

Eswatini Daily News

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King renews call to 'End GBV'

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The Premier launches Anti-corruption Task Team

By Ncaba Ntshakala

IN a bid to end the scourge of corruption that has engulfed the country, Prime Minister Russell Dlamini has launched a tripartite Anti-Corruption Task Team. On Monday, the PM vowed to tackle corruption which he labeled as an endemic that is plaguing the country. Dlamini acknowledged the detrimental effects of this widespread issue which he said significantly and negatively impacts democracy and the rule of law.

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SA returns to Stone Age with nationwide power cuts Page 2



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The Premier launches Anti-corruption Task Team

Stories by Ncaba Ntshakala

IN a bid to end the scourge of corruption that has engulfed the country, Prime Minister Russell Dlamini has launched a tripartite Anti-Corruption Task Team.

On Monday, the PM vowed to tackle corruption which he labeled as an endemic that is plaguing the country. Dlamini acknowledged the detrimental effects of this widespread issue which he said significantly and negatively impacts democracy and the rule of law.

“When power is utilised for personal gain, the political system loses credibility and justice cannot prevail,” he said.

The task team will be responsible for investigating corruption allegations, prosecuting cases, implementing preventive measures, and strengthening legal frameworks to address corruption effectively.

He further shared that the team will immediately deal with corruption cases that have been reported and ensure that the offenders are brought to book with immediate effect just as commanded by the King in his address to Parliament.

The PM further said, “Cases must be dealt with to finality and not be dropped mid-process. The DPP is expected to prioritise corruption cases henceforth.”

The task team comprises the Acting Director of Public Prosecutions (DPP) Lorraine Hlophe, the Acting National Commissioner of the Police Lydia Dlamini, and the Acting Commissioner of the Anti-Corruption Commission (ACC) Maphevu Mkhathshwa.

The PM said that corruption undermines the progress of the nation and impacts negatively service delivery, human and socio-economic development, job creation, and public trust in government, as well as investor confidence



▲ The Prime Minister Russell Dlamini.

and the objectives and goals of the new Government given to them at Sibaya. He further shared that it waters down investment.

Zero tolerance

“Government has committed itself to having zero tolerance for and fighting corruption in all sectors of society,” the PM said.

This initiative builds upon His Majesty King Mswati III’s call for “zero tolerance” towards corruption, emphasising the government’s commitment to transparency, accountability, and good governance.

The PM added, that “some of the causes of corruption are first and most greed for money, poverty, lack of values and ethics,

high level of bureaucracy and inefficient administrative structures, which must also be dealt with concurrently.”

He further expressed that the launch of the task team was a positive step towards promoting transparency, accountability, and good governance in line with the policy direction that was so clearly articulated in the Speech from the Throne by His Majesty the King during the official opening of Parliament.

“This initiative now reflects the Government’s commitment to combating corruption and ensuring the efficient use of public resources for the betterment of society,” he stated.

The task team will report to the PM and

Bobhabuli ababanjwe lihhuka baye ebhodweni – PM

THE Prime Minister said that the nation is looking forward to seeing every corrupt person being brought to justice.

“We look forward to *bobhabuli kutsi babanjwe lihhuka baye ebhodweni*,” meaning that they look forward to seeing those who repeatedly engage in corruption being brought before the law.

He also expressed that fighting corruption should not be a rhetoric, but a demonstrated action and evidence that corrupt individuals are brought to book and are dealt with according to the law.

The PM emphasized that speaking about corruption and not doing anything is worse than the act itself as it exacerbates it.

“Because those who are corrupt gain confidence that nothing will be done to them. Hence, we are tasking this team to act decisively on corruption,” he said.

work with the Minister of Justice and Constitutional Affairs.

“I urge the whole Nation to work in tandem with this team as we fight this scourge. Government has all the confidence in this team that they will deliver,” pleaded the Prime Minister.

Dlamini further emphasised that corruption was worsening life for the poor. He called for the nation to come together and be the change, “stand together in favour of our people and the prosperity of our Kingdom, and not corruption.”

Stage 6: SA returns to Stone Age with nationwide power cuts

By Bahle Gama
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AFRICA’S most industrialised nation has gone back to the Stone Age as its power utility struggles to keep the lights on for the majority of the day.

As many locals would say, South Africa is breathing through the wound as they find themselves in total darkness as the power problems continue to mount. Eskom announced Stage 6 load shedding, days after President Cyril Ramaphosa made bold statements during his State of the Nation Address that the country was making progress to provide electricity and event dreamt of electric vehicles on SA roads.

SA’s power utility Eskom issued a statement on X announcing that it would implement Stage 6 outages, taking 6,000 megawatts (MW) of demand off the grid, from midnight Saturday (February 10) until further notice.

The increased power outages came after Eskom returned two generating units to service, with the utility taking another two units offline.

“This combined with the need to replenish the pumped storage dams in preparation for the week ahead, necessitated the implementation of Stage 6 load shedding from midnight until further notice,” read the statement.

“Our teams are working diligently to return the generation units online. Eskom will

communicate further should any significant changes occur,” Eskom said in the statement.

For 85 years, the power utility has provided South Africa with reliable, affordable electricity. It was a well-run company which supplied more than half of the electricity in Africa in 1990.

Over the last 15 years, Eskom’s financial and operational performance plummeted, and it is now selling less electricity than it did in 2008. Eswatini is one of the countries supplied with electricity by Eskom and the contract between the two countries expires in 2025.

EEC and Eskom have enjoyed a business relationship that spans more than 50 years which is bound by a bilateral agreement limited to 25 years after which it would then be reviewed.

Reports

According to reports, the root of South Africa’s power crisis tracks back to the early nineties and the transition to a democratic government. Allianz ZE’s maiden Country Risk Atlas report states that the biggest risks to South Africa’s 2024 economic outlook may come from insufficient power supply, strains on debt sustainability, and the erosion of state legitimacy ahead of elections.

Allianz said the global financial services giant estimates that South Africa’s economy will expand 1.4 per cent this year from 0.7

per cent forecast for 2023, but a lack of reliable electricity supply poses the heaviest drag on growth.

“Africa’s most industrialised nation endures almost daily power cuts because years of neglect, corruption, and mismanagement have left state-run electricity utility Eskom unable to keep up with demand.

Electricity outages prevent businesses, industry, and households from realising their potential, and it is improbable that sufficient capacity will materialise in the next 12 months.”

Debt

The report further stated that a worsening debt trajectory is another factor that could weigh on the neighbouring country’s economic outlook, which assesses non-payment risks in 84 major economies.

Due to a considerable short-term absorption of revenues to repay interest on debt and an increase in sovereign bond yields, South Africa ranks in the worst quintile in public debt sustainability risk assessment as of end-2023.

The report further states that the situation could be further exacerbated by increased demands on public finances for social programs and idiosyncrasies among state-owned companies ahead of elections.

It further observed that government departments and state-owned entities have

been advocating for more spending even as tax revenues have undershot forecasts.

Their calls have grown louder as opinion polls show the ruling African National Congress (ANC) may lose its majority for the first time since taking power in 1994 in elections that need to be held by August.

According to the report, President Cyril Ramaphosa pledged to extend and improve a popular E350 (US\$18.42) monthly social grant for the unemployed introduced during the Covid-19 pandemic, despite it not being budgeted for beyond March 2025.

SA Minister of Finance Enoch Godongwana is expected to provide more details when he tables the annual budget on February 21.

“The erosion of the state’s credibility is a further risk to the country’s economic outlook. Worsening disputes among political elites and the resulting increase in violent uprisings and insurgencies further weigh on state legitimacy, the capability of the ruling ANC party to defuse dissent and the predictability and effectiveness of government action,” reads the report.

According to Bloomberg, in July 2021, law enforcement agencies struggled to bring under control a week of rioting and looting, which coincided with the arrest of ex-President Jacob Zuma on contempt charges and was fueled by widespread anger over poverty and coronavirus curbs.



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Sunday

King renews call to ‘End GBV’

Stories By Ncaba Ntshakala

HIS Majesty King Mswati III has renewed calls to end Gender-Based-Violence (GBV) and urged all emaSwati to join hands in eliminating this ‘dark shadow’ from society. The King was speaking during the official opening of the first session of the 12th Parliament last Friday. His Majesty referenced the end-of-year national prayer service where he called the nation to join hands in putting an end to GBV. “We note the signs of decline in this practice, and I urge everyone to continue along this path until there is not a single case,” His Majesty said.

This passionate plea builds upon previous pronouncements by the King, highlighting continuous commitment to tackling this critical issue. While acknowledging the progress made, His Majesty emphasized the need for continued vigilance and cultural change. “Beyond the resources allocated by the government and the support of our partners. Ending GBV requires a change of attitude by everyone. We must foster cultural change and promote equality for all,” His Majesty said. The King’s speech also commended the government’s dedication to the fight against GBV, specifically allocating resources for the implementation of the National Strategy on Ending Gender-Based Violence.

Additionally, His Majesty expressed gratitude towards Eswatini’s partners for their support in this crucial endeavour.



▲ His Majesty King Mswati III delivering his Speech from the Throne 2024 last Friday.

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One Billion Rising applauds King’s call to end GBV

ONE Billion Rising African Regional Coordinator Colani Hlatshwako commended His Majesty King Mswati III for his strong condemnation of gender-based violence (GBV) during his opening address to the 12th Parliament. Hlatshwako expressed her appreciation for the King’s leadership in addressing this critical issue, stating, “It is encouraging to see leaders joining the call to end GBV. When leaders condemn such acts, it becomes another powerful tool in preventing this scourge.”

She welcomed the news of government-allocated resources aimed at tackling GBV, highlighting the importance of addressing underlying factors such as poverty and unemployment. Hlatshwako also commended the King’s emphasis on strengthening the health sector, recognizing its crucial role in supporting GBV survivors.

Looking forward, Hlatshwako emphasized the need for equal representation in decision-making processes, stating, “The nation must continue striving towards embracing equality. This will ensure diverse voices are heard and contribute to effective solutions.”

With the allocated budget in place, Hlatshwako expressed hope for collaboration between the government and organizations like One Billion Rising. “We appreciate the King’s call for everyone to join hands and ‘run Nkwe’ this year. We stand ready to offer our expertise and support in achieving a future free from GBV,” she said.

Eswatini continues to grapple with the pervasive issue of gender-based violence (GBV), casting a dark shadow over communities and demanding urgent action.

Despite concerted efforts from the



▲ One Billion Rising African Regional Coordinator Colani Hlatshwako.

government and various organizations, GBV cases remain worryingly high, prompting a renewed sense of urgency to tackle this deeply rooted problem.

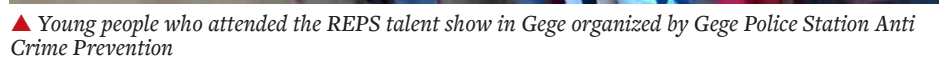
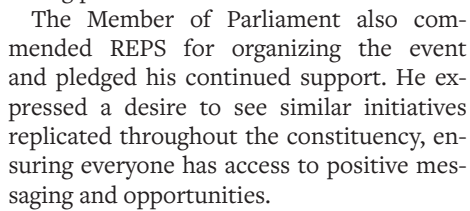
Reports indicate a concerning rise in GBV incidents across the nation, encompassing physical, emotional, and sexual abuse. These acts inflict devastating consequences on victims, shattering lives and hindering the development of a safe and equitable society.

Recognizing the gravity of the situation, the Eswatini government has implemented various initiatives to combat GBV. These include allocating resources to support victims, strengthening law enforcement mechanisms, and raising awareness through community outreach programs.

Civil society organizations are also playing a crucial role, providing essential services to survivors, advocating for legislative reforms, and challenging harmful social norms that perpetuate GBV.

... with a message of positivity

Member of Parliament, Magezi Dlamini, reiterated the dangers of drug abuse and its detrimental consequences on individuals and communities. He urged young people to make healthy choices and stay away from



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Making Meal Times Special

By Nokunceda Magagula
nokuncedam@rubiconmedia.group

A 26-year-old woman testified in Court that she was raped by her sister’s boyfriend.

The rape trial of Sicelo Myeni, who resides in Mpaka, was heard in Court with the woman giving an account of the alleged incident that took place on December 4, 2022. According to the charge sheet, Myeni is accused of raping a then 25-year-old woman on the stated date. It is alleged that he did not use a condom during the act, which adds aggravating factors to the charge.

Myeni pleaded not guilty to the charge. To establish the commission of the offence, the prosecution called the complainant, Simphiwe*, as a witness who narrated her version of events that transpired on December 4, 2022.

Simphiwe stated that on the fateful Sunday night, at around 10 pm, she went to Cubana to have some alcoholic drinks. She encountered her neighbour, Phesheya Dlamini*, at the establishment, and they enjoyed their drinks together. Simphiwe mentioned that she consumed three Savannah cans, while Dlamini had a few Amstel cans.

At around 2 am, Simphiwe and Dlamini decided to leave the drinking spot and head home since their residences were close to each other. On their way, Dlamini took a different route leading to his home, leaving Simphiwe to walk alone.

“After walking approximately 10 metres, I noticed a man walking behind me who called me by my last name. I asked him how he knew me, and he replied that he didn’t know me personally but was acquainted with my sister,” Simphiwe told the Court.

Witness tells Court ...

‘I was raped by my sister’s boyfriend’



The said man (the accused) then introduced himself as a friend of Simphiwe’s sister and mentioned that he wanted to buy cigarettes, which were available at Simphiwe’s place. He also claimed to work as a herdsman at the Indvuna Yenkhudla’s

homestead.

Shortly after exchanging pleasantries, Simphiwe said the accused revealed a concealed bush knife. “Upon seeing the knife, I went into shock. In fear, I took out my phone and money, thinking he was trying

to rob me. However, he stated that he was not interested in those possessions but rather wanted to have sex with me,” she said.

Simphiwe stated that Myeni then dragged her under a nearby tree, where he proceeded to sexually assault her for approximately 10 minutes without using a condom. The victim positively identified Myeni in Court as the perpetrator of the rape.

After the incident, Simphiwe hurried home, which was approximately four minutes away, and immediately informed her brother and sister about what had transpired. While describing Myeni to her siblings, her sister recognised him as her boyfriend and revealed that he worked as a security guard at Jesus Calls Centre. They proceeded to call the police.

The following morning, the police arrived and took Simphiwe to Siteki Referral Hospital for medical examination. Dr. Enzya Mwamba, who attended to Simphiwe and conducted a rape test, testified in Court. Dr. Mwamba stated that upon examining Simphiwe, he found no bruises on her private area that would indicate forced sexual activity. He further noted that she appeared well and her clothes were clean.

After the Doctors testimony the matter was postponed to February 28, 2024 for continuation of trial.

*Not real names

Dad arrested for attempting to murder 3-year-old son

A father has been arrested and charged with attempted murder after allegedly trying to kill his 3-year-old son by administering a CP2 tablet to him.

Sizwe Masuku, 33 years old, was apprehended by the police on Saturday. He subsequently appeared briefly at the Mbabane Magistrate’s Court before Magistrate Sfiso Vilakati. According to Masuku’s charge sheet, the accused is accused of committing the offence on February 4, 2024, by making the infant consume a CP2 tablet with the intention of causing his death.

“On February 4, 2024, in the Ngwenya area of the Hhohho region, the accused wrongfully and unlawfully administered CP2 tablets to the minor child, which nearly resulted in the child’s death. Thus, the accused is charged with attempted murder,” the charge reads.

It is worth noting that the CP2 tablet contains curcumin, which is used to treat and manage oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, hyperlipidemia, and may also aid in managing exercise-induced inflammation and muscle soreness, thereby enhancing recovery and subsequent performance in active individuals.

In Court, the accused chose to represent himself. The prosecution requested that the accused be remanded in custody until February 28, 2024, pending committal to



▲ Sizwe Masuku who was charged with attempted murder his son.

the High Court.

Magistrate Vilakati ruled that the accused be remanded in custody until the proposed date of committal to the High Court as suggested by the prosecution. He further advised the accused to file a bail application at the High Court.

Buganu identified as a major cause of drink-driving

FEBRUARY is a month well-known for the consumption of marula brew (Buganu), and this trend was evident in the Mbabane Magistrate’s Court as some of those arrested for drunk-driving attributed their actions to consuming the brew.

One of the individuals who appeared before Magistrate Sifiso Vilakati was Sinda Magagula. According to his charge sheet, on February 11, 2024, at approximately 1 am near the old Mbabane Police Station in the Hhohho region, Magagula drove a Mazda 3 while under the influence of alcohol, thereby, contravening Section 122 (2) of the Road Traffic Act of 2007.

The charge sheet states that the accused had a blood alcohol content of 0.73 mg/l. In Court, the accused pleaded guilty to the charge, and he was subsequently found guilty based on his own plea.

During his mitigation, the accused informed the court that he had consumed only a few glasses of Buganu and was unaware of its serious consequences. He further requested leniency from the court, highlighting that he was a first-time offender and promising not to commit such an offence again.

Magistrate Vilakati expressed strong disapproval of individuals consuming the marula brew, which they either obtained for free or purchased for E10 per glass, as it often resulted in them paying hefty fines upon arrest. “You spend only E20 to enjoy Buganu, and then you get arrested and end up paying thousands in fines. I urge everyone to refrain from such behaviour,” emphasised Vilakati.

In addition to Sinda Magagula, several other individuals also appeared at the Mbabane Magistrate’s Court.

Names	Alcohol content (mg/l)	Fine and sentence
Thando Hlanze	1.63	E1 600/ 16 months
Rejinah Tembe	0.78	E1 500/ 15 months
Sinda Magagula	0.73	E1 500/ 15 months
Johhane Simelane	1.6	E 1 500/ 15 months
Phumlane Mkhonta	0.78	E 15 00/ 15 months
Mancoba Dlamini	1.50	E1 500/ 15 months
Sfiso Makhubu	0.67	E1 000/ 10 months
Melusi Magagula	0.7	E 1 000/ 10 months

BUSINESS BRIEFS

Oil little changed

NEW YORK — Oil futures were little changed on Monday as rising concerns about global demand caused the market to take a break after prices jumped about 6 per cent last week on worries that Middle East tensions could cause supply problems. Brent futures fell 26 cents, or 0.3 per cent, to \$81.93 a barrel by 10:48 a.m. EST (1548 GMT), while U.S. West Texas Intermediate crude (WTI) remained unchanged at \$76.84.

YERF awards tenders worth over E779 000

SNG Grant Thornton and Kobla Quashie and Associates have bagged tenders worth E779 669 respectively from Youth Enterprise Revolving Fund (YERF) for internal and external audits. According to the intention to award issued by ESPPRA on their website, for internal auditing services SNG Grant Thornton was awarded a tender worth E344 624 in terms of section 45 of the Public Procurement Act No. 7 of 2011 (the Act), following a competitive bidding process, and scored 94.6 per cent beating Kobla Quashie and Associates.

ESCCOM proposes revised spectrum pricing framework

THE Eswatini Communications Commission (ESCCOM) has made a proposal for a revised spectrum pricing framework for consultation this year. The entity made the proposal in terms of Section 32 of the Swaziland Communications Commission Act, 2013. According to a notice, the Commission is in the process of reviewing the framework for fees for the use of radio frequency spectrum in Eswatini.

ESCCOM tax revenue increases to E12.03 million

Stories by Silindzelwe Nxumalo
silindzelwen@rubiconmedia.group

TAX revenue collected by the Eswatini Revenue Service (ERS) from the Eswatini Communications Commissions (ESCCOM) increased from E10.7 million collected in 2021/22 to E12.03 million in the 2022/23 period.

This indicates an increase of 12 per cent.

According to the ESCCOM Annual Report for the year ended 2022/2023, the telecommunications industry contributed 4.6 per cent to total domestic tax revenue collected in the review period, which is a 0.8 per cent increase from the 3.8 per cent contribution in FY 2021/22.

The report stated that the telecommunications industry's contribution to personal income tax or Pay-as-you-earn (PAYE) increased by 0.3 per cent in FY 2022/23 to 2.5 per cent, from 2.2 per cent in FY 2021/22.

According to the report under review, Value Added Tax (VAT) revenue contribution recorded an increase from 5.1 per cent in FY 2021/22 to 5.3 per cent in FY 2022/23.

"Contributions to Company Income Tax (CIT) and Other Income Tax (OIT) in the review period were lower than contributions in FY 2021/22 by 0.5 per cent and 2.2 per cent respectively," read part of the report.

The report also stated that employment in the period rebounded to record an increase of 3 per cent, from 1,238 people employed in FY 2021/22 to a total of 1,270 people employed in the 2022/23 financial year period.

It is explained that this increase is mainly attributed to an increase in the number of persons employed by Mobile Network Operators (MNOs) against a decline reported by the fixed network operator due to attrition.

"The Postal network in Eswatini covers an estimated 37 per cent of the country's geography, consisting of a total of 37 full-service permanent post offices and 53 postal service points," read part of the report.

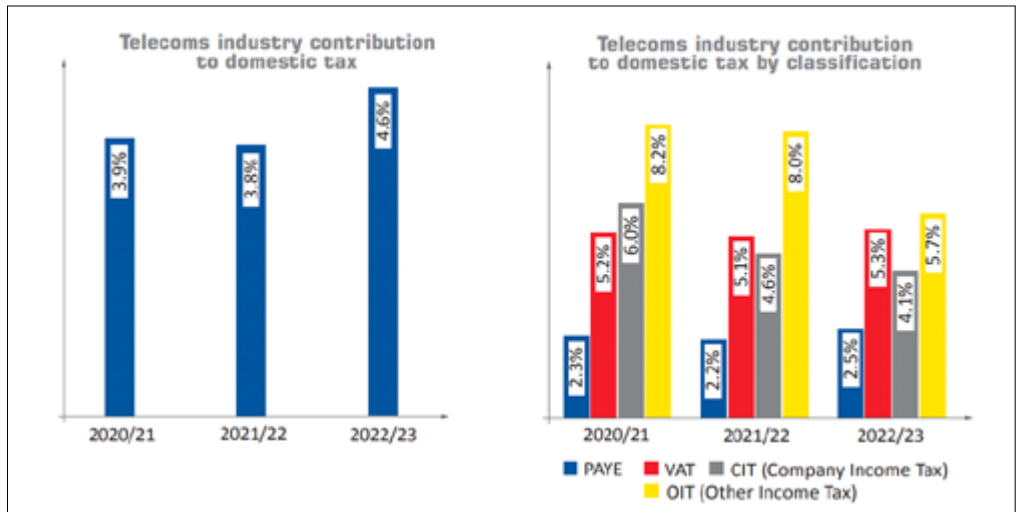
The Commission further reported that the Covid-19 pandemic accelerated migration from physical mail to digital communication, which has re-shaped customers' communication needs and expectations.

"As a result, demand for physical mail services by both businesses and individuals remained sluggish in FY 2022/23. Parcels and packet inbound volumes have benefited from growth in online shopping for accessories through digital platforms," read the report.

67% of households have internet coverage in Eswatini

The Eswatini Communications Commission's (ESCCOM) ICTAUS survey report revealed that about 67 per cent of households across the country have internet coverage, where 70 per cent is in urban areas and 63 per cent in rural areas.

ESCCOM Chief Executive Officer (CEO) Mvilawemphi Dlamini said in their quest to remain an enabler and levelling the playing field to allow for fair competition in the sector, several regulatory frameworks in the form of decisions, standards, directives, and guidelines



which are more fully pointed out in the report, were issued.

He stated that the regulation of the ICT sector and associated sectors is primarily focused on the benefit of the consumers of these sectors.

"It is for this reason that in this reporting period, we conducted a nationwide household survey to ascertain what kind of ICT services are consumed by our populace and the number of Emaswati who have access to the services which we regulate," he said.

He added that another notable finding is the low rate of e-commerce uptake, at 5.2 per cent overall, and only 19 per cent reported owning a post box and 48 per cent accessing postal services.

"For broadcasting services, a total of 89 per cent have access to a radio signal albeit 46.7 per cent own a radio countrywide," he said.

The CEO stated that on Cybersecurity and child online safety, the level of reported incidents was very low, at 1.3 per cent, and these tended to have a dependency on the level of income of the household.

"Overall, the survey established that mobile telephony has become the number one means of accessing internet services in Eswatini. This says, that if the mobile sector continues to grow at the current rate, it will help the government of Eswatini achieve its goal of closing the digital divide in the near to mid-term future," he explained.

Dlamini says in the year 2022/2023 they continued to significantly grow the sector by advancing the universal access and service mandate of closing the connectivity gaps in underserved and unserved areas, as well as displaced communities.

He said other projects undertaken included the issuing of attractive bands of spectrum, granting licences to courier service providers, advancing e-commerce by undertaking an e-commerce readiness assessment study and issuing new licences to internet service providers including Starlink, an international player with the potential to change our internet connectivity as a country.

The CEO stated that such initiatives assist the regulator with insight into what interventions are needed to ensure that no one is left behind as we all take a ride in the ICT train, which means making new commitments and setting out a clear path to achieve them.

Furthermore, the CEO in his Remarks on the commission's annual report said during this period, they also experienced a change in the outlook of ESCCOM from being a sectoral regulator to enforcing baseline legislation.

He stated that the passing of the Data Protection Act in March 2022 extended the regulatory scope of ESCCOM by designating it as a Data Protection Authority enjoined to foster compliance with the Act.

"To this end, the Data Protection unit was established in the reporting period and the Data Protection mandate of ESCCOM was formally launched to the public," he said.

Dlamini said the Computer Crime and Cybercrime Act was also passed in March 2022 and conferred additional regulatory powers to ESCCOM, and the

Act designates ESCCOM as the Cybersecurity Agency with the responsibility to regulate and coordinate matters of cybersecurity in the country. He said they have noted that implementing the two pieces of legislation will require additional resources in terms of human personnel, skills, and financial resources.

"However, as a seasoned regulator with 10 years' experience in regulation, we do not doubt that we will live up to the challenges and expectations entrusted to us as the Data Protection Authority and the Cybersecurity Agency," he said.

He added that they look forward to the passing of the Broadcasting Bill into law for the Commission to fully discharge its regulatory mandate in the broadcasting sector and explore opportunities for further developments in the sector.

"The Commission is ready for this mandate and has already put systems in place for the monitoring of broadcasters to ensure they broadcast in accordance with the required standards," he said.



FX RATES

Notes/Cash		
	Buy	Sell
U.S. Dollar	18.6296	19.1336
G.B. Pound	23.4552	24.1392
EURO	20.0502	20.6575
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	



YERF awards tenders worth over E779 000 for auditing services

By Silindzelwe Nxumalo
silindzelwen@rubiconmedia.group

SNG Grant Thornton and Kobla Quashie and Associates have bagged tenders worth E779 669 respectively from Youth Enterprise Revolving Fund (YERF) for internal and external audits.

According to the intention to award issued by ESPPRA on their website, for internal auditing services SNG Grant Thornton was awarded a tender worth E344 624 in terms of section 45 of the Public Procurement Act No. 7 of 2011 (the Act), following a competitive bidding process, and scored 94.6 per cent beating Kobla Quashie and Associates.

Meanwhile, Kobla Quashie and Associates upped its game and bagged a tender worth E435,045 for external auditing services, following a competitive bidding process, and scored 91.75 per cent and there were no competitors.

“In terms of sections 45(4), 46, and 47 of the Act, all tenderers who submitted bids are hereby notified that a period of ten (10) working days is hereby allowed for the submission of any application for review from the above-stated date of first publication of this notice,” read the intension.



▲ YERF CEO Mandla Nkambule.

Eswatini Youth Enterprise Revolving Fund (YERF) is a Category A Parastatal that was established by the Government of the Kingdom of Swaziland in 2009 in response to the vision of His Majesty King Mswati III.

The company was established through legal notice No.179 of 2009. It is further



regulated under the Public Enterprises (Control & Monitoring) Act of 1989.

The Parastatal is under the Ministry of Sports Culture and Youth Affairs. Its main purpose of the Fund is to promote youth employment and alleviate poverty among young people between the ages of 18 to 35 years old.

ESCCOM proposes revised spectrum pricing framework

THE Eswatini Communications Commission (ESCCOM) has made a proposal for a revised spectrum pricing framework for consultation this year.

The entity made the proposal in terms of Section 32 of the Swaziland Communications Commission Act, 2013.

According to a notice, the Commission is in the process of reviewing the framework for fees for the use of radio frequency spectrum in Eswatini.

This is under Section 34 of the Electronic Communications Act, 2013 and authorized by Regulation 16 of the Electronic Communications (Radio Communications and Frequency Spectrum) Regulations, 2016.

The notice explained that the current framework was developed in 2021 and the legislative provisions require that the spectrum pricing framework be revised at least once every three years.

“The provisions of Section 32 of the ESCCOM Act, 2013, allow for stakeholders and interested persons to make comments on proposed decisions of the Commission, therefore the public is hereby invited to submit their written presentations on the proposed decision on the revision Spectrum pricing framework, published herewith by the Commission,” read part of the notice.

The notice stated that a copy of the proposed Decision document is available on the Commission’s website at www.esccom.org.sz.

It stated that written representations concerning the proposed decision must be submitted to the Commission no later than March 7, 2024, by 5 p.m., electronically to info@esccom.org.sz.

The ESCCOM is the regulatory body responsible for regulating the communications sector in Eswatini,

constituting telecommunication services and networks, broadcasting services, postal services, and the use and allocation of radio spectrum.

According to its website, it derives its mandate from the Swaziland Communications Commission Act No. 10 of 2013. The Commission became operational on July 31, 2013, effectively taking over all the regulatory powers of the sector from the Eswatini Posts and Telecommunications Corporation (EPTC) and Eswatini Television Authority (Eswatini TV).

The Commission is mainly responsible for licensing all systems and services in the communications industry, including telecommunications, postal, courier, and broadcasting, and managing the country’s frequency spectrum and numbering resources. It is also responsible for facilitating the development of e-commerce, type approving and accepting communications equipment meant for use in the country, and protecting consumer rights within the communications environment.

“The commission is also responsible for managing competition within the sector to ensure a level playing ground for all players, regulating retail and wholesale tariffs for communications services,” reads the website.

It also manages the universal access fund to facilitate access to communications services by all in Eswatini and monitoring the activities of licensees to enforce compliance with the license terms and conditions as well as the law,” read part of the website.

The Commission is overseen by a Board of Directors consisting of non-executive members and all decisions of the Board are executed by the Chief Executive Officer and is supported by an executive team.



▲ ESCCOM CEO Mvilawemphi Dlamini.

Oil little changed as demand concerns offset Middle East tensions

By Scott Disavino

NEW YORK — Oil futures were little changed on Monday as rising concerns about global demand caused the market to take a break after prices jumped about 6 per cent last week on worries that Middle East tensions could cause supply problems.

Brent futures fell 26 cents, or 0.3 per cent, to \$81.93 a barrel by 10:48 a.m. EST (1548 GMT), while U.S. West Texas Intermediate crude (WTI) remained unchanged at \$76.84. The major forces underlying last week's rally included persistent threats to shipping in the Red Sea, Ukrainian strikes on Russian refineries and U.S. refinery maintenance, Tamas Varga of oil broker PVM told Reuters.

"These factors have not subsided yet - and for this reason, I believe that what we see at the moment is only a retracement."

U.S. gasoline futures , which soared 9 per cent last week amid refinery downtime, extended gains by about 1 per cent on Monday to a three-month high.

Logistics disruptions in the Red Sea continued on Monday, with Iran-backed Houthis in Yemen saying they targeted a cargo ship, which they claimed was American.

Shipping trackers said the Marshall Islands-flagged ship was Greek-owned, while analysts said it had been heading to Iran with a corn cargo.

The Houthis have targeted shipping with drones and missiles since November in solidarity with Palestinians in Gaza. The U.S. has led retaliatory strikes on Houthi missile sites since January.

An Israeli rescue operation freed two hostages held by Iran-backed Hamas militants in Rafah, but supporting airstrikes killed nearly 70 Palestinians in the southern Gaza city.

In supply news, Saudi Arabia's energy minister said the reason behind the kingdom's recent decision to halt its oil capacity expansion plans was the energy transition, adding that it has plenty of spare capacity to cushion the oil market.

Fellow member of the Organization of the Petroleum Exporting Countries Iraq said it is committed to the group's decisions and after its second voluntary cut announced in December, it is also committed to producing no more than 4 million barrels per day (bpd).

Lingering demand concerns

A U.S. Federal Reserve official said she had no interest in recommending an interest rate cut, adding to the chorus on further reining in inflation.

Higher interest rates slow economic growth, dampening oil demand.

On the other side of the Atlantic, European Central Bank officials soothed markets by suggesting cuts were on the table sooner rather than later.

U.S. inflation data is expected on Tuesday,

while British inflation and euro zone Gross Domestic Product (GDP) data should land on Wednesday.

France's TotalEnergies CEO Patrick Pouyanne said he does not see peak oil demand in the numbers, adding "we should exit debate about peak oil demand, be



▲Storage tanks are seen at the Petroineos Ineos petrol refinery in Lavera, France.

serious, and invest."

Paris-based oil forecaster the International Energy Agency (IEA), which represents industrialised countries, predicts oil demand

will peak by 2030, undercutting the rationale for investment.

But OPEC believes oil use will keep rising over the next two decades. (Reuters)

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WE may not be using the M word much these days, but the race to build an interconnected avatar-driven virtual world didn't take the last year off.

The metaverse, a tech buzzword sandwiched in between the hype eras of NFTs and AI, is still being built, regardless of what we're calling it.

And in light of news this week, one company is increasingly positioned to dominate the near future.

Epic Games and Disney revealed Wednesday that they are designing an "entertainment universe" together full of Disney-flavored games to play and things to buy. The multiyear project will deploy Epic's under-the-hood technology and Fortnite's social gaming ecosystem to bring characters from Disney's vast intellectual property vault to life. Disney invested \$1.5 billion for a chunk of Epic in the deal.

Highways

In an image promoting the project, Disney and Epic portray their work together as a series of futuristic colorful islands floating in space with highways running between them and a Magic Castle glowing in the center, a beacon of cash-printing possibility. Those highways, whether literally or symbolically, will connect with Epic's Fortnite — a hit game that's now evolved into a massive online social ecosystem. Fortnite is best-known as a third-person shooter where 100 players swarm

With Disney's magic, Fortnite is poised to win the metaverse



▲ Epic Games and Disney revealed Wednesday that they are designing an "entertainment universe" together full of Disney-flavored games to play and things to buy.

a shrinking virtual island and fight to be the last man standing. The game is famous for its goofy maximalism and it encourages players to dress in custom "skins," which can be obtained by playing or buying through Epic's lucrative virtual swag shop. In Fortnite, you can, as Darth Vader, roll over your enemy in a giant hamster wheel,

slingshotted through the attic of a suburban foursquare home. Your foe might be dressed as Goku from Dragon Ball Z, Ariana Grande or Meowscles, a buff shirtless cat (an Epic original).

In its early days, Fortnite was about as ubiquitous and popular as a game can be. Streaming gameplay routinely drew hundreds of thou-

sands of viewers on Twitch, where a cottage industry of pro Fortnite players emerged, all laser-focused on Epic's polished battle royale. By 2020, the game already had more registered players than the population of the United States. In 2023, the game saw something of a resurgence and 100 million people logged in last November.

Anyone who still thinks of Fortnite solely as that goofy battle royale will be surprised to learn the extent of Epic's true ambitions.

In recent years, Epic has steadily been expanding its marquee title into something much more akin to a platform or marketplace than a simple stand-alone game.

(TechCrunch)



▲ Ilara Health started off by leasing diagnostics devices to clinics in 2019.

Kenya's Ilara Health gets \$4.2M backing to expand clinic support services

ILARA Health, a Kenya-based health-tech enabling private clinics to access diagnostic devices and pharmaceutical products, has secured \$4.2 million debt-equity in a pre-Series A round. The funds will be used to scale operations in the East African country, and to deepen health care access to the masses through the rollout of a B2B health and occupational service that will enable uninsured workers access care at its network of partner clinics for a fixed monthly fee.

The \$2.5 million equity round was led by DOB Equity, with the participation of the Philips Foundation and existing investors like AAIC Investment, Angaza Capital, Black Pearl Investments, Perivoli Innovations. Debt investment came from Alphamundi, Kiva Capital and Boehringer Ingelheim. The new round brings the total debt, equity and

grant funding secured by the startup to \$11.7 million.

Ilara Health started off by leasing diagnostics devices to clinics in 2019 but has since evolved to enable health centers acquire pharmaceutical products and other items like hospital furniture, on credit. Emilian Popa, Ilara co-founder and CEO, told TechCrunch that this strategic move has enabled private healthcare operators to run well-equipped clinics capable of providing quality primary healthcare to patients.

"In Kenya, quality of care, not access, is the issue, and our goal since launch has been to improve the standards of care; these clinics could not provide some services because of lack of diagnostic devices or do small procedures because they lacked the furniture.

(TechCrunch)

AI frenzy puts Nvidia briefly ahead of Amazon in market value

NVIDIA briefly surpassed Amazon.com Inc in market capitalization on Monday, as the euphoria around artificial intelligence catapulted the chip-maker to the fourth most valuable U.S. company.

At a record high of \$734.96, Nvidia was worth \$1.82 trillion in market value, compared to \$1.81 trillion for retail giant Amazon.com and a few billions away from Google-owner Alphabet's \$1.87 trillion, according to LSEG data.

The last time Nvidia was more valuable than Amazon was in 2002, when they were each worth under \$6 billion.

After Amazon's higher-than-expected holiday quarter sales last month, investors are looking to Nvidia's quarterly results on Feb. 21, the last of the megacap firms to report this earnings season.

Expectations have run high heading into the report with shares gaining 47% year-to-date, making it the biggest gainer among S&P 500 components.

Blowout quarterly results and strong forecasts from Nvidia a year ago established that the chip designer was at pole position in supplying to tech com-



▲ Jensen Huang, chief executive officer of Nvidia Corp.



panies working on so-called generative AI like chatbots and image creation. The bet on strong AI demand has supercharged Nvidia shares, making it the best performing stock among the so-called "Magnificent Seven" with a 223% surge over the past 12 months. Meta Platforms is second with a 163% rise.

Microsoft in January overtook Apple to become the world's most valuable company, with Alphabet at the third spot.

(Reuters)

Sudanese left in the dark by RSF-imposed telecoms blackout

CAIRO/DUBAI - A communications network blackout in Sudan, blamed on the paramilitary Rapid Support Forces, has hobbled aid delivery and left the war-weary population of almost 50 million unable to make payments or contact the outside world.

The RSF has been fighting Sudan's army for control of the country since April in a war that has killed thousands, displaced almost 8 million, and sparked warnings of famine. Four industry sources told Reuters that the RSF began shutting down the networks on Feb. 5, completing the blackout two days later.

After 10 months of conflict, the RSF controls most of the capital Khartoum and some of Sudan's infrastructure that is based there, including the headquarters of the telecoms providers.

The RSF did not respond to requests for comment. An RSF source said on Feb. 5 the paramilitary had nothing to do with the outages.

The sources said that RSF soldiers had threatened the blackout unless engineers restored service to the western Darfur region, which the RSF controls and which has experienced a blackout for months.

A telecom industry official blamed the situation there on lack of fuel and dangerous working conditions.

STARLINK DEVICES

Devices hooked up Elon Musk's Starlink satellite internet system have proliferated, despite a government order against them,



▲ A communications network blackout in Sudan, blamed on the paramilitary Rapid Support Forces, has hobbled aid delivery and left the war-weary population of almost 50 million unable to make payments or contact the outside world.

but most are in the dark in a country where smartphone use for most aspects of life was ubiquitous and many had access to WiFi or data networks.

Commerce in Sudan has become largely reliant on e-wallets as income has dried up, belongings are stolen, and banks are stretched.

On social media, some have posted pleas for help reaching family members to inform

them of deaths.

"I am very worried for my family," said 48-year-old doctor Mohamed al-Nour, living abroad. "I can't contact them and they depend on my money transfers."

The outage has severely restricted the work of volunteer emergency response rooms, which provide crucial food and medical assistance.

"We've lost our bearings completely," said

one volunteer from Khartoum now outside the country. "No trader will give us food for free. People will start to starve. And the same goes for medical supplies."

Abdelgaffer Omer, another volunteer, from Bahri, said the kitchens there had been about to re-stock. "What they had wouldn't last more than a week or 10 days and it's already been a week."

Aid agencies face similar difficulties paying suppliers and ensuring the safety of staff, says Mathilde Vu of Norwegian Refugee Council, slowing an already stretched response to multiple disease outbreaks and waves of displacement.

"We are not able to support our teams right now. If you send any of your colleagues to a distribution site and there is any issue we wouldn't be able to support them. That is very stressful," she said.

A government source said the national telecom authority was working with companies to restore services as soon as possible, denying negotiations with the RSF.

The three companies did not respond to requests for comment, though Kuwaiti-owned Zain and South African-owned MTN have previously said the outages were out of their control.

Fighting continued in the capital and west of the country, with the head of the RSF claiming gains in a speech on Sunday. The United Nations also said fighting had flared on the edges of the densely populated city of Al-Fasher.

(Reuters)

Malawi lifts VISA restrictions for 79 countries

MALAWI has lifted visa restrictions for travellers from 79 countries. Homeland Security Minister Ken Zikhale made this announcement in a gazette notice on Wednesday.

The decision aims to enable easier access for visitors, including those from the UK, China, Russia, Germany, Australia, Canada, and others with a broad objective of improving tourism in the country.

The change to immigration regulations means citizens from these countries, as well as nationals from the Southern African Development Community (Sadc) and the Common Market for Eastern and Southern Africa (Comesa), no longer need visas to enter Malawi.

However, this exemption does not apply to countries that impose visa requirements on Malawian citizens.

Additionally, certain groups like diplomats and government officials, along with countries having mutual ex-

change agreements for multiple-entry visas with Malawi, are also exempt from these regulations.

Additionally, the validity of multiple entry visas in Malawi has been extended to up to 12 months under the new visa regulations.

This move is expected to not only boost tourism but also facilitate trade and strengthen diplomatic ties between Malawi and the affected countries.

"This monumental decision isn't just about visas; it's about unleashing the untapped potential of our beloved Malawi and inviting the world to experience its wonders firsthand," Tourism Minister Vera Kamtukule told local media.

The British embassy in Malawi urged its nationals to take advantage of the relaxed visa restrictions to visit a range of popular tourist attractions in the southern African country.

(Africanews)

Nigeria mourns as authorities investigate helicopter crash that killed a major bank CEO

NIGERIAN leaders Sunday mourned the death of the CEO of one of the country's largest banks after he and five others were killed Friday in a helicopter crash in Southern California's Mojave Desert.

Herbert Wigwe, chief executive of Access Bank, and his wife and son were among the six people on board when the aircraft went down shortly after 10 p.m. near Interstate 15. All six people were killed, including two pilots and Bamofin Abimbola Ogunbanjo, former chair of NGX Group, the Nigerian stock exchange.

Nigeria's president, Bola Ahmed Tinubu, grieved the deaths in a post on X, formerly known as Twitter.

"Their passing is an overwhelming tragedy that is shocking beyond comprehension," he wrote. "I pray for the peaceful repose of the departed and ask God Almighty to comfort the multitude of Nigerians who are grieving and the families of the deceased at this deeply agonizing moment."

The death of Wigwe, 57; his wife, Chizoba; and son, Chizi, shocked many in Nigeria and in the banking sector. He was widely seen as an industry leader, having been involved in two of the country's biggest banks, including Guaranty Trust

Bank, where he was previously executive director.

Under Wigwe's leadership, Access Bank's assets and presence grew beyond borders in several African countries.

"Dr. Wigwe was a key driving force and a larger-than-life personality who brought his remarkable passion, energy and experience to the transformation of the Access franchise," Sunday Ekwochi, group company secretary of parent company Access Holdings, said Sunday in a statement.

The bank, in a post on X, wrote that Wigwe's "passion and unwavering commitment to excellence transformed Access into a global powerhouse."

"His legacy of excellence and compassion will continue to inspire us all," the statement said.

Wigwe's death is "a terrible blow" for Nigeria and Africa's banking industry, Nigerian presidential spokesman Bayo Onanuga wrote on X. "Wigwe had a big vision to make Access Holdings Africa's biggest, with all the unquenchable thirst for acquisitions," Onanuga added.

Wigwe's interests also spanned the education sector. His private university, founded in Nigeria's oil-rich Niger Delta region where he was from, is scheduled to open in



▲ The late Herbert Wigwe, chief executive of Access Bank

September. Last year he said the university was "an opportunity for me to give back to society."

The crash happened south of I-15 near Halloran Springs Road, about 75 miles (120 km) northeast of Barstow, according to Michael Graham of the National Transportation Safety Board, which is investigating the crash.

Graham said Saturday that he did not have information about the two crew members, a pilot and a safety pilot. The aircraft did not have a cockpit voice recorder or a flight data recorder and was not required to have them, he added.

(Africanews)

DOHA/JERUSALEM - Israel freed two Israeli-Argentinian hostages in Rafah on Monday under the cover of airstrikes which local health officials said killed 67 Palestinians and wounded dozens in the southern Gaza city that is the last refuge of about a million displaced civilians.

A joint operation by the Israeli military, the domestic Shin Bet security service and the Special Police Unit in Rafah freed Fernando Simon Marman, 60, and Louis Hare, 70, the military said. They were among 250 people seized during the Oct. 7 raid by Hamas militants that triggered Israel's war on Gaza. More than four months on, much of the densely-populated strip of land on the Mediterranean is in ruins, with 28,340 Palestinians dead and 67,984 wounded, according to Gaza health officials, who say many others are buried under rubble.

The Israeli military says 31 hostages have since died, but Prime Minister Benjamin Netanyahu said Monday's rescue showed that military pressure should continue, brushing aside international alarm at its plans for a ground assault on Rafah.

"Fernando and Louis, welcome home," he said, saluting the Israeli forces who rescued them. "Only continued military pressure, until total victory, will bring about the release of all of our hostages."

The Gaza health ministry said 67 people had been killed overnight and the number could rise as rescue operations were under way. A Reuters journalist at the scene saw a vast area of rubble where buildings, including a mosque, had been destroyed.

"Why did you kill my family while they were sleeping? They are children. I've been collecting my family's body parts since the morning, they were in parts, I couldn't recognise them, I only recognised their toes or fingers," said Ibrahim Hassouna as a woman knelt over the body of a young child nearby.

The hostages were being held on the second floor of a building that was breached with explosives during the raid, which saw heavy exchanges of gunfire with surrounding buildings, an Israeli military spokesman said.

"We've been working a long time on this operation," Lt Col. Richard Hecht said. "We were waiting for the right conditions."

The Argentinian government thanked Is-

Israel frees hostages, Gaza airstrikes kill 67

rael for the rescue of the two men, who it said were dual nationals of Argentina. A photograph showed them in hospital, sitting on a sofa alongside relatives and looking frail but relieved.

'LAST PRAYERS'

Hassouna said his relatives were killed at least 4 km (2 miles) from the military operation.

"We were displaced from the north, we have nothing to do with anything. Why did you bomb us? Please justify."

Israel's military said airstrikes had coincided with the raid to allow its forces to be extracted.

People in Rafah said two mosques and several residential buildings were hit in more than an hour of strikes by Israeli warplanes, tanks and ships, causing widespread panic among Gazans woken from their sleep.

"Death was so near as shells and missiles landed 200 meters from our tent camp," Gaza businessman Emad, a father of six, told Reuters via a chat app. He said it was the worst night of bombing since they arrived in Rafah last month.

Some feared Israel had begun a long-expected ground offensive in the city, where more than a million people displaced by Israel's war on Hamas are sheltering with nowhere else to go.

"Everyone said it was a surprise ground attack. My family and I said our last prayers," Emad said.

A relative of one of the hostages said he had seen both freed men in hospital following their rescue and found them "a bit frail, a bit thin, a bit pale" but overall in good condition.

Idan Bejerano, Hare's son-in-law, said the hostages had both been sleeping when "within a minute" the commandos were in the building and covering them as they fought the captors.

They were now being treated in Israel's Sheba hospital, its director Prof Arnon Afek said.



▲ Fernando Simon Marman and Louis Hare, two Israeli hostages who, according to the Israeli military, were freed in a special forces operation in Rafah, Gaza, reunite with loved ones at Sheba Medical Center, in Ramat Gan, Israel.

Hamas said the attack on Rafah was a continuation of a "genocidal war" and forced displacement attempts Israel has waged against the Palestinian people.

Hamas militants killed 1,200 people in southern Israel, in the Oct. 7 incursion that sparked the war, according to Israeli tallies. Israel says Hamas has four battalions in Rafah.

DUTCH COURT BLOCKS EXPORT OF FIGHTER JETS TO ISRAEL

Many Western leaders have expressed alarm at Israel's offensive while continuing to support the country.

However, a Dutch appeals court said it had blocked the export of F-35 fighter jets parts to Israel over a "clear risk of violations of international humanitarian law" in its operations in Gaza. Israel's Defence Ministry declined comment on the decision.

U.S. President Joe Biden told Netanyahu on Sunday that Israel should not start a military operation in Rafah without a credible

plan to ensure the safety of the roughly 1 million people sheltering there, the White House said.

Biden said last week that Israel's military response in the Gaza Strip had been "over the top" and expressed grave concern over the rising civilian death toll.

Aid agencies say an assault on Rafah would be catastrophic. Egypt has reinforced its border with the city, saying it fears Gazans will be pushed across, never to return.

An Israeli official has said people will be evacuated further north but its forces are also active in central Gaza. Palestinian medics said 15 people had been killed in an airstrike in the central town of Deir Al-Balah.

A senior Hamas leader said at the weekend that any Israeli ground offensive in Rafah would "blow up" hostage-exchange negotiations which have been gathering pace. Netanyahu said "enough" of the 132 remaining Israeli hostages were alive to justify the fight.

(Reuters)

Trump's NATO comments draw scorn, White House calls them 'unhinged'

PARIS - U.S. President Joe Biden and top western officials criticized former president Donald Trump on Sunday after he suggested the United States might not protect NATO allies who aren't spending enough on defence from a potential Russian invasion.

"America's leadership on the world stage and support for our allies is critical to keeping the American people safe here at home," said Biden in a statement.

"If my opponent, Donald Trump, is able to regain power, he is making it clear as day that he will abandon our NATO allies if Russia attacks and allow Russia to 'do whatever the hell they want' with them."

Trump,

speaking during a political rally in South Carolina and appearing to recount a meeting with NATO leaders, quoted the president of "a big country" that he did not name as asking, "Well sir, if we don't pay, and we're attacked by Russia - will you protect us?"

"I said: 'You didn't pay? You're delinquent?' He said: 'Yes, let's say that happened.' No I would not protect you. In fact I would encourage them to do whatever the hell they want. You gotta pay."

NATO's 31 members have agreed on a target of spending at least 2% of gross domestic product on defence, but NATO estimates have shown that only 11

are spending that much.

His comments drew a swift rebuke from NATO and U.S. allies.

"Any suggestion that allies will not defend each other undermines all of our security, including that of the US, and puts American and European soldiers at increased risk", said NATO Secretary General Jens Stoltenberg in a written statement.

Forceful response

"Any attack on NATO will be met with a united and forceful response," he added, reacting to remarks on Saturday by Trump, who is likely to be the Republican nominee in this year's U.S. presidential election.

Polish Defence Minister Wladyslaw Kosiniak-Kamysz also weighed in.

"NATO's motto 'one for all, all for one' is a concrete commitment. Undermining the credibility of allied countries means weakening the entire NATO," he wrote on social media platform X.

"No election campaign is an excuse for playing with the security of the Alliance."

Germany's foreign ministry posted the message 'One for all and all for one' with the hashtag #StrongerTogether on its English language X account following Trump's

comments.

EU Council President Charles Michel said: "Reckless statements on #NATO's security and Art 5 solidarity serve only (Russian President Vladimir) Putin's interest."

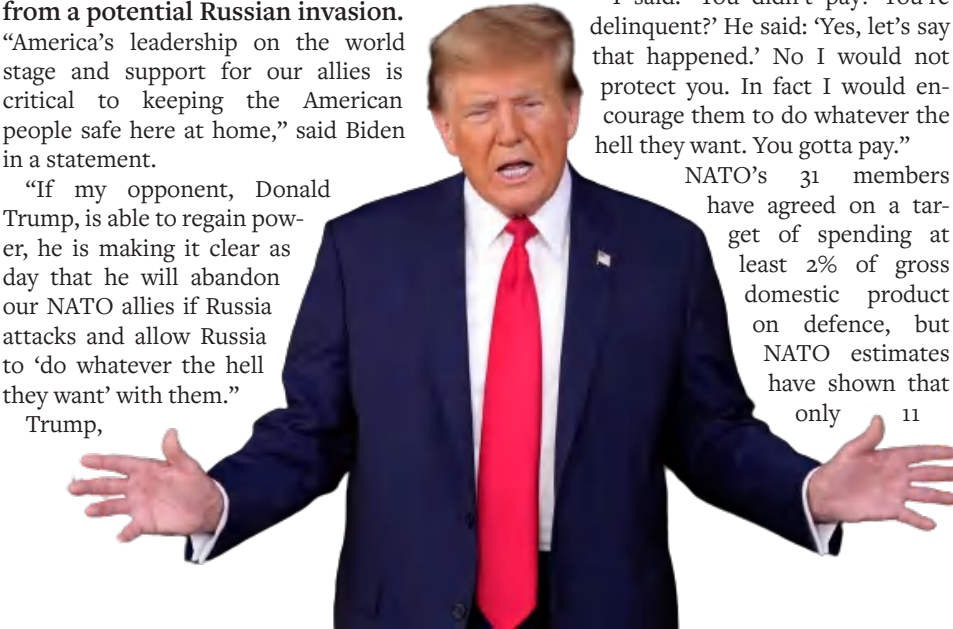
Article 5 of the NATO treaty says that an armed attack against an alliance member will be considered an attack against them all, triggering collective self-defence.

Referring to Trump's comments, EU Internal Market Commissioner Thierry Breton in an interview with France's LCI television said, "We have heard that before ... Nothing new under the sun."

"He maybe has issues with his memory, it was actually a female president, not of a country, but of the European Union," Breton added, referring to European Commission President Ursula Von der Leyen and a conversation she had with Trump in 2020.

"We cannot flip a coin about our security every four years depending on this or that election, namely the U.S. presidential election," Breton said, adding European Union leaders understood the bloc needed to boost its own military spending and capacities.

(Reuters)



Lemon & Herb to perform at the Corona Experience

Stories by Siphesihle Dlamini
siphesihled@rubiconmedia.group

MUSIC fanatics will dance the night away as the talented Afro House music power-house DJs, Lemon & Herb, gear up to deliver an electrifying performance at the Corona Experience.

This musical extravaganza is set to take place on February 25, 2024, at Sundeck, Manzini. Tickets to this extraordinary event are available for purchase. Presale general tickets are priced at E100, while tickets at the gate will cost E150. For those seeking a VIP experience, presale VIP tickets are available for E200, with VIP tickets at the gate priced at E250.

Lemon & Herb, initially formed as a trio in 2005, is now composed of childhood friends Don Sithole and Skhumbuzo Radebe, both hailing from KwaZulu Natal, South Africa.

Their journey into the world of house music was inspired by the late 90s compilation albums released by local DJs and the explosion of house music on South African radio. Just like avid fans around the world, they would eagerly record their favourite songs on the radio.

While studying Mechanical Engineering at university, Don and Skhumbuzo honed their craft, delving into the intricacies of music production software and sound engineering. It was during this time that Lemon & Herb was born, a name chosen to defy categorization and allow their sound to evolve freely as they grew and developed as artists. With a keen eye on the business side of the industry,



▲ South African DJs Lemon & Herb to be on the ones and twos at Corona Experience.

they released their debut album, 'Zero Ground,' on their label, Mixed in Motion. The album even featured a remix from the renowned US mega-producer, Ndinga Gaba.

Breakthrough

Their breakthrough moment came when they won an Atjazz remix competition with their captivating remix of the Atjazz/Robert Owens collaboration, 'Love Someone.' This rendition solidified their position in the industry and opened doors to international collaborations.

Subsequent releases on esteemed labels such as Deeper Shader Recordings, Arrecha, Peng Africa, and Ocha, Nulu also propelled them to even greater heights.

However, it was their 2011 release, 'Velani,' featuring the sensational Moonchild Sanelly, that truly signalled their arrival.

This track, taken from their Ocha Records album, 'Tomorrow in Detail,' seamlessly blended afrobeat rhythms, tech-infused elements, and futuristic melodies.



▲ Young Zesh.

Young Zesh ups scales with new album

EVERY Swati music lover should buy new headphones in preparation for a musical treat as Eswatini musician, Young Zesh, prepares to unleash his highly anticipated album, 'Lwandiso,' in May.

With a string of successful releases under his belt, Young Zesh is ready to up the scales and captivate audiences with his unique blend of African-inspired sounds. But before the album drops, fans can look forward to the release of Young Zesh's second single from the album, 'Ungangikholeli,' produced by the talented Liz Harris.

This follow-up single comes hot on the heels of his previous hit, 'Liphasela,' produced by DJ Citie, which made waves towards the end of last year. The release of 'Ungangikholeli' is scheduled for this Friday, February 16, 2024, and promises to be a powerful and personal track that addresses real-life issues close to Young Zesh's heart.

Confidence

Young Zesh, brimming with confidence, declared that this year will be a game-changer for him. He said 'Lwandiso' is a project that draws inspiration from the African continent, showcasing a fusion of Afro Beats and African trap. The album will capture the essence of Eswatini, with its rich cultural heritage and vibrant sounds, serving as the signature of this musical masterpiece. Young Zesh also hinted at some thrilling international collaborations that will feature on the album. He expressed his belief that emaSwati will connect with and embrace the work he has poured his heart and soul into. He hopes that 'Lwandiso' will not only change lives but also leave an indelible mark on his artistic journey, propelling him to new heights of success. The 'Lwandiso' album will be released under Upscale Live, a multifunctional entertainment company operating in Eswatini and South Africa. The company, which houses a record label and talent management division, is home to renowned artists such as multi-award-winning Hip Hop and Afro Pop sensation, Lyrikal Busta, the recently crowned 2023 Eswatini Creator's Awards Music Artist of The Year, Young Zesh himself, and the talented Hip Hop artist and record producer, Sean Cast HQ.

Carreny calls for upcoming artist to perform in his show

CALLING all aspiring artists!

Local musician, Carreny, has opened an incredible opportunity for an upcoming artist to showcase their talent at the Big Bend edition of his 'Love Month Tour.'

Taking to social media, Carreny extended an invitation to artists from Big Bend, Matata, Nsoko, Siphofaneni, and Lavumisa, urging them to seize this chance. "Are you an artist from these areas? Do you have the best music and a dedicated following?"

There is one slot available for you on March 3, 2024, at Lismore Lodge in Big Bend," read the post. Interested artists can submit a link to their best song in the comment section of the social media post.

Carreny explained that he decided to provide this opportunity due to the overwhelming requests he received from aspiring artists to perform at the event. In the spirit of fairness, he wanted to give them a chance to shine on stage.

Love will be in the air as Carreny takes his fans on a romantic journey with his upcoming Love Month Tour. This highly



▲ Eswatini artist Carreny opens call for upcoming artists to perform in his tour.

anticipated event promises to spread love, joy, and kindness throughout the towns of Manzini, Big Bend, Siteki, Nhlangano, Ezulwini, and Mbabane.

Fun lovers will gather with their loved ones, eagerly anticipating enchanting

evenings filled with captivating performances by Carreny and his talented companions. The Love Month Tour is intended to be a celebration of love, music, and unity, as Carreny serenades the audience with his soulful melodies.

Kangaroo's studio broken-into, sessions halted

Stories by Siphesihle Dlamini
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LOCAL producer King Kangaroo's studio fell victim to a forced break-in on Sunday morning, resulting in a temporary halt of studio sessions.

The incident has left the music community in disbelief and Swazi Swag Records (SSR) struggling to recover from the loss. Narrating the incident, King Kangaroo, said he was enjoying the AFCON game between Bafana Bafana and DR Congo at a local hangout spot when the break-in occurred.

Unbeknownst to him, the thieves targeted the studio during his absence, making off with every piece of valuable studio equipment. The estimated loss is close to E14 000, a devastating blow to the thriving music hub.

In the face of adversity, King Kangaroo remains optimistic and grateful for the overwhelming support from both the public and private sectors. Despite the setback, he expressed gratitude for the generosity of those who have come forward to help.

On Monday morning, his uncle and poet Slot Maziya, both provided him with laptops, which he described as a glimmer of hope amid chaos.

While the break-in has undoubtedly disrupted ongoing production sessions, King Kangaroo reassured his followers



▲ Swazi Swag Records (SSR) owner and producer King Kangaroo.

and clients that he is working tirelessly to restore normalcy.

Courtesy to diligent data backups, the loss of recorded material was minimal, providing a silver lining amidst the unfortunate circumstances.

The producer expressed determination to

bounce back stronger than ever, promising that SSR will soon be fully functional once again. He acknowledged that the road to recovery may be challenging, but with the unwavering support of the community, he remains confident in SSR's ability to overcome this setback.

Unathi Mzekeli opens arms to 100 vocalists

ASPIRING artists, it's time to spread your wings and soar!

An extraordinary opportunity has prevailed as 100 vocalists are being sought to join renowned South African Gospel artist, Unathi Mzekeli, on stage for a truly unforgettable experience.

The call for vocalists extends to praise teams, choirs, backing vocals, and Gospel artists, as Unathi Mzekeli seeks to create a harmonious ensemble of voices. Registration for this once-in-a-lifetime competition will open soon, with limited spots available for the lucky 100 voices.

Interested artists should stay tuned for more details regarding the competition, as organizers prepare to unveil the exciting journey that awaits. The highly anticipated event, featuring the incomparable Unathi Mzekeli, is scheduled to take place on May 4, 2024.

Hailing from Johannesburg, Unathi Mzekeli is a musical force to be reckoned with. His passion for music shines through in every note, as he seamlessly blends African rhythms with Western musical elements, creating a unique and captivating sound.

Drawing inspiration from his life experiences, his songs explore themes of love, faith, and hope, offering solace and



▲ 100 voices needed for a moment with Unathi Mzekeli.

encouragement to all who listen. Through his music, Unathi Mzekeli demonstrates the transformative power of music, healing and elevating the human spirit.

Impact

As an accomplished musician, Unathi Mzekeli has made a significant impact on South Africa's religious and Gospel music

scene.

His unwavering devotion to using his music as a vessel for inspiration and optimism is a testament to the depth of his faith. With each performance, he seeks to ignite a spark of hope within his audience, reminding them of the beauty and strength that lies within their hearts.



▲ Smilwesihle Ndlandla will facilitate 'A Married Girl's Luncheon'.

'A Married Girl's Luncheon' to inspire girls

THE highly anticipated second edition of "A Married Girl's Luncheon" is set to inspire and empower girls from all walks of life.

This unique event, scheduled to take place at the Millin Albert Lawn, Mbabane, promises to be an unforgettable experience filled with insightful discussions, valuable lessons, and a celebration of womanhood.

With a limited number of tickets to be issued, the luncheon aims to create an intimate and engaging atmosphere where attendees can connect, learn, and be inspired. The event will delve into a range of topics that are crucial for personal and professional growth, including credit management, self-discovery, digital entrepreneurship, and the importance of embracing God's divine timing.

Leading the charge as the event's captain is "Mrs Ndlandla". Renowned as Smilwesihle Ndlandla, she is a Trade and Financial Analyst, entrepreneur, and influencer. Her impressive background and expertise make her the perfect guide for this empowering journey. Her LinkedIn biography highlights her extensive knowledge in various fields, including Business Modeling and Valuations, Structured Trade and Commodity Finance, Documentary Trade, Financial Institutional Trade, Data Analytics, and Open Account Finance. With exceptional analytical, reporting, and presentation skills, Ndlandla is not only a great communicator but also a team player.

The luncheon, scheduled for April 28, 2024, aims to create a welcoming atmosphere where attendees can adorn autumn or fall chic outfits, and express their style while embracing the season's beauty. The carefully curated program promises to provide a platform for girls to learn from each other's experiences, gain valuable insights, and foster lifelong connections. "A Married Girl's Luncheon" is not just an event; it is a movement that aims to inspire, uplift, and empower girls to reach new heights.

By providing a supportive and nurturing environment, the luncheon seeks to instill confidence, resilience, and a sense of purpose in every girl who attends.

No more marital bliss for Slikour

SUNDAY World can exclusively reveal that Slikour, real name Siyabonga Metane, has been kicked to the curb by the mother of his child, Melissa Wilkinson, a year after they publicly celebrated their five-year anniversary. News of their separation was revealed by a source, who did not want to be named for fear of victimisation.

The source, who is close to the estranged lovebirds, said Wilkinson discarded Slikour like a scratched vinyl after complaining that he was abusing her emotionally.

She also complained, according to the source, that the former member of the hip-hop hybrid, Skwatta Kamp, was financially and psychologically abusive towards her.

Lonely

Wilkinson also lamented that she was lonely in their union because Slikour devoted most of his time to his career and neglected her.

She further protested that Slikour also sidelined her in making crucial family decisions and hardly communicated about their nuptials.

“Melissa tried to fight for her marriage and to convince him to include her in decision-making, but he ignored her and continued to make unilateral decisions. She is one of the

...as wife pulls plug over cheating



▲Slikour, real name Siyabonga Metane, has been kicked to the curb by the mother of his child, Melissa Wilkinson, a year after they publicly celebrated their five-year anniversary.

women who believe that a couple, especially husband and wife, should collectively discuss issues before a decision is taken. When Slikour sidelined her, she was hurt and decided to throw in the towel,” said the

deep throat.

The mole also said Wilkinson complained that Slikour was always away from home and was engaged in extra-marital affairs.

“She said this man was cheating on her,

and that was the last straw that broke the camel’s back.

She said she was heartbroken when she discovered that Silkour was cheating on her,” said the tipster.

According to the source, Wilkinson also said she had not only lost love for the musician, but also respect and affection for him as a result of his cavalier association with women.

Although the two continued to live under one roof in the ritzy suburb of Edenberg in Sandton, said the source, Wilkinson was toying with the notion of vacating their matrimonial home and staying elsewhere because she wants to file for divorce.

“In fact, she has already instructed her lawyers to write to him and inform him that she wants to apply for a divorce decree,” said the source.

The source also says Wilkinson wants Slikour, whom she wed in a traditional ceremony in 2017, to pay over R20 000 towards the maintenance of their child.

“It remains to be seen if he will be able to afford it,” said the source.

Slikour feigned ignorance when we contacted him for comment and said they we still together.

(Sunday World)

Condolences pour in for Bala family, after death of reality star Tat’ uJafta

THE Bala Family has announced the death of their stepfather, Sebenzile Jafta.

The famous music family announced the news on their various social media platforms over the weekend.

Jafta is the stepfather of musical group the Bala brothers, Zwai, Loyiso and Phelo, and their sister Thozama ‘Pinky’.

In a post on X (formerly known as Twitter) Kwaito legend and television personality Zwai Bala revealed that Tat’ uJafta took his final breath on February 10.

“As the Bala family, it is with a heavy heart to announce the untimely passing of our father uSebenzile Jafta early this morning on February 10.”

Hopes

He was admitted to hospital on Thursday evening, and despite the family’s hopes, he didn’t return home

“As amaVala, amaZangwa and maNgwevu (Bala clan names), we would like to say ‘may his beautiful soul rest in peace’.

Tat’uJafta became a public figure on the famous family’s reality show ‘The Bala

Family’, which aired last year on Mzansi Magic.

He was married to the Bala sibling’s mother, Veronica, and on the show, they showcased how they navigated their children’s disapproval of their marriage - after getting married in secret.

Mama V and Tat’uJafta did not inform any of their respective children that they got married, leaving them in the dark about many issues around their union.

TatuJafta’s soft nature and romantic side were a hit with viewers who tuned into the reality show that opened a lid on the famous family’s life.

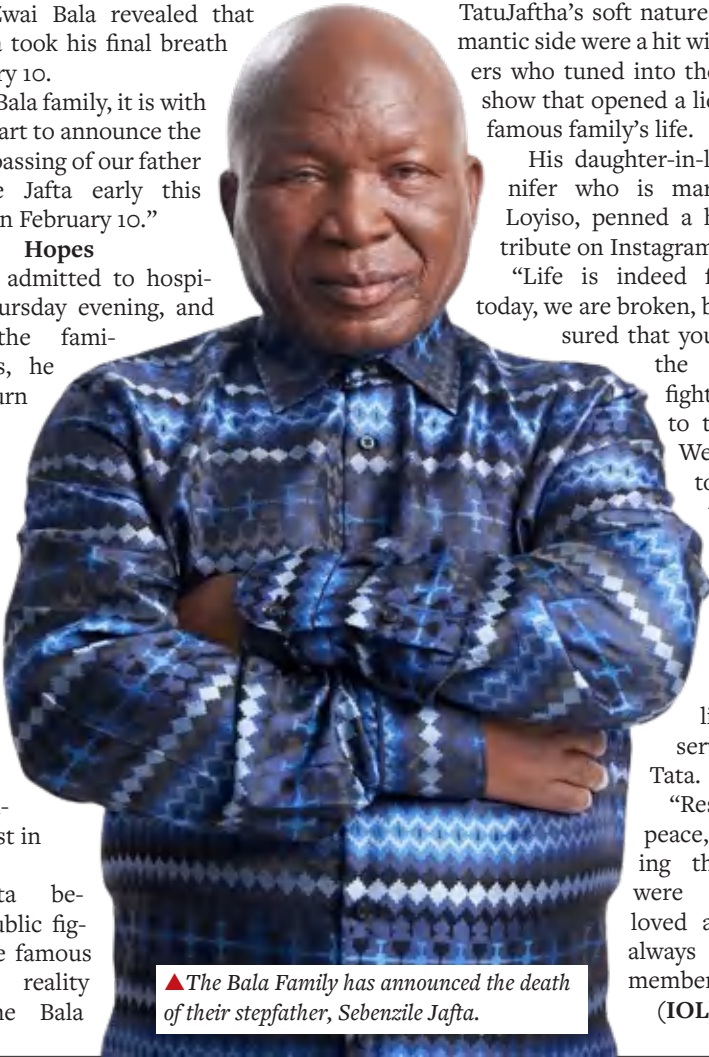
His daughter-in-law Jennifer who is married to Loyiso, penned a heartfelt tribute on Instagram.

“Life is indeed fragile.... today, we are broken, but reassured that you fought the good fight of faith to the end.

We stand together to remember and celebrate your life and service Tata.

“Rest in peace, knowing that you were deeply loved and will always be remembered.”

(IOL)



▲The Bala Family has announced the death of their stepfather, Sebenzile Jafta.

Usher electrifies Super Bowl crowd

USHER delivered a Las Vegas-appropriate set heavy on glitz, choreography and nostalgia as he headlined Sunday’s Super Bowl halftime show, but it was new music from Beyonce and the Taylor Swift cam that grabbed the most attention.

Swift was the night’s most-watched fan as she cheered on her boyfriend Travis Kelce, the tight end for the Kansas City Chiefs, from a luxury box with a coterie of famous friends.

Swift’s relationship with the charismatic Chiefs star has been a boon to television ratings, her every move offering headline fodder. At one point she delighted the internet by chugging a beer - she clocked in at 6.6 seconds - as the jumbotron documented the party trick.

Beyonce was also in attendance with her hip hop mogul husband Jay-Z - and announced a new album during a commercial she did with Verizon, in which she repeatedly tries to “break the internet.”

The ad closes with the line: “Drop the music.”

Moments later on Instagram, Beyonce announced with another clip that her eighth studio album is due March 29. The post didn’t give a title but simply said “Act II”; her blockbuster album “Renaissance” had been branded “Act I.”

Shortly thereafter the Beyhive had two brand new songs to listen to: the twangy “Texas Hold ‘Em” and “16 Carriages” implied Beyonce’s new volume of work might be country-heavy, in a nod to her Texas roots.

The announcement came one week after Swift used the Grammy awards to promote her forthcoming studio album “The Tortured Poets Department,” out April 19.

America’s megastars Beyonce and Swift both had major summer tours last year, boosting local economies at every turn.

But while it was Bey and Tay who overshadowed the night, it was Usher who helmed the stage.

The slow jam king held his own as he



▲Usher performs during Apple Music halftime show of Super Bowl LVIII between the Kansas City Chiefs and the San Francisco 49ers at Allegiant Stadium in Las Vegas.

captured the magic of his late-1990s, early-aughts fame with a 13-minute, career-spanning medley including hits like “Love In This Club” and “OMG.”

It wasn’t his first time at the Super Bowl - Usher appeared as a guest of the Black Eyed Peas in 2011 - but it was the first that he headlined.

His show paid homage to Michael Jackson, who with his 1993 set transformed the halftime gig into one of music’s most-watched - and most-coveted. At one point Usher donned a single glove, a clear nod to the groundbreaking pop artist.

(Bang Showbiz)



YOU don't have to go on a diet or run a marathon to improve your heart health.

In fact, those big goals can be hard to stick to — after all, how many of us have the time or motivation to run for hours a day or drastically cut calories for months on end?

Instead, a series of small changes and micro habits can have huge benefits for your cardiovascular health, reducing cholesterol and lowering blood pressure.

Here MailOnline reveals what tiny tweaks to your daily routine could have a big impact on your ticker...

Cycle for 12 minutes

You don't have to be a MAMIL (a middle-aged man in Lycra) to enjoy the benefits of a bike ride.

Just a short daily cycle ride is enough to start improving your cardiovascular system.

In fact, according to a 2020 study of 411 adults published in the journal *Circulation*, just 12 minutes of cycling is enough to activate hundreds of heart-healthy compounds.

Metabolites associated with diabetes and cardiovascular disease fell by 29 per cent during exercise, while metabolites that help reduce inflammation and cardiovascular disease increased.

In fact, just a short bout of daily activity can lower blood pressure, improve cholesterol and insulin function, reduce levels of inflammation and stress over time.

Drink more coffee

Many of us enjoy the reviving effect of a cup of coffee with its magical ability to boost energy levels, concentration and mood.

But glugging between one and five cups a day could also work wonders for our health.

According to 2015 research by Frank Hu, professor of nutrition and epidemiology at Harvard TH Chan School of Public Health, drinking a 'moderate' amount of coffee is linked to a lower likelihood of heart disease, type 2 liver and endometrial cancers, Parkinson's disease and depression.

The researchers who analysed data from over 208,000 people aged 25 to 75 also found that decaffeinated coffee has the same positive effect.

Yet why it's so beneficial isn't totally understood. 'Coffee is certainly a very complex beverage,' said Professor Hu a few years after the study was published.

'Besides caffeine, it contains hundreds, perhaps thousands, of bioactive compounds. So it's very difficult, perhaps impossible, to tease out the effects of individual compounds or chemicals.'

Donate blood

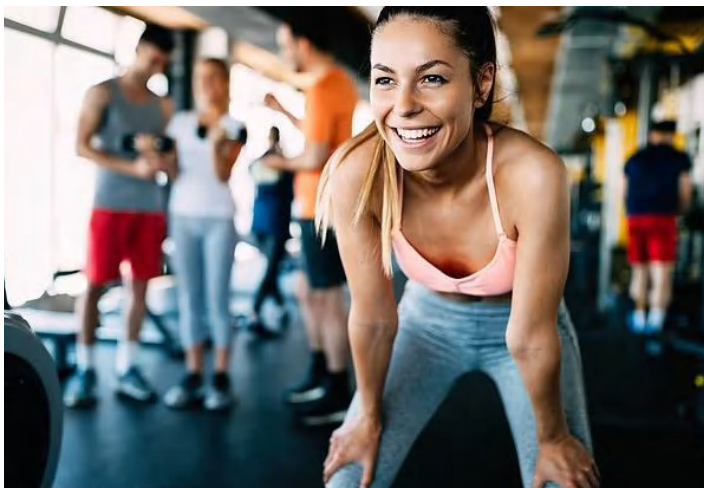
Giving blood is one of the easiest ways we can all help others and even help save lives.

But if you have high blood pressure, which increases the risk of heart disease and stroke, it could also benefit your cardiovascular health.

A 2016 study, which observed 292 people over a year, found that regularly donating blood could be a way to help manage high

Tiny tweaks to future-proof your heart

- Walking over 2,300 steps and owning a pet could reduce cardiovascular disease
- Drinking one to five cups of coffee has a surprisingly positive effect on the heart



blood pressure.

'In people who donated blood on up to four occasions within a year, average blood pressure fell after each donation,' says Dr Sarah Brewer, a medical doctor, registered nutritionist, and author of *Cut Your Cholesterol*.

She says that for those with hypertension, average blood pressure decreased by 12.2/6.9mmHG after four donations.

'As a result of giving blood regularly, some participants were able to have their antihypertensive medication reduced or even stopped under medical supervision by their doctors, and five per cent had their drug therapy stopped altogether,' she says.

Take plant pills

This is the year to go green... and red, yellow, purple and orange.

Eating a plant-packed diet could halve your risk of cardiovascular disease, and have a significant impact on your heart health even if you've eaten poorly up until mid-life.

A US 2021 study by the American Heart Association, *A Plant-Centered Diet and Risk of Incident Cardiovascular Disease during Young to Middle Adulthood*, tracked 4,946 adults aged 18 to 30 for 32 years.

Those who ate the most vegetables were 52 per cent less likely to develop heart disease.

Participants who changed their diets for the better in middle age were 61 per cent less likely to develop subsequent cardiovascular disease, in comparison to participants' whose diet declined.

One of the reasons vegetables, nuts, seeds, legumes and wholegrains are so powerful is that they contain plant sterols, a potent weapon against cholesterol.

A natural compound found in broccoli, brussels sprouts, olive oil, pistachios and sesame seeds, plant sterols reduces the amount of cholesterol being transported into the bloodstream, leading to lower levels of non-HDL (bad) cholesterol.

They also impact the amount of cholesterol



the liver produces by signalling that there is enough present, which leads to further reductions in non-HDL cholesterol levels, it is thought.

A supplement, such as Healthspan's 800mg Plant Sterols, 90 tablets for £17.95, are also a good source of plant sterols which could help maintain healthy cholesterol levels.

Walk 2,337 steps a day

Taking 10,000 steps a day has entered our culture as a gold standard, but according to a recent study, hitting a far lower number will keep our ticker in top shape.

Walking just 2,337 steps a day reduces the risk of dying from cardiovascular disease, say researchers from the University of Lodz, in Poland.

The 2023 study, which was published in the European Journal of Preventive Cardiology, also found walking at least 3,867 steps a day started to reduce the risk of dying early from any cause.

However, they also found that the more we walk, the greater the health benefits.

With every 500 to 1,000 extra steps we walk, the risk of dying from cardiovascular disease — and any cause — decreases significantly.

Even if people walked as many as 20,000 steps a day, the health benefits continued to increase.

Take blood pressure pills at night

Many people who take anti-hypertensive medication to lower their blood pressure will pop their pills in the morning.

However, according to a 2019 study by the University of Vigo in Spain, which followed participants over six years, the ones who took their anti-hypertensive medication before they went to bed saw their risk of 'cardiovascular death' reduced by 45 per cent, compared to those who took it when they woke up.

That's because the chance of having a stroke is almost 50 per cent higher between 6am and 12pm, according to Russell Foster, Professor of Circadian Neuroscience at the University of Oxford, and author of Life Time: The New Science of the Body Clock, and How It Can Revolutionize Your Sleep and Health.

'There's a rise in circadian-driven blood pressure,' he said.

'That's not a problem for most of us, but if you're at risk of stroke and you have cardiovascular disease, it's a dangerous window of time.'

Get a pet

Owning a dog could save your life.

Innumerable studies have found the positive relationship between having a dog or cat and a healthy heart.

Researchers looked at almost 4,000 healthy adults aged 50 plus, of whom just over a third owned a pet, and found that pet ownership was associated with a 31 per cent lower risk of developing cardiovascular disease.

Surprisingly, this wasn't just down to increased exercise from walking a dog as the benefits were largely attributed to owning a cat.

Cat owners were 38 per cent less likely to die from cardiovascular disease than non-cat owners, while dog owners were 18 per cent less likely to die from cardiovascular disease than non-dog owners.

The protective effect of owning a pet was thought to relate to the stress-relieving effects of animal companionship.

Mail Online

Micro-workout benefits and tips on how to get started

NO time to work out? Micro-workouts can help change that.

Fitting an hour of exercise into your busy day can feel impossible, but proponents of micro-workouts say they offer a way to get exercise in more approachable chunks.

Micro-workouts are a "relatively small commitment in time and intensity for a relatively big payoff," explains Walter Gjergja, former professional athlete and co-founder and chief wellness officer at fitness app Zing Coach.

What are micro-workouts?

Also called mini workouts or exercise "snacks," micro-workouts involve short bursts of movement, done multiple times a day, to add up to a larger overall workout.

"Ideally, we want to total up to 15 minutes or more and spread that 15 minutes throughout the day," Gjergja says. "There is substantial research that shows that this type of very short but high-intensity bursts has a profound impact to our physiology, to our health, to all kinds of markers of fitness."

Gjergja says micro-workouts can fall into two categories: 20- to 60-second workouts, or sessions that last a bit longer, around 3 to 7 minutes.

"They have to be over 20 seconds, otherwise the efficiency is really very minimal, but they are a short burst of relatively intense movement and intense exercise," he explains. For example, this may look like running up stairs for 20 seconds or running in place for a minute.

He also doesn't advise going longer than 10 minutes if you're aiming for a micro-workout, since that length of time "involves a more steady effort," he explains.

Micro-workout benefits

The first — and perhaps most obvious — benefit of micro-workouts is fitting some movement into your day.

Even with only 3 to 7 minutes to spare, Gjergja says you can take a "mini journey of the three main areas of fitness," which are cardiovascular, muscular and flexibility.

For example, you could structure your micro-workout as a couple of minutes of push-ups, squats or sit-ups for strength, a couple of minutes of cardio exercise like jumping jacks, and a couple of minutes of stretching for mobility.

"You get immediate coverage of all the critical aspects of fitness and well-being in a very short period of time," he says.

Research has also pointed to benefits



of a few minutes of vigorous activity throughout today.

An observational study published in JAMA Oncology last year found that doing four to five minutes a day of "vigorous intermittent lifestyle physical activity — such as one- to two-minute bursts of fast walking or stair climbing — is associated with a "substantially lower cancer risk" compared to those who did no such activity. Even quick strolls — as short as 5 minutes every half hour — throughout the day can go a long way for your health, other research shows.

Other benefits of micro-workouts include being able to do them practically anywhere, since they don't require equipment or much space, and that they can help you build towards more long-lasting exercise habits.

"Usually to start with a small commitment, it's far more effective than to jump in fully into a (larger) activity (or) gym membership," Gjergja explains. "The moment you are convenient to just a few minutes (that) are manageable within your home or office space, suddenly the creation of that habit is much easier."

Tips to start micro-workouts

Incorporate it into daily life:

Whether sitting at your desk, doing household chores or watching TV, movement can be sprinkled into your

typical routine.

For example, if you take just a minute from every hour of your work day for push-ups or sit-ups, you can easily reach hundreds of reps by the end of your shift.

"That is a substantial muscular workout, especially for somebody who doesn't usually train," Gjergja says. "And you've done it with virtually no commitment at all."

During a recent appearance on "CBS Mornings" to discuss heart health, CBS News chief medical correspondent Dr. Jon LaPook talked about a similar way to "hack" movement into your day.

"If you're commuting to work, how about commuting 10 blocks before work and then walk? If you're taking the elevator to the 22nd floor, take it seven floors under that and walk," he suggested. "Make it so that you're not saying, 'OK, now I have to do exercise' — exercise becomes just part and parcel of how you live your life."

Set your workout "menu":

Gjergja suggests preparing a "menu of exercises" that you can do safely and in the environment and clothes you'll be in.

"Don't improvise," he says. "Test that you can do this exercise and it's physiologically comfortable for you."

If you're looking to increase the intensity of the micro-workouts, you can try harder movements like burpees or incorporate a pair of dumbbells or elastic exercise bands.

CBS Health

Memorable moments from Super Bowl LVIII



▲ Kansas City Chiefs' Patrick Mahomes celebrates with the Vince Lombardi Trophy after winning Super Bowl LVIII.



▲ Kansas City Chiefs' Patrick Mahomes is sacked by San Francisco 49ers' Nick Bosa during the Super Bowl in Las Vegas.



▲ Kansas City Chiefs' Mecole Hardman Jr. scores a touchdown to win Super Bowl LVIII.



▲ Kansas City Chiefs' Harrison Butker kicks a field goal during the Super Bowl in Las Vegas.



▲ Usher performs during the halftime show.



▲ Alicia Keys and Usher perform during the halftime show.

NAIROBI - Kenya's marathon world record holder Kelvin Kiptum and his coach were killed in a traffic accident in the Rift Valley on Sunday, cutting short the career of the only man to have run the endurance classic in less than two hours and one minute.

The 24-year-old set the world record by opening a new tab at the Chicago Marathon in October with a time of two hours and 35 seconds to surpass the mark of 2:01:09 run by compatriot Eliud Kipchoge in Berlin in 2022.

Kiptum, who clocked three of the seven fastest marathon times in history, had been hoping to become the first man to run the marathon in under two hours in race conditions at Rotterdam in April as well as make his Olympic debut in Paris in July.

"We are shocked and deeply saddened to learn of the devastating loss of Kelvin Kiptum and his coach, Gervais Hakizimana," World Athletics President Sebastian Coe said in a statement.

"On behalf of all World Athletics, we send our deepest condolences to their families, friends, teammates and the Kenyan nation.

"An incredible athlete leaving an incredible legacy, we will miss him dearly."

Marathon world record holder dies in road accident

According to the police report, Kiptum was driving his Rwandan coach and a woman in a car near the Rift Valley village where he was born when the accident occurred.

The athlete lost control of the vehicle and veered off the road into a ditch, travelling for about 60 metres along it before crashing into a large tree.

Kiptum and Hakizimana died at the scene but the woman, 24-year-old Sharon Chepkurui Kosgei Keiyo, survived with serious injuries and was treated at a local hospital.

Tributes poured in from senior Kenyan politicians and fellow athletes.

"His mental strength and discipline were unmatched. Kiptum was our future," Kenya's President William Ruto said on social media platform X.

Kipchoge, who had been expected to race Kiptum at the Paris Olympics, said he was "deeply saddened" by the death of "rising star" Kiptum.

Writing on X, the 39-year-old said Kiptum was an "athlete who had a whole life ahead

of him to achieve incredible greatness".

Kiptum, a product of the high altitude region of Kenya which has produced most of the country's world-renowned distance runners, started his international career on the half-marathon circuit in 2019.

He made an explosive entry into the full 42.195km distance by running the then-fourth fastest time on record (2:01:53) to win the 2022 Valencia Marathon on debut.

That race revealed his trademark approach to marathons, running with the pack for the first 30kms and then upping the pace and racing off alone for the remainder of the race.

He used the same tactics to win last April's London Marathon in a course record of 2:01:25 and again in Chicago in October to take 34 seconds off Kipchoge's world mark.

That was to be his final race before his untimely death, which came only a week after World Athletics had ratified his world record.

(Reuters)



▲ Kenya's marathon world record holder Kelvin Kiptum and his coach were killed in a traffic accident in the Rift Valley on Sunday.



▲ Retired Bafana Bafana stars Aaron Mokoena (l) and David Nyathi (r) were robbed at gunpoint at the South African Football Association (Safa) technical centre, known as Fun Valley resort after thugs stormed into the facility in the early hours of Friday morning.



Bafana legends robbed at gunpoint at SAFA's premises

RETIRED Bafana Bafana stars Aaron Mokoena and David Nyathi were robbed at gunpoint at the South African Football Association (SAFA) technical centre, known as Fun Valley resort after thugs stormed into the facility in the early hours of Friday morning.

The suspects stole their valuables, such as laptops, cellphones, and watches, and also took security guards hostage. The thugs also demanded Mokoena's car keys and put the stolen goods inside the vehicle, which they then used to flee the scene.

Said a well-placed insider: "We suspect that it is an inside job. The criminal elements knew exactly who was in the resort. They held the security guards hostage and demanded that they take them to the rooms where Mokoena and Nyathi were sleeping.

"They started at Mokoena's room, and got the security to call him and to open the door. Mokoena woke up and they kicked the door as he was opening and entered the room.

"They then grabbed Mokoena and took him to Nyathi's room where they called him with Mokoena's cellphone and repeated the same tactic. As they were loading their loot into Mokoena's car, Nyathi escaped and ran for safety. They then drove off in Mokoena's car." "Yes, it is true. We are just trying to find out if they are okay," said another high-rank-

ing official. We have issues with this new security company that is in charge. There have been a lot of issues since they were brought in and there are talks about cancelling their contract. We are in the process of finding out what happened," he said.

Mokoena is a former Bafana captain and holds the record as the highest-capped SA player, while Nyathi is a renowned retired defender who was a part of the famous team that won the 1996 Africa Cup of Nations tournament.

The duo was last year roped in by SAFA as chief and assistant chief scouts, respectively.

In December, SAFA vice-president Linda Zwane announced Nyathi would take over as SA Under-17 coach.

The resort, on which SAFA spent about R70 million in 2015, is used by the federation to house junior national teams, coaches and some admin staff.

The resort is intended to become SAFA's one-stop shop for accommodation, training and conferencing.

The 38-hectare property, situated on the Golden Highway in the south of Johannesburg, was very popular in the 1990s. Visitors are still welcomed into the facility for day and overnight visits at the resort.

(Sunday World)

PSL action returns with mouth-watering clashes

FOLLOWING a month-long break from what was an exciting and monumental Africa Cup of Nations (Afcon) showpiece in Ivory Coast, Premier Soccer League (PSL) action is set to return with action-packed fixtures lined up this week.

The Motsepe Foundation Championship will resume tomorrow afternoon, which will see MM Platinum host the second-placed team on the log table, Pretoria University, at the Dobsonville Stadium.

The rest of the matches will all be played on Tuesday, including the much-anticipated return of the DStv Premiership, which will see Kaizer Chiefs, Orlando Pirates, SuperSport United and Cape Town City all in action.

Runaway leaders Mamelodi Sundowns will be back in action on Wednesday night, as they will be playing away from home when they clash with a declining Golden Arrows side at the Mpumalanga Stadium in Hammarsdale, KwaZulu-Natal, at 7:30 pm.

Amakhosi will be welcoming TS Galaxy at the Peter Mokaba Stadium in Polokwane, while the Buccaneers entertain Chippa United at the Orlando Stadium on Tuesday.

The Glamour Boys will go into the second half of the season with a slight advantage over their rivals, as coach Cavin Johnson enjoyed having the core of his squad during Afcon, with defender Edmilson Dove the only player out on international duty with Mozambique.

Unlike Chiefs, Sundowns had 10 players away, with nine of them making up almost half of the Bafana Bafana squad, while Peter Shalulile was out, also making history with Namibia.

Pirates had five players at Afcon, three in Hugo Broos' squad, while Richard Ofori and Deon Hotto were in action for Ghana and Namibia, respectively.

With none of the bottom-half teams safe from relegation, including the bottom-of-the-table Cape Town Spurs, they will be desperate to get enough points if they are to save their top-flight football status come May 25.

(Sunday World)



Midweek Fixtures

Tuesday 13 Feb:
Stellenbosch vs AmaZulu;
Danie Craven Stadium.

Cape Town City FC vs Moroka Swallows;
Cape Town Stadium.

SuperSport United vs Sekhukhune United;
Lucas Masterpieces Moripe Stadium

Orlando Pirates vs Chippa United;
Orlando Stadium

Kaizer Chiefs vs TS Galaxy;
Peter Mokaba Stadium

Wednesday 14 Feb:
Royal AM vs Cape Town Spurs;
Harry Gwala Stadium

Golden Arrows vs Mamelodi Sundowns;
Mpumalanga Stadium

Polokwane City vs Richards Bay;
Old Peter Mokaba Stadium

Friday 16 Feb:
SuperSport United vs Stellenbosch;
Peter Mokaba Stadium

AFCON triumph ‘more than a fairytale’ – Fae

IVORY Coast coach Emerse Fae toasted his team of “miracle survivors” after the host country completed one of the greatest turnarounds in major tournament history to win the Africa Cup of Nations by beating Nigeria 2-1 in Sunday’s final.

“It is more than a fairytale. I am struggling to take it all in,” Fae said after Ivory Coast recovered from behind at halftime at the Ebimpe Olympic Stadium to win thanks to goals by Franck Kessie and Sebastian Haller.

“When I think about all we have been through, we are miracle survivors.

“We never gave up and we managed to come back from so many tough blows.”

Sunday’s victory before an official attendance of over 57 000 in Abidjan allowed the Elephants to win their third continental title.

They are the first host country to win the

Cup of Nations since Egypt in 2006, and yet they very nearly went out in the group stage.

The Ivorians lost 1-0 to Nigeria in their second match before losing 4-0 to Equatorial Guinea, their heaviest-ever home defeat.

That made them the first Afcon hosts in 40 years to lose two group games and cost coach Jean-Louis Gasset his job.

Squeezed

However, they squeezed into the last 16 as the last of the four best third-placed teams, with former player Fae taking over on an interim basis.

Ivory Coast beat holders Senegal on penalties in the last 16 after equalising late in normal time.

They beat Mali 2-1 in the quarterfinals with a winner in extra time, having been reduced to 10 men in the first half and trailing into the 90th minute.

(Supersport)



▲ Ivory Coast coach Emerse Fae admiring the AFCON trophy.



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Exhilarating Ingwenyama Cup reaches its zenith

By Sibusiso Masilela
sibusisom@rubiconmedia.group

BOYS have been separated from men in the SMVAF Ingwenyama Cup with four teams remaining in the prestigious knockout tournament. We review the quarter-final action of the country's richest knockout tournament that blends football with culture. The action was witnessed over the weekend at Mayaluka Stadium and Mavuso Sports Centre.

1. Green Mamba maintain Nsingizini dominance
Defending champions Green Mamba maintained their dominance over cup specialists Nsingizini Hotspurs after beating the Shiselweni-based side in the fierce match played at Mayaluka Stadium. The 'Correctional Services side needed a Sabelo 'Sikhali' Ndzinisa first-half goal to book their place in the last four at the expense of the expensively assembled opponents.

2. Buffaloes end Madlenya's dream
2019 winners Young Buffaloes ended Madlenya's dream in the Ingwenyama Cup after booting the Siphofaneni-based side out of the tournament. The army side recorded a 2-0 win over the giant-slayers, thanks to Sandile 'Saviola' Gamedze and Bongiswa Dlamini's goals in each half.

3. Bull complete double over Ezulwini United
Courageous Mbabane Highlanders had to dig deep into their reserves of courage to beat a stubborn Ezulwini United in the pulsating quarter-final encounter played on Sunday at Mavuso Sports Centre. The crowd-pullers produced a late equaliser at the stroke of death through Thami Zulu that took the match to the lottery shootouts, where they emerged victorious. The capital city giants have beaten 'Stingers' twice in a row in all competitions, including the recent 1-0 win in the league.

4. 'Smoothies' still leading scorer's charts
Ezulwini United captain Mphucuko 'Smoothies' Dlamini remains the tournament's current top goal-scorer with six goals. Dlamini netted his sixth goal of the tournament during their loss against his former club, Highlanders on Sunday. He is facing stiff competition from Young Buffaloes' talisman Sandile 'Saviola' Gamedze with five goals and Green Mamba marksman Sabelo 'Sikhali' Ndzinisa with four goals. Other contenders Young Buffaloes veteran striker Phiwa Dlamini and Mbabane Swallows winger Siyabonga Zwane are both sitting at three goals ahead of the semi-finals.

5. Bull set a new record
Mbabane Highlanders are the only team remaining that has never won the tournament among the four semi-finalists. The 'Black Bull' has only played two finals in 2018 and 2019 and they still have a chance to end their jinx in the same tournament. Swallows remain the most successful team in the tournament with a treble, while Buffaloes and Green Mamba have only won it once.



▲ Young Buffaloes Sandile 'Saviola' Gamedze celebrate the goal he scored in the 2-0 win over Madlenya on Saturday.



▲ Mbabane Swallows players celebrate the 4-0 win over Pigg's Peak Rangers.



▲ Mbabane Highlanders defender Thami Zulu celebrate the equalising goal he scored against Ezulwini United (L) and (R) Green Mamba striker Sabelo 'Sikhali' Ndzinisa celebrates the lone goal he scored in the 1-0 win over Nsingizini Hotspurs.



6. P/P Rangers takes home over E100 000
Minnows Pigg's Peak Rangers bowed out of the tournament with some pride after making over E100 000 in prize money. The Sihle Mavimbela-led side has raked in E75 000 for reaching the quarterfinals and E30 000 for being the best finisher from the National First Division/Super League. Rangers were knocked out of the tournament

by capital city side Mbabane Swallows with a 4-0 beating on Sunday at Mavuso Sports Centre.
7. Good quarterfinals turnout
The quarter-final matches were well-attended both on Saturday and Sunday at Mayaluka Stadium and Mavuso Sports Centre respectively. An impressive crowd of over

2 000 cascaded to the Mayaluka Stadium, where Nsingizini and Green Mamba fans created a carnival atmosphere with their cheerful singing. The numbers increased on Sunday at Mavuso Sports Centre to over 3 000, where two crowd-pullers Mbabane Swallows and Mbabane Highlanders were in action.

PB for Chad in World Aquatics



▲ Swimmers Chad Ning (left) and Siwakhile Dlamini (right) with their Coach Mark Hoare in Qatar.

Stories by Ntokozo Magongo
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IT was a good performance for swimmer Chang Ning who clocked a personal best in 100m breaststroke in the ongoing World Aquatics Championships held in Doha, Qatar.

He was the first to compete in the championships on Sunday evening while Siwakhile Dlamini will compete on Thursday in the Women's E100 freestyle. The country is represented by the two swimmers in the competitions.

The swimmers Coach Mark Hoare said he believes the performance by Ning was exceptional considering that he was up against top swimmers in the world.

"Chad Ning had his first race of the 100m breaststroke on Sunday, where he delivered an exceptional performance, clocking a Personal Best (PB) time of 1:10.55 minutes from 1:10.68 minutes which he swam at the African Junior Swimming Championships in Mauritius last year," he said.

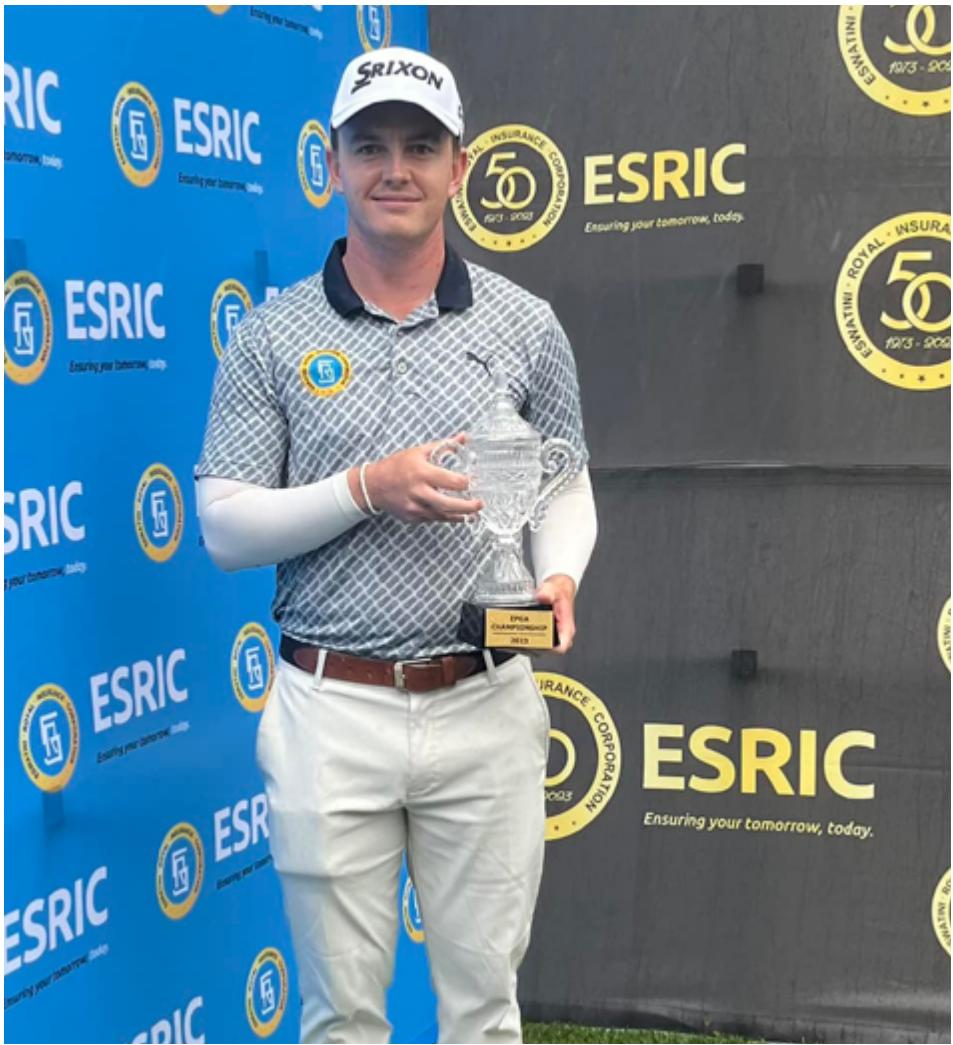
Hoare said the competitions are held in state of art training facilities equipped to suit every athlete, and coach's needs to prepare and perform at the highest level of swimming.

"Siwakhile Dlamini will compete on the February 15 in the Women's 100m Freestyle. She is working tirelessly in fine-tuning her technique and getting into racing mode. She is really looking forward to her race and competing with the best in the world," he said.

Hoare added that the two athletes, Siwakhile and Ning, have climatized very well.

"As their coach, I am working around the clock, ensuring that they are best prepared for their races and that nothing hinders their chances of delivering good performance.

Competition is very tight. The two athletes are up against Olympic Champions, World Aquatics Champions. However, they are willing to hoist the Eswatini flag high and to take on the challenge and do Emaswati proud. They are confident their performances will put them into contention for the Paris, France Olympic Games Team Selection," he concluded.



▲ Professional golfer James Pennington.

Pennington in E7.3 mil tournament qualifiers

PROFESSIONAL golfer James Pennington will compete against 70 golfers in an attempt to qualify for the E7.3 million sponsored Dimension Data Pro-Am.

The qualifier tournament will be played on Tuesday at the Monagu Golf Course, Fancourt, South Africa. The qualifier will be played in one round and only 10 professional golfers will make it to the main tournament.

The main tournament will be played from February 15th to 18th at the Montagu Golf Course, Fancourt and Outeniqua Golf Course. The tournament will be played for

over four rounds with the winners set to pocket over E500 00.

According to the sunshinetour.com, Montagu, named after the Montagu pass was originally designed by Gary Player and is a much celebrated parkland course and has been ranked as the number-one golf course in South Africa in the past and is currently ranked as number six best conditioned (Golf Digest Rankings 2016).

The duo of Mandla Dlamini Jnr and Brandon-Jude Rennie has not entered for the qualifiers that rule them out of the main tournament. The tournaments are under the Sunshine Tour where the trio of local golfers are affiliated.

Ncobile reaches finals in pool SA tournament

By Sibusiso Masilela
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LOCAL pool star Ncobile Dlamini continues to make a steady progress in the international scenes.

The female player reached the finals of the Ladies top eight tournaments held on Sunday evening in Johannesburg.

Dlamini took home E1 000 together with South African compatriot Beatrice Monyake after the final was called off due to load shedding. She attended the same tournament together with two other locals such as Angel Mabaso and Vumile Dlamini, who lost in the quarterfinals and last 16 respectively.

Eswatini Cue Sports Association (ECSA)

Secretary Mbongeni 'Mdlikiza' Gamedze confirmed the results.

"We are happy with the performances of our players during international tournaments. This is a sign of growth for the sport in the country and we urge them to continue working hard in other upcoming assignments," he said.

Meanwhile, Ncobile could not be reached for comment on the matter at the time of compiling this report. Dlamini recently won E4 600 during the recent Eswatini Pool festival where she finished second behind champion Botswana's Boinelo Kalantsho.

On another note, the pool mother body is finalizing an international trip for male star Nkhosinathi 'Bhubesi' Sihlongonyane to the Chinese 8 ball international tournament in March.



▲ Sanchez Simelane, Vumile Dlamini, Angel Mabaso and Nqobile Dlamini participated in the ladies competition held in Johannesburg South Africa over the weekend.

Close to E300 000 made in Ingwenyama Cup quarter-finals

Stories By Sibusiso Masilela
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The good turnout during the Ingwenyama Cup quarterfinals has seen a combined gross of E267 000 collected during the last eight matches of the prestigious knockout.

The biggest revenue of E201 100 was collected during the second quarterfinals played on Sunday at Mavuso Sports Centre.

According to independent investigations conducted by the Eswatini Daily News, each of the four teams received E13 552 in the likes of Mbabane Swallows, Mbabane Highlanders, Pigg's Peak Rangers and Ezulwini United.

Some of the deductions include the PLE levy, stadium booking fees, referees and ball boys allowances, among others.

The games sold over 2 600 tickets at E50 entrance fee per person.

The Saturday double header at Mayaluka Stadium raked in E67 050, where 1341 tickets

were sold on the day.

Each of the four teams is said to have banked close to E7 900 after deductions, as an E50 entrance fee was also charged on the day.

The beneficiaries of the sugar belt double included Green Mamba, Young Buffaloes, Nsingizini Hotspurs and Madlenya.

Premier League of Eswatini PLE Chief Executive Officer (CEO) Kenneth Makhanya only confirmed the number of tickets sold on the two match days.

Tickets

"A total of 1 341 tickets were sold at Mayaluka Stadium, and 2 681 tickets were sold on Sunday at Mavuso Sports Centre," he said.

Makhanya, however, declined to divulge the monies that were given to the eight teams after deductions.

Four teams including defending champions Green Mamba, Mbabane Swallows Young Buffaloes, and Mbabane Highlanders are still in the hunt for the E1.4million first prize money after advancing to the semi-finals.



▲Mbabane Highlanders came in their numbers to watch the team march into the Ingwenyama Cup semifinals.



Nsingizini faces Swallows in MTN League return

By Ntokozo Magongo
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The MTN Premier League returns with some mouthwatering clashes after a week break giving way to the Ingwenyama Cup quarterfinals.

Nsingizini Hotspurs will host Mbabane Swallows on Sunday at King Sobhuza II Memorial Stadium, kick-off 3pm.

This is the only game to be played on Sunday according to the fixture released by the Premier League of Eswatini (PLE) on Monday.

Log leaders Royal Leopard will face Mbabane Highlanders on Saturday at Mavuso Sports Centre in a double header that will also feature relegation threatened Moneni Pirates against title challengers Young Buffaloes. The game will be played on Saturday.

Manzini Wanderers will face their hoodoo side Madlenya FC who booted them out of the Ingwenyama Cup last 16 and also beat them 2-1 in the first-round encounter. This clash is scheduled for KaLanga Technical Centre.

MTN Premier League week 17 fixtures:			
Saturday (February 17)			
Simunye Sports Ground:			
D. Sundowns	vs Green Mamba		3pm
Mavuso Sports Centre:			
M. Pirates	vs Y. Buffaloes		2pm
R. Leopard	vs M. Highlanders		4:30pm
King Sobhuza II Memorial Stadium:			
Rangers	vs M. Sea Birds		
KaLanga Technical Centre:			
Madlenya	vs M. Wanderers		3pm
Mayaluka Stadium:			
Illovo	vs Ezulwini		3:30pm
Sunday (February 18)			
King Sobhuza II Memorial Stadium:			
N. Hotspurs	vs M. Swallows		2:30pm
MTN National First Division League:			
Saturday:			
Mayaluka Stadium:			
U. Flyers	vs T. Oallies		4:30pm
Prince of Wales Sports Ground:			
PPB, Swallows	vs T. Celtics		4:30pm
Malanti	vs PP Rangers		3:30pm
Manzini Club:			
L. Spurs	vs L. Killers		4:30pm
Louis XIV	vs Sidvwashini		3:45pm
Sunday:			
Manzini Club:			
OK Survivors	vs M. Hotspurs		3pm
Mayaluka Stadium:			
Sisonkhe	vs N. Celtics		3pm

Taekwondo team crash out of Olympic Qualifiers

Eswatini's Taekwondo Olympic dream is over.

The follows the exit of male artist Wandile Maziya in the 2024 Olympic Games qualifiers held over the weekend at Dakar, Senegal.

Maziya followed the footsteps of Carlota Munave, Nonhle Maduma and Mfanewekhaya Dube who also lost in the same qualifiers on Saturday.

The team was under the guidance of internationally recognized coach Mancoba Motsa during the assignment.

Eswatini Taekwondo Federation (ETF) President Zakhele Dlamini confirmed the results.

"It's true that all our athletes lost out in the qualifier which is huge blow for the country," he said.

The president further stated that they were now hoping to get the universal qualification slot for one athlete under the International Olympic Committee (IOC).

"We are positive to have one athlete in Carlota Munave in the Olympic team as she is also part of the current Olympic

scholarship. We will await guidance from the Eswatini Olympic and Commonwealth Games Association (EOCGA) over the universal slot," Dlamini said.

The trip for the four member to Senegal team was funded by the local Olympic movement (EOCGA) to the tune of E140 000.

The national team is also expected to be part of team Eswatini during the African Games in March at Ghana.

Other upcoming international taekwondo competitions include the World championships and the World Junior championships.

“It's true that all our athletes lost out in the qualifier which is huge blow for the country”



▲The taekwondo national team.



**Marathon
world record
holder dies in
road accident**

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**Nsingizini
faces Swallows
in League
return**

Page 23



Eswatini Daily News
Tuesday 13 February, 2024

Sport



**Close to
E300 000
collected in
Ingwenyama
Cup quarters**

... Good turnout in quarter-final double headers yield desired fruits for teams and Premier League of Eswatini (PLE) as over 4 000 tickets were sold in the past weekend. **Page 23**