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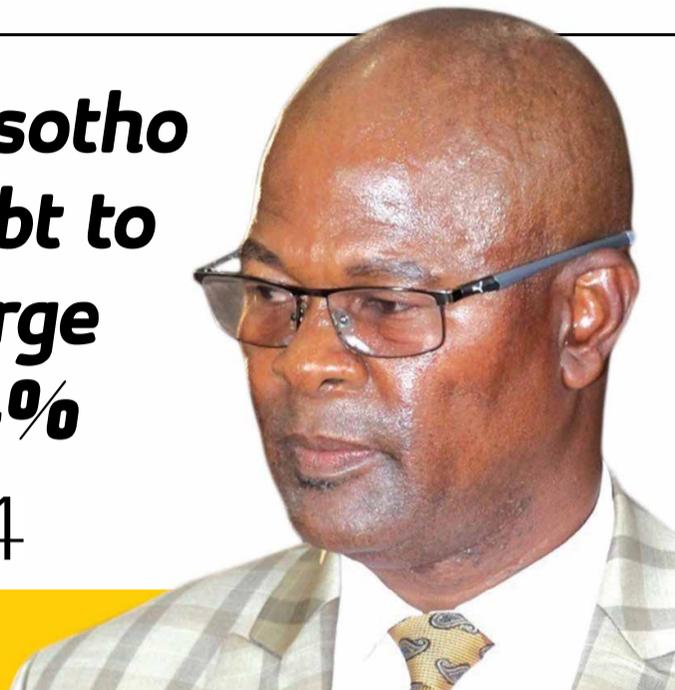
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BORN ON THIS DAY

- May 5**
- 1818** - Karl Marx, German philosopher, economist, political theorist and socialist revolutionary, is best-known for the 1848 pamphlet, *The Communist Manifesto* and the three-volume *Das Kapital*
 - 1864** - Nelly Bly, American industrialist, journalist, inventor, and charity worker. She is remembered for her circumnavigation of the world in 72 days
 - 1980** - Zack McGowan, American voice-over artist and actor known for playing important roles in TV series like *Shameless*, *Agents of S.H.I.E.L.D.*, and *Black Sails*. He is also known for lending his voice to popular video games, such as *Iron Man*, *Resident Evil 6*, and *Tom Clancy's Ghost Recon: Future Soldier*
 - 1981** - Danielle Fishel, American actress, television personality, director, and model. A self-made woman, Danielle Fishel started her career in theatre before establishing herself in the American film and TV industry
 - 1987** - Andy Murray, British best professional tennis player of all time, Andy Murray is popularly known as the Great Scot since he was born in Scotland
 - 1988** - Adele, American female music artists and one of the best-selling music artists in the world, having sold over 120 million records

NewsBriefs

Best fashion designer awards are here



The reigning Miss Lesotho, Tiisetso Seliane, (seated)

KABELO MASOABI

LERIBE – Emerging designers will battle it out for the Best Designer of Year 2022 Award at a fashion show to be held in Maseru from May 27 to 28.

The King Moshoeshoe International Fashion Show, which will run concurrently with the long-awaited Mr & Miss Culture Lesotho beauty pageant grand finale, is purposed to give designers a maximum exposure to the market.

Operations director at Film Sector Groundbreakers (FSG) Aubrey Silinyana said the fashion show was initiated in 2019 as one of the activities that should be celebrated in remembrance of the 17th century Basotho legendary King Moshoeshoe I.

"It's also scheduled to be part of the much-awaited seven-day long King Moshoeshoe Film Festival which will be launched in March 2023," he told Metro News in

an interview.

"The show is a deliberate strategy to ensure that fashion designers and exhibitors both attain maximum exposure of their brands and fashion garments and expand their client base thus creating more opportunities for their business to generate revenue," Silinyana said.

He said the show had a comprehensive programme for two kinds of fashion designers: emerging designers and experienced designers. The runway showcase of the two groups will take place on different days. Thus, emerging designers will showcase on May 27 and the experienced ones the following day.

The fashion show will be staged alongside the Mr & Miss Culture Lesotho beauty pageant.

"The intention is to connect fashion designers and exhibitors with many followers on the King Moshoeshoe Film Festival Facebook page," Silinyana said.

Linare spoil the party, Bantu take bragging rights

MAPUTSOE – Linare spoiled the party for new Vodacom Premier League champions, Matlama beating them 2-0 in entertaining match Played in Maputsoe on Sunday to become the only side to complete a double over Tse Putsoa this season.

Siyabonga Mkhizi put Tse Tala ahead in the first half having also scored in the 4-1 victory over Linare last weekend.

John Mofokeng doubled the lead in the second half to help Linare maintain their impressive run since Teboho Moloi returned to the hot seat.

The victory over Tse Putsoa took Linare to seventh position with 44 points after 28 games and with a good chance to finish the campaign among the top 8 teams in the league.

Bantu also walked away with the bragging rights as

they faced arch rivals Lioli in another clash of the titans played in Teyateyaneng on Sunday as the two teams battled it out for a top four finish.

Veteran midfielder Hlompho Kalake scored the only goal of the match as A Matšo looked to cement their place among the top four teams in the Vodacom Premier League.

The Mafeteng based outfit are currently in third position with 55 points from 28 games and a point behind second placed LDF. The two teams are 10 and 11 points behind champions Matlama respectively.

Esewhere, LCS forward Makara Nlatisane returned to the summit of the Vodacom Premier League top goal-scoring charts after netting his 16th goal of the campaign in the one-all draw against LMPS in a match played at LCS Ground.

FastFACTS

The most expensive coin in the world was sold for more than \$7 million.

The 1933 Double Eagle was a \$20 U.S. coin made of gold that never went into circulation. A few of the coins were made, but most were destroyed—save for nine that were presumed stolen by U.S. mint workers. After years circulating the globe and falling into the hands of a few notable owners—including the king of Egypt—one of the coins was auctioned off at Sotheby's in 2002 for a stunning \$7,590,020. That made it the most expensive coin ever sold at auction.

On This Day in History

1950

Timeline of the American Civil Rights Movement

May 5,

The civil rights movement came to national prominence in the United States during the mid-1950s and continued to challenge racial segregation and discrimination through the 1960s.

Many organisations, notably the Southern Christian Leadership Conference (SCLC), headed by the late Dr Martin Luther King, Jr., the Congress of Racial Equality (CORE), and the Student Nonviolent Coordinating Committee (SNCC), arranged nonviolent demonstrations to call attention to specific inequalities, while individuals also challenged unjust laws independently.

The civil rights movement eventually achieved equal rights legislation, but not without challenges. In the late 1960s complications arose as various groups confronted the enduring economic and social consequences of past oppression. These problems persisted in subsequent decades, and the idea of real equality remained elusive well into the 21st century. Nonetheless, the intrepid supporters of the civil rights movement took some of the hardest first steps towards equality.

This movement had its roots in the centuries-long efforts of enslaved Africans and their descendants to resist racial oppression and abolish the institution of slavery. Although enslaved people were emancipated as a result of the American Civil War and were then granted basic civil rights through the passage of the Fourteenth and Fifteenth amendments to the U.S. Constitution, struggles to secure federal protection of these rights continued during the next century.

Through nonviolent protest, the civil rights movement of the 1950s and '60s broke the pattern of public facilities' being segregated by "race" in the South and achieved the most important breakthrough in equal-rights legislation for African Americans since the Reconstruction period (1865-77).

Although the passage in 1964 and 1965 of major civil rights legislation was victorious for the movement, by then militant Black activists had begun to see their struggle as a freedom or liberation movement not just seeking civil rights reforms but instead confronting the enduring economic, political, and cultural consequences of past racial oppression.

ALL JOKES ASIDE

Adam was lonely, so he asked God for company. God agreed, but said, "Don't let her in the water." Adam agreed and Eve appeared the next day. Adam was so excited, he went in the lake to get cleaned up. Eve wanted to go in, but knew she wasn't allowed. A few months go by and she gets tired of not being able to go in the water. As she runs to the water, she tears off her fig leaf and splash! God says, "Oh great! Now the fish will smell like that!"



Quotes & Quips!

"The Executive Council approved the provincial policy on government support funeral assistance to people who passed away as a result of flood disasters. Municipalities have policies to assist the needy and the indigent and are currently conducting profiling in line with these policies,"

says Sihle Zikalala, KwaZulu-Natal Premier assuring South Africans that search missions are back in "full swing" despite having being impacted by extensive damage to the province

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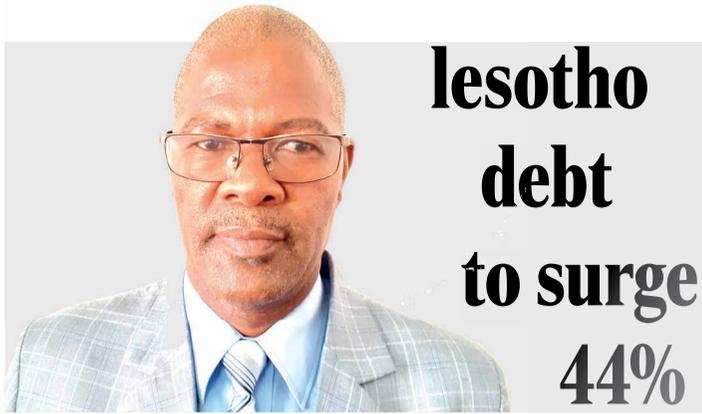
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44%**

4 ●

Metro BUSINESS

CURRENCIES

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

Loti/SDR	Special Drawing Right (SDR)	21.32
Loti/Dollar	United States (US\$)	15.93
Loti/Rands	South African (ZAR)	1.00
Loti/Euro	European Union (€)	16.87
Loti/Yuan	Chinese (¥)	2.48
Loti/Yen	Japanese (¥)	0.12
Loti/Pound Sterling	British (£)	19.93

STOCKS

S&P500	4,150.38
NASDAQ100	12,888.32
Nikkei225	26,818.53
Dow Jones30	33,036.08
FTSE 100	7,500.40
JSE	70,358.00
Hang Seng	20,835.30

COMMODITIES (Rates in Us Dollars)

Gold p/ounce	1,867.84
Platinum p/ounce	978.38
Silver p/ounce	22.35
Copper p/ounce	4.27
Brent Oil p/barrel	108.33

EQUITIES

Bonds	18.44
Treasury Bills	3.67
Interest Rates	91

AGRICULTURE (Rates in Maloti/Rands)

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

ENERGY (Rates in Maloti/Rands)

Petrol Unleaded 93 p/litre	M20.50
Unleaded 95 p/litre	M20.80
Diesel 50PPm p/litre	M22.95
Paraffin p/litre	M16.90
Water (Domestic) p/litre	M5.53
Water (Industrial) p/litre	M15.03
Electricity (Domestic) p/unit	M1.38
Electricity (Industrial) p/unit	M0.26
Gas p/kg	M20.00

KABELO MASOABI

LERIBE – Storm Mountain Diamonds, that operates Kao Mine has recovered the biggest pink diamond ever to be found in Lesotho.

The 47.8 carats valuable stone was exhumed on April 25, according to the company's Chief Executive Officer (CEO), Mohale Ralihariki.

He told Maseru Metro on Tuesday that the gem stone, which has since been exported to Belgium to be sold at the biggest diamond market in the world, was possibly the largest pink diamond to be mined in Lesotho.

"It's a unique diamond expected to go at a very high price," he said. "The public will be informed at a later stage as to how much the diamond was sold for."

Mr Ralihariki said the development was a significant recovery from the COVID-19 impact, adding that the mine had spent a lot of money operating under undesirable circumstances while striving to meet its targets.

"The money to be attained from this diamond is going to benefit the government in terms of royalties paid and the balance will be reserved to sustain the mine's daily operations," he said.

Storm Mountain Diamonds operates a kimberlite diamond mine in Kao, Butha-Butha.

The kimberlite pipe is the largest in the country and the fourth largest in southern Africa. SMD is jointly owned by Namakwa Diamonds Limited and the Lesotho government.

"Geologists show that Lesotho diamonds formation dates back as far as hundred million years ago and we should give credit to our fellow

Kao Mine unearths 48 carat purple diamond

Basotho workers at Kao who dug this historical treasure from the soils of the motherland," Mr Ralihariki also said.

In a short space of time, Kao Mine has become a primary producer of fancy pink diamonds. Small pink and purple diamonds were found

In December 2013, the incredible 36.06 carat 'Pink Storm' was recovered, putting Kao Mine on the map as a serious producer of pink diamonds. Since then, some remarkable stones have been recovered.

Kao Mine regularly produces pink diamonds including a range of big sizes, as well as a full suite of pink colours and saturations.

Most of the Kao pinks do not have secondary colours and those that do are dominated by purple as the secondary colour.

Occasionally, brown is a secondary colour and very rarely orange.

Most of the pink diamonds are rare Type II diamonds, while the pink-purple and purple stones are Type I. The majority of the Kao pink diamonds are clean with a minimum of obvious inclusions.

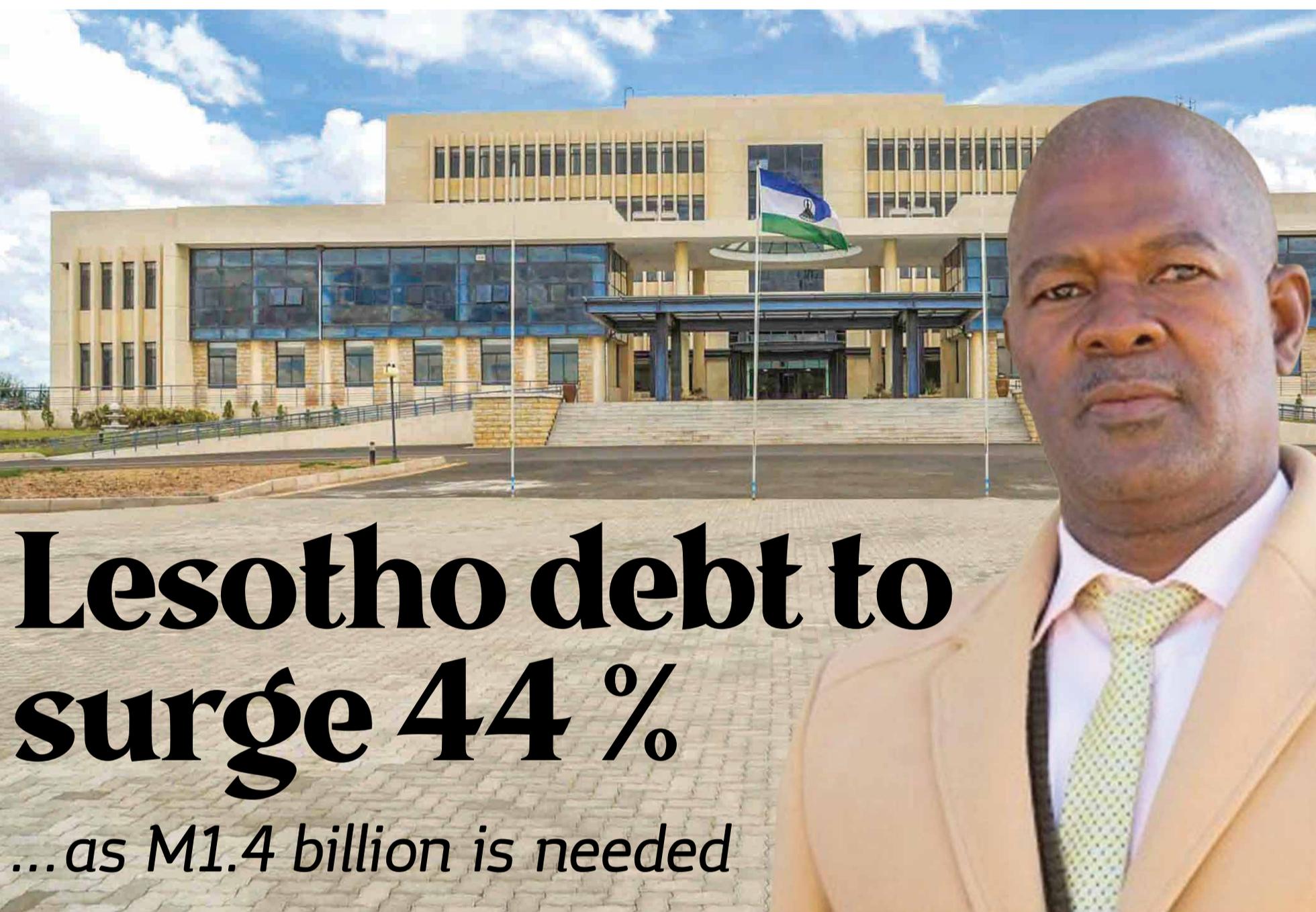
Other discoveries by the Kao Mine include a rare pink/purple stone of 3.11 carats that was recovered on April 9, 2017. The stone was named the 'Kao Purple Princess'.

On June 12, 2018, a 29.65 carats special pink stone was recovered at the mine. The stone was named 'The Rose of Kao'.

The 25.97 carats Pink Dawn was recovered on October 27, 2020.



The incredible 36.06 carat 'Pink Storm' was recovered in December, 2013 at the Kao Mine

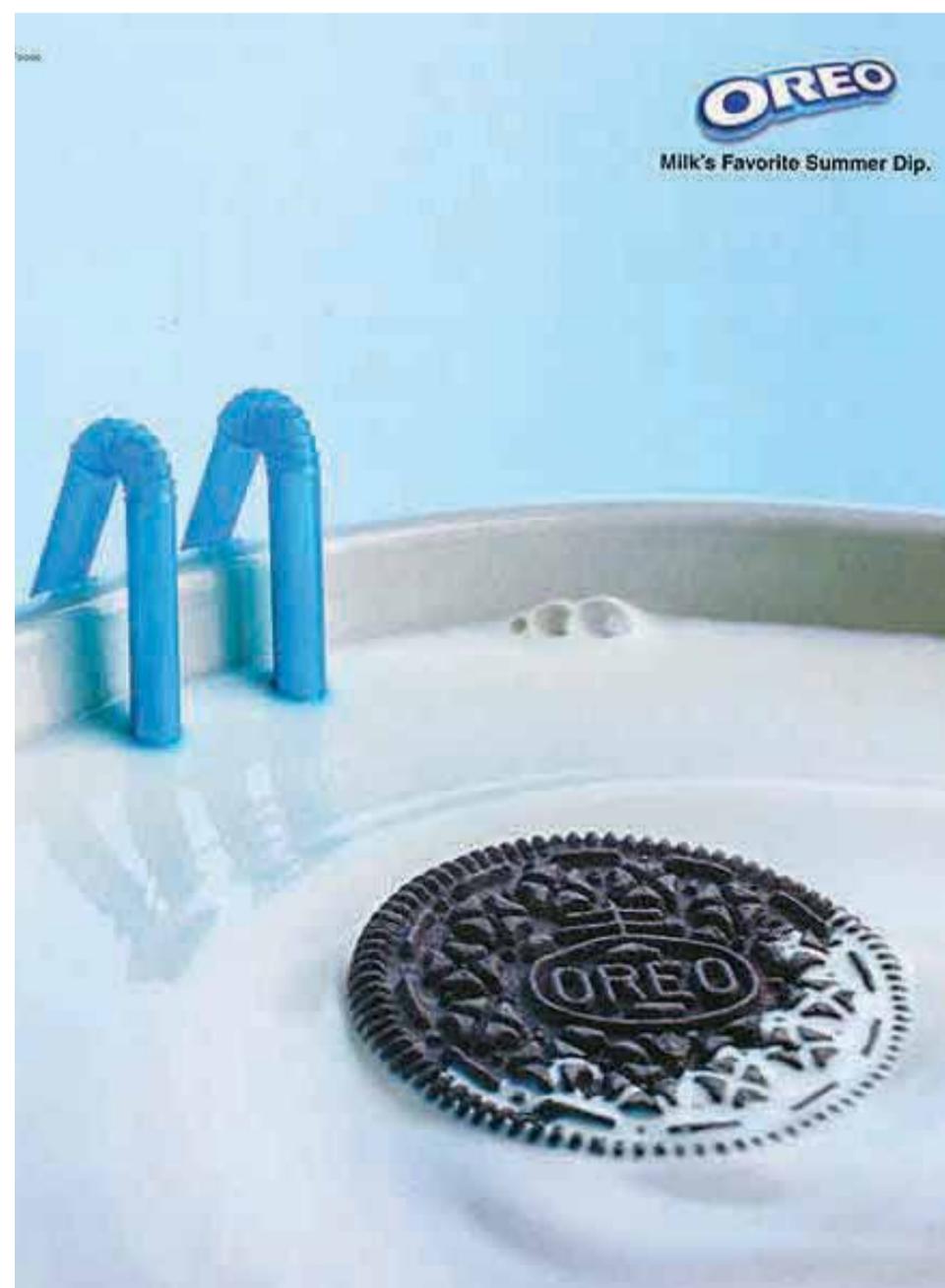


Lesotho debt to surge 44 %

...as M1.4 billion is needed

Lesotho Parliament

The Minister of Finance, Thabo Sophonea



NEO SENOKO

business@maserumetro.com

MASERU - Lesotho's external debt is expected to maintain an upward trajectory, surging from 42.5 to 43.9 percent in 2022, says the International Monetary Fund (IMF) in its latest regional economic outlook report.

In 2023, the external debt will skyrocket again from 43.9 to 45.2 percent.

Although the regional economy was on the upside in the second half of 2021, the IMF said progress had been jeopardised this year due to external shocks such as the Russia and Ukraine war, amongst others.

"The Russian invasion of Ukraine has triggered a global economic shock that is hitting the region at a time when countries' policy space to respond is minimal to nonexistent," said the IMF.

"Most notable, surging oil and food prices are straining the external and fiscal balances of commodity-importing countries and have increased food security concerns in many countries. High food prices will disproportionately harm the most vulnerable segments of the population, especially in urban areas."

For countries with the most pressing debt vulnerability like Lesotho, the IMF said direct budget support through grant financing would be critical.

It said the recent international shocks were likely to have significant implications for the macro-economic outlook in the region. Notably, the ongoing US monetary policy tightening that is worsening external financing conditions.

Earlier this year, the Minister of Finance, Thabo Sophonea said a total government

debt as of February 2022 stood at M18 billion, made up of external debt of M15.5 billion and domestic debt of M3.4 billion.

"The main drivers of the increase in external debt are movements in major currency exchange rates such as the US Dollar, the Euro and other Basket of currencies against Loti, while the domestic debt is mainly driven by the persistent high budget deficits," he said when delivering his budget presentation for the fiscal year 2022/23.

"Lesotho remains at the moderate level of debt distress with a limited borrowing space."

He said a combination of treasury bonds estimated at M1 billion and Treasury-Bills amounting to M400 million would be auctioned to deepen and continue a path of building a functionally vibrant domestic debt market and to finance the government financing gap estimated at M1.4 billion.

Despite the projected tough conditions, the IMF said the recent launch of the African Continental Free Trade Area (AfCFTA) marked a milestone towards deeper regional integration.

It said the agreement had the potential to eliminate tariffs on 90 percent of existing intraregional trade flows and critically to reduce non-tariff barriers that were continuing to undermine regional competitiveness. Deeper integration would boost incomes, create jobs, catalyse foreign direct investment and facilitate the development of regional supply chains.

The AfCFTA would need to be implemented swiftly and complemented by an enabling macroeconomic environment and a range of structural reforms to deliver its full potential.

Consumer law in the pipeline

NEO SENOKO
business@maserumetro.com

MASERU -The Consumer Protection Bill will not interfere with other institutions but it will set clear standards for a body in which consumers can refer their complaints, says the Lesotho Standards Institution (LSI) Chief Executive Officer, Molebatsi Rabolinyane.

Following the adoption of the Bill by Parliament last week, Mr Rabolinyane said the regulations would not interfere with other bodies such as the LSI but would be complementary to other laws that protect consumers.

The understanding among other members was that in order for the consumer protection law to exist, there should have been an institution specifically set up to deal with consumers' complaints.

"In our view, the Consumer Protection Law seeks to protect consumers against all sorts of unfair trading practices, for instance, defective products, fraud and other deceptive practices which may not necessarily fall under

standardisation purview," Mr Rabolinyane told Maseru Metro on Tuesday this week.

"In general, standards support production and trade to tackle technical barriers, so we support both the industry and consumer protection."

Member of Parliament (MP) for the Moyeni constituency, Mahooana Khato said once the Bill was enacted into law, it would protect consumers across all corners of the country.

"Some companies take advantage of the fact that people do not have a place where they can take their complaints in case of unfair treatment," he said when presenting the Bill before parliament last week.

"At the moment, consumers are being treated unfairly, particularly by foreign companies and no action is being taken against the perpetrators."

He said consumers come across all sorts of challenges but do not know where to report.

"So this Bill will go a long way towards dealing with these challenges," he also said. "The Ministry of Trade and Industry will also introduce



The National Assembly of Lesotho

a consumer protection office where consumers can take their grievances in times of disputes."

He said if a company was found to be in the wrong end of the law, the owner would have to pay nothing less than M5 000 or spent a minimum of three years in prison. Appeals could

also be made at the envisaged consumer protection tribunal under the same ministry.

Mr Rabolinyane said the consumer protection law would coordinate with the envisaged Consumer Council to serve as a stakeholder in standards development, providing the

information on consumer welfare.

"On the other hand, standards that are already developed can be used by the consumer protection council to make decisions on some of the complaints that come up," he said.

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Comments & Letters

Enforcement of business licenses needed

The Editor,

On August 28, 2020, Legal Notice No. 71 of 2020 was issued. The core objectives that informed the enactment of this legislation were, amongst others, to promote small scale business and preserve some exclusively for indigenous Basotho. The legislation was enacted because it had become clear that foreign nationals, who have come to Lesotho touted as investors, are now in direct competition with small owned businesses. This resulted in most Basotho business being closed and this has destroyed the livelihoods of a lot of ordinary indigenous Basotho. Another problem that is created by foreigners who engage in the small scale businesses is that they do not keep their money in Lesotho banks in order to promote business in the Kingdom, draining all the money out of economy of Lesotho to be left penniless. In these difficult economic times, protecting ordinary Basotho and protecting their livelihoods should be a priority to all patriotic citizens. I therefore implore responsible people to consider this matter with the seriousness it deserves and take speedy remedial actions to ensure that the regulations are complied with.

Lira Moloji
Ha Seoli, Maseru

Business and transport locations matter

The Editor,

Building infrastructure in Lesotho interferes with transportation, a great cause for concern considering that shopping complexes near our main roads cause unnecessary traffic and congestion.

Delivery trucks do not have parking space. They offload in our roads so we cannot carry on our daily business.

For property and truck owners, it is business as usual as they do not care about blocking the traffic.

Traffic police are also not bothered as trucks maneuver all day long, causing unnecessary stoppages.

From a business development and economic growth perspective, congestion impacts on supply chain flows. It is a risk factor that negatively affects the country's competitiveness.

Failure to adequately address congestion impacts business performance. Various regional business organisations have raised concern about the future viability of critical industries and freight transportation functions in the face of growing traffic congestion.

Thabo Selebeli
Lekhalaneng, Maseru

Criminal football players should go

The Editor,

Just two days before the International Press Freedom Day, Sports Reporters' Association of Lesotho (SRAL) learned with dismay and disappointment the attack on sports journalist during the Nedbank Top 8 tournament between Qacha's Nek LMPS and LUCT at the Bambatha Tšita Sports Arena. The attack, which was witnessed by officials, was perpetrated by a Qacha's Nek LMPS player in the technical area and a supporter. These individuals, known by the association, verbally abused and insulted the victim while also attempting to assault her for taking photographs of an incident involving a Qacha's Nek LMPS player being red-carded. The Lesotho Football Association (LeFA) should condemn this sexist and criminal behavior in the strongest terms. We believe in the freedom of the press and protection of journalists while they perform their duties anywhere. We want to emphasise that sports journalists have always enjoyed peaceful working relations with teams under the auspices of LeFA and we are confident that those perpetrators will be brought to book.

SRAL
Maseru, Lesotho

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

EDITOR'S NOTE

Mining for diamonds and kotas

The recent recovery of one the largest diamond finds at the Kao Mine is testimony to a country endowed with wonders and natural resources. The 47.8 carats diamond could be a tip of the iceberg of what this country holds in its mountains for its people.

While we are happy that the proceeds of the stone are going to improve the bottom line of the company, it is vital that there is fair and equitable sharing of the profits between investors, employees and government. Otherwise, it does not matter how much mining companies gain if their largesse cannot be translated to beneficiaries, especially host communities. Possibly one of the largest pink diamonds to be mined in Lesotho, the discovery of the stone comes a few days ahead of the African Mining Indaba to be held in Cape Town from Monday. The diamond find coincides with the annual event that has become instrumental to successful capitalisation and development of mining interests both in Lesotho and Africa.

We are not sure yet if Lesotho will be represented here but the Mining Indaba has succeeded for over 27 years.

Its organisers think that it has a unique and widening perspective of the African mining industry, bringing together visionaries and innovators from across the spectrum.

A few years ago, former Minister of Mining, Lebohlang Thotanyana was a delegate amongst many other dignitaries and we would have loved to have our own officials and mining bosses attend the occasion to witness how mining houses are dedicated to supporting education, career development, sustainable development and other important causes in Africa. We would have liked to have our young and aspiring Basotho mine owners and workers attend the event as it attracts not only senior officials but more junior and mid-tier professionals. They would be able to network with representatives from major mining companies, more investors and as always, the largest gathering of mining ministers in Africa.

Already, several high ranking officials from presidents to business magnates as seen in previous years, have booked their places as notifications hit our mails from time to time.

This is certainly a must attend meeting as it enhances business matchmaking and networking. You never know when the next person could be your next business partner. Indeed, the business environment evolves and a meeting like this could only open doors for anyone who is hungry for success. It can break barriers and influence your outlook on business. Elsewhere in the paper, we read an inspiring story about Limakatso Moshoeshe. Limakatso is obviously knowledgeable about the academic side of business and it reflects on her product offering.

Unlike the "Kota king", who drives himself into an accident in the Outsurance television commercial, the "Kota queen" here is interested in customers asking for more.

Sometimes you do not need exorbitant amounts of money to start a business. All it takes is guts, a few buyers a winning attitude to tread where others fear. As in mining, you keep digging until you find your precious stone.

Critical Information about Our Brains, Response Mechanisms, Learning and Thinking: Tools and processes

The tools and processes shared and illustrated later in this presentation help people to train and strengthen the brain pathways to the left pre-frontal lobe and enable us to balance use of the two pathways appropriately because they are both essential for survival and growth.

The trending neuroplasticity is the capacity of human brains to develop new neural pathways throughout their lives – fear-creating and strengthening protective, and largely destructive neural pathways and love-creating and strengthening growth neural pathways.

The processes of brain reprogramming, brain detoxification and social extended fear and long-term repression

strengthen the brain pathways to our right pre-frontal lobe.

So, we are always in fear of something, and wanting to protect ourselves. This becomes our default mode. It lowers our mental capacity and weakens our immune system.

Healing enables individuals to replace old untenable, destructive, fear neural pathways with new constructive, growth, love neural pathways. These are essential conditions and processes for sustaining quality peace and resilience for developing and reviving our second mother-tongue, the language of sustaining quality peace and resilience.

Our current situation owes itself to our historical experiences of more fear than love, mediated primarily through colonialism, apartheid, and other repressive and abusive practices.

This presentation proposes that we ought to seek to unlearn the old untenable habits and relearn the only habits that will enable us to attain to the "Lesotho We Want". Learning how to Learn and Thinking About Thinking capacity, and limits human beings' natural capacity for high achievement. Thus, it gives an unfair advantage to a very limited proportion of human populations whose active learning modules, or capacities, happen to coincide with current education teaching methods.

This leads to the inequalities we have in society that, in

turn, lead to our life destructive experiences and the need for sustainable reforms. We may not hope to remedy the situation when we fear to learn new things that are critical for our own reforms as individuals, institutions, society, and the human brain is designed with two faculties or capacities for two distinct functions: cognitive (thinking) used by the conscious

mind and responsible for less than ten percent of learning; and metacognitive (higher thinking) responsible for more than ninety percent of learning that is used by the non-conscious mind.

Traditional education teaches the cognitive brain, focuses on just a small part of even this limited brain. This

presentation uses one of the tools to illustrate how our natural potential for high achievement can be activated.

The brain has the left and right hemispheres with the white matter of fat – corpus callosum – in between them. A thin corpus callosum affects learning adversely. It shows seven mental modules, or capacities, responsible for linguistic learning, logical/mathematical learning, visual/spatial learning, musical learning, intrapersonal learning, interpersonal learning, and kinesthetic learning running through brain columns of neural cells.

Our brains and minds perform at their best when all seven are activated, developed, engaged, and harmonised for mental work and we are then able to realise our potential for high achievement. Again, as mentioned earlier, traditional education hardly ever uses these. We may observe how little children use almost all their capacities and modules; until they go to school where the use of most of the capacities is throttled and educational casualties created.

Mind Mapping Approaches (MMA) help us to synchronise these capacities by using mind mapping. Again, this presentation illustrates the use of mind mapping later in introducing first principles for designing I4SQPRs – peace architectures.

(To be continued)

SUSTAINING QUALITY

PEACE & RESILIENCE

BY MAFOLE SEMATLANE



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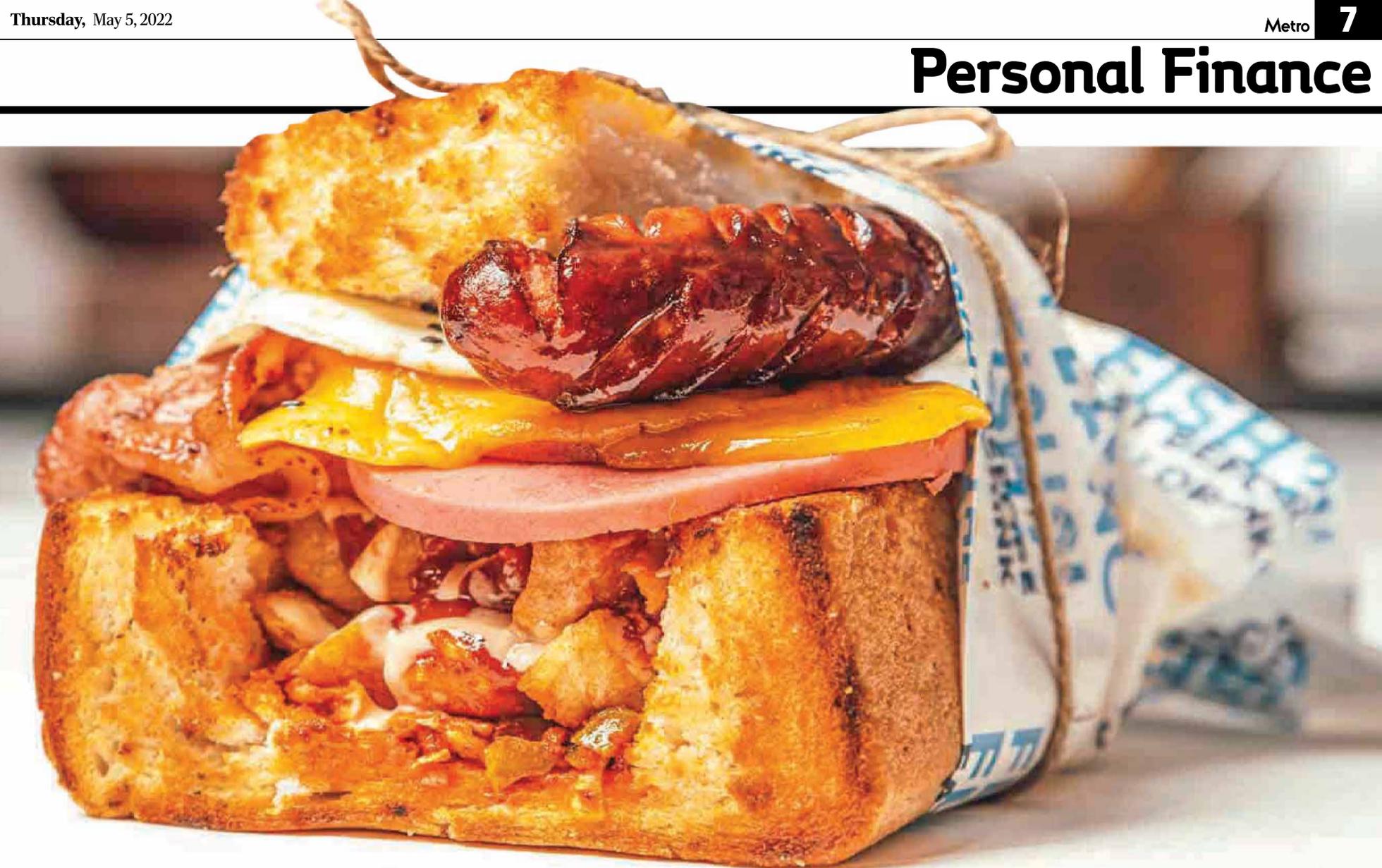


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The kota queen rules Peka

...as she follows her business plan

KABELO MASOABI

LERIBE - The fast-paced world has not only denied people the luxury of time to eat but it has brought with it high demand for fast foods, especially in the morning.

All sorts of fast foods are served to busy people and a kota (burger) has become popular and profitable to enterprising individuals like Limakatso Moshoeshoe.

The 23 year-old who manages a small fast food container located in the rural town of Peka, Leribe says the community has approved her 'mouthwatering' kota.

"I noticed that many people preferred to eat fast foods in the morning as they rush to school and work," Moshoeshoe told Maseru Metro in an interview.

"The advantage of a kota is that it's affordable and carries essential foods recommended for breakfast such as bread, eggs and bacon. I learnt to prepare sweet kotas and offer excellent customer service so that my business becomes profitable."

However, Moshoeshoe warns that starting a business needs a workable plan for it to be successful.

"A business plan is a roadmap of any business as it helps you put down facts and figures in order to plan your finances," she says. "You also need to locate your business near your target customers."

Moshoeshoe says a kota business is best suited to areas with a lot of traffic and decent operating premises.

"It can be a container or a small kiosk - whatever the operating premises you choose, make sure it's clean and neat," she says.

Moshoeshoe says the size of a kota business, equipment and business location determines startup costs.

"You can start a small Kota business with M3 000 and most of your startup capital will be spent on buying equipment," she says.

"The business needs to be visible, the food needs to attract customers. Offer excellent customer service and it will ensure that your business is competitive."

Moshoeshoe says her sweet kotas and creativity are what defines her competitive edge as customers and referrals keep coming back for more.

"No kota certainly exists without bread and chips but there are specific ingredients that should separate yours from the rest," she notes.

Moshoeshoe says a traditional kota that sold at M7 is normally stuffed with bread, chips and eggs but adding lettuce, cheese and bacon can fetch up to M25.

While the ingredients are available from wholesalers at lower prices, she says marketing the business is essential to getting a share of kota market.

Although it is true that rural businesses generally face less competition than urban ones, this does not mean that marketing is not important for your business, the young entrepreneur says.

Otherwise, the business management graduate says social media is a cheap but powerful medium to reach customers in a quick and effective manner.

"One of the key features to a successful rural business is the ability to serve particular needs of the community," she also says.

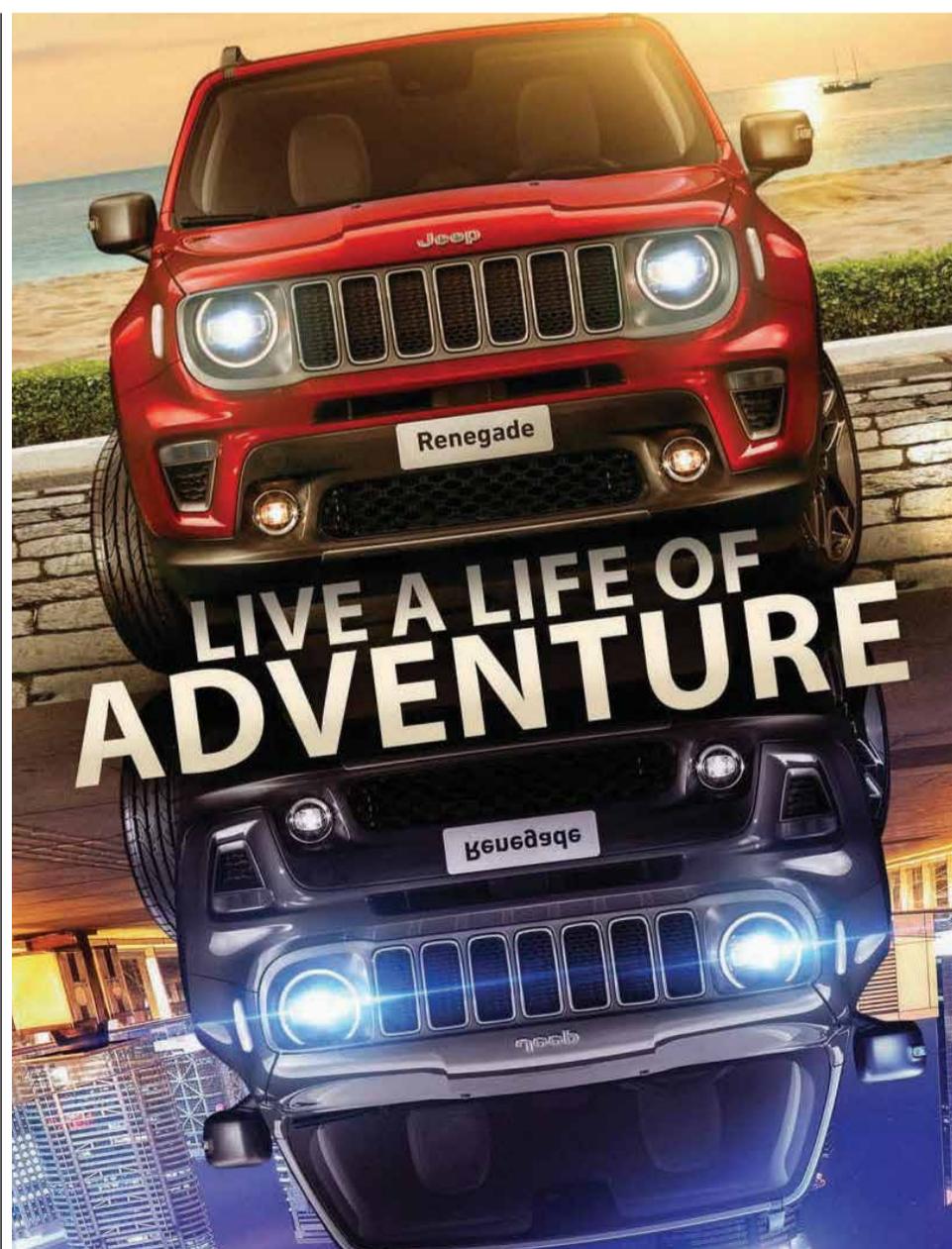
"You can easily use social media to get direct feedback from your customers and find ways of tailor-made messaging. "Create a WhatsApp group chat for your regular customers where you can let them know directly about any specials

or product announcements you wish to make."

Moshoeshoe says her loyal clients

comprise school children, teachers, taxi operators, commuters and factory workers.

"In the afternoon, I also boost my sales doing door to door deliveries within my home village of Ha Makhaketsa," she concludes.



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Lesotho commits to health rights

- SADC region pledges to improve sexual and reproductive health rights among youth
- Member states formulated new laws on among others child marriage



Mamofoka Kale from the Southern African HIV and AIDS Information Dissemination Service (SAfAIDS).

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MASERU - Renewed Eastern and Southern Africa (ESA) commitment is anticipated to increase political will and engagement on Sexual and Reproductive Health Rights (SRHR) related to adolescents and youth in Lesotho.

It follows the SADC countries pledge to improving sexual and reproductive health rights among adolescents and young people, significant gaps and barriers that still exist to realisation of the ESA's commitment targets.

The countries include Lesotho, Botswana, Namibia, Swaziland and South Africa amongst others.

The countries have contributed to formulations of new laws and policies or review of laws and policies around child marriage and education rights of pregnant learners.

The short-term targets need to be met by 2025, according to Mamofoka Kale from the Southern African HIV and AIDS Information Dissemination Service (SAfAIDS).

She said the targets included 95 percent of adolescents and young people to be reached with good-quality, age-appropriate, culturally-relevant and evidence-based sexuality education through

in and out of school programmes.

"Another target includes adolescent and youth-friendly SRHR services that are integrated into Universal Health Coverage packages," said Ms Kale.

In the longer term, she said the ESA would work towards reaching the targets by the end of 2030, when the reduction of new HIV infections would be 60 percent among adolescents and young people aged 15-24 years.

"ESA will establish sustainable financing modalities including direct allocation of domestic resources, innovative and blended financing modalities to mobilise resources to be allocated to all the relevant sectors contributing to the realisation of the SRHR of adolescents and young people," she said.

"Additionally, the renewed commitment is expected to foster and sustain the design and roll-out of new CSE interventions and programmes for prevention of early and unintended pregnancy."

UNESCO National Programme Officer, Lineo Molapo said an evaluation of the 2013 commitment revealed progress in reducing new HIV infections, increasing comprehensive HIV knowledge and creating a conducive policy environment. She said the evaluation also

indicated that accelerated efforts were urgently needed to reduce Early and Unintended Pregnancy (EUP), Gender Based Violence (GBV) and curb the effect of humanitarian emergencies such as the COVID-19 pandemic.

According to UNICEF, this further underscores the need to renew the commitment, through expanding and aligning it with the SDG Agenda 2030.

SAfAIDS with the support of UNESCO, under 'Secure the Future' project, is collaborating with Civil Society and Youth Organizations in the SADC region to increase support for the renewed ESA Ministerial Commitment on Comprehensive Sexuality Education (CSE) and Sexual and Reproductive Health (SRH) services for adolescents and young people that 21 SADC and East African countries made in 2021.

At regional level the ESA

commitment will also sustain legitimacy and pressure for the achievement of targets by member states.

Among other key initiatives, ESA will close significant gaps and address several barriers to the realisation of the commitment targets.

As part of the project, SAfAIDS Lesotho is also mobilising and engaging other CSOs and youth organisations in the country, to strengthen meaningful and effective engagement, where member states will catalyse the adoption of the renewed commitment to national priorities, policies, and laws.

SAfAIDS is supporting CSOs to convene national CSE and Adolescents and Young People's Sexual and Reproductive Health and Rights (AYSRHR) dialogues, participate in national technical working groups, engage with the media and track and monitor opposition to CSE and AYSRHR.

ESA commitment is an initiated process that aims to develop and implement a commitment on needs and rights of young people.



Too extraordinary to give away

GET SOMETHING JUST FOR YOU.

No smoke before bedtime:

Smoking is any ways injurious in whatever time of the day you indulge in but having it before bedtime can keep you wide awake for long hours in the night. Nicotine in cigarettes is a stimulant and can cause alertness rather than calming you down. It makes the person find it difficult to fall asleep fast in the night and makes him/her restless.

Coronary Heart Disease

Shorter people are at higher risk of heart disease and heart attacks. Your height isn't exactly to blame though—it's the genes at play. Roughly 180 genes contribute to shorter stature, and some of these same genes also leave you at

risk of heart problems. The shorter you are, the greater your heart disease risk will be. For every 2.5 inches you are shorter than average, your risk jumps 14%. If this applies to you, you don't need to worry. A healthy lifestyle

can do a lot to improve your chances. Don't smoke, maintain a healthy weight and blood pressure, avoid so-called bad cholesterol (LDL), and exercise regularly to give your heart the advantages it needs to stay healthy.

Basotho unhappy with COVID-19 assistance

- Many people lost their income
- A lot more think pandemic related assistance was distributed unfairly



A Mosotho herd boy looking after cattle

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MASERU – More than one in three Basotho lost a primary source of income because of the COVID-19 pandemic, says the Afro-barometer, a non-partisan survey research network that provides reliable data on African experience and evaluations of democracy, governance and quality of life.

It said one in seven people said they received pandemic assistance from the government, while it also revealed that the majority of citizens said the pandemic related assistance was distributed unfairly, and most think that a lot of the resources intended for the COVID-19 response were lost to corruption.

It said while almost half of Basotho approved government's overall response to the COVID-19, far fewer gave it good marks when it came to supporting vulnerable households, minimising disruptions to children's education, and ensuring that health facilities were adequately resourced.

Most respondents reported having been vaccinated against COVID-19, and fewer than one in 10 expressed a reluctance to accept the vaccine.

Key findings showed that about 11 percent said a member of their household became ill with COVID-19 or tested positive for the virus, while 37 percent said someone in their household lost a job, business, or primary source of income due to the pandemic. Fifteen percent Basotho reported that their households received pandemic related assistance from the government, and 38 percent said such assistance was distributed fairly.

Three-quarters of citizens said they believed that a lot or some of the resources intended for the COVID-19 response had been lost to corruption.

Basotho were almost evenly split in their assessments of government's overall performance in managing the response to the COVID-19 pandemic: 25 percent said it was doing fairly well or very well while 50 percent said it is doing a poor job.

On the other hand, the survey indicated that there were Basotho who believed the misinformation about COVID-19 vaccination and COVID-19.

Other beliefs were associated with the hesitance to get vaccines, where there were also Basotho who embraced COVID-19 vaccination but found government assistance lacking.

With a population of 2.1 million, Lesotho has recorded over 14 000 cases of COVID-19 and over 400 deaths. Nearly 10 percent of the population has received a first COVID-19 vaccine dose.

FreshFever



Abortion affects education – Report

... as prevention of unwanted pregnancies must be prioritised



wanted to access contraceptives.

“More common reasons for contraception non-use are concerns about side effects and health risks,” he also said. “Infrequent sex or lack of sex, postpartum amenorrhea or breastfeeding, being unmarried opposition to contraception, while concerns about side effects and misinformation about pregnancy risks are common.”

He said it meant that one in three women in Lesotho started childbearing in adolescence, most probably not a choice they had made and nearly half of adolescent mothers were children while unintended pregnancies destroyed the life of young girls.

“This is a report about whether or not and how much the world values women and girls beyond their reproductive choices,” Dr Derveeuw said.

The Minister of Social Development, Selibe Mochoboroane said teenage pregnancy was a developmental issue that had been neglected for a long time, adding that it was not only a personal issue but a personal and human rights issue affecting all.

“The national development agenda can’t be achieved until women and girls actively get involved in economic activities of the country,” he said.

“The government of Lesotho strives to achieve sexual reproductive health and reproductive rights for all through education,” Mr Mochoboroane said.

UNFPA representative to Lesotho, Dr Marc Derveeuw

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MASERU - Lesotho has to prioritise prevention of unwanted pregnancy and educate adolescent girls about sexuality and reproductive health, says State of the World Population Report 2022.

The report said admissions due to abortion of girls between 10-14 years, at 35.71 percent, affected their education as well as the economy.

“Dealing with unintended pregnancies is about dealing with policies, making the right decisions beyond the borders, and seeing it as national development,” it said.

Research shows that rates of unintended pregnancy tend to be lower in countries with more liberal abortion laws compared to those with more restrictive laws, an issue that cannot be reduced to personal responsibility, morality or behavior.

The United Nations Population Fund (UNFPA) says in low- and middle-income countries, restrictive abortion laws are not shown to reduce recourse to abortion.

Among high-income countries, those with liberal abortion laws, a smaller proportion of unintended pregnancies result in abortions, compared to those with restrictive laws.

UNFPA representative Dr Marc Derveeuw said half of all pregnancies were unintended, while there were 121 million unintended pregnancies every year globally.

“One in two pregnancies take place in the bodies of women who did not affirmatively choose pregnancy or motherhood, who were not open to the prospect of having a child at that time, with that partner, in those circumstances,” he said, presenting the report.

“For these women, the most life-altering reproductive choice, whether to become pregnant or not, is no choice at all.”

Globally, Dr Derveeuw said for the past 40 years, family planning programmes had worked, including in Lesotho where there was a slight increase in the use of contraceptives and a small decline in unmet need for family planning, where more clients

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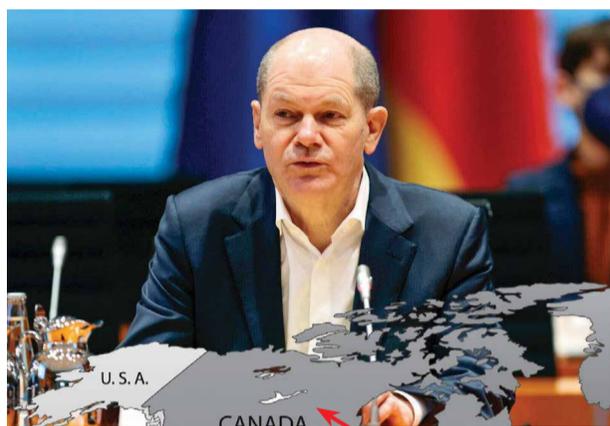
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The world in 10 minutes

GERMANY

In shift, Germany gets behind immediate EU ban on Russian oil

Germany said on Monday it was prepared to back an immediate European Union (EU) embargo on Russian oil, a major shift from Moscow's biggest energy customer that could let Europe impose such a ban within days. Russia's energy exports – by far its biggest source of income – have so far largely been exempt from international sanctions over the war in Ukraine. Kyiv says that loophole means European countries are funding the Kremlin war effort, sending Moscow hundreds of millions of euros every day. "We have managed to reach a situation where Germany is able to bear an oil embargo," German Economy Minister Robert Habeck said Monday in Brussels, where he met with EU colleagues. "This means it won't be without consequences." Chancellor Olaf Scholz, who has been more cautious than other Western leaders in backing Ukraine, has been under growing pressure to take a firmer line, including from within the Social Democrat's own governing coalition. In an interview broadcast Monday, Scholz said sanctions will remain until Russian President Vladimir Putin signs a peace deal with Ukraine.



USA

US accuses Russia of depravity and brutality

The US defence department has accused Russian President Vladimir Putin of acting with "depravity" in his invasion of Ukraine. US Spokesman, John Kirby became visibly emotional as he asked how anyone "moral" could justify the atrocities committed by Russia. But Russia's ambassador to the US Anatoly Antonov has rejected the accusation. He described Mr Kirby's comment as "offensive and unacceptable". Ukrainian President Volodymyr Zelensky said on Friday he was still open to peace talks with Mr Putin. But he said there was a high risk they could collapse amid Russian aggression. Speaking to Polish media, Mr Zelensky said he wanted to meet Mr Putin because "a single man decides everything" in Russia. But the destruction left by Russian forces in occupied areas has made any discussions tenuous, he said. "After Bucha and Mariupol people just want to kill them. When there is such attitude, it is hard to talk about anything." On Thursday, Ukraine announced a hunt for 10 Russian soldiers accused of war crimes in Bucha - a suburb north of Kyiv where at least 400 civilians were killed.



UKRAINE

How Ukraine's 'Ghost of Kyiv' legendary pilot was born

UKRAINE's fighter pilots are vastly outnumbered by the Russians, and have become legendary - thanks in part to the story of an alleged flying ace called the "Ghost of Kyiv". This hero is said to have downed as many as 40 enemy planes - an incredible feat in an arena where Russia controls the skies. But now the Ukraine Air Force Command has warned on Facebook that the "Ghost of Kyiv is a superhero-legend whose character was created by Ukrainians!". "We ask the Ukrainian community not to neglect the basic rules of information hygiene," the message said, urging people to "check the sources of information, before spreading it". Earlier reports had named the ace as Major Stepan Tarabalka, 29. The authorities confirmed that he was killed in combat on 13 March and honoured with a Hero of Ukraine medal posthumously. Now, the air force stresses that "Tarabalka is not 'Ghost of Kiev', and he did not hit 40 planes". It describes the "Ghost of Kyiv" as "a collective image of pilots of the Air Force's 40th tactical aviation brigade, who defend the sky over the capital", rather than a single man's combat record. For weeks, Ukrainians did not have a name to go with the "Ghost of Kyiv" - but that did not stop the story going viral on social media. It was used as a marketing brand by a Ukrainian model aircraft manufacturer, while Ukrainian Iryna Kostyrenko showed off a military badge inspired by the legend.



JAMAICA

Why do Caribbean countries want to leave the Monarchy now?

Officials in at least six countries in the Caribbean where Britain's Queen Elizabeth II is head of state have signaled they intend to remove the monarch as their sovereign. These countries follow Barbados, which removed the queen as its head of state to become the region's newest republic in November 2021. The calls, made over the course of the past two months, have come as members of the British royal family made two separate trips to the Caribbean this year, drawing protests at every stop. Prince Edward and Sophie, the Countess of Wessex, will wrap up their leg of a six-day Caribbean trip Thursday after visiting Antigua and Barbuda, St. Lucia, and St. Vincent and the Grenadines. A planned stop in Grenada was postponed. Buckingham Palace said in a statement. Prince William and Kate, the Duchess of Cambridge, visited Belize, Jamaica, and the Bahamas in March. Local protesters in Belize and Jamaica called for a formal apology by the royals for their family's role in the enslavement and brutalization of Africans and demanded reparations. An official has been appointed to oversee the process of decoupling in Jamaica, reported the Guardian, and the prime minister of Antigua and Barbuda, Gaston Browne, told Edward and Sophie in a meeting that his country intended to become a republic "one day." All six Caribbean countries that have indicated they plan to remove the queen as their head of state—Belize, the Bahamas, Jamaica, Grenada, Antigua and Barbuda, and St. Kitts and Nevis—were colonized by the British.



CAR

Russian mercenaries behind Central African Republic atrocities - HRW

Russian mercenaries have been accused of summarily executing, torturing and beating civilians in the Central African Republic (CAR). Witnesses told Human Rights Watch (HRW) that in one incident last July, Russian-speaking fighters shot dead at least 12 unarmed men at a roadblock. Most victims were put in a shallow hole by the road near Bossangoa, they said. CAR's government denies hiring mercenaries from the private Russian Wagner Group to fight rebels. UN experts have also accused Russian mercenaries of committing systematic and grave human rights violations in CAR, which is one of the world's poorest countries but is rich in diamonds, gold and uranium. The Wagner Group is widely reported to have deployed forces elsewhere in Africa - in Mali and Libya - and has played a major role in the conflicts in Syria and Ukraine. Last month, suspected Russian mercenaries were among those accused in a HRW report of executing about 300 people in central Mali. This week, Russia's Foreign Minister Sergei Lavrov reiterated Moscow's official position that Wagner has nothing to do with the Russian state. In its report, HRW says it has collected compelling evidence that Russian fighters have committed grave abuses against civilians in CAR with complete impunity since 2019. Between February 2019 and November 2021, the campaign group interviewed 40 people, including 10 victims and 15 witnesses, about abuses by men speaking Russian.



CANADA

Canada removes barriers on gay men donating blood

Prime Minister Justin Trudeau said it was "good news" that gay men could give blood without restrictions on having to abstain from sex for a certain period if they wanted to donate. Canadian health officials on Thursday removed restrictions that made it difficult for gay men to donate their blood. Health Canada, the federal health department, authorized a submission by the Canadian Blood Services, an agency that collects blood and coordinates donors across Canada, to allow gay men to donate blood to others. The change is expected to take effect by September 30, 2022. Canadian Blood Services said people would be screened for high-risk sexual behavior instead of being asked questions about their sexual orientation or gender identity. Potential donors would face questions about new or multiple partners, regardless of who they had sex with. Those who said yes to the question would be asked about their sexual behavior. The blood donation agency said questions based on sexual behavior would allow it to reliably assess the risk of infections, such as HIV. Catherine Lewis, a spokeswoman for the Canadian Blood Services, said the change in criteria was scientifically informed and allowed the agency to be more inclusive about donations. Prime Minister Trudeau said it was "good news" but had taken too long. "This should have been done 10 years ago, 15 years ago," Trudeau said at a press conference. He added that the removal of restrictions took too long but that research "simply wasn't done by previous governments."

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Be Car-Smart

winterise your classic car



When the aroma of pumpkin spice fills the air, it's time for classic cars to go into hibernation for the winter. But you can't just park them in

the garage and hope for the best. You need to winterize your classic car to keep it safe for spring. Follow these seven steps to keep your

favorite ride safe all winter:

Get it clean. Wash, wax and polish it up. This helps prevent corrosion and tarnish. It also keeps grit and grime from scratching your car when you put on its cover. And don't forget to vacuum and wipe down the interior, too. **Fill 'er up.** Fill your classic car's tank with premium fuel and add a fuel stabilizer. The stabilizer will prevent evaporation that can lead to corrosion in the gas tank. Without a stabilizer, fuel can deteriorate and gum up your carburetor, making it difficult to start the engine come spring. After you add the stabilizer, run the engine for a few minutes to distribute it throughout the system.

Change for the season. Change the oil and filter and replace coolant, brake and transmission fluids to prevent corrosion during the winter months.

Keep it dry. While your classic car is in hibernation, moisture and humidity can lead to mold on its upholstery and carpet. Placing several boxes of baking soda throughout the interior can help absorb excess moisture.

Give it air. If you are storing your classic car for less than six months, you can prevent

flat spots on your tires by slightly overinflating them before hibernation. If you are storing it for longer than six months, your best bet is to lift the car on jack stands to prevent strain on the tires. **Unplug.** Disconnect the battery terminals or remove the battery entirely to keep it from discharging in storage. Use a battery tender to keep the battery charged until it's time to cruise again. If you remove the battery entirely, follow these steps to store it properly.

Cover up. Cover your vintage vehicle with a breathable classic car cover (not plastic). This will prevent moisture buildup beneath the cover. Special environmentally controlled storage facilities for classic cars are available, if you want to be extra careful. If you keep yours at home, just make sure the storage area is dry, and take precautions to ward off rodents that may crawl into the car for warmth (and end up chewing up your upholstery). If you follow these steps, your precious roadster should be ready to roll come spring. **One last tip:** Make sure your classic car is well insured. Frankenmuth Insurance has a Collector Car policy designed specifically for treasured rides like yours.

Above and beyond!

... as Land Rover supports Virgin Galactic's first fully-crewed space flight

livestream of the space flight, seeing first-hand the extraordinary experience Virgin Galactic is creating for future astronauts.

"This is an incredible technical and human achievement for the Virgin Galactic team as they took personal adventure to thrilling new heights," said Joe Eberhardt, President & CEO, Jaguar Land Rover North America. "Land Rover is proud to have supported this exciting mission and we look forward to supporting all the flights into the future."

Virgin Galactic is the world's first commercial 'spaceline'. It has already signed up around 600 Future Astronaut customers, who will be transported to their flights in vehicles supplied by partner Land Rover.

Land Rovers are part of daily life for the Virgin Galactic team, with roles which include towing the space vehicles, carrying equipment and clearing runways before take-off for the first private company to fly humans into space in a craft designed for commercial service.

Stephen Attenborough, Chief Customer Officer for Virgin Galactic, said: "Land Rover has been by our side, on our side and part of our daily lives at Virgin Galactic since 2014. It was completely fitting that these capable, luxurious and iconic vehicles played a central part in today's historic events. As we look ahead to the start of a full commercial service, we couldn't be more delighted to know that Land Rover will be going Above and Beyond, as together we open space to change the world for good."

Virgin Galactic founder Sir Richard Branson and Jaguar Land Rover Chief Creative Officer Prof Gerry McGovern OBE unveiled the Range Rover Astronaut Edition in 2019. Created by Land Rover SV Bespoke and offered exclusively to Virgin Galactic Future Astronaut customers, these luxury SUVs celebrate the partnership's shared values and the Future Astronaut community's historic contribution to the democratisation of space.

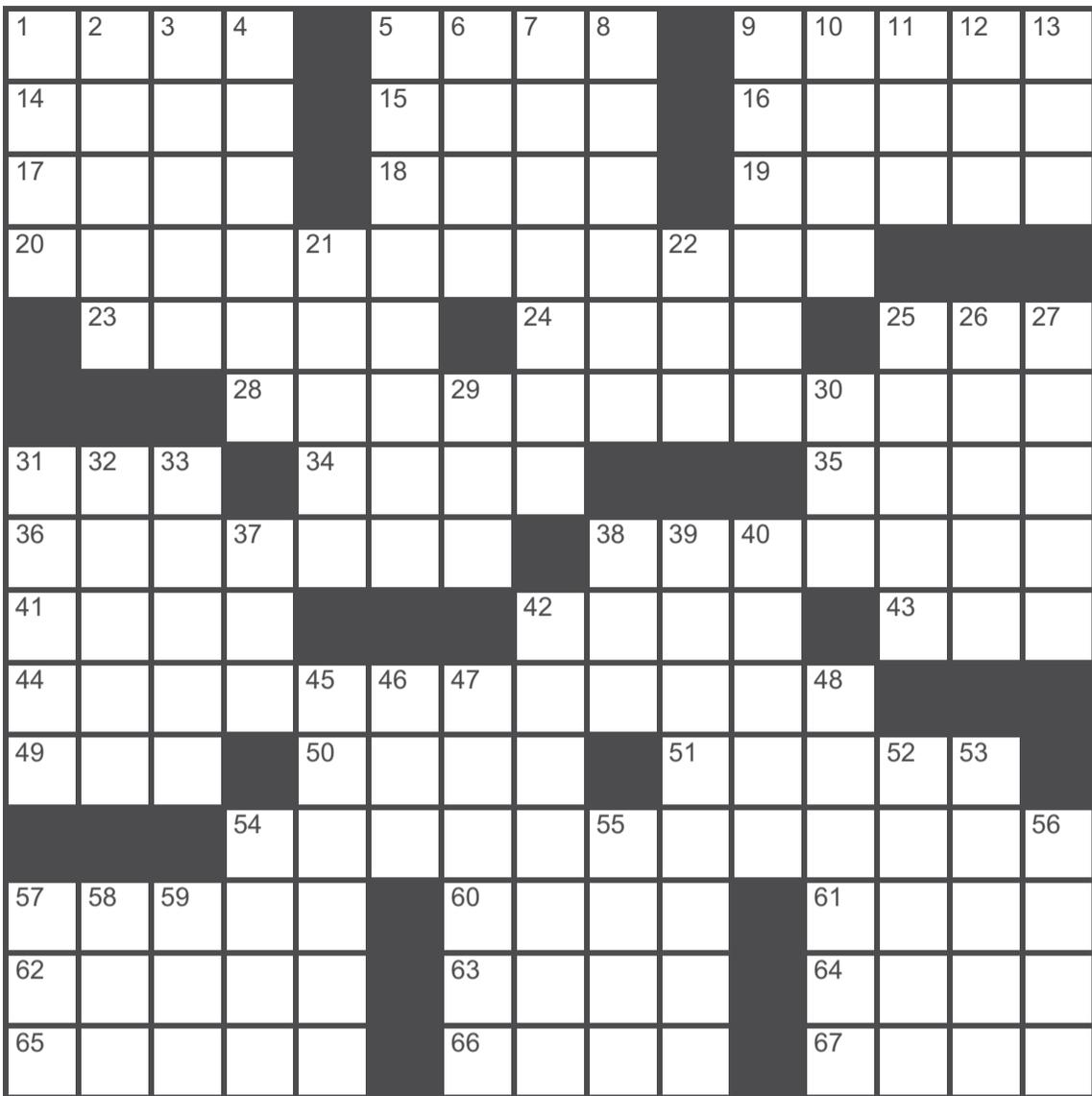


Land Rover was part of the mission as Virgin Galactic completed its first ever fully crewed space flight, with founder Sir Richard Branson on board as one of four Mission Specialists. The SpaceShipTwo Unity craft travelled with four Mission Specialists and two pilots

on board. The six-strong crew started and completed their mission at Spaceport America in New Mexico. Sir Richard arrived for the 'Unity 22' mission in a Range Rover Astronaut Edition and after a safe landing his spacecraft was towed back to waiting

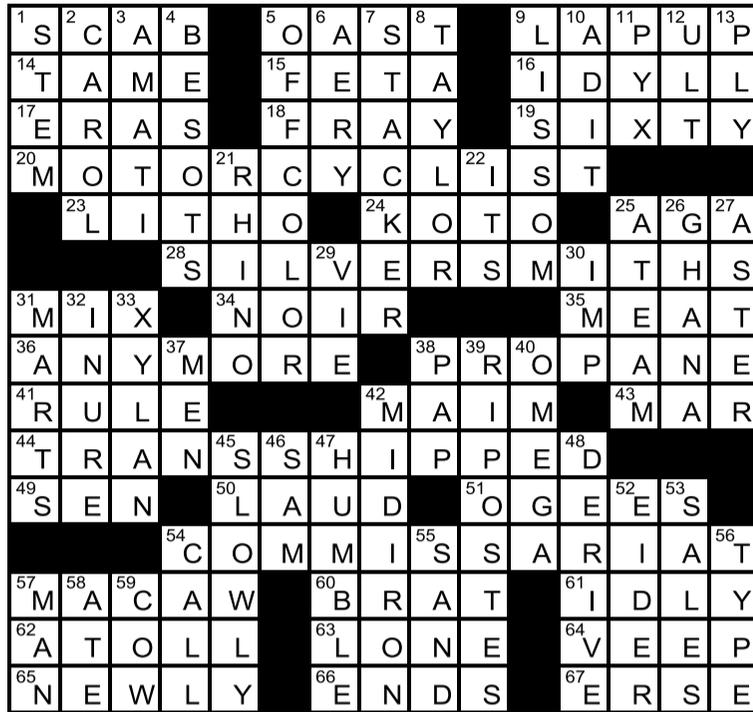
well-wishers by a Land Rover Defender 110. The company's fourth crewed spaceflight was the first to carry a full crew. Those in the cabin experienced out-of-seat weightlessness and incredible views of Earth from space. Audiences around the world watched a

General Crosswords



- Across**
- 1. Sheep's cry
 - 5. Sonic speed
 - 9. Permeate
 - 14. Dolly of "Hello, Dolly!"
 - 15. New York's _____ Canal
 - 16. Hot sauce
 - 17. Bread maker
 - 18. "Buona__" (Italian greeting)
 - 19. Square dance group, e.g.
 - 20. Confine
 - 23. Barrel part
 - 24. Bulgarian monetary unit
 - 25. Melancholy
 - 28. Tale
 - 31. Bottom line
 - 34. Cheerful tune
 - 35. "Tosca" tune
 - 36. Importance
 - 38. Snob
 - 41. Wrinkly fruit
 - 42. Self-satisfied
 - 43. Fire residue
 - 44. Untruthfully
 - 49. Poetic palindrome
 - 50. Arctic native
 - 51. Squirrel away
 - 54. Subject to the law of another
 - 57. Mineral used as a cleansing agent
 - 60. Originated
 - 61. Think (over)
 - 62. Listlessness
 - 63. French cordial flavoring
 - 64. Actual being
 - 65. Shades of blue
- Down**
- 1. Coalition
 - 2. Jeans brand
 - 3. Deflect
 - 4. Destroyer, in Navy slang
 - 5. Spellbinding
 - 6. God of war
 - 7. Metal band adornment
 - 8. Auditor
 - 9. Meteorologist's line
 - 10. Defensive spray
 - 11. Club alternative
 - 12. Consume
 - 13. "Mangia!"
 - 21. Throat dangler
 - 22. Wrigley Field flora
 - 25. Neighbor of Turkey

Last Week's Solution

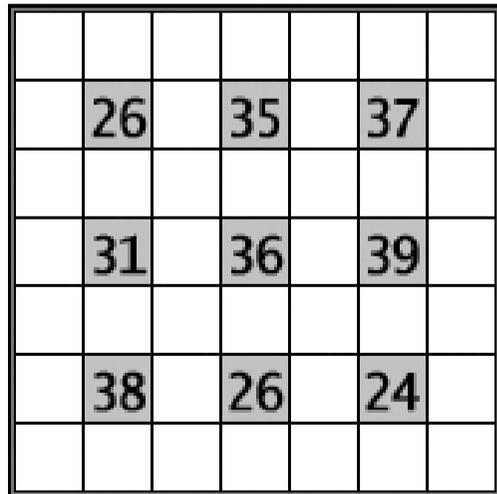


- 26. Not quite right
- 27. Life partner?
- 29. Like a fox
- 30. Stetson, e.g.
- 31. Froth
- 32. One who advocates
- 33. Pooh's creator
- 37. Central
- 38. Outback runner
- 39. Luxuriance
- 40. Block house?
- 42. High range
- 45. Joan's "Dynasty" role
- 46. Mouse catcher
- 47. Medicinal syrup
- 48. Kvetch
- 52. Stir up
- 53. Edible red seaweed
- 54. Take
- 55. Fail to mention
- 56. Winter toy
- 57. Get in a pool
- 58. Wee hour
- 59. Biochemistry abbr.

So You Think You are Genius

Question (Answer next week)

Below is a very special grid, around each shaded number are 8 white squares. However, each white square should have a number from 1 to 7. Once filled in, these 8 numbers will sum to the shaded number. In addition, once completed correctly, no row nor column will contain a duplicate number within a white square. For example, the top row may be 5 6 4 2 3 1 7, etc. This is BrainBashers most difficult puzzle, but is solvable without the aid of a computer.

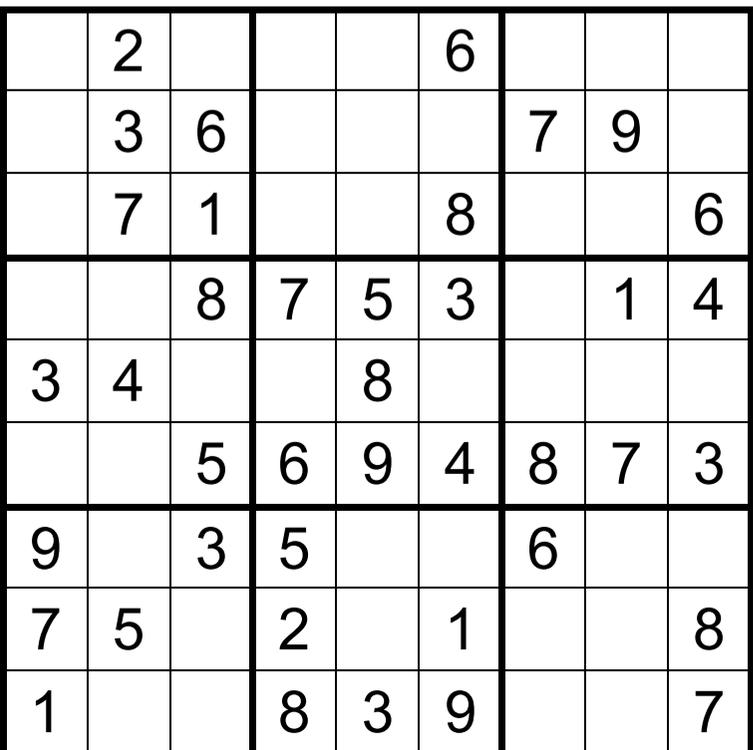


Last Week's Answer



The letter 'e', which is the most common letter in the English language, does not appear once in the paragraph.

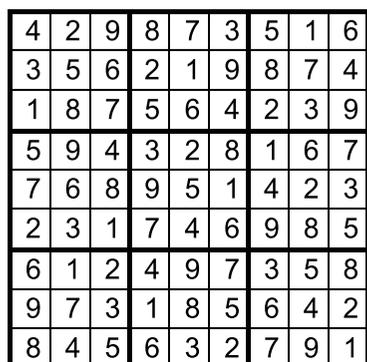
Sudoku Puzzle



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



Kick4Life women team

Kick4Life close shop for men senior team

- Club to shift focus on women and youth football
- Restructuring to ensure young players sign with big teams abroad

MASERU – One of the growing football brands in the country, Kick4Life FC have shocked the football fraternity following the announcement that the management of the club has taken a decision to disband its men's team by the end of the current season.

Kick4Life have been playing Premier League football for six seasons with their most successful campaign being the 2016/17 season, where the club finished in fourth position

under the mentorship of Leslie Notsi.

The club has announced that its focus will now shift to mainly to its women's squad as well as youth football for both boys and girls.

"Starting from next season, Kick4Life FC will focus on women's senior football as well as boys and girls youth football, with the senior men's team dropping out of the Premier League after six successful years," the club said in a

statement.

"Kick4Life's mission is to change the lives and long-term prospects of young people in Lesotho and a core function of the current Kick4Life senior men's team is to provide our most talented football participants the opportunity to play at a high level and achieve their potential in life.

"This has included supporting several young players to obtain life changing student-athletes scholarships

in the USA and Canada, such as Lesia Thetsane, Mako Makoanyane, Senate Letsie, and Boitumelo Rabale.

"Kick4Life announced that the changes will not affect their senior women's team campaigning in the Lesotho Football Association Women's Super League.

"Kick4Life men's football operations will now focus exclusively on developing young players (up until U-23), while playing regularly against top teams in Southern Africa as well as competing in the lower leagues in Lesotho that are permitted by NCAA," the statement further stated.

"Kick4Life women's team will remain in the Super League with a strong focus on becoming a dominant force in the country after winning their first Super League title in 2021. Kick4Life aim to play a key role in growing the women's football ecosystem and industry in Lesotho," the statement also said.

Kick4Life co-founder, Pete Fleming said the restructuring will help them focus their resources towards ensuring that more players get football and academic scholarships abroad.

"Kick4Life's unique academy programme focuses on three key pillars: academics, character development and high-football training. We remain extremely focussed on developing the best young male and female footballers in the country through a restructured youth development and academy programme that will continue to offer some players the opportunity to sign for professional clubs across the globe," Fleming said.

Kick4Life are currently in ninth position in the Vodacom Premier League with 40 points from 28 games. Over the weekend they suffered a 3-0 defeat at the hands of Swallows, who are fighting to escape relegation.



Going down the memory lane with Tlali Maile

Retired former national team player, Tlali Maile will go down in the history books of football as one of the most decorated defenders in the country having enjoyed an illustrious career that includes winning the league title four times as well as other cup competitions. Among his many accolades, 'King Khabazela', as the diminutive

defender was popular known in football circles, will be remembered for being the first Bantu captain to lift the league title during the 2013/14 season.

A Matšo Matebele at that time had gone through a drought that had taken them over 70-years to win the biggest trophy in the Mountain Kingdom.

They have since added three

more and now sit in fifth spot in the ranking of teams with most league titles in the country. Matlama lead the table with 11 titles followed by LDF at eight while LCS and Lioli come in third and fourth places with six and five titles respectively.

"I have won the league title four times, twice as the captain of Bantu and twice early in my career while playing for FC Likhopo. I have won the Independence Top 4 four times with Bantu as well as the LNIG Top 8 once," Maile explains.

"I also represented my country in both the junior and senior teams, which was a dream come true."

Maile, who was a member of the Lesotho National Under-20 side that took the country to the 2005 Africa Youth Championship in Benin, says he does not have any regrets about his long career as he feels he achieved all that was there to achieve.

"I have no regrets honestly; I feel like I fulfilled almost everything I wanted to achieve growing up as a young player. Playing for some of the big clubs in the country, representing Lesotho from the youth level, playing in continental competitions at club level and winning major trophies here at home, was a dream come true," reminisces the retired defender.

The former Bantu skipper says helping Makoanyane XI qualify for the Africa Youth Championship in

2005, which was the first time a team in the country qualified for a CAF tournament, was the highlight of his career.

"I think what made us tick is that our head coach, Pepper (Seephephe Matepe) and his assistant, Thots (Lehlohonolo Thotanyana), ensured unity in the team. We became a family and everything on the field of play came easily. We were one big happy family and loved playing for our country," he recalls.

Maile says representing his country at the highest level playing in both the World Cup and Africa Cup of Nations qualifiers as well as the COSAFA Cup rank among things that he will cherish for the rest of his life.

"Definitely, representing my country is something I will cherish for the rest of my life. I got a chance to compete against the best football countries on the continent and some of the best African players. The 2013 COSAFA Cup in Zambia particularly was heart-breaking because we had gone as far as the semi-finals, where we lost to South Africa on penalties and I was one of the players, who missed the penalties," the defender remembers.

Maile's career started at an early age in the dusty streets of Ha Abia, on the outskirts of Maseru, where he chased the ball with his peers at Red Arrows and later Peacemakers, which

were notable developmental teams of that era.

"I started playing football at an early age in Ha Abia, where I was born and bred."

He was later scouted by FC Likhopo's owner and coach, the late Bishop Molatoli, who helped him become a household name in the country. It was during his time with Likhopo that Maile enjoyed a lot of success, winning his first league title and playing in the CAF Champions League against the likes of Mamelodi Sundowns of South Africa.

Maile left Likhopo and joined Lerolitholi Polytechnic when he went to pursue his studies at the higher learning institution.

The Lerolitholi Polytechnic team was relegated from the premier league years back and this season it was also axed from the A Division league. Likhopo are second from bottom in the Vodacom Premier League and in danger of losing their topflight football status, which Maile has described 'as a sad situation'.

"It's very painful my brother. I really can't understand what went wrong for the teams to be where they are now, and it hurts a lot to see what it happening to FC Likhopo this season."

Maile's career was inspired by the likes of Lekoane 'Computer' Lekoane, Malefetsane Pheko, Majara Masopha and Shalane Lehohla, who were big names in Lesotho football as he grew up.

"I looked up to the likes of Computer, Majara, Shalane and Malefetsane, who were big local stars as I was coming through the ranks as a young player," he concludes.

