

Debunking Myths



MYTHS

- Antibiotics are very effective in treating the new coronavirus
- Herbal remedies and other drugs can help treat the new virus
- New Coronavirus only affects older people
- Pets can spread the new coronavirus

FACTS

- Antibiotics only work against bacteria not viruses
- No specific medicine recommended for treatment, according to WHO
- People of all ages can be infected by the virus
- No evidence to suggest that pets can be infected with the new virus

FREE

Metro

News you can use

Letšeng Mine recovers top quality diamonds



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>> Pg 5



MAJORO RAISES NEW HOPES FOR LESOTHO >> Pg 3

...promises to tackle hunger, joblessness and corruption

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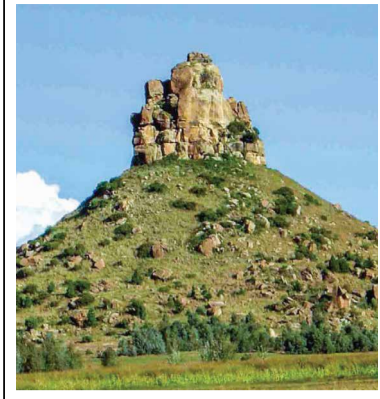
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MASERU		
FRIDAY	SATURDAY	
	20°C / 2°C	
20°C / 2°C	SUNDAY	
	19°C / 1°C	
MAFETENG		
FRIDAY	SATURDAY	
	13°C / 4°C	
14°C / 3°C	SUNDAY	
	17°C / 3°C	
MOHALE'S HOEK		
FRIDAY	SATURDAY	
	13°C / 4°C	
14°C / 3°C	SUNDAY	
	17°C / 3°C	
QUTHING		
FRIDAY	SATURDAY	
	19°C / 2°C	
	SUNDAY	
19°C / 3°C	19°C / 2°C	
QACHA'S NEK		
FRIDAY	SATURDAY	
	19°C / 4°C	
19°C / 4°C	SUNDAY	
	22°C / 6°C	
THABA TSEKA		
FRIDAY	SATURDAY	
	10°C / 0°C	
	SUNDAY	
10°C / -1°C	14°C / 1°C	
MOKHOTLONG		
FRIDAY	SATURDAY	
	14°C / -3°C	
	SUNDAY	
15°C / -1°C	18°C / 0°C	
BUTHA BUTHE		
FRIDAY	SATURDAY	
	14°C / 4°C	
	SUNDAY	
15°C / 1°C	20°C / 1°C	
LERIBE		
FRIDAY	SATURDAY	
	20°C / 0°C	
	SUNDAY	
21°C / 2°C	22°C / 1°C	
BEREA		
FRIDAY	SATURDAY	
	14°C / 1°C	
	SUNDAY	
16°C / 2°C	18°C / 0°C	

OUT OF THE ORDINARY

Hug grandparents in lockdown!

... Mum comes up with heart-warming idea for kids

Lauren Doris came up with the most "heart-warming" idea so that her parents could hug their grandchildren in lockdown, whilst making sure that nobody was put at risk of coronavirus.

In the unprecedented times we currently find ourselves it's only normal to want to hug the people you love.

But with stringent social distancing measures in place to stop the spread of coronavirus it isn't possible to spend time with our loved ones like we usually would.

So, one mum came up with a "brilliant" idea which meant her parents could hug their grandchildren, without putting anyone at risk.

Lauren Doris captured the moment they reunited and shared it to TikTok - but the video is so heart-warming it is making people cry.

She wrote: "So I made this so my mum and dad could hug their grandchildren."

In the comment section she explained that her mum is of a high risk so it was vital that preventative

measures were put in place before she brought her children round to see them.

Lauren ripped white, almost see-through plastic bags at the seams to create the separation and taped additional plastic bags to the middle of the door for her parents to put their arms in.

After Lauren posted the video it received two million views on TikTok, and racked up 303,000 likes, with thousands of people praising her "amazing idea" in the comment section.

One person said: "This made me cry. I miss my grandparents so much. This is so sweet of you."

Another added: "Heart-warming."

And a third said: "This is beautiful. Made me cry. Kept away from my mum for six weeks to protect her and she died three weeks ago, never got to hug her."

But, Lauren isn't the only one to think of the idea.

Paige Okray, a 10-year-old girl from California, repurposed a plastic shower curtain, adding arm slots so she could hug her grandparents without putting them at risk.

Paige had taken inspiration from a video she had seen online and decided to redesign it.



Her mum Lindsay Okray told ABC7: "She came up with the idea, she laid it out in the family room and spent multiple hours working on it. "(We) took it over to my parents'

house and surprised them." Paige used a shower curtain, Ziploc bags, a hot glue gun and disposable plates to make her "hug curtain" - and it worked a treat.

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Alliance Group announces 6 month debt relief

Alliance Group Investment Holding policy holders will enjoy a six-month premium reprieve, thanks to a bold decision by the Group management to try and mitigate the negative impact of Covid-19 lockdown on Lesotho citizens.

In a move to curb the spread of the pandemic, the country has been on nationwide lockdown since March 29 until April 21.

20 arrested on COVID-19 related charges

At least 20 people aged between 28 and 39 have appeared before the Maseru Magistrate's Court after they were arrested for contravening provisions of the COVID-19 regulations.

Thabane bids farewell to his supporters

Prime Minister Motsoahae Thabane who is leaving office to make way for his successor Dr Mæketsi Majoro says he is creating space for new blood in politics. Thabane made the comments on Monday in Makhoakhæng, in his Abia Constituency where he bade farewell to his All Basotho Convention (ABC) supporters and neighbours before his reign as premier ends.

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Majoro raises new hopes for Lesotho

...promises to tackle hunger, joblessness and corruption

KABELO MASOABI

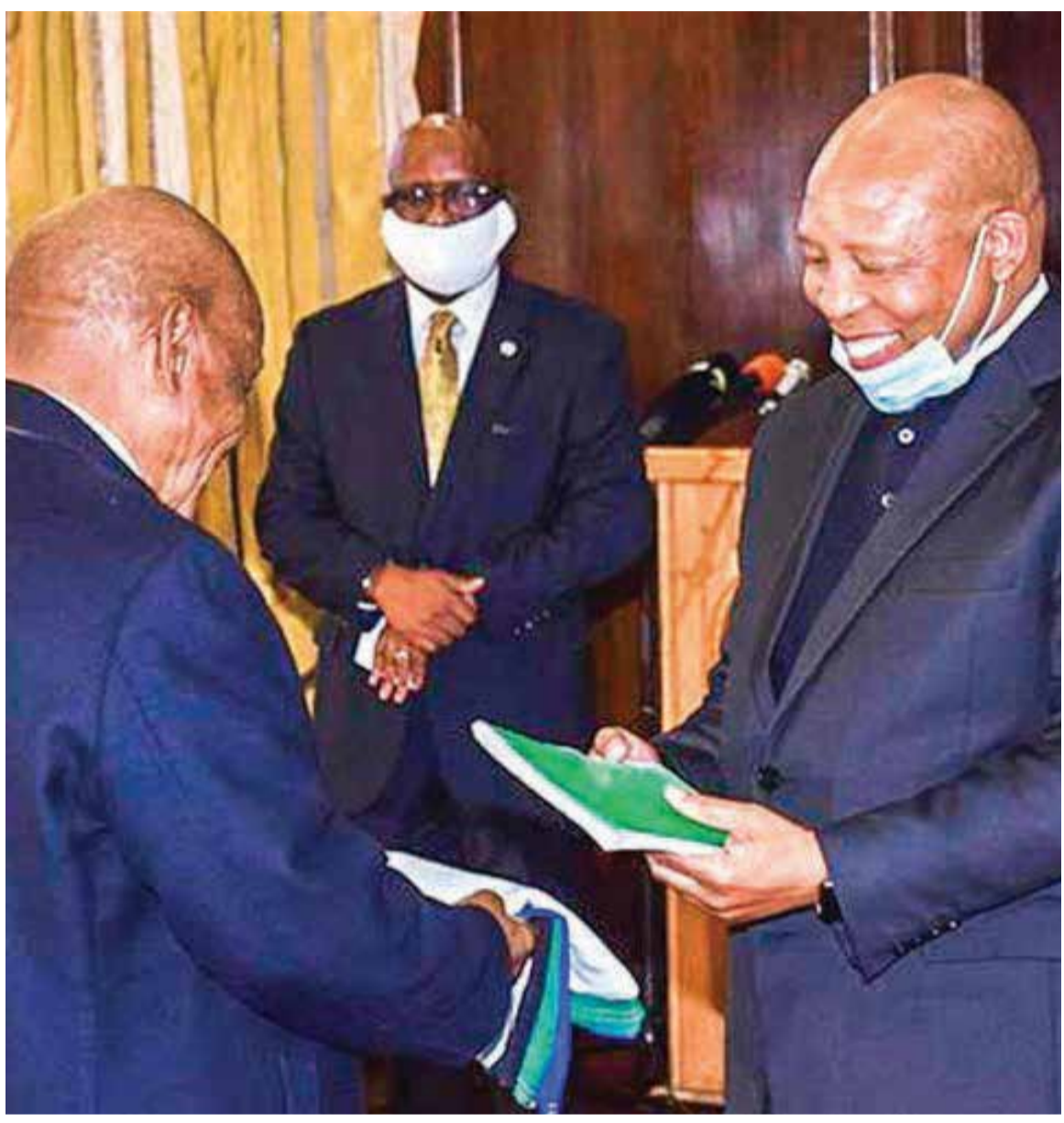
MASERU – As Lesotho braces in for a fresh Prime Minister and a new grand coalition, different sectors of the economy have expressed a new hope in the fixing and recovery of the ailing fiscal position of the country, poor service delivery as well as rampant corruption that have crippled the kingdom.

The new Prime Minister, Dr Moeketsi Majoro, says in the next two years his focus will be on tackling challenges like the prevailing coronavirus pandemic, poverty, agriculture and job creation.

His primary goals he says include among others eradication of corruption and crime as well as addressing challenges presented by climate change especially in relation to food security.

He also wants to address issues of the independence of executive arms of the government, improve public service delivery and complete the national reforms.

“I thank His majesty for putting his trust in me to lead Lesotho in these trying times. Another major task I am faced with is to unite all the key players in the political circle



OUT AND IN: Former Prime Minister Dr Motsoahae Thabane and his successor Dr Moeketsi Majoro

to work together and develop a new vision to work for Basotho,” Dr Majoro said upon his inauguration at the Royal Palace.

He added: “Let’s all thank Ntate Thabane (the former prime minister) for all the good things he did.”

Majoro was appointed to the position of Minister of Finance in June 2017 following the June 2017 snap elections.

He is Member of Parliament representing the All Basotho Convention (ABC) for the Thetsane

Constituency No. 33.

In January 2013, he was elected Minister of Development Planning after he was sworn-in as Senator. Majoro served the Africa Group I Constituency at the International Monetary Fund (IMF) as Executive

Director and Alternate Executive Director during 2008-2012.

Prior to his appointment at the IMF, he served as the Principal Secretary for the Ministry of Finance from 2004 to 2008, fiscal analyst from 2000 to 2004, an economics lecturer and researcher at the National University of Lesotho (NUL) from 1991 to 2000.

In his speech, the outgoing premier Dr Motsoahae Thabane said the swearing in event marks another important milestone in the democratic history of Lesotho.

“I thank Basotho for the opportunity they had given me and His Majesty for having allowed me to serve as the first minister for the past three years. It has been a privilege to serve Basotho as their prime minister and I sincerely thank His Majesty for his support and guidance over the years. I also wish my successor good luck,” he said.

“I thank His majesty for putting his trust in me to lead Lesotho in these trying times. Another major task I am faced with is to unite all the key players in the political circle to work together and develop a new vision to work for Basotho

To his successor he said: “Your rule as prime minister is to lead the nation. Never think for a moment that you are above the illiterate. Serve them with dedication, love, loyalty and respect because, after all, they are your pay masters with their taxes. I will always be available to help when there is a need.”

A new cabinet is also expected to be sworn-in on Thursday and the former opposition leader Mathibeli Mokhothu of the Democratic Congress (DC), will take the position of deputy Prime Minister.

A mix of ABC, DC and other supporting parties of the new coalition will be allocated cabinet portfolios.



Closure of Non-Commercial Borders

Travellers/Border users are urgent to use the five (5) Commercial Borders that Lesotho shares with South Africa following closure of all non-commercial borders due to a rapid spread of CONVID -19. The borders that will remain operational are as follows:

1. Maseru Bridge Border Post;
2. Maputsoe Bridge Border Post;
3. Caledon-Spoort Border Post;
4. Van Royeen’s Gate; and
5. Qacha’s Nek Border Gate

For more information please contact Border Management on the following numbers:

Caledon Spoort Bridge:+266 6200 0044 | **Maputsoe Bridge:**+266 6300 9374 | **Qacha’s Nek Border Gate:**+266 63073415 | **Maseru Bridge:**+266 62009525 | 58721505 **LRA Call Centre:** |+266 52215555/22235555

LRA tax relief not enough

...cry public transport owners

KABELO MASOABI

MASERU – Following an announcement by the government to assist businesses with relief measures to mitigate the impact of COVID-19 induced by nationwide lockdown, a number of tax relief measures have been introduced.

These measures include among others the transport sector tax payment waiver which has been largely criticized in the sector.

The tax relief measures being proposed by the Lesotho Revenue Authority (LRA) are largely underpinned by deferment; meaning payments of specified taxes will be made at the later date through payment plans.

Taxes covered under this relief measures are Simplified Business Tax (SBT); which transport sector falls under, Company Income Tax (CIT), Pay As You Earn (PAYE), and Value Added Tax (VAT).

The LRA Public Relations Manager, Pheello Mphana says the public transport business in general will be spared to pay tax for the term of lockdown that started on March 29.

"They will begin to pay when the business condition is back to normal," Mphana said speaking on a local radio.

For essential services of small retail businesses, no relief measures will be extended to this sector, because the sector continued to operate during the nationwide lockdown.

The LRA states that all SBT payments due for this sector should be made as per normal stipulated payment periods.

However, Maseru Region Taxi Operators (MRTO) spokesperson Lebohng Moea said the intervention is insufficient to keep them afloat as the sector feels the pinch of the slow business

due to the lockdown.

Moea said they are struggling to earn a living in the sector because of restrictions triggered by the COVID-19 lockdown regulations.

MRTO supported by other taxi associations, has vowed to down tools for four consecutive days from May 26 because they feel that their efforts to negotiate their concerns with the government have failed.

The association contends that the government is forcing its members to sponsor Basotho with their own vehicles.

The strike is bound to leave hundreds of commuters stranded as most of the business operations have returned to normalcy.

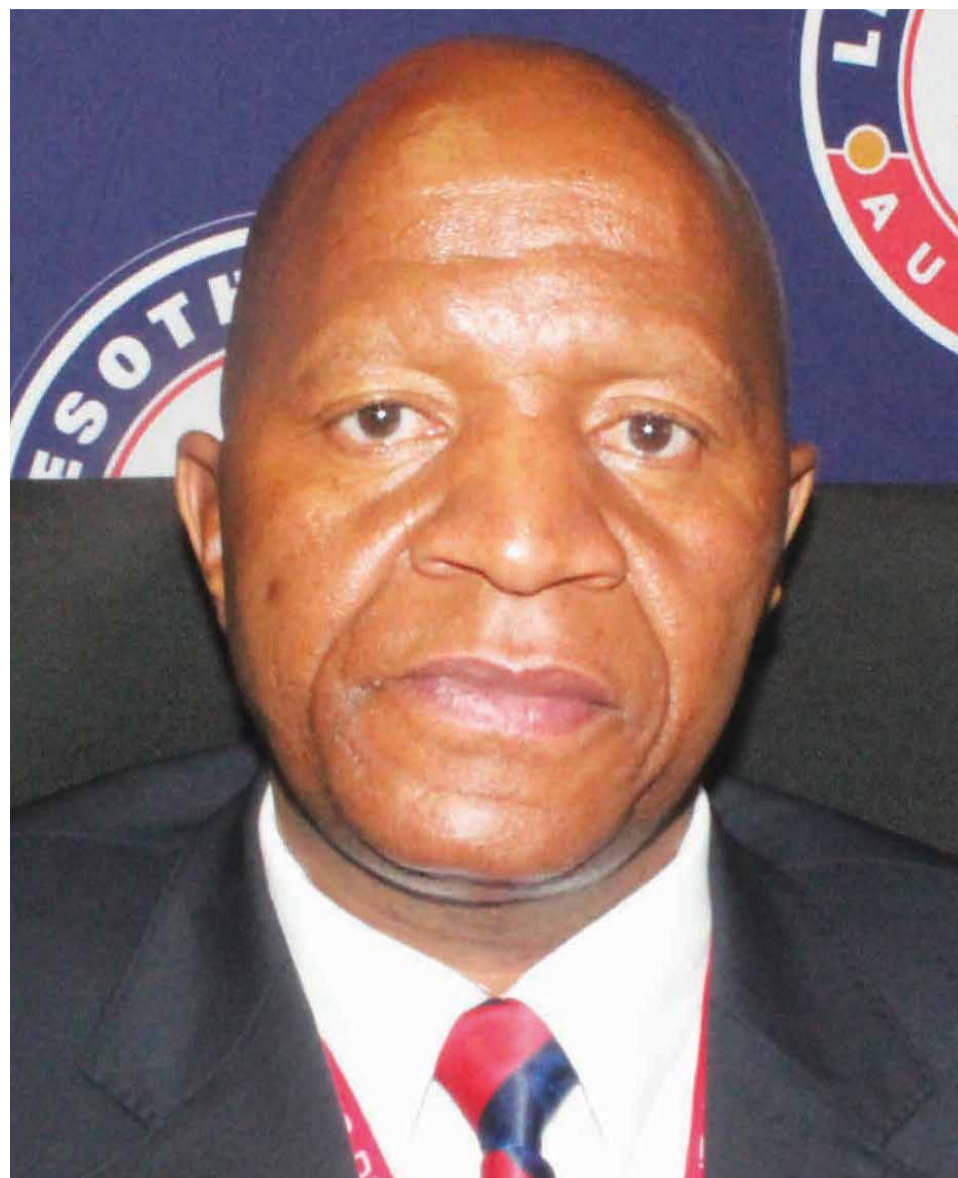
The associations have problems with a gazette pertaining to time frames for operation as well as the limited number of passengers they are expected to load at a time.

According to the lock down regulations, a 4+1 taxi now carries only three passengers, a 15-seater taxi loads nine passengers while a bus has to carry only 30 passengers. A sprinter has to carry nine passengers less than the official number.

The associations claim that all these restrictions have caused them to run a big loss during the past days.

"Our vehicles need to be maintained from time to time and we also face another problem of spiked prices of number plates at the Department of Traffic which have increased from M60 to M400. Fitness fees have hiked from M90 to M360," MRTO chairman Mokete Jonas, said adding they expect the government to meet them halfway during this trying time.

"Taxi operators are united and will fight for their rights," he also said.



LRA Public Relations Manager, Pheello Mphana

Street vendors ask for civil society intervention

NEO SENOKO

MASERU - Thousands of street vendors in Maseru are still waiting patiently for the Covid-19 relief packages as promised by government last month.

Maseru Metro has learned that since the announcement by government, there has been no word regarding a way forward and how best the financial assistance could be distributed.

Instead, more attention has been shifted towards the political crisis that engulfed the country recently, eventually resulting in the collapse of the 4x4 coalition government which led the country since 2017.

The downfall further resulted in the resignation of Prime Minister Thomas Thabane from office while former finance Minister Dr. Moeketsi Majoro emerged as the new Prime Minister of Lesotho on Wednesday.

Majoro will lead the new coalition government led by the two major parties - All Basotho Convention (ABC) and the Democratic Congress (DC).

As a result, vendors have decided not to fight in isolation and have taken the matter to the Lesotho Council of Non-Governmental Organisations (LCN) to intervene as coordinators.

LCN is coordinating Civil Society Organizations (CSOs) on national response complementary to the public notice given by government on Covid-19 as National State of Emergency.

When announcing fiscal measures aimed at mitigating the dangers of the Covid-19 induced national lockdown, the government stated in its policy statement that it will establish the Covid-19 Private Sector/Economic Relief Fund, starting with M500 million contributed by the

Government, in addition to the Disaster Relief Fund which has a budget of M698 million.

The policy statement further revealed that all other MSMEs registered with relevant authorities will be eligible for once off matching grants of up to M5 000.

"With 85 percent of Lesotho's Micro, Small and Medium Enterprises (MSMEs) unbanked, grants could be delivered through bank accounts, which could be facilitated through launching an online system for account enrolment, as well as opening e-wallets online," the statement noted.

To date however, nothing tangible has come out from the government side.

Only factory workers have so far received their wage supplements which were facilitated by the Lesotho National Development Corporation (LNDC). The industrial workers wage subsidy programme was structured to benefit the most vulnerable groups of industrial workers covered by minimum wage regulations.

The public relations officer of the Maseru Street Vendors Association Khotso Lebetsa has confirmed that vendors are still waiting for the financial aid.

Currently, he said vendors struggle to make ends meet as business remains weak, adding however, that the poor trade is much better than when the vendors stay at home.

"We are still waiting for that financial assistance until today, but we decided to engage the LCN as the coordination body to help us reach the authorities much easier than if we do it ourselves," Lebetsa said on Tuesday.

He added that the packages will be more meaningful now than ever as the traders will be able to close financial gaps in their businesses to stay afloat as they rebuild going forward.

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CONFECTIONERY SUPERVISOR

Location: Lesotho Bakery

Reporting to: Production Manager

Purpose of the job:

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Responsibilities:

- Carries out the assigned production line, process parameters and measurements and cleaning requirements according to the approved work instructions/recipe/packaging requirements etc. and sets the equipment / machines with operators accordingly.
- Ensures that planned total production is achieved with the main KPIs being achieved.
- Manages labour resources allocated to the production lines
- Manage the 1st line maintenance of the production line with machine specifications and SOPs
- Conduct weekly/monthly stock takes
- Investigate stock variances
- Initiate and identify gaps within relevant production lines and drive continuous improvement

Experience:

- 2-3 years' FMCG experience
- Relevant bakery industry experience

Qualifications:

- Diploma in Business Management
- Computer literacy

Competencies (Knowledge, skills and attributes):

- Core business processes and capabilities
- Organisational understanding
- Product and portfolio
- Quality management principles
- Coaching/ people development
- Communication (verbal and written)
- Decision-making ability
- Operational management and Problem solving
- Supervisory skills
- Innovation/ continuous improvements
- Teamwork
- Accountability
- Sense of urgency/ results orientation
- Respect

Other Requirements:

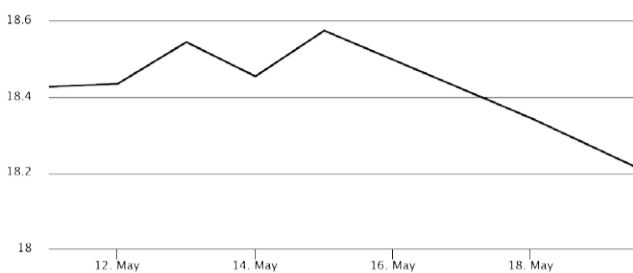
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Loti/US\$	18.43
Loti/Euro	20.00
Loti/British Pound	22.39
Loti/U.A.E Dirham	5.02
Loti/Yen	0.17
Loti/Rupee	0.24
Loti/Naira	0.05
Loti/SDR	25.35

COMMODITIES

PRECIOUS METALS	PRICE (US\$)
Gold	1,734.87
Platinum	813.25
Silver	17.06
Brent Oil	34.84
STOCKS	PRICE (US\$)
S&P500	2,953.91
NASDAQ100	9,331.93
Nikkei225	20,433.45
Dow Jones30	24,597.37
FTSE 100	5,998.03
JSE	51,585.00
Hang Seng	23,388.13

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Maize Meal p/kg	M4.80	Milk (sour) p/litre	M13.99
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Wheat Meal p/kg	M6.00	White Sugar p/kg	M18.00
Cabbage p/kg	M6.00	Brown Sugar p/kg	M15.00
Potatoes p/kg	M8.57	Brown Bread p/loaf	M8.00
Sorghum Meal p/kg	M18.00	White Bread p/loaf	M11.00
Brown Beans p/kg	M24.00	Live Chicken p/Chicken	M80.00
White Beans p/kg	M20.00	Beef p/kg	M80.00
Eggs p/tray	M45.00	Mutton p/kg	M85.00
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Unleaded 95 p/litre	M 8.30	Paraffin p/litre	M3.90	Water (Industrial) p/litre	M0.43

Letšeng Mine recovers top quality diamonds ... Following the lockdown

NEO SENOKO

MASERU - Gem Diamond which owns 70 percent of the Letšeng Diamond Mine has announced the recovery of a 105 carat light brown type II diamond.

The recovery at Letšeng Mine on Monday follows another recovery of a 208 carat diamond of low quality the previous week.

Some of the top quality diamonds recovered in the first week of resuming production following the Covid-19 lockdown - included a 60 carat Type I light yellow, and 87 carat Type II D colour, 66 carat type II D colour and 23 carat type II D colour white diamonds.

This comes roughly three weeks after the government permitted the reopening of local diamond mines in the midst of the coronavirus pandemic lockdown.

"A 105 carat light brown type II diamond was recovered at Letšeng on 18 May 2020. This follows the recovery of a 208 carat diamond of low quality in the previous week," Gem Diamond said in a statement.

Gem Diamond is a leading global producer of high value diamonds. The company also owns 100 percent of the Ghaghoo mine in Botswana.

The Letšeng Mine which is famous for the production of large, top colour, exceptionally white diamonds, making it the highest dollar per carat kimberlite diamond mine in the world, re-opened on April 27 guided by a full range of health and safety protocols.

The recovery can be seen as a major boost as the diamond company recorded a slump in revenue in the first quarter of 2020.

Revenue for the period was US\$47.3 million, lower than the revenue collected in the last quarter of 2019 which was recorded at US\$ 51.3 million.

Further struggles were seen in the number of carats sold during the same period.

"Carats sold during the period were 29 298 in the first quarter of 2020 compared to 29 945 sold in the last quarter of 2019. Average price achieved for the period was US\$1 615 per carat, compared to US\$1 713 per carat in the last quarter of 2019," Gem Diamond revealed in a statement on Tuesday.

Due to the three week Covid-19 induced national lockdown on March 29, all non-essential businesses and services were

subjected to the lockdown including all mining operations. Letšeng Diamond was not an exception and had to suspend operations for the duration of the lockdown.

As a result, the statement said the prices for Letšeng's diamonds have been negatively impacted.

"Due to the travel and other restrictions imposed by various governments, particularly Belgium, India and Israel, the viewings of Letšeng large diamonds scheduled for tender in March 2020 were cancelled," Gem Diamond stated.

The economic challenges posed by the Covid-19, only adds to the already tough

fiscal conditions in the past year that saw the company failing to deliver any dividends to the government.

The company reported when announcing their 2019 full year financial results that the unexpected decline in revenue, as well as prolonged weakness in the rough diamond market were major challenges in the past fiscal year.

For the financial year 2019, Gem Diamonds collected revenue of US\$182.0 million against US\$267.3 million registered in 2018. Profit for the year was at US\$15.0 million against the whopping US\$52.4 million in 2018.



Bombastique !



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The Power to Surprise



MoneyMatters make it count

You don't qualify for bank assistance?... Good, you've dodged a bullet!

The relief packages offered by banks could be the cause of untold legal cases in the months to come.

The banks have been commended for their debt relief measures in response to the Covid-19 crisis, but let's not get too excited about this. The repayment holidays are fraught with legal risks which will only become apparent later in the year.

Some of the banks have adopted a one-size-fits-all approach that makes no concessions for customers' individual circumstances as a result of the lockdown. They have ignored solutions that are more viable and beneficial for customers, and this will open up all sorts of interesting legal problems in the months and years to come should those customers default.

Those who are "not in good standing" - such as those already in arrears on mortgage payments - do not qualify for a repayment holiday, but that's not necessarily a bad thing, says legal advisor Leonard Benjamin. Banks are still required to negotiate with all customers in good faith, based on each customer's individual circumstances.

"They cannot refuse to negotiate, and simply institute legal proceedings that may eventually result in the sale of their customer's home to recover the debt," says Benjamin.

"They must then follow through with their proposal, whether the bank accepts it or not, by paying the bank in accordance with their proposal.

"Banks that ignore properly motivated and viable solutions do so at their own risk,

particularly when backed up by actual payments."

This means that even those who do not qualify for a three-month payment holiday can take matters into their own hands.

Anyone whose income has taken a knock during the lockdown need only start paying again when their finances improve, and then they can pay what they can afford, even if it is not what the bank demands.

This chimes with the National Credit Act, which is intended to balance the rights of lenders and borrowers and encourages the eventual satisfaction of the consumer's obligations.

From the consumer's perspective, spreading the accumulated arrears over the full remaining term is probably the easiest way to catch up on any missed payments. You can do this without the bank's permission, say Benjamin.

In most cases, this will mean paying just a few hundred rands extra each month once you are in a financial position to do so. The banks will get short shrift from the courts should they try to claim you are in default. All you need to do is show that you can again start making payments on your mortgage bond.

All home loan agreements allow the banks to adjust repayments whenever there is an interest rate change. The effect of the adjustment, if done in terms of the loan agreement, is to spread the arrears over the remaining term of the loan, which extinguishes the lump sum arrears.

Moneyweb

Technology

Unhackable internet

Later this year, Dutch researchers will complete a quantum internet between Delft and The Hague.

Scientists of the Quantum Internet Alliance initiative have announced that they're in the process of building the world's first purely quantum network. It incorporates new quantum repeaters that allow qubits to be passed along long distances without being corrupted or losing their superposition. The group published a paper last October laying out their vision for an Arpanet-type quantum prototype stretching between Delft and Hague by the end of this decade.

An internet based on quantum physics will soon enable inherently secure communication. A team led by Stephanie Wehner, at Delft University of Technology, is building a network connecting four cities in the Netherlands entirely by means of quantum technology. Messages sent over this network will be unhackable.

Wehner of OuTech, a quantum computing and internet centre at Delft University of Technology, is coordinator of the project.

In the last few years, scientists have learned to transmit pairs of photons across fiber-optic cables in a way that absolutely protects the information encoded in them. A team in China used a form of the technology to construct a 2,000-kilometer network backbone between Beijing and Shanghai - but that project relies partly on classical components that periodically break the quantum link before establishing a new one, introducing the risk of hacking.

The Delft network, in contrast, will be

the first to transmit information between cities using quantum techniques from end to end.

The technology relies on a quantum behaviour of atomic particles called entanglement. Entangled photons can't be covertly read without disrupting their content.

But entangled particles are difficult to create, and harder still to transmit over long distances. Wehner's team has demonstrated it can send them more than 1.5 kilometres (0.93 miles), and they are confident they can set up a quantum link between Delft and the Hague by around the end of this year. Ensuring an unbroken connection over greater distances will require quantum repeaters that extend the network.

Such repeaters are currently in design at Delft and elsewhere. The first should be completed in the next five to six years, says Wehner, with a global quantum network following by the end of the decade.

Think of a coin. Lay it flat on a table and it will be either heads or tails. This is more or less how things work in the world at larger scales. To see what things are like at a much smaller, quantum size, spin the coin and observe it from above. From that perspective, the coin's state could be described as being both head and tails at the same time. Being in this rapidly changing condition is like being in "superposition" in quantum physics.

To see, or measure, the coin's head/tails state at any given moment, you'd have to stop it spinning. Thus measured, the coin would be taken out of superposition. Just like entangled quantum particles. *ScienceToday*



ATM CLOSING.

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Solo travel expected to rise



ERIN CUSACK

With predictions that the rising trend of solo travel will grow post-COVID-19, there are increasing opportunities for African markets to attract these travellers.

“It is definitely a rising trend and I see it increasing considerably to the continent. Just yesterday I got a query for a person traveling for her 50th birthday on her own,” said owner of Nanan Travel, German de la Melena – a travel agency that focuses on travel to Southern Africa and Peru.

Founder and MD of Timeless Africa, Julian Asher, shared his passion for solo travel with Tourism Update. As an avid photographer, Asher has been on several one-man trips before and said safaris in Africa were a great option for solo travellers.

“On safari you’re usually given the chance to socialise around camp fires, and it’s a great way to get to know new people,” said Asher, noting that his solo travel clients tended to be young people, mostly in their twenties with no children.

Meanwhile the aha Hotels & Lodges group tends to attract

travellers in an older age bracket (35+) who were either newly single or retired and were looking forward to a solo adventure, according to Chief Sales and Marketing Officer of the group, James Robb.

Regardless of the demographic they fell into, once international tourism resumed, every country in the world would be fighting for the attention of the solo traveller, said Asher. This raises the question, what can African destinations do to attract these travellers?

As a tour operator himself, Asher provided insight into single travellers coming to southern or eastern Africa for the purpose of safari, saying that those travelling on their own were more wary of remote African destinations with little to no information on health and safety in the area.

This, along with most lodges in the region charging single supplement fees, can be discouraging to the solitary tourist.

According to Asher, managing the healthcare information about a destination will be very important for tourism recovery post-COVID-19 – particularly in attracting single travellers.

Tourism Update

Recipe Of The Week

Creamy Chicken Mushroom Rice Casserole

Delicious, creamy, cheesy rice casserole made with lots of mushrooms and chicken

Ingredients

- 3 cups of cooked rice
- 1-2 Tbsp vegetable oil for cooking
- 5-6 chicken tenders
- 8 oz baby bella mushrooms
- Salt
- Fresh cracked black pepper
- Garlic powder
- 1 cup of chicken stock
- ½ cup heavy cream
- 2 tsp fresh thyme
- 1 Tbsp corn starch
- 2 cups shredded Italian cheese mix

Instructions

- Slice mushrooms and set them aside until ready to cook.
- Preheat the oven to 350 and grease a 9x9 casserole dish.
- Preheat a cooking pan over medium heat. Add some oil and let it heat up. Cook chicken tenders, seasoned with some garlic powder, salt, and pepper, until just done. Take out the tenders and set aside.

Add mushrooms to the pan where you cooked the chicken. Season with some salt, pepper, and garlic powder and mix well. Saute mushrooms until just done as well. Take the mushrooms out of the pan. Dice cooked chicken tenders and add it to a mixing bowl. Add cooked rice and mushrooms to the bowl as well. Add 1 cup of shredded Italian cheese mix and mix well.

In the same pan where you cooked chicken and mushrooms, heat up chicken stock and heavy whipping cream. Combine corn starch with a splash of chicken stock and stir until combined. Quickly stir the corn starch mixture into the stock/ heavy cream mixture.

Stir in salt, pepper, and thyme. Bring to simmer and take off heat. Combine the sauce with the rice mixture in the bowl. Stir well and transfer into the prepared casserole dish.

Spread the casserole mixture evenly and top off with remaining cheese. Bake for 18-20 minutes.



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during lockdown.



Metro PUBLICNOTICES



Fastback 9 Strip/Tape Binding Machine - FB9

Condition: Brand new. Was bought in 2018 and only used once to bind samples.

Specifications: 3.5 times faster than traditional punch-and-bind systems. Binds both soft and hardcover books. 250 sheet binding capacity. Machine Dimensions: 19.5"W x 11"H x 13"D. Maximum weight: 17 lbs (7.7 kg). Spine Lengths: 8.5", 11", A4, A5. Spine Thickness: Narrow, Medium.

Application: The Powis Fastback 9 binding machine is one of the most compact and affordable systems on the market. With a footprint of just 13" x 19.5", it's a perfect choice for even the smallest work desks, whether in a copy shop or at home. The Fastback 9 is suitable for both tape binding and hardcover book binding, and has a binding time of 35-45 seconds - 3.5 times faster than traditional punch-and-bind systems.

Price: POA

The equipment will be sold to the highest bidder. For viewing, and in order to place your bid for this equipment, please contact the owner:

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Metro HEALTHY Living

HEALTH TIPS

Olive oil

Store it well: Olive oil needs to be stored appropriately to preserve its healthful properties. Heat, air, and light are the worst enemies of this oil. Store them in an air tight, tinted glass container and keep it at a cool place, away from heat or gas stove. Remember, older isn't better in this case. Ideally, consume it within a year of pressing it.

DECODING MEDICAL TERMS

Acquired immunodeficiency Syndrome:

Usually abbreviated as AIDS. This is the most advanced stage of infection with the human immunodeficiency virus (HIV), which can severely weaken the immune system. People with AIDS get many infections, often from diseases that don't affect people with healthy immune systems.

HUMAN BODY

Get spiritual.

A study conducted by the formidably sober and scientific Harvard University found that patients who were prayed for recovered quicker than those who weren't, even if they weren't aware of the prayer.

Lesotho not taking any chances

...taking Covid-19 tests doesn't substitute home quarantine

LINEO MABEKEBEKE

MASERU - The government has assured the nation that all set protocols and measures are being taken in order to control the spread of Covid-19, especially with Basotho returning home from foreign lands and regular travellers like truck drivers who deliver essentials goods and services.

This came after a national outcry that the country may have registered its first case because of relaxed measures, especially at the borders by officials, with the government also conceding the reported case was an imported one, which came through a group of students that recently returned home from Saudi Arabia.

Dr Tšepang Lekhela, an epidemiologist

from the Ministry of Health, said taking specimens when the travellers come in at the borders does not substitute home quarantine.

She said even if the specimens are taken and there are no symptoms showing, people still have to go for home quarantine and remain there for 14 days.

Dr Lekhela said after the specimens are taken, people go on home quarantine especially those who give assurance that they will comply with the home quarantine regulations.

During the period of home quarantine, she said suspects are being monitored and anyone who develops signs and symptoms is immediately taken to the isolation facility.

Now that Lesotho has a confirmed Covid-19 case, Dr Lekhela said they need to identify and trace all contacts of the infected person.

She said those who show symptoms of infection will be sent to isolation facilities,

adding that where there are none, the people will be assessed to ensure that they will be able to comply with home quarantine regulations.

Otherwise, she said they will be taken to designated quarantine facilities that have been provided by the government.

For the confirmed case, she said they have traced quite a number of contacts, some of whom are already on home quarantine.

There are at least 1 093 Basotho currently on home quarantine after more than 2 597 Basotho arrived in the country from South Africa through different channels, including porous borders, since March 29.

According to Analysis Cluster under National Emergency Command Centre (NECC) these are Basotho with no symptoms of the Covid-19 but are however being monitored by health professionals in their respective areas.

Over 400 Basotho kept in different

government quarantine facilities throughout the country and they include people with mild symptoms.

Besides these groups, there are also 1 153 essential service providers currently on self-monitoring. They include amongst others truck drivers from both sides of the border.

Lesotho has already lifted some restrictions after completing the first 21 days of lock down, with most of the businesses already active but with some operational time limitations.

The country even eased restrictions on the purchase of alcohol with two days a week, Mondays and Thursdays opened for buy out and take home only.

Restrictions have also been set on how much can be purchased for personal use at all outlets.

The country is yet to roll-out testing across the districts and villages once local testing facilities are fully commissioned, but for now all testing is done in South Africa.

Countries sign for probe into the origins of COVID-19

GENEVA - The World Health Organization reiterated that the new coronavirus was of natural origin after US President Donald Trump claimed he had seen evidence it originated in a Chinese laboratory.

Scientists believe the killer virus jumped from animals to humans, emerging in China late last year, possibly from a market in Wuhan selling exotic animals for meat.

Trump claimed that he had seen proof that the Wuhan Institute of Virology was actually the source of the outbreak, although he refused to give details. Asked about Trump's claim during a virtual press conference, WHO emergencies chief Michael Ryan stressed that the UN health agency had "listened again and again to numerous scientists who have looked at the sequences" of the virus.

"We are assured that this virus is natural in origin," he said, reiterating a stance the UN agency has expressed previously.

The WHO said that it wanted to be invited to take part in Chinese investigations into the animal origins of the pandemic, which in a matter of months has killed more than 230,000 people worldwide.

"What is important is that we establish what that natural host for this virus is," Ryan said, stressing the need to understand "how the animal-human species barrier was breached."

"And the purpose of understanding that is that we can put in place the necessary prevention and public health measures to prevent that happening again anywhere," he said. WHO chief Tedros Adhanom Ghebreyesus meanwhile has continued to push back against criticism lobbed at his organisation, by Trump in particular, who suspended Washington's funding after accusing the UN agency of downplaying the seriousness of the outbreak and kowtowing to China.

Tedros said the WHO had sounded the highest level of alert by declaring that the COVID-19

outbreak constituted a "public health emergency of international concern" on January 30, when there were no deaths and only 82 cases registered outside China.

"We didn't waste any time," he told Friday's briefing. "The world had enough time to intervene." Meanwhile reports show that at least 122

countries are supporting calls for an independent investigation into the origins of the coronavirus.

A draft resolution set to be voted on at this week's World Health Assembly was first proposed by Australia on Monday.

China says it is too early for such an investigation. Although the country wasn't

mentioned by name in the draft resolution, the investigation is highly likely to look into how China handled the outbreak.

The COVID-19 outbreak originated in the Chinese city of Wuhan in November before spreading globally.

AFF/eNCA



My name is Mhleka Mavuzo from Leribe. I am nine years old and I am in grade four. During this lockdown, I stay home to be safe from COVID19.



I spend my free time by riding bicycles with my brother within our yard.



I make sure I wash my hands several times with soap and running water for at least twenty seconds to prevent the spread of COVID19.



Before I continue with my studies, I do house chores.



I also read my notes to continue with my learning during lockdown.



This COVID-19 message is brought to you by UNICEF in partnership with MISA Lesotho.



TO YOUR **GOOD HEALTH**

Interim guidelines on the use of non-medical mask in public places

LINEO MABEKEBEKE

A fabric covering the face will not protect one from getting COVID-19, but it might help stop the spread of the virus. Public mask wearing is potentially beneficial as source control when worn by a person with respiratory symptoms when exposure at public spaces is unavoidable and physical distancing is not possible. However, some people with the deadly corona virus may still be healthy and asymptomatic (not having any symptoms) or may not know they are infected, unless tested for the virus. The purpose of wearing non-medical mask (cloth) face masks according to Tebello Kolobe from the Ministry of Health, in the Infection, Prevention and control department is to prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing, normally referred to as source control from infected person. In addition, Kolobe says potential advantages of the use of mask by healthy people in public setting include reducing potential exposure to risk from infected person during


the pre-symptomatic period and stigmatisation of individuals wearing mask for source control. She says cloth face coverings are only intended to help contain the wearer's respiratory droplets from being spread, adding it is therefore important to note that this is an additional prevention strategy that should be promoted alone. "It does therefore complement the key public health prevention strategies: which are to maintain physical distancing, wash hands with soap and running water or hand sanitizer and not touching the mouth, nose and eyes among others," she further notes. Wearing cloth face mask therefore is recommended in public setting where other physical distancing measures are difficult to maintain like in grocery stores, malls and public gatherings and commuters travelling in taxi and other forms of public transport. If one wants to remove the mask, she recommends washing of hands with soap and running water first. If the mask is to be re-used maybe after eating right away, place it in a clean paper bag so that it will not contaminate other surfaces





and follow the steps for putting it on, otherwise place it directly into the washing machine or wash immediately. The features of masks which should

be taken into consideration include among others; the numbers of layers, breathability of material used, water repellence or hydrophobic qualities, and the shape and fit of the mask.


Metro-Scope

 **AQUARIUS: 21 Jan. - 19 Feb.**
As Venus Mercury lives up your social sector, it encourages you to take up new skills or improve those you have already. Looking to date? Social media or the latest app can assist. With cautious Saturn retrograding in your sign though, this might be a time to reflect on and reframe your plans. Fiery Mars could encourage action on the financial front to help you stay more in control.

 **TAURUS: 21 Apr. - 21 May**
Venus your ruler will rewind for around six weeks in your sector of resources, which paves the way for an objective assessment of your current financial situation. With other planets also regressing, the coming weeks can see you reviewing your affairs and preparing to make key decisions. Linking with friends might keep you buoyant and can be a source of inspiration too.

 **LEO: 24 Jul. - 23 Aug.**
Your social life, relationships and lifestyle may be areas you are keen to review and reflect on, as Saturn, Venus and Jupiter rewind from this week. You might have second thoughts about plans and projects and could be ready to pare down your list of contacts if certain associations are no longer working. Mercury in Gemini can inspire you to link with those who are useful.


 **SCORPIO: 24 Oct. - 22 Nov.**
As dynamic Mars moves into your creativity zone, you may feel a rush of inspiration that can assist with creative ideas and projects, but that might also add some extra spice to a lively romance. With three planets going into reverse from this week though, you may begin to question certain plans, and this is fine. See them as a work in progress and allow for shifts and changes Scorpio.


 **PISCES: 20 Feb. - 20 Mar.**
Mars powers into your sign for a six week stay Pisces, bringing extra vitality and courage. With lively Mercury entering your home zone, this can be a good time to get organized. Saturn, Venus and Jupiter all go into reverse this week, and this can prompt some soul-searching, encouraging you to look at things from a different perspective that could usher in key changes.


 **GEMINI: 22 May - 21 Jun.**
As Mercury your ruler moves into Gemini, it can encourage you to be more expressive about your ideas, plans and desires. With fiery Mars entering your sector of goals from midweek, you may find this helpful for developing ideas and information gathering. This is not a time to rush into anything though, as the coming weeks and months might bring unexpected changes.

 **VIRGO: 24 Aug. - 23 Sept.**
As articulate Mercury your ruler enters the topmost sector of your chart, it can accelerate the pace of events. Mind, with other influences underway including Venus rewinding in this same zone, there is no point in rushing into anything. Take baby steps as situations can change over coming weeks and months, and you'll need to be flexible and adaptable to stay on track with your plans.

 **SAGITTARIUS: 23 Nov. - 21 Dec.**
As lively Mercury enters your sector of relating, it encourages conversation and a sharing of ideas. With Mars moving into Pisces, domestic matters can also move higher up the agenda, especially the task of decluttering. Not one, but three planets turn retrograde this week and these are Saturn, Venus and Jupiter, which could be an opportunity to reflect, restructure and reorganize.

 **ARIES 21 Mar. - 20 Apr.**
Fiery Mars glides into Pisces from midweek, which could slow things down as it puts the emphasis on a more reflective approach to life. At the same time, Saturn, Venus and Jupiter all turn retrograde so the pace can ease, offering a chance for new decisions and adjustments. Even so Aries, an inquisitive influence could find you eager to seek out new ideas and opportunities.

 **CANCER: 22 Jun. - 23 Jul.**
You may be excited about key plans that could come up for discussion, but with Pluto already in reverse and jovial Jupiter retrograding from this week, it could take time for everything to come together and new decisions may be needed along the way. Yet you may be eager to expand your reach, and if doing so involves learning something new Cancer, then it can be well worth it.

 **LIBRA: 24 Sept. - 23 Oct.**
As sweet Venus your ruler begins her backwards dance from this week along with Saturn and Jupiter, time can seem to slow down. The ideas, opportunities and relationships that seemed so promising may benefit from a review and some key adjustments, which is a good thing. It's an opportunity to do some restructuring, allowing for things to blossom further down the line.

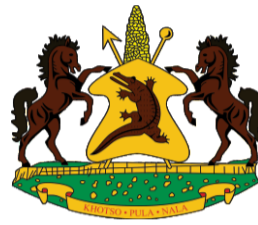
 **CAPRICORN: 22 Dec. - 20 Jan.**
As practical Saturn your ruler regresses from this week along with Venus and Jupiter, there is no point in trying to make things go faster than they can. Be willing to let matters proceed naturally as by doing so, you'll more easily incorporate any necessary changes. Communication is ramped up from this week, and this could facilitate positive exchanges and a sharing of ideas Capricorn.



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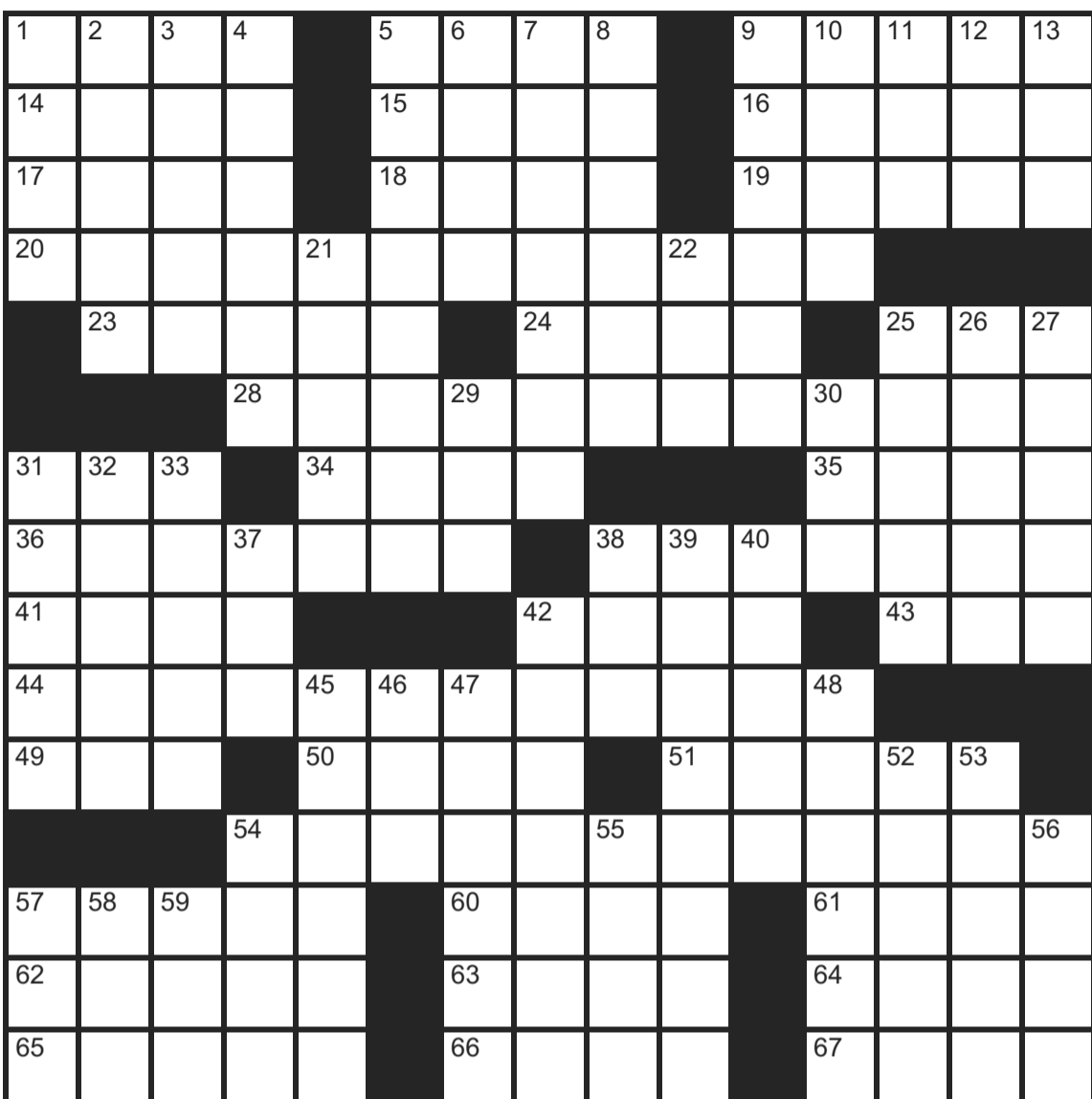
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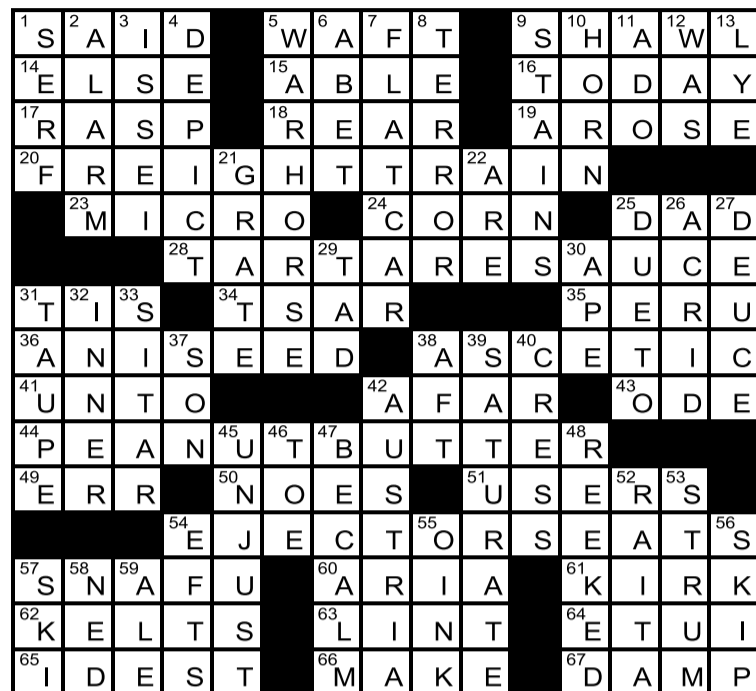


General Crosswords



- | | | |
|------------------------------|----------------------------|--------------------------|
| 1. Unit of fat | 36. Attire | 66. Fable |
| 5. Come clean, with "up" | 38. Mollify | 67. Sign of spring |
| 9. "I _____ return" | 41. High school breakout | |
| 14. Etna output | 42. Ranch newborn | Down |
| Suggestive | 43. Bon | 1. Clump |
| Home on the range | 44. Picture taker | 2. Part of the mandible |
| 17. Neighbor of Saudi Arabia | 49. Ages and ages | 3. Nautical "Stop!" |
| 18. "_____ go bragh" | 50. Hockey score | 4. Lunatic |
| 19. Eagle's home | 51. Plays | 5. Released from slavery |
| 20. Corporate ID | 54. Sending messages | 6. Listening devices |
| 23. Sedate | 57. Fifth wheel | 7. Clip |
| 24. Gangster's blade | 60. Monopoly acquisition | 8. Adjusts in time |
| 25. Health resort | 61. Fox or turkey follower | 9. Famish |
| 28. Of sound mind | 62. Astrological ram | 10. Take note of |
| 31. Econ. indicator | 63. Earthen pot | 11. Spring mo. |
| 34. Suds | 64. Tooth trouble | 12. Floral necklace |
| 35. Hankerings | 65. Piercing wounds | 13. General in gray |

Last Week's Solution



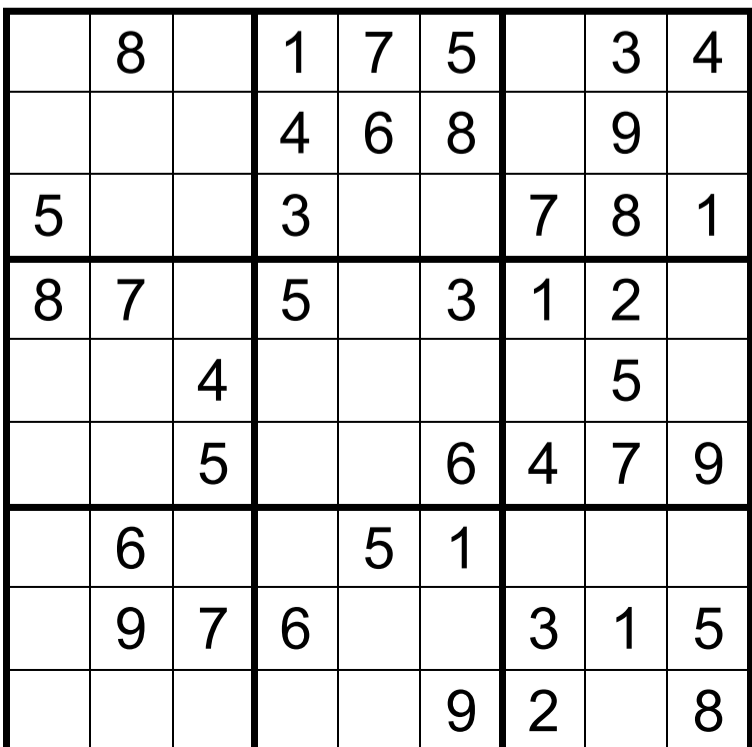
- | | |
|--------------------------------------|-----------------------------|
| 21. Weeper of myth | 40. On one's toes |
| 22. Ability to hit a target | 42. Incorrectly |
| 25. Fulton's power | 45. Fairy tale monster (f.) |
| 26. It's spotted in westerns | 46. few rounds (2 words) |
| 27. Money in the bank, say | 47. Scattershot |
| 29. Favorite | 48. Drumming |
| 30. Big Apple inits. | 52. Parade |
| 31. Vineyard fruit | 53. Hello or goodbye |
| 32. Cheesy snack | 54. Christmas decoration |
| 33. Assign to, as blame | 55. Defrost |
| 37. Big Apple attraction, with "the" | 56. One-dish meal |
| 38. Daddy-o | 57. Droop |
| 39. Hoity-toity | 58. Country club figure |
| | 59. Cause of inflation? |

So You Think You are Genius

Question (Answer next week)

At a recent Pets Anonymous reunion, the attendees were discussing which pets they had recently owned. James used to have a dog. The person who used to own a mouse now owns a cat, but the person who used to have a cat does not have a mouse. Kevin has now or used to have a dog, I can't remember which. Becky has never owned a mouse. Only one person now owns the pet they previously had. Rebecca said very little throughout the meeting and nobody mentioned the hamster. Can you determine who owns which pet and what they used to own?

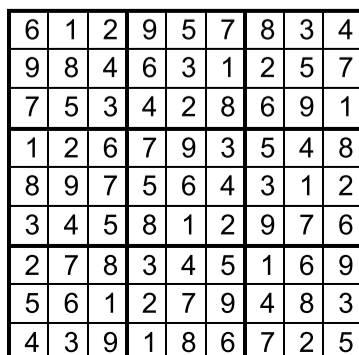
Sudoku Puzzle



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

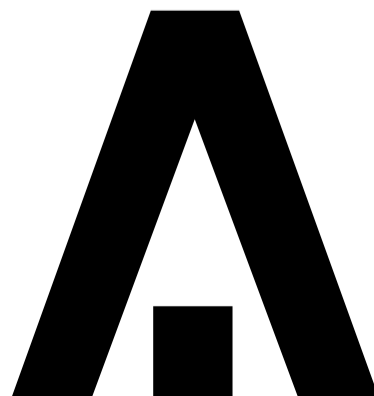
This is the Quick Sudoku for the solver in a hurr: target time, ten minutes.

Last Week's Solution



Last Week's Answer

- Demijohn,
- Sample,
- Absorbent,
- Headache,
- Scanner,
- Billionaire,
- Breakdance,
- Monogamy,
- Frankincense,
- Smelly.



OFFICIAL STATEMENT

Temporary Financial Relief On Credit Clients

The current lockdown resulting from the prevailing COVID-19 pandemic worldwide has resulted in financial distress for some of our customers. The Only Basotho Bank has come up with several options to assist its customers in order to ease the financial pressure during this period of tight cash flows.

Below are the Credit relief options which will be applied based on the customers' circumstances: These relieve mechanisms will only apply to customers whose salaries and business operations have been negatively affected by the lockdown.

1 Rescheduling the Credit Facility: The Bank will extend the loan tenure thereby lowering the monthly instalment that will stimulate positive economic activity.

2 Consolidating Multiple Credit Facilities: The Bank will consolidate customers' loans into new loans with up to the maximum loan tenure possible. This option will also assist in easing the stressed cash flow.

3 Payment Breaks: The Bank will relief customers from paying loan instalments for a specified period while the accrued interest during the debt relief period is spread across the remaining tenure. Also, under this option, the rescheduling option is applicable.

4 Interest Payment: The customer will be paying only accrued interest while the principal outstanding will be spread across the post payment holiday period over the agreed tenure.

5 Post-Lockdown Working Capital: The Bank will apply flexible lending options to qualifying business clients to assist them with working capital to boost their economic activity.

These options provide a temporary cash flow relief to enable the clients to bounce back to business without any hiccups.

We are collaborating with relevant stakeholders in the local economy to ensure those affected get the debt relief needed to enable financial and economic sustainability.

Visit our nearest Branch to find out if you qualify for any of these options above.

Tip: It should be noted by our customers that all these options will lessen the cash flow pressure so that customers can manage the effect of COVID-19 impact better. However, it is advised that customers should only opt for one of these options provided they really need help as all these options come at **additional cost of Credit** in the long run due to either a newly provided facility or longer credit tenure.

For more information, contact: **22317842** or Our Call Center On **80099920/59475805/68459282**

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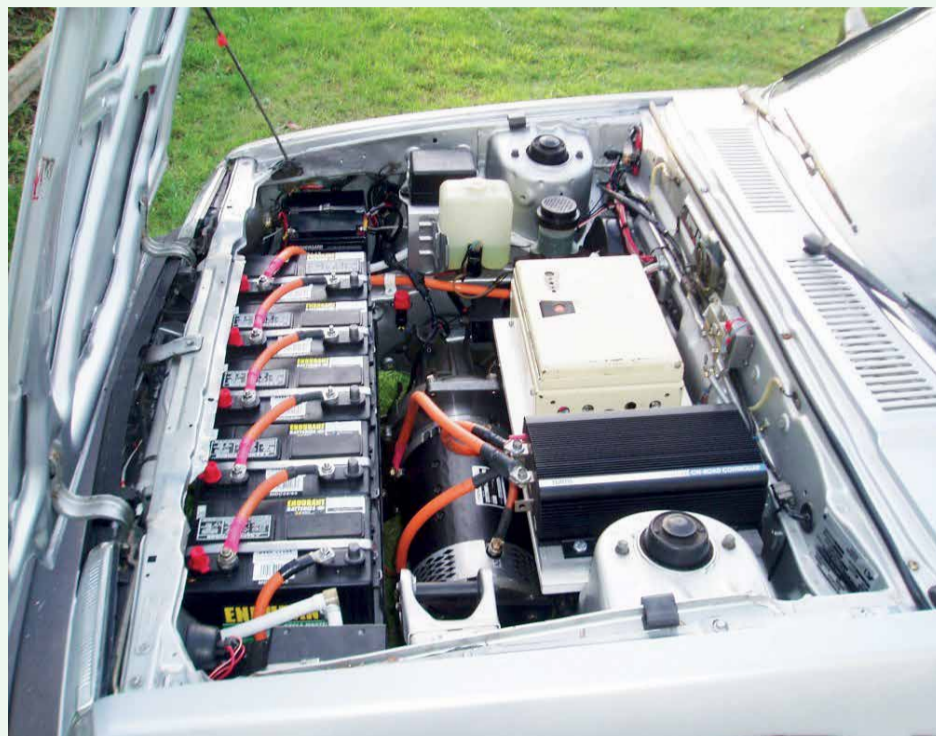
Engine repowering keeps new car costs at bay

Buying a new car might sound great in theory but in these uncertain economic times, it might not be the right investment. Other options, such as repowering your current engine, may be a much better economic decision to keep new car costs at bay.

"Smart shoppers and smart motorists make better decisions when they know all the options," said Ken Carter, chairman of the Engine Rebuilders Council. "Many consumers think that buying a new vehicle is the only solution when they experience serious engine trouble. In fact, installing a remanufactured/rebuilt engine will extend current vehicle life at a significantly lower cost than buying a new one, saving big money in the long run."

With repowering, a vehicle's engine or an identical one from another like-vehicle is completely disassembled, cleaned, machined and remanufactured/rebuilt. Unlike used or junk yard engines with an unknown performance and maintenance history, remanufactured/rebuilt engines are dependable, reliable and backed by excellent warranty programs.

"For the cost of an average down payment on a new car or truck, you can repower your vehicle with a remanufactured/rebuilt engine and gain years of reliable service without monthly car payments and higher insurance rates," continued Carter. "Before you consider a new vehicle purchase, talk with a professional automotive technician to see if



repowering your engine is the right choice for you."

To learn more, visit the Engine Rebuilders Council website at www.enginerebuilder.org and click on Cost

Comparisons to view a chart of examples illustrating the cost difference between purchasing a new vehicle and repowering with a remanufactured/rebuilt engine.

Six things you need to know about the Mk8 VW Golf GTI



It sits on the same platform as the old one. Yep, at heart the Mk8 Golf GTI is the same car as the Mk7. It rides on the Group's clever MQB platform and uses the same 2.0-litre turbocharged petrol engine as the car it replaces. Of course changes have been made – VW wanted the new GTI to be more precise and predictable than the old car, but also more practical and comfortable, so it's tinkered with the suspension and introduced some new tech.

On the hardware front, the Mk8 nicks the more rigid, marginally lighter aluminium subframe from the last-gen GTI Clubsport S, the front spring rate is up five per cent and various other suspension components have been reconfigured. Meanwhile the rear axle gets a new wishbone bearing and spring setup, as well as new damping bearings and

hydraulics. Here the spring rate has been increased by 15 per cent, which is a lot.

It's much quicker

Not outright. The standard Mk8 GTI gets the same 242bhp 2.0-litre turbocharged engine as the last GTI Performance and, as it's based on the same platform, will probably weigh more or less the same. VW hasn't released performance figures yet, but with the seven-speed DSG you're looking at 0-62mph in a little over six seconds. The top speed will be limited to 155mph.

So by what measure is the new GTI "much quicker"? Around VW's 3.3km handling circuit at Ehra-Lessien, we're told the Mk8 GTI is some four seconds-a-lap faster than the Mk7 GTI Performance.

Some of that will be down to the hardware tweaks we mentioned in the last slide, and

some the tyres (the Mk8 GTI is available with sticky Michelin Pilot Sport Cup 2s – it's not clear whether both cars used the same kind of tyre for their laps).

But (mainly software) improvements have also been made to the progressive steering, brakes, electronically controlled locking diff, optional adaptive chassis control and ESC. All systems now report back to a new, central 'Vehicle Dynamics Manager' which, for example, can adapt the damping of a single wheel up to 200 times a second.

You can get it with a manual

Oh yes – effective as the seven-speed DSG is at delivering uber-quick shifts, VW recognises that some people will always prefer to row through the gears themselves, even if nowadays it is a slower and less efficient way of doing things.

VW's head of driving dynamics, steering and control systems Karsten Schebsdat (who set up the Mk1 Ford Focus, and had a hand in all GT versions of the Porsche 997) said the DSG "might be more quick than the manual gearbox is, but there are still lots of customers who would like to shift themselves, to heel & toe... This gives many drivers a more emotional way of driving, so I think it's important to have a manual gearbox".

It drifts. Kinda

The Mk8's DCC 'adaptive chassis control' has 15 different settings. There's Comfort, Normal and Sport modes, but should you wish you can go even softer than Comfort, or even harder than Sport. Mr Schebsdat tells us "when you would like to have some small drifts, you should shift the slider more to the right to position 15 [beyond Sport], where the car has a more higher fun factor". Good, good.

There will be a quicker one

From launch the last-gen GTI was available in two specs – regular or 'Performance'. Then, eventually, came the special ones – the TCR, Clubsport and Clubsport S. Unsurprisingly VW is remaining tight-lipped when it comes to future, faster GTIs, but the thinking is it will at some point reveal a more potent GTI with almost 300bhp.

It's not a hybrid

The regular Mk8 Golf is available with a mild-hybrid system, but not the GTI. VW chose not to augment the 2.0-litre turbo petrol engine with any kind of e-motor, despite speculation that's exactly what it was planning to do.

There will still be a hot(ish) electrified Golf in the form of the GTE, which is a hybrid of the plug-in variety. It has as much power as the GTI – 242bhp – but from a 1.4-litre petrol engine and e-motor drawing power from a 13kW battery. Should be able to do around 37 miles without calling upon the internal combustion engine.

Then there's the diesel – the GTD uses a 2.0-litre oil-burner with 197bhp.

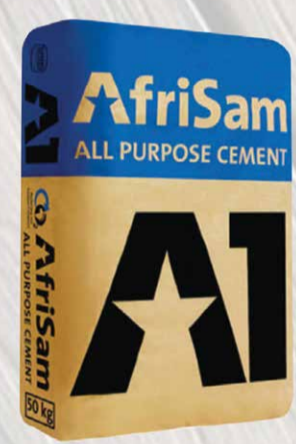
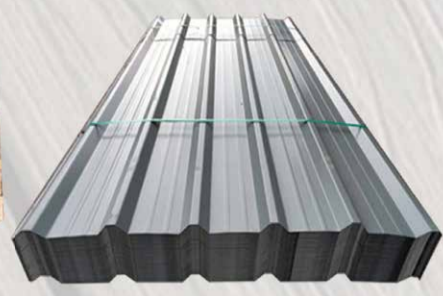


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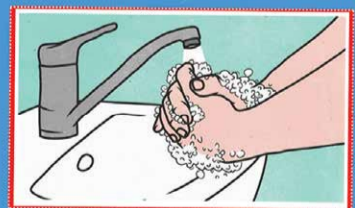
COVID-19 AWARENESS

#YOUARETHECHANGE

WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

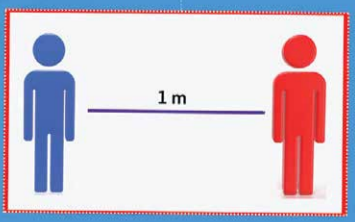
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



MAINTAIN SOCIAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease



AVOID TOUCHING EYES, NOSE AND MOUTH

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



PRACTICE RESPIRATORY HYGIENE

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.



■ In light of growing concerns and evolving nature of COVID-19 pandemic, leading to the suspension of football activities across the continent, CAF has resolved to accelerate the payment of final tranche of financial rewards to participating clubs in CAF Interclub competitions for the 2019/20 season. The distribution, which has since commenced, is to reduce the financial burden on the 32 clubs that reached the group stages of the Total CAF Champions League and Total CAF Confederation Cup, during these trying times. Clubs will receive their dues based on the established prize monies for each competition till the quarter-final stage, when the two competitions were suspended indefinitely due to COVID-19.

■ The minimum guaranteed for clubs participating in the Total CAF Champions League is USD 550,000 and USD 275,000 for the Total CAF Confederation Cup. "The world of football and for that matter African football is going through unprecedented difficulties. The current situation has had a telling effect on



African football stakeholders, and CAF is being responsive to the needs of our Clubs, one of our key stakeholders, by facilitating the payment of their prize monies well ahead of time," said CAF President Ahmad Ahmad on CAF website.

■ Cristiano Ronaldo (**pictured**) reported to Juventus' training centre for medical tests on Tuesday after a 10-week absence. According to Independent, the five-time Ballon d'Or winner observed a two-week isolation period at his home in Turin after spending the lockdown period in his native Portugal. He has not been alongside his teammates since helping the Serie A leaders beat Inter Milan 2-0 on March 8, after which he flew to his home island of Madeira, Portugal.

■ Serie A was suspended a day later when the Italian government ordered a nationwide lockdown. The league is hoping to resume on June 13 if it can reach an agreement with the government, which has banned sports events until June 14. Outside the training centre in Turin, journalists and photographers plus some fans were on hand when Ronaldo arrived alone driving a Jeep. He's the first of several Juventus players who left Italy during the lockdown to report back to the team.

IAF avails grants for Tokyo 2020 Olympians

TEBOHO JAFETA

MASERU – Professional athletes who are experiencing financial hardship due to the coronavirus pandemic will be able to register for a once-off welfare grant from May 15 until May 31.

Three weeks ago, the World Athletics Association and the International Athletics Foundation (IAF) announced that a US\$ 500,000 welfare fund had been created to support professional athletes who have lost a substantial part of their income due to the suspension of international competitions this year.

A working group was formed to oversee the distribution of the funds and has finalised the eligibility criteria and application process.

President of the World Athletics Association Sebastian Coe, who chairs the working group, said it has been a challenging and complicated task to define the eligibility criteria to ensure that grants from the fund are delivered to the athletes most in need.

"The IAF has allocated a substantial sum to the fund, and we hope to raise more through private donations from friends of our sport, but it has become apparent that the resources must be focused on athletes

who are likely to be competing at the Olympic Games in Tokyo next year and are now struggling to pay for basic necessities due to loss of income during the pandemic," Coe said.

In an interview with Metro, the Federation of Athletics Lesotho (FAL) publicist Sejanamane Maphathe confirmed that the IAF has created the welfare fund for athletes who have already qualified for the Tokyo Olympic Games.

"So far, in Lesotho only Khoarahlane Seutloali who is well known globally has qualified," he said.

He said the welfare fund has its eligibility criteria and the application process which among other things requires that only athletes not ranked top 6 in the world are eligible provided they have not won any gold competition globally and are vulnerable as a result of suspension of major athletics competitions due to Covid-19.

"This is a good lesson to athletes that they should put the nation first while competing in any international competition because there are some benefits to that," Maphathe said.

He showed that the athletes are responsible for applying for the fund while the FAL would provide athletes with

information and guide them through the application process.

For his part, Seutloali said he learnt about the welfare support fund from the World Athletics but was confused as to whether he qualified or not.

"I have not yet applied because I am still confused. I don't understand one of the eligibility requirements which states that athletes who have finished in the top 6 positions of any Gold Label Road Race in 2019 are not eligible to apply for this welfare fund," he said.

He said he tried to ask for assistance from the Lesotho National Olympics Committee (LNOC) but did not get clarity.

"I am still confused because I finished fifth during the Cape Town marathon in 2019 when I qualified for Tokyo Olympics, meaning I finished among the top 6," he said.

He promised to get in touch with the Federation of Athletics Lesotho to get clarity on the matter.

Seutloali qualified for the Tokyo Olympic Games after finishing fifth in 2:11:04 at the Sanlam Cape Town Marathon in September last year.

The race was an International Association of Athletics Federations (IAAF) Gold Level event.



WONDERING: Khoarahlane Seutloali

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