

▲ His Majesty King Mswati III speaking at the presentation of the Letters of Credence by three distinguished diplomats newly accredited to the Kingdom of Eswatini. On the right, H.E PE Nguema Buna, Ambassador-designate of Equatorial Guinea, High Commissioner-designate of the Republic of Botswana Dr. Sanji Mmasenono Monageng and High Commissioner-designate of Rwanda H.E Colonel (Rtd) Donat Ndamage on Thursday at Lozitha Palace.

King calls for stronger African unity

... emphasises urgent need tackling unemployment, promote trade

By Siphesihle Dlamini

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HIS Majesty King Mswati III has emphasised the urgent need for African nations to deepen their cooperation in tackling common challenges such as unemployment, health issues, and the promotion of trade and tourism across the continent.

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HIS Majesty King Mswati III has emphasised the urgent need for African nations to deepen their cooperation in tackling common challenges such as unemployment, health issues, and the promotion of trade and tourism across the continent.

Speaking during a significant diplomatic event at Lozitha Royal Palace on Thursday, the King highlighted the importance of unity and collaboration as pivotal to Africa's sustainable development and prosperity. The occasion marked the formal presentation of Letters of Credence by three distinguished diplomats newly accredited to the Kingdom of Eswatini.

The King received High Commissioner Dr Sanji Mmasenono Monageng of the Republic of Botswana, Ambassador PE Nguema Buna of the Republic of Equatorial Guinea, and High Commissioner Colonel (Rtd) Donat Ndamage of the Republic of Rwanda. This ceremony not only reinforced Eswatini's diplomatic ties but also underscored the shared commitment of these nations to strengthen bilateral and regional relations.

Mmasenono Monageng, Sanji representing Botswana, reflected on the diplomatic relationship longstanding between the two countries, which dates back to 1966. Dr Monageng acknowledged that while interactions have historically been limited, the bonds remain close, particularly in sectors such as tourism and education. "The Kingdom of Eswatini holds special significance to many Batswana," she said, noting the presence of Botswana government-sponsored students studying in Eswatini. Additionally, she revealed that Eswatini has been granted a training slot at the Botswana Defence and Command Staff College, signalling growing cooperation in defence and security.

Ambassador PE Nguema Buna of Equatorial Guinea conveyed warm greetings from his Head of State, H.E. Obiang Nguema Mbasogo, expressing a strong sense of friendship and solidarity. He emphasised

King calls for stronger African unity

... to tackle unemployment, promote trade



▲ His Majesty King Mswati III with H.E PE Nguema Buna, Ambassador-designate of Equatorial Guinea, High Commissioner-designate of the Republic of Botswana Dr. Sanji Mmasenono Monageng and High Commissioner-designate of Rwanda H.E Colonel (Rtd) Donat Ndamage after the presentation of the letters of credence at Lozitha Royal Residence..

the mutual respect and peaceful relations between the two nations, describing the presentation of credentials as a clear demonstration of the esteem in which Equatorial Guinea holds Eswatini. "This event is irrefutable proof of the high regard His Excellency Obiang Nguema Mbasogo has for the brotherly people of Eswatini," Ambassador Buna stated.

Colonel (Rtd) Donat Ndamage, High Commissioner of Rwanda, highlighted the robust and growing relationship between Rwanda and Eswatini. He recalled recent high-level exchanges, including His Majesty King Mswati III's participation in the inauguration of President Paul Kagame and subsequent working visits, as evidence of the strong ties between the two countries. "Rwanda and Eswatini share a vision of cooperation aimed at advancing economic development, commercial exchange, and fostering a better continent through enhanced South-South cooperation," he remarked.

Mhlongo appointed into commission for land sale scandal

Stories by Delisa Magagula

FORMER Mbabane Municipal Council Chief Executive Officer Gideon Mhlongo has been appointed into a Commission of Inquiry to investigate governance and land management concerns within the Hlatikhulu Town Board, following allegations of an irregular land sale involving one of its officials.

In a statement issued by Ministry of Housing and Urban Development Acting Principal Secretary Amos Ngwenya, the Ministry confirmed that Minister Apollo Maphalala (MP) invoked the Commission of Enquiry Act of 1963 and the Urban Government Act No. 8 of 1969 to establish the inquiry.

Ngwenya said the move follows allegations of illegal land sales, administrative lapses, and poor oversight by the board.

A fact-finding mission and an internal audit reportedly revealed serious weaknesses in governance and land control, prompting the need for an independent probe.

The Commission, chaired by Deputy Auditor General Zandile Dlamini, includes Fikile Dlamini, Gideon Mhlongo, and



▲ Minister Housing and Urban Development Apollo Maphalala during the media briefing. (Inset): Gideon Mhlongo.

Buhle Makhubu, who serves as secretary.

The inquiry will focus on the board's

The inquiry will focus on the board's governance, internal controls, building regulations, land allocation, and allegations of personal benefit by officials.

Minister Maphalala said the government

aims to root out all forms of bad local governance and corruption and to restore public trust in Hlathikhulu's administration.

"We want to unlock the town's full potential and ensure residents receive quality services," he said.

... Plot allegedly sold for E600

THE Commission's formation comes after revelations that a Hlathikhulu Town Board official allegedly facilitated the sale and transfer of a government plot for just E600.

Sources claim the deal involved a 30×30 square metre piece of land about the size of an office parking lot where a structure is already being erected.

The land, classified as title deed property, falls under the town board but lies close to the Magele Chiefdom boundary. According to insiders, the official helped a church member secure land for a relative, allegedly bypassing normal procedures.

It reportedly started when a church member approached the officer for help, the officer kept his promise and facilitated the transfer, according to playable sources.

The transaction has since triggered questions about possible irregular or illegal dealings, as reports suggest other nearby plots have also been fenced off.

It remains unclear whether those parcels were obtained through legitimate processes or similar backdoor arrangements. The Town Board CEO is said to have been shocked by the allegations, now the Ministry has begun its full investigation into what could be one of the town's most serious governance scandals in years.

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THE growing demand for palliative care in Eswatini, driven by chronic diseases such as cancer, diabetes, and HIV, has prompted a powerful call for collective responsibility from Inkhosikati Make LaNgangaza.

Speaking at the commemoration of Hospice and Palliative Care Day, held under the global theme "Achieving the promise: universal access to palliative care," Inkhosikati emphasised that palliative care must no longer be the burden of a single organisation but a shared societal commitment.

Inkhosikati Make LaNgangaza highlighted the urgent need to expand palliative care beyond the current scope managed primarily by the Eswatini Hospice at Home. She described this year's theme as a call to action, stressing that "Palliative and hospice care is not a privilege for the few, it is a right for all who face chronic, life-limiting, or terminal conditions." Her words underscore the fundamental human dignity that palliative care represents, ensuring that no one suffers unnecessarily and that every individual, regardless of age or circumstance, receives comfort, compassion, and respect.

The Inkhosikati articulated the essence of palliative care as "the assurance that no one should suffer needlessly, and that every person deserves dignity, comfort, and com-

Inkhosikati urges collective action for universal palliative care



▲Inkhosikati Make LaNgangaza delivering her remarks during the event.

passion." This perspective frames palliative care not merely as a medical service but as a core expression of humanity within health-



▲ Inkhosikati Make LaNgangaza receiving the E10 000 cheque presented to Hospice At Home from Matsapha Municipality.

nerships and capacity building, alongside investments in human resources such as nurses, caregivers, and volunteers who deliver care directly to patients' homes. This community-based approach is vital to reaching those most in need and ensuring equitable care distribution.

Affordability remains a cornerstone of ef-

fective palliative care delivery. Inkhosikati Make LaNgangaza stressed the necessity of innovative financing, fundraising, and resource mobilisation strategies to prevent the cost of care from becoming a barrier. "By doing this, we will lay a strong foundation that values life, dignity, and empathy for the next generation," she said. This vision aims to build a compassionate nation where future generations can look back and acknowledge the collective efforts made to care for the vulnerable. In a significant announcement, the Inkhosikati revealed plans for a 35th anniversary fundraising dinner in honour of Eswatini Hospice at Home, scheduled for early 2026. This event will serve as a platform for individuals, organisations, and corporate entities to contribute to the sustainability and growth of hospice and palliative care services in the country. The fundraising initiative reflects the ongoing need for community engagement and financial support to maintain and expand these vital services. The call by Inkhosikati Make LaNgangaza resonates deeply within the healthcare and social sectors, highlighting the intersection of medical care, human rights, and social re-

5th Eswatini Internet Governance Forum builds inclusive digital future

By Delisa Magagula

THE Ministry of Information, Communications and Technology (ICT), in partnership with the Eswatini Communications Commission (ESCCOM), hosted the 5th Eswatini Internet Governance Forum (IGF).

Hosted under the theme, 'Building Digital Governance Together'. The annual forum serves as a national platform for dialogue, collaboration, and knowledge sharing on internet governance and the development of the digital ecosystem in Eswatini.

The event brought together stakeholders from government, civil society, industry, academia, and the private sector to discuss policies, strategies, and practices that ensure a safe, inclusive, and accessible digital environment for all Emaswati.

According to ESCCOM, the event aligns with international efforts to promote an internet that is open, secure, and beneficial to society while ensuring that national digital policies reflect the voices of diverse stakeholders.

The Principal Secretary of the Ministry of ICT, Andreas Dlamini emphasised that the forum remains a critical platform for participatory engagement, noting that digital governance is a shared responsibility.

"Digital governance is not only about rules; it is about shared responsibility across government, industry, civil society, and citizens. Our digital future must be built together transparently, inclusively, and responsibly, ensuring that every Swati benefits from the opportunities the digital era brings," he said.

The forum featured a series of



▲Stakeholders who came together for the workshop.

panel discussions and presentations covering key topics in Eswatini's digital agenda. Discussions included digital inclusion, ensuring that marginalised groups, rural communities, and women have equitable access to digital tools and services.

Experts stressed the importance of expanding connectivity infrastructure and reducing barriers to Internet access, noting that broadband penetration and affordability remain critical to national development.

Cybersecurity and data protection formed another central theme. Participants highlighted the need for strong frameworks to protect citizen data, prevent cybercrime, and ensure trust in online services.

Panellists emphasised that cybersecurity is a shared responsibility, requiring coordinated efforts between the government, the private sector, and civil society.

"We must create a secure and trustworthy digital environment. Protecting personal data is not just a regulatory requirement; it is a foundation for public confidence in digital services," said a cybersecurity expert from the Ministry.

The promotion of innovation and emerging technologies was also a major focus, with discussions exploring how Eswatini can leverage digital tools to foster entrepreneurship, improve government services, and drive economic growth.

Speakers highlighted initiatives in e-commerce, digital payment systems, and smart agriculture, noting that technology adoption can empower citizens and enhance national competitiveness.

Furthermore, the forum included panels on responsible and inclusive digital transformation, which emphasised that digital growth must not leave behind any segment of society.

Meanwhile, experts underscored the importance of developing local content, digital literacy programs, and training initiatives to ensure that citizens have the skills and knowledge to participate fully in the digital economy.

ESCCOM CEO, Mvilawempi Dlamini, noted that the IGF provides a platform for shared understanding of Internet governance and its role in national development.

"This 5th edition of the IGF seeks to promote a shared understanding

of how the Internet can be governed and leveraged for national development. We must ensure Eswatini's digital transformation remains safe, inclusive, and empowering for every citizen," Dlamini said.

He stressed that collaboration across all sectors is key to implementing effective policies and building trust in digital services.

In addition, the forum also examined the growth of the e-commerce ecosystem in Eswatini, highlighting opportunities for small and medium enterprises (SMEs) to reach new markets online.

Panellists noted that strengthening regulatory frameworks, ensuring secure online payment systems, and providing training for businesses are essential to creating a sustainable digital economy.

In addition to policy discussions, participants reviewed national efforts to expand connectivity infrastructure, particularly in rural areas, to ensure that all citizens have reliable access to the Internet.

Meanwhile the Ministry of ICT reiterated its commitment to accelerate national connectivity projects, develop local digital content, and improve government digital services to

enhance accessibility and efficiency. Furthermore, the Ministry highlighted ongoing initiatives to strengthen cybersecurity awareness among citizens. Programs include public education campaigns, partnerships with schools and universities, and engagement with the private sector to improve understanding of digital risks and safe practices.

Panellists further emphasised the importance of inclusive policymaking, encouraging the participation of youth, women, persons with disabilities, and other underrepresented groups in the digital ecosystem.

They noted that policy development should reflect the needs and perspectives of all citizens to ensure equitable benefits from digital growth.

The forum concluded with a commitment to ongoing collaboration and knowledge sharing. Participants agreed that continuous engagement across sectors is essential to achieve a digital ecosystem that is secure, inclusive, and responsive to the needs of Eswatini.

The Ministry of ICT reaffirmed that the government remains focused on building an Internet ecosystem that is transparent, accountable, and beneficial for all Emaswati.

"We are committed to open and inclusive policies, investment in digital skills, and ensuring that digital transformation empowers every citizen," said the PS.

Army hopeful handed over to cops for allegedly using fake stamp at Nkilongo

Stories by Thokozani Mazibuko

A YOUNG man who attempted to cheat his way into the army was handed over to police after being caught allegedly using a forged verification stamp during the Nkilongo Inkhundla army recruitment race, the Umbutfo Eswatini Defence Force (UEDF) confirmed.

According to Brigadier General Sotja Dlamini, the suspect had finished second in the 3.2-kilometre men's race but was disqualified after officials discovered that the stamp on his race card was fake.

"Number two in the 3.2 km men's category race at Nkilongo in the morning was disqualified because he never made it to the rightful turning point," Dlamini told reporters. "He used his own stamp to try and deceive us."

The general said the forgery was discovered after officials noticed irregularities in the man's verification mark. While the fake stamp matched the colour of the official army stamp, its design and pattern were completely different, raising immediate suspicion.

A verification team was then dispatched to confirm whether the runner had reached the turning point. "We waited for confirmation from our officers stationed at the turning point," Dlamini said. "They reviewed their



▲ The army hopeful who was handed over to cops for alleged stamp fraud.

footage and confirmed that the suspect never appeared in their cameras, meaning he never reached that checkpoint."

Following the confirmation, the man was immediately disqualified, and the runner who had come third was promoted to second place. The suspect was later handed over to Big Bend Police for further questioning and possible prosecution.

Dlamini lamented that such cases of dis-

honesty were becoming increasingly common in recent recruitment exercises. "We have noticed that this behaviour is becoming a trend, and it disrupts the spirit of fair competition among honest candidates," he said.

He emphasised that the UEDF upholds integrity, discipline, and fairness, and that cheating of any kind would not be tolerated. "We know that many young emaSwati are desperate for employment," he said. "However, no one's need is greater than another's. Cheating will only destroy your chances and lead to criminal consequences."

The Brigadier General used the opportunity to send a strong message to the nation's youth ahead of upcoming recruitment rounds. "All emaSwati children deserve an equal and fair opportunity," he said. "Those who are yet to take part in the recruitment exercise must learn from this incident once caught, there will be no mercy."

The Nkilongo army recruitment exercise drew hundreds of hopefuls and community spectators as part of the ongoing national army intake programme aimed at selecting physically fit and disciplined young men and women to join the Umbutfo Eswatini Defence Force.

The incident has sparked debate among residents about the growing desperation for jobs among the youth and the importance of maintaining fairness and integrity in national service recruitment.



▲ Silindzile Dlamini was the winer in the ladies category at Lubilini.

Controversy, triumph mark women's 3.2 km race

THE women's 3.2-kilometre race at the Nkilongo Inkhundla army recruitment on Thursday was marked by both celebration and controversy, as allegations of cheating and outside participation surfaced among contestants.

Several participants complained that some runners from other Tinkhundla centres had joined the race, raising concerns about fairness and eligibility.

Among the top local finishers was Gugu Sibiya (31), a farm worker from Nkilongo who finished second. While proud of her performance, she said the participation of non-local competitors had frustrated many residents.

"I am grateful that I got second position, but as Nkilongo youth, we are not happy that some people who are not from our area came here to participate," Sibiya told EDN. "It makes us uncomfortable because we want local opportunities to go to local youth."

Despite her concerns, Sibiya said she was proud to progress to the next stage of the recruitment process. "I am still happy because I will advance to the next phase," she said.

Finishing close behind was Nokubongwa Lulani (21), a recent Form Five graduate from Mayaluka, who came third. "My aim was to be number one, but they outran me," she said. "I'm disappointed with my position, but still grateful to finish in the top three."

Meanwhile, Olwethu Magagula (31) from Illovo emerged as the overall winner, earning praise for her outstanding performance and determination. A traditional dancer and seasoned athlete, Magagula performs with Ligcabo LaMhlekazi and the Royal Eswatini Police Service (REPS) traditional dance groups.

"I am grateful to my coach, Sipho Ngwenya, who encouraged and helped me train extensively for the race," she said.

Coach Ngwenya has become a familiar name in army recruitment events across the country, with several successful participants crediting his guidance and training support.

Magagula said the victory carried deep personal significance. "This makes me very happy and proud, and I know it will make my mother proud as well," she said. "This has always been my dream to serve my country and make a difference."

The Nkilongo recruitment exercise drew hundreds of onlookers and participants, underscoring the growing enthusiasm and competition among young emaSwati hoping to join the Umbutfo Eswatini Defence Force (UEDF).

Pupil skips exams, wins Nkilongo army recruitment race

A 20-year-old high school student who skipped his final exams to attend the Nkilongo army recruitment race stunned spectators on Thursday by finishing first in the men's 3.2-kilometre category, securing a potential place in the Umbutfo Eswatini Defence Force (UEDF).

Luyanda Mkhonta, a Form Four student at Tikhuba High School, said he took the risk of missing his English Literature and Religious Education exams for what he described as a "once-in-a-lifetime opportunity."

"I would like to thank the Almighty for giving me strength today," Mkhonta told reporters after crossing the finish line. "I have been training for a month preparing for this race."

The young athlete said his background in sports gave him an edge. "I am part of the Royal Eswatini Police Service (REPS) athletes' team," he said. "They used to give us tips and training for long-distance races, and that really helped me."

Mkhonta revealed that his victory was driven by difficult family circumstances. "Our situation at home is not good. This opportunity will help me support my family," he said. "I don't have both parents, so this is truly a blessing."

Coming in second was Sibusiso Shabangu (31) from Crooks Plantation, a member of the Slojos Athletics Team. Shabangu said his experience competing in the Imbube Marathon earlier this year helped him stay in shape for the army recruitment challenge.

"The announcement about the army recruitment came while I was preparing for



▲ Army hopefuls at Nkilongo Inkhundla.

the Imbube Marathon," he said. "That's why it was easier for me to compete today." Shabangu, who works as a fitness coach, said physical exercise is part of his daily life.

Baron Groening (31) finished third, but expressed disappointment with his result. "I am not happy with my performance to-day," he said, blaming confusion on the track caused by other runners who took an early turn.

"I started slowing down because I had already given up," he admitted, adding that he had hoped for recruitment since he is unemployed and did not complete school. "I really thought today would change my life."

The Nkilongo race drew dozens of young hopefuls, as the UEDF continues its nation-wide recruitment drive to select disciplined and physically fit candidates for enlistment.



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By Siphesihle Dlamini

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THE Limkokwing University of Creative Technology (LUCT) is once again poised to mark a defining moment in its academic calendar, as it prepares to host its 12th graduation ceremony for the Class of 2025 on November 12, 2025, at the Mavuso Trade and Exhibition Centre in Manzini.

According to a press release issued by Lucky Mathonsi, the University's Public Relations Officer, a total of 1,014 graduates will take the stage to celebrate the culmination of years of hard work, creativity, and perseverance under the resonant theme, "Empowered to Innovate – Designing the Future of Excellence." The event, set to commence at 10 am, is not just a ceremony, it is a celebration of transformation.

"We are thrilled to witness the graduation of our first-ever cohorts of the BA in Professional Communication, alongside our second cohorts of the BSc in Information Technology and the BBus in International Business," Mathonsi announced proudly.

He described this year's ceremony as a "clear reflection of our deepening academic roots and unwavering commitment to advancing higher education here in the Kingdom of Eswatini." Graduation ceremonies at Limkokwing, Mathonsi noted, go far beyond the formal conferral of degrees. They are symbolic milestones, capturing the essence of the University's mission, to reward dedication, celebrate mentorship, and contribute tangibly to Eswatini's national development goals.

"These ceremonies serve the multifaceted purpose of rewarding students for their academic dedication, inviting parents, sponsors, and industry mentors to share in the celebration, and demonstrating the University's pivotal role in advancing Eswatini's national development goals," the statement

He further emphasised that LUCT's vision is not just to produce graduates, but to equip a generation of forward-thinking innovators capable of steering the Kingdom toward sustainable growth. The Class of 2025 represents a truly global community. Mathonsi described it as "a vibrant tapestry of academic talent and international diversity," with graduates hailing not only from Eswatini but also from Burundi, Congo, and Zimbabwe, among other countries.

This cross-border blend of cultures, perspectives, and ideas underscores LUCT's commitment to inclusive education and global collaboration. The graduating class reflects the University's growing reputation as a regional hub for creative and technological excellence.

The faculty breakdown for this year's graduates is as follows:

- Faculty of Information & Communication Technology 334 students
- Faculty of Business & Globalization 300 students
- Faculty of Design & Innovation 97 students
- Faculty of Communication & Media 283 students

In keeping with the institution's philosophy of holistic education, LUCT will present special awards to 50 graduates who have distinguished themselves not only in academics but in creativity, leadership, and social impact. "These prestigious awards are designed to recognise the all-rounder, the innovator, and the leader," Mathonsi's statement affirmed.

Among the honours to be presented are:

• The Tan Sri Dato' Sri Paduka Limkok-

1,014 candidates for Limkokwing University 12th Graduation Ceremony



▲ Limkokwing University Of Creative Technology's Class of 2023.

wing Award for Academic Excellence – Celebrating students who achieved the highest Cumulative Grade Point Average (CGPA) in their respective faculties.

- The Tan Sri Dato' Sri Paduka Limkokwing Award for Extraordinary Achievement – Recognising students who have demonstrated exceptional industry-ready skills or success in national and international competitions.
- The Tan Sri Dato' Sri Paduka Dr Limkokwing Award for Creativity and Innovation – Awarded to those who balance academic performance with exceptional creative output recognised by industry professionals.
- The Tan Sri Dato' Sri Paduka Dr Limkokwing Award for Leadership – Celebrating students who have displayed remarkable leadership both on and off campus.
- The University Colours Award for Command Performance Honouring students who have excelled in university-organised competitions, sports, or as ambassadors whose creative work has gained public recognition.

"These recipients represent the spirit of Limkokwing, resilient, passionate, and imaginative," Mathonsi said. "They have demonstrated hard work, special contributions to the university community, and exemplary participation in events and competitions both on and off campus."

The 12th graduation, Mathonsi continued, is more than a ceremonial farewell, it is a testament to Limkokwing University's sustained growth and long-term impact since its establishment in Eswatini.

The University's educational philosophy, he explained, is rooted in three core pillars that ensure graduates are ready not only for employment but for leadership in shaping tomorrow's industries:

1. Academic and Creative Rigour - A



lacktriangle Limkokwing University of Creative Technology PRO Lucky Mathonsi.

curriculum that blends academic excellence with creative exploration, "rousing and nurturing the innate creative talents in every student."

- 2. Entrepreneurial Mindset A deliberate effort to cultivate an "employer" rather than an "employee" mentality, empowering graduates to innovate, launch ventures, and contribute directly to Eswatini's economy.
- 3. Mastery of Modern Technology Ensuring graduates are fluent in programming, Artificial Intelligence, and digital media, placing them at the forefront of the Fourth Industrial Revolution.

"Limkokwing's model equips graduates to be problem-solvers and change agents," Mathonsi noted, adding that their training is "meticulously designed to set graduates up for success" in an ever-evolving global landscape. Beyond academics, Limkokwing University continues to cultivate a holistic learning experience, with initiatives such as the Student Ambassador Programme, designed to help students grow professional networks and gain real-world exposure before graduation.

Mathonsi noted that the University's vibrant ecosystem of clubs and societies ensures that students leave campus as well-rounded individuals. "This comprehensive approach ensures that Limkokwing University graduates possess skills, knowledge, and capacities that are perfectly suited to local needs while remaining globally competitive," he stated. Such initiatives, he added, directly align with the Eswatini government's vision for national development, particularly in empowering the youth to become job creators rather than job seekers.

In closing, the statement carried a heartfelt message from the Shareholder and Group Chief Executive, as well as the Senior Management of Limkokwing University Worldwide. "On behalf of the Shareholder and Group Chief Executive, the Senior Management of Limkokwing University of Creative Technology Worldwide, and our entire global network, we extend our heartfelt congratulations to the Limkokwing University Eswatini Graduating Classes of 2025. We are immensely proud of you and wish you tremendous success as you step out to design a future of excellence."



BRIEFS

Meta earning a fortune on fraudulent ads

Meta internally projected late last year that it would earn about 10% of its overall annual revenue – or \$16 billion – from running advertising for scams and banned goods, internal company documents show.

A cache of previously unreported documents reviewed by Reuters also shows that the social-media giant for at least three years failed to identify and stop an avalanche of ads that exposed Facebook, Instagram and WhatsApp's billions of users to fraudulent e-commerce and investment schemes, illegal online casinos, and the sale of banned medical products.

Tesla investors vote on an \$878 billion payday

TESLA shareholders will decide on Thursday whether to pay CEO Elon Musk up to \$878 billion, the richest executive pay in history by a long

But the high-profile vote is only one of several proposals that could reshape the electric vehicle maker's future, from the board's power to whether Tesla should invest in Musk's artificial intelligence firm

Malawi activates grain export restrictions

MALAWI is enforcing maize export restrictions to protect stocks of the staple grain, the trade ministry said on Thursday, after the government forecast that a fifth of the population faces hunger following a below-average harvest.

The controls are under a 2018 law that restricts the import and export of goods, including maize, the ministry said in a statement. (Reuters)



Notes/Cash U.S. Dollar 16.8536 17.3187 G.B. Pound 22.1877 22.8580 **EURO** 19.5936 20.2012 (July 2023) Bank Rate 7.50% (July 2023) (July 2023) Inflation E21.60/Litre Petrol E22.90/Litre E17.25/Litre Paraffin



Govt owed suppliers could be paid month-end

Stories By Delisa Magagula

OWED government suppliers in Eswatini may finally receive payments by the end of this month, Finance Minister Neal Rijkenberg has revealed, following the recent approval of two major loan bills by both houses of Parliament.

The parliamentarians debated and passed two loans totaling approximately E1.75 billion, aimed at supporting the national budget and clearing outstanding arrears.

The first loan, negotiated with the African Development Bank under the Enhancing Economic Resilience and Competitiveness Programme (EERCP) Phase 1, will not exceed E855 million (US\$47.5 million) and is intended for budget support.

The second, negotiated with the OPEC Fund for International Development, is a Fiscal Management and Competitive Development Policy Financing loan of up to E900 million (US\$50 million), also for budget support.

These are the second and third loans secured this financial year to address arrears, following an earlier World Bank loan of E1.8 billion in

... following approval of two loan bills by Parly

Minister Rijkenberg explained that the loans would be gazetted early next week, with funds expected to be received within three weeks of gazettement and final loan agreements being

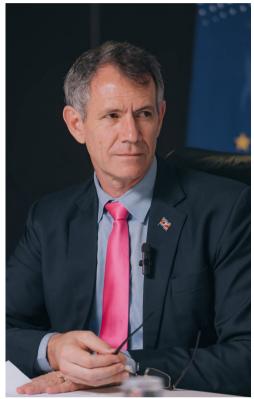
"We are hopeful that all owed suppliers will be paid, and arrears will be settled in full," he said.

Reflecting on the arrears situation, the minister noted that government inherited about E6 billion in arrears when he took office, which has since been reduced to between E1 billion and E2 billion.

He added that the two new loans are intended to eliminate remaining arrears completely, enabling government to operate without delayed supplier payments in the future.

"Once these loans are approved, we anticipate settling the last of the arrears, and we aim to maintain consistent cashflow until April 2026 to ensure timely payments," Minister Rijkenberg

He also highlighted that upcoming Southern African Customs Union (SACU) receipts would allow for on-time payments of both suppliers and ongoing projects under the Regional Development Fund (RDF) and Microprojects.



▲ Minister of Finance Neal Rijkenberg.

Public heavily involved in National budget

FINANCE Minister Neal Rijkenberg has announced that members of the public will now have the opportunity to contribute to the development of next year's national

This follows a two-year initiative by the Ministry of Finance to build public awareness and participation in the budgeting process.

The programme, titled 'Budget to the People,' was launched in response to concerns raised during the 2023 Sibaya (People's Parliament), where citizens highlighted their exclusion from decisions on budget priorities despite being

The initiative aims to enhance transparency, accountability, and citizen participation in budget planning. It involves nationwide consultations to educate the public on how the national budget is prepared, how resources are allocated, and to gather input on national priorities for the upcoming financial year.

In the first phase, government engaged traditional leaders such as chiefs. This year, the programme reached regional councils, where members of tinkhundla councils, tindvuna tetinkhundla, and bucopho were briefed on the budgeting process.

Consultations conducted in August included explaining budget allocations, addressing questions, and gathering proposals from

Minister Rijkenberg also reflected on regional and international developments impacting Eswatini's economy, including the meetings of the Eastern and Southern Africa Anti-Money Laundering Group (ESAAMLG) and a potential US sanction on South Africa, noting the implications for trade and financial integrity in

"The Budget to the People initiative is designed to ensure that citizens are fully informed and actively engaged in shaping the national budget," the minister said.

Worth noting in Eswatini, the Ministry of Finance has adapted this approach through nationwide consultations, ensuring that traditional leaders, regional council members, and ordinary citizens understand the national budget, can ask questions, and provide proposals on priority areas.

This model empowers communities to influence public spending,

real societal needs rather than administrative

Research shows that participatory budgeting leads to more effective allocation of resources, increased citizen satisfaction, and better service delivery.

By educating the public on the mechanics of budget planning and creating structured channels for input, Eswatini is taking concrete steps toward accountable governance and social inclusion.

The initiative reflects a broader trend, globally, participatory budgeting is becoming an essential tool for governments committed to fiscal responsibility and citizen engagement, ensuring that budgets are not just numbers on



Stories By Delisa Magagula

ENSURE Insurance Brokers has reaffirmed its commitment to community development and corporate social responsibility by donating a combined E100,000 to three organisations supporting people with medical and welfare needs.

The donation was made during the inaugural Insurance and Risk Management Leadership Dinner 2025, held under the theme 'Shaping

What's next?

The beneficiaries of this year's donation are Swaziland Hospice at Home (E40,000), Cheshire Homes (E30,000), and Hope House (E30,000).

The funds are aimed at supporting their ongoing work with terminally ill patients, people with disabilities, and vulnerable communities.

Speaking during the event, En-Sure Insurance Brokers CEO Lovemore Vilane said the company's contribution reflects its long-standing commitment to creating a positive impact beyond the business sector.

"We believe in the power of giving back.

Ensure Insurance Brokers injects E100,000 into health, welfare



▲ Ensure Insurance Brokers CEO Lovemore Vilane.

As much as we protect livelihoods through insurance, it is equally our responsibility to invest in the communities that sustain us. These organisations do crucial work, and we are proud to support them," said Vilane.

He added that corporate social responsibility remains a key pillar of En-Sure's operational strategy.

He noted that the company will continue

to identify and support initiatives that strengthen public welfare and improve lives across Eswatini.

Representatives from the beneficiary organisations expressed gratitude for the financial support, saying it would assist them in delivering essential services.

Swaziland Hospice at Home provides palliative care and emotional support to

patients and their families facing lifelimiting illnesses.

Cheshire Homes offers residential care and rehabilitation to persons with disabilities, while Hope House provides respite care for patients recovering from chronic and long-term illnesses.

The event also brought together insurance and risk management leaders from across the region, reflecting the growing emphasis on collaboration within the sector.

The donations were presented as part of the evening's programme, which also celebrated leadership and innovation in the insurance industry.

Vilane concluded that community upliftment should go hand in hand with corporate growth.

"Our mission extends beyond profit. It's about people ensuring that while we grow as a business, we also contribute to the progress of the society around us," he said.



▲ One of the charities receiving their cheque.

▲ Peter Olyott CEO of Willi Towers Watson.

Ensure insurance calls for innovation, collaboration in the insurance sector

ENSURE Insurance Brokers Chief Executive Officer Lovemore Vilane has called on insurance and risk management professionals to embrace innovation, foresight, and collaboration to drive the future of the sector.

He was speaking at the Insurance and Risk Management Leadership Dinner 2025, hosted under the theme 'Shaping What's Next'

The event brought together industry executives, regulators, and professionals from across the region.

Vilane said the future of insurance lies in anticipating emerging risks, adopting new technologies, and building strong partnerships that can protect both individuals and businesses against a rapidly changing risk landscape.

"Insurance and risk management are no longer local concerns. They are shared responsibilities that unite us across borders, languages, and time zones," Vilane said.

He stressed that collaboration within the Southern African region is essential for improving the industry's resilience and competitiveness.

"If cross-border collaboration were a sport, we would already be taking home gold medals," he remarked, adding that the sector's strength depends on its ability to learn, share, and innovate collectively.

Vilane also acknowledged the role of the Financial Services Regulatory Authority

(FSRA) in maintaining industry integrity and guiding the development of transparent practices. He extended appreciation to EnSure's staff, board of directors, clients, and sponsors for their continued commitment to professional excellence and customer service.

"Our people are the backbone of our success. Through professionalism, continuous development, and teamwork, we are building an organisation that can compete globally while serving locally," he said.

The CEO's address also reflected the company's operational approach. Ensure sells its products and services through multiple platforms including digital channels such as email, WhatsApp, and Facebook to ensure convenience and accessibility.

Vilane said the company's focus on tailored insurance solutions, risk surveys, and client consultations ensures that each policy reflects the specific needs of its customers.

"We aim to provide optimal insurance solutions that are both suitable and cost-effective. At renewal, we review our clients' policies to identify any developments or gaps to ensure they remain fully protected," said Vilane.

Concluding his remarks, Vilane urged industry players to continue fostering innovation and resilience.

"Let us lead with foresight, act with courage, and serve with purpose. Together, we can shape what's next," he said.

...Building resilience in insurance growth

THE global insurance industry must evolve rapidly to remain relevant in an era of technological disruption and complex emerging risks, Peter Olyott, Chief Executive Officer of Willis Towers Watson, told delegates at the inaugural En-Sure Insurance and Risk Management Leadership Dinner 2025.

Delivering his keynote address under the theme 'The Future of Risk and Insurance: Building Resilience in a Changing World' Olyott said resilience now requires more than the ability to withstand uncertainty it demands foresight, innovation, and collaboration across the industry.

"We are no longer in a world where risk is predictable or confined to traditional boundaries. Resilience means anticipating what's coming next, adapting quickly, and reshaping how we do business," Olyott said.

He outlined how insurance companies must prepare for the accelerating pace of technological change, climate-related challenges, and shifting consumer expectations, which are redefining how risk is measured, managed, and transferred.

Olyott warned, however, that while artificial intelligence (AI) has become one of the most transformative tools in modern insurance, it also carries significant dangers if not handled responsibly.

"AI can streamline processes and improve efficiency, but it can also introduce systemic risk if it replaces human oversight. Algorithms are only as good as the data and ethics behind them," he said.

He noted that over-reliance on AI in underwriting, pricing, and claims assessment could lead to unintended bias and accountability gaps.

"We must remain vigilant, technology should serve human judgment not replace it" he said

Olyott said the sector must establish robust governance frameworks to manage technological risks while using digital innovation to improve access, speed, and customer experience.

He also emphasised that insurers should not view resilience solely as a corporate objective but as a societal responsibility, especially in a world increasingly affected by cyber threats, pandemics, and climate volatility.

Meta earning a fortune on a deluge of fraudulent ads

META internally projected late last year that it would earn about 10% of its overall annual revenue – or \$16 billion – from running advertising for scams and banned goods, internal company documents show.

A cache of previously unreported documents reviewed by Reuters also shows that the social-media giant for at least three years failed to identify and stop an avalanche of ads that exposed Facebook, Instagram and WhatsApp's billions of users to fraudulent e-commerce and investment schemes, illegal online casinos, and the sale of banned medical products.

On average, one December 2024 document notes, the company shows its platforms' users an estimated 15 billion "higher risk" scam advertisements – those that show clear signs of being fraudulent – every day. Meta earns about \$7 billion in annualized revenue from this category of scam ads each year, another late 2024 document states.

Much of the fraud came from marketers acting suspiciously enough to be flagged by Meta's internal warning systems. But the company only bans advertisers if its automated systems predict the marketers are at least 95% certain to be committing fraud, the documents show. If the company is less certain – but still believes the advertiser is a likely scammer – Meta charges higher ad rates as a penalty, according to the documents. The idea is to dissuade suspect advertisers from placing ads.

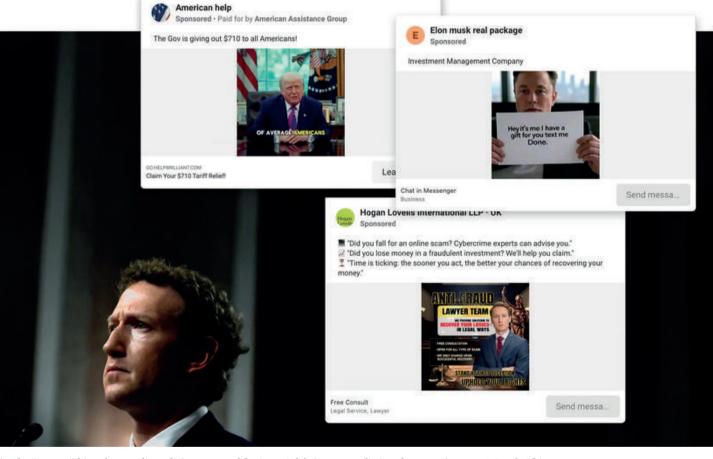
The documents further note that users who click on scam ads are likely to see more of them because of Meta's ad-personalization system, which tries to deliver ads based on a user's interests.

he details of Meta's confidential selfappraisal are drawn from documents created between 2021 and this year across Meta's finance, lobbying, engineering and safety divisions. Together, they reflect Meta's efforts to quantify the scale of abuse on its platforms – and the company's hesitancy to crack down in ways that could harm its business interests.

Meta's acceptance of revenue from sources it suspects are committing fraud highlights the lack of regulatory oversight of the advertising industry, said Sandeep Abraham, a fraud examiner and former Meta safety investigator who now runs a consultancy called Risky Business Solutions.

"If regulators wouldn't tolerate banks profiting from fraud, they shouldn't tolerate it in tech," he told Reuters.

In a statement, Meta spokesman Andy Stone said the documents seen by Reuters "present a selective view that distorts Meta's approach to fraud and scams." The company's internal estimate that it would earn 10.1% of its 2024 revenue from scams and other prohibited ads was "rough and overly-inclusive," Stone said. (Reuters)



▲ The "Bragga" hitmaker, Nadia Nakai earns a nod for 'Best Celebrity Personality' at the upcoming NFTA South Africa.

Malawi activates grain export restrictions

MALAWI is enforcing maize export restrictions to protect stocks of the staple grain, the trade ministry said on Thursday, after the government forecast that a fifth of the population faces hunger following a below-average harvest.

The controls are under a 2018 law that restricts the import and export of goods, including maize, the ministry said in a statement.

"This restriction remains in effect as part of the government's continued efforts to safeguard national food security, maintain price stability and protect the livelihoods of the majority of Malawians who depend on maize as their staple food," the ministry said.

Malawi harvested 2.9 million metric tons of maize this year, against a national requirement of 3.7 million tons, according to the U.S. Famine Early Warning Systems Network, citing Malawi's agriculture ministry.

As many as 4 million Malawians face hunger between now and the next harvest in March 2026, according to a government food security report released in October.

Average maize prices in the southern African country have shot up by at least 50% over the past year, according to the Integrated Food Security Phase Classification, an initiative involving U.N. agencies and humanitarian organisations.

Aid agencies such as the World Food Programme will this month launch relief efforts in Malawian districts with the biggest food deficits, a WFP spokesperson told Reuters. The programme, however, faces a budget deficit of \$69 million to meet its food distribution target. Malawi has ordered 200,000 tons of maize from Zambia to help plug its grain deficit. (**Reuters**)



▲ As many as 4 million Malawians face hunger between now and the next harvest in March 2026.

Tesla investors vote on an \$878 billion payday for Musk

TESLA shareholders will decide on Thursday whether to pay CEO Elon Musk up to \$878 billion, the richest executive pay in history by a long

But the high-profile vote is only one of several proposals that could reshape the electric vehicle maker's future, from the board's power to whether Tesla should invest in Musk's artificial intelligence firm xAI.

The results of the pay vote are expected during the annual general meeting on Thursday afternoon at the company's factory in Austin, Texas.

Passage of the payday would be a vote of confidence in Musk's leadership and his vision of transforming the company into an AI and robotics juggernaut.

A rejection could create turmoil.

Here are the key proposals shareholders are voting on:

The pay package proposed for Musk requires Tesla to achieve a number of profit and operational milestones such as delivering 20 million vehicles over the next 10 years and having a million robotaxis in operation on roads.

In tandem, Tesla stock must rise, hitting new valuation milestones.

The company, currently worth more than \$1.5 trillion, would have to hit levels starting with \$2 trillion and going up to \$8.5 trillion.

Passage is widely expected given Musk is allowed to vote his roughly 15% stake.

He did not vote his shares on pay questions when the company was incorporated in Delaware, but it has moved to Texas.

Supporters say the goals for Musk are

highly ambitious and investors stand to gain if he achieves the milestones.

However, some major investors, including Norway's sovereign wealth fund and other proxy advisors have opposed the package, calling it excessive.

Tesla's board had said Musk could quit if the pay package was not approved.

Musk has a previous pay package that is caught up in Delaware court.

Investors will also vote on a proposal that would allow Musk to receive a replacement package if the court eventually rejected the old plan.

Investors will also consider a proposal for Tesla to invest in Musk's artificial intelligence startup, xAI. Musk has said publicly he believes Tesla should back the company.

(Rueters)



▲ Businssman Elon Musk.

Tanzania vote violated democratic values, AU observers say

Tanzania's election did not comply with democratic standards, the African Union's observer mission said on Wednesday of the disputed vote that triggered deadly protests.

President Samia Suluhu Hassan was declared the landslide winner of the October 29 vote, but opponents accused the government of fraud and there were protests over the exclusion of her main challengers.

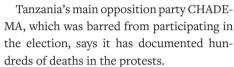
"At this preliminary stage, the Mission concludes that the 2025 Tanzania General

Elections did not comply with AU principles, normative frameworks, and other international obligations and standards for democratic elections," the mission said.

Observers saw ballot stuffing at several polling stations, with people being issued multiple papers to vote, it said, also noting an absence of political party agents. During counting, some observers were asked to leave stations, it added.

The government says the election was fair and transparent.





Boniface Mwabukusi, president of the Tanganyika Law Society representing lawyers in mainland Tanzania, said he estimated the death toll at over 1,000 based on reports from local contacts.

Compiling a precise count was difficult, however, because the government was threatening people to prevent them from sharing information, he said.

Hassan, who was sworn back into office on Monday after being credited with 98% of the vote, acknowledged people died, but her government has called the opposition toll hugely exaggerated. Boniface Mwabukusi, president of the Tanganyika Law Society representing lawyers in mainland Tanzania, said he estimated the death toll at over 1,000 based on reports from local contacts.

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"Tanzania should prioritise electoral and political reforms to address the root causes of its democratic and electoral challenges witnessed ahead of, during, and after last week's elections," the AU mission added in its statement. anzania's election did not comply with democratic standards, the African Union's observer mission said on Wednesday of the disputed vote that triggered deadly protests.

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"Tanzania should prioritise electoral and political reforms to address the root causes of its democratic and electoral challenges witnessed ahead of, during, and after last week's elections," the AU mission added in its statement.

(Reuters)



MICROSOFT is forming a new team that wants to build artificial intelligence that is vastly more capable than humans in certain domains, starting with medical diagnostics, the executive leading the effort told Reuters.

Called the MAI Superintelligence Team, the project follows similar efforts by Meta Platforms, Safe Superintelligence Inc and others that have begun targeting technical leaps while garnering skepticism for their ability to deliver, absent new breakthroughs.

Microsoft (MSFT.O), opens new tab plans to invest "a lot of money" on the project as well, said Mustafa Suleyman, the AI chief in charge.

Meta this year offered \$100 million signing bonuses to recruit famous AI talent. Suleyman declined to say if such offers or poaching attempts were on the table. However, he said Microsoft AI would continue to recruit from other top labs while staffing its new team with existing researchers and Karen Simonyan as chief scientist.

Microsoft's effort comes with a twist. According to Suleyman, the company is not chasing "infinitely capable generalist" AI like some peers. The reason, he said, is he doubts that autonomous, self-improving machines could be controlled, despite research into how humanity might keep AI in check.

He said Microsoft has a vision for "humanist superintelligence," or technology that could solve defined problems with a real-world benefit.

"Humanism requires us to always ask the question: does this technology serve human interests?" said Suleyman.

AI theorists and developers have long debated whether the technology may lead to



Microsoft launches 'superintelligence' team targeting medical diagnosis to start

imminent danger or poses no harm relative to problems such as machine-learned bias and trustworthiness.

Suleyman said he aims to focus the Microsoft team on specialist models that achieve what he called superhuman performance while posing "virtually no existential risk whatsoever." He gave as examples AI that solves battery storage or develops molecules, in a nod to AlphaFold, DeepMind's AI models that can predict protein structures. Suleyman was a DeepMind co-founder.

Suleyman said that for diagnosis, a domain long of interest to the AI field and one that Microsoft has focused on, opens new tab, the company has a "line of sight to medical superintelligence in the next two to three years."

He said the effort is based on AI that reasons through problems and still would require breakthroughs. But if achieved, he said the AI would "increase our life expectancy and give everybody more healthy years, because we'll be able to detect preventable diseases much earlier."

(Reuters)

Google planning powerful AI data centre on tiny Australian Indian Ocean outpost



▲ The Google logo is seen on the Google house at CES 2024, an annual consumer electronics trade show, in Las Vegas, Nevada.

GOOGLE plans to build a large artificial Chinese submarine and other naval activity intelligence data centre on Australia's remote Indian Ocean outpost of Christmas Island after signing a cloud deal with the Department of Defence earlier this year, according to documents reviewed by Reuters and interviews with officials.

Plans for the data centre on the tiny island located 350 km (220 miles) south of Indonesia have not previously been reported, and many details including its projected size, cost and potential uses, remain secret.

However, military experts say such a facility would be a valuable asset on the island, which is increasingly seen by defence officials as a critical frontline in monitoring in the Indian Ocean.

Google is in advanced talks to lease land near the island's airport to construct the data hub, including a deal with a local mining company to secure its energy needs, Christmas Island Shire officials told Reuters and council meeting records show.

Alphabet Inc-owned Google (GOOGL.O), opens new tab declined to comment for this story.

Australia's Department of Defence had no comment.

FRONTLINE FOR DEFENCE

A recent tabletop war game involving the Australian, U.S. and Japanese militaries highlighted Christmas Island's role as a forward line of defence for Australia in any

regional conflict, particularly its advantages for launching uncrewed weapons systems.

Bryan Clark, a former U.S. Navy strategist who ran the war games, said having a forward "command and control" node on Christmas Island would be critical in a crisis with China or another adversary.

"The data centre is partly to allow you to do the kinds of AI-enabled command and control that you need to do in the future, especially if you rely on uncrewed systems for surveillance missions and targeting missions and even engagements," Clark, now a Hudson Institute fellow, told Reuters.

Subsea cables provide more bandwidth for communication than a satellite, and greater reliability, because China would be expected to jam satellite communications or Starlink in a crisis, he said.

"If you've got a data centre on Christmas, you can do a lot of that through cloud infrastructure," he added.

Australia's defence department entered into a three-year cloud agreement with Google in July. Britain's military recently announced a similar Google cloud deal, which it said will boost intelligence sharing with the United States.

Google applied last month for Australian environmental approvals to build the first subsea cable connecting Christmas Island to the northern Australian city of Darwin, where the U.S. Marine Corps are based for six months of the year.

The cable link to Darwin for Google will be installed by U.S. company SubCom, documents show. Reuters has reported SubCom, the exclusive undersea cable contractor to the U.S. military, previously connected the U.S./UK military base of Diego Garcia in the Indian Ocean to a cable stretching from Australia to Oman.

BUILDING COMMUNITY SUPPORT FOR MILITARY

Christmas Island Shire President Steve Pereira said his administration is examining the community impact of the proposed data centre before giving final construction

The 135 square km (52 square mile) island,

best known for its asylum seeker detention centre and annual migration of millions of red crabs, has until recently struggled with poor telecommunications and its 1,600 residents lack job opportunities.

"There is support for it, providing this data centre actually does put back into the community with infrastructure, employment and adding economic value to the island," he said.

Two Christmas Island sources and a defence source said the data centre was of commercial benefit to Google because of the Indian Ocean location between Africa, Asia and Australia, as well as its potential defence

Another recent war game on Christmas Island involved the rapid deployment of an advanced U.S. HIMARS truck-mounted rocket system from Darwin, which drew a mixed response from residents.

Some anti-war protesters were fearful of the impact on tourism, while business people are hopeful increased defence activity will boost the economy, Pereira said.

"We are a strategic asset for defence," he

"There are many industries on the island we have to protect, all of this will be closely considered for any new projects - whether it be defence or Google," he added.

Retired Navy Commodore Peter Leavy, who lived on the island as a student, told Reuters he has taken several Australian defence groups to Christmas Island since last year, seeking to build community support for defence activities.

"Christmas Island is quite well positioned to at least monitor what is going through Sunda Strait, Lombok Strait, Malacca Straits. It is a really good location."

(Reuters)

U.S. federal safety investigators have located the "black box" recorders from the wreckage of a UPS (UPS.N), opens new tab cargo plane that crashed in flames on takeoff from the airport at Louisville, Kentucky, killing at least 12 people, officials said on Wednesday.

Todd Inman, a member of the National Transportation Safety Board, also confirmed that a large "plume of fire" erupted around the plane's left wing and that one of its three engines detached from that wing as the wide-body jet was rolling down the runway.

The 34-year-old MD-11 freighter was bound for Honolulu with three crew members aboard when it crashed just after clearing a fence at the end of the runway during takeoff on Tuesday evening, striking a number of structures just beyond airport property, Inman said.

The plane was immediately engulfed in a fireball, igniting a string of blazes and scattering a debris field that stretched about a half a mile (800 m) through an industrial corridor, including a petroleum recycling facility that was set ablaze and exploded.

The crash and ensuing fires also forced a shutdown of the airport for the night and disrupted airport-based operations at the UPS Worldport facility, the company's global cargo hub for its air shipments worldwide, slowing delivery services.

Inman, in the first NTSB briefing since the disaster, said the flight data recorder and cockpit voice recorder were built to withstand crash impacts and intense heat from fires and they appeared to be intact when located on Wednesday amid the crash debris.

"We feel comfortable that once we get these to our lab in (Washington) D.C. that we will be able to get a good readout of the applicable data, and that will be yet another point of information that will really help us understand what happened," Inman told reporters.

The NTSB typically issues preliminary reports into major air crashes within 30 days, but it takes 12 to 24 months to complete a full investigation, make a finding of probable

Investigators find 'black boxes' from UPS plane crash that killed at least 12



▲ Smoke rises from the wreckage of a UPS MD-11 cargo jet after it crashed on departure from Louisville Muhammad Ali International Airport in Louisville, Kentucky.

cause and issue recommendations to help avoid similar incidents.

GOVERNOR DECLARES STATE OF EMERGENCY

Earlier on Wednesday, Governor Andy Beshear declared a state of emergency in Kentucky aimed at hastening the flow of disaster response resources to the scene of the crash.

As of Wednesday evening, at least nine people were confirmed to have been killed on the ground, in addition to the three members of the plane's crew who perished, according to authorities.

"I'm deeply saddened to share that the death toll has risen to 12, with several individuals still unaccounted for," Louisville Mayor Craig Greenberg said on social media platform X as recovery teams continued to pick through the crash zone.

Authorities said on Tuesday that 11 people injured on the ground, some very seriously, had been hospitalized. It was not known whether any of them were later counted among the dead.

About 200 firefighters and emergency personnel and 50 trucks were called on Tuesday to battle the blaze that filled the evening sky with thick, black smoke. Still, Beshear said a nearby convention center, restaurant and Ford Motor Co (F.N), opens new tab plant escaped the blaze.

Independent Pilots Association President Captain Bob Travis said the three pilots in the plane were all on duty. The union, which represents about 3,300 UPS pilots, said in an interview that it is a party to the investigation led by the NTSB.

UPS OPERATIONS AFFECTED

The international airport in Louisville reopened to air traffic early on Wednesday, although the runway where the accident happened is expected to remain closed for another 10 days, officials said.

UPS, which had halted package-sorting operations in Louisville after the crash, said it was resuming operations at its Worldport air cargo hub on Wednesday evening.

"Our goal is to begin returning the network to a normal cadence with flights arriving at destinations Thursday morning," a company spokesperson said.

The NTSB's Inman said so far there was no evidence of a link between the accident and a 36-day U.S. government shutdown that has strained air traffic control. He said the airport tower was believed to have been "at its proper complement" of personnel.

Production of MD-11 planes ended in 2000, and passenger service officially ended in 2014. Boeing (BA.N), opens new tab has owned the program since its 1997 merger with McDonnell Douglas. For cargo operations, there are about 50 MD-11 planes being operated by FedEx (FDX.N), opens new tab and UPS worldwide.

Boeing and GE Aerospace (GE.N), opens new tab, which produces the engines for the plane, said they had offered support to the investigation.

U.S. aviation safety expert Anthony Brickhouse said investigators were expected to focus on the engine which was seen on video to be ignited and appeared to have separated from the aircraft.

"It is designed to fly if you lose one engine, but we need to see the effect of losing that engine on the rest of the aircraft," Brickhouse said.

US military to establish presence at Damascus airbase

The United States is preparing to establish a military presence at an airbase in Damascus to help enable a security pact that Washington is brokering between Syria and Israel, six sources familiar with the matter told Reuters

The U.S. plans for the presence in the Syrian capital, which have not previously been reported, would be a sign of Syria's strategic realignment with the U.S. following the fall last year of longtime leader Bashar al-Assad, an ally of Iran

The base sits at the gateway to parts of southern Syria that are expected to make up a demilitarised zone as part of a non-aggression pact between Israel and Syria. That deal is being mediated by U.S. President Donald Trump's administration.

TRUMP SET TO MEET SYRIAN PRESIDENT ON MONDAY

Trump will meet Syrian President Ahmed al-Sharaa at the White House on Monday, the first such visit by a Syrian head of state.

Reuters spoke to six sources familiar with preparations at the base, including two Western officials and a Syrian defence official, who confirmed the U.S. was planning to use the base to help monitor a potential Israel-Syria agreement.

Two Syrian military sources said the technical talks have been focused on the use of the base for logistics, surveillance, refueling and humanitarian operations, while Syria would retain full sovereignty over the facility.

A Syrian defence official said the U.S. had

flown to the base in military C-130 transport aircraft to make sure the runway was usable. A security guard at one of the base's entrances told Reuters that American aircraft were landing there as part of "tests".

It was not immediately clear when U.S. military personnel would be dispatched to the base.

JOINT SYRIAN-AMERICAN PRES-ENCE

The new U.S. plans appear to mirror two other new U.S. military presences in the region monitoring cessation of hostilities agreements: one in Lebanon, which closely watches last year's ceasefire between Lebanese armed group Hezbollah and Israel, and one in Israel that monitors the Trump-era truce between Palestinian military group Hamas and Israel.

The U.S. already has troops stationed in northeastern Syria, as part of a decade-long effort to help a Kurdish-led force there combat Islamic State. In April, the Pentagon said it would halve the number of troops there to 1,000.

Sharaa has said any U.S. troop presence should be agreed with the new Syrian state. Syria is set to imminently join the U.S.-led global anti-ISIS coalition, U.S. and Syrian officials say.

A person familiar with the talks over the base said the move was discussed during a trip by Admiral Brad Cooper, Commander of the U.S. Central Command (CENTCOM), to Damascus on September 12.

A CENTCOM statement at the time said Cooper and U.S. envoy to Syria Thomas Barrack had met Sharaa and thanked him for



contributing to the fight against IS in Syria, announce a which it said could help accomplish Trump's eral Assemb

which it said could help accomplish Trump's "vision of a prosperous Middle East and a stable Syria at peace with itself and its neighbors." The statement did not mention Israel.

The U.S. has been working for months to reach a security pact between Israel and Syria, two longtime foes. It had hoped to announce a deal at the United Nations General Assembly in September but talks hit a last-minute snag.

A Syrian source familiar with the talks told Reuters that Washington was exerting pressure on Syria to reach a deal before the end of the year, and possibly before Sharaa's trip to Washington.

Get your Grove on! November, 2025 13



siphesihled@rubiconmedia.group

IF you're seeking weekend relaxation and entertainment, your favourite hangout spots have you covered!

Eswatini Daily News presents the latest gig guide featuring the best events happening around town. Grab a drink, invite your friends, and prepare for a weekend packed with fun and excitement.

► FRIDAY GROOVE WITH PARIS When: Friday Where: IF's Lounge, Manzini Fee: Free

The weekend begins with a burst of rhythm and flavour as IF's Lounge Manzini presents the highly anticipated "Friday Groove with Paris" this Friday, 7 November 2025, promising a fusion of smooth sounds, good company, and an atmosphere that defines Eswatini's urban nightlife. The event will feature an electric lineup including Paris, Mistosoul, Yamkela, and Skeezy, each bringing their own blend of soundscapes designed to ignite the Manzini crowd. The party kicks off at 6 pm at the Carson Building in Moneni and runs late into the night, with free entry as a generous invitation to all groove enthusiasts. Known for creating an ambience where class meets comfort, IF's Lounge continues to serve as the heartbeat of Swazi nightlife.

► FRIDAY AFTERWORK GROOVE When: Friday Where: IF's Lounge, Mbabane Fee: Free

Eswatini's capital will sway to the rhythm of fine tunes and fresh vibes as IF's Lounge Mbabane hosts the elegant "Friday Afterwork Groove" this Friday, 7 November 2025. The night is tailored for professionals, creatives, and fun-lovers looking to unwind after a productive week in style. Headlining the night is Sibu Manzini, who will be joined by M.P.H.O. and Taiiro. The venue, located at the MVA Building, will open its doors from 5 pm till late, offering free entry for all guests who come dressed in smart casual. The event is expected to transform the usually calm city atmosphere into a playground of laughter, dance, and soulful

► MAKOTI LONGEVA TOUR When: Saturday Where: Espinho Lounge Fee: Free

True Classic Entertainment has announced the much-anticipated 'Makoti Longeva Tour.' This tour, spearheaded by the dynamic True Classic crew, which includes M Nation, Cool Drop, DJ Citie, and Histo, is set to bring a wave of energy and celebration to music lovers, particularly in Siteki. The tour is centred around the hit single 'Makoti Longeva,' which has already made significant waves since its release a month ago. Garnering over 170,000 views on YouTube, the song has captured the attention of a broad audience, signalling its potential to become a defining track in Eswatini's contemporary music landscape. The tour aims to capitalise on this momentum by taking the song directly to fans across the country, with the inaugural event scheduled for November 8, 2025, at the Espinho Lounge in Siteki. M Nation, the lead artist and a prominent figure in the True Classic collective, shared insights into the motivation behind the tour. "We

are promoting the song Makoti Longeva. We have realised that the song has so much potential and we are trying to make sure it reaches all parts of the country," he explained. The event promises a rich lineup of performances, featuring not only M Nation but also Histo, Cool Drop, Pro RBS, DJ Citie, and Grinder.

▶ BATAWUVUMA RELEASE PARTY When: Saturday **Where: Secret Location** Fee: E150

Eswatini's rising star Sancheziey is gearing up for an event that is set to be both a celebration of his artistic journey and a cultural milestone. On November 8, 2025, fans and music lovers will gather in Manzini for the 'Batawuvuma' Release Party and Birthday Celebration, marking the launch of his highly anticipated new single, 'Batawuvuma.' With pre-sale tickets priced at E150 and an open invitation for gifts, the event is poised to be a memorable night of music, culture, and community spirit. 'Batawuvuma,' set for official release on November 1, 2025, is a cultural Afro Pop track that intricately weaves the traditional Swati sound of 'Batawuvuma Bayekeleni' with contemporary musical influences. At its core, 'Batawuvuma' carries a rich maskandi flavour combined with a hip hop vibe, firmly anchored in Afro Pop.

► SATURDAY NIGHTS When: Saturday Where: IF's Lounge, Manzini Fee: Free

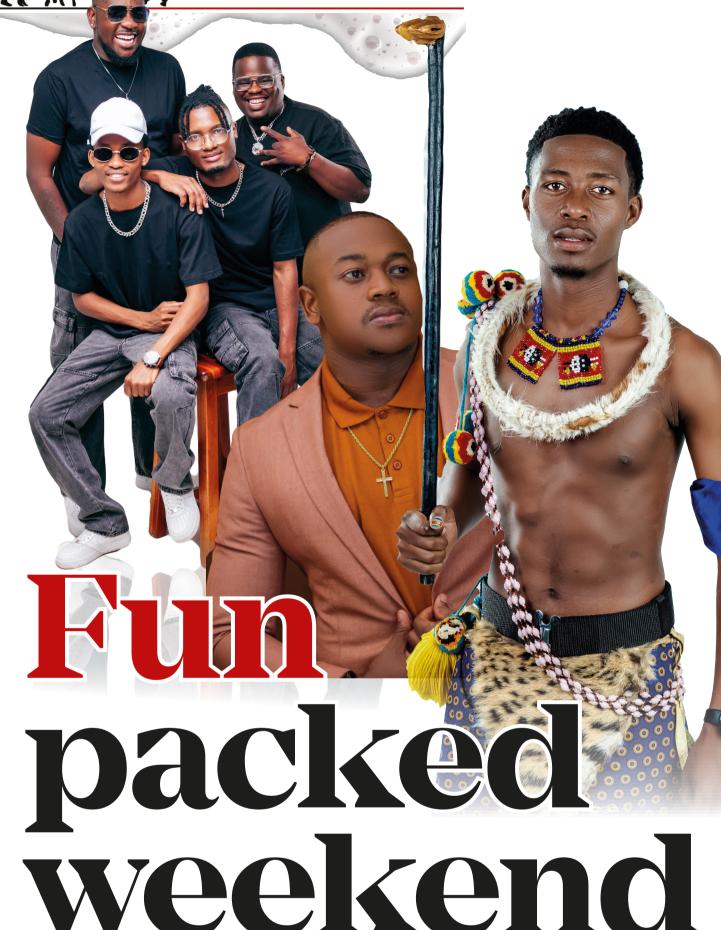
Prepare to be transported to a realm of soulful beats and electrifying energy as Snyper takes centre stage at the upcoming Saturday event.

This event will feature a lineup of talented artists including Motoyemali, Mistosoul, Yamkela and Acoustic Soul. Together, they will create a musical experience that will captivate and soul-soothe the audience in attendance. Entry is free into the event.

Guests are encouraged to dress in smart casual attire, setting the tone for a night of sophistication and style. Grab your friends and get ready to groove the night away at Saturday Nights.

► M.P.H.O.'S BIRTHDAY PARTY When: Saturday Where: IF's Lounge, Mbabane Fee: Free

The mood is set for a night of celebration, friendship, and music as IF's Lounge Mbabane rolls out the red carpet for M.P.H.O.'s Birthday Party this Saturday, 8 November 2025. The anticipated event promises to blend entertainment and class, featuring performances by Lord Boogy, Bobster, Mavava, Mseto, Jazzinsoul, Maskarie, El Fowler, Defenox, Obsession, and The Best Duo. The event will take place at the MVA Building in Mbabane, with free entry, and a smart casual dress code. Doors open at 5 pm, with celebrations running until late into the night.



_ifestyle & entertainent

Poet Majaha to lead Hhohho Open Mic event

Stories by Siphesihle Dlamini siphesihled@rubiconmedia.group

MAJAHA Nkonyane, an acclaimed poet from Eswatini, is poised to lead the upcoming Hhohho Open Mic Poetry Session.

Organised by the Eswatini National Poetry Session, this gathering will take place on November 15, 2025, at noon in Coronation Park, Mbabane, with free entry welcoming all poetry enthusiasts and curious newcomers alike.

Nkonyane's journey with poetry is deeply personal and transformative. Reflecting on his relationship with the art form, he shared, "Poetry has been a big part of my life for ages now. I found identity, comfort, and passion in poetry." This intimate connection has shaped his artistic voice and life path, though he admits that the intensity of his initial passion has waned over time. "Over time, the fire, passion, and drive have undoubtedly died down," he confessed.

Despite moments of doubt and the temptation to abandon poetry, Nkonyane's commitment to his craft remains steadfast. "On many occasions, I've thought of quitting, but how do you quit your life?" he pondered. The practical demands of life led him to prioritise survival, choosing a job over his passion. Nkonyane expressed a poignant concern about the current state of poetry

in Eswatini. He observed that the poetry scene has grown quieter, a trend that has been difficult for him to witness. However, he finds hope and motivation in the efforts of young poets striving to revive the art form. "Seeing the poetry space grow quieter in Eswatini has been painful, but seeing young poets trying to revive the art is inspiring," he noted.

The upcoming open session holds mic special significance for Nkonyane, as it will be held at Coronation Park, the very place where his own poetic journey began. He described the invitation to facilitate the event exciting as an opportunity give back to the community and foster new talent. "I got an invite to facilitate an open mic session at the park where it all started for me as well. I am excited about this and would love to invite you to be part of this movement and inspire the next generation of young

poets," he said.



▲ Da Moon

Da Moon making waves in SA's Amapiano scene

MNCEDISI Mhlanga, known professionally as Da Moon, is emerging as a powerful new voice in the Amapiano genre.

Though now based in Johannesburg, Da Moon's roots trace back to Lavumisa, Eswatini, where his passion for music was nurtured from an early age within a family deeply connected to the arts. Growing up surrounded by music, Da Moon's artistic journey was heavily influenced by his father, Sicelo Mhlanga, a respected musician in his own right. His cousins, Benson, Earl Earn Dee, B.I.G., and Wilton, also played significant roles in the music world, creating an environment where creativity thrived. "Music was always around me," Da Moon reflected. "My father and my cousins inspired me. They were the first artists I looked up to."

Da Moon's career took a pivotal turn when he discovered Amapiano, a genre that has rapidly grown from underground house music to a dominant cultural force across Southern Africa. His introduction to Amapiano came through Blaq Venomous S.A., a DJ from Ophongolo, South Africa, who not only introduced him to the genre but also provided early performance opportunities in South Africa. "Everything started with him," Da Moon said. "He introduced me to Amapiano and allowed me to perform in South Africa. I owe a lot to him for getting me started in this industry."

With Blaq Venomous S.A.'s mentorship, Da Moon began to carve out his own space within the Amapiano scene.

His dedication and talent led to collaborations with some of the genre's most influential figures, including Blaq Major and Bless The Gentleman. The release of "My Dululu," a collaboration with Golden Heart SK and Bless The Gentleman, marked Da Moon's breakout moment.

The track quickly went viral, amassing over 400,000 views on YouTube and solidifying his status as an artist to watch. "My Dululu means so much to me because it's a dream come true to work with these giants," he shared.

"I've always wanted to collaborate with South Africa's Amapiano legends, and with God's help, it happened."

China Charmeleon to headline 'Oryx Friday'

SOUTH African house music producer Siphamandla Innocent Nene, better known by his stage name China Charmeleon, is set to headline the much-anticipated "Oryx Friday."

This event, scheduled for November 28, 2025, will take place at Oryx Lounge, featuring a dynamic lineup that includes Selby, The Bishop, Katz, and other notable artists. Best of all, entry to this celebration of South African dance music is free, inviting fans from all walks of life to experience the vibrant sounds firsthand.

Born in the small town of Carolina in Mpumalanga province, China Charmeleon's journey to becoming a household name in South African electronic music is a story of perseverance and innovation. After struggling to make a living as a musician in his hometown, he relocated to Johannesburg in 2018, seeking greater opportunities in the country's bustling music scene. This move proved pivotal, as it led to his discovery by the respected DJ and producer Kid Fonque.

Kid Fonque played a crucial mentorship role in China Charmeleon's career, recognising his unique sound and potential early on. Under Fonque's guidance, China Charmeleon released his music on the Stay True Sounds label, a platform known



Kim Kardashian celebrates Psalm's Hollywood debut

WHEN you're born into fame, the spotlight's pretty much part of the family business, and Kim Kardashian's youngest son, Psalm West, whom she shares with Kanye West, is already proving that the entertainment gene runs strong in the family.

While big sister North made her mark early, little Psalm is now taking his turn in front of the mic.

In the latest episode of "The Kardashians", the proud mom revealed that her six-year-old son is officially making his voice-acting debut in "Angry Birds 3". "I'm so excited because he's so excited," the "All's Fair" actress said in a confessional, beaming as she accompanied him to the studio to meet director John Rice and the team.

Despite her famously jam-packed schedule, Kardashian said she always makes time for her kids, tailoring her life around their dreams. "I don't want to stop my kids from doing what they want to do," she shared.

Psalm, who clearly inherited both his parents' confidence and charm, was thrilled to discover he'd be voicing the son of Red and Silver, the iconic "Angry Birds" characters played by Jason Sudeikis and Rachel Bloom.

"He has the cutest voice you've ever heard," she gushed. "It's this raspy little voice, and when they called to ask if he was interested, he was so excited."

Behind the mic, Psalm impressed everyone with his calm and focus. Kardashian whispered encouragement: "You're doing so good, baby." His sweet reply? A simple, happy "Good." In true proud-mom fashion, Kardashian couldn't stop singing her son's praises, calling him "the smartest, silliest little boy."

Describing him as her "dream child," she shared that Psalm's easy-going nature makes parenting a breeze.

"He's so independent," she added. "He loves to dance, never throws tantrums, and just goes with the flow."

Reflecting on the moment, Kardashian said the experience was "so special," noting how rewarding it was to see Psalm thriving in a work environment.

"I always want to be mindful if it's too much," she added, "but seeing him love this so much, it just felt right."

Psalm's voice-over role in "Angry Birds 3," set for release in 2027, marks another Kardashian-West milestone. Hollywood may be full of nepo babies, but it looks like Psalm's already earning his wings the sweet, raspyvoiced way.

(IOL)



▲ Kim Kardashian's youngest son, Psalm West, whom she shares with Kanye West, is already proving that the entertainment gene runs strong in the family.

Ex-radio presenter guilty of assaulting lover

UKHOZI FM and Metro FM presenter Siyabonga "Siya" Mhlongo has been found guilty of assault with intent to cause grievous bodily harm by the Durban Magistrate's Court.

The altercation occurred in August 2024 after a night out between Mhlongo and his lover, Njabulo Duma (30).

Things took a different turn when Mhlongo accused Duma of being too friendly to another male acquaintance.

The verbal disagreement escalated into a physical assault, resulting in Mhlongo hitting Duma with a Savannah bottle, as reported in court.

He was arrested and released on R₁ 000 bail.

After being in and out of court for a year, Mhlongo appeared at the Durban Magistrate's Court on Wednesday and was found guilty of assault.

In her ruling, Magistrate Mhlonipheni Sibiya stated that excessive alcohol use was a contributing factor in the unfortunate incident, which could have been prevented.

Mhlongo will be sentenced on Novem-

(Sunday World)

Directors Guild to honour Connie Chiume

THE Directors Guild of South Africa (DGSA) will honour the late award-winning Connie Chiume with a posthumous Lifetime Achievement Award.

Chiume will be recognised at the 1st Annual DGSA Creative Awards, scheduled for November 28–29, 2025, in Cape Town.

The awards aim to serve as a unified voice for directors. They advocate for directors' rights, foster creative collaboration, and promote excellence in filmmaking. Chiume's legacy and impact

Chiume passed away in August 2024 at Garden City Hospital in Johannesburg after a short illness. In a statement this week, the DGSA said it honours her for her brilliant artistry. The organisation described her as an artist whose "extraordinary gift transcended"

performance" and who "embodied truth, dignity, and emotional depth in every role she portrayed." "Her craft made our visions possible, her interpretations gave our stories heart, and her presence elevated every frame she touched," the organisation said.

The DGSA added that Chiume's artistry continues to inspire the directing community.

"Mhe Connie Chiume made us look good as directors because she translated our narratives with passion, precision, and creative brilliance," the statement said.

The organisation concluded that the award is "not only a celebration of her career, but a deep expression of gratitude from every director whose story she helped to tell".

 $(The\ Citizen)$

'Top Billing' to make a long-awaited return

SOUTH Africa's lifestyle television show Top Billing is set to return in March next year.

Before then, S₃ will air the show's exclusive reunion on 27 November at 7 pm.

The glamorous reunion was held this week at Tintswalo Atlantic hotel in Hout Bay, Cape Town. The evening celebrated the show's legacy and the return of the new season.

Speaking about the comeback, Bradley van den Berg, COO of Cardova, said the revival will connect with audiences across multiple platforms.

"Top Billing's return is only made possible by the strong interest from advertising partners and brands that see the power of having an association with Top Billing and with S3. 'We're looking forward to bringing the brand back not only on TV but also digitally — expanding on the show's strong social media presence and connecting with audiences wherever and however they consume content," he said. The reunion special will bring together presenters Ryle De Morny, Jonathan Boynton-Lee and Fezile Mkhize, alongside former hosts Basetsana

Kumalo and Michael Mol, executive producer Patience Stevens, and other notable figures from South Africa's entertainment and creative industries.

The special will also feature the presenters exploring four South African beaches — Nature's Valley, Kraal Baai, Boulders Beach and Camps Bay — showcasing the country's coastal treasures.

Top Billing aired for 27 years from 1992 to 2019. Until its final episode, it was South Africa's longest-running entertainment and lifestyle show and considered a flagship programme for S₃.

Reflecting on Top Billing's history, Stevens said the show has come far.

"From the very first broadcast done in a tiny edit suite at the SABC to filming in the most magnificent houses in the country and indeed the world, reflecting the best of South African talent in design, architecture, art, fashion, travel, entertainment and sport.

"It is wonderful to be back and to once again promote South Africa and South Africans to the world."

(The Citizen)



▲ From left to right: Top Billing Reunion Special presenters Fezile Mkhize, Ryle de Mornay and Jonathan Boynton-Lee.

ANOTHER painful, angry pimple has appeared along my jaw, joining a crowd of nine or ten others.

Their existence has become a regular occurrence in my life, along with blackheads, congestion, and excess oil.

At 33 years old, I thought my relationship with hormonal acne was over. Like athome highlights and popstar posters on my bedroom wall, I assumed I'd left spotty skin in my teenage years.

Unfortunately, as I've gotten older, my skin has only gotten worse.

I've had luck soothing my skin with the contraceptive pill, but if I go birth-controlfree, my skin goes haywire.

As health concerns go, hormonal acne isn't a particularly debilitating one. Still, it often leaves me embarrassed to go out without a full face of makeup.

Social media certainly doesn't help. It's rare to log on to Instagram or TikTok and see anything other than perfectly clear, glowing complexions. This is especially challenging when your skin looks anything but.

So, why do "teenage" skin problems persist into adulthood, and — crucially what can you do about it? Read on to find

What is hormonal acne?

Hormonal acne involves breakouts tied to fluctuations in your hormones, typically experienced during puberty.

However, hormonal breakouts can happen well into adulthood, and it's most common in women.

According to a 2008 study, about 50 percent of women between ages 20 and 29 and 25 percent of women between ages 40 to 49 have acne.

Typically, hormonal acne is characterized

- ▶ acne around the cheeks and jawline
- ▶ blackheads, whiteheads, or cysts
- ▶ oily skin
- ▶ inflammation
- sensitivity

What causes hormonal acne?

Most breakouts happen when the oil glands in the skin become more sensitive to a group of hormones known as androgens, explains Natalia Spierings, a consultant dermatologist and author of "Skintelligent: What You Really Need to Know to Get Good Skin."

Androgens drive the enlargement of oil glands and increase the production of oil in the skin. All people have some level of androgens and these increase during puberty.

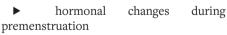
"Some women are more sensitive to androgens throughout their lives than others, and hormone sensitivity also changes as we get older," Spierings explains.

Sometimes lifestyle choices can worsen the problem too.

"The use of multiple skin care products contributes to this problem by irritating the skin, leading to redness and often [triggering] an underlying predisposition to acne vulgaris," says Spierings.

Why do adults get hormonal acne?

There are many reasons why people get hormonal acne, even as adults. For instance, a 2020 study found that hormonal acne in women is most commonly triggered by:



- ▶ poor diet
- ▶ sleep deprivation
- ▶ makeup use

Can you get hormonal skin at any age?

I certainly didn't expect to still be experiencing hormonal breakouts in my 30s. Surely by the time I hit menopause, my problem skin will be a thing of the past, right? Unfortunately, Spierings says this isn't necessarily the case.

"There's no age at which [hormonal acne] necessarily stops or starts," she says.

"Every woman is different and unfortunately it isn't possible to predict if or when a woman will develop acne. Some women never do."

For some, hormonal acne can continue well into later life. "In my clinical experience, women who have oily, acneprone skin throughout their 20s and 30s continue to have it even after menopause," Spierings says.

While that might not be the news you

were hoping for, Spierings says there are plenty of steps you can take to manage hormonal skin.

Managing hormonal skin

Try these options to keep hormonal acne

Pare back your skin care routine

If you spent a lot of time on Instagram or TikTok, you may have seen influencers share elaborate skin care routines involving a long list of products. In Spierings' professional opinion, simple is best. "The overuse of too many products can definitely irritate [the skin] and make acne appear worse or actually worsen it," she explains. "Facials can also have a negative effect."

Spierings advises minimizing your skin care routine to a basic cleanser, moisturizer, and sunscreen.

Try one treatment at a time

The good news? There are loads of acne treatments on the market today, some of them available over the counter.

However, that doesn't mean you should try multiple solutions at once.

When it comes to treating hormonal skin, Spierings warns against overloading your skin with too many treatments at one time.

"Start with something simple like salicylic acid 2 percent in a lotion, which is easily available and non-irritating. Use it for a few weeks and see if you have any improvement," she suggests.

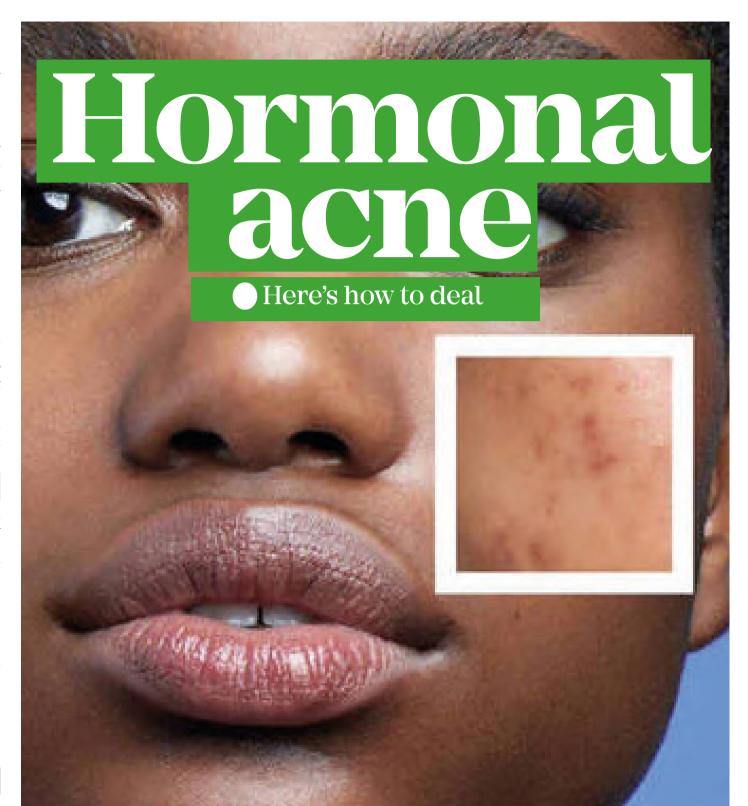
Additional options include:

- ▶ benzoyl peroxide
- ▶ adapalene, or Differin Gel
- ▶ azelaic acid
- ▶ beta hydroxy acid
- ► See a dermatologist

Sometimes your skin issues can feel like too much to deal with alone.

"If your skin is really affecting your quality of life, go and see a dermatologist and get a definitive treatment plan," Spierings advises.

She points out that there are great treatments for acne available, and you don't have to go it alone. A dermatologist can help you sort through the option out there to find one that works for you.





Consider hormonal birth control

If nothing else seems to work, hormonal birth control may offer relief.

Spierings says the contraceptive pill may be worth trying as part of a treatment regimen for acne, as long as your healthcare professional says it's safe

She says there isn't one brand that's recommended for acne treatment. However, she warns that the progesteroneonly minipill could actually worsen acne.

The pill won't be right for everyone and can come with its own set of uncomfortable, inconvenient, and even painful side effects, so balancing your desire for clear skin with good overall well-being is key.

Spierings adds that it may not be effective against acne for everyone.

Can you clear up hormonal acne without taking medication for it?

Incorporating a diet that limits refined sugar and alcohol, managing stress, getting restful sleep, and washing your face may help manage hormonal acne. However, this isn't always enough. For many, stubborn hormonal acne often requires prescribed topical creams, such as retinoids, or medication, such as spironolactone.

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Learning to accept hormonal skin

It's been a painful realization for me, but I've learned that hormonal skin may just be a part of my life. Sure, I can take steps to minimize it, but hormonal breakouts may be something I always have to manage.

Learning how to manage hormonal skin while also trying to accept it may seem like a bit of a paradox, but it can be freeing.

When it comes to accepting — or even embracing — your hormonal skin, Anupa Roper, a body image educator, suggests removing the expectation of perfect skin.

"When we scroll through social media and see images that show flawless skin, it can make us feel less worthy in the skin that we're in," she says. "Many photos we see online are filtered and, besides that, we are all beautiful and unique just the way we are." She advises finding accounts that make you feel positive about your skin — ideally ones that showcase skin that's just like yours.

Roper also suggests focusing on a part of your appearance you feel good about.

"What do you like about your looks? Is it your curly hair? The freckles on your nose? Maybe it's your figure? Whatever it is, concentrate on that," she says.

Takeaway

Experiencing hormonal skin well into your 20s, 30s, and beyond is more common than you might think.

The good news is there are plenty of ways to manage it.

Whether you choose to manage hormonal skin with treatments or by learning the art of self-acceptance, you can feel good about your skin at any age.

Healthline

Health benefits of watermelon

FEW summer treats are as delightful or as healthy as watermelon.

One of the most refreshing snacks available for a hot day, this fruit has long been popular for its sweet flavor and juicy

How to Cut a Watermelon

Whether you want slices or chunks, here's an easy way to serve up this refreshing fruit.

Part of the plant family Cucurbitaceae, watermelon is highly cultivated. There are currently more than 1,000 varieties available. Historians disagree as to the origin of the fruit, although many point to various regions in Africa. Experts agree that humans have enjoyed the fruit for thousands of years, as seeds have been found at a Libyan settlement built 5,000 years ago.

Today, well over half of watermelons are grown in China. Other regions that produce impressive yields tend to have long growing seasons and warm climates. Regardless of these conditions, the fruit is enjoyed as a snack or in several meals all around the

Health Benefits

Watermelon is rich in a variety of vitamins and antioxidants. For example, it contains the compound lycopene, which is important for heart health and may protect the skin from UV damage.

Other benefits attributed to eating watermelons include:

Improved Exercise Outcomes

Watermelon is an excellent source of an amino acid known as citrulline. Studies suggest that this amino acid may assist with muscle protein synthesis while also improving muscle mass and otherwise boosting exercise performance. These benefits are most notable in older adults who supplement with citrulline.

Better Immune Function

The citrulline found in watermelon is linked to immune health. Citrulline deficiency may impact immune response in those with inflammatory conditions such as

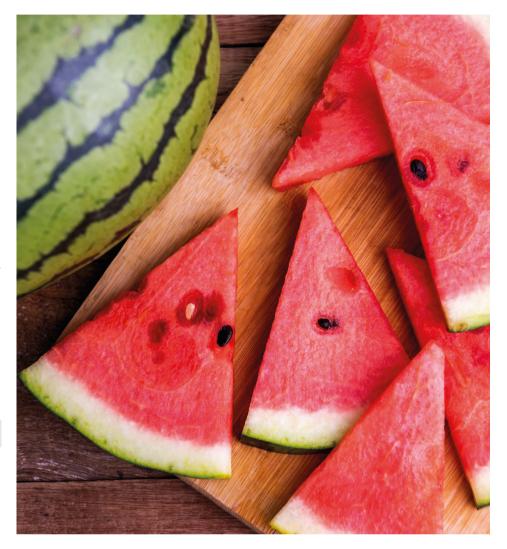
Improved Cardiovascular Health

Research suggests that supplementation involving watermelon extract may reduce ankle blood pressure. Ankle blood pressure can serve as a predictor of cardiovascular

Reduced Risk of Macular Degeneration

The vitamins A and C found in watermelon may help to reduce the risk of age-related macular degeneration.

Nutrition



Watermelon is rich in vitamin C, which plays an integral role in forming collagen and helping the body absorb iron. It also has a high water content even compared to other fruits. This makes it a uniquely hydrating food.

Watermelon is also a wonderful source of:

- ▶ Vitamin A
- ▶ Vitamin B5
- ► Magnesium
- ▶ Potassium
- ► Nutrients per Serving One-cup of raw watermelon contains:
- ► Calories: 46
- ▶ Protein: 0.9 gram
- ► Fat: 0.2 grams
- ► Carbohydrates: 11.6 grams
- ▶ Fiber: 0.6 gram
- ▶ Sugar: 9.5 grams

Things to Watch Out For

Although watermelon has important vitamins, it is also high in sugar. This can make it a problematic choice for those with diabetes or anybody else trying to control blood sugar levels. Additionally, the high lycopene content in watermelon may be troublesome when drinking alcohol. Consumed together, they can cause liver inflammation.

How to Prepare Watermelon

Watermelon can be found in most grocery stores, health food stores, co-ops, and farmer's markets. Many pick-your-own fruit farms provide the opportunity to select and harvest watermelons.

Some people prefer to grow watermelon in their own gardens. The fruit grows best in warm or hot climates. Success in growing watermelons is also more likely if the plants receive plenty of space and water.

When purchasing watermelon at the store, select one that feels heavy for its size. Look for a creamy yellow splotch, formed wherever the watermelon previously rested

Many people use a knocking technique to determine watermelon ripeness. Under this method, the fruit should produce a hollow noise instead of a dull thud.

While watermelon is best enjoyed when sliced fresh and eaten on the spot, you can also add it to a variety of recipes. Feel free to give these ideas a try:

- ► Create a watermelon puree and add to molds to be frozen to form a healthy alternative to popsicles
- ▶ Add frozen watermelon to a smoothie with banana, yogurt, milk, and any other fruits you desire
- ▶ Include watermelon on sandwiches with mozzarella cheese or even bacon.
- ▶ Add watermelon to a fresh fruit salad with pineapple, blueberries, and cherries
- ▶ Create a memorable Mediterranean salad with watermelon, cucumbers, Feta cheese, and red onion
- ▶ Pair watermelon with prosciutto for a delicious snack
- ▶ Use watermelon as a base for gazpacho. WebMD

NEWS IN PICTURES



▲ Los Angeles Dodgers players wave to fans during the team's victory parade after winning the World Series, in Los Angeles.





▲ Hindu devotees sit together with oil lamps to pray to Lokenath Brahmachari, a Hindu saint and philosopher, as they observe the Rakher Upobash festival at a temple in Dhaka, Bangladesh.



▲ Ukrainian servicemen walk along a road covered with anti-drone nets, amid Russia's attack on Ukraine, in the frontline town of Kostiantynivka in Donetsk region, Ukraine.



▲ Voters fill out their ballots at a polling site on Election Day in the New York mayoral election in the Brooklyn borough of New York City.



▲ Democratic candidate for New York City mayor, Zohran Mamdani, speaks to the media following casting a vote in the New York City mayoral election, in a park in Astoria, Queens borough of New York City.

Stones backs Man City teammate Foden to pose England dilemma for Tuchel

JOHN Stones believes Manchester City teammate Phil Foden has given England manager Thomas Tuchel a selection headache leading up to next week's final World Cup qualifiers with Serbia and Albania.

Foden continued his impressive start to the season with two goals to inspire City's 4-1 defeat of Borussia Dortmund in the Champions League on Wednesday.

The playmaker suffered a loss of form during a difficult 2024/25 campaign and was omitted by Tuchel last month.

But City defender Stones feels Foden's current form makes him worthy of an England recall, with Tuchel set to name his squad for the national side's last competitive games before next year's World Cup on Friday.

"I'm just so pleased for him," said Stones. "I'm a big fan of Phil, of everything (he does), how he plays the game, how everything just comes so natural to him.

"I'm so pleased that he's back on the scoresheet, back happy, enjoying his football. I think that's when you get the best out of him.

"I know he wants to be (in the squad). He's been a huge part of it, I know that the manager loves him.

"It's a privileged place to be, and we've all got to fight to be there and earn the shirt, but I think without a doubt, he's given him a good headache for selection."

Stones also hopes to keep his England place as he returns to form following his own injury issues – which



▲ Phil Foden

he recently revealed led to him contemplating retirement – last season.

The 31-year-old said: "I've had no inklings yet. I can only do what I've done here, be there and fight for my place and see what happens."

City next host champions Liverpool in a clash between second and third in the Premier League on Sunday "It doesn't stop but this is what we're here for and what we love to be involved in, playing in those games," Stones said.

"We've had incredible games (against them) in all the seasons. Our rivalry has grown and it's special to be a part of."

(Supersport)



▲ Nick Kyrgios.

Kyrgios targets 'miracle' Australian Open return after knee improves

NICK Kyrgios said on Thursday his long-term knee injury had suddenly improved, giving him hopes of a "miracle" comeback in time for the Australian Open in January.

Kyrgios, 30, has played just five singles matches in the last three years because of multiple surgeries on wrist and then knee injuries.

"In the last month, I don't know what it is. I was with my masseuse and physio last night and something really has changed with my knee," the 2022 Wimbledon finalist Kyrgios told the Australian Associated Press.

"It's not swelling. It's not feeling bad after a session.

"I don't know whether to call it a miracle or anything, but my knee feels like it's gotten younger by a couple of years."

Kyrgios said he could not explain why, after months of struggling with rehabilitation, there had been such an unexpected and rapid improvement.

"I don't want to jinx it, but something in it has gone, kind of allowed me to put three, four days of training together on court for an hour-and-a-half, two hours and be able to actually recover and then build on that," said Kyrgios

"So that's been really exciting and I haven't really told anyone. I have a new lease on life on court."

Kyrgios, whose ranking has slid to 652 in the world because of his inactivity, would need a wild card from organisers for the Australian Open.

He has not played since losing in the second round of the Miami Open in March.

Kyrgios is due to face women's world No 1 Aryna Sabalenka on 28 December in a rare "Battle of the Sexes" exhibition match in Dubai, organisers said this week.

(Supersport)

Sheppard optimistic Amakhosi will resurge this weekend

KAIZER Chiefs' DStv Diski Challenge assistant coach, Dillon Sheppard, is banking on the psychological edge generated through preparation for a pivotal match to galvanise his players in light of a string of disheartening results.

Amakhosi have been but a mere spectre of the formidable squad that secured the DDC title in the previous season. Since the commencement of the 2025/26 season, their performances have been lacklustre, evident in their precarious position on the Diski Challenge table, which starkly contrasts their previous triumphs.

On Saturday, the Chiefs will host Polokwane City at Dobsonville Stadium in Soweto. Kick-off is at 10am in the morning.

They approach this fixture with a disheartening record of seven consecutive matches without a victory. They lost twice and drew their recent five encounters, further compounding their woes.

The 2024/24 Diski Champions last experienced a triumphant moment on 14 September, where they defeated Stellenbosch FC

Following the clash with Polokwane, Chiefs' subsequent engagement will be against their archrivals from Soweto, Orlan-



▲ *Kaizer Chiefs assistant coach Dillon Sheppard.* do Pirates, who are currently soaring at the

pinnacle of the league standings.

Sheppard emphasized the need to establish a strong foundation for the derby and

their UK tour, which is scheduled in three

weeks.

He stated, "There's no doubt we will bounce back, there's no doubt about that. There's three games left now before the trip. We will focus on our performances the results will be sorted.'

After nine league matches of the campaign, Amakhosi are in a disappointing 11th spot with 11 points. Lack of killer instinct has been their Achilles heel as they have scored just 11 goals so far.

Sheppard added, "If you look at the performances, how we played in the last four, five games, we have been dominant. We are working on the final decision-making in the final third. It is something we are working on to do better in the final third and score goals.

"Also our squad, most are writing Grade 12 examinations, they have not gotten enough time to train, there's a lot on their plate at the moment. But that's not an excuse for poor results."

"From a performance perspective, I am happy with it. I know we are being judged on results, but we will get them. As much as we want to win games, but it is also important we focus on player improvement rather than the results. We will get right, smaller details."

Amakhosi's last league match will be against Chippa United on 23 November before jetting off to the UK on 25 November. They are going on a tour in the UK as part of their reward for winning the league title last season. (Supersport)

Man United's Amorim urges focus on future after Ronaldo criticism

MANCHESTER United boss Ruben Amorim has responded to stinging criticism from club great Cristiano former Ronaldo, his Portugal teammate, by urging fans and pundits alike to look forward rather than dwell on the past.

Ronaldo, who won eight trophies at United, told Piers Morgan in an interview this week that United were "not in a good path" and warned that Amorim was "not going to do miracles" at Old Trafford.

"We say in Portugal, 'miracles only happen in Fatima," the 40-year-old Al-Nassr forward said, adding that the Manchester club lacked long-term vision.

Amorim, who took over from Erik ten Hag in November 2024, hit back ahead of Saturday's Premier League clash at Tottenham

"Of course, he has a huge impact in everything he said," Amorim said on Thursday. "What we need to focus (on) is in the future. We know that we as a club made a lot of mistakes in the past, but we are trying to change that. So let's not focus on what happened. Let's focus (on) what we are doing

"We are changing a lot of things in the structure, the way we do things, the way we want the players to behave. We are doing

Ronaldo expressed sadness over the club's decline but insisted the problems go beyond the manager.

"You have to work with smart people to create a base for the future," he said. "Right now, they don't have a structure."

United have shown signs of improvement, climbing to eighth, two points off second spot, after a four-game unbeaten run.

Provisional second place in the table is up for grabs on Saturday in a grudge game for Amorim's side after Spurs beat them 1-0 in last season's Europa League final to prevent the Red Devils from playing in the Champions League this season.

Amorim credited internal reforms for the turnaround.

"Characteristics of the players are different in the team now," he said. "We also have players who played last year. But we are a better team. We understand the game better. We are more confident.

"We reached the Europa League final confident that we could win it. But in this moment we're playing with a different con-

Amorim added that there was a silver lining to missing out on European football this season.

"It's us using the positives," he said. "Any situation you have in life, you can look at it



▲ Manchester United boss Ruben Amorim.

positively or in a bad way.

"If you ask me whether I prefer to be here with the (Europa League) and Champions League football, I might say yes.

"But on the other side, you have more

time to train and know your players. Arrange everything and prepare with the staff and players. So we try to use the positive thing of not playing in the midweek games."

(Supersport)

Ajax Amasterdam sack coach John Heitinga

AJAX Amsterdam have sacked coach John Heitinga following a poor start to the season that included four successive heavy defeats in the Champions League, with Fred Grim handed the reins on a temporary basis, the club announced on Thursday.

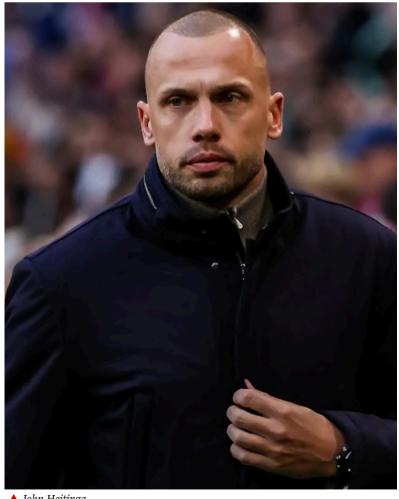
Assistant coach Marcel Keizer will also depart, while technical director Alex Kroes said he would give up his role before the expiry of his contract at the end of the season if the club found a suitable replacement.

Ajax have won five of their 11 Eredivisie matches this campaign and lie fourth in the table but sit bottom of the standings in the Champions League in what has been a chaotic first few months of the season.

"It's a painful decision," Kroes told the club's website. "But looking back at the past few months, we must conclude that things have turned out quite differently from what we had envisioned. We've seen too little progress and have unnecessarily dropped points.

"We know it can take time for a new coach to work with a squad that has undergone changes. We have given John that time, but we believe it's best for the club to appoint someone else to lead the team. We hope to present a new head coach together as soon as possible."

Heitinga, 41, is a former Ajax player who featured in 218 matches for the club and was later a youth coach with the team.



▲ John Heitinga.

He had a caretaker role in charge in 2023 after the sacking of Alfred Schreuder, before moving to England to be assistant coach to David Moves at West Ham United and Arne Slot at Liverpool, helping the latter to the Premier League title last season.

He returned to Ajax at the start of this campaign following the departure of Italian Francesco Farioli.

Ajax are next in action on Sunday when they travel to Utrecht.

(Supersport)

Brown would rather lose title than favour one McLaren driver

MCLAREN would rather miss out on the Formula One world championship by a point than favour one of their drivers against Red Bull's Max Verstappen, according to the team's chief executive Zak Brown. McLaren's Lando Norris leads Australian teammate Oscar Piastri by a point in the standings with four rounds, including Sunday's Paulo Grand Prix and sprint, remaining.

Verstappen, chasing his fifth title in a row, is 36 points off the pace and closing in after slashing the gap from 104 at the end of August while McLaren's pair have taken points off each

The Dutch driver's return to contention has reminded some of the 2007 season won by Ferrari's Kimi Raikkonen, who finished strongly and ended up beating McLaren's Lewis Hamilton and Fernando Alonso by one point.

'NOT HOW WE GO RA-

"We're well aware of 2007," Brown told Formula One's 'Beyond the Grid' podcast on Thursday. "But we've got two drivers who want to win the world championship. We're playing offence; we're not playing defence.

"I'd rather go 'We did the best we can and our drivers tied on points and the other guy beat us by one' than the alternative," he added. (Supersport)



🔺 McLaren's Lando Norris.

MTN PREMIER LEAGUE BUILD-UP

It's black and gold at Killarney

. . . While coach Goina leads Wanderers at Sea Birds, Moneni, Rangers clash

By Chris Dlamini

WITH each passing week, the fans are treated to mouthwatering fixtures in the MTN Premier League, which is proving to be as unpredictable as ever in the early stages of the first round.

After matchday 4, it is Mbabane Swallows at the summit with a narrow point advantage over second-placed black and gold outfit

The latter will on Sunday welcome colour rivals Mbabane Highlanders who turned from black and white to black and gold, as well as black and white. This matchup is one to look out for with Highlanders displaying such good football and just a point below their rivals. Another exciting one is Moneni Pirates against their hoodoo side, Rangers in what stands to be an enthralling match, then the mini hub derby between Manzini Sea Birds and a winless Manzini Wanderers who have a new mentor in Gcina Dlamini who has worked with the former before. Who stands at better chance to bag all three points?

Chiefs 'demand' Inkunzi at Killarney

Malanti Chiefs vs. Mbabane Highlanders Date: Sunday, November 9, 2025 Venue: Killarney Stadium, Pigg's Peak Kick-off: 3pm

A thriller in the making! Pigg's Peak will come alive on Sunday with the small-town readying to welcome the revamped Mbabane Highlanders, the country's barometer of football with magnitudes of supporters. Under the Leadership of flamboyant South African President Shauwn 'MaMkhize' Mkhize, they just ooze that class on and off the field. Inkunz'emnyama, as the Mbabane giants are also fondly known, will be looking return to winning ways at the tiny Killarney Stadium when they clash head-on with Bafana Bemboyi (Malanti Chiefs) who has so far proven they are not back in the topflight just to add numbers. They occupy the second spot and like their giant rivals on Sunday, they are also from a draw in the previous matchday. For both retain their spots or even take the top spot, a win is a must on matchday 5 as other rivals will also be out to dislodge them - the first-round incentive of E120 000 is the motivation. Finish at the summit, and cash in, then the title race will be the next big thing in the second round. Malanti will be hoping their Serbian coach Sreten Pavlovic gets his tactics right to stop the fast-attacking Highlanders stars. His team will have home advantage, but the visitors will undoubtedly also intimidate with its 12th man advantage, which coach Ernest Mavuso knows will be hoping for an away victory, amid the conditions of the pitch at Killarney which could prove a challenge to their carpet football. An interesting one to watch!

PLAYERS TO WATCH:

Sphiwe Hopewell Cele (M. Highlanders wing forward)

Isaac Yeboah (Malanti forward)

PREVIOUS MATCH RESULT:

Y. Buffaloes 1-1 M. Chiefs M. Wanderers 2-2 M. Highlanders



▲ Sea Birds striker Mayibongwe Mabuza.



▲ Malanti Chiefs' star Isaac Yeboah.

LOG STANDINGS:

M. Chiefs: (2nd - 8 points) M. Highlanders (3rd - 7 points) PERFOMANCE GUIDE:

M. Chiefs

WWDDM. Highlanders

LWWD

HEAD-TO-HEAD:

28/12/21 (MTN League) M. Chiefs 0-2 M. Highlanders 11/05/22 (MTN League) M. Highlanders 3-3 M. Chiefs 05/20/21 (MTN League) M. Chiefs 1-0 M. Highlanders 25/07/21 (MTN League)

Rangers 4 'shots' good over 'Sea Robbers'

Moneni Pirates vs. Rangers Date: Saturday, November 8, 2025 Venue: Mavuso Sports Centre, Manzini Kick-off: 5:15pm

History is against the Malawian-born head coach Meck Mwase's Moneni Pirates in this matchup. Statistics favour coach Mthunzi 'Lomphofu' Ginindza's youthful but impressive Rangers, Bolova as they are also affectionately known. Ginindza's side has had four wins over the Sea Robbers of Moneni in the last six league meetings dating back to the 2021/22 season to one defeat and a draw. Mwase has a big task to show Moneni's big team status against Rangers by winning the match - after all, the Moneni Buccaneers need consistency after going two wins and two defeats in four matches. At least he leads the side to this tough fixture having won the previous match 3-0 against a struggling Sis-



▲ Wanderers winger Sandile Mazibuko.



▲ Mbabane Highlanders' Andile Mpisane.

onkhe. Rangers were also uncompromising form when they shocked a star-studded but faltering Young Buffaloes 1-0. Definitely one to watch!

PLAYERS TO WATCH:

Xolani 'Messi' Ngwenya (M Pirates central

Hleliso Gamedze (Rangers attacking mid-

PREVIOUS MATCH RESULT:

Sisonkhe o-3 M. Pirates

Y. Buffaloes 0-1 Rangers

PERFOMANCE GUIDE:

M. Pirates WLLW

Rangers

WLWW

HEAD-TO-HEAD:

25/05/25

Rangers 2-1 M. Pirates

12/01/24

M. Pirates 1-0 Rangers 04/05/24

Rangers 2-1 M. Pirates

09/12/23

M. Pirates 1-1 Rangers 16/04/22

Rangers 2-0 M. Pirates

07/11/21

M. Pirates 0-1 Rangers

Sea Birds eye Wanderers scalp

Manzini Sea Birds vs. Manzini Wanderers

Date: Saturday, November 8, 2025

Venue: Gosh Szokolay Stadium, Simunye

Kick-off: 3pm

The fact that hub giants Manzini Wanderers are winless in four matches will come as a motivation to their city rivals Sea Birds. The latter are seemingly finding their rhythm timely as they now have got two wins after edging Tabankulu Celtics 3-2 last weekend. Sea Birds occupy the fifth spot, level on seven points with two teams inside the top four. These are Mbabane Highlanders and Green Mamba. The main question here is that can Gcina Dlamini, Sea Birds forget coach hand Wanderers their much-needed first win? It's his second game in charge after the pulsating 2-2 draw against Highlanders last Sunday and his team is in the relegation space at 14th with just two points in four games. Sea Birds look the part to cause an upset.

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PLAYERS TO WATCH

Philani Mkhonto (M. Sea Birds attacking midfielder)

Mlamuli 'Mlaba' Nkambule (M. Wanderers Captain and midfielder)

PREVIOUS MATCH RESULT:

M. Sea Birds 3-2 T. Celtics

M. Wanderers 2-2 M. Highlanders

PERFOMANCE GUIDE:

Sea Birds

LLWW

M. Wanderers LDLD

HEAD-TO-HEAD:

17/04/24

M. Sea Birds 1-3 M. Wanderers 23/12/23

M. Wanderers 3-3 M. Sea Birds

12/02/23

M. Sea Birds 1-0 M. Wanderers



🔺 Moneni Pirates' Xolani Ngwenya and Rangers' Hleliso

Gamedze.

Stories By Sibusiso Masilela

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SPORTS integration will be witnessed this weekend during the Shukuma program scheduled for Saturday in Pigg's

The event will see Athletics cross country competition take place concurrently with the national flagship program.

Athletics will be competing in two categories, Under 16 and Under 18, in pursuit of places in the national team from 8am.

Eswatini will take part in the 2025 Confederation of Southern African Athletics cross country championships scheduled for December in

Shukuma includes several games such as tug of war, skipping rope, and aerobics, among others. Athletics Eswatini Chief Operations Officer Mathokoza Dlamini confirmed the latest news. The local qualifier will have four categories: 10km, 6km, and 8km, under the auspices of Athletics Eswatini.

AE Chief Operations Officer Mathokoza Dlamini invited runners to attend the race in numbers.

"We are looking forward to the cross-country championships, where outstanding athletes will stand a chance to be in the national team. We are happy to partner with the Eswatini Sport and Recreation Council in the upcoming event, and this will enhance the development of sports in the country," he said. Several local clubs are expected to attend the cross-country championships, such as Umbutfo Eswatini Defence Force (UEDF), Royal Eswatini Police Service (REPS), Correctional, Royal Eswatini Sugar (RES), TZD, and Manzini Athletics club, among others.

Cross-country ace for Shuku



Cross-country running is a sport where teams and individuals race on open-air courses over natural

terrain such as dirt, grass, and trails. The courses can vary significantly, often including hills, flat

ground, and obstacles like logs or ditches. Races typically range from 3km to 12km, with 5km

being common for high school events and 8km or 10km for collegiate competitions.

Correctional derby in ESRIC Darts League

HIS Majesty Correctional Services Darts-loving community will be divided into two this weekend.

The two security force sister teams Green Spears and Green Arrows will face off on Saturday in the Eswatini Royal Insurance Corporation Darts E150 000 league at Gwamile Voctim.

Arrows are sitting second in the log standings with 18 points after 6 matches, with an inferior points difference to log leaders Scorpions.

Spears are third with 15 points after six matches.

Scorpions will be looking to maintain the top spot when they take on the youthful Smesh and Bonz.

Eswatini National Darts Association Public Relations Officer (PRO) Flag Nxumalo confirmed the fixtures when

reached for comment.

"We are happy with the progress of the league and urge teams to continue adhering to the league's rules and regulations to maintain the good image of the sport," he said.

ESRIC darts league fixture

	70	
ESRIC	VS	Green Roses
Malkerns Bulls	VS	Elangeni Vipers
Remnants	VS	Mbabane City
Umlilo	VS	Zebras
Smesh &Bonz	VS	Scorpion
Green Spears	VS	Green Arrows
Umlilo	VS	Smesh &Bonz
Mbabane City	VS	Green Roses
Elangeni Vipers	VS	Zebras
ESRIC	VS	Scorpions
Malkerns Bulls	VS	Green Arrows
Remnats	VS	Green Spears



▲ Darts players in action during the Eswatini Royal Insurance Corporation.



▲ Green Lightning men's team.

Forces derby in SBS league

IT'S derby delight in this weekend in the Swaziland Building Society E150 000 league male category.

Defending champions Green Lightning will take on the Buffaloes in the main weekend fixture at the Olymp Africa Centre.

Lightning will be looking to dethrone current log leaders Royal Flames at the summit, who are perched at points with a better points difference over the Correctional services

Flames will be aiming to consolidate the pole position with a victory over Phoenix.

Lightning will also take on Ladies national team under the newly integrated league program.

The national teams were recently incorporated into the league to spearhead their preparations for international assignments.

Eswatini National Netball Association

(ENNA) Secretary Nkabindze Shabalala confirmed the fixtures.

"We are looking forward to another exciting mouth-watering fixtures and urge fans to continue supporting the league by attending the games in numbers," he said.

The full fixtures

	di	00	
Ja.	aı	es	

Ladies		
Manzini Ladies	vs	ABC Academy
Buffaloes	vs	Vixiens
Under 20	vs	Olymp Africa
Males		
Green Lightning	vs	Ladies National
team		
Green Lightning	vs	Buffaloes
Royal Flames	vs	Phoenix

Teams cry foul over PLE E45 000 deduction

By Sibusiso Masilela

sibusisom@rubiconmedia.group

UPROAR!!!

MTN Premier league Clubs have cried foul over the hefty E45 000 participation fees deduction.

This comes after the Premier League of Eswatini's decision to make the once off deduction from the E110 000 participation fees for some of the 16 teams.

The money will be used to cover the referees' allowances for the current season.

A team official who preferred to be anonymous said the move has crippled them financially.

"We feel the organisation was not lenient on us with the once-off deduction, as we are still early in the season. We are no longer making enough money from gate collections due to the new sharing format, and it's difficult to run clubs," the official said.

Another official called for the review of the deduction format. "The PLE should not deduct the money once off; instead, they can deduct in instalments so that we can be able to cover other expenses," the official said. PLE Chief Executive Officer Pat Vilakati said the deductions were statutory.

"The money which we deducted from clubs is mandatory, and we have been collecting it every season to cover some of the expenses to run the league. Teams should plan to pay it upfront so that we can not deduct it from the participation fees. There are some clubs that paid the stipulated amount prior to, and their monies were not affected," he said.

The current league sponsorship is currently at E22.5 million following the announcement of the new three-year sponsorship.



▲ PLE Chief Executive Officer Pat Vilakati said the deductions were statutory.



▲ Outgoing MTN Eswatini CEO Wandile Mntshali presents the 4 year sponsorship cheque of the Premier League of Eswatini toMinister of Sports representative Skhumbuzo Dlamini and PLE officials earlier this year.

All roads to revamped Killarney for 'Bull'

By Chris Dlamini

IT is a big game for a small stadium - capital city giants Mbabane Highlanders visit a tricky Malanti Chiefs on Sunday.

Ahead of the scores of supporters expected at the tiny arena in Pigg's Peak, the Killarney Stadium, the small town's municipal, seeing it as an opportunity for business and tourism given Highlanders' South African (SA) links since Shauwn 'MaMkhize' Mkhize and her son Andile Mpisane took the team over in July.

Highlanders has some interested people in SA with the renowned Mama Joy leading the pack. Mkhize also launched a special package for those travelling from SA.

The municipal was on Thursday busy with renovations of the worn out stands as nothing less than 2 000 spectators could cram the arena - Inkunz'emnyama is a crowd-pulling side and currently playing some vey catchy football under coach Ernest Mavuso.

The MTN Premier League clash is at 3pm. As part of their preparations for this match, Highlanders has also gone to inspect the venue, Mkhize personally going there to see for herself. Furthermore, to ensure their 12th man gets there, transport arrangements have been made and announced on the



 \blacktriangle Mbabane Highlanders players appreciating their supporters during a recent match.

team's official Facebook page.

"Let's travel together and paint the stands black, white, and gold," read part of the post. Meanwhile, the transport arrangements

are included in this article.

TRANSPORT ALERT FOR HIGHLANDERS SUPPORTERS: From Manzini/Matsapha

• Fare: E130 (return)

- Departure: 4130HRS
- * Manzini Post Office
- * Mathangeni (Matsapha)
- Contact: Mgci 7672 4427

From Mbabane

- Fare: E70 (return)
- Departure: 1230HRS
- * Old Bus Rank
- Contact: Mazibuko 7965 1672

'Pupu' eyeing CAF football with Green Mamba

By Sibusiso Masilela

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GREEN Mamba's new signing, Banele 'Pupu' Sikhondze, is eyeing continental football with his team. The former Tabora United and Polokwane City player said this after helping his side beat MTN premier league defending champions Nsingizini Hotspurs 1-0 on Wednesday at King Sobhuza II Stadium.

"I am happy with the win, and my main goal is to help the team qualify for continental football at the end of next season. I have been warmly welcomed by the entire Green Mamba family," he said.

Sikhondze has also played for the South African side Jomo Cosmos in his illustrious career.

He has also played for the two capital city giants Mbabane Swallows and Mbabane Highlanders.

He was part of the Swallows squad that reached the group stages of the 2017 Confederation Cup.

The skilful player has got numerous Sihlangu caps under his watch.



▲ Green Mamba's new signing, Banele 'Pupu' Sikhondze.



'Pupu' eyeing CAF football with Green Mamba

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. Premier League of Eswatini (PLE) Chief Executive Officer Pat Vilakati says the deductions are statutory. P_{23}