

E420k new waiting room for renal patients at Mbabane Govt Hospital

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‘Stronger global partnerships can drive social development’

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# No World War II veterans left in Eswatini

... as the nation honours fallen heroes

By Thokozani Mazibuko

ESWATINI on Sunday honoured the memory of its fallen World War II soldiers during the annual Umsizi Commemoration at Nokwane, amid revelations that the country no longer has any surviving ex-servicemen from the historic conflict. Programme director Mathokoza Mtsetfwa told mourners that the last surviving World War II veteran in Eswatini passed away last year, marking the end of a generation of men who had fought under the British crown in the 1940s.

■ SEE FULL STORY ON PAGE 2



▲His Majesty King Mswati III’s representative and former Prime Minister Dr. Absalom Themba Dlamini flanked by Army Commander Mashikilisane Fakudze (left) and Prime Minister’s representative, Minister of Education and Training Owen Nxumalo during the Remembrance Day, honouring the veterans of World War II at Umbutfo Eswatini Defence Force (UEDF) Headquarters in Nokwane on Sunday.

Premier FMCG moves to acquire RFG Holdings, workers brace for change

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By Thokozani Mazibuko

# No World War II veterans left in Eswatini

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ESWATINI on Sunday honoured the memory of its fallen World War II soldiers during the annual Umsizi Commemoration at Nokwane, amid revelations that the country no longer has any surviving ex-servicemen from the historic conflict.

Programme director Mathokoza Mtsetfwa told mourners that the last surviving World War II veteran in Eswatini passed away last year, marking the end of a generation of men who had fought under the British crown in the 1940s.

“This year’s ceremony is particularly solemn because, for the first time, there are no surviving ex-servicemen among us,” Mtsetfwa said. “Their bravery, however, continues to inspire the nation.”

Former Prime Minister and senator Dr Absalom Themba Dlamini represented His Majesty King Mswati III at the event, which brought together members of the Umbutfo Eswatini Defence Force (UEDF), His Majesty’s Correctional Services, and the Royal Eswatini Police Service.

Dr Dlamini said the sacrifices made by Swazi soldiers during the Second World War would forever remain a cornerstone of the country’s history and identity.

“Our fathers fought far from home, not for personal gain but for the principles of peace and justice,” he said. “Their courage laid the moral foundation upon which our nation stands today.”

The Umsizi Commemoration, held annually around the same time as Remembrance Sunday observed by Commonwealth countries, pays tribute to Eswatini’s wartime contributions and the men who served in the British Allied Forces.

Wreaths were laid at the memorial as a military band played solemn tunes and flags were lowered to half-mast. Members of the armed forces and families of late servicemen observed a moment of silence in remembrance of those who never returned home. Eswatini sent hundreds of soldiers to fight in World War II, many of whom served in logistics and engineering units across East and North Africa. While few of them returned to tell their stories, their legacy lives on through annual national commemorations and war memorials erected in their honour.

“This is not just history it is the soul of our nation,” Mtsetfwa said. “We owe it to them to keep their stories alive, even when they themselves are no longer with us.”

### Global tributes as world marks Remembrance Day

This year’s Umsizi Commemoration in Eswatini coincided with worldwide remembrance events held in honour of soldiers who fought in the two World Wars at a time when only a handful of surviving veterans remain globally.

Across the Commonwealth and beyond, millions paused to mark Remembrance Day, with solemn ceremonies in cities such as London, Ottawa, Paris, and Canberra. The Commonwealth War Graves Commission noted that 2025 carries particular significance as the 80th anniversary of the end of World War II, urging younger generations to preserve the memories of those who served.

In London, King Charles III led tributes at the Cenotaph, while UN Secretary-General António Guterres reminded nations that the lessons of the world wars should “guide humanity toward peace and cooperation.”

Historians have described this year’s observances as the “last of the living



▲ PM representative Minister of Education and Training Owen Nxumalo paid his respect to the World War II heroes during the Remembrance Day Service at UEDF headquarters at Nokwane.

memory” of the Second World War, with fewer than 100,000 veterans remaining worldwide a stark reminder of a generation’s fading presence and the enduring duty to remember their sacrifice.

### Over 2,000 Swazi soldiers served in World War II, historians confirm

More than 2,000 men from Eswatini then known as Swaziland served under the British Empire during the Second World War, according to newly revisited archival data and accounts from the Commonwealth War Graves Commission (CWGC) and local historians.

The revelation comes as the kingdom marks this year’s Umsizi Commemoration at Nokwane, honouring the country’s wartime contribution and its fallen heroes. The event, held on Sunday, was attended by senior government officials, security forces, and representatives of the royal household.

Historical records show that the Eswatini soldiers, mostly volunteers, were recruited through the British High Commission territories, which included Basutoland (now Lesotho) and Bechuanaland (now Botswana). Many served in the African Auxiliary Pioneer Corps and other logistical units in East Africa, North Africa, and the Middle East between 1940 and 1945.

“About 2,000 men from Eswatini joined the Allied war effort, providing essential labour and transport support to front-line operations,” said a former senior army officer who preferred to be anonymous a historian from the University of Eswatini. “Though they were not in combat roles, their contribution was vital to maintaining military supply chains and infrastructure.”

According to the CWGC, several Swazi servicemen are buried in Commonwealth war cemeteries in Kenya, Egypt, and Italy testifying to the global reach of their service. Many others returned home after the war to face economic hardship and limited recognition, a legacy that continues to inspire advocacy for veterans’ remembrance.

“These men left a small protectorate to serve in a world war that was not of



▲ Umbutfo Eswatini Defence Force Army Commander Moses Mashikilisane Fakudze.



▲ NatCom Vusi Manoma Masango also honoured the fallen heroes.

their making,” the former UEDF Officer added. “Their courage deserves permanent recognition in our national narrative.”

Eswatini, then under British colonial administration, responded to the 1939 call for assistance shortly after Britain declared war on Germany. Recruits were trained at Mbuluzi and Big Bend before deployment to Allied operations abroad.

While their numbers were small compared to larger nations, Eswatini troops formed part of a broader Southern African effort that saw over 100,000 men from the region

serve in various capacities.

As Eswatini observed this year’s commemoration, officials reflected on the sacrifice of those who never returned home. “We remember them not just as soldiers, but as patriots who carried Eswatini’s spirit across continents,” said Dr Absalom Themba Dlamini, who represented His Majesty King Mswati III at the ceremony.

Eighty years after the guns fell silent, the story of Eswatini’s wartime generation 2,000 strong remains a symbol of national pride and global solidarity.



Stories By Thokozani Mazibuko

DEPUTY Prime Minister Thulisile Dladla has urged the international community to strengthen global partnerships and cooperation to achieve meaningful social progress.

Dladla made the call in Doha, Qatar, where she represented His Majesty King Mswati III at the Second World Summit for Social Development (WSSD2), held from November 4 to 6, 2025. She was accompanied by the Minister of Sports, Culture and Youth Affairs, Bongani Nzima.

Speaking before world leaders, Dladla said inclusive development and poverty reduction can only be realized through shared responsibility and collaboration among nations.

“The challenges facing humanity today—poverty, inequality, and social exclusion—demand collective action,” she said. “No single country can overcome these on its own. We need strong partnerships built on trust, fairness, and mutual respect.”

The WSSD2 brought together global leaders to review progress since the first World Summit for Social Development and to chart a renewed path toward inclusive and sustainable development. Key discussions focused on eradicating poverty, expanding social protection, and ensuring equitable access to education and employment.

Dladla highlighted Eswatini’s continued ef-

# DPM Dladla calls for stronger global partnerships to drive social development

orts to strengthen social protection systems and promote community-driven initiatives that empower citizens, particularly women and youth. She said the kingdom’s policies are aligned with the United Nations Sustainable Development Goals (SDGs) and the African Union’s Agenda 2063, both of which prioritize social inclusion and good governance.

“For us, social development begins with empowering people to participate meaningfully in shaping their future,” she added. “That is why we continue to invest in education, health, and skills development.”

Minister Nzima said Eswatini also used the platform to share experiences on how cultural identity and youth empowerment contribute to social cohesion and national development.

The summit concluded with a joint declaration calling on governments to renew their commitment to social justice, strengthen institutional capacity, and expand international co-operation to meet global social goals.

Eswatini’s participation reaffirmed its position as an active player in global efforts to promote human development and inclusive growth.



▲ The Deputy Prime Minister Thulisile Dladla.

## E420k new waiting room to bring hope for renal patients at Mbabane Government Hospital

By Lwazi Dlamini  
The Minister of Health Mduduzi Matsebula is elated with the official opening of a new waiting room for renal patients at Mbabane Government Hospital.

The new facility which will renal patients receive much better care, dignity and comfort was opened on Friday.

Valued at E420 000, the modernized facility, marks a significant step in improving patient welfare and the overall hospital experience.

The new waiting room features comfortable seating, clean bathrooms, a kitchen area and two smart televisions which indicates a major upgrade from the previous arrangement where patients were forced to wait along the hospital corridor, often during Mbabane’s cold nights.

During the official opening of the new facility, Minister Mduduzi Matsebula said the initiative was driven by compassion and a deep awareness of the challenges faced by renal patients.

“This project was born from real stories that reached us through the media and during hospital visits. It was heartbreaking to see patients sitting in the passages late at night in this cold weather. We had to act and today we can proudly say that we have delivered,” Matsebula said.

Matsebula thanked Microprojects Programme, which completed the construction in record time and the Financial Services Regulatory Authority (FSRA) for donating the two smart TVs that now enhance the patient experience.

“We are working to bring essential services closer to the people. New medical equipment has been purchased and will soon be distributed to facilities in all four regions, we have also employed more doctors and nurses to strengthen dialysis services at Mbabane Government Hospital, Hlathikhulu and Manzini Nazarene,” the Minister said.

Matsebula then highlighted a remarkable progress in medicine availability, stating that stock levels had improved dramatically.

“We have moved from 30% two years ago to 80% today. Government is doing its best to pay suppliers on time and as a ministry, we remain dedicated to making the health



▲ Minister of Health Mduduzi Matsebula, Renal Association chairman Muzi Nhlabatsi and other government officials pose for a picture after the official opening of the new E420 000 waiting room for renal patient.

sector a better place for everyone,” he said. He added: “But we have not yet reached a level where we will be proud and where emaSwati will accept that the situation is now better. We will continue to work hard until the drug situation improves,” Matsebula emphasised the importance of building a resilient health system that can recover quickly from shocks.

On the employment of additional medical personnel for departments such as renal health, Matsebula acknowledged government’s efforts to assist the ministry, although the pace has sometimes been

slow due to financial constraints. He said the ministry would continue its efforts to procure medical equipment for hospitals across the country.

Previously, renal patients had to queue for dialysis at either the Mbabane Government Hospital and Raleigh Fitkin Memorial Hospital in Manzini.

“We have purchased some of the equipment such as the computed tomography (CT) scan. There was only one for the entire country but that has changed as more will be installed in the Shiselweni and Lubombo regions. People must get help close to where

they live,” the Minister stated.

The Minister also mentioned that the ministry had expanded its fleet, now estimated at about 90 vehicles, including ambulances. Matsebula expressed confidence that customer care in state health centres would also show signs of improvement.

Chairman of the Renal Association Muzi Nhlabatsi expressed appreciation for the two new waiting facilities, which are equipped with two smart TVs and a comfortable seating areas to keep patients warn and relaxed.



By Delisa Magagula

# Premier FMCG moves to acquire RFG Holdings

## ... workers in Eswatini brace for change



▲ The RFG staff entrance in Malkerns.

fruit production and processing facilities in Malkerns, which supply pineapple and other tropical fruit to regional and international markets.

The company owns and operates two large farms covering more than 2,200 hectares and produces roughly 28,000 tonnes of pineapple each season. These operations are Rainforest Alliance certified, reflecting compliance with environmental and labour standards.

In 2024, RFG invested part of a R324 million capital programme in upgrading its Eswatini production facilities and expanding processing capacity.

The Malkerns operation employs hundreds of seasonal and permanent workers, making it one of the largest agricultural employers in the region.

Premier FMCG, meanwhile, already has a strong footprint in Eswatini through its milling and bakery operations in Matsapha, which produce popular brands such as Blue Ribbon, S.U.B., and Iwisa.

The company acquired Eswatini Bakery in 2012 and the Eswatini Mill in 2014, steadily building its local manufacturing base.

With both companies active in the country's food manufacturing sector, the proposed merger would unite two of Eswatini's key employers under one parent company.

Industry observers say the merger could have significant implications for workers, supply chains, and the local economy.

The proposed merger requires approval from both RFG shareholders and the Competition Commission of South Africa, as well as clearance from relevant authorities in Eswatini, where both companies have operations.

According to the joint statement released in October, shareholders holding 77.7 percent of RFG's issued shares have already indicated support for the transaction.

If approved, RFG will be delisted from the JSE and integrated into Premier FMCG's structure.

Premier has stated publicly that the merger will not lead to large-scale job losses, and that existing management at RFG will remain in place for "continuity and operational stability."

Meanwhile Market analysts view the deal as part of a broader consolidation trend within the fast-moving consumer goods (FMCG)

industry.

A Johannesburg-based food sector analyst, speaking to Eswatini Daily News said the merger could create a stronger, vertically integrated regional powerhouse.

"The two businesses are complementary. Premier dominates in baked goods and staples like maize and wheat, while RFG is strong in convenience and canned foods. Together, they could achieve significant economies of scale and operational synergies," said the analyst.

He further said the success of such mergers often depends on how the companies manage cultural integration and workforce communication especially across borders like Eswatini.

However on the ground in Malkerns, uncertainty remains high. Workers say the lack of formal communication has fueled rumours that job cuts may follow the merger.

"It's the silence that's worrying. When management doesn't tell us what's happening, people assume the worst," one employee said.

Some employees say they are especially concerned about the company's December bonus payments, traditionally a key part of their annual income.

"If the new company takes over before Christmas, we don't know if we'll still get our bonus," another worker said.

Labour representatives contacted for comment said they were monitoring the situation closely. "We are aware of the proposed merger between Premier and RFG, and we are in communication with management to ensure that workers' rights are protected," said a representative.

"At this stage, there is no formal notice of retrenchment or change in employment terms, but we are demanding full transparency as the process unfolds," said another representative from the Ministry of Labour and Social Security.

Meanwhile Economist Dr. Mbongeni Dlamini, based in Manzini, said such mergers often bring both opportunities and challenges for smaller economies like Eswatini's.

"On one hand, an acquisition of this scale can strengthen investment and production capacity. But on the other hand, there's always the risk of rationalisation companies combining departments or cutting duplicate



▲ Siobhan O'Sullivan an Premier FMCG Executive.

functions," he said.

In addition he said it's important that the competition authorities look not only at market concentration but also at employment impact.

Worth noting, RFG's management insists that there are no immediate changes to staff structures, operations, or management reporting lines.

The company's internal communication to employees, notes that the acquisition is progressing through the necessary regulatory stages and that all employees will be kept informed as the process continues.

Despite that assurance, employees at the Malkerns plant say they will not relax until the matter is finalised.

Industry experts say that the ultimate impact of the deal will depend on how both companies manage their integration, especially in smaller markets like Eswatini.

"Workers need consistent communication. If handled carefully, the merger could create growth and secure jobs. But if communication fails, fear and misinformation could undermine morale and productivity," said a regional business consultant familiar with both firms.

The proposed merger remains under review, and both companies have declined to comment further until the shareholder vote and competition approvals are complete.



# Decomposed body found in Umbuluzi River

By Delisa Magagula

Police have launched an investigation into the mysterious death of a 30-year-old man from Nsingweni, whose decomposed body was discovered floating in the Umbuluzi River earlier this week.

According to a statement issued by the Deputy Police Information and Communications Officer (PICO), Nosipho Mnguni, the discovery has left both the community and the man's family in shock.

"The deceased was last seen by his family on Monday, November 3, 2025, and had not been heard from since," Mnguni confirmed. "His lifeless body was later found in a decomposed state at Umbuluzi River. Police

have since opened an enquiry file as part of investigations into the circumstances surrounding his death."

She said the Royal Eswatini Police Service (REPS) has intensified efforts to uncover what might have led to the tragic end of the young man's life. "We are currently working to gather evidence and establish the sequence of events that preceded his death," Mnguni added.

The Deputy PICO urged members of the public who might have any information relevant to the case to come forward. "Anyone with information that could assist the investigation is encouraged to contact Manzini Regional Criminal Branch Officer (RCBO) Mr. Thabo Hlophe at 7606 8570, or Acting Desk Officer Sergeant Mngometulu at 7607 6541," she said. "Alternatively, the public can dial 999/9999 or 112 in case of emergencies."

Police have not yet ruled out foul play, but

say all possibilities remain open as forensic investigations continue.

Meanwhile, community members around Nsingweni and Umbuluzi have expressed concern over the rising number of mysterious deaths and drownings in the area, calling for tighter security and quicker police intervention when disappearances are reported.

The deceased's family is reportedly awaiting official post-mortem results to determine the exact cause of death.

**66**  
We are currently working to gather evidence and establish the sequence of events that preceded his death.

**99**

▲ Police Information and Communications Officer Nosipho Mnguni.



## Woman nabbed for embezzling over E87,000 in rent money

A 37-year-old woman from Motjane has been arrested and charged by the Manzini Police for allegedly stealing over E87,000 that was meant for office rental payments over a two-year period.

According to a statement issued by the Deputy Police Information and Communications Officer (PICO), Nosipho Mnguni, the suspect was entrusted by her employer with handling monthly rental payments for the company's premises. However, investigations revealed that she failed to make the payments from September 2023 to September 2025, despite the funds being regularly withdrawn from the business accounts.

"The suspect allegedly diverted a total of E87,444.00 for her personal use," said Mnguni. "Her employer discovered the irregularities after realizing that rent for the premises had not been paid for two years, even though the funds had been disbursed."

Police reports indicate that upon realizing her employer had uncov-

ered the fraud, the suspect fled from her workplace in an apparent attempt to evade accountability. Her escape, however, was short-lived.

"She was arrested on November 7, 2025, and charged with theft," Mnguni confirmed. "She is expected to appear before the Manzini Magistrates Court soon to face the charges." The case has drawn public attention as yet another example of growing financial misconduct in workplaces, prompting calls for businesses to strengthen internal control systems and ensure greater oversight in financial management.

Police have since urged employers to closely monitor entrusted funds and report suspected financial irregularities promptly to help curb white-collar crime.

Meanwhile, On 06/10/2025 at 23:40 hours, a 29 year-old man of Mkhitsini died after being stabbed two times on the chest with a knife while at Mkhitsini area. The next day, on 07/11/2025, a 26 year old man of Mkhitsini was arrested and charged for the case and is expected to appear before Nhlangano Magistrate Court on Monday.

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By Delisa Magagula

# Woman hospitalised after drinking 2 glasses of wine

A woman from Makholokholo was hospitalised after consuming two glasses of wine.

According to the woman, the wine might have been spoiled or counterfeit, this is an incident that raises fresh concerns about alcohol safety amid rising counterfeiting and taxation pressures in Eswatini.

The incident occurred after the woman purchased a five-litre of Rusthof-branded wine from a Shoprite at a Ezulwini Gables in Ezulwini.

She reported that the wine appeared brown with a dusty sediment at the bottom of the glass and was abnormal in smell and taste. After becoming unwell, she sought medical attention and was admitted to the hospital.

Before being hospitalised, the woman returned to Shoprite Ezulwini Gables and was granted a refund for the wine. She subsequently told this publication that she intends to sue the company responsible for the wine's production Rusthof Wines (Pty) Ltd, a South African-based firm.

Rusthof Wines responded in writing via email acknowledging that there has been an increased counterfeit production of its wines which the company said it is not able to fully control.

This admission raised questions about the supply chain and controls over the authenticity of imported beverages.

"I believe the wine was counterfeit. The expiry date was awkward, and the box design was not the one I've bought before. I trusted the brand. I drank two glasses and ended up in the hospital. I want compensation," said Nok'phila Hlophe.

Meanwhile, Sales Manager at the Gables Shoprite Samkeliso Shabangu, said the company was aware of the issue of counterfeit or substandard alcoholic beverages and that Shoprite is working extra hard to maintain proper standards for foods and beverages.

"We have put in additional inspections at our stores, and we are cooperating with suppliers and regulators to ensure product safety," said Shabangu.

Worth noting the incident comes amid broader policy changes and warnings about the risks of counterfeit alcohol in Eswatini and the wider Southern Africa region.

In August 2025, the government introduced an Alcohol and Tobacco Levy Amendment Bill that increased the levy on imported alcohol from 7 % to 10 %, while maintaining lower rates for locally produced alcohol.

The measure is part of what is commonly called 'sin tax' policy, aimed at both raising revenue and encouraging consumption of locally produced beverages.

Industry observers say the higher taxation on imported alcohol may create market distortions that can fuel the illicit trade of counter-

... illicit alcohol reaches an estimated E25.1 billion in 2024

feit or sub-standard alcohol products.

Meanwhile, a report by the Organisation for Economic Co-operation and Development (OECD) on illicit trade in high-risk sectors highlights that counterfeit alcohol is deliberately mislabelled and sold as registered brands, and that Eswatini has been identified as a source of such activity across borders. An investigative report by various media houses found that illicit alcohol now makes up an estimated 18 % of all alcohol sold in the region, with consumers exposed to dangerous chemicals and adulteration.

In addition, a border-control framework shows that Eswatini's customs authority lists alcoholic drinks among items subject to interdicting illegitimate trade.

The combination of higher import levies, porous borders, and profitable counterfeiting activities creates a complex challenge. The woman's case puts these issues into sharp relief at the consumer level.

The woman has taken photographs of the bottle, box and expiry date and is preparing legal action against Rusthof Wines.

She said the refund from Shoprite was appreciated but not sufficient given the hospitalisation and the risk to her health

"I want the company that made the wine to take responsibility," said Hlophe.

Rusthof Wines, in a written response via the Rhos publication, said it remains aware of increased counterfeit production of our wines in the region and the company cannot be fully in control of copies or adulterated products bearing our brand.

The company emphasised that it works with importers and retailers to trace and mitigate such instances.

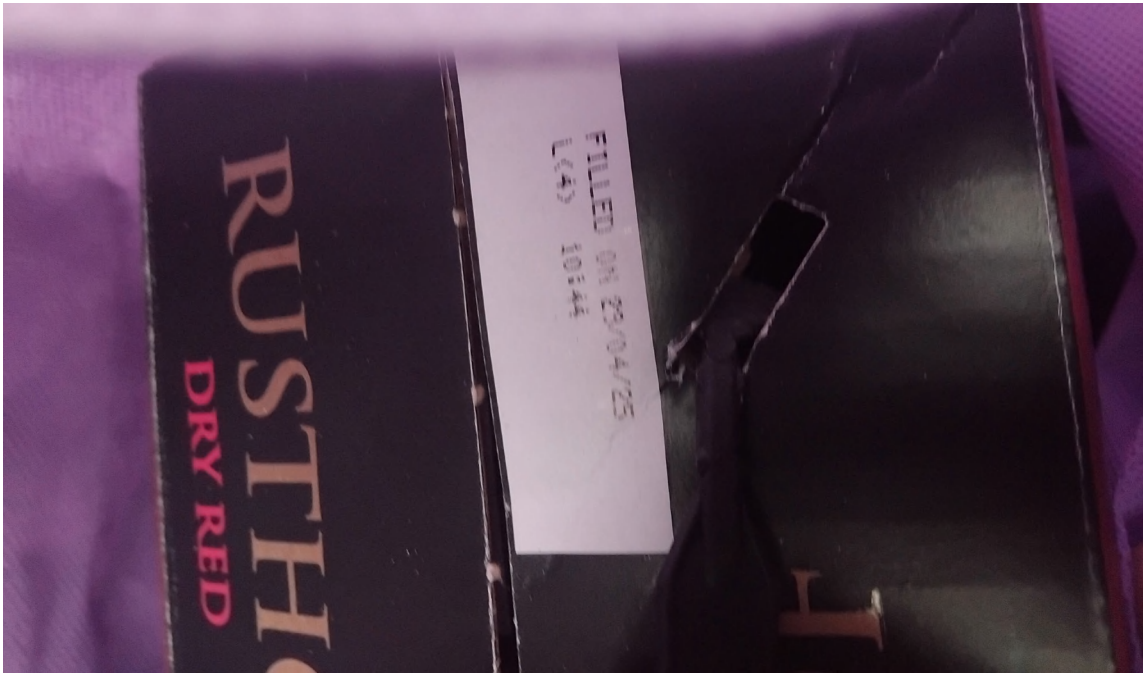
Samkeliso Shabangu, acknowledged the matter and said that the retailer is reviewing its supply chain procedures.

"We want to assure our customers that we take product safety seriously and we are committed to maintaining international and local standards. Any flagged product will be removed and investigated," he said.

Doctor Mandlazi offering insights said counterfeit alcohol may not only be sub-standard but can also contain toxic substances such as methanol, which may cause acute poisoning, blindness or death.

Global travel-health resources say counterfeit drinks are a serious public health risk.

"In the case of the Makholokholo woman, the appearance of sediment, colour change and odd



▲ The box of wine showing the date in which it was filled.

expiry date are red flags for adulteration or spoilage. Her hospitalisation underscores the real health risks posed by products that have bypassed standard safety checks," said Mandlazi.

Eswatini's customs and excise arm lists alcoholic drinks as among the categories of goods subject to monitoring for illegitimate trade.

The OECD report on illicit trade noted that counterfeit alcohol in Eswatini was identified among border-control seizures and that low enforcement capacity and weak regulatory oversight make the country vulnerable.

In response to rising policy attention, the government has stressed that the new levy on imported alcohol is meant to protect local industry and jobs.

Yet industry bodies such as Business Eswatini have warned that increased levies could drive consumers to cheaper, unregulated products and thereby contribute to illicit trade.

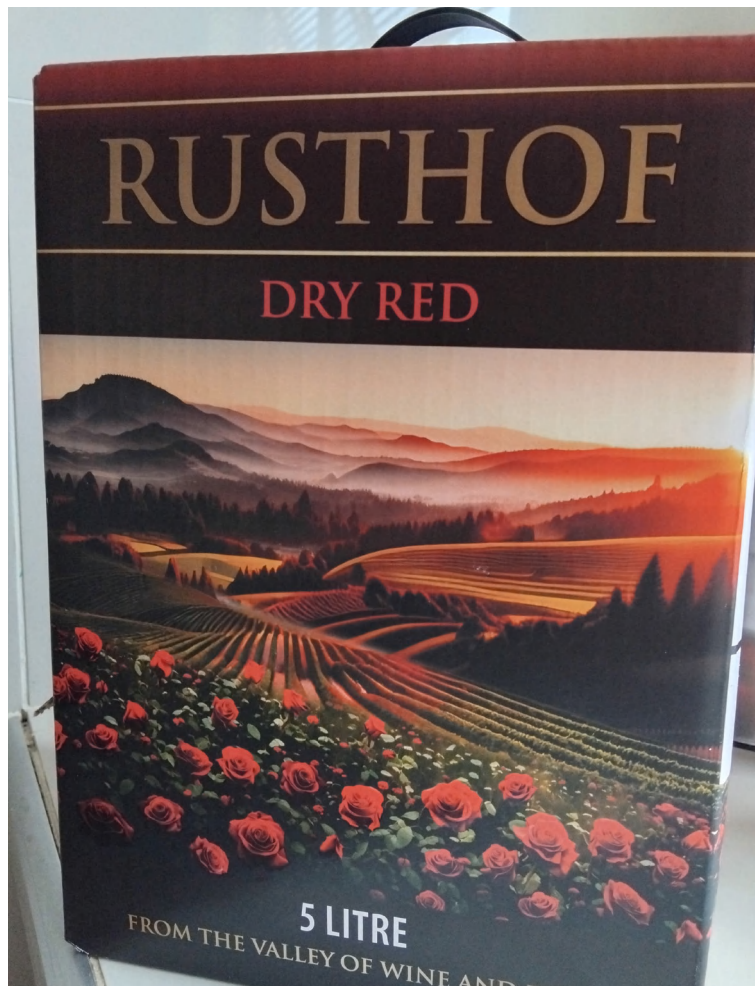
The DF-SA study's key findings paint a concerning and detailed picture of illicit market expansion. The report revealed that the volume of illicit alcohol has escalated dramatically, witnessing a 55 per cent rise since 2017.

This trajectory shows a jump from 498,000 hectolitres in 2017, to 665,000 hectolitres in 2020 and further to an estimated 773,000 hectolitres in 2024. To clarify, one hectolitre is equivalent to 100 litres.

This demonstrates a consistent upward trend in the availability and consumption of unverified alcohol.

Secondly, it uncovered that illicit alcohol now accounts for a substantial 18 per cent of all alcohol sold in South Africa.

This alarming figure not only reflects the aggressive growth of il-



▲ The wine that landed the woman in hospital.

legal trade, but also highlights how these unregulated products are seizing a considerable portion of the market, even amidst the legal market's recovery post-Covid-19 pandemic.

To provide a tangible example of this volume, the study indicates that it equates to every South African adult, above the legal drinking age, consuming the equivalent of 750ml of beer per week, throughout an entire year.

This vivid illustration underscores the sheer scale of illicit alcohol consumption and its potential reach into communities.

The study also revealed that illicit alcohol reached an estimated E25.1 billion in 2024, a significant leap from E20.5 billion in 2020 and E12.8 billion in 2017. This upward financial trend suggests a highly lucrative, sophisticated and rapidly expanding criminal enterprise.

Worth noting, last month the Royal Eswatini Police Service (REPS) confiscated alcohol and home-brewed beer called 'Mankanjane'. The deadly concoction made from rotten maize, sugarcane and other harmful substances, has left a trail of death across Eswatini.



BUSINESS NEWS

BUSINESS BRIEFS

EYA winners praise FNB, SEDCO for boosting entrepreneurship

ENTREPRENEURS celebrated at the 2025 Entrepreneur of the Year Awards (EYA) gala on Friday night have expressed their gratitude to FNB Eswatini and the Small Enterprises Development Company (SEDCO), saying the support and recognition have strengthened their businesses and raised their profiles across the Kingdom.

Stock market hits speed bump

NEW YORK — The stock market's recent weakness marked a speed bump in a rally that had driven stocks to a series of record highs, but many investors view the pullback as a breather rather than a sign of deeper trouble. The S&P 500 has fallen 2.4 per cent over the last eight sessions as investors fretted over the state of the U.S. economy and elevated valuations of artificial intelligence and technology stocks — sectors that have powered the market this year.

'Visa and Mastercard near settlement with merchants'

U.S. payment firms Visa and Mastercard are nearing a settlement with merchants by lowering fees stores pay and giving them more power to reject certain credit cards, the Wall Street Journal reported on Saturday, citing people familiar with matter. Visa and Mastercard would trim interchange fees, typically 2 per cent to 2.5 per cent per transaction, by an average of about a tenth of a percentage point over several years, the Journal reported citing sources.

**FX RATES**

Notes/Cash	Buy	Sell
U.S. Dollar	16.8452	17.3119
G.B. Pound	22.6328	23.3083
EURO	19.7921	20.3994
Bank Rate (July 2023)		7.50%
Prime Rate (July 2023)		11%
Inflation (July 2023)		4.5%
Petrol	E21.60/Litre	
Diesel	E22.90 /Litre	
Paraffin	E17.25/Litre	

King urges private sector to back entrepreneurs

By Delisa Magagula

HIS Majesty King Mswati III has called on the private sector to take a more active role in nurturing entrepreneurship by sponsoring national initiatives such as the Entrepreneur of the Year Awards (EYA).

Speaking during the 2025 EYA National Gala Dinner held at the Mavuso Trade and Exhibition Centre on Friday, the King said the private sector must walk the talk in promoting Eswatini's economic growth.

"The private sector must invest directly in the country's entrepreneurs by sponsoring platforms that recognise and empower them. This event is not just about awards it is about shaping Eswatini's future through enterprise," said His Majesty.

The EYA programme, run by the Small Enterprises Development Company (SEDCO), recognises outstanding micro, small, and medium enterprises (MSMEs) across all four regions.

Over the years, it has become Eswatini's leading platform for identifying innovative and resilient entrepreneurs contributing to national development. This year's competition drew more than 400 entries, highlighting growing participation in the MSME sector.

His Majesty said this level of engagement shows that Eswatini's youth and business community are ready to drive national economic



▲ His Majesty King Mswati III makes his address during the EYA Awards.

transformation if given adequate support.

He urged business leaders and financial institutions to support SEDCO's efforts through sustained sponsorships and partnerships, noting that such investments directly benefit communities and stimulate job creation.

"The future of our economy depends on the success of these entrepreneurs. When you invest in them, you invest in Eswatini," he said.

The King's remarks came as the country con-

tinues to prioritise entrepreneurship as a central pillar in its post-Covid-19 recovery strategy.

He emphasised that entrepreneurship remains the most sustainable path to economic resilience, job creation, and innovation.

This year's overall EYA winner was Duncan Dlamini of DJD Investments, representing the Lubombo region. Regional winners were also honoured for their contributions to the country's growing MSME landscape.

His Majesty lauds over E2 million sponsorship

By Delisa Magagula

HIS Majesty King Mswati III has commended the more than E2 million raised in sponsorships for the 2025 Entrepreneur of the Year Awards, saying the financial backing demonstrates confidence in Eswatini's entrepreneurs.

Addressing guests during the gala dinner on Friday, the King said the sponsorship reflects the private sector's belief in the importance of empowering local businesses.

"When there is no money, there is no business. Finance is the lifeblood of enterprise. I urge Emaswati to get into business, to keep our economy at home, and to circulate money within Eswatini," said the King.

He noted that strong local investment can help the country achieve greater economic independence, reduce reliance on imports, and build wealth within communities.

The King further praised the sponsors for stepping forward to support the awards, describing their contribution as an example of good partnership between the private sector and government.

The E2 million raised will fund national and regional EYA events, mentorship programmes, and capacity-building initiatives for MSMEs throughout 2026.

SEDCO CEO Khethiwe Mhlanga said the expanded sponsorship will help ensure that win-



▲ His Majesty posing with the winner Duncan Dlamini.

ners such as Duncan Dlamini receive not only financial rewards but also long-term business development support, training, and exposure to new markets.

His Majesty also reiterated his vision of producing the country's first Liswati billionaire entrepreneur, a goal he described as a challenge to every business-minded citizen.

"Eswatini must not only consume but create. Every successful entrepreneur adds strength to our national economy," he said.

The King encouraged the youth to adopt a mindset of innovation, stressing that business should be seen as a national duty rather than a personal pursuit.

He said the EYA continues to prove that with

dedication and proper support, local entrepreneurs can compete on regional and international levels.

The dinner closed with a renewed sense of optimism among entrepreneurs and sponsors alike.

SEDCO confirmed that follow-up activities, including workshops and mentorship sessions, would roll out in early 2026 to build on the momentum created by this year's awards.

Worth noting, EYA has been running for over two decades, serving as a platform for discovering and celebrating Eswatini's business talent. It continues to highlight the role of small businesses as engines of economic growth and social progress.



By Delisa Magagula

# EYA winners praise FNB, SEDCO for boosting entrepreneurship

... King highlights role of business in national growth

ENTREPRENEURS celebrated at the 2025 Entrepreneur of the Year Awards (EYA) gala on Friday night have expressed their gratitude to FNB Eswatini and the Small Enterprises Development Company (SEDCO), saying the support and recognition have strengthened their businesses and raised their profiles across the Kingdom.

During the awards ceremony held at the Mavuso Trade and Exhibition Centre, winners highlighted the importance of sponsorship and mentorship in helping them achieve their business goals.

Several finalists said the awards had provided validation for their efforts, opening doors to opportunities they had not previously imagined.

“The support from FNB and SEDCO has been instrumental,” said Gugu Magagula, winner of the National Outstanding Youth-Owned Business for Grow Pure Farm Produce.

She said being recognised nationally has given us credibility and encouraged customers and partners to take us seriously.

Similarly, Thabile Nsibande, awarded National Outstanding Women-Owned Business for Impero Investments t/a Haven Guard Security, thanked the sponsors for creating platforms that enable entrepreneurs to grow.

“FNB’s sponsorship of this award has been a game-changer. It’s not just about the prize money it’s about being seen, being valued, and gaining the confidence to expand our business,” she added.

The awards ceremony was graced by His Majesty King Mswati III, who emphasised the critical role of entrepreneurship in Eswatini’s economic development.

The King encouraged business owners and aspiring entrepreneurs to continue creating and expanding small businesses that contribute to national growth.

“As we gather here today, each of us plays a vital role in advancing the Kingdom’s economy. I encourage all business people to make full use of this opportunity to address their challenges and find solutions that will foster progress,” His Majesty said.

In the agribusiness category, Fortune Maseko of Fortune Piggery, who received the National Outstanding Agribusiness award, noted that the recognition had already helped attract new clients and partners.

“SEDCO’s programme and FNB’s sponsorship put us on. We now have networks that were previously out of reach, and this will help us grow sustainably,” Maseko said.

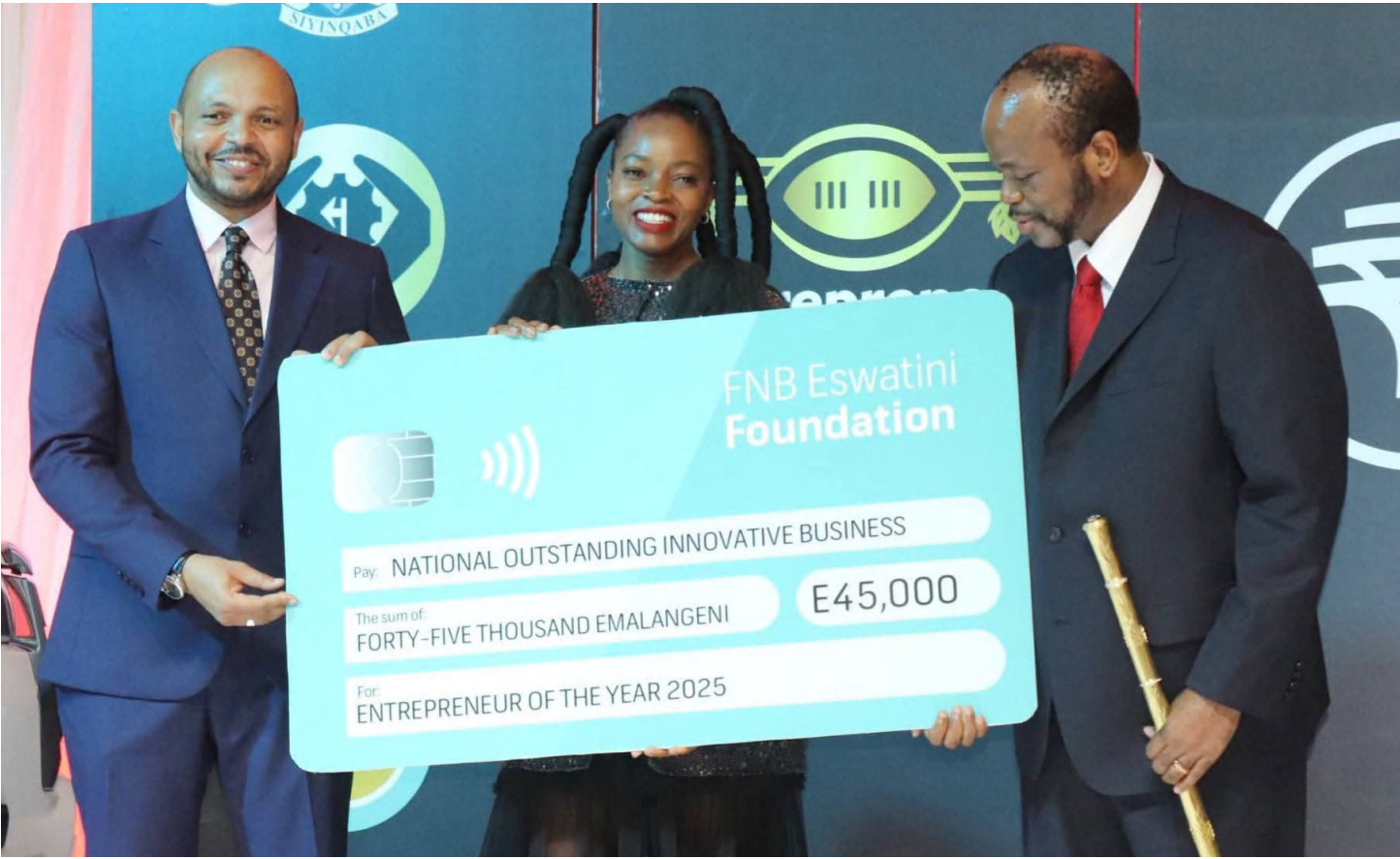
Meanwhile the crowned Entrepreneur of the Year, Duncan Dlamini, Director of DJD Investments (Pty) Ltd T/A DJD Pork, also thanked the sponsors, describing their backing as transformative for his business.

Dlamini received a brand-new bakkie worth over E600 000, courtesy of FNB Eswatini, marking the highest recognition in the national awards.

“I am grateful to FNB for their investment in entrepreneurs like myself. The King’s presence and endorsement further highlight the importance of small businesses in our country. This recognition is not just for me it represents all the work our team has done to grow local agribusiness,” he said.

Other winners of the 2025 EYA included:

- National Outstanding Street Vendor: Sibongile Simelane, Benguni Handicrafts
- National Outstanding Handicraft Business: Cebisile Dlamini, Busy Hands Visual Art



▲ Ziphon Thorne accepting her cheque in the presence of His Majesty King Mswati III.

- National Outstanding Start-up Business: Khethukulunga Msibi, Lawn Craft Investments
- Outstanding Business Owned by a Person with Disability: Nomcebo Dlamini, Network of Businesswomen with Disability
- National Most Innovative Business: Nozipho Thorne, Mongi Botanical
- National Most Techno-Savvy Business: Majaha Nkambule, Red Apple Technologies
- National Outstanding Green Business: Malibongwe Xaba, Ehome Africa

Winners stressed that while the awards offer tangible prizes, including cash and vehicles, the broader value lies in the visibility, mentorship, and credibility gained through recognition.

Many said the awards provide a platform to showcase innovation, gain exposure, and build relationships with investors, customers, and government stakeholders.

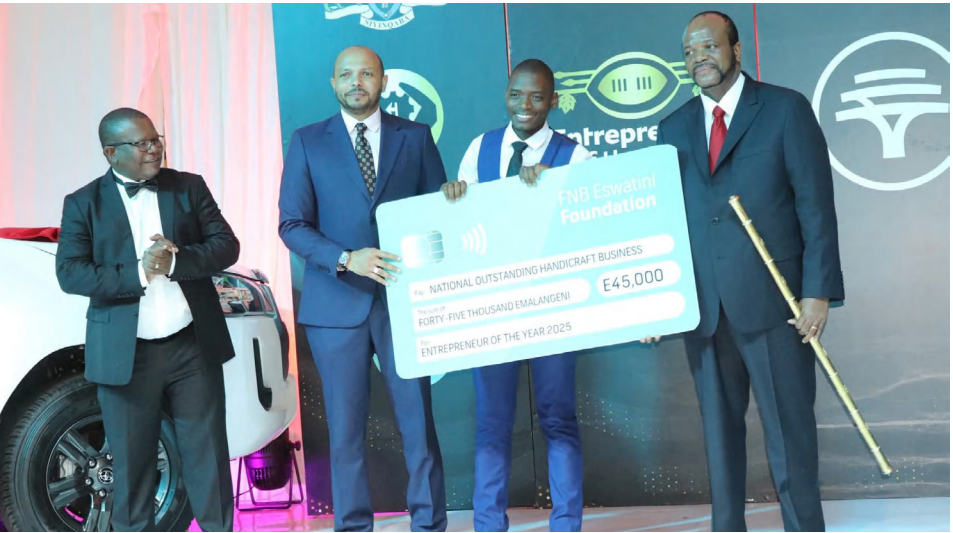
“This event shows that with the right support, Eswatini’s entrepreneurs can compete on a national and regional level,” said Nomcebo Dlamini, adding that FNB’s sponsorship had been critical in helping her business reach new markets.

SEDCO officials highlighted that the awards aim to create sustainable opportunities for entrepreneurs and to foster a culture of innovation in the Kingdom.

They said the ongoing partnership with FNB demonstrates the impact of private-sector investment in small businesses.

His Majesty also lauded the role of sponsors in nurturing entrepreneurship, noting that support from financial institutions and development agencies is essential to advancing the Kingdom’s economic growth.

“Tonight, we witness the continued growth of entrepreneurs across the Kingdom, which is truly inspiring,” the King said.



▲ One of the E45,000 prize winners.



▲ Some of the winners on the night.

The ceremony closed with winners expressing their commitment to reinvesting in their businesses and communities, ensuring that the support and recognition received through the EYA programme translate into tangible economic impact.

For many of Eswatini’s small business owners, the awards and the backing of FNB and SEDCO represent both validation and a springboard for growth, giving hope that entrepreneurship can be a cornerstone of national prosperity.



By Saqib Iqbal Ahmed and  
Laura Matthews

# Stock market hits speed bump ... but investors stay on bullish path



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

NEW YORK — The stock market’s recent weakness marked a speed bump in a rally that had driven stocks to a series of record highs, but many investors view the pullback as a breather rather than a sign of deeper trouble.

The S&P 500 has fallen 2.4 per cent over the last eight sessions as investors fretted over the state of the U.S. economy and elevated valuations of artificial intelligence and technology stocks — sectors that have powered the market this year.

“It’s a speed bump. It’s not a wall that you’re going to ram the car into and have a bit more damage than anyone is planning for,” said Raheel Siddiqui, senior investment strategist at Neuberger Berman Global Equity Research Department.

“Whether it’s something more than a simple correction, a recession or a bear market or something more sinister? I don’t believe we have the preconditions for that,” he said.

Despite jitters over valuations and market concentration, the bull market has strong underpinnings that encourage risk-taking: the Federal Reserve’s easing of financial conditions, the AI-driven boom in capital expenditures, and a supportive economic backdrop, investors said.

“I don’t really see a significant change in positioning; I don’t see a significant change in sentiment,” said Chris Dyer, co-head of Eaton Vance Equity and portfolio manager for global equity portfolios in London.

“That’s not to say that that couldn’t happen. I just don’t think that we’re seeing it at this point.”

## The old normal

Part of the reason the stock market pullback has drawn attention is that market drops have been rare since the tariff-induced selloff in April subsided, investors said. The S&P 500 has not fallen more than 3 per cent from its most recent high since April.

The selloff was “just a reminder that volatility exists and is normal,” said Mike Reynolds, vice president of investment

strategy at Glenmede Wealth Management.

The volatility does not stem from a fundamental shift in the outlook for stocks, investors said.

“What we are starting to see now is some fear of heights and profit taking,” said Tobias Hekster, co-chief investment officer at True Partner Capital. “I don’t think we are seeing any meaningful unwinding yet.”

The bigger risk is overreacting to the market weakness, said David Wagner, head of equities and portfolio manager at Aptus Capital Advisors.

“I legitimately think one of the biggest risks that an investor could do right now is to take money off the table.”

While near-term worries may have buffeted stocks in recent sessions, the longer-term outlook remains positive, said Phil Orlando,

chief market strategist at Federated Hermes.

“Could there be a little chop, a little increased volatility over the course of the next couple of quarters? Absolutely, but we would view that as a buying opportunity.”

The U.S. economy argues against a market crash, investors said, with faster second-quarter growth than previously estimated amid strong consumer spending. Surging business investment is expected to offset weaker growth in consumption and global trade and keep the economy growing, a National Association for Business Economics survey showed.

“When you look at the fundamentals in the economy around the world, the U.S., emerging markets are experiencing strong growth and while there is some weakness that is at a healthy level,” said Victor Zhang,

chief investment officer for American Century Investments, which manages around \$300 billion.

However, with the S&P 500 up 14 per cent for the year and the Nasdaq up 19 per cent, analysts broadly agreed that the selloff risks picking up steam and news on the economy could turn negative. With fresh official data on the economy missing due to the U.S. government shutdown, investors have to figure out the appropriate weight to put on each new unofficial report, raising the risk of overreaction.

“Bull markets don’t die of old age; they die of fright,” said Sam Stovall, chief investment strategist at CFRA, who sees potential for further market weakness. “What they are most afraid of right now is a recession.” (Reuters)

## ‘Visa and Mastercard near settlement with merchants’

By Olesya Astakhova, Ahmad  
Ghaddar and Alex Lawler

U.S. payment firms Visa and Mastercard are nearing a settlement with merchants by lowering fees stores pay and giving them more power to reject certain credit cards, the Wall Street Journal reported on Saturday, citing people familiar with matter.

Visa and Mastercard would trim interchange fees, typically 2 per cent to 2.5 per cent per transaction, by an average of about a tenth of a percentage point over several years, the Journal reported citing sources. The companies would also ease rules that currently require merchants accepting one network credit card type to accept all of them.

Mastercard and Visa declined a Reuters request for comment. Reuters could not immediately verify the report.

The deal, which is expected soon, would

divide credit-card acceptance into several categories such as rewards cards, no-rewards cards and commercial cards, under the current talks, the Journal reported.

The settlement aims to resolve a legal battle dating back to 2005.

Last year, the global payment technology companies agreed to an estimated \$30 billion settlement to cap merchant card fees where the companies agreed to cut swipe rates by at least 0.04 percentage points for three years and keep the average rate seven basis points below the current level for five years.

Visa and Mastercard denied wrongdoing in agreeing to settle.

Merchants have long accused Visa and Mastercard of charging high swipe fees, or interchange fees, when shoppers used credit or debit cards, and barring them through “anti-steering” rules from directing customers toward cheaper means of payment.

The new settlement being discussed also would involve surcharging, the Journal reported citing people familiar with the matter. (Reuters)



▲A payment terminal is displayed next to a logo of Mastercard.



# Eswatini Mobile launches new 5GB daily data bundle

...Customers to enjoy 5GB for just E10 as network continues expanding nationwide



▲ Eswatini Mobile's head of communications Nosipho Xaba making her remarks during the meet and greet session on Thursday.



By EDN Reporter

**E**swatini Mobile has once again proven that it listens to its customers. The network has introduced a new daily data bundle, giving customers even more value

for their money.

Customers must top up E10 then convert it to 5GB by dialing \*251#. This bundle will be available on specific days as and when communicated to customers.

According to the company, this product does not replace the usual 1GB bonus data that customers receive when they purchase airtime worth E10 or more - that offer remains unaffected. Even when they buy the new 5GB daily bundle, customers will still get the 1GB bonus data.

This exciting new product, available on selected days with terms and conditions applying, is part of Eswatini Mobile's ongoing commitment to ensuring affordable, reliable, and accessible communication services.

Speaking on the development, Head of Commercial, Nosipho Xaba, said the company continues to evolve in response to customer needs and usage trends.

"We have seen how much our customers value data, not just for entertainment, but for work, education, and staying connected with loved ones," said Xaba.

"As a brand that puts people first, we felt it was only right to give our customers more data for the same price. The 5GB is our way of saying thank you for the continued support and trust in Eswatini Mobile."

"We're giving our customers more choices and flexibility," Xaba added. "By dialling \*251#, they can access exclusive data deals available on specific days, and we encourage everyone to stay updated through our official social media platforms and take note of the SMS communication for announcements and availability."

Beyond offering attractive products, Eswatini Mobile continues to strengthen its network coverage to ensure a smooth and reliable customer experience.

"We understand that great offers mean little without strong connectivity," Xaba said. "That's why we've been expanding our footprint across the country. To date, we have an ongoing project of rolling out 26 new base stations, with 14 already live in key areas such as Kwaluseni, Dvokolwako, Moneni, Nkoyoyo, and Matjodvweni, among others," she said.

She emphasized that these efforts are part of Eswatini Mobile's broader mission to make high-quality communication accessible to everyone in the Kingdom, cementing its position as "Your Affordable Network."

With the upgraded bonus data, Eswatini Mobile continues to redefine value and convenience, ensuring that customers stay connected, informed, and entertained, no matter where they are.

# More Data 4U!

Chat, stream and surf with our new **5GB Anytime Data** Bundle for just **E10** valid for **24hrs**

**BUY**

**5GB FOR E10**

**DATA**

**More 4U!**

**Terms and Conditions Apply.**

**Dial \*251# to buy the**



SCIENTISTS are observing the most energetic flare ever seen emanating from a supermassive black hole, apparently caused when this celestial beast shredded and swallowed a huge star that strayed too close.

The researchers said the flare at its peak was 10 trillion times brighter than the sun. It was unleashed by a black hole roughly 300 million times the mass of the sun residing inside a faraway galaxy, about 11 billion light-years from Earth. A light-year is the distance light travels in a year, 5.9 trillion miles (9.5 trillion km).

Black holes are extraordinarily dense objects with gravitational pull so strong that not even light can escape. Most galaxies are thought to have one at their center. The black hole in this research is extremely massive - more so, for instance, than the one at the center of our Milky Way that possesses roughly 4 million times the mass of the sun.

The researchers said the most likely explanation for the flare is a large star being pulled into the black hole. As material from the ill-fated star falls inward, it causes a flare of energy when it reaches the black hole's point of no return.

The researchers believe the star was at least 30 times, and perhaps up to 200 times, the mass of the sun. It may have been part of a population of stars orbiting in the vicinity of the black hole and somehow was sent too close through some interaction with another object in the neighborhood, the researchers said.

"It seems reasonable that it was involved in a collision with another more massive body in its original orbit around the supermassive black hole which essentially knocked it in," said Caltech astronomer Matthew Graham, lead author of the study published on Tuesday in the journal Nature



# Star-eating black hole unleashes record-setting energetic flare

Astronomy, opens new tab.

"It was put on a much more elliptical orbit, which brought it much closer to the supermassive black hole at its closest pass - too close, it turns out," Graham added.

Supermassive black holes are surrounded by a disk of gas and dust being drawn inward after being caught by their gravitational strength.

"However it happened, the star wandered close enough to the supermassive black hole that it was 'spaghettified' - that is, stretched out to become long and thin, due to the gravity of the supermassive black hole strengthening as you get very close to it. That mate-

rial then spiraled around the supermassive black hole as it fell in," said astronomer and study co-author K.E. Saavik Ford of City University of New York Borough of Manhattan Community College and Graduate Center.

The flare would be the result of the gas from the shredded star heating up and shining as it falls into oblivion.

The star thought to be involved was unusually massive.

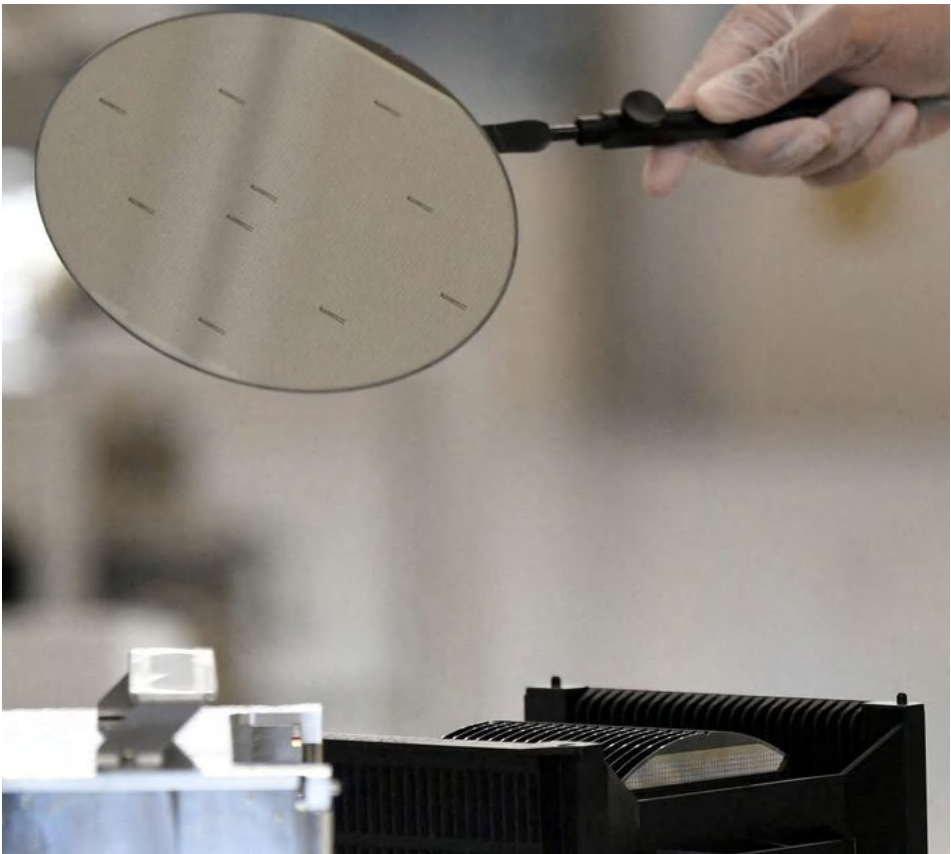
"Stars this massive are spectacularly rare both because smaller stars are born more often than massive ones, and because very massive stars live very short lives," Ford said.

The researchers suspect that stars that orbit near a supermassive black hole can increase in mass by attracting some of the material swirling around the black hole, making them abnormally large.

The researchers observed the flare using telescopes in California, Arizona and Hawaii. They considered other possible causes such as a star exploding at the end of its lifetime, a jet of material streaming outward from the black hole or a phenomenon called gravitational lensing that could have made a fainter event look more powerful. None of these scenarios fit the data.

(Reuters)

## Some Nexperia chip shipments resume as Germany welcomes 'de-escalation'



▲ An employee works with a wafer in a production line of Dutch semiconductor company Nexperia, in Hamburg, Germany.

SEMICONDUCTOR maker Nexperia has resumed some shipments of its vital chips, auto executives said on Friday, with Germany welcoming signs of de-escalation in a fight for control of the company that has rattled the car industry.

Nexperia, Chinese-owned but based in the Netherlands, makes billions of simple but ubiquitous chips for cars and other

electronics. Supply of those chips has been snarled since a dispute between Amsterdam and Beijing over technology transfers amid a broader U.S.-China trade war.

"The de-escalation and continuation of negotiations between the Netherlands and China are very welcome at this point," said a spokesperson for the economy ministry in Germany, Europe's biggest car manufacturer.

The ministry remains hopeful that "short-

term individual permits will quickly reach the industry", allowing Nexperia's chip shipments to resume, the spokesperson added.

German Chancellor Friedrich Merz said there were positive signals that deliveries could restart, "possibly within the next few hours".

The Dutch government took control of Nexperia on September 30, saying its Chinese owner Wingtech (600745.SS), opens new tab, was planning to move the company's European production to China and that this would pose a threat to European economic security.

China responded by cutting off exports of the company's finished chips, which are mostly packaged in China. It said however this weekend it would begin accepting applications for exemptions, following a meeting between U.S. President Donald Trump and Chinese President Xi Jinping.

### AUMOVIO, VOLKSWAGEN, HONDA REPORT MOVEMENT IN DELIVERIES

Germany's Aumovio (AMVon.DE), opens new tab, one of the automotive suppliers facing pressure on supply chains, has secured deliveries of Nexperia's chips from China, Aumovio's chief executive told Reuters on Friday.

It was the first supplier to confirm an exemption had been approved from Chinese export controls put in place after the Netherlands seized control of Nexperia, citing concerns about its Chinese parent Wingtech

The car industry has received its first deliveries of chips, Volkswagen's (VOWG.DE), opens new tab China chief told German daily Handelsblatt.

"After the agreement with the United States, the Chinese Ministry of Commerce reacted quickly and announced that it would grant short-term special permits," said Ralf

Brandstaetter, board member for China at Europe's largest carmaker.

How sustainably this system will function, he said, depends in particular on relations between the United States and China.

Honda (7267.T), opens new tab, Japan's second-largest automaker, also reported signs of movement in deliveries.

"As of now, we have received information that shipments have started in China," Honda Executive Vice President Noriya Kaihara said. "Looking ahead, it is difficult to say anything definitive," he said, adding the company was working towards resuming production at affected sites from late next week.

Honda suspended output at a Mexican plant last week and adjusted operations in the U.S. and Canada.

### THREAT TO AUTO PRODUCTION IF NO SOLUTION FOUND

Nexperia said it couldn't confirm that its chip supplies had restarted. However, "we would assume that the flow of our products can resume soon" now that the Chinese trade ministry had said it would issue exemptions, a spokesperson said.

Wingtech declined to comment.

Automotive suppliers like Aumovio and ZF rushed to apply for exemptions while preparing to furlough workers at production sites if no solution was found.

European carmakers like Volkswagen cautiously held onto their 2025 forecasts in the third quarter as they limp towards the end of another bruising year, but have warned of looming chip shortages in their supplier networks.

(Reuters)



U.S. President Donald Trump has been talking up the prospects of Saudi Arabia agreeing to normalise ties with Israel, but it is unlikely to happen when Saudi Crown Prince Mohammed bin Salman visits the White House this month.

The establishment of diplomatic relations between Israel and Saudi Arabia after decades of enmity could shake up the political and security landscape in the Middle East, potentially strengthening U.S. influence in the region.

Trump said last month he hoped Saudi Arabia would “very soon” join other Muslim countries that signed the 2020 Abraham Accords normalising ties with Israel.

But Riyadh has signalled to Washington through diplomatic channels that its position has not changed: it will sign up only if there is agreement on a roadmap to Palestinian statehood, two Gulf sources told Reuters.

The intention is to avoid diplomatic missteps and ensure alignment of the Saudi and U.S. positions before any public statements are made, they said. One said the aim was to avoid any confusion at or after the White House talks on November 18.

The Crown Prince, widely known as MbS, “is not likely to entertain any possible formalising of ties in the near future without at least a credible pathway to a Palestinian state,” said Jonathan Panikoff, former deputy U.S. national intelligence officer on the Middle East.

MbS is likely to try to use his influence with Trump to seek “more explicit and vocal buy-in for the establishment of a sovereign Palestinian state,” said Panikoff, who is now at the Atlantic Council think tank in Washington.

#### TRUMP’S UPBEAT COMMENTS ON ABRAHAM ACCORDS

Next week’s visit is the Crown Prince’s first to Washington since the 2018 killing of Washington Post columnist Jamal Khashoggi, an MbS critic whose murder in the Saudi

## Before talks with Trump, Saudi Arabia doubles down on terms for Israel ties



▲ U.S. President Donald Trump and Saudi Crown Prince and Prime Minister Mohammed Bin Salman attend a bilateral meeting at the Royal Court in Riyadh, Saudi Arabia.

consulate in Istanbul caused global outrage. MbS denied direct involvement.

The United Arab Emirates, Bahrain and Morocco have already normalised ties with Israel under the Abraham Accords, and Trump has said he expects an expansion of the accords soon.

“We have a lot of people joining now the Abraham Accords, and hopefully we’re going to get Saudi Arabia very soon,” he said on November 5, without offering a timeline.

In a television interview broadcast on October 17, he said: “I hope to see Saudi Arabia go in, and I hope to see others go in. I think when Saudi Arabia goes in, everybody goes in.”

But the agreement signed by the United Arab Emirates, Bahrain and Morocco sidestepped the issue of Palestinian statehood.

The two Gulf sources said Riyadh had signalled to Washington that any move to recognise Israel must be part of a new framework, not just an extension of any deal.

For Saudi Arabia — the birthplace of Islam and custodian of its two holiest sites, Mecca and Medina - recognising Israel would be more than just a diplomatic milestone. It is a deeply sensitive national security issue tied to resolving one of the region’s oldest and most intractable conflicts.

Such a step would be hard to take when Arab public mistrust of Israel remains high

over the scale of its military offensive during the war against the Palestinian militant group Hamas in Gaza, despite a fragile ceasefire in the conflict that followed the Hamas-led attack on southern Israel on October 7, 2023.

Saudi Foreign Ministry official Manal Radwan has called for a clear, time-bound Israeli withdrawal from the Gaza Strip, the deployment of an international protection force and the empowerment and return of the Palestinian Authority to Gaza.

These steps, she said, are essential to the establishment of a Palestinian state - the prerequisite for regional integration and the implementation of the two-state solution.

With Israeli Prime Minister Benjamin Netanyahu staunchly opposed to Palestinian statehood, Saudi Arabia sees no immediate prospect to satisfy Trump’s demand that it normalise ties with Israel, the sources told Reuters.

Progress on that front depends on concessions neither Washington nor Israel is currently prepared to make, Saudi officials say.

#### TRUMP AND CROWN PRINCE SET TO SEAL DEFENCE PACT

Saudi officials are intent on steering the Trump-MbS meeting towards defence cooperation and investment, wary that the politically charged issue of normalisation of ties with Israel could overshadow the agenda.

The meeting is expected to seal a pivotal defence pact defining the scope of U.S. military protection for the de facto ruler of the world’s top oil exporter, and to cement America’s military footprint in the Gulf.

The prospective deal has, however, been scaled back.

(Reuters)

## Russian attacks target nuclear substations, kill seven

RUSSIA launched a barrage of drones and missiles in overnight attacks on Ukraine, targeting substations that supply two nuclear power plants and killing seven people, Ukrainian officials said on Saturday.

“Russia once again targeted substations that power the Khmelnytskyi and Rivne nuclear power plants,” Foreign Minister Andrii Sybiha said on X.

President Volodymyr Zelenskiy said Russia had launched more than 450 drones and 45 missiles.

Three people were killed and 12 were wounded in the city of Dnipro when a drone hit an apartment building. Three were killed in the southeastern Zaporizhzhia region and one in Kharkiv region farther north, regional officials said.

Energy facilities in the Kyiv, Poltava and Kharkiv regions were damaged, leaving thousands of people without power and water, Prime Minister Yulia Svyrydenko said. Officials in Poltava said power generators were used to provide water.

Russia’s Defence Ministry said earlier on Saturday that it had launched “a massive strike with high-precision long-range air, ground and sea-based weapons” on weapon production and gas and energy facilities in response to Kyiv’s strikes on Russia.

#### MINISTER SAYS POWER GRID STABILIZED

Energy Minister Svitlana Hrynychuk said emergency crews had stabilized the power grid, but warned consumers further power cuts were needed to allow work to proceed after the attacks.

“We are assessing the aftermath and coordinating what actions to take in order to find

alternative power sources to ensure people get their power and heating back,” Hrynychuk said on national television.

News reports and unofficial social media accounts said blackouts persisted in at least two regions - Kharkiv in the northeast and Poltava in central Ukraine.

State-owned energy company Tsentrэнерго said the attacks were the largest on its facilities since the start of the war in February 2022, and that it had halted operations at its plants in the Kyiv and Kharkiv regions.

“The last strike was not even a month ago and the enemy has now struck all our generating capacity at the same time. The stations are on fire!” Tsentrэнерго, which generates about 8% of Ukraine’s power, said in a statement.

“Our generation is now zero.”

#### ZELENSKIY CALLS FOR MORE SANCTIONS PRESSURE

Zelenskiy said sanctions pressure should be intensified.

“For every Moscow strike on energy infrastructure - aimed at harming ordinary people before winter - there must be a sanctions response targeting all Russian energy, with no exceptions,” he said on the Telegram app.

Sybiha called for an urgent meeting of the International Atomic Energy Agency’s board of governors and urged China and India to pressure Russia to stop attacks on facilities that risk “a catastrophic incident.”

Since the start of its invasion, Russia has attacked the power sector as the need for heating grows. It has attacked gas facilities nine times within two months, according to the state firm Naftogaz.

Russia has also continued with its advance along the battlefield in recent weeks. Mos-



▲ Apartment buildings hit during a Russian drone strike, amid Russia’s attack on Ukraine, in Dnipro, Ukraine.

cow said on Saturday that its forces made gains around the towns of Pokrovsk and Kupiansk, and had captured a tiny village in eastern Ukraine.

Kyiv has stepped up long-range drone and missile strikes inside Russia, hitting oil refineries, depots and logistics hubs it says feed the Kremlin’s war machine.

The attacks, Ukraine says, are legitimate

self-defence in the war that Russia launched in February 2022.

The Ukrainian air force said 406 Russian drones and nine missiles had been shot down overnight into Saturday, and 26 Russian missiles and 52 drones had hit 25 sites.

(Reuters)





▲ Yoliswa Manana dancing in jubilation after being crowned Miss Cultural Heritage 2025.



▲ They came, they saw. The pageant's winners after the official crowning.

By Siphesihle Dlamini  
siphesihled@rubiconmedia.group

THE night at The George Hotel on Saturday was painted in the warm hues of culture, grace, and pride as Yoliswa Manana was officially crowned Miss Cultural Heritage Eswatini 2025/26.

The ceremony, rich in colour and tradition, celebrated not just beauty but the heartbeat of Eswatini's heritage, bringing together leaders, artists, cultural enthusiasts, and families from across the Kingdom. The new queen, Yoliswa Manana, takes over the crown with a clear mission, to preserve, promote, and personify the country's cultural values during her year of reign. She stood tall among a group of vibrant finalists who represented Eswatini's four regions, namely Thubelihle Mnisi (Hhohho), Nobuhle Shabangu (Manzini), Siphelile Dlamini (Shiselweni), and Takitsi Mamba (Lubombo), each celebrated as ambassadors of their regions' cultural identities.

As part of her reign, the newly crowned queen will receive a monthly package of E5 000, with E3 000 as a personal allowance and E2 000 dedicated to community charity work. The package aims to empower her to carry out impactful cultural projects in her community. Additionally, all regional winners will receive smartphones, with the prize-giving ceremony scheduled later.

Delivering the keynote address, Minister for Sports, Culture and Youth Affairs, Bongani Nzima, commended the organisers and participants for their commitment to keeping Eswatini's traditions alive. Speaking with conviction and pride, he reminded the audience that the Miss Cultural Heritage platform was not merely a beauty pageant, but "a national celebration of who we are as a people." "The government is focused on ensuring that our culture is instilled in us as emaSwati from childhood until we grow up," Minister Nzima said. He emphasised that culture forms the cornerstone of identity, discipline, and progress among young people. The minister noted that cultural awareness strengthens national unity and instils respect, values that have long defined emaSwati both at home and abroad.

"Culture is seen as essential for developing young people in all aspects, including cultural matters," Nzima said. "This great event, centred around Tamasiko (culture), will involve significant collaboration with

# Yoliswa crowned Miss Cultural Heritage 2025/26



▲ Yoliswa Manana being crowned Miss Cultural Heritage Eswatini 2025.



▲ Imisebe Publishers presenting their package to the winners.

community leaders, who will work closely with schools and local institutions to teach and preserve cultural values."

The Minister went on to outline government plans to strengthen cultural education in schools and tertiary institutions across Eswatini. He explained that the Miss Cultural Heritage platform complements the ministry's broader strategy of cultural preservation and national identity building.

"Colleges and universities are also expected to form committees that oversee cultural matters and the celebration of cultural days," Nzima explained. "Our culture, which we cherish deeply, has now reached the stage where we must support those who perform well in various areas so that we can promote and enrich it further."

## Values

The Minister further noted that the government's cultural agenda seeks to blend traditional teachings with modern education, ensuring that the values of humility, respect, and unity are never lost in an era of globalisation. "We appreciate the cooperation between government departments and cultural organisations to develop this effort to bring culture to all Swazis," he added, acknowledging the role played by civil society and the private sector in supporting youth cultural initiatives.

Minister Nzima highlighted that the

government's vision extends beyond urban centres. He affirmed that the ministry has been mandated to reach even the most remote communities to ensure that every liSwati child has access to cultural education and activities.

"The government has instructed us to work hard to reach all emaSwati, which is why we have offices in various regions and our programs are spreading to all schools nationwide," he said. He explained that regional cultural offices and youth programmes are key pillars in ensuring that traditional knowledge is not only preserved but also adapted for contemporary use.

## Culture

"As we return from different regions, the event encourages schools to involve children in promoting culture so that the nation can showcase and preserve its customs well for future generations," Nzima added. The Minister took a moment to thank parents and guardians for their role in encouraging young people to participate in cultural activities. His tone was both appreciative and heartfelt as he addressed the families of the contestants and those who continue to nurture cultural pride in their households.

"We thank parents in the regions for supporting their children; keep supporting them as they grow in this cultural work," he said. "To the children who have joined:

you are wonderful, continue to take care of yourselves well."

The Minister stressed that parental support remains the foundation of cultural continuity, as families are the first schools of tradition and respect. In his closing remarks, Minister Nzima congratulated the winners of this year's competition, urging them to wear the crown with humility and serve as role models for young emaSwati.

"We congratulate and encourage them to respect this role," he said. "Respect is what defines us as Swazis worldwide and is the foundation of all success. Let us continue, Swazis, to uphold our culture because it is through culture that our respect is secured."

He further reiterated the government's support for cultural initiatives that promote unity, identity, and pride. "The government of the Kingdom of Eswatini supports and wishes you success in this work," he concluded, to applause from the audience.

The crowning ceremony was a spectacle of tradition and elegance. Guests were treated to performances of traditional dance, poetry, and music that celebrated Eswatini's rich heritage. The event's organisers expressed their gratitude to sponsors, partners, and cultural institutions that continue to support platforms that empower young women to become ambassadors of heritage.



# Gifted Kosie for first international dance class

Stories by Siphesihle Dlamini  
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ESWATINI'S dynamic dancer and DJ, Gifted Kosie, is poised to make a significant leap in her artistic career with her inaugural international dance class.

This milestone event is set to take place under the auspices of ADI Afro Dancers India, a prominent platform known for celebrating Afro dance culture globally. The event promises a rich lineup, including a dance camp, battle, choreography championship, showcase, and an after-party, providing comprehensive experience for both participants and audiences.

Expressing her excitement, Gifted Kosie shared, "This will be my first international dance class, and I am so happy." In an interview, Gifted Kosie conveyed heartfelt gratitude for this international breakthrough. "I feel so appreciative and honoured because I get a chance to connect with diverse cultures, and gain new perspectives," she explained.

The India dance class is part of a larger international tour, signalling Gifted Kosie's expanding influence in the global music and dance scene. For her, these international engagements are more than mere gigs; they represent crucial steps in her artistic evolution. She elaborated, "Exposure to different audiences and musical styles builds my confidence, leading me to be a more resilient DJ."

Gifted Kosie's ambitions extend beyond personal success. She embraces the role of cultural ambassador, keen to showcase Eswatini's rich heritage through her performances. "On stage, I promise to deliver a high-energy, and memorable experience that leaves audiences with a great impression of the music and culture," she affirmed.



▲ Gifted Kosie.

Her professionalism and dedication are evident not only during performances but also behind the scenes. "Off stage, I will maintain professionalism, embodying the best qualities of the country's passion, resilience, and creativity," Gifted Kosie stated. Gifted Kosie's international debut

marks a pivotal moment for Eswatini's creative community, highlighting the country's growing presence on the global arts map. Her success serves as an inspiration to aspiring artists, demonstrating how talent combined with determination and cultural pride can open doors worldwide.

## Lyrikal Busta's 'Mtukulu' gains traction

LYRIKAL Busta's latest single "Mtukulu" has made a remarkable impact since its release, amassing over 80,000 streams across all digital streaming platforms within just one month.

The single, a collaboration with South African award-winning artist Intaba Yase Dubai, was launched on September 26, 2025, across all major digital platforms. The song's title, which means "grandchild" in SiSwati, encapsulates its heartfelt narrative and cultural depth. "Mtukulu" explores themes of nostalgia, hope, and unity through a touching story. Lyrikal Busta explains that the song portrays an elderly man who repeatedly asks his grandson to play the track because it stirs cherished memories of the past. The song's vibrant and uplifting beat transforms it into a dance anthem, perfectly timed for the festive celebrations in December. "It's a happy and energetic anthem, and people will most definitely have something to dance to this December," Lyrikal Busta shared. Beyond its musicality, "Mtukulu" carries a powerful cultural message. Lyrikal Busta aimed to create a piece that resonates across generations, weaving a narrative that honours African heritage and identity. The collaboration with Intaba Yase Dubai was a deliberate choice to promote unity among Africans, especially considering recent xenophobic tensions in the region. "The aim was to create a song that would resonate with different age groups and tell a story of where we come from as African people. I had to feature Intaba Yase Dubai from South Africa to also convey a message of unity amongst Africans, especially in these



▲ Lyrikal Busta.

times of xenophobic attacks," he explained.

Musically, the single is a masterful blend of Sofiatown's soulful vibes and the infectious rhythms of Amapiano, a genre that has taken Southern Africa by storm.

### Production

South African producer Skatli Beats crafted the production, while Sean Cast HQ handled the engineering, ensuring a polished and professional sound that honours both tradition and modernity. Reflecting on the creative process, Lyrikal Busta described his collaboration with Intaba Yase Dubai as enriching and inspiring. Their previous joint effort, "365 Days," achieved significant success, garnering over 1 million views

on streaming platforms and setting high expectations for "Mtukulu." "Working on the song was amazing as I got to learn more from renowned South African award-winning artist Intaba Yase Dubai," he remarked. The release of "Mtukulu" marks a significant moment for Eswatini's music industry, signalling the country's rising prominence in the regional music landscape.

Lyrikal Busta encourages his fellow emaSwati to support the single by sharing and streaming it widely. "I would encourage all emaSwati to share the news and, most importantly, stream 'Mtukulu' as we promise nothing but top-tier quality of Eswatini music," he concluded.



▲ Ace Julz.

## Ace Julz collabs with MCO Jamrock on 'Tiyacokoma'

ESWATINI'S vibrant music scene continues to evolve with fresh collaborations that push creative boundaries.

One of the latest highlights is the new single 'Tiyacokoma,' a dynamic collaboration between acclaimed producer and musician Ace Julz and the rising star MCO Jamrock. The track also features Thaifo Son, known for his hit 'Badede,' adding a unique flavour to the single. Currently available on YouTube, 'Tiyacokoma' is already generating buzz for its energetic delivery and meaningful message.

In an exclusive interview, Ace Julz shared insights into the inspiration behind the song and the creative process that brought it to life. He explained that 'Tiyacokoma' was born out of a desire to preserve a positive and authentic aura within the hip hop community. "The types of raps that have been going viral these days don't positively represent us," Ace Julz remarked. This sentiment fueled his determination to create a track that not only resonates with listeners but also uplifts the local hip hop culture.

### Project

Ace Julz revealed that MCO Jamrock was the primary muse for the project. "I wanted to know his story," he said. The spark for the collaboration came when a clip of MCO Jamrock titled 'Tiyacokoma' went viral on TikTok. Recognising the potential beyond the short video format, Ace Julz felt compelled to transform it into a full-fledged song. "People thought he was a meme, but I wanted to prove to anyone who thought otherwise that he's an artist," he emphasised.

Musically, 'Tiyacokoma' is described as a high-energy drill track characterised by heavy bass and a trap tempo. The song features aggressive vocalised raps that capture the intensity and rawness of the genre. Ace Julz's production skills shine through the polished yet gritty soundscape, creating a powerful backdrop for the featured artists' performances. The collaboration process was notably smooth, according to Ace Julz. He noted that MCO Jamrock came prepared with his part, demonstrating professionalism and dedication. Thaifo Son, typically known for romantic tunes, surprised Ace Julz with his ability to bring the right energy to match the aggressive tone of the track. "I wasn't expecting the raps he brought, given that he is known as a musician who makes love songs," Ace Julz remarked, praising Thaifo Son's versatility and adaptability.

'Tiyacokoma' is currently available on YouTube as a visualizer, with plans for release on all major streaming platforms soon. This rollout strategy aims to maximise reach and engagement, catering to both visual and audio audiences. Fans and new listeners alike are encouraged to experience the track and witness the fusion of talent that Ace Julz, MCO Jamrock, and Thaifo Son bring to the table.





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YOU may sometimes have a craving for a particular food that's so intense you can practically taste the food in your mouth.

Imagine what it would be like if you regularly experienced such intense food cravings.

Some people who are going through the transition to menopause have major cravings, which may be partially a result of this transition itself.

#### What causes extreme hunger during menopause?

The word "perimenopause" means "around menopause," so it refers to the time around what some people might call "the change."

Changes to your menstrual cycle can happen over a period of several years or even longer, leading up to the time when menstrual periods stop forever. Changing hormone levels are responsible for this transition and can trigger a number of symptoms, such as hot flashes, night sweats, joint pain, headaches, and vaginal dryness.

Those changing hormone levels might also make you feel hungry — maybe hungrier than you've ever been before. So yes, hormonal fluctuations are partially responsible for your increased desire for cupcakes and potato chips.

A small 2014 study in 94 premenopausal women found that an increase in hunger often accompanied the menopausal transition. The study participants also experienced an increase in their psychological desire to eat.

So, if you're feeling extra hungry as you go through perimenopause or menopause, you're not alone. Here's what you might want to know about this experience.

#### Hormones and hunger

Anyone who has ever gritted their teeth and called upon willpower to resist the siren call of the kitchen pantry can attest that willpower isn't always enough. Your hormones can make you hungry — really hungry.

#### Estrogen

During perimenopause, your estrogen levels fluctuate as your body prepares for menopause. But ultimately, your estrogen levels will begin to decline. Estrogen is thought to dampen appetite. So, when your estrogen levels begin to decline, estrogen may no longer inhibit your appetite to the same degree that it once did.

#### Leptin

Leptin is a hormone produced by your fat cells that helps you regulate energy. Some people call it the "satiety hormone" because it inhibits hunger. High levels of leptin tell your brain that you've eaten and it's time to stop eating. This helps regulate your weight. Some research published in 2000, as well as more recent research from 2020, suggests that aging is associated with lower levels of leptin, which may make you feel hungrier.

#### Ghrelin

If leptin is the satiety hormone, then ghrelin is the opposite — the "hunger hormone." Ghrelin levels tend to increase during perimenopause, making you feel hungrier. Research suggests that people with higher baseline ghrelin levels tend to have more intense food cravings.

The cells in your gastrointestinal tract produce ghrelin, which signals to your brain when your stomach is empty, telling your brain it's time to eat. Your ghrelin levels typically increase between meals and then decrease once you've eaten.

#### Cortisol

Cortisol is often called the "stress hormone." It's a steroidal hormone produced by your adrenal system, and it helps you respond to

stress, ward off infections, and regulate your metabolism. Some older research indicates that cortisol levels tend to increase throughout the menopausal transition.

#### Coping with food cravings

Knowing that your hormones are at least partially responsible for your cravings may help you give yourself some grace. But if you're worried about gaining weight, which may increase your risk of some health conditions, you may want to develop a strategy to resist those cravings.

#### Understand your cravings

According to a 2020 review published in Current Nutrition Reports, food cravings tend to develop in the late afternoon or evening, and the desire to eat high calorie foods increases throughout the day. Being mindful of this may help you prepare for those cravings.

#### Don't starve yourself

One mistake people frequently make when they want to lose weight is embarking upon a restrictive diet. This strategy usually backfires. Make sure you're eating enough calories to provide the fuel your body needs on a daily basis.

#### Be patient with yourself

The 2020 review about food cravings also found that people who try to refrain from eating certain foods, such as carbohydrates, often experience more intense cravings for those foods in the first few days they try to go without.

But the research also suggests that, eventually, your body will realize you don't really need those foods and the cravings will decrease.

#### Eat nutrient-dense foods

Eating a diet rich in nutrient-dense foods will help you feel full longer. Some examples of nutrient-dense foods are:

- ▶ fruits
- ▶ vegetables
- ▶ whole grains
- ▶ lean proteins
- ▶ healthy fats

Feeling full longer can help stave off cravings — especially cravings for snack foods and late night treats. You might find it helpful to write out a list of nutritious foods that can stand in for the less-nutritious foods you frequently crave.

#### Get up and move

In the past, some people believed that exercising made you want to eat more. But actually, research suggests the opposite: Exercise and physical activity can help reduce those pesky cravings.

One small 2016 study in 11 men found that a 12-week regimen of moderately intense exercise not only reduced the participants' cravings but specifically reduced their cravings for high fat foods, carbs, and fast-food fats. So, getting up and going for a walk might be worth a shot when you suddenly find yourself "needing" a doughnut.

#### Tackle your stress

Feeling stressed? It could be ratcheting up your appetite. Chronic stress can disrupt

your hypothalamic-pituitary-adrenal (HPA) axis, which affects how much cortisol is released in your body — and that could be affecting your appetite.

Take a look at the factors that are increasing your stress levels and determine where you might be able to make some improvements.

#### Get some sleep

Some research, including a small 2018 study, suggests a link between cravings and a lack of sleep. A small 2021 study even found an association between sleep deprivation and a preference for certain foods, along with a decrease in self-control around those foods. So, if your food cravings are particularly distracting, try to focus on making sure you're getting enough sleep — and good-quality sleep at that.

#### How to maintain a healthy weight after menopause

Managing food cravings is just one factor you'll need to consider when managing your weight after menopause. These strategies may be helpful too.

#### Enjoy your favorite foods

Just as the experts don't recommend severely limiting your calorie intake, they don't recommend that you entirely eliminate your favorite foods from your diet. As a small 2018 clinical trial in older women showed, being flexible with your diet is more likely to lead to long-term weight loss and weight maintenance in comparison to strictly restricting your diet. Just remember that moderation is key.







#### Talk with a professional

Worried that you may need to change some of your food habits? Don't be afraid to ask for help. It could be useful to talk with a registered dietitian about adjusting your diet if you're having trouble figuring out what (and how much) to eat. Additionally, talking with a mental health professional may help you change your thinking around food and cut down on the negative self-talk that may accompany dietary slip-ups.

#### Exercise regularly

You're more likely to gain weight if you're sedentary. Aerobic exercise has multiple benefits, including the ability to burn calories. Walking, jogging, biking, swimming, aerobics, and even dancing all fall into this category. If you don't have any physical limitations that would prevent you from doing so, you could even try high intensity training, as a recent study of postmenopausal women found multiple health benefits from this type of exercise routine.

#### Incorporate resistance training

Aerobic exercise is important, but experts also suggest that menopausal and postmenopausal people include strength training or resistance training in their exercise routines. It has a number of benefits, including speeding up your metabolism. Aim for two or three strength training sessions per week. You can use weights, resistance bands, or resistance tubes. If you don't like using equipment or don't have access to any, you can even do bodyweight exercises like squats, lunges, and pushups. If you're unsure of how to start, consult a trainer or an exercise professional.

#### Other causes of ravenous hunger

At present, there does not seem to be an association between increased appetite and hormone replacement therapy (HRT) — so if you're taking HRT, that's one thing you may not need to worry about.

Medications for certain health conditions may cause increased hunger as a side effect. For example, people who take certain mood-stabilizing medications and some second-generation antipsychotics can experience an increase in appetite. People who take oral corticosteroids, such as prednisone, have also been known to experience an increase in appetite and subsequent weight gain.

If you're not taking any medications that would likely cause extreme hunger and you can't think of any other factors that might be the cause, consult a healthcare professional. Some other medical conditions can cause increased hunger, such as:

- ▶ anxiety
- ▶ depression
- ▶ type 2 diabetes
- ▶ hyperthyroidism
- ▶ hypoglycemia

#### Takeaway

You may feel like your hormones are working against you as you go through menopause (and even afterward). But just because you experience food cravings, even intense ones, doesn't mean you're completely powerless against them.

Understanding why you're hungry and what you can do to manage your cravings can help you prevent unwanted weight gain during this phase of life.

#### Healthline



# More than one drink a day raises risk of dying

CONSUMING more than one drink a day results in a steep increase of the risk of premature death, a new federal review has concluded.

The draft report was published Tuesday ahead of a major update to influential federal guidelines on how much alcohol Americans should drink.

"In the United States, males and females have a 1 in 1000 risk of dying from alcohol use if they consume more than 7 drinks per week. This risk increases to 1 in 100 if they consume more than 9 drinks per week," the report's authors concluded, in a final draft published by the Department of Health and Human Services.

The review is one of two written by committees of outside experts to inform this year's update to the Dietary Guidelines for Americans. The other was published last month by the National Academies of Sciences, Engineering and Medicine.

The upcoming guidelines are important because the Food and Drug Administration and other agencies often rely on the recommendations to justify new rules, like on how to label food and drinks. Men are currently recommended to limit intake to no more than two drinks per day and women are recommended to limit to one drink per day.

"Once you're over a drink a day, your risk of dying from alcohol is already above one percent. Some people may think that doesn't sound like a lot, but in terms of a public health guideline, that would be really, really high," said Dr. Timothy Naimi, director of the Canadian Institute for Substance Use Research and one of the authors of the report.

Naimi was careful to say that the report was "not endorsing any level of risk" caused by drinking, but pointed to other countries and health regulations that have used 1 in 100 and 1 in 1,000 death risks as thresholds to set rules.

It is unclear whether the incoming Trump administration will incorporate the findings of the latest report into any updated guidelines. In 2020, the Trump administration rejected a call by its outside expert panel to recommend limiting drinking for all Americans to no more than once per day, saying the "emerging evidence" did not support the move.

The Distilled Spirits Council of the United States, a trade coalition that represents spirits producers, called in a statement co-



signed by other industry groups on the federal government to reject the findings of the panel.

"Today's report is the product of a flawed, opaque and unprecedented process, rife with bias and conflicts of interest," the statement said," accusing some of the experts on the federal panel of having ties to international anti-alcohol advocacy organizations.

"Congress never authorized or appropriated money for the panel or its work, and numerous letters from Congress and industry have voiced serious concerns over the process," the statement said.

#### Alcohol linked to deaths from cancer, injuries, other causes

The report was designed to weigh all of the data on a range of diseases and injuries, and boiled down a complex web of studies that have looked at alcohol's health risks and benefits into "alcohol-attributable death" estimates. This modeling is likely underestimating the true health risks of alcohol, Naimi said, given limits in how researchers can study its health impacts.

Risks can also vary widely from person to person, the report cautions, meaning some harms can be very small for some even if they add up to substantial risks at the public health level.

"The overall effect of alcohol consumption on all-cause mortality is dependent upon the risk of diseases and injuries that are causally related to alcohol. These risks are affected by numerous factors, including smoking, diet, physical activity, obesity, hepatitis infection, and genetics," the report states.

At one drink a day, the report estimated that injuries and cancer added up to the biggest contributors of the risk for a premature death.

For men, injuries made up a substantial portion of the risk of dying. This includes a variety of accidents, road injuries and intentional harm, like suicide and violence linked to drinking.

Cancer, which was next largest factor, made up a third of the additional risk of death for men.

For women consuming one drink a day, the risk of death from cancer was statistically similar or larger compared to the increased risk of fatal injuries.

Increased risk of a number of cancers — colorectal, female breast cancer, and cancers of the liver, mouth, throat and esophagus — "begins with any alcohol use and increases with higher levels of use," the report states.

U.S. Surgeon General Dr. Vivek Murthy issued an advisory earlier this month calling for a warning about the risk of cancer to be included on alcoholic beverages.

Liver disease poses the next highest risk, and can be especially risky for people with other underlying conditions like hepatitis C that make people vulnerable.

One risk that was lower in people drinking once per day, compared with never drinking, was for ischemic stroke. But that apparent benefit virtually disappears at two drinks per day.

"Drinking at levels that many people have considered to be, quote, moderate, may in fact be moderately risky or may not be moderate in terms of the health risk," said Naimi.

CBS Health



# NEWS IN PICTURES



▲ A child looks at the golden coffin of ancient Egyptian Pharaoh Tutankhamun during the first day for visitors after the official opening of the Grand Egyptian Museum (GEM), near the Giza pyramid complex, in Giza, Egypt.



▲ Volunteers load boxes of food into cars during an event held by the Community FoodBank of New Jersey in partnership with Bergen County to deliver emergency food relief to Federal workers and SNAP recipients amid the U.S. government shutdown in Leonia, New Jersey.



▲ Destroyed buildings as seen from an Israeli military outpost within the borders of the 'yellow line' in the Shujaiya neighborhood in the eastern part of Gaza City.



▲ Grecia Quiroz is sworn in as mayor of Uruapan, Mexico's avocado capital, after the state congress unanimously approved her appointment to replace her husband, Carlos Manzo, who was killed during Day of the Dead celebrations, in Morelia, Mexico.



▲ A supporter reacts while listening to Republican candidate for New Jersey governor Jack Ciattarelli concede at his election night rally in Bridgewater, New Jersey.



▲ Anti-drone nets installed over a road in the frontline town of Kostiantynivka in the Donetsk region, Ukraine,



# Lionel Messi scores twice, Inter Miami advances past Nashville

LIONEL Messi scored two goals and assisted two more and Inter Miami advanced in the MLS Cup Playoffs for the first time in club history with a 4-0 victory over visiting Nashville SC in Game 3 of their first-round series on Saturday night in Fort Lauderdale, Florida.

Messi finished the best-of-three series with five goals and three assists, meaning he was involved in all eight tallies for third-seeded Miami. He has scored 15 times against sixth-seeded Nashville in all competitions, by far his most against any MLS opponent.

By contrast, Messi has never scored against No 2 seed FC Cincinnati, which will host Inter Miami in a one-game Eastern Conference semifinal in two weeks.

Tadeo Allende scored twice after halftime and had an assist as Miami won despite playing without striker Luis Suarez, who served a one-game suspension for his kick out at Nashville SC's Andy Najar in Game 2.

Nashville was eliminated in the first round in a third consecutive postseason appearance, having returned to the playoffs in the first full season coached by BJ Callaghan after missing the 2024 tournament.

Messi put Miami in front in the 10th minute in the first clear chance for either side.

Ian Fray's pressure forced Nashville's Matthew Corcoran into an



▲ Lionel Messi.

ill-advised backward pass which Allende deflected to Messi's feet, with time and space to surge forward.

Messi did the rest, dribbling at retreating centre back Jack Maher before firing a low finish from about 20 yards out between goalkeeper Joe Willis and the right post.

Then Walker Zimmerman's defensive error helped set up Messi's second in the 39th minute when he reached Jordi Alba's long, speculative ball down the left flank but failed to clear it.

Instead, it fell to Mateo Silvetti, who alertly spotted Messi running into space and provided the square pass in stride for a much simpler

second finish.

Nashville thought it had pulled a goal back only seconds into the second half, only for apparent goal-scorer Sam Surridge to be whistled for a foul on Maxi Falcon.

But eventually Miami added insurance through Allende twice in the 73rd and 76th minutes.

On the first, Messi and Alba combined on the left side of the box to set up Allende's low finish through traffic. On the second, it was Messi sending an early throughball, and Allende chipping past Willis on the run.

(Supersport)

# Howe takes blame for Newcastle's travel sickness

EDDIE Howe took the blame for Newcastle's dismal away form after their winless run on the road in the Premier League extended to nine matches with a 3-1 defeat against Brentford on Sunday.

Howe's side took the lead when Harvey Barnes scored his 50th Premier League goal in the 27th minute at the Gtech Community Stadium.

But the Magpies collapsed in the second half as Kevin Schade equalised in the 56th minute after Newcastle keeper Nick Pope missed a flick-on at Michael Kayode's long throw.

Newcastle defender Dan Burn was sent off for a second booking when he conceded a penalty with a foul on Dango Ouattara in the 73rd minute.

Igor Thiago converted the spot-kick and the Brazilian forward netted again in stoppage time to leave Howe in despair on the fourth anniversary of his appointment.

"I'm very disappointed that we got ourselves in a good position again and weren't able to capitalise on that," said Howe, whose team also lost 3-1 at struggling West Ham last weekend.

"It was always going to be a tough, physical game, and we needed to stand up to that.

"One mistake in the build-up to



▲ Eddie Howe.

their first goal, we needed a reaction to that, and we didn't get it. Very frustrating end to the game."

Newcastle are languishing in 14th place, just two points above the relegation zone.

In contrast to their strong form at home this season, Howe's men have

looked timid on their travels.

Insisting it was his responsibility to resolve the problem, Howe said: "It's different to the West Ham game. It's important today that I support the players.

(Supersport)

# Ogier wins Rally Japan to take world title fight to final race

SEBASTIEN Ogier took the World Rally Championship battle to the final event of the season after winning Rally Japan on Sunday and slashing Elfyn Evans' lead in the standings to three points.

Ogier kept his hopes of a record-equalling ninth world title alive to set up a showdown with Welshman Evans at the season-ending Rally Saudi Arabia later this month.

Finland's Kalle Rovanpera is 24 points behind Evans after finishing sixth, still with a mathematical chance of winning a third world championship.

Evans had the chance to clinch his first world championship in Japan but his Toyota teammate Ogier refused to throw in the towel with a typically tenacious performance.

The 41-year-old finished 11.6sec ahead of runner-up Evans on a final day lashed by rain on the twisting, leaf-strewn asphalt roads.

Ogier said it was the "perfect result" after hitting a tree at last month's Central European Rally.

"It's been a challenging weekend because of this rain today, nothing was certain, it was the start of a new rally this morning," said Ogier, who climbed on top of his car to celebrate after crossing the finish line.

"Now let's go to the next one."

Ogier began the final day 6.5sec ahead of Evans but steady rain brought radically different conditions after three days of sunshine.

The Frenchman was equal to the task, winning three stages

and taking the maximum five Sunday points.

Evans snapped at his rival's heels throughout the day and remains in pole position to clinch the title in Saudi Arabia.

The Welshman, who has finished as championship runner-up four times, said Ogier was "always tough" to compete against.

"I feel like the performance has been quite good here, it's been quite close between the two of us," said Evans.

"He just made the small difference and that's what it takes to win at this level."

Finland's Sami Pajari took his first podium with third place, 2min 16.6sec behind Ogier.

Rovanpera fell out of contention early on the second day following a shunt and finished 7:01.5 behind Ogier.

"Definitely not the weekend that we wanted to have but sometimes it's like this," said Rovanpera.

"We have one more weekend to go so we'll try again in Saudi."

Reigning world champion Thierry Neuville retired before the opening stage of the day with a windscreen wiper issue.

France's Adrien Fourmaux was also forced to quit when a collision with a tree ripped the door off his Hyundai on co-driver Alexandre Coria's side.

(Supersport)



▲ Sebastien Ogier.



# Manchester City crush Liverpool to close in on Premier League leaders Arsenal

MANCHESTER City celebrated Pep Guardiola's 1 000th game as a manager with a 3-0 win against Liverpool that lifted them back into the Premier League title race, while Nottingham Forest beat Leeds 3-1 to bolster their survival bid on Sunday.

Erling Haaland missed an early penalty at the Etihad Stadium, but the City striker recovered to give Guardiola's side the lead.

Nico Gonzalez increased their advantage before halftime and Jeremy Doku capped his man of the match performance with City's third in the second half.

It was the perfect way for former Barcelona and Bayern Munich boss Guardiola to mark the latest milestone in a glittering 17-year career, including 716 victories.

Second-placed City are just four points behind leaders Arsenal, who conceded a last-gasp equaliser in their 2-2 draw at Sunderland on Saturday.

City's seventh win in their last eight games in all competitions was a major blow to Liverpool's hopes of retaining the title.

The troubled champions have lost seven of their last 10 matches in all competitions and trail Arsenal by eight points.

They are marooned in eighth place after the momentum from successive wins over Aston Villa and Real Madrid dissipated into the rainy Manchester air.

Haaland squandered a golden opportunity to put City ahead in the 12th minute when VAR ruled Doku was tripped by Liverpool goalkeeper Giorgi Mamardashvili just inside the penalty area.

Mamardashvili made amends as he dived



to his left to save Haaland's spot-kick.

But Haaland was unfazed by his miss, and the Norwegian put City in front in the 29th minute.

At the climax of a flowing 20-pass move that carried City from deep inside their own half, Matheus Nunes crossed towards Haaland, who rose above Ibrahima Konate to head home from 10 yards.

It was Haaland's 99th Premier League goal since signing from Borussia Dortmund in 2022.

Haaland has scored 19 times in 15 games in all competitions for City this season, netting in all but two matches.

Virgil van Dijk's headed equaliser late in

the first half was controversially disallowed by VAR for offside against Andrew Robertson.

Liverpool boss Arne Slot was furious with that decision, and Gonzalez rubbed salt into their wounds in first-half stoppage time.

Given time and space by Liverpool's flat-footed defence, Gonzalez unloaded a long-range drive that deflected in off Van Dijk.

Doku delivered the knockout blow when he curled a superb strike past Mamardashvili from 25 yards in the 63rd minute.

## FOREST BOOST

At the City Ground, Forest trailed to Lukas Nmecha's 13th-minute opener.

But Ibrahim Sangare equalised two minutes later and Morgan Gibbs-White headed home after 68 minutes before Elliot Anderson scored a stoppage-time penalty.

It was Forest's first league victory since beating Brentford on the opening weekend of the season in August.

Nuno Espirito Santo was in charge of Forest then, before being sacked to make way for Ange Postecoglou, whose brief reign also ended with his dismissal before Sean Dyche took charge.

Second-bottom Forest's maiden top-flight victory under Dyche's management ended their nine-match winless run in the competition and lifted them to within one point of safety.

Aston Villa thrashed Bournemouth 4-0 to make it five wins from their last six league games.

Emiliano Buendia and Amadou Onana scored in the first half at Villa Park before Bournemouth's Antoine Semenyo had a penalty saved by Emiliano Martinez after the break.

Second-half goals from Ross Barkley and Donyell Malen put the seal on Villa's victory.

Newcastle's miserable away form continued with a dismal 3-1 defeat at Brentford.

Maggies forward Harvey Barnes was on target three minutes before the half-hour, but Kevin Schade equalised in the 56th minute.

Newcastle defender Dan Burn was sent off in the 73rd minute after conceding a penalty with a foul on Dango Ouattara.

Igor Thiago converted from the spot and the Brazilian forward struck again in stoppage time. (Supersport)

## Alcaraz off to winning start at ATP Finals with win over De Minaur

TOP seed Carlos Alcaraz began his bid for a first ATP Finals trophy with a 7-6(5) 6-2 win over Australian Alex de Minaur in their round-robin clash at the season-ending championships in Turin on Sunday.

Alcaraz won his opening ATP Finals match for the first time despite De Minaur's battling display where the Australian recovered from 4-1 down to force a tiebreak in the opening set before the Spaniard came out on top.

The pair traded breaks of serve at the start of the second set, but Alcaraz broke twice more to again lead 4-1 and this time there was no comeback despite De Minaur's valiant effort in the opening match of the Jimmy Connors Group.

Both players were looking to improve on last year's showing, where Alcaraz lost two of his three round-robin matches in straight sets while De Minaur lost all three group matches. Alcaraz had lost the opening match at his previous two appearances.

"It was a really difficult match," said Alcaraz.

"On this surface, Alex makes the most of the speed of the ball, he's super fast and really difficult on return. I'm just really happy to get through this really difficult challenge."

## ALCARAZ SETTLES IN

After winning the tiebreak, Alcaraz began to enjoy himself a little



▲ Carlos Alcaraz.

more, holding his hand to his ear to milk the applause that greeted him winning a long, entertaining rally to hold serve and lead 5-1 and there was no way back for De Minaur.

Alcaraz is also on course to end the year as world No 1, and in Turin he must reach the final with at least one round-robin win or sweep his round-robin matches to guarantee himself the award for the second time.

Italian Jannik Sinner needs to retain his title to have any chance of finishing the year in top spot.

One of the loudest cheers in the arena came when Sinner was shown in an advertisement on the large screens, but the crowd will need to wait until Monday to see their favourite in action.

Later on Sunday, German two-time champion Alexander Zverev takes on American Ben Shelton, making his first ATP Finals appearance, in the Bjorn Borg Group.

(Supersport)

## Asaji becomes first Japanese in 49 years to win Singapore Open

YOSUKE Asaji sank a six-foot birdie putt on the first playoff hole Sunday to become the first player from Japan to win the Singapore Open since 1976.

Asaji edged out Wang Jeunghun on the New Course at Singapore Island Country Club after his South Korean opponent found water with his second shot and ended with a bogey six.

Both had finished on 19-under par after Wang forced the playoff snaking 12-foot birdie putt at the final hole.

Thailand's Rattanon Wannasrichan and South Korea's Lee Soo-min tied for third, one shot back.

"I am so, so happy. Today I was able to read the lines on the

greens well, it was perfect," said the 32-year-old Asaji.

"This win means so much to me. It is my first win overseas, something I have always dreamed of," he added after victory in the penultimate tournament in the 2025 International Series of elevated events on the Asian Tour.

Asaji got off to a flying start Sunday with five birdies in succession from the second to grab a share of the early lead which he would not relinquish on his way to a round of five-under 67.

Asaji becomes the sixth golfer from Japan to lift the historic Singapore Open trophy in the tournament's 64-year history, but the first since Kesahiko Uchida 49 years ago.

(Supersport)



▲ Yosuke Asaji.



Stories By Sibusiso Masilela

# Pigg’s Peak cross-country race a resounding success

The Pigg’s Peak Athletics cross-country event was a tremendous success. The event saw the Athletics cross-country competition held concurrently with the Shukuma national flagship programme. Athletes competed in the Under 16 and Under 18 categories. They aimed for places in the national team.

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

This is according to a statement released by the Association.

“We are happy to have successfully hosted a fantastic cross-country event at Shukuma, Piggs Peak Inkhundla. The route was meticulously set up. This ensured a great experience for all participants. The weather smiled upon us, providing a cool and enjoyable atmosphere for racing,” the Association said.

The mother body also applauded the attendance of young athletes.

“While attendance was not at its peak, we understand that the cloudy and chilly conditions may have kept some athletes indoors. However, we didn’t forget our younger runners! We made sure to offer them a chance to enjoy the festivities, fostering their love for athletics and encouraging future champions.”

AE also thanked the Eswatini Sport and Recreation Council for supporting them.

“Special thanks to the Sports Council for providing the prize money for the winners.



▲ Athletes during the cross country competition held in Pigg’s Peak.

Athletics Eswatini also awarded medals to all participants, ensuring that everyone felt

huurecognized,” the Association said. The next cross-country event will be held

at Nkilongo on November 15 ,2025, together with Shukuma.

# Green Lightning wins netball forces derby

Green Lightning reigned supreme in the security forces clash against the Buffaloes.

The Correctional Services side got the better of the army side 63-20 during the Swaziland Building Society league match played at Olymp Africa Centre.

The victory helped the green and white ensemble close on the log leaders with 8 points in the male’s category league.

Flames are now sitting on top with an inferior points difference.

The police side got the better of Vixens by 89-16 to consolidate the top spot.

The ladies category saw Buffalo Ladies beat Vixens 74-36.

The ladies Under 20 team pipped Olymp Africa Centre 37-25 as part of their preparations for the 2026 Region V youth Games.

Eswatini National Netball Association

(ENNA) Secretary Nkabindze Shabalala said they are happy with the progress of the league.

“We are pleased with the progress of the league, and teams are urged to continue working hard in their respective categories. We appreciate the continuous support of the sponsor, which contributes to the development of the sport in the country,” he said.

### The full results Females

ABC Academy 37 - 38 Manzini Ladies.  
Buffaloes 74 - 36 Vixens.  
Under 20 National Team 37 - 25 Olymp Africa.

### Males

Green Lightning 63 - 20 Buffaloes.  
Phoenix 16 - 89 Royal Flames.



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

## Green Arrows sharper than Spears

Green Arrows proved to be sharper than the Spears in the Eswatini Royal Insurance Corporation (ESRIC) E150 000 Darts league. Arrows secured a 19-5 win over their rivals Green Spears on Saturday at Gwamile Voctim. Arrows moved to the second spot with 24 points and an Inferior point behind log leaders Scorpions. Arrows were on fire as they also beat Malkerns Bulls 19-1during the second match of the day. Malkerns were dehorned on the day following as they suffered a 16-5 defeat to Elangeni Vipers. ESRIC recorded a 15-6 win over Green Roses.

Eswatini National Darts Association Public Relations Officer, Flag Nxumalo, confirmed the results. “We are happy with the progress of the league. We commend the level of competitiveness from clubs and the impressive attendance from fans,” he said. The full results ESRIC 15-6 Green Roses. Malkerns Bulls 5-16 Elangeni Vipers. Remnants14-8 Mbabane City. Umlilo 10-11 Zebras. Smesh& Bonzo-20 Scorpions. Green Spears 9-15 Green Arrows. Umlilo 18-2 Smesh & Bonz. Mbabane City 12-10 Green Arrows. Elangeni 10-12 Zebras.



▲ Green Lightninging males team.



# ‘Dodge’, ‘Theo’ in Magudlu monthly pool champs



▲ Veteran pool player Sithembiso ‘Dodge’ Matsebula.

By Chris Dlamini

IT will be a star-studded showdown in the Magudlu Construction Monthly Pool Tournament on Sunday.

The tournament gets underway on Sunday, November 16 at the Billiards and Games Arena inside the capital city. Action is expected to start at 10am.

Several renowned names are on the list of qualifying players for this competition which is only open to 16 players who are all patrons of the hosting venue.

These include Sithembiso ‘Dodge’ Matsebula who has already won the inaugural Billiards Singles and Games Arena League, ex-Manzini Wanderers midfielder Sandile ‘Theo’ Motsa who got a top four finish, and Nkosinathi Hleta, a former national team star.

Every player will be battling for the ultimate prize - E1 000 in cash. That is how

much the winner will take home.

The runner-up will pocket E500 while semil-finalists will receive E250 apiece. The joining fee is E100 per player.

Playing format will be race to 5 in 50 minutes, then race to 7 in the final. Meanwhile, all Pool players in the country are expected to join the E25 000 Guaranteed Prizes Manzini Pool Club tournament slated for November 29.

The joining fee is E200 per player in the singles category while teams pay E1 000 each.

Magudlu Competition Patrons:

- |               |                |
|---------------|----------------|
| Players       |                |
| 1. Mthupha    | 10. Linda      |
| 2. Theo       | 11. Falakhe    |
| 3. Dodge      | 12. Khaya      |
| 4. Zamfumfu   | 13. Mphile     |
| 5. Tiger      | 14. Lindani    |
| 6. Rasta      | 15. Bhibhiliza |
| 7. Smongo     | 16. Oya        |
| 8. Nkosinathi | 17. Equinox    |
| 9. Sthera     | 18. Goina      |



▲ Nigeria Ryders golf president Olaide Mohammed during the event.

## Eswatini gets Nigeria golf invite

By Chris Dlamini

“WE’VE travelled Africa, and Eswatini is second to none.”

That was the immediate reaction of visiting Nigeria’s City Ryder Golf Association President Engr Oladapo Olaide Mohammed. He was leading the Nigeria delegation for the second consecutive year during the Spotted Horses Golf Tournament powered by Futi’s Food Outlet, Spotted Horses and K&H Property Consultants. He told local media they were always grateful and excited about Eswatini.

“Eswatini is Africa. All we want now is for our golfing friends to come play in our fairways in Nigeria so we can return the favour. Of the African countries we have travelled to, Eswatini is second to none. Tell us about Mozambique, it’s a different country altogether but here we’re home,” he said.

The President said they were pleased to say it out loud that Eswatini was one country that could attract a lot of business investors from Nigeria.

“Your country is so fertile for business opportunities and we can do so much together in terms of business investment,” he said.

It is anticipated that Eswatini will travel to Nigeria next year in May. Mohammed further expressed his excitement that the country’s government officials took part in the golf tournament. Minister of Commerce, Industry and Relations Mancoba Khumalo also took part.

“When we spoke, he told me he was in Nigeria two weeks ago and he was impressed with the reception,” added Mohamed.

Otherwise, some renowned names took part in the competition, which was described by many as the perfect opportunity for networking and relaxing the mind. Meanwhile, a few ladies from both countries participated as well.

## Ex-Sihlangu stars take to fairways



▲ The former elite league players who are playing golf.

By Chris Dlamini

FOOTBALL is a short career, but golf is for all ages.

Several local former elite stars have found a home in golf, and are certainly enjoying it with a passion.

During the Spotted Horses Golf Tournament between Eswatini and Nigeria over the weekend, several of them turned up.

Interestingly, they are not just former elite stars but also served their country in the senior national team Sihlangu Semnikati.

Such former stars are Ricky Saulos (Mbabane Swallows), Nhlanhla ‘Kid’ Maphanga (Denver Sundowns and Sihlangu Semnikati), Cosmo ‘Wall of Death’ Mthethwa (Mbabane Swallows and Sihlangu), and Sam Richards (Manzini Wanderers and Sihlangu).

Others, amid not making it to the senior national team, but took part are Lenny ‘Nengomasha’ Mkhonta (Mbabane Swallows), Frank Hlophe (Mhlume Peacemakers), and Saidi Juma (Mhlambanyatsi Rovers) and former Moneni Pirates Public Relations Officer (PRO) Mlungisi ‘Puma’ Simelane who also played for Denver Sundowns and Usushwa-

na Rhinos. Simelane also had a short stint with Mbabane Swallows.

Police officer Sandile Choncho who also wore the Mbabane Swallows kit was Mthethwa’s partner as in previous tournaments.

“Golf is a great sport and we are certainly enjoying every bit of the fairways. We’ve played Nigeria, beat them on Saturday and it looks like we’re winning again today (Sunday, November 9),” said Cosmo Mthethwa.

His playing partner, Choncho said golf was a flexible sport and they were forever enjoying it. He said they would be ready for Nigeria next May.



MANGOSUTHU LEGACY CUP...



▲ Nsingizini Hotspurs FC.

Amakhosi out, Nsingizini to face Richards Bay

By Chris Dlamini

THE Mangosuthu Legacy Cup 2025 will go ahead on Saturday without Kaizer Chiefs.

The South African (SA) Soweto giants have pulled out of the tournament. They had been scheduled to face Eswatini’s Nsingizini Hotspurs on November 16 at the Mangosuthu Regional Stadium in Ulundi, SA.

However, Amakhosi, as Chiefs are also affectionately known, have officially withdrawn themselves from the tournament. Noteworthy is that the tournament had already been postponed once due to TotalEnergies CAF Champions League and TotalEnergies CAF Confederation Cup

engagements by both Nsingizini and Chiefs. The former is now out of the Champions League, while Amakhosi made it through to the group stage in the Confederation Cup.

In a media statement by the Zululand District Municipality on Sunday, Richards Bay will be replacing them. It is now Richards Bay to play Nsingizini in the second semi-final on Saturday at 12pm.

In the first semi-final, it will be Betway Premiership side AmaZulu against Patrice Motsepe Foundation outfit Njampela at 9am.

The latter are also the defending champions after winning last year’s edition. As per the statement, the decision to withdraw was confirmed by Chiefs in a letter to the Organising Committee, whereby the Confederation Cup is once again cited.

An excerpt from the letter read, “This

difficult decision has been necessitated primarily by the unfortunate changes to our international fixture following the CAF Confederation Cup group stages, which was concluded earlier this week.

“The draw has imposed specific travel logistics and preparatory requirements they directly interfere with our participation in the tournament. As a club with a proud history on the continent, our commitment to CAF tournaments must take precedence and the revised schedule leaves us unable to fulfil our obligation to your event without compromising our performance and obligations”.

As a resolution, the Municipality will continue to deliver to the people of Zululand the tournament as scheduled for Saturday. In the place of Chiefs, Richards Bay will be the fourth team.



▲ Ernest Mavuso.

It’s a valuable away point – Landers’ coach, Ernest

By Sibusiso Masilela sibusisom@rubiconmedia.group

MBABANE Highlanders head coach Ernest Mavuso has welcomed the one point earned against Malanti Chiefs.

He said this following their 1all draw against the Northern Hhohho outfit on Sunday at Killarney Stadium.

“This is a valuable point for us, as we were against a strong opposition that gave us a run for our money. We will continue working hard, and I am confident that we will return to winning ways during our next match,” said.

Meanwhile, the home coach Sreten Pavlovic commended his players’ performance.

Happy

“I am happy with the performance of the team despite surrendering the lead. We fought hard throughout the match, and we need to improve on certain aspects of the game, especially upfront,” he said.

The match saw the two sides share the spoils through first half goals from Daniel Yeboah and Siwakhile Shongwe in front of over 1 000 fans.

Malanti deny Bull top four spot

By Sibusiso Masilela sibusisom@rubiconmedia.group

Malanti Chiefs..... ① 1, Isaac Yeboah 9th  
Mbabane Highlanders..... ①1, Siwakhile Shongwe 36th

A gallant Malanti Chiefs denied capital city giants Mbabane Highlanders a top four spot with a 1-all draw at Killarney Stadium on Sunday.

The stubborn newcomers are still unbeaten in the elite league after five matches with nine points in the new campaign and gave the crowd pullers a run for their money in front of about 1 000 fans.

The ‘Black Bull’ is sitting in position eight with eight points after five matches in the MTN Premier log standings.

The spectators included Premier League of Eswatini Chairman Polycarp Dlamini, the two club directors, Dumisani Gumede and Shauwn Mkhize, among others.

The home side drew first blood nine minutes into action through their Ghanaian import, Isaac Yeboah.

Yeboah unleashed a thunderbolt from a

long ball from the edge of the box, which left the visiting goalkeeper Sisekelo Maseko like a newborn kitten, stunning the Highlanders fans. The home side looked more energetic after the goal, after South African winger Gift Namieg saw his shot being swallowed by the opposition by Sisekelo in the 26th minute.

Highlanders levelled matters in the 36th minutes through a Siwakhile Shongwe penalty after Sifiso Makhubu was adjudged to have handled a Delisa Gama shot.

Shongwe took the responsibility and slotted the ball, provoking a wild celebration from the travelling fans.

The goal ensured a 1all stalemate heading to the breather.

The second half saw the two teams creating little chances despite the numerous changes made by the two coaches, Sreten Pavlovic and Ernest Mavuso.

Malanti Chiefs South Africa veteran winger Sandile Mazibuko saw his glancing header missing target in the 78th minute from a Nkosingiphile Dlamini cross.

The contest didn’t produce much action during the last stanza, forcing FIFA-accredited Referee Thembinkosi Dlamini to end the contest in a 1all stalemate.

Other MTN Premier League matches saw



▲ Malanti Chiefs FC.

army side Young Buffaloes thrash minnows Sisonkhe FC by 5-1at Kalanga Technical Centre.

THE FULL RESULTS

Malanti Chiefs 1-1 Mb. Highlanders.  
Younf Buffaloes 5-1 Sisonkhe.  
Ezulwini Utd 1-0 Mb. Swallows  
Sea Birds 4-0 M. Wanderers.  
Royal Leopard 0-3 T. Celtics.  
Nsingizini 1-0 Amawele.  
Ubombo Sugar 0-1 Green Mamba.  
Moeni Pirates 1-1 Rangers.

MTN PREMIER LEAGUE LOG STANDINGS									
	GP	W	D	L	GD	PTS			
1	Manzini Sea Birds	5	3	1	1	4	10		
2	Green Mamba	5	3	1	1	2	10		
3	Nsingizini Hotspurs	4	3	0	1	3	9		
4	Malanti Chiefs	5	2	3	0	2	9		
5	Mbabane Swallows	5	3	0	2	1	9		
6	Rangers FC	5	2	2	1	2	8		
7	Mbabane Highlanders	5	2	2	1	2	8		
8	Ezulwini United	4	2	2	0	2	8		
9	Young Buffaloes	5	2	1	2	4	7		
10	Moeni Pirates	5	2	1	2	1	7		
11	Tabankulu Celtics	4	2	0	2	4	6		
12	Royal Leopard	4	1	1	2	-2	4		
13	Amawele FC	5	1	1	3	-2	4		
14	Ubombo Sugar	5	1	1	3	-3	4		
15	Manzini Wanderers	5	0	2	3	-7	2		
16	Sisonkhe FC	5	0	0	5	-13	0		





**Man City  
crush  
Liverpool 3-0**

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**Malanti Chiefs  
deny Bull top  
four spot**

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**Daily News**

**Sport**





**VS**



**Amakhosi *out***

**Nsingizini to  
face Richards Bay**

**... Nsingizini Hotspurs will now face Richards Bay in semi-final of the annual Mangosuthu Legacy Cup on Saturday after the withdrawal of Soweto giants Kaizer Chiefs. *Page 23***