that she answered the call from al-Baghdadi and became the "life blood" of Isis as a propaganda tool and as a woman who would help to build the Islamic State. The prosecution said she had enveloped herself in the black flag of IS. The prosecution said the court could not ignore that Smith travelled thousands of kilometres, knowing about the activities of the terrorist organisation that was "up to its neck in blood". He said there was no benign Islamic State she could have been attempting to join, there was only the terrorist organisation.



SOUTH AFRICA

Petrol, diesel hikes announced for Wednesday

The price of 95-octane unleaded petrol will rise by R2.33 a litre on Wednesday, while 93-octane unleaded petrol will go up by R2.43 a litre, the Department of Mineral Resources and Energy announced on Tuesday. Diesel prices will rise by R1.10 (0.05% sulphur) per litre and R1.07 (0.005% sulphur) per litre respectively, while illuminating paraffin will be R1.56 more expensive per litre. The maximum liquefied petroleum gas (LPG) retail price will fall by 51c per kilogram.

The fuel prices were pushed higher by oil, with the average Brent crude oil price increasing from \$104.78 a barrel to \$115.00 over the past month. Wednesday's increases are smaller than feared after Treasury decided to grant an extension of the reduction in the general fuel levy. The petrol levy was cut by R1.50 a litre for April and May as government sought to relieve the economic stress of surging fuel prices. Around R6 billion of the state's strategic oil reserves were sold to fund the levy cut. But the sale will not entirely fund the extension. The R1.50 relief will be extended from 1 June until 6 July, followed by a downward adjustment to the relief for the second month - to 75c per litre from 7 July until 2 August. It will be withdrawn from 3 August, according to a joint statement from National Treasury and the Department of Mineral Resources and Energy (DMRE) on Tuesday afternoon.



AUSTRALIA

Staunch conservative named Australia's opposition leader

Australia's main opposition party has named prominent conservative Peter Dutton to succeed Scott Morrison as leader, after a bruising election loss. Mr Dutton - the former defence minister - was elected unopposed by Liberal MPs. The Liberal-National coalition had governed for almost a decade when it lost to Prime Minister Anthony Albanese's Labor on 21 May. Some MPs have blamed the defeat on the coalition's polarising leaders and its stance on climate change.

It lost almost 20 seats, including in areas usually considered to be Liberal Party strongholds. Mr Dutton - from the party's right - has been a controversial figure at times and some question whether he could rebuild Liberal support in more progressive, metropolitan areas. He is best known for overseeing Australia's controversial policies on asylum seekers, and his role in the downfall of former Prime Minister Malcolm Turnbull. But Mr Dutton has said many Australians have only seen the tough side of him. "I'm not going to change but I want people to see the entire person I am... and make their own judgements," he said on Monday. "I'm not as bad as the [media] might sometimes report." The former policeman entered parliament in 2001 and has held an array of ministerial portfolios. In 2018, Mr Dutton challenged Mr Turnbull for the party leadership but didn't have enough support to replace him.

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Be Car-Smart

Get Your Car Ready For Road Trip

You've been stuck in the same dull places for weeks, or maybe months. Your attention keeps drifting away to places you'd rather be, all of which are not here. Maybe the weather is too pleasant to ignore. Maybe you'd like to go somewhere snowy because it never snows at home. There are so many people to see, good roads to drive, places you love and even more places you haven't explored. Either way, you need to load up your car and hit the highway.

It's road trip time.

However, all of your best planning will be for naught if you can't depend on your car. A

breakdown on your daily commute is one thing, but what if your car leaves you stranded miles outside the middle of nowhere? Car care is necessary year-round, but especially before a road trip, so complete these basic maintenance tasks before becoming a horror movie cliché.

Fluids

Fluids are the lifeblood of any car. Service intervals on your car's six essential fluids usually depend on mileage, so consider how far you've driven since your last service, and how far you plan to go on your trip in order to decide what needs attention. If you're going to

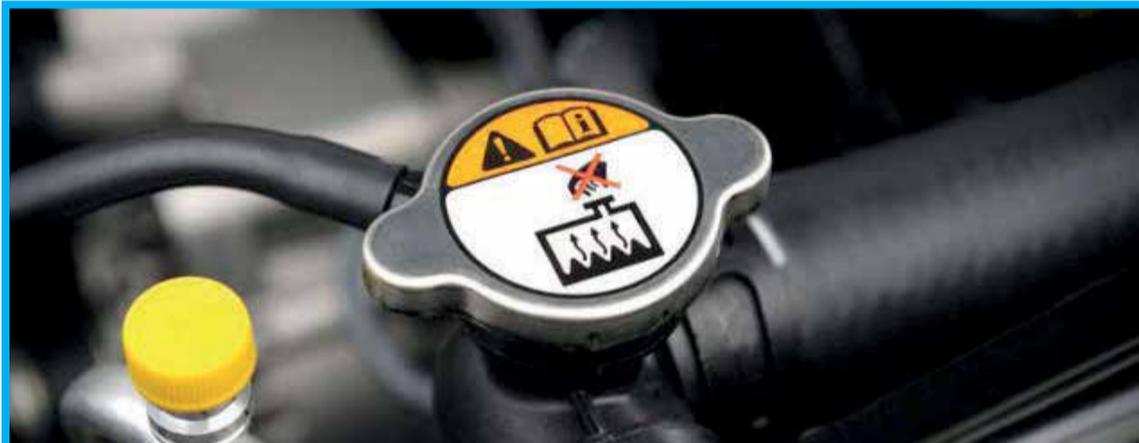
hit a service milestone mid-trip, you may want to take care of that job early.

Oil: You don't need to be a car expert to know that oil is critical for an engine. It lubricates moving components like the pistons, crankshaft and camshaft so they can move without too much friction. The recommended interval for oil changes used to be every 3,000 to 5,000 miles, but technology has improved

since then—both in your oil and under your hood. Many automakers now recommend changing your oil every 7,500 to 10,000 miles according to Consumer Reports. Double-check your manual before setting a regular schedule for oil changes. If you've gotten an oil change within your recommended timeframe, use the dipstick to check the oil condition and fill level. If it's black, gritty or below the minimum fill line, get it checked

out right away.

Radiator fluid: Engines produce a lot of heat and the radiator keeps it cool. Radiator fluid, which is also known as coolant or antifreeze, works to extract heat from the engine and dissipates it through the radiator. A low coolant level will likely result in overheating, so check your coolant and top it off if need be. Make sure to flush the system at least every 40,000 to 50,000 miles.



Five tips to success when applying for your car loan

In the current economic climate, with increased living costs and the stresses of everyday life in lockdown, many consumers are fearful of being turned down when applying for credit. Whether it's a house, credit card or a new vehicle, banks are bound by law, through the National Credit Act (NCA), to ensure that consumers can afford the financial commitments into which they enter. While credit should never be used to live beyond one's means, it can be a necessity - as in the case with financing a car, which is a major financial commitment.

"While there's no guarantee that a customer's application will be approved, there are best practices to follow that can improve one's credit health and greatly increase the chances of being granted credit," says Lebogang Gaoaketse, WesBank Head of Marketing and Communication.

1. Establish your affordability

The first step in calculating your budget is finding out how much you can afford to spend on a car. To do this, simply take your income (after taxes and deductions) and subtract all your monthly expenses such as food, rent, airtime, subscriptions, insurance and the like. All these costs need to be deducted from your total income to arrive at your disposable income. This is the money that can be used for luxuries, savings or essential credit, such as monthly car instalments.

Carrying out this budget exercise at home gives you a clear picture of how much you can spend on car

instalments - you can also go online or download the user-friendly WesBank App and use the WesBank affordability calculator to help you. When you then submit your vehicle finance application online or at a dealership, you will already have this breakdown at hand for the bank to assess if you can indeed afford the loan repayments on your selected vehicle.

2. These extras aren't optional

Remember that affording a car isn't just about settling the monthly instalment. If you have calculated that you have R5 000 to spend on a vehicle after paying all other monthly expenses, you will need to use that amount to cover the instalment as well as other essentials. Fuel and comprehensive insurance cover are examples of ongoing monthly expenses that need to be budgeted for. If your vehicle doesn't have a service or maintenance plan, you should also consider putting some money aside each month to cover regular maintenance costs.

These items form part of the overall cost of vehicle ownership and should be included in your budget when submitting your finance application. If your budget allows for these costs, you do improve your chances of your application being approved for a car loan.

In general, WesBank advises allocating between a half and two thirds of your budget to the vehicle instalment, with the remainder allocated to the additional costs. For

example, if you only have R5 000 a month to spend on a car, between R2 500 and R3 000 should be used for the instalment repayment, with the remainder going towards fuel, insurance and maintenance costs.

3. Save up for a deposit

If you've demonstrated to the bank that you can budget responsibly, you'll impress them further if you can put down a deposit payment. While it's not absolutely necessary to pay a deposit, doing so will work in your favour in the long-term. Paying a deposit reduces the amount of credit required for the transaction, which means lower monthly repayments, less interest and improved affordability. Your ability to afford the monthly repayments is one of the biggest drivers when banks assess your finance application.

Financial responsibility also reflects well on your credit profile, which will also go some way to ensuring your finance application will be approved.

4. Settle as many debts as possible

Your credit profile or credit history shows banks how you use credit. This includes clothing accounts, overdrafts, home loans, personal loans and credit cards. As long as you make your monthly payments on these accounts, your credit profile will be spotless and banks will view you as a reliable borrower.

According to the NCA there are two main types of credit agreements. The first is a credit transaction such as a personal loan, which is taken

out and paid off, with interest, over a certain period. With each payment, the outstanding balance reduces over the agreed loan period.

The second type of credit agreement is a credit facility such as an overdraft or a credit card. These are revolving facilities with a maximum amount but also require a monthly repayment of an agreed amount.

When applying for credit, the bank takes all your current and available credit into account. For example, if you have a personal loan that you have been paying off for two years, with a balance of R15 000 and instalments of R1 000, these figures are used in assessing your affordability.

If you have credit facilities such as a credit card with a limit of R50 000 and an overdraft with a limit of R25 000, these amounts are also included in the assessment - whether they are fully used or have a zero balance. These facilities remain in place even after your vehicle finance has been approved and if you do use them then your monthly affordability has to include their repayments. For this reason, the NCA requires the bank to take all credit facilities into account.

The best advice here is to have as little debt as possible, which frees up money in your monthly budget. Once you've paid off an account, it is a good idea to close it - or lower the total limit for the facility. The fewer credit facilities you have in your name, the better it looks for your credit profile and your future finance applications.

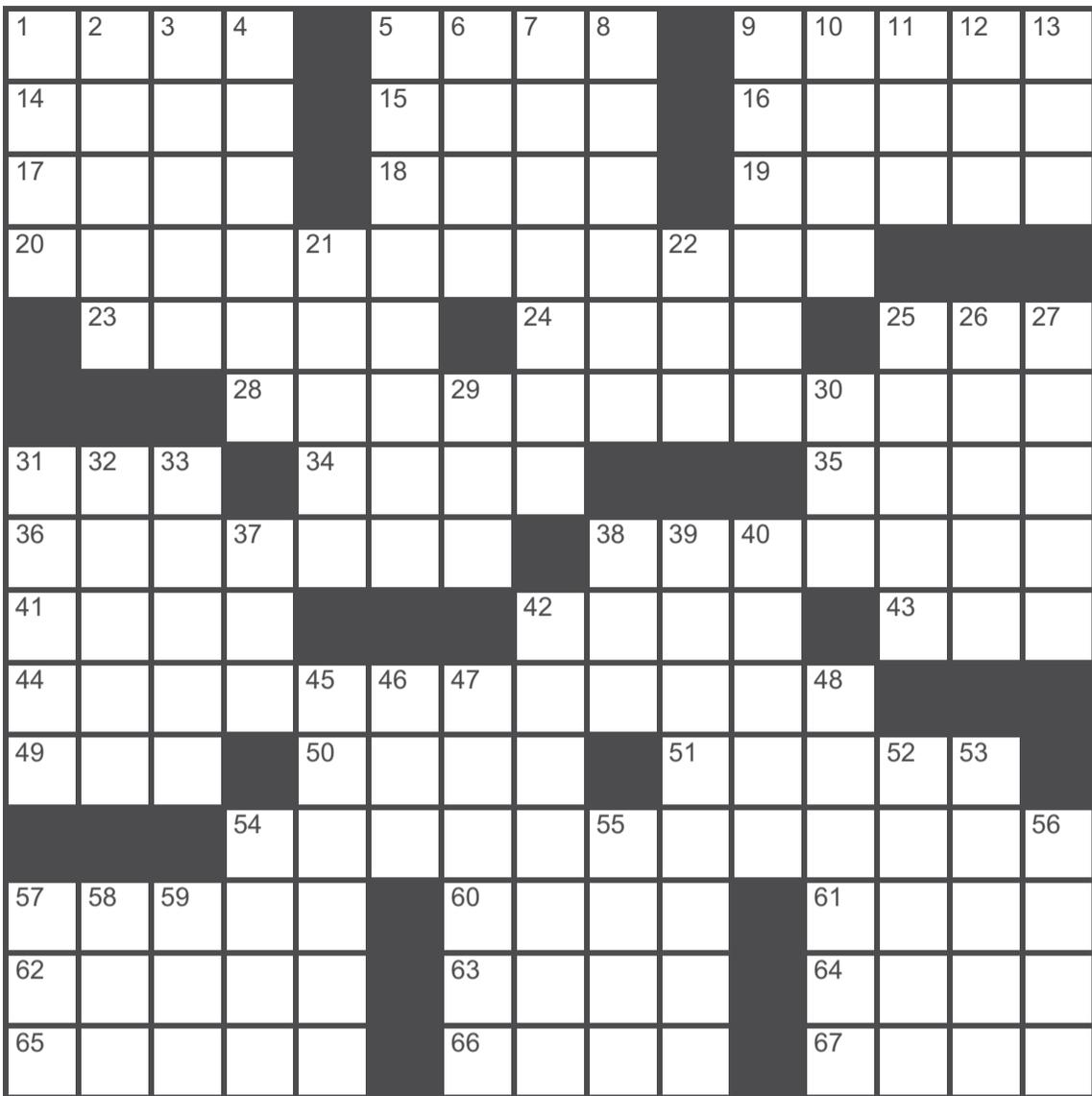
5. Trading in for the best deal in town

Once you've completed the budgeting exercise and calculated what you could afford in a vehicle, you're ready to visit a reputable, WesBank-approved dealership. One other thing to consider if you own a vehicle is trading in your existing car. If you've had your current car for more than four years, chances are that its trade-in value will be more than the money you still owe the bank. This means you've passed the breakeven point for your vehicle loan. It also means that the money you make from trading in your car can be used as a deposit towards your new vehicle purchase. The same is true if your car is paid off: the money you receive from that trade-in deal can be put down as a substantial deposit on the cost of your new car.

If your vehicle's trade-in value is less than the amount you owe the bank, it means you have not yet reached the trade-in value. In this scenario, you will either have to keep your existing vehicle for another couple of months, or you could use some of your savings to assist in settling the existing vehicle loan - though that is not ideal. Of course, having a trade-in where you don't have to pay in additional money is going to greatly benefit your car loan application.

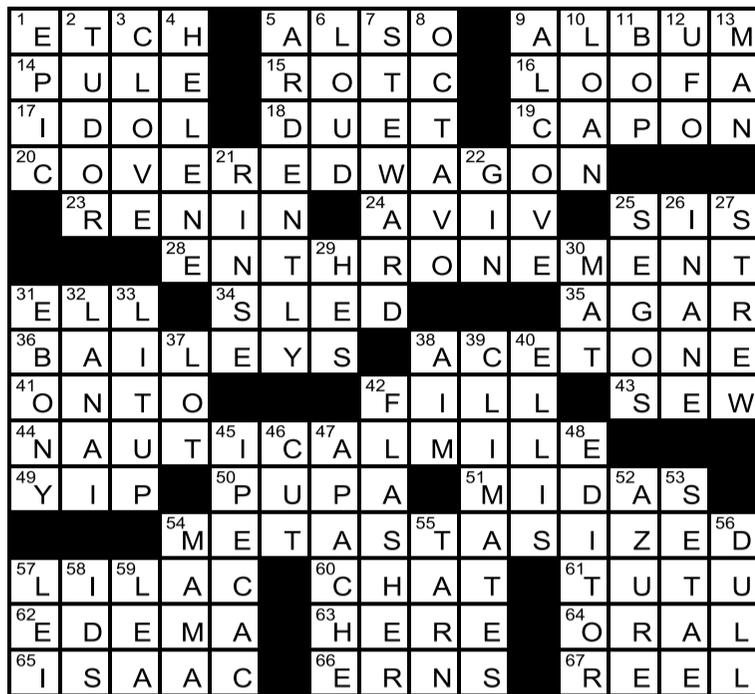
"The last thing to keep in mind is to be patient and shop around for the best deal. The new vehicle market is very competitive and, with the current low interest rates, manufacturers have some very attractive offers - some that could help you afford a car and others that offer better value. Find a deal that suits your budget and your needs, and use the advice provided to assist you with your next finance application. If you've carefully considered your expenses, calculations and affordability range, your application for finance should be approved," says Gaoaketse.

General Crosswords



- Across**
- 1. Thanksgiving dish
 - 5. Burn a bit
 - 9. Canoe
 - 14. Fencing sword
 - 15. "Where the heart is"
 - 16. Cover story?
 - 17. Running behind
 - 18. Brilliantly colored fish
 - 19. Fair-sized musical group
 - 20. News announcement
 - 23. Characteristic
 - 24. Ball
 - 25. Can
 - 28. Public health and housing programs, etc.
 - 31. Lanka
 - 34. Microbe
 - 35. _____ Major (constellation)
 - 36. Sink
 - 38. Groups coming together
 - 41. Double-reed woodwind
 - 42. Flatten, in a way
 - 43. "Mangia!"
 - 44. Spoken by hob-nobs of England
 - 49. Lt.'s inferior, in the Navy
 - 50. "_____ go bragh!"
 - 51. Elite group
 - 54. Conjoined
 - 57. "well"
 - 60. Dinghy or dory
 - 61. Swing around
 - 62. Kingdom
 - 63. A deadly sin
 - 64. Island of Napoleon's exile
 - 65. Carpet fasteners
 - 66. To be, in old Rome
 - 67. Breather
- Down**
- 1. Canine cry
 - 2. Not together
 - 3. Taxi feature
 - 4. It has its ups and downs
 - 5. Laughed softly
 - 6. Desire
 - 7. Mixture
 - 8. Try again
 - 9. "Dust in the Wind" group
 - 10. _____ vera
 - 11. Yang's counterpart
 - 12. Honest one
 - 13. Do-it-yourselfer's purchase

Last Week's Solution



- 21. Military blockade
- 22. A pint, maybe
- 25. One of the Osmonds
- 26. In a fog
- 27. Bakery supply
- 29. One way to swing
- 30. Egyptian boy king
- 31. Feed, as a fire
- 32. Batman's sidekick
- 33. Wrinkle removers
- 37. Dowel
- 38. Dot-com's address
- 39. Small piece of meat
- 40. Atlas enlargement
- 42. Fiery
- 45. Earthquakes
- 46. Historic period
- 47. Light-footed
- 48. Nautical rope
- 52. Charles de Gaulle's birthplace
- 53. High-hats
- 54. Scarf material
- 55. Back talk
- 56. Airplane assignment
- 57. Gallery display
- 58. Grassland
- 59. Fond du , Wis.

So You Think You are Geneius

Question (Answer next week)

My bath has two taps and a plug hole. The cold tap on its own fills the bath in 12 minutes, the hot one in 5 minutes. The plug hole can drain the bath in 30 minutes with the taps off. How long will the bath take to fill if I leave both taps on with the plug left out?

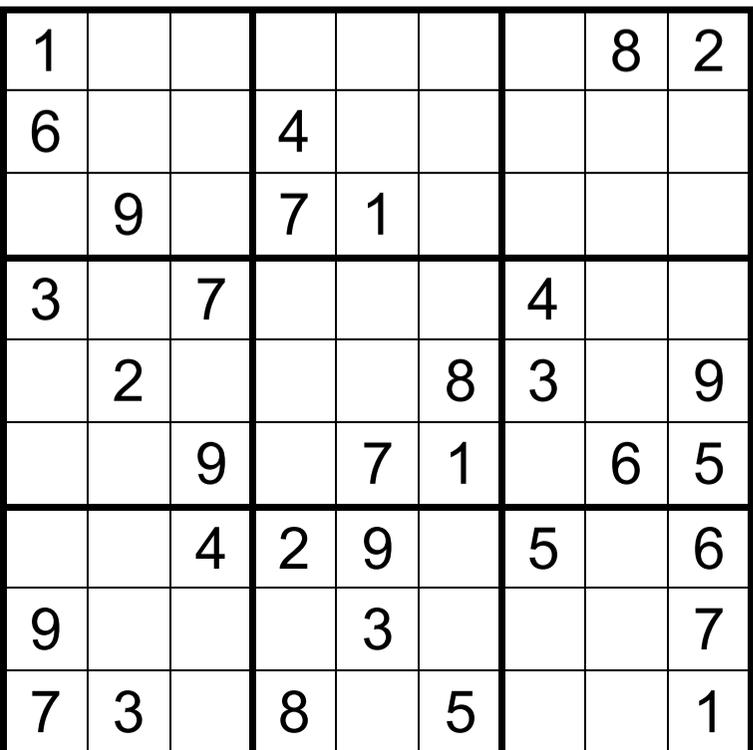


Last Week's Answer



Spain: After falling off the roof at work, Frank's pain was relieved by an ice compress

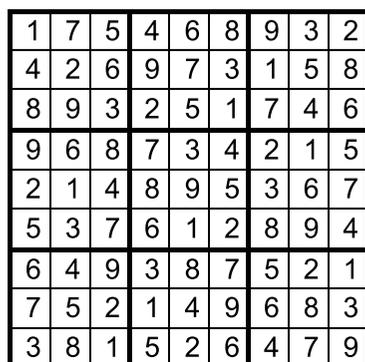
Sudoku Puzzle



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



Metro SPORTS



Matlama give league winning coach new deal

Recently crowned Vodacom Premier League Champions, Matlama FC have rewarded their head coach Molebatsi Mothobi with a new two-year deal after leading the club to the biggest prize in domestic football.

Mothobi, who began his journey with Tse Putsoa as the assistant coach, took over the reins after the Sea-Point-based outfit parted ways with the Malawian mentor, Charles Manda in the early stages of the 2020/2021 season that lasted over two years due to the disruptions brought about by the Covid-19 pandemic.

Mothobi's two assistant coaches, Mohale Mokoena and Sello Sehlohohlo also penned new two-year contracts with the team, making it clear that

they want to keep their league winning technical squad for a longer period.

"For me the new contract is not a reward for leading the team to the league title. I think it was in their plans though I can't say why they chose to remain with the current technical team," Mothobi said.

The Matlama head coach admitted that there will be a whole load of pressure on their shoulders in the new season in order to deliver trophies again.

He also believes they are on the right track as they have already secured the services of Thabiso Mari from the relegated FC Likhopo.

"I think we can get better as a team and for the coming season, the dream

is to retain the title and also win other trophies that will be on offer," adds the league winning coach.

"As for the new contracts for the technical team, it has been one conducive environment with different characters, different roles that complement one another.

"So, to work with such kind of a technical team is an advantage and I think the management of this club knows what it is doing," he said.

While Matlama have always attracted coaches with big CVs such as former Likouena coaches in the likes of Seephephe Matete, Moses Maliehe, Bomber Matete and Halemakale Mahlaha - the current Tse Putsoa coach is still work in progress as this was

his first trophy coaching at the highest level of football in the country.

"Being an assistant coach is more challenging than being the main man in charge. You develop and execute training sessions after seeing and discussing the goal of the day with the head coach," the Matlama coach stated.

"So, for me, I was the assistant coach to some of the most experienced coaches in the country and I took a lot from them. It wasn't really a big deal for me to lead as the head coach, but it feels great to be a champion in the end.

"Like any other team, we have reinforced our squad in certain departments, but not that much as I feel our team is still competitive enough to compete in the new season," he said.





and dedication.
 "My secret is simple, that is to work hard and make use of any opportunity that comes my way. I always make sure that I'm in good shape to cope with the demands of officiating at the biggest stages of continental football as well as the local league," the decorated assistant referee said.

"It's quite important for referees to always be in good physical condition and be in the position to go as far as the extra time because that is always an option in the knockout stages of different competitions," he said.

He admits that officiating the Africa Cup of Nations final between Senegal and Egypt came as a huge surprise as one of the youngest assistant referees, where he was paired with the experienced duo of Gomes and Siwela.

"To be honest, I wasn't expecting to officiate the final because if you look at the team that I was paired with, I was not as experienced as they were, and I thought it would take at least officiating in three Afcon tournaments before I could feel comfortable in their midst."

FIFA Referees Instructor and COSAFA Referees Manager, Felix Tangawarima, states that the Lesotho star referee is a typical example of how an association and the region can develop referees.

"When we talk about referees' development, Souru is a typical example how we can develop referees. I'm so proud of him because I actually identified him from the lower ranks of LeFA referees," Tangawarima says.

"We groomed him through COSAFA and today we see where he is in his career. Both the COSAFA region and myself as a person are very, very proud of the development which has taken place in his career."

The former Zimbabwean international referee says Souru's best attributes are his disciplined nature and loyalty to his work.

Tangawarima adds: "One good thing about him is that when you teach him, he listens. He is a very humble guy, loyal, and disciplined. These are the attributes that have taken him thus far.

"When you look at what he has done, for Lesotho, the zone as COSAFA and for Africa, really, he has been raising the flag for all of us and I'm extremely happy and excited that I have Souru, who has reached that far.

"When you look at Lesotho, people say, a very small country has produced such a world class referee. For me really, this is wonderful. His amazing discipline has gotten him this far in his career."

"This is a very good example and a very good development for the Lesotho Football Association and Lesotho as a nation. Where he is going, you will see the Kingdom's flag raised by this young man. We need to continue supporting him and praying he gets more. My wish is that when he goes to the World Cup, he can continue to advance within the ranks. This is a big development for me as his instructor and coach, for Lesotho and COSAFA as the region. We are very proud of him," the FIFA instructor says.

The Lesotho Football Association Executive Committee Member and Chairman of the Referees Committee, Tebalo Mpiti, paid homage to Phatšoane for hoisting not only LeFA's flag high internationally, but Lesotho's.

"He has hoisted our fly high not only as the association that groomed him, but the country at large. We are very proud of him.

"He remains the biggest inspiration to all our young referees to dream big and follow in his footsteps especially now that he has been selected among referees that will officiate at the World Cup.

"We wish him all the best in life," Mpiti said.

How Phatšoane became a continental treasure

MIKIA KALATI

MASERU – Top Lesotho Football Association (LeFA) assistant referee, Souru Phatšoane along with South African duo of Victory Gomes and Zakhele Siwela inked their names in the history books of football in the continent this past Monday when they officiated the final of the CAF Champions final between Al Ahly and Wydad Athletic Club.

The trio in March

became the first match officials from southern Africa to officiate the final of the Africa Cup of Nations, when they handled the final between continental heavyweights, Senegal and Egypt at the Stade Olembe in Yaoundé.

They never looked back since officiating the CAF Super Cup final between Esperance de Tunis and Zamalek in Qatar in 2020 and their stock keeps rising internationally.

The three are among the best referees from Africa who will do duty at the FIFA World Cup in Qatar in October.

According to his elder brother, Ketsebile, Souru's love affair with refereeing began at a tender age when he would officiate matches involving boys Under-12 teams.

"I used to own a football club that was called Killers with boys under-12, 15 and 17 teams as well as Likhosatsana, which was a woman's team and we later sold its status to LDF Ladies FC, that campaign in the LeFA Women's Super League," Ketsebile says.

"At one stage, I decided to shift all my focus to Likhosatsana and Souru had to look after the boys youth teams, and this is where he played the role of referee when our boy's teams were playing."

Ketsebile believes Souru's passion for the beautiful game was influenced by his older brothers as football was all they ever talked about at their T'senola home on the outskirts of Maseru.

"Our eldest brother, Joel and I were

very passionate about the game as we grew up. I believe it rubbed off on Souru and he quickly followed suit," Ketsebile recalls.

"His passion for refereeing developed as a youngster and he soon learnt how to take care of the young boys' teams because he would referee whenever they played."

Ketsebile says he could tell that his younger brother was interested in making it big as a referee when he got hold of his referees' handbook called the 'Laws of the Game'.

"I had the FIFA Laws of the Game handbook that was a gift from a late friend, who was already a referee at the time. Souru got hold of the booklet and at that point, I knew he would follow a career in refereeing," he says.

His next port of call was attending the LeFA basic course after completing his high school education and as they say, the rest is history.

Despite his hectic schedule in recent years traveling across the globe to officiate in all the big international tournaments, Souru has not forgotten his humble beginnings and remains committed to his community, where he owns Under-12 and 15 teams called Yebo Yes.

For his part, Joel says the family is quite proud of the achievement his younger decorated sibling has had over the years.

"As a family, we thank God for all that our little brother has achieved in his career as a referee. It has not been an easy journey at all," he states.

"He has faced a lot of challenges along this journey, but his commitment and dedication got him this far.

"We are very proud because he has become a national pride as the football fraternity and the national at large continue to rally behind him," he says.

Giving a rare interview after officiating the final of the Africa Cup of Nations, where he was honoured by LeFA in March, Souru attributed his success to both hard work

