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# IMBISA wraps up 50 years celebration in Eswatini



By Thokozani Mazibuko

THE Interregional Meeting of Bishops of Southern Africa (IMBISA) Golden Jubilee Mass Celebration wrapped up on Sunday after a successful gathering that saw Archbishops from across the region descend to the kingdom. IMBISA, which is an organ of liaison and pastoral cooperation between the Roman Catholic Bishops, whose main aim is its mandate of creating communion of best practices in each member country, celebrated 50 years of existence.

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▲ Bishops of six episcopal conferences were gathered in Eswatini to mark not only the Plenary Assembly, but also IMBISA’s Golden Jubilee, under the theme: “A Synodal Journey, nourished by compassion and blossoming in faith as pilgrims of hope.”



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By Thokozeni Mazibuko

THE Interregional Meeting of Bishops of Southern Africa (IMBISA) Golden Jubilee Mass Celebration wrapped up on Sunday after a successful gathering that saw Archbishops from across the region descend to the kingdom.

IMBISA, which is an organ of liaison and pastoral cooperation between the Roman Catholic Bishops, whose main aim is its mandate of creating communion of best practices in each member country, celebrated 50 years of existence.

This saw a delegation of over 70 bishops from nine IMBISA member countries, namely, Angola, Botswana, Eswatini, Lesotho, Mozambique, Namibia, São Tomé e Príncipe, South Africa and Zimbabwe, convening in the country to celebrate the IMBISA Golden Jubilee.

Archbishop Raymond Mupandasekwa from the Roman Catholic Diocese of Masvingo in Zimbabwe said the decision to celebrate in Eswatini was deliberate as they sought to return where it all started in order to perhaps rediscover the spirit of their founding fathers, which drove them to come together at such a difficult time of racial discrimination, when also the cry for freedom could be heard on the lips of the oppressed majority.

He said they have come to listen again to the same Spirit of the Lord who blew so powerfully on these fathers as at Pentecost, moving their minds and hearts to add their voice to the voices of the oppressed, the politically and economically excluded, giving a divine inspiration to what the people were to fight for.

Mupandasekwa said the IMBISA fathers were clear about the need for political leaders to pay attention to political freedom as a means to achieve universal fraternity and social peace, bearing in mind the principle of the universal destination of all goods.

“We come to this moment of celebration here in Eswatini to look back with gratitude, reflecting on the path that was trodden, grasping its gifts and its lessons, and rededicating ourselves to the Spirit who is leading us into the future,” he said.

He said they came together, accompanied by one of the founding fathers, Archbishop Zacarias Kamwenho, who was here in Eswatini with them to rediscover the joy of believing.

# IMBISA wraps up 50 years celebration in Eswatini



▲ Bishop José Ponce de León of the Manzini Diocese with other Catholic Church Bishops during the IMBISA Golden Jubilee Celebration.

“Our celebration of the jubilee, hence, is not just a celebration of the passage of time (50 years), but the joy of believing in a God who led our founding fathers through trials and tribulations to this jubilee moment in order to make a deeper commitment to serving Him and his people. It is a moment of rededication to living our faith now and into the future,” he said.

IMBISA was officially constituted in 1978 to connect Bishops’ Conferences and enable better communication between the regions. Today, almost half a century since its inception, IMBISA continues to connect the Southern African Church. It connects The Southern African Church across vast distances. It shares stories of particular relevance to Catholics in the region.

IMBISA also helps communities to stand in solidarity with one another. It inspires unity and provides a shared identity through ongoing communication.

Mupandasekwa said that as they re-dedicate themselves to living their faith with greater vigour, they should recognise that

the gaining of political freedom was supported, but the founding of IMBISA has not brought with it the anticipated outcomes.

He stated that it was Nelson Mandela who once said, “Our freedom can never be complete or our democracy stable unless the basic needs of our people are met.”

Mupandasekwa said that as IMBISA, they return to Eswatini to accept the challenge of making their governments see that the basic needs of their people have not yet been met.

“We have to accept the challenge of making our governments more accountable. Some of our leaders are blind to the destitution of our people, and to the plight of Lazarus, who lies skin and bones on the streets, unable to access what is even reserved for the house dogs,” Mupandasekwa said.

He said they needed to add weight to the cries against corruption, the scourge that has destroyed their economies, giving the wealth of their countries to foreign powers.

Mupandasekwa pointed out that there was a lesson that came from their 50 year history, which sometimes made them

uncomfortable. He stated that it was their silence in trying moments of member states and member conferences, that may be a sign that the inter-regional meeting must evolve into a conference that takes up greater responsibility to what was happening in the region and to its members.

Mupandasekwa mentioned that the synodal path that they have been invited to, demands that they discern how best they can be more effective.

He said it was Martin Luther King who said, “We are now faced with the fact that tomorrow is today.”

“We are confronted with the fierce urgency of now,” he stated.

He said in this unfolding conundrum of life and history, there was such a thing as being too late.

“This is no time for apathy or complacency. This is a time for vigorous and positive action. How can IMBISA become more vigorous and more positive in its action in the service of reconciliation, justice and peace?” he asked.

## ‘Corruption has destroyed economies of many countries’

“We need to add weight to the cries against corruption, the scourge that has destroyed our economies, giving the wealth of our countries to foreign powers.”

These sentiments were shared by Archbishop Raymond Mupandasekwa Masvingo from the Diocese of Zimbabwe during the Interregional Meeting of Bishops of Southern Africa (IMBISA) Golden Jubilee Mass Celebration held at Mavuso Trade and Exhibition Centre on Sunday.

When making his remarks, during the official closing ceremony of the IMBISA Plenary, which commenced on Thursday at Esibayeni Lodge, Masvingo, said they were gathered here in Eswatini to celebrate with great joy the Golden Jubilee of the establishment of the IMBISA in 1975.

“We celebrate this jubilee under the theme ‘synodal journey, nourished by compassion and blossoming in faith as Pilgrims of Hope.’ Looking back to 1975 when it all started it indeed has been a journey of pilgrims of hope,” he said.

# Eswatini to explore creation of Space Agency — Minister Savannah

By King’s Office Correspondents

NEW YORK, USA — The agreement signed between the Ministry of Information Communications and Technology and Canadian based space company, Stardust would see the Kingdom of Eswatini exploring the creation of Space Agency to be housed under the Royal Science and Technology Park (RSTP).

This is detailed in the Declaration of Intent signed on Friday in New York by ICT Minister Savannah Maziya and CEO and Founder of Stardust Jason Michaud, which was witnessed by His Majesty King Mswati III. The parties to the declaration agreed that their partnership would cover the following areas;

1. Exploration of the establishment of the Kingdom of Eswatini Space Agency

- (KESA) as a national platform for space education, innovation, and international cooperation.
2. Support for the creation of a Space Academy that aligns with Eswatini’s national education framework and inspires the next generation of innovators.
3. Provision of opportunities for youth engagement, innovation challenges, and scholarships to connect Eswatini students to global learning and mentorship opportunities.
4. Collaboration on public engagement initiatives – including festivals, workshops and cultural exchange activities – that highlight Eswatini’s leadership in space-enabled sustainability.
5. Commitment to work in good faith toward defining concrete programs, policies and frameworks that will lead to a sustainable partnership.
6. Recognition of Eswatini’s ambition to become a regional leader in space innovation, climate action and youth empowerment.



▲ A Memorandum of Understanding was signed by ICT Minister Savannah Maziya and Her Excellency Noura Al Suwaidi, the Secretary General of the General Women’s Union of the UAE.

The parties agreed that the declaration is a first step toward formalising a structured collaboration and would work jointly in the development of an MoU or its equivalent framework to guide the creation of long-term projects, including potential investments, infrastructure development and in-

ternational cooperation. The declaration states that the RSTP would be the implementing agent signaling the shared belief that Space is a bridge to sustainability, opportunity and prosperity and commit to advancing initiatives that empower people, protect the planet and inspire future generations.





▲ His Majesty King Mswati III addressing emaSwati studying and working in the USA.

# Eswatini needs Diaspora skills — His Majesty

... through Indvuna Mashampu Khumalo announced a token of E18 000 to each of the students and emaSwati who came to meet him



▲ His Majesty King Mswati III posing for a picture with emaSwati students in the USA.

## By King's Office Correspondents

NEW YORK, USA – His Majesty the King has invited emaSwati in the diaspora to come back home and work in the soon to be established industrial park and the strategic oil reserve.

The King was speaking to a gathering of emaSwati students and those who work in the United States of America on Friday who had come to pay a courtesy call.

“The Kingdom of Eswatini is transforming and establishing critical industries that requires high-end skills and know-how of some of you who are now based in the diaspora and have been exposed to these industries.

“The investors who have shown interest to set their businesses at home would require your expertise hence I am making this call. emaSwati back home would like to learn from your experiences, hence we are appealing to you to consider returning home to contribute to the nation’s development,” the King said.

He said the United States is one of the advanced economies of the world, hence they must make use of the exposure whilst still working here.

Former Eswatini Revenue Services boss and former Principal Secretary Dumsani Masilela and former Chief Economist Nonkululeko Dlamini-Magagula and Linda Hlophe are some of the about 40 emaSwati who work at the World Bank and International Monetary Fund (IMF) holding very senior positions.

The King reminded both the emaSwati students that they should always work hard and continue to be exemplary in everything



▲ Indvuna Mashampu Khumalo relaying a message from His Majesty to emaSwati living, studying or working in the USA who had come to greet His Majesty the King. The students were overjoyed to receive US\$1 000 allowance support

they do by showing respect, which is a critical emaSwati virtue.

His Majesty the King said they do not just want the emaSwati in living in the diaspora to return home just only to work, but they want them to open business that would attract huge turnover per annum running into millions of Emalangeni.

He also challenged emaSwati to venture into investment in the tourism space, to position the country as a tourist destination.

The King said people who visit Eswatini should be exposed to a variety of places other than just the cultural aspect.

“Some countries are not even endowed

with natural resources like we do but do more and create interesting opportunities. That’s what we need to venture into. I witnessed signing of Memorandum of Agreement with huge companies like Google, Space company Stardust and the United Arab Emirates which are aimed at contributing to advanced technologies and place Eswatini as an innovation hub of not just Southern Africa but the continent at large.

“We are looking forward to be amongst the most developed economies of the world, hence your contribution to the country’s advancement is key,” His Majesty the King said.

The King said despite his tight schedule



▲ Minister of Foreign Affairs and International Cooperation Pholile Shakantu addressing a gathering of emaSwati students and those working in the USA, during their meeting with His Majesty the King in New York on Friday afternoon.

whilst attending the business of the United Nation’s General Assembly’s 80th Session, he was pleased to have found time to meet with emaSwati based here.

Amongst the emaSwati students studying here who came to pay their courtesy call to the King were Samukelisiwe Tembe, a female pilot who is pursuing a Master of Science in Technology in Aviation Management and Human Factors and Temantimandze Shongwe, daughter to Teaching Service Commission Board Member Sibusiso Shongwe.

Shongwe thanked His Majesty the King for saving his father, who was a former justice minister, when faced with difficult times.



# Mbabane Highlanders AM star triumphs at Mahlangatja army recruitment race

Stories by Thokozani Mazibuko

THE Umbutfo Eswatini Defence Force (UEDF) recruitment race brought a wave of excitement to Mahlangatja Inkhundla over the weekend, where scores of young men and women showcased their athleticism in hopes of securing a place in the nation's armed force.

In the males' category, Ndumiso Dlamini, the energetic fullback for Mbabane Highlanders AM Football Club, stole the spotlight by clinching first place. Representing Mahlangatja Inkhundla, Dlamini demonstrated both speed and stamina, qualities that not only make him a standout on the football pitch but also positioned him as a top contender for the Defence Force.

"I gave it my all because this opportunity means a lot," Dlamini said after the race, adding that his football background had prepared him both mentally and physically for such demanding challenges. His win was met with loud cheers from football fans and local residents who had gathered in large numbers to watch the recruitment event unfold.

Coming in second place was Lwazi Tsela, also from Mahlangatja Inkhundla, who put up a strong performance and proved himself

among the constituency's most promising talents. His determination throughout the 3.2-kilometer course drew admiration from both officials and supporters alike.

In the ladies' category, Tandzile Dlamini made her constituency proud by finishing first. Her victory highlighted the strength and resilience of female competitors, further emphasizing that women are equally determined to seize opportunities offered by the Defence Force recruitment drive.

The Mahlangatja leg of the recruitment exercise was more than just a race—it was a celebration of youthful energy, national pride, and the aspiration for service. Spectators applauded the participants for their discipline and courage, noting that the event not only identified potential recruits but also brought the community together.

The ongoing UEDF recruitment campaign, rolled out across constituencies nationwide, has drawn massive attention in recent weeks. For many young people, winning these races goes beyond athletic achievement; it represents the possibility of meaningful employment and the honour of serving the Kingdom of Eswatini.

With stars like Ndumiso Dlamini leading the way, Mahlangatja has stamped its mark in the recruitment process, inspiring other constituencies to put forward their best as the Defence Force's search for the strongest and most resilient candidates continues.



▲ Mbabane Highlanders AM FC full back Ndumiso Dlamini - Mahlangatja Inkhundla.



▲ Tandzile Dlamini - Mahlangatja Inkhundla.

## Ngwemphisi constituency shines in Army recruitment race

THE Ngwemphisi Constituency was abuzz with excitement over the weekend as hundreds of young men and women gathered to participate in the Umbutfo Eswatini Defence Force (UEDF) recruitment race, a highly competitive event that continues to draw the attention of aspiring soldiers and the broader community.

The race, which forms part of the army's recruitment exercise, was held at Ngwemphisi Inkhundla and attracted a large crowd of spectators who came out to witness the determination, energy, and dreams of the youth as they battled for top positions.

In the ladies' category, Ngwenya Temantimandze from Ngwemphisi Inkhundla stole the spotlight, crossing the finish line in first position to the cheers of the crowd. She showcased remarkable stamina and resilience, outpacing other competitors in the 3.2-kilometer run. Dlamini Khayaletu came in second place, demonstrating grit and determination, and proving that the ladies' category was just as fiercely contested as the men's.

Meanwhile, in the males' category, Thembinkosi Mavimbela, also from Ngwemphisi Inkhundla, claimed the number one spot. His win was greeted with loud applause from supporters, many of whom praised his speed and unwavering focus throughout the race.

Community members who flocked to the venue praised the youth for their dedication, while also acknowledging the Defence Force for providing such opportunities. The recruitment race is not only about physical endurance but also symbolizes discipline, patriotism, and the hope of joining one of



▲ Thembinkosi Mavimbela - Ngwemphisi Inkhundla.

the country's most respected institutions.

The Ngwemphisi event comes as part of the wider army recruitment campaign currently being rolled out across constituencies in the Kingdom. Each constituency continues to bring forth outstanding talent, with the winners setting the bar high for future competitions.

For many of the participants, securing a top spot in these races is more than just about athletic achievement—it represents the possibility of securing employment, serving the nation, and building a brighter future.

As the army recruitment races move forward in other constituencies, Ngwemphisi has set a strong example, with its youth displaying resilience and ambition. The victories of Temantimandze Ngwenya, Khayaletu Dlamini, and Thembinkosi Mavimbela will undoubtedly be remembered as a proud moment for the constituency.



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# Police launch manhunt after fatal hit-and-run in Ludzibini

Stories by Thokozani Mazibuko

THE Royal Eswatini Police Service (REPS) at Pigg's Peak has launched an urgent appeal to the public for assistance in tracing the driver of a white Ford Ranger suspected to have been involved in a fatal hit-and-run accident along the Buhleni/Msahweni MR 6 Public Road.

According to police, the incident occurred on Saturday, 27 September 2025, at approximately 4:20 p.m., when a 33-year-old woman from Ludzibini was struck by the vehicle while walking along the roadside. Tragically, the pedestrian sustained fatal injuries and was certified dead at the scene.

The driver of the vehicle, registered under plate number FSD 969 AH, reportedly fled the scene without stopping to render any form of assistance to the victim, in violation of traffic and criminal laws.

Deputy Police Information and Communication Officer, Assistant Superintendent Nosipho Mnguni, confirmed the case in a statement released on Sunday.

"The Royal Eswatini Police Service is urgently seeking the driver of



▲ Deputy Police Information and Communication Officer, Assistant Superintendent Nosipho Mnguni.

a white Ford Ranger LDV registered FSD 969 AH in connection with the hit-and-run accident that claimed the life of a 33-year-old woman at Ludzibini. We appeal to anyone with information that may assist in locating the suspect to come forward immediately," she said.

Members of the public with relevant information are urged to contact Assistant Superintendent Mbongeni Manana at 7604 1946, Constable Khumalo at 7623 6637, or use the emergency lines 999/9999 or 112.

Police say such reckless behavior not only violates traffic laws but also denies victims the timely medical attention that could potentially save

lives.

The latest accident adds to the growing concerns about road safety in Eswatini, particularly pedestrian safety along major highways. Authorities have consistently warned drivers against speeding, negligent driving, and abandoning accident scenes, which carry severe legal consequences under the country's Road Traffic Act.

Meanwhile, the identity of the deceased woman has not yet been released as police work to notify her next of kin.

The Royal Eswatini Police Service has assured the public that all efforts are underway to locate the suspect and bring them to justice.

## REPS welcome sentence of serial rapist

THE Royal Eswatini Police Service (REPS) has welcomed the sentencing of convicted serial rapist Carlos Nhambombe (51), who has been sentenced to 48 years in prison after being found guilty on multiple counts of rape involving minors.

Nhambombe's crimes, described by authorities as "disturbing and predatory," were committed over a period of two to three years before his arrest in December 2012. His modus operandi involved targeting vulnerable girls between the ages of 12 and 15 at the Mbabane Bus Rank.

Police reports indicate that Nhambombe would monitor the movements of the minors before luring them away from the bustling bus rank to secluded areas near Checkers, using false promises of domestic employment or money. Once isolated, the girls were subjected to repeated sexual assaults.

His arrest in December 2012 came after one of his survivors recognized him while visiting a health institution in Mbabane and immediately alerted the authorities. This crucial moment ultimately led to his long-awaited capture and prosecution.

In a statement, REPS praised the dedication of the investigative team that ensured justice was delivered for the survivors. "The Royal Eswatini Police Service commends the unwavering dedication of the investigating team whose thorough effort brought the perpetrator to justice. The team comprised the late Sergeant Hlengiwe Dlamini, retired Sergeant Sibongile Dlamini, and Detective Constable Zweli Dlamini, who all worked diligently to ensure that justice is served for the survivors," said REPS Deputy Police Information and Communication Officer, Assistant Superintendent Nosipho Mnguni.

The police reaffirmed their commitment to the ongoing fight against gender-based violence (GBV), which remains a significant challenge in Eswatini and the region at large.

"We remain committed in the fight against Gender-Based Violence. We are here to serve the nation," the statement concluded.

The sentencing of Nhambombe sends a strong message to perpetrators of sexual violence that justice will eventually catch up with them, no matter how long it takes.

## TAVI pledges to champion food sovereignty in Eswatini through Agroecology

THE Taiwan Africa Vegetable Initiative (TAVI) has reaffirmed its commitment to driving food sovereignty in the Kingdom of Eswatini, with a strong focus on agroecology as a pillar for sustainable agricultural growth, investment attraction, and climate resilience.

Speaking exclusively to the Eswatini Daily News, TAVI's Communication Officer, Nontobeko Mbuyane, highlighted the organisation's role in advancing solutions that bridge the gap between smallholder farmers and the broader agribusiness ecosystem.

"Agroecology is rising as a key solution for sustainable farming. With initiatives such as the Sustainable Agriculture Indaba, convened by PELUM Association Eswatini and supported by the EU, COSPE, and TAVI, the national conversation is shifting towards agroecology as a driver of food security, climate action, and investment opportunities," Mbuyane said.

### TAVI's strategic goals

TAVI's overarching vision is to achieve food sovereignty empowering communities to produce their own food sustainably and reducing dependence on imported staples. This aligns with Eswatini's broader national development agenda of strengthening food systems, cutting the import bill, and improving rural livelihoods.

According to Mbuyane, TAVI's goals for the coming years include:

Scaling Agroecology Practices: Training



▲ PS in the Ministry of Agriculture Sydney Simelane and TAVI's Communications Officer Nontobeko Mbuyane.

and equipping smallholder farmers with climate-smart and low-input farming techniques to improve productivity without over-reliance on costly synthetic inputs.

Market Integration: Building stronger value chains by connecting smallholder farmers to reliable markets, while promoting local produce as a competitive alternative to imports.

Investment Mobilisation: Positioning agroecology as an attractive area for impact investment and donor support, particularly for projects that blend food security with climate adaptation.

Policy Advocacy: Working alongside government and regional partners to embed agroecological principles in Eswatini's agricultural policy frameworks.

### The business case for Agroecology

While agroecology is often viewed through an environmental lens, TAVI is driving the narrative that it is also a business opportunity. The model cuts costs for farmers, increases resilience to climate shocks, and creates green value chains attractive to investors.

Eswatini currently imports the bulk of its food, including maize, wheat, and vegetables, exposing the economy to global price volatility and trade disruptions. TAVI's strategy is to reverse this trend by boosting domestic production capacity through sustainable farming systems that also meet global standards for organic and climate-smart produce.

"Food sovereignty is not just about survival it's about creating thriving local economies where agriculture becomes an engine for job creation, investment, and export growth," Mbuyane explained.

### The Indaba as a turning point

The 1st Sustainable Agriculture Indaba on Agroecology, hosted by PELUM Association Eswatini, marks a milestone for agricultural dialogue in the country. With support from partners such as the EU, COSPE, and TAVI, the event will convene policymakers, investors, researchers, and farming communities to chart a way forward.

For TAVI, the Indaba is not just a talk shop but a launchpad for action, providing an opportunity to showcase scalable agroecological models and build investor confidence in Eswatini's agri-sector.

As climate change intensifies and food security pressures mount, TAVI sees agroecology as a solution that merges profitability with sustainability. By investing in resilient farming systems, Eswatini can not only feed itself but also create new business frontiers in organic produce, agro-processing, and green exports.

Mbuyane concluded with optimism: "We believe Eswatini has the potential to become a regional leader in agroecology. Our commitment at TAVI is to ensure that food sovereignty is not just an aspiration but a reality built on sustainable practices, thriving markets, and resilient communities."



# CBE pioneers digital financial inclusion with National e-KYC

Stories by Delisa Magagula

**ESWATINI is taking a decisive step toward digital transformation and financial inclusion with the launch of a national electronic Know Your Customer (e-KYC) system.**

The initiative, led by the Central Bank of Eswatini (CBE), aims to streamline identity verification, facilitate secure access to financial services, and create a foundation for broader integration into the regional economy.

Unlike traditional paper-based systems, the e-KYC platform will allow for real-time digital verification, reducing friction in accessing banking services for the country's unbanked and underbanked populations.

By modernizing the onboarding process for both banks and other financial service providers, Eswatini hopes to eliminate barriers that have long prevented citizens from participating fully in the formal economy.

Deputy Governor Felicia Dlamini-Kunene emphasized that the e-KYC system is a strategic tool for advancing financial inclusion.

"The national e-KYC system is a key enabler for bringing the unbanked population into the formal financial system, which is a critical driver of economic growth and stability. Financial inclusion is fundamental for improving well-being and creating wealth," she said at a high-level stakeholder meeting convened to align commercial banks, regulators, and government ministries ahead of the platform's rollout.

Beyond banking, the digital identity framework supporting e-KYC can be extended to government services, simplifying access to social benefits and public programmes. This dual purpose underscores the system's potential to streamline service delivery while enhancing security and accountability

across sectors.

Eswatini's e-KYC initiative is also designed with a regional perspective. The platform is part of a broader SADC (Southern African Development Community) effort to develop a shared digital identity verification system that enables cross-border financial transactions.

"This initiative is exploring the feasibility of a regional e-KYC registry that will enable secure, real-time, cross-border identity verification. It allows us to develop a cross-border payments infrastructure in the SADC region, advancing financial inclusion, efficiency, and security," Dlamini-Kunene explained.

By participating early in the regional framework, Eswatini positions itself as a leader in SADC efforts to reduce friction in cross-border payments a common challenge for member countries.

Paper-based verification processes in many states remain slow, costly, and prone to error, limiting regional trade and integration. The national e-KYC system will help overcome these structural barriers, allowing for more inclusive, secure, and efficient regional financial ecosystems.

A key part of the initiative is defining stakeholder roles in the national e-KYC roadmap. Dlamini-Kunene stressed the importance of tailoring solutions to national circumstances rather than copying best practices wholesale.

She called on stakeholders to undertake a strengths, weaknesses, opportunities, and threats (SWOT) analysis to identify gaps and leverage strengths for successful implementation.

The platform's development has been supported by the Royal Science and Technology Park (RSTP), which provides the digital infrastructure necessary for a national identity verification system. This partnership underscores the importance of public-private col-



▲ A section of bankers who attended the workshop.

laboration in building resilient and scalable digital solutions.

The initiative also signals a broader vision for Eswatini's economy. By integrating digital identity with financial services and public programmes, the country is laying the groundwork for a more inclusive, innovative, and resilient economic environment. For migrants and rural populations, who often face the greatest barriers to formal financial services, e-KYC opens pathways to participate in the national and regional economy.

Eswatini's national e-KYC system is more than a technical upgrade; it is a strategic lever for economic and social transformation.

By combining financial inclusion, digital identity, and regional integration, the country is positioning itself as a pioneer in Southern Africa's journey toward a more interconnected and accessible financial landscape.

"The Central Bank of Eswatini sees this as a strategic priority. Our ability to contribute effectively to the regional framework depends on how well we develop our national digital identity infrastructure, technically, legally, and operationally," Dlamini-Kunene noted.



▲ The Deputy Governor Felicia Dlamini-Kunene.

## Sugar Bean ban lifted after Parliament intervenes

**THE National Agricultural Marketing Board (NAMBoard) has lifted the recently announced ban on sugar bean imports, following a parliamentary motion requesting a suspension pending further review.**

The decision comes after growing concerns over national bean supply and the potential economic impact on farmers.

The ban, originally scheduled to take effect last Monday, was intended to regulate imports in line with the NAMBoard Act No. 13 of 1985.

However, in a notice issued on Monday, NAMBoard confirmed that the restriction had been lifted with immediate effect. The board cited the need to balance local production levels with consumer demand and to protect both producers and buyers.

Last Thursday, members of Parliament passed a motion requesting the suspension of the import restriction. The motion was tabled by Lobamba Lomdzala MP Marwick Khumalo and seconded by Deputy Speaker Madala Mhlanga.

MP Khumalo argued that claims of national self-sufficiency in sugar beans were questionable, given recent reports of shortages in various parts of the country.

He emphasized that restricting imports



without clear evidence could negatively affect traders and consumers alike. MP Mhlanga added that the motion was intended to verify the situation on the ground before enforcement of such a policy, stressing the importance of evidence-based decision-making in agricultural regulation.

Despite the suspension, some lawmakers, including MP Chief Mshengu, a member of the agriculture portfolio committee, defended the initial ban. He said the committee had inspected bean storage reservoirs and confirmed that stock levels were sufficient to meet demand.

Mshengu further explained that many farmers had responded to government directives to increase bean production, with

the assurance that the National Maize Corporation (NMC) would purchase crops at E27,000 per metric tonne.

He warned that enforcing the ban could have placed farmers at a financial disadvantage, potentially affecting their ability to service agricultural loans.

The Minister of Agriculture, Mandla Tshawuka, echoed these sentiments, confirming that there were adequate bean reserves to supply the domestic market.

NAMBoard emphasized that its decision to lift the ban followed a comprehensive assessment involving the ministry, the NMC, and the board itself.

The review considered both national production levels and market demand, concluding that imports were necessary to supplement local supply and prevent consumer shortages.

"The findings indicated a need to allow imports in order to supplement local supply and ensure that consumers' needs are fully met," NAMBoard stated in an official notice.

"We will continue to monitor production and market trends closely, making adjustments where necessary to maintain market stability while protecting the interests of both producers and consumers," further read the notice.

The suspension of the ban underscores the delicate balance between protecting domestic farmers and ensuring affordable access for consumers.

While the government's previous policy aimed to encourage local production, market realities including loan obligations and storage levels required a reassessment to avoid negative financial consequences for farmers and market disruption.

By lifting the ban, NAMBoard aims to stabilize supply and prices, allowing importers to complement domestic production without disadvantaging local producers.

This approach demonstrates a measured regulatory strategy that considers both market sustainability and the welfare of agricultural stakeholders.

NAMBoard, together with the ministry and NMC, has pledged to continue monitoring sugar bean production and imports.

The agriculture portfolio committee will review the situation further, assessing the accuracy of stock levels and ensuring that future policies align with actual market conditions. A report is expected within 14 days, providing guidance for any additional measures needed to maintain supply stability.

This development highlights the importance of coordinated policymaking in the agricultural sector. By balancing production incentives with market realities, Eswatini can support both farmers' livelihoods and consumers' access to essential foodstuffs.



BUSINESS NEWS

BUSINESS BRIEFS

Eswatini back in Enactus World Cup

ESWATINI has returned to the spotlight at the Enactus World Cup after four years. Enactus UNESWA Luyengo reached the Top 16 in the 2025 edition of the competition, held this week in Bangkok, Thailand. The achievement marks the first time since 2021 that the country has advanced to this stage. The Enactus World Cup brings together student teams from around the world to showcase entrepreneurial projects that address social and environmental challenges.

Investors look to jobs data to support rate-cut path, pricey stock market

NEW YORK — Next week's U.S. jobs data may need to tread a fine line for Wall Street, revealing a cooling labor market that supports further interest rate cuts without fueling fears about a recession. While stocks have edged lower this week, U.S. equity indexes remain near record highs after a relentless rally that has put the benchmark S&P 500 on pace for its best third-quarter performance since 2020.

OPEC+ plans another oil output hike in November

MOSCOW/LONDON — OPEC+ will likely approve another oil production increase of at least 137,000 barrels per day at its meeting next Sunday, as rising oil prices encourage the group to try to further regain market share, three sources familiar with the talks said. OPEC+ has reversed its strategy of output cuts from April and has already raised quotas by more than 2.5 million barrels per day, representing about 2.4 per cent of world demand, to boost market share.

ESCCOM assets grow to E52.7m

▲ESCCOM CEO Mvilawemphi Dlamini.

By Delisa Magagula

THE Eswatini Communications Commission (ESCCOM) has strengthened its financial position, reporting an asset base of E52.7 million for the 2025 financial year, up from E46 million in 2024.

According to the regulator's latest annual report, this also revealed a sharp rise in trade and other receivables from E39.2 million to E45.2 million.

The commission said the growth reflects its stability and continued progress in fulfilling its mandate.

ESCCOM Chairperson, Dr Sibongile Ndlela-Simelane, said the commission remained committed to shaping Eswatini's digital future as regulator of electronic communications, broadcasting, and postal services, as well as custodian of data protection and cybersecurity.

"As a regulator of electronic communications, broadcasting and postal services, and as the custodian of data protection and cybersecurity in the kingdom, the commission continues to contribute meaningfully towards building an inclusive, secure, and digital Eswatini," she said.

Dr Ndlela-Simelane stressed that the mission of ESCCOM is centred on improving connectivity, lowering communication costs, safeguarding consumer rights, and strengthening overall service quality.

"In today's digital era, where technology underpins almost every aspect of life and business, cybersecurity and data protection have become paramount," she said.

The annual report shows that ESCCOM has been implementing the Data Protection Act, 2022 and the Computer Crime and Cybercrime Act, 2022, which expanded its oversight to include digital security and trust.

These responsibilities have placed ESCCOM at the core of ensuring that the country's digital ecosystem is safe, reliable, and conducive to innovation.

The regulator said it has focused on balancing affordability for consumers with the sustainability of licensed service providers.

According to Dr Ndlela-Simelane, most licensees remain financially stable, recording



▲ESCCOM Chairperson, Dr Sibongile Ndlela-Simelane.

revenue growth and investing strategically in infrastructure and innovation. These investments, she said, directly contribute to Eswatini's national development goals.

Through the Universal Access and Service Programme, ESCCOM has played a central role in improving connectivity in underserved and rural areas.

The programme also supports government efforts to digitise public service delivery, in line with Eswatini's National Digital Strategy.

That strategy is expected to usher in new opportunities in digital trade, e-Government, and inclusive social services, further embedding digital tools into the country's social and economic systems.

Despite the positive results, the commission acknowledged challenges in the communications sector. One key concern is the sustainability of internet service providers (ISPs). While consumer demand for internet access continues to rise, shrinking profit margins threaten the long-term viability of some ISPs.

Dr Ndlela-Simelane said collaboration with stakeholders would be essential to strengthen competitiveness and ensure the affordability of internet services.

"The rapid growth in demand cannot be ignored, but we also cannot allow unsustainable business models. We must work closely with service providers and partners to strike the right balance," she said.

Another area identified as requiring urgent attention is the regulation of courier services.

Dr Ndlela-Simelane said courier services are vital to the growth of e-commerce and Eswatini's competitiveness in the digital economy.

She highlighted the importance of fast-tracking the National Addressing System, which is designed to improve logistics, enhance delivery efficiency, and support businesses relying on online trade.

"Courier services are essential enablers of e-commerce, and their proper regulation is critical for accelerating economic growth and national competitiveness," she said.

The report indicates that ESCCOM will continue to focus on expanding access to communications services, strengthening the digital ecosystem, and promoting affordable pricing while ensuring that providers remain sustainable.

Its regulatory agenda also includes, supporting the rollout of next-generation infrastructure to improve broadband coverage.

Ensuring strong consumer protection frameworks in both traditional and digital services and expanding data protection awareness and enforcement under the 2022 laws.

Dr Ndlela-Simelane emphasised that the commission's role is not limited to oversight but extends to enabling the environment for investment and growth in Eswatini's digital economy.

"As a commission, we are committed to not only regulating but also guiding the industry towards practices that create value for consumers and ensure the long-term competitiveness of our economy," she said.

With assets now valued at E52.7 million, ESCCOM has demonstrated financial growth while expanding its regulatory reach in a rapidly evolving sector.

The commission's efforts in implementing key digital laws, promoting universal access, and addressing affordability challenges show its determination to balance consumer needs with industry sustainability.

At the same time, the focus on courier services and e-commerce underscores its recognition of new drivers of growth in the digital economy.

While challenges remain, particularly in maintaining ISP viability, ESCCOM's strengthened asset base and regulatory commitment position it to play a decisive role in Eswatini's digital transformation.



FX RATES

Notes/Cash	FX RATES	
	Buy	Sell
U.S. Dollar	17.0491	17.5171
G.B. Pound	22.7448	23.4354
EURO	19.9357	20.5419
Bank Rate	(July 2023)	7.50%
Prime Rate	(July 2023)	11%
Inflation	(July 2023)	4.5%
Petrol	E21.60/Litre	
Diesel	E22.90 /Litre	
Paraffin	E17.25/Litre	





By Delisa Magagula

ESWATINI has returned to the spotlight at the Enactus World Cup after four years. Enactus UNESWA Luyengo reached the Top 16 in the 2025 edition of the competition, held this week in Bangkok, Thailand.

The achievement marks the first time since 2021 that the country has advanced to this stage. The Enactus World Cup brings together student teams from around the world to showcase entrepreneurial projects that address social and environmental challenges.

This year's event was hosted in Bangkok from September 25 to 28. Enactus UNESWA Luyengo competed in a League Room alongside Enactus Korea from Kangwon National University and Enactus Cardiff University representing the United Kingdom and Ireland.

Each team presented a flagship project designed to be both sustainable and scalable. Enactus Korea introduced GoWith Solutions, a project that transforms invasive prickly lettuce into eco-friendly fertilizer to support drought-affected farmers.

Enactus Cardiff University presented Spiruflow, a system using algae-based direct air carbon capture technology to absorb carbon dioxide and release oxygen.

Enactus UNESWA Luyengo showcased Nutri Plume, which converts poultry feather waste into organic fertilizer to improve soil fertility, reduce agricultural waste, and create green jobs.

Judges assessed the teams based on innovation, business strategy, scalability, and measurable social impact. The panel commended the Eswatini team for its practical approach to waste management and its potential contribution to sustainable agriculture.

Reaching the Top 16 is a major boost for Eswatini's visibility in the global entrepreneurship space. For the University of Eswatini's Luyengo campus, it highlights the institution's ability to foster world-class innovation.

For the country, it demonstrates the potential of young entrepreneurs to address development challenges with business-oriented solutions.

"This advancement restores credibility to Eswatini's innovation ecosystem," said Sabelo Dlamini, Country Director of Enactus Eswatini.

"It proves to local and international stakeholders that our youth are capable of creating solutions to critical challenges," he said in addition.

Nutri Plume focuses on turning poultry feathers, a common waste product in Eswatini's agricultural sector, into a useful product. The resulting organic fertilizer supports farmers, contributes to soil health, and reduces environmental waste.

The project is positioned to meet both local and international needs. Locally, it addresses waste management and supports the agricultural economy. Internationally, it aligns with global efforts to promote circular economies and sustainable farming practices.

Wiseman Masika, CEO of Enactus UNESWA Luyengo, said preparation for the World Cup was intense.

"Last year, we were disappointed not to make it through. Competing against teams like Korea and the UK motivated us to refine our model and present it more effectively. This result feels like redemption and has inspired us to push Nutri Plume to the next



▲ Eswatini team posing with other team winners.

level," he said.

The challenge now for Enactus UNESWA Luyengo is to turn Nutri Plume into a sustainable business. Analysts say the project will need to demonstrate clear commercial viability, build strong partnerships, and carefully manage scaling. Areas to focus on include:

1. Proving the product's effectiveness and securing buyers.
2. Forming partnerships with government, NGOs, and private investors.
3. Establishing reliable production and distribution channels.
4. Managing quality control and regulatory compliance.

Without strong execution, there is a risk the project could remain only a competition success. However, the international recognition creates opportunities to attract support and investment.

Eswatini's success also has regional importance. It shows that smaller economies can produce competitive, scalable solutions that gain global attention.

The project may encourage collaboration with neighboring countries facing similar agricultural and waste management issues.

Globally, Nutri Plume contributes to ongoing conversations about circular agriculture. If scaled, it could be adapted in other countries with poultry industries, helping to reduce waste and supply affordable organic fertilizer.

For Eswatini, the Top 16 finish aligns with broader national goals of promoting youth employment, sustainable farming, and environmental management. It also provides international visibility that can help attract external support.

"We are immensely proud of Team Enactus UNESWA Luyengo. Reaching this stage for the first time in five years makes the achievement even more remarkable. We



▲ The ENACTUS award.

thank our partners and sponsors for their support in showcasing Eswatini's talent on the global stage," said Masika.

Eswatini's return to the Enactus World Cup Top 16 is more than a symbolic victory. Nutri Plume represents a practical business solution to local problems, with potential for regional and global impact.

The team's next task is to move beyond

competition success and prove that the project can survive as a commercial enterprise.

At the time of reporting, the team had already presented in the Top 16 round and was awaiting results scheduled for Sunday, September 28. The group is expected to return home on Tuesday, carrying both recognition and responsibility to turn Nutri Plume into a long-term success story.



# Investors look to jobs data to support rate-cut path, pricey stock market

By Jeff Mason

NEW YORK — Next week's U.S. jobs data may need to tread a fine line for Wall Street, revealing a cooling labor market that supports further interest rate cuts without fueling fears about a recession.

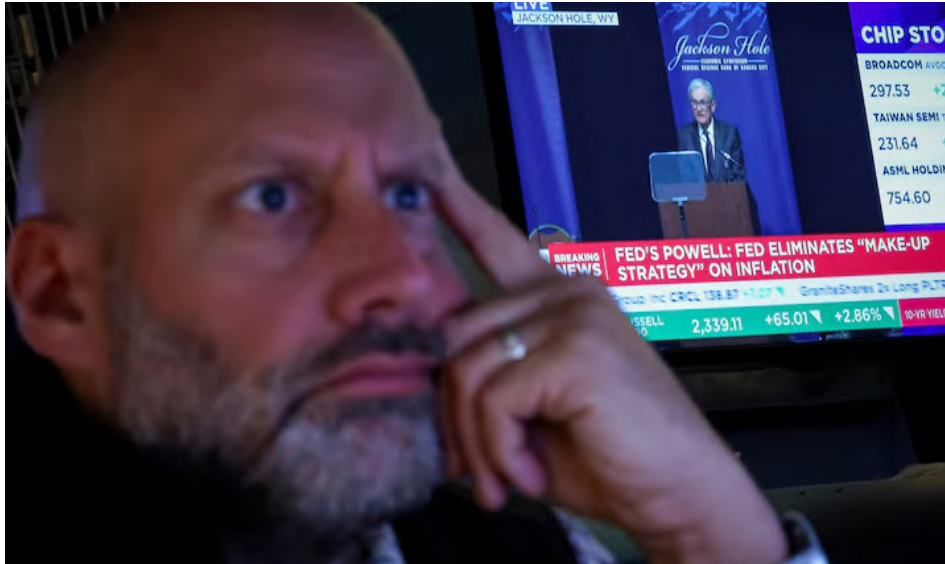
While stocks have edged lower this week, U.S. equity indexes remain near record highs after a relentless rally that has put the benchmark S&P 500 on pace for its best third-quarter performance since 2020.

Some investors say the market's ascent is making stocks vulnerable to any disappointments.

Complicating the release of the jobs data is the potential for a U.S. government shutdown next week that, should it come to pass, could mean the employment report is not released as scheduled next Friday.

The jobs data will help show whether the labor market is "simply experiencing a soft patch," said Mark Luschni, chief investment strategist at Janney Montgomery Scott.

"Nobody is expecting to see a blockbuster number here," Luschni said. "At the same time, were it to come in negative, it would confirm suspicions that perhaps the labor market is deteriorating rather rapidly, which obviously begs the question could



▲ A specialist trader works on the floor at the New York Stock Exchange in New York City, U.S.

we actually be at the throes of a potential recession."

The report is expected to show non-farm payrolls rose by 39,000 in September, according to a Reuters poll of economists, after an increase of 22,000 the prior month. The unemployment rate is estimated to be 4.3 per cent.

The Federal Reserve this month cut interest rates for the first time this year after signs of struggle in the labor market. The central bank is expected to enact another

standard quarter-percentage point rate reduction at its next meeting at the end of October and perhaps one more at its last meeting of the year in December.

Expectations of such monetary easing, including more cuts in 2026, have helped drive the latest leg of a rally in which the S&P 500 has posted 25 record closing highs over the past three months.

With inflation still elevated, however, investors are wary that a strong employment report could lead the Fed to slow down

its pace of cuts. The Fed raised rates from March 2022 to July 2023 to get inflation under control.

Fed Chair Jerome Powell this week said near-term inflation risks were "tilted to the upside" as he noted a "challenging situation" facing the central bank.

"What people are looking for, is if jobs come in a lot more benign...are we looking at just maybe one cut or no cuts for the rest of the year?" said Marta Norton, chief investment strategist at retirement and wealth services provider Empower.

Ahead of the jobs data next week is a deadline for congressional Democrats and Republicans to come to an agreement to fund the government and avoid a partial shutdown.

While investors have tended to shrug off past shutdowns, such an event this time could cause more angst in markets.

One factor is elevated stock valuations, with the S&P 500 now on track for its third-straight year of double-digit percentage gains.

The index was last trading at 22.8 times expected 12-month earnings for its constituents, according to LSEG Datastream. That is around its highest level in five years and well above its 10-year average of 18.7.

"Valuations are at extremes," Norton said. "It means a low immune system for any sort of risk that's out there." (Reuters)

## OPEC+ plans another oil output hike in November

By Olesya Astakhova and Ahmad Ghaddar

MOSCOW/LONDON — OPEC+ will likely approve another oil production increase of at least 137,000 barrels per day at its meeting next Sunday, as rising oil prices encourage the group to try to further regain market share, three sources familiar with the talks said.

OPEC+ has reversed its strategy of output cuts from April and has already raised quotas by more than 2.5 million barrels per day, representing about 2.4 per cent of world demand, to boost market share and after coming under pressure from U.S. President Donald Trump to lower oil prices.

Eight OPEC+ countries will hold an online meeting on October 5 to decide on November output. OPEC+ pumps about half of the world's oil and includes the Organization of the Petroleum Exporting Countries plus Russia and other allies.

OPEC headquarters and authorities in Saudi Arabia did not immediately respond to requests for comment.

### What have oil prices been doing?

Oil prices have fallen from over \$80 per barrel at the start of the year but have mostly traded in a narrow range of \$60-\$70 per barrel since OPEC began production increases in April.

On Friday, prices rose to their highest since August 1, hitting levels above \$70 per barrel, supported by Ukrainian drone attacks on Russia's energy infrastructure which



▲ OPEC logo.

disrupted refining and shipments from one of the world's biggest oil exporters.

The group's total output reductions amounted at their peak to 5.85 million bpd, made up of three different elements - voluntary cuts of 2.2 million bpd, plus 1.65 million bpd by eight members, and another 2.0 million bpd by the whole group.

### Further increase to be discussed

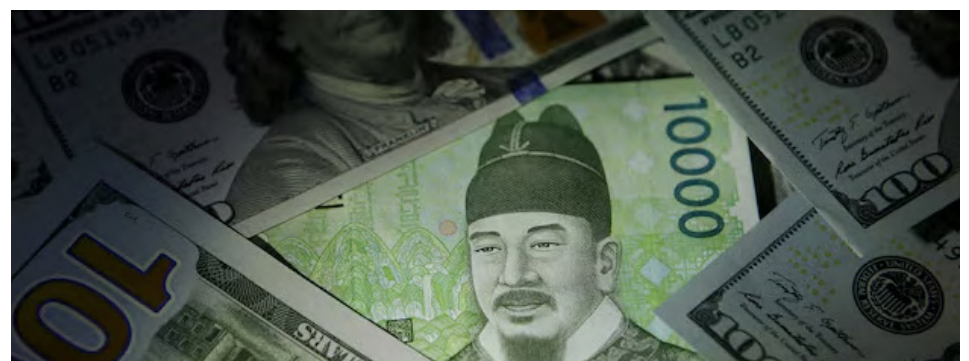
The eight producers plan to fully unwind one element of those cuts - 2.2 million bpd - by the end of September. For October, they started removing a second layer, of 1.65 million bpd, with an increase of 137,000 bpd.

OPEC+ also gave the United Arab Emirates approval to boost production by 300,000 bpd between April and September.

The November increase to be discussed on October 5 will amount to at least 137,000 bpd, equal to the October hike, the three sources said. A final decision has not been made, the sources said.

OPEC+ hikes have fallen short of the pledged amounts because most members are pumping at capacity, analysts have said.

OPEC+'s third group-wide layer of cuts of 2 million bpd is due to last until the end of 2026. (Reuters)



▲ South Korean 10,000 won note is seen on U.S. 100 dollar notes.

## US agrees South Korea not a currency manipulator, Seoul says

By Heejin Kim and Cynthia Kim

THE United States has agreed that South Korea is not manipulating its currency for trade advantage, a spokesperson for President Lee Jae Myung said on Sunday.

The two allies agreed that Seoul does not fall under the manipulator designation that the U.S. Treasury Department announces in reports twice a year, Kang Yu-jung told a press conference.

Officials at the U.S. embassy in Seoul could not be reached for comment outside business hours. The administration of President Joe Biden added South Korea to a manipulation monitoring list in November due to its large current account surplus and its sizable trade surplus with the U.S. The government of Donald Trump kept Seoul on the list in June.

Under a 2015 U.S. law, Washington can take "remedial action" against countries that do not "correct the undervaluation of their currency and trade surplus with the United

States".

The South Korea-U.S. deal is not related to talks on a currency swap as part of bilateral negotiations over Trump's tariffs on South Korean goods, South Korean officials said.

President Lee told Treasury Secretary Scott Bessent on Wednesday in New York that the Asian country needs a foreign exchange swap in order to make the \$350 billion investment it has pledged in the tariff talks, Finance Minister Koo Yun-cheol said on Saturday. Koo quoted Bessent as saying he would discuss the issue with other U.S. officials and get back to South Korea.

South Korean National Security Adviser Wi Sung-lac reiterated on Saturday that Seoul cannot pay the \$350 billion "upfront", as Trump has suggested in recent days. President Lee told Reuters this month that South Korea's economy could fall into crisis rivaling its 1997 meltdown if the government accepted the U.S. demands without safeguards.

Koo said he had not heard anything about a Wall Street Journal report that Commerce Secretary Howard Lutnick had discussed raising the \$350 billion investment. (Reuters)



# How a South African vineyard is making better wine thanks to cattle and ducks

A historic wine estate near Stellenbosch is turning to cattle, sheep and ducks to improve the quality of its vineyards.

Hartenberg Wine Estate says it has become the first in South Africa to earn international certification for regenerative farming, practices that restore soil health and boost biodiversity.

It is not the typical winemaker who herds cattle between his vineyards. Viticulturalist Wilhelm Joubert oversees 80 hectares of vineyard production at Hartenberg Wine Estate, near Stellenbosch. Hartenberg says it became the first vineyard in South Africa to receive Ecological Outcome Verification from the Savory Institute in the US in 2025.

The certification recognizes the farm's regenerative viticulture practices, which aim to restore and enhance the ecosystem in and around the vineyard.

"The way we are farming, the focus is on soil: to improve soil, and soil is complex. But soil health is part of that. It is to farm in a way that we are actually regenerating our soil by using less input from outside," Joubert says.

Cattle and sheep for better soil health

One of the regenerative practices here is the cattle that graze cover crops between vineyards.

Their saliva, dung and urine all aid in soil health. Dung beetles are proliferating, spreading the manure deeper into the soil. When cover crops are in full bloom during the wet months, wasps, butterflies, bees and



▲ RES recently launched their new flagship product Spotted Horse Rum.

other insects inhabit the vineyards and wetlands.

The farm has not used pesticides or herbicides for two years. Cover crops also help retain water, reducing the need for irrigation.

Sheep further enrich the soil, while runner ducks eat snails and slugs.

A research project at Hartenberg

To address the shortage of scientific data on regenerative viticulture, Stellen-

bosch University began a three-year study at Hartenberg in 2025. The Regenwine project involves 11 scientists and six students across disciplines including agronomy, animal science, viticulture, oenology, process engineering, agricultural economics and soil science.

One of the researchers, postgraduate student Kaiden Jacobs, is counting species of cover crops. "I think if I look at the project in a broader picture, from what we initially discussed, it's kind of to see how we can create climate-resilient farming," Jacobs says.

Viticulture master's student Dylan Endeacott is also participating in the study, funded by South Africa Wine. He carried out a preliminary study in 2024 at Hartenberg, comparing grape and wine output from cattle-grazed and non-cattle-grazed plots.

"With the study that we saw from last year on the Shiraz block, the control berries were larger than the grazed berries. Smaller berries normally lead to higher quality wines," Endeacott says. The positive results from grazed vineyards align with the estate's own data, which was analysed at an independent laboratory.

"We had a very interesting trial comparing a regenerative vineyard with a regenerative vineyard with livestock in it," says Reynie Oosthuizen, head winemaker at Hartenberg. "We found that the vineyard with livestock had almost 0.5% lower alcohol. The wine had higher anthocyanins and tannins, giving it more structure, but at the same time there was finesse." (Africanews)

## Guinea voters endorse post-coup constitution, partial results show

VOTERS in Guinea have overwhelmingly backed a new constitution that could allow coup leader Mamady Doumbouya to run for president if he chooses to, according to partial results.

The constitution looked set to pass with 90.6 percent votes in favour and 9.4 percent against, the head of Guinea's General Directorate of Elections, Djenabou Toure, told reporters late on Monday. Those figures were based on 91 percent of the votes cast in Sunday's referendum.

An overall figure for voter turnout was not available, but officials had counted more than 4.8 million votes out of more than 6.6 million registered voters, meaning turnout had exceeded 70 percent.

Critics called the results a power grab, but the military government said the referendum paves the way for a return to civilian rule. The presidential election is currently expected to take place in December.

Reporting from the capital, Conakry, Al Jazeera's Ahmed Idris said members of the opposition were opposed to the referendum.

"The elections were held all across Guinea with no incidents at all - 45,000 security forces were deployed. ...

The opposition said this is a way of harassing the voters," he said.

Presidential election

Doumbouya, a 40-year-old former member of the French Foreign Legion, voted along with his wife at a health centre in Conakry, wearing sunglasses and a baseball cap with a drawing of a traditional mask symbolising fertility.

He seized power in Guinea, home to the world's largest reserves of bauxite, in 2021. It was part of a wave of eight coups that swept West and Central Africa from 2020 to 2023.

A charter adopted after the coup barred members of the transitional government



▲ Election officials count ballot papers in a referendum on a new Guinean constitution that could permit coup leader Mamady Doumbouya, who seized power in 2021, to run for president, in Conakry, Guinea.

from seeking office. But that language was not included in the constitution put to voters on Sunday.

Doumbouya has not said yet whether he intends to run for office.

The country's two main opposition lead-

ers, Cellou Dalein Diallo and deposed former President Alpha Conde, are among those who called for a boycott of the referendum.

Their political parties are currently suspended, and Human Rights Watch has accused the government of disappearing po-

litical opponents and arbitrarily suspending media outlets.

The government has denied any role in disappearances but has promised to investigate such allegations.

(Africanews)



# Trump mulls tariffs on foreign electronics based on number of chips

THE Trump administration is considering imposing tariffs on foreign electronic devices based on the number of chips in each one, according to three people familiar with the matter, as it seeks to drive companies to shift manufacturing to the United States.

According to the plan, which has not previously been reported and could change, the Commerce Department would impose a tariff equal to a percentage of the estimated value of the product's chip content.

The Commerce Department did not immediately respond to requests for comment.

"America cannot be reliant on foreign imports for the semiconductor products that are essential for our national and economic security," White House spokesperson Kush Desai responded when asked about the details.

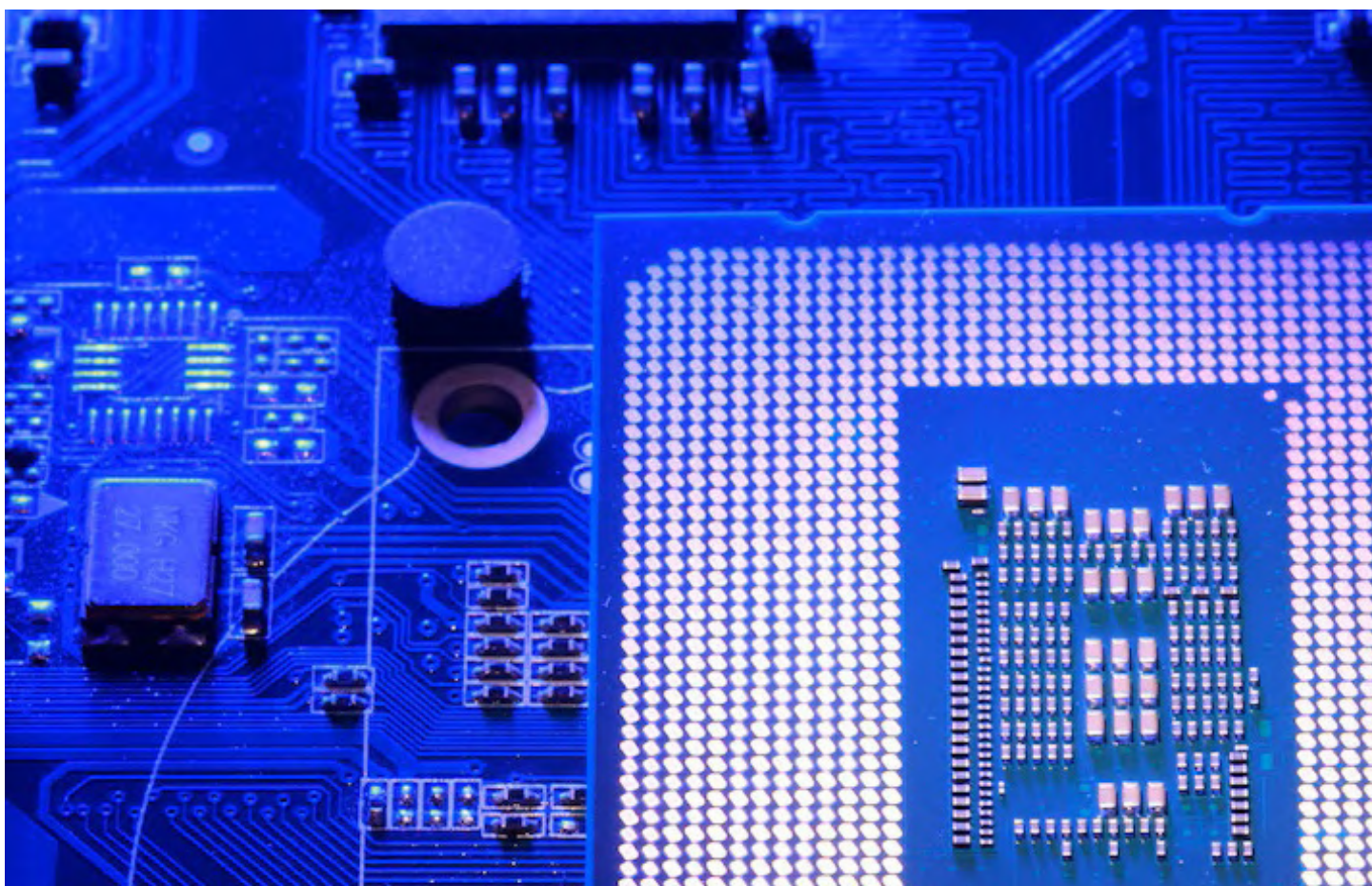
"The Trump administration is implementing a nuanced, multi-faceted approach to reshoring critical manufacturing back to the United States with tariffs, tax cuts, deregulation, and energy abundance."

If implemented, the plan would show the Trump administration is seeking to hit a wide range of consumer products, from toothbrushes to laptops, potentially driving up inflation as it seeks to ramp up U.S. manufacturing.

The plan could push up the cost of consumer goods "at a time when the U.S. has an inflationary problem, with inflation clearly above the Fed's target and accelerating," said Michael Strain, an economist with the conservative American Enterprise Institute. The Federal Reserve's target inflation rate is 2%.

Even domestically produced items would likely become more expensive, thanks to new tariffs on key inputs needed to make those goods, Strain added.

U.S. President Donald Trump has deployed an array of tariffs aimed at bolstering American manufacturing, announcing on Thursday sweeping new import tariffs, in-



▲ Computer motherboard and chip in this illustration.

cluding 100% duties on branded drugs and 25% levies on heavy-duty trucks, triggering fresh trade uncertainty after a period of relative calm.

In April, the Trump administration announced probes into imports of pharmaceuticals and semiconductors as part of a bid to impose tariffs on them, arguing that extensive reliance on their foreign production poses a national security threat.

But questions have swirled about the universe of products containing chips that would be hit by the tariffs, the tariff rates, and whether any countries, products, or

companies would be exempt.

Trump said in August the United States would impose a tariff of about 100% on imports of semiconductors but exempted companies that are manufacturing in the U.S. or have committed to do so.

The biggest chipmakers outside the U.S. include Taiwan Semiconductor Manufacturing Co (2330.TW), opens new tab and South Korea's Samsung Electronics (005930.KS), opens new tab.

One of the sources consulted by Reuters said the Commerce Department was considering a 25% tariff rate for chip-related

content in imported devices, with 15% rates for electronics from Japan and the European Union, stressing the figures were preliminary.

The sources added that the Commerce Department has also eyed a dollar-for-dollar exemption based on investment in U.S.-based manufacturing only if a company moves half its production to the U.S., but it was unclear how it would work or whether it would move forward. The investment exemption was previously reported by the Wall Street Journal.

(Reuters)

## Telegram's Durov says France asked to remove some Moldovan channels from app

PAVEL Durov, the billionaire founder of the Telegram messaging app, accused French intelligence on Sunday of having asked him through an intermediary to censor some Moldovan voices in return for help with his court case in France.

Moldovans were voting in a parliamentary election on Sunday that could have a major impact on the government's quest to join the European Union, as a pro-Russian opposition group seeks to steer the nation away from closer ties with the bloc.

In a post in English on X, the French foreign ministry noted that Durov had made similar accusations about France trying to manipulate politics in Romania earlier this year, around the time of elections there: "After Romania, Moldova. @durov likes making accusations while elections are ongoing."

Durov was arrested in 2024 at a French airport and is under judicial supervision in France while being investigated for suspected organised crime on the app.

Durov denies guilt and has said the accusations by France are "legally and logically absurd".

### DUROV SAYS HE WAS ASKED TO CENSOR CHANNELS

Durov said on Sunday that while he was stuck in Paris, French intelligence used an

intermediary, whom he did not identify, to ask him to "censor" some Telegram channels for the Moldovan government.

Durov said "a few that clearly violated our rules" were removed and that the intermediary told him that in exchange, French intelligence would "say good things" about him to the judge who ordered his arrest, which he said was "unacceptable".

"If the agency did in fact approach the judge — it constituted an attempt to interfere in the judicial process," Durov said. "If it did not, and merely claimed to have done so, then it was exploiting my legal situation in France to influence political developments in Eastern Europe...."

### FRANCE DENIED PAST ACCUSATIONS

Durov said in May that the head of France's foreign intelligence agency asked him to ban Romanian conservative voices ahead of elections there. France's DGSE, the foreign intelligence service, denied that at the time.

Telegram was founded by Durov, who left Russia in 2014 after he refused to comply with demands to shut down opposition communities on his VK social media platform, which he has sold.

The encrypted application, with over 1 billion monthly active users,

(Reuters)



▲ Telegram app logo is seen in this illustration.



# UN arms embargo, other sanctions reimposed on Iran over nuclear programme

THE United Nations has reinstated an arms embargo and other sanctions on Iran over its nuclear programme following a process triggered by European powers that Tehran has warned will be met with a harsh response.

Britain, France and Germany initiated the return of sanctions on Iran at the U.N. Security Council over accusations it had violated a 2015 deal that aimed to stop it developing a nuclear bomb. Iran denies seeking nuclear weapons.

The end of the decade-long nuclear deal originally agreed by Iran, Britain, Germany, France, the United States, Russia and China is likely to exacerbate tensions in the Middle East, just months after Israel and the U.S. bombed Iranian nuclear sites.

U.N. sanctions imposed by the Security Council in resolutions adopted between 2006 and 2010 were reinstated at 8 p.m. EDT on Saturday (0000 GMT on Sunday). Attempts to delay the return of all sanctions on Iran failed on the sidelines of the annual gathering of world leaders at the U.N. this week.

“We urge Iran and all states to abide fully by these resolutions,” the foreign ministers of France, Britain and Germany said in a joint statement after the deadline passed.

European Union foreign policy chief Kaja Kallas confirmed in a statement on Sunday that the bloc would “now proceed to implement the re-imposition of all previously lifted UN and EU nuclear-related sanctions without delay”.

Israel hailed the reimposition of sanctions on its arch foe as a “major development”, citing what it called Tehran’s ongoing violations over the nuclear programme.

“The goal is clear: prevent a nuclear-armed Iran. The world must use every

tool to achieve this goal,” the Israeli Foreign Ministry said in a post on X.

## IRAN CALLS IN AMBASSADORS

Tehran has warned of a harsh response to the reimposition of sanctions. Iran said on Saturday it was recalling its ambassadors to Britain, France and Germany for consultations. But Iranian President Masoud Pezeshkian said on Friday Iran had no intention of leaving the nuclear Non-Proliferation Treaty.

“It is unlawful, and it cannot be implemented,” Russian Foreign Minister Sergei Lavrov told reporters at the U.N. earlier on Saturday, adding that he had written to U.N. Secretary-General Antonio Guterres warning that it would be “a major mistake” for him to acknowledge a return of U.N. sanctions on Iran.

The European powers had offered to delay reinstating sanctions for up to six months to allow space for talks on a long-term deal if Iran restored access for U.N. nuclear inspectors, addressed concerns about its stock of enriched uranium, and engaged in talks with the United States.

“Our countries will continue to pursue diplomatic routes and negotiations. The reimposition of U.N. sanctions is not the end of diplomacy,” the foreign ministers of Britain, France and Germany said, urging Iran to “return to compliance”.

U.S. Secretary of State Marco Rubio said in a statement President Donald Trump has been clear that diplomacy is still an option for Iran and a deal remains the best outcome for the Iranian people and the world.

“For that to happen, Iran must accept direct talks, held in good faith, without stalling or obfuscation,” Rubio said, adding that until there was a new deal it was important for countries to implement sanctions “immediately in order to pressure Iran’s leaders”.

## RIAL FALLS TO RECORD LOW



▲ Item 1 of 2 Members of the U.N. Security Council vote against a resolution that would permanently lift U.N. sanctions on Iran at the U.N. headquarters in New York City, U.S.

Iran’s economy is already struggling with crippling U.S. sanctions reimposed since 2018 after Trump ditched the pact during his first term.

Iran’s rial currency continued to weaken over fears of new sanctions. The rial fell to 1,123,000 per U.S. dollar, a new record low, on Saturday, from about 1,085,000 on Friday, according to foreign exchange websites, including Bon-bast.com.

With the return of U.N. sanctions, Iran will again be subjected to an arms embargo and a ban on all uranium enrichment and re-processing activities, as well as any activity related to ballistic missiles capable of delivering nuclear weapons.

Other sanctions to be reimposed include a travel ban on dozens of Iranian citizens, asset freezes on dozens of people and entities and a ban on the supply of anything that could be used in the nation’s nuclear programme.

All countries are authorised to seize and dispose of any items banned under U.N. sanctions and Iran will be prohibited from acquiring an interest in any commercial activity in another country involving uranium mining, production or use of nuclear materials and technology.

(Reuters)

# Russia pounds Kyiv, other regions in mass drone and missile attack

RUSSIA launched hundreds of drones and missiles at Kyiv and other parts of Ukraine early on Sunday, killing at least four people and injuring dozens, in one of the most sustained attacks on the capital since the full-scale war began.

Neighbouring Poland closed its airspace near two southeastern cities and its air force scrambled jets in response until the danger had passed.

Ukraine’s military said that Russia launched 595 drones and 48 missiles overnight and its air defences shot down 568 drones and 43 missiles. It noted that the main target of the strike was the capital Kyiv.

President Volodymyr Zelenskiy said the attack, which lasted more than 12 hours, damaged a cardiology clinic, factories and residential buildings.

Russia’s defence ministry said on Sunday it had carried out a “massive” attack on Ukraine using long-range air and sea-based weapons and drones to target military infrastructure, including airfields.

Moscow has denied targeting civilians in its war against Ukraine, although thousands have been killed and residential areas extensively damaged by its attacks.

## ZELENSKIY URGES INTERNATIONAL PARTNERS TO ACT

Zelenskiy again urged the international community to act decisively to cut off Russia’s energy revenues that fund its invasion. Ukraine has so far failed to convince U.S. President Donald Trump to impose punitive sanctions on Moscow.

“The time for decisive action is long over-



▲ People walk next to a damaged building and vehicles in a residential neighbourhood hit during a Russian drone and missile strike, amid Russia’s attack on Ukraine, on the outskirts of Kyiv, Ukraine.

due, and we count on a strong response from the United States, Europe, the G7, and the G20,” he said on the Telegram messaging app.

Kyiv awoke to loud explosions, drones flying overhead and air defences booming. Smoke from one of the strike sites drifted across the morning sky as the air raid alert ended at 09:13 a.m. (0613 GMT), nearly sev-

en hours after it began.

Reuters journalists visited an area in the suburbs of Kyiv, where rows of newly built homes were almost totally destroyed, and parked cars flattened by falling debris.

Residents sifted through the wreckage of an apartment block after their windows were blown in by the force of a blast.

Some people hurried to metro stations un-

derground, from where they followed events on their mobile phones.

## UKRAINE’S DEFENCES STRETCHED BY LARGE-SCALE ATTACKS

Attacks on such a scale have stretched Ukraine’s limited air defences throughout 2025. Zelenskiy said on Saturday an additional, opens new tab Patriot missile system from Israel had been deployed and he expected two more to arrive this autumn.

He and other officials have asked international partners for more to protect Ukraine’s skies, but air defence systems are limited in availability and other nations are keen to bolster their defences amid perceived threats from Russia.

Zelenskiy said Sunday’s attack targeted several regions, including the southern city of Zaporizhzhia, where authorities said at least 16 people were injured.

Emergency services said at least four people were killed, while 67 people were reported wounded across the country by local authorities.

Among the fatalities was a 12-year-old girl, although that has not been officially confirmed, Tymur Tkachenko, head of Kyiv’s military administration, said on Telegram.

(Reuters)



# Disability Music & Arts Festival debuts

By Siphesihle Dlamini  
siphesihled@rubiconmedia.group

THE inaugural Disability Music and Arts Festival held on September 27, 2025, at The Luke Commission auditorium in Sidvokodvo marked a transformative moment in Eswatini’s cultural and social landscape.

This pioneering event brought together a diverse group of artists with disabilities from across the country, including musicians, poets, dancers, dramatists, painters, fashion designers, and storytellers. The auditorium was transformed into a lively and inspiring space where creativity, joy, and a sense of belonging flourished.

The festival’s significance was underscored by the attendance of high-profile government officials and dignitaries. Deputy Prime Minister Thulisile Dladla, Minister of Education Owen Nxumalo, Minister of Sport, Culture and Youth Affairs Bongani Nzima, Minister of Tinkhundla Administration and Development Sikhumbuzo Dlamini, UNDP representative George Wachira, and Nick Ncube, CEO of Edd Branson Publishers, all graced the occasion. Their presence demonstrated the government’s and partners’ strong commitment to fostering inclusivity and empowering creative talents within Eswatini’s diverse communities.

In addition to the Deputy Prime Minister and her ministerial colleagues, several Mem-

bers of Parliament, including Khungankhosi Dlamini of the Mayiwane constituency, attended the event. Their participation highlighted the political recognition of the festival’s importance as a platform for celebrating the abilities and contributions of people with disabilities.

Deputy Prime Minister Dladla emphasised that the festival was more than just entertainment; it was a manifestation of the principles enshrined in Article 30 of the United Nations Convention on the Rights of Persons with Disabilities. This article advocates for the full participation of people with disabilities in cultural life, recreation, leisure, and sport. The festival, she noted, lays the foundation for an inclusive creative economy where individuals with disabilities can freely express their talents and pursue their dreams.

“The festival shows our nation and the world that disability is not inability,” Dladla declared. “Given the opportunity to express their God-given talents, the sky is truly the limit.” Her leadership and advocacy have been pivotal in advancing policies that support creativity and inclusion, making her presence at the festival a powerful symbol of progress and hope for the future.

The festival featured a rich program of performances and exhibitions that captivated audiences. Musicians with disabilities showcased their diverse musical styles, ranging from traditional Swazi rhythms to contemporary genres, illustrating the depth and versatility of their artistry. Poets and storytellers shared narratives that explored themes



▲ An ariel view of the attendance.

of resilience, identity, and empowerment, resonating deeply with attendees.

Dancers and dramatists performed pieces that challenged societal perceptions of disability, using movement and storytelling to communicate powerful messages about inclusion and human dignity. Visual artists displayed paintings and fashion designers presented collections that celebrated cultural heritage and innovative design, highlighting the creative potential within the disability community. Organisers expressed optimism that the Disability Music and Arts Festival

would become an annual event, catalysing greater awareness, acceptance, and support for artists with disabilities. The festival also aims to inspire policy reforms that facilitate access to education, training, and markets for these artists, contributing to their economic empowerment. The success of the first edition has already sparked conversations about expanding the festival’s reach to include regional and international participants in future years, positioning Eswatini as a leader in promoting disability arts and culture in Southern Africa.



▲ UN Resident Representative George Wachira and Minister of Sport, Culture and Youth Affairs Bongani Nzima following proceedings.



▲ Deputy Prime Minister Thulisile Dladla and Minister of Tinkhundla Administration and Development Sikhumbuzo Dlamini enjoying the festival.

## DPM unveils five-point plan to empower artists with disabilities

DEPUTY Prime Minister Thulisile Dladla, a leading advocate for disability rights and inclusion, outlined five essential goals that form the foundation of the transformative Disability Music and Arts Festival movement.

These goals are designed to reshape the cultural landscape and ensure that artists with disabilities receive the recognition, support, and opportunities they deserve.

The first goal focuses on increasing the visibility and appreciation of artists with disabilities across all art forms. By showcasing their talents in music, dance, poetry, drama, fashion, and visual arts, the festival aims to challenge stereotypes and highlight the rich diversity of creative expression within the disability community.

Secondly, raising awareness and shifting mindsets toward disability inclusion in the creative sector is crucial. The Deputy

Prime Minister emphasised that changing societal perceptions is key to fostering an environment where artists with disabilities can thrive without barriers or discrimination.

Enhancing access to markets and economic opportunities for sustainable artistry is the third goal.

This involves creating pathways for artists to monetise their work, reach wider audiences, and build viable careers, thereby contributing to Eswatini’s creative economy.

The fourth goal promotes collaboration between creatives with and without disabilities. Such partnerships are intended to strengthen unity, spark innovation, and enrich the cultural fabric by blending diverse perspectives and talents.

Finally, influencing policy to promote accessibility and equity in Eswatini’s cultural economy rounds out the Deputy Prime Minister’s vision. This includes advocating

for laws and regulations that ensure equal opportunities and remove systemic obstacles faced by artists with disabilities.

Deputy Prime Minister Dladla expressed heartfelt gratitude to the festival’s sponsors, whose support was instrumental in making the event memorable. She also commended the government for facilitating transportation from various regions, ensuring that people with disabilities could participate fully and without hindrance.

Minister of Tinkhundla Administration and Development Sikhumbuzo Dlamini highlighted his ministry’s active role in promoting artists across constituencies. He noted that financial support is being provided to nurture artistic growth and applauded the Deputy Prime Minister’s unwavering dedication to uplifting vulnerable groups within society.

George Wachira, representing the United

Nations Development Programme (UNDP), called on professionals such as designers, plumbers, and engineers to create spaces that accommodate people with disabilities. He stressed the importance of reasonable accommodation in employment across both public and private sectors, reinforcing the need for inclusive infrastructure and workplace environments.

Nick Ncube, CEO of Edd Branson Publishers, underscored the vital role of events like the Disability Music and Arts Festival in fostering creativity and inclusion. He announced the launch of The Business of Art and Craft; a comprehensive guide aimed at helping artists monetise their talents effectively. This invaluable resource will be distributed free of charge throughout Eswatini, empowering artists with practical knowledge to succeed economically.



# Touching the Hem of His Garment!

By Siphesihle Dlamini  
siphesihled@rubiconmedia.group

WHEN the lights dimmed at Jesus Calls Worship Centre International in Matsapha on Friday, September 26, 2025, anticipation filled the air like incense. It was more than just another gospel gathering, more than another night of melodies and microphones. It was the long-awaited live recording of Touching the Hem of His Garment, the brainchild of gospel minister Tanele Mnisi, and it proved to be a night where artistry, faith, and history wove together into something unforgettable.

The most striking element of the evening was the music itself. Far from being a recycling of gospel’s familiar anthems, the setlist breathed with originality and freshness. Each song carried a deep, Spirit-filled message, yet was wrapped in arrangements that made the entire night feel like a carefully orchestrated journey.

“These were not the same old songs,” one attendee remarked on social media, “they were alive, they were new, and they spoke directly to us.” Indeed, from start to finish, the progression of the program felt intentional, like a pilgrimage rather than a performance. The congregation was not simply listening; they were participants in something that drew them deeper, step by step. Behind Tanele Mnisi was a band whose precision and passion elevated the night to even greater heights.

Every musician seemed to know exactly where they belonged, and together they built a sound that was both rich and stirring. The rhythm section anchored with an unshakeable groove, the keys and guitars painted beautiful layers, and the backing vocals blended seamlessly with Tanele’s own powerful voice.

Their cohesion turned each song into an atmosphere, a place to dwell, rather than a mere tune to enjoy. At times, the music swelled so magnificently that one could almost forget they were in Matsapha; it felt like being swept into a global stage.

Another refreshing feature of the night was the way supporting music ministers were integrated. Unlike the usual gospel concerts where dozens of guest artists crowd the stage, Tanele Mnisi chose to feature only a few, and that decision paid off brilliantly.

Each minister had their own moment to shine, and together they complemented the vision of the evening. A particularly memorable highlight came during a trio performance with Mnisi herself. The character of the song they performed was unlike anything most had heard before, innovative, bold, and unforgettable.

Audience members responded with resounding applause and, at times, tears. It was a reminder that less can indeed be more when done with intentionality and excellence. On the night, Tanele Mnisi herself was at her absolute best. From her attire, radiating grace and confidence in a striking white suit layered over a golden blouse, to her commanding yet humble stage presence, she embodied the role of both artist and minister.

Her delivery was powerful but not overpowering. Her vocals carried depth and emotion without ever tipping into unnecessary screaming, a common trap in gospel performances. Instead, her control and poise made her voice an instrument of clarity, guiding the audience into the heart



▲ Tanele Mnisi successfully hosted Touching the Hem of His Garment live recording.



▲ Touching the Hem of His Garment Live Recording.



▲ Music star Isabee (c) following the proceedings. of each message.

“What a gift she is to the body of Christ and Eswatini,” remarked one of the attendees. Indeed, her ministry on this night was not only about showcasing her own gift but also about lifting the standard for gospel music across the nation. By the time the final notes rang out and the night ended, it was clear that Touching the Hem of His Garment had become much more than a live recording. It had become a historic moment, a turning point for gospel music in Eswatini.

The event marked the beginning of something new: a season of creativity, strength, and excellence. It was a declaration that gospel music in this Kingdom can stand shoulder to shoulder with the best in the region and beyond, while remaining rooted in authenticity and faith.

For those who were present, it was more than a concert. It was a communal experience, a night where heaven touched earth, and where a nation glimpsed the heights to which its gospel music can ascend. As the lights went down and the audience dispersed into the Matsapha night, one could still sense the afterglow of what had transpired. People left uplifted, inspired, and grateful, not only for the music, but for the excellence, the unity, and the vision that had brought it all together.



▲ Tanele Mnisi rendering her set.

If this were only the beginning, then the gospel landscape of Eswatini is set for a remarkable future. And perhaps, years from now, when people look back at the evolution of the nation’s gospel sound,

they will remember that on a Friday night in September 2025, in a worship centre in Matsapha, something shifted, and it all began when Tanele Mnisi invited the world to touch the hem of His garment.



# EMBIVENI

THE HOME OF QUALITY MEAT THIS SUMMER



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- **Mbabane Shop** – Zwide Street, next to Websters
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- **Manzini Down Town** – Next to Power by the bus rank
- **Nhlangano Shop** – Tom Sililo Road, opposite Pick n Pay
- **Pigg's Peak Shop** – MR1 main road, Opposite Standard Bank
- **Siphofaneni Shop** – Sithobelweni Road, Opposite Galp Filling Station



Follow us on social media for summer specials, recipes, and braai inspiration!



SOME nutrients can help boost hair, skin, and nail health. Getting enough quality sleep and other home remedies can also help.

Shiny hair, glowing skin, and strong nails are often seen as external symbols of health. But there's more to it than that.

"You've probably heard it said that the skin is the largest organ in the body. Well, along with skin, the hair and nails are all a part of the integumentary system," says Elizabeth Rimmer, founder and director of London Professional Aesthetics.

She says all three share a common constituent: keratinocytes. "Keratinocytes grow from stem cells and produce and store keratin — a protein that makes our skin, hair, and nails not only tough but also water resistant," Rimmer notes.

Read on to learn more about how to improve hair, skin, and nail health.

Can you boost hair, skin, and nail health with diet?

A 2019 review identified a link between micronutrient deficiencies and cutaneous abnormalities in hair, skin, and nails.

Examples of cutaneous abnormalities include:

- acne
- eczema
- psoriasis
- other skin conditions

In particular, researchers said low intake or low absorption of certain vitamins and minerals may be the culprit.

These vitamins and minerals include:

- B vitamins
- fat-soluble vitamins like A, E, and K
- zinc
- iron
- copper
- selenium
- essential fatty acids

Similarly, a 2017 study concluded that multiple kinds of nutrient deficiencies can result in hair loss.

"Layers of the skin are connected to a huge vascular network, and our hair follicles and roots are also fed by a blood supply we want to be nutrient rich," explains Amir Sadri, M.D., a consultant plastic surgeon at Great Ormond Street Hospital.

These direct connections with the bloodstream mean the skin and hair are often the first place you can visibly see nutrient deficiencies. Sadri says any factors that affect the hair will also affect the nails.

"This is because they're both made from keratin," he explains.

What the diet can and can't do

A healthy diet can improve your skin, hair and nail health. However, the importance of diet shouldn't be overstated, as there will always be other factors at play.

These factors can include:

- genetics
- general health status
- age

However, Rimmer believes there are several ways to support hair, skin, and nail health through your diet.

These include:

eat a varied diet with lots of colors and textures

- increase protein and iron intake
- limit alcohol consumption
- limit sugar consumption
- favor healthy fats over processed and

# Boost your hair, skin, nail health with tips from professionals



saturated fats  
A balanced diet containing lots of colors and textures is best. She also says increasing your protein and iron intake is key.

"Protein helps with new cell generation and will benefit as an all rounder," she explains.

"Iron is another building block for the integumentary system and it's abundant in red meat. If you are vegetarian or vegan then max out your diet with pulses (beans and lentils) to ensure you're getting your recommended daily amount," Rimmer suggests.

However, it's important not to take an iron supplement without speaking with a health-care professional first. Iron supplements can lead to constipation and, less commonly, iron poisoning.

It is also best to limit certain foods and drinks.

"Drinking too much alcohol and eating highly processed, sugary, and fatty food is not good for your skin, hair, and nails," says Savas Altan, medical aesthetic at Vera Clinic. "Over time, alcohol consumption can cause dry, brittle, breaking hair, and cause excessive hair loss."

Likewise, Altan says excess sugar in the diet can encourage the degradation of collagen and elastin in your skin.

This can prompt a loss of firmness and elasticity long term, causing sagging and wrinkles on the skin.

Does sleep affect your hair, skin, and nail health?

A 2019 study involving forty subjects suggests that there's a potential link between sleep quality and acne.

"While you're sleeping your body is busy recovering," says Rimmer. "Collagen production increases, peaking within the first

few hours of sleep."

That said, a lack of sleep may affect your hair, skin, and nails even more.

"You could argue that the hair, skin, and nails are last in the queue to benefit from lifestyle factors," says Rimmer. "They'll also be the first to deteriorate with sleep deprivation."

Sleep and stress hormones

Sadri adds that a lack of sleep can cause a rise in stress hormone cortisol which interferes with our body's ability to mend itself overnight.

In turn, this can cause brittle nails, skin inflammation, and problems with hair growth.

The general advice is for adults to get at least 7 hours of sleep per night. However, Rimmer says sleep needs can vary from individual to individual, so you may feel you need less or more.

At-home treatments to try

There are many at-home and in-salon solutions you can try to help boost the health of your skin, hair, and nails.

For hair

Rimmer recommends looking for products that contain ketoconazole.

"It's an ingredient in shampoo used to treat fungal infections, but it can also be useful for those with thinning hair," she says. It's "commonly prescribed as a first line supplement to help with thinning hair. There have been studies to demonstrate a thickening of the hair shaft and number of hairs" with its use.

Sadri also recommends looking for products with the following ingredients:

- rosemary oil

- biotin
- vitamin A
- vitamin C
- vitamin E

They keep your scalp healthy and nourish your hair follicles, he says.

It is best to avoid sulfates. These are often found in shampoos and are used to create a lather. According to Rimmer, they can irritate the scalp and negatively impact hair growth.

For skin

"The 'go to' essentials for skin include a facial cleanser used morning and night for a full minute, rinsed away with tepid water, and patted dry with kitchen paper, keeping the skin oil and debris free," says Rimmer.

What products you use will mostly depend on your skin type. However, Rimmer says every skin care routine should include SPF. She says an oil-free SPF should be applied every day regardless of the weather forecast.

Lastly, Rimmer recommends retinol, a derivative of vitamin A, to refine skin texture and improve uneven skin tone.

It is best to avoid oil. Oil is a popular ingredient in skin care products. However, Rimmer believes it may be best avoided if you have breakout-prone skin.

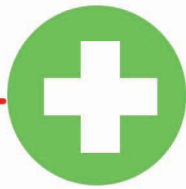
"I know there are lots of celebrities who endorse the use of oil, but for me it's a big no," she says. "In my opinion, it only serves to increase the likelihood of breakouts and problem pigmentation and doesn't serve the health of your skin."

For nails

"The constant exposure to weather and water (not to mention ingredients in soaps and alcohol rubs) leaves cuticles dry and brittle," says Rimmer.

(Healthline)





SEROTONIN sends signals between nerve cells. It may help regulate many body functions, including mood, bowel movements, and sleep. Some medications help boost serotonin levels and improve mood.

Serotonin sends signals between nerve cells. It may help regulate many body functions, including mood, bowel movements, and sleep. Some medications help boost serotonin levels and improve mood.

Serotonin is both a neurotransmitter and a hormone. This chemical is produced by nerve cells and sends signals between them.

Serotonin is found in many parts of the body, including the digestive system, blood platelets, and the central nervous system. It's also thought to regulate mood.

Serotonin is made from the essential amino acid tryptophan. This amino acid enters the body through the food you eat and is commonly found in meat, dairy products, eggs, and nuts.

What does serotonin do?

Serotonin affects every part of you — from your emotions to your motor skills. It helps with sleeping, healing, and digesting. Serotonin is also thought to be a natural mood stabilizer.

Serotonin helps your body to:

- balance your mood and experience pleasure
- heal wounds
- clot blood
- control movement
- More specifically, serotonin intervenes in these functions:

**Bowel movements:** About 90% of the serotonin in your body is produced in your intestines. It helps control bowel movements and function.

**Mood:** Serotonin in the brain is believed to regulate feelings, including happiness and anxiety. Selective serotonin reuptake inhibitors (SSRIs) are thought to help treat mood disorders by increasing serotonin activity in your brain.

**Nausea:** Serotonin in your stomach and intestines helps your body feel nausea and start vomiting in response to illness, foods, or other conditions.

**Sleep and waking:** Neurotransmitters, including serotonin, regulate your ability to stay awake. While you sleep, serotonin is involved in switching between REM and non-REM sleep.

**Blood clotting:** Platelets in your blood store serotonin. When your body needs to repair damage, platelets release serotonin to help stop bleeding and heal wounds.

**Sex drive:** Serotonin is involved in controlling the body's sexual functions. This may be why medications that affect serotonin levels are associated with sexual side effects.

Serotonin and mental health

Some medications used to manage mental health conditions work by changing how your brain uses serotonin. Early theories suggested that chronic low serotonin is the main cause of depression. However, recent research now suggests this process is likely more complicated.

Mood disorders like depression may be caused by a combination of factors, including brain changes, life experiences, and health conditions. Even so, antidepressant medications continue to be an important first-line treatment for mood disorders, along with psychotherapy.

Serotonin vs. dopamine

Like serotonin, dopamine is a chemical com-



Everything you need to know about serotonin

municator found in the brain and many other parts of the body.

Both of these neurotransmitters are associated with your mental well-being, so it can be easy to confuse them. But there are also some key differences between the two.

How to increase serotonin

Only a healthcare professional can determine if you need to boost your serotonin levels. High levels of serotonin may lead to toxicity and unwanted side effects, so it's important to take your medications following a doctor's recommendations.

Medication, as well as natural options, can increase serotonin levels.

SSRIs

SSRIs are the most commonly prescribed type of antidepressant medication. They increase serotonin levels in the brain by blocking the reabsorption of serotonin, so more of it remains active.

There are several SSRIs, including fluoxetine (Prozac) and sertraline (Zoloft).

When you're taking medications that affect serotonin, you'll want to speak with a doctor before using other medications or supplements. Mixing medications may put you at risk of a serious condition called serotonin syndrome.

Supplements

Some supplements may have the ability to raise serotonin levels. However, they're not a replacement for medications prescribed by a doctor and should not be taken alongside medications that affect your serotonin levels.

Supplements that may affect serotonin

include:

**St. John's wort:** The herb St. John's wort increases serotonin in the body. Some believe it is effective for treating depression, but this has not always been supported by research.

**SAME:** This supplement is promoted as a treatment for depression, but more research is needed to understand its effects on mood and serotonin levels.

**Tryptophan:** This substance can be converted into serotonin in your brain, potentially raising your serotonin levels. Some research suggests it could help improve mood and reduce anxiety.

All of these supplements can increase your risk for serotonin syndrome, as well as cause other side effects and interactions.

Speak with a healthcare professional before trying any new supplements or herbal remedies, especially if you're taking prescription drugs.

Natural serotonin boosters

The following strategies may help you balance your serotonin levels and improve your mood:

**Exposure to bright light:** Bright sunlight may help your mood, which is why light therapy is commonly recommended for treating seasonal depression. SAD lamps are an option for home therapy in winter or when access to bright sunlight is difficult.

**Exercise:** Regular exercise has many benefits for overall health. It can have mood-boosting effects and may trigger the release of serotonin.

**Health-promoting diet:** Following a balanced diet lowers the risk of many health conditions. Although research is limited, eating foods that may promote serotonin production could positively affect mood.

**Meditation:** Meditating can help relieve stress and promote a positive outlook on life. What is serotonin syndrome?

Medications, supplements, and other substances that increase serotonin levels in your body can lead to serotonin syndrome.

**Serotonin syndrome can happen when you:**

- start taking a new medication that boosts serotonin levels
- increase the dosage of an existing medication
- take more medication than the amount prescribed
- use an additional medication, supplement, or drug that also affects serotonin levels

**The symptoms of serotonin syndrome include:**

- tremors
- sweating
- nausea
- vomiting
- restlessness
- anxiety

**Severe symptoms can include:**

- headache
- flushed skin
- dilated pupils
- disorientation
- increased reflexes (hyperreflexia)
- muscle twitches or spasms
- high fever
- muscle stiffness
- rapid heart rate
- high blood pressure
- irregular heartbeat

To diagnose serotonin syndrome, a doctor will perform a detailed history and physical exam.

(Healthline)





▲ A protester stands with a sign near the Broadview ICE processing facility, after U.S. President Donald Trump ordered increased federal law enforcement presence to assist in crime prevention, in Broadview, Illinois.



▲ Greta Thunberg gestures next to a Palestinian flag on a ship, part of the Global Sumud Flotilla aiming to reach Gaza and break Israel's naval blockade, as they sail off Crete island, Greece.



▲ Members of a rescue team work in a mud-covered area in the aftermath of flooding brought by Super Typhoon Ragasa in Hualien county, Taiwan.

# News In Pictures



▲ A soldier of the German armed forces demonstrates a HP 47 drone jammer during the defense exercise “Red Storm Bravo” in which civilian and military coordination is trained and led by German army Bundeswehr in Hamburg, Germany..



▲ A drone view shows mud covering areas of Hualien due to flooding, following Super Typhoon Ragasa, in Taiwan.



▲ Israeli Prime Minister Benjamin Netanyahu addresses the 80th United Nations General Assembly (UNGA) at U.N. headquarters in New York City.



# City suffer new low in Motsepe Foundation Championship

CAPE Town City ended the latest Motsepe Foundation Championship gameweek without victory as the Mother City club remain without a win in South Africa's first division. The Citizens suffered a 1-0 loss against Milford at the Richards Bay Stadium on Saturday afternoon and currently occupy 14th position on the table.

City, who plied their trade in the Betway Premiership last season, are yet to bag maximum points in a game this season, as their form sheet consists of three draws and two defeats so far.

At the top of the pile, leaders Casric Stars claimed a 2-1 win over Lerumo Lions at the Solomon Mahlangu Stadium on Friday. Casric have now bagged four wins from five matches, while they also jotted down a 1-1 stalemate with Baroka on 21 September.

Casric's nearest competitors, Milford, are one point (12) behind the summit following their win over City.

Elsewhere, Uppington City moved into third on the standings after their 2-1 win against Midlands Wanderers at the Mxolisi Dicky Jacobs Stadium on Sunday.

Uppington City's move up the log was supplemented by two consecu-



▲ Keagan Dolly.

tive victories, while Highbury moved down into fourth place following their 1-1 draw alongside the Bees at the Gelvandale Stadium on Friday.

Other than Casric, Highbury and

the University of Pretoria are the only other unbeaten sides in the Motsepe Foundation Championship so far.

(Supersport)

# Dominant Europe on the brink of historic Ryder Cup triumph

EUROPE golfers were poised to complete a historic Ryder Cup victory over the United States as Sunday's concluding singles matches teed off at Bethpage Black.

The Europeans seized the largest lead in Ryder Cup history entering the singles at 11.5-4.5 by going 3-1 in both Saturday pairs sessions despite an over-the-top crowd and hecklers forcing extra police around Europe talisman Rory McIlroy.

And Norway's Viktor Hovland withdrew from singles on Sunday morning due to a neck injury, leaving his planned match against Harris English declared a draw and moving the team score to 12-5.

That means Europe need only two wins from the 11 remaining singles matches to retain the trophy and achieve the first road triumph in the biennial rivalry since their 2012 "Miracle at Medinah".

"It would be a massive victory for the European team," said England's Justin Rose, who teed off against Cameron Young in the singles opener.

The Americans, however, need the greatest last-day comeback in Cup history to reclaim the trophy. It would take another nine wins and a draw and no team has managed more than 8.5 points from singles.

A European triumph would be their 11th in the past 15 Cup showdowns and their fourth on the road in that span.

Americans lead the all-time rivalry 27-15-2 but Europe lead 12-9-1 since



the roster was expanded beyond Britain and Ireland in 1979.

McIlroy, who made obscene remarks to hecklers as they yelled while he tried to putt, shook off ugly scenes to spark Europe.

Unbeaten world No 2 McIlroy, who completed a career Grand Slam by winning April's Masters, faces top-ranked but winless Scottie Scheffler in the feature fourth singles match.

Scheffler, whose six wins this year include the British Open and PGA Championship, is the first American to start 0-4 and has been a symbol for a US squad with 12 of the world's 23 top-ranked players that has been humbled by the visitors, who boast nine of the top 25 on their roster.

'IT FUELED US'

It was only four years ago that the US team inflicted the most lopsided rout in Cup history on Europe, winning 19-9 at Whistling Straits.

"It fueled a lot of us," Hovland said of the memories.

Europe captain Luke Donald, who guided Europe's 2023 win at Rome, could become the first captain to win back-to-back Cups since English countryman Tony Jacklin in 1987.

England's Tommy Fleetwood, 4-0 this week, faces Justin Thomas in the second match out.

Fleetwood, who also went 4-0 in pairs matches in 2018, is trying to become the first European to go 5-0 on the road, five Cup road wins only managed by American Tony Lima in 1965.

(Supersport)

# Marquez wins seventh MotoGP crown

WHEN Marc Marquez crossed the line at the Japanese Grand Prix on Sunday, there was no longer any doubt, not about the title that felt inevitable for weeks, but that he had achieved something deeper by completing one of MotoGP's greatest comebacks.

Six years had passed since he last stood proudly on the summit of motorcycle racing - years filled with doubts, crashes, broken bones and whispers of retirement when the most dominant rider on the grid often looked like a ghost of himself.

But aboard the red Ducati that had once been his nemesis, he was not just winning races but conquering the grid as he got his hands on the elusive seventh premier class crown to go level with long-time rival and MotoGP great Valentino Rossi.

"I'm at peace with myself ... It was the most difficult challenge of my career. I arrived in MotoGP and straight away I was winning," Marquez said after the finish at Motegi.

"But then, from the glory, I was in the deepest (lowest) moment of my career with a lot of injuries ... But I never gave up!"

SIX TITLES WITH HONDA

There had been a time when Marquez was untouchable, a whirlwind in Honda's red and orange when he was crowned champion as a 20-year-old rookie in 2013, before the new kid on the block became the man to beat when he lifted his sixth title in 2019.

But a crash in the season-opener in 2020 changed everything, his arm broken and his ambitions shattered.

Yamaha and Ducati also got their act together with superior bikes that gave Marquez a run for his money and as he desperately began riding the Honda beyond its limits, he inevitably suffered numerous crashes.

What followed was not just physical torment involving multiple surgeries, aborted comebacks and blurred vision, but also the erosion of confidence.

Even Marquez began to won-

der if it was all worth it as he pondered retirement before jumping ship to Gresini Racing.

A year with Gresini gave him a renewed sense of belief as he registered his first victory in 1 043 days and an impressive campaign on a year-old Ducati bike convinced the Italian manufacturer to give him the factory seat.

It was a match made in heaven as the best rider on the grid became one with the fastest machine and Marquez has not looked back since, claiming he was 'reborn' as he racked up wins - even when he started on the second row.

As other riders nervously looked over their shoulders while leading races, Marquez enjoyed the thrill of the hunt, waiting for the opportune moment to pounce before he became a red speck in the distance.

MOTOGP'S SIBLING RIVALRY

Never before this season had two siblings finished first and second in any class of Grand Prix racing, but Marc and Alex Marquez did it so often in 2025, it became background noise.

Just like tennis' Williams sisters, they pushed each other to their limits and left the chasing pack far behind, a supporting act to a family drama unfolding on circuits around the world.

Twice champion Francesco Bagnaia's challenge faded away as he failed to come to grips with the new Ducati bike, and when Marc clinched seven straight sprint-race doubles, the fight was virtually over as the small gap to Alex became a gaping chasm.

Pedro Acosta had said it best when he predicted Marquez would complete "one of the greatest comebacks" in sport.

"We can compare this with Michael Jordan, when he went to play baseball and then came back to basketball" to win three more NBA titles, Acosta said.

Marc brought up match point in Misano - on Rossi territory - where the Italian's fans cheered when the Spaniard crashed in the sprint before they were silenced when he exacted revenge by winning the race.

(Supersport)



▲ Marc Marquez.



ARSENAL produced a dramatic late fightback to win 2-1 at Newcastle on Sunday and lay down an early marker in the Premier League title race.

The Gunners were heading for a fourth consecutive defeat at St. James' Park after falling behind to Nick Woltemade's first-half header.

However, Mikel Merino headed in the equaliser before Gabriel Magalhaes powered in from a 96th-minute corner to lift Arsenal into second and within two points of leaders Liverpool.

Liverpool's first defeat of the season at Crystal Palace on Saturday had handed Arsenal the chance to close in at the top of the table.

For a long time it looked like Mikel Arteta's men would let that opportunity slip by in a bad-tempered encounter on Tyneside.

But the manner of victory will give the Gunners belief this is their season after finishing second in each of the last three campaigns.

Arteta's conservative team selection in last weekend's 1-1 draw at home to Manchester City was much criticised.

There was no sense of the Spaniard holding back as Bukayo Saka and Eberechi Eze returned to the starting line-up.

Eze nearly made his mark within five minutes as his low drive was brilliantly turned behind by Nick Pope.

Arsenal were furious moments later when Pope escaped conceding a penalty.

Referee Jarred Gillett initially pointed to the spot but was instructed by VAR to review the incident and overturned his original de-



## Arsenal strike late to beat Newcastle, close in on Liverpool

cision for a touch on the ball by Pope before he wiped out Viktor Gyokeres.

Leandro Trossard then hit the post as Arsenal continued to press for the opening goal.

Instead it arrived at the other end on 34 minutes.

Alexander Isak had repeatedly been the scourge of Arsenal in meetings between the sides in recent years.

Woltemade stepped into the departed

Swede's shoes with his second goal since becoming the Magpies' record signing to replace Isak.

The giant German outmuscled Gabriel, who went down looking for a free-kick, to head Sandro Tonali's delivery into the bottom corner.

Arsenal dominated the second period but struggled to break down the well-organised mass ranks of Eddie Howe's back line.

Pope was needed to make another brilliant

save to turn Jurrien Timber's header behind.

Gyokeres had another largely ineffectual game against tougher opposition after also struggling to make an impact against Manchester United, Liverpool and City.

Instead it was the man who deputised as a makeshift striker for much of last season that kickstarted the turnaround.

Midfielder Merino flicked a pinpoint header into the far corner from Declan Rice's inviting cross. (Supersport)

## Zverev downs racket-smashing Moutet in Beijing as Gauff digs deep

ALEXANDER Zverev sent off racket snapper Corentin Moutet on Sunday for a quarterfinal date with Daniil Medvedev at the China Open, as Coco Gauff kept her title defence hopes alive.

The world No 3 from Germany kept his calm to beat the Frenchman 7-5, 3-6, 6-3 to set up a 21st Tour meeting with his Russian rival.

"I'm looking forward to the quarterfinals and playing my good friend Daniil," Zverev said after the match.

Zverev held on in the first set to get the better of an angry Moutet, whose racket met its end against the 26-year-old's leg.

The world no. 37 triumphed in set two, littering the court with short shots to make Zverev run, but it was the German who cleaned up shop.

Earlier on Sunday, 29-year-old Medvedev put away Spaniard Alejandro Davidovich Fokina 6-3, 6-3 in an hour and a half without much fuss.

And Lorenzo Musetti apologised on court for an outburst at coughing fans earlier in the tournament.

Fans booed when the 23-year-old Italian entered the court for his match and some were making loud guttural coughing noises.

"I totally understand your point and I... regret what I've said and what I've done, so sorry, thanks for understanding," he said in English after beating France's Adrian Panarin 6-3, 6-3 to move into the quarterfinals.

The on-court interviewer, however, did not translate his apology into Chinese for the fans, only relaying Musetti's brief comments about the match.



▲ Alexander Zverev.

### GAUFF MARCHES ON

In the women's draw, defending champion Gauff powered through a tough examination by Leylah Fernandez, battling through 6-4, 4-6, 7-5 to keep her hopes of winning back-to-back China Opens alive.

"I did what I needed to do to win today," the 21-year-old American said.

"It was very physical," Gauff said. "We were going back and forth."

Gauff looked in control in the first set but the gritty Fernandez hit back in the second to force a decider.

The 25th-ranked Canadian survived a match point to level at 5-5 but Gauff finally clinched the 2hr 45min

marathon when Fernandez netted.

The world No 3 next plays Switzerland's Belinda Bencic for a place in the quarterfinals.

Also in the women's event Germany's Eva Lys stunned world number 10 and former Wimbledon champion Elena Rybakina 6-3, 1-6, 6-4.

"I was trying to get a top 10 win the whole year," said the 23-year-old Lys, ranked 66.

"This is my first one. I'm very happy I finally got it done."

Poland's Iga Swiatek is the top seed at the WTA 1000 event after world No 1 Aryna Sabalenka withdrew.

(Supersport)

## Lyon win at Lille to stay level at top of Ligue 1 with PSG

LYON continued their fine start to the season with a 1-0 win at Lille on Sunday, sending them level on 15 points with champions Paris Saint-Germain at the top of Ligue 1.

Summer signing from Liverpool, Tyler Morton, struck early to give Paulo Fonseca's side their fifth win from six outings to start the campaign.

They stay second on goal difference with PSG, who won 2-0 at home to Auxerre on Saturday.

A second consecutive defeat of the season leaves Lille sixth on 10 points.

The decisive moment at Stade Pierre-Mauroy came in the 13th minute when Morton nodded home from Nicolas Tagliafico's pinpoint cross.

The hosts fought to force their way back into the match but were unable to beat an inform Dominik Greif in the Lyon goal.

Lille boss Bruno Genesio took his frustrations out on a water bottle, sending it close to the fourth official, and was dismissed from the touchline inside the final 20 minutes.

The Slovakian shotstopper then made an excellent save from Ousmane Diomande's powerful effort in the 90th minute to ensure Lyon claimed all three points in the north of France.

### BREST BEAT ANGERS

Elsewhere, Brest climbed to ninth with a 2-0 win against 17th-placed Angers, while bottom-side Metz played out a goalless draw at home to Le Havre.

Nice drew 1-1 against Paris FC, with Jean-Philippe Krasso's 88th-minute penalty earning a point for the Parisians after Sofiane Diop's first-half opener for the hosts.

Later, Rennes welcome Lens in the final match of the day.

(Supersport)



▲ Tyler Morton.



# Ntsiki bounces back strongly

Stories by Sibusiso Masilela  
sibusisod@rubiconmedia.group

TOP female rider Ntsikelelo Mdlovu has made a strong comeback. Mdlovu won the 60km category of the MTN Khemani Road Classic on Saturday in Mankayane.

The Team G cyclist is recovering from a ligament injury, which forced her to pull out of the Cycling National team that competed in the 2025 World cycling championships in Rwanda.

The ex-Newcomm Wheels rider said she is happy with her results.

“I am pleased with my performance in today’s race, even though I didn’t enter the 100km category. This race will boost my confidence as I continue with the recovery process. I will continue working hard in other international competitions,” she said.

The 60km male category was won by RDR Racing Club rider Phinda Dlamini and he was followed by his teammate and seasoned cyclist, Mduduzi Zwane.

The main category saw South African rider Wijan Nieywoudt win the 100km race.

He was followed by his teammates Keenan Rodt and Kent Main from Team Fly.

4eva cycling club’s top cyclists, Kwanele Jele, were the best LiSwati on the day.

The race was sponsored to the tune of E350 000, and it was graced by Minister of Sports, Culture and Youth Affairs, Bongani Nzima, and Minister of Tourism and Environmental Affairs, Appollo Maphalala.



▲ 60km female rider Ntsiki Mndlovu crossing the finish line.



▲ Team Fly riders Wijan Nieywoudt, Keanaan Rodt and Kent Main crossing the finish line during the MTN Khemani road classic held on Saturday.



▲ Best LiSwati Kwanele Jele in action during the race.



▲ The Malmas award winner Anton Van Tonder receiving his award for being the most resilient cyclist on the day.



▲ Dignitaries at the starting point of the MTN Khemani road classic.



▲ Mhlatane High school pupils in jovial moods during the race.

## SA veteran wins Malmas award

HE displayed resilience, passion, and courage on the taxing route between Mankayane and Gege.

This is none other than veteran South African rider Anton Van Tonder, who was the most resilient rider during the 2025 MTN Khemani road classic.

Van Tonder was the first recipient of the new Mal Mas award, which is in honour of the late Malvern Masango on Saturday.

Masango lost his life after he was knocked down by a car at Mfabantfu along the Mbabane-Manzini highway.

The Mpumalanga-based cyclist said he was honoured to win the award.

“I am happy that I have won the award,

which resembles an individual who was very passionate. I am looking forward to attending the same race next year,” he said.

### The top 10 results 100km

1.Wijan Nieuwoudt	02:29:38
2.Keenan Roodt	02:29:38
3.Kent Main	02:29:39
4.Thabiso Mokalake	02:36:43
5.Keenan Hammon	02:36:47
6.Marius Coutaud	02:36:47
7.Kwanele Jele	02:36:53
8.Simon Kaita	02:37:00
9.Kevin Scholtz	02:37:02
10.Kyle Laing	02:37:16

### 60km

1.Phinda Dlamini	01:47:05
2.Mduduzi Zwane	01:48:02
3Samkeliso Mnisi	01:48:24
4.Nkosingphile Mavuso	01:49:10
5.Samkeliso Shongwe	01:51:08
6.Sakhelo Mamba	01:51:17
7.Simpihiwe Potongwane	01:52:19
8.Hlelo Kunene	01:52:20
9.Senzo Mabuza	01:52:50
10.Ted Makgetho	01:53:17
11.Bandile Mkhonta	01:55:17
12Bhekumusa Thwala	1:58:26
13.Johannes Simon	01:58:27
14.Mangaliso Dlamini	01:58:40

15.Kago Mamba	02:05:27
16.Sandziso Mnisi	02:07:41
17.Mbuso Dlamini	02:13:39
18.Simpihiwe Dlamini	02:16:23
19. Sam Ngwenya	02:16:23
20.Futhi Dlamini	02:17:02

### 30km

1.Thobekile Dlamini	01:01:56
2.Sandiso Mbhamali	01:12:09
3.Kwanda Msane	02:03:03
4.Zethu Shongwe	02:04:25
5.Luke Dlamini	02:51:20
6.Obakeng Motene	02:58:23
7.Pitso Monatisa	03:08:40
8.Tshepo Lesufi	03:08:45



# REPS crowned Sphana KO champs

By Chris Dlamini

THEY finally got their groove back.

That is the star-studded Royal Eswatini Police Service (REPS) Pool Team. After missing out on a couple of knockout titles recently, losing to rival giants Manzini Pool Club (MPC) and Give Thanks, the police outfit defied the odds this time around to win the Sphana Teams Knockout Tournament on Saturday. REPS defeated Give Thanks convincingly in the final with a 13-6 margin.

Interestingly, in their line of fire, REPS also met MPC and gave them a thorough beating. MPC was beaten 13-5 in the semi-finals. Runners-up Give Thanks had outfoxed City Stars 13-12 in the semis.

Meanwhile, the champions pocketed E5 000 while the runners-up received E3 000. MPC and City Stars both got E2 000.

**Tournament Results:**

**Last 4**

City Stars 12-13 Give Thanks

REPS 13-5 MPC

**Final**

REPS 13-6 Give Thanks

**Prizes:**

1. REPS - E5 000
2. Give Thanks - E3 000
3. MPC - E2 000
4. City Stars - E2 000



▲Sphana League champions REPS pool team.

## S'ncobesh for Zambia tournament

By Chris Dlamini

LADIES pool national team star Ncobile ‘S'ncobesh’ Dlamini is set for a Zambia tournament.

Dlamini has been invited to the Zambia Billiards Open 2025 to be played from November 27-30.

“I’m seeking donations from the public and corporate businesses to make this trip a success. It does not matter how much one contributes, so long as it’s a contribution, it will count,” she appealed.

The talented National team captain needs to raise travelling money, including her ac-

commodation and meals, and registration fee for the tournament.

The registration is set at K2 850, an equivalent of E2 085.45. The tournament itself has a total prize package of K300 000, an equivalent of E219 520.80.

“Any donated amount will make a difference. Your contribution will give me the opportunity to showcase my talent and compete on the international stage.

“Support youth engagement in sports, promote the growth and professionalisation of blackball in the country, especially for ladies as we got few playing the sport,” she appealed.

For contributions, she can be contacted at 7839 4355.



▲Female pool star Ncobile Dlamini in action.

## Leopard will know next CAF opponents on October 3

By Chris Dlamini

ESWATINI outfit Royal Leopard will know their next Total Energies CAF Confederation Cup rivals on October 3.

The police side is through to the second preliminary round after thrashing Namibia’s Young African 7-0 on aggregate. However, Leopard must now wait until October 3 before knowing their next hurdle.

As it is, Democratic Republic of Congo (DRC) looks to be their destination where they could face Maniema Union. The latter got a slender 2-1 win in the first leg against

Mauritius outfit, Pamplemousses on Saturday. It will be Maniema Union for Leopard if Pamplemousses does not overturn the result at home in the second leg, which is possible especially after the away goal.

“We’d definitely prefer Mauritius to DRC but in the end, whoever wins, we will be ready to face them as we want to reach the group stage where the money is also better,” said Leopard President and police National Commissioner Manoma Masango on Friday.

Masango was commenting after watching his boys pummel the youthful and inexperienced Young African 5-0 at the Somhlolo National Stadium. Leopard had won 2-0 in the first leg played away in Botswana’s Obed Itani Chilume Stadium in Francistown.



▲Royal Leopard players celebrating their win over Young African.



By **Sibusiso Masilela**  
sibusisom@rubiconmedia.group

*Nsingizini Hotspurs.....(O) 1,  
Nkosingiphile Shongwe 89th  
Simba Bhora.....(O) 0,  
(Nsingizini won 4-2 on penalties)*

MTN Premier League champions Nsingizini Hotspurs maintained the country's groove in the 2025 CAF interclub competitions.

The Shiselweni-based side fulfilled the country's success in the continental scenes by knocking out Zimbabwean champions Simba Bhora FC in the CAF Champions League with a 4-2 on Sunday at Somhlolo National Stadium.

The Mandla Qhogi-led charges followed the footsteps of Royal Leopards, who outclassed Namibian side Young African in the same venue on Saturday, with the local football goods welcoming the two local sides on home soil.

This follows the six-year absence of international football at the venue due to the CAF ban on the national stadium.

The green and white side showed character against the stubborn Zimbabwean champions by overturning the 1-0 loss during the first leg encounter played a week ago at the Obed Chilume Stadium. Nsingizini never say die attitude helped them emerge victorious following a first-half setback after winger Mavela Dlamini missed a penalty kick before the hour mark.

Dlamini ballooned his effort over the bar after Ayanda Gadlela was tripped inside the box,

# Gallant Nsingizini maintains Eswatini CAF groove



▲ Nsingizini Hotspurs goalkeeper Khanykwezwe Shabalala celebrating their win over Simba Bhora in the CAF champions league.

forcing Qhogi to sacrifice Dlamini for playmaker Thubelihle Mavuso before the break.

The misfiring ensured a barren stalemate at the break. The match proved to open affair during the second half with the two teams coming at each other. Nsingizini Ugandan striker and second-half substitute Joel Mudonda was unlucky not to score in the 70th minute when his timely shot was saved by the oppo-

sition goalkeeper William Thole. Simba Bhora nearly stunned the over 500 home fans when defender Carlos Mavhurume hit the crossbar in the 84th minute. Nsingizini defender Nkosingiphile Shongwe finally restored parity a minute before the end of regulation with a low volley from Sambulo Simelane's corner, provoking wild celebrations from the home crowd, forcing the match into a lottery shoot-

out. The home side netted four of their spot kicks through Neliswa 'Tiger' Dlamini, Sambulo 'Masoso' Simelane, Yekisizwe Khumalo, and Nkosingiphile Shongwe. The visitors netted two penalties through Anselmo Mauchi and Never Tigere while the duo Blessing Moyo and Tawiwa Mandinyeya missed their spot kicks, ensuring the local envoy date against Tanzanian giants Simba FC in the next round.



▲ Nsingizini striker Mvuselelo Mtsetfwa negotiating his way past a Simba Bhora defender.

## ... Mandla Qhogi appeals for nation's support

NSINGIZINI Hotspurs head coach Mandla Qhogi has appealed for the nation's support in the CAF Champions league.

The South African mentor said this can propel his side to glory in the prestigious interclub competitions after the emphatic 4-2 win over Zimbabwe's Simba Bhora FC.

This was during a preliminary round encounter played on Sunday at Somhlolo National Stadium. "I am happy with the results, and I am proud of my players' fighting spirit. I be-

lieve we can do better in the competitions if we can get maximum support from Emaswati. We will continue working hard and prepare for the next round," he said.

Simba Bhora FC coach Joel Luphahla lamented the loss. "I am saddened by the defeat as we wanted to make our country proud by doing well in this competition. We must pick ourselves up and focus on the future by shifting our focus to our league back home so that we can return to CAF next season," he said.

## Ray of hope for local coaches

NTFONJENI Member of Parliament and former Malanti Chiefs coach Raymond Dlamini has been elected Chairman of the Eswatini Football Association.

Dlamini beat former Secretary Musa Mamba by 43 votes while his competitor got 40 votes during the elective Annual General Meeting held at Sigwaca House on Sunday.

He has replaced the longest serving chairman, Anthony Mdluli, who did not stand for the elections.

The vice Chairmanship was won by Mphumelelo 'Mapho' Ngwenya with 59 votes ahead of Artwell Dlodlu, who got 14 votes.

Ezulwini United head coach Musa Manyatsi assumed the vice Secretary position after amassing 53 points, while his competitor Siphon Mamba got 20 votes.

Hhohho Regional Football Association (HRFA) Technical Director James Kunene was elected unopposed in the Secretary position, while former Sihlangu head coach Dominic Kunene retained the Treasurer position in a similar fashion.

The two executive member positions were taken by Sea Birds coach Friday Myeni and Christian Thwala.

Dlamini thanked the members for showing faith in his leadership skills.

"I am humbled by the support of the

members, and we will try to implement your mandate, which we will get from you," he said. Eswatini Football Association Ethics Committee Chairman Siphosini Dlamini thanked the members for being professional during the elections.

"We are happy with the smooth proceedings of the AGM, and this was through the good conduct of the members. We wish the association the best of luck during their term of office," he said.

### The results

#### Chairman

Ray Dlamini 43

Musa Mamba 30.

#### Vice Chairman

Mphumelelo Ngwenya 59

Artwell Dlodlu 14.

#### Secretary

James Kunene unopposed.

#### Vice Secretary

Musa Manyatsi 53

Siphon Mamba 20.

#### Treasurer

Dominic Kunene unopposed.

#### Members

Friday Myeni 52

Christian Thwala 57

Vusiswe Mahlalela 20.



▲ The new Eswatini Football Coaches Association Executive comiteee after their elections held at Sigwaca House.





**Arsenal  
strike late  
to beat  
Newcastle**

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**Ray of  
hope  
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# Nsingizini maintains Eswatini CAF groove

● Shiselweni-based outfit sends Zimbabwean side, Simba Bhora packing in a nerve-wrecking 5-3 penalty shootout after 1-1 aggregate score to advance to the second preliminary for first time ever. **Page 23**