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THURSDAY June 30 - July 6, 2022

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... as control tightens over traditional medicines

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BORN ON THIS DAY June 30

1930 - Thomas Sowell, an important American social theorist and economist. Over the years, he has played a prominent role working as a faculty member of many prestigious universities, such as the University of California, Los Angeles (UCLA) and Cornell University
1953 - Joan Lin Feng-jiao, Taiwanese actor is best known as the wife of Hong Kong martial artist, Jackie Chan. She had to drop out of school at age 12 due to her family's poor financial condition
1966 - Mike Tyson, former American professional boxer who reigned as the undisputed world heavyweight champion for four years, Iron Mike is considered a colossal figure in boxing
1982 - Lizzy Caplan, American actress and model, Lizzy Caplan is credited with popularising sexologist Virginia E. Johnson by portraying the latter in the period drama television series *Masters of Sex*, for which she received critical acclaim and several nominations for prestigious awards, such as the Primetime Emmy Award
1983 - Katherine Ryan, Canadian comedian initially worked at a restaurant to support her education and then stepped into open mic and comedy nights. She has performed across Canada and the UK and even at the LA-based *Comedy Store*. Now an actor, too, she is also a 2-time skin cancer survivor.

NewsBriefs

Cashbuild sponsors schools repairs for M105 000



Learners at a previous Cashbuild Art-at-Heart competition

NEO SENOKO
business@maserumetro.com

MASERU - A total of seven schools in Teyateyaneng, Berea will now be able to improve and repair their premises, thanks to the Cashbuild Art-at-Heart competition that is sponsored by building material retailer, Cashbuild.

Each school will receive building materials worth M15 000 for repairs.

Learners will compete by submitting their best artwork to the company to stand a chance to win. The winning artwork will be displayed in one of the Cashbuild stores for the next six years.

Three winners from each school will be named on Thursday this week and they will receive Cashbuild-Art-at-Heart gold, silver and bronze certificates for first, second and third places respectively.

The manager's choice award will also be presented to the overall winner of the artwork competition and a backpack with stationery and a

trophy and shall also be given an honor to officially open a new store.

"The vouchers will be handed out to all the schools at the Art-at-Heart ceremony at the re-launched Cashbuild Teya-teyaneng store on Thursday," Cashbuild said in a statement on Tuesday.

Lekokoaneng Primary School and Njabane Primary School are two of the seven schools that will each receive a Cashbuild building material voucher.

Other schools that will benefit include Koali, St Agnes, Cana, Tšekelo R.C and Assumption Primary Schools.

Since the Art-at-Heart campaign was launched 21 years ago, Cashbuild has helped more than 3 500 schools in southern Africa with over M45 million worth of building materials.

Cashbuild is South Africa's franchise that is Black Economic Empowerment (BEE) compliant and every time a store is opened, relocated or refurbished, the company not only makes donations to local schools, but also creates jobs for community members.

FastFACTS

Recent droughts in Europe were the worst in 2,100 years.

Europe has been experiencing serious dry spells and extreme heat since 2015, which has caused major droughts. Research done led by the University of Cambridge (and published on the National Oceanic and Atmospheric Administration website) looked at isotopes in the rings of old European Oak trees in Central Europe which formed over thousands of years to try to pin down the cause. They discovered that the dry spells are a "result of human-caused climate change and associated shifts in the jet stream," according to EurekaAlert!

On This Day in History

1934



June 30

The Night of the Long Knives

On June 30, 1934, the "Night of the Long Knives," occurred in which German dictator, Adolf Hitler had his elite SS guards summarily execute many leading officials of the SA, a Nazi paramilitary group.

The Night of the Long Knives was a purge that took place in Nazi Germany from June 30 to July 2, 1934.

Hitler, urged on by Hermann Göring and Heinrich Himmler, ordered a series of political extrajudicial executions intended to consolidate his power and alleviate the concerns of the German military about the role of Ernst Röhm and the Sturmabteilung (SA), the Nazis' paramilitary organisation, known colloquially as "Brownshirts".

Nazi propaganda presented the murders as a preventive measure against an alleged imminent coup by the SA under Röhm - the so-called Röhm Putsch.

By the end of May 1934, Hitler had been chancellor for 16 months and dictator for 14 (under the Enabling Act of March 24, 1933), but two obstacles to his absolute power remained. First was his old comrade Ernst Röhm, chief of staff of the SA (Sturmabteilung; German: "Assault Division"), or Brownshirts. Röhm wanted to have his troops incorporated into the new Wehrmacht that was being prepared to take the place of the Reichswehr, despite the fact that the conservative-minded generals were resolutely opposed to any such contamination of the army by the SA. The second was the German Press.

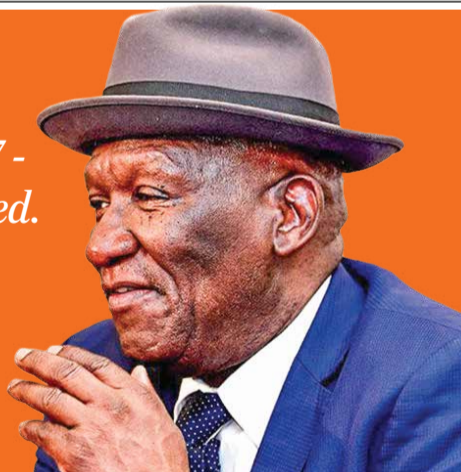
ALL JOKES ASIDE

A boy asks his dad, "What's the difference between potential and realistic?" The dad tells him to go ask the rest of his family if they'd sleep with Brad Pitt for a million dollars, and then he'd tell him the answer. The boy goes up to his mom and asks her. She responds, "A million dollars is a lot of money sweetheart. I could send you, your sister, and your brother to great colleges, so sure, I would!" He then goes and asks his sister to which she replies, "Brad Pitt? Hell ya, he's the hottest guy ever!" Next, the boy asks his brother who replies, "A million dollars? Hell yes I would. I'd be rich!" When the boy excitedly returns to his dad with the family's responses, the dad says, "Well son, potentially, we have three million dollars. Realistically, we have two sluts and a queer."

Quotes & Quips!

"Those who had died were between the ages of 13 and 17 - but a detailed list of the victims has not yet been produced. The legal minimum drinking age in South Africa is 18,"

says SA Minister of Police, Bheki Cele, referring to the 21 people who died at a drinking place at the weekend at the Engobeni Tavern in the town of East London



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World Bank loans Lesotho M425 million

4

Metro BUSINESS

CURRENCIES

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

Loti/SDR	Special Drawing Right (SDR)	21.34
Loti/Dollar	United States (US\$)	15.84
Loti/Rands	South African (ZAR)	1.00
Loti/Euro	European Union (€)	16.75
Loti/Yuan	Chinese (¥)	2.36
Loti/Yen	Japanese (¥)	0.12
Loti/Pound Sterling	British (£)	19.45

COMMODITIES

STOCKS

S&P500	3,903.48
NASDAQ100	11,934.99
Nikkei225	27,049.47
Dow Jones30	31,540.00
FTSE 100	7,348.47
JSE	68,068.00
Hang Seng	22,418.97

PRECIOUS METALS (Rates in US Dollars)

Gold p/ounce	1,819.29
Platinum p/ounce	1881.54
Silver p/ounce	21.00
Copper p/ounce	0.22
Brent Oil p/barrel	112.02

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	M23.70
Unleaded 95 p/litre	M24.15
Diesel 50PPm p/litre	M24.55
Paraffin p/litre	M18.90
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

'Moriana' businesses face closure

LINEO MABEKEBEKE

health@maserumetro.com

... as control tightens over traditional medicines

MASERU – Unlicensed 'moriana' (traditional medicines) sold on the streets and backyards face closure as a regulatory authority to control medicines is on its way.

In a country where unregulated medicines have resulted in the use of ineffective, poor quality and harmful medicines, the establishment of the Medicines Regulatory Authority is expected to stop unlawful use of medication that can lead to therapeutic failure, exacerbation of diseases, resistance to medicines and sometimes deaths.

There is fear that such medicines might also have led to trafficking of substandard medical products, manufacturing of herbal medicines which have adverse effects on users, advertisements of medical products with false claims attached on the effects of medicines, malpractices in medicines outlets and unauthorised clinical trials.

The statutory body, which will be responsible for regulation and control of medicines and medical devices, shall regulate the manufacture, sale and use of medical products and ensure that such products meet the required standards of safety; efficacy and quality thus protect and promote public health.

The authority shall also ensure the appropriateness of information provided to the public and health professionals concerning medical products.

The Bill provides for establishment of the board which shall be the governing body of the authority. The functions of the

board among others shall be to advise the minister on matters relating to medical products into schedules, declare and exempt any article as a medical product.

According to the Bill, it is an offence to manufacture, sell, distribute or circulate in the country a medical product which is not registered. Sale and use of unregistered medical products is prohibited - save where allowed by the board.

The board may authorise sale of unregistered medical products for a specified purpose and only for a specified period. The Bill also provides for licensing of personnel handling medical products depending on their qualifications. The premises on which the medical product is manufactured, sold or distributed is also licensed and has to comply with the required standards.

It is an offence to import and export medical products unless a person is licensed by the authority, the medical product is registered and complies with boards requirements for quality, efficiency and safety, the container or package in which the medical product is contained in bears a label written in Sesotho and English and a certificate is issued by the board.

The Bill provides for appointment of inspectors who will determine that all requirements and conditions for licensing of the personnel and premises are complied with. The inspector will control and regulate compliance with good manufacturing practices, good clinical practices and good laboratory practices to

ensure that medical products are of good quality, safety and efficacy.

The Bill provides for monitoring of advertisements and promotion of medical products entering the market. The Bill also allows monitoring of clinical trials for new products unregistered and registered products for the protection of participants. The Bill prevents illegal sale or use of substandard, spurious, falsely labelled, falsified and counterfeit medical products.

Medical practitioners, whose input have influenced the proposed amendments, have welcomed the Bill, saying parliament's initiative to engage

them in the law making process was laudable to addressing medical products and public health matters.

Several medical bodies' representatives submitted their views for consideration on the Bill through the portfolio committee.

The bodies include: the Lesotho Medical, Dental and Pharmacy Council (LMDPC), Lesotho Pharmaceutical Association (LPA), Lesotho Pharmacy Technician Association (LPTA), National Antimicrobial Resistance Coordinating Committee (NARCC) and Pharmacy Association of Lesotho (PAL).



Traditional medicine in Lesotho

Business

World Bank loans Lesotho M425 million

• The project will support poor and vulnerable households to engage in productive economic activities



The World Bank Country Director for South Africa, Marie Françoise Marie-Nelly

NEO SENOKO

business@maserumetro.com

MASERU – The World Bank has approved a US\$26.5 million (M424.7 million) loan to the Lesotho government to improve the

efficiency and equity of selected social assistance programmes as well as strengthen the livelihoods of poor and vulnerable households in selected communities.

The Pathways to Sustainable Livelihoods Project (PSLP) will support

poor and vulnerable households to engage in productive economic activities, as well as work with the Ministry of Social Development to strengthen their social protection systems and support digitalisation.

“This project supports the government’s efforts to address the unexpected shocks that have been brought about by the Covid-19 pandemic, and now the rise in global food and fuel prices as a result of the Russia-Ukraine crisis,” said Marie Françoise Marie-Nelly, World Bank Country Director for South Africa and Lesotho.

“Now, more than ever, it will be important to continue building an efficient, equitable and shock-responsive system.”

Despite the fact that the country spends the most among African countries and twice that of its neighbors on social protection (6.4 percent as a share of GDP), equity remains an issue with little of that expenditure going toward programs that target the poorest.

The project will therefore enhance human development outcomes and increase equity of the social assistance system. It will improve household resilience to shocks and climate change in line with the newly adopted social development approach, introducing measures to link beneficiaries of its social assistance programmes to sustainable livelihood opportunities.

“Safety nets, for instance, remain the main vehicle available to channel resources to the poor and vulnerable during crises, and as such, should be maintained and regularly funded,” Ms Marie-Nelly said.

The project will further support government to address the goals outlined in their National Social Protection Strategy II (NSPS II 2021-2031), which has a strong focus on the efficiency and responsiveness of

social protection.

The primary goal of the strategy is to make programmes more targeted and better coordinated, which will in turn help reduce poverty and food insecurity as well as promote sustainable livelihoods.

The project is further aligned with the NSPS’s three priorities of developing preventive social protection programmes, which include measures to avert poverty and food insecurity, to promote pathways for social assistance beneficiaries into sustainable livelihoods as well as to provide transformative social protection measures targeted at addressing inequality.

The government of Lesotho recognises the importance of social protection and has made substantial investments in developing social protection programmes and their accompanying delivery systems, as part of its commitment to protecting vulnerable groups.

Over the last 20 years, Lesotho has sought to develop and scale up a lifecycle approach to social protection programming.

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Buses make extra profits over price hike

... as commuters shun taxis

KABELO MASOABI

LERIBE - Hundreds of workers in Maputsoe have resorted to using buses instead of taxis due to their price differential, a move that has seen buses make extra money since last week when the department of transport increased the fares by 30 percent.

From June 24, factory workers and street vendors here are amongst thousands of daily commuters countrywide who are feeling the pinch of the hike in transport costs and have flocked to the buses that charge lower prices as compared to the mini-taxis and cabs (4 + 1s).

Yet, many still have to travel on foot over long distances, braving the cold winter season tightening its grip on the tiny Mountain Kingdom.

Taxis now charge M12 per 10 kilometers radius, a three maloti increase while buses are at least four maloti cheaper for the same distance.



A local bus getting ready to load passengers

Over the years, the introduction of cabs saw the bus industry lose revenue as 4 + 1s became more favourable with commuters because they were more flexible and relatively cheaper.

As it turned out, however, daily travellers have gone back to the buses, a shot in the arm for the once multi-million maloti transport sector that was slowly

disappearing.

Already, the commuters are battling a high inflation rate due to a spike in the price of food and fuel after the Russia/Ukraine war broke out earlier this year.

Coupled with the recent hike in transport fares, consumers now have to make even tougher choices between food and travel over their falling wages.

With a high unemployment rate, many of the workers in Maputsoe are breadwinners to big families living deep in the Lesotho Mountains.

"Our choices are limited," said factory worker Selloane Thibathe. "We have to compromise many things to survive. These are trying times and buses are the obvious choice. The bad thing is that you

have to wake up much earlier with the buses when it's still very cold. What's also irritating is that the buses make many stops but they are much cheaper."

Cab driver, Lenka Fonti said it was "truly challenging times" for the taxi industry.

"In fact, we didn't see it coming. First, we had to endure the ever rising fuel costs. Now our longtime commuters have left us. They don't mind waiting hours long for a bus as long as they can save some money. It's understandable but painful because we are losing our only source of income."

A renowned transport business operator, Mako Khosi said: "You see what goes around comes back around. First, it was the mini-taxis that pushed buses out of business in the early 2000s, and then later followed the cabs which also challenged the mini-taxis."

He said it was normal in a cyclical transport business when commuters had to choose between comfort and price.

"I critically observed this cycle coming and had enough time to rebuild my bus I had abandoned 12 years ago," Mr Khosi said.

Transport fare increases have been a two-edged sword for the taxi industry that has been characterised by stiff regulation despite a general increase in prices in the economy.

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Comments & Letters

In commemoration of our Morena Moshoeshe I

The Editor,

In commemoration of the founder of the Basotho Nation, let us first develop a generational sense of common destiny and collective agency. We need to be more enlightened than our politically divided parental generation, and well attuned to progressive developments of Lesotho. In the arc of our nation's history, the young have always played important and revolutionary roles. Morena Moshoeshe I in his youthful years started to show bravery and leadership. He helped his father gain power over some other smaller clans. This was appropriate for the times dominated by raids and ethnical disputes.

Clearly that is when he started garnering experience to deal with major defeats he encountered later. Through the years, we religiously marked this day without contextualizing what Morena Moshoeshe really means to us, the youth. To us, he is a luminary of leadership, bravery, diplomacy, peace and food security. Despite having received so limited education about pre-colonial Lesotho, this commemorative holiday reminds us of a self-reliant nation, in which there was maximum utilization of the available local resources, land and labour. It reminds us also of the fundamental systems, values and principles on which the Basotho nation was founded. We should live up to the nation of youth as a moral force, driven by historical and intellectual duty to defend peace and prosperity.

Musa Maime,
Thaba-Bosiu, Maseru

Stop sexual violence against women and girls

The Editor,

As Basotho men, we are pleased that UNICEF – Lesotho has finally broken the silence on the rule of law and sexual violence in Lesotho and offered a continued support where required to ensure that the victims through the Lesotho Child Counselling Unit, is receiving psychosocial help.

We hope this case demonstrates that when there is a political will and international community involvement, there can be justice for sexual violence.

Rape and other forms of sexual violence against children remain unfortunately widespread and under reported in the country. Yet, it is deplorable when the institution entrusted with the responsibility of providing support to children and the person in charge is found guilty of abusing a girl in his care.

This calls for international convention on the rights of a child. It must be domesticated into national law in order to be enforceable for government to establish the commission on Lesotho children's rights.

Thabo Fonyo
Khubetsoana, Maseru

Inaction against police brutality is irresponsible

The Editor,

Inaction against police brutality must be condemned in the strongest terms. We need to take action against any human rights abuse including torture and killings by police.

June 16, 2022, will go down in Lesotho's history as one the saddest days when yet another National University of Lesotho student succumbed to bullet wounds inflicted by a member of the Lesotho Mounted Police Service (LMPS).

Many were injured in a student protest that went wrong because of the trigger happy police force. Silence about police brutality means consent. We should be vocal about what happened that day until somebody takes action about it and the perpetrator is called to account.

Or it will set a bad precedence. Unless we stop being irresponsible, pretend everything is okay when it is not, one of the days we shall mourn again when our brother or sister or son or daughter dies from a bullet fired by the Lesotho police.

We need to make a strong case against police brutality. We must petition the Prime Minister's office. We must call for justice against killers of innocent lives.

Maoeng Maoeng
Ha Pita, Maseru

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

EDITOR'S NOTE

The imperfection of perfect Lesotho industries

In this week's publication we read interesting stories about the control of the medicines and the choices commuters have to make between using taxis or buses. We realise the impact government has on business with its regulation policies, a thin line between perfect and imperfect competition. Competition should occur on each side of the market, where in the goods and services markets the buyers compete to obtain the good or service and the sellers compete to sell the good or service to the buyers.

Analysing both the medicines and transport industries, we observe all the necessary requirements are present except for government's intervention, which shifts the businesses to become so imperfect. There must have been no government intervention to influence buyers and sellers for a market to be perfect, where perfect competition consists of all buyers and sellers of the good or service provided. In our case, the demanders are buyers and the sellers are suppliers like taxi operators and medical practitioners, whether traditional or modern.

Is government's intervention a bad thing? Well it makes sense if regulation and control of the medicines will ensure safety and quality to preserve lives. But it is worrying if government's interference in the transport market is influencing the behavior of both commuters and transport operators.

In this case both commuters and taxi or bus operators are price takers after government has set prices instead of the market setting its own prices. Under normal circumstances, the prices should have been given by what quantities of taxis and buses to supply or demanded by commuters at that price. Perfect competition can only occur when none of the individual market players, that is buyers and sellers, can influence the market. Yet, we notice how powerful government can be in setting market prices away from the market forces of demand and supply. For both the medicines and transport markets, there is a large number of buyers and sellers - the number big enough so that no individual buyer or seller can affect the market price. Each (taxi or bus) and (pharmacy or traditional medicine practitioner), can only supply a fraction of the total market supply.

Despite government's control, there should have been no collusion between sellers or service providers as each would act independently.

Obviously, the goods and services (medicines and transport) are identical enough – homogenous – that there should therefore be no reason for buyers or commuters to prefer the product of one seller to the product of another seller. In fact, traditional medicine is usually herbs and concoctions that are made from our natural flora and fauna at our disposal. These are also industries where buyers and sellers are completely free to enter or leave the market. Except for government's regulation, there are no barriers to entry whether financial, technological, physical or other restrictions which inhibit the free movement of buyers or sellers. Since all the buyers and sellers in these markets have a perfect knowledge of market conditions, if one route or association or traditional medicine practitioner or pharmacy would raise prices above the market prices, all the buyers would know and buy from the seller who charged lower prices.

Finally, all factors of production are mobile in the medicines and transport industries that they can move freely from one market to another.

Lack of awareness about your mental health condition

...tracking the hidden condition to unleash sustainable development

MAFOLE SEMATLANE

Anosognosia, a neurological condition that affects how people view themselves, can impoverish generations. It impairs their awareness of their mental health symptoms or it can cause people not to perceive their (mental) condition accurately.

It is caused by damage to the front parts of our brains (prefrontal lobes) responsible, among others, for balance and higher order functions. Damage may be caused by head injury and other dis-eases that can themselves be caused by excessive fear or long-term repression, which we said results in lack of agency.

Among the effects of damaged frontal lobes is persistence with one way of thinking, with one behaviour, or one set of rules; difficulties with higher order functions like reasoning, problem solving, and judgment; problems with maintaining attention or concentration; decrease in motivation; mood swings; impaired ability to initiate activities or interactions – lack of agency; poor impulse control or lack of inhibition.

To all of us, our own perceptions feel accurate, anosognosia or no anosognosia. With anosognosia, my inaccurate insight feels as accurate and real and as convincing as other people's ability to perceive themselves; and these misconceptions cause conflicts and increased anxiety - more fear.

So, with anosognosia, I may not even accept that I have the condition, I may get frustrated, or angry, and behave in accordance with my fearfulness. The fearfulness I am not aware of and will not admit to as my condition. We are always updating how we view ourselves – our mental image of ourselves – after every new experience – in a mirror after applying makeup; in a mirror during a weight-loss program, or on a scale; and we expect improved competence with new skills acquisition.

What with my inability to update my own view of myself, what with my inability to perceive myself accurately, what with my persistence with one way of thinking, with one way of behaving, what with my low motivation and inability to initiate activities or relations – the lack of agency in me?

Let us think back to the new monkeys in our experiment of last week who never experienced icy water, but who will not allow any monkey to climb the ladder – to access nourishment

and sustenance, to access resources, to engage in sustainable development. They have been forcibly hardwired for fearful thinking, the short brain fear circuit, where their default mode is to protect themselves, even though these new monkeys are not even aware of the actual reason.

Their natural capability to get bananas (sustenance, resources for growth) for themselves has been repressed in ways they are not aware of; and now they have new self-images, self-perceptions, insights of themselves as pitiful – needing someone to provide them their essential sustenance. All they are capable of now is (protecting their own physical bodies) violently stopping anybody from any effort at sustainable development – at having access to resources for their sustenance.

I want to imagine a situation where the original monkeys could think up a way of getting the bananas even under the hush conditions of icy water: Maybe agree that the rest of them should pay the obvious price – endure the pain of the icy water

to allow the climbing monkey to get the bananas for all of them. But, no, the monkeys cannot think of anyone of them getting resources and then distributing them (equitably).

Of course this would then be a different experiment! So, let us return to our experiment and just extend it and try to rescue the monkeys so that they

may rebrand to their natural attributes and capabilities. Now we are left with the question: What to do to unlock and activate their disabled natural potential and capability to do the thing of getting bananas (sustenance) for themselves – to do the thing that they are now no more aware they are capable of?

The monkeys still know that they need bananas, but they do not know the actual reason why they do not act to get them, but, instead, they stop their own from getting them. I believe we can agree that we need to track down the hidden thing that renders the monkeys unable to act in their own best interests and get their own food even when they are left on their own.

Let us track down this thing that causes them lack of agency but to only act in self-protection, blaming the monkey that pursues development – climbs the ladder to get sustenance - and to be violent. What has the experimenter essentially done to the monkeys – a sad legacy – that has literally passed down through a complete generation and that needs to be undone?

SUSTAINING QUALITY

PEACE & RESILIENCE

By Mafole Sematlane



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Retirement annuities

Last week, we listed products you could use to save for old age. This week, we shall look at retirement annuities, where you contribute regular premiums or lump sum payments into a retirement annuity. Premiums paid into the retirement annuity are tax deductible subject to limits prescribed by the Income Tax Act.

The fund invests the money according to your fund choice. Upon retirement from the age of 55, you may take a maximum of one third in cash (subject to cash), the balance must be used to purchase a compulsory annuity that will provide you with regular income until you die.

For example, if your retirement benefit is M1.5 million, M500 000 (one-third) will be tax free and you will use M1 million (two-thirds) to purchase compulsory annuity and receive a regular income for life as an annuitant.

Additional features of a retirement annuity may include: you can invest regular premiums or lump sums; premiums are tax deductible up to certain limits and a portion of the payout maybe taxed at zero percent; a retirement annuity offers protection against insolvency as it cannot be attached by creditors; you cannot take out a loan, make a withdrawal or surrender a retirement annuity; on the death of the life assured, the benefits of the retirement annuity will be paid to your dependents when you die; and if the retirement benefit is M75 000 or less, the amount can be commuted in full, in other words, you can take the whole amount in cash.

Pension Funds
 A pension fund is a retirement fund that is established by an employer to make provision for an employee's retirement. The contributions made on a pension fund are made by both employer and the employee. The employer will deduct the monthly contributions from the employee's salary and along with their contributions, invests the money in line with the rules of the fund. These contributions are tax-deductible.

The fund rules will also prescribe the normal retirement age, which is usually between ages 55 and 60 at the client's last birthday.

At retirement, you will be able to take a maximum of one-third in cash and two-thirds must be used to purchase a compulsory annuity that will provide you with a regular

income until you die, the same as with the retirement annuity.

Provident Funds
 A provident fund is similar to a pension fund except for the following differences: with a provident fund, you are allowed to take full retirement benefit as a cash lump sum; the contributions you make to the provident fund are tax-deductible.

In many cases, the fund rules of the provident fund

state that only the employer makes contributions to the provident fund.

For example, if your provident fund retirement benefit is M2 million, all of the money is paid out to you tax-free.

Remember it is up to you to start saving early in life to be able to live comfortably when you reach retirement age. Next week, we shall continue with more retirement products that grow with your savings and provide for growth.

Personal Finance
 By Mr Lekhetho Ntsau



New Shoes, New You

Tekkie Town

Next Adventure Sports

Lapis La Zuli

Sneaker Planet

Ellen Bee

Studio 88

The Hanger



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Robust health services renewal imminent - LPPA

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MASERU - Control measures such as lockdowns and closure of non-essential health services have resulted in the disruption of basic services, calling for their prioritisation, restoration and maintenance.

During its Annual General Meeting (AGM) held in Maseru on Monday, three Lesotho Planned Parenthood Association (LPPA) branches reported that they did not meet some of the targets for the year 2021 such as the SRHR/HIV trainings due to the COVID-19 restrictions.

The AGM reported that the COVID-19 pandemic had a major impact on the capacity of health systems to continue the delivery of essential health services.

While health systems around the world were challenged by the increasing demand for care due to the pandemic, critical sexual and reproductive health rights (SRHR) services also suffered tremendously.

Almost two years into the COVID-19 pandemic, SRHR concerns for adolescents have remained unresolved.

LPPA president, Thabang Mosena said robust services renewal to militate against further negative impact of (SRHR) was needed.

He said there were nagging issues of SRHR, a challenge that would hopefully be resolved through meetings and activities to respond to areas that needed attention.

"There were youth who were really challenged by the COVID-19, who were not able to do their work due to the restrictions," said Mr Mosena. "But now that the restrictions are relaxed, they shall get back to doing their work more than before."

The AGM reported that the recruitment of new members was one of the achievements observed during the last year.

Mr Mosena further showed that the LPPA would also empower youth groups, women and men to act as agents in SRHR.

"Young people, women and men will actively articulate and advocate for SRHR," he said. "We will include outreaches, trainings and community-based distribution."

LPPA's AGM also looked at the work members of the association covered, challenges they faced and paved the way forward for the next year.

LPPA advocates for policy and legal reforms that respect and protect the rights of individuals to access SRHR services without fear and discrimination.



LPPA president, Thabang Mosena



SRHR training



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Don't mix acetaminophen with alcohol

Acetaminophen should not be taken along with alcohol as this concussion can lead to liver damage. When consumed together, liver becomes less able to handle acetaminophen which leads to increase in toxic amounts of acetaminophen enzymes which further leads to hepatotoxicity. According to the University of California, safe dose of 4grams of acetaminophen, when ingested along with alcohol within 24 hours can cause severe hepatotoxicity.

No Clinical Reason

There's no medical reason, based on symptoms and available information, to continue treatment, therapy, or hospitalization, because continuing would probably provide no

further benefit. There are also many non-clinical reasons for hospitals cancelling operations, such as; no beds are available on the ward, no critical care beds are

available, staff are not available, such as the surgeon, anaesthetist or operating theatre staff or an emergency case had to take priority in the operating theatre etc.

Crèches call for investment

...as they lobby for fee subsidies

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MASERU - Politicians need to support and advocate for an increase in investment in early childhood care for government to make its intentions clear on running and monitoring day-care centres, says Ma-Lord Thotoane Mefane, communications advocacy officer for Network of Early Childhood Development of Lesotho (NECDOL).

NECDOL is a non-profit voluntary association of individuals, organisations and institutions who have come together to pursue the same objectives aimed at the overall well-being of young children.

It was founded in November 2016 following widespread interest of different personnel providing services to young children aged zero to five years.

Mefane told lawmakers this week that while the majority of childcare centres did a good job of prioritising safety and child supervision, some put lives of the children such as those of the factory workers in danger due to lack of proper training of the crèche teachers.

She has therefore appealed to political parties to include Early Childhood Education (ECE) in their manifestos and ensure that Members of Parliament lobbied for the constituencies to have reception classes attached to all primary schools and lobbied for fee subsidies.

NECDOL has also been working with the Ministry of Education and Training to look into Tax/Vat exemption of books and other study materials which have been donated to government.

Programmes such as the



A crèche teacher and her learners in class

School Readiness Initiative's argue that children need a good start into primary education through access to quality reception class.

In line with Sustainable Development Goal 4.2, the initiative focuses on ensuring that all girls and boys have access to quality early childhood development and pre-primary education so that they are ready for primary education.

With the COVID-19 outbreak,

Mefane said children from poor families have been left behind on their education.

"And one of NECDOL's objectives is to monitor the effective use of remote learning materials for early child development," she said.

"Being a parent is hard, especially in a country where the economy is not doing well and poverty levels are high. This contributes to stress levels which

results in different forms of abuse such as physical, emotional, psychological and sexual."

Mefane said everything that happened within the first 1 000 days of a child's life had a huge impact on their future.

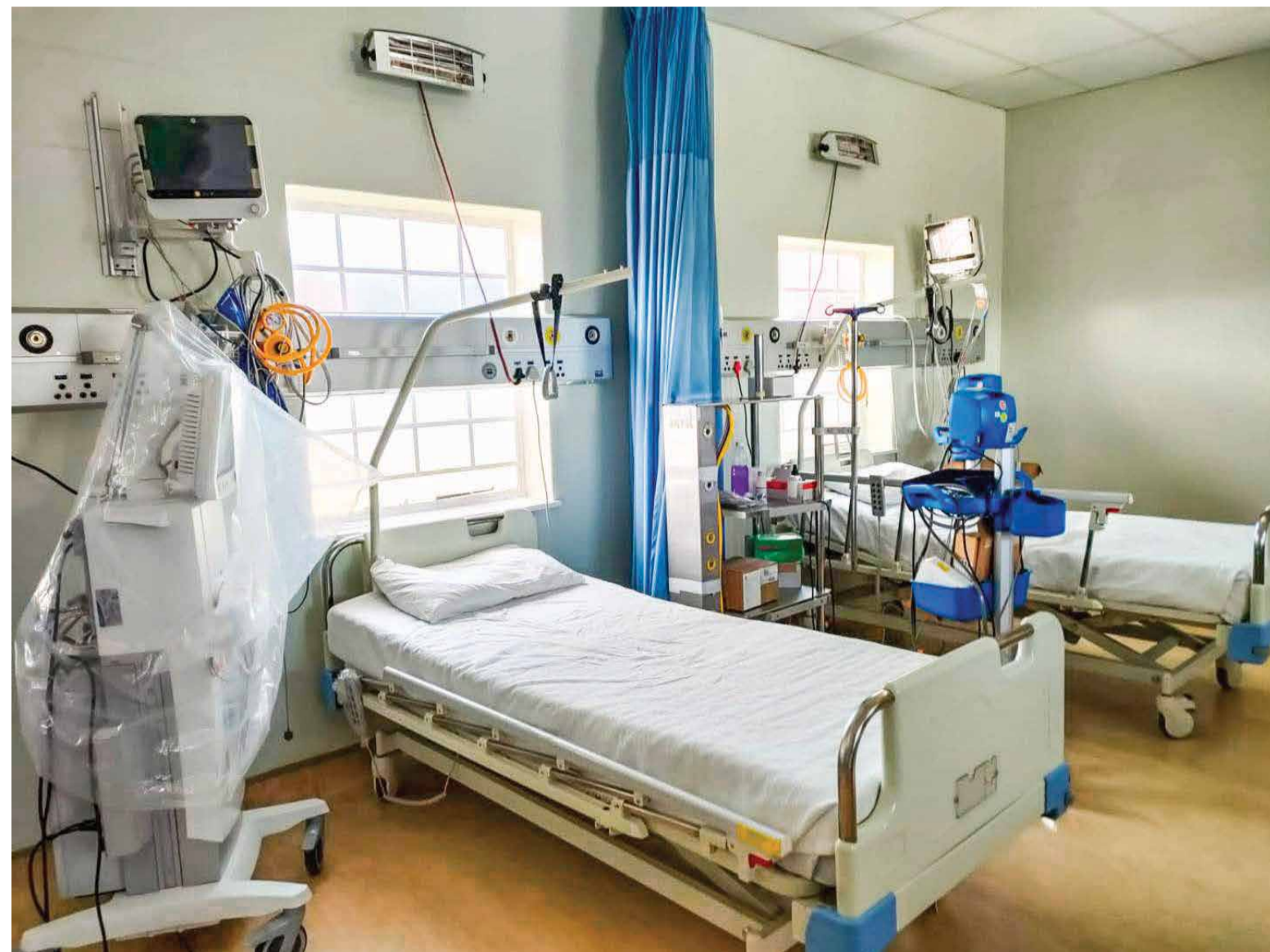
While only 30 percent of children three to five years have access to pre-primary education and 51 percent aged five to six have access to reception classes and most of the children who

attend, are in urban areas and from rich households, government supports only 10 percent of all ECE provision.

NECDOL has urged political parties to have an interest in the foundation of Lesotho's education and to review a report of programmes and interventions implemented in their districts to ensure relevance and sustainability of the educational projects.



New ICUs set to open at hospitals across Lesotho



New ICUs to be built in Lesotho hospitals

MASERU – Critical care patients in Lesotho will soon be spared a trip to South Africa to receive treatment. The country is on the verge of opening its first intensive care units in public hospitals.

At Mafeteng Hospital in southwestern Lesotho, an eight-bed intensive care unit will feature a ventilator with piped oxygen and can accommodate a dedicated wing for COVID-19 patients. An oxygen plant is also on-site. The plant and oxygen supply is set to lower the cost of oxygen by up to 50%.

World Health Organisation (WHO) has been training the doctors and nurses who will operate the new unit, which was funded by the World Bank.

Five Ministry of Health staff, two doctors and three nurses, have been receiving training in admission criteria, oxygen therapy, high flow therapy, invasive mechanical ventilation, non-invasive mechanical ventilation, drugs management and COVID-19 critical and severe case management.

They will become WHO-certified trainers themselves as the intensive care unit project expands.

“The trainings are

theoretical and practical, using the material available in the hospital,” said Dr Raul Gonzalez Rodriguez, one of the trainers from the WHO Regional Office for Africa’s Case Management team.

Medical officer at Mafeteng Hospital, Dr Senate Mathaha, said the new unit would alleviate the care burden of trauma, diabetes, obstetric complications, HIV-related complications and now COVID-19.

“Taking care of ICU patients requires a lot of special skills on top of dedication and meticulous attention to detail,” she said, mentioning among them central line insertion, intubation, and operating machines like infusion pumps and ventilators.

“Hopefully after all the ICU needs have been met and there has been continued training for the staff, we will be able to care for critical patients,” she added.

At Berea Hospital in the north of the country, nurse and midwife Sello Ramakanate noted the improvements a new intensive care unit will bring for treatment of traumatic brain injuries, which are common in the area.

“Because of the mountainous

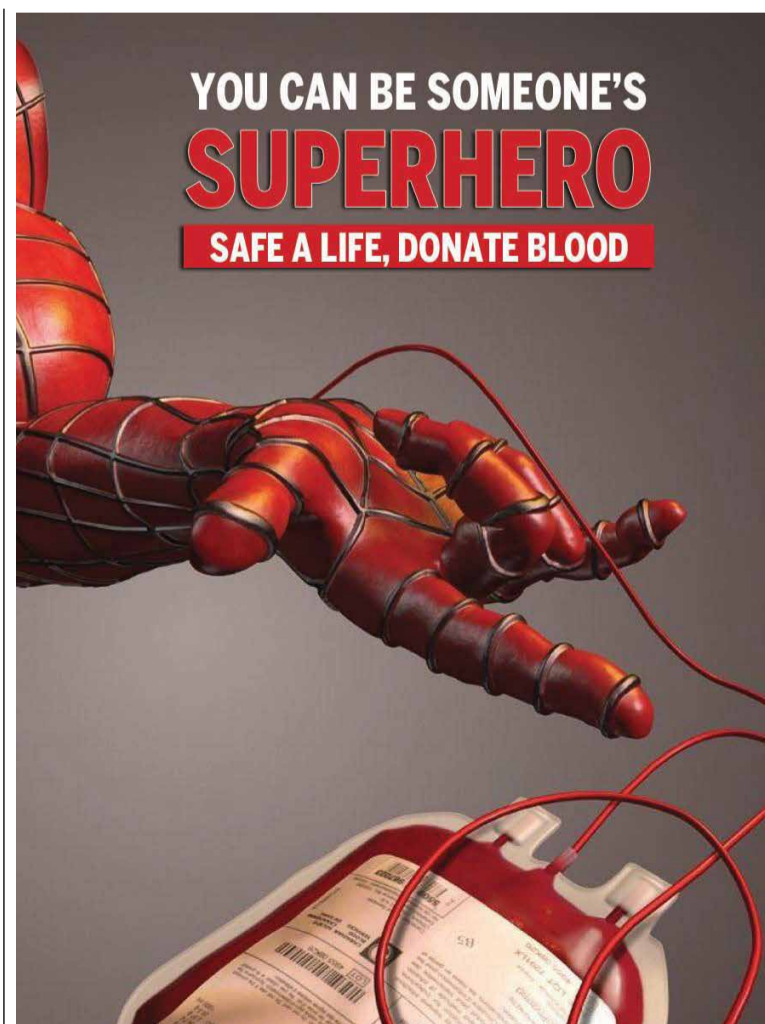
terrain, and the use of donkeys and horses as modes of transport, the incidence of traumatic brain injuries is high. With limited access to health facilities, there is a relatively high occurrence of maternal and child related emergencies and some end up as deaths due to lack of critical care skills for the obstetric patients,” he said. “The use of alcohol and violence are also rife in Lesotho, particularly in areas where emergency care is limited and there is no capacity for intensive care. Life-threatening blood loss, head injuries and other conditions are prevalent, and some patients die because of the lack of a critical care unit.”

More ICU beds planned across Lesotho

Dr Francis Mupeta, a COVID-19 case management consultant for WHO in Lesotho, pointed out that there is a need for more ICU beds, as the country relied on South Africa for treatment in some cases.

“Critical patients would be evacuated to South Africa. I think the coming of COVID-19, and the lockdowns when South Africa was overwhelmed with critically-ill patients, exposed weaknesses in Lesotho’s

healthcare. This ICU project is a step in the right direction in ensuring that critical care is paid attention to,” he said.



Dr Mupeta said the ICU project began when the government of Lesotho began to tackle the issues of increasing the capacity to treat critically-ill COVID-19 patients and reducing mortality due to COVID-19. A countrywide assessment, including the level of capacity for ICUs, identified only ten beds at private facility, which was prohibitively expensive for most of the population.

The project aims to increase intensive care unit beds to 36, located at various hospitals across the country, adding five to 10 beds per year.

Dr Pheello Ishmael Mobe, a General Practitioner at Berea Hospital and a trainee in this programme, said more skills development would be needed for the journey ahead.

“The more training we get, the better we will become at critical care. Through the experience of this training, when the ICU opens, we will be able to do mechanical ventilation. I hope with time our skills will get better to care for critical patients. Ultimately, Lesotho will benefit when the country is able to train more of its own specialists,” he said.

Dr Richard Banda, WHO Representative in Lesotho, said that COVID-19 has highlighted the gap in the treatment of the severe forms of the different diseases.

“ICUs are not only about COVID-19. ICU is about severity of the illness. All illnesses can develop into severe forms, and a universal health system should account for this. We will continue to work with our partners to close those gaps for a more equitable health system,” he said. WHO Lesotho

The world in 10 minutes

VATICAN CITY

Catholic world awash with speculation of Pope Francis' resignation

Since Easter, Pope Francis' mobility has been limited and he has been seen many times in a wheelchair. He has not presided over several public masses in recent months even though he has been present. He remains seated on a chair while other senior cardinals take the lead.

Several events have fuelled the rumours of an imminent resignation.

First, the 85-year-old pope has been struggling with his knee. Although the Vatican has not made public what the exact ailment is, we know that Pope Francis is suffering. He has been seen wincing in pain more than once in public as he moves. Some believe the problem is the actual kneecap, others say that it is all the ligaments around the knee.

The pope suffers from sciatica, which causes him to limp, and this, it is believed, has led to a problematic knee.

Second, in a surprise move in late May, Pope Francis announced that he would be creating 21 new cardinals in August.



SOUTH KOREA

Monkeypox cases confirmed in South Korea, Singapore

Singapore has reported the first confirmed case of monkeypox in Southeast Asia during this year's outbreak – while another confirmed case has been found in South Korea.

The case in Singapore involves a British man who was in the city-state between June 15 and 17. He tested positive for monkeypox on Monday after developing skin rashes and experiencing headaches and a fever last week.

"During this period, he had largely remained in his hotel room except to visit a massage establishment and eat at three food establishments on June 16," Singapore's Ministry of Health said Tuesday.

Thirteen of the man's close contacts have been identified and contact tracing is underway, the ministry said, adding that the man is being treated at the National Centre for Infectious Diseases.

The case in South Korea involves a South Korean citizen who reported themselves to the Korea Disease Control and Prevention Agency after arriving back in the country from Germany on Wednesday.



COLOMBIA

Four killed, 70 injured in partial collapse of bullring in Colombia

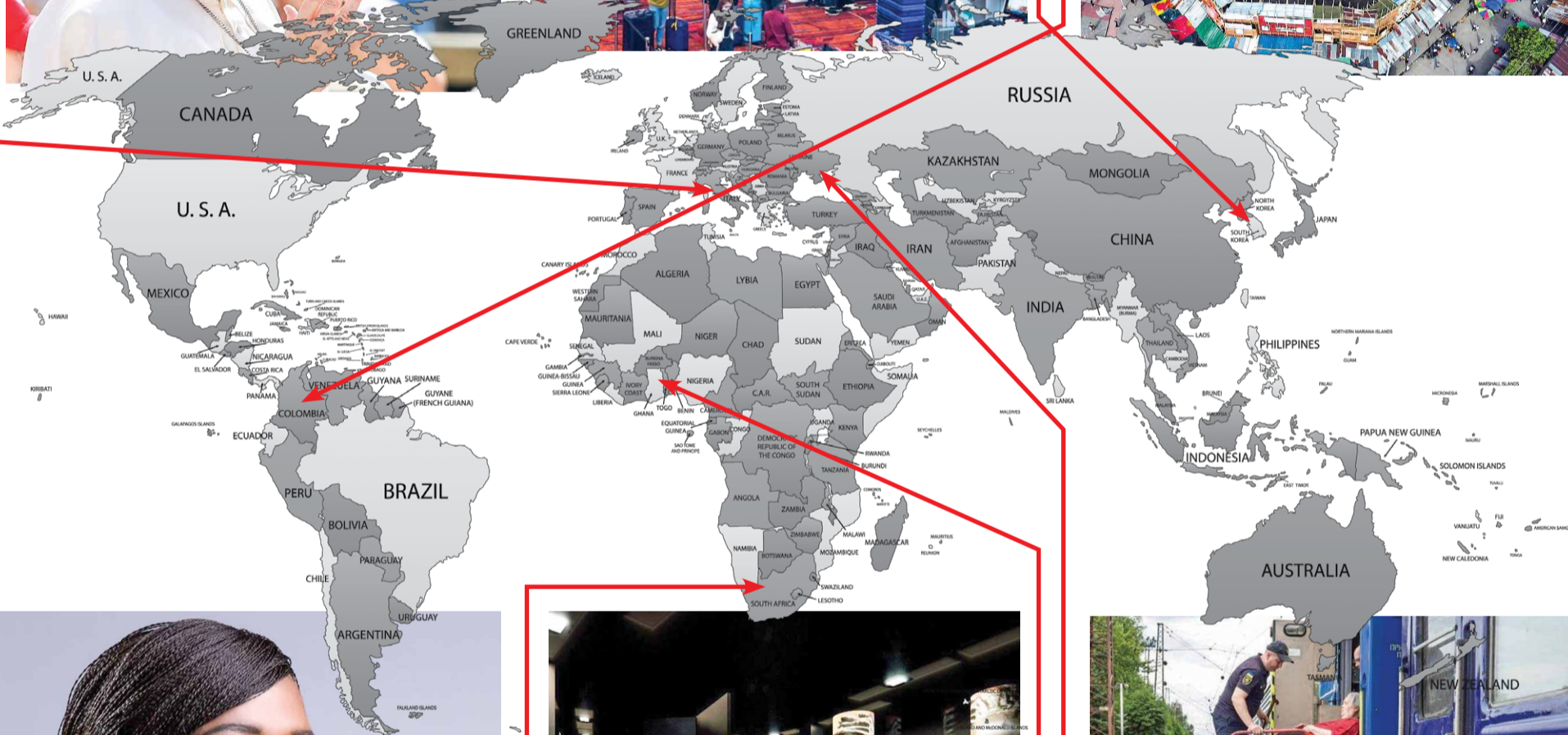
Four people were killed and about 70 injured on Sunday when part of a stand collapsed at a bullring in the town of El Espinal, Colombia, provincial officials said. Videos posted on social media showed the section of the stand toppling forward into the ring, where locals were participating in a bull-running event tied to the feast day of Saint Peter and Saint Paul.

"There are four dead at this moment – two women, a man and a minor," Tolima provincial governor Jose Ricardo Orozco told local Blu Radio.

No one remained trapped in the wreckage, Major Luis Fernando Velez, director of civil defense in the province, told local Caracol television, and several people reported as missing have been found.

"The emergency has been overcome at the site of the incident. More or less 70 people were injured," Velez said.

Ambulances were sent from the nearby cities of Ibague and Melgar to help the injured, who have overwhelmed El Espinal's hospital, Velez said, adding he did not know exactly what the stand was constructed with but it appeared to be wooden boards.



SOUTH AFRICA

South Africans should question whether State Capture is really over – Thuli Madonsela

Former South Africa's Public Protector, Advocate Thuli Madonsela wants the public to take away one urgent lesson from the findings of the State Capture commission: there is a critical difference between corruption and State Capture.

Speaking to Daily Maverick two days after the release of the final Zondo report, Madonsela said it was vital to understand how much more "nefarious" State Capture is.

In the case of ordinary corruption, she says, people are bribed for financial gain. But in the case of State Capture, people are not just being bribed, but being placed into certain key state roles to carry out specific actions.

"You [as a State Capture perpetrator] have substituted yourself for the democratic process. This is the undermining of democracy by hijacking the state," Madonsela said.

She believes that it is crucial that the State Capture commission's findings reach as many people as possible, because: "People should be afraid that this happened and that it could happen again."



GHANA

Ghana's Pan African Heritage Museum seeks to reclaim Africa's history

A new migration of Africans is about to happen.

The Maasai of Kenya and Tanzania, the Himba of Namibia, the Somali of the Horn of Africa, the Zulu of southern Africa and the Mbenga of the West Congo Basin – among many other communities – could soon be on the move to a new home in Ghana.

The most significant mass movement of peoples within Africa started more than 4,000 years ago, when huge populations of Bantu-speakers left their original dwellings in southern West Africa, to settle in other parts of the continent.

The new migrants will be travelling in the opposite direction. Like their predecessors, they will not require visas or travel documents.

Their relocation is not physical but cultural and spiritual. It is their history, their philosophy, their beliefs and their story that is about to find a new home.

The new dwelling is located at Pomadze Hills in Winneba. The 10-acre site in Ghana's Central Region is about 60km (40 miles) west of the capital Accra.



UKRAINE

Russian forces 'storming' besieged city of Lysychansk

Russian forces are "storming" the east Ukrainian city of Lysychansk, the local governor says, with eight civilians killed by shelling. Serhiy Haidai, governor of Luhansk region, said 21 other people had been injured in the attack, which came as they collected water from a tanker. Earlier on Monday, he told people to evacuate immediately because of the "real threat to life and health".

The region is Russia's military focus four months after it invaded Ukraine. Since withdrawing from the area around the capital Kyiv in early April, the Russian military and their separatist allies have been trying to drive Ukrainian government forces out of Luhansk and the neighbouring region of Donetsk, which together make up the Donbas industrial belt.

Weeks of ferocious artillery barrages have devastated urban and rural areas, leaving an unknown number of people dead and injured.

Lysychansk, a city similar in size to Severodonetsk on the other side of the Siverskyi Donets river, had a population of 95,000 before the current fighting.

Governor Haidai wrote on Telegram that the Ukrainian defenders of Lysychansk lacked long-range artillery and the Russians were using every sort of weapon to attack it.

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Be Car-Smart

Rotate And Balance Your Tires

As you drive, your tires create friction as they move across the pavement, which causes them to wear down. Commonly, your front tires will wear quicker than the rear.

This happens due to them carrying the weight of the engine, as well as from constant turning. There's also the chance that they wear unevenly, meaning from the outside in or vice versa.

Thankfully, by rotating and balancing them, you're able

to distribute the wear more evenly. The former simply means to swap them from one wheel to the next.

The latter means to reposition them to ensure that no single area receives more weight than another.

Regardless of how much tread you have left, be sure to swap your tires out with a new set every few years. The last thing you want is to risk a blowout due to them drying out and rotting.



New Mahindra Scorpio-N revealed in South Africa



PRETORIA - As if to reiterate that Mahindra has big plans for the local SUV market, South Africa formed part of the simultaneous global reveal of the new Scorpio-N on Monday.

Local media witnessed the reveal of the new-generation model at an event staged at the Gerotek testing facility near Pretoria, where the company also announced its new corporate identity which is symbolised by a brand new Twin Peaks logo.

We were also offered a short test drive in the new Mahindra Scorpio-N as well as its larger and more luxurious XUV 700 sibling, which was presented on local shores for the

first time too.

Both are set to be launched locally in 2023, although exact timing is unconfirmed due to supply chain constraints. But do know that the local importer wants to get them here as soon as humanly possible.

The current Mahindra Scorpio has been on the market for 20 years now, so it's no surprise that the new Scorpio-N, as it is now dubbed, has been given a complete redesign.

It has however avoided the unibody temptation, with the new model slotting onto the company's third-generation body-on-frame platform.

But will there be a bakkie version

to replace the current Scorpio-based Pik-Up? Mahindra remains tight-lipped at present, although rumour has it that such a product is on the cards for a later date.

The new Mahindra Scorpio-N is available with two engines. The diesel option is a new-generation 2.2-litre mHawk motor with 128kW and 400Nm on tap, and there's also a 2.0-litre turbopetrol alternative that produces 147kW and 380Nm.

Depending on the variant, Mahindra will offer the choice between six-speed manual and six-speed automatic gearboxes, and 4x2 and part-time 4x4 drive configurations. Its off-road arsenal

also includes a locking mechanical rear differential as well as a brake-operated simulated front diff lock.

Our short stint with the new Mahindra Scorpio-N was not sufficient to deliver a full assessment, and there was no off-roading, but we were impressed with what we've seen so far.

When it comes to refinement and overall driveability the new model feels like a significant improvement over the current model and the new diesel engine feels beefy and refined. The short test drive included a lap of Gerotek's infamous ride and handling circuit. Although it's not the kind of place you'd normally take an SUV like this, we were impressed by the grip and stability offered by the newcomer.

The interior of the Mahindra Scorpio-N is also a huge step up from the current model. But in contrast to the snazzier XUV 700, which has a huge screen stretching across most of the dashboard, the Scorpio-N keeps things simple with a more traditional and robust-looking cockpit design, which should suit the target market just perfectly. Although there is a new touchscreen infotainment system, the rest of the dashboard remains analogue.

The vehicle seats seven occupants, but there is virtually no luggage space available when all three rows are in place.

But in fairness this vehicle is smaller than other body-on-frame SUVs that you might be tempted to compare it with, such as the Toyota Fortuner, with the Mahindra's 4662mm length making it closer in size to a Rav4.

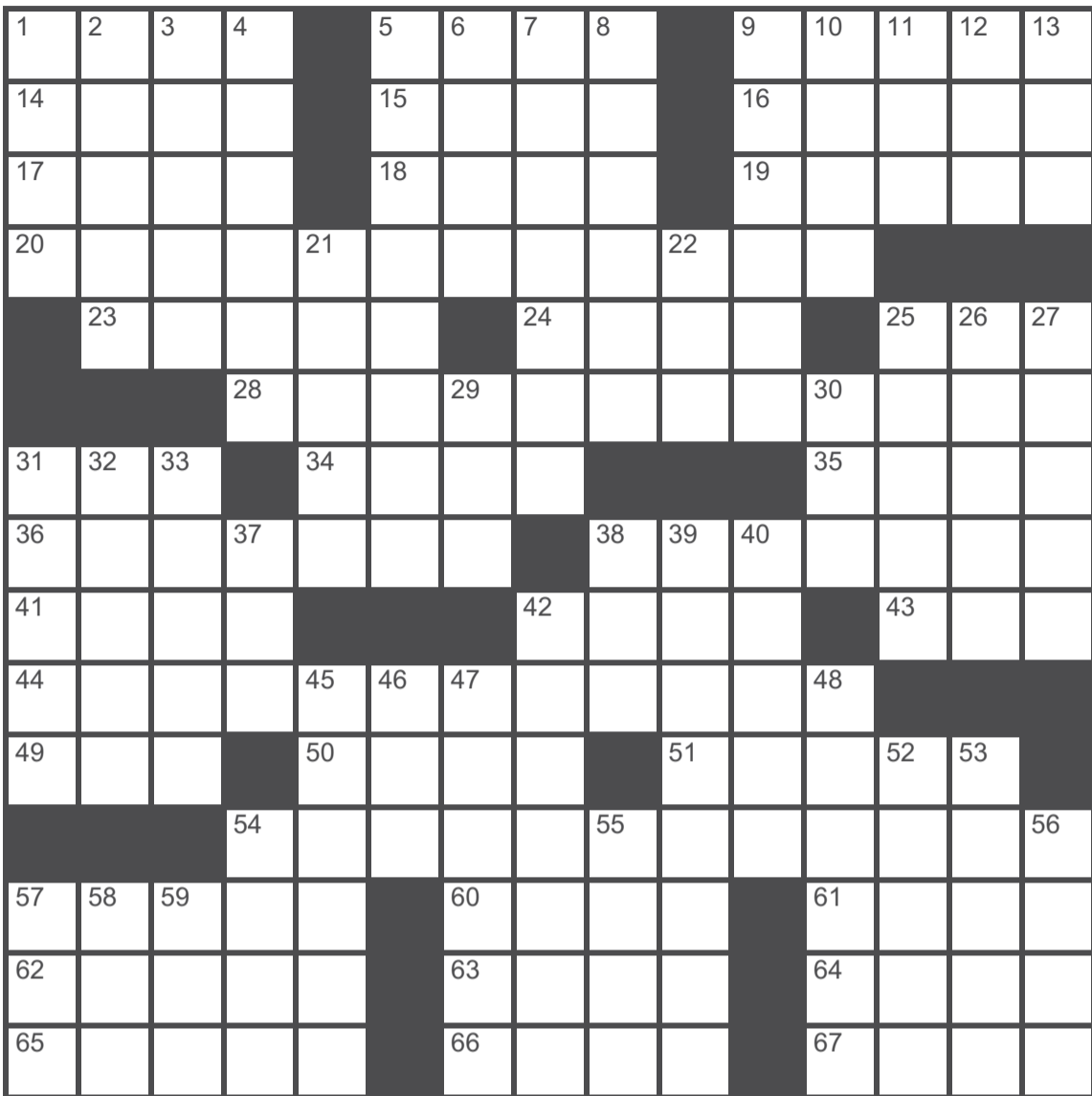
With the arrival of the Scorpio-N and XUV700 next year, Mahindra will significantly up its SUV game.

While the body-on-frame Scorpio N will appeal to your more traditional SUV buyer who seeks a more rugged package, the unibody XUV 700 will offer a new alternative to urban-biased SUV buyers who seek all the latest bells and whistles.

Depending on the model, the XUV 700 will also offer a comprehensive array of advanced driver assistance features, including Auto Emergency Braking, Forward Collision Warning and Lane Departure Warning. Pricing and specifications for both models will be announced closer to launch, and with South Africans crying out for affordable SUVs we do hope that Mahindra prices them keenly. 101 Motoring



General Crosswords



Across

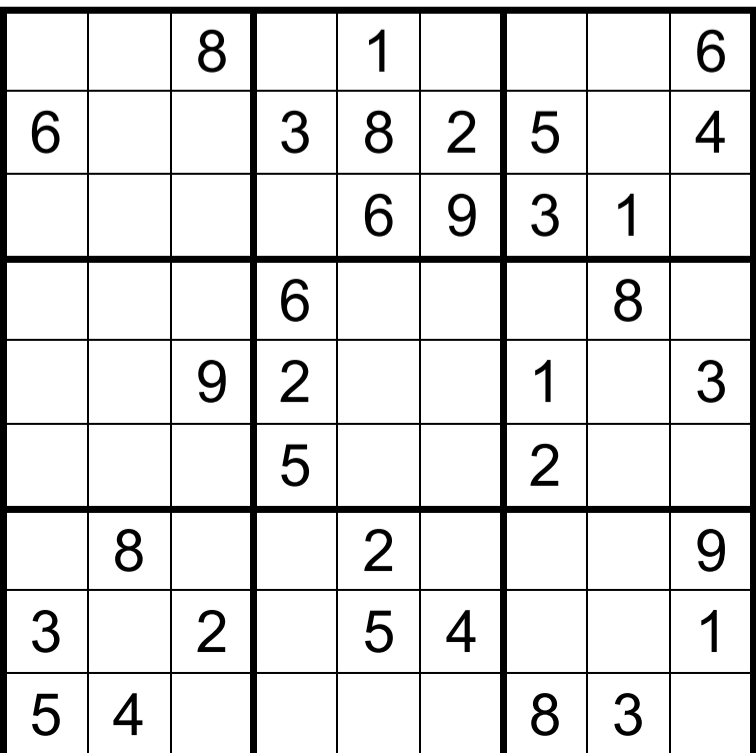
- 1. Film crew member
- 5. Go belly up
- 9. Resting
- 14. City near Lake Tahoe
- 15. Cousin of a mandolin
- 16. Eagle's home
- 17. Reunion attendee
- 18. Acreage
- 19. Used a broom
- 20. Relieve
- 23. Star
- 24. Oppositionist
- 25. Grassland
- 28. Navigating sport
- 31. Wood sorrel
- 34. Small change
- 35. Shade of black
- 36. Breezes
- 38. Sideways
- 41. Give or take
- 42. Catch a glimpse of
- 43. Pigpen
- 44. Neck of the woods
- 49. Feminine suffix
- 50. Continental currency
- 51. Of service
- 54. Study of pesky organisms
- 57. Moth repellent
- 60. It ebbs and flows
- 61. Spur (on)
- 62. Oodles
- 63. "... happily _____ after"
- 64. Adolescent

- 65. Pool problem
- 66. Caribbean and others
- 67. Concludes

Down

- 1. Sheepskin holder
- 2. Archaeological find
- 3. Occupied, as a lavatory
- 4. Big citrus fruit
- 5. Softer in the middle
- 6. Heavenly glow
- 7. Repeating
- 8. Absorbed, in a way
- 9. Young girl
- 10. Evergreens
- 11. Intense anger
- 12. Chill
- 13. Pick up
- 21. Compassion

Sudoku Puzzle



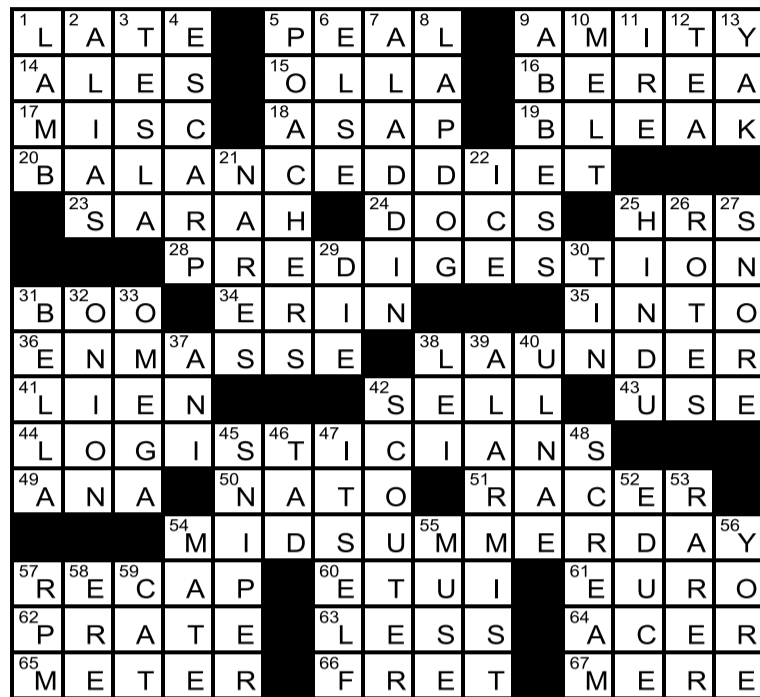
Fill in all the squares in the grid so that each row, each column and each 3x3 square contain all the from 1-9

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

Last Week's Solution

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

Last Week's Solution



- 22. Took the cake?
- 25. Kings of beasts
- 26. Make into law
- 27. Askew
- 29. Lt.'s inferior, in the Navy
- 30. Color TV pioneer
- 31. Kind of layer
- 32. Goddess of agriculture
- 33. Orbital point
- 37. Monopolize
- 38. Baseball bat wood
- 39. Chatterboxes
- 40. Former capital of Japan
- 42. Wearing
- 45. Final transport
- 46. Sticker
- 47. Spiels
- 48. Weaken
- 52. Actress Sophia
- 53. Encouraged, with "on"
- 54. Family man
- 55. Brainstorm
- 56. Hankerings
- 57. When doubled, a dance
- 58. Electrifying swimmer
- 59. Nobelist Hammar skjold

So You Think You are Geneius

Question (Answer next week)

Tree-Tent is a logical game in which your mission is to locate all of the tents in the grid. Each tree is exactly connected to only one tent. A tent can be found in a horizontally or vertically adjacent square of a tree. Tents are never placed adjacent to each other, neither vertical, horizontal, nor diagonal. The numbers outside the grid give the total number of tents in the corresponding row or column. A tree might be next to two tents, but is only connected to one, and vice versa.



Last Week's Answer



A hyena.

Metro SPORTS



CONGRATULATIONS
CONGRATULATIONS
CONGRATULATIONS
CONGRATULATIONS

Katleho Makateng

winner of

PLAYER OF THE SEASON



LDF FC striker, Katleho Makateng

Makateng wins big at Vodacom Premier League awards



Katleho Makateng

- Makateng pockets a total of M51 000 in prize monies
- Deadly striker scoops four awards

MASERU - LDF FC striker, Katleho Makateng was the big winner at the Vodacom Premier League awards ceremony that was held this past weekend to reward outstanding individuals from the 2020/2021 season.

The deadly marksman walked away with the Player of the Season Award, the Players Player of the Award, the Young Player of the Season Award as well as the Top Goal Scorer Award, pocketing a total of M51 000 in prize monies for scooping the four accolades.

The 23-year-old forward was the surprise package this past season scoring an impressive

20 goals in his first year in the premier league, becoming the first player in the history of Lesotho football to collect four awards in one season.

"It was an exciting night for me, and I run out of words to explain the feeling of that night, when I won the four awards," Makateng said.

"I thank God because all the success would not be possible without Him. I also want to thank my coaches and teammates for the support they gave me. I'm over the moon and grateful too."

The former Litšilo striker stated that he gave his all in the previous campaign, adding he was not surprised at the results his efforts had yielded.

Among other achievements was scoring for Likuena in just his second match in the national squad.

"I think the effort I put this

past season, is the reason for all the success that has come my way. Looking back, I worked very hard though it feels like I'm dreaming," added the LDF striker.

"My teammates and colleagues have been telling me that I worked hard and deserve all the accolades and I really appreciate their support," he said.

Matlama enjoyed a clean sweep in other categories as their coach Molebatsi Mothobi as well as three of their players that helped Tse Putsoa win the league title this past season, walked away with other three major awards of the night.

Molebatsi guided the Sea-Point-based outfit to the league title having started the campaign as the assistant coach. He took over the reins after his predecessor, Charles Manda was sacked.

The team's impressive campaign

saw it finish 10 points ahead of LDF in second spot. The Matlama coach pocketed M12,000 for his efforts.

Veteran and long serving midfielder, Jane Thabantšo scooped the midfielder of the Season Award while Monaheng Ramalefane beat his national team rivals in Sekhoane Moerane, and Tankiso Chaba for the Goalkeeper of the Season award having conceded only 14 goals throughout the 2020/2021 season.

Veteran defender, Lekhooa Salebone was also rewarded for an impressive season playing as a centre back as Matlama went to clinch their record 11th Premier League title.

The Referee of the Season Award went to Retšelisitsoe Molise while Lesupi Pupuutla was the Assistant Referee of the Season with each pocketing M5,000.



How Marabe fulfilled his dream of following in his dad's footsteps



Welkom, South Africa. I joined the SA club without Ntate Bish's permission because I knew he wouldn't approve.

"When I returned home for the holidays, he was in charge of the national Under-17 team and the next thing I was in that squad. Maybe that was his way of enticing me back in to his team, which I eventually did. I was shortly thereafter promoted to the senior team," he says.

Marabe left Likhopo again, this time to join a more senior team that was playing in the South Africa Vodacom League, Mothupi Birds from Zeerust in the North West Province.

He played alongside former Orlando Pirates' dribbling wizard, Thabo Rakgale.

"I remained in North West for about two years and when I returned home for the holidays, I bumped into Bantu chairman, John Leuta, who showed interest in recruiting me in his club," Marabe says.

"We then had a meeting with my father, who went to negotiate my official release from Likhopo as I was still their player. I joined Bantu in 2010 and it became my home until this year when I was unceremoniously released."

Being released like that from a club he served with loyalty and dedication for 12-years tore him apart.

"I shed blood and tears for that team, and I believe I deserved better treatment from them. I don't know why they took that decision, but it broke my heart. At the end of the day, I must accept that it's part of the game, but I gave them my all, in every match and I was the most disciplined player on and off the field," the forward says.

Marabe discloses that playing alongside his younger brother, Litšepe at club level and the national team is one of the things he will always cherish.

"We played together from the juniors and the only time we were not at the same club was when I went to Likhopo and he joined Matlama. We had a good understanding because we grew up playing together and it was really an honour that we managed to follow in our famous father's footsteps," Marabe states.

"It was an amazing experience and I loved playing alongside my brother. Playing for the national team from the Under-15 up to senior national team was very fulfilling because it's every player's dream to represent his country at the highest level.

"Being part of the Bantu players that delivered the club's first ever league title in 2013 and the dominance we had in the local league over the last decade are among the highlights of my football career, which I will cherish for the rest of my life," the striker concludes.



Mokone Marabe's dream growing up at the Ratjomose military barracks was to follow in the footsteps of his father, Teboho 'Cobra' Marabe, who played for the likes of Bantu, LDF as well as the national team, Likouena.

Little did he know that he and his younger brother, Litšepe would later become household names in Lesotho football. The two brothers have over the years enjoyed a lot of success together, playing for both Bantu and Likouena.

"I started playing football at the tender age of six as a Standard One pupil at Ratjomose Primary School. I never looked back as I played at school and later joined the LDF development team called Rangers," Marabe says.

"I must confess that seeing my dad's pictures on the wall in our home in his football uniform played a major role in directing me in that path. They made me follow his footsteps and I'm very proud that I managed to live my dream."

Marabe states that his football skills were sharpened playing primary school football in those days under a competition that was known as the 'Blue Ribbon School tournament.

"This is where my passion for the game grew from strength to strength and all I wanted was to be in the field to play football.

"Emmanuel FC of Qoaling are famous for having shaped the careers of many footballers including Thapelo Mokhehle, Ntsane Lichaba, Bokang Sello, Daniel Jousse among a host of players that have gone to represent Likouena at international stage.

"While playing for Rangers, I caught the attention of Coach Tšeliso Sephelane, who mentored Mathula FC where they worked with Seabata Thibiri, and they later joined forces on a youth development project under the name of Emmanuel FC," Marabe recalls.

He says around that time when he was playing for Emmanuel, he caught the sharp eye of the late Likhopo owner and coach, Bishop Molatoli, who was known for developing young talent.

In no time, young Marabe was playing for one of the most exciting youth football projects in the country.

"We used to play against Ntate Bishop's team (may his soul rest in peace) and as we all know, he would do whatever it takes to get a young player if he felt he had potential. He talked me into joining his club and the rest as they say, is history," he explains.

"I went to play for Likhopo, but in those years, our team was called Little Flower, but I left briefly as I was tempted by a friend that was playing for a team in