



▲ The five European countries' Ambassadors from Hungary, Slovakia, Lithuania, Italy, and Finland pose with His Majesty King Mswati III after presenting letters of credence at the Lozitha Royal Palace. From left, the new envoys are H.E. Gabriele Annis from Italy, H.E. Vladimír Gráč from Slovak Republic, H.E. Attila György Horváth from the Republic of Hungary, H.E. Rasa Jankauskaite from Lithuania, and H.E. Satu Lassila from Finland.

King calls for end to global conflicts

● Welcomes five new EU ambassadors

By Kwanele Dhladhla

HIS Majesty King Mswati III has made a strong call for an end to global conflicts, urging the international community to prioritise peace and development in the aftermath of the devastating Covid-19 pandemic.

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Govt donates
E1.1mln ambulance
to RFM Hospital



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FNB Eswatini closes
year with E268.8
million profits



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▲ Minister of Foreign Affairs and International Cooperation Pholile Shakantu takes the letters credence from His Majesty after being presented from H.E Satu Lassila from Finland.



▲ Hungary Ambassador H.E. Attila György Horváth makes remarks on behalf of the foreign envoys while the King looks on.

By Kwanele Dhladhla

HIS Majesty King Mswati III has made a strong call for an end to global conflicts, urging the international community to prioritise peace and development in the aftermath of the devastating Covid-19 pandemic.

The King made this strong call on Thursday at Lozitha Royal Palace during a ceremony to receive letters of credence to newly accredited ambassadors from five European countries- Hungary, Slovakia, Lithuania, Italy, and Finland. The new envoys are Attila György Horvath (Hungary), Vladimir Gracz (Slovakia), Rasa Jankauskaitė (Lithuania), Gabriele Phillip Annis (Italy), and Satu Lassila (Finland).

His Majesty reflected on the hardships brought by war and global unrest, emphasizing that humanity must shift its focus toward healing and rebuilding.

“To experience all these big problems of conflict, we wish one day all these problems would be something we can put behind us so that we can concentrate more on development, especially because of Covid-19. The pandemic has taken a lot of lives in the world, and now it is time to put more effort into building nations, countries, economies, and so on. Therefore, we count on all of you as our partners, and we will work together in making this dream a reality,” the King said.

The King warmly welcomed the diplomats to Eswatini, expressing hope that they would find their assignments both rewarding and enjoyable. He urged them not only to strengthen ties between their countries and Eswatini but also to take time to experience the Kingdom’s people, culture, and traditions.

“I am very happy to welcome you all as the new ambassadors here in Eswatini, and I hope you will all enjoy being here. I hope that when the dialogue between the government and the EU takes place, most of you will be here so that we can discuss a lot of issues very constructively. I look forward to you making new friends, and I hope you will also give yourself enough time to visit the country and meet the people of Eswatini, to understand what they stand for,” His Majesty continued.

Speaking on behalf of the new envoys, Hungarian Ambassador Attila György Horvath reaffirmed Europe’s commitment to deepening ties with Eswatini and supporting the Kingdom’s development path.

“Our presence here speaks volumes about the shared values and interests that connect us. In the framework of the 50-year-

King calls for end to global conflicts

... Welcomes new EU ambassadors



▲ Acting PM Thuli Dladla, Minister Pholile Shakantu, Kings Office Mbongeni Simelane, Princes Sicalo and Mcwasho.



▲ Delegates from the foreign envoys attentively follow proceedings.

strong partnership established between the European Union and the Kingdom of Eswatini, our countries have had various degrees of engagement with the Kingdom, evolving over the years to address the pressing issues in Eswatini’s development journey,” he said.

Investments

He highlighted Europe’s contributions to Eswatini’s key sectors, including infrastructure, agriculture, social protection, green energy, and emergency food security

assistance. These investments, Horvath noted, were “testaments to unwavering commitment to the prosperity and growth of the Kingdom of Eswatini.”

Efforts

Beyond infrastructure, the EU member states have also supported community-based groups across the country, recognizing them as vital drivers of social change in both rural and urban areas. Horvath said such efforts would continue as part of the ambassadors’ missions.

“Our work is based on shared values, anchored in the rule of law, democracy, respect for human rights, and the fundamental freedoms enshrined in the African Charter on Human and Peoples’ Rights, the International Covenant on Civil & Political Rights, and the Constitution of Eswatini,” he said.

The ambassador further underscored the importance of partnerships in addressing global challenges. He cited the ongoing conflicts in the Middle East and “Russia’s unjustified war of aggression against Ukraine” as crises that demand international unity. “In this rapidly changing and interconnected world, it is our mission to build on our collaboration to tackle global challenges. As partners, we must support one another to defend the UN Charter and uphold the international multilateral order that is vital for ensuring global peace, independence, and sovereignty for all countries, big or small,” he stressed.

The ceremony not only marked the formal beginning of the ambassadors’ tenure in Eswatini but also reaffirmed the strong ties between the Kingdom and the European Union. Both sides expressed optimism that their shared vision of peace, prosperity, and stability would guide future cooperation.



King calls for Umhlanga to evolve into full cultural festival

... tourists to experience food tasting of Eswatini cuisine, have a feel of Timbita health benefits

By Kwanele Dhladhla

HIS Majesty King Mswati III has called upon government, businesses, and strategic stakeholders to take the world-renowned Umhlanga Reed Dance to even greater heights by transforming it into a full cultural festival.

The King emphasised that Umhlanga should not only showcase the dignity and tradition of Eswatini maidens but also serve as a grand platform for Eswatini's cuisine, organic teas such as Timbita, and other cultural offerings that will enrich the experience of visiting tourists.

Speaking at Ludzidzini Royal Residence, where he received gifts worth E18.9 million in support of the annual cultural ceremony, the King said the idea of displaying traditional dishes came to him during a visit abroad, where he witnessed the power of food exhibitions in promoting culture and heritage.

"Since Umhlanga has now become a global attraction, as witnessed by the thousands of tourists from Africa and beyond who attended this year's successful ceremony, it provides us with a classical opportunity to display what Eswatini has to offer," His Majesty said. "This includes our unique nutritional delicacies, organic teas with massive health benefits, and other cultural experiences that make Eswatini a special destination."

The King noted that transforming Umhlanga into a week-long cultural festival aligns perfectly with Eswatini's broader vision of becoming a preferred tourist and investment destination. "Making Umhlanga bigger and better will not only preserve tradition but also showcase the creativity and potential of our people," he said. His Majesty expressed his delight at the ever-increasing number of maidens (Imbali) who participate in the Reed Dance, describing their loyalty as a symbol of the nation's pride and unity. This year, Umhlanga also attracted former presidents, including Jacob Zuma of South Africa, traditional leaders, members of the diplomatic corps, and throngs of tourists—demonstrating the event's growing global stature.

The King further applauded the generosity of individuals, companies, and institutions that made significant contributions towards the success of the Reed Dance. The gifts included



▲ His Majesty the King expressed his gratitude to all the companies that financially supported the reed dance, commending their generous gesture.

groceries, toiletry packs, 40,000 backpacks and T-shirts for maidens, as well as cattle and other livestock, all valued at E18.9 million. The King was also presented with a report on expenses, which were slightly above E19 million, including the buses that ferried Imbali from their homes and chiefdoms.

Among the corporate contributors were Inyatsi Group Holdings and its subsidiaries (Lidwala Insurance, Inyatsi Construction, Eswatini Mobile), The Clinic Group, Maloma Colliery, and Construction Associates of who donated E150,000. Eswatini Meat Industries (EMI) contributed E100,000, bringing the combined total to E1 million. Additional support came from Magomba Coal Mining, Eswatini Communications Commission (ESCCOM), Public Service Pension Fund, Eswatini National Provident Fund (ENPF), Eswatini Energy Regulatory Authority (ESERA), Grindrod, Eswatini National Petroleum Council (ENPC), and Huawei, among others.

Minister of Home Affairs Princess Lindiwe praised the remarkable show of solidarity, noting that the support from businesses, Cabinet ministers, princes, and individuals underscores the deep respect held for His Majesty and for Eswatini's cultural heritage.

"We will use these donations to ensure that the second leg of Umhlanga, convened at Mbangweni Royal Residence, also becomes a resounding success," she assured.

The King's call to expand Umhlanga into a vibrant cultural festival resonates strongly with Eswatini's ambitions to diversify its economy through tourism and investment. By incorporating exhibitions of traditional cuisine, organic teas, and other cultural treasures, Umhlanga has the potential to cement itself as one of Africa's foremost cultural festivals, attracting even larger audiences from across the globe.



▲ Minister of Home Affairs Princess Lindiwe addresses the gathering while the Princes look on.



▲ Acting PM Thuli Dladla, Senator Princess Ntfombiyenkosi with Minister of Foreign Affairs and International Cooperation Pholile Shakantu.

Government donates E1.1mln ambulance to RFM Hospital

By Thokozeni Mazibuko

IN a significant boost to the nation's healthcare sector, the Minister of Health, Hon. Mduduzi Matsebula, officially handed over a state-of-the-art ambulance worth E1.1 million to Raleigh Fitkin Memorial (RFM) Hospital on Thursday morning.

The donation forms part of His Majesty King Mswati III's broader mandate to strengthen healthcare delivery across the Kingdom of Eswatini. The new ambulance is expected to ease pressure on the hospital and improve response times for patients in need of urgent medical attention. Speaking at the ceremony, Minister Matsebula reaffirmed government's commitment to supporting both public and private health institutions. He announced that the government will cover fuel and maintenance costs for the vehicle, a measure aimed at alleviating RFM's financial challenges.

"This ambulance is not just a vehicle it is a lifeline," said the Minister. "By ensuring that it is fully serviced and fuelled, we are making certain that no patient is left unattended due to transport constraints." RFM Board Chairman, Straidom Mpanza, expressed gratitude on behalf of the hospital, saying the donation would go a long way in improving service delivery.

"This ambulance will greatly reduce the workload and enhance our capacity to save lives," Mpanza said. "We thank government for responding to the needs of our hospital and community." Over the past 22 months, the Ministry of Health has procured about 70 vehicles, with more than 20 being ambulances, underscoring government's deter-



mination to modernise the country's health infrastructure. The Minister also highlighted that the newly donated ambulance is equipped with a tracking system that allows the Ministry's transport department to monitor its movements and usage. He warned against misuse, noting that any abuse of the vehicle would result in its immediate recall and reassignment to other sectors in need. The handover ceremony comes at a time when the country continues to strengthen its healthcare response capacity to meet the growing needs of Emaswati. The government's ongoing investment in ambulances and hospital support is seen as a step toward achieving equitable access to quality healthcare across the nation.



▲ Minister of Health Mduduzi Matsebula receiving the ambulance donation worth E1.1 million at Raleigh Fitkin Hospital.

Muzi bows out as Competition Commission CEO

By Delisa Magagula

ESWATINI Competition Commission (ESCC) Chief Executive Officer, Muziwandile Dlamini, will leave the organisation on March 31, 2026, marking the end of a five-and-a-half-year tenure that saw the Commission strengthen its enforcement role and expand its advocacy on fair competition and consumer protection.

Dlamini assumed office on April 1, 2020, when the Commission was consolidating its mandate to safeguard fair trade practices and protect consumers.

Over the years, he led the organisation through key investigations and adjudications on competition matters, reinforcing the application of the Competition Act and ensuring that businesses complied with regulations designed to protect both the market and consumers.

In a statement, the Board of Commissioners announced Dlamini's impending departure and outlined plans for a leadership transition. Board Chairperson Sandile Simelane said the new Chief Executive Officer recruitment process will begin shortly to ensure continuity.

"The CEO and his committed secretariat team advanced investigations and successful adjudications on competition matters, strengthened stakeholder management, advocacy and public awareness of the mandate, while also driving the organisation's transformation agenda," Simelane said.

He added that the priority for the Board is to identify a leader who will build on the existing foundation and guide the Commission into its next chapter. Focus areas include developing a high-performance culture within the organisation and ensuring financial sustainability to support its long-term mandate.

The Ministry of Commerce, Industry and Trade also paid tribute to Dlamini's leadership. In a statement, the Ministry noted that his expertise had been instrumental in promoting fair competition, protecting consumers and creating a competitive business environment that supports economic growth and innovation.

"Under his guidance, the Commission has made significant strides in enforcing competition laws, advocating for policy reforms and raising awareness about the importance of competition in the marketplace. His contributions will have a lasting impact on our economy," Minister Manqoba Khumalo said.

The Ministry further extended its best wishes to Dlamini as he prepares to leave office, expressing confidence that the work achieved during his tenure will continue to

inspire future leaders in the field of competition and consumer protection.

During his tenure, the Commission not only strengthened its enforcement capacity but also expanded its role in public education and stakeholder engagement.

Awareness campaigns and advocacy initiatives under his leadership were aimed at deepening the public's understanding of the Commission's mandate, while also encouraging compliance from businesses across sectors.

Dlamini also presided over the organisation's transformation agenda, which sought to align internal systems and processes with the broader vision of building an effective and responsive competition authority.

This involved embedding a performance-driven culture within the Commission and improving institutional capacity to deliver on its mandate.

Responding to questions about Dlamini's future plans, the Commission's Communications Officer, Mancoba Mabuza, said the focus for now remains on his current role.

"The Board Chair's statement provides sufficient information for now, and it would only be ethical and professional to consider such reflective questions at a later stage, as Muzi Dlamini remains the incumbent CEO for the next six months," Mabuza said.

As the Commission prepares for a new leadership chapter, both the Board and the Min-



▲ Eswatini Competition Commission (ESCC) Chief Executive Officer, Muziwandile Dlamini, will leave the organisation on March 31, 2026.

istry have emphasised that Dlamini's contribution has strengthened the institutional framework of the ESCC.

His departure, scheduled for the end of March 2026, will open the way for new leadership to steer the Commission's work in advancing competition law, safeguarding consumers and supporting the broader national objective of economic growth.

For now, Dlamini continues to serve as CEO until his final day in office, leading the Commission through its ongoing programmes and ensuring that the transition process unfolds smoothly.

Approximately 22 per cent of children under five are stunted in Eswatini

Stories by Thokozani Mazibuko

THIS was revealed by the National Child Health and Malnutrition Program Officer at the Eswatini National Nutrition Council (ENNC) Siniketiwe Zwane on Thursday during a signing of a Memorandum of Understanding (MoU) between Tzu-Chi Foundation and the Ministry of health.

When a child is stunted, it means the child's growth and development have been hindered due to chronic undernutrition and other factors (like frequent infections, poor sanitation, or lack of proper care) over a long period of time.

During the signing of the MoU which took place at Happy Valley Hotel, Tzu-Chi Foundation, an organisation from the Republic of China (Taiwan) also donated 4 800 2kg nutritional powders to ENNC.

When making her presentation during the event, Zwane stated that the fact that Approximately 22 per cent of children under five were stunted in Eswatini was a sign of irreversible damage to a child's physical and cognitive development.

She added that while the prevalence of wasting (low weight for height) was generally lower, at around 2 per cent, it can still be a significant issue, especially in certain regions or during periods of drought.

Wasting

Zwane mentioned that wasting indicates a sudden and severe lack of food and often requires urgent medical attention. She added that many children also suffer from hidden hunger, or micronutrient deficiencies, which can weaken their immune systems and impair development.

She mentioned that the regions of Lubombo and Shiselweni were disproportionately affected by food insecurity and malnutrition due to their high vulnerability to climate change and drought.

"Children in these areas are at an especially high risk," she said.

She said the nutrition situation was closely linked to broader issues such as high rates of poverty, unemployment, and HIV prevalence, which can affect household food security and a child's health status.

She said in children, undernutrition can lead to stunting (low height for age) and wasting (low weight for height), which are signs of long-term and acute malnutrition, respectively. She said these conditions can cause irreversible damage, including impaired physical growth and a reduced ability to fight infections.

Zwane said the most critical period for



▲ Illustration pic, sourced from the internet.

brain development was from conception to a child's second birthday.

"A lack of essential nutrients like iron, iodine, and protein during this time can cause permanent cognitive impairment, leading to lower IQs, poor academic performance, and reduced intellectual capacity in adulthood," she said.

Zwane stated that malnutrition compromises the immune system, making individuals more susceptible to infectious diseases like pneumonia and diarrhoea. She said this creates a vicious cycle where illness worsens malnutrition and vice versa.

She pointed out that malnourished individuals, particularly children, were at a significantly higher risk of illness and death. She highlighted that under nutrition was a factor in nearly half of all deaths among children under five.

Malnutrition

In addition, she said malnutrition can lead to apathy, depression, anxiety, and a reduced ability to interact socially, further isolating individuals and limiting their life opportunities.

"Childhood malnutrition can lead to a lifetime of health issues, including increased risk of non-communicable diseases like diabetes and heart disease later in life," Zwane said.

She mentioned that the challenges leading to malnutrition included inconsistent supply of nutrition commodities, decreased financial landscape and lack of nutrition commodities for the management of moderate malnutrition

Meanwhile, the Minister of Health Mduzuzi Matsebula, who spoke through the voice of the Principal Secretary Khanya Mabuza

said the occasion was particularly meaningful as the ministry continues to emphasise the importance of good nutrition, and particularly breastfeeding, whilst also scaling up the national response to malnutrition.

"Firstly, I would like to extend my deepest gratitude to the Tzu-Chi Foundation for their unwavering support to our national health goals," he said.

He said their recent participation during their commemoration of breastfeeding week and donation of breastfeeding cushions was a simple yet profoundly impactful gesture.

Breastfeeding

"We know that breastfeeding is one of the most effective ways to improve a child's health and survival. These cushions will provide comfort and support to new mothers, making the breastfeeding journey easier, successful and more meaningful," he said.

The minister said this gift was a testament to the foundation's deep commitment to the well-being of mothers and children in the nation, in line with the country's overall health goals for primary health care.

Furthermore, he said the ministry was incredibly grateful to receive this new consignment of nutritional commodities.

"I am informed that there about 4 800 nutritional powders of 2 kg each for use, which are easy to mix and very nutritious. These supplies are a lifeline for our most vulnerable children and have been approved by our nutritionists in the ministry," he stated.

He stated that malnutrition remains a serious challenge in the country, hindering a child's growth and development and leaving them susceptible to illness.

Matsebula said these commodities will be strategically distributed to health facilities

across the country, ensuring that they can effectively manage and treat malnutrition cases.

He pointed out that the generosity of the Tzu Chi Foundation reflects a beautiful synergy between their organisations.

"It is for this reason that we as a ministry are glad to cement our relationship through the signing of the MOU today. It is through such collaborations that we can bridge critical gaps in our healthcare system and reach those who need our support the most," he said.

The minister said this partnership was a shining example of how a shared vision can translate into tangible, life-saving outcomes.

"I want to thank the Tzu Chi Foundation once again for their incredible support. We are proud to call you our partners in health, and we look forward to a continued collaboration as we work together to build a healthier, more nourished future for all our children," he said.

● Childhood malnutrition can lead to a lifetime of health issues, including increased risk of non-communicable diseases like diabetes and heart disease later in life

By Thokozani Mazibuko

IN a bold show of unity, scores of security guards under the Swaziland Amalgamated Trade Union (SATU) took to the streets of Matsapha Industrial Site on Thursday, demanding formal recognition from their employer, Stallion Security.

The workers marched peacefully through the industrial hub, carrying placards and chanting slogans as they delivered a petition to the company. At the heart of their

Guards march for recognition at Matsapha

demand is a recognition agreement, which would allow SATU to formally represent its members in negotiations and workplace matters. This push follows a decisive verification exercise in which SATU secured a 61.1 per cent majority win, giving it the mandate to speak on behalf of the guards. Union leaders say this victory demonstrates the overwhelming confidence workers have placed in SATU to protect their rights and advance their interests.

"Recognition is not just about paper-

work, it is about giving workers a voice at the table," one union representative said. "Our members have spoken clearly, and it is time for the employer to respect their choice." The march drew widespread attention across Matsapha, with bystanders and fellow workers showing support as tensions simmered between the guards and management. SATU has vowed to stand firm until Stallion Security acknowledges the will of its employees.

Labour observers note that recognition

disputes are not uncommon in Eswatini's security industry, where workers often face low wages, long hours, and minimal benefits. Today's action, however, signals growing assertiveness among employees who are increasingly determined to secure fair representation.

As the petition was delivered, chants of solidarity echoed across the industrial landscape, underscoring the guards' message: their collective strength cannot be ignored.

Stories By Delisa Magagula

FNB Eswatini now a E10 billion company

ESWATINI'S leading bank, FNB Eswatini, has declared itself a E10 billion company, marking a historic milestone in its 30-year journey of resilience, innovation, and growth.

At a media and stakeholders' breakfast hosted at the bank's headquarters in Ezulwini, Chief Financial Officer Njabulo Dlamini confirmed that the audited 2025 financial results cleared by regulators including the Central Bank of Eswatini and the Eswatini Stock Exchange show the balance sheet has expanded to E10.3 billion, driven by steady growth in both advances and deposits.

Looking back, Dlamini noted that when FNB Eswatini opened in 1995, it posted a modest profit of just E890, 000. Three decades on, annual profit has climbed to E268 million, reflecting a compounded growth rate of 21%.

"This company has demonstrated resilience, whether faced with shocks such as Covid-19, global conflicts, or shifting policy environments, we did not only rebound but emerged stronger. The E10 billion milestones is a true growth story for this country," said Dlamini.

According to Dlamini, the growth was driven primarily by a sharp increase in net advances, which climbed to E4.7 billion compared to E4.1 billion in the previous year.

Deposits also increased to E6.6 billion, re-

flecting continued confidence from customers and businesses in the bank's financial strength.

Property and equipment values stood at E325.8 million, slightly lower than last year's E339 million, while other assets amounted to E5.26 billion.

CEO Thokozani 'TK'Dlamini said the E10 billion milestone underscores FNB's resilience and ability to deliver consistent growth in a challenging economic environment.

"Crossing the E10 billion mark is a reflection of the trust our customers place in us and our commitment to innovating while remaining financially strong," Dlamini told stakeholders.

The bank also reported total capital and reserves of E1.43 billion, up from E1.36 billion last year, providing a solid cushion to support on-going lending and expansion.

The results come against a backdrop of regional and global uncertainties, but FNB Eswatini maintains that its focus on digital banking, financial inclusion, and customer-driven innovation will continue to drive long-term growth.



▲ FNB Eswatini Chief Financial Officer Njabulo Dlamini presenting the Company's year end financial results.

FNB Eswatini eWallet transactions hit 4.5 million

FNB Eswatini has reported a surge in digital payments with eWallet transaction volumes climbing to 4.5 million in the 2024/25 financial year, up from 4.1 million in 2024 and 3.5 million in 2023.

The milestone, announced during the bank's Annual Financial Results presentation on Thursday, highlights the continued importance of mobile money services in Eswatini's payment ecosystem. eWallet, which allows customers to send and receive funds instantly, remains one of the most widely used domestic payment channels in the country.

Chief Financial Officer Njabulo Dlamini said the growth reflected deliberate investment in self-service and digital platforms.

"The 8 per cent increase in service fees was driven by the wider adoption of self-service channels. Our digitisation strategy is central to how we serve customers, and the results confirm that clients are embracing these solutions," he said.

Alongside eWallet's growth, the bank successfully migrated low-value electronic payments within the Common Monetary Area (CMA) to Forex platforms and went live on the Eswatini Payment Switch.

The latter now enables clients to transfer funds instantly to other local banks, eliminating traditional clearing times.

Non-Interest Revenue (NIR) closed the financial year at E579



▲ FNB Eswatini recently rewarded Matsapha shoppers with cash back.

million, supported by customer acquisition and digital adoption.

However, NIR growth was partly disrupted by the CMA migration. Transaction-related fees made up the largest share of NIR at 39 per cent, followed by credit-related administration fees at 18 per cent, and banking fees and commissions at 15 per cent. Cash handling fees contributed 14 per cent, while fair value gains accounted for 7 per cent. Insurance income, other NIR, and exchange commissions

made up the balance.

As at June 30, 2025, FNB Eswatini's active customer base grew by 7 per cent compared to the previous year. Retail clients increased by 7 per cent, commercial clients by 10 per cent, and corporates by 1 per cent.

According to management, the expansion in customer numbers reflects the bank's efforts to provide value across different segments while strengthening digital solutions and service delivery.

The bank posted a profit after tax of E268.8 million for 2024/25, matching the performance of the previous year.

Total Assets increased by 6 per cent to E10.3 billion, while Advances rose by 13 per cent to E4.7 billion and Deposits grew by 5 per cent to E6.6 billion.

Cost-to-income rose to 63.3 per cent from last year's 59.2 per cent, reflecting increased investment in technology and people. The bank's credit impairment ratio stood at

0.6 per cent, return on assets at 2.7 per cent, and return on equity at 19.2 per cent.

CFO Njabulo Dlamini said the bank's deliberate investments would continue to drive performance. "We are building for the future by balancing operational efficiency with innovation. Our results show a resilient business that is committed to creating long-term value for customers, employees and stakeholders," he said.

BRIEFS

Oracle nears \$1 trillion valuation

ORACLE'S shares rose on Thursday, adding to a record run in the previous session and lifting stocks across the tech sector, as the company inches closer to the trillion-dollar club on soaring gains from its AI cloud business.

The enterprise software maker's remarkable rise, fueled by a wave of multi-billion-dollar cloud deals, puts the spotlight on the scramble for computing power from companies that are pouring billions to become leaders in the AI race.

Oil prices ease on oversupply, weaker demand
OIL prices held steady on Thursday as worries over softening U.S. demand and broad oversupply risks were offset by concerns over attacks in the Middle East and the Russian war in Ukraine.

Brent crude futures were down 21 cents, or 0.3%, at \$67.28 a barrel by 0911 GMT while U.S. West Texas Intermediate crude futures lost 26 cents, or 0.4%, to \$63.41.

Namibia to boost sulphuric acid production
NAMIBIA is set to increase its sulphuric acid production in response to rising critical mineral output, with Green Metals Refining and Vedanta announcing plans on Thursday to set up and revive plants, respectively. Sulphuric acid is widely used in the extraction processes for metals including uranium, copper, manganese and rare earths used in clean energy technologies. (Reuters)

FNB Eswatini closes year with E268.8 million profits

Stories By Delisa Magagula

FNB Eswatini has announced a profit after tax of E268.8 million for the 2024/25 financial year, reaffirming its dominance in the banking sector despite flat growth compared to the previous year.

The results were presented at the bank's head office in Ezulwini on Thursday, where senior executives outlined performance highlights, strategic investments, and milestones achieved over the past year.

Chief Financial Officer Njabulo Dlamini attributed an 18 percent rise in operating expenses to what he described as deliberate investment in their people, technological development and support, as well as regulatory and channel projects.

Meanwhile Chief Executive Officer Thokozani 'TK' Dlamini said the financial year was marked by initiatives designed to strengthen the bank's long-term growth.

"We honoured our commitment to investing in our people the engine of the business. At EXCO level, we on boarded CIO and CPO functions, strengthened our retail and commercial segments, and expanded support teams in human capital and IT. I also had the opportunity to conduct CEO road shows, introducing myself to the full staff complement while reinforcing our strategy and objectives," he told stakeholders.

Among operational highlights, the bank became live on the Eswatini Payment Switch, allowing clients to transfer funds instantly to



▲ FNB CEO Thokozani 'TK' Dlamini making his remarks during the result reporting event.

other local banks.

It also completed the Common Monetary Area EFT migration, enabling cross-border payments through the SWIFT channel. In addition, FNB rolled out an upgraded private banking proposition and financed Eswatini's first green loan for a solar power project.

Worth noting is that, the bank's total assets grew by 6 per cent to E10.3 billion. Advances

rose by 13 per cent to E4.7 billion, while deposits increased by 5 per cent to E6.6 billion. Cost to income moved up from 59.2 per cent to 63.3 per cent.

Other key indicators included:

Loans-to-deposits ratio: 73.2%
Credit impairment ratio: 0.6%
Return on assets: 2.7%
Return on equity: 19.2%

... Customers grow by 7%

FNB Eswatini also reported a 7 per cent growth in its customer base across all segments, with retail clients increasing by 7 per cent, commercial clients by 10 per cent, and corporates by 1 per cent.

The CEO said this growth was underpinned by a six-pillar strategy focused on customer and employee experience, efficiency, and shared prosperity.

"Our commitment is to create solutions that are both relevant and impactful, and to ensure our teams are supported, engaged, and positioned to deliver excellence," he said.

Through its Corporate Social Investment programme and the FNB Eswatini Foundation, the bank invested E5.48 million in community projects during the year.

Of this, E3.85 million went to initiatives in economic growth, entrepreneurship, sports development, social impact, education, and cultural promotion.

Additionally, FNB partnered with the FNB Eswatini Foundation to co-sponsor the 2024 Entrepreneur of the Year Awards with a contribution of E1.6 million.

Another E1.6 million was disbursed to projects in knowledge economy, gender diversity, climate change, and humanitarian support.

"We are intentional about allocating our capital to initiatives that drive long-term



▲ FNB Eswatini's New Board Chairperson Elizabeth Arden.

growth for the country. That is why we say, Sitintile Eswatini futsi asiyindzawo," Dlamini said.

The bank was certified as a Top Employer for 2025 both in Eswatini and across Africa by the Netherlands-based Top Employers Institute. The certification recognises excellence in human resources and workplace practices.

Chief People Officer Veronica Ntshalintshali described the dual certification as an incredible achievement that validated the bank's focus on employee wellbeing, diversity, and talent

development.

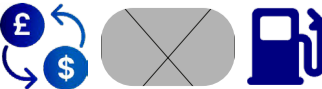
During the year, FNB also strengthened its leadership team, appointing three new executives including Thandeka Dlamini, the first woman to serve as Chief Operating Officer in the bank's 30-year history.

Celebrating three decades in the country, FNB Eswatini reflected on pioneering milestones such as introducing cell phone banking in 2007, eWallet in 2011, the FNB App in 2013, and automated deposit machines in 2017. "Now that's real help," CEO TK Dlamini concluded.



FX RATES

| Notes/Cash | | |
|------------------------|--------------|---------|
| | Buy | Sell |
| U.S. Dollar | 17.2979 | 17.7637 |
| G.B. Pound | 22.3323 | 24.0100 |
| EURO | 20.1525 | 20.7751 |
| Bank Rate (July 2023) | 7.50% | |
| Prime Rate (July 2023) | 11% | |
| Inflation (July 2023) | 4.5% | |
| Petrol | E20.20/Litre | |
| Diesel | E19.80/Litre | |
| Paraffin | E14.55/Litre | |



Eswatini, U.S. Embassy explore new avenues for economic cooperation

By Delisa Magagula

MINISTER of Commerce, Industry and Trade, Manqoba Khumalo, on Thursday held talks with the U.S. Chargé d’Affaires Marc Weinstock and senior officials from the U.S. Embassy to reaffirm Eswatini’s commitment to deepening bilateral economic relations and to explore new areas of collaboration. The engagement, which also included Principal Secretary Melusi Masuku, Economic and Commercial Specialist Dumsani Dlamini, and Economic Officer Martha Amaya, underscored the importance of strong partnerships in advancing trade, investment, and job creation.

Introducing himself and his principal secretary, Minister Khumalo reflected on his seven years of service at the ministry, describing its role as the interface with all other ministries in driving business investment, company registrations, and employment. He stressed his conviction in building an export-led economy, declaring Eswatini a great place to do business.

The Minister commended the close collaboration between Business Eswatini and the U.S. Embassy and highlighted the Eswatini Investment Promotion Authority (EIPA) as the central agency mandated to attract, promote, and retain both domestic and foreign investment while supporting export growth.

With American businesses showing increasing interest in opportunities in the Kingdom, Khumalo called for a coherent strategy that places EIPA at the centre.

He also urged the development of a strategic framework to fully leverage Eswatini’s

access to preferential tariff rates under trade agreements with the United States.

In a moment of appreciation, Khumalo thanked Weinstock for championing the John Deere initiative, which he said is close to rollout.

“This project will be a game-changer for Eswatini’s farmers, boosting productivity and transforming rural livelihoods,” the Minister said.

Looking ahead, Khumalo announced that Eswatini will host an Investment Conference in New York on 25 September 2025, on the side-lines of the United Nations General Assembly.

The conference is expected to showcase opportunities in Eswatini to U.S. investors and position the country as a competitive business destination.

Chargé d’Affaires Marc Weinstock welcomed the engagement, saying he felt aligned with Khumalo’s vision.

“The Minister speaks my language,” he remarked, while reiterating the U.S. Embassy’s commitment to partnership.

Turning to the African Growth and Opportunity Act (AGOA), Weinstock stressed the importance of dialogue on how Eswatini can better position itself. “Let’s come together as a team, figure out what kind of business suits Eswatini, how we can do it, and what the best approach is,” he said.

He concluded with a call to action of creating opportunities and jobs.

The meeting reinforced the shared objective of expanding economic cooperation between Eswatini and the United States, with both sides recognising the potential for growth, innovation, and prosperity.



▲ Minister of Commerce, Industry and Trade Manqoba Khumalo shaking hands with U.S. Chargé d’Affaires Marc Weinstock.

How New York turns millions of pounds of food waste into ‘black gold’

WATERMELON rinds, greasy pizza boxes, and yard trimmings. In many cities, these items would head straight to a landfill. But in New York, they are the raw ingredients for something surprisingly valuable: “black gold.”

“We’re making this awesome compost that we can use throughout the city and improve soil health,” said Jennifer McDonnell, Deputy Commissioner for Solid Waste Management at the New York City Department of Sanitation. At the Staten Island Compost Facility, managed by Denali Water Solutions, landscaper waste has long been processed - but it now also handles residential organic waste. On an average day, the facility takes in 100 to 150 tons of organic material, going up to 250 tons when leaf fall is heavy.

Upon arrival, the waste is shredded, screened, and transferred into aerated static pile bunkers where composting begins. The piles heat up to over 100 degrees Fahrenheit (37.8°C), hot enough to kill pathogens and weed seeds.

Over the course of several weeks, fungi, bacteria, and insects break down the material. After cur-

ing and screening, the end product forms a dark, nutrient-rich compost. The city sells some to landscapers and distributes the rest free of charge to residents, schools, and community gardens.

“We’ve given out, we think, almost 6 million pounds of compost to the residents of New York City this year,” McDonnell said. The compost helps improve soil health, manage stormwater, and keep city greenspaces thriving.

Nationwide, food scraps and yard waste are the largest share of household trash, according to the National Resources Defense Council. When sent to landfills, they generate methane, a potent greenhouse gas.

“If we want to take a bite out of the climate crisis, we’ve got to get our food scraps out of landfills and into composting,” said Eric Goldstein, New York City Environment Director at the council.

The city’s organics collection program requires all residents to separate food scraps, food-soiled paper, and yard waste from trash. While enforcement was paused earlier this year, it is expected to resume in 2026. (Reuters)



▲ Staten Island Compost Facility turns New York City food and yard waste into “black gold.” New York, N.Y.

Oracle nears \$1 trillion valuation, Ellison edges toward richest-person

ORACLE'S shares rose on Thursday, adding to a record run in the previous session and lifting stocks across the tech sector, as the company inches closer to the trillion-dollar club on soaring gains from its AI cloud business.

The enterprise software maker's remarkable rise, fueled by a wave of multi-billion-dollar cloud deals, puts the spotlight on the scramble for computing power from companies that are pouring billions to become leaders in the AI race. The stock's gains also put Oracle co-founder Larry Ellison on course to surpass Elon Musk, who is the world's richest man.

"Oracle lit a fire under the rekindled AI trade," said Richard Hunter, head of markets at Interactive Investor, adding that the company's multi-billion-dollar demand outlook has triggered a "ripple effect" for AI-related stocks.

The Wall Street Journal also reported on Wednesday that OpenAI has signed a \$300 billion deal with Oracle for computing power, among the biggest in history, likely accounting for the bulk of the new revenue Oracle outlined on Tuesday.

Oracle's shares were last up 1.5% in pre-market trading after climbing as much as 35.9% on Wednesday, lifting the company's market valuation to a record \$933 billion, as of last close.

Oracle's shares were last up 1.5% in pre-market trading after climbing as much as 35.9% on Wednesday, lifting the company's market valuation to a record \$933 billion, as of last close. (Reuters)



▲ A logo of cloud service provider Oracle is seen at the company's offices in, Dublin, Ireland. (Right) Oracle co-founder Larry Ellison.

Oil prices ease on oversupply and weaker US demand

OIL prices held steady on Thursday as worries over softening U.S. demand and broad oversupply risks were offset by concerns over attacks in the Middle East and the Russian war in Ukraine.

Brent crude futures were down 21 cents, or 0.3%, at \$67.28 a barrel by 0911 GMT while U.S. West Texas Intermediate crude futures lost 26 cents, or 0.4%, to \$63.41.

The benchmark contracts gained more than \$1 each on Wednesday after Israel's attack on Hamas leadership in Qatar the previous day and the mobilisation of Polish and NATO air defences to shoot down suspected Russian drones that had strayed

into Poland's airspace during an attack on western Ukraine.

However, the International Energy Agency said in its monthly report that world oil supply will rise more rapidly than expected this year as OPEC+ members increase output further and supply from outside the group grows, with limited expansion in demand. "Our market is torn between perceived supply shortage due to the rise in tension in the Middle East and Ukraine and actual oversupply as reflected in rising OPEC+ production and swelling stocks implied in the weekly and monthly EIA reports," PVM Oil Associates analyst Tamas Varga said. (Reuters)



▲ A Vedanta building.

Namibia to boost sulphuric acid production

NAMIBIA is set to increase its sulphuric acid production in response to rising critical mineral output, with Green Metals Refining and Vedanta announcing plans on Thursday to set up and revive plants, respectively.

Sulphuric acid is widely used in the extraction processes for metals including uranium, copper, manganese and rare earths used in clean energy technologies.

Namibia, the world's third-largest producer of uranium, is emerging as a leader in the green energy sector, with eight active critical minerals projects set to position it at the forefront of global green energy initiatives.

London-based Green Metals Refining plans to spend an initial \$59 million on the first phase of a plant that will produce 175,000

metric tons of sulphuric acid a year.

The plant's annual output is expected to eventually rise to 720,000 tons, the company said in a statement on Thursday.

"As Namibia is a net importer of sulphuric acid with a large pipeline of acid-consuming projects, we have established a compelling business case that can benefit local third-party metals projects," Green Metals Refining CEO Derk Hartman said.

The sulphuric acid plant will be situated within the company's planned manganese refinery in the port city of Walvis Bay, supplying the country's uranium and copper mines.

Both plants are expected to be commissioned by the end of 2027.

(Reuters)



▲ Brent crude futures were down 21 cents, or 0.3%, at \$67.28 a barrel by 0911 GMT while U.S. West Texas Intermediate crude futures lost 26 cents, or 0.4%, to \$63.41.



Inyatsi Construction Empowers Over 60 ECOT Students with Practical Construction Experience

Stories by Ncaba Ntshakala

Inyatsi Construction continues to live its commitment to nation-building and education, this time opening its doors to over 60 Civil Engineering students and lecturers from the Eswatini College of Technology (ECOT) for a full day of learning, mentorship, and exposure to real-life construction projects.

The students' journey began at Inyatsi House, where they were warmly welcomed and inducted into the company's safety culture. The safety induction, led by Inyatsi Construction's Safety Officer Mduduzi Nkambule, ensured that students understood all protocols before proceeding to any project sites.

They were then introduced to the operations of Inyatsi Construction and the broader Inyatsi Group Holdings, giving them a first-hand look at how one of Africa's leading construction firms is structured and run.

Delivering the keynote address was Inyatsi Group Industrial Cluster Chief Executive Officer, Paul Lwiindi, who encouraged students to see the day as a stepping stone toward building their future careers. In his inspirational message, Lwiindi urged students to stay focused and embrace resilience.

"Your journey to growth will require you to stand firm and never fear the challenges ahead," Lwiindi said. "Put in the effort, keep your discipline, stay curious, and remain committed to your goals. These four pillars will take you where you want to go."

"I Am Proud ECOT Alumni," Says Inyatsi's Construction Njabulo

INYATSI Construction General Manager, Njabulo Dube, shared a moment of pride during the indoor session of the Inyatsi Umliba Loyembili Programme held at Inyatsi House, when he revealed that he is a proud alumnus of the Eswatini College of Technology (ECOT).

Addressing over 60 Civil Engineering students from ECOT, Dube acknowledged several lecturers who were present, noting that some had taught him during his time at the institution.

His remarks highlighted the strong relationship between Inyatsi Construction and ECOT in developing the country's engineering talent.

It was highlighted during the session that many of Eswatini's top civil engineers are products of ECOT, including several key professionals currently working at Inyatsi Construction.

Lwiindi also spoke about the company's mission, its contribution to Eswatini's infrastructure development, and its goal of empowering local talent through such initiatives.

Following Lwiindi's keynote, Inyatsi Construction General Manager, Njabulo Dube, presented the Group's vision and core values.

"At Inyatsi, we are guided by our vision of becoming Africa's Leading Integrated Business Partner," said Dube. "Everything we do is anchored on our core values: agility, accountability, commitment, teamwork, and embracing change. These are not just words on paper but principles that drive every project, every decision, and every partnership we undertake."

Students actively engaged in the session, asking questions ranging from how Inyatsi leverages technology to deliver world-class projects to how the company ensures sustainability in its operations. The interactive exchange left the auditorium buzzing with curiosity and inspiration.

After the indoor session, the students departed for the field visit component of the programme. Their first stop was Mhlaleni, where Inyatsi Construction is currently executing Manzini Water Supply Lot 2, featuring a first-of-its-kind project in Eswatini known as pipe jacking.

The Contract Manager on site welcomed the students and provided an in-depth explanation of the project, highlighting the technical processes, challenges, and innovative approaches being used to deliver the water infrastructure.

"Having students on site is a privilege for us," the Contract Manager shared. "This is

where theory meets practice. We hope this experience inspires them to dream bigger, work harder, and one day be the ones driving projects of this scale."

The educational tour continued to the Matsapha Water Treatment Plant, where Inyatsi is constructing key components of the Manzini Region Water Supply System. This includes the raw water pumping main, the water treatment plant itself, and the treated rising main which all critical to improving water access for the Manzini region.

Here, Foreman Percy Dlamini guided the students through the site and fielded questions on the technical details of the project. Students were visibly excited as they saw classroom concepts come to life before their eyes.

Speaking after the tour, several students expressed gratitude for the exposure and the learning opportunity.

"This was an incredible experience," said Saneliso Dlamini, a second-year Civil Engineering student. "Seeing what we learn in class being applied at this level has motivated me to work even harder."

Nontsikelelo Mziyako, also a Civil Engineering student, shared similar sentiments, "I learned so much about safety protocols and how technology is used to improve construction processes. This has opened my eyes to the career opportunities that exist in this field."

Simanga Dlamini, another second-year Civil Engineering student, noted that the tour gave him a clearer picture of what to expect after graduation.

"It was inspiring to see engineers, quantity surveyors, and site managers working together to achieve a common goal," he said.



▲ Inyatsi Group Industrial Cluster Chief Executive Officer, Paul Lwiindi.

Sonnyboy Magagul added, "The highlight for me was the pipe jacking demonstration. It's not something we often see, and I feel privileged to have been part of this group."

The Inyatsi Umliba Loyembili Programme, under which this visit was held, is part of Inyatsi's major Corporate Social Investment (CSI) efforts. The programme aims to bridge the gap between theoretical knowledge and practical application, giving students first-hand experience in the field while inspiring them to pursue careers in construction and engineering.



▲ A section of the students following proceedings during the indoor session at Inyatsi House.



▲ Inyatsi Construction General Manager, Njabulo Dube.

Astronomers get best view yet of two merging black holes

The merger of two black holes is a momentous event, revealing the wildest and most extreme configurations of space, time and gravity known to science.

Researchers have now gotten their best look yet at such an event based on the detection of ripples in space-time called gravitational waves in an observation that lends strong support to hypotheses from eminent physicists Albert Einstein and Stephen Hawking.

The collision occurred 1.3 billion light-years from Earth in a galaxy beyond our Milky Way, and involved two black holes - one about 34 times the mass of the sun and the other about 32 times the sun's mass. They merged in a fraction of a second after orbiting each other at nearly the speed of light, and left behind a single black hole around 63 times the mass of the sun that was spinning at approximately 100 revolutions per second.

A light-year is the distance light travels in a year, 5.9 trillion miles (9.5 trillion km). Black holes are extraordinarily dense objects with a gravitational pull so strong not even light can escape.

The merger unleashed a tremendous amount of energy that radiated outward as gravitational waves, an amount equivalent to pulverizing three sun-sized stars. These waves were detected on January 14 at research sites in Hanford, Washington and Livingston, Louisiana that are part of the U.S. National Science Foundation's Laser Interferometer Gravitational-Wave Observatory, or LIGO.

These observations came about a decade after the groundbreaking first detection of gravitational waves, which were produced by a similar merger. Technological improvements since 2015 meant this merger was observed with four times better resolution than the prior one.

Gravitational waves propagate outward from

a source like ripples in a pond. In this case, the pond is space-time, the four-dimensional fabric that combines the three dimensions of space - height, width and length - with the dimension of time.

"Thanks to Albert Einstein, we know that space and time are intertwined and are best thought of as facets of a single entity, space-time," said astrophysicist Maximiliano Isi of Columbia University and the Flatiron Institute, one of the leaders of the study published on Wednesday in the journal Physical Review Letters, opens new tab.

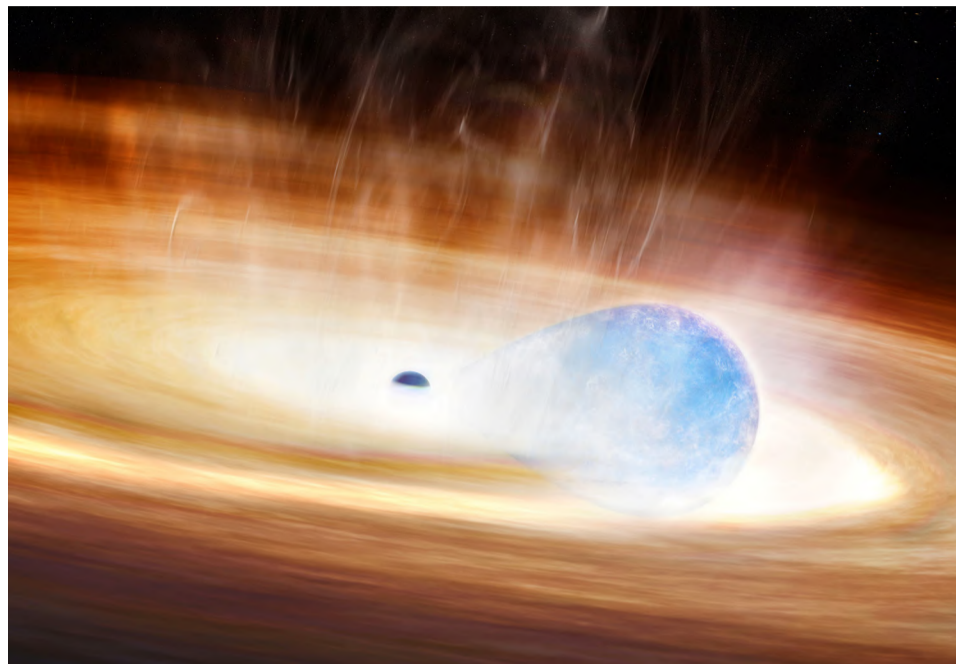
"This manifests, for example, in that time flows at different rates depending on where you are: close to a heavy object, like a black hole, time flows more slowly compared to someone farther away, so that someone close to a black hole would age more slowly," Isi said.

The researchers analyzed the frequencies of the detected gravitational waves to discern fundamental qualities of the black holes immediately before and after the merger. While these frequencies were not sound waves, the researchers compared them to the ringing of a bell.

"This is just like trying to figure out what a bell is made out of from the ringing sound it makes when struck," Isi said.

A large iron bell, for instance, makes a different sound than a small aluminum bell. What the researchers learned based on the frequency of gravitational waves offered validation for a basic tenet of scientific understanding of black holes advanced by Hawking, who died in 2018.

Hawking hypothesized that the total surface area of black holes - specifically the surface area of the event horizon, the boundary beyond which nothing can escape - should never decrease. His hypothesis implies that the surface area of the single black hole produced in a merger should exceed the



▲ This artist's conception shows events immediately preceding a powerful collision between two black holes, observed in gravitational waves by the U.S. National Science Foundation's LIGO.

combined surface areas of the two black holes that merged.

This merger met that expectation. Before colliding, the black holes together had a total surface area of about 93,000 square miles (240,000 square km). The single black hole produced by the merger had a surface area of about 155,000 square miles (400,000 square km).

"This is the first time that we have been able to make this measurement so precisely, and it's exciting to have direct experimental confirmation of such an important idea about the behavior of black holes," said astrophysicist Will Farr of Stony Brook University and the Flatiron Institute, one of the study leaders.

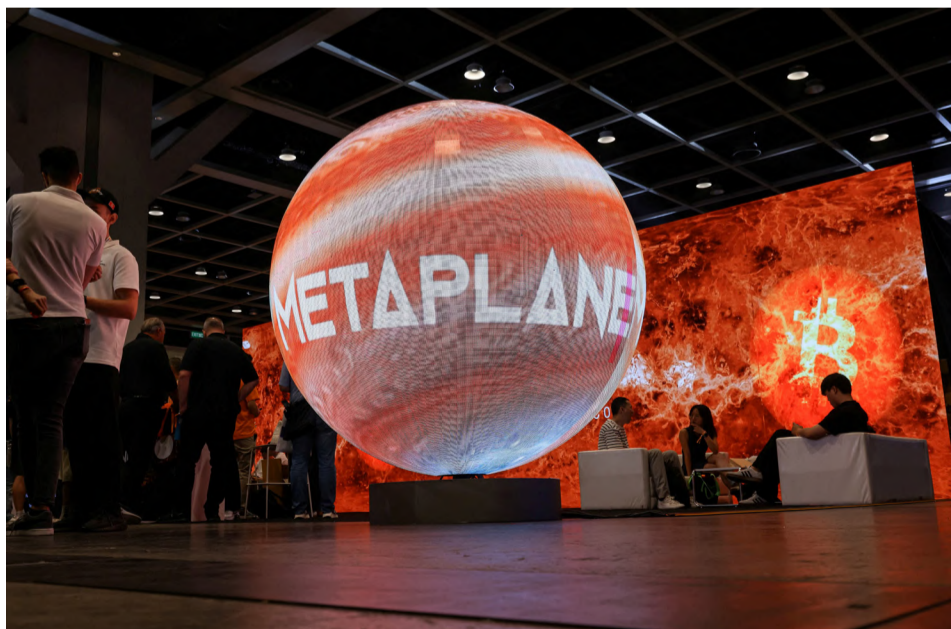
The observations also provided the most direct evidence yet that black holes are the

paradoxically simple objects foreseen in Einstein's theory of general relativity, which holds that gravity results from the curvature of space-time caused by mass and energy. The findings validated Einstein's proposed simplicity of black holes - that they can be fully understood based exclusively on their mass and spin - as worked out by mathematician Roy Kerr in 1963.

The gravitational wave measurements were obtained in a remarkably short time. Caltech astrophysicist Katerina Chatziioannou said the black holes were observed spiraling inward toward each other for about 200 milliseconds, and the signal from the merged black hole was measured for about 10 milliseconds.

(Reuters)

Investors retreat as shares in bitcoin buyers decline



▲ Visitors walk near Metaplanet's booth during the Bitcoin Asia conference in Hong Kong, China.

COMPANIES that accumulate and hoard bitcoin and other cryptocurrencies have suffered sharp drops in their share prices as the crypto mania that has gripped investors for much of the year recedes.

These so-called digital asset treasury companies sell shares or issue debt to raise cash for buying crypto held on their balance sheets. Investors have been snapping up their shares, encouraged by bitcoin's record

highs this year as U.S. President Donald Trump embraces the sector.

At least 61 publicly listed companies that are not primarily engaged in digital assets have adopted bitcoin treasury strategies, Reuters reported in June.

Shares in Michael Saylor's Strategy, the best known of these bitcoin buyers, have fallen from \$457 in July to as low as \$328 this week. That is the lowest since April and cuts their gains this year to 13%.

Japanese bitcoin treasury company Metaplanet (3350.T), opens new tab this week hit its weakest since May. The shares are down more than 60% from their June peak but remain up 105% so far this year.

Small companies that have transformed the fortunes of their shares - and their stock-owning executives - simply by announcing a sudden shift in strategy to bitcoin-buying have also taken a hit.

The scale of the reversal is "entirely unsurprising," said Kaiko analyst Adam McCarthy.

"These are all essentially volatility plays as they are leveraged exposure ... so if bitcoin is down 3%, they're down a multiple of that, sometimes four or five times as much," he said.

"For retail users it's a shock a lot of the time, so it probably compounds the downturn when some sell out of fear."

When these shares tank, the companies' market value can be less than the crypto holdings on their balance sheets.

Digital asset treasury companies also often rely on capital market access to fund their crypto buying, which can "dry up when sentiment cools," said Lale Akoner, global market analyst at eToro.

"Beyond their bitcoin exposure, most (companies) have only modest fundamentals, so their valuations don't have much of a cushion."

Shares of Smarter Web Company(SWC.

ASE), opens new tab soared after the UK-based website designer announced a bitcoin-buying strategy in April. The stock is down more than 70% since June.

Shares in Alt5 Sigma (ALTS.O), opens new tab, which has been buying tokens in Trump's World Liberty Financial crypto venture, have tumbled more than 61% from their June high reached before the company announced a \$1.5 billion deal with the venture.

Bitcoin-hoarding has spread to other cryptocurrencies, too, with more companies buying up ether and lesser-known digital currencies.

"Until retail users realise that these firms aren't buying into crypto, rather they're selling a crypto narrative to pump their equity value, this circle will persist," Kaiko's McCarthy said.

Shares of Peter Thiel-backed BitMine (BMNR.A), opens new tab and gaming media network GameSquare (GAME.O), opens new tab rocketed this year after they announced plans to buy ether. Both have slumped by about 67% since July.

Crypto exchange Gemini is set to debut on the Nasdaq on Friday. The exchange, backed by Cameron Tyler Winklevoss, raised the proposed price range for its U.S. initial public offering and is targeting a market valuation of up to \$3.08 billion.

(Reuters)

Police search for sniper who killed conservative activist Charlie Kirk in Utah

POLICE and federal agents mounted an intense manhunt on Thursday for the sniper believed to have fired the single gunshot that killed conservative activist Charlie Kirk as he was fielding questions about gun violence during a university appearance.

Kirk, 31, a podcast-radio commentator and an influential ally of Donald Trump, is credited with helping build the Republican president's base among younger voters. He was gunned down on Wednesday in what Utah Governor Spencer Cox called a political assassination.

The slaying, captured in graphic detail in video clips that rapidly spread around the internet, occurred during a midday event attended by 3,000 people at Utah Valley University in Orem, Utah, about 40 miles (65 km) south of Salt Lake City.

In one clip, blood could be seen gushing from Kirk's neck immediately after a shot rang out, and he slumped in his chair.

Kirk, co-founder and president of the conservative student group Turning Point USA, was pronounced dead at a local hospital hours later. His murder stirred immediate expressions of outrage and denunciations of political violence from Democrats and Republicans alike.

Cox said Kirk's events on college campuses were part of a tradition of open political debate that was "foundational to the formation of our country, to our most basic constitutional rights".

"When someone takes the life of a person because of their ideas or their ideals, then that very constitutional foundation is threatened," Cox said.

ERA OF POLITICAL VIOLENCE

Belarus frees 52 prisoners after Trump appeal, US eases some sanctions on Minsk

BELARUS released 52 prisoners of various nationalities on Thursday after an appeal from U.S. President Donald Trump and they were headed to Lithuania with the U.S. delegation that negotiated their release, the U.S. embassy in Vilnius said.

Trump had earlier called on Belarusian President Alexander Lukashenko, a close ally of Russian President Vladimir Putin, to release detainees whom the U.S. leader has described as "hostages". Belarus later confirmed their release.

In return for Lukashenko's gesture, the U.S. will grant sanctions relief to Belarus's national airline Belavia, allowing it to service and buy components for its fleet, which includes Boeing aircraft, the U.S. embassy spokesperson in Vilnius said.

It was the biggest batch of prisoners so far pardoned by Lukashenko, who is seeking to repair relations with the U.S. after years of isolation and sanctions on his former Soviet state.

But it was far short of the total of 1,300 or 1,400 prisoners whose release Trump had called for in a conversation with Lukashenko last month and in subsequent social media posts.

It was also not immediately clear whether those released included some of the most prominent critics of Lukashenko's decades-old rule, such as human rights campaigner Ales Bialiatski, co-winner of the 2022 Nobel Peace Prize.

"What happened (today) is a great diplomatic success for the United States and for us all," Lithuanian President Gitanas Nausea said, as he announced that the ex-prisoners were crossing into Lithuania, a NATO



▲ A memorial is held for Charlie Kirk, who was shot and killed in Utah, at the Turning Point USA headquarters in Phoenix, Arizona

The shooting punctuated the most sustained period of U.S. political violence since the 1970s. Reuters has documented more than 300 cases of politically motivated violent acts across the ideological spectrum since supporters of Trump attacked the U.S. Capitol on January 6, 2021.

Trump himself has survived two attempts on his life, one that left him with a grazed ear during a campaign event in July 2024 and another two months later foiled by federal agents.

The lone perpetrator suspected of firing

the single gunshot that struck Kirk in the neck, apparently from a rooftop sniper's nest on campus, remained "at large," said Beau Mason, commissioner of the Utah Department of Public Safety, at a news conference four hours later.

Security camera footage showed a person believed to be the assailant dressed in all-dark clothing, Mason told reporters. But some eight hours after the killing, authorities said they still had no suspect in custody.

State police issued a statement on Wednesday night saying that two men had

been detained, and one was interrogated by law enforcement, but both were released.

"There are no current ties to the shooting with either of these individuals," the statement said. "There is an ongoing investigation and manhunt for the shooter."

NO SUSPECTS IN CUSTODY, MULTIPLE 'CRIME SCENES'

One of the two detainees, an older man seen in photos that circulated online shortly after the killing, was familiar to locals as a political "gadfly," according to the Salt Lake Tribune. Officials said he had been charged with obstruction by university police.

The other man had been initially described by the governor as a "person of interest" in the investigation.

Police said late on Wednesday that investigators were seeking clues at "multiple active crime scenes," pinpointed on the basis of where Kirk was shot and "locations where the suspect and the victim traveled."

Kirk, who was married and the father of two young children, had just returned to the United States from an overseas speaking tour in South Korea and Japan.

His appearance on Wednesday was the first in a planned 15-event "American Comeback Tour" of U.S. college campuses.

Known for his often-provocative discourse on topics ranging from race and gender to immigration and firearms regulation, Kirk often used such events to invite members of the crowd to debate him live.

At the moment he was shot, Kirk, a staunch advocate of the Constitution's Second Amendment right to bear arms, was being questioned by an audience member about gun violence, according to multiple videos of the event posted online. (Reuters)

and EU member state.

Belarus' state news agency Belta said they included 14 foreign nationals from Lithuania, Latvia, Poland, France, Britain and Germany.

'RARE ACT OF PERSONAL FRIENDSHIP'

Belta also quoted John Coale, a lawyer who headed the U.S. delegation, as saying that Trump had told Lukashenko that Washington wants to reopen its embassy in Minsk.

Earlier, Coale had passed a letter from Trump in English to Lukashenko signed "Donald", Belta showed. The fact that Trump had signed the letter simply Donald was "a rare act of personal friendship", it quoted Coale as saying.

"If Donald insists that he is ready to take in all these released prisoners, God bless you, let's try to work out a global deal, as Mr. Trump likes to say, a big deal," said Lukashenko, who also praised the U.S. leader for seeking a peace deal in Ukraine.

"Our main task is to stand with Trump and help him in his mission to establish peace," Belta later quoted Lukashenko as saying, referencing Trump's claim that he has solved six or seven world conflicts.

Lukashenko has led Belarus through more than three decades of authoritarian rule. He had said as recently as August 22 that he was not prepared to release "bandits" who might "wage war" against the state.

Trump has flattered the veteran leader, long treated as a pariah by the West, and said he plans to meet with him. Last week he described him as a "very respected man, strong person, strong leader".

The release took place at a difficult moment in the Russia-Ukraine war, a day after Poland shot down suspected Russian drones



▲ Belarusian President Alexander Lukashenko greets John Coale, a representative of U.S. President Donald Trump, during a meeting in Minsk.

over its territory and on the eve of a major joint exercise between the Russian and Belarusian armed forces.

Belarus shares borders with three NATO countries and with Ukraine. Lukashenko allowed Putin to use Belarusian territory for his full-scale invasion of Ukraine in February 2022 but his army has not directly participated in the war.

Vytis Jurkonis, a Belarus human rights activist who leads the Vilnius office of Freedom House, a U.S. government-funded human rights advocacy organization, told Reuters that Lukashenko was using the prisoners to leverage his own influence.

"Lukashenko is dragging out the release

of the political prisoners because he does not have much else to trade with the West. At the same time, he is continuing to arrest more prisoners," Jurkonis said.

"He is using the releases to uphold the illusion of change in Belarus, but the real change would be happening if terror in the country ceases, the exiles are allowed to return, the Russian army leaves."

Lukashenko says there are no political prisoners in Belarus and that those behind bars are law-breakers who chose their own fate.

(Reuters)



Stories by Siphesihle Dlamini
siphesihled@rubiconmedia.group

EMASWATI are set to relax and enjoy the easygoing vibe that the weekend offers.

Gather your friends, lace up your dancing shoes, and prepare for a weekend packed with memorable experiences. Eswatini Daily News has highlighted several events for you to explore.

►► EU FILM FESTIVAL

When: Weekend

Where: Eswatini Theatre Club

Fee: Free

The European Union (EU) Film Festival is returning for its highly anticipated fourth edition. Set to take place at the Eswatini Theatre Club from September 11 to 13, 2025, this event promises to be a vibrant celebration of film, culture, and creativity, showcasing a diverse array of cinematic works from Europe alongside compelling narratives from Eswatini. Entry to the festival is free, making it accessible to all film enthusiasts, aspiring filmmakers, and the public. This initiative aims to foster a love for cinema and provide a platform for dialogue and collaboration among creatives. The announcement was made via a post on the social media page of Alliance Française de Mbabane, generating excitement among the local artistic community. "Lights, stories, action! Film enthusiasts, directors, and creators, mark your calendars for September 11-13, 2025, at the Eswatini Theatre Club for the 4th edition of the European Union Film Festival," the post enthusiastically declared. This year's festival is set to be a unique blend of captivating European cinema and bold storytelling from Eswatini, offering attendees an immersive experience in the world of film.

►► CRISPY FRIDAY

When: Friday

Where: Brussels Lounge

Fee: Free

Brussels Lounge, one of the most vibrant nightlife spots, is gearing up for another thrilling edition of Crispy Friday. Known for its lively atmosphere and unique weekend experiences, the lounge continues to solidify its place as a premier entertainment destination. The event, which kicks off at 6 pm and runs until late, promises a night filled with energy, music, and excitement. Guests can look forward to a well-curated lineup and the unmistakable vibe that has made Crispy Friday a favourite among partygoers. Unlike many nightlife events in the city, entry is free, making it an open invitation for anyone looking to unwind after a long week. Brussels Lounge has become synonymous with consistency in entertainment, offering a safe, stylish, and welcoming environment. The management at Brussels Lounge has stressed that their mission goes beyond just music and dancing, they aim to create memorable experiences that keep people coming back. This show will feature performances from Fantasy, Sweet Shandis, Bhekzin, Bandora, Mafaka, and Lil D.

►► UMUTHI FEST ACTIVATION

When: Saturday

Where: Mdzimba View Shisanyama

Fee: E50

The Mdzimba View Shisanyama is set to become the epicentre of rhythm and sound with the inaugural Umuthi Fest Activation this coming Saturday, September 13, 2025.

►► NIGHT OF BLISS

When: Saturday

Where: Brussels Lounge

Fee: Free

The event promises an unforgettable experience, featuring an impressive lineup of established and rising talent from 2 pm to 3 am. The event's stage will feature a stellar list of performers, including a diverse group of DJs and artists ready to get the crowd moving. Attendees can expect sets from Zulu D, Ayacity, Bandora, Lady Zee, Sgitha and The Prefect.

The lineup also includes local favourites Sbu De Drum, DJ President, Bandzie, Drum Rhythm, and The Bishop. The energy will continue with Selby, Matamza, Tilungu, Mzoro, 1D, Rekorder, Paris and the Mdzimba View Residents DJs. Beyond the decks, the event will also feature a special live performance by Linda Dlamini, with Bayanda and Tiso serving as the night's MCs. With an entry fee of just E50 at the gate, this event is accessible to everyone looking to enjoy a full day and night of top-tier entertainment.

The weekend festivities continue at Brussels Lounge as the venue prepares to host Night of Bliss Episode 5 on Saturday, September 13, 2025. The event will start at 4 pm and stretch late into the night. Now in its fifth edition, Night of Bliss has established itself as a crowd favorite. The concept is simple yet effective: a blend of entertainment, good company, and great service in an environment designed for pure enjoyment.

This time around, guests can expect not only the signature vibrant mood but also exciting drink specials that will keep the energy high throughout the evening. The timing of the event, beginning in the late afternoon, allows guests to ease into the night, creating a flow of entertainment that caters to both early arrivals and those who prefer to join the party later. By offering free entry, the organizers ensure accessibility, reinforcing Brussels Lounge's role as a space where everyone can feel welcome. The event will feature a lineup of SS Entertainment, Snolove, Maphi, Cnatra and Crashmaster. The host will be Thando.

►► SUNDAY SOUL COOKOUT

When: Sunday

Where: Brussels Lounge

Fee: Free

The sweet aroma of grilled meat and the promise of soul-soothing music will fill the air this weekend as Brussels Lounge hosts its much-anticipated Sunday Soul Cookout on 14 September 2025. The event, which will be held at the Palm Beach Building Centre, is designed to blend good food, live entertainment, and a vibrant social atmosphere. Gates open at 6 PM, and the festivities are expected to run late into the night, with free entry for all patrons. Organizers say the cookout is more than just a casual hangout; it's a cultural experience. "We wanted to create a space where music, food, and people come together in perfect harmony," one of the event hosts explained. The lineup promises to deliver just that, featuring Fantasy, Sweet Shandis, Bhekzin, Bandora, Mafaka, and Lil'D as supporting acts. With this mix of talent, the night is expected to cater to a wide audience, from soulful grooves to high-energy beats that will keep the crowd on their feet.



Step into
the weekend
with energy



Gogo & Co. capitalise on viral trend as...

‘Lugodvo Kimi’ flipped into profitable merch

Stories by Siphesihle Dlamini
siphesihled@rubiconmedia.group

A dynamic group of comedians comprising Gogo, S’lwane, Slim Bee, and Hembe have successfully capitalised on their viral sensation, the ‘Lugodvo Kimi’ trend, by launching a branded merchandise line and planning an exciting live performance in South Africa.

Their innovative approach to monetising comedy content highlights the growing intersection between digital trends and entrepreneurial ventures within the entertainment industry. The troupe announced the release of official ‘Lugodvo Kimi’ T-shirts, which will be available for purchase starting Saturday, September 13, 2025. This move comes in response to overwhelming demand from fans who have embraced the comedic catchphrase

and its associated cultural resonance. Gogo Eswatini, a lead member of the group, expressed enthusiasm about the merchandise launch, emphasising the accessibility and appeal of the branded apparel.

The T-shirts will be sold at select locations in Eswatini, including KaGogo Start-Ups in Mbabane and Ikleri in Manzini, with prices ranging from E250 to E300. This pricing strategy strikes a balance between affordability and quality, aiming to attract a broad audience while sustaining the troupe’s creative endeavours.

Supporters

For their South African supporters, Gogo & Co have arranged shipping through The Courier Guy, ensuring that fans outside Eswatini can also participate in the trend with a small additional delivery fee. This cross-border distribution effort underscores the troupe’s expanding regional influence and its commitment to engaging a wider fan

base. Beyond merchandise, Gogo & Co. are set to bring its signature humour to a live audience with the upcoming ‘Lugodvo Kimi’ comic theatre event. Scheduled for October 3, 2025, at KaMhlushwa T-Vet College in Nkomazi, South Africa, the show promises to transform the viral video content into an immersive live experience. Starting at 7 pm, the event aims to captivate comedy enthusiasts with fresh performances that build on the viral success of the original content.

Ticket pricing reflects an inclusive approach, with general admission available at E150 and VIP access at E250. This tiered pricing structure allows fans to select their preferred experience level, ensuring the event remains accessible to a diverse audience. The live show represents a significant milestone for Gogo & Co., marking their transition from digital content creators to live performers with regional reach.

Lwah Ndlunkulu joins Umuthi Fest 2025 line-up

THE excitement surrounding the second edition of Umuthi Fest continues to build as South African-born singer-songwriter Lwah Ndlunkulu has been officially added to the festival’s lineup.

Scheduled for October 18, 2025, at Mavuso Trade Centre, Umuthi Fest is set to be an electrifying event. Lwah Ndlunkulu’s inclusion alongside renowned acts such as the popular South African duo Blaq Diamond, the soulful Mlindo The Vocalist, Mawelele and the talented Naledi Aphiwe significantly elevates the festival’s appeal.

Ticket sales have been robust, reflecting the growing anticipation for the event. Early bird general admission tickets are priced at E150, with pre-sale tickets available at E200 and gate tickets at E250. For those seeking premium experience, VIP tickets are offered at E400 for early birds, E500 during presale, and E600 at the gate.

Born Lwandile Mtshali in Hluhluwe, Northern KwaZulu-Natal, Lwah Ndlunkulu’s journey to stardom is a testament to her

talent and determination. She began her musical career in high school as a member of the school choir, where she honed her vocal skills and developed a passion for music. In 2020, driven by her ambition to succeed in the competitive music industry, she boldly decided to drop out of high school and move to Johannesburg.

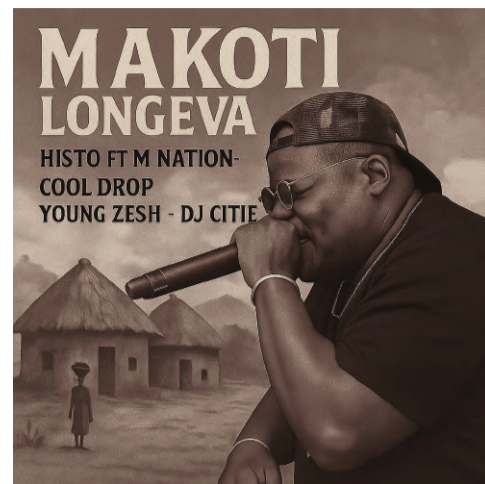
Success

Lwah Ndlunkulu’s big break came when she was featured on Big Zulu’s hit song ‘Umuzi Esandton.’ The track’s success catapulted her into the spotlight, leading to her signing with Inkabi Records, a label known for promoting top-tier talent in the Afro Pop genre. Her debut single, ‘Home,’ featuring the renowned artist Sjava, was released in late 2021 and quickly gained traction.

Since then, Lwah Ndlunkulu has continued to prominence, releasing a string of platinum and chart-topping singles, including ‘Ithuba’ and ‘Ngiyeza.’ Her collaboration on the hit single ‘Voice Mail’ with Inkabi Nation further solidified her status as a leading figure in the Afro Pop scene.



▲ Lwah Ndlunkulu.



▲ Histo.

100 000 YouTube views for Histo’s ‘Makoti Longeva’

ESWATINI’S music scene is witnessing a powerful new single from talented musician Histo, titled ‘Makoti Longeva,’ which has since reached over 100,000 views in a month.

The song resonates with listeners on multiple levels, exploring the complexities of marriage and cultural expectations in contemporary society. The track features contributions from fellow artists M Nation, Young Zesh, and DJ Citie.

In an exclusive interview, Histo shared the inspiration behind ‘Makoti Longeva,’ stating, “This song is a composition that emerged from my reflections on the changes we’re seeing in today’s generation, especially regarding marriage.” He emphasised that the song is not drawn from personal experiences but rather from observations within his community and the stories he encounters.

“I imagined a situation where a man marries a woman, thinking she will be a pillar of the home, only to find that she struggles to adjust to the family’s values,” he explained. The song carries a profound cultural and emotional message that speaks directly to the heart of Eswatini’s traditions. Histo elaborated, “In our African tradition, especially here in Eswatini, a wife is seen not only as a partner to her husband but also as someone who joins and respects the entire family.”

Expectations

He pointed out the expectations placed on wives to embody dignity, humility, and maturity within the family structure. ‘Makoti Longeva’ aims to highlight the consequences of a shift in priorities, where some women may overlook their responsibilities at home, treating elders with disrespect and prioritising social outings over family obligations. “It’s a reminder that respect for culture, for elders, and for the family structure is still important,” he asserted.

The creative process behind ‘Makoti Longeva’ was one of intentionality and collaboration. Histo had a clear storyline in mind, which allowed the lyrics to flow naturally. “I wanted the lyrics to feel like a conversation, something people could relate to and talk about,” he said. Partnering with artists like M Nation, Young Zesh, and DJ Citie was a strategic decision to enhance the song’s emotional depth.

Musically, ‘Makoti Longeva’ blends Afro-pop with cultural elements and storytelling, creating a sound that is both traditional and modern. DJ Citie’s production of the beat has been pivotal in bringing Histo’s vision to life, establishing a rhythm and mood that complement the song’s message.

PROPERTY MATTERS

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THE reason is ethylene, a gas from some fruits and vegetables that speeds ripening. It's a big reason for food waste.

So store ethylene-emitting foods away from those that are sensitive to it.

Ethylene producers:

- ▶ Apple
- ▶ Cantaloupe
- ▶ Avocado
- ▶ Pear
- ▶ Tomato
- ▶ Pepper
- ▶ Banana

Ethylene sensitive:

- ▶ Mango
- ▶ Asparagus
- ▶ Peach
- ▶ Onion
- ▶ Eggplant
- ▶ Grape
- ▶ Cucumber

Wash Your Greens

Leafy green vegetables such as spinach and bibb, romaine, red leaf, and other types of lettuce will stay fresher longer if you rinse them in cool water before refrigerating. Toss out any wilted or discolored leaves. Dry the greens in a salad spinner or shake off the water and wrap them loosely in paper towels. Seal them in a plastic bag or container.

Leave the Wax On

Many fruits and vegetables, especially those grown in warm climates, have a natural waxy outer layer to prevent shrinking. Some crops get a coating of artificial wax. Wash it off only just before you're ready to eat. That helps prevent bruising and premature rotting. Coated produce includes apples, lemons, nectarines, oranges, cucumbers, bell peppers, potatoes, and eggplants.

Trim Carrots

Those green tops may be pretty. But they wick nutrients and freshness from the rest of the carrot. Slice off the green tops before storing. Refrigerate trimmed carrots loosely in a plastic bag in the crisper drawer. They should keep for several weeks. Pro tip: Save the greens to make pesto, chimichurri, or salad topping.

Keep Bananas Cool

Your sunny kitchen may be one of the worst places to keep these tropical fruits. Humid, warm air will speed up the browning. Keep them away from other produce. Once they've ripened to your liking, refrigerate bananas to extend their shelf life by a couple of days. The skin may turn mottled, but the inside should stay tasty.

Freeze Ginger

Love the pungent flavor of fresh ginger but never use it quickly enough before it turns gnarly or moldy? Ginger, also called ginger root, can last in your fridge for a few weeks. To keep it longer, toss it in your freezer. Chop, grate, or slice the ginger (no need to peel it). Wrap tightly with foil or a freezer bag to keep out air. It'll keep fresh for at least 3 months.



Scientific tips to keep your produce fresher longer



Let Onions Breathe

Good air circulation is key to keeping decay at bay. Store onions without plastic wrap in a cool, dry spot. If they're sold in a mesh bag, you can hang in on a hook in your pantry. Or make your own ventilated storage with an old, clean pair of pantyhose. Drop an onion in one leg and push it down to the toe. Then tie a knot above it, and drop another onion. Cut onions will keep for several days in the refrigerator.

Chill Berries

Strawberries are among the sweetest harvests of summer. But these tender fruits actually are cold hardy. In fact, strawberries, raspberries, blueberries, and blackberries should be refrigerated below 40 F, or even as cold as 32 F. That lengthens their shelf life. Moisture will turn them mushy or moldy quicker, so wash berries only at the last minute.

Wrap Celery in Foil

Like most vegetables, celery is almost all water. It's also sensitive to ethylene, the ripening gas. Help keep your celery from going limp by tightly covering it in foil and storing it in the crisper drawer. Or you can wrap it in a dry paper towel and put it into a plastic sleeve. The celery should last several weeks.



Bag Your Lemons

A bright yellow pile of citrus can brighten up any kitchen counter. That's also an ideal place to dry out your lemons and limes into hard orbs. But you can keep them juicy for up to a month. Seal the lemons tightly in a plastic storage bag with all the air out and put them in the fridge.

Keep Your Herbs Vertical

Treat cilantro, parsley, and mint like cut flowers. Place them in jars with water and then refrigerate. Bouquets of other soft-stemmed herbs like basil may prefer the warmer temperature on your counter. Or try this: Place fresh dry herbs in a plastic produce bag and blow into it like a balloon. The carbon dioxide from your breath is a known food preservative and can help keep the greens perky.

Vent Your Mushrooms

They're not a fruit or vegetable, but fungi. Mushrooms like to be kept cool and well-ventilated. A porous paper bag is a good choice. Free the mushrooms from their plastic-wrapped grocery container, which can trap moisture. They may keep in the fridge for up to a week. Run them under cool water just before you cook with them.

Deep-Clean Your Fridge

Several things affect how quickly your food spoils. They include light, air, temperature, and time. One you can control is microorganisms like bacteria, mold, and yeast. So wipe down the insides of your refrigerator regularly. White vinegar or soapy water work. Avoid packing too much food on the shelves and drawers so that air can circulate. **WebMD**

9

Tips for smooth digestion

WANT a "recipe" for smoother digestion? Start with these nine tips. They'll help you prevent symptoms such as bloating, belches, or heartburn.

Of course, if you have any digestive symptoms that are severe or won't go away, see your doctor.

1. Tap Into Plant Power

Plant foods have fiber. This helps you stay regular. Bonus: It fills you up, which is a plus if you want to lose weight.

Go for high-fiber foods, such as:

- ▶ Vegetables
- ▶ Fruits
- ▶ Nuts and seeds
- ▶ Whole grains
- ▶ Beans and lentils

Start slowly. As you gradually add fiber to your diet, also increase the amount of water you drink. Water is fiber's best friend. Fiber soaks it up, and this will help you avoid cramping or gas.

2. Have a Side of Soup

Water and other fluids such as soup, broth, and juice can ease things through your system.

Not a soup fan? Try herbal tea or water with a slice of cucumber, lemon, or lime. Or anything, really, as long as it doesn't have alcohol (which dehydrates you) or too much caffeine (which can stimulate your intestines too much).

If you favor fizzy drinks, keep in mind that they increase stomach acid, which gives some people heartburn.

3. Break It Down

Eat smaller amounts more slowly. Chew your food thoroughly to make your digestive system's job a little easier.

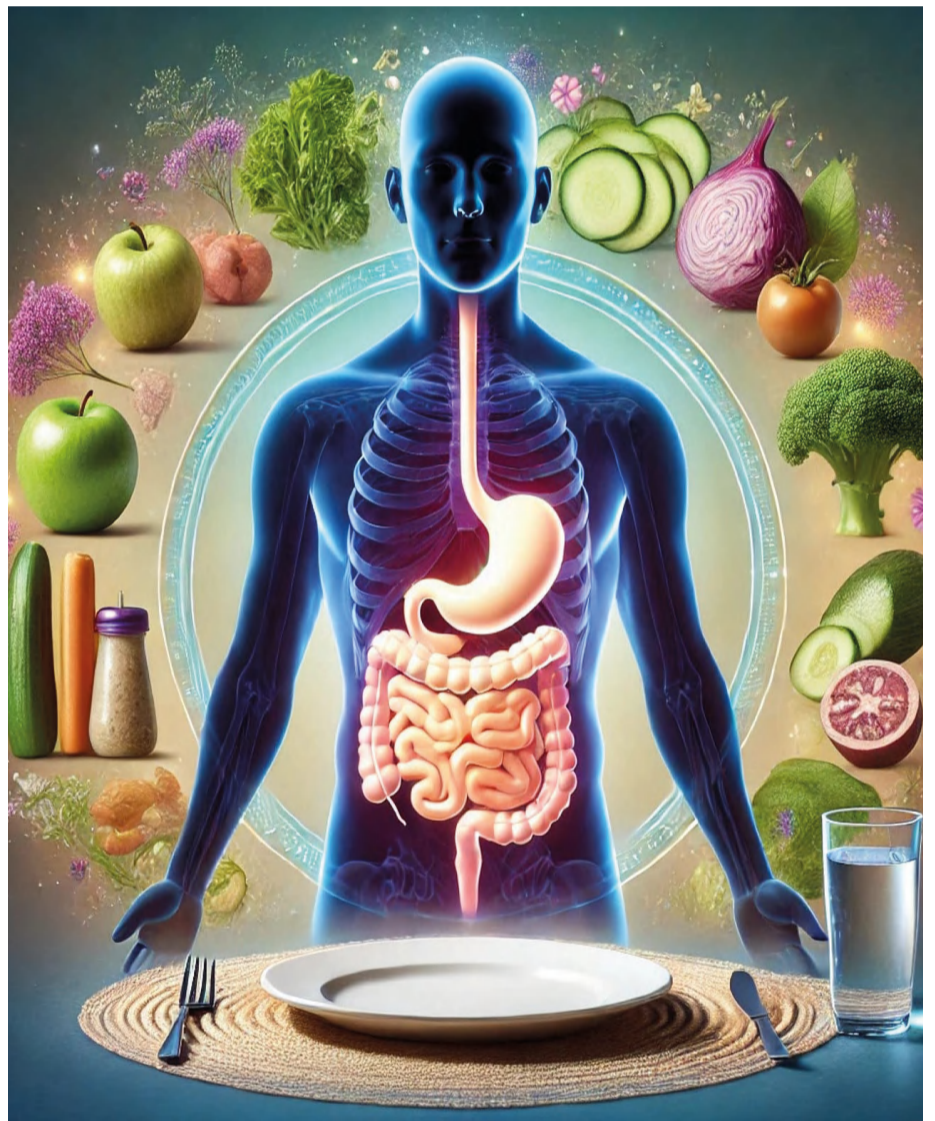
4. Keep Moving

Is there anything exercise can't do for you? The list of benefits just keeps growing. You already know it's good for your heart and your waistline. Turns out that active people also have smoother digestion.

Watch the timing. For some people, exercise right after a meal can cause indigestion. So schedule your workouts before meals or wait at least an hour after eating.

5. Bring on the "Good" Bugs

Probiotics are "good" bacteria that are in your gut. They are in some yogurts and fermented foods. They help with your digestion. You can also add them to your diet with supplements.



6. Outsmart Fatty Fare

Fats tend to stay in your system the longest, making them harder to digest. You may have even noticed a feeling of fullness or burning after a rich meal.

Limit fatty foods such as chips, burgers, and greasy foods. Instead, eat lean meat and fish. Also, try to grill your meals more often than you fry them.

7. Dear (Food) Diary

Pay attention to foods that seem to trigger stomach discomfort. Write down what you ate and how you felt so you remember for next time.

Some people find that acidic foods, like tomatoes or citrus fruits, trigger heartburn. For others, wheat, onion, or dairy products such as milk or cheese cause problems.

Spicy food is a common cause of heartburn, stomach pain, or diarrhea, so you may want to stay away from anything that heats up your mouth.

Smoking can also upset your digestion. Add that to your list of reasons to quit. If you've tried to quit before, that's OK! Keep trying and ask your doctor for help.

8. Soothe Your Stress

Stress affects your whole body, including your digestive system. Ditch stress whenever you can. For those problems you can't avoid, find ways to relax. It may also help to sign up for a few sessions with a counselor or to take a stress management class. For better digestion, do what you can to keep your stress under control.

9. Get Expert Advice

Some medications or medical problems can interfere with smooth digestion. If you've ruled out other problems but still have symptoms, tell your doctor what's been going on. Bring a list of any medicines you take. This might help spot the source of your problem.

WebMD

News In Pictures



▲ Demonstrators gather as smoke rises from the Parliament complex following fire set during a protest against Monday’s killing of 19 people after anti-corruption protests that were triggered by a social media ban.



▲ A man pushes his motorbike as he wades through a flooded road amid rain in Lahore, Pakistan.



▲ Director Scarlett Johansson poses during the red carpet for the film “Eleanor The Great” at the Toronto International Film Festival (TIFF) in Toronto, Canada.



▲ Activists hold a banner as they sit in inflatable boats during a protest against the IAA Mobility 2025 auto show, in Munich, Germany.



▲ Authorities work at the scene where a passenger bus was struck by a train while trying to beat it across the tracks, leaving people injured and dead, according to Civil Protection, in Atacomulco, Mexico.

New Forest boss Postecoglou shoulders great expectations

NOTTINGHAM Forest's new manager Ange Postecoglou is adamant he can handle the pressure of turning his club into trophy winners as he prepares for his debut against Arsenal on Saturday.

Postecoglou was hired by Forest earlier this week, returning to the Premier League just three months after being sacked by Tottenham.

The Australian, who lost his job at Tottenham 16 days after winning the Europa League, arrived at the City Ground following Nuno Espirito Santo's dismissal.

Nuno fell out with Forest owner Evangelos Marinakis over the club's transfer policy and paid the price despite leading them to European qualification for the first time in 30 years.

Marinakis hailed Postecoglou's appointment by insisting Forest are ready to challenge for silverware.

That might seem an ambitious statement given Forest have not won a major trophy since the 1990 League Cup.

But Postecoglou delivered on his boast that he always wins a trophy in his second season while at Tottenham and the 60-year-old knows he might have to achieve success even more quickly to satisfy Marinakis.

"I have won a couple in my first season. At Celtic I won a double in my first," he said on Thursday.

"I may have to win one to get a second year here. That's what I want to do. I want to win trophies."



▲ Nottingham Forest's new manager Ange Postecoglou.

He added: "Every club wants to be successful, but since the president took over the club those ambitions are backed up with actions. Perfect conditions for me."

If Postecoglou can win a trophy for Forest, he would follow in the footsteps of Brian Clough, who led the club to a pair of European Cups and the English title during the club's golden era in the late 1970s and early 1980s.

However, Postecoglou did not want to be compared to Clough as he looks to create his own legacy.

"He's a standalone legend. He's one of these figures you cannot com-

pare to," said the Australian.

"He's one of the most legendary figures going around. He did it at a football club where no one expected that. If I can bring similar joy to this club and this city, I'll be a very happy man."

Postecoglou was criticised for his ultra-attacking tactics at Tottenham, which contrast with the cautious style that brought Forest success under Nuno.

The Australian's game-plan was exposed as Tottenham finished 17th last season but he will not compromise.

(Supersport)

South Africa well prepared for Davis Cup tie against Morocco

HAVING spent more time together than usual, captain Pietie Norval is confident the Renault SA Davis Cup team are ready to face Morocco in a crunch World Group II tie to be held at Groenkloof Tennis Club in Pretoria on Saturday and Sunday.

The national team arrived in Pretoria last Saturday, a week before the tie, and Norval said they had prepared well for the clash as they looked to take a step closer to World Group I.

"We actually got together a day earlier than we usually do because we wanted to be even better prepared than we have been in the past, and that's made a significant difference," Norval said on Thursday.

"Some of our players came in from low altitude and they needed the extra day (to acclimatise), and altogether we felt our preparation for this tie needed to be even better than before.

"So all is good in the team. We have a couple of newcomers for this tie and with the extra day and more emphasis on high intensity training that went in over the last five days, I feel the guys are the best prepared that they've ever been."

The five-member Renault SA squad includes Alec Beckley and



▲ Pietie Norval and Alec Beckley.

19-year-old Leo Matthysen, who both have experience playing in the Davis Cup.

The other three members of the squad - Thando Longwe-Smit, experienced 30-year-old player Marc van der Merwe and 17-year-old prospect Connor Doig - will be hoping to make their Davis Cup debuts.

And while they were heading into the tie with a young team, missing some higher-ranked players who were either injured or unavailable, Beckley felt the hosts were ready to put up a fight against Morocco.

"I think it does put a little bit more pressure on us, but I think we are well prepared for it and we know what to do," said Beckley, the SA team's top-ranked player.

"We realise the situation and Pi-

etie has been working well with us, and everything is in place, so we're not worrying about 'what ifs'. This is what we have, so we're going to make the best of it, and we feel pretty confident in our capabilities this weekend."

MOROCCO CONFIDENT IN FOREIGN CONDITIONS

Morocco, who are seven places above South Africa in the Davis Cup rankings, were also confident heading into the tie, despite playing in foreign conditions.

Taha Baadi, Morocco's top-ranked player, said they had spent a week in camp in Ifrane (more than 3000m higher in altitude than Pretoria) and they had acclimatised well to the conditions since arriving in South Africa's capital city. (Supersport)

...Postecoglou admits Spurs sacking 'not a surprise' despite European glory

ANGE Postecoglou said he knew he was going to be sacked by Tottenham well before he ended their long trophy drought by winning the Europa League.

The Australian is back in the Premier League after replacing Nuno Espirito Santo as Nottingham Forest manager earlier this week.

Postecoglou was axed by Tottenham in June, just 16 days after beating Manchester United in the Europa League final to secure the club's first silverware since the 2008 League Cup.

Despite that success, Postecoglou had been certain he would be dismissed as Spurs slumped to a 17th-placed finish that ranked as their lowest in the top-flight since 1976/77.

"It wasn't great. I knew it was coming so it wasn't a surprise. I knew it was coming a fair way before the final,"

he told reporters ahead of his first game in charge of Forest at Arsenal on Saturday.

"We won it and had the parade and had a great three days and I didn't want to tarnish that, but I knew it was done.

"From my perspective, I had the chance to process it. Whether I feel it was unjust, other people make those decisions, they make those determinations." "I do like my teams to play exciting football and score goals.

Get fans excited for sure. No apologies about that. That's just the way I am and the way I want to see my teams play," Postecoglou said.

"The fans are not going to love me from the first day. I've got to earn their respect."

Postecoglou endured a turbulent two years at Tottenham.

The former Celtic manager got off to a flying start but his first season ended in disap-

pointment when Spurs blew an opportunity to qualify for the Champions League.

Their decline in 2024/25 was stark, with miserable league results proving his downfall despite the European triumph, which secured Champions League action this season for his successor Thomas Frank.

"I had two years where it was very challenging but we were with some fantastic people in the football department," Postecoglou said.

"The supporters, we've put through some tough times, but there isn't a Spurs supporter that I come across now that doesn't want to hug me and take me home for dinner.

"So I must have done something right. I'm very proud of what we achieved there. It will always take a special place in my heart."

Spurs have since parted company with chairman Daniel Levy, who was instrumental in Postecoglou's dismissal.

The 60-year-old was diplomatic when asked about Levy's exit.

"I didn't have a great deal of interaction with Daniel Levy. I tend to get on with my daily business and do what I need to do," he said.

"He was there for a very long time. He invested a hell of a lot in the football club in terms of building it up to where it was.

"Obviously, he appointed me so I've got to be thankful for that."

(Supersport)



▲ Ange Postecoglou.

Sundowns eye top spot as Mothiba relishes Magesi clash

WITH Bafana Bafana grabbing the headlines during their back-to-back FIFA World Cup qualifiers against Lesotho and Nigeria, Mamelodi Sundowns quietly went about their business, preparing for their Betway Premiership clash against Magesi FC on Sunday.

The encounter at Lucas Moripe Stadium is the only league fixture of the weekend, though it has inevitably been overshadowed by Saturday's MTN8 final between Orlando Pirates and Stellenbosch.

Despite being without several international players, Sundowns striker Lebo Mothiba is satisfied with the team's preparation for a match where victory could see them move from third place and leapfrog Sekhukhune United at the top of the standings.

"During this international break, we worked really hard and had good training sessions with the coaches and players that stayed behind. Now we have a game on Sunday against Magesi FC and the players who went to the national team will also join us," he said.

The Brazilians recently secured a 2-0 win over Magesi, with Jayden Adams and Peter Shalulile on target. Mothiba is not concerned about facing Dikwena tša Meetse again in such a short space of time. "It's not a tricky thing mentally, we're all professionals and everyone here has experience. It's a good thing that we're playing them again now because we saw how they play," Mothiba added.

"We're ready for them because at training we've been working really hard and I feel like all the players are ready for Sunday's game. I think we all know their style of play and we all



▲ Lebo Mothiba of Mamelodi Sundowns during the Betway Premiership.

know they are more direct with long balls and big strikers, so we're prepared for anything."

Magesi will be without Tlholang Masegela through suspension, while Sundowns are set to welcome back their six Bafana internationals. Ronwen Williams, Zuko Mdunyelwa, Aubrey Modiba, Teboho Mokoena, Bathusi Aubaas and Iqraam Rayners who were part of the national team squad for the World Cup qualifiers against Lesotho and Nigeria.

Peter Shalulile, Divine Lunga and Denis Onyango are also expected to be part of the team after representing their respective national teams.

The free-scoring Shalulile bagged a hat-trick in Namibia's 3-0 win over São Tomé and Príncipe. Onyango was an unused substitute in Uganda's two matches while Lunga only featured in one match for Zimbabwe during the qualifiers.

(The Citizen)

Are Pirates done signing new players? Ouaddou responds

ORLANDO Pirates coach Abdeslam Ouaddou has opened up about the possibility of making more signings before the Premier Soccer League (PSL) transfer window deadline on Monday, 22 September.

Two players, one of them being Nigerian centre-back Collins Nwoburuoke from Abia Warriors, were spotted training with Pirates during the club's open media day at the Rand Stadium on Tuesday.

This raised speculation among the media personnel in attendance at the venue and Ouaddou was asked if he was looking to add more players before the transfer deadline.

"You know every big club, if there is an opportunity to strengthen the team, of course, the club, we do it, but for me as a coach at the moment I am

happy with what I have," Ouaddou told the media.

"The players that I have. They are players that can compete and they are very ambitious so at the moment I am happy with what I have," he added.

Pirates have been very active during the current transfer period and some of their new signings have already made positive impressions. Players like Kamogelo Sebelebele, Si[pho Mbule and Oswin Appollis have hit the ground running since joining the Soweto giants.

But with Ouaddou not giving a straight answer as to whether or not he will add more players to his squad, one cannot rule the possibility of more new faces at the Buccaneers before Monday's PSL transfer deadline.

(The Citizen)



▲ Orlando Pirates coach Abdeslam Ouaddou.

Ryder Cup hype overshadows start of Procore Championship

The Procore Championship signals the start of the FedEx Cup Fall series, but Ryder Cup hype is taking over Silverado Resort this week as 10 US team members compete in the event beginning Thursday in Napa, Calif.

World No 1 Scottie Scheffler will play the tournament for the first time, and he's joined by every American Ryder Cup player except Xander Schauffele and LIV Golf's Bryson DeChambeau. Schauffele opted not to compete after the recent birth of his first child.

US captain Keegan Bradley is on the scene, too. He decided not to use one of six captain's picks on himself, nor is he playing in the Procore, yet he spoke at length to reporters Wednesday about the task ahead of him before the competition against Team Europe at Bethpage Black on September 26-28.

"Now we know our 12 (players) and it's great to be around those guys, hear what they're saying, really kind of finalising pairings and figure out how to send them out," Bradley said.

"And it's really fun for me to be the captain in front of the guys and not be playing because when I'm out there playing, I have to still be focused on that job and practicing and getting ready to play. Now I have one job and that's to prepare them and to do whatever they need this week to help them play better."



▲ Silverado Resort Golf Course.

Most of the American team had several weeks off from competitive golf between the 2023 FedEx Cup Playoffs and the Ryder Cup in Rome. Team Europe rolled to a 16 1/2-11 1/2 victory, and they'll have 11 of those 12 players back along with returning captain Luke Donald.

"I think the players knew it was important (to tune up in Napa). This Ryder Cup me-

ans everything to them," Bradley said. "You know, we talk a lot behind the scenes of how much this means to us and they are willing to do whatever it takes to be prepared.

"No, this is something that we wanted. When I was named captain, this was something that I wanted, but like they wanted it more than I did."

The other Ryder Cup players competing

besides Scheffler are J.J. Spaun, Russell Henley, Harris English, Justin Thomas, Collin Morikawa, Ben Griffin, Cameron Young, Patrick Cantlay and Sam Burns.

It's unclear how much to read into the pairings of the first two rounds, but Scheffler will start out in a threesome with Spaun and Henley; Morikawa and English are together; Thomas, Griffin and Young make up a group; and Cantlay and Burns will play together as two of the best putters on tour.

"I felt like for myself going into the last Ryder Cup, my prep work may not have been as good as it should have been," Scheffler said. "I think I could have been a little bit sharper at that tournament. It's just because it's just different playing tournament golf, it really is. That was a learning experience for me."

Relegated to a subplot this week is the FedEx Cup Fall, where players who missed the top 50 in the in-season FedEx Cup race have multiple motivations to compete. Finishing the fall Nos. 51-60 unlocks berths in two signature events, the 2026 AT&T Pebble Beach Pro-Am and Genesis Invitational. The top 100 retain their PGA Tour cards, Nos. 101-125 keep conditional status and falling outside that spells danger for losing your card.

It's an important tournament for two-time champion Max Homa, who begins the fall No 111. Patton Kizzire is No 180 but earned a two-year exemption on tour when he won last year's Procore Championship by five shots.(Supersport)

Women football stars embrace Umhlanga Ceremony

By Chris Dlamini

SPORT and culture in Eswatini go together.

This was evidenced in the past long weekend, mainly on the main Umhlanga Day (Reed Dance Main Day) which was on Monday at Ludzidzini Royal Residence in Lobamba.

Several women footballers took to their indlamu (traditional skirts) to join throngs of imbali from the country and beyond the borders of the tiny kingdom.

The Eswatini Daily News presents some of the football stars who hit the national ceremony in pictures.

- 1. Ncedo Gamedze (Nsingizini Hotspurs Captain, Centre-back)
- 2. Nosimilo Khumalo (Royal Leopard Captain)

- 3. Simphiwe Mndzebele (Royal Leopard player)
- 4. Tenele Qophelo Malindzisa (Royal Leopard Goalkeeper)

Fans go green in 8Bet Trade Fair Cup finals

It was an all-green teams finale at Mavuso Sports Centre in Manzini on Sunday in the 8Bet Trade Fair Cup 2025/26. Here are some of the pictures from the Nsingizini Hotspurs and Green Mamba final. Nsingizini won it 1-0, while the third-place play-off between Ubombo Sugar FC and Manzini Sea Birds ended in the latter's favour with a 2-1 margin. Here are some pictures to feast your eyes on.



▲ Simphiwe Mndzebele Royal Leopards.



▲ Ncedo Gumedze Nsingizini Hotspurs.



▲ Nosimilo Khumalo Royal Leopards.



▲ Tenele Malindzisa Royal Leopards.



▲ Sabelo 'Sikhali' Ndzinisa's wife Muntuza Mazibuko.



▲ Highlanders fan Mthandie Mamba wearing green and black.

Siboza family thank football fraternity, stakeholders for support

By Sibusiso Masilela
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THE Sibozas family has thanked the football fraternity and other stakeholders for supporting them during the funeral of seasoned administrator Johannes 'Ace' Sibozas.

The late former Eswatini Football Association executive member was laid to rest on September 7, 2025, in Haizview, Mpumalanga province.

The deceased family expressed their appreciation through a statement after.

Sibozas lost his life after a battle with an undisclosed illness.

"The Sibozas and Mbazima families would like to express their heartfelt gratitude for the overwhelming support we received during our difficult time following the passing of our beloved son, father, brother, uncle, grandfather, and

great-grandfather, Johannes Mfanasibili Mvula "Ace" Sibozas, a.k.a Ace Soboza," the family said.

The family also thanked mourners for supporting them during the difficult times.

"We are deeply humbled by the emotional, physical, and financial support we received, as well as the numerous phone calls and messages of condolence. Your presence at the funeral service and the visits you paid us during this challenging time have meant the world to us," the family said.

The ex Manzini Regional Football Association (MRFA) Chairman lost his battle after a battle with an

The former Mbabane Highlanders player chaired the Manzini Regional Football Association from 2018 to 2022, prior to his passing in 2025. He also served in the top leadership of the mother body during the era when 'Adam' Bomber Mthethwa was the association's longest-serving President, before his demise in 2025.



▲ The late Charles Sibozas.



▲ A Nsingizini Hotspurs supporter wearing a mask.



▲ Officials displaying the E50 000 replica cheque.



▲ The officials displaying the cricket men's national team new kit.

E50 000 Century boost for cricket

Stories By Sibusiso Masilela
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CENTURY Fashions has once displayed commitment towards the development of Cricket in the country. The clothing retailer has pumped in E50 000 towards the Men's T20 Bilateral International series between Eswatini national team and Mozambique between Friday and Sunday at Malkerns Country Club.

Century Fashions Chowdhury Mansoor, said the sponsorship was part of their effort to develop Cricket in the country. This was during the presentation held at Tandoori Restaurant on Thursday. "We are proud to support this international assignment as part of long-standing relationship with the Cricket Association. This is a way of giving back to the community, and we believe the sponsorship will go a long way towards the development of Cricket in the country," he said. Century Fashions previously sponsored

the national team during the 2024 World Cup qualifiers and the domestic mens series. Eswatini Cricket Association President Saif Ullah thanked the sponsor for the gesture. "We are grateful for the support of the sponsor, which will continue in the development of the sport in the country. This tournament will also boost the rankings of the two countries since the tour is recognised by the International Cricket Council," he said. The President also thanked the

Government and Eswatini Sports and Recreation Council for continued support. "We are grateful for the support of the Government and the Sports Council towards our programs, and this has contributed to the immense growth of the sport," he said. Eswatini Sport and Recreation Council Business Development Manager Zama Tsabedze commended the healthy working relationship between the sponsor and the Eswatini Cricket Association. He further pledged the Council's support for Cricket programmes in the country.

... We're ready for Mozambique – Mancoba Jele

ESWATINI men's national team captain Mancoba Jele says they are ready for the bilateral Mens T20 international tour against Mozambique. The captain said they are geared for three-day tour against the neighbouring country scheduled for the Malkerns Country club. "We are looking forward to the tour and done the necessary preparations for the tournament. We have been active for the past four months, which has boosted our confidence and appeal for support from the nation," he said. His Mozambique counterpart, Agostinho Nakicha, said they are pleased to be part of the tour. "We are happy to feature in these games and will give good performances in all the matches. We are grateful to the Eswatini Cricket Association for the invite," he said.

“We are looking forward to the tour and done the necessary preparations for the tournament. We have been active for the past four months, which has boosted our confidence and appeal for support from the nation”



▲ Members of the boxing pick team with a Mozambican coach.

Gallant display from local boxers in SA

A local boxing pick team made a gallant display in the Graskop invitation tournament held on September 7, 2025, in Gauteng. The Boxers came from Zebra Force, Manzini and Correctional Services boxing clubs. The outstanding Boxers Nothando Mbuyisa, Sibeketelo Machiane, Lihle Sithole, and Khayelihle Mkhabela, who won their respective bouts against international

opponents. It was so close yet so far for the likes of Mukelo Dlamini and Carl Phineas who lost their respective bouts on split. The leader of the delegation, Maxwell Ngwenya, said he was happy with the performance of the team. "We are pleased with the performance of our boxers and need more invitations to give our boxers international exposure. The

competition has helped us access some of the junior boxer practice ahead of the 2026 Region v Youth Games that will be held in Mozambique," he said. He also thanked the tournament organisers for inviting them to the annual invitation tournament. "We are grateful to be part of the competition which promotes the standard of Boxing in the SADC region," he said.

Bleak week for Eswatini football

By Sibusiso Masilela
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IT has been a bleak week for Eswatini football.

This follows the national Under 17 humiliating 3-0 loss to Comoros in the 2025 COSAFA Under 17 championships.

This was during a Group A opener played on Thursday at the Ngoni Mwos Stadium in Zimbabwe, adding more misery to local football, Following Sihlangu back-to-back loses to Cameroon and Libya in the 2026 FIFA World Cup qualifiers.

The Islanders’ victory was inspired by a Mathias Ali Brace and Fasifidine Ahamada on each half.

Gama lamented the loss during the post-match interview.

“We played well as my players stuck to our game plan, which was not to allow Comoros to score first. We lost shape towards the end of the first half during the opposition’s goal.

We lost shape during the Second half,” he said.

The result dented the junior national team’s chances of advancing to the semi-finals of the development knockout tournament.

The local lads will now take on hosts Zimbabwe on September 13, 2025, at the same venue before wrapping up the group against neighbours Mozambique two days later.

The competition serves as a qualifier for the 2026 AFCON Under 17 championships, with the four semi-finalists securing their spots in the continental tournament scheduled for Morocco.

- Group A Fixtures:**
Sept 13: Mozambique vs Comoros (noon, Ngoni Mwos Stadium)
Sept 13: Zimbabwe vs Eswatini (3pm, Ngoni Mwos Stadium)
Sept 15: Eswatini vs Mozambique (3pm, Hearts Stadium)
Sept 15: Zimbabwe vs Comoros (3pm, Ngoni Mwos Stadium)



▲ The national Under 17 were humiliated by 3-0 loss to Comoros in the 2025 COSAFA Under 17 championships.



▲ New Manzini Wanderers director Mlamuli Mabuza with assistant manager Mbuso Mvubu.

Big meeting for Wanderers

By Sibusiso Masilela
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HUB giants Manzini Wanderers continue with their restructuring.

The crowd pullers have summoned a supporters’ mass meeting scheduled for Saturday at Manzini Library.

The team newly appointed Public Relations Officer, Mongie Simelane, said the meeting will start at 2pm.

“We call upon the entire Wanderers family to attend the supporters meeting on Saturday at Manzini Library. The purpose of the meeting is to discuss ideas for improving the team as a family,” he said.

The crowd pullers will also be involved in a series of friendly matches against Sisonkhe

FC ,Masundwini Royal Swallows, and Lozitha Spurs on Sunday at the Manzini club.

The ‘Weslians’ recently announced two directors, comprising of Mlamuli Mabuza and Sibani Mngomezulu.

The changes further saw the appointment of a new management committee headed by Mfanukhona ‘Gravvy’ Stewart, who is the team manager.

Stewart is assisted by Mbuso Mvubu.

The supporters’ structure will be headed by two popular officials Vusi ‘Majayivane’ Dlamini and Kwaluseni Indvuna Yenkhundla Mthunzi Dlamini.

A four men committee will oversee the marketing wing in Magman Mahlalela, Mxolisi Dlamini, Eric Vilakati, and Lindelwa Mabuza.

Thumbs up to Quality, Instacash – ‘Dino’

By Chris Dlamini

“Quality will be a key player at Nsingizini Hotspurs,”

These are the words of his Manzini Central High School principal Celucolo ‘Dino’ Dlamini. The former Mbabane Highlanders Chief Executive Officer (CEO), now Eswatini Sport and Recreational Council (ESRC) Board Chairman, was reacting to the youngster’s 8Bet Trade Fair Cup 2025/26 title-winning strike on Sunday.

“This boy has always been gifted but underrated until the Instacash High Schools Soccer Tournament got him noticed by other teams. He will be a key player at Nsingizini, I do not doubt that and all thanks to Instacash,” said Dlamini.

He congratulated his pupil for the free kick that saw him win an elite gold medal since moving from Sisonkhe to Insingizi Yezulu, as Nsingizini is fondly known.

“I recall Nsingizini approached him during our Instacash game at Mayaluka Stadium in



▲ Nsingizini Hotspurs winger Quality Dlamini in action against Peter Dlamini during the 8Bet Trade Fair cup final.

Big Bend and he told me there were people from Shiselweni who were seeking his services, which I backed him on,” said Dlamini.

He added that the confidence he has in the player was to the extent that he believed even if those who were with the national team Sihlangu Semnikati return, he will not take long to cement his place in the starting XI. Quality’s goal handed Nsingizini Hotspurs their first-ever Trade Fair Cup title on Sunday against Green Mamba, also ensuring they took the E630 000 grand prize.



Moneni sign Instacash Best Goalkeeper

By Chris Dlamini

A GIANT leap it is for Simiso Lukhele!

The Manzini Central High School goalkeeper has since been signed by this year’s Trade Fair Cup quarterfinalists Moneni Pirates.

It has been reliably gathered that the Sea Robbers of Moneni wasted no minute in having the young goalkeeper join them having seen him during the Instacash High Schools E375 000 Soccer Tournament 2025.

“He’s in the books of Moneni Pirates as we

speak,” said a source.

Lukhele won the Best Goalkeeper Award and silver medal in the Instacash national final against champions Evelyn Baring High School at a packed Mavuso Sports Centre in Manzini. Meanwhile, Moneni’s Public Relations Officer (PRO) Mlungisi ‘Sluga’ Simelane had been saying they would unveil their new players soon but there has not been an official unveiling yet.

Called about Lukhele, simply affirmed it. “Yes, we’ve signed him,” he responded.

However, he could not make any more mentions other than Lukhele.



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Bleak week for Eswatini football

...National Under 17 suffers 3-0 defeat to Comoros in COSAFA juniors opener days after the senior national team, Sihlangu Semnikati suffered back-to-back defeats to Cameroon and Libya in the World Cup 2026 qualifiers. *Page 23*