



King Mswati III incoming
Deputy Chairperson of the
SADC Organ on Politics,
Defence and Security
Cooperation

By King’s Office Correspondents

ANTANANARIVO, MADAGASCAR — His Majesty King Mswati III has been elected Deputy Chairperson of the SADC Organ on Politics, Defence and Security Cooperation. This is a regional body tasked with promoting peace and security in Southern Africa. The election took place during the 45th Ordinary SADC Summit of Heads of State and Government yesterday.

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Green Zone

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King Mswati III incoming Deputy Chairperson of the SADC Organ on Politics, Defence and Security Cooperation

By King's Office Correspondents

ANTANANARIVO, MADAGASCAR — His Majesty King Mswati III has been elected Deputy Chairperson of the SADC Organ on Politics, Defence and Security Cooperation.

This is a regional body tasked with promoting peace and security in Southern Africa. The election took place during the 45th Ordinary SADC Summit of Heads of State and Government yesterday. His Majesty will deputise His Excellency Dr. Lazarus Chakwera, President of Malawi, who was elected Chairperson for the 2025–2026 term. The King is set to assume the Chairmanship for the 2026–2027 term.

In accepting the role, His Majesty expressed gratitude to SADC leaders for their confidence in him and the Kingdom of Eswatini. He pledged to work diligently to uphold the SADC Organ's principles and promote peace across the region.

Reacting to this important responsibility for the king and country, the Minister for Foreign Affairs and International Cooperation, Pholile Shakantu, described His Majesty's election as Deputy Chairperson of the SADC Organ as not just an honor for Eswatini.

"It is an opportunity for our Kingdom to take a leadership role in shaping a secure and prosperous Southern Africa. As we prepare for the chairmanship in the coming year, we are committed to fostering regional cooperation and addressing the challenges we face together as a region," she said.

The minister highlighted that with His Majesty's collaborative approach to dispute resolution, the country is confident that he will enhance the peace and stability of the region.

"Under His Majesty's guidance, we see Eswatini playing a significant role in promoting dialogue among member states, fostering a cooperative environment where concerns can be discussed and addressed proactively."

"This position also presents a platform for Eswatini to address pressing regional issues such as political stability, conflict resolution, and security threats, ensuring a holistic approach to peace and development in the region," explained Minister Shakantu.

Coincidentally, this appointment occurs in Madagascar, where His Majesty previously played a pivotal role as Chairperson of Organ on Politics, Defence and Security Cooperation from 2010 to 2011. During that period, the organ initiated a roadmap that led to a peaceful resolution to the political conflict that began in 2009 with the ousting of then-President Marc Ravalomanana.



▲ His Majesty King Mswati III the incoming Deputy Chairperson of the SADC Organ on Politics, Defence and Security Cooperation speaks to incoming SADC Chairperson, President of Madagascar Andry Rajoelina on the sidelines of the 45th Ordinary SADC Summit.



▲ In a heartfelt moment, President Mnangagwa passed the SADC Chairmanship to President Rajoelina.

President Rajoelina is new SADC Chairperson

By King's Office Correspondents

ANTANANARIVO, MADAGASCAR — The President of Zimbabwe Dr. Emmerson Mnangagwa, has formally handed over the SADC Chairmanship to the President of Madagascar Andry Rajoelina.

This took place at the 45th Ordinary Summit of the Southern African Development Community (SADC) on Sunday. In a heartfelt moment, President Mnangagwa passed the SADC Chairmanship to President Rajoelina, expressing confidence in his leadership to advance the regional integration agenda.

"I am confident that under President Rajoelina's leadership, SADC will advance our shared vision," he said, thanking member states for the cooperation he received during his tenure. He also extended best wishes to His Excellency Dr. Lazarus Chakwera,

President of Malawi, for his ongoing regional contributions.

President Mnangagwa concluded by reaffirming the collective duty to build a prosperous SADC through unified efforts. "No one else will build it for us," he declared, calling for fruitful deliberations to advance the region's aspirations. His message aligns with Eswatini's commitment to regional integration, particularly through initiatives such as intra-regional trade and infrastructure development.

The SADC Chairmanship rotates annually among member states, with the elected head of state or government leading the organisation's agenda for a one-year term. The Chairperson oversees regional initiatives, fosters cooperation, and drives the implementation of SADC's Regional Indicative Strategic Development Plan (2020–2050). President Mnangagwa, who assumed the role in August 2024, steered SADC towards advancing industrialisation and innovation.

Namibia raises gender equality voice with Women's Peace Centre

By King's Office Correspondents

ANTANANARIVO, MADAGASCAR — Namibia has reaffirmed its commitment to empowering women across SADC with the establishment of the International Women's Peace Centre.

This institution is aimed at advancing women's roles in peace, security and development according to the President of Namibia Dr. Netumbo Nandi-Ndaitwah in her address at the 45th Ordinary SADC Summit here yesterday. She called on member states, including Eswatini, to support this initiative.

President Nandi-Ndaitwah underscored the vital role of women in shaping the region's future, urging SADC to set a global example for gender equality.

The International Women's Peace Centre, established by Namibia, is dedicated to championing UN Security Council Resolution 1325, adopted in October 2000 during Namibia's presidency of the Security Council. The resolution recognises women's critical role in peace processes and calls for their equal participation in conflict prevention, resolution, and post-conflict reconstruction. The Centre aims to promote peace, protect women's rights in conflict and post-conflict settings, and advance women's leadership across SADC and beyond.

"Namibia is deeply committed to the empowerment of women, and my presence here today stands as testimony to that commitment," President Nandi-Ndaitwah said.



▲ President of Namibia Dr. Netumbo Nandi-Ndaitwah makes her address at the 45th Ordinary SADC Summit.

"Women play a vital role in our societies, economies, and in shaping the future of our nations and region."

The President appealed to SADC member states for collaboration, urging institutions to partner with the Centre to strengthen peace foundations and empower women as active agents of change. For Eswatini, this initiative offers an opportunity to enhance its own efforts to promote gender equality, particularly in rural communities where women drive agricultural and economic development.

SADC lays out top four plans to drive development

By King's Office Correspondents

ANTANANARIVO, MADAGASCAR - The Southern African Development Community (SADC) has unveiled four strategic priorities to drive SADC's development agenda for the coming year.

Speaking at the 45th Ordinary SADC Summit attended by His Majesty the King here on Sunday, SADC Executive Secretary Elias Magosi outlined priority programmes aimed at fostering a resilient and prosperous region, a vision that resonates strongly with Eswatini's aspirations for transformation and sustainable development.

Held under the theme; "Promoting Innovation to Unlock Opportunities for Sustained Economic Growth and Development Towards an Industrialised SADC", Magosi unpacked the agenda as follows

Regional Industrialisation: SADC aims to create economic opportunities and jobs through industrialisation, with a focus on empowering women and youth. Investments in modern technologies and skills development in agriculture and other sectors will ensure inclusive growth. For Eswatini, this aligns with efforts to diversify its economy beyond sugar exports and bolster small and medium enterprises.

Agricultural Transformation: With agriculture contributing 30 per cent to SADC's GDP and supporting 62 per cent of the region's population, tackling food insecurity is critical. In 2024, 60 million people—17 per cent of SADC's population—faced food shortages. Investments in climate-smart agriculture and agro-processing will enhance food security and create jobs, a priority Eswatini supports through its agricultural modernisation initiatives.

Energy Security: Despite abundant renewable energy resources, electricity access



▲ SADC heads of state pose for a picture during the ADC's development agenda for the coming year.

across SADC averaged 56 per cent in 2024, far below the 2030 target of 85 per cent. Magosi said The \$50 billion commitment from the 2025 Africa Energy Summit in Dar es Salaam, Tanzania, offers hope for expanding access to affordable, sustainable energy. Eswatini, with its ongoing renewable energy projects, stands to benefit from regional co-operation in this area.

Intra-Regional Trade: Intra-SADC trade remains low at 20 per cent, compared to 60 per cent in other regions. Removing trade barriers and establishing one-stop border posts will facilitate the movement of goods, services, and people. Eswatini, a signatory to the SADC Regional Development Fund agreement, is poised to leverage these efforts to boost trade with neighbouring countries.

Magosi explained that a cornerstone of these priorities is the SADC Regional Development

Fund, which will support security and infrastructure investments. The Fund will be implemented in two phases: an initial 4-5-year phase to mobilise resources and a subsequent expansion phase to scale up operations. Eswatini is among the nine member states that have signed the agreement, joining Angola, Democratic Republic of Congo, Malawi, Mozambique, Namibia, South Africa, Tanzania, and Zambia. Magosi urged member states, including South Africa, which is nearing ratification, to fully commit to the Fund's operationalisation.

With regards to security challenges, the Democratic Republic of Congo (DRC) and Mozambique were highlighted. The integration of the Nairobi and Luanda peace processes into a unified framework, endorsed on August 15, 2025, was reported as a significant step toward sustainable peace.

Magosi paid tribute to the men and women who lost their lives in the SADC Mission in the DRC, acknowledging their sacrifice for regional stability. The Executive Secretary also observed a moment of reflection for departed regional leaders, including His Royal Highness Prince Mabandla, former Prime Minister of Eswatini, whose contributions to regional stability remain a guiding light. Magosi also honoured Dr. Hage Geingob, former President of Namibia, and David Mabuza, former Deputy President of South Africa, noting their enduring legacies.

Quoting SADC founder Mwalimu Julius Nyerere, Magosi emphasised, "Unity is our strength, and together, we can achieve great things." He called for collective action to overcome global challenges, from climate disasters to unemployment, and to build a self-reliant, industrialised SADC by 2050.

Break free from overseas trade dependency - Boko

ANTANANARIVO, MADAGASCAR - Botswana's President, Duma Boko, has called on African nations to break free from dependency on external trade.

President Boko described Africa as standing at an 'inflection point' in its history, where reliance on external powers has left the continent vulnerable to their decisions. "This dependency stems from a trap of self-doubt and division, where we have failed to value ourselves and our African neighbours," he said.

He called for a transformative shift, urging African nations to 'reach across borders, break down barriers, and strengthen intra-African trade' as the path to survival and prosperity.

The President highlighted the dire consequences of inaction, noting that hundreds of thousands of Africans remain trapped in poverty and unemployment. "Africa is in distress, and its cry demands our response," he declared, urging SADC and the continent to translate rhetoric into tangible outcomes through bold, progressive actions.

For Eswatini, President Boko's message resonates strongly. As a signatory to the SADC Regional Development Fund, the

Kingdom is committed to enhancing regional trade through initiatives like one-stop border posts, which streamline the movement of goods, services, and people.

Eswatini's focus on diversifying its economy beyond sugar exports and supporting small and medium enterprises complements the call for intra-African trade. Collaborative efforts with SADC partners can unlock new markets and create jobs, fostering economic resilience for the Kingdom and the region.

Reflected

President Boko also reflected on his own country's democratic milestone, referencing Angola's historic election in October 2024. He praised former President of Botswana Mokgweetsi Masisi for peacefully handing over power after his party's defeat, a move that strengthened Botswana's democratic credentials.

"Let Botswana's example be a guiding star for Africa," he said, urging SADC nations to uphold peaceful democratic transitions and focus on addressing continental challenges.

The President paid tribute to women leaders, particularly Her Excellency Dr. Netumbo Nandi-Ndaitwah, President of Namibia, for bringing compassionate leadership to the

region's complex challenges. He also honoured SADC's founding pioneers, whose vision continues to inspire unity and progress.

President Boko called for a departure from traditional approaches, advocating for "radical and progressive ideas" to address poverty, unemployment, and inequality. He emphasised that SADC's success depends on collective action, with no nation left behind. "We need each other desperately," he said, urging African countries to value their interdependence and build a united, prosperous future.



▲ Botswana's President, Duma Boko.

Ex-PM Prince Mabandla mourned

SADC leaders on Sunday extended condolences to His Majesty the King and the country at large for the demise of former Prime Minister Prince Mabandla.

Several leaders and the SADC Executive secretary Elias Magosi paid tribute to his leadership role in fostering the aspirations of the regional bloc in his tenure. Prince Mabandla was one of the leaders mourned

on the day, who included Dr. Hage Geingob, former President of Namibia, who passed away in February 2025.

"May their legacies guide us towards peace, progress, and unity," President Nandi-Ndaitwah said yesterday. Also mourned by the SADC Executive Secretary was a liSwati working in the SADC Secretariat, Antonette Manana.

By Thokozani Mazibuko

“TRUE leadership is anchored in humility, kindness, giving, and integrity.” These sentiments were shared by the Minister of Information, Communication and Technology (ICT), Savannah Maziya on Saturday during the Future Pioneers STEM Mentorship Programme for the Youth, held at the Metropolitan Evangelical Church in Fairview, Manzini.

STEM is an acronym for Science, Technology, Engineering and Mathematics.

When making her keynote address, the minister informed the youth that humility was very essential for them to lead successfully.

“If you want to become an effective leader, you must make sure that the higher you go in your job position, is the lower you go, so that through your humility, you can have connection with the people you are leading,” she said.

She further informed the youth that in order for them to lead effectively, they have to be kind to others by learning to be fair and to treat everybody the same way.

The minister also urged the youth to be generous givers if they wanted to be successful leaders in life.

“People will remember what you did for them as opposed to what you said to them,” she said.

The minister also advised the youth to have integrity in order for them to become successful leaders.

“We have lost so much integrity as a country and we are now relying on you as young people to restore it. This country is full of smart people, who however, seem to have lost their way, you young people should do what is best for the country by bringing back the integrity and kindness,” she said.

She mentioned that there were two types of leaders, the insecure and secure leader.

She pointed out that secure leaders would mentor and advice their protégés while insecure leaders would gate keep information from their apprentices and talk bad about them.

She therefore, urged the young people to be secure leaders.

Furthermore, the minister urged the young people to be mindful of their association, stating that they should disassociate themselves from a group of friends they were not learning anything positive from.

She also informed them that the workplace was a delivery space as opposed to being a space to forge relationships and as

True leadership is anchored in humility – Minister Savannah



▲ STEM Mentorship Programme participants.

such, they should perform to the best of their abilities once they get into the workspace.

The minister further advised the young people to dress their part and to smell good.

“30 per cent of people who are presentable normally get the deal, not because they are smart, but just because they look presentable,” she said.

It was further the minister’s advice to the young people to always fill their minds with positive thoughts as well as speaking positively to attract good things into their lives.

“The mind does not know whether you are sick or health, poor or rich, but you programme it to activate and attract such things into your life, based on what you think and say,” she said.

Maziya also urged the young people to desist from competing with other people.

“The only person you are allowed to compete against is yourself,” she said.

The minister also advised the youth to have a life plan and to break it into years, months, weeks and days.

“Your life plan should comprise of a pie chart, which will clearly indicate what you want to achieve in life, be it socially, financially and otherwise,” she said.

In addition, the minister informed the youth that in life one did not become successful by accident, but rather it takes a plan and intentional positioning to succeed in life.

She mentioned that she knew from the age of five that she wanted to live extremely well and that included her having money as a resource that will aid her live well.

She highlighted that from every cheque she had received since then, she would use 30 per cent of her salary.

“I look like a spender but I am not a spender. I don’t waste money, up to this day I still live on the 30 per cent of my salary,” she said.

The minister told the young people that the habit of saving, investing and having clear future about their lives was very important for them.

“You have to understand that money is energy, it needs a growth and investment plan. It also needs understanding, so before you start a new job, study how money works,” she said.

On another note, the minister stated that the ministry was working around the clock to ensure that influencers and content creators on social media in the country get paid.



▲ The Minister of ICT Savannah Maziya delivering her remarks.

Armed gang robs man of property worth E120 500

By Thokozani Mazibuko

A SHOCKING armed robbery in the early hours of Saturday morning has left a 37-year-old man from Mzimnene counting heavy losses amounting to more than E120,000.

According to a statement issued by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, the victim was attacked by four men wielding bush knives at around 1:40 a.m. on 16 August 2025.

The gang is reported to have robbed him of valuable property, including a light blue Honda Fit (registration number YSD 161 CH) valued at E50,000, cash amounting to E65,000, and a cellphone worth E5,500.

“The matter was immediately reported to the Pigg’s Peak Police. Anyone with information that can assist in recovering the stolen property and apprehending the suspects is urged to contact Pigg’s Peak Police at 2437 1222 or alternatively call the emergency line 999. An investigation is ongoing,” said Senior Superintendent Vilakati.

Details of the attack

Sources close to the incident revealed that the victim was on his way home when he was ambushed by the four suspects, who brandished bush knives to intimidate him. In fear for his life, he reportedly offered no resistance as the robbers seized the car, money, and phone before vanishing into the night.

Though shaken, the man is said to have escaped the ordeal without physical injuries. Police, however, have warned that the

violent nature of the attack indicates the suspects were prepared to use force had he resisted.

Community fear grows

The daring robbery has sent shockwaves across the Mzimnene and Pigg’s Peak areas, where residents have expressed fear over what they describe as an increasing trend of armed criminal activity.

“We no longer feel safe, even in our own homes. If people can be attacked and robbed of such huge amounts of money at night, then it means these criminals are watching us closely,” said a worried resident.

Another community member added: “These criminals are targeting cars and cash. It’s becoming too much. The police need to strengthen night patrols because we can’t keep losing property like this.”

Appeal for public assistance

Senior Superintendent Vilakati emphasized that police investigations are underway but urged community members to play their part by sharing any information that may assist in locating the stolen car and arresting the suspects.

“The cooperation of the public is crucial. We appeal to anyone who may have seen the light blue Honda Fit with the registration YSD 161 CH or knows of anyone in possession of suspicious amounts of cash to immediately report to the nearest police station. Information shared will be treated with strict confidentiality,” she said.

Vilakati reiterated the importance of community-police collaboration, noting that criminals often attempt to hide stolen property in plain sight.

Two armed suspects disarmed then assaulted to death

By Thokozani Mazibuko

WHAT began as a violent armed robbery at Vusweni on Saturday evening ended in bloodshed when two suspects lost their lives after being captured and assaulted by a mob of angry residents.

According to a statement issued by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, the incident occurred on 16 August 2025 at about 6:00 p.m. when a 37-year-old shop owner from Vusweni was attacked by three men armed with a pistol.

The suspects allegedly robbed the businessman of E1,580 in cash before attempting to flee the scene. Members of the community, alerted by the commotion, quickly mobilized and gave chase.

Two of the suspects were reportedly overpowered by the crowd, disarmed, and subjected to a severe beating at the hands of furious residents. Vilakati confirmed that when police arrived, the men were already in a critical condition.

"The two suspects were heavily assaulted by a mob after being disarmed. They were rushed to Raleigh Fitkin Memorial (RFM) Hospital where they were both certified dead upon arrival," she said.

The third suspect managed to escape during the chaos and is currently on the run. Police investiga-

... After robbing the shop owner, they were disarmed then assaulted to death by the mob

tions into the matter are ongoing, and the public has been urged to provide any information that may lead to his arrest.

Senior Superintendent Vilakati took the opportunity to caution the public against engaging in mob justice, warning that while communities have the right to protect themselves, taking the law into their own hands often results in unlawful killings.

"We strongly discourage members of the public from resorting to mob justice. Suspects should be handed over to the police for proper investigation and prosecution. Mob assaults are a criminal offense and can result in the loss of lives, as witnessed in this incident," she said.

Vilakati reassured communities that the police service remains committed to combating crime, especially violent offenses such as armed robberies, but called for cooperation within the bounds of the law.

It should be noted that the incident has stirred widespread debate in the Vusweni community, where crime has reportedly been on the rise. Some residents when called by EDN expressed frustration at what they described as "growing lawlessness" and slow response times by law enforcement.

"We are tired of being terrorized

by these robbers. People work hard for their money, and criminals just take it away. That's why people reacted the way they did," said a resident who declined to be named.

Others, however, admitted that while the anger of the crowd was understandable, the outcome was regrettable. "Yes, people are fed up, but killing is not the solution. It just creates more problems," said another community member.

The victim of the robbery, whose name was withheld by police, escaped the incident physically unharmed but was said to be visibly shaken. Witnesses reported that the robbers had threatened him with the pistol while demanding cash from his till.

"They took the money quickly and tried to run, but by then people had already gathered outside. That's how the two suspects were caught," a witness recounted.

This is not the first time Eswatini has witnessed mob justice incidents. Analysts say the rise in such cases highlights a growing gap between public expectations and law enforcement effectiveness.

A criminologist from the University of Eswatini noted:

"When people feel insecure and perceive the justice system as slow or ineffective, they resort to vigilante justice. While understandable, it undermines the rule



▲ PICO Phindile Vilakati.

of law and can easily spiral out of control."

Human rights groups have also voiced concerns, warning that such acts risk claiming innocent lives caught in the heat of mob anger. Police have since launched a manhunt for the third suspect who fled the scene. Authorities are appealing to anyone with information to come forward.

Meanwhile, investigations are also underway to establish the full details of the mob assault that led to the deaths of the two suspects. Law enforcement has not ruled out the possibility of charging individuals found to have been directly in-

involved in the fatal beatings.

It is worth mentioning that the Vusweni incident once again brings to the forefront the difficult balance between ensuring public safety and upholding the rule of law. While communities demand immediate protection against rising criminal activities, law enforcement stresses that justice must be pursued within the legal system.

It should be noted that as police continue with their investigations, Vusweni residents remain shaken by the incident, torn between relief that the robbers were stopped and discomfort over the violent way justice was delivered.

Police record 69 drunk driving cases over the weekend

By Thokozani Mazibuko

THE Royal Eswatini Police Service have raised alarm over the rising number of motorists driving under the influence of alcohol, after 69 cases of drunk driving were reported across the country this past weekend.

This was confirmed by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, in a statement issued yesterday.

"Over the weekend, a total of sixty-nine (69) cases of drunken driving were reported," she said, noting that police operations to curb road accidents had been intensified nationwide.

The figures come as part of ongoing police efforts to monitor road safety, particularly during weekends when alcohol consumption is at its peak. Authorities say the high number of offenders highlights the need for greater public awareness and responsibility among motorists.

Vilakati emphasized that drunk driving remains one of the leading causes of serious road accidents in Eswatini, often resulting in loss of lives, severe injuries, and extensive damage to property.



The police spokesperson issued a stern warning to motorists who continue to disregard traffic laws by getting behind the wheel while intoxicated.

"Drunken driving is a criminal offense. Motorists found guilty will face the full might of the law, which may include fines, imprisonment, or both," Vilakati cautioned.

She added that police roadblocks and pa-

trols would continue to be mounted across major highways and urban centres in a bid to deter reckless behavior on the roads.

"This is worrying because it shows people are not taking the dangers of drunk driving seriously. Every weekend we hear about accidents, and most are avoidable," said a concerned motorist in Mbabane.

Another resident from Manzini called for

stricter enforcement: "People who drink and drive put all of us at risk. The government should consider tougher penalties to make sure people think twice before driving under the influence." A road safety advocate told EDN in an interview.

Road safety advocacy groups have also weighed in, urging motorists to act responsibly. They reminded the public that alternative transport options such as taxis and ride-hailing services should be used by anyone consuming alcohol.

"Driving under the influence is not only a violation of the law, but it is also a reckless gamble with human lives. We urge the public to adopt a culture of responsibility," said one road safety campaigner.

It is worth mentioning that with festive seasons and public holidays often seeing a spike in traffic accidents, police have reiterated their commitment to clamp down on lawlessness on the roads.

Vilakati concluded her statement with an appeal to all drivers:

"We once again call upon motorists to exercise responsibility and prioritize safety. The police cannot be everywhere at once, but with cooperation from the public, we can significantly reduce the number of accidents caused by alcohol-related recklessness."

Stories by Delisa Magagula

BUSINESSMAN Lucky Ngubs Ngubane has secured an urgent High Court order stopping construction on two pieces of land he insists were lawfully allocated to him at Ka-Luhleko, Bhunya. Ngubane told the court that he acquired the land in 2023 through the traditional kukhonta process, paying the required inkhomo and receiving confirmation from Chief Zulwelihle Maseko.

The plots, situated near Sankolo bus stop and Sankolo Tyres, were earmarked for a shopping complex to benefit the community.

However, three individuals Sifiso Msibi, Musa Maziya, and Glory Dlamini (née Ndlela) allegedly began construction despite the chief's instructions to stop. Ngubane claimed he has already spent over E350 000 on site preparation and materials.

He accused Maziya of encroaching onto his land with a structure and a toilet, while Dlamini allegedly built rental rooms that had reached roofing stage. Msibi is said to have ordered men to dig foundations and

Court halts construction on disputed Ka-Luhleko land



make bricks.

Ngubane reported the matter to the indvuna and later to the Manzini Regional Administrator. The Ndobazabantu prom-

ised an inspection but never carried it out. Faced with ongoing construction, Ngubane approached the High Court for urgent relief. Judge Titus Mlangeni granted the order,

halting all works pending resolution by traditional structures and any appeals that may follow. The matter returns to court on 23 September.



Fraud case against state Photographer postponed again

THE fraud case involving State Photographer Lesang Gcebile Makhubu and her co-accused, Babazile Mamba, has been delayed once more at the Mbabane Magistrate's Court, frustrating complainant Kristina De La Flor.

De La Flor, who says she was defrauded of E236 000, has travelled repeatedly from the United States to attend proceedings, only for the case to be postponed.

On Monday, it emerged that Makhubu was out of the country on official duties despite knowing her court date.

Prosecutor Muzi Nxumalo argued for a warrant of arrest, but Principal Magistrate Fikile Nhlabatsi cautioned that such action could cause the accused to lose their jobs.

The charges allege that the pair,



acting together, misrepresented themselves to obtain money. These include falsely claiming tuition fees of E150 000 were owed by a student (leading to a loss of E30 000), issuing a falsified rental invoice for E16 000, and presenting a fake deed of sale for land at Hawane worth E190

000.

So far, the accused have repaid E57 000 in instalments, but the balance remains outstanding. The matter has been postponed to September 25, with the accused ordered to produce further proof of repayment.

Woman charged after stabbing husband

THE Manzini Magistrate's Court heard a domestic violence case this week involving a woman accused of stabbing her husband during a family event.

Ntombifuthi Shabangu appeared before Principal Magistrate Florence Msibi facing charges under the Sexual Offences and Domestic Violence Act. She was remanded in custody but later granted bail of E2 000.

According to court papers, Ntombifuthi accused her husband, Senzo Shabangu, of openly pursuing an extra-marital affair with a teacher.

Relatives allegedly warned him several times to end the relationship, but he continued and even invited the woman to fami-

ly gatherings.

On the day in question, Ntombifuthi phoned the teacher's brother to ask him to intervene. Senzo allegedly overheard and summoned her inside, where he questioned her and allegedly began choking her. Ntombifuthi claims she acted in self-defence, stabbing him with a nail to escape.

Senzo later reported the matter to police, leading to her arrest. The case has drawn attention in Manzini, with some sympathising with Ntombifuthi's humiliation while others insist violence cannot resolve marital disputes.

The case was postponed to August 19, to allow further evidence, including medical reports.

Woman fined E6 000 for theft from employer

A WOMAN who admitted to stealing items worth E10 000 from her workplace has been fined E6 000 or two years' imprisonment by the Manzini Magistrate's Court.

The accused, whose name was withheld to protect her dependants, appeared before Magistrate [insert name] and pleaded guilty to a charge of theft.

According to the charge sheet, she stole household goods and groceries from the business where she was employed, over a period of weeks, before being caught by management.

In her mitigation plea, the woman told the court she was driven by desperation as she had not been paid by her employer for several months.

"I have children who depend on me. I was frustrated because I worked without pay and had no other means to feed my family," she said, begging the court for leniency.

The prosecution, however, argued



that while non-payment of wages may have been unfair, it did not justify stealing from the very business that employed her. The Crown said the offence was a breach of trust and had caused significant financial loss.

In passing sentence, Magistrate Sifiso Vilakati acknowledged her difficult circumstances but emphasised that theft could not be condoned.

"The court understands your frus-

tration, but the law cannot allow employees to take the law into their own hands. There were legal avenues to pursue unpaid wages," the magistrate ruled.

The accused was fined E6 000 or two years' imprisonment, half sentence was suspended in condition that she does not commit the offence again. This means she will pay E3000 or spend a year in prison.

BUSINESS NEWS

BUSINESS BRIEFS

RES launches 'Spotted Horse' rum

ROYAL Eswatini Sugar Corporation (RES) has launched its first branded rum, Spotted Horse, positioning its distillery arm as a new revenue stream alongside sugar, power generation and industrial ethanol. At the launch curated by Stratcom Media at Dwaleni Farm Lodge Managing Director Nick Jackson said the project had reached its next critical stage, describing delivery to the market as the point at which years of product development translate into sales.

Isuzu plans South Africa as hub for African truck production

GQEBERHA, South Africa — The South African arm of Japanese automaker Isuzu Motors aims to be the manufacturing hub of commercial trucks for the African market, helping it increase volumes and locally sourced parts, its president said on Friday. Billy Tom, President and CEO of Isuzu Motors South Africa told Reuters he has been engaging with Japan on the plan.

Oil markets seen bearish after Trump-Putin Alaska meeting

LONDON — Oil markets are set for a muted price reaction after U.S. President Donald Trump's and Russian leader Vladimir Putin's meeting in Alaska, at which Trump said a fully-fledged peace deal was the aim for Ukraine rather than a ceasefire. Trump said he had agreed with Putin that negotiators should go straight to a peace settlement - not via a ceasefire, as Ukraine and European allies, until now with U.S. support, have been demanding.

EswatiniBank

FX RATES

Notes/Cash		
	Buy	Sell
U.S. Dollar	17.1759	17.6405
G.B. Pound	23.2660	23.9392
EURO	20.0893	20.6979
Bank Rate	(July 2023)	7.50%
Prime Rate	(July 2023)	11%
Inflation	(July 2023)	4.5%
Petrol	E21.60/Litre	
Diesel	E22.90 /Litre	
Paraffin	E17.25/Litre	

Nedbank injects E250k into Trade Fair Green Zone



▲Nedbank Managing Director Fikile Nkosi and EIPA Chief Executive Officer Sibani Mngomezulu.

By Delisa Magagula

NEDBANK Eswatini has committed a sum of E250,000 to the creation of a Green Zone at this year's Eswatini International Trade Fair, in partnership with the Eswatini Investment Promotion Authority (EIPA).

The Trade Fair will run from August 29, to September 7, 2025 at the Mavuso Exhibition and Trade Centre in Manzini.

The Green Zone will be a first in the fair's history, showcasing renewable energy solutions, climate-smart technologies, and eco-friendly business ideas.

Nedbank Managing Director Fikile Nkosi said the sponsorship is more than a sponsorship but a statement of intent.

"It reflects our deep commitment to environmental stewardship, innovation, sustainability and inclusive economic growth," Nkosi said.

She added that the bank's purpose was to "use our financial expertise to do good for individuals, families, businesses, communities, and society at large."

Nkosi said the Green Zone would serve

as a platform to showcase renewable energy solutions, climate-smart technologies, and eco-conscious entrepreneurship, especially among the youth and small businesses.

She noted the initiative supports the United Nations Sustainable Development Goals, particularly Clean Energy (SDG 7), Climate Action (SDG 13), and Industry, Innovation and Infrastructure (SDG 9).

"We have pledged to finance and support projects that contribute meaningfully to these global goals," Nkosi said.

She added that sustainable development was not only a moral or environmental need but an economic and strategic opportunity.

"By investing in the Nedbank Green Zone, we are investing in a future where prosperity and environmental responsibility go hand in hand. More importantly, we are investing in a greener, more resilient Eswatini," Nkosi said.

She commended EIPA for curating a Trade Fair that integrates commerce with climate action and urged other corporates to join in building a resilient, inclusive, and sustainable Eswatini.

"Together, let us turn ambition into action and action into impact," she said.

Meanwhile EIPA Chief Executive Officer Sibani Mngomezulu welcomed the partnership, saying they were happy of this looming

partnership and that they want it to be long-term.

The Eswatini International Trade Fair was first held in 1968 in Bremersdorp (now Manzini) as part of the country's independence celebrations.

It has since grown into the nation's biggest trade and exhibition event, attracting local and international exhibitors from the SADC region, Asia, Europe and beyond.

The event is organised by EIPA and offers a platform for formal and informal businesses to showcase products, network, and explore new markets.

This year's edition will run for 10 days under the theme focused on trade, innovation, and sustainable development.

The introduction of the Green Zone marks the fair's first dedicated space for environmental innovation.

Worth mentioning is that a week ago, The Eswatini International Trade Fair received pledges totalling E430,000 from FNB Eswatini.

This includes E230,000 for the 'Win-A-Car' competition and E200,000 to power the EITF Business Seminars.

Additionally, Jenny Internet pledged E250,000 for internet connectivity at the fair. The Manzini City Council has also pledged logistical support.

Eswatini one of leading countries in biodiversity — EIPA

By Delisa Magagula

ESWATINI is taking steps to integrate biodiversity into its national strategies through the launch of a Biodiversity and Ecosystems Conservation Framework.

EIPA CEO Sibani Mngomezulu revealed that while not among the world's largest nations in terms of total biodiversity quantity, the coun-

try holds a high ranking for species richness per unit area, reflecting a dense concentration of plant and animal life within its borders.

He said this during the Green funding by NedBank adding that this makes conservation efforts critical.

He said this new framework is designed to strengthen protection of ecosystems, guide sustainable land use, and support community-based conservation initiatives.

Meanwhile authorities have emphasised that the policy will also help Eswatini align with

global biodiversity targets under the Convention on Biological Diversity and the United Nations Sustainable Development Goals.

By formally embedding biodiversity considerations into national planning, Eswatini aims to preserve its natural heritage while promoting economic activities that are environmentally responsible.

The government has encouraged other countries to take similar steps, noting that the framework is a model for integrating conservation with development needs.

By Delisa Magagula

ROYAL Eswatini Sugar Corporation (RES) has launched its first branded rum, Spotted Horse, positioning its distillery arm as a new revenue stream alongside sugar, power generation and industrial ethanol.

At the launch curated by Stratcom Media at Dwaleni Farm Lodge Managing Director Nick Jackson said the project had reached its next critical stage, describing delivery to the market as the point at which years of product development translate into sales.

He said the company viewed beverage-grade rum as part of a broader effort to diversify the product offering, noting RES's role as a pivotal player in the country's economy and a pioneer in several areas.

"Management had examined different ideas over time to keep the core business sustainable in the long term, and that diversification was aimed at ensuring the company handed to the next generation remained profitable and enduring," said Jackson.

In addition, Jackson said the rum programme had been in development for the past two to three years and had culminated in the product unveiled at the event.

He linked the launch to the company's existing assets, stating that RES commissioned its first distillery in 1995 with a capacity of 15 million litres per year, later expanded in 2007 to 32 million litres and that the beverage line was built on that industrial base.

He said Spotted Horse would be sold domestically and targeted for export in larger volumes, positioning the brand to be a real player in the international beverages market and to place Eswatini on the world stage.

Meanwhile, Board Chair Mike Shongwe said he was excited to see the project move from development into market delivery.

He said he had been impressed by the company's innovation over the years and commended management for initiatives like the one launched at the event.

He said RES had consistently looked beyond sugar, asking what else could be done to improve the business, contribute to the country's economy and identify new opportunities. He said that context gave rise to producing ethanol from sugar-cane molasses and, more recently, to beverage-grade distilling.

"The availability of power is important for national development and investment and pointed to RES's electricity generation for its own use as evidence of efforts to control costs and mitigate possible shortages. More work is underway to increase energy production, and it's linked that effort with the company's collaboration with the government on testing a 10% ethanol/petrol blend,"

He said the blend could give the country more control over fuel reserves and save value that would otherwise be spent on imported fuel.

Shongwe said the launch of Spotted Horse introduces a new product and therefore a new revenue stream for RES, consistent with the company's attitude of seeking adjacent opportunities.

He further said RES had ventured into many business areas over time and that such activities by large companies created opportunities for SMEs, which he described as important to economic growth.

The Board Chair said companies like RES should work with small businesses that support their operations so that big and small businesses grow together.

Jackson said the distillery programme was intended to broaden earnings and stabilise

RES launches 'Spotted Horse' rum



▲ RES Executives tasting the rum.

the enterprise through cycles. He said the company would continue to investigate other ideas beyond rum, framing diversification as a portfolio approach in which energy, ethanol and beverages reinforce one another.

He said the roll-out would focus on brand building, route-to-market reliability and export readiness, and that the initial production phase would leverage existing infrastructure and quality systems from the fuel-grade ethanol operation.

Shongwe said national impact remained a central consideration. He said RES's success contributed to employment, business opportunities and export earnings, and he emphasised the potential for beverage exports to add foreign-currency inflows.

He said the rum project had been a long time coming given the distillery's history, and he expressed confidence that Spotted Horse would achieve sustained traction. He closed by wishing the company success and calling for applause for the management team, adding that he looked forward to years of success for the brand.

Jackson said RES would maintain focus on cost control, operational discipline and market compliance as the product scales, and he reiterated that the distillery's origin in molasses-based ethanol production underpinned quality and consistency for beverage output.

He said the company would pursue international placements where feasible while building a domestic consumer base.

Govt, RES fuel trial 10% ethanol blend moves through testing

RES has revealed that it is working with the government on a project to test a 10% ethanol/petrol blend.

Jackson said that, if advanced beyond testing, the blend could reduce reliance on imported fuel by incorporating locally produced ethanol from sugar-cane molasses.

He said such a move would introduce a new product for the company and create an additional revenue stream, while Shongwe



▲ Invited socialites during the event.

said the project would help the country control fuel reserves and save value currently spent on external purchases.

Shongwe linked the trial to RES's power-generation efforts, describing reliable energy and fuel availability as important for development and for facilitating industrial investment. Both leaders framed the fuel trial as part of a broader diversification approach in which industrial ethanol, power and beverages operate alongside core sugar production.

RES maps pipeline to gin, tequila and other spirits

RES said the distillery platform would be used to expand into additional spirits categories, including gin, tequila and other spir-

its, following the launch of Spotted Horse rum.

Jackson said the company would continue to investigate other ideas and that category expansion would be sequenced to align with market demand, regulatory requirements and export readiness.

He said the same control systems that support industrial ethanol and rum would underpin quality assurance for future lines. Shongwe said the strategy reflected RES's practice of looking beyond sugar and using existing assets to unlock new products and new revenue streams.

He said the company's expansion into beverages was intended to broaden earnings while creating opportunities for SMEs in packaging, logistics and distribution that support the distillery's growth.

Isuzu plans South Africa as hub for African truck production

By Nqobile Dlodla

GQEBERHA, South Africa — The South African arm of Japanese automaker Isuzu Motors aims to be the manufacturing hub of commercial trucks for the African market, helping it increase volumes and locally sourced parts, its president said on Friday.

Billy Tom, President and CEO of Isuzu Motors South Africa told Reuters he has been engaging with Japan on the plan.

“We’re saying to them, instead of producing vehicles in Japan, you’ve got a facility in Africa. We can produce the vehicles here,” Tom said.

Isuzu has done some successful trials of manufacturing a truck and its body locally, Tom said. Some of its truck bodies are imported from countries like China and the Middle East.

The company’s South African plant manufactures Isuzu D-MAX pickup trucks, assembles medium-heavy and extra-heavy commercial trucks and imports the Isuzu MU-X SUV for distribution to African markets.

Its export volumes for trucks into the rest

of Africa are very limited but it exports its pickups to more than 30 African countries.

“So we’ve targeted West Africa as a starting point and then we’ll see how it goes,” Tom said.

“We’ve been looking for opportunities in the African business. About six years ago 15 per cent of my volumes were in Africa. That number is now 22 per cent to 23 per cent. Our ambition is to get that number to 45 per cent.”

Tom is hoping to take advantage of the African Continental Free Trade Area, ratified by 49 countries and launched in 2021, though less than half the member states actively trade under the framework of zero tariffs.

The big seven car companies manufacturing in South Africa including Volkswagen, Toyota and Mercedes-Benz are looking at ways to safeguard their production volumes as the influx of imports, especially from China, threaten the local industry.

South Africa’s automotive masterplan has set a target of 60 per cent local content by 2035 but has remained stagnant at 39 per cent, Minister Parks Tau told delegates earlier in the week at an auto parts conference.

The plan also targets between 1.3 million and 1.5 million vehicles produced in South Africa by 2035 from a current average of



▲ Isuzu Motors South Africa President and CEO Billy Tom works on his laptop at Isuzu’s distribution facility in Gqeberha, South Africa.

600,000 units.

“That threat of deindustrialization is there and probably getting bigger as well, because if you look at the growth of what is imported into the country, that number is growing,” Tom said.

Some 64 per cent of vehicles sold in the country are imports, and Tau has said that through the country’s international trade administration body, his department will probe the impact of automotive imports on local production. (Reuters)



▲ The TotalEnergies logo sits on the company’s headquarters skyscraper in the La Defense business district near Paris, France.

SA court rescinds TotalEnergies oil exploration permit

CAPE TOWN — A South African court has rescinded an environmental authorisation granted to TotalEnergies and its joint venture partner Shell to explore for oil in a block off the Cape coast, a court judgment seen by Reuters showed.

However, the court said TotalEnergies should be given a chance to rectify deficiencies identified, including a failure to properly assess the potential socio-economic impacts of any oil spills, or take climate change into consideration.

“Total must be afforded opportunity to submit new or amended assessments ... to cure the deficiencies identified,” Western Cape High Court Judge Nobahle Mangcu-Lockwood said in her August 13 ruling.

In a statement, a TotalEnergies spokesperson acknowledged the court’s decision and said its local unit and partners had complied with all necessary local regulations.

“TotalEnergies E&P South Africa, along with its joint venture partners, will now legally assess the judgment in more detail and decide on the course of action,” the spokesperson said.

The French company said last year it intended to exit the concession, Block 5/6/7 located between Cape Town and Cape Agulhas, leaving the operatorship to Shell, with South Africa’s PetroSA holding a minority share.

The order is the latest in a series of court challenges between environmentalists and oil companies looking to explore along South Africa’s coast. Oil companies are making a major push into the west coast of South Africa, where they are looking to replicate the success in neighbouring Namibia following a cluster of discoveries in its part of the prolific Orange Basin. The basin extends into South African waters, but has remained largely unexplored there.

Welcoming the judgment, non-profit organisation Natural Justice, one of the applicants in the case, said it was a victory in the growing opposition to oil and gas exploration in South Africa.

“This judgment again confirms that companies must follow due process, undertake comprehensive assessments and provide communities with an opportunity to be heard,” Melissa Groenink-Groves, a programme manager at the group, said in a statement. (Reuters)

Oil markets seen bearish after Trump-Putin Alaska meeting



▲ A view shows oil pump jacks outside Almeteyevsk, in the Republic of Tatarstan, Russia.

By Seher Dareen

LONDON — Oil markets are set for a muted price reaction after U.S. President Donald Trump’s and Russian leader Vladimir Putin’s meeting in Alaska, at which Trump said a fully-fledged peace deal was the aim for Ukraine rather than a ceasefire.

Trump said he had agreed with Putin that negotiators should go straight to a peace settlement - not via a ceasefire, as Ukraine and European allies, until now with U.S. support, have been demanding.

Trump said he would hold off imposing tariffs on countries such as China for buying Russian oil following his talks with Putin. He has previously threatened sanctions on Moscow and secondary sanctions on countries such as China and India that buy Russian oil if no moves are made to end the Ukraine war.

“This will mean Russian oil will continue to flow undisturbed and this should be bearish for oil prices,” said ICIS analyst Ajay Parmar. “It is worth noting that we think the impact of this will be minimal though and

prices will likely see only a small dip in the very near term as a result of this news.”

The oil market will wait for developments from a meeting in Washington on Monday between Trump and Ukrainian President Volodymyr Zelenskyy.

European leaders have also been invited to the meeting, a source familiar with the matter told Reuters.

“Market participants will track comments from European leaders but for now Russian supply disruption risks will remain contained,” said Giovanni Staunovo, analyst at UBS.

Brent settled at \$65.85 a barrel on Friday, and U.S. West Texas Intermediate at \$62.80 - both down nearly \$1 before the talks in Alaska.

Traders are waiting for a deal, so until that emerges, crude prices are likely to be stuck in a narrow range, said Phil Flynn, a senior analyst with Price Futures Group.

“What we do know is that the threat of immediate sanctions on Russia, or secondary sanctions on other countries is put on hold for now, which would be bearish,” he said.

After the imposition of Western sanctions, including a seaborne oil embargo and price caps on Russian oil, Russia has redirected flows to China and India. (Reuters)

Siyabusula Roadshows – Bringing World-Class Quality Closer to Emaswati

Story by EDN Reporter

ESWATINI Meat Industries (EMI) has long been at the heart of the Kingdom’s food security and nutrition, providing trusted meat products for households, institutions, and businesses alike. Guided by its vision of becoming Africa’s Leading Integrated Business Partner, EMI continues to demonstrate leadership, innovation, and care for the nation.

One of the ways this commitment is being brought to life is through the nationwide EMI Roadshows – vibrant community activations that connect Emaswati to safe, tested, and affordable meat.

These roadshows are not just a marketing exercise. They are a reflection of His Majesty King Mswati III’s vision of a First World Eswatini, a vision that calls for modern systems, world-class standards, and healthier, more empowered citizens. By taking EMI’s brand directly to the people, we are ensuring that no one is left behind in the journey toward a prosperous Eswatini.

Why EMI Introduced Roadshows

The decision to start the roadshows was rooted in listening to the people of Eswatini. For many years, EMI has understood that communities want more than just products on shelves, they want direct access to affordable, certified meat and the assurance that what they feed their families is safe. At the same time, there has been a growing concern about the safety of meat sold in unregulated markets. Emaswati are increasingly aware of the risks associated with consuming untested products, and EMI felt a responsibility to step in and provide a reliable, tested alternative.

The roadshows also give the company an opportunity to engage with people on a personal level. They allow EMI to educate the nation about why tested meat matters, to showcase the strict hygiene and testing processes that go into every product, and to demonstrate our leadership in the industry. Beyond that, these activations are a chance to celebrate with communities, to bring products closer to them, and to remind every isiSwati that they deserve meat that meets the highest standards. In this way, roadshows are not simply about sales; they are about building relationships, promoting health, and reinforcing EMI’s role as the market leader in the meat industry.

Aligning to a Vision

Eswatini Meat Industries has, over decades,



established itself as the trusted name in the Kingdom’s meat industry. Today, EMI holds the largest market share because of its commitment to quality, safety, and innovation.

His Majesty’s call for a First World Eswatini is centered on modern infrastructure, international standards, and improved quality of life for all citizens. EMI’s roadshows are part of this transformation because they:

Bring First World Standards Closer: Every product showcased is processed in state-of-the-art facilities with strict hygiene and safety controls.

Promote Health and Nutrition: A First World nation is a healthy nation. By prioritizing meat safety and testing, EMI ensures that Emaswati enjoy better health outcomes.

Support Economic Growth: EMI is proudly Swazi-owned and employs hundreds of people across the value chain. Roadshows stimulate local economies by drawing crowds and promoting commerce.

Empower Communities: Information is power. Through education on meat safety, families can protect themselves against preventable health risks.

Leadership in market share is not defined only by the quantity of meat processed or sold, but by the ability to shape consumer behavior and set the standards for an entire industry. Through the roadshows, EMI is actively shaping the market by educating Emaswati on why tested and certified meat must be the norm. This is how true leadership is exercised, by leading conversations around food safety, by raising awareness, and by ensuring that customers across the nation understand the value of choosing



products they can trust.

The roadshows also highlight what it means to be Africa’s Leading Integrated Business Partner. Integration is about connecting every stage of the value chain, from farm to fork, and ensuring that the customer benefits from world-class systems at every step. By showcasing not just products but also the science, hygiene practices, and rigorous testing behind those products, EMI is proving that it is more than just a supplier of meat – it is a partner in health, safety, and national development.

Gratitude to Emaswati

None of these achievements would be possible without the continuous trust and loyalty of the Swazi people. Your support has allowed EMI to grow from a local processor into a national market leader, setting the benchmark in meat production and safety. We say thank you, Eswatini. Thank you for choosing quality. Thank you for supporting



a proudly Swazi company that is investing in the nation’s health, food security, and future. As we continue to roll out these roadshows across the country, we look forward to meeting more families, hearing your stories, and serving you better. Together, we are not just enjoying good food – we are building a stronger, healthier, and more prosperous Eswatini that reflects His Majesty’s vision of a First World Kingdom.

ESWATINI MEAT INDUSTRIES

Massive Price Drop

Top Quality Meats at Prices You'll Love.

<div>5KG CHAKALAKA WORS (10X500G)</div> <div></div> <div>WAS E244¹⁴</div> <div>E235³⁴</div>	<div>2KG CHAKALAKA WORS</div> <div></div> <div>WAS E97¹⁵</div> <div>E90¹⁵</div>	<div>400G CHOICE BURGER CHIEFS</div> <div></div> <div>WAS E41¹⁴</div> <div>E38⁸⁴</div>	<div>1KG POLONY MS FRENCH</div> <div></div> <div>WAS E51¹⁴</div> <div>E41⁰⁰</div>	<div>2KG POLONY MS FRENCH</div> <div></div> <div>WAS E86¹⁴</div> <div>E75⁸¹</div>
<div>4KG SMI ECONO RUSSIANS</div> <div></div> <div>WAS E209¹⁴</div> <div>E189⁷⁹</div>	<div>1KG SMI ECONO RUSSIANS</div> <div></div> <div>WAS E53¹⁴</div> <div>E46⁴⁹</div>	<div>1KG SMI CHILLI RUSSIANS</div> <div></div> <div>WAS E63¹⁴</div> <div>E55¹¹</div>	<div>500G SMI ECONO RUSSIAN</div> <div></div> <div>WAS E30¹⁴</div> <div>E25¹³</div>	

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New type of supernova detected as black hole causes star to explode

ASTRONOMERS have observed the calamitous result of a star that picked the wrong dance partner. They have documented what appears to be a new type of supernova, as stellar explosions are known, that occurred when a massive star tried to swallow a black hole with which it had engaged in a lengthy pas de deux.

The star, which was at least 10 times as massive as our sun, and the black hole, which had a similar mass, were gravitationally bound to one another in what is called a binary system.

But as the distance separating them gradually narrowed, the black hole's immense gravitational pull appears to have distorted the star - stretching it out from its spherical shape - and siphoned off material before causing it to explode.

"We caught a massive star locked in a fatal tango with a black hole," said astrophysicist Alexander Gagliano of the U.S. National Science Foundation's Institute for AI and Fundamental Interactions located at the Massachusetts Institute of Technology, lead author of the study published this week in the *Astrophysical Journal*, opens new tab.

"After shedding mass for years in a death spiral with the black hole, the massive star met its finale by exploding. It released more energy in a second than the sun has across its entire lifetime," Gagliano added.

The explosion occurred about 700 million light-years from Earth. A light-year is the distance light travels in a year, 5.9 trillion miles (9.5 trillion km).

"The gravitational pulls of the two objects were actually similar because we think they had similar masses. But the star was much larger, so it was in the process of engulfing

the black hole as the black hole pulled material off of it. The star was large but puffy, and the black hole was small but mighty. The black hole won out in the end," Gagliano said.

The researchers are not certain of the exact mechanism that caused the supernova.

"It's unclear if the distortion triggers an instability that drives the collapse of the star, and then the leftover stellar material gets rapidly eaten by the black hole, or if the black hole completely pulls the star apart before it goes supernova," said Harvard University astrophysicist and study co-author Ashley Villar.

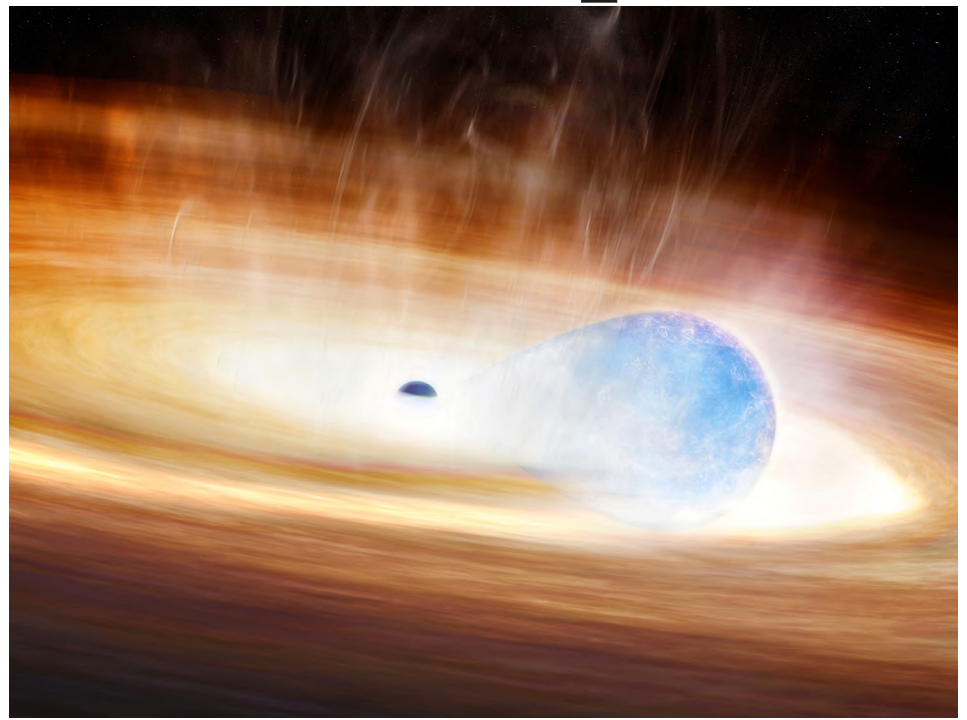
"The star has been pulled and morphed by the black hole in complex ways," Villar added.

The binary system started out with two massive stars orbiting each other as cosmic companions. But one of the two stars reached the end of its natural life cycle and exploded in a supernova, and its core collapsed to form a black hole, an extraordinarily dense object with gravity so strong that not even light can escape.

"This event reveals that some supernovae can be triggered by black hole companions, giving us new insights into how some stars end their lives," Villar said.

Stars that are at least eight times as massive as the sun appear destined to end their lives with a supernova. Those with a mass at least 20 times that of the sun will form a black hole after the explosion.

An artificial intelligence algorithm designed to scan for unusual explosions in the cosmos in real time first detected the beginnings of the explosion, providing an alert that enabled astronomers to carry out follow-up observations immediately. By the



▲ An artist's conception shows a massive star being stretched by the gravitational forces of a nearby black hole prior to the star's supernova explosion, in this undated handout image.

time the explosion was completed, it had been observed by numerous ground-based and space-based telescopes.

"Our AI algorithm allowed us to launch a comprehensive observational study early enough to really see the full picture for the first time," Gagliano said.

Observations of the star dating to four years before the supernova revealed bright emissions that the astronomers believe were caused when the black hole guzzled material sucked off the star. For instance, the star's outer hydrogen layer appears to have been ripped off, exposing the helium layer below.

The researchers observed bright emis-

sions in the explosion's aftermath as the black hole consumed leftover stellar debris. In the end, the black hole became more massive and more powerful.

Systems grouping two or more companions are quite common. Some of these multiples have a black hole as one of the companions.

"Our takeaway is that the fates of stars are incredibly impacted by their companion - or companions - in life. This event gives us an exciting window into how dramatically black holes can impact the deaths of massive stars," Gagliano said.

(Reuters)

UnitedHealth surges after Warren Buffett bets on recovery

SHARES of UnitedHealth Group, opens new tab surged nearly 14% on Friday after billionaire Warren Buffett's Berkshire Hathaway, opens new tab bought 5 million shares of the company, providing a shot in the arm for investors who think the health conglomerate will turn around under its new CEO.

The shares have lost nearly half their value in the last year as the company struggled to adapt to rising healthcare costs and changes to government reimbursement plans that affected its health insurance and Optum patient care businesses.

News of Buffett's stake, along with purchases by other large hedge fund managers, suggests investors believe the stock currently does not reflect its long-term outlook. However, the turnaround may be slow, as UnitedHealth reckons with billions of additional medical costs expected to hit in the coming quarters.

At least two analysts said the next 18 months will remain challenging for the industry bellwether as it navigates higher utilization of medical care and a decline in memberships in government-backed plans.

The "vote of confidence" from Buffett validates UnitedHealth's long-term value, but "(the) management needs to regain trust and credibility with investors, and get back to its beat-and-raise reputation of the past," said James Harlow, senior vice president at Novare Capital Management.

UnitedHealth missed Wall Street's earnings target for two straight quarters this year



▲ UnitedHealth Group's headquarters building is seen in Minnetonka, Minnesota, U.S.

and was forced to pull back its 2025 outlook in May, rare moves for a company that had long been favored for its regular earnings growth. It reinstated the annual outlook last month, but the profit forecast was well short of analysts' already lowered estimate.

The company's shares currently trade at about 16.75 times forward earnings estimates, compared with peer CVS Health, opens new tab 10.51.

The shares have dropped nearly 40% in 2025, making it the worst-performing stock on the blue-chip Dow Jones Industrial Aver-

age , opens new tab this year.

The stock was last up 13.9% at \$309.14, set for the best single-day move since October 2008 if gains hold.

Friday's gains helped the Dow hit an all-time intraday high, while shares of rivals Humana, opens new tab, Elevance Health, opens new tab and CVS Health, opens new tab rose more modestly.

"I'm a bit surprised at the magnitude of the stock move today but that shows how beaten up and out of favor the stock and entire health insurance sector is," Jeff Jonas,

portfolio manager at Gabelli Funds said.

In the last two years, the company has dealt with fallout from a cyberattack at its technology unit that served as a major backbone in the U.S. healthcare system, the murder of its insurance unit chief in December, and a federal investigation into its government-backed health plans.

In May, CEO Andrew Witty abruptly resigned in the face of the worsening operational issues, and Stephen Hemsley, who had run the company from 2006 to 2017, took over.

PSYCHOLOGICAL REASSURANCE

Buffett is known as a patient and opportunistic investor, swooping in with big investments in companies during periods of struggle when he sees a long-term strategic value.

He invested heavily in Occidental Petroleum, opens new tab in 2019 as it tried to finance a merger with Anadarko Petroleum and has kept adding to his stake despite the company's weak stock performance. He famously took a stake in investment bank Goldman Sachs, opens new tab at the height of the global financial crisis in 2008.

"Buffett's purchase is a psychological reassurance to many investors that saw UnitedHealth as 'untouchable,' given the massive turbulence in the stock over the past few months," said Kevin Gade, chief operating officer at UnitedHealth investor Bahl & Gynor.

Berkshire said in a U.S. Securities and Exchange Commission filing on Thursday that it owned 5.04 million UnitedHealth shares, worth about \$1.57 billion, (Reuters)

European leaders to join Zelenskiy in Washington as Trump presses Ukraine deal

EUROPEAN leaders including from Germany, France and Britain will join Volodymyr Zelenskiy to meet Donald Trump in Washington, they said on Sunday, seeking to shore up his position as the U.S. president presses Ukraine to accept a quick peace deal.

Trump is leaning on Zelenskiy to strike an agreement after he met Kremlin chief Vladimir Putin in Alaska, and on Sunday promised “big progress on Russia” in a social media post without specifying what this might be.

U.S. Secretary of State Marco Rubio said Trump had seen enough to justify meeting Zelenskiy and the Europeans on Monday but added that both Russia and Ukraine would need to make concessions.

German Chancellor Friedrich Merz, French President Emmanuel Macron and British Prime Minister Keir Starmer were hosting a meeting of allies on Sunday to bolster Zelenskiy’s position, hoping in particular to lock down robust security guarantees for Ukraine that would include a U.S. role.

According to sources, the U.S. and Russian leaders discussed at their summit on Friday proposals for Russia to relinquish tiny pockets of occupied Ukraine in exchange for Ukraine ceding a swathe of fortified land in the east and freezing the front lines elsewhere.

At face value, some of Putin’s demands would be hugely difficult for Ukraine to accept, setting the stage for potentially fraught talks about ending Europe’s deadliest war in 80 years, which has dragged on for 3-1/2 years and killed or wounded more than 1 million people.

European allies are keen to help Zelenskiy avoid a repeat of his last Oval Office meeting, in February. That went disastrously, with Trump and Vice President JD Vance giving the Ukrainian leader a public dressing-down, accusing him of being ungrateful and disrespectful.

European Commission President Ursula von der Leyen will also travel to Washington, as will Finland’s President Alexander Stubb,



▲ European Commission President Ursula von der Leyen shakes hands with Ukrainian President Volodymyr Zelenskiy in Brussels, Belgium, where he will participate in a meeting of European leaders,

whose access to Trump included rounds of golf in Florida earlier this year, and Italian Prime Minister Giorgia Meloni, who is an admirer of many of Trump’s policies.

“It’s important that Washington is with us,” Zelenskiy said alongside von der Leyen on a visit to Brussels, saying that the current front lines in the war should be the basis for peace talks.

“Putin does not want to stop the killing but he must do it.”

‘STEEL PORCUPINE’

Setting out red lines, von der Leyen said Ukraine’s allies wanted robust security guarantees for Ukraine, no limits to Ukraine’s armed forces and a seat at the table for Ukraine to discuss its territory.

“As I’ve often said, Ukraine must become a steel porcupine, indigestible for potential invaders,” she said.

Macron, Merz and Starmer were hosting a virtual meeting of the “coalition of the will-

ing” - a grouping of allies of Kyiv - on Sunday, a discussion that included Zelenskiy.

European powers want to help set up a trilateral meeting between Trump, Putin and Zelenskiy to make sure Ukraine has a seat at the table to shape its future.

They also want security guarantees for Ukraine with U.S. involvement, and the ability to crank up pressure on Moscow if needed.

Speaking to CBS on Sunday, Rubio said both Ukraine and Russia would have to make concessions to reach a peace deal and that security guarantees for Ukraine would be discussed on Monday. He also said there would have to be additional consequences for Russia if no deal was reached.

“I’m not saying we’re on the verge of a peace deal, but I am saying that we saw movement, enough movement to justify a follow up meeting with Zelenskiy and the Europeans, enough movement for us to ded-

icate even more time to this,” Rubio said.

However, he said the U.S. may not be able to create a scenario to end the war.

“If peace is not going to be possible here and this is just going to continue on as a war, people will continue to die by the thousands ... we may unfortunately wind up there, but we don’t want to wind up there,” Rubio said in an interview with “Face the Nation.”

‘VERY BIG POWER’

For his part, Putin briefed his close ally, Belarusian President Alexander Lukashenko, about the Alaska talks, and also spoke with Kazakhstan’s President Kassym-Jomart Tokayev.

Trump said on Friday that Ukraine should make a deal to end the war because “Russia is a very big power, and they’re not”.

After the Alaska summit, Trump phoned Zelenskiy and told him that the Kremlin chief had offered to freeze most front lines if Ukraine ceded all of Donetsk, the industrial region that is one of Moscow’s main targets, a source familiar with the matter said.

Zelenskiy rejected the demand. Russia already controls a fifth of Ukraine, including about three-quarters of Donetsk province, which it first entered in 2014. “Our AI algorithm allowed us to launch a comprehensive observational study early enough to really see the full picture for the first time,” Gagliano said.

Observations of the star dating to four years before the supernova revealed bright emissions that the astronomers believe were caused when the black hole guzzled material sucked off the star. For instance, the star’s outer hydrogen layer appears to have been ripped off, exposing the helium layer below.

The researchers observed bright emissions in the explosion’s aftermath as the black hole consumed leftover stellar debris. In the end, the black hole became more massive and more powerful.

Systems grouping two or more companions are quite common. Some of these multiples have a black hole as one of the companions.

(Reuters)

New negotiations between DR Congo and M23 rebels to take place in Qatar

A Qatari official said on Sunday that a draft agreement to end fighting between the Democratic Republic of Congo and the M23 has been shared with the government and the rebels.

“We recognise the challenges on the ground and hope they can be overcome promptly through dialogue and genuine commitment,” the official involved in mediation efforts added.

The news comes ahead of an 18 August deadline, agreed on last month between Kinshasa and the Rwanda-backed rebel group, to reach a peace deal.

He said that while the timeline had not been met, “both parties have responded positively to the facilitator and expressed a willingness to continue negotiations”.

The roadmap in the Declaration of Principles signed on 19 July in Qatar had called for negotiations to begin by the 8 August with a final deal reached by Monday.

Since taking up arms again at the end of 2021, the M23 armed group has seized swathes of land in eastern DRC with Rwanda’s backing, triggering a spiralling humanitarian crisis.

There was a new surge in fighting in earlier this year when the M23 captured the key cities of Goma and Bukavu, setting up their



own administrations.

The official added that Qatar is “currently hosting an important session of negotiations in Doha aimed at following up on the implementation of the declaration and finalising an agreement.

Neither Kinshasa nor the M23 have commented on the latest statements.

On the ground in the eastern DRC, violence continues and has intensified since 8 August around the town of Mulamba, where the frontline has been relatively stable since

March.

The Congolese army on Tuesday accused the M23 of carrying out “multiple attacks” against its positions in the east of the country, threatening the fragile ceasefire.

(Reuters)

‘Sithumela Wena’ gaining traction on socials

Stories by Siphesihle Dlamini
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ESWATINI Gospel powerhouse Nothando Hlophe is making significant waves in the music industry with her latest single titled ‘Sithumela Wena.’

Released on August 15, 2025, the song has quickly gained popularity, amassing over 30,000 views on YouTube within just two days. It is also available on all major digital platforms, making it accessible to a wide audience. The single was recorded live at the Mavuso Trade Centre during her latest live album recording, ‘A New Dawn,’ which took place on June 7, 2025. This event not only showcased Hlophe’s remarkable vocal prowess but also highlighted her deep connection with her audience, creating an atmosphere filled with worship and spiritual fervour. The live performance was a testament to her artistry and ability to engage listeners in a meaningful way.

The title ‘Sithumela Wena,’ which translates to ‘We Are Sending You, Lord,’ encapsulates the essence of Nothando Hlophe’s message in this new release. The song is described as a powerful declaration and prayer for divine intervention, resonating deeply with the spiritual needs of her listeners. Hlophe emphasises that this project represents a new season in her musical journey, one that is focused on worship, healing, and spiritual awakening.

In her own words, Nothando Hlophe stated, “Get ready to worship, celebrate, and declare the name of Jesus like never before! This is more than music; it’s a movement, a sound from heaven for this generation.” Nothando Hlophe is no stranger to the gospel music scene. With



▲ Nothando Hlophe.

a legacy rooted in the renowned group Women in Praise, she has carved out a niche for herself as a solo artist. Her music seamlessly blends traditional African gospel with contemporary praise, making her a beloved figure not only in Eswatini but across Southern Africa.

Force

Her previous works have established her as a formidable force in the industry, and ‘Sithumela Wena’ is expected to further

solidify her impact in the gospel music landscape. The response to ‘Sithumela Wena’ has been overwhelmingly positive, with many listeners expressing how the song resonates with their spiritual journeys. Social media platforms are abuzz with comments and shares, demonstrating the song’s growing influence. The hashtag #SithumelaWena has begun trending, as fans share their experiences and interpretations of the song’s message.

Uncle Waffles set for US tour

ESWATINI-born global superstar Uncle Waffles is gearing up for an exciting performance in the United States, marking a significant milestone in her rapidly rising career.

The acclaimed artist, known for her infectious hits and captivating stage presence, will headline a show on September 14, 2025, at the Rooftop at Pier 17 in New York City. This announcement has generated considerable buzz among fans and music enthusiasts alike, as Uncle Waffles continues to expand her international footprint.

Taking to social media to share the news, Uncle Waffles expressed her excitement, stating, “NYC, tickets available. See you all on the 14th of September! I hope you all have been practising. So excited!” This reflects her eagerness to connect with her growing fanbase in the U.S., where the amapiano genre is steadily gaining popularity.

Uncle Waffles, whose real name is Lungelihle Zwane, has captivated audiences worldwide with her unique blend of amapiano music, a genre that originated in South Africa and combines elements of house music with African rhythms. Her dynamic dance moves and engaging performances have further solidified her



status as a must-see artist.

Originally from Eswatini and now based in South Africa, Uncle Waffles has rapidly ascended to become a household name in the music industry.

Certification

Her debut single, “Tanzania,” has been nothing short of phenomenal, soaring to the top of the charts in South Africa and earning a remarkable 7x platinum certification. The song’s infectious beat and catchy lyrics have resonated with listeners, establishing her as a formidable force in the amapiano scene. Billboard has even dubbed her the ‘Princess

of Amapiano,’ a title that underscores her influence and appeal in the genre.

The upcoming New York show is part of Uncle Waffles’ broader efforts to reach international audiences and showcase the vibrant sounds of amapiano on a global stage. This performance is particularly significant as it represents a growing trend of African artists gaining recognition and acclaim in the U.S. music market. With the increasing popularity of genres like amapiano, Afrobeat, and Afropop, Uncle Waffles is poised to be at the forefront of this musical movement.



▲ The four local stars who have signed with True Classic.

True Classic’s banger with DJ TpZ hits over 1 million views

ESWATINI ensemble True Classic has reached a significant milestone with their track titled ‘Imizamo Yami,’ which has officially surpassed 1 million views on YouTube.

Released on February 21, 2025, the song features the renowned South African DJ TpZ and is also available on all major digital streaming platforms. This achievement marks a pivotal moment for True Classic, a collective that has been making waves not only in the local music industry but also beyond its borders.

True Classic consists of talented Eswatini artists M Nation, Histo, DJ Citie, and Cool Drop, each contributing their unique flair and creativity to the group. Their collaboration with DJ TpZ has elevated their sound to new heights, blending Afro House elements with their distinct musical styles. This fusion has resonated with audiences, as evidenced by the rapid accumulation of views on their latest release.

Powerful

M Nation, one of the key members of True Classic, expressed his enthusiasm about the song, emphasising its powerful message and relatability. “The song is about being true to yourself by saying there’s no room for failure while you are still alive,” he explained. The creation of ‘Imizamo Yami’ was not without its challenges. For some members of True Classic, this project marked their first foray into the Afro House genre, which is characterised by its infectious rhythms and vibrant energy. “It wasn’t an easy song to work on,” M Nation admitted. “But then in all honesty, it was an amazing process since this song is too deep, and a lot of people can relate. Everyone relates.”

The collaboration with DJ TpZ, a prominent figure in the South African music scene, adds an exciting dimension to the project. Known for his electrifying beats and ability to energise crowds, DJ TpZ’s involvement is expected to bring fresh energy to ‘Imizamo Yami.’ His reputation for creating danceable tracks aligns perfectly with the uplifting message of the song, making it a potential anthem for those striving for success.

M Nation encouraged everyone to listen, emphasising its uplifting message and catchy rhythm. “People should have the song; it’s a very nice song, and everyone can relate because it’s simply about working until you succeed in life,” he stated.

Blaq Diamond for Umuthi Fest

By Siphesihle Dlamini
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ACCLAIMED musical duo Blaq Diamond prepares to take the stage at the second edition of Umuthi Fest.

Scheduled for October 18, 2025, the festival will be hosted at the Mavuso Trade Centre, promising an unforgettable experience for music lovers and fans alike. Ticket sales for the festival have generated excitement, with early bird general tickets priced at E150, pre-sale general tickets at E200, and general tickets at E250. For those seeking more exclusive experience, early bird VIP tickets are available for E400, pre-sale VIP tickets for E500, and gate VIP tickets for E600. This tiered pricing structure ensures that fans from all walks of life can participate in the festivities.

Blaq Diamond, comprised of the talented duo Ndumiso Mdletshe and S'phelele Dunywa, has captured the hearts of many with their distinctive sound that seamlessly blends Afro-pop, hip-hop, and soulful harmonies. Their music is characterised by heartfelt lyrics that resonate deeply with their audience, making their performances not just concerts, but emotional journeys.

Fans can anticipate a dynamic setlist featuring their chart-topping hits such as 'Ibhanoyi,' 'Summer YoMuthi,' and 'Love Letter.' Each performance is known for its surprises, and this upcoming show promises to be no exception, as Blaq Diamond is renowned for their ability to engage and connect with their audience on a personal level.

The journey of Blaq Diamond began in 2010 during a seemingly ordinary school



▲ Blaq Diamonds.

trip when the duo participated in a rap cypher on a school bus. This spontaneous moment ignited a creative partnership that would lead them to pursue their musical dreams in Johannesburg. Their dedication to their craft paid off when they

signed with Ambitious Records in 2017, a pivotal move that propelled them into the limelight. Since then, their discography has flourished, showcasing their remarkable talent and versatility across various musical styles.



▲ Songbird Khole.

Khole headlines Poetry & Acoustics

ESWATINI'S musical maestro, Khole is poised to perform at the much-anticipated Poetry & Acoustics event.

Set to transfix audiences on the evening of August 28, 2025, at Bahle Gallery, hosted by the Mic'd Emotions collective, this monthly gathering promises an evening rich in creative exploration, heartfelt storytelling, and a deep sense of community connection that transcends mere performance. Tickets to the event sell for E200.

Khole, known for her soulful melodies and profound lyrical content, is sure to deliver a performance that resonates deeply with the audience, drawing from her rich musical heritage and unique artistic vision. Her presence at Poetry & Acoustics signifies not only a celebration of her artistry but also a tribute to the vibrant tapestry of talent that thrives within Eswatini's creative landscape.

Guests will be beckoned to immerse themselves in a realm of artistry where music and poetry intertwine to create a vibrant tapestry of emotions and sounds. Poetry & Acoustics is a beacon of artistic expression, providing a sanctuary for musicians, poets, and performers to share their talents in an intimate and welcoming space that celebrates diversity, creativity, and the transformative power of storytelling.

Unique

The event's unique format includes open mic sessions designed to pave the way for the headline performance, offering emerging artists a platform to showcase their craft and connect with a receptive audience eager to embrace their unique voices and narratives. This harmonious fusion of acoustic jazz, poetic verse, and soulful melodies creates a spellbinding atmosphere, inviting guests on a journey of self-discovery and emotional resonance that lingers long after the final note.

In a bid to redefine the traditional nightlife scene and amplify marginalised voices, Poetry & Acoustics has emerged as a cultural phenomenon in Eswatini. The inclusive ethos of Poetry & Acoustics, coupled with its commitment to creating an interactive and engaging atmosphere, fosters meaningful connections, encourages cultural exchange, and cultivates a sense of belonging within the artistic community.

Bongiswa & Darren for Mlawula Campfire Festival Comedy Night

ESWATINI'S beloved comedian duo, Bongiswa & Darren are set to headline the highly anticipated Mlawula Campfire Festival Comedy Night.

Now in its sixth edition, the festival is renowned for its blend of adventure, community spirit, and the stunning backdrop of the Mlawula Nature Reserve. Scheduled for September 26-28, 2025, the festival will take place at Siphiso Campsite, nestled within the lush confines of the Mlawula Nature Reserve. This picturesque setting provides the perfect environment for a weekend filled with camaraderie and celebration, attracting seasoned outdoor enthusiasts and families looking for a unique escape into nature.

The Mlawula Campfire Festival has established itself as a must-attend event, drawing participants from across the region to experience the magic of the wilderness. This year, the festival aims to deepen its connection with nature and community, offering a diverse range of activities and entertainment that cater to all ages and interests.

Bongiswa & Darren, known for their engaging performances and infectious humour, are expected to bring a lively atmosphere to the festival, enhancing the overall experience for attendees.



▲ Comedians Bongiswa and Darren.

This year's festival promises an extensive lineup of activities designed to immerse attendees in the beauty of the Mlawula Nature Reserve.

Participants can look forward to invigorating hikes through the reserve's stunning landscapes, providing an opportunity to witness the rich flora and fauna that thrive in this protected area. Guided by knowledgeable local experts, these hikes will not only showcase the natural beauty of the reserve but also educate attendees about the importance of

conservation.

For those seeking a more relaxed experience, the festival will offer yoga and aerobics sessions set against the tranquil backdrop of the reserve. These sessions are designed to help participants unwind and rejuvenate, fostering a sense of well-being and connection to nature. In addition to physical activities, the festival will feature workshops and demonstrations that highlight local crafts, cuisine, and cultural practices, allowing attendees to engage with the rich heritage of Eswatini.



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Different Diseases, Similar Symptoms

THERE are more than 100 different liver diseases. They have different causes, including:

- Infection
- Too much alcohol
- Medications, illegal drugs, or toxins
- Obesity
- Cancer

Even though there are different diseases and different causes, many liver conditions damage the liver in similar ways. Because of this, they can look similar and cause similar symptoms.

Acute vs. Chronic

Sometimes liver damage or even liver failure and related symptoms will be acute, or come on quickly. This can happen if you take too much acetaminophen or other medicines. Herbal supplements, viruses, and autoimmune conditions also can cause this. But most of the time, liver diseases and liver failure are chronic. This means they happen gradually as the liver is damaged slowly over time. In this case, symptoms can come on more gradually too.

Early Liver Disease Symptoms

You might not notice early symptoms. If you do, it might be hard to know what's causing them. That's because early signs of liver trouble are vague, like:

- Belly pain
- Not feeling hungry
- Tiredness or lack of energy
- Diarrhea

You may just feel generally sick or unwell and not know why.

Yellow Skin or Eyes (Jaundice)

As the liver gets more damaged, you may notice clearer signs of a problem. Your skin may look yellow along with the whites of your eyes. Doctors call this jaundice. This happens when too much of a yellow substance from your red blood cells called bilirubin builds up. Normally, your liver would clear the bilirubin out. But a damaged liver can't keep up, so levels rise.

Itchy Skin

If you have lasting liver problems, you may feel itchy. This happens even though you don't have a rash or anything on your skin. The itchiness can make it hard to do things like sleep. It keeps up even if you scratch. If you have this, ask your doctor if there's medicine that can help.

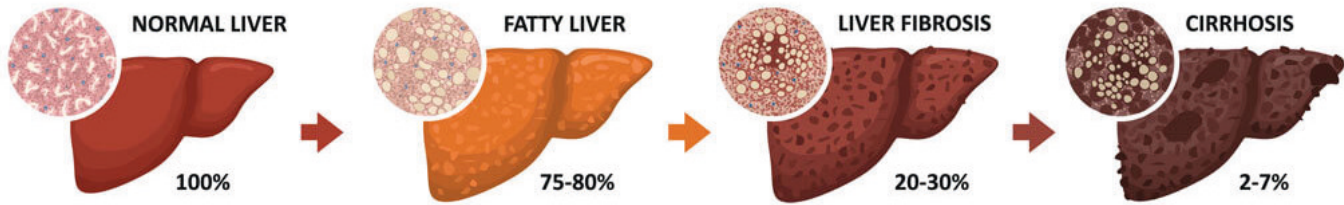
Swollen Belly (Ascites)

If your liver is scarred, it can block blood flow to your liver and raise the pressure in blood vessels around it. This makes fluid seep out and collect in your belly. There may be a little fluid and swelling or a lot. Your belly may get very large and your belly button might push out. Sometimes ascites gets infected and needs antibiotics. If there's a lot of extra fluid with nowhere to go, you may need to have it drained with a tube.

Swollen Legs or Ankles

In some people with ascites, legs and ankles also swell as fluid builds up. It might help to eat less salt or take medicine that

Symptoms of liver problems



● As the liver gets more damaged, you may notice clearer signs of a problem. Your skin may look yellow along with the whites of your eyes.

makes you pee more.

Pale Poop and Dark Pee

Your liver is the reason that healthy poop looks brown. The brown color comes from bile salts made by your liver. If your liver doesn't make bile normally or if the flow from the liver is blocked, your poop will look pale like the color of clay. Pale poop often happens along with yellow skin (jaundice). The extra bilirubin that makes

your skin look yellow also can make your pee unusually dark.

Fatigue and Confusion

Many people with liver disease suffer from lingering fatigue. This might happen because of toxins building up since your liver isn't clearing them like it should. The buildup of toxins in your body and bloodstream also can affect brain function. You might get confused or find it hard to concentrate. You might forget things or



notice other changes as liver disease affects your brain.

Nausea and Vomiting

Your stomach might get upset early on if you have liver disease. As the disease and damage to your liver go on, raised toxin levels can make this worse. Lingering nausea or throwing up often are a sign of liver problems. If your liver is failing, you also may have blood in your vomit or poop.

Bruising Easily or Bleeding

If your liver is failing, you may notice you get bruises more easily. If you get a cut or nosebleed, it may not stop like it should. While people with advanced liver disease are prone to bleeding, they also are more likely to get blood clots.

Red Palms and ‘Spider Webs’

You may have red marks from blood vessels under your skin that look like spider webs. Doctors call these spider naevi. They often happen on the cheeks, nose, and neck. One study in people who were alcoholics found that these are a strong indicator of liver problems. People with these spider-like marks also often have reddened palms (palmar erythema). Blotchy red palms are another symptom of advanced liver disease.

Catching Liver Disease Sooner

It’s possible you could have liver disease without knowing it. Lots of people with liver problems don’t seem sick. As damage to the liver gets worse, symptoms will start. If the damage has gone too far, there might not be any way to fix it. But knowing what to look for could help to catch liver problems early. That way you’ll have a chance to stop more damage and let your liver heal before it’s too late.

WebMD



Is it dangerous to eat too much protein?

YOUR protein needs depend on many factors, including weight, age, body composition goals, physical activity, and overall health.

Protein — one of the three macronutrients along with carbs and fat — is essential for human health.

Many types of protein exist in the body. They’re involved in critical bodily processes, including oxygen transport, immune function, the transmission of nerve impulses, and growth.

You may wonder whether you can get too much of a good thing.

Let’s review the science behind protein in the diet and whether you should be concerned about eating too much of it.

Protein requirements

The amount of protein your body needs depends on many factors, including your weight, age, body composition goals, physical activity level, and overall health.

The Recommended Dietary Allowance (RDA) for protein is 0.36 grams of protein per pound (0.8 grams per kg) of body weight.

Some experts argue that physically active individuals need much higher amounts of protein than the RDA. Many professional organizations recommend 0.54–0.9 gramsTrusted Source of protein per pound (1.2–2 grams per kg) per day.

For athletesTrusted Source, needs may be even higher.

Additionally, pregnant and breastfeeding people, older adults, and those with certain medical conditions have higher protein needs than the general population.

For example, the protein RDA for pregnant people is 0.5 gramsTrusted Source per pound (1.1 grams per kg).

Are high protein diets harmful?

There have been some concerns over the safety of high protein diets, including their effects on kidney, heart, and bone health.

However, most of these concerns are not supported by scientific research.



Heart disease

Some people fear that a high protein diet may increase the risk of heart disease. However, research shows that higher protein diets don’t typically harm heart health.

For example, a studyTrusted Source that included 12,066 adults found no association between animal or plant protein intake and increased heart disease risk.

Additionally, a 2020 reviewTrusted Source found no association between higher total protein intake and the risk of death from heart disease.

A 2023 review and meta-analysis also found no connection between a high protein diet and risk of stroke, cardiovascular death, and other cardiovascular-related outcomes.

Bone health

Older studies have raised concerns that

high protein diets may lead to low bone mineral density. However, more recent studies have shown that higher protein diets may be beneficial for bone health.

A 2019 review of 13 studies found that higher protein intake above the current RDA was significantly associated with a reduced risk of hip fracture and increased bone mineral density.

Protein is essential for bone health, along with other nutrients, including calcium and vitamin D. In fact, over one-third of bone mass is made of protein.

The takeaway

If you’re thinking about increasing your protein intake or following a high protein diet, consider working with a qualified healthcare professional like a registered dietitian.

They can help ensure that your diet is nutritionally complete and suits your needs.

Healthline

News In Pictures



▲ A woman covers her mouth, while locals evacuate, as wildfire continues to burn, in Delvina, Albania.



▲ Israeli soldiers work on tanks, near the border with Gaza, in Israel.



▲ A resident pushes a grocery cart through a flooded street following unprecedented rainfall, in Nezahualcoyotl, on the outskirts of Mexico City.



▲ U.S. President Trump returns to the White House in Washington



▲ Tourists stand in the waters of the Dead Sea, considered as the earth's lowest point, during a heat wave in Israel.

Alcaraz to face defending champ Sinner in Cincinnati ATP final

WORLD No 1 Jannik Sinner and hot rival Carlos Alcaraz will face off in a major final for the fourth time this season after both booked straight-set wins into the title match at the ATP-WTA Cincinnati Open on Saturday.

Defending champion Sinner ruthlessly subdued 136th-ranked qualifier Terence Atmane 7-6 (7/4), 6-2 while Spanish second seed Alcaraz defeated an ailing Alexander Zverev, who was suffering badly from the 32 Celsius heat and humidity, by 6-4, 6-3.

Alcaraz and Sinner have played for trophies this season in Rome, Roland Garros and Wimbledon, with the Italian winning their most recent at the All England Club last month.

Sinner, celebrating his 24th birthday, ended Frenchman Atmane's dream run and will now try to become the first man since Roger Federer in 2014-15 to win back-to-back titles in Cincinnati.

Sinner, tuning up for the US Open in his first tournament since winning Wimbledon, hasn't dropped a set en route to the final.

"It's a very, very tough challenge every time you play a new opponent," Sinner said. "In the later stages of the tournament the pressure is on, they deserve to be there."

Alcaraz will also be playing in his second Cincy final after losing to Novak Djokovic in 2023.

The Spaniard increased his ATP season match win lead to 53 in a year of five titles.

Alcaraz broke Zverev once in the opening set to claim it before the German, who is diabetic, began feeling poorly and took a medical timeout off court after the third game of the second set.

Zverev, who has retired in only two match-

es since 2014, came back out to finish what was a patchy match from Alcaraz, who double-faulted for times in the second game of the second set but won the last 12 points with Zverev running on fumes.

"We started well with good rallies, a good level," Alcaraz said. "All of a sudden he felt bad and I was thinking more about how he was feeling instead of playing good tennis."

"It was tough and I just wish him all the best."

Alcaraz said he is keen to try and take his Wimbledon revenge on Sinner in the unorthodox Monday final.

"We always bring our best tennis. We raise each other's level. I'm ready to take the challenge," Alcaraz said.

"I will try and adjust my game better and correct what I did wrong in our last match. I want to be ready with my 100%. Mentally I'll be ready - I'm excited for Monday."

'PRESSURE WAS ON ME'

Atmane gave birthday boy Sinner a Pokemon card shortly before they went on court, but he was in a less giving mood once they were underway.

But Sinner surrendered just three points in his first six service games as they went to the tiebreaker with neither man facing a break point.

Atmane double faulted on the first point of the decider and Sinner was away, powering to a 5-2 lead and pocketing the set at his second opportunity.

"My experience helped in the first set," he said. "I'm very happy to go through to another final."

"I tried to focus on myself, how I usually play, and then try to adapt a little bit to his game style," Sinner said. "And that's exactly what I did today."



▲ World No 1 Jannik Sinner.

"The pressure was on me. That's normal in the position where I am in - he was ready to fight."

"My goal has always been the US Open, But we have put in the work here, in the gym and in practice. I just hope to be ready for New York."

Sinner showed a first sign of vulnerability as he needed five game points to hold serve in the opening game of the second set.

But that was the closest look Atmane got at his serve, and Sinner broke the Frenchman for a 3-1 lead and again to seal the match.

Atmane, who is projected to crack the top 70 in the world rankings, became Sinner's 22nd straight French victim since May 2021, when he lost to Arthur Rinderknech in Lyon.

(Supersport)

Japan's Iwai grabs lead at LPGA Portland Classic

Japanese rookie Akie Iwai fired an eight-under par 64 to seize a two-stroke lead after Saturday's third round of the LPGA Portland Classic.

The 23-year-old from Saitama, seeking her first LPGA victory, made seven birdies and an eagle against a lone bogey to stand on 18-under 198 after 54 holes at Edgewater Country Club.

Australia's Grace Kim, who captured her first major title at the Evian Championship, made a stunning eagle at the 17th, holing out from 156 yards from the fairway rough to shoot 67 and grab second on 200.

World number 29 Iwai, an LPGA runner-up this year at Thailand and the LA Championship, has won six times on the Japan Tour.

"After I made the eagle at five, I had many birdie chances, so good tempo," Iwai said.

"My style is aggressive. No change this week. Aim to the pin. Every shot. Every hole."

That was apparent at the 18th hole, where she dropped her approaches inches from the hole and tapped in for her fourth birdie on the back nine.

After answering a bogey at the par-three second hole with a birdie



▲ Golfer Akie Iwai.

at the third, Iwai eagled the par-five fifth followed by back-to-back birdies at six and the par-five seventh.

She began the back nine with birdies at the par-five 10th and 12th holes and added another at the par-three 13th to reach 17-under and lead by three strokes.

Kim went four-under over the last five holes to charge into the second with birdies at 14 and 15 and her ea-

gle at 17 the shot of the round.

She looked away after the ball landed in the rough, not seeing it bounce onto the green, roll down a slope and into the hole for an eagle.

"I leaked my driver a little right," Kim said. "I thought I was going to be in the rough, which it was, and I was trying to see if I could get a drop."

(Supersport)

Kane lauds Diaz's 'perfect start' at Bayern

BAYERN Munich striker Harry Kane praised winger Luis Diaz after the newcomer scored a goal on his competitive debut in Saturday's German Super Cup win over Stuttgart.

Kane opened the scoring and Diaz scored Bayern's second in a 2-1 win in the traditional curtain raiser between last season's league and cup champions.

Diaz joined Bayern from English champions Liverpool in the summer in a deal which could rise to 75 million euros (\$87.8

million).

"I think you can see what he brings 1v1," Kane said, saying the Colombia winger was "really sharp, really agile".

"I think it's important, especially in this modern football, for the winners to be scoring hopefully 15-20 goals a season."

"The goal was a great run, a great finish."

"Scoring your first competitive game for a new club is great and for it to be the winning goal is a perfect start for him."

(The Citizen)



▲ Bayern Munich's Colombian forward #14 Luis Diaz.

Chelsea draw blank in Palace stalemate

CHELSEA suffered a Club World Cup hangover as they were lucky to escape with a 0-0 draw against Crystal Palace to open their Premier League campaign on Sunday.

Palace were denied an early opener when Eberechi Eze's free-kick was ruled out by a VAR review for Marc Guehi obstructing the Chelsea wall.

New Chelsea signing Estevao came closest to snatching a winner, but the newly-crowned world champions were blunt in attack against a well-organised Palace defence.

The Eagles key duo Guehi and Eze started despite mounting speculation the England internationals are set to join Liverpool and Tottenham respectively.

Eze thought he had opened the scoring with a blistering free-kick that had too much power for Robert Sanchez.

The goal was disallowed for Guehi's role in creating a gap by man-handling Moises Caicedo into the Chelsea wall.

Chelsea's demolition of European champions Paris Saint-Germain to win the Club World Cup last month had raised the Blues hopes they can challenge for a first Premier League title since 2017.

Cole Palmer and Joao Pedro shone in the 3-0 win over PSG in New York 35 days ago, but were anonymous as Enzo Maresca had to turn to his bench for inspiration.

Estevao scored against Chelsea at



▲ Chelsea's Brazilian striker #20 Joao Pedro.

the Club World Cup in his final game for Palmeiras.

The Brazilian has been hyped as one of the world's brightest young talents but lacked the composure to finish when he sliced high and wide from the middle of the box.

Nottingham Forest made light of manager Nuno Espirito Santo's pre-season fears with a dominant 3-1 win over a much-changed Brentford.

Chris Wood struck twice either side of Dan Ndyoe's debut goal for Forest on a nightmare afternoon for new Brentford boss Keith Andrews.

The Bees have lost their manager, captain and top scorer in the off-sea-

son.

Thomas Frank left to take charge of Tottenham, Mbeumo got his dream move to United and Arsenal secured Christian Norgaard.

Yoane Wissa was also missing from the Brentford squad ahead of an expected move to Newcastle.

Igor Thiago's first goal for the club from the penalty spot late on was the only consolation for the visitors.

Arsenal, runners-up for the last three seasons, begin their quest for a first title in 22 years later away at a revamped Manchester United.

(Supersport)

Marquez banking on Ducati for first Austrian GP win

MARC Marquez has never won the Austrian Grand Prix, having been beaten by a red Ducati to the chequered flag on three occasions, but the Spaniard believes this year could be different.

Although Marquez won multiple world titles with Honda, he finished second at the Red Bull Ring three years in a row from 2017-2019, twice behind Andrea Dovizioso and once behind Jorge Lorenzo – both of whom rode for Ducati at the time.

Marquez has not finished on the podium in Austria since 2019 but as he arrives from the summer break with a 120-point lead over his brother Alex in the

championship, the Ducati rider is seeking his ninth win of the season.

"It was super close for many years here in Austria. I always lose against red bikes, with the amazing Dovizioso and amazing Lorenzo. But now I'm riding that red bike! So let's see if we can fight for the victory," Marquez told reporters on Thursday.

"Of course, starting the second part of the season with a 120-point advantage, the only one that can lose the championship is you.

"I will need to control myself in some races because you cannot be the fastest out there in every session, every practice and every race." (Supersport)



▲ Marc Marquez.

Cavaliers in dreamland after another Currie Cup upset on action packed weekend

The Boland Cavaliers are in dreamland, after another Currie Cup upset saw them down the Bulls 28-20 in Wellington on Sunday afternoon, to put themselves joint top of the log after the fourth weekend of action.

The Cavaliers, back in the competition for the first time since 2016, have won three of their four games so far, and upset the Lions and Bulls on consecutive weekends, to put them on 16 points, level with the Cheetahs who sit top on points difference.

Their game against the Bulls was an action packed and ill-disciplined affair, as they outscored the visitors four tries to three, while six yellow cards were handed out in the match, four to the Cavaliers.

The Bulls took a 12-7 lead into halftime, with prop Jean Erasmus crashing over and lock Cobus Grobbelaar dotting down off a maul, while Cavaliers hooker Sidney Tobias also scored off a maul.

A back and forth second half then saw the Bulls slot a penalty through flyhalf Boeta Chamberlain, before Cavaliers outside back Donovan Don scored his seventh try of the season, followed by another maul try to Nama Xaba giving the Bulls a 20-14 lead after 55 minutes.

But the Cavaliers finished stronger, as replacement loose forward Khwezi Mafu, and replacement prop Wayrin Losper both powered over for converted scores to give them a stunning come from behind win.

Other matches

In the other matches on the weekend, the ill-disciplined Cheetahs outlasted a fighting



▲ Boland Cavaliers centre David Brits and Bulls fullback Stravino Jacobs in action during their Currie Cup clash.

Western Province 31-24 in Bloemfontein, the Lions edged the Pumas 36-35 in Mbombela, and the Griquas beat the Sharks 26-17 in Kimberley.

The Cheetahs were grateful that a late red and yellow card didn't cost them in their match against Province, after they held a 31-10 lead with 15 minutes to play, before two late scores from the visitors, and ending the

game with 13 men, made it a very nervy finish.

At the Nelspruit Rugby Club the Lions and Pumas battled out a thriller, with a back and forth first half seeing the teams locked at 21-all at the break.

The Lions then surged ahead at the start of the second half, moving 36-21 ahead after 60 minutes, before a late show from the

Pumas saw them go over for two converted scores, the second after the fulltime hooter.

In the Griquas and Sharks game, the visitors held a surprise 17-12 lead after 60 minutes, but two converted tries to the hosts in the final 20 secured them a bonus point win.

Log taking shape

With this year's Currie Cup being played over a single round of fixtures, the log is now finally beginning to take shape after four rounds.

Just behind the log leaders sit the Lions in third and Griquas in fourth, one point back, with them also separated by points difference.

The Pumas are fifth on 13 points and the Bulls sixth on 10, and those six teams are likely to battle it out for the four play-off places, although the team from Pretoria don't have much wiggle room over the final three rounds.

Western Province and the Sharks, who have backed inexperienced youth for the competition, continue to struggle, rock bottom of the log on one point each, with points difference also separating them.

This coming weekend sees the Cavaliers going on the road, taking on the Pumas in Mbombela, in one of two Friday night matches, with the second a battle in the basement as the Sharks welcome Western Province to Durban.

On Saturday the Cheetahs take on the Lions in Bloemfontein, while the Griquas host the Bulls in Kimberley on Sunday to round out the weekend's action.

(Supersport)



Roodt enters 2 Fast 2 Furious Hall of Fame

Stories by Sibusiso Masilela
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SOUTH African rider Keanen Roodt entered the 2 Fast 2 Furious Road race hall of fame in grand style. Roodt walked away with the fifth edition of the annual road race held on Saturday along the Lukhula- Big Bend Road. He finished with a time of 02:34:45 to join two other former back-to-back champions, Aeroman Crague and Muzi Shabangu. The champion was followed by local rider Kwanele Jeje from Eva Cycling club, who

clocked 02:38:07. Roodt said he was happy about his victory. “I am quite excited about my success in the race. This was through hard work and determination after my competitors gave me a run for my money throughout the race,” he said. Jeje said the race was challenging. “This was a tough race, but I am happy that I secured a top three finish. I will continue working hard in other competitions,” he said. The race was funded by Tree Tops Resort by E100 000.

THERE is a new star on the rise. This is none other than MTN Khemani youngster Hlelo Kunene, who won the 75km category of the 2 Fast 2 Furious race held on Saturday. The Waterford Kamhlaba pupil thanked his team for their continuous support. “I am pleased with my success in the race and thank my team for believing in me. I will continue pushing in my career until I reach my full potential and get selected in the national team,” he said. MTN Khemani Manager Lincoln Motsa

75km champion eyeing national team spot

said they were happy with their progress of their youngsters. “We are pleased with the performance of our youngsters and will continue guiding them until they reach full potential. We have nurtured some exciting talent in the past, such as Muzi Shabangu, as part of our commitment to develop cycling in the country,”he said.



▲ 75km riders approaching the finish line.

Perfect revenge for Mandisa

REVENGE is a dish best served cold. Top local female rider Mandiswa Fakudze got the sweetest revenge against her Mozambique counterpart Jena Sauji. The Newcomm Wheels star conquered the 100km female category beating her rival from the neighbouring country with a time of 03:28:05. She recently missed out on the amacha Classic glory after experiencing a punch during the annual international race held in Mozambique.

Fakudze said she was thrilled about her latest feat. “I am happy with my success in the competition, which is a result of hard work at training and the support of my coaches. I remained on course throughout the race and added more power during the race,”she said. Fakudze said the race would help her prepare for the 2025 World cycling championships in Rwanda next month. “The race has certainly boosted my confidence ahead of my trip to Rwanda, where I want to make my country proud,” she said.



▲ 100km ladies champion Mandiswa Fakudze posing on stage while Tree tops Resort director Silungile Dlamini and program director Clint Mcnamara looks on.



▲ Riders at the start of the race.



▲ MTN Khemani Manager Lincoln Motsa and national team Artwell Ndzinisa congratulating 75km champion Hlelo Kunene.

Close to 500 athletes for Eswatini



▲NAPH President Boniface Munyenyiwa.

By Chris Dlamini

ESWATINI is set to be a hive of activity from this weekend.

The kingdom will play host to the Confederation of School Sport Associations of Southern Africa (COSSASA) Games 2025 at Somhlolo National Stadium and Olymp Africa Centre in Lobamba.

The dates are August 23 to August 28. It has transpired that one of the confirmed countries, Zimbabwe, is bringing 485 athletes to the games they hosted last year in Bulawayo. Ahead of their departure to Eswatini later this week, the squad will be in camp for four days in Bulawayo. National Association of Primary Heads (NAPH) President Boniface Munyenyiwa said it was all systems go for Team Zimbabwe.

“We have selected our teams, and we are going to assemble in Bulawayo at Hillside

Junior Primary School for a bonding camp ahead of departure. We are confident we will represent the country well,” said the president.

Munyenyiwa explained that the primary level athletes will set base at Hillside Junior School, while secondary school athletes will gather at Northlea High School ahead of departure pencilled for August 23-28.

ZBC News reported that Zimbabwe will send 485 athletes to compete in various disciplines. These include track and field events, football, volleyball, and netball among others.

Meanwhile, Eswatini Schools Sports Association (ESSA) President Zakhele Myeni recently confirmed the government gave them the green light to use Somhlolo National Stadium for the international games featuring Southern African countries. Others to have confirmed participation are South Africa (SA), and Lesotho, then the hosts, Eswatini.



▲REPS and Give Thanks players during the Sphana knockout tournament.

Give Thanks edge REPS in E10k KO

By Chris Dlamini

IN a knockout, there is always a winner.

The gods favoured Give Thanks Pool Team triumphed over a star-studded Royal Eswatini Police Service (REPS) Pool Team on Saturday in the inaugural Sphana Investments E10 000 Pool Teams Knockout Tournament. The biggest match of the opening fixtures was played at Manzini Pool Club (MPC).

Preceding this clash was yet another banger between MPC and Ludzeludze Lions. The former, enjoying home advantage, outfoxed their resilient rivals 13-9, advancing to the last 8, where they again won 13-2 against ERS A in a one-sided affair.

Meanwhile, REPS, boasting stars like Sibusiso ‘Mabura’ Nhlabatsi, Khanyokuhle ‘PlayStation’ Simelane and Siyabonga ‘Siya’ Dlamini among others, were close to winning at 10-10, but Give Thanks gave a photo-finish performance to seal the match 13-10. This was a quarter-final fixture.

The results between the four giant clubs

now leave MPC and Give Thanks as plain favourites to go on and contend for the E5 000 grand prize this weekend. Unless upsets happen in the semi-finals, or they are drawn to face off, MPC, and Give Thanks look set to decide the title winners.

Besides these two big guns, there is still Manzini Masters who boast experience. They have the potential to upset either of the two giant teams on their good day.

The full results of the opening day fixtures that played up to the quarter-finals stage are included in this article.

Saturday’s Results:

Last 16
Manzini Masters 13-9
Correctional
MPC 13-9 Ludzeludze Lions
Zakhele Potters 13-3 REPS Masters
Last 8
REPS 10-13 Give Thanks
MPC 13-2 ERS-A
Manzini Masters 13-12 Ludzeludze Tigers

Prize Breakdown:
1. Champions - E5 000
2. Runners-up - E3 000
3. 3rd Place - E1 000



▲Alvin Shabashie.

Shabashie shows up for ‘Birds’

By Chris Dlamini

EX-NSINGIZINI Hotspurs midfielder Alvin Shabashie is looking for a new home.

The Ghanaian defensive midfielder turned up for estranged capital city giants Mbabane Swallows over the weekend. He is one of several foreign players at the red and white Umkhonto KaShaka, currently under assessment.

Shabashie has since his return from Ghana, following Nsingizini parting ways with him and nearly all his foreign teammates from last season, been linked with Mbabane Highlanders AM FC.

Apparently, he had initially been interested in the now black and gold giants, but nothing materialised.

“I was later told we couldn’t go that day

before they returned to tell me foreign players would come from South Africa,” said the player last week after Highlanders changed its mind about taking him to join the rest of the club in Pietermaritzburg for its preseason camp.

The Highlanders camp ends on Friday, and they are expected home on Saturday, August 23.

Meanwhile, Shabashie joined Swallows after the snub by Inkunz’emnyama (Highlanders), a team that had been contacting him over joining.

He was one of the players in red and blue at Mhlume’s Nsukuwansuku Stadium during the Swallows’ preseason matches on Saturday.

It remains to be seen where he ends up. The player was a key defensive midfielder for Nsingizini last season and contributed to their first-ever MTN Premier League title.

EFA ELECTIONS:



The new EFA executive comiteee.

...EFA tables E42 mln budget

THE Eswatini Football Association(EFA) has tabled a E42 million budget for the 2026 Financial year.

This is according to a budget delivered by Finance Chairman Steve Horton during the General Assembly held on Sunday at Hilton Garden Inn.

Some of the projected revenue include the FIFA grant of E28 000 000 and the annual CAF grant of E5 million. The mother body is also expecting to receive E5 625 000 Sihlangu grant from Government through the ministry of sports, culture, and youth affairs.

Other projected income comes will come from Television rights estimated at E1 2000 000 and FIFA special projects estimated at E850 000.

The full results

Peter ‘Samora’ Simelane	27 votes *
Mashumi Shongwe	21 votes

Vice president

Nkosingiphile Shongwe	31 votes*
Steve Horton	26 votes.
Sonnyboy Mabuza	12 votes.
Simanga Nhleko	17 votes
Nichodemus ‘Ace’ Mashwama	9 votes.

Executive members

Aaron Mavimbela	36 votes
Sicelo Nene	29 votes.
Musa Mamba	22 votes.
Sibusiso Nxumalo	7 votes.

Women position

Phumzile Dlamini	29 votes
Sindi Dlamini	17 votes

The full executive committee

- President- Peter ‘Samora’ Simelane
- Vice presidents - Steve Horton, Polycarp Dlamini, Nkhosingiphile Shongwe

Executive members

- Aaron ‘Katalala’ Mavimbela
- Sicelo Nene.

Standing members

- Comfort Shongwe (Hhohho).
- Vusi Hall (Manzini).
- Nichodemus ‘Ace’ Mashwama (Lubombo).
- Nkosingatho Kunene (Shiselweni)

It’s ‘Samora’ again

Stories by Sibusiso Masilela sibusisom@rubiconmedia.group

THE people have spoken.

Eswatini Football Association (EFA) president Peter ‘Samora’ Simelane has retained the hot seat.

Simelane outfoxed his competitor and outgoing vice President, Mashumi Shongwe.

Simelane amassed 27 votes ahead of Shongwe’s 21 during the fierce elections held at the Hilton Garden Inn on Sunday to continue leading the mother body for the next four years.

The elections further saw Steve Horton retain the vice presidency, and he was joined by Hhohho Regional Football Association Secretary Nkhosingiphile Shongwe.

Horton and Shongwe will be joined by Premier League of Eswatini Chairman Polycarp Dlamini, who serves as the vice president by virtue of being the leader of the top-flight football entity.

Other candidates for the Vice president position included Simanga Nhleko, Nichodemus ‘Ace’ Mashwama, and Sonnyboy Mabuza.

The executive member position saw former Lubombo Regional Football Association Secretary Sicelo Nene retain his seat and he was joined by the Eswatini Women’s Football Association executive member Aaron ‘Katalala’ Mavimbela.



EFA Chairman of Finance Steve Horton.

Two candidates were unsuccessful in the executive member position in the Eswatini Football Coaches Association: Secretary Musa Mamba and Premier League of Eswatini executive member Sibusiso ‘Scorpion’ Nxumalo. Simelane thanked delegates for trusting him with the responsibility of leading the position for another term.

Trust

“I am honoured by the trust which the delegates have shown to me and the executive committee. We will continue serving the sport diligently by delivering super results in the next four years, such as



President candidate Mashumi Shongwe following proceedings during the meeting.

qualifying for major competitions such as the Africa Cup of Nations,”among others

Simelane also thanked the Government, FIFA, and CAF officials for gracing the event. “We are humbled by the presence of FIFA and CAF officials, which will contribute to the development of the sport in the country,” he said. Some of the guests included Mbabane West Member of Parliament and Minister of Tourism and Environmental Affairs Jane Mkhonta.

FIFA officials such as Solomon Mudege, Sarah Mukuna, and David Fani,among others, graced the event.

EFA in close to E5 million deficit

THE six-year CAF ban on the Somhlolo National Stadium has cost the Eswatini Football Association close to E5 million in deficit.

The mother accumulated an E4 984 121 deficit during the previous financial year, caused by using alternative venues, such as Mbombela Stadium, FNB Stadium, and Lucas Moripe Stadium during international matches.

The bill for stadium hire is currently sits at close to E1million.

However, there is a lifeline for the mother body on the issue following the granting of a provisional license of the Somhlolo National Stadium by CAF following the E67 million

refurbishment of the venue by Government.

This will see the nations pride, Sihlangu Semnikati, host Angola at the Somhlolo National Stadium in October.

The reopening of the Country’s football mecca will also benefit local CAF envoys Nsingizini Hotspurs and Royal Leopards as they host their home matches at the venue in the eliminations stage.

The figures were confirmed by the Finance Committee Chairman, Steve Horton, during the General Assembly.

“We have good financial statements, which have been approved by the Auditors. We accumulated a deficit of over E4 Million due to the CAF Stadium ban,”he said.

... FIFA representative impressed with elections proceedings

THE world governing body FIFA has been impressed by the proceedings of the 2025 Eswatini Football Association Elective Annual General Assembly .

This was revealed by the world governing body representative Solomon Mugege after the event held at Hilton Garden Inn on Sunday.

“We are happy with the smooth proceedings of the assembly, including the elections. We commend the good work done by the electoral committee, and we will continue supporting football programs

in Eswatini,” he said.

Meanwhile, minister of Tourism and Environmental Affairs Jane Mkhonta congratulated the incoming executive committee.

Pleased

“We are pleased with the smooth proceedings of the meeting and call upon the executive committee to transform football so that it can create job opportunities in the country. We also want to see the growth of sports Tourism in the next four years,” she said.



Chelsea draw blank in Palace stalemate

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EFA tables E42 million budget

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EFA ELECTIONS

It's 'Samora' again

... Eswatini Football Association (EFA) President Peter 'Samora' Simelane re-elected again, beating outgoing vice president Mashumi Shongwe 27-21 in a fierce election held at Hilton Garden Inn on Sunday. *Page 23*