



World Vision empowers young  
women, OVC caregivers

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## Hope for 10 000 emaSwati swindled in Channel S Club scam



By Bahle Gama  
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OVER 10 000 eligible investors who have been anticipating getting a share from the Qawe Mamba-established Channel S Proposed Credit and Savings Cooperative should expect to receive their funds soon, the Central Bank of Eswatini (CBE) has said. The Channel S Club is one of the Ponzi Schemes which once illegally operated in the country and was eventually busted by the CBE after 'robbing' emaSwati of about E17 million of their hard-earned money.

■ SEE FULL STORY ON PAGE 2



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# Hope for 10 000 emaSwati swindled in Channel S Club scam

Stories by Bahle Gama  
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OVER 10 000 eligible investors who have been anticipating getting a share from the Qawe Mamba-established Channel S Proposed Credit and Savings Cooperative should expect to receive their funds soon, the Central Bank of Eswatini (CBE) has said.

The Channel S Club is one of the Ponzi Schemes which once illegally operated in the country and was eventually busted by the CBE after ‘robbing’ emaSwati of about E17 million of their hard-earned money.

According to the CBE Facebook page, it has consistently worked on the matter since it was reported about 10 years ago and was sometimes compelled to approach the courts to resolve it.

The bank said distribution would start no later than June 2024. The last amount that was presented by CBE was E2.7 million which it previously reported was readily available for distribution with an additional amount yet to be determined and to be availed from the sale of Qawe Mamba’s seized assets which are believed to have been bought by the proceeds of the Channel S Club Ponzi scheme. The assets include land, vehicles, and studio equipment.

The CBE further stated that the intricate process of winding up the impounded estate, including disposal through auction caused a delay. The bank’s agent PricewaterhouseCoopers was tasked with the liquidation of Mamba’s impounded



▲Channel S Director Qhawe Mamba.

assets, both movable and immovable.

The CBE compiled a list of eligible individuals set to receive a share from the sale of assets linked to the defunct club. The E2.7 million that was reportedly found in Mamba’s six different bank counts would be distributed among the members.

The remaining sum is part of the E17 million collected from the club members during its operation, of which E5.7 million was disbursed and E11 million remains unaccounted for from Mamba’s accounts.

In October 2010, the CBE initiated a registration process and urged members



to provide documented proof of their association with the Channel S pyramid scheme. This came after Mamba’s trial where he pledged to dispose of assets worth over E20 million to repay the members.

He once claimed that the impounded property was worth E10 million including transmitters, studio equipment, vehicles, servers, mobile studio, and cash in the bank.

From November 1 - November 13, 2010, the registration, and verification process occurred, confirming members’ claims through certified copies of national documents and evidence of invested funds.

According to the bank, despite Mamba’s assertions that the club could have raised E25 million for its members, the CBE was focused on recovering the E18 million allegedly misappropriated through the Channel S pyramid scheme.

“The bank is determined to liquidate assets to fulfil its commitment to the scheme’s members, aiming to complete the distribution no later than June 2024,” said the bank.

The CBE stated that reimbursement is contingent upon the sale of assets registered in Mamba’s name, with the proceeds

intended for the scheme’s members.

According to reports, Mamba said what needed to be understood was that this was a draconian law used against him, adding that he never owned Channel S Club but it was owned by members.

Interestingly, our sister publication, Eswatini Financial Times reported that Eswatini risks being labelled a “looting ground” for deliberately designed Ponzi Schemes and those masquerading as investment companies.

According to research conducted by the publication, thousands of emaSwati had been plundered over E482 million in the past 10 years by pyramid schemes and dubious investment schemes that later became fly-by-nights.

The research uncovered that the beleaguered Ponzi schemes and ‘failed’ investment companies which took emaSwati for a ride with their hard-earned cash include Diamond Africa, Suke-On-Time, Channel S Club, Aloe Funds, Ecsponent Eswatini, Sharemax Investments which changed to Nova Properties and QZ Asset Management.

According to information sourced from the Central Bank of Eswatini (CBE), Diamond Africa looted E4.4 million of emaSwati’s investments, Suke-On-Time disappeared with over E60 million, Channel S Club robbed of emaSwati E17 million, Aloe Funds disappeared with E5 million, Sharemax (Nova Properties) spade off with over E27 million, the controversial Ecsponent Eswatini looted E340 millions of over 1000 emaSwati and most recently QZ Asset Management robbed of emaSwati about E32 million.

## Two road accident deaths over the weekend

THIS past weekend saw two deaths being reported to the Royal Eswatini Police Services (REPS).

According to police reports, these occurred in different areas and incidents.

The first one was Saturday, February 17 at 12:30 am near the University of Eswatini along MR23 public road whereby a Honda Fit driven by a 33-year-old man of Mahlabatsini reportedly lost control, verred off the road, and knocked down a 28-year-old man of Mbikwakhe.

The pedestrian sustained serious injuries and was rushed to the RFM Hospital where he was certified dead upon arrival.

The driver was arrested and charged with culpable homicide and will make his first court appearance at the Matsapha Circuit Court on Monday morning.

Normally in any road accident, the driver is charged with negligence and for contravening Section 89 of the Road Traffic Act. This is based on different findings by the police which include that the driver could have been speeding, or the vehicle could have been unroadworthy amongst other things.

In the event the driver was intoxicated when the accident occurred, it becomes an additional count of contravening Section 91 of the same Act.

However, often at times, in a negligent

driving incident that results in the death of another, passenger or pedestrian, the charge becomes a murder or culpable homicide depending on the suspect’s plea of guilt.

On the same day, a 47-year-old Mozambican man from Nkoyoyo was reportedly found dead with multiple stab wounds all over the body in a pathway at Nkoyoyo. This incident has been ruled out as a murder by the police and an investigation is currently underway.

### 85 DDs on Buganu weekend

It seems to have been a party for motorists this past weekend who assumed that the Buganu Festival was a leeway to drink and get behind the wheel whilst intoxicated, with the hope to ‘get away with murder’.

The REPS reported that 85 motorists were nabbed over the weekend and will be making their appearances in the different magistrate courts in the country on Monday morning.

Worth noting is that since the return of the breathalyser, the number of motorists arrested for drinking and driving continues to rise. The difference now is that there is evidence presented in court for the amount of alcohol found in their system, which makes it easier to prosecute.

Over the years, it has been noted the increase in motorists that get arrested during the Buganu Festival, which continues

to be used as an excuse to drink and drive.

There have been incidents in court where some would insist that they only had a ‘cup’ of buganu and did not think they would be intoxicated and that would stand in court resulting in them walking scot-free due to the season.

It has always been argued that the challenge with consuming buganu is that there is no scientific measure of the amount of alcohol in the beverage which makes it difficult to know how much a person is putting into their system.

In February 2023 SMVAF reported that the prevalence of pedestrian fatalities is high during the Buganu season. The reason is that pedestrians are the most problematic and cause accidents during this season.

SMVAF warned both pedestrians and motorists to stay away from the road once intoxicated because all these actions have repercussions.

►Deputy PICO  
Assistant Superintendent  
Nosipho Mnguni.







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▲ Prime Minister posing with the of States after their participation in the 37th Ordinary Session of the Assembly of Heads of State and Government of the African Union (AU) in Addis Ababa, Ethiopia.

Stories by Ncaba Ntshakala

PRIME Minister Russell Mmiso Dlamini led the Eswatini delegation to the 37th Ordinary Session of the Assembly of Heads of State and Government of the African Union (AU) in Addis Ababa, Ethiopia.

Representing His Majesty King Mswati III and the nation, the Prime Minister actively participated in various discussions and engagements aimed at addressing critical issues affecting the continent.

During the summit, Prime Minister Russell engaged with fellow leaders on various topics, including Peace and security. The AU remains a vital platform for addressing ongoing conflicts and promoting regional stability. Eswatini, as a member state, actively contributes to these efforts. Discussions also centred around economic development where the Heads of State at the summit fostered discussions on strategies for accelerating economic growth, integration, and sustainable development across Africa. The Summit also expressed that the AU plays a crucial role in tackling shared challenges such as poverty, climate change, and public health emergencies.

Beyond official engagements, Prime Minister Dlamini also visited the Eswatini Em-

# PM participates at African Union Summit in Addis Ababa, visits embassy

bassy to the African Union and met with emaSwati working at the AU. This visit served to acknowledge their dedication and contributions to representing Eswatini on the continental stage.

According to the African Union, the outcomes of the summit are expected to shape the continent's trajectory in the coming years. Eswatini, through its active participation, remains committed to contributing to a united and prosperous Africa.

**“During the summit, Prime Minister Russell engaged with fellow leaders on various topics, including Peace and security.”**



▲ Prime Minister Russell Mmiso Dlamini and the Minister of Foreign Affairs and International Cooperation Pholile Shakantu at the 37th Ordinary Session of the Assembly of Heads of State and Government of the African Union (AU) in Addis Ababa, Ethiopia.

## ... joins African leaders in honouring Pan-African Icon Julius Nyerere in Ethiopia

PRIME Minister Russell Mmiso Dlamini joined fellow African Heads of State yesterday in Addis Ababa, Ethiopia, for the unveiling of a statue honouring the late Julius Kambarage Nyerere, a revered Pan-African icon and Tanzania's former President.

The ceremony, held at the African Union (AU) Headquarters, served as a poignant tribute to Nyerere's legacy and his unwavering commitment to African unity and development.

Nyerere, the founding president of Tanzania, played a pivotal role in the liberation struggles of several African nations and was a staunch advocate for Pan-Africanism. He served as the first Chairman of the Organization of African Unity, the predecessor to the AU, and was instrumental in promoting regional cooperation and integration.

Prime Minister Russell Dlamini, alongside other dignitaries, paid his respects to Nyerere, whose statue now stands as a permanent reminder of his significant contributions to the continent. According to AU, the

ceremony served as a powerful symbol of Africa's collective appreciation for Nyerere's leadership and vision.

In his address, the AU Chairperson Mousa Faki Mahamat highlighted Nyerere's unwavering dedication to human dignity, social justice, and economic development for all Africans. He emphasized the importance of learning from Nyerere's legacy and continuing his fight for a united and prosperous Africa.

Mahamat also reminded the leaders that the request to name the AU's Peace and Security Building after Julius Nyerere was made by the late Namibia's President Hage Geingob who recently passed due to cancer. "And we gather here to celebrate the legacy of Mwalimu Julius Nyerere, I would like to recall that the proposal for the AU Peace and Security building to be named after this great leader was made by none other than the late President Hage Geingob of the Republic of Namibia, whose recent untimely passing has left the Continent and the globe in shock," expressed the AU Chairperson.



▲ Heads of States and dignitaries during the unveiling of the Tanzania's founding President, the late Julius Nyerere.



# World Vision empowers young women, OVC caregivers with –six–month vocational skills

By Ncaba Ntshakala

**WORLD Vision Eswatini (WVE) celebrated the graduation of 103 young women and Orphaned and Vulnerable Children (OVC) caregivers who completed a six-month vocational skills training programme.**

The ceremony, held at Bethesda Church in Nhlanguano, marked a significant milestone in empowering participants to achieve financial independence and contribute positively to their communities.

This initiative, titled “Likusasa Ngeletfu,” was implemented in collaboration with the Livelihoods Technical program and funded by WVE. It aimed to equip young women and OVC caregivers with valuable skills in electrical, plumbing, sewing, and welding, thus alleviating the spread of HIV/AIDS and fostering economic empowerment.

Speaking at the graduation ceremony, Tinah Mukunda, National Director for WVE, emphasized the organization’s unwavering commitment to eradicating poverty. “As you graduate today, you are fulfilling the goal of the organization which is to move communities out of poverty,” she stated.

Nokwanda Dolly Simelane, a graduate who specialized in plumbing, expressed her heartfelt gratitude for the program. “I will now be able to support my parents and my child by providing for their needs and sending him to a better school,” she shared. “I aspire to open my own business using the skills I acquired instead of relying on someone else for employment.”

WVE acknowledged the invaluable contributions of its partners, including Seben-ta National Institute for providing training expertise and the Youth Fund Enterprise for equipping participants with financial literacy skills. These collaborative efforts played a crucial role in the success of the program.

World Vision Eswatini (WVE) is a Christian relief, development, and advocacy organization working tirelessly to improve the



▲ World Vision Eswatini Director Tinah Mukunda (c) and officials during the graduation ceremony held at Bethesda Church in Nhlanguano.

lives of vulnerable children and communities throughout the Kingdom of Eswatini. Established in 1992, WVE has evolved from providing emergency relief to spearheading transformative development initiatives and advocating for the rights of children and marginalized groups.

The organization prioritizes the well-being of children by focusing on areas like health, education, nutrition, and child protection. They implement programs to combat child malnutrition, ensure access to quality education, and advocate against child abuse and exploitation. It also recognizes the interconnectedness of child well-being and community development. They work with communities to improve access to clean water and sanitation, promote sustainable livelihoods, and empower women and youth.

As Eswatini faces a significant HIV/AIDS burden, WVE actively contributes to the national response by providing care and support to people living with HIV/AIDS, preventing new infections, and addressing the needs of orphans and vulnerable children



▲ World Vision Eswatini Tinah Mukunda and other officials presenting a certificate to one of the graduates.

affected by the pandemic. WVE also remains prepared to respond to natural disasters and other emergencies, providing essential relief and supporting communities in rebuilding their lives.

The organization actively advocates for

policies and practices that promote the rights and well-being of children and marginalized groups. They engage with government, civil society, and other stakeholders to create a more just and equitable society for all.

## ‘Suppression of Terrorism Act not used to suppress emaSwati’

By Nokunceda Magagula  
nokuncedam@rubiconmedia.group

**THE government of Eswatini has clarified that the Suppression of Terrorism Act of 2008 is not utilized to suppress individuals with opposing ideas.**

In a statement, Government Spokesperson Alpheous Nxumalo disputed the allegations made that the country’s governance stifles dissenting views.

Nxumalo stated that these accusations are primarily propagated by individuals from political groups residing or seeking refuge in South Africa and are often perpetuated through South African media outlets. The government maintains that these allegations lack factual basis and legal grounding.

“It is important to emphasize that the Kingdom of Eswatini adhered to the framework of the international community and the

United Nations when formulating and enacting the Suppression of Terrorism Act of 2008,” stated Nxumalo.

Recalling the events of early 2008, Nxumalo recounted his time working for the Ministry of Foreign Affairs and International Cooperation when the American Ambassador engaged in frequent communication with the then Foreign Affairs Minister, Dr. Moses Mathendele Dlamini. The ambassador stressed the urgency of enacting the law to combat and eradicate terrorism worldwide.

Nxumalo clarified that the Suppression of Terrorism Act of 2008 was never intended to be employed as a tool to suppress dissenting views or voices within the country. Its purpose was to address the challenges posed by terrorism. He added that any sympathy given to the notion that the act is used to silence dissent is misguided.

“These allegations are part of an agenda by individuals who seek to cast doubt on our country’s demo-

cratic system of governance. They employ this political fabrication to gain regional, continental, and international support for their ‘Regime Change’ agenda,” explained Nxumalo.

While acknowledging the importance of expressing dissenting views, Nxumalo emphasized that such expression must take place within the confines of the constitution and the parameters of the law. He made it clear that acts of arson, for example, cannot be justified under the guise of expressing dissent.

“On the contrary, such acts constitute terrorism and violate the laws of the land. Justice must prevail in such circumstances, and the Suppression of Terrorism Act of 2008 will be applied with maximum force and without bias,” declared Nxumalo.

The government spokesperson further highlighted their recent interviews with South African TV channels, where the aim was to provide a clear and precise under-



▲ Government Spokesperson Alpheous Nxumalo disputed the allegations made that the country’s governance stifles dissenting views.

standing of the purpose and application of the Suppression of Terrorism Act of 2008.

“With the two series of interviews I had with one of South Africa’s TV channels, the goal was to

put into proper perspective and context the purpose and application of the Suppression of Terrorism Act of 2008, an assignment which we executed with clarity and precision,” stated Nxumalo.



# ENTC, Forestry Department join forces to restore Mbuluzi River basin

Stories By Ncaba Ntshakala

THE Eswatini National Trust Commission (ENTC) and the Forestry Department under the Ministry of Tourism and Environmental Affairs have signed a Memorandum of Understanding (MoU) to collaborate on the restoration of the Mbuluzi River Basin.

This significant partnership aims to promote ecosystem restoration, integrated natural resources management, and sustainable land management (SLM) within the basin. Signing the MoU was ENTC CEO Hlob'sile Sikhosana and officials from the Forestry Department.

The Mbuluzi River Basin Project, spearheaded by the ENTC, envisions a revitalized landscape with a thriving ecosystem and effectively managed protected areas that provide vital services. The agreement expresses that through the collaborative effort, the Forestry Department will provide crucial support in achieving these goals:

Combating Land Degradation: Tree planting initiatives will be undertaken in degraded communal lands and along riverine areas to combat land degradation and promote soil health. Empowering Communities: Capacity-building programs will be implemented for Community Forest Associations (CFAs), equipping them with the knowledge and skills necessary to enhance communi-



▲ Eswatini National Trust Commission CEO Hlob'sile Sikhosana and officials from the Forestry Department during the signing of the Memorandum of Understanding.

ty-based biodiversity conservation efforts.

Fostering Collaboration: Multi-stakeholder platforms will be established at the landscape level to champion Integrated Landscape Management (ILM) practices. This aligns with the objectives of the African Forest Restoration Initiative (AFR100) Voluntary Guidelines, promoting a collaborative approach to restoring degraded landscapes across the continent.

The Forestry Department is mandated by the Ministry of Tourism and Environmental

Affairs to take the overall lead in the maintenance of a coherent and contemporary forest policy and legal framework, with due consideration to the cross-sectoral nature of forestry. It also maintains a comprehensive national forest inventory, with an adequate planning capability and technical forest management capacity. The department further extends government forest policies and disseminates technical knowledge on forest management, markets, and organisational aspects to communities, individuals, com-

panies, and other institutions for the economic, social, and environmental benefit of Eswatini.

ENTC asserted that the MoU signed signifies a commendable step towards restoring the ecological health of the Mbuluzi River Basin. "By combining the expertise and resources of the ENTC and the Forestry Department, the project holds immense potential to ensure the sustainable management of natural resources, benefitting both the environment and local communities." Shared ENTC. "The collaborative efforts undertaken within this framework pave the way for a brighter future for the Mbuluzi River Basin and its surrounding ecosystems."

The Eswatini National Trust Commission (ENTC) is responsible for the conservation of the Kingdom's natural and cultural heritage as mandated by the National Trust Commission Act No. 9 of 1972; amended by the King's Order in Council of 1973. The ENTC carries out its mandate through the proclamation and management of national parks and reserves, national museums and monuments.

ENTC is an independent statutory body and a government parastatal, operating at present under the umbrella of the Ministry of Tourism and Environment Affairs. The strategic and policy framework of the organization is facilitated by a Board of Commissioners appointed by the Minister in terms of the NTC Act and the Public Enterprise Control and Monitoring Act.

## 3 SA nationals arrested for possession of E43 000 dagga

Stories By Nokunceda Magagula  
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TWO men and a woman from Mpumalanga and Limpopo provinces in South Africa were arrested by members of the Royal Eswatini Police Service (REPS) for attempting to smuggle dagga into Eswatini.

The suspects have been identified as Bonginkhosi Masondo (30), Nelson Mashiloane (52), and Sibongile Jama (30). According to the charge sheet, the South Africans were caught trying to smuggle 14 kilograms of dagga through the Ngwenya border gate last Thursday.

While the accused successfully crossed the South African immigration checkpoint, they were subjected to a thorough search by the Eswatini police upon reaching the Eswatini side. During the search, the police discovered three blocks of dagga, and the suspects were unable to produce a valid permit allowing them to possess dagga.

Following their arrest, the three individuals made a brief appearance before Magistrate Innocent Motsa at the Mbabane Magistrate Court on Friday. Both men chose to represent themselves in court. The prosecution charged them with contravening Section 12(1) of the Pharmacy Act, number 38 of 1929.

When the charges were read to the accused, all three pleaded guilty. The



▲ Dagga exhibits in court.

prosecution accepted their pleas and decided not to present any further evidence. In their mitigation statements, Masondo, the first accused, stated that he resorted to smuggling dagga as a means of making a living due to unemployment, expressing his desire for leniency during sentencing to avoid resorting to theft. "Your worship I was only trying make a living because I did not want to find myself stealing from people" he said.

Mashiloane, the third accused, also

requested leniency, emphasizing that he was a first-time offender and promising not to commit such an offence again. Jama informed the court that she is currently unemployed and responsible for two minor children. "Your worship I beg your leniency because I have two minor children that I take care of and I am currently unemployed" she stated.

Magistrate Vilakati sentenced the trio to three months of imprisonment or a fine of E3,000.

## Woman causes over E5,000 damage to boyfriend's property

A 21-year-old woman was apprehended by the police after causing extensive damage to her boyfriend's property, which amounted to E5,350.

According to the charge sheet, the incident took place in August 2023 in Makholokholo, where the accused, Annah Lawrence, suspected her boyfriend, Wandile Matsebula, of infidelity.

It adds that Lawrence damaged five items belonging to Matsebula. These items included an HP laptop valued at E1,500, a Lenovo desktop valued at E1,000, and a fridge valued at E1,500, among others.

Lawrence appeared before Magistrate Innocent Motsa at the Mbabane Magistrate's Court on Friday. She was charged with contravening Section 77(1) of the Sexual Offences and Domestic Violence Act of 2018.

During the court proceedings, Lawrence represented herself. The prosecution requested that she be released on bail until her trial date, which is yet to be determined. Bail was not opposed.

Lawrence then proceeded to request bail, citing her status as a student at a tertiary institution in Eswatini. She also mentioned that she works part-time at an Indian shop in Manzini. She assured the court that she was not a flight risk and would be present whenever summoned.

"Your Worship, I acted out of anger upon discovering that my boyfriend was cheating on me. However, I deeply regret my behavior," Lawrence expressed remorsefully.



BUSINESS  
BRIEFSJA endorses  
entrepreneurship training

JUNIOR Achievement (JA) Eswatini is currently assisting 140 volunteers under 20 Tinkhundla across the country with entrepreneurship training courtesy of Young Heroes. This follows a partnership agreement between the two organizations aimed at increasing access to sustainable HIV prevention and strengthening the resilience of these youth volunteers. The training will take three months followed by six months of mentorship aimed at assisting the trained youth to start up their businesses as they get exposed to financiers.

## ZCMB gets E173 000 tender

THE Revenue Appeals Tribunal Eswatini has awarded a tender worth E173 880 to ZCMB Office Furniture for the supply and delivery of office furniture. According to the intention to award issued by ESPPRA on their website, ZCMB Office Furniture was awarded in terms of section 45 of the Public Procurement Act No. 7 of 2011 (the Act), following a competitive bidding process, and beating six other tenderers.

China's first homegrown  
airliner makes  
international debut

SINGAPORE — China's challenger to Airbus and Boeing's passenger jets, the narrow-body C919 manufactured by the Commercial Aircraft Corporation of China, has made its first trip outside Chinese territory, staging a fly-by at the Singapore Airshow on Sunday.

China has invested heavily in its attempt to break the hold of the dominant two Western planemakers on the global passenger market.

Eswatini's revenue increased  
by 18% in Q4 of 2023

By Silindzelwe Nxumalo  
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IN the last quarter of 2023, the government's revenue reflected a year-on-year (y-o-y) increase of 18.0 per cent.

According to the Ministry of Economic Planning and Development, Macro Unit, Quarter 4 Economic Bulletin, this growth was supported by increases in major revenue categories such as SACU receipts, Corporate Income Tax (CIT), Pay As You Earn (PAYE) as well as fuel tax.

The report stated that in line with the improved SACU share, this revenue source reflected a 50 per cent increase compared to the same period in 2022.

"CIT depicted a growth of 10 percent at the back of an increase in provisional payments from the financial sector, manufacturing sector, as well as the wholesale and retail sector," read part of the report.

The report also stated that the 6 per cent marginal increase in individual tax was attributed to tax on end-of-year bonuses offered by corporate companies as well as gratuity for contracted employees upon ending of contracts.

The ministry added that fuel tax had a stellar growth of 68 per cent driven by the increase in fuel and energy imports, Value-Added Tax (VAT) decreased by 15 per cent reflecting that there was less economic activity, y-o-y, and the Graded tax was scrapped off in the last quarter of the calendar year.

"In line with government operations, expenditures reflected a 15 per cent increase relative to the same period in Financial Year (FY) 2022/23," notes the report.

It is explained that the increase reflected higher spending on the compensation of employees, 41.3 per cent, in line with new hiring, awarding cost of living adjustment of 4.0 per cent, and increased allowances paid

in the year.

The bulletin further reported that other expenses also reflected growth in the period, and these include transfers which were at 25.4 per cent, capital expenditure at 19.2 per cent, and goods and services at 14 per cent.

"These increases reflected higher implementation in government's capital programme as well as adjustments relating to the previous budget shortfall," reads part of the reports.

Moreover, in the same period, Eswatini's trade balance remained in positive territory reflecting a surplus amounting to E328.0 million, which was however 69.0 per cent lower than the surplus recorded in 2023q3.

The report explained that in the quarter under review, merchandise exports were recorded at E10.576 billion whilst merchandise imports were at E10.248 billion.

It is stated that during the quarter, merchandise exports declined by 3.8 per cent relative to the previous quarter.

"This was mainly on account of a decrease in the exports of sugar (-32.6 per cent), forestry and related products (-24.8 per cent), food processing (-3.2 per cent), as well as textiles (-2.5 per cent), at the back of dampened demand for Eswatini goods," explained the report.

The report also explained that on the contrary, miscellaneous edibles grew by 20.8 per cent supported by stronger external demand in the second half of the year, and on a y-o-y comparison, merchandise exports grew by 14.2 per cent in line with stronger economic activity.

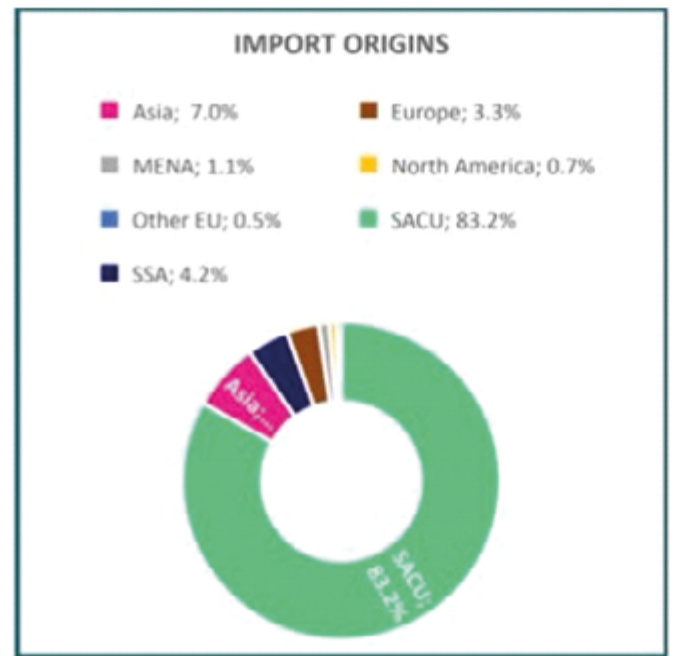
Furthermore, on the other hand, merchandise imports grew by 3.2 per cent when compared to 2023q3, and the uptick in the imports was mainly due to an increase in the imports of food (13.4 per cent), capital goods (3.4 per cent) as well as fuel and energy (3.3 per cent).

"However, imports of 'construction' as well as 'other intermediary consumption' goods declined by 3.5 per cent and 2.8 per cent, respectively," read part of the report.

The ministry through the report also stated that on a y-o-y comparison, merchandise imports grew by 16.8 per cent when compared to the same period in 2022.

It is explained that in terms of export destinations, the SACU market remained a major destination for the country's exports as the region absorbed 71.7 per cent of the total exports, reflecting a 6.1 percentage points increase

Figure 20: Eswatini Import Origins & Export Destination



compared to 2023q3.

"Other key markets such as the SSA region, the European Union (EU) as well as Asia accounted for 24.0 per cent, 2.8 per cent, and 0.8 per cent respectively, which is, however, lower than in the preceding quarter," noted the report.

The report also highlighted that on imports, the SACU region accounted for 83.2 per cent of the country's major imports, which reflects a 4.5 percentage points increase relative to the preceding quarter.

"However, imports from the other key markets also declined relative to the preceding quarter. This decline in trade with the other markets was mainly attributed to the logistic challenges in the SA market in the review period," reads part of the bulletin.

The bulletin further stated that the Lilangeni depicted contrasting dynamics when compared against the three major trading currencies in 2023q4.

It is explained that the local currency weakened against the US Dollar, however, gained strength against the British Pound and the Euro, and the Lilangeni depreciated by 0.6 per cent against the US Dollar and averaged E18.75, mainly underpinned by unfavourable global and domestic factors.

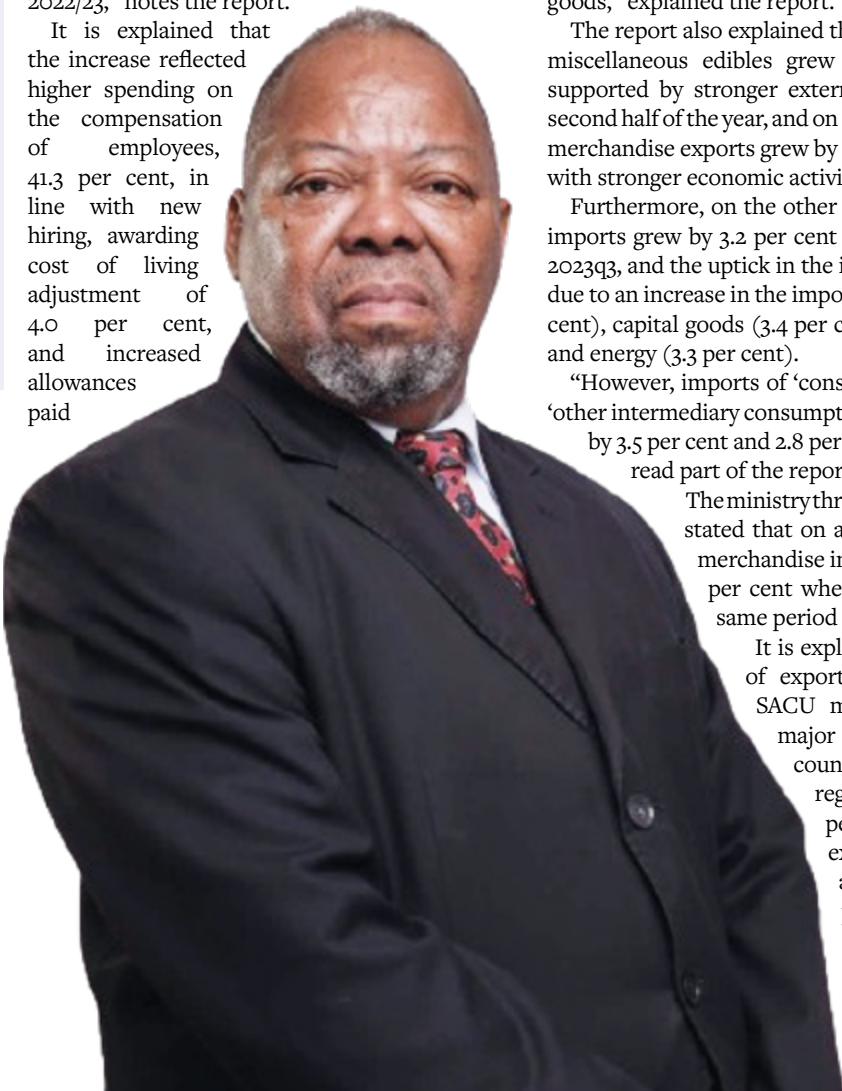
The report highlights that against the British Pound, the Lilangeni appreciated by 1.4 per cent, averaging E23.27 per British Pound, while gaining strength by 0.5 per cent against the Euro and averaging E20.18.

"Over the quarter, changes in global investors' risk appetite, speculation about the direction of interest rates in major economies as well as concerns about load shedding all negatively affected the SA Rand," explains the bulletin.

It further stated that these factors will continue to impact the local currency in 2024 as policy uncertainties are dominating the short term.

The report states that the National elections outcome is expected to weigh negatively on the rand outlook as the ruling party is expected to lose its outright majority, and additionally, a further deterioration of the RSA's key fiscal and financial metrics also remains high.

Minister of  
Economic Planning  
and Development Dr  
Tambo Gina.



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FX RATES		
Notes/Cash	Buy	Sell
U.S. Dollar	18.5031	18.9682
G.B. Pound	23.2219	23.9059
EURO	19.8977	20.5043
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	



# JA trains 140 emaSwati in entrepreneurial skills

Stories by Silindzelwe Nxumalo  
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JUNIOR Achievement (JA) Eswatini is currently assisting 140 volunteers under 20 Tinkhundla across the country with entrepreneurship training courtesy of Young Heroes.

This follows a partnership agreement between the two organizations aimed at increasing access to sustainable HIV prevention and strengthening the resilience of these youth volunteers.

The training will take three months followed by six months of mentorship aimed at assisting the trained youth to start up their businesses as they get exposed to financiers.

For the 140 volunteers, increased economic opportunities are envisaged to improve their livelihoods.

This is an out-of-school youth project that focuses on capacity building of participants from business start-ups, mentorship, and coaching for ages 19 to 29 years.

JA Eswatini Communications and Marketing Specialist Siphesihle Mkhonta highlighted that in all these locations, JA Eswatini will reach out to at least 300 adolescents and youth who would like to engage in entrepreneurial activities.

These will be out-of-school youth from 19 to 29 years.

She stated that they have started their first activity which involves sharing of knowledge on entrepreneurship and innovation for 130 facilitators or volunteers strengthened through a five-day workshop.

“JA Eswatini has started empowering volunteers that have already been identified as mentors in the different communities on entrepreneurship. This will build the skill to start their businesses and also monitor the project beneficiaries on the same,” she said.

Mkhonta explained that after the training a total of 300 adolescent girls and youth will be empowered with practical business and entrepreneurial skills that will enable them to start or scale up businesses at the community level.

She stated that after the volunteers have been trained, they will be expected to also impact the same knowledge to the



▲JA Eswatini Communications and Marketing Specialist Siphesihle Mkhonta.

adolescent girl participants, however, the participants will also need to go through their training that will enhance their business skills.

“These will go through an entrepreneurship programme for five days staggered over three months, where they will be capacitated on different components and come up with business plans.

They will all be expected to start small businesses for income generation and economic production in their families within six months after going through the training,” Mkhonta elucidated.

Furthermore, she explained that participants will receive training on a variety of business-related issues, including market research, product development, financial planning, marketing management, customer service, funding sources, and fundamental record keeping.

“Partners like Eswatini Bank, Youth Enterprise Revolving Fund, Regional Development Fund (Micro Projects), Eswatini Stock Exchange, and FINCORP will be invited to trainings to inform the participants about the many funding options suitable for start-ups,” she said.

She added that the 300 participants will be matched with the mentors provided by Young Heroes, trained and they will guide them through a six-month mentoring program that will be provided by JA Eswatini.

Mkhonta said each mentee will receive coaching, counselling, and instruction in business from their mentors as they work side by side, and the mentoring program’s goal is to help mentees create a winning business plan, file for business registration,



▲Some of the volunteers following the proceedings.

## The Participating Tinkhundla as follows:

	HHOHHO	LUBOMBO	MANZINI	SHISELWENI
1.	Mbabane East	Mpolonjeni	Kwaluseni	Mtsambama
2.	Mbabane West	Dvokodvweni	Manzini North	Somntongo
3.	Lobamba	Lomahasha	Manzini South	
4.	Nkhaba	Mhlume	Ngwempisi	
5.	Madlangempisi		Ludzeludze	
6.			Phondo	
7.			Nkomiyahlaba	
8.			Lobamba Lomdzala	
9.			Mkhiweni	

find capital, strengthen their management abilities, maintain accurate business records, tap into growing markets, and expand their enterprises.

She concluded by stating that there will be a need to visit each participant three times

within their mentorship period to observe progress made and manage results and potential risks because this will be the first time JA Eswatini will be working with these mentors.

## Revenue Appeals Tribunal awards over E173 000 to ZCMB



THE Revenue Appeals Tribunal Eswatini has awarded a tender worth E173 880 to ZCMB Office Furniture for the supply and delivery of office furniture.

According to the intention to award issued by ESPRA on their website, ZCMB Office Furniture was awarded in terms of section 45 of the Public Procurement Act No. 7 of 2011 (the Act), following a competitive bidding process, and beating six other tenderers.

“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.

The Revenue Appeals Tribunal Eswatini was established in 2019 under the Revenue Appeals Tribunal Act No.13 of 2019 to hear and determine appeals from decisions of the Commissioner General under the Customs and Excise Act, Value Added Tax Act, the Income Tax Order, and any other matter prescribed by the Minister, by regulation, to be a matter against which an appeal may be made to the Tribunal.

The Tribunal members were appointed in terms of Section 3 of the Tribunal Act through the Government Gazette, Legal Notice No 164 of 2020, which came into effect on July 13, 2020, with a responsibility to hear and determine Revenue Appeals brought before them and serve as the Tribunal governing body (The board).



# China’s first homegrown airliner makes international debut in Singapore

By Lisa Barrington

SINGAPORE — China’s challenger to Airbus and Boeing’s passenger jets, the narrow-body C919 manufactured by the Commercial Aircraft Corporation of China, has made its first trip outside Chinese territory, staging a fly-by at the Singapore Airshow on Sunday.

China has invested heavily in its attempt to break the hold of the dominant two Western planemakers on the global passenger market. China has indicated a push this year to advance the C919 and COMAC’s footprint domestically and internationally. The plane is only certified within China and the first of now four C919s began flying with China Eastern Airlines last year.

With Airbus and Boeing struggling to ramp up production and meet demand for new planes, and Boeing struggling with a string of crises, the aviation industry is watching how COMAC positions itself as a viable alternative.

COMAC will invest tens of billions of yuan over the next 3-5 years to expand C919 production capacity, Chinese media reported a COMAC official saying in January. China’s aviation authority said last month it would this year pursue European Union Aviation Safety Agency (EASA) validation



▲ A Comac C919 flies past during an aerial flying display ahead of the Singapore Airshow at Changi Exhibition Centre in Singapore.

for the C919, a process which began in 2018. The C919 was one of two commercial planemakers flying their planes off Singapore’s coast alongside Airbus at a Sunday preview for Asia’s biggest air show. Boeing will not display a commercial aircraft this year. COMAC has two passenger products: the ARJ21 regional jet and the larger C919 twin-engine narrow-body airliner with 158-192

seats, which competes with the established Airbus A320neo and Boeing 737 MAX 8 models.

The C919 made its first flight outside mainland China in December to Hong Kong. ARJ21s are in use by Indonesia’s TransNusa Air.

Many inside the industry caution that only four C919s are in service in China; the plane is only certified by Chinese regulators and the C919 relies international supply chains.

However the aviation industry-wide supply crunch, which is testing an expected full return and then growth of civil capacity in Asia, is garnering COMAC more attention.

“We have also seen a growing trend where clients are including the C919 option in their fleet evaluation,” said Adam Cowburn of Alton Aviation Consultancy.

Two C919s were delivered in 2023. Aviation consultancy IBA forecasts 7-10 C919s could be delivered in 2024.

“With Airbus and Boeing narrowbodies in the A320neo and 737 MAX families sold out for most of this decade, the C919 has a strong opportunity to gain market share, particularly in its domestic market,” said Mike Yeomans of aviation consultancy IBA.

“The immediate challenges for COMAC are around production to meet local demand and certification to penetrate international markets,” Yeomans added. (Reuters)

# Amazon joins companies arguing US labor board is unconstitutional

By Daniel Wiessner

AMAZON.COM has joined rocket maker SpaceX and grocery chain Trader Joe’s in claiming that a U.S. labor agency’s in-house enforcement proceedings violate the U.S. Constitution, as the retail giant faces scores of cases claiming it interfered with workers’ rights to organize.

Amazon in a filing made with the National Labor Relations Board (NLRB) on Thursday said it plans to argue that the agency’s unique structure violates the company’s right to a jury trial.

The company also said that limits on the removal of administrative judges and the board’s five members, who are appointed by the president, are unconstitutional.

The filing came in a pending case accusing Amazon of illegally retaliating against workers at a warehouse in the New York City borough of Staten Island, where employees voted to unionize in 2022. Amazon, which has faced more than 250 NLRB complaints alleging unlawful labor practices across the country in recent years, has denied wrongdoing.

SpaceX is making similar claims against the board in a lawsuit filed last month, one day after the labor board accused the company of firing eight engineers for criticizing CEO Elon Musk in a letter to company executives.



▲ The logo of Amazon is seen at a logistics centre in Lauwin-Planque, northern France.

Trader Joe’s raised the arguments later in January at a hearing in an NLRB case, and two Starbucks baristas seeking to dissolve their unions have challenged the board’s structure in separate lawsuits.

An NLRB spokeswoman declined to comment.

The board’s general counsel issues complaints against employers alleging violations of federal labor law. Those cases are heard first by administrative judges and then the five-member board, whose decisions can be appealed in federal court.

The growing number of challenges to the labor board make it more likely the issue will reach the U.S. Supreme Court, whose conservative majority has signaled its skepticism of other U.S. agencies’ in-house proceedings, said Seth Goldstein, a lawyer who represents unions in the Amazon and Trader Joe’s cases.

Goldstein said the pending cases also could embolden other employers to refuse to bargain with unions on the belief that courts will strip the NLRB of its enforcement powers.

“I’m very concerned that this is going to cause real problems in collective bargaining for both new and established unions,” said Goldstein, a partner at law firm Julien Mirer Singla and Goldstein in New York. (Reuters)



▲ The Apple logo is seen hanging at the entrance to the Apple store on 5th Avenue in Manhattan, New York, U.S.

## EU poised to fine Apple about 500 million euros, FT reports

THE European Union is set to fine Apple about 500 million euros (\$539 million) over alleged breaches of EU competition law, the Financial Times reported on Sunday citing unnamed sources.

The fine is expected to be announced early next month, the FT said.

Last year, the European Commission accused Apple of distorting competition in the music streaming market via App Store rules that prevent developers from informing users of other purchasing options.

Both the European Commission and Apple declined to comment on the FT report. (Reuters)



# ‘Intellectually inferior’ humans caused Neanderthals to go extinct – book

“WHO the hell was this Neanderthal?” That’s the question archaeologist Ludovic Slimak asks in his new book “The Naked Neanderthal.”

Neanderthals were humans’ closest relatives. But something happened millennia ago that wiped them out.

Today, there are 8.1 billion modern humans on Earth and 0 Neanderthals.

“Why are they no longer here?” It’s one of the big questions researchers always ask about Neanderthals, University of Victoria archaeologist April Nowell told Business Insider.

In the past, scientists depicted Neanderthals as less intelligent than humans. But, according to Slimak, an ancient Homo sapiens was, in terms of creativity, “probably no match for Neanderthal populations and was in all likelihood intellectually inferior,” he wrote.

Many scientists suggest a combination of factors, including climate change and low fertility rates, wiped out Neanderthals. But Slimak thinks that, despite being intellectually inferior, early humans are to blame.

In other words, if it weren’t for us, Neanderthals might still be here.

Humans and Neanderthals share a common ancestor dating back to between 550,000 and 750,000 years ago. Compared to early humans, Neanderthals were muscular with a prominent brow and less pronounced chin.

Neanderthals spread into northwestern Europe, the Middle East, Central Asia, and Southern Siberia long before Homo sapiens. They lived in some of these regions for hundreds of thousands of years until around 40,000 years ago, when they went extinct.

### Did humans kill off Neanderthals?

Slimak suspects humans are to blame because of what he discovered in a cave in Southern France in 2008.

By dating the soot where various artifacts were located, he determined that humans and Neanderthals overlapped there around 54,000 years ago. It was the first time, he wrote, there was evidence of an encounter between humans and Neanderthals.

There isn’t direct proof of conflict between the two species, Slimak noted.

“To find archaeological traces of a Neanderthal-Sapiens war we would need to uncover many more archaeological sites from this key period,” he wrote.

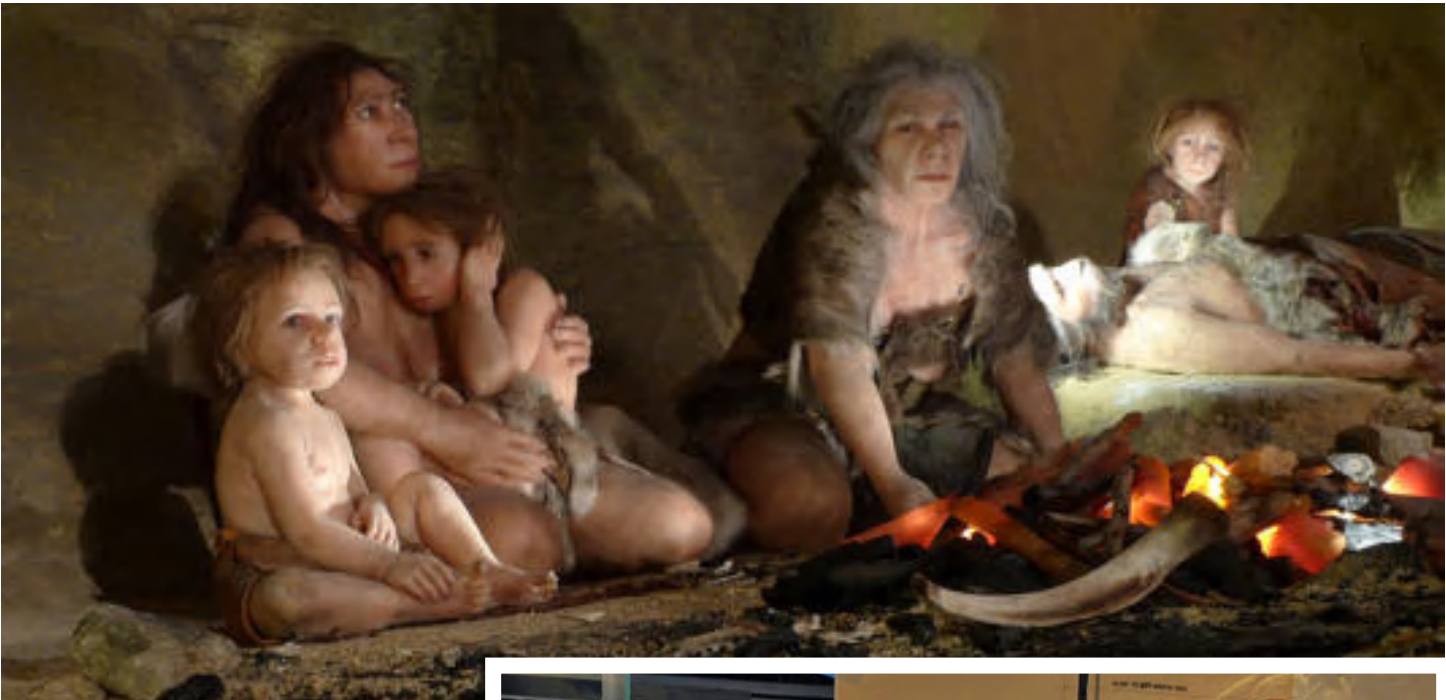
At this particular cave, however, Neanderthals did return, followed by humans around 44,000 years ago. Since humans were the final species to occupy the cave, Slimak argues it’s because they’d replaced those Neanderthals by wiping them out.

Nowell said that while direct competition or conflict between the two species may have caused humans to take over the site Slimak studied, “it may not be the case everywhere.”

### Humans’ superior weapons

Scientists have found relatively few weapons belonging to Neanderthals, Slimak wrote.

However, Neanderthals were “excellent artisans,” making tools with “a creativity that is beyond us.”



▲ An exhibit shows the life of a Neanderthal family in a cave at the Neanderthal Museum in Krapina, Croatia.

But this creativity was not enough to outwit humans’ regimented weapon making, which ultimately led to Neanderthals’ extinction, according to Slimak.

That’s because the “modern humans who colonized Europe produced weapons that were both more numerous and more effective,” he wrote.

Humans’ insistence on standardization led to uniform flints, and Neanderthals’ originality couldn’t compete.

### The Neanderthals in our genes

Archaeologists haven’t found much direct evidence of the two species living among one another, but genetic sequencing shows humans and Neanderthals interbred.

In some populations, the data suggests the two species mated multiple times over thousands of years.

Yet genes can’t tell us much about the nature of these interactions or how closely or amicably humans and Neanderthals lived. For that, archaeologists need more evidence like Slimak’s French cave.

Even with existing sites, it’s tough.

The difficulty with linking the first appearance of humans and the last appearance of Neanderthals in Europe is that it relies on radiocarbon dating, Nowell said.

Scientists use the technique to measure the amount of carbon remaining in a substance and calculate the age based on carbon isotopes’ rate of decay.

It’s most accurate until around 50,000 years ago, Nowell said.

“The disappearance of Neanderthals is right at the edge” of Carbon-14 dating, Nowell said. “And that’s exactly the time period that we’re interested in.”

There are areas in France and Spain where humans do appear to replace Neanderthals. With the current technology, though, it’s difficult to tell whether they cohabitated for 1,000 years or 5,000 years first.

If humans and Neanderthals coexisted for several millennia, their interactions might be more complex than the “fully-fledged conquest” that Slimak described.



▲ A pair of Neanderthal skeletons at The Smithsonian Museum of Natural History show how the species’ body changed over thousands of years.



▲ An exhibit of a Neanderthal man at the Neanderthal Museum in Croatia.

### Neanderthals may have already been in decline

Nowell thinks many archaeologists view creativity differently than Slimak. “Usually the argument is made that Homo sapiens are

more creative,” she said. They were able to move into new environments and adapt.

Moving into new spaces could have caused conflict, but human colonization is far from the only explanation for Neanderthals’ extinction, according to Nowell. (MSN)



# Zim VP says govt will block scholarships for LGBTQ+ people

ZIMBABWE's powerful vice president said the government will block a university scholarship for young LGBTQ+ people, a move that human rights groups described Friday as a perpetuation of the African country's homophobic practices.

The state university scholarship for people between the ages of 18 and 35 is sponsored by GALZ, a membership organization for LGBTQ+ people in Zimbabwe.

The association started offering it in 2018 without incident. But a recent online advertisement inviting applications attracted a harsh response from Vice President Constantino Chiwenga, a self-proclaimed devout Catholic and former army commander.

In a strongly worded statement Thursday night, Chiwenga claimed the scholarship was "a direct challenge" to the government's authority.

"Our schools and institutions of higher learning will not entertain applicants, let alone enroll persons associated with such alien, anti-life, un-African and un-Christian values which are being promoted and cultivated by, as well as practiced in decadent societies

with whom we share no moral or cultural affinities," he said.

GALZ has previously said the scholarship seeks to provide equal access to state universities for LGBTQ+ people who are often ostracized by their families and struggle to pay for higher education. It did not comment on the vice president's statement.

However, a coalition of human rights groups that GALZ belongs to said it demonstrated that sexual and gender minorities are endangered in Zimbabwe.

## Concern

"We are extremely concerned about the statement from the second-highest office in the land because it exhibits intolerance, especially taking into account that the advertisement opens young people to so many opportunities," Wilbert Mandinde, the programs coordinator at Zimbabwe Human Rights NGO Forum, said on Friday.

Like many African countries, Zimbabwe has laws criminalizing homosexual activity. Sex between men carries a potential sentence of up to a year in prison, and the country's constitution bans same-sex marriages.

Chiwenga said Zimbabwe's anti-gay laws make "any (scholarship) offers predicated on the

same aberrations both unlawful and criminal, and a grave and gross affront on our national values and ethos as a Christian nation."

He said the government "will not hesitate to take appropriate measures to enforce national laws," adding that young people "should never be tempted to trade or sell their souls for such abominable and devilish offers."

## Discrimination

Zimbabwe has a history of discriminating against lesbian, gay, bisexual, transgender, intersex and queer people. Former President Robert Mugabe, who ruled the southern African nation for 37 years, once described them as "worse than dogs and pigs" and unworthy of legal rights.

President Emmerson Mnangagwa, who took power following a 2017 coup led by Chiwenga when he was still an army general, has been less publicly vocal in his anti-LGBTQ+ rhetoric. But Chiwenga's threat to ban the scholarship highlights the continued hostility from authorities and sections of society, including influential religious groups, remains. In December, Zimbabwe's Catholic bishops, like many of their African counterparts, cautioned against the Pope Francis' declaration allowing



▲ Zimbabwe's powerful vice president, Constantino Chiwenga said the government will block a university scholarship for young LGBTQ+ people.

priests to offer blessings to same-sex couples, citing "respect of the law of the land, our culture and for moral reasons." Zimbabwe has in the past stopped public acts that may appear to demonstrate approval of gay people.

In 2021, a planned visit by a gay

South African celebrity, Somizi Mhlongo, for the reopening of a trendy Zimbabwean restaurant was canceled after a Christian sect and members of the ruling ZANU-PF party's youth wing vowed to block his appearance.

(Africanews)

## Senegal's Sall promises to hold delayed presidential vote as soon as possible

SENEGAL will hold a presidential election as soon as possible given that the country's top election authority has overturned a decree by President Macky Sall to postpone the vote, the government said Friday.

Sall in early February sought to postpone the Feb. 25 election citing unresolved disputes over who could run, and the National Assembly voted to reschedule it for Dec. 15.

However, the country's Constitutional Council ruled Thursday that those moves were unconstitutional and ordered the government to hold the election as soon as possible, presumably allowing enough time for campaigning. The panel acknowledged that Feb. 25 wouldn't now be feasible, but said the government should act quickly.

In a statement Friday, presidential spokesperson Yoro Dia said that Sall intends to ensure full compliance with the council's decision and hold the elections as soon as possible, though the government didn't yet specify a new date.

Senegal has been seen as one of the region's most stable democracies, but election disputes have plunged the country into a political crisis that has sparked deadly protests and cuts to mobile internet. At least three people have been killed by security forces and dozens injured.

Sall has been accused of trying to delay leaving office, something he denied to during an AP interview last week.

Local and international pressure has mounted since the moves to delay the vote.

In a post Friday on X, formerly Twitter, the U.S. Bureau of African Affairs commended the council's decision "to put Senegal back on track for a timely presidential election."

U.N. Secretary-General Antonio Guterres noted the Constitutional Council's ruling and the president's decision and urged all Senegalese parties "to ensure the holding of an inclusive and transparent presidential election within the framework of the constitution of Senegal," U.N. spokesman Stephane Dujarric said.

## Election time

Also on Friday The West African region bloc, ECOWAS, said in a statement Friday that Sall should stick to the election timetable, and requested the "competent authorities" to set a date for the presidential election in accordance with the council's decision.

It's unclear when a date would be set, and whether there would be changes to who is allowed to run.

Sall, who came to power in 2012, is set to finish his two terms on April 2. According to the constitution, elections have to be held 30-45 days before his mandate ends.

In an effort to calm the public, the government has released several hundred political prisoners this week.

The opposition has said the situation could be diffused by releasing all the prisoners and starting talks between the opposition and the president about setting an early date for elections, said Dr. Manel Fall, a member of the dissolved PASTEF opposition party.

(Reuters)

## Pope Francis appeals for an end to Sudan's civil war

VATICAN CITY - Pope Francis appealed on Sunday to Sudan's warring factions to put an end to a 10-month conflict that has seen millions displaced and prompted warnings of famine.

"I ask again the warring parties to stop this war, which causes so much damage to the people and the future of the country", Francis said during his Angelus message.

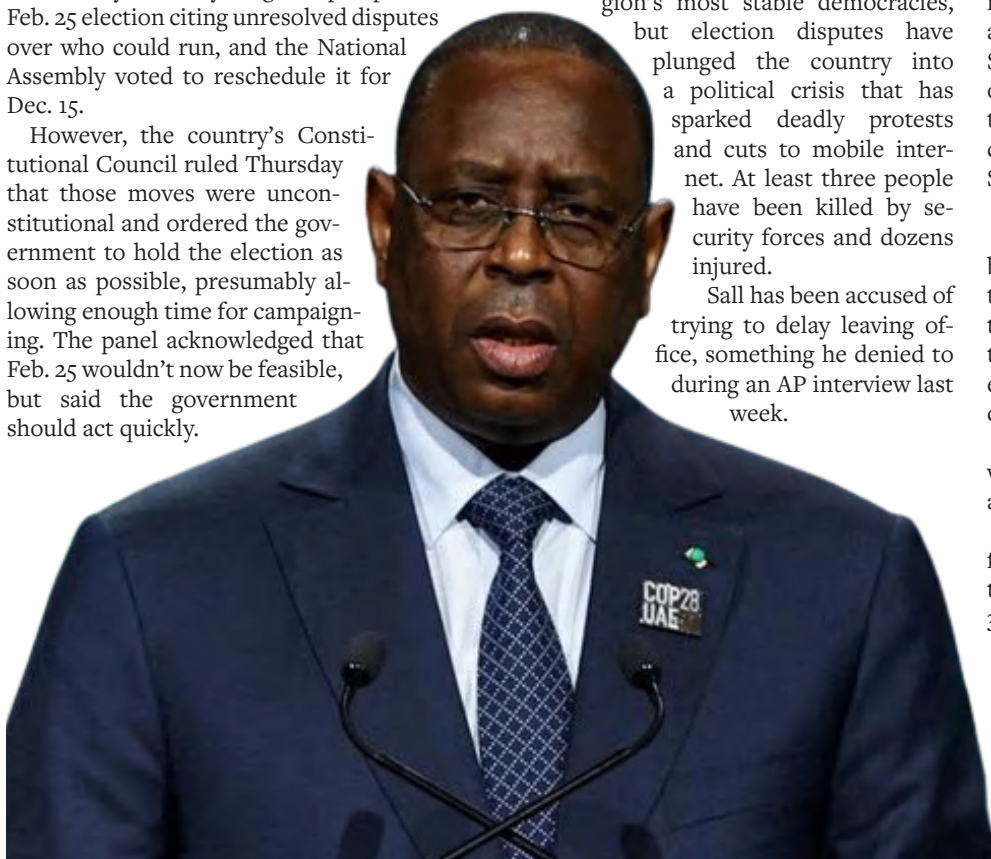
"Let's pray so that avenues of peace will soon be found for the future of beloved Sudan", he added.

Diplomatic efforts have so far failed to end the civil war in Sudan that pits the country's armed forces and the paramilitary Rapid Support Forces (RSF).

In his traditional Sunday address, the pope also mentioned conflicts in Mozambique, Ukraine, Israel and the Palestinian territories.

"Wherever there is fighting populations are exhausted, they are tired of war, which is always useless, inconclusive and will only bring death and destruction and will never lead to a solution to the problem," Francis said.

(Reuters)



▲ Senegal will hold a presidential election as soon as possible given that the country's top election authority has overturned a decree by President Macky Sall to postpone the vote.



# \$355 million fraud fine is election interference – Trump to supporters

**WATERFORD TOWNSHIP** - Donald Trump on Saturday lashed out at the New York judge who ruled he must pay \$354.9 million in penalties for fraudulently overstating his net worth to dupe lenders, telling thousands of supporters at a campaign rally the decision was an “election interference ploy.”

Addressing supporters for the first time since Justice Arthur Engoron on Friday hit him with massive financial penalties, Trump made the unsubstantiated claim that the judge was part of a “left wing” conspiracy aimed at stopping him from becoming president again.

**Frontrunner**

The former Republican president, the frontrunner for his party’s White House nomination, told a crowd in Michigan that “these repulsive abuses of power are not just an attack on me, they are an attack on all Americans.”

Trump also repeated his lie that his 2020 election defeat to Democratic U.S. President Joe Biden was due to election fraud.

Engoron also banned Trump from serving as an officer or director of any New York corporation for three years. The judge said of Trump and his co-defendants: “Their complete lack of contrition and remorse borders on pathological.”

New York Attorney General Letitia James had accused Trump and his family businesses of overstating his net worth by as much \$3.6 billion a year over a decade to fool bankers into giving him better loan terms.

Trump spoke shortly after Nikki Haley, his last remaining rival for the Republican presidential nomination, who held an event in



▲ Former U.S. President Donald Trump gestures on the day of a court hearing on charges of falsifying business records to cover up a hush money payment to a porn star before the 2016 election, in New York State Supreme Court in the Manhattan borough of New York City, U.S.

South Carolina.

On Saturday morning, Haley wasted no time in going after Trump after Friday’s ruling, which handed him another legal setback in a civil case that imperils his real estate empire.

Trump also faces four state and federal criminal trials, including one scheduled to start in New York on March 25, over alleged hush money payments to a porn star. That means Trump will become the first former U.S. president to stand trial on criminal charges. Haley frequently says “chaos” fol-

lows Trump, and that he can’t be an effective president or candidate because of his myriad legal problems.

“He’s going to be in court March and April. He’s going to be in court May and June. He said himself that he’s going to be spending more time in a courtroom than he is on the campaign trail,” Haley told Fox News.

Trump is close to clinching the Republican presidential nomination, and the prospect of a likely general election rematch with Biden, after recent nominating contest wins in Iowa, New Hampshire and Nevada.

Michigan is a key battleground state that could determine the outcome in November. This year Michigan Republicans are allocating their presidential delegates via both a primary on Feb. 27 and a caucus on March 2.

Keen to generate momentum in the state, Trump urged his supporters to participate in the nominating contests. But Trump, who has sought to attack Biden’s mental acuity and penchant for gaffes, relayed both correct and incorrect dates to the crowd.

“Remember the primary is Tuesday February 27th. We need to get out and vote to set the stage for November. Go vote. November 27th,” Trump said.

**Desire**

Trump also reiterated his desire to eliminate early voting and denigrated mail-in voting, which is embraced by Democrats.

Some Republicans have warned Trump’s opposition to mail-in voting could discourage some party members from casting ballots.

“Mail-in voting is totally corrupt. Get that through your head,” Trump said.

Before his rally in Michigan Trump appeared at a convention for sneaker fans in Philadelphia, where he launched his own sneaker brand - gold-topped with American flag logos.

“I’ve wanted to do this a long time,” Trump said, before urging young people to vote.

Haley, who has no clear path to the Republican nomination, has refused to quit. She is making a potential last stand in her home state of South Carolina, which holds its primary on Feb. 24, where she trails badly in opinion polls behind Trump.

(Reuters)

# UN likely to vote Tuesday on Gaza ceasefire, US signals veto

**UNITED NATIONS** - The United Nations Security Council is likely to vote on Tuesday on an Algerian push for the 15-member body to demand an immediate humanitarian ceasefire in the Israel-Hamas war, said diplomats, a move the United States signaled it would veto.

Algeria put forward an initial draft resolution more than two weeks ago. But U.S. Ambassador to the U.N. Linda Thomas-Greenfield quickly said the text could jeopardize “sensitive negotiations” aimed at brokering a pause in the war.

Algeria requested on Saturday that the council vote on Tuesday, diplomats said. To be adopted, U.N. Security Council resolution needs at least nine votes in favor and no vetoes by the United States, Britain, France, China or Russia.

“The United States does not support action on this draft resolution. Should it come up for a vote as drafted, it will not be adopted,” Thomas-Greenfield said in a statement on Saturday.

Washington traditionally shields its ally Israel from U.N. action and has already twice vetoed council action since Oct. 7. But it has also abstained twice, allowing the council to adopt resolutions that aimed to boost humanitarian aid to Gaza and called for urgent and extended humanitarian pauses in fighting.

Talks between the U.S., Egypt, Israel and

Qatar are on to seek a pause in the war and the release of hostages held by Hamas.

“It is critical that other parties give this process the best odds of succeeding, rather than push measures that put it - and the opportunity for an enduring resolution of hostilities - in jeopardy,” Thomas-Greenfield said.

The Gaza war began when fighters from the Hamas militant group that runs Gaza attacked Israel on Oct. 7, killing 1,200 people and capturing 253 hostages, according to Israeli tallies. In retaliation, Israel launched a military assault on Gaza that health authorities say has killed more than 28,000 Palestinians with thousands more bodies feared lost amid the ruins.

The likely council vote comes as Israel also plans to storm Rafah in southern Gaza, where more than 1 millions Palestinians have sought shelter, prompting international concern that such a move would sharply worsen the humanitarian crisis in Gaza.

“The situation in Gaza is an appalling indictment of the deadlock in global relations,” U.N. Secretary-General Antonio Guterres told the Munich Security Conference on Friday.

When asked to explain, U.N. spokesman Stephane Dujarric said Guterres was “pointing the finger” at the lack of unity in the Security Council “and how that lack of unity has hampered our ability ... to improve situations around the world.” (Reuters)



▲ The United Nations Security Council is likely to vote on Tuesday on an Algerian push for the 15-member body to demand an immediate humanitarian ceasefire in the Israel-Hamas war, said diplomats, a move the United States signaled it would veto.



# Gogo Skhotheni for Matamza’s event

Stories by Siphesihle Dlamini  
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EXCITEMENT is brewing as South African DJ and traditional healer, Gogo Skhotheni is set to grace the stage at local DJ Matamza’s upcoming event at Ekhayeni Chillaz.

Scheduled for February 23, 2024, this event promises a unique blend of music and entertainment. Joining Gogo Skhotheni on the lineup is the renowned DJ Yeka and the event’s headliner, Matamza. The night will also feature an array of talented supporting acts including Zulu D, Sgitha, The Bishops, Sbu Drum DJ, Bavarah, Tilungu, Mixmash, Black Pearl, Fantasy, Expo, Drum Rhythm, and Resident DJ.

Tickets to this not-to-be-missed event are priced at E50 before 10 pm, and E80 thereafter.

For those looking to elevate their experience, VVIP tickets are available at E150, offering attendees the exclusive opportunity to mingle and snap pictures with Gogo Skhotheni and DJ Yeka.

Gogo Skhotheni, a multifaceted personality known for her roles as a reality star, businessperson, and traditional healer, brings a unique energy to the stage.

As a Gobela and community leader practising polyandry, she has captured the hearts of many with her unconventional lifestyle. Famous for her reality show ‘Gogo Skhotheni’ on Moja Love, Gogo Skhotheni is known for inviting viewers



▲ Gogo Skhotheni will be performing at Ekhayeni Chillaz.

into her world as a polyandrous woman with two husbands and two children.

In addition to her television presence, Gogo Skhotheni is a thriving entrepreneur, owning a successful cosmetic company

that harnesses the power of natural ingredients and traditional herbs. Her recent venture into the world of DJing and entertainment only adds to her diverse talents.

## Indiana RSA & Skoen Pampiri to drop a project

UPSCALE Live’s latest signees Indiana RSA & Skoen Pampiri are about to set the music industry ablaze with their upcoming project, ‘Via Route 56.’

This dynamic duo from South Africa is ready to drop their Afropop masterpiece on March 1, 2024. The project consists of five scorching tracks that will captivate listeners from the first note to the very last beat.

The duo has collaborated with Eswatini’s finest award-winning artists, Young Zesh and Lyrikal Busta, who are also signed to Upscale Live. They have also teamed up with Jamaican-based producer Mari the Producer, who has lent his magic touch to two songs on the album.

Additionally, L.T. and Tumii Maseko co-produced one track, while DJ Citie from Eswatini produced two others.

‘Via Route 56’ is not your typical project. It is a fusion of the duo’s unique sound, aptly named Route 56, which has never been heard before in the music industry. Indiana RSA proudly stated, “You have to be bred the ‘Route 56 Route’

way for you to sound like this.”

The inspiration behind ‘Via Route 56’ stems from the desire to tell a story about their roots, their hometown in the rural area of Route 56. Indiana RSA and Skoen Pampiri want to take listeners on a journey through their experiences, shedding light on Route 56.

“We stand here today embodying the hopes and dreams of everyone back home, from the young to the old. And that’s the reason why our music is listened to by all generations,” they said.

### Supported

They added that this album is a heartfelt tribute to all those who have supported them from the beginning. Indiana RSA and Skoen Pampiri acknowledged the long and arduous journey they have taken to reach this point, with some doubters along the way. The duo expressed gratitude to those who believed in them, even when the dream seemed distant.

“With this project, we just want to thank them for having believed in us, even if it’s a distant memory to some.” At its core, ‘Via Route 56’ carries a powerful message. According to the artists, the projects show



that it is not the actions we do for others that define us, but the impact we have on their lives.

“Ladies and gentlemen, get ready to experience an album that will ignite your senses and set your speakers ablaze with its unparalleled energy, passion, and creativity. This isn’t just music; it’s a sonic inferno that will leave you breathless and craving more,” they said.



▲ ‘Her Poetic Justice’ organiser Blacknote.

## ‘Her Poetic Justice’ to empower young poets

CELEBRATING Women’s History Month, ‘Her Poetic Justice’ has launched a transformative initiative aimed at empowering 20 young poets, aged between 18 and 30, regardless of gender, to amplify their voices and celebrate the indelible impact of women throughout history.

Poets seeking to participate in this empowering journey are invited to submit videos showcasing their poetic prowess, with a thematic focus on honouring the resilience, strength, and influence of women who have championed equity, diversity, and empowerment in society. By shedding light on the untold stories of women who have shaped the fabric of our world, participants are encouraged to weave narratives of unity, growth, and empowerment through their poems.

The submission deadline for these videos is set for March 1, 2024, marking the first step towards a transformative experience that promises to elevate voices and inspire change.

### Amplify

A workshop on March 9, 2024, will provide a platform for the selected 20 poets to refine their craft and amplify their message, culminating in a grand performance on March 30, 2024, at the American Corner in Manzini.

Led by the esteemed poet Blacknote, this initiative aims to nurture the next generation of poetic talent by selecting five poets from each of Eswatini’s four regions, fostering a spirit of creativity, expression, and empowerment. Through mentorship, guidance, and creative exploration, ‘Her Poetic Justice’ seeks to unlock the full potential of young poets and ignite a spark of change through the power of words.

In addition, the initiative offers compelling prizes to the standout poets in each age category. The first seed in the 18-25 years category will be awarded E2 500, with the second seed claiming E1 500. In the 26-30 years category, the first seed will walk away with E3 500, while the second seed will be honoured with E1 500, recognising their talent, dedication, and commitment to uplifting the voices of women through the art of poetry.





▲ South African Gospel sensation Mpumi Mtsweni rendering a soul uplifting performance at Bethesda in Nhlangano.

# Mpumi Mtsweni brings heavenly tunes to Nhlangano

Stories by Siphesihle Dlamini  
siphesihled@rubiconmedia.group

IN a divine convergence of music and spirit, South African Gospel sensation Mpumi Mtsweni set the stage ablaze with her soul-stirring performance at Bethesda in Nhlangano, leaving the audience enraptured in a symphony of praise and worship.

The Friday night event, orchestrated by the visionary event organiser Nkosikhona Siziba, witnessed a congregation of fervent worshippers from near and far, drawn by the magnetic pull of gospel music's transformative power. Local talents such as Linda Dlamini, Simiso Simelane, Sphiwo Indoni, Shekinah Motsa, and Frans MkhaliPhi added their voices to the heavenly chorus, creating an atmosphere of spiritual

elevation and musical excellence. In an exclusive interview, Nkosikhona Siziba revealed the secrets behind the event's resounding success, attributing it to a potent combination of prayer, strategic marketing, and unwavering belief in the vision. "We prayed and fasted for this moment, and our faith never wavered despite the naysayers. We trusted in the power of our purpose," he shared.

Choosing Nhlangano as the venue held a special significance for Siziba, who sought to bring the transformative power of gospel music to his hometown, where his journey began.

Expressing gratitude to the dedicated team behind the scenes, including Siyah Maphanga, the MD of the show, and the tireless band members, Siziba also acknowledged the generous sponsorships from Vineyard School of Ministry, Nhlangano Natic, Nsingizini

Hotspurs FC, T-junction Rest n Bar, and Blue House for their invaluable support.

The highlight of the evening was the electrifying performance by Mpumi Mtsweni Tshabalala, whose angelic voice resonated through the hearts of all present, creating a spiritual connection that transcended boundaries.

The echoes of praise lingered in the air, and Eswatini artists, who graced the stage in solidarity, added their unique flair to the night.

Siziba shared his vision of hosting more gospel shows in Nhlangano, envisioning a future where the town thrives under the transformative influence of music and faith. With dreams as vast as the heavens above, Siziba's passion for uplifting his community through the power of gospel music shines brightly, illuminating a path of hope and harmony for all who walk alongside him.



▲ Local Gospel musician Linda Dlamini during his performance.



▲ Shekinah Motsa was a marvel to watch as she sang her soul out.



▲ A section of Gospel lovers in high spirits during the show.



▲ Gospel artist Sphiwo Indoni delivered an uplifting performance.



# ‘The weirdest thing is that Khune paid lobola for me’

**MEDIA** personality Minenhle “Minnie” Dlamini will make her debut in the world of comedy roasts. Minnie was announced on Thursday as the roastee for the Showmax and Laugh Africa Comedy Festival roast.

Speaking at the event, Minnie said she looks forward to a lighthearted take on her illustrious career and personal anecdotes.

“I ended the year with my show Curated on Mzansi Magic, embracing humour about myself and societal happenings. The roast is about having fun and not taking myself too seriously. I may also get an opportunity to dispel many of the rumours about me. The roast is fundamentally a celebration of my career, and there’s nothing I love more than a good laugh.”

Minnie shared that being from a family of roasters, she has always loved comedy, and saying yes to the roast was easy for her to say yes to.

“I think it is going to be a very fun show I think a lot of people are excited to hear what people are going to say. I have trended for weeks on end where people said the most outlandish things. I’m ready to do it in a way

that is curated, fun, and entertaining.”

Minnie said one of the most outlandish things she has heard about herself that still sticks to her to this day, is regarding her and Kaizer Chiefs goalkeeper Itumeleng Khune’s relationship. “The most outlandish thing to date is the claim that Khune paid lobola for me is still the most wild thing. People have really gone out of their way to say some really crazy stuff about me. I don’t think there is anything that I have not heard.”

We aim to curate a fun-filled experience

Stuart Taylor, Laugh Africa Comedy Festival creative director said the approach will guarantee a roast that is as heartfelt as it is hilarious, staying true to the tradition of roasting those held in high regard.

“With the Showmax Roast of Minnie Dlamini, we aim to curate an experience that embodies this spirit. By selecting individuals whose journeys we admire, we ensure that each jest and jab is a testament to their impact and our affection,” said Taylor.

The roast will feature a star-studded lineup and will be recorded live on April 5. It will air exclusively on Showmax on April 26.

(Sunday World)



▲ Minnie Dlamini says the weirdest thing that she’s heard about her is that Itumeleng Khune paid lobola for her.



▲ Slikour’s wife Melissa Wilkinson helps him sign the marriage contract.

## Slikour’s wife wants wedding contract annulled

**HIP-HOP** artist Slikour’s estranged wife has threatened to go to court to challenge the validity of the antenuptial contract they signed after the registration of their civil and customary marriage.

According to information received from the estranged couple’s close associate, who did not want to be named for fear of victimisation, Melissa Wilkinson allegedly discovered to her chagrin that she had signed the antenuptial contract papers, which the artist had handed over to her, after the registration of their marriage.

Wilkinson and Slikour, real name Siyabonga Metane, separated after she dumped him after accusing him of infidelity, emotional, financial and psychological abuse.

Speaking to Sunday World, a mole, who disapproves of the couple’s separation, said Wilkinson intends to obtain a court order to declare the antenuptial contract invalid because she did not read the papers before signing them. She also, according to a deep throat, neither sought legal advice nor understood the disadvantages and advantages of the contract before putting pen to paper.

Wilkinson has pleaded with Slikour to find a solution to the matter because she does not want to air their dirty laundry in court. But, said the source, it appears the artist did not cooperate. The tipster also alleged Wilkinson still did not understand what actually happened because she and Slikour agreed to get married under the customary law.

(Sunday World)

## Sodi faces loss of fleet of cars worth millions of rands

A giant insurance company has applied for a court order to attach a fleet of vehicles belonging to the company owned by controversial businessman Edwin Sodi after it disappeared with the Development Bank of Southern Africa (DBSA)’s millions of rands.

Hollard Insurance, which acted as a guarantor for Sodi’s company to receive the millions from DBSA as advance payment to upgrade and build additional accommodation for a correctional centre in Parys, Free State, has applied for a court order in the Joburg high court to sell almost 100 vehicles owned by Sodi’s NJR Projects (NJR).

This was after NJR failed to repay DBSA over R39-million in advance payments. This resulted in DBSA recouping the loan from Hollard Insurance.

According to court papers, which we have seen, NJR was awarded a R282-million tender by the department of public works to upgrade and build additional

accommodation at the facility. NJR requested an advanced payment of R35-million from the DBSA on February 29, 2019 because it did not have the funds to start with the construction work. The development bank approved an advance payment of R22-million on April 18, 2019. However, as security for the repayment of the advance payment, NJR was required to provide DBSA with an on-demand advance payment guarantee.

On February 19, 2021, Hollard, at the request of NJR, issued an on-demand advance payment guarantee of over R23-million in favour of DBSA.

This was after Hollard had issued another R28-million guarantee on February 18, 2019 in Joburg, also at Sodi and his business partner Jeophrey Ramahlaleoroa’s behest.

Hollard said NJR registered a bond over its movable assets as continuing coverage for any cause of debt claimable by the insurance company. (Sunday World)



▲ An insurance company has applied for a court order to attach a fleet of vehicles belonging Edwin Sodi’s company.





A varied diet rich in whole foods may help lower your risk or developing cancer and decrease cancer growth. This can include fatty fish, vegetables, spices, and fruits like berries.

What you eat can drastically affect many aspects of your health, including your risk of developing chronic diseases like heart disease, diabetes and cancer.

The development of cancer, in particular, has been shown to be heavily influenced by your diet. Many foods contain beneficial compounds that could help decrease the growth of cancer. There are also several studies showing that a higher intake of certain foods could be associated with a lower risk of the disease. This article will delve into the research and look at 13 foods that may lower your risk of cancer.

### 1. Broccoli

Broccoli contains sulforaphane, a plant compound found in cruciferous vegetables that may have potent anticancer properties. One test-tube study showed that sulforaphane reduced the size and number of breast cancer cells by up to 75%. Similarly, an animal study found that treating mice with sulforaphane helped kill off prostate cancer cells and reduced tumor volume by more than 50%. Some studies have also found that a higher intake of cruciferous vegetables like broccoli may be linked to a lower risk of colorectal cancer.

One analysis of 35 studies showed that eating more cruciferous vegetables was associated with a lower risk of colorectal and colon cancer. Including broccoli with a few meals per week may come with some cancer-fighting benefits.

However, keep in mind that the available research hasn't looked directly at how broccoli may affect cancer in humans.

Instead, it has been limited to test-tube, animal and observational studies that either investigated the effects of cruciferous vegetables, or the effects of a specific compound in broccoli. Thus, more studies are needed.

### 2. Carrots

Several studies have found that eating more carrots is linked to a decreased risk of certain types of cancer. For example, an analysis looked at the results of five studies and concluded that eating carrots may reduce the risk of stomach cancer by up to 26%. Another study found that a higher intake of carrots was associated with 18% lower odds of developing prostate cancer.

One study analyzed the diets of 1,266 participants with and without lung cancer. It found that current smokers who did not eat carrots were three times as likely to develop lung cancer, compared to those who ate carrots more than once per week.

Try incorporating carrots into your diet as a healthy snack or delicious side dish just a few times per week to increase your intake and potentially reduce your risk of cancer. Still, remember that these studies show an association between carrot consumption and cancer, but don't account for other factors that may play a role.

### 3. Beans

Beans are high in fiber, which some studies have found may help protect against colorectal cancer. One study followed 1,905 people with a history of colorectal tumors, and found that those who consumed more cooked, dried

beans tended to have a decreased risk of tumor recurrence. An animal study also found that feeding rats black beans or navy beans and then inducing colon cancer blocked the development of cancer cells by up to 75%.

According to these results, eating a few servings of beans each week may increase your fiber intake and help lower the risk of developing cancer. However, the current research is limited to animal studies and studies that show association but not causation. More studies are needed to examine this in humans, specifically.

### 4. Berries

Berries are high in anthocyanins, plant pigments that have antioxidant properties and may be associated with a reduced risk of cancer.

In one human study, 25 people with colorectal cancer were treated with bilberry extract for seven days, which was found to reduce the growth of cancer cells by 7%. Another small study gave freeze-dried black raspberries to patients with oral cancer and showed that it decreased levels of certain markers associated with cancer progression. One animal study found that giving rats freeze-dried black raspberries reduced esophageal tumor incidence by up to 54% and decreased the number of tumors by up to 62%.

Similarly, another animal study showed that giving rats a berry extract was found to inhibit several biomarkers of cancer.

Based on these findings, including a serving or two of berries in your diet each day may help inhibit the development of cancer.

Keep in mind that these are animal and observational studies looking at the effects of a concentrated dose of berry extract, and more human research is needed.

### 5. Cinnamon

Cinnamon is well-known for its health

benefits, including its ability to reduce blood sugar and ease inflammation. In addition, some test-tube and animal studies have found that cinnamon may help block the spread of cancer cells. A test-tube study found that cinnamon extract was able to decrease the spread of cancer cells and induce their death.

Another test-tube study showed that cinnamon essential oil suppressed the growth of head and neck cancer cells, and also significantly reduced tumor size.

An animal study also showed that cinnamon extract induced cell death in tumor cells, and also decreased how much tumors grew and spread. Including 1/2-1 teaspoon (2-4 grams) of cinnamon in your diet per day may be beneficial in cancer prevention, and may come with other benefits as well, such as reduced blood sugar and decreased inflammation.

However, more studies are needed to understand how cinnamon may affect cancer development in humans.

### 6. Nuts

Research has found that eating nuts may be linked to a lower risk of certain types of cancer.

For instance, a study looked at the diets of 19,386 people and found that eating a greater amount of nuts was associated with a decreased risk of dying from cancer. Another study followed 30,708 participants for up to 30 years and found that eating nuts regularly was associated with a decreased risk of colorectal, pancreatic and endometrial cancers.

Other studies have found that specific types of nuts may be linked to a lower cancer risk.

For example, Brazil nuts are high in selenium, which may help protect against lung cancer in those with a low selenium status.

Similarly, one animal study showed that feeding mice walnuts decreased the growth rate of breast cancer cells by 80% and reduced

the number of tumors by 60%. These results suggest that adding a serving of nuts to your diet each day may reduce your risk of developing cancer in the future. Still, more studies in humans are needed to determine whether nuts are responsible for this association, or whether other factors are involved.

### 7. Olive Oil

Olive oil is loaded with health benefits, so it's no wonder it's one of the staples of the Mediterranean diet. Several studies have even found that a higher intake of olive oil may help protect against cancer. One massive review made up of 19 studies showed that people who consumed the greatest amount of olive oil had a lower risk of developing breast cancer and cancer of the digestive system than those with the lowest intake.

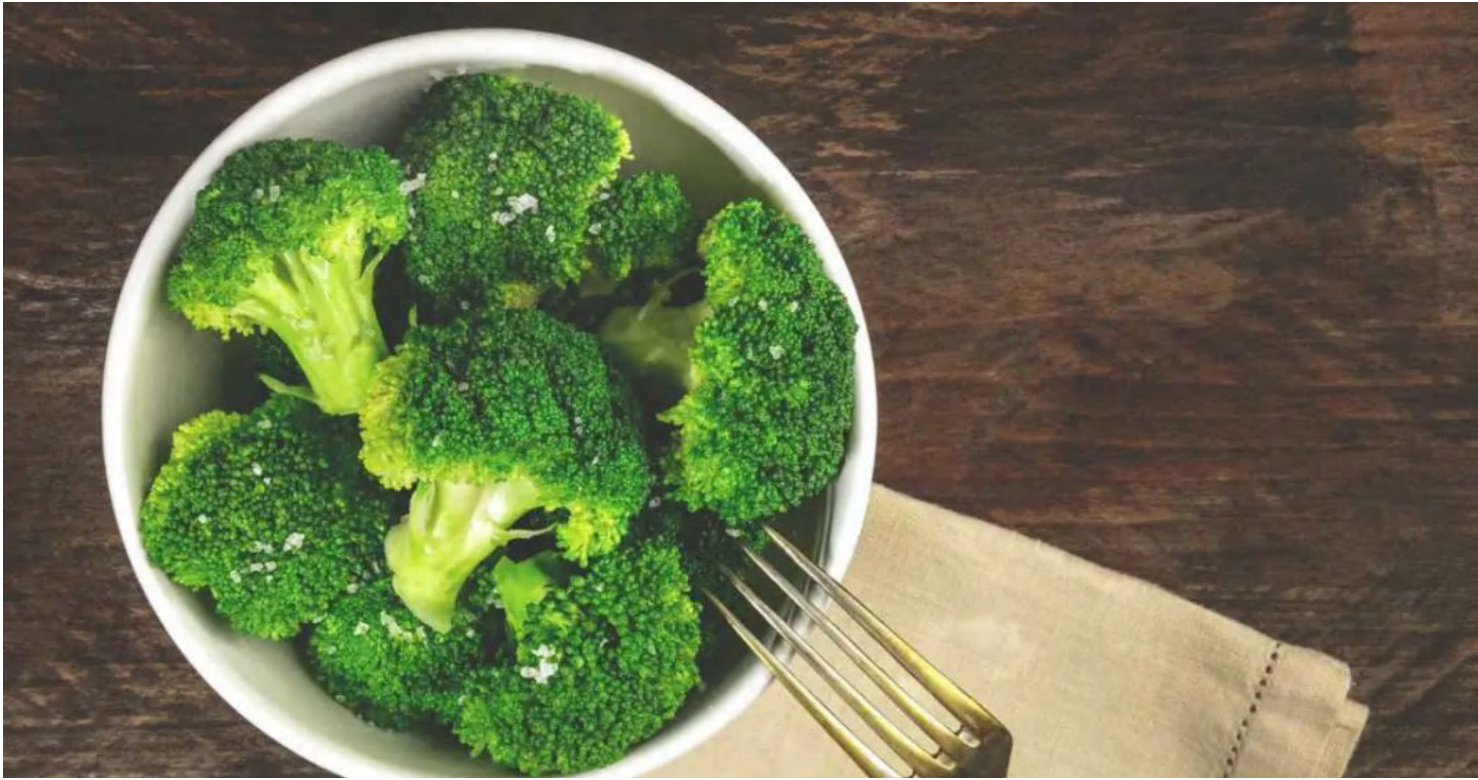
Another study looked at the cancer rates in 28 countries around the world and found that areas with a higher intake of olive oil had decreased rates of colorectal cancer.

Swapping out other oils in your diet for olive oil is a simple way to take advantage of its health benefits. You can drizzle it over salads and cooked vegetables, or try using it in your marinades for meat, fish or poultry.

Though these studies show that there may be an association between olive oil intake and cancer, there are likely other factors involved as well. More studies are needed to look at the direct effects of olive oil on cancer in people.

### 8. Turmeric

Turmeric is a spice well-known for its health-promoting properties. Curcumin, its active ingredient, is a chemical with anti-inflammatory, antioxidant and even anticancer effects. One study looked at the effects of curcumin on 44 patients with lesions in the colon that could



... One analysis of 35 studies showed that eating more cruciferous vegetables was associated with a lower risk of colorectal and colon cancer.





have become cancerous. After 30 days, 4 grams of curcumin daily reduced the number of lesions present by 40%. In a test-tube study, curcumin was also found to decrease the spread of colon cancer cells by targeting a specific enzyme related to cancer growth. Another test-tube study showed that curcumin helped kill off head and neck cancer cells. Curcumin has also been shown to be effective in slowing the growth of lung, breast and prostate cancer cells in other test-tube studies.

For the best results, aim for at least 1/2–3 teaspoons (1–3 grams) of ground turmeric per day. Use it as a ground spice to add flavor to foods, and pair it with black pepper to help boost its absorption.

#### 9. Citrus Fruits

Eating citrus fruits such as lemons, limes, grapefruits and oranges has been associated with a lower risk of cancer in some studies.

One large study found that participants who ate a higher amount of citrus fruits had a lower risk of developing cancers of the digestive and upper respiratory tracts. A review looking at nine studies also found that a greater intake of citrus fruits was linked to a reduced risk of pancreatic cancer.

Finally, a review of 14 studies showed that a high intake, or at least three servings per week, of citrus fruit reduced the risk of stomach cancer by 28%.

These studies suggest that including a few servings of citrus fruits in your diet each week may lower your risk of developing certain types of cancer. Keep in mind that these studies don't account for other factors that may be involved. More studies are needed on how citrus fruits specifically affect cancer development.

#### 10. Tomatoes

Lycopene is a compound found in tomatoes that is responsible for its vibrant red color as well as its anticancer properties.

Several studies have found that an increased intake of lycopene and tomatoes could lead to a reduced risk of prostate cancer.

A review of 17 studies also found that a higher intake of raw tomatoes, cooked tomatoes and lycopene were all associated with a reduced risk of prostate cancer. Another study of 47,365 people found that a greater intake of tomato sauce, in particular, was linked to a lower risk of developing prostate cancer. To help increase your intake, include a serving or two of tomatoes in your diet each day by adding them to sandwiches, salads, sauces or pasta dishes.

Still, remember that these studies show there may be an association between eating tomatoes and a reduced risk of prostate cancer, but they don't account for other factors that could be involved.

#### 11. Garlic

The active component in garlic is allicin, a compound that has been shown to kill off cancer cells in multiple test-tube studies.

Several studies have found an association between garlic intake and a lower risk of certain types of cancer. One study of 543,220 participants found that those who ate lots of Allium vegetables, such as garlic, onions, leeks and shallots, had a lower risk of stomach cancer than those who rarely consumed them. A study of 471 men showed that a higher intake of garlic was associated with a reduced risk of prostate cancer.

Another study found that participants who ate lots of garlic, as well as fruit, deep yellow vegetables, dark green vegetables and onions, were less likely to develop colorectal tumors. However, this study did not isolate the effects of garlic.

Based on these findings, including 2–5 grams (approximately one clove) of fresh garlic into your diet per day can help you take advantage of its health-promoting properties. **Healthline**

# Can heart failure cause weight gain?

**WHEN your heart isn't able to pump effectively, it can lead to reduced circulation.**

If there's less blood flowing through your kidneys, it can cause extra fluid to build up in your body. This can cause weight gain. Heart failure occurs when the heart muscle grows too weak to effectively pump enough blood to meet the body's demands. As a result, several complications and symptoms can develop. One potential symptom is weight gain.

Heart failure can cause a buildup of fluids in the body, especially in the lower limbs and abdomen. This is known as edema. When you have excess fluid in your body, it causes you to weigh more. In some cases, unexplained weight gain is the first obvious sign of heart failure.

This article will take a closer look at how heart failure causes weight gain and what it means.

#### Why do individuals with heart failure gain weight?

When you have heart failure, your heart isn't able to pump an adequate amount of blood throughout your body. This leads to reduced circulation and less blood flow through your kidneys, which are responsible for getting rid of excess fluid and sodium in your body.

When blood flow through the kidneys is compromised, it can cause fluid and sodium to build up. Sometimes edema develops quickly. You might wake up one day and notice swelling in your legs or abdomen that wasn't obvious the night before.

#### How much weight do you gain with heart failure?

If you've been diagnosed with heart failure, you may have also been advised to weigh yourself daily. This is the easiest way to identify early signs of edema that may not be apparent otherwise.

According to the American Heart Association, weight gain of 2 lbs – 3 lbs (0.9 kg – 1.36 kg) within 24 hours, or at least 5 lbs (2.26 kg) within a week, could be a sign of worsening heart failure.

Each 1 kg (2.2 lbs) of increased weight corresponds to 1 additional liter of excess fluid. If you notice rapid weight gain but haven't been diagnosed with heart failure, let your doctor know. This is particularly important if you have a history of heart disease or if you've experienced other symptoms like:

- ▶ fatigue
- ▶ shortness of breath
- ▶ a change in your resting heart rate

#### What are the potential complications of fluid buildup with heart failure?

The build-up of excess fluid in your



body can put an extra burden on your organs, including your kidneys, lungs, and heart. For example, fluid can build up in the lungs, causing a condition called pulmonary edema. This can lead to shortness of breath. In more severe situations, it may cause severe breathing difficulties that require immediate medical treatment.

#### What are the symptoms of worsening heart failure?

In addition to monitoring your weight and taking note of any unexplained weight gain, the following may also be symptoms that heart failure is progressing:

- ▶ swelling in your abdomen or lower limbs
  - ▶ shortness of breath
  - ▶ lightheadedness
  - ▶ fatigue that makes it difficult to perform daily activities
  - ▶ changes in your blood pressure
  - ▶ confusion or other cognitive issues
  - ▶ heart palpitations or a racing heart
- If any of these signs and symptoms develop or worsen, contact your healthcare team immediately.

#### What is the best way to manage weight with heart failure?

Because weight gain with heart failure is usually caused by edema, the best way to manage your weight is by reducing the amount of fluid buildup in your body. Your doctor may recommend diuretics, which are medications that help your body get rid of excess fluids and sodium.

Diuretics cause frequent and increased urination as the excess fluid and sodium are flushed out in the urine.

If you've been diagnosed with heart failure, your doctor may recommend cardiac rehabilitation. This program is designed to improve your cardiovascular health and quality of life if you have a problem with your heart.

A cardiac rehabilitation program is

typically supervised by a team of medical professionals, like physical therapists, registered dietitians, doctors, and nurses, who will help you with:

- ▶ exercise programs and training
- ▶ heart-healthy diets and nutrition
- ▶ management of risk factors
- ▶ medication adherence
- ▶ counseling

#### Can heart failure make it hard to lose weight?

Heart failure can make you retain water and develop edema, and it can happen fast. Having heart failure can make it difficult to lose weight because, in addition to water retention and edema, you can have symptoms like fatigue, shortness of breath, and coughing.

#### What are the 4 signs your heart is quietly failing?

Four of the most common "quiet" early symptoms of heart failure include:

- ▶ edema or ankle swelling
- ▶ fatigue
- ▶ shortness of breath or coughing
- ▶ reduced stamina (can't do as much)

See your doctor immediately if you have these symptoms.

#### The bottom line

Weight gain is common if you have heart failure. When your heart isn't able to pump effectively, it can lead to reduced circulation. If there's less blood flowing through your kidneys, it can cause extra fluid and sodium to build up in your body, causing swelling and weight gain.

In some cases, unexplained weight gain is the first obvious sign of heart failure. Other symptoms of heart failure can include fatigue, swelling in your legs or abdomen, shortness of breath, and a change in your resting heart rate or blood pressure.

**Healthline**





▲ A carnival reveler rests after the traditional “Rosenmontag” Rose Monday carnival parade in Dusseldorf, Germany.

# ODDEST PHOTOS OF THE WEEK



▲ A model presents from the Romeo Hunte Fall/Winter 2024 collection during their show at Mercedes-Benz Manhattan during New York Fashion Week.



▲ A competitor takes part in the Shrove Tuesday Pancake Race at Leadenhall Market in London, Britain.



▲ Models pose in creations from the Melke Fall/Winter 2024 collection at their presentation during New York Fashion Week.



▲ A reveler is hit by oranges during a fight with oranges at an annual carnival battle in Ivrea, Italy.



▲ Participants fall while riding down a slope in a sled during Sunnyfest, an event exhibiting sleds constructed in an original and creative way, in Mamadysh town in the Republic of Tatarstan, Russia.



# Pochettino urges Chelsea to believe Liverpool beatable in League Cup final

MAURICIO Pochettino said Chelsea can go into next weekend's League Cup final with greater belief after ending Manchester City's 11-game winning run with a 1-1 draw at the Etihad on Saturday. Raheem Sterling put the visitors in front against his old team as Chelsea upset the odds to provide another twist in a tight Premier League title race.

Rodri's late equaliser extended City's unbeaten run at home to 34 games, stretching back to November 2022.

But Pep Guardiola's men fall four points behind leaders Liverpool and two adrift of Arsenal at the top of the table.

A point was only enough to edge Chelsea back up to 10th and within six points of the top six as Pochettino has endured a difficult first season at Stamford Bridge. But the Argentine is sensing the chance to lift his first trophy in English football at Wembley next weekend against an injury-hit Liverpool.

"We need to feel that it is possible to beat Liverpool," said Pochettino, whose side were thrashed 4-1 by the Reds last month.

"I think we are going to play the second best team in the world (after City). I think belief is the most important thing and now we need to recover and prepare for the final.

"Today was a really good game to show we are improving.



▲ Mauricio Pochettino said Chelsea can go into next weekend's League Cup final with greater belief after ending Manchester City's 11-game winning run with a 1-1 draw at the Etihad on Saturday.

"Still we are not on the level of Manchester City, we are a young team that need to live these type of games to improve."

Guardiola admitted that City had been made to pay for a slow start.

The home side racked up 31 shots by the end, nine of which came from Erling Haaland.

But the Norwegian had a night to forget as he twice headed glorious chances off target either side of half-time.

"Nine shots is a good stat. Next

game he is going to score," said Guardiola.

"I played 11 seasons (as a player) and scored 11 goals, so I'm not the man to give advice to the strikers.

"I don't blame that. It's football, human beings but as a team, as a group the first half was not like we are."

Chelsea have now taken points off City home and away this season and Guardiola's pre-match warning that they possess the quality to hurt his side came to fruition. (AFP)

## Orlando Pirates had to be aggressive to match Sundowns

ORLANDO Pirates had to take an aggressive approach to their DStv Premiership clash with Mamelodi Sundowns on Saturday, otherwise, they would have had little chance of coming away with any share of the spoils, said coach Jose Riveiro.

His view of the 1-1 draw at Loftus Versfeld, which was characterised by tough tackling, combustible exchanges between the players, a red card and a penalty, was markedly different to that of his Sundowns counterpart Rulani Mokwena, who said he did not enjoy the game or his team's performance at all.

But Riveiro felt Pirates had to take the game to Sundown to stand any chance.

"Well, without it you cannot pretend to compete with this

team. I'm not going to use the word 'aggressive', I will say we were at the same level as them.

"Sundowns conceded three goals in 14 league games. You don't concede only three goals because you are nice. It doesn't matter that they are used to having 70 per cent of possession. But the truth is that sometimes what wins games for them is exceptional defending," Riveiro said of Sundowns.

"We always talk about them when they are attacking. But defending, they are a very committed side and with their players, there is not only technical talent but is there's conditional and physical talent as well.

"So, if we don't go in with the same intention, there's no chance because football is a game of contacts.

(Supersport)



▲ Orlando Pirates had to take an aggressive approach to their DStv Premiership clash with Mamelodi Sundowns on Saturday, otherwise, they would have had little chance of coming away with any share of the spoils.

## 'Kane unhappy at poor Bayern service'

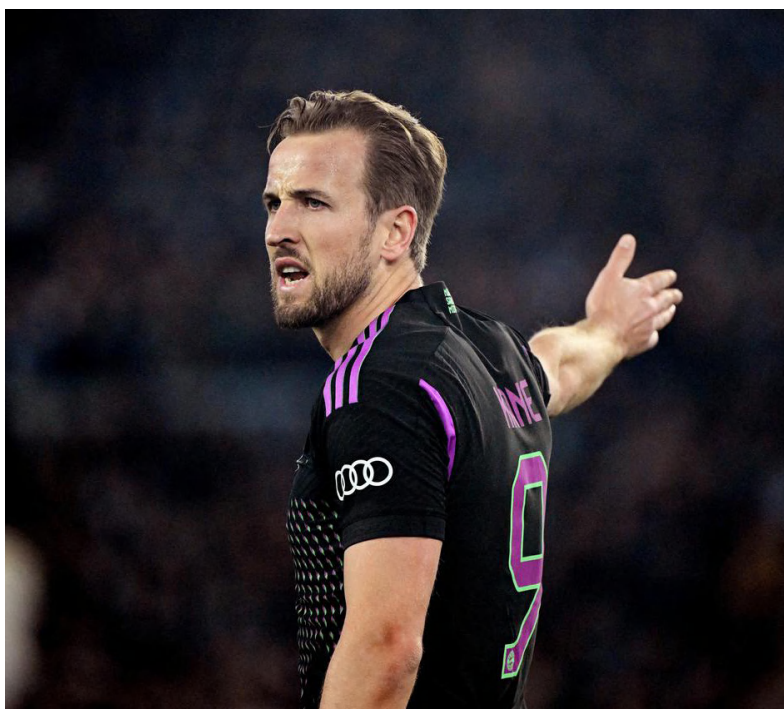
HARRY Kane is not happy with "the way he is involved" in games of late but Bayern Munich are relying on his leadership to get their season back on track, manager Thomas Tuchel said ahead of Sunday's Bundesliga match at VfL Bochum.

Bayern were beaten 3-0 at Bayer Leverkusen in the Bundesliga last weekend and lost 1-0 at Lazio in the first leg of their Champions League last-16 tie on Wednesday.

Kane, who has scored 28 goals in 29 appearances for Bayern in all competitions this season, failed to find the net in both defeats, and Tuchel said there appeared to be a disconnect between the striker and his team mates.

"Harry ... already knows what he's doing. And of course he's unhappy with the way he's involved at the moment. And we are dissatisfied with how we find and don't find him (in games)," Tuchel told reporters.

"I have very rarely, perhaps never before, seen such a discrepancy between performances in training and matches, the way he scores, the way he leads the team, the way his team wins. It's unbelievable. It's absolutely world-class.



▲ Harry Kane is not happy with "the way he is involved" in games of late but Bayern Munich are relying on his leadership to get their season back on track.

"And then how little we find him in the game? That's a bit indicative of the current situation. But he's the one who behaves like a captain. That's why everything's okay with Harry. He's low maintenance at the very highest level."

Serial Bundesliga champions Bayern trail leaders Leverkusen by eight points but have a game in hand. They host Lazio in the second leg of their Champions League last-16 tie on March 5.

(Reuters)

## Alcaraz slumps to shock Buenos Aires semifinal loss

WORLD No 2 Carlos Alcaraz slumped to a shock straight-sets loss to Chile's Nicolas Jarry in the semifinals of the ATP Buenos Aires tournament on Saturday.

Defending champion Alcaraz, playing in his first tournament since losing in the Australian Open quarterfinals, was beaten 7-6 (7/2), 6-3 by his 28-year-old opponent.

Two-time Grand Slam champion Alcaraz had been hoping to reach his first final since losing to Novak Djokovic in the Cincinnati Masters in August and clinch a first title since Wimbledon in July.

Jarry, ranked 21 in the world, claimed his first win over Alcaraz in three meetings, wrapping up victory on a second match point after almost two hours on court.

"Third time lucky," Jarry said of his first win over Alcaraz. "Carlos is one of the best players so it means a lot, especially after the battles I've had a couple of days ago. It's been very tough physically, so I'm very happy to be able to come back.

"I didn't start very well and couldn't win points on his serve, but I came back little by little."

The Chilean didn't face a break point in the opening set and after the pair exchanged breaks in the first two games of the second set, Jarry claimed the decisive break in the eighth game.

Jarry will face Argentine wildcard Facundo Diaz Acosta, ranked 87, in Sunday's final of the clay-court tournament.

(AFP)



# Chiefs, Royal AM shoot blanks

UPON their return to DStv Premiership action, Kaizer Chiefs failed to make it four wins on the spin following their o-o draw with Royal AM at the Harry Gwala Stadium in Pietermaritzburg on Sunday afternoon.

The stalemate saw the Glamour Boys remain in sixth place on the table, while Thwihli Thwahla ended the week in 14th place, just six points off the relegation playoff position.

Royal AM troubled the Chiefs backline early on and made a couple of box entries inside the first five minutes of the match.

Playing on the back foot, Amakhosi struggled to make their way out of their half as a result of Royal's swift start to the game.

Chiefs began seeing more of the ball after the 10-minute mark and found good passing rhythms when going forward.

However, Royal looked dangerous on the break and continued to create goalscoring opportunities.

Ashley Du Preez was afforded a golden opportunity to take the lead in the 23rd minute, after he nearly capitalised on poor man marking by the Royal AM defence on



▲Some of the action during the match between Kaizer Chiefs and Royal AM.

the half-way line.

With a long ball played into the Royal half,

fluffed his lines with a wayward chip.

While the home side applied plenty of pressure throughout after Du Preez's attempt, Nyame pulled off a fine save on the stroke of halftime to keep his side in the game.

Much like in the first half, Chiefs began the subsequent 45 on the backfoot. Thwihli Thwahla looked lively when taking the game to the Glamour Boys defence, as Amakhosi were reduced to defending their quarters early on.

Du Preez came close to scoring for his side soon after the hour mark, however, the Royal AM goalkeeper did well to keep the speedy attacker at bay with a crucial save in a one-on-one situation.

Amakhosi battled to get into the game for much of the second half and often looked out of creative ideas in attack.

With Chiefs squandering their goalscoring chances, Royal AM failed to bury their chances as the game ended in a o-o stalemate.

(Supersport)



▲Australian Open champion Jannik Sinner continued his winning ways in Rotterdam.

## Sinner a winner again

... as he powers to Rotterdam Open crown

AUSTRALIAN Open champion Jannik Sinner powered to his first Rotterdam Open title on Sunday, breaking down a determined defensive effort from Australia's Alex De Minaur to win 7-5, 6-4 in a high-quality battle.

The win extended the Italian top seed's unbeaten streak to 15 – including his run to glory in Melbourne – and takes him to a career-high third in the world rankings.

"We have done a really good job some weeks ago and now we did a very, very good job here," said Sinner, referring to his Australian Open triumph.

"I'm really proud of my level that I played throughout this whole week. We have been in a tough situation but we handled it in the right way," he added.

De Minaur, seeded fifth, had not beaten Sinner in six previous attempts but came into the match in the form of his life and went toe-to-toe with his opponent in the early exchanges.

Sinner's consistency and power off both wings eventually pierced De Minaur's defence and the Italian broke serve at 2-2 after some entertaining rallies.

De Minaur broke back in the 10th game, after saving two set points with some extraordinary retrieving.

A long rally at game point left Sinner lying on the floor gasping for breath after diving unsuccessfully for a powerful backhand drive up the line from his opponent.

The confident Sinner recovered quickly and had his own break points in the next game, converting the second as De Minaur ill-advisedly left a volley that dropped on the baseline. Serving a second time for the set, Sinner this time made no mistake, closing it out to the delight of a packed Rotterdam crowd. There was no let-up in intensity at the start of the second set, De Minaur scrapping back everything Sinner threw at him and the two players trading breaks to level at 3-3. (Reuters)

## Hojlund brace secures all three points

ERIK TEN HAG has Rasmus Hojlund and ref David Coote to thank as Manchester United survived the fire and brimstone of Kenilworth Road to chalk up a fourth straight Premier League win.

Hojlund secured his first Premier League brace in the opening seven minutes - taking his hot streak to seven goals in six appearances.

But Coote's failure to send off Casemiro for a clear and obvious second yellow-card offence was key to keeping United's ability to keep their heads above water as Luton whipped up a tempest at their tight home ground.

United are now unbeaten in seven games in 2024, winning six, and are just five points off the Champions League places.

But Ten Hag had to haul off Casemiro and Harry Maguire at half-time after the Hatters had dominated much of the first period, replying through a Carlton Morris header.

Rob Edwards' Luton will fall into the relegation places if Everton avoid defeat at home to Crystal Palace on Monday, but there was plenty here to encourage the Luton boss that his side can survive in the top flight.

There was a proper culture clash in the directors' box, as pop star Harry Styles shared peppermints with Luton legend Mick Harford, a man probably even harder than Nobby Stiles.

It all started to go pear-shaped for the Hatters in the warm-up when leading scorer Elijah Ade-

bayo suffered an injury and was replaced in the starting line-up by Cauley Woodrow.

Then they fell behind after just 37 seconds when a disastrous attempt at a square pass from Amari'i Bell gifted Hojlund a clear run at goal, with the in-form Dane rounding keeper Thomas Kaminski to score.

After failing to score on his first 14 Premier League appearances, Hojlund had now netted for the sixth game in a row.

United scented blood and were soon two-up, with another freakish Hojlund goal.

This time a Luke Shaw corner was cleared as far as Alejandro Garnacho, whose wayward volley was met by United's alert centre-forward, swivelling to chest it into the net.

But Luton have a habit of clawing back deficits here and on 14 minutes, they were back in the contest.

Former United man Tahith Chong had a shot deflected off Maguire, the ball looping up to the far post where Morris reacted quicker than Shaw to nod past a flapping Andre Onana. Suddenly, Luton were dominating possession and causing problems for Ten Hag's side.

Shaw was booked for cynically flooring Chiedozie Ogbene and then Maguire's dozy free-kick on the edge of the United box went straight to Ross Barkley, who fed Woodrow for a shot which was deflected wide.

United were now being subjected to the full-immersive Kenilworth Road experience, as the Hatters responded to the urgings of their fired-up supporters inside this tightest of top-flight arenas.

(The Sun)



▲Rasmus Hojlund became the youngest ever player to score in six consecutive league games.



# Open Water Challenge at Luphohlo Dam



▲ Swimmers at the start of the 2024 Open Water Challenge on Saturday at Luphohlo Dam.



▲ Some of took their chances ob angling.



▲ One of the winners runs to the finish line.



▲ Some of the winners show their certificates.



▲ A swimmers after completing her race.



▲ One of the winners receive her certificate from Eswatini Swimming Association (ESA) officials.



▲ Swimming officials Dumile Magongo (l) and Bongiwe Dlamini assisted in taking the results.



▲ Some of the spectators on a boat.



▲ A swimmer about to reach the finish line after competing in the 5km race.



▲ Swimmers after the race.



# Luca Fraser wins gold in Dubai

Stories By Ntokozo Magongo  
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**SIMPLY sensational.**

That is swimmer Luca Fraser who has taken the Dubai Open Swimming Championships by storm, winning a gold medal in the 100m breaststroke on Sunday afternoon.

“Congratulations to Luca Fraser for winning the gold medal in the 50m breaststroke and the bronze medal in the 100m breaststroke at the Dubai Open Swimming Championship. Your hard work and dedication have paid off, and we are so proud of you. Well done, Luca,” posted the Eswatini Swimming Association (ESA) on their website.

He left the country with Coach and Eswatini Swimming Association (ESA) Interim President Welcome Nhlabatsi. The competitions will be held at the world-class Complex Sports Hamdan in Dubai, Middle East.

“With our sights set on the 2026 Olympic Youth Games, this competition is the perfect opportunity to gauge our progress and see if we’re on track to achieving our goals. Organized by the Emirates Swimming Federation, this competition is considered one of the most significant swimming events in the entire Middle East region,” read the statement in part.

Fraser, got the invitation after his sterling performance in the 8th Africa Aquatics Zone III championships in Kigali, Rwanda last year in November. He won two gold medals from the event, hoisting the country’s flag high.

Fraser was due to compete last night in other events.



▲Taste of success: Luca Fraser with his Coach Welcome Nhlabatsi smile with the gold medal (Inset).



▲Siwakhile Dlamini, who is based in Thailand after securing a scholarship under the World Aquatics Association, broke the national record in the 50m freestyle.

## New national record fo Siwakhile in Qatar

**DESPITE not being on the podium finish, swimmer Siwakhile Dlamini hoisted the country’s flag high.**

Dlamini, who is based in Thailand after securing a scholarship under the World Aquatics Association broke the national record in the 50m freestyle.

“We’re proud to announce that Siwakhile Dlamini has set a new long course age group record in the women’s 50m freestyle event at the World Aquatics Championships in Doha. It’s a new age group record for the 18-24 years category, with a time of 29.66 seconds. It’s a huge accomplishment, and we are thrilled to share this news with you all. Congratulations, Siwakhile,” wrote the Eswatini Swimming Association on its website.

Dlamini is in Doha, Qatar with Chad Ning and Coach Mark Hoare as they represent the country in the championships.

Ning competed last Sunday on the first day of the event where he clocked a Personal Best of 1:10:55 from 1:10:68 which he swam at the African Junior Swimming Championships in Mauritius last year. Ning was competing in the 10mm breaststroke.

# Sitseni crowned Hub Utility Mdzimba U-17 tourney

**SITSENI Young Chiefs were crowned the champions of the Hub Utility Stores Mdzimba Under-17 tournament.**

They were the defending champions as back in 2019 they defeated Swazi Sundowns FC and this year they did it again when they beat Mdzimba Barcelona 4-2 in a penalty shootout with the game having ended with a 1-1 all draw.

Sitseni Young Chiefs scored the first goal in the third minute of the second half after they caught Barcelona defenders flat-footed.

Barcelona needed to dig deep as they had seven shots on target only to have the Young Chiefs keeper stopping them in every attempt.

Barcelona pulled their last attempt and finally found the needed goal which saw some of the fans joining as they celebrated their goal which took the match to the penalty shootout.

Sitseni Young Chiefs goalkeeper saved the two first penalties putting more pressure on Bacerlona and eventually won.

This tournament is proudly sponsored by Hub Utility Stores which is a group of stores that includes Khuba traders, Hub Hardware, Prominent Paint, Adventure Sports and Workwear Zone.

Gracing the event was the Hhohho Regional Football Association (HRFA) Executive Secretary Nkosingiphile Shongwe and Ntokozo Tsela.



▲Sitseni Young Chiefs celebrates with the trophy.



# Nsingizini, ‘Birds’ share spoils in bruising battle

Stories by Lwazi Dlamini  
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Nsingizini Hotspurs.....Ⓢ 1,  
Neliso Myeni 80th  
Mbabane Swallows.....Ⓢ 1,  
Ayanda Gadlela 8th

CAPITAL City giants, Mbabane Swallows dropped to the fourth spot on the league log standings after Nsingizini Hotspurs forced a 1-all draw in a bruising encounter at the iconic King Sobhuza II Memorial Stadium on Sunday.

Neliso ‘Shaka’ Myeni finished off at the near post with ten minutes left on the clock, cancelling an early lead by the impressive Ayanda Gadlela as the Shiselweni-based outfit claimed their record-breaking tenth draw of the season. With Green Mamba and Young Buffaloes, the only winning teams in the four-team chasing pack, Leopard and Swallows both playing 1-all draws, the army side remains top of the log on a better goal difference of +10 with nine games remaining.

Swallows, who had been in the second spot coming to ‘Week 17’ of the league fixtures, needed a win to remain in the top two but fluffed their chances against ‘Insingi yeZulu’ and in the end, they are now two points behind joint leaders, Buffaloes and Leopard in what is quickly penning out to be a four-horse race for the princely first prize of E1 million.

Nsingizini and Swallows finished the match one man down each after defenders Kwakhe Thwala and Meshack Lushaba were both sent off for unsportsmanship behaviour having engaged in a bruising battle that led to a free-for-all altercation between the teams’ players and officials.

...Mbabane Swallows drop to the fourth spot after being held to a 1-all draw by Nsingizini Hotspurs in a fiercely contested clash at King Sobhuza II Memorial Stadium on Sunday



▲ Mbabane Swallows and Nsingizini Hotspurs officials clashed during the game played at King Sobhuza II Memorial Stadium on Sunday.

The altercation lasted for ten minutes before play resumed.

Swallows, with their camp resembling a casualty ward as they are still without four key players in Felix Badenhorst, Sandile Hlatshwako, Sifiso Mabila and Nciba, had started the game like a house on fire and deservedly took the lead in the 8th minute when Ayanda Gadlela scored in the

third straight game with a deft finish. But Nsingizini came strongly in the second half and managed to grab a late equaliser when Neliso ‘Shaka’ Myeni finished sublimely in the near post to earn his side a point in the record-breaking tenth draw of the season which left the green and white outfit on the sixth position on the log standings, seven points behind log leaders Royal Leopard.



▲ Mbabane Swallows’ Kwakhe Thwala.

## Red-carded Kwakhe wins ‘Man of the Match’ award

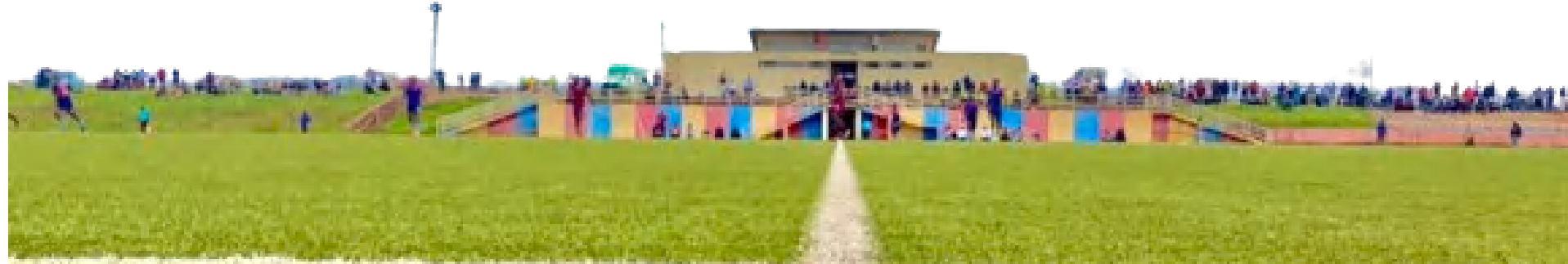
DESPITE being sent off after engaging in an altercation with Nsingizini Hotspurs defender, Meshack Lushaba, Kwakhe Thwala walked away with the E1 000 Man of the Match award.

The award is sponsored by Swallows sponsors, Upper Interiors and it was handed to the player after the match.

The sponsor’s representative said even though he got a red card his performance during the game was exceptional.

As exclusively revealed by our sister newspaper, the Eswatini Financial Times, Thwala is set to join Mozambique’s Black Bulls after the Capital City giants accepted in principle the offer of US\$12 500 (about E250 000) that has been put forward by the top Mozambican side.

Swallows legal eagle, Welile Mabuza confirmed that they are now awaiting the player’s agent to agree personal terms for the player with the Mozambican team to finalise the deal.



# Lindo Mkhonta scores for Zesco in Zambia Super League

By Ntokozo Magongo  
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IT was a good outing for international player Zesco United’s Lindo Mkhonto this weekend.

The former Young Buffaloes defender scored in their 1-all draw against Nkokola on Saturday during the Zambia Super League. This was his first goal since he joined the Zambia side in August.

The draw saw Zesco stay put on the second position of the 18 team’s log. They are behind Red Arrows who are leading with 41 points after 21 matches, Zesco United have 40 points after the same number of games.

Mkhonta’s team is among the title challengers in lifting the Zambia trophy. Zesco will be next in action on March 2 when they face Green Eagles in the league match.

Meanwhile, Mcolisi Mkhonta’s Jwaneng Galaxy in Botswana was also victorious. Mkhonto started the match in the first 11 for the third time in five matches. They were playing against the Holy Ghost.

The victory saw Galaxy taking the top spot with 38 points while second was Township Rollers with 37 points.

This was Jwaneng’s fourth victory in five games since Mkhonto signed for the club.

Another Eswatini international, Justice Figareido who plies his trade with South Africa’s Richard United suffered a defeat after the ‘Natal Rich Boyz’ were beaten 3-1



by Sekhukhune on Saturday during the return of the DSTv Premiership. Figareido started the match but he was rested in the second half. The defeat leaves Figareido’s team second from the bottom of the log with 13 points after 17 games. They are only better than Cape Town Spurs who are 16th with seven points after the same number of games.



▲ Lindo Mkhonta.





**‘Kane unhappy at poor Bayern service’**

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**Luca Fraser wins gold in Dubai**

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# Sport



**Nsingizini, ‘Birds’ share spoils in bruising battle**

... Mbabane Swallows drop to the fourth spot after being held to a 1-all draw by Nsingizini Hotspurs in a fiercely contested clash at King Sobhuza II Memorial Stadium on Sunday. ***Page 23***