



# King signs protocols to boost regional security and justice

By King's Office Correspondents

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# King signs protocols to boost regional security and justice

By King's Office Correspondents

ANTANANARIVO, MADAGASCAR — His Majesty the King has signed five SADC protocols that will boost efforts against cross-border crimes, including human trafficking, money laundering and extradition challenges.

The legal instruments signed are; the Anti-Trafficking Protocol; the Agreement Amending the Protocol on Extradition; the Agreement Amending the Protocol on Mutual Legal Assistance in Criminal Matters; the Agreement Amending the Protocol on Finance and Investment; and the Agreement regarding the Status of SADC Standby Force.

They align with SADC's broader goals of promoting peace, security and economic integrity across Southern Africa.

"These instruments represent a pivotal step in enhancing collaboration among SADC member states to tackle shared challenges. By signing these documents, Eswatini reaffirms its dedication to regional integration and the well-being of our people," said Senator Pholile Shakantu, the Minister for Foreign Affairs and International Cooperation.

The signing took place during the Southern African Development Community (SADC) 45th Ordinary Summit of Heads of State and Government held here on Sunday.

In a statement released by the Ministry of Foreign Affairs and International Coopera-



▲ His Majesty King Mswati III signed four SADC legal instruments on behalf of the Kingdom. The ratification took place during the 45th Ordinary Summit of Heads of State and Government held in Antananarivo, Madagascar.

tion, these protocols promise to strengthen the nation's defences against transnational threats while fostering closer ties with neighbours.

The Anti-Trafficking Protocol will safeguard vulnerable groups such as migrants and youth by improving victim support and law enforcement, hopefully making it harder for traffickers to exploit porous borders, while reducing exploitation and advancing safer migration.

The ministry explained that the Agree-

ment Amending the Protocol on Extradition streamlines the surrender of fugitives involved in serious crimes, deterring suspects from fleeing to adjacent states and strengthening domestic justice.

Meanwhile, the Agreement Amending the Protocol on Mutual Legal Assistance in Criminal Matters equips Eswatini with faster access to evidence from other countries, aiding probes into drug trafficking and cybercrime.

On the financial front, the Agreement

Amending the Protocol on Finance and Investment enhances anti-money laundering measures, creating a transparent banking environment that attracts ethical investments and supports economic diversification.

The Agreement on the Status of SADC Standby Force is said to further bolster national security, enabling Eswatini to participate in or receive regional aid during conflicts or disasters, while building military capacity and goodwill, according to the ministry.



▲ SADC Heads of State and Government at the 45th Ordinary Summit have called for an immediate ceasefire, the release of all hostages and the start of talks to achieve a lasting solution in Gaza.

## SADC leaders reaffirm stance on conflicts in DRC and Gaza

By King's Office Correspondents

ANTANANARIVO, MADAGASCAR — SADC leaders have called for an immediate ceasefire, the release of all hostages and the start of talks to achieve a lasting solution in Gaza.

They have expressed deep concern over ongoing attacks on civilians in Palestine which have caused loss of lives, property de-

struction and worsening humanitarian conditions.

The call was made during the 45th Ordinary Southern African Development Community (SADC) Summit held here on Sunday.

Regarding the DRC conflict, the summit condemned the spread of misinformation about the SADC Mission in the DRC (SAMIDRC), asserting that the deployment complied fully with regional and international principles to counter external aggression. It paid solemn tribute to those who lost

their lives in the mission, highlighting their sacrifice as embodying solidarity, unity and peace within SADC.

The leaders acknowledged the need for complementarity and harmonisation between Africa-led initiatives and others such as the Washington Accord 2025 and Doha Declaration of Principles 2025.

In its communique, the Summit welcomed the joint mediation efforts by the African Union Commission, SADC and East African Community, including integration of the Luanda and Nairobi Peace Processes.

## Magosi re-appointed as Exec Secretary



▲ Elias Mpedi Magosi.

ANTANANARIVO, MADAGASCAR — The Southern African Development Community (SADC) has re-appointed Elias Mpedi Magosi as its Executive Secretary for a second and final four-year term following the 45th Ordinary Summit.

The decision, made on Sunday, recognises Magosi's leadership and dedication to advancing SADC's integration and development goals. Leaders expressed appreciation for his contributions during his first term.

Magosi, who attended the summit alongside ministers from member states, will continue overseeing the Secretariat's efforts in implementing regional programmes. This re-appointment aligns with SADC's focus on continuity in pursuing economic resilience, peace and sustainable growth.



▲ His Majesty King Mswati III witnessed the inauguration of a highway in Antananarivo, Madagascar. His Majesty was accompanied by Inkhosikati Make LaMatsebula at this event. The inauguration of the highway was part of the broader agenda of the summit, which focused on advancing regional integration, industrialisation, and infrastructure development. (Courtesy pics)



▲ His Majesty King Mswati III exchanging pleasantries with Madagascar President and SADC Chairperson Andry Rajoelina.

By King’s Office Correspondent

HIS Majesty King Mswati III and Inkhosikati LaMatsebula attended the inaugural launch of Madagascar’s first motorway.

Launching the 260km road project was Madagascar President and SADC Chairperson Andry Rajoelina on Sunday. Other leaders who joined His Majesty the King included Zimbabwe President Emmerson Mnangagwa, Lesotho Prime Minister Sam Matekane and SADC Executive Secretary Elias Magosi.

The project was constructed by Egyptian African Arab for Development and Samcrete Engineers and Contractors. The King and the other leaders were taken on a drive along the motorway in 10 electric buses led by President Rajoelina before concluding the 45th Ordinary Summit of Heads of State and Government.

From Madagascar, His Majesty and his delegation proceeded to Japan for the 9th TICAD meeting.

# King witnesses inaugural Madagascar motorway launch



▲ The 260km road project in Antananarivo, Madagascar which was launched before concluding the 45th SADC Ordinary Summit of Heads of States and Government.



▲ Madagascar President Andry Rajoelina making his remarks during the launch of the highway.



▲ Heads of States during the Madagascar’s national anthem.



▲ Egyptian African Arab for Development and Samcrete Engineers and Contractors Réda Boulos making his remarks.



▲ His Majesty King Mswati III with Inkhosikati LaMatsebula following proceedings.



# MP applauds government on health bill

By Delisa Magagula

MATSANJENI South Member of Parliament Sabelo Ndlangamandla has applauded government for introducing the new Health Bill currently under discussion in Parliament, saying it is a crucial step towards addressing the challenges facing the country's health sector.

He was speaking during the health outreach programme hosted by the Taiwan Embassy in the area. Over 400 people were treated on the day.

Ndlangamandla said the Bill, which seeks to strengthen governance, reduce corruption, and improve service delivery, had the potential to ease the strain faced by rural communities.

"The Bill is a good move by government. If implemented properly, it will bring much-needed relief to people in remote areas who struggle daily to access healthcare," he said.

The MP pointed out that Matsanjeni is a vast constituency with only one health facility, the Matsanjeni Health Centre, which serves more than five Tinkhundla. He said the centre was often overwhelmed and could not meet the demand.

"This is why many of our people are forced to travel across the border to KwaZulu-Natal, South Africa, to get medical care at Itshelejuba Hospital. The need is so dire that cross-border healthcare has become part of our reality," he explained.

Ndlangamandla further commended Taiwan for recently bringing medical outreach services to his constituency, describing it as an example of the kind of support communities desperately need.

"It was one of a kind because healthcare came to the people. Residents were able to get checked, treated, and even receive medication without having to travel long distances. This shows what is possible when services are decentralised," he said.

He added that if it were up to him, local health facilities would operate on a 24-hour basis to meet the overwhelming demand.

## Motor mechanic arrested for test driving while drunk

By Thokozani Mazibuko

A MOTOR mechanic was arrested for drink-driving after he test-drove the motor vehicle he was entrusted to fix against oncoming traffic at a very high speed while under the influence of alcohol.

Samkelo Simelane (26) of Moneni area appeared yesterday before Principal Magistrate David Khumalo at the Manzini Magistrates Court.

He was charged with four counts of contravening the Road Traffic Act 6 of 2007; namely drink-driving, failure to produce a driver's licence, driving an unlicensed and unroadworthy motor vehicle.

He committed the offences on August 16, 2025, at Fairview area along Fairview/Mthunyelelwa public road in the Manzini District.

The particulars of his drink-driving

were that he had a strong smell of alcohol emanating from his mouth with a reading of 0.44 milligrams per litre (mg/l), which was above the legal limit of 0.37 mg/l.

He also failed to keep left and drove against oncoming traffic.

Furthermore, Simelane drove against oncoming traffic at a very high speed at a residential area.

He pleaded guilty to all four counts, and he was found guilty as per his own plea. Simelane mitigated for a lenient sentence on grounds that he was a first-time offender.

He also mentioned that he was fixing the car and he had test-driven it, thus he ended up committing the offence.

Simelane was sentenced to one year in prison on the drink driving charge with an option of a fine of E3 000.

On the charges of driving an unroadworthy and unlicensed motor vehicle without a valid driver's licence, he was sentenced to six months in prison with an option of a fine of E800 on each count.

## July inflation rate drops to 2.8%

By Siphesihle Dlamini

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THE Ministry of Economic Planning and Development's Central Statistical Office has recently unveiled its Re-based Gross Domestic Product Report, shedding light on the economic landscape as of July.

The report indicates a slight reprieve for consumers, as the inflation rate dipped to 2.8 per cent, down from 2.9 per cent in June and significantly lower than the 4.2 per cent recorded in July of the previous year.

This gradual decline suggests that the pace at which prices are rising is beginning to slow, offering a glimmer of hope for shoppers navigating an increasingly challenging economic environment.

Delving deeper into the data reveals a nuanced picture of inflation across various sectors. The report indicates that prices for goods increased by 3.1 per cent, while the services sector exhibited more stability, with inflation remaining at 2.4 per cent. This slight monthly decrease of 0.1 per cent in overall inflation could provide some much-needed relief to household budgets, allowing consumers to breathe a bit easier amid rising costs.

However, the report also highlights significant disparities among different sectors. The hospitality industry, which encompasses restaurants and hotels, experienced a dramatic shift. Following a period of stagnation in June, when inflation plummeted to 5.1 per cent, July saw a sharp increase of 5.3 per cent in prices. This surge can be attributed to a resurgence in demand, as more consumers sought accommodation and dining experi-



▲ Minister of Economic Planning Dr Tambo Gina.

ences during the summer months.

In contrast, the food and non-alcoholic beverages sector saw a notable decline in prices, with inflation dropping to -0.6 per cent. This decrease was largely driven by falling prices for fresh produce and mineral water, providing a welcome break for consumers concerned about rising grocery bills.

Another noteworthy trend emerged in the alcohol, tobacco, and narcotics category, where inflation more than doubled compared to last year, primarily due to escalating beer prices. This increase reflects broader trends in consumer behaviour and pricing strategies within the beverage industry, which may be influenced by factors such as supply chain disruptions and changing consumer preferences.

Conversely, personal care services, including hairdressing, exhibited slower price growth, contributing to a decline in the miscellaneous goods and services group, which fell to 3.8 per cent. This stabilisation in personal care costs may offer consumers a reprieve in an otherwise tumultuous economic climate.

## FMD outbreak forces suspension of goat distribution in Shiselweni

By Thokozani Mazibuko

THE Deputy Prime Minister's Office (DPMO) has suspended the distribution of goats to child-headed households in the Shiselweni region following the outbreak of Foot and Mouth Disease (FMD).

The livestock support initiative, rolled out through the DPMO's National Disaster Management Department (NDMD), seeks to empower vulnerable children by providing them with small livestock and backyard gardens to strengthen food security and livelihoods.

In a statement released on its official Facebook page, the DPMO confirmed that the programme is ongoing in Hhohho, Manzini, and Lubombo, where each child-headed household (CHH) is receiving three goats - two females and one male. However, distribution in Shiselweni has been halted to prevent the spread of FMD.

To ensure that affected households are not left out, the government has adjusted its plans for Shiselweni beneficiaries. Instead of goats, each child-headed family in the region will receive a double portion of poultry, which will form part of the programme's second phase.

According to the DPMO, this next stage includes the distribution of six indigenous hens and one cock per household, with a total of 250 hens and 60 cocks set aside for the initiative.

"Although goat distribution has been tem-

porarily suspended in Shiselweni, families there will benefit from an increased allocation of poultry as a compensation measure," the DPMO said in its statement.

In addition to small livestock, the initiative incorporates 7x7 backyard gardens, designed to provide households with a sustainable source of vegetables and improved nutrition. Officials explained that the combination of poultry, goats (where possible), and gardens would create a self-sustaining support system for child-headed families.

"This initiative reflects the government's commitment to empowering vulnerable children through practical, community-based interventions that build resilience and restore dignity," the DPMO emphasized.

The livestock and garden support project has been widely welcomed as a lifeline for many child-headed households, which often struggle with food insecurity and poverty. By equipping children with resources to rear animals and cultivate food, the programme aims to reduce dependency while fostering long-term survival skills.

It is worth mentioning that although disappointed by the suspension of goat distribution, families in Shiselweni have expressed hope that the poultry alternative will still bring relief and opportunity. The government has assured that once the FMD outbreak is contained, goats will again be considered for distribution in the region.

It should be noted that for now, the focus remains on preventing the spread of the disease while ensuring that no vulnerable child-headed household is left behind in the nationwide support programme.

Stories by Thokozani Mazibuko

A TRAGIC road accident claimed the life of a young man in the early hours of Sunday morning when two vehicles collided head-on along the MR8 public road near Usutfu Bridge.

According to a statement issued by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, the accident occurred at approximately 4:30 a.m. on 17 August 2025. The fatal collision involved a Toyota Light Delivery Vehicle (LDV) and a heavy-duty truck.

Vilakati said the Toyota LDV was being driven by a 26-year-old man from Sitsatsaweni, while the truck was under the control of a 29-year-old driver from Madlenya. Preliminary reports suggest that both vehicles were travelling in opposite directions when the impact occurred.

“The driver of the Toyota sustained severe injuries to the head and body. He was quickly rushed to Good Shepherd Hospital, but unfortunately, he was certified dead upon arrival,” Vilakati confirmed.

The truck driver was also injured in the collision, suffering a head wound and a fractured left leg. He received treatment at the same health institution, where he remains admitted under medical care.

News of the accident has spread quickly across the Lubombo region, leaving residents of Sitsatsaweni and Madlenya commu-

# Fatal head-on collision claims one life at Big Bend



nities in mourning. The death of the young Toyota driver has been described as a devastating loss, particularly because of his age and potential future cut short.

A local resident who rushed to the scene shortly after the collision recounted the chaos and devastation. “It was still dark, and the impact looked very severe. The vehicles were badly damaged, and it was clear that the accident was serious. It is very sad that one life was lost,” the eyewitness said.

It should be noted that the accident has

reignited calls from members of the public for greater vigilance on the roads, particularly during the early morning hours when visibility is often reduced.

Senior Superintendent Vilakati used the tragic incident to once again stress the importance of road safety. She urged drivers to exercise extreme caution, adhere to speed limits, and avoid reckless overtaking.

“Drivers must always be vigilant, especially when travelling along major public roads like the MR8, which connect busy parts of

the country. The Royal Eswatini Police Service continues to appeal to motorists to take responsibility for their lives and those of other road users,” she said.

It is worth mentioning that the MR8 road, linking Big Bend and Lavumisa, has previously been flagged as one of the routes with frequent accidents due to its heavy traffic flow, especially involving trucks and light delivery vehicles transporting goods. The stretch near Usutfu Bridge, in particular, has been described by motorists as a challenging section requiring careful navigation.

It should be noted that this latest crash adds to the growing statistics of road accidents that have claimed dozens of lives across Eswatini this year. Authorities say most accidents are caused by human error, including speeding, fatigue, and reckless driving.

According to the Chief PICO, while the truck driver continues to recover at Good Shepherd Hospital, investigations into the exact circumstances that led to the fatal crash are ongoing. The Royal Eswatini Police Service has confirmed that a full accident report will be compiled to determine whether negligence, speeding, or other factors contributed to the tragedy.

## People who commit heinous crimes should be banished – Chief Gija

“PEOPLE who commit heinous crimes in Eswatini National Land (ENL) should be punished twice and if possible be banished from the area after the law has taken its course.”

These sentiments were shared by Manzini Regional Administrator (RA) Chief Gija on Monday.

This was during the training of Chiefs under the Manzini Region on human rights-based dispute resolution in the traditional structures.

The training, which was facilitated by the Commission on Human Rights and Public Administration/Integrity in partnership with the United Nations Development Programme (UNDP), took place at the George Hotel in Manzini.

According to Gija, there were certain people who committed heinous crimes such a murder in their chiefdoms.

He pointed out that such people would be arrested by the police and later be given sentences which have options of a fine.

He mentioned that after paying the fine, they would then go back the same community where they committed the offence. He stated that most of the community members would have a negative attitude towards such culprits following their inhumane act.

He therefore, suggested that there should be a legal instrument allowing them as Chiefs to mete out a punishment to such individuals and if possible, banish them from the area.

He said this would act as a deterrent to would-be offenders.

He therefore, asked the Human Rights and Public Administration/



▲ Chiefs in attendance in the workshop.

Integrity if they could be granted such an instrument as Chiefs.

Prince Gija further mentioned that the idea that the dual system of law namely; traditional and judicial (formal) system of law holds the same powers only exists on paper and not in practice.

### Decree

He made an example that when as Chiefs they issue out a decree that that their subjects should no longer bury their loved ones at their respective homesteads but at a designated piece of land for development purposes, people normally run to court to challenge their order and the courts would rule in their favour.

He pointed out that that their orders as Chiefs should be final like those issued by Magistrates Courts and the High Court.

He added that there issue of allocating land unlawfully to other residents by self-acclaimed Chiefs without the consent of Indlunkhulu was another grave concern that was troubling them as Chiefs.

He stated that in some instances,

the people who were illegally allocated land would build their homes at night despite receiving an order from the umphakatsi to halt construction pending finalisation of the matter.

He stated that after such illegal structures had been completed, they would face some challenges in demolishing them as they have to apply for a court order in order to do so, and in some cases, they were told that they will have to incur some costs in the event they destroyed the structures.

King's Liason Officer (Ndabazabantu) Luke Mavimbela asked the Human Rights Commission and Public Administration/Integrity together with the relevant structures to resolve the issue of chiefdom boundary disputes with immediate effect since it has resulted to a quarrel amongst Chiefs.

He also noted that in some Chiefdoms, which did not have Chiefs for a lengthy period of time, there were self-appointed Chiefs, who were allocating land unlawfully.

He mentioned that once the rightful Chiefs had been appointed, these bogus Chiefs would not recognise them but instead they would recruit their own followers within the chiefdoms who will pay allegiance to them.

He also stated that some Chiefs who had personal vendettas against some of their subjects were demanding huge sums of money ranging between E2 000 and E600 from their subject rivals for them (Chiefs) to sign their documents which required their signatures. He said was an unlawful practice which has to come to a stop.

## Paying homage (kühlehla) is not a violation of human rights

THIS was disclosed by Senior Human Rights Investigator in the Human Rights and Public Administration/Integrity Nelly Khumalo.

Kühlehla is an act of demonstrating loyalty by working for traditional authorities including the King without expecting any payment.

According to Khumalo, who began by explaining that they wanted to forge a good working relationship with the Chiefs as a Commission following that they had received numerous complaints from members of the public regarding the alleged violation of their rights by the Chiefs, Kühlehla is a responsibility for every Liswati, who had acquired land on the ENL through the traditional method of securing land otherwise known as kukhonta.

She pointed out that rights were accompanied by responsibilities, hence in as much as it was their right to have access to land; it was also Emaswati's responsibility to pay homage in their respective imiphakatsi by participating in community projects and meetings without expecting any payment in return.

However, she pointed out that the Chiefs should see to it that

they were not allocating duties that were beyond their subject's human capability.

### Chiefs too are garnished for failure to pay maintenance

There are Chiefs who are garnished for failing to maintain their children.

This was disclosed by Henry Sibandze, the Senior Crown Council in the Attorney General's (AG) Office.

According to Sibandze, there were Chiefs who would approach the AG's Office seeking the intervention of the office after they had been garnished for failing to support their children.

He told the Chiefs that unfortunately, his office was not mandated by law to deal with such issues. He therefore, urged the Chiefs to take responsibility for their children.

He added that some Chiefs were arrested for driving their motor vehicles while under the influence of alcohol and they would also seek the office's intervention.

Sibandze mentioned unfortunately his office was also not authorised to intervene in such matters, hence he advised the Chiefs to always be on their best behaviour.



▲ Chiefs in attendance in the workshop.

# Half a million mine heist case heads to Court

Stories by Delisa Thwala

THE Ngwenya Mine theft case, involving metals valued at E500 000, has resulted in the arrest of three suspects, including a soldier assigned to protect the mine.

According to sources, the Head of Security at Ngwenya Mine, Nathi Hlatshwako, reported that the theft occurred on Saturday around noon.

He stated that industrial metal components worth half a million emalangeni were dismantled and stolen. He confirmed that the stolen property was later recovered.

Hlatshwako said three suspects were arrested and charged in connection with the offence.

The Umtsofo Eswatini Defence Force (UEDF) Public Affairs Officer, Lieutenant Tengetile Khumalo, said her office only received a report of an alleged bribery incident from the battalion responsible for the operational area.

She emphasised that no report was made to her office implicating a member of the force in the actual theft. Khumalo added that the Defence Force was conducting an internal investigation to establish the facts before handing over findings to the relevant law enforcement agency.

“The UEDF commander strongly condemned such misconduct in the establishment,” she stated.

Meanwhile, Chief Police Information and Communications Officer, Senior Superintendent Phindile Vilakati, confirmed the arrests. She said three suspects, aged 31, 32, and 44, were charged with the theft.

The suspects were named as Mduduzi Ngozo, a soldier, along with Lindokuhle Tfwala and Ntokozo Mabuza. They were each granted bail of E5 000 in line with Section 103 of the Criminal Procedure and



▲ The Ngwenya Mine heist suspects during their court appearance.

Evidence Act.

They were remanded in custody until August 29, 2025, pending a trial scheduled for November 13, 2025. The trio appeared in court before Senior Magistrate Sifiso Vilakati. The incident occurred against the backdrop of an ongoing legal dispute involving Mwelase Mining Eswatini, which was granted a seven-year lease on 29 October 2021 to mine and rehabilitate iron ore dumps at Ngwenya Mine. The dispute over directorship has disrupted operations.

● The Umtsofo Eswatini Defence Force (UEDF) Public Affairs Officer, Lieutenant Tengetile Khumalo, said her office only received a report of an alleged bribery incident from the battalion responsible for the operational area.



## Court retraces steps in ATM bombing case

THE High Court on Monday visited the crime scenes linked to a string of ATM bombings carried out in Mbabane in 2022.

The court is hearing a case against Mzwandile Lukhele, Sicelo Msibi, Given Mavuso, and Lindani Zitha, who are accused of conducting a series of attacks on cash machines.

Officials confirmed that the judges and lawyers were retracing the accused men’s alleged movements, from their homes to the locations of the ATMs that were destroyed.

### Evidence

Court insiders said the move was meant to give the court a first-hand view of the scenes to assess evidence presented during the trial.

The case has drawn public attention because of the scale of the destruction and the daring nature of the crimes, which involved explosives being used to break into ATMs across the capital city.

The High Court is expected to continue hearing testimonies and examining the evidence once the site visits are concluded.

## Court orders supplier to pay for Covid –19 sanitisers

THE High Court has ordered Jozana Suppliers (Pty) Ltd to pay E238 000 to Trademart Africa (Pty) Ltd, a South African company, for an outstanding balance on Covid-19 sanitisers supplied during the pandemic.

The judgment was delivered by Justice Cyril Maphanga, who ruled in favour of Trademart Africa after the defendant failed to complete its defence.

The court heard that Trademart Africa had supplied Jozana Suppliers with sanitisers valued at E738 000, comprising 540 cases of five-litre units.

Jozana Suppliers collected the goods from the company’s depot in Durban, South Africa, and later made a part-payment of E500 000 in March 2020.

An outstanding balance of E238 000 remained unpaid, prompting Trademart Africa to launch civil action in September 2022 through a combined summons.

During the trial, Feroz Kader, Managing Director of Trademart Africa, testified as the sole witness for the plaintiff on 25 March. On April 11, Jozana Suppliers led its Managing Director, Vusi Maziya, as its only witness.

According to court documents, Maziya concluded his evidence-in-chief but failed to appear for cross-examination when the trial resumed in June.

The matter was postponed twice to allow his attorney to locate him, but Maziya still did not attend. His attorney then withdrew from the case, filing proof of service of the withdrawal affidavit on June 30.

### Judgment

With the defendant absent, the court allowed the plaintiff to proceed with an application for default judgment.

Judge Maphanga ruled that Trademart Africa had successfully proven its claim, showing that the goods were delivered, part-payment was made, and the outstanding amount was due.

The judge dismissed Jozana Suppliers’ defence that the sanitisers were not fit for purpose, noting that no credible evidence was provided to support the allegation.

“The plaintiff succeeds in discharging its duty of establishing that the probabilities favour it,” the judgment read. The order requires Jozana Suppliers to settle the E238 000 balance.

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BUSINESS NEWS

BUSINESS BRIEFS

Dollar firms heading into busy week of geopolitics and Fed speak

MUMBAI — The dollar gained on Monday ahead of a meeting between U.S. President Donald Trump and his Ukrainian and European counterparts, while focus also turned to the Federal Reserve's Jackson Hole symposium for policy cues. The euro was down 0.2 per cent against the dollar at \$1.1680, the yen slipped by a similar magnitude to 147.445, while the British pound was down about 0.1 per cent at \$1.3544.

SAs Q2 farm exports to the US surge, but tariffs dampen prospects

SOUTH Africa's produce exports to the United States rose 26 per cent in the second quarter following strong harvests, Agriculture Minister John Steenhuisen said on Monday, but a 30 per cent tariff imposed by President Donald Trump could affect future shipments. South Africa is fighting for lower tariffs in a proposed trade deal with the U.S. after it was given the highest rate in Sub-Saharan Africa.

Rand muted, local inflation data on focus

JOHANNESBURG —The South African rand was subdued in early trade on Monday, with the main focus this week on domestic inflation numbers, while investors also eyed geopolitical developments which could influence the risk-sensitive local currency. Statistics South Africa will release July inflation data on Wednesday, with analysts polled by Reuters expecting a rise to 3.6 per cent year-on-year from 3.0 per cent in June.

Eswatini Stock Exchange to modernise capital markets

By Delisa Magagula

THE Eswatini Stock Exchange (ESE) has announced plans to introduce Exchange Traded Funds (ETFs) as part of a wider strategy to deepen and modernise the country's capital markets.

Speaking at the ETF Introductory Workshop held on August 15, 2025 at Happy Valley Hotel, ESE Board Chairperson Dr. Melvin Khomo said the event was a timely and strategic step in positioning Eswatini as a competitive regional exchange. He told participants that the Board of Directors was committed to supporting product expansion, regional cooperation, and investor education.

"Today's workshop is not just about introducing a new financial instrument. It is about laying the foundation for a modern, diversified, and regionally competitive exchange that can attract both domestic and international capital," said Khomo.

Dr. Khomo explained that ETFs had transformed global markets by giving investors access to diversified portfolios at a lower cost. He said ETFs would benefit both small and large investors in Eswatini.

"The potential for ETFs in Eswatini is significant from enabling small investors to access broader markets, to offering institutional investors new portfolio tools, and providing issuers with a flexible platform for innovation and growth," he noted.

Khomo added that the ESE had already aligned its listing requirements with the harmonised framework of the African Securities Exchanges Association (ASEA).

"This milestone positions us strongly for cross-listings and regional collaboration," he said.

According to him, harmonisation with African peers would enhance visibility and strengthen Eswatini's position as an investment destination.

Dr. Khomo further highlighted that the ESE was working with the Financial Services Regulatory Authority (FSRA) and other stakeholders on demutualisation.

He said this process would allow the Exchange to operate more commercially while improving governance and reinvesting in infrastructure.

"Demutualisation will unlock opportunities for strategic partnerships, technology upgrades, and broader market participation," he stated.

Khomo encouraged all stakeholders to think boldly and collaboratively in driving reforms.

"The success of our market lies in our ability to work together government, regulators, private sector, and investors in building a financial ecosystem that supports inclusive growth, resilience, and innovation," he said.

ESE Acting Head Bongile Kunene told participants that the workshop was aimed at laying the groundwork for a stronger market.

She said the discussions would set a trajectory to deepen and modernise the capital market.

Kunene stressed that the Exchange was working to diversify its product offering, boost investor participation, and improve liquidity while safeguarding investor interests.



▲ESE Board Chairperson Dr Melvin Khomo.



▲Participants at the ESE workshop.

She said Exchange Traded Products (ETPs) had become a vital tool globally by giving both institutional and retail investors access to a wide range of assets in a cost-effective manner.

"This is not just about introducing new instruments, it is also about building confidence, broadening opportunities, and positioning Eswatini as a competitive player in the regional and global investment landscape,"

Kunene said the introduction of ETFs locally would mean deeper capital markets and stronger financial resilience. She emphasised that investor education was critical.

"Product innovation must go hand in hand with investor protection and education, hence the importance of this meeting," she told delegates.

She called on participants to share knowledge, exchange ideas, and ask questions to help investors make informed decisions.

"The development of our market is a collective effort and together we can build an ecosystem that benefits issuers, investors and the nation at large," Kunene said.

ESE Person Responsible for Trade Operations, Vulincwala Nhlabatsi, explained the operational mechanisms behind ETFs. He said ETFs allowed investors to purchase a basket of securities through a single product.

He added that automation had made it possible to include banks in the trading environment, allowing them to act as participants in the Exchange.

Nhlabatsi said banks had assisted the Exchange at no cost in the settlement of listed

equities and in acting as custodians. However, he noted that more work was needed to fully support ETFs.

He gave the example of an ETF that might track the Johannesburg Stock Exchange (JSE) Top 40 Index.

"The authorised participant would be mandated in an in-kind transaction with buying or acquiring every equity instrument listed in the JSE Top 40," he said.

Nhlabatsi explained that the authorised participant would then present the equities to the issuer in a process known as the creation mechanism.

"In return the issuer will present the unit to the authorised participant for payment of the secondary market," he explained.

He said mechanisms would then be put in place to transfer those units to Eswatini. In her closing remarks, Kunene reminded participants that the ESE wanted to create not only awareness but also a buzz around the stock exchange.

"I encourage you to engage actively, challenge ideas and explore the possibilities together," she said.

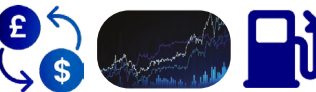
She added that the aim was to build a trusted platform that offered confidence, opportunities, and prosperity for the country. Dr. Khomo also closed with a call for collective effort.

"If we each play our part, the dream of making our market a regional leader, perhaps even the 'Luxembourg of Africa,' will become a reality," he said.



FX RATES

Notes/Cash		
	Buy	Sell
U.S. Dollar	17.2040	17.6689
G.B. Pound	23.2871	23.9671
EURO	20.1485	20.7572
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	



# Eswatini Businesses urged to take advantage of Regional Trade Agreements

By Delisa Magagula

REGISTER NOW USING THE LINK OR QR CODE

<https://bit.ly/4mDnB7A>

THE Eswatini Revenue Service (ERS) and the Ministry of Commerce, Industry, and Trade are hosting a three-day workshop aimed at enhancing the understanding of regional trade agreements under the African Continental Free Trade Area (AfCFTA).

The workshop is also facilitated by the Common Market for Eastern and Southern Africa (COMESA) and the Southern African Development Community (SADC).

The sensitisation workshops will take place from August 19 to August 21, 2025, at the ERS headquarters in Ezulwini, running daily from 08:30am to 1:00pm.

According to the organisers, the program will provide business owners, traders, and aspiring traders with practical insights on how to leverage existing agreements to identify and access new market opportunities.

The workshops will follow a sector-specific schedule. On Tuesday, the focus will be on the manufacturing industry, followed by agriculture, food, and beverages on Wednesday, August 20. The final day, Thursday, August 21, will be dedicated to small and medium enterprises (SMEs). ERS stated that tailoring discussions by sector would ensure that participants receive information directly relevant to their industries.

ERS explained that the sessions would clarify how Eswatini businesses could benefit from agreements already in place under AfCFTA, COMESA, and SADC. Officials noted that many businesses are not fully aware of how to utilise these agreements to access larger regional markets. The goal is to simplify these opportunities and provide guidance on the requirements for accessing them.

The Ministry of Commerce, Industry, and Trade emphasised that this type of engagement is crucial for businesses to remain competitive regionally. They noted that the agreements create a platform for local traders to expand beyond Eswatini's borders, but businesses can only benefit if they understand the conditions and processes involved.

The workshops



aim to serve as a guide for local entrepreneurs, helping them position themselves for growth. AfCFTA, in particular, offers Eswatini access to a continental market of more than 1.3 billion people. COMESA and SADC also facilitate access to neighbouring regional markets with reduced trade barriers. According to the Ministry, these agreements will enable Eswatini exporters to sell more products with fewer tariffs compared to non-member states.

ERS officials highlighted that this means more competitive pricing for Eswatini products abroad, increasing the chances of growing market share. A better understanding of trade agreements will also assist businesses in meeting compliance standards and avoiding challenges at borders.

The Ministry stated that SMEs stand to gain significantly from the workshops. Many

▼ Eswatini Revenue Service Headquarters.

small businesses often lack information on entering new markets and struggle to connect with regulators and facilitators who can guide them. By including SMEs on the final day of the program, organisers aim to ensure that smaller enterprises are not left behind.

"This is a vital opportunity for traders and aspiring traders to gain a competitive edge," officials said, emphasising that SMEs often form the backbone of local economies. Supporting them in trading regionally could stimulate growth and create jobs.

Another important aspect of the program will be connecting business owners with government and trade-facilitating organisations. Participants will have the opportunity to engage directly with officials responsible for trade facilitation, helping them build networks that can be useful as businesses expand.

"One of the biggest barriers to accessing regional markets is a lack of awareness regarding available support structures. The workshops will highlight not only the op-

portunities but also the institutions that can help businesses take advantage of them," stated the Ministry.

ERS has called on interested participants to register in advance using the provided link or QR code. Early registration will help ensure that the sessions remain interactive and targeted. Spaces are open to business owners, aspiring traders, investors, and anyone interested in understanding Eswatini's trade agreements.

Officials emphasised that strengthening businesses' understanding of trade agreements is not just about individual growth but also about enhancing Eswatini's overall economy. Businesses that trade more broadly will generate revenue, attract investment, and contribute to national resilience.

According to the Ministry, the workshops are part of ongoing efforts to make Eswatini's economy more outward-looking and competitive.

They explained that regional trade is becoming increasingly important, and countries that fail to equip their businesses risk being left behind. ERS added that the workshops are designed to be practical and straightforward.



# Dollar firms heading into busy week of geopolitics and Fed speech

By Jaspreet Kalra

MUMBAI — The dollar gained on Monday ahead of a meeting between U.S. President Donald Trump and his Ukrainian and European counterparts, while focus also turned to the Federal Reserve's Jackson Hole symposium for policy cues.

The euro was down 0.2 per cent against the dollar at \$1.1680, the yen slipped by a similar magnitude to 147.445, while the British pound was down about 0.1 per cent at \$1.3544.

The paring of wagers on a rate cut by the Fed next month helped the dollar find some support amid otherwise muted moves in foreign exchange markets on Monday.

Money markets are now pricing in an 83 per cent chance the Fed will ease rates by a quarter point next month, as traders pulled back wagers on the certainty of a cut after a raft of data including a jump in U.S. wholesale prices last month and a solid increase in July's retail sales figures.

Fed Chair Jerome Powell is due to speak on the economic outlook and the central bank's policy framework at the Jackson Hole symposium between August 21 and 23.

MUFG expects the U.S. central bank



▲ U.S. dollar banknotes are seen in this illustration.

to cut rates in September as well, but it's unlikely that the Fed chair will give a clear signal towards that later this week, said Lee Hardman, senior currency analyst at MUFG Bank.

Powell's last speech to the conference before his term ends next May comes as he looks to straddle the Fed's twin goals of stable prices and low unemployment.

Inflation in the U.S. is running above the central bank's target while recent data has also pointed to a slowing of the labour market.

"There is a majority expectation of further dollar weakness, but the minority, who would rather buy at current levels and don't see convincing evidence of weak U.S. growth, has a reasonable following too," Kit Juckes, chief FX strategist at Societe Generale, said in a Monday note referring to interactions with clients.

The dollar was up 0.1 per cent against a basket of peers on Monday but has declined over 9.5 per cent over 2025 so far.

The main event for investors on Monday is a White House meeting between Trump

and Volodymyr Zelenskiy, who will be joined by some European leaders, as Washington presses Ukraine to accept a quick peace deal to end Europe's deadliest war in 80 years.

Trump had met his Russian counterpart Vladimir Putin on Friday and agreed that a peace deal should be worked upon without a ceasefire.

"Financial markets are continuing to trade like there could be some – still undetermined – path to peace," an ING analyst note said.

"With risk assets bid and energy prices offered, we expect the dollar to stay under a little pressure as dollar-based investors continue to put money to work," the note said.

Trump told Ukraine to give up hopes of getting back annexed Crimea or joining NATO as he prepared to host Zelenskiy and European leaders in Washington to press Kyiv into accepting a peace deal with Russia.

In other currencies, the Swiss franc was little changed at 0.80965 while the Australian dollar rose 0.1 per cent to \$0.6515 and the New Zealand dollar rose 0.2 per cent to \$0.5941.

Cryptocurrency bitcoin halted its towering rally and eased from a record high. It last traded 2.2 per cent lower at \$115,129.46.

Ether similarly slid 4.6 per cent to \$4,275.85, after hitting its highest in nearly four years last week.. (Reuters)



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

## Rand muted, local inflation data on focus

JOHANNESBURG — The South African rand was subdued in early trade on Monday, with the main focus this week on domestic inflation numbers, while investors also eyed geopolitical developments which could influence the risk-sensitive local currency.

Statistics South Africa will release July inflation data on Wednesday, with analysts polled by Reuters expecting a rise to 3.6 per cent year-on-year from 3.0 per cent in June. At 0632 GMT the rand traded at 17.62 against the dollar, about 0.2 per cent weaker than Friday's close. For the time being, ETM Analytics said in a research note, "most investors should anticipate a consolidative USD-ZAR that will take its direction from developments abroad".

"Domestic considerations will feature more prominently if the domestic inflation reading surprises strongly to the upside."

South Africa's benchmark 2035 government bond was weaker in early deals, as the yield rose 2 basis points to 9.605 per cent. (Reuters)

## South Africa's Q2 farm exports to the US surge, but tariffs dampen prospects

SOUTH Africa's produce exports to the United States rose 26 per cent in the second quarter following strong harvests, Agriculture Minister John Steenhuisen said on Monday, but a 30 per cent tariff imposed by President Donald Trump could affect future shipments.

South Africa is fighting for lower tariffs in a proposed trade deal with the U.S. after it was given the highest rate in Sub-Saharan Africa.

The U.S. is South Africa's second-biggest bilateral trading partner after China.

The country exports mainly citrus, grapes, apples, pears, nuts and wine to the U.S. and

has warned that tens of thousands of jobs in the farm sector could be lost due to the impact of tariffs. The value of total exports from Africa's most advanced economy to the U.S. was \$161 million during the quarter, Steenhuisen said in a statement.

"The recent imposition of a 30 per cent tariff on our exports by the United States has brought to light the urgent need to diversify our export markets and enhance our competitiveness to mitigate the economic impact of losing preferential trade access," Steenhuisen said.

In the first quarter of 2025, South African agricultural exports to the U.S. were \$118 million, up by 19 per cent year-on-year, he added. (Reuters)



▲ A farm worker drives past an orange tree at Marcuskraal in Citrusdal, Western Cape province, South Africa.

By Seher Dareen

LONDON — Oil prices edged up on Monday after White House trade adviser Peter Navarro said India's purchases of Russian crude were funding Moscow's war in Ukraine and had to stop.

Traders were also watching for clues from a meeting later in the day between U.S. President Donald Trump and Ukrainian President Volodymyr Zelenskiy as they attempt to reach a peace deal to end Europe's deadliest war in 80 years.

Brent crude futures rose 20 cents, or 0.3 per cent, to \$66.05 a barrel by 1208 GMT. U.S. West Texas Intermediate crude was up

28 cents, or 0.45 per cent, at \$63.08.

Navarro's comments revived concerns about supply flows.

"India acts as a global clearing house for Russian oil, converting embargoed crude into high-value exports while giving Moscow the dollars it needs," Navarro said.

The statement triggered some buying interest in the market, said SEB analyst Ole Hvalbye.

Priyanka Sachdeva, senior market analyst at brokerage Phillip Nova, said: "The U.S. adviser's sharp words on India's Russian crude imports, paired with postponed trade talks, revive concerns that energy flows remain hostage to trade and diplomatic

frictions, even as peace prospects in Ukraine brighten."

Trump will meet Zelenskiy at 1715 GMT and then with other European leaders at 1900 GMT. The U.S. President told Ukraine on Monday to give up hopes of getting back annexed Crimea or joining NATO, emerging more aligned with Moscow on seeking a peace deal instead of a ceasefire first after his meeting with Russian President Vladimir Putin in Alaska on Friday.

"I don't believe the oil market has priced in a full peace dividend that potentially could see prices of crude and EU gas suffer further setbacks," said Saxo Bank commodities strategist Ole Hansen. (Reuters)

NETFLIX could soon lose the creative team behind one of its biggest hits. Earlier this week, Variety and other Hollywood publications reported that Matt and Ross Duffer, the brothers who created “Stranger Things” (and wrote and directed many episodes), were in talks to sign an exclusive deal with Paramount (now under the ownership of David Ellison’s Skydance). Then on Friday evening, Puck’s Matthew Belloni posted that the Duffers had in fact “made their choice” and were going to Paramount.

The Duffer Brothers’ ambition seems to have increased with each season of “Stranger Things,” as episodes have grown longer, set pieces have become more spectacular, and the budget has grown accordingly, with a reported Season 4 cost of \$30 million per episode.

So it’s not surprising that the Duffers are interested in making big-budget, tentpole movies next — an area where Netflix has struggled, in part due to its thorny relationship with the theatrical business, which co-CEO Ted Sarandos recently described as an “outdated concept.”

While Netflix does release some movies in theaters, it has resisted giving those releases a significant exclusive window before launching on streaming, which means

# ‘Stranger Things’ creators may be leaving Netflix

Netflix movies usually aren’t shown by the major chains.

This was, apparently, a sticking point for “Barbie” director Greta Gerwig, so the first of her “Narnia” movies for Netflix will play exclusively on Imax screens for two weeks (or more) before going to streaming on Christmas Day 2026. And it seems this was also important to the Duffers, with Belloni reporting that the “theatrical component” turned out to be the “dealbreaker” in their negotiations.

The brothers’ absence will not be immediately noticeable on Netflix, which will be releasing the final season of “Stranger Things” in three (!) parts later this year, and where the Duffers have two new shows scheduled to launch in 2026. Plus, the “Stranger Things” empire is growing, with a prequel playing on Broadway, an animated series coming soon, and a live action spinoff reportedly in the works.

(TechCrunch)



▲ The cast of “Stranger Things”.

## Sam Altman, over bread rolls, explores life after GPT-5

I’M looking out at Alcatraz Island from a Mediterranean restaurant in San Francisco with hundred-dollar fish entrées on the menu. As I make small talk with other reporters, OpenAI CEO Sam Altman jumps through the door on my left.

Altman’s looking down at his bare iPhone to show us all something, and an intrusive thought slips out of my mouth: “No phone case is a bold choice.”

Of course, I immediately realize that the billionaire CEO of OpenAI, who employs Apple veteran Jony Ive, cares more about preserving the iPhone’s original design than the \$1,000 it costs to replace one.

“Listen, we’re going to ship a device that is going to be so beautiful,” says Altman, referring to OpenAI and Ive’s forthcoming AI device. “If you put a case over it, I will personally hunt you down,” he jokes.

Altman has gathered roughly a dozen tech reporters to join him and other OpenAI executives for an on-the-record dinner (and off-the-record dessert). The night raises more questions than it answers.

For instance, why is Nick Turley, the VP of ChatGPT, kindly passing me a lamb skewer just a week after launching GPT-5? Is this to encourage me to write nice things about OpenAI’s biggest AI model launch yet, which was relatively disappointing given the years of hype around it?

Unlike GPT-4, which far outpaced rivals and challenged expectations of what AI can do, GPT-5 performs roughly on par with models from Google and Anthropic. OpenAI even brought back GPT-4o and ChatGPT’s model picker, after several users expressed concerns over GPT-5’s tone and its model router.

But throughout the night, it becomes clear to me that this dinner is about OpenAI’s future beyond GPT-5. OpenAI’s executives give the impression that AI model launches are less important than they were when GPT-4 launched in 2023. After all, OpenAI is a very different company now, focused on upending legacy players in search, consumer hardware, and enterprise software.

(TechCrunch)



▲ Duolingo logo.

## Duolingo CEO says controversial AI memo was misunderstood

WHILE Duolingo CEO Luis von Ahn was loudly criticized this year after declaring that Duolingo would become an “AI-first company,” he suggested in a new interview the real issue was that he “did not give enough context.”

“Internally, this was not controversial,” von Ahn told The New York Times. “Externally, as a publicly traded company some people assume that it’s just for profit. Or that we’re trying to lay off humans. And that was not the intent at all.”

On the contrary, von Ahn said the company has “never laid off any full-time employees” and has no intention of doing so. And while he didn’t deny that Duolingo had cut its contractor workforce, he suggested that “from the beginning ... our contractor workforce has gone up and down depending on needs.”

Despite the criticism (which does not seem

to have made a big impact on Duolingo’s bottom line), von Ahn still sounds extremely bullish about A.I.’s potential, with Duolingo team members taking every Friday morning to experiment with the technology.

“It’s a bad acronym, f-r-A-I-days,” he said. “I don’t know how to pronounce it.”

(TechCrunch)

“Externally, as a publicly traded company some people assume that it’s just for profit. Or that we’re trying to lay off humans.”



▲ OpenAI CEO Sam Altman.

**PATRIOTIC Alliance leader and Minister of Sport, Arts, Recreation and Culture Gayton McKenzie is prepared to meet with the South African Human Rights Commission (SAHRC).**

McKenzie faced a backlash last week after old social media posts resurfaced where he used the K-word multiple times.

The resurfacing of the minister’s social media posts came days after he chastised a group of podcasters for comments they made about South Africa’s coloured community.

The SAHRC announced on Friday that it’s assessments concluded that there was sufficient evidence to take the matter of McKenzie’s posts further.

“The commission has sent an allegation letter to Minister McKenzie. Thereafter, the commission will determine the best way forward, which may include instituting proceedings in the relevant Equality Court,” stated the SAHRC.

McKenzie defended himself last week, where he attempted to provide context for his repeated use of the K-word.

Patriotic Alliance spokesperson Steve Motale told The Citizen that McKenzie would be engaging with the SAHRC.

“We intend to take the SAHRC up on their offer of a meeting because there are numer-

# Gayton McKenzie ‘intends’ to meet with SAHRC over K-word tweets

ous issues that we need to clarify to them, such as the fact that he was not even the author of many of the offensive tweets, which can easily be proven,” said Motale.

“After these points are clarified, we will have a better idea of what the way forward should be.”

McKenzie was referred to the SAHRC by ActionSA. There were also calls by some for President Cyril Ramaphosa to discipline the government of national unity signatory.

“Mr President, you appointed a minister who has publicly uttered deeply offensive and despicable words against black people,” stated African Transformation Movement leader Vuyo Zungula.

The SAHRC asked South Africans to uphold the principles constitution and promote dignity and equality.

“The commission wishes to remind members of the public that the right to freedom of expression is not absolute.

(The Citizen)



▲ Patriotic Alliance leader Gayton McKenzie.

## Tanzania court bans live coverage of opposition leader’s treason trial

**A court in Tanzania on Monday banned the live coverage of treason proceedings against the East African nation’s main opposition leader, Tundu Lissu, who criticised the decision.**

Principal Resident Magistrate Franco Kiswaga said the ban would help protect civilian prosecution witnesses, acceding to a request by the state prosecutor who said it was necessary to conceal their identities.

“Live streaming, live broadcast, and any other kind of live distribution of content online to the public including on social media or video broadcast ... are hereby prohibited,” Kiswaga ruled during preliminary proceedings on Monday at the Kisutu Resident Magistrate’s Court in Dar es Salaam.

Lissu had already opposed the request saying that such an order would allow the court to operate in “darkness” and prevent his supporters from following the case. Officials from his CHADEMA party also criticised the court’s order.

“Justice must be done and be seen to be

done,” Lissu, who is representing himself after dismissing his attorneys, said last week.

Lissu is the leader of Tanzania’s biggest opposition party and has been in detention since early April after he was charged with treason and publication of false information. He has rejected the charges.

Lissu, who was shot 16 times in a 2017 assassination attempt, was runner-up in the 2020 presidential election but his party has been disqualified from participating in October’s presidential and parliamentary votes.

His detention and unexplained abductions of government critics in recent months have shone a spotlight on the human rights record of President Samia Suluhu Hassan, who says her government is committed to respecting human rights.

Hassan is running for the presidency for the first time after assuming office following the death of her predecessor John Magufuli in 2021.

(Reuters)

## Congo and M23 rebels miss deadline to reach Doha peace deal

**THE Congolese government and M23 rebels have missed Monday’s deadline to reach a peace agreement in Doha, raising fears that tensions between the two parties might derail talks and reverse progress made to end the conflict.**

Fighting in eastern Congo has intensified this year, with the M23 group launching an offensive that allowed it to capture the two largest cities in the region.

Under a mediation effort hosted by Qatar, Congo and the rebels signed a declaration of principles on July 19 in which they vowed to start negotiating a deal no later than August 8 with the goal of reaching it by August 18.

The AFC-M23 Movement said in a statement on Sunday that only the full implementation of the declaration of principles, which includes the release of prisoners, would enable the next round of talks to proceed.

A senior AFC source said on Monday

that while rebels didn’t expect significant progress from the talks, they would send a small delegation in the coming days due to Qatar’s pressure as negotiators.

“Our delegation will simply reinforce the need to implement these measures before we can engage in negotiations,” the source said.

A governmental source said authorities had received a draft agreement from the mediation team, and both parties are working on their comments before delegates return to Doha later this week.

It added that the release of prisoners is a complicated prerequisite because it can be a subject of negotiations rather than a condition to continue talks.

A Qatari official told Reuters on Sunday that while the timeline outlined in the declaration of principles had not been met, both parties expressed a willingness to continue negotiations.

(Reuters)



▲ East African nation’s main opposition leader, Tundu Lissu.

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# Ukraine’s Zelenskiy accuses Russia of cynical’ strikes ahead of Trump talks

PRESIDENT Volodymyr Zelenskiy accused Russia of unleashing “cynical” attacks on Ukrainian civilians that he said were designed to undermine his talks with U.S. President Donald Trump in Washington later on Monday. Officials in Ukraine said a drone attack on a residential complex in the northern city of Kharkiv killed at least seven people, including a 1-year-old girl. Strikes also hit the southeastern city of Zaporizhzhia, killing three people, they said.

“This was a demonstrative and cynical Russian strike,” Zelenskiy wrote on X.

“The Russian war machine continues to destroy lives despite everything,” he added. “Putin will commit demonstrative killings to maintain pressure on Ukraine and Europe, as well as to humiliate diplomatic efforts.”

After rolling out the red carpet for Russian President Vladimir Putin at a summit in Alaska on Friday, Trump is leaning on Ukraine to accept a peace deal to end Europe’s deadliest war in 80 years.

The war has killed or wounded more than a million people from both sides, including thousands of mostly Ukrainian civilians, according to analysts. Kyiv and its allies worry that Trump could force an agreement more favourable to Moscow.

The Russian defence ministry’s daily report said its forces had attacked Ukrainian units in the Kharkiv region but did not refer to any strike on the city of Kharkiv. Russia says it does not deliberately target civilians.

Trump will meet Zelenskiy first and then the leaders of Britain, Germany, France, Italy, Finland, the European Union and NATO, the White House said. The European leaders



▲ Ukrainian President Volodymyr Zelenskiy walks to meet British Prime Minister Keir Starmer at Downing Street, in London, Britain

are flying to Washington to show solidarity with Ukraine and to press for strong security guarantees in any post-war settlement.

Trump’s team stressed on Sunday that there had to be compromises on both sides.

But Trump put the burden on Zelenskiy to end the war that Russia began with its full-scale invasion in February 2022.

Ahead of the meeting, he said in a social media post Ukraine should give up hopes of getting back Crimea, annexed by Russia in 2014 during Barack Obama’s presidency, or of joining the NATO military alliance.

That suggested he would press Zelenskiy hard.

# China extends probe into EU dairy products

China extended on Monday its anti-subsidy investigation into European Union dairy imports by six months, showing little sign of let up in a two-front trade war with Brussels and Washington that threatens to upend its export-orientated growth model.

The Ministry of Commerce said it had prolonged the investigation period to February 21, 2026, citing the case’s complexity.

Beijing’s decision to extend its probe into some EU cheese, milk and cream products comes after it rolled over in June an investigation into European pork, of which it is also a major buyer, and in July announced duties on EU brandy producers - though major cognac makers were spared provided they sell at or above a minimum price.

China is seeking a lasting trade truce with the United States and EU to preserve its export engine as it struggles with the prospect of overhauling its economic model, analysts say, with domestic demand still in the doldrums.

Trade tensions between China and the EU erupted in 2023 when the European Commission - which

oversees the bloc’s trade policy - launched an anti-subsidy probe into China-made electric vehicles (EVs), accusing Beijing of flooding the market with state-backed exports.

In April this year, a European Commission spokesperson said the EU and China had agreed to look into setting minimum prices of Chinese-made electric vehicles instead of tariffs imposed by the EU last year.

The two sides have yet to reach a deal. “Beijing is still hoping to come to terms with the EU on a long list of trade conflicts,” said Even Rogers Pay, an analyst at Beijing-based Trivium China who specialises in agriculture.

“This investigation - along with the investigation into EU pork, which was extended in June - are significant bargaining chips in the ongoing negotiations around the EU’s tariffs on Chinese new energy vehicles,” she said.

China originally announced the dairy probe a year ago, a day after Brussels revised duties on Chinese-made electric vehicles but refrained from abandoning them as Beijing had urged.

(Reuters)



▲ Cheese products are displayed at the dairy section of a supermarket in Beijing, China.

# Mlindo The Vocalist to dazzle Umuthi Fest

Stories by Siphesihle Dlamini  
siphesihled@rubiconmedia.group

SOUTH African musical artist Mlindo The Vocalist 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. The event has also confirmed the presence of the popular musical duo, Blaq Diamond, further heightening the anticipation surrounding the festival.

Ticket sales for the festival have generated excitement, with early bird general tickets priced at E150, pre-sale general tickets at E200, and gate 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 partake in the festivities, making it accessible to a broad audience eager to celebrate music and culture.

Lindokuhle Mgedeza, known professionally as Mlindo The Vocalist, is a South African singer and songwriter whose journey in music began in his early childhood. Born in Port Shepstone, KwaZulu-Natal, he discovered his vocal talents at the tender age of four when he joined a local church choir. This early exposure to music laid the foundation for his future career, allowing him to develop his unique sound and style.

Mlindo gained notable recognition following the release of his debut single,



▲ Mlindo The Vocalist.

‘Amablessor,’ which was featured on his debut album, ‘Emakhaya’ (2018).

### Sensation

The song resonated with audiences and showcased his ability to blend traditional South African sounds with contemporary influences, quickly establishing him as a prominent figure in the music industry.

As he continued to hone his craft,

Mlindo became a social media sensation, uploading videos covering popular songs that showcased his vocal prowess and charismatic stage presence. His engaging online content caught the eye of DJ Maphorisa, a prominent figure in the South African music scene, who discovered him on Twitter and subsequently signed him to his label, Blaq Boy Music.

## Young Zesh headlines Swazi Plaza Nights

ESWATINI’S music scene is set to shine as talented musician Young Zesh headlines the upcoming edition of Swazi Plaza Nights.

Scheduled for August 22, 2025, the event will take place at the Food Court inside the Swazi Plaza, offering a fantastic opportunity for music lovers to enjoy a night of entertainment and community bonding. Best of all, entry to this highly anticipated event is free, making it accessible to everyone.

Swazi Plaza announced the exciting lineup on their social media platforms, stating, “Bringing you the best in local music and a late afternoon hangout. Join us next Friday, 22 August, from 6:30 pm at the Food Court, for your favourite weekend starter with an amazing line-up. Young Zesh, the multi-award-winning Hip Hop/Rap star is set to make history on our stages with an electrifying performance. DJ Di Dang, the OG house-music maestro, is guaranteed to keep the dancefloor blazing with those timeless grooves.”

In addition to Young Zesh, the event will feature DJ Di Dang, known for his infectious beats and ability to get the crowd moving. The evening will also showcase the talents of resident DJ Twanas, a crowd favourite who is expected to deliver an incredible set that will keep attendees dancing into the night. Swazi Plaza encourages guests to come prepared with both their appetites

and dancing shoes, as food and drinks will be available at the venue.

Swazi Plaza Nights has quickly become a beloved tradition within the community, creating a unique space for families and friends to gather and enjoy each other’s company in a lively yet relaxed atmosphere. The initiative was born from a vision of providing families with an opportunity to spend quality time together in a vibrant environment, fostering connections and creating lasting memories.

Set against the inviting backdrop of the Food Court, Swazi Plaza Nights are designed to be enjoyable for all ages. Parents can unwind with sundowners or dinner under the stars while their children engage in a variety of fun group games available within the different restaurants. The event aims to create a festive atmosphere where attendees can relax and celebrate life with their loved ones, making it a perfect weekend outing.

One of the standout features of Swazi Plaza Nights is its commitment to inclusivity. The event is not just about having fun; it’s about fostering a sense of community and belonging. The night sessions serve as a bridge for those who prefer more laid-back experience, creating a vibrant environment without the pressures often associated with all-night events. This thoughtful approach ensures that everyone, regardless of age or background, feels welcome and can enjoy the festivities.



▲ Young Zesh.



▲ DJ Rekorder.

## Rekorder brings the beat to Rhythm & Groove

MBABANE is set to come alive with the pulsating sounds of house music as local sensation DJ Rekorder takes centre stage at the next instalment of Rhythm & Groove.

Hosted by New Life Entertainment, this monthly highly anticipated event will take place on Friday, August 22, 2025, at the stylish 23:28 Lounge located in the Mbabane Checkers Business Park. With a reputation for electrifying performances, DJ Rekorder, born Lwazi Nzuza, is ready to deliver an unforgettable night of music that promises to resonate with fans and newcomers alike.

The evening will feature a special deep house set from DJ Rekorder, who will be sharing the decks with an impressive lineup of local talent, including Slotta, DJ Cup, Expo, Nelson X, and Mpho. The event kicks off in the evening and runs late into the night, with entry priced at E50 after 7 pm. Rekorder expressed his enthusiasm for the event, stating, “It’s refreshing to have an all-local line-up for this edition of Rhythm & Groove. I encourage locals to come out and support us next Friday for a night of fun and great music.”

### Performance

DJ Rekorder has been riding a wave of success, particularly following his well-received performance at the seventh edition of the Standard Bank Luju Food and Lifestyle Festival and the second edition of the 2025 MoMo Xperience. This year alone, he has graced stages at major events such as the 2025 House Music Fest and other prominent house music gatherings.

With over a decade of experience, DJ Rekorder has built a reputation for his electrifying beats and seamless mixes that captivate audiences. His high-energy sets are known to leave crowds wanting more, whether he is performing in intimate lounges or headlining massive festivals. His musical range spans various genres, including Amapiano, Afro House, and Soulful House, showcasing his versatility as an artist.

Rekorder’s impressive CV includes performances at notable events such as MTN Bushfire, the Durban July Afterparty, and residencies at renowned venues like LIV Durban, Ayepyp Pretoria, and Rich Durban, as well as popular local clubs. Joining DJ Rekorder on the lineup is Slotta, who also encouraged fans and patrons of the iconic lounge to attend in numbers. “Rhythm & Groove” is always about the good kinda groove, where the music takes centre stage. If you’re looking to just bask in good music, you never want to miss out on an R&G episode,” he remarked.

# Murumba Pitch's Thabang to ignite Mdzimba View

By Siphesihle Dlamini  
siphesihled@rubiconmedia.group

RENOWNED South African musical artist Thabang Innocent Mangolo of Murumba Pitch fame is gearing up to deliver an unforgettable experience at Mdzimba View Shisanyama.

The much-anticipated 'Simple Saturdays' event is scheduled for August 23, 2025, is set to be a night filled with rhythm, dance, and vibrant energy. Murumba Pitch, known for their unique blend of Afro-house and electronic music, has carved a niche for themselves in the South African music scene since their inception in 2012. The duo, consisting of the talented Emmanuel Mathye and Khathutshelo Innocent Mangolo, affectionately known as Maeywon, has consistently produced chart-topping hits and captivating albums that resonate with audiences across the continent.

The lineup for the event at Mdzimba View is equally impressive, featuring a host of local talents including Baba, Castle, Selector, Zulu D, Ayacity, Sbu De Drum DJ, among others. Each artist brings their flair to the stage, ensuring a diverse musical experience that caters to all tastes. This collaboration of artists is expected to create an electrifying atmosphere, making it a must-attend event for music enthusiasts.

Tickets for the event are affordably priced, with general admission set at E100, increasing to E150 after 9 pm. For those looking to elevate their experience, VIP entry is available at E250, which will rise to E350 after the same time. The event encourages attendees to dress in smart casual attire, fostering a stylish yet relaxed environment for everyone to enjoy.

Murumba Pitch has garnered a loyal



▲ Former Murumba Pitch's member Thabang Innocent Mangolo (l) for Mdzimba View Shisanyama.

following thanks to their infectious beats and relatable lyrics. Their music often explores themes of love, life, and celebration, making it a perfect fit for the lively Shisanyama scene. The duo's ability

to connect with their audience has been a key factor in their success, and their performance at Mdzimba View is expected to be a celebration of their journey and artistry.

## Eswatini Farmers Market unveils kids' section for family fun

THE Eswatini Farmers Market has revealed that there will be a dedicated section for children.

Scheduled for October 11, 2025, at the scenic Malkerns Country Club, this family-oriented event aims to create lasting memories for attendees of all ages. The Eswatini Farmers Market has established itself as a cornerstone of cultural celebration and community spirit. This year, the festival is expected to be even more vibrant, featuring a variety of activities specifically designed for children. From games to dance classes, the kids' section will provide a safe and entertaining environment where young people can explore their creativity and enjoy themselves while their families partake in the festivities.

Mbekezeli 'Culolam' Dlamini, the festival's director, expressed his enthusiasm about the upcoming event in an exclusive interview. "I am thrilled to announce the return of the Eswatini Farmers Market, and I can assure you that this year's event will surpass all expectations. Get ready for a day filled with endless excitement and unforgettable moments," he stated.

Ticket sales for the event have been brisk. Early bird VIP tickets have already sold out, and the early bird kids' tickets have followed suit, leaving only general tickets available at E250. The price for children's access to the dedicated section is set at a family-friendly E100. Dlamini encouraged the public to purchase tickets promptly, emphasising the



▲ Kids having fun during the previous edition of Eswatini Farmers Market.

importance of community involvement in making the event a success. "People should buy tickets as soon as possible, as this is for us Eswatini," he stressed.

This year's market promises a plethora of activities designed to engage attendees

of all ages. Live music performances will feature local artists, showcasing the diverse musical talent of Eswatini. The festival will also include various food stalls offering traditional and contemporary culinary delights, allowing attendees to savour the flavours of the region.



## De Lounge officially opens for business

AFTER weeks of anticipation and renovations, De Lounge has officially opened its doors to the public, inviting fun-loving patrons to experience a fresh take on nightlife and social gatherings.

This venue, which has undergone multiple name and management changes, was previously known as Azul Lifestyle and before that, Mega Lounge. The evolution of this space reflects the dynamic nature of the local entertainment scene and the desire for a venue that resonates with the community.

In a recent statement, De Lounge expressed its enthusiasm for this new chapter: "We are excited to officially share some big news with you, De Lounge has opened its doors! This is more than just a new place in town; it's a destination designed to bring people together in style, comfort, and good taste." This sentiment encapsulates the vision behind De Lounge, aiming to create a vibrant atmosphere where patrons can enjoy a variety of experiences.

De Lounge promises a carefully curated experience that combines elegance with a warm, welcoming atmosphere. The management team has meticulously crafted every detail, ensuring that guests will enjoy not only the ambience but also a selection of signature drinks and a mouthwatering menu. The venue aims to cater to a diverse clientele, whether they are looking to unwind after a long day, celebrate special occasions with friends, or simply indulge in delicious food and drinks.

### Culinary

The menu features an array of culinary delights, showcasing local flavours and international cuisine, designed to satisfy even the most discerning palates. From appetisers to desserts, each dish is crafted with care, ensuring that every visit to De Lounge is a memorable dining experience.

In addition to its culinary offerings, De Lounge is set to become a hub for live music and entertainment. The management has indicated that they will host regular events featuring local artists and bands, providing a platform for talent while enhancing the overall experience for patrons.

De Lounge is not just about providing a place to socialise; it also aims to engage with the local community. The management has expressed a desire to create a space where people can come together, share experiences, and build connections. "We can't wait to welcome you, share our passion for great service, and create lasting memories together," the management stated, highlighting their commitment to customer satisfaction and community involvement.

elly Babie has been holding off accepting her calling for almost two years.

Karabo Khakhu, a 19-year-old singer from Mabopane in Tshwane, has chosen to pursue her spiritual vocation as a traditional healer.

This follows the brief 11-month marriage to Koketso Shibabu before splitting up with him.

“I am still young. There is time for everything. I wear my normal clothes and put on make-up and a wig; I am not going to change who I am.”

The Jukulyn singer said everything that has happened in her life has been a build-up to her calling. Without going into detail about her calling or her broken marriage, she said she is starting afresh.

“All the challenges I faced were because of this. It is starting to make sense,” she said.

Jelly Babie dated Itumeleng “Vusi Ma R5” Mosoeu when she was 15 years old and started performing at night clubs in Tshwane with the late artist.

She dropped out of school in Grade 11 after Bacardi Star Vusi Ma R5, real name Itumeleng Godfrey Mosoeu, was killed in January 2023.

Mosoeu was shot outside the Legentsheng tavern in Soshanguve, about 3 okm north of Pretoria.

# Ma R5’s ex-lover Jelly Babie will not quit music for spiritual calling

According to reports, he was attacked while he and his companions were outside a tavern in Extension 13. He was shot dead while heading to his vehicle.

When his friends went to investigate after hearing the gunshots, they discovered him lying on the ground.

“I dropped out of school after Ma R5’s funeral because I was being bullied by other kids at school, and teachers were getting too much into my business. (Sunday World)

“I am still young. There is time for everything. I wear my normal clothes and put on make-up



▲Bacardi singer Jelly Babie says everything that has happened in her life has been a build-up to her calling.

# DJ Maphorisa, Kabza De Small to honour jazz legend Caiphus Semenya

AWARD-WINNING producers and DJs Kabza De Small and Maphorisa are aiming to fill the Loftus Stadium in Pretoria with more than 51 000 guests when they host a concert on August 29. During the concert, the duo will honour jazz legend Caiphus Semenya, whose sounds have influenced their music.

After recently unveiling a powerhouse line-up through their Meet Our Friends series, the Scorpion Kings duo have teased a fifth bonus episode to announce none other than Afrobeats sensation Davido.

The multi-award-winning Afrobeats icon will join them at the concert, bringing his global hits and electric stage presence.

“Davido is family. Having him with us makes this a truly continental moment,” said DJ Maphorisa.

Kabza De Small added that they plan to make history. “We’ve built this line-up to be history-making, and Davido is the perfect final piece.”

Kabza De Small and DJ Maphorisa also recently visited legendary composer and

musician Caiphus Semenya to show their appreciation.

In a special moment, on August 29, Semenya will be honoured live at the concert.

This is to pay tribute to the living legend and cement the event as a celebration of African artistry across generations, and not just a show.

“It is an honour to be appreciated by the younger generation,” Semenya told Sunday World. “It means we did something right, and our music still has an impact.”

Fans are also expected to get a taste of a remix of Semenya’s timeless songs by the Scorpion Kings.

“It will be a reimaged blend of the richness of South African musical heritage with the pulse of today’s Amapiano.”

The pre-show stage will feature performances by 25K, Ba Bethé Ga ShoaZen, Banques, Blxckie, Christos, DBN Gogo, Dihno, Dlala Thukzin, Venom, and Vinny Da Vinci, creating a full-day music experience before the main event.

(Reuters)



▲DJ Maphorisa.

# agasi FM host Minnie Ntuli back on air after Londie London spat

GAGASI FM breakfast show co-host Minenhle “Minnie” Ntuli is back on air after a brief time-out to “seek professional counselling to address her emotional responses”.

Ntuli verbally and physically assaulted Real Housewives of Durban co-star Londiwe “Londie London” Zulu during the shooting of one of the final episodes.

Ntuli received backlash for bullying the influencer on several occasions, implying she was a “gold digger” and accusing her of “working on her back”.

The presenter returned to her radio show on Gagasi FM as if she had never left. Felix Hlophe, her co-host, did not bring up the saga, and Ntuli continued her usual banter and jokes.

Before Gagasi FM took her off the air, she sent out a statement apologising for her behaviour.

“I’ve had to come face to face with the impact of my actions on The Real Housewives of Durban,” Ntuli wrote in her apology.

“Watching the show back has been deeply confronting – I’m appalled by how I behave,

and I take full accountability for the role I played.”

Despite the apology, Londie London took legal action.

In a letter from her legal team at Lamula KB Attorneys, they stated that Ntuli defamed their client, and the matter could not go unattended.

“It is our instruction that during the second episode of the reunion aired on July 11, 2025, you assaulted our client unprovoked and continued to do so even when she was not physically responding to your assault,” the legal team stated.

A petition led by Palesa Machaba, a fan of Londie London, asked the station to permanently remove Ntuli from hosting the radio show.

Gagasi FM said the radio station had engaged Ntuli, who took responsibility for her actions and expressed her “deep regret”.

Khulekani Shandu, the spokesperson for Gagasi FM, confirmed to Sunday World the return of Ntuli to the radio station. “She came back on air this morning,” said Gagasi FM. (Sunday World)



▲ ‘Minnie’ Ntuli.

CERTAIN foods, such as kale and eggs, can help support healthy eyes.

Some nutrients good for healthy eyes, like lutein and zeaxanthin, aren't made in the body and can only be consumed through your diet.

Well-balanced eating is key to keeping your eyes healthy and may help reduce your risk of developing eye conditions.

A balanced nutrition plan is best created with a variety of proteins, dairy, fruits, and vegetables. Try to eat a rainbow during your day, incorporating many types of foods in many different colors. It's helpful to try limiting your consumption of processed foods containing saturated fats or high amounts of sugar.

Certain antioxidants can help your eyes stay healthy more than others, including:

- ▶ lutein
- ▶ zeaxanthin
- ▶ vitamins A, C, and E
- ▶ beta carotene
- ▶ omega-3 fatty acids
- ▶ zinc

Here are 7 of the best foods for your eyes. Most are generally available year-round and for a reasonable price. You can enjoy them on their own or in more complex recipes.

### 1. Fish

Fish, particularly salmon, can be a great food to consume for eye health.

Salmon and other fish have omega-3 fatty acids. These are "healthy" fats. Omega-3 fatty acids can contribute to visual development and the health of the retina, which is in the back of the eye. They can also help prevent dry eye syndrome.

Consider incorporating fish into your meal plan a few days a week. When buying salmon, choose a wild-caught version instead of farm-raised salmon. That's because farm-raised salmon has more saturated fat and less omega-3s than wild-caught salmon.

Salmon, like most fish, can be grilled or broiled. For a simple and delicious dinner, try seasoning it with fresh herbs, lemon, salt, and pepper.

### 2. Eggs

Eggs are a great food to eat for eye health. The yolks contain:

- ▶ vitamin A
- ▶ lutein
- ▶ zeaxanthin
- ▶ zinc

These nutrients are all vital to eye health. Vitamin A safeguards the cornea, which is the surface of the eye.

Lutein and zeaxanthin lower the chance of getting serious eye conditions like AMD and cataracts.

Zinc contributes to the health of the retina, which is in the back of the eye. Zinc also helps with night vision.

Eggs are extremely versatile and can be served for breakfast, lunch, and dinner. A simple way to enjoy them is to hard-boil them. You can also try them in salads and sandwiches, or eat a hard-boiled egg for a snack.

### 3. Almonds

Like other nuts and seeds, almonds are generally good for eye health. They contain vitamin E, which guards against unstable molecules that target healthy tissue.

Consuming regular amounts of vitamin E can help prevent AMD and cataracts. Adults should aim for about 22 international units (IU), or 15 mg of vitamin E daily.

# 7 Best foods for healthy eyes



One 100-gram serving of dry-roasted, salted almonds contains 19 mg of vitamin E. Other nuts and seeds containing vitamin E include:

- ▶ sunflower
- ▶ hazelnuts
- ▶ peanuts

You can enjoy almonds as a snack at any time. They are also tasty in your breakfast cereal, yogurt, or salads. Just remember to keep an eye on serving size. Almonds are high in calories, so try to limit your intake to 1 to 2 servings a day.

### 4. Dairy

Dairy products such as milk and yogurt can be good for the eyes. They contain vitamin A and the mineral zinc. Vitamin A protects the cornea, while zinc helps bring that vitamin to the eyes from the liver.

Zinc is found throughout the eye, especially the retina and choroid, the vascular tissue under the retina. This important mineral helps with night vision and prevents cataracts. Dairy from grass-fed cows provides the most benefits.

Dairy can be consumed throughout your day. You can drink a glass with a meal or enjoy it in:

- ▶ coffee
- ▶ tea
- ▶ breakfast cereal.

Yogurt is a good option for breakfast or as a snack.

### 5. Carrots

Carrots are well known to be good for eye health. Like egg yolks, carrots contain vitamin A and beta carotene. Vitamin A and beta carotene help the surface of the eye and can also help prevent eye infections and other serious eye conditions.

Carrots are easy to eat on the go. Enjoy whole carrots, or keep a bag of baby carrots handy for an afternoon or evening snack.

Toss them in salads and soups for some added nutrition, or shred them up and add them to muffin or pancake batter.

### 6. Kale

Kale is known as a superfood because it contains many important:

- ▶ vitamins
- ▶ nutrients
- ▶ minerals

It's extremely good for eye health.

Kale contains the antioxidants lutein and zeaxanthin, which are also found in eggs and other foods. These nutrients may help prevent serious eye conditions such as AMD and cataracts.

Lutein and zeaxanthin aren't made in the body, so try to incorporate them into your diet. A 100-gram serving of kale contains 6,260 mcg of lutein and zeaxanthin.

It's recommended you get about 10 mg of lutein and 2 mg of zeaxanthin per day.

Other vegetables high in lutein are red

peppers and spinach.

Kale can be made into snack chips. First, wash the leaves and then tear them into small pieces. Toss them in olive oil and bake them for 20 minutes until crispy. Season them with a light sprinkle of salt. You can also sauté kale for a side dish or serve it in a salad.

### 7. Oranges

Oranges and other citrus fruits contain vitamin C, which is key for eye health.

The vitamin, found mainly in fresh fruits and vegetables, contributes to healthy blood vessels in the eyes. It can combat the development of cataracts and, in combination with other vitamins and nutrients, AMD.

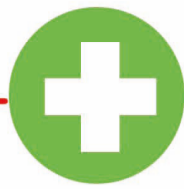
- ▶ To enjoy oranges, you can:
- ▶ drink 100% orange juice
- ▶ peel one as a snack
- ▶ add them to a fruit salad

### How does healthy eating help your eyes?

Eye conditions that you may be able to help prevent with healthy foods include:

- ▶ cataracts, which cause cloudy vision
- ▶ age-related macular degeneration (AMD), which can affect your vision
- ▶ glaucoma
- ▶ dry eye syndrome
- ▶ difficulty seeing at night (astigmatism)

Healthline



**YOU can take these important steps to help protect your heart.**

This may include changing eating habits, exercise routines, sleeping patterns, and more.

Heart disease is a serious health condition. It's the leading cause of death for people in the United States.

You may not be able to change certain heart disease risk factors, including your age or family medical history, but you can take important steps to manage others. This may include adjusting your eating habits, physical activity level, and other lifestyle factors to help protect your heart.

Here are 10 things you can do if you have a family history of heart disease in order to help prevent a heart attack or stroke.

### 1. Know your family and personal risks

Some types of heart disease are caused by an issue with one or more of your genes. The following types of heart disease can be inherited or passed down through families:

- ▶ certain arrhythmias, like long QT syndrome
- ▶ certain cardiomyopathies, like hypertrophic cardiomyopathy and arrhythmogenic right ventricular dysplasia
- ▶ familial hypercholesterolemia

It's important to know your family health history and share it with your doctor. Ask your relatives whether they have heart disease and at what age they received a diagnosis or experienced a cardiac event.

Also, be sure to tell your doctor about any family members who passed away suddenly, including from things like car accidents or drowning, which can be related to sudden cardiac death.

Then consider your own heart disease risk factors, which include:

- ▶ your age
- ▶ your biological sex
- ▶ your race
- ▶ your weight
- ▶ your cholesterol levels
- ▶ your blood pressure level
- ▶ whether you have type 2 diabetes
- ▶ whether you smoke
- ▶ whether you drink alcohol, and if so, how much you drink

Once you know your risks, you can discuss them with your primary care doctor or cardiologist.

### 2. Talk with your doctor about genetic tests

Genetic testing is available for some inherited forms of heart disease, including cardiomyopathy and arrhythmias. These tests use a blood or saliva sample to detect the gene mutations that cause these conditions.

Your doctor might recommend genetic testing if you have symptoms of an inherited heart disease or family members with a heart condition. The results of your tests will help determine whether you need to think about treatment.

A genetic counselor can help you understand your family's medical history and genetic test results. They can also explain your risk of passing heart disease to your children.

### 3. Embrace heart-healthy eating habits

Heart-healthy eating can reduce your odds of developing heart disease, even if you're at high risk because of your family



history. Some diets are better for your heart than others. Foods that are high in saturated fat, trans fat, cholesterol, sugar, and salt contribute to heart disease.

These foods are better for your heart: fruits and vegetables, whole grains like oats, barley, brown rice, and quinoa

- ▶ fish
- ▶ low fat dairy
- ▶ nuts and seeds
- ▶ oils lower in saturated fat, such as olive and canola oil

A few eating styles that include these foods have been shown to promote heart health, including the:

- ▶ Mediterranean diet
- ▶ DASH diet
- ▶ vegetarian and vegan eating
- ▶ TLC diet

### 4. Add more movement to your day

Exercise can help combat the risks of inherited heart disease.

A large 2018 study in the United Kingdom found that people who were more physically active were less likely to have a heart attack or stroke, even if they had a genetic risk for heart disease.

Physical activity protects the heart by:

- ▶ lowering blood pressure
- ▶ bringing down LDL ("bad") cholesterol
- ▶ helping you lose weight
- ▶ helping your cells use insulin more efficiently

The American Heart Association (AHA) recommends getting 150 minutes of moderate-intensity or 75 minutes of high intensity aerobic exercise each week.

Strength training helps your heart, too. One study showed that doing less than an hour of weightlifting per week was associated with a 40% to 70% lower risk for

heart attack or stroke.

### 5. Reach and maintain a healthy weight

Excess weight harms your heart in a few ways. For one, it can speed up the buildup of plaques that clog arteries. Being very overweight also contributes to heart disease risks, such as:

- ▶ high LDL cholesterol
- ▶ high triglycerides
- ▶ high blood pressure
- ▶ type 2 diabetes
- ▶ obstructive sleep apnea

The AHA advises that the ideal body mass index (BMI) is 25.

Heart-healthy eating and exercise habits can help bring your BMI into a healthy range. If lifestyle changes alone don't help and your BMI is 40 or higher, bariatric surgery is another way to reduce your heart disease risks.

### 6. Avoid smoking (and secondhand smoke)

Smoking is one of the biggest threats to your health. It's responsible for about a third of all heart disease deaths. The more you smoke and the longer you keep smoking, the greater your heart disease risk rises. Cigarette smoke contains thousands of chemicals, some of which damage your heart and blood vessels. Secondhand smoke, as well as other nicotine products like e-cigarettes and vaping, are also harmful to the heart.

If you smoke, quitting comes with quick rewards. Your heart disease risk will start to drop as soon as you stop smoking. Within a year after quitting, your odds of having a heart attack will drop significantly.

To get help quitting, talk with your doctor or visit [smokefree.gov](http://smokefree.gov).

### 7. Limit alcohol

You might have read that alcohol is good for your heart. Yet there are more risks to drinking than there are benefits, especially if you drink excessively.

According to the AHA, drinking too much alcohol contributes to:

- ▶ high blood pressure (hypertension)
- ▶ high triglycerides
- ▶ cardiomyopathy
- ▶ arrhythmia

Ask your doctor whether it's safe for you to drink at all if heart disease runs in your family. For people at average risk, drinking may be acceptable, as long as it's done in moderation (one drink per day for women, two for men).

### 8. Get enough good-quality sleep

People who get too little sleep have more health concerns, like high blood pressure and obesity, that increase their risk for heart disease, the AHA says.

Snoring and having trouble sleeping could be signs of a sleep condition like insomnia or sleep apnea. Both of these sleep conditions are linked to heart disease.

Sleeping well might help offset your family history of heart disease.

In one study from 2020, people who were genetically susceptible to heart disease but slept for 7 to 8 hours a night had lower heart disease risks than those with the same genetic risks who slept poorly.

Here are a few tips to help you get more sleep:

- ▶ Go to bed at the same time each night and wake up at the same time each morning.
- ▶ Keep your bedroom dark, cool, and quiet.
- ▶ Stop eating and drinking a few hours before bedtime.
- ▶ Exercise in the morning or early afternoon.
- ▶ Explore how your sleeping habits affect your overall health and what you can do to improve and monitor your sleeping patterns.

### 9. Monitor your numbers

High blood pressure, high cholesterol, and type 2 diabetes are all linked to heart disease. You can manage these conditions better by keeping track of your weight and these other important health measures:

- total cholesterol levels, including the "good" HDL and "bad" LDL cholesterol
- ▶ blood pressure
- ▶ triglycerides
- ▶ blood sugar

You can weigh yourself and check your blood pressure periodically at home. Your doctor can check your cholesterol, triglycerides, and blood sugar with a simple blood test. If any of your numbers are high, you can take steps to manage them.

**Healthline**

## News in pictures



▲ A burned horse in an animal shelter, after a wildfire, in Tirana, Albania.



▲ Unitree Robotics and Tiangong humanoid robots compete in the 100m final at the inaugural World Humanoid Robot Games in Beijing, China.



▲ A pyrocumulus cloud forms as smoke rises from a wildfire as seen from a cemetery in the village of Vilarmel, Lugo area, Galicia region, Spain.



▲ A lightning storm passes over Valletta, as seen from Sliema, Malta.



◀ A gallery assistant poses with a wedding prop costume and a bouquet worn by actress Michelle Dockery (as Lady Mary) in Downton Abbey, season 3, episode 1, during a press preview for the Downton Abbey farewell exhibition and an auction of props, costumes, and set pieces at Bonhams in London.



▲ Kiruna's historic wooden church sits on wheels before being moved to its new site next to the cemetery, in Kiruna, Sweden.

# Bokke suffer Kolisi, Du Toit injury blow ahead of second Wallabies Test

THE Springboks were dealt a heavy blow ahead of the second Rugby Championship Test against the Wallabies in Cape Town on Saturday, when it was announced that captain Siya Kolisi and Pieter-Steph du Toit had been ruled out of the match through injury. Wings Kurt-Lee Arendse and Edwill van der Merwe are also out, which means three frontline players will be unavailable as the Boks try and overturn a heavy 38-22 loss suffered at Ellis Park over the past weekend. Bok head coach Rassie Erasmus was a surprise arrival at Monday's press conference, after Deon Davids was expected to grace the media, and explained the extent of the injuries.

Kolisi was injured during the first half of the Test in Johannesburg, but soldiered on before being withdrawn after 45 minutes, and is expected to be out the longest, possibly for a month and could be in danger of missing the two-game tour to New Zealand in early September.

Du Toit has a concussion, while Arendse has a knee niggle and Van der Merwe an ankle problem, but they are expected to be ready for the tour in a few weeks. Erasmus admitted that it had been a chastening past weekend, and that had contributed to their poor overall performance against the Aussies. Gave us shots

"They gave us shots there. Siya hurt his knee about five minutes from halftime and



▲ Siya Kolisi and Pieter-Steph du Toit had been ruled out of the match through injury. Siya Kolisi and Pieter-Steph du Toit had been ruled out of the match through injury.

shortly after that Marco (van Staden's) mouthguard pinged which meant he needed to be assessed. Then Kwagga (Smith) had to come on, then Pieter had to go off concussed," explained Erasmus.

It was also announced that Jesse Kriel would take over the Bok captaincy once again in the absence of Kolisi, as he did earlier this season when he captained the team against the Barbarians and in the first Italy Test at Loftus.

"Jesse is a guy who studies the opposition

and rugby a lot. He is in tip top shape, can back up his words with actions on the field, and he is one of the most professional players I have been involved with," said Erasmus.

"He also felt it last weekend, playing for the full 80 minutes and losing against Australia. So he will be really up for this game. We usually like having a forward as a captain, but Jesse has always been a pro and did very well in his first two games as captain." Return of Kolbe and De Allende

In better news the Boks will welcome back



some reinforcements for the game, with Cheslin Kolbe and Damian de Allende set to slot straight back into the starting side, after missing the first Test with injury niggles.

Canan Moodie, who was at Monday's presser with Erasmus, and has recently played at 13 for the Boks, is likely to be deployed on the wing on Saturday, while flyhalves Handre Pollard and Sacha Feinberg-Mngomezulu should also be back in the match 23.

It will be interesting to see who the Boks deploy at No 8, after Kolisi filled the role the past weekend, and with Jasper Wiese still banned.

(The Citizen)



## Ex-Sundowns star on Chiefs' radar

Kaizer Chiefs and Siwelele FC are both monitoring the availability of former Mamelodi Sundowns midfielder Neo Maema, who is currently captaining the Bafana Bafana side at the ongoing African Nations Championship (CHAN) tournament. Maema, 29, left Sundowns at the end of last season after four years at Chloorkop, having joined from Bloemfontein Celtic in 2021. Despite being deemed surplus to requirements by the Brazilians, he is not short of admirers, with several top-flight clubs keen on his services.

Chiefs have long been admirers of the attacking midfielder, who reminded suitors of his quality by scoring in Bafana's 2-1 victory over Guinea in Uganda

last week. His future is expected to become clearer once the CHAN campaign concludes, with both Amakhosi and Siwelele believed to be keen on securing his signature. A source close to the player revealed that Chiefs had made enquiries about Maema as far back as the January transfer window. However, the deal didn't materialise then, with Sundowns unwilling to release him midway through the campaign. During his time with Sundowns, Maema won four Betway Premiership titles and three domestic cup competitions, making over 120 appearances in all competitions. Although his game time was limited last season, his technical ability and experience still make him a valuable option in the transfer market. (The Citizen)

## Bavuma ready to lead Proteas against Australia

Returning to the national team after a two-month break, Proteas captain Temba Bavuma says he is itching to get back on the park as he prepares to lead the national team in the opening fixture of a three-match one-day international (ODI) series against Australia in Cairns today (6.30am start).

After leading the SA team to victory in the World Test Championship final against Australia in June, Bavuma missed out on the Test series against Zimbabwe last month due to a hamstring injury.

The skipper, who is not a member of the Proteas T20 squad and therefore did not compete in the 2-1 series defeat to Australia last week, confirmed on Monday he had fully recovered from injury. 'Everything feels good'

"I guess it's a case of just looking after [my hamstring]. It's a lot more rehab than I'm used to, but everything feels good," the skipper said. "I've had some time to be away from the game, get the body strong again, so I'm raring to go and looking forward to the games ahead," he said. Australia are 'always competitive'

South Africa have faced Australia in eight ODI matches over the last five years, winning four games and losing three, with their last fixture at this year's Champions Trophy tournament having been abandoned without a ball bowled.

However, Tuesday's match will be the first ODI game between the two sides since Australia beat South



▲ Temba Bavuma says he is itching to get back on the park as he prepares to lead the national team in the opening fixture of a three-match one-day international (ODI) series against Australia in Cairns today.

Africa in the semifinals of the 2023 World Cup in Kolkata, and Bavuma said they looked forward to facing their perennial rivals again. "It's always going to be a competitive one (against Australia). It's always one that the guys are going to be motivated for, so we're looking forward to it and what it has for us,"

he said.

It was confirmed yesterday that 19-year-old fast bowler Kwena Maphaka had been added to the Proteas squad for the series, which now consists of 17 players. Back in action after a fairly lengthy break, Bavuma was eager to lead the side again in the ODI format.

# Alonso promises action over words ahead of LaLiga debut

MADRID - Real Madrid manager Xabi Alonso said on Monday he wanted his team's performance on the pitch to do the talking for him as he begins his first LaLiga campaign at home against Osasuna on Tuesday. Former Bayer Leverkusen coach Alonso, loved by Real fans for his trophy-laden playing years at the Bernabeu and with Spain, has been charged with reviving a Madrid side that ended last season without a major trophy. In the Club World Cup, which was Alonso's first competition as Real coach, they were knocked out by Paris St Germain in a 4-0 semi-final loss last month.

Real, under Italian Carlo Ancelotti, finished four points behind LaLiga champions Barcelona and failed to retain their Champions League crown after a quarter-final exit. They also lost the Copa del Rey final to bitter rivals Barca.

"I'm more about doing than talking," Alonso told reporters. "Making promises before you act doesn't usually work in football. Just saying it is not going to make it happen. We want to start down that path tomorrow. "We are really excited and

want to bring that energy to the stadium and earn their (the fans') support." Alonso has bolstered Real's defence with England right-back Trent Alexander-Arnold joining from Liverpool along with Bournemouth's 20-year-old Spain centre-back Dean Huijsen and left back Alvaro Carrera from Benfica.

The reinforcements address last season's defensive troubles that deflated Real's title challenge. Defender Dani Carvajal, who is easing his way back after last season's ACL injury, has been named in Real's squad to face Osasuna.

"It's great competition for the players, and I love that we have two who can play in each position," said Alonso. "Sometimes I will have to rotate. Carvajal is getting closer and closer to his best, and that's very good for the squad." However, Real will be without Antonio Ruediger (suspended) as well as injured left back Ferland Mendy, midfielders Eduardo Camavinga and Jude Bellingham plus forward Endrick. Alonso also discussed Real's decision to denounce plans for a Barcelona-Villarreal LaLiga match in Miami in December.

Real have warned that the proposal could undermine foot-



▲ Real Madrid manager Xabi Alonso said on Monday he wanted his team's performance on the pitch to do the talking for him as he begins his first LaLiga campaign at home against Osasuna on Tuesday.

ball's competitive balance and vowed to petition soccer's governing bodies to block the move.

The December 20 fixture, approved by the Spanish Football Federation last week, could become the first LaLiga match held abroad and the first European league game in the United States. It requires approval from UEFA, US Soccer, CONCACAF and FIFA.

"I very much agree with the club's (Real's) statement. If the rules are to be changed, it must be by unanimous agreement of all the participants (in the league). Otherwise, it cannot be done," Alonso said.

(Reuters)



## Piastri gets his own grandstand for 2026 Australian GP

MELBOURNE - Formula One leader Oscar Piastri will have a grandstand named after him at the season-opening Australian Grand Prix next year, by which time the McLaren driver could be returning home as world champion.

The Melbourne-born 24-year-old, who has yet to stand on the Albert Park podium in three attempts, leads British teammate Lando Norris by nine points after 14 of the season's 24 rounds.

Piastri has already won more races in a single season than any other Australian driver since the world championship started in 1950, with six so far this year along with three second places. "It feels very surreal and I never thought this would happen but the support is incredible and I can't wait to see it all come together next March," he said in an Australian Grand Prix statement.

The stand will be on the main straight, opposite the pit lane, with the existing Fangio grandstand expanded and sectioned in two. Champions Jack Brabham and Alan Jones, along with retired F1 drivers Mark Webber and Daniel Ricciardo, also have stands named after them.

(Reuters)



## Thompson out of sprint showdown with Lyles in Lausanne

OLYMPIC silver medallist Kishane Thompson will not run in the 100 metres at the Lausanne Diamond League on Wednesday, with media reports citing shin discomfort as the reason for the Jamaican's absence.

Thompson won the much-anticipated rematch with Noah Lyles at Saturday's Diamond League meeting in Silesia, after the American beat Thompson by five thousandths of a second at last year's Olympic final, but there will be no repeat showdown in Switzerland.

Saturday's race was the pair's first meeting since the Paris final, with Lyles' season delayed by an ankle injury. Thompson came out on top in a time of 9.87 seconds, with the American posting his best time of the sea-

son, coming second in 9.90.

Thompson is unlikely to run again before the world championships in Tokyo in September. He is currently the man to beat after clocking 9.75 at the Jamaican championships in June.

Lyles will have another Jamaican rival to contend with in Lausanne, facing Oblique Seville who beat the American when Lyles made his first 100m appearance of the season at the London Diamond League meet in July. Another Jamaican, world champion Shericka Jackson, is also absent from the women's 200 metres starting list in Lausanne. Jackson posted a season's best time of 22.17 seconds in Silesia on Saturday to win the 200m.

(Reuters)

## Sebastian Munoz wins first LIV event, Jon Rahm clinches 2025 individual title at Indianapolis

Colombia's Sebastian Munoz birdied the final two holes of regulation and won a one-hole playoff over Spain's Jon Rahm to win the LIV Golf Indianapolis event Sunday in Westfield, Ind.

Rahm, who surged up the leaderboard in the third round by shooting an 11-under-par 60, lost the event but narrowly won his second consecutive LIV Golf Individual Championship over Chile's Joaquin Niemann.

Munoz entered the day tied with Dustin Johnson atop the leaderboard at 16 under. A bogey on the par-4 15th hole dropped him to 20 under for the tournament while Rahm ended his round on a run, shooting his final six holes at 5 under to get into the clubhouse at 22 under. After a par on the 16th hole, Munoz rallied with back-to-back birdies on the final two holes to force a playoff and birdied the 18th hole once again to end the playoff after Rahm's birdie putt drifted just left of the hole.

It was Munoz's first career LIV victory after he previously had six top-five finishes and 13 top-10 finishes over his three years on the tour.

"There's no words to describe it right now. I'm proud of myself," Munoz said. "It's been a long time coming, six years since my last win, and it's awesome right now being able to take it in with my daughter, my family, everyone here, it's great." Rahm, who entered the day tied for ninth at 11-under, was sensational throughout the final individual round of the 2025 LIV season. He finished a bogey-free front nine with five birdies. On the back nine, he scored an eagle on the Par-5 13th, and then birdied the final four holes after a bogey on the par-3 14th.

Rahm won the individual title despite not winning a single event this season. He stormed past Niemann at the wire with three second-place finishes in the last four LIV events.

(Reuters)



▲ Indianapolis, IN, United States; Sebastian Munoz is sprayed with champagne to celebrate the Torque GC team victory after the final round of LIV Golf Indianapolis.

# ‘S’ncobesh’ wins Nongoloza Ladies Pool League

Stories by Chris Dlamini

“SPONSOR has put the sport first.” Those were the words of appreciation from the country’s number one player in the blackball Ladies section, Nqobile ‘S’ncobesh’ Dlamini. This was after she was crowned the champion of the Nongoloza Ladies Pool League on Sunday in Manzini.

This is her second National League title. It could have simply been the third, but she missed one edition after she relocated to South Africa (SA) to sharpen her pool skills. “I want to express my sincere gratitude to our sponsor for his hard work and dedication to putting the sport first. I also want to acknowledge the amazing talent the ladies have and, of course, the good sportsmanship. It is truly inspiring to compete with such talented ladies,” said the champion. Meanwhile, Eswatini Cue Sports Association (ECSA) Secretary Mbongeni ‘Mdikiza’ Gamedze affirmed the latest news. “She was presented with her prize by the sponsor, Nongoloza Restaurant and Bar in Manzini alongside other winners,” said Gamedze.



▲ Nongoloza league Ncobile ‘Sncobesh’ Dlamini receiving his E1800 prize money.

He congratulated the champion, saying her performances showed the positives of her international exposure as she was stronger than in previous years. “All the players put up great performances, making the league very competitive. Those who had been on the international stage were also showing that they benefit-

ed from the exposure and experience,” said Gamedze. He also acknowledged their sponsor, Nongoloza, for backing the ladies’ league financially. Gamedze said it was such businesses that sports needed to improve and increase the level of competition. Gamedze said they were hopeful to retain the sponsorship for the next edition of the national ladies’ league. Meanwhile, the league champions took home E1 800 and a gold medal. Her runner-up Mbali Dlamini got E900 and a silver medal. Positions three and four, won by Thandiswa Dlamini and Angel Mabaso, received E500 apiece. From positions five to eight, each player pocketed E400, then E200 each for positions nine to 11.

**Winners and Prizes:**

- 1. Noobile Dlamini - E1 800+Gold Medal
- 2. Mbali Dlamini - E900+Silver Medal
- 3. Simphiwe ‘Bhatata’ Dlamini - E500+Bronze Medal
- 4. Thandiswa Dlamini - E500+Bronze Medal
- 5. Angel Mabaso - E500
- 6. Sanchez Simelane - E400
- 7. Vumile Dlamini - E400
- 8. Irene Mashaba - E400
- 9. Takitsi- E200
- 10. Sengiphiwe Dlamini - E200
- 11. Londziwe - E200



## Doubles KO joy for ‘S’ncobesh’, ‘Sanchez’

IT rained money for pool stars Ncobile ‘S’ncobesh’ Dlamini and Sanchez Simelane over the weekend. The duo teamed up on Saturday for a Doubles Knockout Tournament at Mlandvo Restaurant and Bar in Luyengo. It was a ladies-only tournament, in which venue owner Musa Dlamini, a renowned pool enthusiast and Manzini Regional Pool Association (MRPA) secretary, contributed E500 to the prize purse. ‘S’ncobesh and her partner, Sanchez, cruised the championship, taking home E1 000. Their runners-up, Irene Mashaba and Vumile Dlamini, received E600 for their efforts. There was also a cash prize for the third-place finishing pair of Thandiswa Dlamini and Sengiphiwe Dlamini.

The duo pocketed E300. The venue owner, Dlamini confirmed the news. This effectively means both ‘S’ncobesh and Sanchez made money as they were also winners in the Nongoloza Ladies Pool League. ‘S’ncobesh earned E1 800 for the league title plus a share of E500 in the E1 000 from the Doubles Knockout. She took home E2 300 in the end. Simelane, on the one hand, took home her E500 share from the Doubles and the E400 prize from Nongoloza League, making a total E900.

**Ladies Doubles Pool Knockout winners:**

- 1. Noobile ‘S’ncobesh’ Dlamini, Sanchez Simelane: E1 000
- 2. Vumile Dlamini, Irene Mashaba - E600
- 3. Thandiswa Dlamini, Sengiphiwe Dlamini - E300

## COSSASA kick-off on Monday – ESSA

It is official. Eswatini is ready to welcome its visiting neighbour countries for the Confederation of School Sport Associations of Southern Africa (COSSASA) Games 2025 this weekend. Eswatini Schools Sports Association (ESSA) and COSSASA Treasurer Lucky Dlamini said on Monday, August 18, that ESSA was looking forward to the games. “The games’ official kick-off date is August 25, which is next Monday until August 28. We’re ready to welcome our visitors as of this weekend,” he said. Dlamini said they were also open to corporate businesses and vendors who would like to partner with them to help promote their brands as well for the duration of the COSSASA Games. He appealed for support from local businesses and the public at large.

“Entry into these games is free for all. Please come and cheer your Eswatini team throughout the sporting event involving neighbouring countries,” he appealed. The treasurer also confirmed there will be soccer, volleyball, netball, basketball, and athletics as the codes in the competition. The confirmed countries are South Africa (SA), Zimbabwe, Lesotho, and Eswatini.



▲ Some of the junior athletes to represent the country during the 2025 COSASSA Games.



▲Team G rider Nontsikelelo Mdllovu.

# Ntsiki pulls out of the women’s national team

By Sibusiso Masilela  
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TEAM G female rider Nontsikelelo Mdllovu’s withdrawal is a blow to Eswatini’s hopes at the 2025 World Cycling Championships.

Mdllovu has been withdrawn from the cycling national team to represent the country in the 2025 World Cycling Championships, scheduled to take place between September 21-24, 2025, in Kigali, Rwanda.

The former Newcomm wheels cyclist sus-

tained injury during the 2025 National cycling championships.

This will now leave Eswatini with one rider for the global showpiece in Mandiswa Fakudze, who will be under the guidance of internationally trained coach Artwell Ndzinisa.

Eswatini Cycling Association President William Kelly confirmed the latest news.

“We will now be sending one rider to Rwanda for the World championships in Mandiswa Fakudze, following the injury of Nontsikelelo. We call upon teams to produce more female riders for the country,” he said.

Kelly further stated that they are pleased with the proceedings of the 2025 2 Fast 2 Furious races, held over the weekend along the Lukhula-Big Bend Road.

“Kudos to the 4eva Cycling club for putting together such a prestigious event. We commend the high level of competition among the various clubs,” he said.

The competition saw South African rider Keanen Roodt and Mandiswa Fakudze win the 100km category under the males and females categories.

The 75km category was won by MTN Khemani youngster Hlelo Kunene.

# Tree Tops Resort promises a bigger and better event next year



▲Tree Tops Resort director Muzi Dlamini delivering his remarks.

By Sibusiso Masilela  
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GROWING from strength to strength. The relationship between Tree Tops Resort and 4eva is here to stay.

This was revealed by the Lubombo-based company director, Muzi Dlamini, during the fifth edition of the road race held on Saturday.

“We are happy with the proceedings of the race and look forward to bigger and better

event next year,” he said.

The company was given a certificate of appreciation by 4eva cycling club for its continuous support of the race.

The hospitality company pumped in E100 000 towards this year’s edition, 4eva cycling club principal Clinton McNamara thanked the sponsor for supporting the race.

“We are grateful for the support of the sponsor, which contributes towards the development of the sport in the country,” he said.



▲Members of the cycling fraternity presenting certificates to Tree Tops Resort directors Muzi and Silungile Dlamini on Saturday.



▲100km race champion Keanen Rudd receiving his accolades from Eswatini Cycling Association president William Kelly and sponsor Muzi Dlamini.

# Team G honoured with Biggest Team award

By Sibusiso Masilela  
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NEW kids on the block, Team G have been honoured with the biggest team award during the 2 Fast 2 Furious Road race.

This was revealed by the club principal Philile Gulwako after they were given the biggest team certificate at the fifth annual road race held on Saturday with over 20 riders.

“We are all about love & passion for the sport, we couldn’t afford to miss the 2 Fast

2 Furious race and ensured that we register for the cycling & fun walk competition. We had a good time during the event & this one not only does it presents a well-organized event. The location is very good as it accommodates even our non-partakers with all that Treetops offers. We are looking forward to the next one #shisawena,” she said.

The race was attended by various local clubs such as 4eva cycling club, MTN Khemani, Newcomm Wheels, Darkton Cycling club, Kusekhaya,among others.

Mozambique and South Africa also attended the race.



▲Team G members in Cape Town.

# AHEAD OF 8BET TRADE FAIR CUP: It’s country over club – Logarusic

Stories By Chris Dlamini

**PROFESSIONALISM must lead.**  
This is the expectation from the senior national team Sihlangu Semnikati players who have been called up for camp.  
“They have to be professional. This is football and things happen. I mean it happened with Owa when I first got here, but we can’t throw him out for good over one incident.  
“This is the national team, and we’re going to face Cameroon and Libya. I think since that incident, the players have all been here and on time,” responded Logarusic when questioned if he did not have any fears, considering experience, players skipping camp to represent their teams in the 8Bet Trade Fair Cup 2025.  
The Trade Fair Cup resumes from August 30 until September 7. Sihlangu starts camp on Tuesday.  
“We can’t please everyone. We know about the Trade Fair Cup and CAF games for Leopard and Nsingizini, but this is the national team, and players must be professional.  
“Camp starts immediately tomorrow



▲ *Sihlangu players.*  
morning (Tuesday, August 19),” the head coach said after he had also been asked about the TotalEnergies CAF Champions League and TotalEnergies CAF Confederation Cup envoys, Nsingizini Hotspurs and Royal Leopard’s players.  
Sihlangu will be away in both World Cup Qualifiers 2026 games against Cameroon on September 7 and then Libya four days later. Meanwhile, Logarusic and his assistant

Sifiso ‘Nuro’ Ntibane named their team during a press conference at the Eswatini Football Association (EFA) Technical Centre, Lobamba on Monday. Worth noting in the squad is the return of Young Buffaloes attacking midfielder Bongwa ‘Owa’ Matsebula and Nsingizini Hotspurs winger Thubelihle Mavuso. The duo were left out in previous assignments for separate reasons of unprofessional conduct.

On another note, the two coaches also explained that the players’ fitness levels also counted when calling up the squad. They acknowledged that most teams, particularly those dominating the squad, Nsingizini Hotspurs and Royal Leopard, had been busy with preseason. The full squad is listed in the article.  
Sihlangu Semnikati called up players:  
1. Simanga Masangane  
2. Mzwandile Mabelesa  
3. Mlamuli Makhanya  
4. Gift Gamedze  
5. Junior Magagula  
6. Ayanda Kunene (All Royal Leopard)  
7. Bongwa ‘Owa’ Matsebula  
8. Innocent ‘Makhehleni’ Dlamini  
9. Siphosethu Mabilisa (All Young Buffaloes)  
10. Mxolisi Manana (Green Mamba)  
11. Newman Philiso (Mbabane Swallows)  
12. Nkosingiphile Shongwe  
13. Khanyakwezwe Shabalala  
14. Neliswa ‘Tiger’ Dlamini  
15. Kwakhe Thwala  
16. Thubelihle Mavuso (All Nsingizini Hotspurs)  
17. Mayibongwe Mabuza  
18. Philani Mkhonto  
19. Joseph Gibonga (All Manzini Sea Birds)  
20. Mthobisi Zwane (Moneni Pirates)  
21. Justice Figareido (Chippa United, SA)  
22. Alakhe Mdluli (Amazulu, SA)



▲ Sihlangu head coach Zdravko Logarusic with assistant coach Sifiso Nuro Ntibane.

## Youngsters must show themselves – Logarusic

**SIHLANGU Semnikati head coach Zdravko Logarusic is adamant youngsters will get their chance in the future.**  
Logarusic said when responding to local media questions during a press conference at the Eswatini Football Association (EFA) Technical Centre in Lobamba on Monday.  
Logarusic was in the company of his assistant Sifiso ‘Nuro’ Ntibane.  
“It’s a reasonably experienced and good age average squad. Most of the players are between 23 and 29, maybe one is over that. So, most of them still have years to play for the national team.  
“Otherwise, we’re not going to Cameroon to embarrass the nation. So, this is the best we picked,” said Logarusic.  
He had been asked about the exclusion of perhaps younger players since the upcoming World Cup 2026 Qualifiers games were now only a formality for Eswatini. He said they will bring in three more but younger players

once the league is underway after a few matches.  
“Youngsters must show themselves. We can’t pick them if they don’t raise their hands.  
“We probably made a mistake in the COSAFA Cup recently by not giving them a chance there,” he acknowledged.  
His assistant, Ntibane, reiterated the coach’s words and added that the current squad was dominated by over 10 young players who graduated together through the development ranks.  
“We have a good squad and if you look at it, we have over 10 players who have been growing up together from development,” he said.  
Ntibane made an example of players like Alakhe Mdluli of Amazulu in South Africa (SA), Ayanda Kunene, Mzwandile Mabelesa, (Royal Leopard), Newman Philiso (Mbabane Swallows), and Moneni Pirates’ Mthobisi Zwane among others.

## Three new EFA Exco members set to relinquish positions

By Sibusiso Masilela  
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**THREE newly elected Eswatini Football Association (EFA) Executive Committee members are set to relinquish their previous positions in the football structures.**  
The candidates are vice president, Nkosingiphile Shongwe, executive member Aaron ‘Katalala’ Mavimbela, and women’s representative Phumzile Dlamini.  
Shongwe was the secretary for the Hhohho Regional Football Association (HRFA) while Mavimbela is an outgoing member for the Eswatini Women’s Football Association.  
Female administrator Phumzile Dlamini served as a member for the Lubombo Regional Football Association.  
The three officials are part of the newly elected executive committee during the elective EFA General Assembly held on Sunday at the Hilton Garden Inn.  
The move is enforced by article 38 (B) 9 of the newly amended EFA statutes.  
“A member of the Executive Committee may not at the same time be a member of an independent committee and may not be appointed/elected as a delegate representing a Member of the General Assembly,” the

article reads.  
The elections saw the re-election of Peter ‘Samora’ Simelane as the president of the mother body.  
Simelane amassed 27 votes ahead of Shongwe’s 21 during the fierce elections held at the Hilton Garden Court on Sunday to continue leading the mother body for the next four years.  
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.  
Mavimbela emerged victorious in the executive member position alongside former Lubombo Regional Football Association Secretary Sicelo Nene.  
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.  
Phumzile Dlamini outfoxed Sindi Dlodlu in the Women’s member position.



▲ The new EFA executive comiteee.



**Alonso  
promises  
action over  
words**

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**Three new EFA  
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set to relinquish  
positions**

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Eswatini  
Daily News

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**Sport**



**AHEAD OF 8BET TRADE FAIR CUP:**

**It's country over club  
– Zdravko Logarusic**

● Sihlangu Croatian head coach Zdravko Logarusic says they are aware of 8Bet Trade Fair Cup and CAF games for Nsingizini Hotspurs and Royal Leopard but senior national team assignments will take precedence. **Page 23**