



Ministry has no  
qualms with  
breathalyzers'  
comeback

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## Master of High Court office operations under investigation

CJ announces Judicial Commission of Inquiry

By Bahle Gama

bahleg@rubiconmedia.group

FOLLOWING an outcry, emaSwati will be pleased to learn that the office of the Master of the High Court will be investigated. On Tuesday, Chief Justice Bheki Maphalala announced a Judicial Commission of Inquiry which will investigate the Master of the High Court concerning allegations of impropriety, maladministration, abuse of power, and incidental matters.

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## Parents/guardians warned on neglecting children's upbringing

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# CJ launches investigation into the operations of the Master's office



▲The Commission of Inquiry posing for a group picture with the Chief Justice Bheki Maphalala.

By Bahle Gama  
bahleg@rubiconmedia.group

FOLLOWING an outcry, emaSwati will be pleased to learn that the office of the Master of the High Court will be investigated.

On Tuesday, Chief Justice Bheki Maphalala announced a Judicial Commission of Inquiry which will investigate the Master of the High Court concerning allegations of impropriety, maladministration, abuse of power, and incidental matters.

Speaking at a press conference at the High Court, the CJ referenced the submissions and grievances made towards the Master of the High Court by emaSwati during the Sibaya, the People's Parliament.

"As the court, we are the third arm of the government as per Section 139 (5) of the Constitution which further permits us to be independent as the Judiciary. I deemed it fit to assemble this Commission that will address all the issues in the office of the Master of the High Court and ensure its smooth running," the CJ said.

The Commission is chaired by Judge Majahenkhamba Dlamini of the Supreme Court, the Deputy Chairperson is Judge Mzwandile Fakudze of the High Court, and three members, Judges Sifiso Nsibande, Maxine Langwenya, and Lorraine Hlophe, and the secretary of the Commission is Registrar Sipiwo Masuku.

According to the CJ, the Commission will inquire into, make findings, report, and issue recommendations concerning the office of the Master of the High Court.

Investigation will be conducted on the allegations of impropriety in handling the estates of deceased people, the winding up of companies, and the administration of the Guardian Fund.

The commission will further investigate whether there are any irregularities, undue enrichment, corruption, and influence in the appointment of executors in contested estates and the appointment of liquidators in the winding up of companies.



▲Members of the Commission of Inquiry.

"One of the major thorny issues raised at Sibaya was corruption which as the High Court we need to curb and play our role as the third arm of the government," he said.

Therefore, the commission will also inquire into the allegations of lack of accountability, effectiveness, and oversight in the execution of functions by officials employed by Master, further, to establish whether they (officials) received benefits, directly or not from the estates of deceased persons, or were involved in any acts of corruption.

Embezzlement allegations by officers employed by the Master of the High Court will be investigated, particularly those concerning the Guardian Fund.

The CJ went on to say that from there on, the Commission will consider whether there is a need to review the present legislative and operational framework and make remedial actions, if any to address deficiencies identified in unity with the terms of reference.

"Before commencement of duties, every Commissioner is expected to take an oath. The Chairperson will decide when, otherwise the Commission is expected to start working effectively today (Tuesday)," the CJ said.

The Commission will work at the Industrial Court of Appeal where it will hold public and private hearings in a manner that will be deemed necessary and convenient.

Maphalala further stated that the Commission will examine and review the

policies, procedures, practices, and conduct relating to the operations of the office of the Master of the High Court.

Oral and written submissions from interested parties will be invited.

The Commission is further expected to conclude and submit a report of its findings and recommendation after three months.

### ... E1000 fine for giving false testimony

As the investigations to the Master of the High Court's office are set to begin, the Judicial Commission of Inquiry will subpoena witnesses to attend and give evidence before it.

In the event a witness gives false testimony, they will be guilty and liable on conviction to a fine not exceeding E1000 or be imprisoned for six months or both.

This is according to the terms of reference for the Commission.

The terms of reference state that the Civil Service Evidence Act No: 16 of 1902 shall apply to the giving of evidence before the Commission as though they constituted a court.

The Commission may, if necessary, investigate and make findings and recommendations on, any other matter regarding the Master of the High Court, regardless of when it is alleged to have occurred, on condition that such other investigations, findings, and recommendations do not cause any delay in the submission of the report.

The Commission has the power to summon a witness in a similar way a subpoena is issued at the Magistrates Court.

It can also require any person, subject to any privilege which may be claimed by the person under the law, to furnish information on matters which, in the opinion of the Commission, may be relevant to the subject matter of inquiry.

A witness before the Commission shall take an oath or make an affirmation in the form in use at the Magistrate Court. The Chairman shall administer the oath or accept the affirmation.

### Hope for a proper budget to curb corruption

Chief Justice Bheki Maphalala says he hopes the 12th Parliament will allocate a budget that will be enough to fight against corruption in the country.

Maphalala said the court noted that corruption was one of the major thorns presented at the People's Parliament.

"One other issue raised by emaSwati during Sibaya was corruption, something we as the court associate ourselves with fighting. We hope the new government will allocate enough funds to those responsible for fighting against corruption," he said.

The CJ clarified that the courts also make verdicts and judgments based on the evidence presented in court and not on what the people say, "we cannot just put people behind bars without reasoning."



By **Nokunceda Magagula**  
nokuncedam@rubiconmedia.group

AFTER three years of non-usage of breathalyzers following their ban at the height of the Covid-19 pandemic outbreak, the Ministry of Health has confirmed that the ban on breathalyzers has been lifted.

This was confirmed by the Director of Health Services at the Ministry of Health Dr Velephi Okello. She said since The Ministry of Health announced the de-scalation of the Covid-19 response in September 2022 all measures that were meant to minimize the spread of Covid-19 were lifted, so it was obvious that breathalyzers will also return.

The return of the device was evident at the Mbabane Magistrate's Court on Monday as suspects charged with driving under the influence of alcohol had their charge sheets indicating the milligrams per litre of alcohol alleged to be found in their system.

The Magistrate's court recorded 6 cases of drunken driving on Monday. One of the accused Mzwandile Hlophe had his charge sheet stating that on January 14, 2024, near Ngwenya in the Hhohho region, Hlophe being the driver of a motor vehicle

# Ministry has no qualms with breathalyzers' comeback

wrongfully drove the vehicle along Ngwenya public road whilst under the influence of an intoxicating liquor, or drug which have a narcotic affect. "The accused had an alcohol content of 0.93 mg/l" part of the charge sheet reads. The accused was fined E1,900 or spent 12 months in prison.

Another suspect was Dumsane Simelane, his charge sheet read that "On January 14, 2024, at about 23:45 hours near City Centre, in the region of Hhohho, Mbabane the said accused being the driver of motor vehicle, Audi A3 sedan did wrongfully and unlawfully drive the said vehicle along Chinese Traffic Lights whilst under the influence of intoxicating liquor or drug having a narcotic effect with alcohol content of 1.17m/l.

Emaswati had mixed feelings about the return of breathalyzers. One Mbali Dlamini who was found at the premises of the court

lauded the return of breathalyzers, stating that some people were arrested for nothing as people were arrested for merely having a strong smell of alcohol coming out of their mouth. Themba Sibandze stated that it

was much better when there were no breathalyzers because they were able to win cases in court, as the crown did not have strong evidence against them.

The call for the devices to be brought back was made by Acting Magistrate Innocent Motsa, the judicial officer who was presiding over a case of Skhumbuzo Simelane who was accused of drunken driving. Simelane's charge sheet read that on January 6, 2023, near ka Zondle in Mbabane Simelane was driving a vehicle along Jojo Street whilst under the influence of intoxicating liquor

or a drug having a narcotic effect and thus contravened Section 122(2) of the Road Traffic Act of 2007.

Simelane pleaded guilty and was found guilty as per his plea. When the time for mitigation came Motsa stated that Section 122 (2) of the Road Traffic Act which Simelane has contravened stipulates that a suspect should be granted a fine not exceeding E5,000 or sentenced to 2 years imprisonment. "The government funds are going to waste as the courts cannot give suspects the maximum fine of E5,000 because the crown lacks evidence which is the measurements from the breathalyzer," Motsa said. He said that they are pleading with the police to bring back the device, as it would simplify the court process. Motsa added that relying solely on the strong smell of alcohol from the individual's mouth is unprofessional for documenting details of drinking and driving offences, and this is what the REPS used to apprehend offenders.



## Foreign Affairs US attends the Non-aligned Movement Summit in Uganda

By **Ncaba Ntshakala**

UNDER Secretary on Political Affairs in the Ministry of Foreign Affairs and International Cooperation, Vulindlela Kunene joined Eswatini Ambassador to Ethiopia His Excellency Mahlaba Mamba in participating in the ongoing Senior Officials Meet-

ing and 19<sup>th</sup> Summit of Heads of State & Government of the Non-Aligned Movement (NAM), in

Uganda.

The 19th Non-Aligned Movement (NAM) summit kicked off on Monday in Kampala, Uganda amid global challenges including terrorism and climate change.

The five-day-long summit is the largest grouping of states world-

wide after the UN, with 120 member states, 18 observer nations, and 10 organizations. Uganda's Foreign Minister Gen. Abubakar Jeje Odongo opened the summit with the norm and practice of NAM.

NAM was founded in 1961 at the height of the Cold War between the West and East. But, unlike other regional and international organisations, it neither has a formal founding Charter, Act, or Treaty, nor a permanent secretariat.



▲ Eswatini Ambassador to Ethiopia His Excellency Mahlaba Mamba and Ministry of Foreign Affairs Under Secretary Vulindlela Kunene.



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# Parents/guardians warned on neglecting children’s upbringing

By Nokunceda Magagula  
nokuncedam@rubiconmedia.group

THE Deputy Prime Minister’s Office has warned parents not to abdicate their duty to be involved in their children’s upbringing as positive role models.

The above is reflected in a statement published by the DPM’s office on Tuesday. The statement was aimed to remind parents to make sure that they play their roles as children are going back to school.

The office states that as emaSwati anxiously waits in anticipation for the start of the new school year, the Office of the Deputy Prime Minister, in fulfilment of its mandate as custodian of children and family issues as well as its obligations under the Children Protection and Welfare Act/2012, takes this opportunity to remind parents/guardians of their moral and legal duty and responsibility to care for their children and to ensure that their welfare and future is protected and secured.

“It is disheartening to note increasing numbers of children who are school going age roaming the streets and not attending school. The Office of the Deputy Prime Minister cautions parents/guardians not to abdicate their duty to be involved in their children’s up-bringing as positive role models,” the statement reads.

“The office made a promise that this year it will increase efforts to monitor



▲ Deputy Prime Minister Thulisile Dladla.

the well-being of children. The office of the Deputy Prime Minister will up-scale efforts to monitor these children, implement and enforce relevant provisions of the Children Protection and Welfare Act. Those parents/guardians found to be on the wrong side of the law will be prosecuted,” the statement emphasises.

The office of the Deputy Prime Minister also informed that it still condemns violence against children and women and, to this end, reminds the public that gender-based violence is unacceptable and, therefore, an

offence punishable by law.

“The office of the Deputy Prime Minister wishes all children a successful new school year and may their dreams be fulfilled,” the statement reads.

The DPM’s office shared this statement because of the increasing cases of maintenance where one parent fails to play their role of being involved in the child’s upbringing, which is seen in courts and by the social welfare department. The director of social welfare Mcusi Shongwe said last December they had 975 cases of maintenance

which they are actively working on to assist the parties involved. He added that the number of cases which they attend fluctuates with time.

“In December, the social welfare department was dealing with 975 cases which we were facilitating,” Shongwe said. The mandate of the social welfare department is to develop, facilitate and monitor the implementation of effective policies and strategies for integrated social welfare services that meet the needs of all vulnerable groups.

Furthermore, to implement comprehensive social welfare services focusing on all vulnerable groups which are families, older persons, disabilities, children, ex-servicemen, substance abuse people, and persons affected with HIV/AIDS provide an affordable, accessible, and comprehensive social security system that prioritises the most vulnerable. They also administer the OVC school bursary and that of the elderly.

“The Office of the Deputy Prime Minister wishes all children a successful new school year and may their dreams be fulfilled”

## NATICC empowers over 100 KoNtjingila residents with life skills

By Ncaba Ntshakala

A step in the right direction! Over 100 residents of KoNtjingila gathered for a powerful and transformative session delivered by the Nhlanguano AIDS Training Information and Counseling Center (NATICC) on Sunday.

The engaging session delved into the crucial concepts of emotional intelligence, personal development, and the art of effective decision-making.

The workshop, held at the New Nazareth Church (a branch of the Free Evangelical Christian Fellowship), provided participants with valuable tools and techniques to navigate life’s challenges with greater awareness and control. Through interactive exercises and insightful presentations, NATICC facilitators equipped attendees with knowledge and skills that include recognizing and managing emotions. Participants learned to identify their emotions, understand their triggers, and develop healthy coping mechanisms. This self-awareness empowers them to make informed choices and build stronger relationships.

NATICC highlighted that the workshop explored individual strengths and weaknesses, helping participants set realistic goals and cultivate a growth mindset. This newfound confidence can propel them towards personal and professional achievements. Further,

participants gained crucial skills for analysing situations, weighing options, and making impactful choices with clarity and purpose. This empowers them to navigate life’s complexities with greater certainty and control. Tandzile Mabuza of KaGwegwe said that she believes such sessions are very important for them as they are still growing up. “The workshop was truly eye-opening, and I think we do need such sessions. I went to church thinking that it would be a normal service but was appalled by the NATICC team that graced us” shared Tandzile “I learned so much about myself, how to manage my emotions effectively, and how to make proper decisions as every decision I make has long-lasting impact in my life. This knowledge is going to make a big difference in my life.”

### Honoured

NATICC expressed that they were honoured to be part of the session where they made sure that they impacted the lives of the people. The organisation is a faith-based, non-profit NGO that provides information, training, and counselling on HIV/AIDS in Nhlanguano, Eswatini. The formation of the organisation in 2002 was prompted by the fact that the Shiselweni region has continued to have high infection rates (42.5 per cent in 2004) as compared to other regions in Eswatini.

NATICC is funded by the Norwegian Agency for Development Cooperation and Norwegian Church Aid. NATICC comprises a team of well-trained HIV/AIDS educators and counsellors. Its centre is based at the Bethesda Mission Station in Nhlanguano, but NATICC reaches out to the whole of the Shiselweni Region. NATICC is the voluntary counselling & testing (VCT) Centre for Nhlanguano.

## Abuse cases rise in the Kingdom as...

# SWAGAA reports 173 cases across six sites countrywide

By Ncaba Ntshakala

A grim picture of abuse in Eswatini emerges as the Eswatini Action Group Against Abuse (SWAGAA) reports a worrying number of 173 cases from just six of their sites in December 2023.

This data, encompassing areas like Manzini, Mbabane, Simunye, Hlatsi, Mankayane and Pigg’s Peak, lays bare the ongoing struggle against abuse in various forms within the Kingdom. SWAGAA asserted such in a shared report.

SWAGAA’s counselling department provided post-abuse care services to a total of 173 clients who reported gender-

based violence cases, that is, the client was either sexually, physically, neglected, financially, emotionally or other which includes health issues, anger issues, depression, psychological distress or wayward behaviour.

According to the report, 96 survivors in the Manzini region reported abuse-related cases, 52 in Hhohho, 16 in Lubombo, and 9 in Shiselweni. There were 90 recorded cases of emotional abuse, 27 cases of neglect, 10 cases of physical abuse, 5 cases of financial abuse, 24 cases of sexual abuse, and 40 cases of other forms of abuse. SWAGAA’s reports highlight that emotional abuse records the highest number of cases this month; followed by other forms, neglect, sexual, physical, and lastly financial.

### A TABLE ILLUSTRATION OF THE DATA PROVIDED BY SWAGAA:

| TYPE OF ABUSE    | CASES  |      |
|------------------|--------|------|
|                  | FEMALE | MALE |
| Sexual           | 23     | 1    |
| Physical         | 5      | 5    |
| Financial        | 4      | 1    |
| Neglect          | 14     | 13   |
| Emotional_Verbal | 63     | 27   |
| Other            | 18     | 22   |
| Total            | 127    | 69   |



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# HMCS champions gender mainstreaming for officers through Lisango Lemajaha

By Ncaba Ntshakala

IN a groundbreaking move, His Majesty's Correctional Services (HMCS) is setting a new standard for inclusivity within its ranks.

Last week, Commissioner General LaMakhosini Phindile Dlamini took centre stage at the Lisango Lemajaha event, a unique platform aimed at sensitizing male officers on crucial life issues through a lens of gender mainstreaming.

Held at Matsapha Correctional Centre, the event served as a powerful forum for open dialogue and introspection. Male officers, often stereotyped as embodying stoicism and emotional resilience, were given the space to address sensitive topics like anger management, accepting defeat, suicidal tendencies, sexual and domestic violence, and financial management.

This deliberate shift away from traditional approaches to officer well-being highlights HMCS's commitment to fostering a more empathetic and aware correctional environment.

"His Majesty's Correctional Services is part of the Southern African Development Community (SADC), where issues of Gender mainstreaming emanate. In a meeting in April 2019 in Luanda, Republic of Angola the topic of Woman Network and Gender mainstreaming was deliberated and a decision to launch the network was forwarded to member states.

## Launched

Then on the 14th May 2019 in Gaborone the Republic of Botswana the Regional Woman Network and Gender Mainstreaming was launched," declared Commissioner General Dlamini in her address. "Furthermore, besides the symbolic launch of the Forum, a Strategic Plan (2020-2025) Thematic Area 9, we as Corrections/Prisons/Correction are expected to do something towards sensitizing officers on issues of gender mainstreaming.

The presence of officials from the Deputy Prime Minister's office and PSHACC (Public Service High Commission) added further weight to the initiative. Their participation underscored the broader implications of HMCS's progressive approach, signalling a potential ripple effect across government agencies in embracing gender awareness."

Gender mainstreaming is a strategy that aims to improve the quality of public policies, programmes, and projects, ensuring a more efficient allocation of resources. The Council of Europe expresses that better results mean increased well-being for both women and men and the creation of a more socially just and sustainable society. HMCS's initiative has received accolades from some organisations. Ntombi Mncwango of Siphila Sonkhe Sibomake highlighted that they applaud the HMCS administration for leading such an initiative. Mncwango said that this is commendable being done at a time when the country is fighting the soaring cases of Gender-based Violence (GBV). Mncwango said that the way they view such as an organisation is that Lisango Lemajaha is more than just a one-off event; it represents a paradigm shift within HMCS. "To me, such an initiative challenges long-held assumptions about masculinity and prioritizes the emotional

well-being of all officers, regardless of gender," Ntombi asserted "By providing a safe space for open dialogue and addressing traditionally taboo subjects, the platform fosters a sense of empathy and understanding that transcends professional boundaries."

## Alignment

Commissioner General further highlighted that The Kingdom of Eswatini falls within the Global Village, in alignment with the regional and international conventions on strengthening the capacity of rights-holders, particularly men, women, children and other vulnerable groups, to participate in decision-making processes, claim their rights and access to justice.

In the same vein, the department of His Majesty's Correctional Services has adopted such initiatives and engaged Lutsango in 2022 to equip them on several issues affecting women.

Several speakers were invited including Eswatini Bank Managing Director Nozizwe Mulela to help encourage women to do better at work, and in their personal lives. "We also engaged Imbali last year, in 2023 where different speakers which comprised of PSHAC and Dr. Ngabisa Dlamini-Principal at Vulamasango School, were invited to equip them on different issues affecting young girls in their growth." Shared the



▲ HMCS officers clad in their traditional regalia displaying their dancing skills during the event



▲ His Majesty's Correctional Services Commissioner General LaMakhosini Phindile Dlamini delivering her remarks during the Lisango Lemajaha event.

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Taking all that into consideration the court sentenced the accused to 10 months imprisonment or to pay a fine of E2 000. In 2021, the late National Commissioner of Police William Dlamini disclosed that Eswatini lost E55 million through fraud in the period spanning from October 2021 to September 2022, indicating a 0.5 per cent increase when compared to the previous year.



## Shell to exit Nigeria's troubled onshore oil

LONDON — Shell is set to conclude nearly a century of operations in Nigerian onshore oil and gas after agreeing to sell its subsidiary there to a consortium of five mostly local companies for up to \$2.4 billion. The British energy giant pioneered Nigeria's oil and gas business beginning in the 1930s. It has struggled for years with hundreds of onshore oil spills as a result of theft, sabotage and operational issues that led to costly repairs and high-profile lawsuits.

# Eswatini inks Bilateral Air Service Agreement with Ethiopia, Rwanda

**Stories by Silindzelwe Nxumalo**  
*[silindzelwen@rubiconmedia.group](mailto:silindzelwen@rubiconmedia.group)*

THE Eswatini Government has signed a Bilateral Air Service Agreement (BASA) with the Governments of Ethiopia and Rwanda.

Ideally, the signing of this agreement is expected to enhance connectivity between these countries and facilitate the aviation sectors of these countries to realise and tap into the economic and social benefits.

This will also promote international air links between countries and enhance business and tourism opportunities through air transport.

The Minister of Public Works and Transport Chief Ndaluhlaza Ndwandwe said the BASA is crucial as it establishes the legal framework for air services between the two countries.

He stated that it promotes international air connectivity, encourages tourism, fosters economic ties, and ensures regulatory coordination for safe and efficient air travel.

“BASAs also provide a foundation for airlines to operate routes, contributing to increased trade and cultural exchange between nations,” said the minister.

Ndwandwe also explained that a BASA is the backbone on which air transport between two or more countries is coordinated, without which there would be no legal framework for operations. He said a BASA stipulates the conditions on which air operators from each country are to operate.

He added that the BASA which was signed on December 4, 2023, is what will then enable the airlines to form a partnership, Eswatini Air, Ethiopian Airlines and Rwandair.

Eswatini Air was recently launched in the country and not so long ago they welcomed an agreement with Zimbabwe allowing Eswatini Air to use their route and vice versa.

According to their website, they are the



**▲ Minister of Public Works and Transport PS Thulani Mkhaliphi shaking hands with Director General of Ethiopia Civil Aviation Authority Getachew Mengiste after the BASA signing.**

national airline of the Kingdom of Eswatini and a strategic business unit within the Royal Eswatini National Airways Corporation's (RENAC) portfolio of aviation services.

"King Mswati III International Airport is the airline's hub and main base of operations. As a national airline, we represent the country's traditional values and we are committed to providing award-winning customer service," read the website.

The website stated that the airline takes over from where Royal Swazi Airways left off when it ceased operations in 1997 and will position itself as a niche carrier providing direct air linkages for passengers and cargo between Eswatini and other countries.

“The airline takes over from where Royal Swazi Airways left off when it ceased operations in 1997 and will position itself as a niche carrier providing direct air linkages for passengers and cargo between Eswatini and other countries,” read part of the website.

The initial set of destinations includes direct flights between Eswatini and Johannesburg, Durban, Cape Town, and Harare.

According to their website, the Ethiopian



▲ The PS posing with the Rwanda Civil Aviation Authority representative after the signing.

Civil Aviation Authority the history of aviation in Ethiopia goes back to 1929 when the French-made airplane, Potez 25 flown by French pilot Andre Millet landed in the western side of Addis Ababa and enrooted from Djibouti.

The Authority is said to have been in the aviation space for the past 26 years with Ethiopian Airways being their top operator.

According to their website, the Rwanda Civil Aviation Authority is mandated to regulate and ensure oversight of Aviation Safety, Security, Economic regulation of Air Services and development of Civil Aviation as guided by the provisions of the Convention on International Civil Aviation Organization's Standards and Recommended Practices (SARPs)

In replacement of the Rwanda Airport Authority established in 1986, the Civil Aviation Authority (CAA) was created by law No. 21/2004 of August 10, 2004, to take on the management, operation, and maintenance of airport infrastructure. The law was later revised in 2006 by law no 44/2006 of October 5, 2006, forming Rwanda Civil Aviation Authority (RCAA), mandated to assume both regulatory functions and the operation of airports and the provision of Air Navigation Service (ANS).

## SA train smash: Eswatini Railways operations not affected

**FOLLOWING** a collision between two coal freight trains on Sunday which resulted in Transnet Freight Rail (TFR) closing the export coal line to Richard's Bay Eswatini Railways (ESR) has assured its customers that all is well on their side.

According to South African media reports, the crash followed a shift change, indicating a communication failure could be to blame. Transnet runs a manual train management system and cannot remotely track trains in real-time. The incident, which took place at Elubana in northern KwaZulu-Natal, followed two near-collisions in recent months at the same spot, where an oncoming train stopped just short of colliding with the train on the line.

Eswatini Railways (ESR) Corporate Communications Manager Sive Manana said they were aware of the accident, and that their trains have not been affected yet directly.

"Not many effects, but there are disturbances. But obviously resources in natal have been channelled to the accident which may disturb service a bit," he said.

He stated that they are still monitoring the

situation and react accordingly. He also urged customers not to panic and that all will be resolved soon.

TFR confirmed the incident on Monday and said recovery efforts were underway. The cause of the accident was being investigated, it said, and further details would be communicated in due course or deny the recent near-such incidents were in course.

News24 has further reported that the collision has again closed the export coal line to Richard's Bay in a setback to attempts by the government and businesses to restore SA's failing logistics sector.


TFR does not have a digitized train management system to track trains and relies on signalling and phone communication to



▲ A shot of the derailment following a collision between two coal trains.

schedule trains and manage their movement. Signalling equipment is frequently stolen, making phone communication between the train control operator and driver the only way of avoiding collisions.

Initial and unconfirmed reports from inside Transnet indicate that Sunday's accident resulted from human error when a shift change failed to alert the incoming shift of a stopped train on the line. The train had stopped because of a power outage in Richard's Bay on the line ahead.






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| EURO        | 20.1042       | 20.7118 |
| Bank Rate   | (July 2023)   | 7.50%   |
| Prime Rate  | (July 2023)   | 11%     |
| Inflation   | (July 2023)   | 4.5%    |
| Petrol      | E20.50/Litre  |         |
| Diesel      | E21.80 /Litre |         |
| Paraffin    | E16.75/Litre  |         |



# Women Unlimited empowers women entrepreneurs owning small businesses

Stories by **Silindzelwe Nxumalo**  
silindzelwen@rubiconmedia.group

WOMEN Unlimited Eswatini, a non-profit organization that fights for women’s rights and gender equality has partnered with ImpactHer, a non-profit organization that empowers African female entrepreneurs, to offer free digital skills training for women owning small businesses in Eswatini.

The training programme will be held virtually on January 24 and aims to enable participants across different fields and sectors to position themselves and their businesses by leveraging on the digital space and in turn reduce the gender digital divide.

According to the training poster, the programme will focus on contributing to a more equitable business environment for women entrepreneurs and enhancing their contribution to economic development, as well as developing digital skills to assist successful women-led SMEs to scale their enterprises and build best-in-class businesses.

Through the poster, they stated that the benefits of the training include economic empowerment, as participants will be equipped with requisite skills that will expose them to new economic opportunities in a viciously competitive society, while also positioning them to build scalable businesses in the digital space.

After this training, participants will be eligible for follow-up training on essential topics, post-training business support, Google business profiles, digital marketing



▲Some of the women who have been previously trained by Women Unlimited Eswatini in business management skills.

strategies, and professionally developed websites for selected interested participants.

The training requires no cost and is open to all women entrepreneurs in Eswatini who are interested in learning and growing their businesses using digital skills. To register, participants can use the link <https://bit.ly/3Qif6jE>.

According to their website, Women Unlimited is a registered not-for-profit organisation based in the Kingdom of

Eswatini and they are a women’s rights and development organisation led by a passionate team and have existed since October 2017.

Meanwhile, the ImpactHER website states that they are committed to empowering African women entrepreneurs by providing them with the necessary digital training and resources to grow their small and medium-sized businesses.

“With a focus on bridging the gender gap

in entrepreneurship, we have successfully trained over 99 511 female entrepreneurs across 54 African countries, helping to improve their businesses and livelihoods,” read the website.

The website added that as a result, these women have been able to create jobs, increase their income, and contribute to the economic growth and development of their respective communities.

## Ezulwini avails business opportunity to contractors



THE Ezulwini Municipality has invited suitable local contractors registered with the Construction Industry Council for the 2023/2024 financial year to tender for the rehabilitation of a portion of Mdzenga Close and Mantenga Drive in Ezulwini through Tender No. 19 of 2023/24.

According to the advertisement, the tender documents can be obtained at the Ezulwini Town Council’s Civic Offices, and the Town Clerk’s office at a non-refundable fee of E500.

The advertisement stated that

for tenderers to be eligible for consideration, the tenderer should provide the documents as specified in “Instruction to Bidders” including a Certified copy of a valid Trading license, an Original or valid tax compliance certificate, and a Certified copy of a current Labour Compliance Certificate to name a few.

“Bids must be delivered to the address below at or before February 06, 2024, at 12:00 noon,” read part of the advertisement.

The advertisement stated that electronic bidding shall not be permitted and late tenders, as well

as tenders received by telegram, facsimile, email, or similar medium, will not be considered.

“Bids will be opened physically in the presence of the bidders’ representatives who choose to attend in person at the Local Authority boardroom, Ezulwini Municipality, immediately after the tender submission deadline,” read the advertisement.

They emphasised that a compulsory site inspection will be held on January 23rd, 2024, and Tenderers are to meet at the Ezulwini Municipality Offices, at 10:00 am.

▲An aerial view of The Gables, Ezulwini.





▲The Shell logo is seen at a petrol station in south London.

# Shell to exit Nigeria’s troubled onshore oil after nearly a century

By Ron Bousso

LONDON — Shell is set to conclude nearly a century of operations in Nigerian onshore oil and gas after agreeing to sell its subsidiary there to a consortium of five mostly local companies for up to \$2.4 billion.

The British energy giant pioneered Nigeria’s oil and gas business beginning in the 1930s. It has struggled for years with hundreds of onshore oil spills as a result of theft, sabotage and operational issues that led to costly repairs and high-profile lawsuits.

Since 2021, Shell has sought to sell its Nigerian oil and gas business, but will remain active in Nigeria’s more lucrative and less problematic offshore sector.

Shell’s exit is part of a broader retreat by western energy companies from Nigeria as they focus on newer, more profitable operations. Exxon Mobil, Italy’s Eni and Norway’s Equinor have struck deals to sell assets in the country in recent years.

The British major will sell The Shell Petroleum Development Company of Nigeria Limited (SPDC) for a consideration of \$1.3 billion, it said in a statement, while the buyers will make an additional payment of up to \$1.1 billion relating to prior receivables at completion.

“This agreement marks an important milestone for Shell in Nigeria, aligning with our previously announced intent to exit onshore oil production in the Niger Delta, simplifying our portfolio and focusing future disciplined investment in Nigeria on our Deepwater and Integrated Gas positions,” Shell head of upstream Zoë Yujnovich said.

The buyer, the Renaissance consortium comprises ND Western, Aradel Energy, First

E&P, Waltersmith, all local oil exploration and production companies, and Petrolin, a Swiss-based trading and investment company.

The sale, which Renaissance confirmed, requires the approval of the Nigerian government.

### Spills and lawsuits

Renaissance will take over the responsibility for dealing with spills, theft and sabotage, said Shell, which has faced in recent years multiple lawsuits for compensation over damage caused as a result of spills in the Niger delta.

Nnimmo Bassey, Executive Director of Nigerian advocacy group Health of Mother Earth Foundation said: “Shell must own up to its responsibility.”

“This means full payment for the remediation and restoration of the polluted areas as well as reparations to the host communities. They cannot walk away from the virtually irreparable harm they have caused,” Bassey said in a statement.

Shell’s SPDC Limited operates and has a 30 per cent stake in the SPDC joint venture that holds 18 onshore and shallow water mining leases. Shell’s resources in SPDC reached around 458 million barrels of oil equivalent by the end of 2022.

Other partners in the joint venture are the state’s Nigerian National Petroleum Corporation (NNPC), which holds 55 per cent, TotalEnergies, with 10 per cent and Italy’s Eni with 5 per cent.

Apart from its operations and stakes in several fields deep offshore, Shell still has a liquefied natural gas plant and other assets in Nigeria.

SPDC, which remains the operator, was formed in 1979, incorporating assets of the older Shell-BP consortium, with its current partners entering at later stages. (Reuters)



▲A Transnet Freight Rail train is seen next to tons of coal mined from the nearby Khanye Colliery mine, at the Bronkhorstspuit station, in Bronkhorstspuit, around 90 kilometres north-east of Johannesburg, South Africa.

## Transnet works to clear coal export line after train crash

SOUTH Africa’s Transnet is working to clear the country’s main coal export railway line after two trains collided on Sunday, the firm said on Tuesday, without saying when services would be restored.

Transnet said no serious injuries were reported after the accident, but the disruption to South Africa’s major coal export terminal at Richards Bay will throttle mineral shipments already constrained by locomotive shortages as well as rampant cable theft and vandalism of infrastructure.

The state-owned firm in an emailed response to Reuters did not provide details of what caused the accident and when service would be restored on the coal line.

Major coal exporters Thungela Resources and Exxaro Resources did not immediately

respond to queries about how the derailment was affecting haulage to port. Glencore, another major coal exporter from South Africa, declined to comment.

Transnet has struggled for years to haul commodities to ports due to equipment shortages and maintenance backlogs after decades of under-investment.

This has forced companies such as Thungela and Africa’s biggest iron ore exporter Kumba Iron Ore to cut production due to limited capacity to transport commodities via rail to port.

Some miners have been moving coal to port by road, a more expensive and environmentally damaging option than rail, but Transnet - which also operates South Africa’s ports - in November announced curbs on trucks going into the Richards Bay port, citing “unprecedented congestion” on the coastal town’s roads. (Reuters)



▲South African Rand coins are seen in this illustration picture.

## South African rand weakens as Red Sea tensions push dollar up

JOHANNESBURG — South Africa’s rand weakened early on Tuesday as more attacks on ships in the Red Sea weighed on risk sentiment and hawkish comments from the World Economic Forum pushed the dollar higher, analysts said.

At 0718 GMT, the rand traded at 18.8350 against the U.S. dollar , about 0.8 per cent weaker than its previous close.

The dollar was last up about 0.3 per cent against a basket of global currencies.

“News of a missile strike on a US-owned ship in the Gulf and Donald Trump’s

overwhelming win in the Iowa caucus has seen risk-off in markets and a stronger dollar,” Andre Cilliers, Currency Strategist at TreasuryONE, said.

Hawkish comments from European Central Bank officials in Davos also spurred investors to pare back bets on near-term rate-cuts by the U.S. Federal Reserve, further boosting the dollar.

There were no economic data releases scheduled in South Africa on Tuesday.

South Africa’s benchmark 2030 government bond was weaker in early deals, with the yield up 4.5 basis points to 9.770 per cent. (Reuters)



# Vodafone, Microsoft team up on billion-dollar deal for cloud, AI, IoT

VODAFONE and Microsoft have announced a new 10-year strategic partnership that will see them jointly aim to offer scaled digital platforms to over 300 million businesses, public sector organizations, and consumers across Europe and Africa.

As part of the deal, Vodafone has committed to a \$1.5 billion investment in cloud and customer-focused AI services over the next decade with Microsoft.

The two-way relationship also has Microsoft “intend[ing]” to invest an undisclosed sum into Vodafone’s IoT connectivity platform, which is set to become its own standalone business by April.

Margherita Della Valle, Vodafone Group chief executive, said: “This unique strategic partnership with Microsoft will accelerate the digital transformation of our business customers, particularly small and medium-sized companies, and step up the quality of customer experience for consumers.”

The alliance aims to overhaul Vodafone’s customer experience, develop digital and financial services for businesses, and revamp the company’s global data center cloud strategy.

Vodafone also hopes to expand its platform, ultimately connecting more devices,

vehicles, and machines.

Microsoft CEO Satya Nadella added: “This new generation of AI will unlock massive new opportunities for every organization and every industry around the world.”

Five key areas of collaboration have been identified by the companies, beginning with Vodafone’s digital assistant, TOBi, which is set to be supercharged by generative AI powered by Microsoft Azure OpenAI.

Tighter connections will also be forged between Vodafone and Microsoft in terms of IoT, and Vodafone has shared plans to modernize its data centers on Microsoft Azure.

Moreover, the two tech titans hope to help SMEs that use their services to grow, with a particular focus on the African continent where digital literacy, upskilling, and youth outreach programs are set to be deployed.

With several years’ experience freelancing in tech and automotive circles, Craig’s specific interests lie in technology that is designed to better our lives, including AI and ML, productivity aids, and smart fitness. He is also passionate about cars and the decarbonisation of personal transportation. As an avid bargain-hunter, you can be sure that any deal Craig finds is top value!

(Tech News)



▲The two-way relationship also has Microsoft “intend[ing]” to invest an undisclosed sum into Vodafone’s IoT connectivity platform, which is set to become its own standalone business by April.

## Synopsys to buy engineering Ansys in \$35 billion deal

SEMICONDUCTOR design and software firm Synopsys on Tuesday announced it would acquire Ansys, an engineering and product design software firm, in a cash-and-stock deal valued at approximately \$35 billion.

The acquisition is one of the largest tech deals announced in recent years.

Synopsys will pay consideration of roughly \$390 per share: \$197 per share in cash and roughly one-third of a Synopsys share for each Ansys share. The deal is expected to close in the first half of 2025, pending regulatory and shareholder approval.

Synopsys shares were up 3% on Tuesday morning, after a 12% slump since The Wall Street Journal reported in December that the two companies were in advanced talks. Ansys shares slipped 4% but were up more than 14% in that same period since December.

Ansys shareholders will own 16.5% of Synopsys following the merger, Synopsys

CEO Sassine Ghazi said during a conference call following the announcement. The deal will be partially funded by \$16 billion of debt financing, Synopsys said in a release. The remaining \$3 billion non-equity consideration will come from Synopsys’ cash. For the quarter ended October 31, 2023, Synopsys reported cash and cash equivalents of \$1.4 billion.

The deal will not immediately be accretive until at least a year after the deal closes, Synopsys CFO Shelagh Glaser said.

“This is the logical next step for our successful, seven-year partnership with Ansys and I look forward to working closely with Ajei and the talented Ansys team to realize the benefits of this combination for our customers, shareholders and employees,” Ghazi said in a release.

Several deals have closed in recent months, including Microsoft’s acquisition of Activision Blizzard and Broadcom’s acquisition of VMware. (Reuters)



▲Elon Musk wants 25% voting control of Tesla despite only owning 12% of the company.

## Musk wants 25% voting control at Tesla

TESLA and SpaceX CEO Elon Musk, who also owns the social network X (formerly known as Twitter), said Monday that he wants about 25% of voting control over his electric vehicle business.

Musk already owns around 13% of Tesla, or approximately 411 million shares of the company’s 3.19 billion shares in common stock outstanding, as reported in the company’s last financial filing for the third quarter of 2023.

That’s a large stake, especially considering that Musk sold tens of billions of dollars worth of his shares in Tesla in 2022, largely to finance a \$44 billion leveraged buyout of Twitter.

Now, Musk is angling for even more control over Tesla.

Specifically, Musk wrote on Monday, “I am uncomfortable growing Tesla to be a leader in AI & robotics without having ~25% voting control. Enough to be influential, but not so much that I can’t be overturned.”

“Unless that is the case, I would prefer to build products outside of Tesla,” the billion-

aire executive said on X.

“You don’t seem to understand that Tesla is not one startup, but a dozen. Simply look at the delta between what Tesla does and GM. As for stock ownership itself being enough motivation, Fidelity and other own similar stakes to me. Why don’t they show up for work?”

Tesla did not immediately respond to a request for comment.

Musk’s post stood at odds with remarks he previously made suggesting Tesla is already an important artificial intelligence and robotics company, and its value hinges on its prowess in these domains.

In April 2022, Musk predicted during Tesla’s first-quarter earnings call that the company’s humanoid robot, Optimus, “ultimately will be worth more than the car business and worth more than full self-driving.”

Tesla unveiled an early Optimus prototype at Tesla AI Day in September that year, and Musk said in a post around that event, “The point of AI Day is to show the immense depth & breadth of Tesla in AI, compute hardware & robotics.”



▲Synopsys will pay consideration of roughly \$390 per share: \$197 per share in cash and roughly one-third of a Synopsys share for each Ansys share.



# Kenya seeks rapid resolution with Tanzania after announced flight ban

**WILL Kenyan Airways passengers be able to travel to Dar Es Salam starting January 22?**

Tanzania on Monday (Jan. 15) announced it had withdrawn approval for neighboring Kenya's flagship carrier to operate a passenger service between the countries starting next week.

The Tanzania civil aviation authority, on behalf of the aeronautical authorities said the move was in response to Kenya Civil Aviation Authority denying Air Tanzania the approvals it needed to operate all cargo

flights between the two countries.

Kenya Airways operates daily flights to Dar Es Salam.

Nairobi said there should be no cause for alarm, though.

"We have jointly agreed that our respective Civil Aviation Authorities will work together to have the matter resolved amicably within the next three days. There should therefore be no cause for alarm," Kenyan Foreign Affairs minister Musalia W Mudavadi said.

This is the latest trade dispute to plague the East African Community regional economic bloc.

Kenya has previously blocked the importation of milk from Uganda and farm produce from Tanzania.

Tanzania has restricted importation of onions to Kenya, leading to skyrocketing prices for the essential commodity.

Landlocked Uganda is suing Kenya at the East African Court of Justice for denying government-owned oil marketer Uganda National Oil Co. a license to operate and handle fuel imports at Kenya's Mombasa port headed for Kampala.

(Africa News)



▲ Tanzania has restricted importation of onions to Kenya, leading to skyrocketing prices for the essential commodity.



▲ Liberia's outgoing President George Weah has confirmed he will not seek re-election in 2029 following his recent electoral defeat.

## 'I won't run again for president'

**LIBERIA'S outgoing President George Weah has confirmed he will not seek re-election in 2029 following his recent electoral defeat.**

The former international footballer, who was elected in 2017, conceded defeat in November to Joseph Boakai.

Speaking to church congregants on Sunday near Monrovia, Weah stated he would be 63 in six years and, as his retirement age is 65, he has no plans

to be active in politics beyond that age.

He emphasized the need for time with his family and expressed gratitude to Liberians for his presidency, pledging to promote peace and prosperity in the country.

Weah did not disclose his plans but affirmed his party, the Congress for Democratic Change (CDC), would remain a strong opposition.

(Africa News)

## Exodus of senior black leaders from the DA continues

THE politics of musical chairs is gaining momentum after the DA lost another black leader ahead of the 2024 general elections expected to take place before June.

Gauteng leader of the blue party Khume Ramulifho has dumped the DA, crossing the floor to former journalist Songezo Zibi's Rise Mzansi.

Ramulifho, who joined the DA when it was still called the Democratic Party in 1998, was one of the members, like the expelled Tsepo Mhlomo who defected to ActionSA late in 2023, to have exited the Cape Town-based official opposition.

In his letter of resignation, which we have seen, Ramulifho states that his decision to ditch the DA was not easy.

Based on his resignation letter, it looks like he left the DA under a cloud as he speaks about unity, something many black leaders who left the organisation claim it is lacking.

### Exodus of black leaders

Black DA leaders have over the years left in droves claiming they were not happy with how white leadership is handling the affairs of the organisation.

"There are many South Africans who want to see unity in purpose, and I strongly believe that Rise Mzansi is able to unite South African [sic] behind building the South Africa we all deserve," said Ramulifho in his letter. He will be joining his long-time friend and for-



▲ Gauteng leader of the blue party Khume Ramulifho has dumped the DA, crossing the floor to former journalist Songezo Zibi's Rise Mzansi.

mer DA councillor and MP Makashule Gana, who also defected to Rise Mzansi.

Insiders within the DA claim that Ramulifho, who was previously a national leader of the DA Youth between 2008 and 2010 before he became an MPL responsible for education in Gauteng, left the party after being frustrated by his attempts to ascend to the provincial leadership position. "Khume wanted to be the leader of the DA in Gauteng so badly, but his attempts to be elected as a leader were thwarted by members who

chose Solly Msimanga over him," said an insider. "You should also remember that he tried his best to run to become a national deputy federal chairperson in 2010, but he failed to convince delegates to vote for him."

Another insider said Ramulifho's other attempt was in 2018 when he wanted to be the deputy chairperson of the federal council and interim federal chairperson, a position that was left vacant by Athol Trollip, who joined ActionSA, but he lost to Ivan Meyer.

(Sunday World)

## Turkish court fines Somali leader's son over fatal car crash

THE son of Somalia's president was sentenced by a Turkish court on Tuesday to 2-1/2 years in prison for causing death by negligence, which was converted into a fine of 27,300 Turkish lira (\$900), state media reported.

Mohamed Hassan Sheikh Mahmoud was driving a car carrying a diplomatic licence plate on Nov. 30 when he hit a motorcycle courier in central Istanbul, seriously injuring him.

He had left the country on Dec. 2, following a police interrogation. An arrest warrant was issued for him after the courier died in hospital on Dec. 6. Mahmoud was tried in absentia in Istanbul on Tuesday, having been back to Turkey to appear before the court last week. He had denied negligence, saying the motorbike had stopped suddenly and he could not avoid the collision.

The prosecutor had sought up to six years in prison for Mahmoud. Converting prison sentences to fines happens periodically in the Turkish judicial system. His driving licence in Turkey was revoked for six months.

(Reuters)



# British PM Sunak faces major rebellion over Rwanda legislation

LONDON - British Prime Minister Rishi Sunak is facing a major rebellion from right-wing politicians in his party on Tuesday over flagship immigration legislation to speed up the deportation of asylum seekers to Rwanda in a critical test of his authority. Two Conservative Party chairmen said they were ready to defy Sunak to join the rebellion by voting to toughen the legislation before parliamentary votes on the plan on Tuesday and Wednesday. Sunak's party is deeply divided over the bill, which aims to block asylum seekers bringing further court challenges against their deportations. Some Conservative lawmakers say it goes too far and others that it does not go far enough. Unless the legislation is changed, some Conservatives are threatening to vote against the government at its final parliamentary stage in the House of Commons, the lower house of parliament, which could take place on Wednesday evening. One senior lawmaker said the rebels had the numbers to defeat Sunak in the final vote.

"There is zero purpose in putting in place a piece of legislation that doesn't work," he said, adding that the rebels only needed half of those who backed the amendments to defeat the government in the final vote. Sunak has made stopping the arrival of asylum seekers crossing from France to Britain on small boats a central aim of his government. **Fleeing** Most of those arriving in the boats say they are fleeing wars and poverty in the Middle East, Africa and South Asia. However, the British government says about 90% making the journey are men and many of them economic migrants rather than genuine refugees. "DIVIDED PARTIES FAIL" Sunak faced the most serious threat to his leadership last month when he saw off a threatened revolt by dozens of his lawmakers at the first parliamentary vote on the draft legislation. The government comfortably won that vote after some lawmakers decided to abstain rather than rebel, but some warned that they could vote down the legislation at later stages of the parliamentary process unless the bill was changed.

More than 60 Conservative members of parliament are planning to back the amendments that would allow ministers to ignore last-minute rulings from judges at the European Court of Human Rights in Strasbourg seeking to ground flights to Rwanda. **Amendment** A similar number also support another amendment that would stop asylum seekers from bringing individual claims to prevent their removal to the East African nation. Isaac Levido, the Conservative Party's election strategist, told lawmakers at a closed-doors meeting late on Monday that the party faced defeat at this year's national election unless they ended their infighting. "Let me clear. Divided parties fail," Levido said, according to a Conservative official. Conservative Party Deputy Chairmen Lee Anderson and Brendan Clarke-Smith said they would vote to toughen the legislation. Asked if this means he would be sacked, Brendan Clarke-Smith said: "It is not for me to decide." (Reuters)



▲ British Prime Minister Rishi Sunak is facing a major rebellion from right-wing politicians.

## Global tobacco use tumbles despite industry lobbying

GENEVA - Global tobacco use has tumbled in a generation with one in five people smoking versus one in three in 2000, the World Health Organization said on Tuesday. The drop comes despite what the U.N. global health agency said were ongoing efforts by Big Tobacco to seek to influence global health policies to its own advantage. "Good progress has been made in tobacco control in recent years, but there is no time for complacency," said Dr Rue-diger Krech, Director of the WHO Department of Health Promotion. "I'm astounded at the depths the tobacco industry will go to pursue profits at the expense of countless lives." The



global report said 1.25 billion people aged 15 or over used tobacco in 2022 versus 1.36 billion in 2000. Tobacco use is set to fall further by 2030 to around 1.2 billion people even as the world's population grows, the study said. One example of tobacco companies' efforts to win influence cited by the WHO was their offers of technical and financial support to countries ahead of a major WHO meeting on tobacco control in Panama in February. The regions with the biggest portion of smokers are South-east Asia and Europe, the WHO said, with roughly a quarter of the population. In a handful of countries, tobacco use is still rising, including in Egypt, Jordan and Indonesia, according to the study. The report published every two years gave some preliminary data on the prevalence of vaping on which the WHO is urging governments to apply tobacco-style control measures. (Reuters)

## Swiss to host Ukraine peace summit at Zelenskiy's request

BERN - Switzerland on Monday agreed to host a global peace summit on Ukraine at the request of Ukrainian President Volodymyr Zelenskiy. Neutral Switzerland has previously acted as a broker to resolve conflicts and could now help find a resolution for the war that began when Russia sent troops into Ukraine on Feb. 24, 2022. "At the request of the Ukrainian president, Switzerland has agreed to host a summit on the peace formula," the Swiss government said. "Further details are now being worked out." Speaking alongside his Swiss counterpart Viola Amherd at a press conference in Bern, Zelenskiy did not provide an extensive list of the participants of the planned peace summit but hinted about who he wanted to attend. "We are open to all countries that respect our sovereignty and territorial integrity at the peace summit, so draw conclusions about who we invite," Zelenskiy said. "We would like the Global South to be present ... it is important for us to show that the whole world is against Russia's aggression, and the whole world is for a just peace." Neither Zelenskiy nor Amherd provided any details on when or where in Switzerland the summit might take place. They said their teams would begin organising it starting on Tuesday. Zelenskiy was in Switzerland where he was due to meet other world leaders at the



▲ Swiss Federal President Viola Amherd, right, speaks with, Volodymyr Zelenskyy, left, President of Ukraine, during a meeting in Kehrsatz near Bern, Switzerland

World Economic Forum in Davos. Among the dignitaries he could meet would be Chinese Premier Li Qiang, who is also in Davos this week. Ukraine said on Sunday that it was vital that Beijing was involved in talks to end the conflict. Zelenskiy said on Monday China, one of Russia's key allies, played "a big role" in the world, and he wanted Beijing to take part. "We would very much like China to be involved in our (peace) formula, as well as in the summit," he said. "But not everything depends on our wishes." Zelenskiy first announced his peace formula at a November summit of the Group of 20 major economies. His peace formula calls for restoring Ukraine's territorial integrity, withdrawal of Russian troops and cessation of hostilities, as well as the release of all prisoners and detainees, among other things. The Kremlin on Monday dismissed talks in Davos on Ukraine's peace proposals, saying nothing would be achieved because Russia was not part of the discussions. (Reuters)



Stories by Siphesihle Dlamini  
siphesihled@rubiconmedia.group

POPULAR local Gospel group, Ncandweni Christ Ambassadors is the latest addition to the Gospel Worship Clinic which will be held at Mavuso Trade Centre.

Scheduled for March 23, 2024, the event has confirmed Dumi Mkokstad and Sphiwo Ndoni. General tickets to the event cost E150 while VIP carries a price tag of E350.

Founded in 2004, Ncandweni Christ Ambassadors is a popular gospel group from Eswatini. The ensemble led by Timothy Myeni, stole the hearts of many when they emerged into the spotlight and were later embroiled by internal squabbles thereby forcing them from releasing an album.

Shortly afterwards, the group dealt with the controversy and focused on preaching the word of God. In 2009, the group won the South African Music Awards for Best Selling Album and DVD of the Year. That same year they also won two awards during the Crown Gospel Music Awards ceremony in Durban.

## Ncandweni Christ Ambassadors added to Gospel Worship Clinic

Ncandweni Christ Ambassadors are popular for hits like ‘Christ Died for Me’, ‘Izulu Khanya Lami’, and ‘Amazulu Avulekile’. In November 2011, they performed in Lesotho at a show dubbed Gospel Explosion. In July of that year, they completed a successful tour in the U.K. where they rocked gospel music lovers. The group spent two weeks in Britain following an invitation by Christendom Pentecostal Church led by Reverend Niah N Mpofu based in Bulawayo, Zimbabwe.

In July 2014, they released their 14th album ‘Uyalalelwa uNkulunkulu’. Some of their famous songs include ‘Bakhiphe Moses’, ‘Izulu Ikhaya Lami’, and ‘Uthando’. That same year, the gospel outfit travelled to East London, South Africa for a two-week crusade. They have on many occasions sung and shared the stage with big groups like Joyous Celebration, Avante, Rebecca Malope, Sipho Makhabane, and many other artists.



▲ Ncandweni Christ Ambassadors confirmed for Gospel Worship Clinic.

## MOAGS audition dates revealed

MOTHER Of All Gospel Shows (MOAGS) Rising Star Talent Search has disclosed the audition dates and places.

The auditions will start on February 2, 2024, and end on February 17, 2024. The auditions will be held in Pigg's Peak, Mbabane, Siteki, and Nhlanguano in Manzini. On February 24, 2024, elimination will be held in Manzini.

The Mother of All Gospel Shows, scheduled for April 27, 2024, boasts an impressive line-up of talented acts, including Nduduzo Matse, Once More Six, Gcebile Maseko, Ntando Ngcamphalala, and Nothando Hlophe, among others. General tickets for this extraordinary event are priced at E200, offering an opportunity for everyone to experience the magic of gospel music. For those seeking a more luxurious experience, early bird lounge tickets are available for E300, while regular lounge tickets can be purchased for E400.

The Mother of All Gospel Shows Rising Star Talent Search is a nationwide initiative aimed at empowering and uplifting new, upcoming artists. This platform provides aspiring talents with the opportunity to showcase their skills on the grand stage of Mother of All Gospel Shows, offering a chance to shine and make their mark in the gospel music industry.

### Talent

Since its establishment in 2019, Mother of All Gospel Shows has been a beacon of hope for emerging gospel artists in Eswatini. Through the Rising Star series, this annual event has nurtured and supported the incredible talent within the country,



▲ Sphiwo Ndoni during his previous Mother Of All Gospel Shows rendition.

fostering growth, innovation, development, and empowerment.

The Mother of All Gospel Shows goes beyond the stage performances. It also hosts a music workshop that serves as a valuable resource for aspiring artists. This workshop brings together industry professionals, creating a collaborative environment where knowledge is shared, and fresh perspectives are brought to the table. By engaging all stakeholders, Mother of All Gospel Shows aims to bring broader cultural relevance to the gospel music scene in Eswatini.

### Mother of All Gospel Shows Audition dates:

| REGION     | TOWN        | DATE              | VENUE                   |
|------------|-------------|-------------------|-------------------------|
| Hhohho     | Pigg's Peak | February 2, 2024  | Pigg's Peak Arts Centre |
| Hhohho     | Mbabane     | February 3, 2024  | Mbabane Theatre Club    |
| Lubombo    | Siteki      | February 9, 2024  | Siteki Arts Centre      |
| Shiselweni | Nhlanguano  | February 10, 2024 | Nhlanguano Arts Centre  |
| Manzini    | Manzini     | February 17, 2024 | Manzini Arts Centre     |



▲ Kwesta pictured on the last edition of the Epic Gig.

## Epic Gig early bird tickets are 80% sold out

IT is about to be epic!

The mad rush for the few remaining early bird tickets has started as the Epic Gig has announced that the early bird tickets are 80 per cent sold out.

One of Eswatini's most sought-after music events, the Epic Gig, is making a grand return in 2024, and the event is promising a bigger and better experience for music lovers.

The fifth edition of the Epic Gig is scheduled to take place from June 28 to June 30, 2024, and it guarantees to be an unforgettable three-day extravaganza that will captivate attendees from all walks of life.

Full Fest arena tickets early bird tickets are priced at E300, while pre-sale tickets will be E400. Early bird Full Fest Epic Lounge tickets are available for E500, with presale tickets costing E800. For day visitors looking to indulge in the epic

lounge, early bird entrance tickets cost E300, while presale tickets are E500. Tickets at the gate will be E600, so make sure to secure yours in advance.

The Epic Gig is not just about the music but a celebration of Eswatini's rich diversity and unique contributions to the global arts and culture scene. The organisers are determined to provide an inclusive platform that showcases entertainment, arts, culture, and fashion from communities across Southern Africa and beyond.

### Success

Last year's Epic Gig, held at the Mavuso Trade Centre, was an immense success, featuring some of the biggest names in the music industry. Artists like Nasty C, Kwesta, A-Reece, Aymos, Thuli P, 25K, Blckie, YoungstaCPT, Mlindo the Vocalist, and Maglera Doe Boy graced the stage, leaving the audience in awe with their electrifying performances.



# Mawhoo to rock Solani's

Stories by Siphesihle Dlamini  
siphesihled@rubiconmedia.group

IT is set to be an exhilarating night at Solani's, as South African Amapiano vocalist and performer, Mawhoo is expected to send music fanatics to a frenzy with an electrifying performance.

Known for her soul-stirring vocals and energetic performances, Mawhoo is set to leave music fanatics in awe at the 'City Girls RUP,' Saturday edition event.

Mawhoo's music falls under the Amapiano genre, a popular music class in South Africa that combines elements of jazz, lounge music, and deep house. Her unique sound and undeniable talent have led to collaborations with established artists such as Master KG, DJ Maphorisa, Kabza De Small, and Vigro Deep.

Mawhoo has established herself as a remarkable female vocalist, not only in the Amapiano genre but across various musical styles. Her ability to deliver emphatic, emotionally resonant, and spiritually inspired musical messages has garnered her a dedicated following. Fans can expect nothing less than an unforgettable

performance as she takes the stage at Solani's.

The 'City Girls RUP' event will feature an all-female line-up, showcasing the incredible talent of DJ Expo, Black Pearl, Lady Zee, Wassabee, The Prefect, Ash, Belinda Chester, Zo'leka, and Chantel. Together, these talented artists will create an atmosphere of pure musical bliss, ensuring that the night is one to remember.

On January 20, 2024, music enthusiasts will have the opportunity to witness Mawhoo's mesmerising performance at Solani's. With an entry fee of E120, payable at the gate, this event promises to be a celebration of exceptional talent and the vibrant Amapiano music scene.

Nontobeko Ngema, popularly known as Mawhoo, is a multi-talented South African artist. In addition to her prowess as a singer and songwriter, Mawhoo is also a model, actress, and soloist.

Her dynamic musical style, melodious voice, and impeccable fashion sense have earned her a reputation as one of the most beautiful South African singers.

▼ South African Amapiano vocalist Mawhoo.



▲ KrTC.

## KrTC to host Haven Sip & Paint fundraising event

REHOBOTH Mountain Suites will be the vibrant backdrop for the upcoming Haven Sip & Paint Fundraising event, with local musician KrTC taking on the role of host.

The theme for this event is 'Radiant Mind', aiming to shed light on the importance of mental well-being and the power of artistic expression. Attendees can expect a day filled with creativity, education, and entertainment, all in the name of a worthy cause.

Set to be held on February 17, 2024, from 11 am to 3 pm, this event promises to be a unique and inspiring experience, dedicated to raising mental health awareness and supporting initiatives under the Haven Campaign.

With the purchase of a ticket, priced at E350, attendees will not only gain access to an unforgettable experience but also receive a complimentary drink, a canvas to unleash their creativity, delectable canapes, psychoeducation, and a chance to win exciting prizes through a raffle draw.

KrTC, real name Thamsanqa Sibandze, is a talented rapper who has overcome numerous obstacles to become one of the most respected figures in the local music scene. Despite facing criticism and societal challenges, he has proven that success is not just a destination but a journey of perseverance and self-belief.

### Spirits

Known for his intellectually challenging and socially conscious rap style, his music goes beyond mere entertainment. It uplifts spirits and encourages listeners to reflect on their own lives and the world around them. His performances have taken him to prestigious events both within and outside the country, sharing the stage with renowned artists such as The Game, Amu, and Stogie T.

In addition to his musical achievements, KrTC has also ventured into the world of advertising, working as a copywriter for Ads-Up Brand House. His creative abilities have earned him recognition and an invitation to co-host "Swazi Rhythm," a radio program dedicated to promoting local musicians across various genres.

Furthermore, he is the co-founder of HeadCount, a platform focused on empowering youth through hip-hop and skill development.

## The First Assembly's 3rd edition preparations underway

THE bell shall ring and 'students' shall all assemble at Mega Lounge for the third edition of The First Assembly event.

This year, the event will be themed 'School Uniform,' requiring all in attendance to be dressed in school uniform, adding a nostalgic twist to the festivities. Fun-loving individuals and partygoers alike are eagerly awaiting this unique experience.

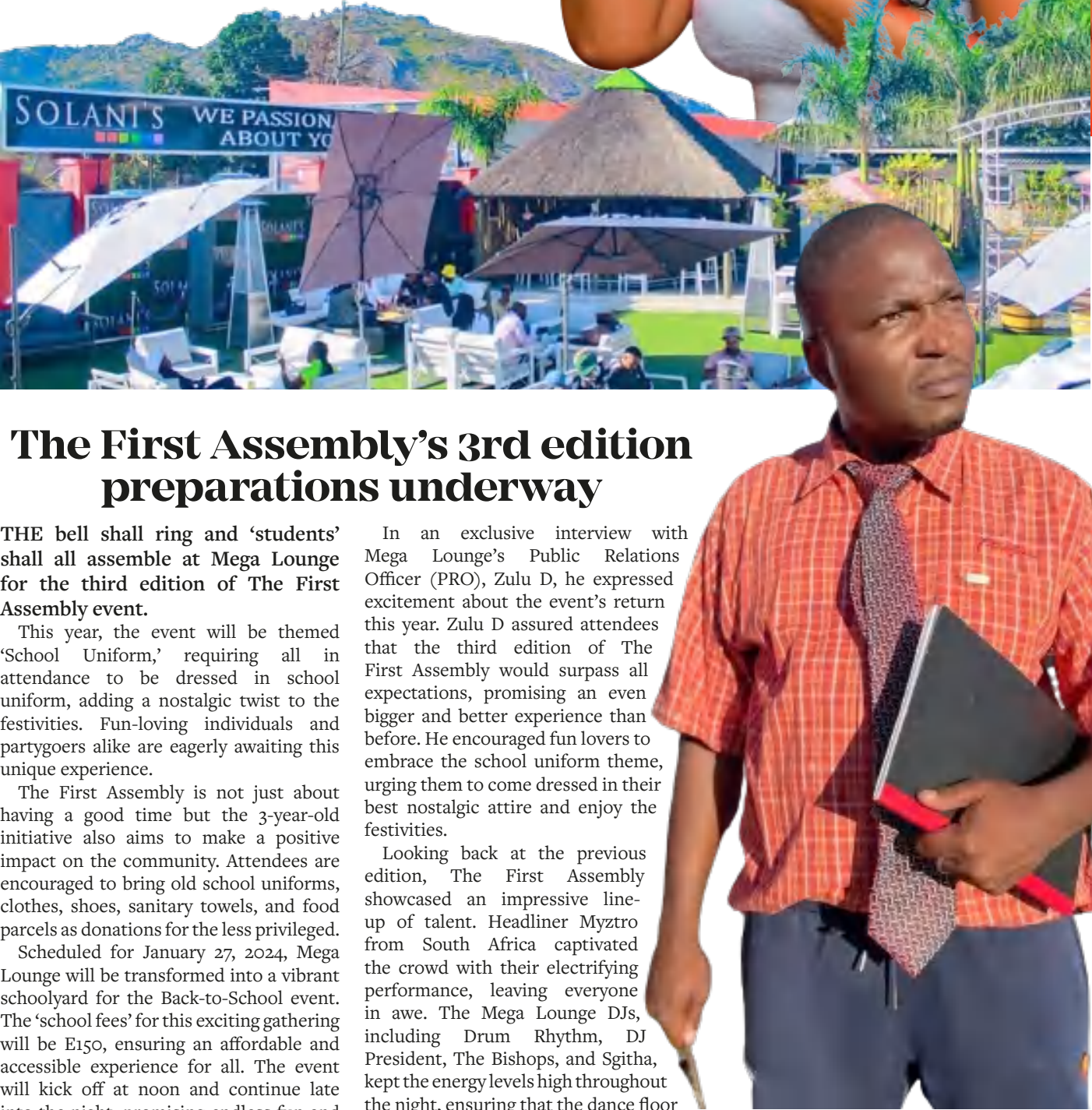
The First Assembly is not just about having a good time but the 3-year-old initiative also aims to make a positive impact on the community. Attendees are encouraged to bring old school uniforms, clothes, shoes, sanitary towels, and food parcels as donations for the less privileged.

Scheduled for January 27, 2024, Mega Lounge will be transformed into a vibrant schoolyard for the Back-to-School event. The 'school fees' for this exciting gathering will be E150, ensuring an affordable and accessible experience for all. The event will kick off at noon and continue late into the night, promising endless fun and entertainment.

In an exclusive interview with Mega Lounge's Public Relations Officer (PRO), Zulu D, he expressed excitement about the event's return this year. Zulu D assured attendees that the third edition of The First Assembly would surpass all expectations, promising an even bigger and better experience than before. He encouraged fun lovers to embrace the school uniform theme, urging them to come dressed in their best nostalgic attire and enjoy the festivities.

Looking back at the previous edition, The First Assembly showcased an impressive line-up of talent. Headliner Myztro from South Africa captivated the crowd with their electrifying performance, leaving everyone in awe. The Mega Lounge DJs, including Drum Rhythm, DJ President, The Bishops, and Sgitha, kept the energy levels high throughout the night, ensuring that the dance floor was never empty.

▲ Mega Lounge PRO DJ Zulu D.





# Trevor Noah’s ‘The Daily Show’ wins an Emmy

**SOUTH African-born comedian and television presenter Trevor Noah has clinched a long-deserved Emmy win.**

The 75th Primetime Emmy Awards saw ‘The Daily Show With Trevor Noah’ win the Emmy Award for Outstanding Talk Series.

The Emmys finally took place on Monday night four months after the ceremony was initially meant to take place, due to the writers and actors strike.

This is the show’s first win in this category since Jon Stewart stepped down in 2015 and in his speech, Noah showed love to his predecessor who called him up despite many having doubts about him. “Wherever you are my friend, thank you for calling me up,” quipped Noah.

This is not Noah’s first Emmy; he previously won Outstanding Short Form Variety Series in 2017 but this one deserves special recognition as it is the first time a black man has won the award in the awards history books. Noah, who left ‘The Daily Show,’ in his acceptance speech gave thanks to his entire team, bringing them all on stage with him and of course threw in a joke or two.

He remarked that the only reason his show won was because the tele-



▲ South African-born comedian and television presenter Trevor Noah has clinched a long-deserved Emmy win.

vision academy moved ‘Last Week Tonight with John Oliver’ to a scripted variety series. During a Q and A after the awards, Noah was asked who would be his replacement and joked about “thinking about it the whole night.” Noah’s trophy cabinet is looking very healthy with two Emmy awards, five NAACP, two MTV awards and an Erasmus Prize, his Mama Patricia’s wall cabinet must be shining bright. (IOL)

## Cyan Boujee addresses ex-manager assault allegations

**MEDIA personality, influencer and popular DJ, Cyan Boujee in 2023 was the second most Googled person in South Africa, thanks to all her headline-making and trending ways.**

And 2024 is no different because two weeks into the new year, Cyan Boujee is already a hot topic.

Gossip blog Maphepha\_Ndaba over the weekend that her manager Wellington was assaulted by the DJ following a gig in Mpumalanga.

“After several punches and kicks from the dangerous Boujee one, the unconscious manager was rushed to the hospital immediately.

“He also opened a case of assault, off-cause this after he got some medical attention,” reported the blog.

The personality, however, hit back at the allegations and let her followers know her side of the story, reminding them how she will always own up to her actions, asking them how can she beat up a 49-year-old man.

“We are elevating. We are going international,” said the DJ, explaining how she was no longer with the manager and was joining an agency.

“So, if a person can’t accept that he is no longer getting any percentage from the Cyan Boujee brand because it’s a consequence of how you treated me, there is nothing I can do.

“Believe it or not, I am moving on and I’m elevating. My team and I could have said so much because we were all present there, but we really didn’t have the time.

“So, peace out, choose your side, and you stay with the team? Or are you moving to the victim’s side?” (IOL)



▲ Media personality Cyan Boujee.

## Showmax drops prices as they aim to be the No.1 streamer in Africa

**TEN months after MultiChoice, Comcast’s NBCUniversal and Sky announced a joint streaming vision for Africa, the new Showmax is here, featuring a refreshed brand and a massive content line-up, all delivered on a new streaming platform.**

At the heart of the new offering is the world’s first standalone Premier League plan for mobile, with all 380 games offered live on Showmax Premier League for just R69 a month.

In addition, there are two more Showmax plans available to customers in 44 African countries: Showmax Entertainment on mobile for an unbelievable R39 a month at launch, as well as the Showmax Entertainment plan, where the monthly price falls from R99 to R89 per

month.

“There are currently just over 450 million smartphones in the hands of individuals across Africa ... and more than 250 million avid football lovers on the continent,” said Marc Jury, CEO of Showmax.

“Showmax Premier League is a game-changing product that gives individuals a ticket to the football they love, wherever they are, on the device they always have with them, at a price that’s impossible not to love.

“Africa is incredibly important to the Premier League and our clubs; 20 percent of TV audiences on any given matchday come from Africa,” said Richard Masters, Premier League CEO.

Alongside the Premier League, the new Showmax also opens the door to an entertainment universe spanning a wide range of stars and stories across multiple genres. Showmax will also continue to draw from the likes of Paramount, including ‘Mission Impossible: Dead Reckoning’ and ‘Halo’ S2 in February, and HBO, with new seasons of ‘House of the Dragon’, ‘The Last of Us’, ‘True Detective’, and ‘The White Lotus’ on the way. In addition, DStv customers will continue to have the option of adding Showmax to their DStv bill each month and benefiting from significant discounts.

Showmax will be announcing additional partnerships soon that will offer even more value to customers.

The new Showmax app will become available in app stores from January 23 onward, as part of a staggered migration process across 44 markets. (IOL)

## ‘It’s a repeat, not a second season,’ – SABC says on Zahara’s reality show

**THE SABC has clarified that the repeat episodes of the reality show of the late Zahara will be aired, and not a second season.**

Last February, SABC 1 aired ‘Zahara – As I Rise’ which showcased the journey behind the successes and challenges faced by the award-winning afro-pop singer.

The musician passed away on December 11 before she could complete her deal with the SABC to shoot the second season of her reality show which was meant to air this year, according to ZiMoja.

ZiMoja has reported the second season of the late singer’s show was meant to give her fans a look at her lobola celebration but she fell ill, which halted the plans. But the public broadcaster “approached the family and they have agreed to continue with the show”.

Zahara’s mom, Nokhaya Mkutukana told ZiMoja that they were in talks with SABC and didn’t want her story to be untold.

“God is good. We will heal. We don’t want our daughter’s story to go untold. She was our pillar of strength. We are still in talks with the SABC. We are from the rural area, we don’t know these things, but people will help guide us so we can go about it the right way.”

In response to queries by IOL Entertainment, the SABC explained that “this is a repeat and not the second season” and “this was planned before her passing”.

Repeats on SABC are nothing new – 7de Laan had been replaced with repeat episodes of ‘Vetkoekpaleis’.

(IOL)



▲ Showmax will be announcing additional partnerships soon that will offer even more value to customers.



HIGH cholesterol rarely causes symptoms, so it’s important to have routine cholesterol screenings if you’re at risk.

High cholesterol is a pretty common issue in the U.S. In fact, according to the Centers for Disease Control and Prevention (CDC), nearly 94 million U.S. adults ages 20 or older have what could be considered borderline high cholesterol.

However, because this condition can often present without any real symptoms, you may not even know you have it until you visit your doctor.

If you’re wondering what causes high cholesterol, what to do if you’ve been diagnosed with it, and if there are ways to reverse it (hint: there are), read on for all the answers.

WHAT IS CHOLESTEROL?

Cholesterol is a type of lipid. It’s a waxy, fat-like substance that your liver produces naturally. It’s vital for the formation of cell membranes, certain hormones, and vitamin D.

Cholesterol doesn’t dissolve in water, so it can’t travel through your blood on its own. To help transport cholesterol, your liver produces lipoproteins.

Lipoproteins are particles made from fat and protein. They carry cholesterol and triglycerides, another type of lipid, through your bloodstream. The two major forms of lipoprotein are low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

LDL cholesterol is any cholesterol carried by low-density lipoproteins. If your blood contains too much LDL cholesterol, you may be diagnosed with high cholesterol. Without treatment, high cholesterol may lead to many health issues, including heart attack and stroke.

High cholesterol rarely causes symptoms in the beginning. That’s why it’s important to get your cholesterol levels checked on a regular basis.

HIGH CHOLESTEROL SYMPTOMS

In most cases, high cholesterol is a “silent” condition. It typically doesn’t cause any symptoms. Many people don’t even realize they have high cholesterol until they develop serious complications, such as a heart attack or stroke.

That’s why routine cholesterol screening is important. If you’re 20 years or older, ask your doctor if you should have routine cholesterol screening. Learn how this screening could potentially save your life.

Causes of high cholesterol  
Eating too many foods that are high in cholesterol, saturated fats, and trans fats may increase your risk of developing high cholesterol. Living with obesity can also increase your risk. Other lifestyle factors that can contribute to high cholesterol include inactivity and smoking.

Your genetics can also affect your chances of developing high cholesterol. Genes are passed down from parents to children. Certain genes instruct your body on how to process cholesterol and fats. If your parents have high cholesterol, you may be at a greater risk of having it too.

In rare cases, high cholesterol is caused by familial hypercholesterolemia. This genetic disorder prevents your body from removing LDL. According to the National Human Genome Research Institute, most adults with this condition have total cholesterol levels above 300 milligrams per deciliter and LDL levels above 200 milligrams per deciliter.

Other health conditions, such as diabetes and hypothyroidism, may also increase your risk of developing high cholesterol and related complications.

# Everything you need to know about high cholesterol



LDL CHOLESTEROL, OR “BAD CHOLESTEROL”

LDL cholesterol is often called “bad cholesterol.” It carries cholesterol to your arteries. If your levels of LDL cholesterol are too high, it can build up on the walls of your arteries. This build-up is also known as cholesterol plaque. This plaque can narrow your arteries, limit your blood flow, and raise your risk of blood clots. If a blood clot blocks an artery in your heart or brain, it can cause a heart attack or stroke.

HDL CHOLESTEROL, OR “GOOD CHOLESTEROL”

HDL cholesterol is sometimes called “good cholesterol.” It helps return LDL cholesterol to your liver to be removed from your body. This helps prevent cholesterol plaque from building up in your arteries. When you have healthy levels of HDL cholesterol, it can help lower your risk of blood clots, heart disease, and stroke.

TRIGLYCERIDES, A DIFFERENT TYPE OF LIPID

Triglycerides are another type of lipid. They’re different from cholesterol. While your body uses cholesterol to build cells and certain hormones, it uses triglycerides as a source of energy. When you eat more calories than your body can use right away, it converts those calories into triglycerides. It stores triglycerides in your fat cells. It also uses lipoproteins to circulate triglycerides through your bloodstream.

If you regularly eat more calories than your

body can use, your triglyceride levels may become too high. This can raise your risk of several health problems, including heart disease and stroke.

Your doctor can use a simple blood test to measure your triglyceride level, as well as your cholesterol levels.

GETTING YOUR CHOLESTEROL LEVELS CHECKED

If you’re 20 years or older, the American Heart Association recommends getting your cholesterol levels checked at least once every 4 to 6 years. If you have a history of high cholesterol or other risk factors for cardiovascular disease, your doctor may encourage you to get your cholesterol levels tested more often. Your doctor can use a lipid panel to measure your total cholesterol level, as well your LDL cholesterol, HDL cholesterol, and triglyceride levels. Your total cholesterol level is the overall amount of cholesterol in your blood. It includes LDL and HDL cholesterol. If your levels of total cholesterol or LDL cholesterol are too high, your doctor may diagnose you with high cholesterol. High cholesterol can be dangerous when your LDL levels are too high and your HDL levels are too low.

CHOLESTEROL LEVELS CHART

Being diagnosed with high cholesterol doesn’t automatically mean you will be put on medication. If your doctor does prescribe you medication, different factors may influence the type of medication they recommend.

With this in mind, most physicians use generalized measurements to decide on

treatment plans. They may categorize these measurements as desirable, borderline high, or high cholesterol. According to the National Library of Medicine, the total cholesterol of most adults can be categorized as:

| Total cholesterol   | Category        |
|---------------------|-----------------|
| less than 200 mg/dL | desirable       |
| 200-239 mg/dL       | borderline high |
| 240 mg/dL and above | high            |

The National Library of Medicine also provides optimal to high categories of LDL (“bad”) cholesterol levels:

| LDL (“bad”) cholesterol levels | Category        |
|--------------------------------|-----------------|
| less than 100 mg/dL            | optimal         |
| 100-129 mg/dL                  | near optimal    |
| 130-159 mg/dL                  | borderline high |
| 160-189 mg/dL                  | high            |
| 190 mg/dL and above            | very high       |

Again, these measurements are general. You and your doctor will consider other personal factors before deciding on a treatment plan.

RECENT GUIDELINES FOR HEALTHY CHOLESTEROL LEVELS

Your body needs some cholesterol to function properly, including some LDL. But if your LDL levels are too high, it can raise your risk of serious health problems. In 2018, the American College of Cardiologists and the American Heart Association updated their recommendations for the treatment of high cholesterol. Under the new guidelines, in addition to your cholesterol levels, treatment recommendations analyze other risk factors for heart disease, such as family history and





other health issues. The guidelines use all these factors to consider a person's overall chance of developing complications during the next 10 years.

RISK FACTORS FOR HIGH CHOLESTEROL

You may be at a higher risk of developing high cholesterol if you:

- ▶ are living with obesity
- ▶ consume a lot of saturated and trans fats, like those found in fast food
- ▶ have limited physical activity
- ▶ smoke tobacco products
- ▶ have a family history of high cholesterol
- ▶ have diabetes, kidney disease, or hypothyroidism.

People of all ages, genders, and ethnicities can have high cholesterol.

COMPLICATIONS OF HIGH CHOLESTEROL

Without treatment, high cholesterol can cause plaque to build up in your arteries. Over time, this plaque can narrow your arteries. This condition is known as atherosclerosis.

Atherosclerosis is a serious condition. It can limit the flow of blood through your arteries. It also raises your risk of developing dangerous blood clots.

Atherosclerosis can result in many life threatening complications, such as:

- ▶ stroke
- ▶ heart attack
- ▶ angina, or chest pain
- ▶ high blood pressure
- ▶ peripheral vascular disease
- ▶ chronic kidney disease

High cholesterol can also create a bile imbalance, raising your risk of gallstones.

HOW TO LOWER CHOLESTEROL

If you have high cholesterol, your doctor may recommend lifestyle changes to help lower it. For instance, they may recommend changes to your diet, exercise habits, or other aspects of your daily routine. If you smoke, they will likely advise you to quit. Your doctor may also prescribe medications or other treatments to help lower your cholesterol levels. In some cases, they may refer you to a specialist for more care.

LOWERING CHOLESTEROL THROUGH DIET

To help you achieve and maintain healthy cholesterol levels, your doctor may recommend changes to your diet.

- For example, they may advise you to:
- ▶ limit your intake of foods that are high in cholesterol, saturated fats, and trans fats
  - ▶ choose lean sources of protein, such as chicken, fish, and legumes
  - ▶ eat a wide variety of high fiber foods, such as fruits, vegetables, and whole grains
  - ▶ opt for baked, broiled, steamed, grilled, and roasted foods instead of fried foods
  - ▶ avoid fast food and sugary, pre-packaged options when possible

Foods that are high in cholesterol, saturated fats, or trans fats include:

- ▶ red meat, organ meats, egg yolks, and high fat dairy products
- ▶ processed foods made with cocoa butter or palm oil
- ▶ deep-fried foods, such as potato chips, onion rings, and fried chicken
- ▶ certain baked goods, such as some cookies and muffins.

Eating fish and other foods that contain omega-3 fatty acids may also help lower your LDL levels. For example, salmon, mackerel, and herring are rich sources of omega-3s. Walnuts, almonds, ground flaxseeds, and avocados also contain omega-3s. **Healthline**

WHEN under stress, the body releases hormones that can cause blood glucose levels to increase.

This may cause adverse symptoms in people with diabetes, but management is possible. If you're experiencing stress or feeling threatened, your body reacts. This is called the fight-or-flight response.

During this response, your body releases adrenaline and cortisol into your bloodstream, and your respiratory rates increase. This can increase blood glucose levels if the body cannot adequately process it.

Constant stress from long-term problems with blood glucose can also wear you down mentally and physically. This may make managing your diabetes difficult.

HOW CAN DIFFERENT TYPES OF STRESS AFFECT YOUR DIABETES?

Stress can affect people differently. The type of stress that you experience can also have an impact on your body's physical response.

When people with type 2 diabetes are under mental stress, they generally experience an increase in their blood glucose levels. People with type 1 diabetes may have a more varied response. This means that they can experience either an increase or a decrease in their blood glucose levels.

When you're under physical stress, your blood sugar can also increase. This can happen due to sickness or injury. This can affect people with type 1 or type 2 diabetes.

HOW CAN YOU DETERMINE IF MENTAL STRESS IS AFFECTING YOUR GLUCOSE LEVELS?

Keeping track of additional information, such as the date and what you were doing when stressed, may help you determine specific triggers.

For example, do you always experience stress on Monday mornings? If so, you know how to take special steps on Monday mornings to lower your stress and keep your glucose in check.

You can determine if this is happening to you by capturing your stress and glucose levels.

After rating your stress, you should check your glucose levels. Continue doing this for the next couple of weeks. Before long, you may see a pattern emerge.

If you notice that your glucose is regularly high, your mental stress is likely negatively affecting your blood sugar.

WHAT ARE THE SYMPTOMS OF STRESS?

Sometimes, the symptoms of stress are subtle, and you may not notice them. Stress can affect your mental and emotional well-being and impact your physical health. Recognizing the symptoms can help you identify stress and take steps to manage it.

Physical symptoms of stress include:

- ▶ headaches
- ▶ muscle pain or tension
- ▶ sleeping too much or too little
- ▶ general feelings of illness
- ▶ fatigue
- ▶ Stress may also cause you to feel:

Stress: How it affects diabetes and how to decrease it



- ▶ unmotivated
- ▶ irritable
- ▶ depressed
- ▶ restless
- ▶ anxious

It's also common for stressed people to engage in behavior that may be out of character, including:

- ▶ withdrawing from friends and family
- ▶ eating too much or too little
- ▶ acting out in anger
- ▶ drinking alcohol to excess
- ▶ using tobacco

HOW TO REDUCE YOUR STRESS LEVELS

It's possible to lessen or limit the stressors in your life. Here are a few things you can do to manage the effects of different forms of stress.

- ▶ exercise regularly
- ▶ practice relaxing activities such as yoga or tai chi
- ▶ practice mindfulness techniques such as meditation
- ▶ avoid known stressors, such as high-stress social situations
- ▶ reduce caffeine intake
- ▶ spend time with loved ones

HOW TO COPE WITH DIABETES-RELATED STRESS

If you're feeling stressed about your condition, know that you aren't alone. You can connect with people online or in your community for solidarity and support.

▶ Online support groups

Online support groups can offer helpful tips and a strong community to help you cope. For example, Diabetic Connect is an online resource that seeks to improve your quality of life. It provides articles, recipes, and informative videos.

▶ In-person support groups

For women with diabetes, Diabetes Sisters offers nationwide meetups. It offers in-person groups throughout the country.

Defeat Diabetes Foundation lists peer support groups in all 50 states and the District of Columbia. You even search the directory and submit a listing of your own. The American Diabetes Association also offers local offices focused on education and community outreach.

▶ Therapy

You may feel more comfortable talking with a professional about your stress. A therapist can provide coping mechanisms tailored to your situation and give you a safe environment to talk. They may also provide medical advice that online or in-person support groups can't offer.

WHAT YOU CAN DO NOW

Although diabetes can present a different set of challenges, it's possible to manage it effectively and lead a happy, healthy lifestyle. You can add short, meditative sessions or small workouts to your daily routine. You can also look into support groups and find one that best suits your personality and lifestyle needs. Being proactive can help ease the tension in your life.

SUMMARY

Physical and mental stress can trigger the release of adrenaline and cortisol into the blood. These hormones can cause blood glucose levels to rise. Unexpected peaks in blood glucose levels may negatively impact a person's diabetes management and lead to adverse symptoms. But knowing stress triggers and practicing stress-reduction techniques may help people manage these occurrences. **Healthline**



AROUND THE WORLD IN PICTURES



▲ Trevor Noah accepts the Outstanding Variety Series award for “The Daily Show with Trevor Noah”.



▲ View of the Eiffel tower as the sun sets on a winter day in Paris, France.



▲ Palestinian fishermen work, amid the ongoing conflict between Israel and Palestinian Islamist group Hamas, in Rafah, in the southern Gaza Strip.



▲ A worker loads bricks on his head in the dusty working environment of a brick factory, as he transports them to another place, in Dhaka, Bangladesh.



▲ Boys travel atop a car, as the conflict between Israel and the Palestinian Islamist group Hamas continues, near the border with Egypt, in Rafah in the southern Gaza Strip.



▲ Palestinian children wait to receive food cooked by a charity kitchen amid shortages of food supplies, amid the ongoing conflict between Israel and the Palestinian Islamist group Hamas, in Rafah in the southern Gaza Strip.



# Roma sack Jose Mourinho appoint De Rossi as manager

AS Roma named their former player Daniele De Rossi as their new manager until the end of the season, hours after parting ways with manager Jose Mourinho on Tuesday.

Mourinho was sacked earlier in the day with Roma ninth in the league after Sunday's 3-1 loss to AC Milan, and have struggled to overcome the loss of key players due to injury, including striker Paulo Dybala.

They are 22 points behind league leaders Inter Milan.

"AS Roma are pleased to confirm that Daniele De Rossi has been appointed as head coach until 30 June 2024," the Serie A club said in a statement.

"After an 18-year playing career with AS Roma, De Rossi will return home as head coach, with his first game being the club's upcoming Serie A match against Verona on Saturday evening at the Stadio Olimpico."

Roma have taken just four points from their last five league matches, and were eliminated from the Coppa Italia last week in a 1-0 defeat to rivals Lazio.

Following that defeat, Mourinho had likened himself to fictional wizard Harry Potter, saying his position at the club was raising fans' expectations for success.

He also hit back at critics, labelling himself as the perfect example of professionalism despite his team suffering recent poor results.



▲ AS Roma named their former player Daniele De Rossi as their new manager until the end of the season, hours after parting ways with manager Jose Mourinho on Tuesday.

"We would like to thank Jose on behalf of all of us at AS Roma for his passion and efforts since his arrival at the club," club owners Dan and Ryan Friedkin said in an earlier statement.

"We will always have great memories of his tenure at Roma, but we believe that an immediate change is in the best interests of the club."

"We wish Jose and his assistants all the best in their future endeavors."

Mourinho, who has coached a



host of top European clubs including Porto, Chelsea, Inter Milan, Real Madrid and Manchester United, was appointed coach of Roma in 2021.

Under the Portuguese manager, Roma won the third-tier Europa Conference League in 2022. He also led them to the Europa League final in 2023, where they were beaten on penalties by Sevilla.

Roma next host 18th-placed Verona on Saturday.

(Reuters)



▲ Anthony Joshua will face Mixed Martial Arts fighter Francis Ngannou in a boxing heavyweight contest on 8th March in Saudi Arabia.

## Joshua vs. Ngannou confirmed for 8th March in Saudi Arabia

ANTHONY Joshua will face Mixed Martial Arts fighter Francis Ngannou in a boxing heavyweight contest on 8th March in Saudi Arabia.

Joshua and Ngannou will meet at a news conference later on Monday in London.

The 37-year-old former UFC champion only made his professional boxing debut in Riyadh in October, when he knocked down WBC heavyweight champion Tyson Fury before losing a close decision.

Fury is set to fight WBA, WBO and IBF belt holder Oleksandr Usyk on 17th February for the right to become the first undisputed heavyweight champion

since 1999.

Saudi organisers were intent on hosting Joshua versus Deontay Wilder on 9th March, but the American's points defeat by Joseph Parker on 23rd December scuppered those plans.

Joshua stopped Otto Wallin on the same card and organisers were determined to find a bout for the 34-year-old on the same weekend which the Wilder showdown had been pencilled in for.

Joshua versus Ngannou will take place on a Friday to avoid a clash with Formula 1's Saudi Arabian Grand Prix, which is due to be held in Jeddah on Saturday 9th March.

(Africa News)

# We'll try and do something special at Afcon – Percy Tau

WITH Bafana Bafana playing their 2024 Africa Cup of Nations (Afcon) opening match against Mali tonight, veteran midfielder Percy Tau says they want to do something special at the tournament taking place in Ivory Coast.

A lot will be expected from head coach Hugo Broos' charges following an impressive run in the qualifiers and in recent friendly matches.

The South Africans kick off their campaign against the man-mountains of Mali and will be hoping for a positive result.

The match will take place at the Amadou Gon Coulibaly Stadium in Korhogo at 10pm local time. Other teams in Group E include Tunisia and neighbours Namibia, who will also play their opener on Tuesday. Kick-off is at 7pm.

### Dream is to win Afcon

"It is a dream to win Afcon, it will be an honour and everyone in the squad shares the same dream," Tau told Safa media.

"We believe that this is the moment for us to grow as a country and we will try and do something special. People always have perceptions about the national team."

"We have tried our best over the years, and we will continue to try, and we will grow as a football country."

"We have only won Afcon once, we are looking forward to the tournament and we want to do better."

Broos said it would be fantastic to win the Afcon tournament twice as a coach. The Belgian lifted the trophy when he guided Cam-



▲ Bafana coach Hugo Broos, and striker Percy Tau believe the team is ready to compete.

eroon to victory in the 2019 edition of the spectacle.

### Winning Afcon is unique

Said Broos ahead of their opening game: "When you have won Afcon once, you want to win it twice."

"Winning Afcon is unique, and it was a fantastic feeling six years ago. You can be sure that I am dreaming about winning for the second time, but it is much easier saying it than doing it. Let us start on Tuesday, do our best and we will see how far we go."

"This team has made good progress in the last two years. We started with a brand new team, we had difficulties in the beginning because I did not know SA players."

"But we managed to get good results. We beat Morocco and we played a good draw against Ivory Coast."

"We are here now [Afcon] and this is what this team needs, a tournament at the highest level, so that we can see how far we have come."

(Sunday World)



▲ Hertha Berlin president Kay Bernstein has died.

## Hertha Berlin president Bernstein dies aged 43

BERLIN - Hertha Berlin president Kay Bernstein, a former ultra fan who surprisingly took over the presidency in 2022, has died at the age of 43, the club said in a statement on Tuesday.

Bernstein was a longtime ultra supporter and his presidential election win -- a first for Bundesliga clubs -- was hailed across Germany as a win for fans against the commercialisation of the sport.

"Hertha BSC are mourning the death of Kay Bernstein. The club received the terrible news on Tuesday that president Kay Bernstein has passed away unexpectedly aged 43," the club said. (Reuters)





# AFRICA CUP OF NATIONS

## Côte d'Ivoire 2023



▲ South Africa's Themba Zwane in action against Mali's Amadou Haidara.



## Two goals in six minutes earn Mali win over SA

KORHOGO, Ivory Coast - Mali took advantage of an early let-off to beat South Africa 2-0 in the Africa Cup of Nations on Tuesday and take the lead in Group E. After Percy Tau missed a penalty for South Africa, Mali captain Hamari

Traore broke the deadlock after an hour and Lassine Sinayoko added a second six minutes later to put the west Africans ahead of Namibia on goal difference in the standings. Traore was quickest to react and scored from centimetres out after South Africa goalkeeper Ronwen

Williams had barely kept out a curling free kick from Sekou Koita at the Amadou Gon Coulibaly Stadium. The second goal came soon after as a through ball put Sinayoko goal side and he shrugged off two defensive challenges to score from close range. (Reuters)

## Bertrand Traore scores to hand Burkina Faso late win

BURKINA Faso scored late to get all three points against Mauritania in the opening game of the TotalEnergies CAF Africa Cup of Nations Côte d'Ivoire 2023. Mauritania who are still chasing their first Africa Cup of Nations win proved solid in the first half by creating some decent chances. Burkina Faso's goalkeeper Havre Koffi came through for the Stallions on some occasions where needed. Bertrand Traore came on for Cedric Bado-lo to provide

more attacking threats for Hubert Velud's side. He nearly scored the opener after he curled from the penalty box but was denied by Babacar Niasse. Issa Kabore was brought down in the box at the closing stages of the game. After VAR review, a penalty was awarded to Burkina Faso. Substitute Bertrand Traore stepped up and converted for Burkina Faso to win all three points and ensure their tournament is on course. Burkina Faso will play Algeria next on January 20 in their next game. (Cafonline)



▲ Bertrand Traore scored the only goal for Burkina Faso against Mauritania.

# Namibian heroes stun Tunisia with late thunderbolt

NAMIBIA produced one of the all-time TotalEnergies CAF Africa Cup of Nations shocks by defeating 2004 champions Tunisia 1-0 in Tuesday's Group E opener. In a cagey first half of few chances, both sides lacked sharpness before Brave Warriors' late thunderbolt stole the points. The Carthage Eagles dominated possession but struggled to penetrate a resolute Namibian backline marshalled by Ivan Kamberipa. Captain Youssef Msakni tested Lloyd Kazapua with a curled effort but the Tunisians grew frustrated as the game wore on. Yet while the Brave Warriors lacked attacking spark, their tireless industry and organisation kept a star-studded Tunisia at bay. As a famous upset loomed ever larger, the minnows delivered a hammer blow in the 89th minute. Deon Hotto latched onto a long ball over the top and outpaced the defence before coolly slotting past Bechir Ben Said. The Orlando Pirates winger thought he had doubled the lead when the offside flag denied him another historic strike. But one goal proved enough as Namibia's warriors held on for the clean sheet to claim a monumental three points.



▲ In the 89th minute, Deon Hotto latched onto a long ball over the top and outpaced the defence before coolly slotting past Bechir Ben Said.

### Post Match facts

- Namibia have won their first game in their Africa Cup of Nations history, playing their 10th game in the competition (D2 L7).
- Tunisia have failed to score in six of their last eight Africa Cup of Nations games, as many as in their previous 24 games in the competition.
- Tunisia have failed to win their last five opening games in the Africa Cup of Nations, after already doing so for seven AFCNs in a row between 1978

and 2002 ; Tunisia is the only team to have two five-game winless streaks in AFCON opening games.

- Tunisia have conceded two of their last three goals in Africa Cup of Nations after the 87th minute ; the first one happened against Gambia last AFCON and also meant a last-minute defeat in Group phase.
- Namibia have kept the first clean sheet in their Africa Cup of Nations history, after conceding an average 2.66 goals per game in their nine previous games in the competition.

- Taha Khenissi is the first Tunisian player to be subbed off after playing less than 15 minutes in an Africa Cup of Nations game, since Opta collects this data (2010).
- Peter Shalulile (Namibia) has shot six times, including three times on target : these are two all-time best for a Namibian player in an Africa Cup of Nations game since Opta collects this data (2010). Moreover, Shalulile recorded 1,15 Expected Goals, more than the whole Tunisian team (0,69).

(Reuters)



# South African Star Wins Eswatini Pool Festival

By Sibusiso Masilela  
sibusisom@rubiconmedia.group

**SOUTH** African pool star Jeremiah Naidoo is the king of the 2024 Eswatini Pool Festival.

Naidoo managed to beat local star Nkhosinathi ‘Bhubesi’ Sihlongonyane 11-6 during the finals played at Prince Mfanyana Hall on Sunday.

Naidoo took home E38 000 first prize plus a trophy while Sihlongonyane E18 000 received for coming second.

The ladies’ category saw Botswana’s Boinelo Kalantsho emerge victorious after beating local female star Ncobile Dlamini 7-4 taking E9 000 while Dlamini got E4 500.

Local female star Ncobile Dlamini said she was proud of her performance in the tournament.

“I am pleased with my performance in the tournament, and I hope to do better next year. I would like to thank my coach

Lizza Nxenge for guiding and supporting me throughout the tournament,” she said.

Meanwhile, male compatriot ‘Bhubesi’ Sihlongonyane could not be reached for comment at the time of compiling this report.

Local organizing committee member Sithembiso ‘Dodge’ Matsebula confirmed the developments.

“We are happy with standard of the games where players displayed top shelf performance throughout the tournament. Congratulations to the champions for their good display and we hope to have a bigger and bitter tournament next year,” he said.

Meanwhile, Eswatini Cue Sports Association (ECSA) President Muntu Dlamini thanked both local and international bodies for supporting the tournament.

“We are grateful for the support for the support that we received from the Eswatini Sport and Recreation Council (ESRC) and the All Africa Pool Association (AAPA),” he said.

ESRC contributed E45 000 to the tournament which featured several regional countries such as South Africa, Malawi,

**THE TOP TWO SINGLES WINNERS**

**Males**

1. Jeremiah Naidoo E3 8 000 (South Africa)
2. Nkhosinathi ‘Bhubesi’ Sihlongonyane E18 000 (Eswatini)

**Females**

1. Boinelo Kalantsho E 9 000 (Botswana)
2. Ncobile Dlamini E4 500 (Eswatini)

Botswana and Lesotho, among others.

The tournament was graced by AAPA President Sibusiso Dladla who commended the local pool mother body for organizing the international assignment.

The country has expressed interest in hosting the 2025 All-African Black Ball championships together with Kenya.



▲ Eswatini pool festival males singles champion Jeremiah Naidoo celebrating while flanked by ESRC CEO Darius Dlobo and Cue Sports President Muntu Dlamini.



▲ Players watching the games.

◀ Ladies singles champion Boinelo Kalantsho flanked by Darius Dlobo and Muntu Dlamini.



▲ Ladies category runner up and local star Ncobile Dlamini and South African counterpart Beatrice Monyake.



▲ Local player Eddie Mondlane preparing to take a shot.



◀ Veteran player Alpheous Mncina watching the games.

## Teams’ tournament stalled semis

THE Eswatini Pool Festival team’s tournament couldn’t be concluded during the recently ended international pool spectacle.

The games were stalled in the semi-finals on Sunday at Prince Mfanyana Hall which was the last day of the six-day assignment.

The semi-finals will now be played at a date to be announced by the Eswatini Cue Sports Association (ECSA) with four teams booking their place in the last four of the international assignment.

The semi-finalists are Royal Eswatini Pool Services Club (REPS), Ludzeludze, Correctional and Malkerns.

Local organizing committee member Sithembiso ‘Dodge’ Matsebula confirmed

**THE SEMI-FINALISTS LIST:**

- |               |                 |
|---------------|-----------------|
| 1. Reps       | 3. Correctional |
| 2. Ludzeludze | 4. Malkerns     |

the update.

“We couldn’t finish the team’s tournament due to fixture congestion as we had about 15 taking part in the tournament. We are pleased with the response from local clubs, and we will announce the semi-final dates in due course,” he said.

The tournament had several newcomers during the preliminary round such as Manzini municipality, Eswatini Revenue Services (ERS) and Jubukweni among others.



# Dominic voted for Haaland, Sifiso Matse went for Messi



▲Sihlangu Captain Sifiso Matse.



▲Sihlangu Coach Dominic Kunene.

**Stories by Ntokozo Magongo**  
[ntokozom@rubiconmedia.group](mailto:ntokozom@rubiconmedia.group)

THE National team, Sihlangu Coach Dominic Kunene and Captain Sifiso Matse voted for different players in The Best FIFA Men’s Player 2023 award.

Kunene voted for English Premier League side Manchester City forward Erling Haaland while Royal Leopard and Sihlangu Captain Sifiso Matse went for the peerless Lionel Messi who was previously crowned as the winner.

The Best FIFA Football Awards were held in London. Messi and Haaland were tied with 48 scoring points each, through a system of voting whereby each men’s international coach and captain voted, as well as journalists and fans with each making

up 25 per cent of the overall vote. According to the Daily Mail, Messi won due to more first-choice nominations from international captains, with 107 compared to Haaland’s 64. The former Barcelona striker voted for Haaland as his player of the year. He was eligible to vote by being the Captain of the World Champions, Argentina. Messi won the award beating Haaland and PSG forward and France striker Kylian Mbappe to the main prize, which was for the period between December 19, 2022 and August 20, 2023 and then excluding the 2022 World Cup, which Argentina won. The majority of the Super Stars players in the world who captained their national teams voted for Messi. They include Egypt’s Mohamed Salah, England’s Harry Kane, Scotland’s Andy Robertson and Croatia’s Luka Modric among others.



▲Nkululeko Gama.

## February is a month for road runners

**FEBRUARY will be dominated by road running events being the Yellow Epilepsy Charity Half Marathon and the #ResolutionRun.**

First will be the 21km, 20km and 5km to be hosted by the Eswatini Epilepsy Organisation billed for February 2 at Somhlolo National Stadium while the #Resolution Run hosted by the Big Games Park is slated for February 17 at Mlilwane Life Sanctuary.

Early registration for the Eswatini Epilepsy closed on Monday afternoon with over 200 runners having registered. Those

who meet the deadline will receive t-shirts as an incentive. There are cash prizes to be won. Meanwhile, the #ResolutionRun will comprise 21km, 10km and 5km. Each runner pays E230 for the 21km, E140 for 10km and E100 for 5km. The registration fee is inclusive of the conservation fee. Registration can be done online at [www.biggamespark.org/event](http://www.biggamespark.org/event) and the first 200 runners to register will receive a goodie bag and a t-shirt. The main sponsor of the event is Lactalis Eswatini.

# Legends of Sports Eswatini Indaba postponed

**By Sibusiso Masilela**

THE Legends of Sports Eswatini Indaba has been deferred to February from January 21.

This has been caused by the commitment of some of the members. This was revealed by the Foundation Secretary Bheki Maziya when giving updates on the newly formed sports association. “We have decided to postpone our meeting to February, and we would like to apologise to our stakeholders for any inconvenience caused. We are already on the logistics of the indaba which will also mark the official launch of the foundation. This includes meeting with Government (minister of sports, culture, and youth affairs, EOCGA

and Eswatini Sports and Recreation Council (ESRC) so that we can outline the plan and vision for the project,” he said. He further urged legends to register with him (76025958) and Gideon Mthembu (76052333) to be part of the foundation. Meanwhile, the foundation member and Kaizer Chiefs legend Absalom ‘Scara’ Thindwa said the Foundation aims to recognize all sporting legends. “We want legends to be active and be able to make a living through the Foundation and we are still going to mobilize sponsors for the foundation. We appeal for support from the nation at large and legends from various sporting codes in the country,” he said. Other member of the newly formed Foundation includes Patron Paul Dlamini and South African sports administrator Guy Ngozi among others.



▲Legends Foundation Secretary Bheki Maziya and member Donatus Nkonotja Zwane in a recent meeting.



# ‘Mlaba’ leaves Mamba Wandering

Stories By **Sibusiso Masilela**  
sibusisom@rubiconmedia.group

Manzini Wanderers..... (o) 1,  
Mlaba Nkhambule 90+7  
Green Mamba.....(o) o,

**GREAT escape!**

Hub giants Manzini Wanderers have launched their relegation escape with an emphatic 1-0 victory over Green Mamba during a game player on Tuesday night at Mavuso Sports Centre.

The relegation-threatened hub giants’ mission was orchestrated by their skipper Mlamuli ‘Mlaba’ Nkhambule.

The left-footed seasoned midfielder stunned the league defending champions with a ferocious 25 yards stunner from Phathizwe Mabuza’s short pass, which left Green Mamba goalkeeper Xolani Gana stunned, much to the delight of the ‘Weslians’ faithful.

The result further eased the crowd-pullers’ relegation woes, as they moved out of the drop zone, to position 11 with the same number of points with two matches into the second round.

Green Mamba are still lodged at the summit of the log standings with 27 points despite their third loss of the season.

The first half was an end-to-end affair, with both teams coming at each other’s throats.

Wanderers were first to launch scathing questions three minutes into action through ‘Mlaba’ Nkhambule, whose rasping shot was saved by the opposition goalie Xolani Gama.

Green Mamba were not asleep as their trusted goal-a-game striker Sabelo ‘Sikhali’ Ndzinisa’s volley was saved by the vigilant

Wanderers keeper Sandile ‘Nkomishi’ Ginindza.

The over 600 Wanderers fans assumed they had drawn the first blood in the 17th minute when winger Phathizwe Mabuza’s header missed targets by a whisker from a ‘Mlaba’ Nkhambule rebound.

Green Mamba veteran attacker Mthunzi ‘Xavi’ Mkhontfo missed a sitter from a Mxolisi Manana low cross.

The former AS Vita Club player, Mkhontfo, wished he had given his side the lead in the 40th minute, but his effort was ruled offside by FIFA-accredited referee Thulani Sibandze. The match went to a breather with the teams in a barren stalemate.

The second half saw Green Mamba enjoying a lion’s share of possession, putting pressure on the home side.

Wanderers’ defence stood firm until referee Sibandze seven added a few minutes to his watch, where Nkhambule stole the show with a stunner that provoked wild celebrations from the ‘Weslians’ faithful.

**THE TEAMS:**

**Manzini Wanderers:**

Sandile Ginindza, Mlamuli Nkhambule, Ndumiso Dlamini, Sihle Mkhonta, Thabo Langa (Lorenzo Msibi), Sandile Maseko, Phathizwe Mabuza, Khulekani Manana, Linda Msibi, Jabulani Mavimbela, Mancoba Maseko (Lungelo Mamba)

**Green Mamba:**

Xolani Gama, Xolani Dlamini, Mxolisi Manana, Banele Dlamini, Sibongakonkhe Silenge, Innocent Dlamini, Njabulo Tfwala (Mbongeni Magagula), Sabelo Ndzinisa, Njabulo Ndlovu, Mthunzi Mkhontfo.



▲ Green Mamba players reacts in this file picture. They lost 1-0 to Manzini Wanderers on Tuesday at Mavuso Sports Centre during the MTN Premier League.

*The left-footed seasoned midfielder stunned the league defend- ing champions with a ferocious 25 yards stunner from Phathi- zwe Mabuza’s short pass, which left Green Mamba goalkeeper Xolani Gana stunned, much to the delight of the ‘Weslians’ faithful.*



▲ Nsingizini Hotspurs released their Zimbabwean striker Tanaka Chinyahara.

## Three Premier League teams chasing an ex-Nsingizini star

THREE Premier League teams are chasing the services of former Nsingizini Hotspurs playmaker Tanaka Chinyahara.

The teams are namely, Royal Leopards, Manzini Wanderers and Rangers after the Zimbabwean player was shown the exit by the Shiselweni-based side in the current transfer window.

A source close to the matter revealed that the player has received several local offers.

“The player might make a move to one of the local teams as he has been contacted by a number of Premier League teams who has shown interest to sign him before the end of the transfer window,” the source said.

The player preferred to play his card on his chest saying he was still going to decide about his next move.

“I haven’t made my mind about my next move, but I would love to play in Eswatini as the people have been friendly to me. I think I will know my next destination in the next few days,” he said.

He further thanked Nsingizini Hotspurs for giving him a chance to play in the country.

“I am grateful for the opportunity that I got from my former team, and I wish them the best of luck in their future endeavours,” he said.

Chinyahara is among the list of Zimbabwean players who have played for the Hluthi-based side including Nomore Tsabore, and Albert Nkosana.

The green and white ensemble recently enlisted the services of another Zimbabwean international Nyasha Chintuli.

## PLE U-19 league will be a single-leg

By **Ntokoza Magongo**  
Ntokozom@rubiconmedia.group

THE Under-19 Premier League of Eswatini (PLE) that commences on Wednesday will be played as a single-leg league. The development league was won by Royal Leopard last season, and they will start their campaign of defending the title against Nsingizini Hotspurs at King Sobhuza II Memorial Stadium, kick-off at 2 pm.

14 teams are campaigning in the league, and they are those from the MTN Premier League.

According to the rules and regulations, each under-19 team may utilize up to a maximum of three of its senior team players who are 21 years or younger and five players registered with the under-15 team.

**Points**

“Any Club fielding more than 3 over-aged players shall be liable to lose the points amassed in the games in which the player featured which points shall be awarded to their opponents. A player from the senior team eligible, under such a provision, shall be allowed up to a maximum of two consecutive matches, provided they do not play for their senior team in between one and the next match of the under-19 team. A senior team player who plays more than two consecutive games is a defaulter,” reads article 2.4.2 of the rules and regulations.



▲ Some of the players who shone during the 2022/ 23 PLE Under-19 League.

|   |    |              |       |  |
|---|----|--------------|-------|--|
| <b>Premier League U19 League Week 1</b> |    |              |       |  |
| <b>17/01/24 Wednesday</b>               |    |              |       |  |
| <b>Mayaluka Stadium</b>                 |    |              |       |  |
| Illovo FC                               | vs | Madlenya     | 1pm   |  |
| <b>17/01/24 Wednesday</b>               |    |              |       |  |
| <b>Uneswa Sports Ground</b>             |    |              |       |  |
| Y. Buffaloes                            | vs | Sea Birds FC | 10 am |  |
| M. Pirates                              | vs | Highlanders  | 12 pm |  |
| M. Wanderers                            | vs | G. Mamba     | 2 pm  |  |
| <b>17/01/24 Wednesday</b>               |    |              |       |  |
| <b>Cinisweni Sports Ground</b>          |    |              |       |  |
| Sundowns                                | vs | M. Swallows  | 1 pm  |  |
| <b>17/01/24 Wednesday</b>               |    |              |       |  |
| <b>King Sobhuza II Memorial Stadium</b> |    |              |       |  |
| Rangers FC                              | vs | Ezulwini     | 12 pm |  |
| N. Hotspurs                             | vs | R. Leopard   | 2 pm  |  |





**Roma sack  
Mourinho,  
appoint  
De Rossi**

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**Three PLE  
teams chasing  
an former  
Nsingizini star**

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Eswatini  
Daily News  
**Sport**

Wednesday 17,  
January 2024

**‘Mlaba’  
leaves  
Mamba  
Wandering**

... Versatile Manzini Wanderers captain, Mlamuli ‘Mlaba’ Nkhambule scores in the seventh minute of added time as hub giants shock log leaders in a 1-0 defeat at Mavuso Sports Centre on Tuesday for their first win of the season. **Page 23**