

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

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Metro

News you can use

'Maesaiah goes to jail



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June 4 - 10, 2020

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MORE THREAT LOOMS FOR THE APPAREL SECTOR

...as EDCON's future remains in the dark >> Pg 3

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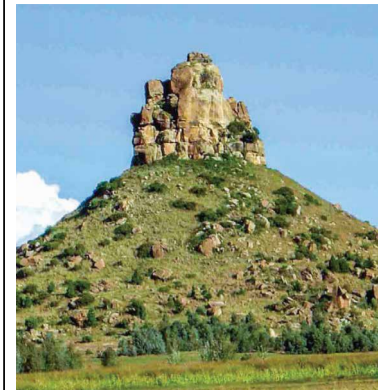
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FRIDAY	SATURDAY	
19°C / 0°C	19°C / 0°C	
	SUNDAY	
19°C / 0°C	21°C / 0°C	
MAFETENG		
FRIDAY	SATURDAY	
13°C / 2°C	13°C / 3°C	
	SUNDAY	
13°C / 2°C	17°C / 3°C	
MOHALE'S HOEK		
FRIDAY	SATURDAY	
13°C / 2°C	13°C / 3°C	
	SUNDAY	
13°C / 2°C	17°C / 3°C	
QUTHING		
FRIDAY	SATURDAY	
19°C / 1°C	18°C / 0°C	
	SUNDAY	
19°C / 1°C	20°C / 1°C	
QACHA'S NEK		
FRIDAY	SATURDAY	
19°C / 3°C	18°C / 2°C	
	SUNDAY	
19°C / 3°C	23°C / 4°C	
THABA TSEKA		
FRIDAY	SATURDAY	
10°C / -2°C	10°C / -1°C	
	SUNDAY	
10°C / -2°C	16°C / 0°C	
MOKHOTLONG		
FRIDAY	SATURDAY	
15°C / -3°C	15°C / -5°C	
	SUNDAY	
15°C / -3°C	19°C / -4°C	
BUTHA BUTHE		
FRIDAY	SATURDAY	
15°C / 2°C	14°C / 2°C	
	SUNDAY	
15°C / 2°C	21°C / 1°C	
LERIBE		
FRIDAY	SATURDAY	
20°C / -2°C	20°C / -2°C	
	SUNDAY	
20°C / -2°C	23°C / -1°C	
BEREA		
FRIDAY	SATURDAY	
15°C / 1°C	15°C / 1°C	
	SUNDAY	
15°C / 1°C	19°C / 2°C	

OUT OF THE ORDINARY

Man's attempt to reheat food on packed flight leaves passengers baffled

A man who took a slice of pizza on a plane with him pulled it out during the journey for a tasty snack - but his efforts to reheat the meal left other passengers very confused.

Long haul flights often mean relying on airline food to help get you through - and standards can differ drastically depending on who you choose to fly with.

Many of us stock up on snacks in the airport just in case, hoping that an overpriced packet of crisps and a few sweets is all our bodies need for the next 24 hours of our lives.

Having pizza on board is nothing but a distant dream for most of us, but one passenger who clearly prepared in advance appears to have saved a slice as a mid-journey snack.

At first it seems like a genius move - until you see a picture which has been shared on social media of how he prepared his meal.

Rather than eating it cold - which seems like the logical choice considering he was on an aeroplane - he decided that it would taste better warm.

Asking the crew for help to heat it up was a long shot he wasn't willing to take, so instead he turned on the overhead light above his seat and held the slice millimetres from the bulb in the hope it would cook.

The moment was captured by a fellow passenger sitting in a row behind and shared by the Passenger



Shaming Instagram account with the caption: "Just warming up some leftovers."

It racked up more than 8,300 likes as others were left divided by his cooking technique.

One commented: "You can't fix

stupid." Another said: "That's an LED light. It doesn't put out heat."

But a third argued it could actually have worked, citing personal experience, writing: "I actually got burned from touching that light after

hours of it being switched on." And plenty of other people were just relieved it wasn't another picture of someone putting their bare feet on the seat in front, with one replying: "I'm disgusted but it could definitely be worse."

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Lesotho experiences further economic slump

While there has been a contradicting figure on the projected economic slump for the year 2020, a true reflection is that the economy will contract by more than 5 percent this year. This was revealed by Prime Minister Dr Moeketsi Majoro on Thursday last week during his address on national television in which he said the economy is likely to experience a 10 percent slump this year.

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Lesotho lauded for its COVID-19 recovery case

Lesotho has been applauded by the World Health Organisation (WHO) after one of its two COVID-19 patients recovered earlier this week. The WHO representative to Lesotho, Dr Richard Banda has expressed his confidence in Lesotho winning the war against the deadly corona virus. He however, said that can only be possible if proper WHO guidelines and protocols are followed to the letter.

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Mpilo Boutique Hotel closes down

One of Lesotho's top-notch hotels - the Mpilo Boutique has been forced to close doors and retrench all its employees due to the ongoing Coronavirus pandemic that has devastated the entire global economy.

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JAILED: Former First Lady 'Maesaiah Thabane

More threat looms for the apparel sector

...as EDCON's future remains in the dark



TROUBLED: Prime Minister Dr Moeketsi Majoro

NEO SENOKO

MASERU - The textile and apparel industry, which accounts for most jobs and exports in Lesotho, could experience a major setback, if one of the leading South African retail stores EDCON Holdings Ltd. closes down.

Lesotho exports an estimated 30 million jeans per year to EDCON while another production goes to the United States of America (USA) through the African Growth Opportunity Act (AGOA).

AGOA is a United States (US) Trade Act enacted in 2000. The legislation significantly enhances market access to the US for qualifying Sub-Saharan African countries.

The main attraction of AGOA is the duty-free and quota free access to the US market that least developed countries like Lesotho currently enjoy.

EDCON on the other hand is a leading retail company based in South Africa operating

in clothing, footwear, textiles, cosmetics, accessories and cellular products in Southern Africa with a wide assortment for everyone including local and international brands.

Retail shops such as Edgas, Jet and CAN are all subsidiaries of EDCON Holdings, a company that was founded in 1929.

The company that has been battling for survival for a long time recently said it might not be able to re-open at the end of the COVID-19 induced national lockdown in South Africa.

The virus has affected business operations globally with millions of people expected to lose jobs as companies shut down.

In 2016 EDCON recorded a net debt of R24.7 billion and was temporarily taken over by debtors to avoid financial collapse. This resulted in the closure of 253 stores by 2018 as part of a recovery plan.

Following the recent coronavirus outbreak in South Africa and the ongoing national

lockdown, the company announced on April 29 that it has lost R2 billion in sales since March 15. The loss has as a result consumed the Group's remaining cash. The company has applied for voluntary business rescue with the aim of returning to a more stable entity.

If eventually the company is forced to close its doors, Lesotho's textile and apparel sector will feel the heat as the South African market would then shrink.

Prime Minister Dr Moeketsi Majoro has admitted that the closure of EDCON would translate into a disaster for the apparel sector. This, he said would be more damaging because even the US market is going to suffer tremendously due to Covid-19.

"We export our products to the two markets of South Africa and the United States. Half of production goes to South Africa and another half goes to the U.S.

"EDCON has already stated that they are struggling and could be forced to close and if it happens that they close we would be ruined because we export around 30 million jeans to EDCON per year. Our firms would struggle and the economy would also be negatively affected," Majoro said on national Television on Thursday last week.

He showed that the American market is also expected to take a knock because many people in that country have lost jobs. These, he said are the very same people who purchase Lesotho products on a regular basis.

The combined textile, apparel and footwear manufacturing industry remains Lesotho's main formal private sector employer, employing more than 45 000 workers, mostly women.

The United States and South Africa accounts for 95 percent of the industry's exports according to the World Bank. Simple items like trousers, shirts and t-shirts continue to dominate apparel exports to both countries.

Under his administration, Majoro said he is planning to ensure service delivery to the Basotho nation despite a number of challenges that comes with COVID-19.

Maesaiah reports to the police

...goes down to jail

TEBOHO JAFETA

MASERU - Police have confirmed that the former First Lady, 'Maesaiah Thabane, finally reported herself to the police and is now safely locked up at the Maseru Central female prison where she will await her trial or bail application following set procedures in the Court of Appeal.

Police spokesperson Superintendent Mpiti Mopeli, told Metro that the suspect and her lawyer reported to the police on Wednesday morning.

"The suspect and her lawyer reported to the police, from there she went to court before she was taken to prison where she is to remain as her bail procedures are being put in place," Mopeli said.

'Maesaiah was wanted by the police after the Appeal Court on Friday ruled that a decision by the High Court to grant her bail was irregular and invalid.

The court therefore set that decision aside and the petition for bail was referred back to the High Court for determination by another judge.

'Maesaiah was reported missing by the police after she allegedly accompanied her husband - former Prime Minister Motsoahae Thabane, to South Africa where he had gone to seek medical attention.

Thabane celebrated his 81st birthday on Thursday last week, after handing over the reins of government to a new coalition led by Dr Moeketsi Majoro the previous week.

'Maesaiah is accused of the murder of Thabane's estranged wife Lipolelo who was gunned down outside her Ha 'Masana residence on the outskirts of Maseru in June 2017, two days before Thabane's inauguration.

Thabane also stands to be charged with the same murder after he dodged formal charge as his lawyers argued that a sitting head of government cannot stand charged in court.

Police have since shown that they have a strong case against the Thabane's and were against the granting of bail to 'Maesaiah.

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

Major boost for Health Ministry

The ministry bags more than M2B



RARING TO GO: New Minister of Health Motlatsi Maqelepo

STAFF REPORTER

MASERU – Parliament on Monday allocated the Ministry of Health more than M2 billion for the 2020/21 Financial Year.

The new Minister of Health Motlatsi Maqelepo said his ministry faces a myriad of challenges to fulfill its mandate of universal health coverage in line with the World Health Organisation (WHO).

Maqelepo, who is also the Member of Parliament for the Berea Constituency, said the ministry has to ensure that Primary Health Care is given first priority so that people at village level are able to prevent diseases.

He said health service at village level is of utmost importance for all Basotho.

To make this practicably possible, his ministry needs money so as to transform the lives of Basotho for the better.

Owing to the COVID-19 pandemic, the minister pledged to double his efforts to save the nation from the disease that has already had a devastating impact on the lives of many Basotho.

He said the government has to stop people from going to major hospitals and to instead encourage them to make use of clinics in their respective areas.

"Pregnant and lactating mothers have to make use of clinics in their catchment areas," he showed.

He further promised to rope in the Ministry of Local Government which has a lot of information about people living in the villages.

"The councilors know who the patients are in the villages. Through their assistance, it

would be easy to trace the whereabouts of the patients if they default from their treatment," he also said.

The health ministry he further showed will improve the standard of Village Health Workers (VHW) who have been struggling for ages.

This he said will be achieved through improving their stipends from M400 to M800 as a way to motivate them.

He commended the VHWs for the important role they play towards helping patients take their medication at village level.

"I have, however, found out that there are a lot of irregularities that make payments of the VHWs to be a bit difficult. Some of these irregularities are there because of the lack of bank accounts to make direct payments into the beneficiaries' accounts," he said.

Another challenge that the minister noted is the fact that patients go to the health centres very early in morning to fetch their drugs, a challenge which he said needs immediate attention.

"I am going to look into that matter, maybe the staff at the health centres could work more shifts to save the lives of Basotho," he said.

With the money allocated to his ministry, Maqelepo pledged to buy ambulances to enhance service delivery in the villages.

He said he is aware of a culture of civil servants who drag their feet when they have to provide services in the ministry. This, he said will be corrected urgently.

He further promised that the new government will expedite the building of the Queen II Hospital so that it starts serving as a referral and the district hospital soon.

In less than a fortnight in office, the minister said he has observed a long bureaucracy when clinics have ran out of stock.

"I am going to cut this bureaucracy so that when clinics run out of stock, they can order straight from the National Drug Service Organisation." He further pledged.

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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
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- Quality management principles
- Coaching/ people development
- Communication (verbal and written)
- Decision-making ability
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- Supervisory skills
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- Respect

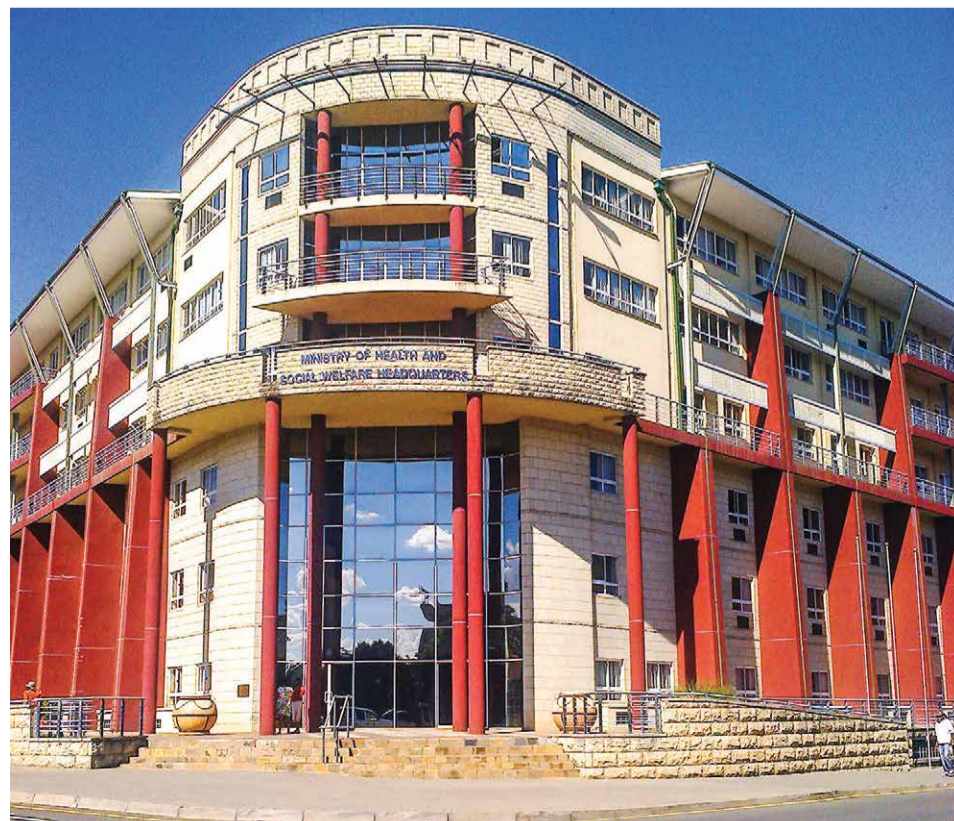
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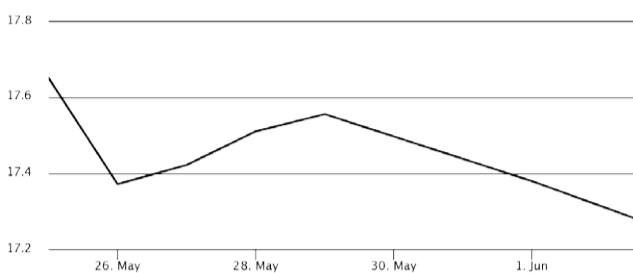
Closing Date: Friday 29 May 2020

PS: Should you not receive a reply within a month from your application, please treat as unsuccessful.



Ministry of Health and Social Welfare Headquarters in Maseru

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Loti/US\$	17.42
Loti/Euro	19.42
Loti/British Pound	21.70
Loti/U.A.E Dirham	4.74
Loti/Yen	0.16
Loti/Rupee	0.23
Loti/Naira	0.04
Loti/SDR	23.75

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PRECIOUS METALS	PRICE (US\$)
Gold	1,738.33
Platinum	843.80
Silver	18.26
Brent Oil	39.43

STOCKS	PRICE (US\$)
S&P500	3,055.73
NASDAQ100	9,598.89
Nikkei225	22,325.61
Dow Jones30	25,475.02
FTSE 100	6,234.43
JSE	52,293.00
Hang Seng	23,995.94

AGRICULTURE

Maize Meal p/kg	M4.80	Milk (sour) p/litre	M13.99
Flour Meal p/kg	M6.40	Rice p/kg	M13.50
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
Milk (fresh) p/litre	M14.80	Live Goat p/goat	M700.00

ENERGY

Petrol Unleaded 93 p/litre	M8.20	Diesel 50PPm p/litre	M9.10	Water (Domestic) p/litre	M0.04
Unleaded 95 p/litre	M 8.30	Paraffin p/litre	M3.90	Water (Industrial) p/litre	M0.43

Parly embarks on budget allocations

STAFF REPORTER

MASERU - The Ministry of Finance has asked Parliament for allocation of M1 93 674 462 for the Financial Year 2020/21 promising to put emphasis on service delivery and laws as well as policies that will fast-track settlement of government bills and debts.

The Minister of Finance Thabo Sofonea said his ministry has a lot on its plate, citing one of its key responsibilities as the essential installation of all service providers into the system for ease of payments.

He said the move will start as a pilot project within some of the ministries.

Sofonea said among others, the government intends to make laws that will help the country to settle its debts while providing renewed hope that local business suppliers and service providers will soon reap the benefits.

Member of Parliament Kose Makoa warned the finance ministry to help businesses to get paid in time as the

government owes them a lot of money.

He said other ministries have already shown their concern against the Ministry of Finance in respect of the said delays in payments.

Makoa also pleaded with Parliament to allocate a sum of M32 371 698 for the Auditor General's Office.

He said he was aware that the office faces various problems, adding that amongst others several parastatals are not too keen to submit their financial reports when they are due.

"The office has many problems and has to be empowered," he appealed, adding that the office should hold training workshops to refresh its staff.

He also requested a sum of M2 326 182 218 for the Pensions and Gratuities Department, saying the ministry has to pay for pensions - both Pension Fund and Old Age Pensions.

He requested M40 351 213 for statutory salaries and

allowances for all statutory positions and operations of His Majesty's family.

For the Contingency Fund, Sofonea requested a sum of M100 million as funds that will be utilised for emergency related issues, such as the prevailing COVID-19 pandemic.

Leader of the National Independent Party (NIP) Kimetso Mathaba reiterated that the M100 million is question is meant to cater for emergencies alone.

He said the Minister of Finance should have pointed out that the previous Contingency Fund was not used appropriately.

"It was misused as most of it was used for officials' travel," Mathaba said.

He argued that the money should now be directed where it is supposed to be and not blown by officials on international trips and

per diems.

For his part, the Minister of Law and Justice, Professor Nqosa Mahao requested M242 472 787 for his ministry.

He said there are departments such as Legal Aid and Lesotho Correctional Services (LCS) that urgently have to be empowered, adding that he plans to enhance advocacy of Legal Aid.

Prof Mahao said it is clear that justice is not served to most Basotho, especially for those living in hard to reach areas.

He promised to hold radio programmes and awareness campaigns to inform Basotho in the villages about the roles of Legal Aid.

The other monies he said will be used to rehabilitate the Maseru Central Prison along with the prison facilities of Hlotse, Mhale's Hoek and Mafeteng.



Leader of NIP Kimetso Mathaba



Bombastique !



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ADRIAAN KRUGER

Disputes relating to the settlement of vehicle claims remain the most prominent complaints against insurers, according to the annual report of the short-term insurance industry's ombud.

Nearly half of all complaints to the ombud during the last year came from car owners unhappy about the payment of claims by insurance companies.

The Ombudsman for Short-term Insurance (Osti) reveals in its latest annual report that its office received a total of 10 367 complaints during 2019 from the holders of vehicle, home owner, household contents and other short-term insurance policies. Nearly 4 500 related to complaints about the settlement of claims in cases of car accidents and theft.

While some of these complaints were resolved in favour or partly in favour of clients – insurance companies had to fork out a massive R47.7 million more in vehicle insurance claims – only 19% of the complaints had merit.

This prompted the ombud to warn policyholders to ensure that they know exactly what their policies cover and the relevant terms and conditions.

Ayanda Mazwi, senior assistant ombud, writes in the annual report that of the 4 492 motor vehicle claim disputes that had to be considered, the primary complaints related to

claim settlement calculations. The majority of these disputes related to vehicle shortfall and uninsured accessories.

"Standard comprehensive motor vehicle insurance will not necessarily cover the total amount owed to the bank in respect of a financed vehicle. Should a vehicle be stolen or written off in an accident, the credit shortfall can be crippling as the owner is left owing money on a motor vehicle that they no longer have.

"Consumers must ensure that their policies include cover for the credit shortfall and any financed accessories which have been added to the insured vehicle," says Mazwi.

The second biggest cause for complains about the payment of vehicle claims was that insurers rejected claims due to non-disclosure or misrepresentation of details or, alternatively, failing to inform the insurance company of important changes that can influence the contractual agreement between the insurer and the client.

At the end of the annual report, Peter Nkhuna, another senior assistant ombud at Osti, gives an example of a claim that was rejected. He says he sometimes thinks that a lot of vehicles considered to be covered by insurance are effectively not insured in that consumers do not comply with the terms and conditions of the insurance policies.

"We often find that the insured are of the mistaken belief that by simply paying premiums, they are entitled to have all their claims settled by their insurers," says Nkhuna. Moneyweb

Technology

SpaceX put people into orbit

... for the first time in its most important mission in 18 years

For the first time in history, NASA astronauts have launched from American soil in a commercially built and operated American crew spacecraft on its way to the International Space Station.

A SpaceX Falcon 9 rocket carrying the company's Crew Dragon spacecraft lifted off from Launch Complex 39A at NASA's Kennedy Space Centre in Florida on May 30, 2020, carrying NASA astronauts Robert Behnken and Douglas Hurley to the International Space Station for the agency's SpaceX Demo-2 mission.

The mission is an end-to-end test flight to validate the SpaceX crew transportation system, including launch, in-orbit, docking and landing operations. This is SpaceX's second spaceflight test of its Crew Dragon and its first test with astronauts aboard, which will pave the way for its certification for regular crew flights to the station as part of NASA's Commercial Crew Program.

Amid the threat of rain and lightning on a Saturday, one of SpaceX's Falcon 9 rockets heaved itself off the ground at 21:22 local time with a thunderous roar of flames, smoke, and dust.

Then, about 12 minutes later, a relatively small payload popped off the top of the 23-story launcher, slipping the spacecraft into low-Earth orbit.

However, this payload is unlike anything the world has seen: a privately developed commercial spaceship called Crew Dragon, which is carrying SpaceX's first human beings – NASA astronauts Bob Behnken and Doug Hurley.

Shortly before their historic crewed space launch, the first from American soil since July 2011, the men shared ceremonious words from SpaceX's Crew Dragon spaceship over the radio.

The flight not only resurrects American crewed spaceflight for NASA, but also opens a door for SpaceX to help commercialise space.

The NASA administrator, Jim Bridenstine, became emotional while delivering remarks after the crew reached orbit.

Elon Musk, who founded SpaceX in 2002, expressed his enthusiasm during the first launch attempt at the launch on Wednesday: "This is a dream come true for me and everyone else at SpaceX."

"I didn't even dream that this would come true."

Poor weather threatened to delay the mission a second time, as clouds crowded the Florida skies and teased rocket-threatening lightning. A rain shower briefly soaked the rocket.

Similar conditions forced NASA and SpaceX to scrub their first launch attempt just 17 before lift-off on Wednesday, since the Falcon 9 rocket could trigger lightning strikes from electrically charged clouds.

Though the historic mission is on its way, the hard part is not over for the two men, SpaceX, or NASA – a partner that has invested more than \$3.14 billion to foster the system's development.

Launching rockets is something SpaceX excels at, with now 86 successful lift-offs under its belt. Flying crewed space capsules and keeping the passengers alive is another matter.

NASA



ATM CLOSING.

The following ATMs will no longer be available as of 25 May 2020:

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2. MASERU BUS STOP (LEPOQONG)

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NEDBANK

Airlink to resume flights



Airlink will launch a limited scheduled domestic air service from Monday June 8, with flights on the Johannesburg-Cape Town and Johannesburg-Durban trunk routes, using 98-seat Embraer E190 regional jets.

This follows the implementation

of South Africa's COVID-19 level 3 restrictions.

"We are ready to start flying our customers again. We used the down-time to put our pilots and cabin crew through their paces on simulators and training devices, while also maintaining our aircraft

fleet," says Airlink ceo and md, Rodger Foster.

Airlink's flight schedule, from June 8, is below. The introductory schedule will be augmented with additional frequencies as from June 15.

Aln	Flt Nbr	Eff Date	Freq	Subfleet	Config	Dep	DepT	Arr	ArrT
4Z	551	08-Jun-20	12345..	E70	Y68C6	JNB	06:30	DUR	07:40
4Z	552	08-Jun-20	12345..	E70	Y68C6	DUR	08:20	JNB	09:35
4Z	553	13-Jun-2067	E90	Y92C6	JNB	10:25	DUR	11:35
4Z	554	13-Jun-2067	E90	Y92C6	DUR	12:15	JNB	13:30
4Z	557	08-Jun-20	12345..	E70	Y68C6	JNB	16:10	DUR	17:20
4Z	558	08-Jun-20	12345..	E70	Y68C6	DUR	18:00	JNB	19:15
4Z	891	08-Jun-20	123456	E90	Y92C6	JNB	06:25	CPT	08:45
4Z	892	08-Jun-20	123456	E90	Y92C6	CPT	06:50	JNB	09:00
4Z	897	08-Jun-20	12345.7	E90	Y92C6	JNB	17:00	CPT	19:20
4Z	898	08-Jun-20	12345.7	E90	Y92C6	CPT	17:15	JNB	19:25

Recipe Of The Week

Cheeseburger Egg Rolls

Ingredients

Egg Rolls:
 1 lb ground beef
 ½ medium yellow onion minced
 1 Tbsp vegetable oil for cooking
 Salt and fresh cracked black pepper
 5 slices American cheese
 ½ cup diced pickles
 13-14 egg roll wrappers
 1 egg white
 Oil for frying
Sauce:
 ¼ cup mayo
 1 Tbsp tomato paste
 1 garlic clove pressed
 1 tsp paprika
 Salt and fresh cracked black pepper

Instructions

Preheat a medium cooking pan over medium heat. Add a tablespoon of oil and minced onion. Saute until onion is translucent. Add ground beef to the pan and break it up as much as possible. Season with some salt and pepper, cover and cook until meat starts to brown. Stir well and make sure to keep breaking up all the meat clumps as it cooks. Drain off all the

juices and place cooked meat into a mixing bowl. Break up cheese and add it to the bowl. Mix until all the cheese is melted and evenly incorporated. Stir in pickles. Heat up oil to about 350 degrees as you roll the egg rolls. Gently whisk egg white and set it close to you. To roll the egg rolls: place egg roll wrapper on a diamond. Spread about 2 tablespoons of cheeseburger filling in a line, leaving about an inch on each side. Gently and carefully, fold the corner that's closest to you over the cheeseburger mixture, and tuck under the filling. Fold both side corners toward center of wrapper, it will start to look like an open envelope. Dip your fingers in egg white and run it along the edges of the wrapper to seal better. Carefully roll up the egg roll. Fry egg rolls in batches until golden brown, turning once the bottom side turns golden. Whisk all ingredients for the sauce until completely incorporated. Serve with egg rolls.



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during lockdown.

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PROUDLY LESOTHO

700 g
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TRUSTED QUALITY
PROUDLY LESOTHO

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:

WhatsApp: +266 5180 1574

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Metro HEALTHY Living

HEALTH TIPS

Ditch reading while travelling:

Reading books while travelling is not advisable as it is bad to the eyes. We tend to spoil the eyes if there is lot of shaking while reading. Keep that book or other reading material away if you suffer from motion sickness while travelling as it can make it worse. When you read, your eyes move from side to side very quickly. This strains and confuses the mind, leading to headache and eventually aggravating your motion sickness.

DECODING MEDICAL TERMS

Pulled Muscle:

Muscle strain is another name for a pulled muscle. It occurs when a muscle is overstretched and tears. Symptoms of a pulled muscle may include pain, swelling, weakness, and difficulty or inability to use the muscle. Muscles in the quadriceps, the calves, hamstrings, groin, low back, and shoulder are the most common sites for pulled muscles. Minor muscle strains resolve with RICE -- Rest, Ice, Compression, and Elevation. Nonsteroidal anti-inflammatory drugs (NSAIDs) may help manage pain and swelling as well. More serious muscle strains require evaluation and treatment by a doctor.

HUMAN BODY

Body Functions

Body functions are the physiological or psychological functions of body systems. The body's functions are ultimately its cells' functions. Survival is the body's most important business. Survival depends on the body's maintaining or restoring homeostasis, a state of relative constancy, of its internal environment. Homeostasis depends on the body's ceaselessly carrying on many activities.

Lesotho records 2 more Corona cases

...as the second patient recovers

LINEO MABEKEBEKE

MASERU - Lesotho has recorded two more COVID-19 cases, bringing the total official number to four, the Ministry of Health has confirmed.

The ministry announced that two follow-up samples from the second confirmed case, were among the 419 negative results and shall therefore be recorded as recovered.

This comes after the ministry collected 421 samples from travellers from South Africa, including the second confirmed case of COVID-19 between May 22 and 28.

The samples were sent to NICD in the Republic of South Africa for testing on May 29. Results were received on June 1 and of the

421 samples, 419 tested negative for SARS-COVID-2 while two tested positive.

The two new patients arrived in Lesotho on May 23 from Cape Town although they used separate routes.

To date, Lesotho has 1515 specimens tested, of which 1511 came negative, with four testing positive while two recovered.

In its statement issued on June 3, the Ministry of Health said it will continue to carry out vigilant screening procedures at ports of entry as well as in villages and health facilities while also monitoring those on home quarantine.

The ministry also pleads with the public to follow quarantine measures while adhering to the set protocols of the lockdown to reduce the possible spread of the disease.

The second case of COVID-19 was recorded after the 18 specimens that were pending and 256, totalling 274 were received

on May 20. Of the 274, only one tested positive, the ministry said.

Over 182 Basotho including four South Africans arrived in the country through different ports of entries from May 22 to date. This brings the number of Basotho currently in the country from foreign countries to 2779.

The people who were reported to have been screened against corona virus crossed at the Maseru Bridge, the Maputsoe Bridge and the Van Rooyens Gate amongst others.

At least 2113 travellers from South Africa have been screened in the five operational Ports of Entries (PoEs) within a period of one week (May 18 to 24).

About 60percent of these people entered through the Maseru Bridge and only one traveller was referred to a health facility from the Van Rooyen's Gate due to the fact that she had defaulted her HIV/AIDS treatment.

Six percent of the travellers were referred to home quarantine while five percent were sent to a government quarantine facility bringing a total of those under quarantine to 11 percent.

The numbers exclude those relating to entry at the porous borders.

Of the 11% who were sent on quarantine, 30 of them from the Thaba-Bosiu quarantine centre were released after completing their 14-day quarantine period.

The NECC appeals to the nation to liaise with relevant authorities in their communities such as area chiefs and community councillors to ensure that those who are meant to be on quarantine do so successfully.

NECC continues to appeal to the nation to observe prevention measures against the disease such as regularly washing hands with soap and running water, wearing of masks as well as observing the social distancing rule.

NASA had said that the manufacturers were selected to make their COVID-19-specific ventilator, VITAL.

WASHINGTON: The US has congratulated three Indian companies which NASA selected to make a ventilator specifically designed to treat COVID-19 patients.

"Congrats to the 3 Indian companies NASA selected to make a ventilator specifically designed to treat COVID-19 patients. Only 21 licenses were granted worldwide -- a testament to the grantees and the importance of the US-India partnership to combat COVID19," said the Bureau of South and Central Asian Affairs in a tweet.

It made the comments re-tweeting a May 30 tweet by NASA Jet Propulsion Laboratory, which said: "Manufacturers were selected to make our COVID-19-specific ventilator, VITAL. It's simpler and more affordable than traditional ventilators, freeing the latter for more severe symptoms. Its design can be used in field hospitals."

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US Congratulates 3 Indian firms chosen by NASA to make COVID-19 ventilators

symptoms. Its design can be used in field hospitals."

According to a release from NASA on May 29 -- VITAL (Ventilator Intervention Technology Accessible Locally), the high-

pressure ventilator was designed to use one-seventh the parts of a traditional ventilator, relying on parts already available in supply chains.

"It offers a simpler, more affordable option

for treating critical patients while freeing up traditional ventilators for those with the most severe COVID-19 symptoms. Its flexible design means it also can be modified for use in field hospitals" the release said.



My name is Mhlehazi 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

LINEO MABEKEBEKE

Menstruation does not stop because of Covid-19 pandemic

Although COVID-19 has brought the world to a standstill, it could, however, not stop nature.

Countries have been forced into lockdown to fight the spread of the deadly corona virus. Women and girls are facing increasing struggles to access the sanitary products which, they need to manage their menstrual periods hygienically, with dignity.

Every day, some women and girls out there have their periods. Being able to manage menstruation safely, hygienically, with confidence and dignity is critical for their health, education, human rights and overall gender equality.

The consequences of the COVID-19 outbreak are felt most acutely by the marginalised, particularly women and girls.

All women and girls deserve safe, clean and comfortable menstrual cycles every month, a natural process for all and need support, by helping them manage their periods better.

Even before the COVID-19 pandemic, some women were still not able to according manage their menstruation.

Palesa Mosuhli, an activist who among others recognises and values the World Menstrual Hygiene Day, says periods are a fact of life, not something that people can change, yet there is a stigma attached to menstruation.

She says in many parts of the world, periods stop girls from living normal lives. Such girls still feel embarrassed when they have their periods as they are forced to use improper substitutes as sanitary products, and even miss out on vital education because of periods.

Mosuhli says this year's theme



is "it's time for action" to ensure that girls and women do not feel marginalised by their periods through increased education on menstrual hygiene.

On hygiene resources in schools, she says: "We are committed to supporting the education sector, to

improve the hygiene facilities for teachers, staff and pupils and support schools in developing hygiene habits that will last lifetime."

She shows that poor water, sanitation and hygiene facilities in communities and schools mean women as well as girls are unable

to manage their menstruation with dignity.

The World Menstrual Hygiene Day is commemorated each year on May 28, to help break the silence, raise awareness and change negative social norms on menstrual hygiene throughout the world.

Metro-Scope

AQUARIUS: 21 Jan. - 19 Feb.

If you want to exceed your expectations, then a potent lunar phase suggests getting others on board who can support you with the skills needed to make a success of something. Trying to do it alone? It could work out more expensive. There is power in teamwork, and over the coming weeks you might draw to you those who compliment your own abilities and share your vision.

PISCES: 20 Feb. - 20 Mar.

Ready to shine bright Pisces? This is the time to promote your skills and talents, share a message or let everyone know about a business venture. If you do though, you won't be able to stay beneath the radar anymore. This week's Lunar Eclipse in your sector of goals, can find you in two minds about this. But in the end, you might take that bold step and be glad that you did.

ARIES 21 Mar. - 20 Apr.

Undecided about a course of action? With a potent Lunar Eclipse in Sagittarius, you may be pushed into choosing something if a situation builds up to fever pitch. Rather than over thinking this, the lunation suggests you could spring into action based on your instincts. This might see you doing exactly the right thing. Have a creative idea? Try not to lose track of it Aries.

TAURUS: 21 Apr. - 21 May

If this week teaches you anything, it is that you don't have to do what everyone else is doing. Taurus. An edgy blend of influences is emphasized by the intense Lunar Eclipse, and can bring your skills and abilities into greater demand. The coming weeks and months could be the start of something that brings in extra cash, and that might develop into a small business over time.

GEMINI: 22 May - 21 Jun.

You may be seeing a relationship from a skewed perspective Gemini, and this could be the reason that you are uncertain of how to respond to someone or deal with an issue involving them. With a potent Eclipse this week, things can come to a head. Yet you might find it easier to see the bigger picture, and from there, to know how to handle this. It's best to avoid impulsive moves though.

CANCER: 22 Jun. - 23 Jul.

Your beliefs can be the making of you, which is why this week is so important, as it gives you a choice to stick with the old ways or take a leap of faith and do something different. You may be pushed into choosing, and the Lunar Eclipse could be the catalyst. If you desire a different way of life Cancer, then believe you can have it and you might be half way to getting what you want.

LEO: 24 Jul. - 23 Aug.

What do you need to let go of, so you can move forward Leo? It could be that a relationship from the past is still on your mind and you need to find closure, so you can fully commit to a new one. Or it may be something else that is causing you to falter. This week's turbo-charged Full Moon might drop some big hints about what is needed, and push you to take that next important step.

VIRGO: 24 Aug. - 23 Sept.

Need to spice up your home life? As well as trying out exotic recipes, this week's star map encourages you to liaise with your partner and see what you can come up with. You'll both have different ideas, but the combination can be a winner. With an Eclipse making a bold appearance, there may be mini dramas to contend with, but these could lead the way to new developments.

LIBRA: 24 Sept. - 23 Oct.

Need to say something? It could all come out into the open this week, whether you're prepared for it or not. With a powerful lunation bringing feelings to the surface, you may just come out with it. The result might cause more than a few waves, but this can be the precursor to positive change. Over coming weeks, items or people you've wanted gone, could disappear from your life.

SCORPIO: 24 Oct. - 22 Nov.

You can be one of the most resourceful signs in the zodiac, which is why this week's potent line-up might encourage you to reign in certain excesses. You don't have to give up everything you enjoy, but there may be some items that you could do without. Could there be even more that you don't really want? As you contemplate a life free of clutter, the happier you might become.

SAGITTARIUS: 23 Nov. - 21 Dec.

There may be so much that you want to accomplish, and yet feel you can't. It is said that when the pupil is ready the teacher will appear, and this could be true of you Capricorn. Just as you decide to move out of your comfort zone and explore your full potential, someone might appear who will help you to do so. Because of this, the coming weeks can see you taking off.

CAPRICORN: 22 Dec. - 20 Jan.

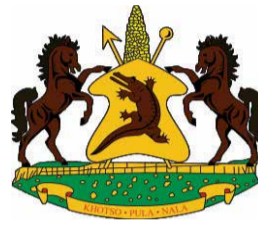
Sometimes all it takes is a brilliant idea for things to appear much better, and one could show up that changes everything. If you've been looking for solutions, a creative aspect can provide them, enabling you to stand out from the crowd. Need to liaise with key people? Mercury's move into Cancer can give you an advantage. You'll intuit what they really want Capricorn.



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METROPOLITAN LESOTHO



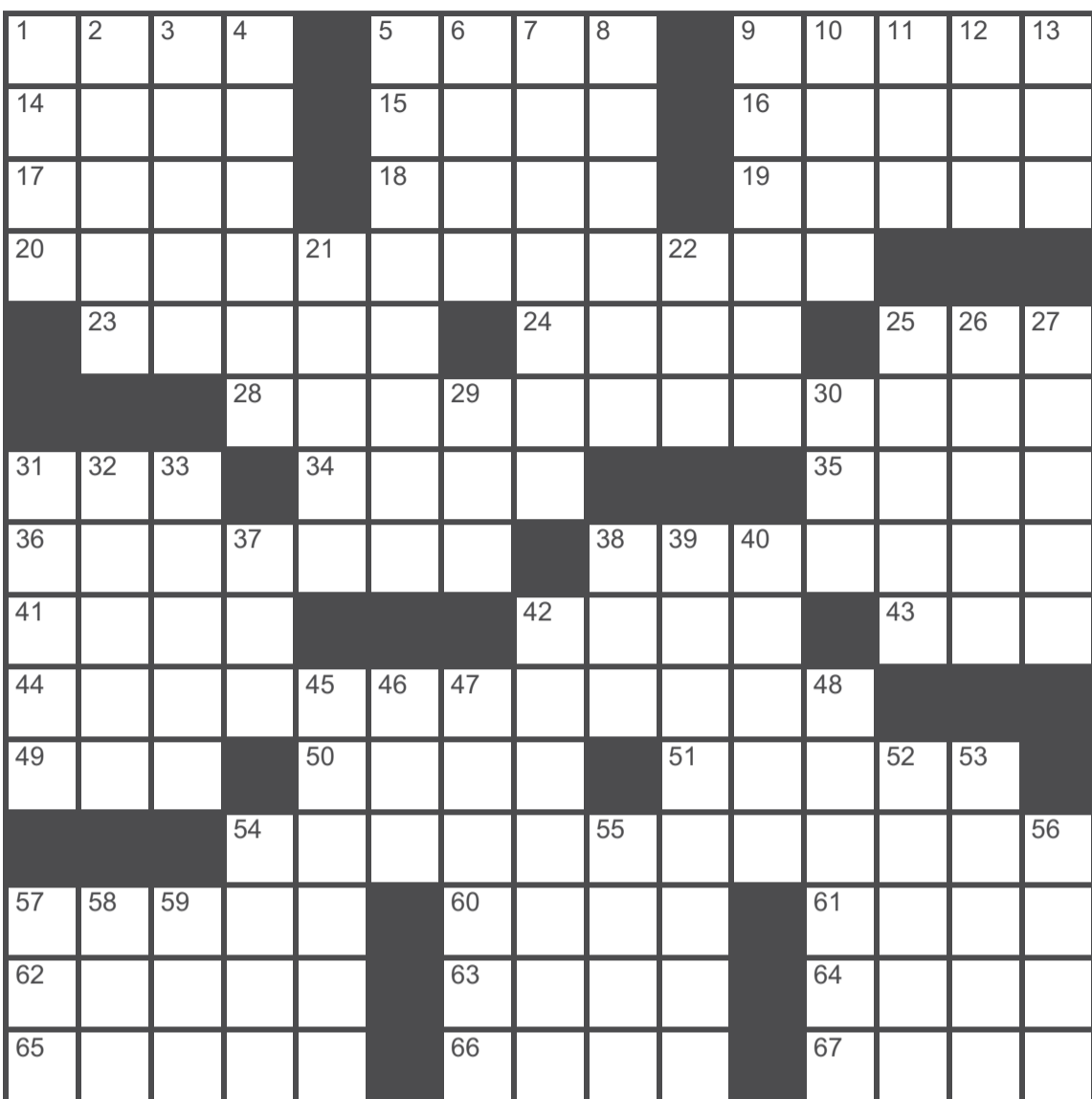
NEDBANK



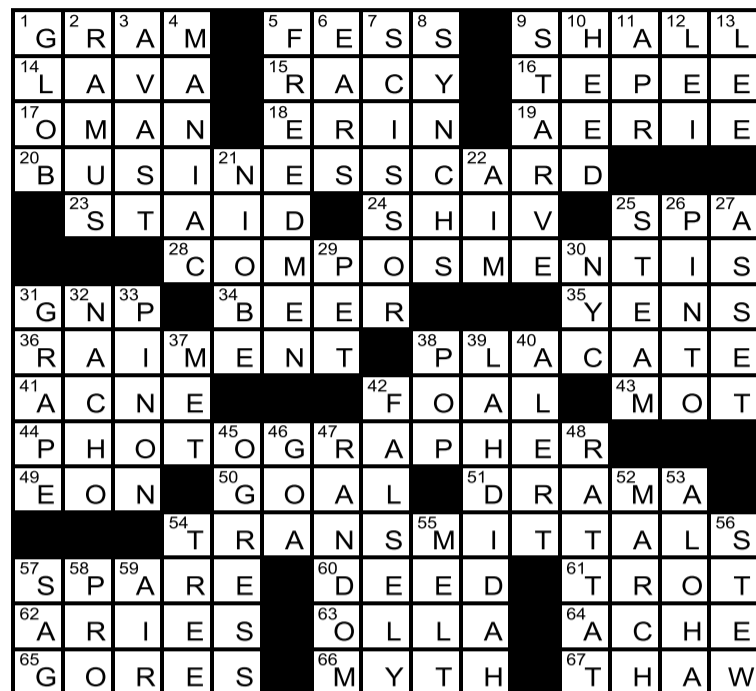
LIBERTY



General Crosswords



Last Week's Solution



- | | |
|------------------------------|-------------------------|
| 26. Join forces | 48. Computer bug |
| 27. Fruity-smelling compound | 52. In a cold manner |
| 29. Stylish, in the 60's | 53. Passé |
| 30. Lilliputian | 54. Daft |
| 31. Vineyard fruit | 55. Center |
| 32. Coffee shop order | 56. Vitality |
| 33. Neoplasm | 57. Before, in verse |
| 37. Take home | 58. 'easter |
| 39. Celtic body of water | 59. Best suited |
| 40. Curtain fabric | 62. Underground network |
| 42. Highway hot rod | 63. Used to be |
| 45. Double-reed player | 9. Musical kingdom |
| 46. Preserve, in a way | 10. Calendar square |
| 47. Senators' home | |

- | | | |
|---|---------------------------|--------------------------|
| Across | 34. Andy's radio partner | 67. Jekyll's counterpart |
| 1. In fine fettle | 35. Departure | |
| 5. Heroic deed | 36. Type of tablespoon | |
| 9. Buzzing | 38. Kitchen set | |
| 14. Wrinkle remover | 41. Zenith | |
| 15. Fairy tale villain | 42. Delhi wrap | |
| 16. Baby grand, e.g. | 43. Part of H.R.H. | |
| 17. Grub | 44. Running off | |
| 18. Baltic capital | 49. Listening device | |
| 19. Sully | 50. Diminish | |
| 20. Body guard | 51. Dependable | |
| 23. Association of Southeast Asian Nations (abr.) | 54. Not skilled | |
| 24. Noted Virginia family | 57. Listlessness | |
| 25. Go a-courting? | 60. Commotions | |
| 28. Conjoined pair | 61. South American monkey | |
| 31. Clock standard: Abbr. | 64. Musical staff symbol | |
| | 65. Surrealist Max | |
| | 66. Zone | |

- Down**
- Old 45 player
 - Something in the air
 - Broods
 - Empowers
 - Given name
 - Auspices: Var.
 - Patterned socks
 - Makes fun of
 - chi (martial art)
 - Bed-and-breakfast
 - Decay
 - Water nymph
 - Course requirement?
 - Extra sense

Sudoku Puzzle

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

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.

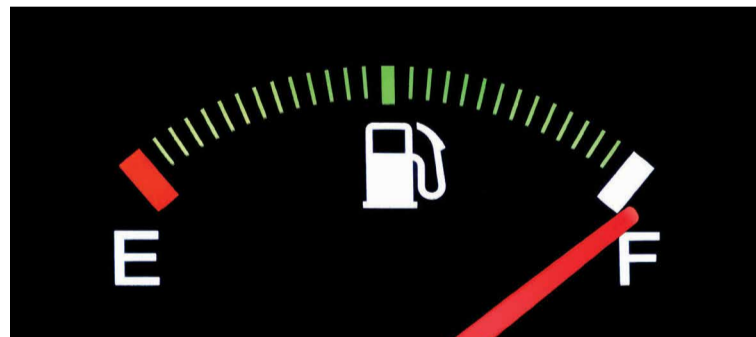
Last Week's Solution

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

So You Think You are Genius

Question (Answer next week)

I started a journey to my Aunt's yesterday with a full tank of petrol, 50 litres, but at that exact moment my petrol tank sprang a leak. I managed to drive 80 kilometres before coming to a complete stop with an empty petrol tank. So one hour into my journey I had to get some more petrol. I know that the car manages 5 kilometres per litre of petrol. How quickly was I losing petrol?



Last Week's Answer

Name	Current pet	Previous pet
Becky	hamster	hamster
Kevin	dog	cat
James	mouse	dog
Rebecca	cat	mouse



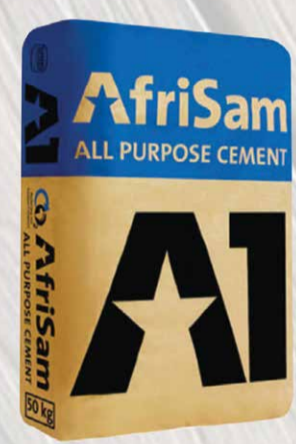
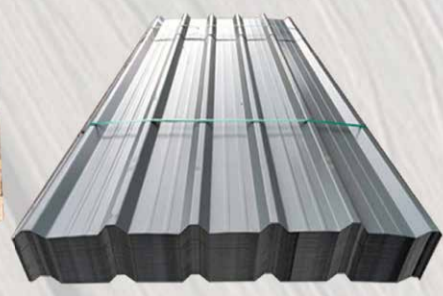


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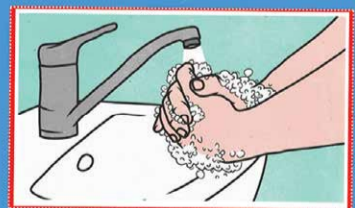
COVID-19 AWARENESS

#YOUARETHECHANGE

WASH YOUR HANDS FREQUENTLY

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

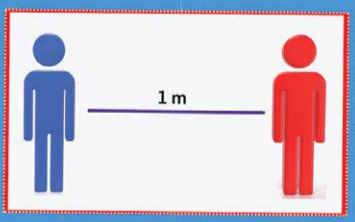
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



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.





Be Car-Smart

How to check your vehicle's lights and wipers

As the days get shorter, it's a bright idea to make sure your vehicle's lights and wipers are working properly so you can be seen by others and your visibility is not compromised.

"Lights and wipers play a critical role in safe driving, as the chance of an accident increases if you can't see or be seen," said Rich White, executive director, Car Care Council. "From the driver's seat you may not notice a light that isn't working, so inspect all of your car's lights and replace those that are out. Also, inspect and replace wiper blades so you can see clearly when wet weather hits."

Lights are normal wear items that require periodic inspection and replacement. The lighting system provides nighttime visibility; signals

and alerts other drivers; and supplies light for viewing instruments and the vehicle's interior. In addition to replacing dimming, rapidly blinking and non-functioning lights, the following tips can help keep you safe: Keep headlights, tail lights and signal lights clean. External dirt and debris can dim operational lights from being seen by others.

Make sure that your headlights are properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.

Don't overdrive your headlights; you should be able to stop inside the illuminated area, otherwise you are creating a blind crash area in front of your vehicle.

If there is any doubt on whether or



not your headlights should be on, turn them on. Lights not only help you see better in early twilight, they also make it easier for other drivers to see you. The wiper system keeps excessive water, snow and dirt from building up on the windshield, maintaining clear visibility. Many factors can accelerate

the replacement interval of wipers, including operating conditions (winter conditions are tough on wiper blades), frequency of use, material and type of wipers and sunny weather. In fact, wiper blades can deteriorate faster and need more frequent replacement in desert states.

With a few mods, Crawford Performance has turned a Crosstrek into a proper off-roader

This Subaru has an appetite for adventure

The Crosstrek (or the XV, as it's known over here) is Subaru's anxious crossover-shaped comedown after all those wild partying years and success with the Impreza. Admittedly, it's rugged, safe and well-equipped – so appeals to Subaru die-hards. But, for the rest of us, having lusted after generations of Mitsubishi-baiting rally reps, it's just a bit... dull.

Luckily, Crawford Performance has stepped in to offer a bolt-on package of off-road parts to give the bland crossover a glow-up fit for any adventure.

As you can see, the stance is quite a bit more radical than standard. That's thanks to a 2-inch lift kit, 15" Method wheels and chunky off-road rubber. Just look at that sidewall! There's also more guard rails than a bowling multiplex. There's new front, rear and side metalwork to stop the boulder that you forgot to see from destroying the bodywork when you nerf it at 40mph. It doesn't stop there, though. Extra armour has been added underneath too, in the shape of hefty front and transmission skid plates. Finally, there's the all-important light bar and classic blue and gold livery. Because no lust-worthy Subaru is complete without those.

The upgrades are inspired by the Subaru of America Crosstrek Desert Racer, Scooby's official Baja beast that Crawford Performance, Subaru Motorsports USA and Grabowski Brothers Racing teamed up to build last year. So when it comes down to fabricating something that can get down and dirty off-road, these folks know what they're talking about. Unfortunately, the civilian Crosstrek doesn't get the race car's mechanical upgrades. So you have to make do with the stock 2.0-litre



boxer engine, CVT gearbox (bleurgh) and driveline. But the engine has been lightly breathed on, with some intake spacers and an air-oil separator, so there's a bump up to 167bhp, instead of the standard 152bhp. The

exhaust has also been liberated, so expect a more tuneful boxer note to come out of the back end.

We're told Crawford's intent is to bridge the gap between a fully built race-car

and a production model Crosstrek. And, considering prices are set to be around £28,000, that seems like a very easy entry into hitting the dirt. Now we just have to try it to really make sure...

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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■ In light of the COVID-19 pandemic, the Confederation of African Football (CAF) on Monday (1 June 2020) organised a video-conference meeting with Safety and Security Officers of the affiliated Member Associations and other stakeholders to discuss the impact of the outbreak on the safety and security aspects as far as the football on the continent is concerned. The maiden Safety and Security COVID-19 review meeting brought together participants who deliberated extensively on the current situation in their respective countries as a result of the pandemic.

■ Major sporting activities across the continent have been suspended since mid-March due to COVID-19 including major CAF competitions such as Total African Nations Championship (CHAN) Cameroon 2020, Total Africa Cup of Nations Cameroon 2021 qualifiers, FIFA U-17 & U-20 Women's World Cup qualifiers, 2020 Total Women's Africa Cup of Nations qualifiers and Interclub competitions. "CAF is aware that the impact of



COVID-19 on football safety and security will be phenomenon hence, the need for all concerned to be brought to speed on the possible challenges. Also, to make recommendations on possible steps to be taken by Member Associations before the commencement of football in their respective countries," CAF Acting Secretary Abdelmounaim Bah said.

■ The one-day meeting, a brainchild of the CAF Safety and Security Department, also discussed restrictions across Africa and devised a strategic plan for Safety and Security post COVID-19. Over 70 participants including CAF Safety & Security Officers and representatives from CAF Departments such as Competitions and Development took part in the inaugural session. (CAF)

■ The driver of the vehicle that ran down four local cyclists in Ktlehong during the MGC cycling race briefly appeared before the Maseru Magistrate's Court earlier this week. In March, Semankela Sekonyela, a 4+1 taxi driver allegedly ran down the four riders who were competing in the MGC race. One of the victims who were seriously injured in the accident is the famous mountain biking star, Teboho Khantšhi.



ANXIOUS: Local body-builder Machachamisa Ntšinyi

Weight-lifter unpacks his dream

TEBOHO JAFETA

MASERU – Lesotho's weight-lifting Olympic prospect Machachamisa Ntšinyi is upbeat about participating at the highest level of international competition as the Tokyo Olympic Games rescheduled for next year draw closer.

The hardworking athlete has not been pulled back by the prevailing lock-down caused by the corona virus pandemic.

During this time when sporting activities in Lesotho and the rest of the world are under suspension due to the COVID-19 outbreak, Ntšinyi trains extremely hard to ensure that he does not lose focus on his goals.

He told Metro that he still follows a tight training regime set by his coach to ensure that he gets closer to attaining his dream of competing in the Olympic

Games.

"I train hard to ensure that I make it through to Olympic Games. The competition would give me great exposure as an upcoming weightlifter because it is one of the most highly recognized sports events in the entire world," he says.

He notes that the suspension of the sporting code came at the time when he was busy preparing for the Olympic qualifiers which were scheduled for Mauritius in April.

Although he trains that hard, he however, faces numerous challenges such as having to train in inappropriate places.

"Weightlifting has certain techniques and protocols which have to be followed and we cannot readily stick to them if we train individually or at our respective homes," he says.

To ensure that he keeps his

sight on his dream, Ntšinyi is adamant that both hard work and determination are what will see him through.

"I told myself a long time ago that nothing is impossible if one is determined to achieve their dream. I do not want wasted talent and time, instead I believe in achieving set goals," he says.

Ntšinyi won bronze in Madagascar last year during an international competition he participated in.

The former rugby player hung up his rugby boots in 2017 to concentrate on his beloved sport – bodybuilding.

He plans to place even greater focus on the sport as soon as he completes his studies in September at the Limkokwing University of Creative Technology (LUCT) where he is studying for an Honours Degree in Human Resource Management.

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