

HIT THE GROUND RUNNING



SPRINT: Not a Cult members ready for a run at a mall in Seef District

SUMMER is gradually peaking and while the brutal heat and humidity need not stop you from running, it is wise to make slight adjustments to ensure minimal damage.

From staying hydrated to packing the electrolytes and switching to indoor venues, Bahrain-based athletes and nutritionists



HEALTH REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

have shared tips to enhance your routine.

Recent years have seen the emergence of many running groups in the kingdom with more people turning to the activity as a form of exercise and social connection. Even jogging and brisk walking if done daily offers diverse health benefits, significantly enhancing cardiovascular health, strengthening bones and muscles, and facilitating weight management. Additionally, running boosts mental well-being by releasing endorphins to reduce stress.

However, as a high intensity activity, it can take a toll especially during the scorching summers.

"One of the biggest myths that people believe is the more you sweat, the more you're going to lose weight," Bahraini athlete Manal Fakhrawi from Riffa told *GulfWeekly*.

"Sweating makes you lose essential minerals and electrolytes, which is actually quite risky, especially in summer, and drinking just water is not enough," she added.

Electrolytes and minerals like sodium and chloride maintain fluid balance, nerve function and muscle contractions. In addition to proper hydration, the

professional horse rider, who has been into running for more than 20 years, advised wearing the right shoes and choosing appropriate paths to avoid injuries.

"Bricks absorb little shock compared to asphalt, which puts more strain on ankles and knees. I prefer the tarmac road, or off road, which is just sand," explained the triathlete and two-time Iron Man finisher.

The regular runner with Happy Team, founded in 2014 by team captain AbdulKarim Turki, went on to commend the new local parks designed with specialised pathways, like the walkway in Riffa East. It was renovated this year and is fitted with solar lights, exercise equipment, and a running track.

For those who prefer a straight path without obstacles, the kingdom has many roads with minimal traffic.

Bahraini fitness enthusiast Dana Zubari from Saar, who founded Lettuce Run in 2018, is seen taking this route with her fellow runners in her *Instagram* stories that feature the catchphrase 'Good

morning, Bahrain'.

"One of my paths is from Water Garden City to Bahrain Financial Harbour and another is Manama Suq," added the early riser, who typically sprints before sunrise.

"Running early or late at night are good alternatives to beat the heat. Sometimes, when the heat is unbearable, I do three kilometres outdoors and complete the rest on my treadmill," she revealed.

"Make sure you have a banana or dates. Carry some with you if need and never run without your water bottle."

While it is not advisable to have a heavy meal before a workout, experts recommend light balanced snacks.

"Water-rich fruits such as watermelon, oranges, grapes, and strawberries are excellent pre-run choices," recommended Awali Hospital clinical dietitian Dr Aldana Alaamer.

While Lettuce Run started as a running group, Dana noted that it has gradually become a space for social connection where members prefer walking and engaging. Many of the

sessions are staged inside malls during the summer.

Govind Srinivas, who is part of Not a Cult run club launched last year, revealed that they also have their sessions inside malls.

"It is a great place to meet, socialise and connect with new people from various backgrounds," said the Indian expatriate from Barbar, who has been living in Bahrain for the last 30 years.

Running tips by Dr Aldana:

- Avoid the hottest hours of the day i.e 10am to 4pm
- Drink approximately 400 to 600 mL of water two to three hours before exercise, followed by additional fluids after
- Electrolyte-containing beverages may help replace sodium lost through sweat for runs lasting more than 60-90 minutes or those performed in excessive heat



ARABIAN ALCHEMY
New local perfumer
SEE PAGE 2



SHARED ROOTS
Al Riwaq art
SEE PAGE 3



LEISURE SCENE
Food, fun, etc.
SEE PAGES 4-5



PULSE OF POP
Music, books & more
SEE PAGE 6

TRIATHLETE: Manal

The enchanting world of scents



HERITAGE: The perfumes showcased in artisanal pots at a past exhibition



CRAFTSMEN: Pot-making in progress



WEAVES: The pouches featuring Nakhda presented in a traditional basket

WHILE modern Arabian fragrances have enjoyed mass appeal since the last few decades, a love for scents of the East began more than 3,000 years ago.

Along with spices, exotic ingredients like oud, myrrh and frankincense were transported to the world via the Gulf trade route.

Perfumes have been an integral part of Arab culture for millennia, having both social and religious significance. Commonly worn before Friday prayers at the mosque and during religious festivals, they reflect virtues like purity and cleanliness.

Fragrances also symbolise hospitality and joy and burning bakhoor at home especially while welcoming guests is a widely practiced Middle Eastern tradition.

A major factor that sets Arabian alchemy apart from the international industry is its use of rich natural ingredients, including musk, amber, Taif rose, saffron and cardamom – most European fragrances heavily rely on synthetic elements.

Overtime, modern Arab perfumers have explored the influence of newer ingredients, blending them with traditional accords, opening the enchanting world of Middle Eastern scents to connoisseurs worldwide.



BEAUTY REPORT

By MELISSA NAZARETH
melissa@gdnmedia.bh

Among them is Studio Beyn launched last year by Bahrain-based sibling trio Lulu, Liela and Khalid Alsugair. They unveiled their winter collection in October 2025. Their second ensemble came this year and is more summer leaning.

Their scents feature diverse influences, including delicious cardamom-laced Arabic kahwa (coffee), decadent traditional halwa, the fresh green gardens of Budaiya, sweet dibs or date syrup, exotic palm blossom and more.

"Studio Beyn is all about being 'in between' (beyn in Arabic means 'in between') – encompassing different worlds," co-founder Lulu, who has both Saudi and Filipino roots, told *GulfWeekly*.

"We have never felt fully Saudi or fully Filipino and we've been lucky enough to grow up in Bahrain where it's so welcoming and diverse. We pursued university in the UK. So, in terms of culture, we're always in between," she added.

Celebrating their Saudi heritage, the trio created a scent nodding to the Ineza

and Dahna tribes. *Two Airst* on the other hand is a composition that brings together rich ouds and resins with lush florals such as ylang-ylang – a thriving bloom in the Philippines.

The St Christopher's School alumna, who handles the logistics for the brand, recounted their childhood trips to the suq to buy perfumes as gifts for relatives back in Saudi, noting that those adventures sparked their passion for perfumery.

"We would always give our relatives different perfumes

that we personally mixed and it became our signature gift in the family. Even the shopkeepers would be impressed by the combinations and the reactions we got partially fuelled us to do something within perfumery," she said.

Lulu revealed that each of their creations is narrative driven. Presently, they have 13 perfumes, each telling a personal story. The products are manufactured in factories outside the kingdom. However, the accords and notes are developed in Bahrain. While the perfumes are all oud based, they blend other influences, creating unique profiles.

"Our fragrances are inspired by stories, landscapes, and cultural exchange, ranging from unconventional florals to resinous, woody, and verdant compositions – each interpreted through the Studio Beyn perspective and born between worlds.

The Al Markh resident highlighted that each of their scents draw men and women across ages, which is how they intend their products to be.

"*The Rose that Burnt* fragrance is not the stereotypical sweet bloom but a burning rose that has a smoked, charcoal scent that is appealing to men."

Leave a fragrant trail behind

While fragrance layering has been a Middle Eastern ritual for centuries, millennials and Gen Z have recently taken to the trend on social media, reviving the age-old practice. The idea is to blend (ideally) two complementary perfumes to produce a unique scent. Fruity and floral accords can be combined to create a summery scent. You could also layer a decadent cocoa body butter with a pistachio eau de parfum for an irresistible Dubai Chocolate trail.





ART REPORT

By NAMAN ARORA
naman@gdnmedia.bh

IN Sara Redha's latest art installation, the Bahraini creative takes a step back to decode how humans find 'belonging' and how these structures can be either scaffolding or suffocation.

Exploring the intricacies of culture and how it overlaps with the concept of cults, her installation at Al Riwaq Art Space's *Residual Spaces* art exhibition may appear grandiose at first but the real beauty is in all the details that the prop creator and graphic designer has crafted.

"*Cult ure* explores the overlap between cults and culture, tracing their shared linguistic roots and questioning how systems of belonging are formed," the 33-year-old told *GulfWeekly*.

"Using the structure of the family as a lens, the installation examines how patterns are inherited and maintained across generations."

At the centre of the art piece, set on a stage, is an idealised mural of a family tree, disrupted by a chaotic foreground, revealing the tensions, hierarchies and contradictions that sustain it, while imagining the possibility beyond inherited narratives.

Littered across the stage are artefacts that trace a family's official journey, ranging from birth and death certificates to forms and photos.

And in front of the stage is what appears to be a director's chair, and hints as to who might sit there are found on match and cigarette boxes resting on the table beside, marked 'Jester'.

"I have built a solid prop design background in my career, but what I didn't have was the art background and this is my first ever full installation," Sara explained.

"My mentor Annie Atkins, who is the deep graphic



AT WORK: Sara on set



ARTIST: Sara

designer for greats like Steven Spielberg and Wes Anderson, helped shift my graphic design towards using it as a storytelling element and bringing a character to life with things are sometimes in the background.

"I wanted to use my graphic design in the piece and with mentorship from William Wells (Al Riwaq educational programmes and exhibitions director), I explored conceptual art. He pushed me to find the concept first

and then find what medium would work best, rather than just thinking with my skills and fitting the concept to it."

Sara's original proposal when applying for the art

residency was to explore confessions she never made, and through the programme, critiques and mentorship, she developed her idea into a full-scale installation.

Her research involved books like *The Selfish Gene* by Richard Dawkins, *Born A Crime* by Trevor Noah and *Rubayeeat Khayaam* by Omar Khayaam as well

as cults around brands and corporations structures, film and book fandoms, scientology and more.

For more details, follow @saraxprop on Instagram.

DETAILS: Found across the stage are photos and forms



IMPRINT: Tracing a family's history through forms

BRAIN-BUSTERS

Quizmaster and Radio Bahrain host Shannon Crockett, who has been entertaining people across the island with his brain-teasing quiz night sessions, has offered to put *GulfWeekly* readers' general knowledge to the test. Join in the fun every Thursday with Shannon's seven brain-busters.



- 1) What was the name of Sonny Crockett's pet alligator in the cult TV series *Miami Vice*?
- 2) Which country is geographically the second-smallest nation in South America?
- 3) Introduced in 1984, the DynaTAC 8000 was the first what?
- 4) What mammal injects venom through spurs on its hind legs?
- 5) What type of cream cake with a flavoured icing gets its name from the French word for lightning?
- 6) Originally billed as 'An Aquarian Exposition', this 1969 event is better known as what?
- 7) What is the name of the pan in which one makes paella?

ANSWERS

1. Elvis
2. Uruguay
3. Mobile phone
4. Platypus
5. Echidna
6. Woodstock
7. Paella



CULT URE: The completed set

Leisure Scene



**What's
on
guide**

By Olivia Middleton

FIFA FINALE AT RITZ-CARLTON



ARTISANAL: Sips featured on the Cold Brew Craft Edition

THE Ritz-Carlton, Bahrain has launched an array of exclusive culinary experiences, blending world-class entertainment with premium global cuisine.

Football enthusiasts can look forward to the Football Fanzone Finale at La Med on July 19, which will celebrate the finale of the 2026 FIFA World Cup. The family-friendly evening will include a buffet menu inspired by the flavours of the three host nations.

The evening will include a DJ and a traditional mariachi band performance, followed by the live screening of the final World Cup match.

The offer runs from 8pm to 12am, and two packages are available: the first is priced at BD35 inclusive of soft beverages, and the second at BD45 inclusive of selected beverages. Royal Beach Club members can apply their standard membership

discounts to both packages.

Experience the art of slow-steeped coffee at the Ritz Gourmet Lounge, where coffee lovers can discover a refreshing pause from the daily hustle with the Cold Brew Craft Edition. The selection is priced at BD5.5, and available daily from 12pm to 10pm.

Mid-week dining receives a spicy upgrade at Nirvana with Tandoor Tuesday. Diners can enjoy a weekly Indian feast with authentic vegetarian or non-vegetarian tandoori platters. It is served with freshly baked Indian bread, signature sides, and a selection of house beverages. The promotion is priced at BD15 and runs every Tuesday from 7pm to 10.30pm.

For reservations or more information, contact La Med on 17586499, the Ritz Gourmet Lounge on 17586425, or Nirvana on 17586418. Alternatively, email rc.bahrz.restaurant.reservations@ritzcarlton.com.

GAME: Enjoy the matches



FOOTBALL ACTION AWAITS



SOCIAL: Food and fun at CLAW BBQ

PERCHED on the 44th floor of Hilton Bahrain, CLAW BBQ combines a high-energy social destination with panoramic skyline views.

Football fans can catch the action of the FIFA World Cup live on the big screens, alongside an action-packed weekly line-up.

The excitement starts on Sundays, where hospitality professionals can enjoy two hours of unlimited selected beverages from 4pm to midnight for BD12.500, with an option to extend the experience for another two hours for BD10.

Early birds can dive into Happy Hour running from opening time until 8pm every Saturday through Thursday, with select drink beverages starting at just BD2.

Mondays belong to the ladies, who receive four free drinks from 8pm to 11pm, alongside a curated sharing platter for BD15. Ladies can also enjoy a 30 per cent discount on all standard-priced food and beverages all night.

Taco Tuesdays serve up a Mexican-style feast, delivering bottomless tacos and selected beverages from 6pm until midnight for BHD16. Guests can upgrade their

package for BD3.500 to secure unlimited selected beverages.

Midweek brings Wednesday Madness, treating patrons to a fast-paced two hours of free-flowing select beverages from 7pm to 9pm for BD12.500.

And then ease straight into the weekend with the infamous Friday Brunch, from 12.30pm to 4pm, followed by an immediate after-party Happy Hour continuing until 6pm. Packages start from BD24.

Elsewhere at Hilton Bahrain, Origin Kitchen and Culture invites you to fuel your day with an extensive breakfast buffet. The morning spread is available Saturday to Friday from 6.30am to 10.30am, and extends until 11.30am on Saturdays for BD13net.

Seafood lovers can also book a table on Thursday evenings for their premium seafood night, from 7pm to 10pm, showcasing a variety of fresh ocean catches for BD30 inclusive of soft drinks. Offer ends on July 23.

And don't forget that green is the new bold with the matcha takeover at Lamar Café and Lounge starting from BD3.500.

For reservations or more information, contact 33692013.

CHEER FOR YOUR TEAM

INTERCONTINENTAL Bahrain is serving up a season of flavour and football, combining curated dining experiences with summer promotions and live tournament screenings.

Football fans can soak up the FIFA World Cup excitement at Elements Pool and Lounge, as the tournament comes to an end on July 19.

Guests can submit their predictions for the winning team and final score before kick-off for a chance to win prizes, adding an extra layer of excitement to every fixture.

Legendz SteakHouse invites guests to its Brunch Affair, a lavish dining experience showcasing signature dishes such as teriyaki-glazed duck leg with sweet potato purée and slow-cooked BBQ Angus beef brisket. Guests can also enjoy an extensive buffet featuring seafood, barbecue and burrata stations. It costs BD28net with soft beverages or BD38net with unlimited selected beverages. Children under six dine free, while those aged six to 12 receive a 50 per cent discount on July 10, 24 and 31 from noon to 4pm.

On July 17, Legendz turns its attention to French gastronomy with a special Bastille Day Brunch celebrating the country's rich culinary heritage. The menu features classic



RELAX: Tea-time sips and bites at the hotel

French favourites including galettes, croque monsieur, charcuterie and a selection of traditional savoury dishes.

The brunch is served from noon to 4pm. It costs BD28net with soft beverages and BD38net with unlimited selected beverages.

For lighter indulgences, Noor Lounge is serving up a Summer Sips Collection throughout July and August. Priced at BD4.500 each, the seasonal trio includes a Coconut Affogato presented



EXCITEMENT: Catch the matches live

in a fresh coconut shell, the Avocadoria, which combines avocado with sweet mango, and a Coffee Jelly Float topped with vanilla ice cream. The beverages are available daily from 8am to 11pm.

Ladies can also make Mondays their day to unwind at Noor

Leisure Scene

Weekly Entertainment



Lounge, where a 50pc discount is offered on all food and beverages from the à la carte menu. The promotion runs every Monday from 8am to 11pm.
For reservations or more information, contact 17227777 or 36967701.

ESCAPE to Grand Swiss-Belhotel Waterfront where a selection of seasonal packages promises the perfect getaway.

Guests can enjoy a bed and breakfast package from BD55net per room, per night, or opt for a half-board stay from BD65 per room, per night. Every summer package also includes a complimentary room upgrade.

For those seeking added luxury, Executive Suite packages come with a complimentary upgrade to a G-Club Suite with a balcony. Rates start from BD75 per room, per night for bed and breakfast, while the half-board option is available from BD90 per room, per night.

The offers are available for a limited time. Terms and conditions apply.

For reservations or more information, contact 17177333.



UNWIND: Room with a view

A TASTE OF TÜRKIYE

FROM exceptional fine dining to restorative wellness escapes, Four Seasons Hotel Bahrain Bay offers the ultimate urban retreat to transform your summer.

On July 18, executive chef Brian Becher joins forces with ORLA Hospitality co-founder and executive chef Bahadır Abul to present a specially curated à la carte menu. Merging the bold, contemporary identities of CUT with inspiration drawn from the rich culinary heritage of Türkiye, the lunch and dinner services promise premium ingredients, Mediterranean influences, and exceptional craftsmanship. Lunch runs from 12.30pm to 3.30pm, with dinner served from 7pm to 11.30pm.

Those looking to elevate their weekend can head down every Friday for the Bubbly Brunch at CUT by



DYNAMIC: Duo set to enthrall diners at the hotel. Chef Bahadır, left, with Chef Brian.

Wolfgang Puck. Running from 12.30pm to 3.30pm, the afternoon features DJ beats and a trolley pouring bubbly tableside to accompany a menu of iconic favourites like Yellowtail Hamachi Ceviche, Beef Sliders, and Line-Caught Black Bass. The package is priced at BD70 inclusive of free-flow bubbly beverages.

Bay View Lounge is also running its Gelato and Affogato Experiences until October 31. Available daily from 11am to midnight, this menu features artisanal gelatos inspired by the

four seasons paired with unexpected textures, alongside sophisticated affogatos featuring Espresso, Karak, or Matcha. Affogatos are priced at BD4.500 each, and gelatos at BD5.900 each.

High above the bay, Blue Moon Lounge offers a true highlight on Sundays from 12.30pm to 1am. Guests can graze on an array of sharing plates, such as Jalapeño Popper Arancini, Little Mac Beef Tartare, and Lobster Corn Dogs, complemented by crafted beverages and sweeping city views.

CALM: Restore balance with the hotel's yoga sessions



Indulge in bold, imaginative flavours at re/ASIAN CUISINE, where elevated Asian classics meet a fresh Californian spirit. Designed entirely for sharing, the à la carte menu brings together premium sushi, Maine lobster brightened with ginger and lime, and the celebrated Wagyu Katsu Sando, all backed by DJ rhythms. The venue is open Tuesdays, Saturdays, and Sundays from 7pm to 11pm, and Wednesdays

through Fridays from 7pm to 11.30pm. To restore total inner calm, the hotel invites guests to experience its Moon Yoga series, with a Full Moon Session on July 29. This guided movement and breathwork class will run from 6.30pm to 7.30pm, priced at BD6 per person for hotel guests and members, and BD12 for outside guests. For reservations or more information, contact 17115500.



SPECTACULAR: Hawar Resort by Mantis

AN ADVENTUROUS GETAWAY

THE ultimate summer destination is closer than you think, waiting right here at the pristine Hawar Resort by Mantis.

The resort's newly unveiled holiday package promises an unparalleled retreat into eco-luxury. Guests can enjoy a bespoke villa stay designed for absolute privacy and comfort,

with a lavish daily breakfast included to perfectly fuel your mornings. The package features daily excursions of your choice, ranging from dolphin watching, snorkelling, and fishing to a Desert Culture tour. For more information or to secure your villa reservation, call 32183610 or email reservations@hawarresort.com.

Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY RIMA ALHADDAD

EPIC fantasy film *The Odyssey* is out now in theatres.

Directed by Christopher Nolan, the adaptation of Homer's ancient Greek epic follows Odysseus, portrayed by Matt Damon. The legendary Greek king of Ithaca embarks on his long and perilous ten-year journey home, following the Trojan War, encountering mythical beings along the way.

The star-studded cast includes Lupita Nyong'o as Helen of Troy, whose abduction triggered the Trojan War.

Tom Holland plays Telemachus, Odysseus's son, and Anne Hathaway brings Penelope, Odysseus's wife, alive.

Robert Pattinson performs as Antinous, a suitor of Penelope, and Zendaya as Athena, goddess of wisdom. Rapper Travis Scott features as the bard and singer who composed and performed verse in the service of a patron.

His inclusion is explained as an allusion to how the epic was retold through oral poetry.

In an interview, Christopher noted that the new film felt like a work in progress, after watching an elementary school play of the epic when he was just five years old.

"I remember the Trojan horse; I remember them tying Odysseus to the mast. It's in our bones," he said.

MYTHICAL: Matt portraying Odysseus



Perilous journey

"I just scribbled down, 'What are the things I remember from it?' I didn't want to do a revisionist version; I wanted to be true to my expectations of it," he added.

In order to bring the story to a broad audience, the Oscar-winning creative behind *Oppenheimer* (2024) cited one of his inspirations to be the 2017 modern

translation by Emily Wilson, whose version is the first complete published translation of the poem by a woman into English.

"It means there are going to be both more general readers and potentially more students who will be excited about Ancient Greek literature. I hope some of them will sign up for Ancient Greek, where the enrolments

are always borderline in trouble," Emily, a classical studies professor at Pennsylvania University, said.

The Odyssey was filmed last year across locations in Morocco, Greece, Italy, Scotland, Iceland, Western Sahara, and Malta, as well as at Universal Studios in Los Angeles.

Key to the future

FANTASY worlds collide in Jean Kwok's new novel *Dominion*, now on shelves, writes Kawthar Anwar.

Set in a world of rivalry between four supreme authorities, the story follows Rubi Morningtail, a young refugee who has no memories of her past due to a devastating attack.

Unaware of her magical abilities, Rubi is drawn into a dangerous world full of warriors, conflict, and legendary creatures such as the 'battle tyger'.

While learning about her past and powers, Rubi must now learn to navigate her new connection with Blake Axefire, a powerful warrior who might have the key to her future.



Known for her contemporary and historical fiction, the new release marks a new direction for the bestselling author behind *Girl in Translation* and *Searching for Sylvie Lee*, as she steps into the romantasy (romance fantasy) genre, allowing her to engage with a new audience of readers.

It explores identity, belonging, and finding strength after loss by combining her emotional storytelling with exciting elements of romance, action, and fantasy inspired by Chinese mythology.

A memorable quote from the novel is one that reflects the core themes surrounding hope: 'Even the brightest fire becomes

ash. Even the deepest shadow awaits the dawn. There is light in every darkness because hope is eternal'.

Tunes that hit home

AMERICAN singer-songwriter and producer Steve Lacy drops his new album *Oh Yeah?* tomorrow.

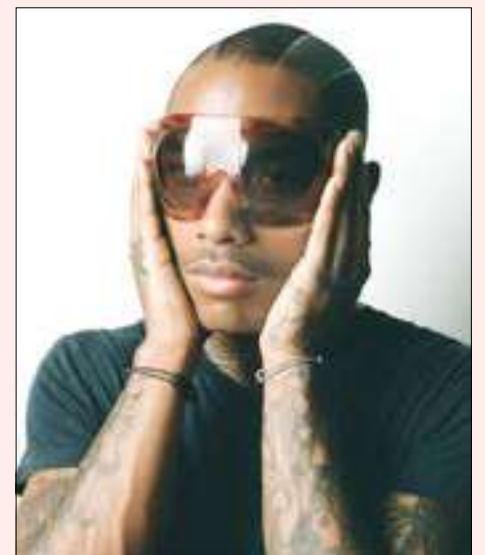
Described as the 'culmination of a four-year journey', whereupon Steve found himself feeling 'at home in foreign countries and situations and less at home at home', the ensemble will feature synths and guitars, complimenting some of the artist's most raw and personal lyrics.

In an interview, Steve said that the new release is his first creation while feeling fully present and more immersed into the process.

"Before, it was always 'I made the beat, I got the hook, y'all do the rest'," he said, referencing fellow creatives that joined his writing sessions.

"But now I've been falling in love with writing. These are probably some of the best verses I ever wrote," he added.

The 28-year-old artist first gained recognition for his work as a guitarist of the alternative R&B band The Internet, which he joined in 2015. He is best known for the viral single *Bad Habit* off *Gemini Rights* (2022), which earned him Best Pop



ARTIST: Steve

Solo Performance, Record of the Year and Song of the Year nominations at the 2023 Grammy Awards, in addition to the ensemble winning Best Progressive R&B Album.

The producer has worked with other popular artists, including Kendrick Lamar, Tyler, the Creator and Solange Knowles.



**Reduce Costs.
Strengthen
Connectivity.**



Business Internet you can rely on

Get a Free Quotation, Contact us Today!

☎ 17565171 📞 17565171 ✉ enquiries@northstar-telecom.net

www.northstar-telecom.net

Northstar Telecom is the Telecom Brand of Northstar Technology Company WLL.

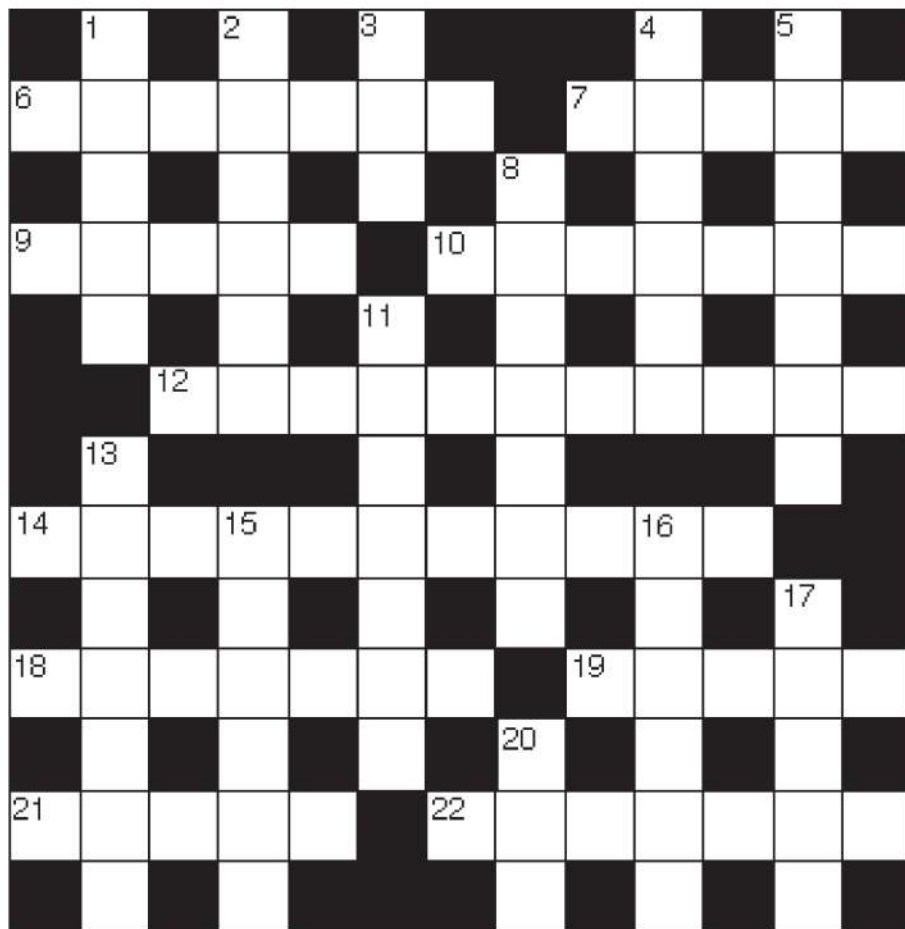
Time Out



Hilal Computers

Maximizing performance and efficiency
Dell service provider
Tel: 1729 3749 ext 2220

crossword break



Solutions in next week's issue.

ACROSS

- 6. Advantage (7)
- 7. Comely (5)
- 9. Cape (5)
- 10. Coherence (7)
- 12. Gloomy (11)
- 14. Scenic (11)
- 18. Undress (7)
- 19. Vault (5)
- 21. Stance (5)
- 22. Exalted (7)

DOWN

- 1. Response (5)
- 2. Feast (6)
- 3. Attach (3)
- 4. Strain (6)
- 5. Vanity (7)
- 8. Quick look (7)
- 11. Attribute (7)
- 13. Communication (7)
- 15. Beat (6)
- 16. Disorderly (6)
- 17. Foam (5)
- 20. Embrace (3)

who, what, where, when

WHO ... famously wrote on his guitar the phrase *This Machine Kills Fascists*?

WHAT ... is the surname of 2006 Celebrity Big Brother victor Chantelle?

WHERE ... in Austria is the Residenzplatz?

WHEN ... were the NBA team Toronto Raptors founded?

WHO ... wrote the 1986 novel *Mefisto*?

WHAT ... was the nickname of drummer Nicholas Dingley of Hanoi Rocks who died in 1984?

WHERE ... in Europe is the winter sports resort of Kitzbühel?

WHEN ... was the US singer, actress and dancer Josephine Baker born?

just so

W E D G .

13579 end end end

JONB

fail cc .

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

5	8	3	4	9	7	6	2	1
9	1	6	8	2	3	7	4	5
7	2	4	1	6	5	8	3	9
6	9	5	7	8	4	3	1	2
3	4	2	9	1	6	5	8	7
8	7	1	3	5	2	9	6	4
4	5	8	6	7	1	2	9	3
2	3	9	5	4	8	1	7	6
1	6	7	2	3	9	4	5	8

8	2	5	6	4	9	1	3	7
1	9	6	7	3	5	4	2	8
3	7	4	1	8	2	6	5	9
5	6	1	8	7	4	3	9	2
9	3	2	5	1	6	8	7	4
4	8	7	2	9	3	5	6	1
2	4	3	9	6	1	7	8	5
7	1	9	3	5	8	2	4	6
6	5	8	4	2	7	9	1	3

darn tough sudoku

5	8	9	2	6	7	4	1	3
1	4	3	9	5	8	2	6	7
6	7	2	3	1	4	9	8	5
2	6	8	7	3	5	1	4	9
9	3	4	1	2	6	7	5	8
7	5	1	4	8	9	3	2	6
4	1	6	8	7	3	5	9	2
8	9	7	5	4	2	6	3	1
3	2	5	6	9	1	8	7	4

Sudoku

	6						9	2
		2	1	8	9			5
8				2	5			7
				1			8	6
		6	5			9		
9	4			7				
6			4	5				8
5			8	9	7	1		
4							5	

Sudoku

	6		4		5		9	
5				3	8			1
		1				2		
9	1							6
				9	3		1	
2	5			6			3	4
		7			4	3		
6			7					9
	4		3	2	6		5	

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Elementary; 7 Put up; 8 Lockjaw; 10 Loyalist; 11 Till; 13 Garret; 15 Cohere; 17 Test; 18 Specimen; 21 Climate; 22 Aries; 23 Betterment.

Down: 1 Entry; 2 Expelled; 3 Enlist; 4 Tuck; 5 Rejoice; 6 Apologetic; 9 Wilderness; 12 Conclave; 14 Respite; 16 Appear; 19 Moist; 20 Part.

JUST SO:

Lay it on thick, The salt of the earth, In for a penny, in for a pound, A big fish in a small pond.

WHO, WHAT, WHERE, WHEN:

Ian Hislop; (Secret) Chimp; Between Sweden and Norway across the Svinesund; 1967; Mikhail Sholokhov; Respect - the Unity Coalition; Over Nagasaki; 1875.

Darn Tough Sudoku

8						1			5
							8		
3		4				8		2	
4				6					
	5	6					1	4	
						5			7
	3		9				6		1
		7							
2			3						4