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Competition Commission orders top retailers to stop bread wholesale



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His Majesty leads Butimba hunting expedition at Hlane

By Thokozani Mazibuko

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The hunting expedition, known as *Butimba*, is a longstanding Swazi tradition where the King, joined by warriors from across the country, embarks on a collective hunt. The practice reaffirms unity, strength, and discipline among the nation's warriors.

At Hlane, large groups of warriors clad in their traditional regalia arrived early to take part in the hunt.

The atmosphere was filled with excitement and chants of cultural pride as the men prepared for the day's activities. According to royal aides, the King himself led the warriors into the reserve, symbolizing both leadership and continuity of tradition.

The hunt itself is carefully managed in partnership with game reserve authorities. Only selected animals are targeted during *Butimba*, ensuring that the practice remains sustainable and in line with conservation principles.

The expedition is not about mass hunting, but about the symbolism of the King and his warriors working together in pursuit of a common goal.

Speaking on the sidelines of the event, cultural experts highlighted that *Butimba* is not merely a hunting trip, but a reflection of values such as teamwork, respect for leadership, and preservation of heritage.

"This is a unifying activity for the nation. The King, by taking part, demonstrates his



▲His Majesty King Mswati III leads from the front in the Butimba hunting expedition at Hlane on Tuesday.

closeness to his people and his role as custodian of tradition," one cultural commentator explained.

As the hunt progressed, warriors were seen moving in formation through the savannah grasslands of Hlane, maintaining strict discipline and order under the King's watchful leadership. The spectacle drew attention not

only from participants but also from members of the public who gathered near the reserve to witness the historic event.

The Butimba hunting expedition remains one of the highlights of Eswatini's cultural calendar, standing alongside other significant ceremonies such as *Incwala* and *Umhlanga*.

It serves as a reminder of the country's rich traditions, which continue to be observed and cherished even in a modern era.

With His Majesty at the forefront, Tuesday's *Butimba* at Hlane powerfully illustrated the event's modern-day role in uniting the Swazi nation and preserving its cultural heritage.



▲Eswatini Competition Commission CEO Muzi Dlamini.

Competition Commission orders top retailers to stop bread wholesale

... found to be in breach of Trading License Regulations

By Kwanele Dhladhla

THE Eswatini Competition Commission (ESCC) has ordered top retailers, including Spar, Pick n' Pay, Shoprite, OK Foods, and Boxer, to stop wholesale distribution of bread after they were found to be in breach of the Trading Licenses Regulations of 1975.

The commission has reported that during the second quarter of the 2025/2026 financial year, it made decisive strides in upholding fair competition through robust enforcement and industry engagement.

It was pointed out that a notable case involved allegations against major retail supermarkets, including Spar, Pick n' Pay, Boxer Stores, OK Foods, and Shoprite.

ESCC said these supermarkets were accused of wholesaling bread from their inhouse bakeries without proper licenses.

"This practice, raised by Linkengane Investments (Pty) Ltd, prompted an inquiry that revealed a regulatory breach under the Trading Licenses Regulations of 1975. Through coordinated efforts with the Ministry of Commerce, Industry and Trade, the ESCC confirmed that the implicated retailers were operating beyond the scope of their licenses," the commission led by Muzi Dlamini as Chief Executive Officer (CEO), Muzi Dlamini revealed.

In response to the discovery made after the inquiry, ESCC disclosed that it facilitated joint compliance engagement with the supermarkets, ordering an immediate ceaseand-desist of the unauthorised activity.

It was mentioned that the companies also received targeted education on both competition law and licensing obligations, reinforcing the seriousness of the offense and potential penalties for continued non-compliance.

Complementing these enforcement actions, the ESCC reported that it also

continued its proactive education drive.

These included training members of the Eswatini Bankers Association (EBA) on competition compliance.

The session, held at the Business Eswatini site at Emafini, brought together professionals from institutions including First National Bank, Eswatini Bank, Standard Bank, Building Society, and Nedbank.

It was stated that the training covered key areas, including cartel detection, merger control, and the role of strategic research in competition enforcement and policy development.

"Through these interventions, the ESCC continues to demonstrate its commitment to ensuring a fair and transparent economic environment. By addressing complaints decisively and equipping industries with knowledge, the organisation is helping to build a culture of compliance that benefits businesses and consumers in Eswatini," it was added.



William Pitcher college closes amidst prolonged student protests

By Thokozani Mazibuko

WILLIAM Pitcher College has been shut down with immediate effect following a prolonged protest over what students described as unfavourable learning conditions.

The students staged the protest since last week Monday when the institution of higher learning reopened for the resumption of face-to-face leaning.

However, instead of resuming with their studies, the students, according to William Pitcher Electoral Officer (EO) Thokozani Mbhamali, engaged in a non-violent protest.

He mentioned that as the week progressed, however, the protest gained momentum and became violent.

He said as the protest intensified, the students began to ignite some fires while others damaged college property, emptying litter all over the school premises in the process in an effort to voice out their grievances. He said the students, who were carrying placards, calling for the closure of the university, did this while singing and dancing the famous toyi-toyi dance.

He pointed out that the students were protesting over a litany of issues, which according to them rendered their learning environment non-conducive.

Mbhamali, who alleged that most of the issues that the students were complaining about remained unresolved since the last academic year, mentioned that the dormitories within the hostel were divided in accordance with the country's four regions namely; Manzini, Lubombo, Shiselweni and Hhohho and a fifth one known as the New Hostel.

The students, according to Mbhamali, were complaining that some of the toilets in some sections of the hostel were allegedly malfunctioning.

He made an example that all the toiles at the Lubombo section were not working and as a result, they were closed.

Mbhamali said this then compelled the students, who stay in that section to travel long distances at night to other block of toilets situated in some sections of the hostel, whenever they wanted to answer the call of nature, something which compromised their safety, since there were no security guards to ensure that they arrived safely to and from

He mentioned that another grievance that the students had; resulting in them staging the protest, was that at the hostel, they were allegedly forced to take showers using cold water due to non-working geysers.

Mbhamali stated that the students also complained that the WIFI at the college was allegedly malfunctioning and this resulted in them not being able to learn smoothly as they could not effectively conduct their research.

The students' violent protest resulted in

the Principal of the College, Ntombifuthi with immediate effect," read the memoran-Mhlongo, issuing a memorandum on Tuesday morning, suspending face-to-face learning with immediate effect until further no-

"Following the on-going class boycotts, burning and vandalising of college property, thus threatening the safety of other students and staff, all students are hereby informed that all face-to-face lessons are suspended dum in part. Mhlongo stated that all lessons shall continue online.

Through the memorandum, all the students were ordered to vacate the college by 10.00 am yesterday.

"All academic work and assessments shall continue as scheduled. The almanac shall not be adjusted," the memorandum further read.



Eswatini strengthens drought mitigation strategies

By Kwanele Dhladhla

THE Kingdom of Eswatini has embarked on the process of reviewing and updating the National Drought Plan for Improved Drought Management to strengthen drought preparedness, mitigation, and response mechanisms.

The Eswatini Environment Authority (EEA), led by Gcina Dladla as Executive Director, has explained that the review process was aimed at developing a drought risk financing portfolio. He mentioned that they intend to review the National Drought Plan (NDP) and Drought Preparedness and Response Plan (DPRP) and assess their implementation progress.

In the Request for Proposals (RFP), which has been issued by the Eswatini Public Procurement Regulatory Agency (ESPPRA), it was explained that the review further seeks to mainstream drought risk investment and management and define institutional roles, coordination mechanisms, and financing options for drought management.

"The review seeks to enhance and coordinate private sector support for drought financing and response initiatives," reads the RFP in part.

It was explained that the desired consultant would be expected to facilitate mul-



▲EEA Executive Director Gcina Dladla.

ti-stakeholder consultations to analyse identified gaps in the NDP and contribute to the definition of key elements for the review of

The consultant should elaborate recommendations based on the outcomes of the consultations and gap analysis, and facilitate the final validation workshop to inform the elaboration of the revised National Drought

It was mentioned that the consultant

would be expected to assess potential financing modalities, including Public-Private Partnership (PPP) options, for drought risk management in the Eswatini context.

EEA pointed out that they would expect the would-be consultant to collect data on national-level public spending for drought mitigation and evaluate the financial feasibility of selected drought response meas-

When providing a background, EEA said

in 2020, with support from the UNCCD Secretariat, the country developed and adopted a National Drought Plan (NDP) for comprehensive and sustainable drought management. In addition, the country developed a Drought Preparedness and Response Plan (DPRP) in 2023.

The purpose of the NDP and DPRP was to ensure that proactive measures are in place to enable effective response and recovery to minimise the negative impacts of drought on the population and assets to enhance population resilience.

Some of the major limiting factors in implementing the NDP and DPRP were a lack of adequate financial resources, poor coordination mechanisms (sectors), a lack of advanced infrastructure and technology, a fragmented early warning system, the National Drought Policy not yet finalised, and a lack of capacity to develop bankable proposals for drought Initiatives.

Therefore, it was explained that in line with commitments to the UNCCD and the Sendai framework for Disaster Risk Reduction, the Government of Eswatini seeks to update its national drought plan to reflect current risk, integrate early warning systems, integrate an agricultural drought risk financing portfolio, strengthen Institutional frameworks, and enhance community resilience through the support of Food Agricultural Organisation (FAO).

ESACRO assists ex-inmate reclaim his parental home

By Thokozani Mazibuko

ESACRO has assisted an ex-inmate who had been arrested for a long time to reclaim his parental home which was illegally occupied by an unknown person whilst he was in prison. This was revealed by Eswatini Association for Crime and Prevention and Rehabilitation of Offenders (ESACRO) Officer in Charge, Sebenele Mzwandile Lukhele.

This comes after Ncamiso Mdluli's parental home was illegally sold by residents of Lwandle area, to a certain individual, taking advantage of Mdluli's prolonged absence from the home due to his incarceration.

When Mdluli, whose parents passed away while he was serving his sentence, came back to his parental home after being released from prison, he discovered that it was occupied by an unknown person, who claim to have bought it from certain residents from Lwan-

He then reported the matter to ESACRO and the association, through the assistance of different stakeholders, assisted him to reclaim his parental home.

According to Lukhele, ESACRO

is elated to announce a significant victory for Mdluli, an ex-inmate, who has successfully reclaimed his parental home in Lwandle Umphakatsi after enduring a lengthy period of incarceration.

Lukhele mentioned that this case highlights the collaborative efforts of various stakeholders in the community, showcasing the essential roles played by local leadership, the police, the justice system, and their organisation in efforts to reintegrate former inmates into society.

"We extend our sincere gratitude to Babe Chief Nkamane Mkhatjwa and the leadership committee of the Lwandle Chiefdom for their unwavering support and attention to this matter. Their commitment has been instrumental in addressing the complexities surrounding the ownership of Mdluli's family property, a situation that was exacerbated by the unfortunate loss of both his parents during his sentence," he said.

Lukhele mentioned that considering a recent report from His Majesty Correctional Services (HMCS), revealing that 84 inmates were pending reintegration, ESAC-RO remains dedicated to working alongside the government to facilitate smoother transitions for ex-inmates back into their communities and families.

He said every individual, regard-



& REHABILITATION OF OFFENDERS



▲ESACRO has assisted an ex-inmate who had been arrested for a long time to

less of their past, deserves a second ex-inmates can earn the trust and chance, and it was the collective re sponsibility of the nation to uphold these values.

reintegration of "Successful ex-inmates requires a delicate balance between acknowledging their rights and responsibilities. While they deserve support and opportunities to rebuild, they must also demonstrate genuine remorse for their past actions and commitment to positive change," he said.

He said by showing humility, a willingness to learn, and readiness to contribute to the community, respect of society. He said this balance was crucial for fostering a safe and supportive environment, where individuals can truly rehabilitate and become productive members of the community.

"While we celebrate this success, we must also condemn the actions of certain individuals within the Lwandle community, who have sought to exploit this tragedy for personal gain. Instead of supporting the Mdluli family during their time of need, these individuals attempted to unlawfully seize their

He said such actions were reprehensible and highlighted the need for community solidarity and com-

He applauded Mdluli on behalf of ESACRO for his resilience and patience throughout this protracted legal journey. He stated that his determination and perseverance have ultimately led to the restoration of his family home, a testament to the strength of the human spirit and the importance of justice.

"We would like to acknowledge the Regional Administrators office, National courts and, the Manzini Police Station for their continual support throughout this process. Their dedication to upholding the law and assisting those in need has not gone unnoticed," he said.

He said as they look to the future, ESACRO reaffirms her commitment to facilitating the successful reintegration of ex-inmates into their communities, emphasising the necessity of collaboration among all parties involved.

"Together, we can foster a more inclusive society that offers hope and opportunity to all individuals, regardless of their past," he said.

Stories By Thokozani Mazibuko

A 53-year-old man from Polodini tragically lost his life on Tuesday morning after being brutally hacked and stabbed multiple times while at

According to a statement issued by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, the incident occurred at approximately 09:30 hours. The victim sustained deep cuts to the head and multiple stab wounds across the upper body.

"On 25/08/2025 at 0930 hours, a 53-yearold man of Polodini died after being hacked and stabbed several times on the head and had multiple stab wounds on the upper body while at Eric. Suspect/s not yet arrested," said Vilakati.

Police investigations are ongoing, and authorities have launched a manhunt for the suspect or suspects behind the violent attack. At the time of going to press, no arrests had been made.

The gruesome killing has sent shockwaves

Polodini man killed in violent attack

through the Polodini community, where residents are said to be living in fear following the incident. Community members described the deceased as a well-known figure in the area, and many have expressed disbelief over the violent circumstances that led to his death.

Police have appealed to members of the public with any information that may lead to the arrest of the perpetrator(s) to come

The body of the deceased has been taken for post-mortem examination as part of ongoing investigations.

It should be noted that this case adds to the growing list of violent crimes reported across the country in recent weeks, highlighting continued concerns over community safety and security.



▲ According to a statement issued by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, the arrest was carried out in the early hours of Sunday morning.

Man arrested with 115kg of dagga at Siphofaneni

a 34-year-old man from Mkhuzweni after he was allegedly found in possession of a large consignment of dagga weighing over 115 kilograms.

According to a statement issued by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, the arrest was carried out in the early hours of Sunday morning.

"On 24/08/2025 at 0425 hours Siphofaneni Police arrested and charged a 34-yearold man of Mkhuzweni for being found in possession of dagga weighing 115.945 kg without a licence or permit while at Siphofaneni," Vilakati confirmed.

The suspect is expected to appear in court soon to face charges under the country's drug laws. The police have not disclosed whether the seized dagga was intended for local distribution or cross-border smuggling, but investigations are ongoing.

The arrest highlights the continued efforts by the Royal Eswatini Police Service to clamp down on the illegal cultivation, possession, and trafficking of cannabis.

POLICE in Siphofaneni have arrested Dagga, though widely grown in parts of rural Eswatini, remains illegal to possess or trade without proper authorisation.

> Large-scale seizures such as this are not uncommon in Siphofaneni and surrounding areas, which are often used as transit routes for transporting drugs due to their road networks linking different parts of the

> Vilakati further urged the public to cooperate with law enforcement by reporting individuals involved in drug-related crimes. "The police remain committed to ensuring that such substances do not make their way into our communities, where they pose social and health risks, particularly to the youth," she said.

> The confiscated dagga is currently being kept as an exhibit pending court proceedings.

> It should be noted that this case adds to a series of recent arrests linked to illegal drug possession and trafficking across the country, underscoring the authorities' zerotolerance stance towards narcotics.



▲ According to a statement issued by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, the arrest was carried out in the early hours of Sunday morning.

Tragedy as toddler drowns in 20-litre bucket at Mambane

A dark cloud hangs over the community of Mambane following a heartbreaking incident in which a one-year-old boy drowned in a 20-litre bucket of water on Monday morning.

According to a statement issued by the Chief Police Information and Communication Officer, Senior Superintendent Phindile Vilakati, the tragic accident occurred at around 11:00 hours.

"On 25/08/2025 at 1100 hours a one (1) year old male toddler of Mambane died after drowning in a 20 litre bucket while at Mambane," said Vilakati.

Preliminary reports suggest that the toddler was at home when the incident took place. It is believed that while playing, the child may have attempted to reach for water in the bucket and tragically slipped in headfirst. The discovery was made too late to save

The devastating loss has left the family and community members in shock. Neighbours

gathered at the homestead to comfort the grieving family, describing the toddler's death as an unimaginable tragedy.

Police have since urged parents and guardians to be extra cautious with toddlers, especially around water storage containers such as buckets, basins, and drums.

"This unfortunate incident is a reminder to always ensure that young children are not left unattended, particularly in homes where water is stored in open containers. Simple safety precautions, such as keeping containers covered or out of reach, can prevent such tragedies," said Vilakati.

The body of the toddler has been taken for post-mortem examination.

It is worth mentioning that this incident highlights the continued need for child safety awareness across communities, as several cases of accidental drownings involving minors have been recorded in the country in recent vears.





Financial Times

Eswatini Sunday



Man sentenced to 2 years for theft of logs

Stories by Delisa Magagula

A 49-year-old man from Mbasheni has been sentenced to two years in prison, or alternatively to pay a fine of E2 000, after being convicted of theft and tres-

Mfanuzodlani Dlamini appeared before Magistrate Nkosingiphile Maseko at the Pigg's Peak Magistrate's Court on Tuesday.

According to the charge sheet,

Dlamini unlawfully stole nine logs valued at E675 from Makhelekehlane Mountain in the Hhohho region on August 15. The logs belonged to Bhekumusa Gwebu. He was further charged with unlawfully entering the private property without permission.

Dlamini, who conducted his own defence, pleaded guilty to both charges. In mitigation, he apologised and pleaded for leniency, explaining that he had committed the offences due to poverty and family responsibilities.

"I stole the logs so that I could sell them and provide for my two children and my grandson. I am unemployed and a single parent after my wife left me," he told the court.

On the theft count, Magistrate Maseko sentenced him to two years' imprisonment or a fine of E2 000. On the trespassing count, he received a five-month sentence or a fine of E500. The court ordered the sentences to run concurrently, meaning Dlamini will serve two years in prison or pay the E2 000

Brother killed, teen accused of rape

TWO serious criminal cases have emerged in the country this week, involving a fratricide in Ngwenya and a rape case reported in Manzini.

In Mbabane, a 25-year-old man, Paulos Nhlabatsi, appeared before Principal Magistrate Fikile Nhlabatsi charged with culpable homicide after allegedly killing his brother.

Paulos is accused of assaulting Lwazi Nhlabatsi with an umphini (wooden stick) several times on different parts of the body on December 21, 2018, at New Skom, Ngwenya. The attack reportedly left the victim with fatal injuries.

When the matter was brought before the court, Paulos pleaded guilty. The Crown submitted documents of agreed facts and requested that the session be formally recorded. After confirming his understanding of the charges, the accused was remanded out of custody pending sentencing. The case has been postponed to August 27 for continuation.

Meanwhile, in Manzini, police have opened a rape case against a 14-year-old boy accused of raping and impregnating his 13-year-old cousin.

The matter only came to light after the girl's grandmother noticed her pregnancy and questioned her, whereupon she revealed that her cousin was responsible.

Sources said the family delayed reporting the case, which was eventually brought to the attention of the police last Friday after another relative inter-

Chief Police Information and Communications Officer, Senior Superintendent Phindile Vilakati, confirmed that a rape case involving the minor had been registered.



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Moz national found guilty on 15 counts of rape, acquited on 3

THE High Court has found Mozambican national Carlos Nhabombe guilty of 15 counts of rape against women and minors in Mbabane, while acquitting him on three of the original 18 charges. Nhabombe, 39 at the time of his arrest in 2013, faced allegations dating from 2008 to 2013. Judge Mbutfo Mamba delivered the verdict on Tuesday, offering partial relief to survivors while confirming the gravity of the offences for which he was convicted.

The court heard that Nhabombe had a consistent modus operandi. He would approach vulnerable women at the Mbabane taxi rank, posing as someone needing assistance from Mbabane Clinic, often citing a relative in need.

He offered small payments, typically E20-E30, to lure them to secluded areas, such as forest footpaths, where he assaulted them.

The Crown, represented by Lomvula Hlophe, highlighted the particularly young age of many survivors, some as young as 11. In one case, a 17-year-old was lured under the pretence of helping a woman who had just given birth, threatened with hidden accomplices, and assaulted in a forest.

In another case, Nhabombe approached an 11-year-old girl, offering payment for carrying luggage, and then assaulted her.

Throughout the trial, Nhabombe pleaded not guilty and denied all allegations. The court found the evidence against him credible and compelling. However, the acquittal on three charges reflected gaps in evidence for those specific counts, underscoring the judiciary's careful assessment of each allega-

The case now moves to the sentencing phase, where the prosecution will argue that aggravating circumstances including the



▲ Judge Mbutfo Mamba delivered the verdict on

victims' ages, use of violence, threats with a knife, and the risk of sexually transmitted infections warrant severe penalties.

Judge Mamba noted that proven aggravating circumstances could result in sentences of no less than nine years for each offence. The judge also reminded the media to report ethically, protecting the identities of the survivors to prevent further trauma.

Nhabombe requested leniency when given a chance to address the court on aggravating circumstances, but the judge clarified that mitigation would be considered in a later stage.

The verdict delivers justice for 15 survivors while highlighting the court's careful consideration in acquitting him on charges where evidence was insufficient, reflecting a balanced judicial approach.



BUSINESS NEWS



BUSINESS BRIBES

Over 70 000 visitors expected at Eswatini International Trade Fair

MORE than 70 000 visitors are expected to attend this year's Eswatini International Trade Fair (EITF), according to projections by the Eswati-Investment Promotion Authority (EIPA). EIPA's External Trade Promotions Manager, Sibusiso Mnisi, made the announcement during a press briefing at the authority's premises.

'Nvidia set for \$260 billion price swing'

NEW YORK — Options traders are pricing in about a \$260 billion swing in Nvidia's market value following the chipmaker's second-quarter earnings expected on Wednesday, U.S. options market data showed. Nvidia options implied a roughly 6 per cent swing for the shares in either direction following the results, which will be reported after markets close on Wednesday, according to the data.

Rand flat ahead of leading indicator data

JOHANNESBURG — The South African rand was little moved in early trade on Tuesday, ahead of the release of local central bank data that will shed light on the country's economic outlook. At 0536 GMT the rand traded at 17.6025 against the dollar, a whisker away from Monday's close. At around 0700 GMT, the South African Reserve Bank will publish the country's leading business cycle indicator for June, which collects data on vehicle sales, business confidence, money supply and other factors.

EswatiniBank **FX RATES**

Notes/Cash		
	Buy	Sell
U.S. Dollar	17. 2267	17.6944
G.B. Pound	23.1909	23.8614
EURO	20.0499	20.6865
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	



Govt urges timely payments to MSMEs

By Delisa Magagula

THE Ministry of Commerce, Industry and Trade has called on Government ministries, parastatals and the private sector to prioritise timely payments to Micro, Small and Medium Enterprises (MSMEs), warning that persistent delays are undermining businesses and threatening the country's economic

The appeal follows the launch of the National MSME Policy 2024-2029, which identifies delayed payments as one of the biggest challenges facing small enterprises.

Minister Manqoba Khumalo said the Ministry had been inundated with concerns from entrepreneurs who supply goods and services to institutions but struggle for months to receive payment.

"These delays cause real harm. MSMEs op-



▲Minister of Commerce Manqoba Khumalo.

erate largely on loans, and when they are not paid, they default, lose employees, or even close down completely," Khumalo said.

According to the Ministry, most MSMEs rely on bank credit or microfinance to finance their operations. Any cashflow disruption such as late invoices quickly cascades into repossession of assets, bankruptcies, and rising unemployment.

Beyond inefficiency, the Minister also raised alarm over corrupt practices within certain departments. He noted reports of officials demanding bribes to process invoices.

"Such tendencies are criminal, and MSMEs are urged to report these unlawful acts. We must clean up the system so legitimate businesses can survive and thrive," he stated.

The government has promised to address late payments at the department level, while also appealing to parastatals and private companies to play their part.

The Ministry insists that prioritising payments is not only a financial obligation but also a moral and developmental duty.

"MSMEs are the heartbeat of our economy. By paying them on time, we empower entrepreneurs to innovate, employ more people and contribute meaningfully to national development," Khumalo added.

THE W

▲ Meluleki Dlamini the Director of the Micro, Small, and Medium Enterprises (MSME) Department in Eswatini's Ministry of Commerce, Industry and

E334mln availed for MSMEs

By Delisa Magagula

THE Government has unlocked E334 million in funding for Micro, Small and Medium Enterprises (MSMEs), in what officials describe as a major boost for entrepreneurship, especially in agriculture and agribusiness.

The announcement was made by Director of SMEs, Mluleki Dlamini, during the recent National Agriculture and Business Forum.

He emphasised that the country's agro-based economy required a shift in strategy to ensure that agriculture becomes a key driver of business growth.

"The opportunities are there, but we need to change the narrative. Agriculture must be seen as a business, not just subsistence. Investment is the key to unlocking growth," Dlamini said.

The E334 million envelope includes the E45 million Revolving Fund with EswatiniBank, the Youth Enterprise Fund, microfinance facilities, and export guarantee schemes.

These funds can be accessed by entrepreneurs with viable projects, though applicants

will be required to undergo project assessments and comply with repayment terms.

Dlamini acknowledged challenges with some schemes, including high default rates under the Small-Scale Enterprise Loan Guarantee

"We have seen a worrying number of defaults,

which weakens the sustainability of these facilities. Entrepreneurs must approach these funds with seriousness, because they are designed to revolve and benefit others too," he explained. He also noted the need for stronger involve-

ment from private venture capitalists and institutional investors, who could help expand the financing landscape. The government's broader aim is to leverage

these financial resources to promote innovation, create jobs, and reduce poverty.

According to Dlamini, the E334 million pool, if used responsibly, could stimulate thousands of businesses and improve livelihoods across the country.

"We want to see more citizen ownership of enterprises, more co-operatives scaling up, and greater participation by youth and women. That is why we are coupling finance with policy support," he said.

Over 68 000 MSMEs operating in Eswatini

By Delisa Magagula

ESWATINI is home to approximately 68,000 Micro, Small and Medium Enterprises (MSMEs), according to the 2023 Finscope Survey.

The Ministry of Commerce, Industry and Trade says the figures underscore the sector's importance to the economy, but also highlight gaps in value addition and innovation.

Director of SMEs, Mluleki Dlamini, revealed the numbers while discussing entrepreneurship trends and financing opportunities.

He said wholesale trade dominates the sector at 43 per cent, followed by agriculture, which remains crucial for food security and job creation.

"Most businesses are in redistribution trade, tunes," he noted. which has limited value addition. We need more focus on manufacturing, farming and technolmation," Dlamini said.

Agriculture, however, has proven attractive to lenders, accounting for 36.7 per cent of loan guarantee allocations, the highest share among economic sectors.

Both banks and non-bank financial institutions are active financiers of agriculture, with non-banks outpacing commercial banks in support. Dlamini further stressed the importance of improving financing access for women-led and youth-owned businesses.

"If women-led businesses are to be felt in the economy, we must engage commercial banks to design packages that favour them. Profit is better than wages because profits can build for-

According to Ministry data, 95 per cent of start-ups and 85 per cent of existing businessogy-based enterprises that bring real transfor- es have been financed by banks, but non-bank financial institutions still dominate at 47 per cent compared to 33 per cent for commercial

> The Ministry has also been encouraging co-operatives to adopt a savings culture before expanding into full-scale business operations.

> Dlamini said this approach, alongside supportive policies, would ultimately help create employment, reduce poverty, and increase citizen ownership in the economy.

> "Our priority is to ensure that MSMEs are not only numerous in number but also competitive and sustainable. They remain the backbone of our economy, and we must align them with the country's development agenda," he added.

Over 70 000 visitors expected at Eswatini International Trade Fair

By Delisa Magagula

MORE than 70 000 visitors are expected to attend this year's Eswatini International Trade Fair (EITF), according to projections by the Eswatini Investment Promotion Authority (EIPA).

EIPA's External Trade Promotions Manager, Sibusiso Mnisi, made the announcement during a press briefing at the authority's premises.

The Trade Fair, scheduled for August 29 to September 8, is expected to draw both local and international exhibitors under the theme 'Accelerating Inclusive and Sustainable Business Growth through Digitalisation and eCommerce'

Mnisi highlighted that the event was not only a commercial showcase but also a social and cultural platform.

"The Trade Fair is a hub of commerce, innovation and opportunity. By integrating sport into this ecosystem, we are helping to

unlock new avenues for entrepreneurship, tourism and youth development," he said.

He added that the 10-day event would proceed smoothly, blending business with social impact.

"We foresee a successful period, where the synergy between business and sport will be more visible than ever. We are not just investing in events we are investing in people, potential and progress," Mnisi stated.

The event will feature a wide range of exhibitors and sector-focused activities, reflecting the increasing importance of online business and digital technologies.

According to Mnisi, the Fair aims to promote inclusive and environmentally responsible business practices. This year's programme will also include industry forums and conferences, tackling topics such as consumer goods distribution, channel selection, and marketing innovation.

Mnisi expressed appreciation to the various stakeholders who continue to contribute to the growth of the Trade Fair, noting that their support has ensured the event's development into one of the region's premier platforms for commerce and collaboration.



▲EIPA External Trade Promotions Manager, Sibusiso Mnisi.



▲Trade Fair Mascots Jaha and Ngabisa.

EITF reports 80% readiness

By Delisa Magagula

THE International Trade Fair (EITF), Eswatini investment Promotion Authority (EIPA) Trade Promotion Manager Sihle Nkhabindze has said preparations are currently at 80% completion for this year's Trade Fair taking place this Friday.

The 57th edition will be held from August 29 to September 8 under the theme 'Digital Transformation 2.0: Creating Business Networks'

Nkhabindze said they were witnessing a hive of activity as companies geared up to showcase their products and services.

"We are seeing companies setting up their stalls, finalising logistics and rehearsing their presentations," he said.

Nkhabindze said this proactive approach reflected a growing enthusiasm within the business community, with many local and international firms eager to participate and make their mark.

"The preparations are not just about getting stalls ready they also encompass a wide range of activities, including promotional campaigns, scheduling networking sessions and securing guest appearances. We are ensuring that every-thing is in place to facilitate fruitful interactions among businesses, investors and potential partners," he said.

Meanwhile EIPA Executive Head of Promotions Sibusiso Mnisi said they had projected that more than 70 000 visitors would converge in the country. Mnisi also paid tribute to stakeholders who had ensured the growth of the initiative.

The event will feature a wide range of exhibitors and activities related to various business sectors, including digitalisation and e-Commerce, which is the core theme of the fair, highlighting the increasing importance of online business and digital technologies. With preparations progressing smoothly, the EIPA is optimistic about the potential outcomes of this event.

EITF 2025 IMPORTANT DATES:

Exhibition Dates: August 29 - September 8 Tags collection dates: August 48 -27 Thematic Days - Fit Friday: August 29, Cx Friday-September 5- Foodie Sunday Seminar dates: September 1-5 Networking mixers: September 1-6 Exhibition opening and closing time: 9am -6pm

EIPA to host export guide seminar

... This will equip Eswatini businesses for global trade

By Delisa Magagula

THE Eswatini Investment Promotion Authority (EIPA) invites local businesses, entrepreneurs, and aspiring exporters to attend a special seminar on 'Export Guide: How to Start Exporting', taking place on September 3. from 09:30 am to 10:45 am at the FNB Business Chamber during the Eswatini International Trade Fair (EITF).

The seminar is supported by partner agencies including the Eswatini Revenue Service (ERS), ESWASA, and the International Trade Centre (ITC).

The seminar is part of EIPA's ongoing efforts to empower local enterprises with practical knowledge and tools to successfully compete in international markets.

It follows the recent launch of the Export Guide 2025, a step-by-step manual designed to simplify the export journey for Eswatini businesses.

Participants will be guided through the 10 Steps to Exporting, which include: assessing export readiness, conducting market research, developing an export plan, securing documentation, navigating shipping and logistics, pricing products for export, exploring trade finance, managing customs clearance, mitigating risks, and successfully entering foreign markets.

Thandeka Dlamini, Manager External Trade Promotion at EIPA, explained the importance of the seminar.

"Exporting can be a powerful growth driver for Eswatini businesses, but many are discouraged by the complexity of the process. Through this seminar and the Export Guide 2025, we aim to demystify exporting, giving local companies the confidence and knowledge to expand into regional and global markets," she said.



▲ EIPA External Trade Promotion Manager, Thandeka Dlamini.

The session will also highlight Eswatini's access to preferential trade opportunities through agreements such as SACU, SADC, COMESA, AfCFTA, AGOA, and the EU Economic Partnership Agreement, which together provide duty-free or preferential access to markets representing more than 2 billion consumers worldwide.

"EIPA encourages all local businesses, whether new to exporting or seeking to expand their international reach, to attend this valuable session and take the first step toward unlocking export success," she said.

In addition she mentioned that exporting can unlock immense growth opportunities for local enterprises. With the Export Guide 2025, they aim to demystify the export process and empower Eswatini businesses large and small to compete and succeed in global markets.

The Export Guide 2025 is available for download at https://investeswatini.org. sz/?r3d=export-guide-2025. To participate in export readiness training or access further support, businesses are encouraged to contact EIPA at trade@sipa.org.sz.

'Nvidia set for \$260 billion price swing'



▲A smartphone with a displayed NVIDIA logo is placed on a computer motherboard in this

By Laura Matthews

NEW YORK — Options traders are pricing in about a \$260 billion swing in Nvidia's market value following the chipmaker's second-quarter earnings expected on Wednesday, U.S. options market data showed.

Nvidia options implied a roughly 6 per cent swing for the shares in either direction following the results, which will be reported after markets close on Wednesday, according to the data.

That is below the 7 per cent long-term average move, suggesting that investors may now have a better handle on what to expect as the company matures.

"The ripples out of Nvidia might be more interesting than the actual move for Nvidia," said Chris Murphy, co-head of derivatives strategy at Susquehanna, a market maker. "A lot of these really high-flyer, speculative AI names have come off a lot, but Nvidia is basically back right below its all-time high."

Should the chipmaker's results exceed expectations, Murphy said that would "support some of the harder hit, more speculative areas of the AI trade."

Over the last 12 quarters, Nvidia's implied earnings move averaged 7.7 per cent, while the average actual move was closer to 7.6 per cent, according to data from ORATS.

After a huge rally that helped lift markets this year, the technology sector pulled back a bit this month on fading enthusiasm for those stocks.

Traders are now eying Nvidia earnings to see if its \$4 trillion market valuation is justified. Additionally, the potential impact on its forecasts from a recent revenue-sharing deal with the U.S. government will be closely watched.

Shares of Nvidia, the semiconductor giant at the heart of the AI trade, have gained about 34 per cent this year, and closed up 1.02 per cent on Monday at \$179.81. The S&P 500 fell 0.43 per cent to 6,439.32 on the day and was up 9.5 per cent year-to-date.

"It's been (on) an amazing run," said Matt Amberson, founder of ORATS. "It's just a Goldilocks time for Nvidia." (**Reuters**)



▲ South African Rand notes are seen in this illustration.

South African rand flat ahead of leading indicator data

JOHANNESBURG — The South African rand was little moved in early trade on Tuesday, ahead of the release of local central bank data that will shed light on the country's economic outlook.

At 0536 GMT the rand traded at 17.6025 against the dollar, a whisker away from Monday's close. At around 0700 GMT, the South African Reserve Bank will publish the country's leading business cycle indicator for June, which collects data on vehicle

sales, business confidence, money supply and other factors. It will help domesticallyfocussed investors to gauge the health of Africa's most industrialised economy.

Domestic releases due later in the week include producer inflation numbers on Thursday, money supply and private sector credit and trade balance and budget balance figures on Friday.

South Africa's benchmark 2035 government bond was weaker in early deals, as the yield rose 2 basis points to 9.595 per cent. (**Reuters**)



A pump jack operates near a gas turbine power plant in the Permian Basin oil field outside of

Oil falls from almost three-week high driven by supply risks

By Seher Dareen

LONDON — Oil prices lost more than 1 per cent on Tuesday after surging nearly 2 per cent in the previous session as traders monitor developments surrounding the war in Ukraine and potential disruption to Russian fuel supplies.

Brent crude was down \$1.08, or 1.57 per cent, at \$67.72 a barrel by 1040 GMT, having hit its highest since early August in the previous session. West Texas Intermediate (WTI) crude lost \$1.13, or about 1.74 per cent, to \$63.67.

"The modest setback today is due to risk aversion, with equity markets trading lower," said UBS analyst Giovanni Staunovo. "Geopolitical factors are something to watch for, particularly what Trump might do if there is no meeting between Russia and Ukraine."

Oil's rally on Monday was primarily driven by supply risks after Ukraine strikes on Russian energy infrastructure and the possibility of further U.S. sanctions on Russian oil.

Ukraine's attacks in response to Russia's

advances in the conflict and its pounding of Ukrainian gas and power facilities have disrupted Moscow's oil processing and exports and created gasoline shortages in some parts of Russia.

U.S. President Donald Trump, meanwhile, has renewed his threat to impose sanctions on Russia if there is no progress towards a peace deal in the next two weeks.

However, sources have told Reuters that U.S. and Russian government officials discussed several energy deals on the sidelines of this month's negotiations seeking peace in Ukraine.

"Given the huge amount of uncertainties in the oil market caused by the Ukrainian conflict and the tariff war, investors will remain unwilling to commit themselves to either direction on a prolonged basis," said PVM Oil Associates analyst Tamas Varga.

In the medium term, Brent prices could be bound to a trading range of \$65-\$74 for the foreseeable future, he added.

Looming U.S. tariffs against India over its continued purchases of Russian oil are also in focus, said Saxo Bank commodities strategist Ole Hansen. India is the thirdlargest buyer of Russian crude.

Indian exports could face U.S. duties of up to 50 per cent - among the highest imposed by Washington. (**Reuters**)

South Korea eyes non-binding deal to steer \$350 bln U.S. investments

By Hyunjoo Jin and Joyce Lee

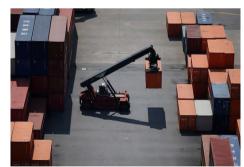
SEOUL — A top South Korean official said on Monday that the U.S. and South Korea had decided to establish a non-binding agreement to define the operation and structure of \$350 billion in investment funds agreed as part of a July trade deal.

Seoul agreed with Washington last month on a trade deal to cut U.S. tariffs in exchange for pledging the investments, though differences emerged on how the sides interpreted details of the plan, including how profits would be distributed.

Presidential policy adviser Kim Yongbeom said on Monday the two sides were making progress in reaching an agreement in broad terms during his visit to Washington for the summit between U.S. President Donald Trump and South Korean President Lee Jae Myung.

During his trip, Kim said he had held a separate meeting with U.S. Commerce Secretary Howard Lutnick for two hours.

Kim said that the U.S. hoped to agree a memorandum of understanding (MOU) to oversee the investment plan as soon as



▲Shipping containers are seen at Pyeongtaek port in Pyeongtaek, South Korea.

ossible

The "financial package" would be used to support strategic industries such as key minerals, batteries, chips, pharmaceuticals, artificial intelligence and quantum computing, Kim said. He reiterated that up to \$150 billion had also been earmarked for shipbuilding. Seoul would create a task force to work on detailed implementation plans, led by the finance ministry and joined by state-funded banks, Kim said.

South Korean officials previously disputed Lutnick's remarks suggesting the U.S. would take 90% of the profits from the investments. Officials in Seoul also said equity investments would account for a small part, while loans and guarantees would make up a majority of the funds. (**Reuters**)

Apple is holding its iPhone 17 event on September 9

APPLE said today that it is holding its event for the iPhone 17 on Tuesday, September 9 — just like last year.

The company has started sending invites for the event, which will be held at the Steve Jobs theatre in Cupertino and will start at 10 a.m. PT/1 p.m. ET.

While the company is expected to release one regular and two Pro phones, it could replace the Plus with a new and slim iPhone 17 Air model. The device could reportedly have a thickness of 5.5 mm with a 6.6-inch screen. This would make the new iPhone 17 Air 0.08 inches thinner than the current gen models.

The base iPhone 17 is reported to have a new and bigger 6.3-inch screen with a 120Hz refresh rate instead of 60Hz in previous years.

Along with the iPhones, Apple will likely have updated the Apple Watch Series 11, Ultra 3, and SE 3. The Apple Watch Ultra 3 would be a notable update amid the trio, with a bigger screen and faster charging support.

The company might also announce AirPods Pro 3, three years after the previous generation of Pro AirPods were released. The new buds would have a more compact design, a new chip for better noise cancellation and audio processing, and touch-sensitive controls. (**TechCrunch**)



▲ The company has started sending invites for the event, which will be held at the Steve Jobs theatre in Cupertino and will start at 10 a.m. PT/ 1 p.m. ET. While the company is expected to release one regular and two Pro phones, it could replace the Plus with a new and slim iPhone 17 Air model.

YouTube's 'Hype' feature that boosts smaller creators launches globally

YOUTUBE'S "Hype" feature, which allows fans to help their favorite creators get discovered, is rolling out globally, the company announced Tuesday. First introduced at Google's Made on YouTube event in 2024, the feature — a dedicated button that appears below the existing "like" button — will become available on videos from creators with fewer than 500,000 subscribers.

The feature is now available across 39 countries, including the U.S., U.K., Japan, Korea, Indonesia, and India

Viewers have the opportunity to hype up to three videos per week for a favorite creator. This gives the video points, which helps it gain traction on a new, ranked leaderboard that YouTube users can find in the Explore menu. To make hyping fair, YouTube says it will give smaller creators a bigger boost. That means if a creator has fewer subscribers, they'll get a bigger bonus when fans hype their video.

Videos that have received this fan boost will display a "hyped" badge, and users can also filter their Home feed on YouTube to see only videos with the new "hyped" category. When a video they've hyped is getting close to the leaderboard, YouTube will notify the users who helped hype it. Dedicated fans can



▲ The feature is now available across 39 countries, including the U.S., U.K., Japan, Korea, Indonesia, and India.

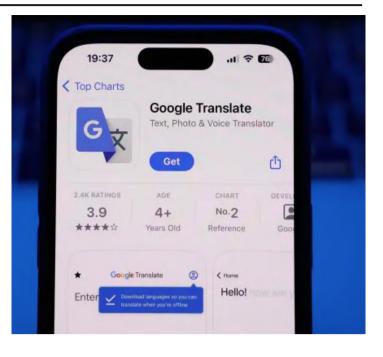
show their support by earning a new "hype star" badge every month, as well.

YouTube said it introduced Hype because it saw that passionate fans wanted to be a part of a creator's success story. However, the addition will also offer YouTube a new revenue stream as the company said

it plans to let fans purchase more "hypes" to help boost their favorite videos in the future.

In the near term, YouTube is also developing hype leaderboards for specific interests, like gaming and style, and a way for fans to share that they've just hyped a video.

(TechCrunch)



Google Translate takes on Duolingo with new language learning tools

GOOGLE is rolling out a new AI-powered experimental feature in Google Translate designed to help people practice and learn a new language, the company announced on Tuesday. Translate is also gaining new live capabilities to make it easier to communicate in real time with a person speaking different language.

The new language practice feature is designed for both beginners starting to learn conversational skills and advanced speakers looking to brush up on their vocabulary, the company says. To do so, it creates tailored listening and speaking practice sessions that adapt to a user's skill level and unique learning goals.

With this new language practice feature, Google is taking on Duolingo, the popular language learning app that uses a gamified approach to help users practice over 40 languages.

To access the feature, you'll select the "practice" option in the Google Translate app. From there, you can set their skill level and goals. Google Translate then generates customized scenarios where you can either listen to conversations and tap the words you hear to build comprehension, or you can practice speaking. The exercises track users' daily progress, Google says.

The beta experience is rolling out in the Google Translate app for Android and iOS starting Tuesday. The feature is available first for English speakers practicing Spanish and French, as well as for Spanish, French, and Portuguese speakers practicing English.

Google is also introducing the ability for users to have backand-forth conversations with audio and on-screen translations through the Translate app.

"Building on our existing live

conversation experience, our advanced AI models are now making it even easier to have a live conversation in more than 70 languages — including Arabic, French, Hindi, Korean, Spanish, and Tamil," Google wrote in a blog post.

You can tap the "Live translate" option in the Translate app and then select the language you want to translate by simply speaking. You'll then hear the translation aloud alongside a transcript of your conversation in both languages. The app will translate and switch between the two languages that you and the other person are speaking.

Google notes that the feature can identify pauses, accents, and intonations to allow for a natural-sounding conversation.

The feature uses Google's voice and speech recognition models to isolate sounds, which means you would be able to use the live capabilities in a loud restaurant or busy airport.

These live translation capabilities are available starting Tuesday for users in the U.S., India, and Mexico.

"These updates are made possible by advancements in AI and machine learning," Google wrote in its blog post. "As we continue to push the boundaries of language processing and understanding, we are able to serve a wider range of languages and improve the quality and speed of translations. with our Gemini models in Translate, we've been able to take huge strides in translation quality, multimodal translation, text-to-speech capabilities."

Google says that people translate around 1 trillion words across Translate, Search, Lens, and Circle to Search. The company believes these new AI-powered features will help overcome language barriers.

(TechCrunch)

Brazil's Petrobras can return to Nigeria quickly - president says

BRAZIL'S state-run oil company Petrobras, which left Nigeria five years ago, should be able to return quickly, Nigerian President Bola Tinubu told a news conference with his Brazilian counterpart as part of a two-day visit to deepen ties.

Petrobras began operations in Nigeria in 1998 in the deep waters off the Niger Delta. It sold its stakes more than 10 years ago to raise cash for domestic projects.

Since then, Nigeria has been cracking down on some of the problems that have limited oil and gas

"We have the largest gas repository. I don't see why Petrobras shouldn't return as a partner in Nigeria as soon as possible," Tinubu

said during a joint news conference with Brazilian President Luiz Inácio Lula da Silva in Brasília on Tuesdav.

"I appreciate President Lula's promise that this will be done quickly," Tinubu said.

Apart from improvements in the oil and gas sector, Tinubu said economic reforms in Nigeria were beginning to yield results, citing improved access to foreign exchange.

During the visit to Brazil, the two leaders signed agreements on trade, energy, aviation, science and finance as part of efforts to strengthen ties between Africa's largest economy and Latin America's biggest market.

They included an agreement with Brazilian aircraft manufacturer Embraer (EMBR3.SA)

, opens new tab to establish a service centre in Nigeria, and the lead-

ers announced the launch of a direct flight route between Lagos and São Paulo, to be operated by Nigerian carrier Air Peace.

Nigeria is Brazil's 49th largest export destination, with bilateral trade reaching nearly \$2.1 billion in 2024. Brazil exported \$1 billion worth of goods to Nigeria, primarily sugar and jams, while importing \$1.1 billion, mostly fertilisers.

It is unclear how much of a boost Petrobras might provide.

In May, Nigeria's foreign minister said the country was in discussion with the company on the exploration of its deep water oil acreage.

Petrobras has also said it was in talks with companies including existing partners ExxonMobil, Shell, and TotalEnergies, to buy a share of their African assets. (**Reuters**)



SA govt warns youth after Russian job scam adverts

THE South African government has expressed alarm and issued a stern warning to young women in the country, cautioning them not to succumb to the job scam originating from Russia.

The warning comes after a job-offers scam circulated on social media where young women aged between 18 and 22 years are lured to take employment opportunities in Russia.

Based on the scam, the Ministry in the Presidency for Women, Youth, and Persons with Disabilities raised alarm over recent reports of alleged job offers and warned young women not to fall into the trap of being recruited.

"Although we recognise that South Africa faces unacceptably high youth unemployment, especially among young women, this harsh reality must never be exploited through false job offers," the ministry said on Monday.

Given the high unemployment rate in the country and the struggles young people face in finding jobs, the government has issued a stern warning that the government does not facilitate or endorse the job opportunities advertised on social media for positions in Russia.

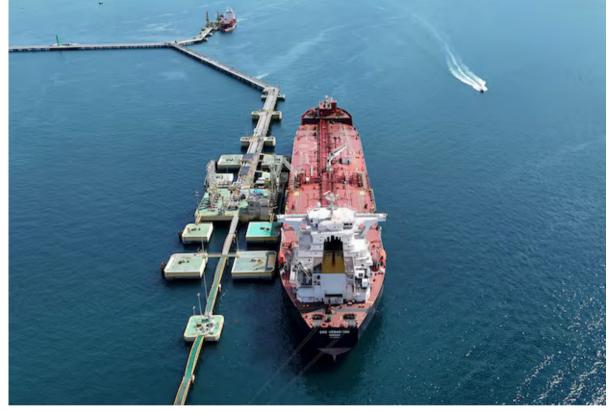
he ministry asserted that official diplomatic channels and formal bilateral agreements, not social media platforms, organise all legitimate international employment opportunities.

The youth has been urged to exercise extreme caution regarding any unsolicited offers for international employment, especially when they get job offers through social media and other online platforms.

"Before pursuing international work or study opportunities, young people are urged to verify the authenticity of the job adverts through the Department of International Relations and Cooperation and its missions abroad, relevant foreign embassies or missions within South Africa of the intended country of travel for the opportunity, the Department of Employment and Labour, the South African Police Service, or the Department of Higher Education and Training," the department said.

"The safety, dignity, and future of young South African women are of paramount importance, and we cannot allow desperation borne of high unemployment to be weaponised against our youth.

(Sunday World)



▲ Petrobras began operations in Nigeria in 1998 in the deep waters off the Niger Delta. It sold its stakes more than 10 years ago to raise cash for domestic projects.

Trust in police falls: More than 60% of theft, robbery victims don't report crimes

STATISTICS South Africa has found the public has a growing lack of faith in the nation's po-

At least half of victims of certain crimes were likely to not report incidents at all, while less than 40% of South Africans considered the police the best placed to respond to a crime.

Overall figures showed that almost 1.5 million households had a member who had experienced some form of crime in the 2024/25 financial year.

Half of thefts unreported

The Governance, Public Safety and Governance and Justice (GPS-GJ) survey was released on Tuesday, which compiled public sentiment around crime experiences.

Housebreakings and home rob-

beries accounted for 86% of the crimes mentioned in the survey, with the figure representing 5.7% of all households in the country.

The survey showed that 63.6% of theft victims did not report the incident, an increase from 55.8% in the previous financial year.

53.2% of the victims said they did not report the incidents because they felt police would not or could not assist.

A further 8% did not report the crime as they either did not trust or were fearful of police.

These stats were based on 1.3 million incidents of theft involving 1.16 million victims.

Additionally, 65% of robbery victims did not report their ordeals for the same reasons listed above.

For those who witnessed a

crime, only 39.6% stated that calling the police was their preferred option, down from 43.8% last year.

When expressing their feelings of safety in their own neighbourhoods, 81% of respondents over 16 said they felt safe walking the streets during the day.

However, that number dropped sharply to 36.1% when asked about walking the streets at night.

The survey showed that South Africans were increasingly afraid of their streets at night, as the number of those feeling safe after dark stood at 39.6% in 2020/21.

When focusing on women, 66.2% said they felt either a little or very unsafe when walking the streets of their own neighbourhoods at night.

(Sunday World)



▲ StatsSA has done a survey into the victims of crime in SA.

Residents said Israeli aerial and tank shelling continued throughout the night and early on Tuesday in the eastern Gaza City suburbs of Sabra, Shejaia, and Tuffah, as well as in Jabalia town to the north, destroying roads and houses.

"Earthquakes, we call it, they want to scare people to leave their homes," said Ismail, 40, a Gaza City resident.

The Israeli military has said its forces are operating in the area to locate weapons and destroy tunnels used by militants. Despite widespread protests at home and international condemnation, Israel is preparing to launch a new offensive in Gaza City, in what it describes as Hamas' last bastion.

Israeli strikes at Nasser Hospital in the southern Gaza Strip on Monday killed at least 20 people, including journalists working for Reuters, the Associated Press, Al Jazeera and others.

At least 34 people were killed in Israeli strikes in the enclave overnight and on Tuesday, local health authorities said, including 18 people around Gaza City.

Around half of the enclave's two million people currently live in

Mine Manager +268 24317258/ +26878026641

Families leave Gaza City after night of bombardment, Israelis protest

Gaza City, with several thousand already moved westward, pouring into the heart of the city and along the coast.

Others have ventured further south to central Gaza and the coastal area of Al-Muwasi near Khan Younis.

Monday's attack on Nasser hospital in Khan Younis killed cameraman Hussam al-Masri, a Reuters contractor, near a live broadcasting position operated by Reuters.

Minister Benjamin Prime Netanyahu said Israel deeply regretted what he called a "tragic mishap," but the Israeli military has yet to provide details of the

ISRAELI 'DAY OF DISRUPTION'

Israeli protesters blocked roads in Tel Aviv and elsewhere in the country, holding up pictures of hostages still held in Gaza and calling for the war to end. A rally planned outside Israel's defence headquarters later on Tuesday is expected to draw thousands of people. "For 690 days, the government has been waging a war without a clear objective," said Einav Zangauker, mother of Israeli hostage Matan Zangauker,



▲Protesters sit in a cage as they block a main road during a demonstration demanding the immediate end of the war and the release of all hostages who were kidnapped during the deadly October 7, 2023, attack on Israel by Hamas, near Habonim,

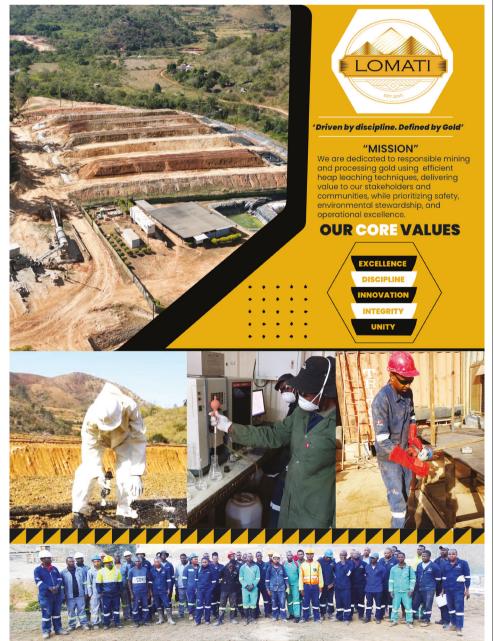
in a statement with other hostage country?" she said. families who launched the socalled Day of Disruption.

"How will the hostages, the living and the fallen, be returned? Who will govern Gaza the day after? How do we rebuild our

The war began on October 7, 2023, when Hamas-led gunmen burst into southern Israel, killing some 1,200 people, mainly civilians, and taking 251 hostages.

Israel's military

against Hamas has since killed at least 62,000 Palestinians, mostly civilians, according to the Gaza health ministry, plunged the enclave into a humanitarian crisis and internally displaced nearly its entire population. (Reuters)



Maqhawe@lomatimine.gold

lomatimine.gold

Donald Trump renews push for denuclearization talks with Russia, China

U.S. President Donald Trump said he wants to open denuclearization talks with Russia and China, revisiting an issue he previously raised as he also seeks to restart stalled diplomacy with

"One of the things we're trying to do with Russia and with China is denuclearization, and it's very important," Trump told reporters ahead of his meeting on Monday with South Korean President Lee Jae Myung at the White House.

"I think the denuclearization is a very — it's a big aim, but Russia is willing to do it, and I think China is going to be willing to do it too. We can't let nuclear weapons proliferate. We have to stop nuclear weapons. The power is too great," Trump said.

At a separate White House event earlier on Monday, Trump said he had raised the issue with Russian President Vladimir Putin. He did not share specific details on when the conversation took place.

"We're talking about limiting nuclear weapons. We'll get China into that," Trump said.

"China is way behind, but they'll catch us in five years. We would like to denuclearize. It's too much power, and we talked about that also," Trump added.

The U.S. president's comments come as he expressed his desire to meet with North Korea's leader Kim Jong Un this year.

Kim has ignored Trump's repeated calls since the Republican president took office in January to revive the direct diplomacy Trump pursued during his 2017-2021 term in office, which produced no deal to halt North Korea's nuclear program.

Trump had first laid out his intention



▲ US President Donald Trump.

to pursue nuclear arms control efforts in February, saying he wanted to begin discussions with both Putin and Chinese President Xi Jinping about imposing limits on their arsenals.

Speaking to reporters in the Oval Office at the time, Trump said denuclearization would be a goal of his second term and that he hoped to get started in the "not too distant future".

The renewed focus on nuclear arms control comes as the New Strategic Arms Reduction Treaty, or New START, is set to expire on February 5, 2026. The treaty, signed in 2010, is the last remaining nuclear arms agreement between the U.S. and Russia and limits the number of strategic warheads and delivery systems each side can deploy.

(Reuters)

FNB Eswatini fuels Swazi Rally 2025 with E50 000 sponsorship

Stories by Siphesihle Dlamini siphesihled@rubiconmedia.group

FNB Eswatini has once again

demonstrated its strong commitment supporting Eswatini's entertainment and tourism sectors by sponsoring the Swazi Rally 2025 with a generous boost of E50,000.

This significant contribution underscores the bank's ongoing dedication to enhancing the experience of both local and international attendees at one of the country's most celebrated annual events. The official cheque handover took place on Tuesday morning at the Sidvokodvo Riders Ranch, the venue that will host the 32nd edition of the Swazi Rally from August 29 to 31, 2025, Chantell Littler, FNB's Executive Head of Commercial Banking, emphasised the importance of the partnership during the event. Represented by Nkosingiphile Mkhonta, Littler highlighted that the bank's involvement goes beyond mere sponsorship; it is a strategic investment in Eswatini's growing tourism industry, which is vital for the country's economic development.

"We understand how critical the Swazi Rally is for the entertainment and tourism sectors in Eswatini," Littler said. "These industries are the foundation for the sustained economic growth and prosperity we all seek. That is why we are proud to support the event once again, ensuring that both locals and tourists have access to convenient banking services throughout the rally. As a business, 'Sitintile Eswatini futsi asiyindzawo,' we are committed to Eswatini, and partnering with an event of this magnitude allows us to bring this



FNB Eswatini's Nkosingiphile Mkhonta, Mandisa Simelane and Zanele Mabuza handover a cheque to Swazi Rally's Sonia Paiva and Damian de Sousa.

commitment to life."

The Swazi Rally has long been a flagship event that attracts bikers and enthusiasts from across the Southern African region

This year's rally is expected to draw participants from South Africa, Botswana, Namibia, Lesotho, and Mozambique, among other countries, making it a truly international gathering that boosts Eswatini's profile as a vibrant tourism destination.

Sonia Paiva, Treasurer of the Swazi Rally, expressed heartfelt gratitude to FNB Eswatini for its continued support. "FNB's backing means a great deal to us. The bank provides a one-stop-shop banking experience for all attendees, whether they need to withdraw cash, swipe their cards, or use the ATM. This convenience is especially important as our patrons come from all over Africa and even beyond," she said.

Itallo's Mountain View jazz show postponed

show for quite some time, and we are happy

to oblige," she said in an exclusive interview.

"This event is also an opportunity for Itallo

to present some new music alongside old

favourites. We also have new patrons who

Itallo has earned widespread acclaim for

his soulful trumpet playing, which goes

beyond mere performance to become a

celebration of life and African culture.

His music is deeply rooted in African

musical traditions while embracing the

improvisational spirit of jazz, creating

years,

the

a sound that is both authentic

and innovative. Over

have never experienced an Itallo show."

much-anticipated Mountain View International Hotel concert featuring multi-award-winning Afro-Jazz trumpeter Itallo, originally scheduled for August 29, 2025, has been postponed.

The event, organised by The Jazz Gallery, will now take place on a rescheduled date yet to be announced, according to Nelisa Lawton, director of Into Music Society and The Jazz Gallery. The postponement comes as a surprise to many fans eager to experience Itallo's unique blend of traditional African rhythms and contemporary jazz.

Lawton cited "unforeseen circumstances" as the reason behind the delay but assured



performances that captivate audiences across the globe. Fans can look forward to a dynamic concert experience when the show finally takes place. Itallo plans to debut new compositions alongside his classic hits, promising an engaging mix that will appeal to both longtime followers and newcomers. Lawton emphasised the significance of the

event, noting that Itallo's music resonates deeply with listeners and that the concert is a must-see for jazz enthusiasts. "People should attend because Itallo never disappoints; a great time is guaranteed," she added.

musical exceptional events, consistently provided a platform for artists who push the boundaries of their genres. This postponed concert is expected to continue that tradition, offering an evening

The Jazz Gallery, known for curating

filled with rich melodies, intricate rhythms, and an atmosphere of joy and celebration. Attendees can anticipate a musical journey that transcends genres and invites them to connect with the vibrant spirit of Afro-Jazz.

While the delay is disappointing, the promise of a rescheduled show featuring Itallo's innovative trumpet artistry ensures that fans have something extraordinary to look forward to. The Jazz Gallery and Into Music Society remain committed to delivering an unforgettable experience that honours the legacy and future of jazz music in the region.



▲ Nothando Hlophe.

'Sithumela Wena' hits 100 000 YouTube views

powerhouse Gospel Nothando Hlophe is making significant waves in the music industry with her latest single titled 'Sithumela Wena.'

Released on August 15, 2025, the song has quickly gained popularity, amassing over 100,000 views on YouTube within just 10 days. It is also available on all major digital platforms, making it accessible to a wide audience. The single was recorded live at the Mavuso Trade Centre during her latest live album recording, 'A New Dawn,' which took place on June 7, 2025. This event not only showcased Hlophe's remarkable vocal prowess but also highlighted her deep connection with her audience, creating an atmosphere filled with worship and spiritual fervour. The live performance was a testament to her artistry and ability to engage listeners in a meaningful way.

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

In her own words, Nothando Hlophe stated, "Get ready to worship, celebrate, and declare the name of Jesus like never before! This is more than music; it's a movement, a sound from heaven for this generation." Nothando Hlophe is no stranger to the gospel music scene. With a legacy rooted in the renowned group Women in Praise, she has carved out a niche for herself as a solo artist. Her music seamlessly blends traditional African gospel with contemporary praise, making her a beloved figure not only in Eswatini but across Southern Africa.

Her previous works have established her as a formidable force in the industry, and 'Sithumela Wena' is expected to further solidify her impact in the gospel music landscape. The response to 'Sithumela Wena' has been overwhelmingly positive, with many listeners expressing how the song resonates with their spiritual journeys. Social media platforms are abuzz with comments and shares, demonstrating the song's growing influence. The hashtag #SithumelaWena has begun to trend, as fans share their experiences and interpretations of the song's message.

Supta to ignite Mlawula Campfire Festival 2025

Stories by Siphesihle Dlamini siphesihled@rubiconmedia.group

THE Mlawula Campfire Festival is gearing up for its sixth spectacular edition.

Promising an unforgettable weekend of music, nature, and community spirit from September 26 to 28, 2025. Set within the breathtaking Mlawula Nature Reserve at the Siphiso Campsite, this festival has become a beloved annual event, drawing outdoor enthusiasts and families eager to immerse themselves in the beauty and tranquility of Eswatini's wilderness.

A standout highlight for this year's festival is the much-anticipated appearance of South African sensation Supta. Recognised as a dynamic DJ, producer, radio personality, and entrepreneur, Supta brings a multifaceted talent that resonates with diverse audiences. His daily presence on YFM's "The A-List," co-hosted with the engaging Tshepi Mabulana, has cemented his status as a household name in the South African music scene. Notably, the event has also confirmed Eswatini's DJ Obsession.

The festival's unique charm lies in its seamless blend of adventure, entertainment, and cultural enrichment, all set against the stunning backdrop of the Mlawula Nature Reserve. This year, organisers have expanded the program to deepen the festival's engagement with nature and community, ensuring something for everyone.

Adventure seekers will relish the invigorating hikes led by local experts through the reserve's lush landscapes. These guided treks provide a rare opportunity to explore the rich biodiversity of the area, from its vibrant flora to the diverse fauna that inhabit the reserve.



▲ Supta

Beyond physical experience, these hikes serve an educational purpose, raising awareness about conservation efforts vital to preserving this natural treasure.

For those who prefer a more relaxed pace, the festival offers yoga and aerobics sessions amidst the serene environment of the reserve. These wellness activities are designed to help participants unwind, recharge, and foster a deeper connection with the natural world around them. Cultural enthusiasts will find plenty to engage with through a variety of workshops

and demonstrations. These sessions highlight local crafts, traditional cuisine, and cultural practices, offering a platform for attendees to appreciate and engage with Eswatini's rich heritage.

Adding to the festival's vibrant entertainment lineup is a comedy night featuring some of Africa's most beloved comedians. The event will showcase the talents of Siyanda Maphumulo and Monkey Man, alongside Eswatini's stars Christian Dude, Bongiswa & Darren, and the dynamic duo Gogo & S'lwane.

Thenjiwe Unplugged brings laughter to Eswatini

GET ready to laugh until your sides hurt, as South African comedy queen Thenjiwe is set to bring her highly anticipated stand-up special, 'Thenjiwe Unplugged,' to Eswatini, at Mbabane Theatre Club on October 4, 2025.

After a whirlwind tour that has taken her from Edinburgh to Johannesburg, Thenjiwe is ready to deliver an unforgettable night of humour, honesty, and heart at Mbabane Theatre Club. With a reputation for her sharp wit and relatable storytelling, Thenjiwe has captivated audiences around the globe. Fresh off a successful global tour with her show 'The Mandela Effect' and a sold-out run at the prestigious Edinburgh Festival, she is excited to return to her roots and share her unique perspective on life, love, and everything in between.

In a recent interview, Thenjiwe opened about the inspiration behind 'Thenjiwe Unplugged'. "To be honest, this show is inspired by two things: my love for laughter and my desire to wear five costume changes without being judged," she quipped.

But the show is more than just jokes; it represents a full-circle moment for the comedian. "I've performed in London, Lagos, Lusaka, and even Bangkok. But there's something about home soil that hits differently. I wanted to start the tour

in Durban, my hometown, and Eswatini, my favourite country, because it feels like I'm performing not just for fans, but for ancestors with front-row VIP seats."

Thenjiwe's goal for the show is clear: "I want to bring the best African comedy to the stage and prove that laughter is the one export we don't need visas for." The comedian promised a fun-filled experience that will leave attendees in stitches. "Look, if you come to this show and don't laugh, you might need spiritual deliverance

or a battery change," she joked.
"This isn't just a comedy show, it's
a healing. You will laugh in Zulu, in
SiSwati, in English, even in tongues
if the spirit leads!"

To elevate the experience, Thenjiwe is bringing along an all-star line-up of comedians. Among them is 'Thando Mseleku,' known as Baba ka WorldCup, who will be making his debut in Eswatini. "I've told him so many good things about the country that he packed his suitcase in June for an October show. He's ready," Thenjiwe shared.

Also joining Thenjiwe is 'Flymotion,' the first South African comedian she ever collaborated with on comedy skits before they became a trend. "I've always wanted to share the stage in Eswatini with him, but every time I came, he'd

be 'booked and busy.' This year, the comedy gods opened the calendar, and it's finally happening," she exclaimed. The show will also feature one of the funniest guys in

Eswatini, Mdura.





▲ Anthonimass

Anthonimass slated for War Words

POETRY In Comfort, one of the premier poetry shows in the Kingdom, is poised to make a grand return on December 6, 2025, and has revealed Anthonimass as a performer.

This event promises to be a celebration of both established and emerging poets, offering a unique blend of art and luxury in an outdoor setting. In an exclusive interview, Project Manager Mnqobi Tsabedze shared insights into the vision behind this year's show. "We are presenting the art space with a poetry in comfort outdoor concept," he explained. "We take it this is a self-explanatory concept; we want to provide an exclusive, luxurious experience to poetry lovers and art enthusiasts. Our goal is to create lasting memories for attendees, rather than just having them attend an event and leave."

Segments

The event will feature distinct segments designed to enhance the overall experience for participants and attendees alike. The first segment focuses on Talent Search/Talent Appreciation, where young and undiscovered poets will be given a platform to showcase their skills on a significant stage. "This segment allows us to crown the best poets of the day," Tsabedze noted. "We believe that this will change the poetry industry; it is what it needs now. We aim to award all the amazing undiscovered talent a stage to showcase what they have to the world."

Tsabedze emphasised the importance of maintaining a classy and manageable event, which is why they are limiting the number of entries. "We want to ensure that the event remains intimate and allows for meaningful interactions," he added. Attendees can anticipate an experience unlike any other. "Poetry lovers should expect a memory they will keep forever," Tsabedze stated. "We urge poetry lovers, art lovers, and young people to buy tickets to support this great initiative, which looks at empowering youth and uplifting the art space in the country."

Ex-Miss Teen World Katlego 'Kat' Ncala, lover host glamorous white wedding

FORMER Miss Teen World Katlego "Kat" Ncala and her Islamic lover Ebrahim Dulobo recently hosted a glamorous white wedding.

After welcoming their baby boy in 2022, Ncala and Dulobo hosted their white wedding at the Ayana Wedding Venue in De Deur.

The former YO-TV presenter, who was crowned Miss Teen Africa 2014, Miss Teenager Earth 2018 (Mexico), and WLBF Miss Teen World (Turkey), along with her partner, finally tied the knot in a Black Tie Glamour-themed wedding.

Her father walked her down the aisle.

Influencers and celebrities honoured the invitation, including Blue Mbombo, fashion designer Ole Ledimo, and celebrity publicist Simphiwe Majola.

In 2024, Ncala and Dulobo welcomed their second child, a bouncing baby boy.

The couple secretly tied the knot thereafter in a traditional ceremony held in Johannesburg, Ncala's hometown. Ncala and Dulobo met while booked at a wellness centre a few years ago.

"She had a breakdown and was admitted into a wellness clinic in Gauteng. This is where they met and fell in love," a friend told Sunday World.

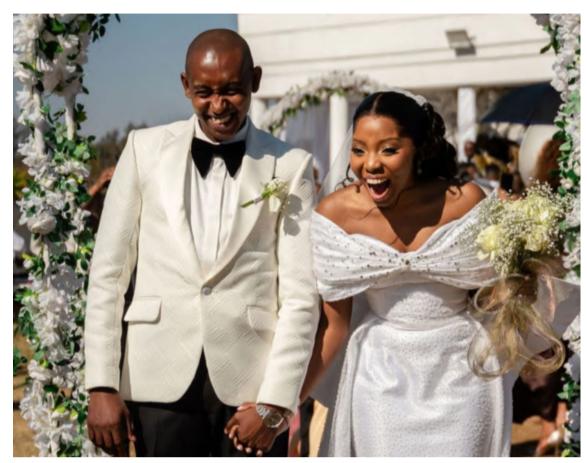
After recovery, the couple continued their relationship.

"It's a beautiful story of hope. They have fought for the relationship because she comes from an affluent home."

Ncala has expressed joy, stating: "I am so happy. We are finally a family. But I am very private and want to always protect what I love and not overshare."

The child star has taken a slight step outside of the limelight and is working as an account manager.

"Balancing motherhood, family, and business comes naturally for me. I love it, and I enjoy it," she said. While juggling a nine-tofive job, Ncala continues with her pageant, Miss Teenager SA. "The pageant is very close to my heart. It serves as an impactful programme for young girls in South Africa. (Sunday World)



▲ Beauty queen Katlego Ncala and Ebrahim Dulobo hosted their white wedding at Ayana Wedding Venue in De Deur.

Veteran actress Nandi Nyembe died without getting funds raised for her

SOUTH Africa is mourning the loss of Soweto eatery, Disoufeng, on April 28. veteran actress Nandi Nyembe, who passed away on Saturday at the age of

The star, who became a household name through her unforgettable performances in Yizo Yizo, Zone 14, and Showmax's Adulting, died without ever receiving the aid that had been raised for her or the long-promised visit from Gayton McKenzie, the Minister of Sport, Arts, and Culture.

Earlier in the year, a viral video exposed Nyembe's financial struggles.

The actress disclosed at the time that she had spent R88 000 of her hard-earned savings on her son's medical bills, leaving her with little to survive on.

The heartbreaking revelation moved fans, colleagues, and well-wishers to rally behind her, leading to a fundraising event at a

Sunday World can reveal that the event raised just R6 000, but Nyembe never received the payment.

According to her daughter, Thami Nyembe, the money never reached her mother almost four months later after the fundraising gig.

Promised necessities, including a heater for winter, also failed to materialise due to delays and alleged poor coordination by the organisers.

"She never received the funds or the items before her passing; I was busy with work when they were supposed to do the dropoff," Thami told Sunday World, confirming the family's disappointment.

In April, McKenzie joined the groundswell of support when he pledged R20 000 of his personal funds during a video call that was widely circulated on social media.

(Sunday World)



▲ Despite Nandi Nyembe's passing, her legacy and the lessons her life imparts will endure.

Queen Nandi claps back after controversial episode of new show

REALITY TV star Nandipha Mlobi, popularly known as Queen Nandi, has set tongues wagging and social media on fire after the explosive premiere of her new show, Nandi and the Rev.

The first episode, which aired on Sunday, left viewers fuming, many calling the show a circus that tramples on faith and family values. Some accused Nandi of being shamelessly insensitive, while others suggested the drama was cooked up to chase clout.

On the first episode, the cameras followed Nandi, her husband Mawuzole Mlobi, and their six children as they swapped a cramped one-room for a flashy rented pad in Sandton.

However, the initial excitement quickly faded as the strains in their marriage became appar-

Viewers were stunned as Mawuzole, unemployed for about three years, admitted they were living off handouts. In a heartbreaking con-

fession, he revealed: "Nandi wants this flamboyant, lavish life while I count the costs. We're broke. Sometimes I can't even provide for the kids to go to school; it breaks me."

Nandi faced immediate criticism from fans who labelled her as selfish and greedy, accusing her of putting undue pressure on her

strug-

🔺 Reality TV star Nandipha Mlobi.

But Nandi clapped back. In an interview with Sunday World, she dismissed the criticism, insisting she is no freeloader.

"I'm a hustler. I work as a content creator, I act, and I run an events company. People mustn't think I'm broke. People must also understand that the show is raw, unscripted, and a true reflection of a marriage.

"People hate it because it's real. Married couples go through struggles but won't admit it. I expected backlash because the truth makes people uncomfortable."

She said that the hate mainly came from bitter single women.

> "The attacks are coming from women who are failing in their relationships. They cry daily over men who've never even paid lobola for them, yet they judge me," she said, adding that viewers have not seen anything yet. (Sunday World)



DONALD Summerlin used to think putting actual cream in his coffee, rather than the powdered stuff, was "gourmet."

The 58-year-old had his first cup as a college freshman, harnessing the beverage's well-known exam-cram properties. Years later, he and his wife, Patti, traveled the world, where he was exposed to truly gourmet versions of the drink. At a high-end restaurant in Monte Carlo, Monaco, he had a cup of Guatemalan coffee after dinner. It was the best he'd ever had.

"Once you have a real cup of coffee, it stays with you," Summerlin says.

Still, back in the States, he had no issue with convenience store coffee. He has drunk five to six cups of brew a day for decades, gourmet and otherwise. Following a career in third-party logistics, he and Patti opened Donnie's Donuts in Atlanta in 2015. They wanted to serve only the finest java. He harkened back to that cup in Monte Carlo.

By then, he was familiar with research suggesting that coffee boosted brain health and reduced the risk of Alzheimer's and Parkinson's diseases. He also knows Kyoto-style cold brew, another favorite, is packed with higher levels of flavonoids and oils known for their antioxidant and anti-inflammatory properties, or as Summerlin puts it, "the gooey stuff in the bean that's good for your gut and brain."

So it came as no surprise when he read about a study released last year that linked coffee drinking with significantly higher levels of a bacteria that may contribute to a healthy gastrointestinal system. The research was the first in a series of studies aimed at "mapping the role of specific foods on the gut microbiome," the study says.

The gut microbiome is the collection of bacteria, fungi, viruses, and other microorganisms that can help predict your health, including your risk of disease and death. An imbalance in your microbiome – called dysbiosis – can contribute to chronic inflammation, inflammatory bowel disease, obesity, certain cancers, and other diseases.

Here's how your morning cuppa joe might be making your whole life better.

Why Focus on Coffee?

The paper, which was published in November, was based on research that began a few years earlier, when another study of more than 150 foods found that coffee had the "highest correlation with microbiome components."

Previous research linked coffee drinking with a host of health benefits, including lower risks of diseases of the heart and blood vessels, diabetes, nonalcoholic fatty liver disease, cancer, and other diseases, as well as all causes of death. A more recent study dubbed coffee "an elixir of youth," citing its anti-aging effects, ability to enhance mental function and metabolism, and its "role as a potent source of antioxidants."

These benefits led researchers to home in on coffee. They first took detailed dietary information and microbial DNA samples from almost 23,000 Americans and Britons and compared them to more than 54,000 samples from healthy people, those with various diseases, non-Westerners, ancient microbiome specimens, babies, and nonhuman primates. (If you're thinking, "Wait, infants and monkeys don't drink coffee," you're correct. They served as a control group to better gauge the effects on coffee drinkers.)

The people were sorted into categories:

Coffee drinkers rejoice:

Java may boost your gut health



never drinkers, who consume fewer than three cups a month; moderate drinkers, who consume between three cups a month and three a day; and heavy drinkers, who consume more than three a day.

Researchers found that moderate and heavy coffee drinking were linked with an increase in several bacteria species in the gut – Lawsonibacter asaccharolyticus by far the strongest – and that "the gut microbiomes of coffee drinkers were clearly distinguishable from those of non-drinkers"

Knowing observational studies can be subject to biases, the researchers took their findings to a lab, says Mingyang Song, ScD, a senior author of the study and an associate professor of clinical epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

"Maybe the signal we captured was not driven by coffee, or it was something related to coffee, so we conducted an experiment to pour coffee into a culture to see how it affected the bacteria," he says. "Coffee was indeed promoting the growth of that bacteria"

Dawn of an 'Exciting Area of Study'

- ▶ The findings were stark: Moderate and heavy coffee drinkers showed far more L. asaccharolyticus in their microbiomes than did never-drinkers sometimes as much as eight times the amount. The finding was supported by country-level studies that showed samples from Danes and Swedes, who tend to drink more coffee, had higher levels of the bacteria, compared to samples from China and India, where coffee consumption is lower.
- ▶ More positive news: Cappuccinos and lattes appear to have the same benefits. Though nutritionists say black coffee is the healthiest, the findings were not altered by the inclusion of milk and sugar. Decaffeinated coffee also had the same results, leading researchers to believe the benefits come not from coffee's caffeine but rather from its elevated levels of polyphenols, compounds known for their prebiotic, antioxidant, and anti-inflammatory properties, as well as their ability to feed beneficial gut bacteria.

L. asaccharolyticus was first discovered in Japan in 2018 and is largely understudied. At least two polyphenols in coffee likely spur its growth, and the bacteria produces a fatty acid that seems to aid proper digestion and nutrition absorption. Outside of that, the bacteria remains largely a mystery, Song says. "I don't think we know anything about its function. We're doing some solo studies to better understand it," he said. "In general, you can probably frame it as beneficial to the microbiome. I think we need more data to be more certain."

This holds true for the microbiome in general, says Bonnie Jortberg, PhD, an associate professor of family medicine at the University of Colorado Anschutz Medical Campus.

"We know relatively little, collectively, about our gut microbiome, and we're finding out a lot of interesting things. It's an exciting area of study," she says. "I never really thought about coffee in terms of affecting your gut microbiome until I read this study."

The study promises to open doors to further examine specific foods' effects on the gut microbiome. Jortberg remains

HEALTH //enj

cautiously optimistic "because we still don't know a lot," she says. She is particularly eager to see results from future studies aimed at determining why polyphenols - which are also found in fruits, vegetables, nuts, seeds, and fermented foods like yogurt and kombucha - seem so beneficial. She's also looking forward to results from a study from Song's team examining the relationship between coffee and colon cancer. Patients are now being enrolled, and results from the trial should be available in two to three years, Song says. Jortberg says she'd be suspicious of anyone trying to capitalize on these types of findings. She's wary of products such as at-home microbiome tests, for which people pay \$100 or more to test their stool and learn if they need to eat more fruits and vegetables.

"You don't need to spend however much money to know that that's what you need to do," she says. "Don't get wrapped up into some of the commercialization of these types of things because I don't think we know enough."

Bottom Line: Is Coffee Good for You?

There have been seemingly conflicting headlines over the years regarding coffee's health benefits. Song says there's "compelling evidence" coffee can improve a variety of health outcomes. But the risk of adverse effects goes up with consumption, so use caution if you drink more than three or four cups a day. Jortberg recommends that most people drink moderate amounts of coffee. She stresses that we are all "an experiment of one." If your heart rate or blood pressure spikes or if you get jittery or lose sleep after drinking coffee, your body is communicating with you. Listen to it, she says. If you drink a lot of coffee, remember it's a diuretic, so you'll need to hydrate to counterbalance those effects, she says.

Risks of Too Much Coffee

While coffee is considered healthy for many people, too much coffee can have negative effects. Signs of overconsumption include:

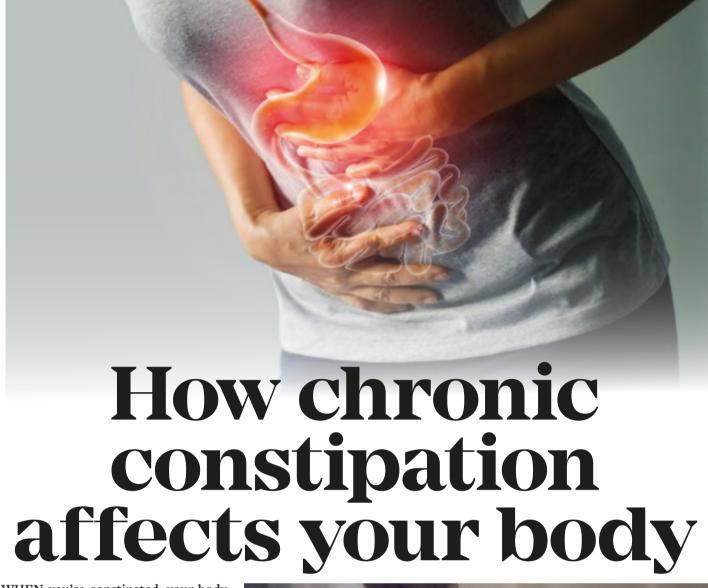
- ▶ Increased heart rate or palpitations
- ► High blood pressure
- ► Sleep disruptions and insomnia
- ▶ Jitteriness or trembling
- ► Anxiety
- ▶ Upset stomach or nausea

"But if the person is healthy and doesn't have high blood pressure or certain other chronic disease - yes, 100%, drink a couple cups of coffee a day, absolutely," she savs.

Summerlin eventually found the Guatemalan coffee that he had enjoyed so much in Monte Carlo. He now serves it at Donnie's Donuts, along with Sumatran and Brazilian beans that fit the flavor profile he prefers. The beans come from a single farm, what's known as single origin, which makes it easier to guarantee they're farmed organically and cured consistently, while his roaster in Orlando, Florida, prepares them to his specifications weekly.

"That's how I went from trucker coffee to the stuff you see now," he says. "The downside is it's hard for us to find a good cup of coffee if we're not in our shop."

WebMD



WHEN you're constipated, your body isn't able to get rid of waste like it

Having it every once in a while is common, but if you're dealing with symptoms for more than 3 months, your constipation is chronic. And that raises your chance of having complications.

The problems most often happen in the places where stool leaves your body.

Hemorrhoids

When you're constipated, you're more likely to push hard to try to go. That can make the veins around your rectum and anus swell. These swollen veins are called hemorrhoids, or piles. They're like varicose veins around your anus. They can be external, which means they're under the skin around the anus, or internal, which means they're in the lining of your anus or

Hemorrhoids can itch and be painful. They can cause bleeding when you have a bowel movement. You may see streaks of blood on your toilet paper when you wipe. Sometimes blood can pool inside a hemorrhoid, which can cause a painful, hard lump. You may also get skin tags, blood clots, or infections from your hemorrhoids.

Anal Fissures

Passing hard stools or straining to pass stools can tear the tissue around your anus. These tears are anal fissures. They cause itching, pain, and bleeding. Because the symptoms of anal fissures make going to the bathroom more difficult, they can make constipation worse. This happens often in children who hold in their stool out of fear of the pain.

The tears are usually very small. But



sometimes they can grow larger and affect $\;\;$ even have to go to the emergency room for anus that keeps it closed. This kind of anal fissure is harder to heal. You may need medication or surgery to fix the problem. Once you've had an anal fissure, you're more likely to get another one.

Impaction

When you can't get stool out of your body, it can start to stick together in your intestines. The hardened mass gets stuck and causes a blockage. The squeezing your colon normally uses to push stool out of your body can't move it because it's too large and hard.

It can cause pain and vomiting. You may

the ring of muscle at the opening of your treatment. Children and older adults are more likely to have fecal impaction.

Rectal Prolapse

Your rectum, the final part of your large intestine, ends at your anus. When you're constantly straining to pass stools, it can stretch and slip outside your body. Sometimes just part of the rectum comes out, but sometimes the whole thing does.

It can be painful and may cause bleeding. It can sometimes be hard to tell if you have rectal prolapse or hemorrhoids, since both cause bulging out of the anus, but they're two different conditions that need to be treated differently. **WebMD**

News in pictures



▲ Farmer Peter Ginter rides on an ox called Manni during a traditional ox race in the southern Bavarian village of Haunshofen, Germany.



▲ Corgi dogs run during the Corgi Race festival in Vilnius, Lithuania.



▲ A fire ball rises from the site of an Israeli air strike in Sanaa, Yemen.



▲ A man reacts as he holds the equipment used by Palestinian cameraman Hussam al-Masri, who was a contractor for Reuters, at the site where he was killed along with other journalists and people in Israeli strikes on Nasser hospital, in Khan Younis in the southern Gaza Strip, in this still image taken from a video shot by Reuters contractor Hatem Khaled, who was wounded shortly afterwards in another strike while he was filming the site.



▲ A man attempts to throw back a tear gas canister toward riot police during a protest against what the demonstrators say are exorbitant allowances for Indonesian parliament members, outside Indonesian parliament buildings in Jakarta, Indonesia.



▲ A SpaceX Starship spacecraft rolls out toward its launch pad past the Starbase Manufacturing Facility before its 10th test flight from the company's complex in Starbase, Texas.



▲ Gazelles stand on the Israeli side of the border with Gaza, with Gaza seen in the background, in Israel.



▲ A group of migrants on an inflatable dinghy leave the coast of northern France in an attempt to cross the English Channel to reach Britain, from the beach of Petit-Fort-Philippe in Gravelines, near Calais,



▲ Competitors take part in a jousting display at England's Medieval Festival, a three-day event of immersive activities and re-enactments from the Middle Ages, near Nutley, Britain.

Returning Nabi will want to add salt into Downs wounds

Nasreddine Nabi is back in the hotseat and will be looking to add more misery onto their distressed Mamelodi opponents Sundowns in a Betway Premiership encounter that will be played at the FNB Stadium on Wednesday night. Kick-off for the highly anticipated match is at 7:00pm.

A razzmatazz atmosphere and fireworks are expected at the match and tickets are being snapped up at an impressive

The excitement is created by the fact that Chiefs are on a roll, and they are sitting nicely at the top of the PSL table on nine points after playing three rounds of matches. Together with Sekhukhune United, they are the only teams with a 100% percent winning record and the fans are on cloud nine.

The return of the mentor

Other news that has titillated the Chiefs fans are that coach Nabi is back in the driving seat after he returned from his country Tunisia where he went to



▲ Kaizer Chiefs coach Nasreddine Nabi is back in the hotseat.

check on his wife who was involved in an accident. In his absence, Chiefs managed three impressive wins under assistant coach Khalil Ben Youssef. Across the province in Pretoria, Sundowns have had a rather unimpressive start to the season.

After a decent first leg in the MTN8 semifinals against Orlando Pirates in Soweto, where they scored an away goal,

Masandawana were knocked out in the return match in Atteridgeville by the same 1-1 scoreline as the match went to penalty kicks. Pirates won by 4-1. After the match, angry Sundowns fans were baying for head coach Miguel Cardoso's blood and they charged at the team bus in

Downs' shine dim

Sundowns may have not lost

a single game in the league, but they are not as dominating as they have become over the years. In their three matches, they drew one and recorded victories in their two other matches. They are occupying position number three on the league log behind the third-placed Amakhosi. Chiefs and Sekhukhune are joint leaders after the same number of points and goal difference. The Sundowns coach, who is already feeling the heat, had to juggle his team against Pirates. He brought back Grant Kekana, Keanu Cupido, Teboho Mokoena, Marcello Allende, Arthur Sales, Tashreeq Matthews and Igraam Rayners. This meant that the likes of Peter Shalulile, Bathusi Aubaas and Siphelele Mkhulise were relegated to the

Against Chiefs, the Sundowns coach cannot take any chances. He will have to be sure of his starting line-up and not tinker with the squad once again. This will be a big test for Cardoso to show that the Brazilians are not down and out and that they can overtake Chiefs and assume control of the reins once again.

(Sunday World)



Chiefs confirm Maboe signing

KAIZER Chiefs have signed former Mamelodi Sundowns attacking midfielder Lebohang Maboe. Maboe Sundowns star fades

Maboe was signed by Sundowns from Maritzburg United ahead of the 2018/19 season. He was a regular in his first three campaigns at Masandawana but after that his opportunities started to dwindle. He was loaned out to Super-Sport at the end of January and made 15 appearances for Matsatsantsa. Maboe was born in Heidelberg and did play for the Kaizer Chiefs academy, but never made a senior appearance for Amakhosi. He moved to Mbombela United in 2015, before joining Maritzburg United the following season.

"We know Lebo is a quality player who has gained valuable experience in continental competitions over the past few years. 'He was here and knows the

"His expertise will be crucial for us in both the domestic league and the CAF Confederation Cup. We're pleased to welcome him back to Amakhosi," Chiefs sporting director Kaizer Motaung Jr told the club's official website.

"He was here and knows the culture and what our supporters expect from our players," (**The Citizen**)



'Boks motivated by chance to win five in a row against All Blacks'

THE Springboks' recent dominance over their fiercest rivals, the All Blacks, will serve as motivation for both Rassie Erasmus' team in New Zealand over the next two weeks, but also for their hosts, who'll be hoping to snap a fourame losing streak.

The teams meet in back-to-back Rugby Championship matches in Auckland (6 September) and Wellington (13 September) with the competition finely poised.

While New Zealand lead the way with six log points after two games, they're closely followed by Australia (5), South Africa (4) and Argentina (4). All four teams have won a match and lost a match.

The Boks returned to winning ways last weekend with a 30-22 win against Australia in Cape Town, a victory Erasmus said would give the team confidence when they board the plane to New Zealand on Tuesday. Tour

Erasmus named a 36-man squad for the tour. Siya Kolisi and Pieter-Steph du Toit will tour with the Boks after missing last weekend's Test, and so will Willie le Roux, Jan-Hendrik Wessels and Jean-Luc du Preez, who all sat out of matches recently because of injuries or illness. Wings Edwill van der Merwe and Kurt-Lee Arendse will, however, not tour because of injuries.

The Boks will be going for their fifth straight win against the All Blacks on tour, something Erasmus said would be a big motivator for both teams.

"We are under no illusions that both games are going to be massive, and every match against the All Blacks is epic given the rivalry between the teams," said Erasmus on

"We won our last four matches against them dating back to 2023, which marked only the second time in history that we defeated them four times in a row, and there is

no doubt that will motivate both teams.

"So, we need to ensure that we build on what we've been working on this year and take another step-up before facing them in

"We are travelling to New Zealand tomorrow (Tuesday), which will give us sufficient time to acclimatise to the time zone, so we believe we will be settled and ready for the task ahead by the time we take the field." The Boks' recent four-in-a-row wins against the All Blacks include the 18-12 victory in Cape Town (2024), the 31-27 victory in Joburg (2024), the 12-11 win in Paris (2023) and the 35-7 victory in London (2023).

The Boks' best run of wins against the All Blacks came way back between 4 September 1937 and 17 September 1949 when they won six in a row. Those wins came in Christchurch and Auckland, both in 1937, and in Cape Town, Joburg, Durban and Port Elizabeth, all in 1949. (The Citizen)

'Proteas 'nowhere near' their best'

FOLLOWING their inconsistent performances in the one-day international (ODI) series against Australia last week, captain Temba Bavuma admits the Proteas have plenty of work to do in the longterm build to the 2027 World Cup to be hosted by South Africa.

In the first two matches of the 50-over series Down Under, the SA team won the opening clash by 98 runs and the second game by 84 runs. In the final match of the week-long campaign, however, they were handed a crushing 276-run defeat in what could only be described as a complete demolition.

And while they won the series 2-1, despite being without some senior players including fast bowler Kagiso Rabada and seamer Marco Jansen, Bavuma conceded they were nowhere near their best as they looked ahead to the global showpiece on home soil.

"To be honest, I think we're quite far (from our best)," the skipper said. "As you would have seen, we have new faces in the team and I think that's all part of us being in that exploration phase, getting to understand guys and what roles they can fulfil within the team, and understanding what they bring from a personality point of view." (The Citizen)

'Manchester United not ready to play in Europe'

MANCHESTER United are not ready to play in Europe and need more time to build a solid base to be competitive in the Champions League, coach Ruben Amorim said on Tuesday.

United, who finished 15th in the Premier League last season, missed out on the chance to qualify for Europe's top club competition when they lost to Tottenham Hotspur in the Europa League final in May.

"I think we were not prepared to play in Europe, that is my feeling. To have strong games in the Champions League and then play Premier League, we need time to develop as a team," Amorim told reporters ahead of Wednesday's League Cup second-round tie at fourth-tier Grimsby Town. "So (the players) need to fight for their places, and then everything can change."

United have failed to win in their first two Premier League games this season, having lost their opening match 1-0 at home to Arsenal before being held 1-1 at Fulham on Sunday.

Amorim blamed his team's defensive mindset for surrendering the lead against Fulham, stressing the players must improve.



▲ Manchester United head coach Ruben Amorim is convinced his side is better off without having a European campaign to distract them this season.

"The games are really, really competitive. We need time to build the base and then, in the future, to move forward. We will reach a moment where we need to have Europe for everybody to play games," Amorim said. The Portuguese coach added that defender Noussair Mazraoui,

who picked up an injury in pre-season, could be back next week. "Maybe he is going to return next week, we will see. But he's near, we are just finishing some drills with him, to (be) assured that he's not going to have another problem," he said. (Reuters)

Arne Slot hails Liverpool's mentality after win at Newcastle

LIVERPOOL manager Arne Slot praised his players' mental fortitude after their 3-2 victory at Newcastle United on Monday, saying his team had shown the kind of mentality needed to get results in difficult places.

With the match unfolding in the shadow of Newcastle's dispute with striker Alexander Isak, who was reportedly the subject of a 110 million pounds (\$148.60 million) bid from Liverpool this month, the Premier League champions endured a roller-coaster evening at a white-hot St James' Park.

Liverpool squandered a two-goal lead against a Newcastle side reduced to 10 men following Anthony Gordon's first-half red card, but were rescued by a 100th-minute winner from 16-year-old Rio Ngumoha.

"Win-

ning away at Newcastle then definitely need to have quality, especially in an atmosphere like this," the Dutchman told reporters. "Not football quality because that's not what we showed today — apart from the last goal we scored.

"That looked a little bit like what I see on a daily basis on the training ground. But to have the mentality to fight here in such a hostile stadium, that is definitely something you also need if you want to compete in the end." Winning is something else



▲ Liverpool manager Arne Slot praised his players' mental fortitude after their 3-2 victory at Newcastle United on Monda.

Cadillac F1 shut down speculation about possible Horner move

LONDON - Formula One newcomers Cadillac have shut down speculation about ousted Red Bull boss Christian Horner having a role in running the team.

The General Motors-backed outfit, who are due to make their debut next season as the 11th team on the starting grid, appointed Briton Graeme Lowdon as their first principal last December. Horner, who was the longest serving F1 boss and one of the most successful of all time, left Red Bull last month and there has been speculation about whether he will return and where he might end up. "There have been no talks with Christian Horner, no plans to do that," Cadillac F1 chief executive Dan Towriss, who also runs TWG Motorsports, told reporters.

"So I'd like to officially shut down that rumour.

"Our support, belief, backing is 100% in Graeme Lowdon."

Cadillac announced on Tuesday their first ever F1 driver lineup of race winning veterans Sergio Perez and Valtteri Bottas.

Mexican Perez raced under Horner at Red Bull before the six times race winner was dropped by the team, with two years left on his contract, at the end of 2024 following a woeful run of results as teammate to four



A Former Red Bull boss Christian Horner.

times champion Max Verstappen. As Red Bull boss, Horner took the team from also-rans to champions in the space of five years.

Lowdon is untested as a principal although the Briton was chief executive of the now-defunct Marussia team that was operated by Manor Motorsport.

Cadillac have recruited heavily from other F1 teams, including Red Bull and are already bigger than U.S. rivals Haas.

The team have operations at Indianapolis, in North Carolina and at Silverstone. TWG, the motorsports entity of billionaire Mark Walter's TWG Global, also own Andretti Global in North America.

(Reuters)

Cadillac sign Perez and Bottas as F1 team's debut lineup

LONDON - Sergio Perez and Valtteri Bottas will be back on the Formula One starting grid next season after Cadillac announced the signing of the experienced race winners as the team's debut driver pairing.

The Mexican and Finn both have multi-year deals, the General Motors-backed outfit said on Tuesday without providing further details. Perez, a six-times race winner, and Bottas, who took 10 victories for Mercedes, are both 35 and have unfinished business after being dropped by the Red Bull and Sauber teams respectively in 2024. The announcement was expected, although some younger prospects had been touted.

"We believe their experience, their leadership and their technical acumen are really what we need," team CEO Dan Towriss told reporters in a video call.

"It's the right combination -- the right drivers at the right time -- and we're humbled by their belief in us in this project."

Both spent years alongside two of the sport's greats, Perez with four times world champion Max Verstappen at Red Bull and Bottas as sidekick to seven times champion Lewis Hamilton at Mercedes.

They also have more than 500 race starts between then -- Perez 281 and Bottas 246 -- and a combined 106 podium appearances. Towriss said Perez in particular was keen to put "in the rearview mirror" his last season with Red Bull when he suffered a dramatic slump in performance.





▲ Sergio Perez and Valtteri Bottas will be back on the Formula One starting grid next season after Cadillac announced the signing of the experienced race winners as the team's debut driver pairing.

"We had questions, we had scepticism... and he answered all of our questions, passed our tests with flying colours," he added.

Cadillac, who will use Ferrari power units until 2029 when General Motors hopes to have its own, face a steep learning curve as the 11th team at the start of a new engine era.

Perez and Bottas -- the latter serving as Mercedes reserve this season -- both said they were excited to be starting afresh.

"This isn't just a racing project; it's a long-term vision. It's not every day that you get a chance to be part of something being built from the ground up and helping shape it into something that truly belongs on the F1 grid," said Bottas. "I've had the honor of working with some of the best teams in the world, and I can already see the same professionalism and hunger here."

Cadillac will be the fifth team of Perez's career, not including Racing Point which was a continuation of Force India under another name, and the Mexican looked forward to writing another chapter.

"I'm proud to be part of such an ambitious and meaningful project from the very beginning," he said. "Together I believe we can help shape this team into a real contender."

Team principal Graeme Lowdon trumpeted a "bold signal of intent" for a U.S. team that ultimately wants to have at least one American driver and be challenging for wins and championships.

"They've seen it all and they know what it takes to succeed in Formula One. But more importantly, they understand what it means to help build a team," he said. "Their leadership, feedback, race-hardened instincts and of course their speed will be invaluable as we bring this team to life."

Towriss and General Motors president Mark Reuss recognised Mexico was a major market for the carmaker but said commercial considerations had not been a factor in driver selection.

(Reuters)

It's a triple-header dose

... As Moneni, Nsingizini, Ubombo Sugar first on the 'plane'

By Chris Dlamini

THE wait is over. Fans will as of this Saturday have some domestic elite football action to watch at Mavuso Sports Centre, Manzini, as the second edition of the 8Bet Trade Fair Cup 2025, sponsored to the tune of E2.5 million, resumes.

It gets rolling with a triple-header dose for the fans. The highlight of these opening matches is no doubt the crunch fixture between last year's runners-up Moneni Pirates and Rangers - they always put up a good game of football when they face off. Let's look at the opening ties in a nutshell.

Moneni Pirates vs. Rangers Date: Saturday, August 30, 2025 Venue: Mavuso Sports Centre, Manzini Kiok-off: 6.30pm

The runners-up tag for Libhakaniya, as Moneni Pirates is also fondly known, comes with the pressure to better it with the title this term. Pirates were outfoxed 2-0 by reigning champions Young Buffaloes last year in well well-attended final.

However, with a new coach in the decorated Meck Mwase and his assistant Charles Manda, they will have the confidence to get past a tricky Rangers and fight their way to the final again.

It will not be easy for them against Rangers who have the smart guidance of coach Mthunzi Ginindza. At the moment, Rangers statistically have an upper hand given their past meetings mainly in the league. Rangers has had two wins to one for Moneni then a draw. The last face-off favoured Rangers with a 2-1 win back in May.

Both sides will be having new blood to parade but it is Moneni who are under pressure here more than their rivals. Moneni will also bank on their 12th man as they are at home in Manzini. It's a game with the ingredients of a thriller, as has been their previous clashes.

HEAD-TO-HEAD: Season 2024/25 (25/05/2025)Rangers 2-4 M. Pirates **(12/01/2025)**M. Pirates 4-0 Rangers

(04/05/2024)



▲ Nsingizini Hotspurs Utility player Kwakhe Tfwala.

Rangers 2-1 M. Pirates (09/12/2023) M. Pirates 1-1 Rangers

Nsingizini Hotspurs vs. T. Celtics Date: Saturday, August 30, 2025 Venue: Mavuso Sports Centre, Manzini Kick-off: 4pm

If betting was on the table here, then Nsingizini Hotspurs is the favourite while Tambankulu Celtics wear the underdog tag. It is an interest fixture as Celtics come here as elite debutants and a closed book to their rivals, including even scribes. They will be boosted by the fact that Nsingizini are not at their best with five regular starters called up to the senior national team Sihlangu Semnikati and will miss the Trade Fair Cup. Such stars are goalkeeper Khanyakwezwe Shabalala, defensive midfielder Kwakhe Tfwala, midfielder Neliswa 'Tiger' Dlamini, gifted wing midfielder Thubelihle Mavuso and Nkosingiphile Shongwe. This leaves Nsingizini quite exposed and gives their rivals hope they can be beaten and shown the door

Celtics on the one hand are new in the elite ranks and want to make an impression. They will come to this game with the potential to cause an upset. It's a knockout and upsets are part of the game. They are led

by the passionate and positive-minded



▲ Ubombo Sugar striker Njabulo Dlamini.

coach in Percy Shongwe who has been given international practice matches for preseason preparations. It's a do-or-die match with one winner expected after 90 or so minutes. If not, penalties will decide who advances to the quarterfinals set for Tuesday. It will add more thrills that Nsingizini are CAF Champions League-bound but also without five of their starters due to national team duties. Celtics have kept quiet about their new signings, hoping to have the edge to stun their now more experienced rivals. This is Nsingizini's third season as an elite side but already enjoying CAF money from last year's TotalEnergies CAF Confederation Cup preliminary round. Who will have a good flight, and who will crash? With 8Bet behind the tournament, the online sports betting company will have supporters intrigued with these games, as was the case last season. While you bet, remember to do it responsibly, just as clubs are expected to be responsible and paint a fantastic image of local football.

HEAD-TO-HEAD:

- This will be their first official face-off. Celtics only got promoted via national playoffs as teams have been increased from 14 to 16 for the upcoming 2025/26 season.

Ubombo Sugar FC vs. Sisonkhe Date: Saturday, August 30, 2025



🔺 Sisonkhe Quality Dlamini .

Venue: Mavuso Sports Centre, Manzini Kick-off: 1.30pm

Interesting one this is! Why? We have two teams here with their own story and ambition. Ubombo Sugar just rebranded from Illovo FC and are aiming to do things differently from last season and seasons before that.

They are motivated and raring to go, hoping on their experienced players to carry them through against Sisonkhe. The two teams know each other but they certainly have released and brought in new players to boost their squads. Sisonkhe was fighting relegation last season and survived by a whisker. So, if they are any better this term, Ubombo Sugar FC is their first test, albeit in a knockout situation.

Both sides have had preseason friendlies but neither has publicly unveiled any new signings, meaning they are all playing their cards close to the chest.

In the end, the plane, as teams' representatives call it, after the popular Aviator crash game on the online sports betting platform, 8Bet, will take off as soon as the watch hits 1.30pm and one of them will have to crash after regulation time or penalties. History favours Ubombo Sugar, former Illovo FC after they won both league fixtures against Sisonkhe last season.

HEAD-TO-HEAD: Season 2024/25 (17/05/2025) Ubombo Sugar FC 2-1 Sisonkhe (05/01/2024) Sisonkhe 0-2 Ubombo Sugar FC



CAA-SR makes constitutional amendments



▲CAA-SR delegates with ANOCA Zone IV Secretary Maxwell Jele and Region V CEO Stanley Mutoya during their special assembly.

By Sibusiso Masilela

sibusisom@rubiconmedia.group

THE Confederation of African Athletics – Southern Region (CAA-SR) has successfully amended its constitution.

This follows the organisation's special congress held on August 23, 2025, at the Southern Sun Hotel, Johannesburg.

The regional body Secretary Zakhele Dlamini said the amendment are part of their efforts to improve the standard of the sport in the region.

"These reforms are a major step forward for our region. They ensure that CAA-SR is not only transparent and accountable but also equipped to deliver on its mission to develop athletics through collaboration, strategic partnerships, and member commitment standard of the sport in the region," he said.

The meeting further saw the reintroduction of the position of Treasurer, strengthening financial governance. The Finance Policy provides clear guidelines on budgeting, reporting, and expenditure controls.

The Congress also featured addresses



▲ CAA-SR president Zakhele Dlamini delivering his remarks.

from key partners, including AUSC Region V CEO, Stanley Mutoya, ANOCA Zone VI Secretary General Maxwel Jele, and Stillwater Sports CEO, Michael Meyer, reaffirming commitment to support the growth of athletics in Southern Africa.



▲The darts juniors national team.

Flag to lead junior national team to Zim

Mkhonto

President

Ndwandwe

The Teams

Mr Phumlani Kofi

Team Manager

Mr Flag Nxumalo

Under 15 Girls

3. Siphosethu

Anderson

4. Temnotfo

1. Neliswa Fakudze

2. Senzelwe Fakudze

By Sibusiso Masilela

sibusisom@rubiconmedia.group

DARTS national development coach Flag Nxumalo will be leading the junior's national team in the 2025 Region v Darts championships.

Nxumalo, who is also the association's Public Relations Officer, oversees the national team that departed the country for Zimbabwe on Sunday afternoon to participate in the international development championships.

The squad also includes the association president Phumlani 'Koffi' Nxumalo and Nosimilo Mkhonto who is the leader of delegation. The Darts national team will be competing in the Under 15 and under 18 category for boys and girls.

Nxumalo said they are looking forward to the international assignment.

"We are geared for the assignment and confident that the team will perform well during the assignment. These games help to develop the standard of sports in the region," he said.

Head of Delegation Ms Thandeka Under 15 Boys 4. Khetselo Ntja

- 1. Khetselo Ntjakala
- 2. Misasive Gamedze3. Mehluli Mkhonta
- 4. Banele Matse

Under 18 Girls

- 1. Seluleko Dlamini
- 2. Nosimilo Mmema3. Senkhosi Fakudze
- 4. Nosipho Nkambule

Under 18 Boys

- 1. Siphetfo Ndzingane
- 2. Sisekelo Fakudze
- 3. Mandisa Manana
- 4. Phinda Kwate



▲Darts national development coach Flag Nxumalo.

▲ Netball national Under 20 coach Nkabindze Shabalala.

Tough outing for the netball juniors' team

By Sibusiso Masilela

sibusisom@rubiconmedia.group

THE netball national team endured a tough start in the 2025 Confederation of Southern African school Sports Association games.

The junior national side suffered a 70-12 defeat to South Africa during a match played at the olymp Africa Centre on Tuesday.

The result ended the junior national team's dream of qualifying for the next round of the international school's championships. The local lassies' coach, Nkabindze Shabalala, lamented the results.

"This is a disappointing result for the country, which has been attributed to various shoddy preparations, as the team had few sessions before the start of the competition. I believe we can do better if we can have enough time to get ourselves ready for games of this magnitude," he said.

Figuareido seals Chippa Utd move

By Sibusiso Masilela

sibusisom@rubiconmedia.group

ESWATINI international Justice Figuareido has finally completed his switch to Chippa United.

The former Richard Bay FC player was unveiled by the Gqeberha-based side on Tuesday after spending pre-season with his new side.

The ex-Manzini Sundowns forward has penned a two-year contract with the 'Chilli boys', as Chippa United are fondly known.

Chippa is Figareido's fourth team in the top-tier Premier Soccer League. Previously, he played for TS Galaxy, Richards Bay FC, and Maritzburg United before making the move to Chippa United.

He made his debut against his previous team, Richards Bay FC, on Tuesday evening in the Betway premiership.

He has been included in the Sihlangu squad that will face Cameroon and Libya in the 2026 FIFA World Cup by Croatian coach Zdravko Logarusic.

Figareido is among the foreign-based local players, which include Lindo Mkhonta (Zesco United, Zambia), Mxolisi Mkhonto (Jwaneng Galaxy, Botswana), and Banele Ndzabandzaba (Botswana Defence Force).



SPORTS

▲ Chippa United's new signee Justice Figuareido.

Athletics restores national pride

By Sibusiso Masilela

sibusisom@rubiconmedia.group

ATHLETICS has restored the nation's pride in the ongoing Confederation of Southern Africa School Sports Association games by winning five medals.

This was during the track and field competition held on Tuesday at Somhlolo National Stadium. The Athletics team's success comes after a tough outing for the boys' soccer team and the netball team, which suffered defeats to Zimbabwe and South Africa, respectively.

The local podium finishers are Andile Dlamini, bronze (800m girls), Lihle Mahlangu, silver (800m girls), Setsabile Ngwenya, silver (800m girls), Sanele Masango, 800m boys (bronze), and Masotja Dlamini (800m boys).

Eswatini Schools Sports Association (ESSA) President Zakhele Myeni congratulated the youngsters for their latest feat.

"We are proud of the athlete's performance



▲ Members of the Athletics team displaying their medals in the 2025 COSASSA games.

coaches in nurturing talent. We are confident scheduled for the Somhlolo National that the athletes will become elite athletes in the future under proper guidance," he said.

The games will be concluded on and commend the good work done by the Wednesday with a closing ceremony

Stadium.

The five youngsters are set to earn government incentives through the ministry of sports, culture, and youth affairs.





▲ New Green Mamba CEO Nthuthuko Dlamini with Nsingizini Hotspurs PRO Mnotfo Dlamini.

Ex-journo Ntuthuko is new **Gr. Mamba CEO**

By Chris Dlamini

A new broom sweeps cleaner.

That is how things are looking for Correctional Services' elite soccer side, Green Mamba at the moment. This follows their management committee

Among the changes is the elevation of Vusi Sibiya from Chief Executive Officer (CEO) to Vice Chairman. He is now deputy to the newly appointed Chairman Sibusiso

Taking Sibiya's position is former Times of Eswatini sports journalist Ntuthuko Dlamini. He was formerly introduced to the public on Monday during the Monday Sport Show at EBIS Radio. Sibiya did the honours to introduce him in what was Dlamini's first radio appearance in his new post.

Meanwhile, the new Chairman, Mabuza, takes over from Davies 'Puma' Zwane, who has been relieved from soccer following his appointment as one of the national

"I hope he is in good hands as he grows in the position I held since 2020. I trust he will work well with the experienced PROs and CEOs of other teams," said Sibiya.

GREEN MAMBA NEW MC:

- ► Chairman Sibusiso Mabuza
- ► Vice Mandla Sibiya
- ► CEO- Ntuthuko Dlamini
- ► Logistics Manager Tobias Gama
- ► Manager- Bheki Nkambule
- Members Mndeni Simelane and Sipho Maseko



I hope he is in good hands as he grows in the position I held since 2020. I trust he will work well with the experienced PROs and CEOs of other teams



COSSASA 2025:
Athletics
restores
national pride



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... Eswatini international Justice Figuareido finally joins SA Betway Premiership side Chippa United and made his debut against his former club, Richards Bay on Tuesday night. Page 23