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REPO RATE UP BY 75 BASIS POINTS

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...as inflation bites and economy slows

Regulars

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• US military making plans in case Pelosi travels to Taiwan



BORN ON THIS DAY July 28

1929 - Jackie Kennedy, American literature editor, photographer, and socialite who was once married to the former American President John F. Kennedy. She became the First Lady of the United States of America when her husband became the president

1943 - Richard Wright, English musician. He is credited with co-founding the popular band, Pink Floyd, for which he also served as a vocalist and keyboardist. Wright contributed immensely to the success of Pink Floyd and his distinctive keyboard playing was a key component of the music produced by the band

1986 - Beatrix Potter, affluent English family, grew up amidst nature and developed a love for animals. She grew up to be a natural scientist, conservationist, and illustrator, and is best remembered for her children's books such as The Tale of Peter Rabbit, which featured animals

1993 - Harry Kane, English football player who leads the national team of England and also plays for Premier League club, Tottenham Hotspur. Kane has been named the Premier League Player of the Month six times and received the Golden Boot twice.

NewsBriefs Lesotho's general elections scheduled on October 7



His Majesty King Letsie III

MASERU - Lesotho will hold its general elections on October 7, in the latest round of polling in the landlocked southern African country.

The date was contained in a notice dated July 19 and signed by the head of the country's electoral commission, Mpaiphele Maqutu, but published on Wednesday.

The mountainous kingdom of 2 million people entirely surrounded by South Africa, Lesotho has suffered repeated bouts of instability and army interference in politics.

The elections were announced after His Majesty King Letsie III dissolved parliament, in line with procedures to prepare for new polls.

The outgoing parliament failed however to pass

a law on electoral reform aimed at ending political volatility.

The proposed changes would have prohibited lawmakers from switching party allegiance within the first three years of their tenure.

The reforms would have also made the king commander of the armed forces - a move aimed at preventing political leaders from meddling in the security services.

Lawmakers elect a prime minister to head government, and the premier usually comes from the party with the majority in 120-seat parliament. Between 2012 and 2017, Lesotho held three elections that resulted in fractious coalitions and turbulence. - africanews

FastFACTS

Geography Facts That Will Blow Your Mind

Whether you've just completed school or you graduated decades ago, there are likely many things you don't know about the extraordinary planet on which we live.

For instance: Were you aware that the Pacific Ocean is shrinking every year? Or that the world includes a sea without coasts? Or that Alaska isn't just the westernmost state in the U.S., but the easternmost as well?

The third rock from the sun is much more complex than you may think - as evidenced by these alternative facts about geography.

On This Day in History

1988



July 28

Israel visits Moscow

On July 28, 1988, the Israel's Foreign Ministry announced that the Soviet Union agreed to allow the first official Israeli consular delegation in 21 years to visit Moscow following next week's U.S.-Soviet summit conference.

The move was seen here as a signal of Soviet flexibility near the eve of the meeting between Soviet leader, Mikhail Gorbachev and US President Ronald Reagan, and as a small political gift to Israeli Foreign Minister Shimon Peres.

It was disclosed to his political adviser, Nimrod Novick, by Vladimir Tarasov, assistant director of the Soviet Foreign Ministry's Middle East department, at a meeting in Geneva yesterday, Israeli officials said.

Reflecting divisions in Israel over policy toward the Soviets, the move was announced by Peres' Foreign Ministry and hailed by a senior ministry official as "another step in the direction of understanding and flexibility," while the office of Prime Minister Yitzhak Shamir said it had no immediate comment.

Shamir is Peres' chief political rival within Israel's fractious coalition government and has sounded pessimistic warnings about Gorbachev's publicly stated desire to play a new role in the Middle East peace process.

Quotes & Quips!

"The application that was filed by Ms Louisa Mojela to place Bophelo Bio Science & Wellness (Pty) Ltd, our wholly-owned subsidiary, in liquidation was taken without Akanda's prior authorisation, knowledge or consent. We therefore have reason to believe that Ms Mojela's actions reflect her efforts to retaliate against the Company in response to her dismissal and removal from the Board of Directors of Akanda on June 23, 2022, on the basis of a lack of focus on profitability under her leadership," says Tej Virk, CEO of Akanda a locally based medical cannabis platform company, after the High Court of Lesotho had placed Bophelo in liquidation



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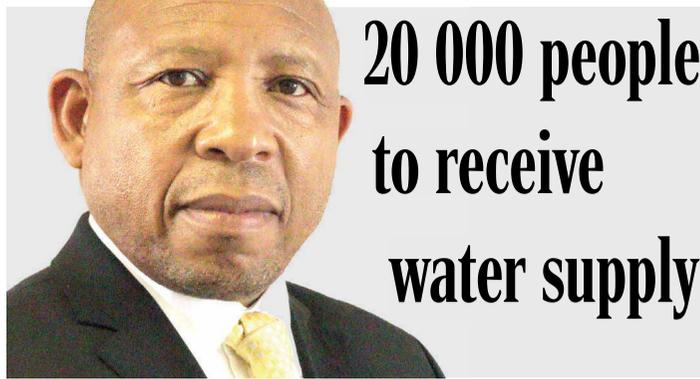
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20 000 people to receive water supply

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Metro BUSINESS

CURRENCIES

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

Loti/SDR	Special Drawing Right (SDR)	22.14
Loti/Dollar	United States (US\$)	16.86
Loti/Rands	South African (ZAR)	1.00
Loti/Euro	European Union (€)	17.07
Loti/Yuan	Chinese (¥)	2.49
Loti/Yen	Japanese (¥)	0.12
Loti/Pound Sterling	British (£)	20.31

COMMODITIES

STOCKS

S&P500	3,972.76
NASDAQ100	12,414.84
Nikkei225	27,715.275
Dow Jones30	31,834.34
FTSE 100	7,348.23
JSE	68,424.97
Hang Seng	20,670.04

PRECIOUS METALS (Rates in US Dollars)

Gold p/ounce	1,730.55
Platinum p/ounce	891.25
Silver p/ounce	18.96
Copper p/ounce	3.43
Brent Oil p/barrel	98.85

EQUITIES

Bonds	18.44
Treasury Bills	3.67
Interest Rates	91

AGRICULTURE (Rates in Maloti/Rands)

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

ENERGY (Rates in Maloti/Rands)

Petrol Unleaded 93 p/litre	M16.35
Unleaded 95 p/litre	M16.55
Diesel 50PPm p/litre	M16.65
Paraffin p/litre	M12.00
Water (Domestic) p/litre	M5.53
Water (Industrial) p/litre	M15.03
Electricity (Domestic) p/unit	M1.38
Electricity (Industrial) p/unit	M0.26
Gas p/kg	M20.00

Repo rate up by 75 basis points

...as inflation bites and economy slows

NEO SENOKO

business@maserumetro.com

MASERU - The Central Bank of Lesotho (CBL) has increased the repo rate by 75 basis points (0.75 percent) from 4.75 percent per annum to 5.50 percent per annum, a move that will see the prime lending rate also increase.

At this rate, the bank on Tuesday this week said in its Monetary Policy Committee (MPC) statement it would ensure the domestic cost of funds was aligned with the regional money market rates, considering global, regional, domestic economic and financial markets developments.

The statement said it also considered the Net International Reserve (NIR) developments and outlook, regional inflation and interest rate outlook, deciding to revise downward the NIR target floor from the current US\$810 million to US\$720 million.

At this level, CBL Governor, Dr Maluke Letete said the NIR target would continue to support broader macro-economic stability and maintain the peg between the loti and the South African rand.

He said domestic economic activity was estimated to have grown by 2.1 percent in May this year compared to a growth rate of 1.4 percent recorded in April. Growth was



Governor of CBL Dr Maluke-Letete

supported by higher domestic demand while the supply side of the economy slowed.

The domestic demand benefited from improved government consumption during the review month. However, indications are that

the production side of the economy slowed.

In relation to the domestic labour market conditions, Dr Letete said there was a slight increase in government employment in March, whereas the number of manufacturing

and migrant mineworkers declined. Inflation continued to rise in June.

In particular, inflation accelerated from 7.8 percent to 8.8 percent. The 1.0 percentage point increase in inflation was on account of both food and non-food components.

Otherwise, the annual inflation rate is expected to remain elevated and record 7.1 percent this year on account of the ongoing war between Russia and Ukraine.

The current account balance improved in the first quarter of 2022. As a ratio of GDP, it improved from a revised deficit of 4.9 percent during the last quarter of 2021 to a deficit of 2.7 percent during the quarter ending in March this year.

This improvement was on account of higher surpluses in both the primary and secondary income accounts. In June 2022, government operations were estimated to have recorded a fiscal deficit equivalent to 1.1 percent of GDP. The public debt stock rose slightly from 51.2 percent of GDP in May to 51.5 in June.

The broad measure of money supply (M2) registered a 1.4 percent increase in May following a 0.5 percent decline in April. The total credit extended to private sector grew, albeit at a moderate pace.

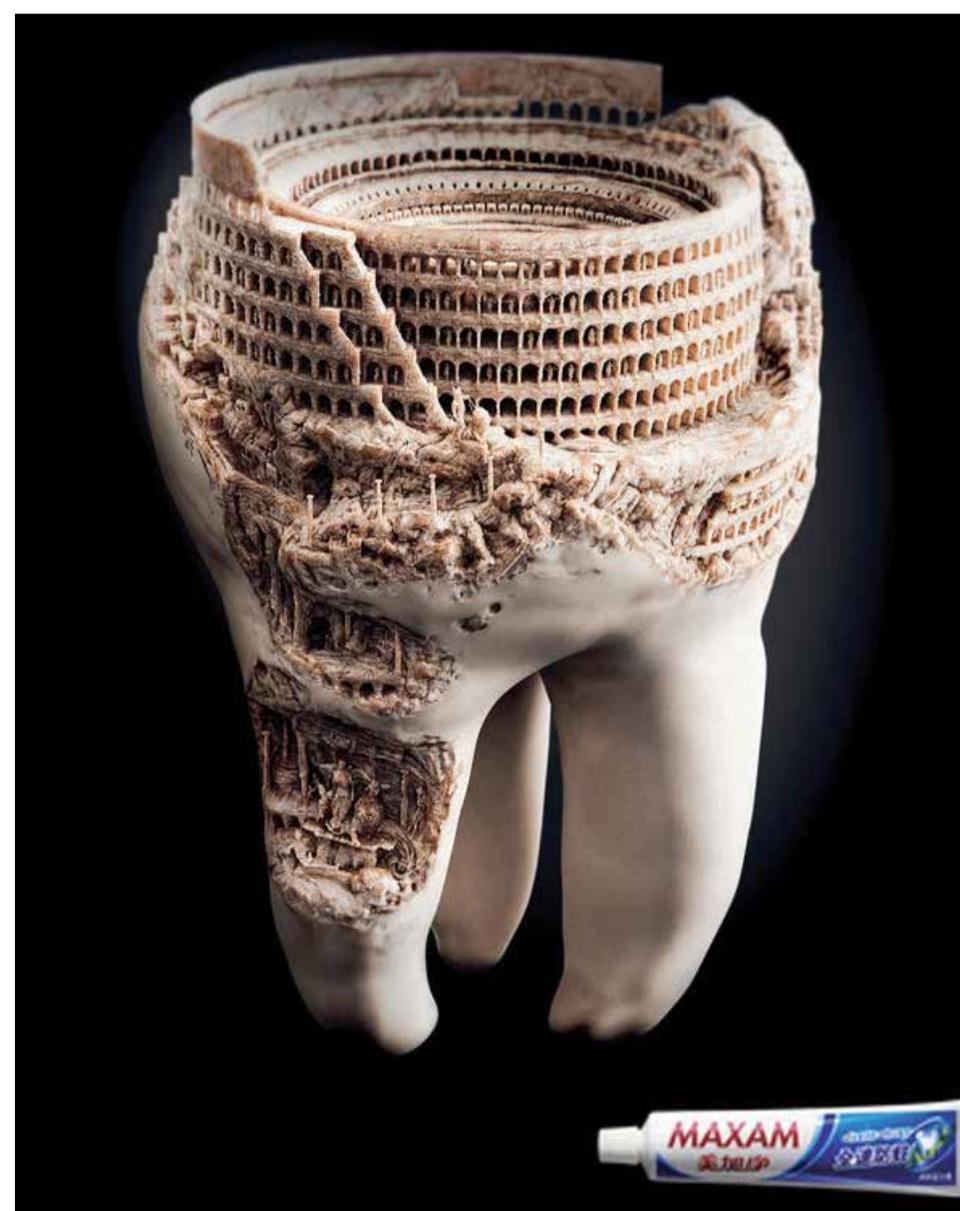
It grew by 1.4 percent in April. This followed a 4.5 percent increase in credit extended to business enterprises coupled with a moderate 0.3 percent growth in credit extended to the households.

Business

20 000 people to receive water supply ...as M507 million water project kick-starts



Installing water pipes



NEO SENOKO

business@maserumetro.com

MASERU - At least 20 000 people will receive water connection upon completion of the US\$ 30 million (M506.69 million) water project that falls under the Greater Maseru Water Supply Project (GMWSP) scheduled to extend water supply network service in the designated urban areas of Maseru and Berea.

The project is divided into three packages covering the South of Maseru in Ha Bosofo, Ha Makhoathi, Mazenod, Ha Luka and Ha 'Masana.

Package two in the South East of Maseru includes Ha Tsautse, Ha Tšhame, Qoaling and Ha Lesia while the North East areas are Ha Mabote, Tšenola, Ha Foso, Marabeng and Berea under package three.

The construction works are expected to commence in August this year and to be completed by March 2024.

Prime Minister Dr Moeketsi Majoro (**pictured**) said during the sod turning ceremony in Ha Makhoathi this week that the project had been supported with the financial assistance from BADEA to the tune of US\$ 14 million (M236 million) as well as OPEC FUND with the same US\$ 14 million (M236 million)

The Government of Lesotho contributed the remaining US\$ 2 million (M33.89 million).

"The contractor that has been selected to undertake this project is the CCCE-CHICO-SM

Joint Ventures and the project is expected to run for at least two years starting from August this year," Dr Majoro said.

He said families along the designated areas would benefit from the project once it was completed.

"At the end of the project, expectations are that at least 20 000 people shall have access to clean water," said Dr Majoro.

"Let us take care of this project for our own benefit as well as that of our children in future."

He pleaded with the contractor that had won the tender to deliver the best service in this project as well as to ensure cooperation with government along the way.



Tourism opportunities open up

...as South Africa makes 70 percent of tourists



The famous Maletsunyane Falls in Semonkong

STAFF REPORTER
news@maserumetro.com

MASERU – Lesotho is expected to see an increase in the number of South African tourists after a meeting between tourism players of the two countries exchanged and shared ideas for opportunities to be exploited locally.

Seventy percent of all tourists in Lesotho come from South Africa and there is expectation that an increase in revenue will increase following this meeting, contributing to government's fiscus, according to the Lesotho Tourism Development Corporation (LTDC) Promotions Manager, Nkuebe Lerotholi. During the seven-day tour organised by the LTDC, Lesotho tour

operators met their South African counterparts in the company of tourists from the Free State, Eastern Cape, Gauteng and Kwa-Zulu Natal provinces. Mr Lerotholi said it was befitting that tour guides from the two countries worked closely to learn what attraction sites Lesotho offered. "South African tourists should liaise with those in Lesotho so that they

could take them to places of attractions in the country," he said, emphasising that tour guides should also know that there was accommodation for tourists visiting Lesotho. "For years, South African tourists have been bringing tourists into the country without involving their counterparts," said Mr Lerotholi. South African tour guide, Angie Shacleford said the abseiling in Semonkong would forever remain on her mind amongst the activities she experienced in Lesotho. "This will always remain one of my favourite places on earth," she said. "Riding on horseback to see the daunting Maletsunyane falls was quite inspirational." "Shivering under the icy cold mornings as herders braved the elements to jingle cows and bells and bouncing goats through the lodge which was perched on the edge of this little trading town was another important moment I experienced in Lesotho." Ms Shacleford said she was enthralled by the Thaba-Bosiu Cultural Village and mesmerized by the specialist guide. Local tour operator and also Secretary General of the Lesotho Council for Tourists, Khabiso Nkune-Mohapi said the tour was successful and the first of its kind in Lesotho. "South African tour operators were already making in-roads on their own

into Lesotho," she said. "Now the LTDC has enabled the South African tour operators to identify which local tour operators to work with." Mrs Nkune-Mohapi said there were hurdles such as bad roads including the one leading to the tourist attraction sites such as the Kome caves. "Such routes need to be reconstructed so that tourists can easily travel through them. Attraction sites and centres should not only be reachable by tourists using four-wheel drives. Destinations far apart also make it hard for tourists as they are pressed for time." She said other barriers included lack of electricity and telecommunication networks, adding that such problems had to be worked out in order to have the tourism sector in full swing in the country. She said travelling for long distances without a communication network could put tourists in a difficult position. Otherwise, she noted that collaboration between Lesotho and South Africa tourism businesses would also focus on places with a rich history that were overlooked. "This exercise has been a great eye-opener because it showed us some places which are of great importance in terms of domestic tourism but were not fully explored," she said. "It's going to boost us economically because we are going to share revenue generated through tourism activities working closely with our South African counterparts."



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Comments & Letters

Justice for 'M'e Lipolelo Thabane

The Editor,

The Lesotho justice system is in shambles. It is only meant to do the poor injustice and let the elite and rich people go free with impunity. As expected, former Prime Minister Dr Motsoahae Thabane and his wife 'Maesaiah Thabane are free now after charges for the murder of Lipolelo Thabane were withdrawn.

It is appalling that critical evidence has not been found in a high profile case like that, which has been running for years. The prosecution represented by Advocate Garreth Lapan told the court that the Director of Public Prosecutions (DPP), Adv Hlalefang Motinyane had decided to withdraw murder charges against the former First Lady and would not charge the former Prime Minister as she could not locate a critical witness in the murder case.

Lesotho is a failed state where lawlessness prevails throughout. How many witnesses should die before parliament sees it fit to establish Witness Protection Services?

Relebohile Mohosho
Ha Thetsane, Maseru

Young people must vote

The Editor,

I have a serious problem with the so called social media influencers in politics. These people only see the bad ones when others benefit but they will never go out to the public to say they have also benefitted.

What kind of people are these?

As for me, young people must show their power and vote in the coming election to participate in a political process so that they can be able to change their country.

The youth need to take a meaningful step and make significant contribution in the development of their country.

Mosa Nelane
Ha Ntjbane, Berea

Cable theft a worrying sign

The Editor,

Cable theft is a constant threat. It means when a copper cable gets stolen, it causes problems with communication and electricity network services. Copper prices also rise as theft of the metal disrupts businesses and the police are left to crack down the syndicates with limited resources.

Copper theft poses a serious threat to service delivery and related economic activities. It results in the loss of revenue, customer frustration and increased costs of replacing the lost equipment.

I believe people with knowledge of how to safely steal live copper wires without getting electrocuted are behind the theft. Illegitimate scrap metal companies, which buy copper and other scrap metals for cash, are also part of the problem.

The increase is quite alarming, and we want to warn scrapyards owners to refrain from buying these wires from the street as it is affecting communities, companies, and our economy.

Litaba Sefefo
Ha Tsosane, Maseru

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

EDITOR'S NOTE

The falling standard of living in Lesotho

The elitist political landscape in Lesotho has not only created a system of greed and largesse but of extreme poverty on the one hand and of economic exploitation on the other. Repressive state machinery made up of coalition parties of convenience has collapsed the economy, corrupted the legal system, brutalised policing, politicised the army, lowered standards of education, and rendered a poor service to the taxpayer.

It is a political system where the elite politicians live in great wealth and enjoy privileges entrenched in the law while the majority of Basotho live in abject poverty. Life in Lesotho is miserable for most ordinary people and the degradation of the standard of living points to an institutionally bound political system that needs a serious overhaul. It is a chain reaction from colonial oppression to political instability to cheap labour. The impoverishment of Basotho continues despite Lesotho gaining independence in 1966 and toying with democracy more than six decades later. Revolution for Prosperity (RFP) was born as a result of this historical malfeasance. It is a political party that has not only given hope to Basotho but it is offering a deliberate and comprehensive strategy to run government. As you have seen with their careful selection of their constituency candidates, office bearers are going to be appointed based on merit and credibility. Both at home and abroad, they are not going to subordinate their government to political interests.

It is part of a deliberate effort by the RFP to formulate policies that all Basotho shall make gains through economic growth and rapid service delivery. Job creation coupled with a meaningful living wage is a priority in a country confronted with high levels of unemployment. They want to put to an end to jobs that starve labourers. They want to improve the lives of the people through improved commercial farming. They will reserve most trade businesses for indigenous Basotho.

The standard of living has dropped drastically in Lesotho and Basotho are falling prey to neo-colonialism in the name of globalisation. Most of the workers' pay at the multinationals is kept at the barest minimum while they get exploited daily. So ruthless and pervasive is the government employees' pension system that it makes them worse off as they retire highly indebted.

When they become government, they want both employers and workers to get a relative share of the profits as the central economic rationale of the Lesotho labour system. They are aware that many families survive on the wages send home by migrant workers in South Africa even if some of them work illegally in the neighbouring country.

They do not take it for granted that there must be free movement of Basotho between Lesotho and South Africa as both countries are economically intertwined. But they will make sure that South Africa understands that Basotho of Lesotho have a special place in that country as dictated by history. They will ensure there is peace and harmony between the two countries for the benefit of their people.

This is a party that wants to fix our education system that is lagging behind. It lacks adequate engineering and vocational skills training that should be the core of a growing economy. They promise to reform vocational training to make it more effective for Basotho and the local economy. As elections draw nearer, there is hope that Basotho will live in houses not shacks. RFP's low income housing development policy is the ultimate answer, a plan that should fill the financial gap where aspiring house owners fail to get mortgage financing.

At least there is hope the standard of living shall rise to its former glory.

Transforming our minds - hearts and brains ... Can only be a supported individual responsibility

When the repressor came to extract our ancestors for slavery and enlist others for local colonial labour, they herded them together, killed a few of them openly to instill fear and obedience, then they shackled them individually, one at a time, to long chains that conjoined them. Then they went into the long process of taming them.

We need each other's support to relax and harmonize our hearts and rewire our individual brains back to our unviolated, original, natural state they were created for. Although we need to be guided and supported to relax and harmonize our hearts and rewire our brains, we must take the responsibility to do so, heal from the mental diseases we discussed in past articles, and transform.

We were Form A students who had just completed our rights of passage when one of us made a decision to transform. It was different type of transformation, all the same a transformation of the mind - heart and brain - and behaviour. We played football, and like almost all of us he was "right footed", as people are used to calling those who have chosen to restrict their competence to just one foot. The same is the case for the use of hands. Genes or heredity, you may wish to ascribe it to.

In some instances, parents (or society) may even pressurize young children to adopt use of their right limbs. Almost all societies and cultures conform to these tendencies and behaviours like human tendencies to choose the wide gate in Matthew 7: 13-14.

This has come down through generations like the curse in Deuteronomy 5: 8-10. I am not even suggesting that being right footed or right handed is wrong in any way.

On that morning, our colleague informed us that he was going to learn to use both of his feet for playing football. To achieve that he said that he would henceforth only use his left foot until he had achieved the level of competence in it that he wanted; and he enlisted us to hold him accountable to commitment. For months, even as we played our informal, behind boys' hostel, competitive games he just used his left foot.

You would have seen the struggle; and we could only imagine the discomfort as he struggled to get the ball to his left foot even when it would have been easier, more comfortable, to use the familiar right foot. None of us ever bothered to join him.

The very few who tried would only do so for a few kicks and give in to the comfort of the familiar. One day, after those many excruciating months he announced that he had achieved his goal, his left foot was now as skillful as his right foot; and he would begin to use both feet.

All we could do was to congratulate him for his determination and persistence. On the other hand, we became

beneficiaries of a (self-created) ambipedal player. The experiment with monkeys showed us how pain and fear can transform minds and change natural behaviour to self-destructive behaviour and culture; and how the culture can pass down through generations, even when the initiating

stimulus has been terminated.

In "Understanding our lack of awareness about our own mental health symptoms", we indicated that even when our perceptions about our own selves may be inaccurate and impair our functionality in some areas, we may still be functional in other areas. That is, even if I may be persistent on one way of thinking and one set of rules in some areas, I may still be flexible in other areas. Now, my former classmate is a scientist and a fervent believer in empirical evidence. I have shared with him and others the effects of long-term repression - colonization, apartheid, and other abuses - on its victims, impact on mental functioning and mental illness, including the hereditary nature of the effects. Now, last week in one post, I once more suggested that our many social problems, including anti-social behaviours, about which people were complaining were caused by the lingering legacies of colonialism and apartheid.

His response surprised me a little bit. He said that even though I had taken the trouble to talk with him about the matter of the passing down of the unfortunate traits through generations, his position was that we cannot continue to put the blame on colonization and apartheid for our self-destructive behaviours.

I had also shared the experiment of the five monkeys in our group earlier. I agree with my colleague about "blaming". I do not agree with him about identifying the root cause of our self-destructive tendencies.

(To be continued next week).

SUSTAINING QUALITY

PEACE & RESILIENCE

BY MAFOLE SEMATLANE



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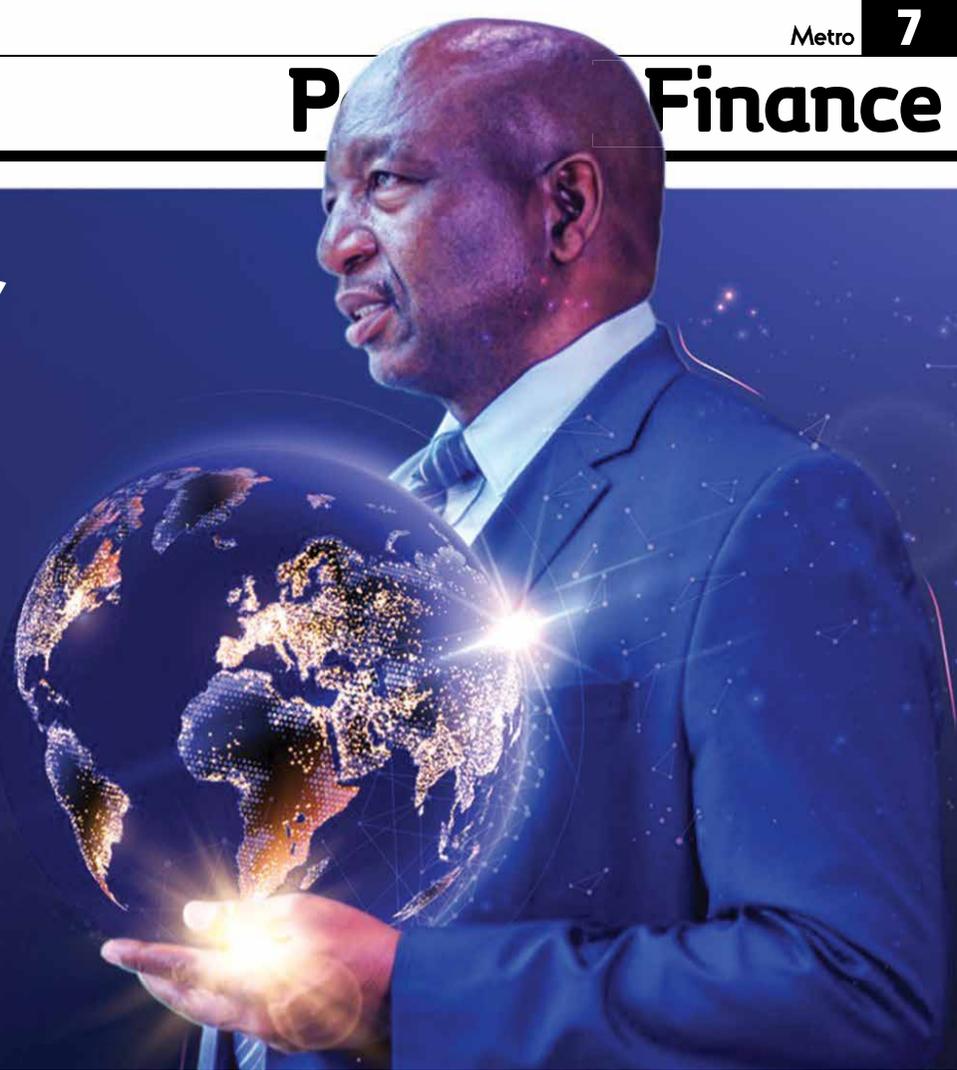
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Craving for political success: Matekane



Leader of RFP, Ntsokoane Samuel Matekane

MASERU - In 2022, Ntsokoane Samuel Matekane has moved into the fast paced world of politics. In a country troubled by political turmoil and instability for the past three decades, it was time he decided to enter the political landscape. January 2022 further proved Lesotho politics needed some intervention when the ruling All Basotho Convention (ABC) split into two factions.

Matekane made it clear that he was not only interested in running for office but to change the lives of Basotho for the better. He wanted to influence policy. His political party, the Revolution for Prosperity (RFP) took the people by storm. In a country with more than 65 political parties for just two million people, he is looking for a two-thirds majority, giving governance more impetus away from coalition governments that have failed to deliver on their promises for lack of focus.

Matekane was born on March 15, 1958 in Mantšonyane, Thaba-Tseka. As a young boy, Matekane was sent to Maseru to live with a local tradesman Timothy Nhlapho, who became a significant influence on him. Nhlapho taught him the value of hard work and courage in a poor Motimposo community where crime was the means of survival for most young men.

Even as a child, Matekane was assiduous in his work, approaching any type of job with zeal. He worked hard after school and rarely took a day off. He grew up selling wool, mohair, donkeys, cowhides, and bones.

Matekane loved to trade and his businesses continued to grow from small business contracts to mega projects. Many of his businesses are not only successful; they are bursting at the seams. Matekane still has many goals for both his businesses and his personal life. He spends most of his time on the management side of things away from the hustle and bustle of construction work.

He loves farming, a hobby that has seen him own farms in both Lesotho and South Africa. From cannabis to cabbage to livestock, the farms have fulltime staff committed to quality produce. Matekane's craving for success is not likely to be fulfilled by the offerings of his wealth or his accomplishments. Not that he intends to ignore them, but what lies ahead is challenging and provocative.

A real life entrepreneur, Matekane has been self-employed all his adult life.

The opportunity to expand his businesses was too hard to resist. In 1992, Matekane founded MGC, which had started operating in 1986 as Matekane Transport and Plant Hire and has since evolved into the multi-million dollar conglomerate it is today.

He founded the company with the specific aim of providing a fast, efficient plant hire to civil engineering and earthmoving projects. Based in Ha Foso, Berea, Matekane employs hundreds of workers in all his different companies, as well as a fleet of large earthmoving equipment and support trucks.

He is a recognised supplier to the Letseng Diamond Mine owned by Australia's mining giant, Gem Diamonds. His other major contracts include civil engineering, building and mining projects in Lesotho, South Africa, Botswana and the several parts of the world.

All requirements are met in-house by project managers. Qualified civil and mechanical engineers and other personnel offer combined years of expertise in mass earthmoving, plant hire and maintenance, either on-site or in fully equipped workshops.

Matekane has grown to be one of the biggest plant suppliers in Lesotho and his company, the Matekane Mining Investments Company (MMIC) is also one of the biggest mining suppliers to diamond mines such as the Lihobong Diamond Mine in Butha-Buthe.

Personal Finance

By Mr Ntsau Lekhetho



Over the years, Matekane has significantly expanded his assets and customer base, seeing the rewards of calculated risk and a significant amount of investment in Lesotho and

elsewhere in the Southern African Development Community (SADC). He has an excellent reputation in the region and many other African countries.

His companies are integrated and combine to form a competitive edge in terms of service, and are able to pass economies of scale to customers. With interdependent operations, Matekane has a head office at the MGC Park in the capital Maseru, which controls all divisions as the Group gradually entrenches itself and spreads its wings across the globe.

With the acquisition of an airline in 2009, Matekane sees great opportunities open to Basotho today – opportunities to contribute to the economy and job creation. Matekane Aviation owns helicopters and private jets.

In March 2016, he registered an airline trading as Maluti Sky, flying between Maseru and South Africa. In 2017, the aviation business closed down due to operational challenges but continues to operate a charter.

Building brands designed to engage.

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Seboche Hospital restored

...as Vodacom donates M1.3 million



Director General of the Ministry of Health, Dr Nyane Letsie

LINEO MABEKEBEKE
health@maserumetro.com

BUTHA-BUTHE - Health services at the Seboche Hospital have been restored after a hailstorm destroyed the roofing and equipment in September last year. A large part of the hospital was destroyed, where the asbestos roofing was blown away and operations suspended.

Vodacom Lesotho Foundation contributed M1.3 million to the hospital's restoration with the Lesotho Defence Force (LDF) Engineering Unit helping with technical assistance.

At the time, patients were transferred to Butha-Buthe and Motebang Government Hospitals during which time they also encountered a lot of challenges in

acquiring services.

Transport costs and caring for the seriously ill patients were the worst experience for many.

Mapuseletso Tukisi from the neighbouring village of Ha Seboche said the previous 10 months without health services were unbearable, travelling long distances to the Butha-Buthe Hospital.

"Sometimes we returned home without being served," she said. "Our expectations now are higher than before. We can only trust our health workers and believe in them for an improved service."

Director General at the Ministry of Health, Dr Nyane Letsie said Seboche Hospital was one of the best performing hospitals in the country, adding that she hoped staff would work

even harder now.

She said workers should always put patients first when providing care and treatment.

"Provide safe, high quality, compassionate care to people at every level of the hospital," Dr Letsie said.

Sister Helena Molelle of Sisters of Charity of Ottawa thanked donors - LDF for the re-roofing and Vodacom for the money.

She also thanked the Ministry of Health and the Christian Health Association of Lesotho (CHAL) for always supporting local hospitals during the hard times.

"It's commendable that the staff is always patient, doing a marvelous work as they did at the health centres where they were temporarily placed," Sister Molelle said.

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BUTHA-BUTHE - Fear and myth about Voluntary Medical Male Circumcision (VMMC) are pronounced among a great number of men here, slowing efforts to circumcise the male species of Ha Seboche.

Koakoa Maliehe, 25, said exaggeration about pain and injury posed by the procedure had kept him and his peers away from going for the voluntary medical male circumcision.

The Ministry of Health and other partners have recommended medical male circumcision as one of the best ways to significantly reduce HIV infection.

"I've seen campaigns in the village but I have not made a decision to go for it yet," he said. "Another thing that excites me the most is that most of my girlfriends have not complained about me not circumcising. This is reassurance that I'm doing well during sexual intercourse."

"I'm confident with or without the foreskin that there is not much of a difference as long as one is able to do the work."

He said he wanted to remain with his foreskin because he had also heard that some health workers were paid for the foreskins.

Although Maliehe is aware that male circumcision has over 60 percent chances of reducing the risks of acquiring HIV, he said missing his foreskin was one other factor that prevented him from circumcising.

"The healing period that follows medical circumcision can present a challenge as well," he said. "However, I am not saying men should not circumcise."

Male circumcision fears escalate

...as men avoid loss of income

It's a cut I would encourage men to experience if they feel like it and to enjoy all the benefits that come with the whole surgery."

Other men in Ha Seboche disclosed that they could not go for circumcision as they were breadwinners that the healing period would deprive them of an income as they would have to spend time away from work.

"I would have to spend a lot of my time without working so that my children would starve," one of the men said.

In 2007, the World Health Organisation (WHO) and UNAIDS recommended VMMC as an additional intervention for prevention of heterosexually acquired HIV infection where HIV is high and prevalence of male circumcision is low.

The recommendation was based on the compelling evidence from the three clinical trials.

Senior HIV/TB counsellor, Maleluma Lesoana said so far the programme had trained over 600 VMMC providers on skills for service delivery.

She has thus encouraged men to circumcise as partners of circumcised males would benefit from lowered chances of contracting cervical cancer if they also used a condom.

So far, over 120 000 males have tested through the VMMC programme, while 6 475 males have tested positive and referred to treatment, contributing to the 90-90-90 strategy.

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If you've ruled out other causes of hair loss, such as stress, overuse of hair-care products, and certain medications and diseases such as hypothyroidism, consider supplementing with evening primrose oil. It's a good source of gamma-linolenic acid, an essential fatty acid that's needed for hair growth and is hard to get from your diet. Experts recommend taking 500 milligrams twice a day; expect to wait eight weeks to see results.

Diarthroses

Most joints in the adult body are diarthroses, or freely movable joints. The singular form is diarthrosis. In this type of joint, the ends of the opposing bones are covered with hyaline cartilage, the articular cartilage, and they

are separated by a space called the joint cavity. The components of the joints are enclosed in a dense fibrous joint capsule. The outer layer of the capsule consists of the ligaments that hold the bones together. The

inner layer is the synovial membranes that secrete synovial fluid into the joint cavity for lubrication. Because all of these joints have a synovial membrane, they are sometimes called synovial joints.

LINEO MABEKEBEKE

MASERU - A group of 12 young people has been identified in 12 communities in the Maseru and Mafeteng districts in the advancement for accessing Sexual Reproductive Health and Rights (SRHR) information, products and services.

The young people were also selected based on their prior experience in SRHR behavioural change communication.

Furthermore, a total 126 community leaders were engaged through eight focus group gatherings to provide advanced information on the challenges the youth face in their communities.

The community leaders provided the basis of information through which the engagements with the youth were conducted.

The leaders also signed a pledge to support their youth in accessing SRHR.

Sesotho Media and Development has identified the youth to unearth the challenges they faced in Lesotho, including unplanned pregnancy causes and anti-contraceptives religious beliefs.

One of the causes of unplanned pregnancies in some areas is believed to be the use of religious beliefs to suppress or prohibit the use of contraceptives.

Some indicated that unplanned pregnancies are sometimes caused by parents whose religious beliefs are against the use of contraceptives to prevent

Religious beliefs suppress contraceptives

...as youth champion sexual challenges

unwanted pregnancies.

It has also been discovered that sometimes parents only instruct their children not to fall pregnant without explaining how they can avoid it.

Another factor contributing to unplanned pregnancies among youth is lack of information about and access to contraceptives.

Some participants indicated that they lived in rural areas where it was difficult to travel to get information and access to contraceptives to prevent unwanted pregnancies.

In some cases, contraceptives are inaccessible because of distance to health centres where they can be found.

As a result, Sesotho Media recommends that a nationwide survey is needed in order to have a comprehensive understanding of the extent to which each of these SRHR challenges is affecting youth in Lesotho.

Also, a need for an exploratory study to understand the connection between work and education, so that programmes to develop skilled youth are linked to their future needs and goals.



An expectant woman



Food insecurity: SA women bear the biggest brunt



JOHANNESBURG - Food insecurity is becoming a problem for more South African women who head up the majority of single-person households. Statistics released in 2021 reveal that almost a quarter of SA households are run by one individual.

According to a survey conducted by Statistics South Africa (StatsSA) last year, the country's population stood at 60.5 million, with about 18 million households. Of these, 23.6% are single-person households, placing additional pressure on women to put food on the table.

Dr Jemima Moeng, the Chief Director of Food Security at the Department of Agriculture, Land Reform, and Rural Development, said the problem was worse in urban areas.

"It's at the household level where we face the most challenges. COVID-19, the unrest in KZN last year, and the floods have all exasperated problems such as unemployment, food prices, and a loss of income. The Russian-Ukraine conflict has also meant food prices have soared," she said.

The ongoing pandemic caused major worldwide disruptions, with food security and nutrition at the top of the list. In 2020, the proportion of South Africans affected by moderate to severe food insecurity was 23.6%. This is based on the results published by the Food Insecurity Experience Scale (FIES), confirming that the rates have doubled since 2019.

"The female population was more likely to be affected by moderate to severe food

insecurity and severe food insecurity than their male counterparts," read the report. It further revealed that 19.7% of women had experienced moderate to severe food insecurity, compared to men at 15.2%. In the severe category, women accounted for 7.9% and their male counterparts, 6.2%.

Dr Moeng said that it is worrying that food insecurity also drives health conditions such as stunting among children.

"Stunting is when a child hasn't grown enough based on age. Food wastage is also a problem because while some people are overweight, others aren't able to eat. It's important that we create sustainable livelihoods, keeping our future generations in mind," she added.

According to UNICEF, undernutrition makes children more vulnerable to disease and death, while a young child who is moderately or severely wasted is at a much higher risk. Poor socio-economic conditions and poor maternal health and child feeding in the early years leave many children stunted and wasted. As a result, they'll be unable to reach their physical and cognitive potential.

Dr Chana Pilane-Makaje, SA Deputy Minister for Public Service and Administration, has urged South Africans to play a role in fighting against malnutrition and hunger.

"Food security is essential to Africa's human capital development and securing the resultant benefits of social-economic growth and development. Food security in Africa must be prioritised, we must fight hunger, and we

must fight malnutrition. If our population in Africa is not well nourished, our population won't be strong enough for it to participate in the development of Africa," said Pilane-Makaje. She further indicated: "I urge all South

Africans to stand in solidarity with the rest of the continent as we strengthen agriculture. We must build social protection mechanisms and accelerate human social and economic development." - Health-e News

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The world in 10 minutes

RUSSIA

Russia waging gas war with Nord Stream 1 cuts - Zelensky

Ukraine has accused Moscow of waging a "gas war" against Europe and cutting supplies to inflict "terror" on people. Russian energy firm Gazprom announced it is reducing gas flows into Germany to allow work on a turbine on the Nord Stream 1 pipeline. But Ukraine's President Volodymyr Zelensky said this was simply "gas blackmail" against Europe.

It comes as hopes remain that grain exports from Ukrainian ports could resume this week following a deal. Gazprom said on Monday it needed to cut gas supply to around half of current levels in order to carry out maintenance work - but the German government said there was no technical reason for it to limit the supply. The Nord Stream 1 pipeline, which runs under the Baltic Sea to pump gas from Russia to Germany, has already been running well below capacity for weeks, and was completely shut down for a 10-day maintenance break earlier this month.

Russia supplied the EU with 40% of its gas last year, and the EU has accused Russia of using energy as a weapon.



JAPAN

Japan executes Akihabara mass murderer, say reports

Japan has executed a 39-year-old man who killed seven people in Tokyo in 2008 during a stabbing rampage, local media outlets have reported.

Tomohiro Kato committed one of the most shocking mass murders in the country's recent history. He was 25 when he drove a truck into a lunch-time crowd of pedestrians at Akihabara shopping district, killing three people. He stabbed passers-by with a dagger, killing four and wounding eight. He was apprehended by police at the scene and later admitted his crimes in his trial, saying he had been angered by online bullying.

His crime sparked much debate in Japanese society at the time over random killings, online influence and the failures in mental health support for young people. On Tuesday, Japanese media reported that Kato, now 39, had been hanged in the Tokyo Detention Centre.

It is the country's first execution this year. It hanged three people last December and more than 100 prisoners remain on death row.

Laws on knife ownership were also tightened after Kato's killing spree.



KENYA

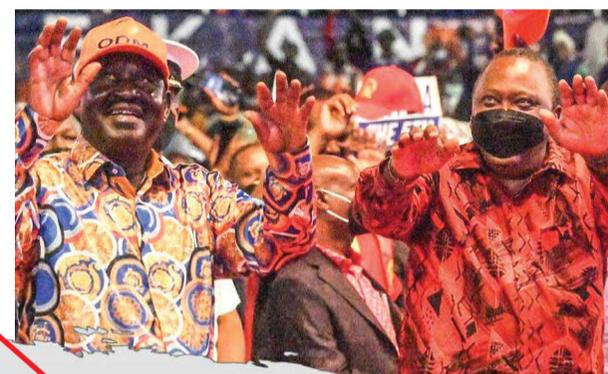
Kenya Election 2022: A basic guide to the vote

Kenya, one of Africa's leading economies, will be electing a new president on August 9 amid a surge in the cost of living and a debilitating drought that will challenge whoever takes up the post. But President Uhuru Kenyatta is backing his deputy's rival to win the poll and secure his legacy.

All its previous elections have led to either disputes and claims of rigging, outbreaks of deadly violence, or both. So Kenyans are hoping that this time will be different. The four-time failed presidential candidate Raila Odinga is trying his luck again. The 77-year-old former prime minister has a reputation as a formidable campaigner.

His big rival is the 55-year-old Deputy President William Ruto. He has proved a match for Mr Odinga on the campaign trail and has drawn large crowds. There are two other lesser-known names on the ballot paper.

George Wajackoyah has caught the attention with his proposal to legalise marijuana cultivation and the export of snake venom. David Mwaure Waihiga is running on an anti-corruption message.



CANADA

The pontiff's 'pilgrimage of penance' to Canada

The Pope is making a historic visit to offer a formal apology on Canadian soil for the harms done by Catholic-run residential schools across the country.

Pope Francis, 85, has called the visit a "pilgrimage of penance", and has said he hopes it will help heal the wrongs done to indigenous people in Canada by the Roman Catholic Church.

His itinerary includes stops in the provinces of Alberta and Quebec and the northern territory of Nunavut.

Absent from the Pope's visit, however, is a stop in British Columbia, where the discovery last summer of evidence of some 200 unmarked graves on the grounds of a former residential school led to nationwide calls for reconciliation.

The Pope will be in Canada until Friday.

Canada has grappled with the path to reconciliation - repairing the relationship between indigenous people, non-indigenous people and the government - in recent years.

In 2015, abuses suffered by residential school survivors were highlighted in a landmark report by Canada's Truth and Reconciliation Commission (TRC).



TUNISIA

Tunisia referendum: Turnout low in vote on increasing president's powers

Tunisian voters turned out in low numbers on Monday for a controversial referendum on a new constitution. Ballots were cast by 27.5% of eligible voters, according to the country's electoral commission.

The 'yes' vote for a new constitution - which President Kais Saied argued was necessary to advance political reforms - is expected to pass overwhelmingly. But his opponents say it would just entrench the powers he seized a year ago and strengthen his personal rule.

According to one exit poll published on Monday evening, the president's measure received the support of over 90% of those who turned out to vote. Mr Saied's opponents - many of whom boycotted the vote - will cite the low turnout as denying legitimacy to what they see as a worrying move back towards autocracy. Tunisia became the birthplace of the Arab Spring when it overthrew its long-serving ruler Zine al-Abidine Ben Ali in 2011.

The date of the referendum was chosen by President Saied to mark a year to the day since his dramatic move to suspend parliament and dismiss the government.



SOUTH AFRICA

SA denies Namibia's claims that it refused to help in Phala-Phala case

The SA Department of Justice and Correctional Services has denied claims by the Namibian government it refused to provide legal assistance in the case involving Imanuwela David, the alleged mastermind of the Phala Phala farm break-in and robbery.

Giving an update on high-profile cases involving foreign nationals on Monday, the department said the request it received was about an investigation of a possible infringement of Namibia's Organised Crime Act. It was received by the Specialised Commercial Crime Unit (SCCU), an arm of the National Prosecuting Authority, to assess if the request did not involve foreign bribery. The SCCU, however, could not immediately process it as it required additional information from Namibian authorities.

"The request was returned to Dirco [Department of International Relations and Cooperation] on 18 May 2021, accompanied by a letter indicating to the authorities in Namibia how the request should be amended to enable South Africa to render the necessary assistance.

"On 31 August 2021, Dirco sent an electronic note verbale to the High Commission of the Republic of Namibia, highlighting the feedback from the department and requesting the authorities to amend the request.

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Be Car-Smart

Servicing your Car 101

Owning that first car and not having to rely on anyone else to get you to where you need to go, is a true rite of passage. However, as Spiderman's Uncle Ben said: "With great power comes great responsibility". Owning a car is a great responsibility, and maintaining it should be a priority.

Keeping your car in tiptop condition is as important while you are driving it, as it is when the time comes to sell it. A properly maintained car, and one with a complete and detailed service history will always be more valuable than one that's poorly looked after.

The first item of business for any dealership or prospective buyer at trade-in or sale time, is a car's service book, and some might dismiss a car completely if the service history is incomplete or patchy. Have

a look at the second-hand cars for sale on any reputable dealer's website and the term 'FSH', or Full Service History, is often listed ahead of any other features or extras.

As the leading provider of vehicle and asset solutions, WesBank offers some advice on factors you, as the consumer, should understand when it comes to servicing your car. Though these may differ slightly from car to car, every vehicle on the road comes with a manufacturer's recommended service schedule. These are generally in the form of time and distance intervals between workshop visits, such as 'one year or 15,000km', whichever comes first, as an example.

It's important to know that adhering to these intervals is not optional, and especially

not on cars that are still covered by warranties. Skipping a scheduled service can have serious repercussions, such as the voiding of warranties or even mechanical failure.

Familiarise yourself with your car's schedule in order to prepare for upcoming services, whether your car is covered by a service/maintenance plan or not. This can generally be found in the physical or digital service book that comes with the car, and should be stored somewhere for safekeeping. Some vehicle models indicate and record service schedules digitally within their infotainment systems. Also, some cars have built-in service timers to notify you ahead of the scheduled maintenance work, but it's always better to check than to rely only on these.

If you struggle to understand your schedule, or have trouble finding it, call the service department at your dealership to ask for assistance. Have your car's current mileage

and the details of the last known service handy, as this will assist them in guiding you.

It's also a good idea to have your car's Vehicle Identification Number (VIN) on hand, as this is the quickest way for a dealership to identify the specifics of your particular vehicle model. This can be found on your licence disc, or stamped onto the body of your car – often, but not always, visible through the bottom corner of the windscreen.

Getting back to the regular maintenance of your vehicle, there are three basic categories of a car service to consider:

Basic service - this type of service is the most common and is routinely performed. In most cases it includes an oil change and oil filter, air filter and fluid checks, and is usually scheduled at 10,000km or 15,000km intervals. However, you should always refer to your car's service book or speak to your Original Equipment Manufacturer (OEM) franchise dealer for information.

Let's follow the rules and be safe on the road



Act aims to do just that," says Gaoaketse.

Many road incidents are avoidable, and history provides us with evidence that the right interventions can make a substantial positive impact. According to the World Health Organisation (WHO) - each year, more than 1.3 million people are killed on roads worldwide, and as many as 50 million are injured. It forecasts that there will be almost 1.8 million traffic fatalities annually by 2030.

According to the WHO, road traffic injuries are predicted to increase to become the seventh leading cause of death by 2030, from the current ninth position, unless governments, stakeholders and partners step up efforts to address this issue as a priority.

"Not only do road traffic injuries and road offences place a massive strain on national economies, but they also have an enormous effect on households.

Families may be driven into debt by the loss of a sole income earner in the household, the expenses of prolonged medical care, or the added pressure of caring for a family member who may be disabled as the result of a road traffic injury.

The costs also impose significant impact on the health, insurance, and legal systems, and overwhelming sadness and economic consequences to families," says Gaoaketse.

When the demerit system comes into play, drivers will run the risk of having their drivers' licences suspended. If they continue to break the rules, they may be required to redo their learners' and drivers' licences.

In extreme cases they will be permanently banned from driving. Under the AARTO Act, fines will also be significantly increased in an effort to deter drivers from breaking the rules.

"While there have been delays, we support the principles of AARTO. We encourage road users to please abide by the rules of the road and by so doing, to play a much-needed and positive role in improving safety on our roads," says Gaoaketse.

expected to come into effect between July 2022 and June 2023.

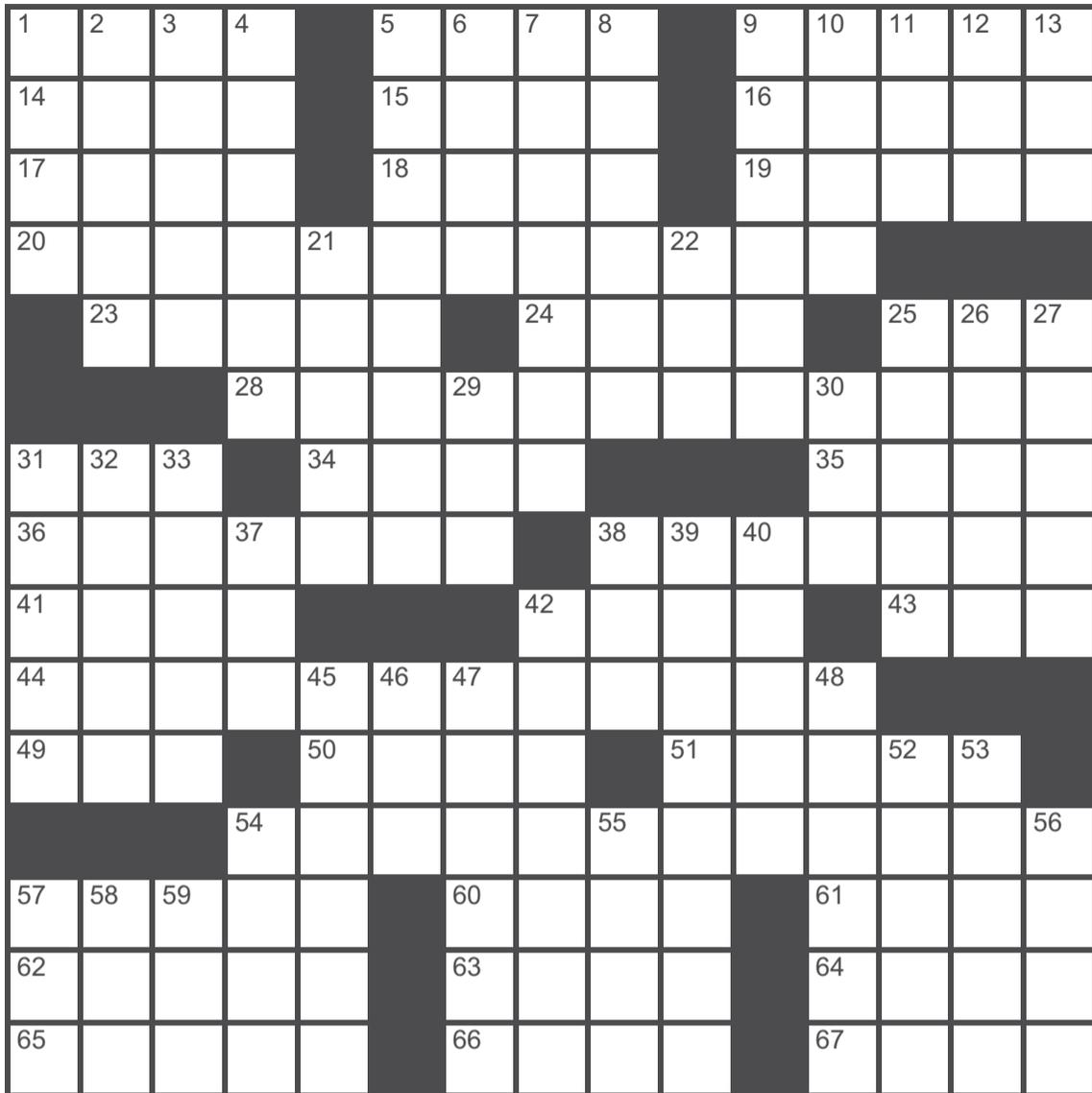
According to Lebogang Gaoaketse, WesBank Head of Marketing and Communication, AARTO remains in principle a much-needed initiative, the purpose of which is to promote safe driving and significantly

reduce accidents, injuries, and fatalities on our roads.

"It is well known that most road accidents are preceded in some form or another by a road traffic transgression, so improving our attitudes and behaviour on the road is indeed a matter of extreme importance. The AARTO

The Administrative Adjudication of Road Traffic Offences (AARTO) Act that was expected to come into effect on 1 July 2021, will now be rolled out in a phased approach over the next twelve months. The rollout is expected to take a minimum of a year, with demerits and rehabilitation for bad drivers

General Crosswords



- Across**
- 1. "Hamlet" has five
 - 5. Russian legislature
 - 9. Mayhem
 - 14. Good shot
 - 15. Food thickener
 - 16. "Farewell, mon ami"
 - 17. Profligate
 - 18. Some bent pipes
 - 19. Get on___
 - 20. Inflammation in the gut
 - 23. Old photo color
 - 24. "Put a lid___!"
 - 25. Health resort
 - 28. Altruism
 - 31. Warmed the bench
 - 34. Stem
 - 35. Great Salt Lake's state
 - 36. Life estate
 - 38. Shell filled with minced foods
 - 41. Chills and fever
 - 42. Himalayan legend
 - 43. Dash lengths
 - 44. End of services
 - 49. Bard's "before"
 - 50. Back
 - 51. Run out, as a subscription
 - 54. Passed around
 - 57. Complain
 - 60. Hip bones
 - 61. Endangered
 - 62. Lustrous fabric
 - 63. Adolescent
 - 64. _____Kringle
 - 65. Jittery
 - 66. Coffee dispensers
 - 67. Hunt for
- Down**
- 1. Site of the Taj Mahal
 - 2. Some apartments
 - 3. Hosiery shade
 - 4. Catches some Z's
 - 5. Father of Icarus
 - 6. Wrinkly fruit
 - 7. Activist_OX
 - 8. Colorless poisonous gas
 - 9. Sisters' dresses
 - 10. Hullabaloo
 - 11. By the agency of
 - 12. "_____the land of the free..."

Sudoku Puzzle

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

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

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

Last Week's Solution

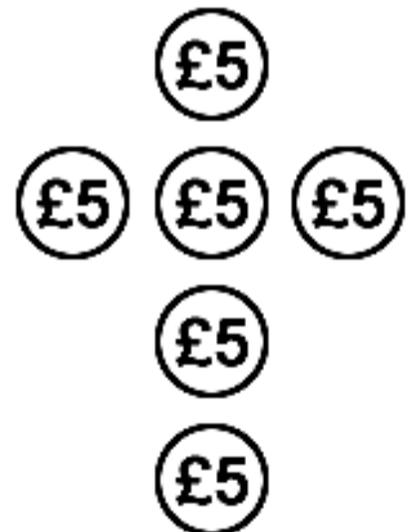


- 13. Something to chew on
- 21. Family girl
- 22. "My country" follower
- 25. Caterpillar hairs
- 26. Sacred hymn
- 27. Grate expectations?
- 29. Bug out
- 30. Center
- 31. Daunt
- 32. Plumber's snake
- 33. Armistice
- 37. Course requirement?
- 38. Gymnast's goal
- 39. Residents of Milan
- 40. Where "Otello" premiered
- 42. Swiss singer
- 45. Climb
- 46. A sib
- 47. Undisturbed
- 48. Flashes of light
- 52. Gaze
- 53. Bone-chilling
- 54. Honoree's spot
- 55. Demeanor
- 56. Education station
- 57. Fed. construction overseer
- 58. Sought office
- 59. Giant slugger Mel

So You Think You are Geneius

Question (Answer next week)

In this picture you can see 6 coins in the shape of a cross. Moving just ONE coin, can you form 2 lines, each with 4 coins?



Last Week's Answer



1:45. The man gave away a total of 25 cents. He divided it between two people. Therefore, he gave a quarter to two! Alternatively, if you're in the UK it would be 1.35 (twenty five to two).

Metro SPORTS



LDF striker
Katleho
Makateng

Makateng breaks silence on move to SA

MASERU - Likuena striker, Katleho Makateng has broken his silence following his move to the South African DSTV Premiership where he has signed a two-year contract with rookies, Richards Bay FC.

The 23-year-old forward has expressed his profound contentment over the current developments in his career after a

successful maiden season playing topflight football in the country.

"I'm over the moon with these developments and I am looking forward to a new chapter of my career playing in the South African Premiership for Richard Bay," Makateng said.

"However, I won't lie and say I'm not scared. I'm having goosebumps having left my family and loved ones back in Lesotho to take this new journey with Richards Bay. My promise to everyone is that I will continue to work hard to make Basotho proud."

The speedy marksman, who

attracted a lot of attention from South African clubs during the recent Hollywoodbets COSAFA, revealed that his dream is to one day play his football in Europe.

"I think playing in South Africa will be a stepping stone for me to play in Europe because that is where I want to be some day," he stated.

"I want to thank all my coaches and teammates for helping me to become a better player because without them none of this would be possible.

"I also want to thank the leadership of the Lesotho Defence Force for their love and assistance as well as the Lesotho Football Association as my talents were spotted playing for the national team," he said.

Makateng's exploits in front of goal during the 2020/2021 Vodacom Premier League season saw the striker having a clean sweep at the end of the season after scoring 20 goals for the Ratjomosed-based outfit.

During the awards ceremony that ensued, the deadly striker walked away with four major awards – he collected the Player of the Season accolade, the Players Player of the Season, Top Goal Scorer and Young Player of the Season.

He opened his account for the national team in the 3-1 victory over Seychelles, when he scored a brace in only his second appearance for Likuena.

The striker maintained his impressive run hitting the ground running in his first COSAFA Cup, scoring the winner in the 2-1 victory over Malawi as Likuena opened their campaign at the tournament.

He bagged the Player of the Match awards in two of Likuena's opening matches at the tournament.



Likuena striker Katleho Makateng celebrating a goal during the Lesotho and Eswatini match



Makhaya Ntini turns 45: Top 5 bowling spells by former South African pacer

JOHANNESBURG - Former South African fast bowler, Makhaya Ntini was the second ethnically black cricketer to play international cricket for South Africa. He was not only the most unorthodox yet successful bowler of his era, but he was also an icon for black people, black sportspeople and black kids in his country.

While he seemed to possess few of the standard characteristics of a booming fast bowler, however, with his open chested bowling action and perfect short pitched deliveries, Ntini achieved almost 400 Test wickets that stands testimony to his genius.

Born on this day in 1977, he went on to become one of the most successful bowlers to have played for the South African national team. In an 11-year international career, he represented the Proteas in 101 Tests and 173 ODIs. The former pacer took 390 Test and 266 ODI wickets, and is an inspiration to an entire generation. He also played 10 T20Is and took six wickets in them.

He played alongside

stalwarts such as Shaun Pollock, Jacques Kallis, Mark Boucher and Lance Klusener among others. And by the time he retired from international cricket, he was the then South Africa's second highest wicket-taker in Tests with 390 wickets.

As the legend celebrates his big day, we look at five of his best bowling spells that made him one of the greatest bowlers to ever feature in the game of cricket.

2003: 10/220 vs England, Lord's

The pacer etched his name in history books when he became the first South African to take 10 wickets in a Test at Lord's. Ntini's match haul of 10/220 (5/75 and 5/145) in 2003 resulted in an innings victory for the Proteas. He shared the Man of the Match award with Graeme Smith, who scored 259.

2005: 13/32 vs West Indies, Port of Spain

With his match haul of 13/132 (6/95 in the first and 7/37 in second innings) against West Indies at Port of Spain in 2005, Ntini added yet another record to his name. He also surpassed

the great Hugh Tayfield's 13 for 165 to achieve the best bowling figures in a match by a South African in the longest format.

2006: 5/21 vs Pakistan, Mohali

The pace legend produced another lethal spell in the white bowl format to hand his side a crushing 124-run victory over Pakistan in a Group B match of the ICC Champions Trophy in Mohali, India.

2006: 10/145 vs New Zealand, Centurion

He claimed his second consecutive 10-wicket haul as South Africa registered a 128-run victory over New Zealand in the first Test. Ntini, took 5/95 in the first innings and claimed 5/51 in the second to finish with match figures of 10/145.

2006: 6/22 vs Australia, Cape Town

In the second ODI of the five-match series, defending 289, Ntini made it impossible for the visitors to chase down the target. He tore through the Australian line-up with a stunning 6/22 in 9.3 overs, his career best bowling figures guiding SA to a massive 196-run victory. -CricketNext

