

WHAT TEACHERS WISH YOU KNEW

EDUCATION REPORT
By MELISSA NAZARETH
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FROM gradually moving bedtime routines to reintroducing structure, teachers in Bahrain have revealed their expectations in time for the upcoming back-to-school season to ensure a smoother transition.

While educators are a central cog in the system, student wellbeing is a group effort. However, teachers are often forced to take up the lion's share of the responsibility, which can be challenging.

In order to prevent this, children must receive seamless attention and support from all those involved in their upbringing either directly or indirectly.

Highlighting the major challenges of the transition from summer break to the classroom, primary school English teacher Hisham Ismail noted that he observes sleep adjustment issues, separation anxiety and resistance to structure.

"After nearly two months of summer break, young children often struggle to adjust to early sleep schedules, which directly affects their energy and attention span during morning classes," the Egyptian expatriate and Muharraq resident told *GulfWeekly*.

"For younger students—especially those entering Grade 1—being away from home causes emotional stress that directly impacts their readiness to learn. Transitioning from unstructured summer play to a structured classroom



TEACHER: Nivedita



EDUCATOR: Ali



TUTOR: Hisham



MENTOR: While educators are a central cog in the system, student wellbeing is a group effort

environment requires significant patience, effort, and adaptability from teachers," he added, recommending that parents can take proactive steps

to ensure a smoother process. "Gradually shift bedtime routines at least two weeks before school starts and build positive expectations by framing the return to school as an exciting journey," advised the educator with 26 years' experience.

While younger children typically face routine-related issues, Bahraini secondary school teacher Ali Alqaffas underpinned that a major challenge among senior pupils is choosing

the right career path. Many students will be enrolling for university in the new academic year but by then it is often too late to make the correct decision.

"Parents must be mindful of their children's interests from the go, observing what they are good at so, when it is time to choose a stream, they pick what they are suited for. Sometimes, children might prefer a field but later realise it is not for them," warned the biology teacher with a Bachelor's in Science from Bahrain University.

The Hamad Town resident noted that it is impossible for teachers alone to gauge what a student is good at in the classroom. But with inputs from home, they can better guide students in the right direction. Additionally, he emphasised the importance of local programmes that

"After nearly two months of summer break, young children often struggle to adjust to early sleep schedules, which directly affects their energy and attention span during morning classes"

prepare children to embark on their careers, nodding to the role of the community.

"Youth City is a wonderful platform, offering young individuals the chance to explore diverse subjects and get hands-on experience," Ali remarked, commending the programme.

The 15th edition of the initiative launched at Exhibition World Bahrain,

Sakhir, was a grand success and came to an end this month. It featured 256 training programmes and 10,650 training opportunities – the largest edition yet – preparing young minds for the workforce, which in turn, closes the gap between education and the labour market.

Corporate internships, which provide first-hand experience in a real work set up, is another solution to the career dilemma. In Bahrain, many schools and universities encourage students to intern.

Meanwhile, Indian expatriate Nivedita Roy, who has close to three decades of teaching experience, brought alive the 'human' side to the teacher-student dynamic.

"As teachers, we deal with human beings, who have emotional and intellectual needs. This can present us with challenges. Parents are partners in this learning journey and can help by sharing information related to medical or behavioural issues," explained the Adliya resident.

Additionally, she underpinned the importance of parents staying informed and updated with all the announcements via email or other channels.

Since the Covid pandemic, a major portion of correspondence and schoolwork has shifted online. Even during the recent regional tensions, schools operated remotely for a major part of the conflict.

Bahrain has already made great strides in the area, with dedicated, more robust IT support teams and regular digital training for teachers.

"The senior leadership has been very supportive and we have solutions and support during online learning sessions," the artist and author added.



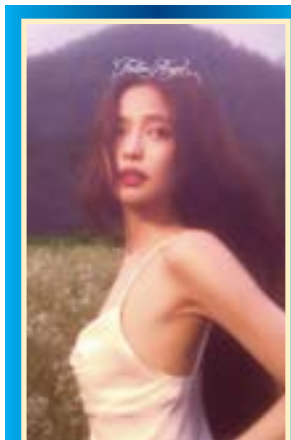
LET'S CELEBRATE!
Onam traditions
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LEISURE SCENE
Sips & bites
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PULSE OF POP
TV, music & more
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COMMUNITY REPORT
By MELISSA NAZARETH
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THE festivities continue as the Indian community comes together to celebrate Onam, a humble harvest festival that has gained mainstream momentum in Bahrain and beyond, uniting people from different backgrounds.

Onam is a vibrant 10-day affair, marking the annual homecoming of the legendary and benevolent king, Mahabali, who once ruled Kerala. While many might argue that the excitement runs high throughout the month, the 10th day – Thiruvonam – is essentially the main event.

Families in Bahrain celebrated Thiruvonam yesterday, August 26, honouring time-held traditions, from the lavish Onam sadhya (feast) to the pookalam (flower décor). *GulfWeekly* takes a look at some of the major cultural practices, including unique family activities that make the holiday so endearing.

The anatomy of a sadhya

Traditionally served on a banana leaf, the sadhya comprises a mouth-watering spread with diverse flavour profiles and temperatures. While the meal is typically vegetarian, it could feature non-vegetarian dishes depending on which part of Kerala is celebrating. In the Malabar region, recipes like prawn roast, chicken roast and beef fry are commonly added to the menu.

“I am from Mahe and my husband is from Kannur, the north of Kerala, so, our sadhya is a little different than the traditional south version,” Prabha Purushotham from Um Al Hassam told *GulfWeekly*.

The retired physical education teacher and Bahrain resident of 39 years noted that her ‘record’ sadhya featured 32 items, including a modern spin on the traditional pachadi – a yoghurt-based side dish. Instead of the typical cucumber or beetroot, Prabha’s mixed fruit pachadi is a party of cherries, pineapple, grapes, mango, blueberry, peaches and pomegranate seeds.

“I learned most of my cooking from my husband. I did not even know how to boil rice when I moved to Bahrain but now I can make an entire feast. After all these years my husband is still in charge of making the sambar (lentil), rasam (broth) and avial (vegetables),” the 65-year-old confessed.

Bring on the blooms

Come Onam, every household is adorned with pookalam – the traditional floral carpet made with fresh flower petals on the floor. Some of the blooms used are marigold, Ceylon slitwort and mukuthi (tiny yellow

variety), as well as holy basil leaves; lending the pattern a pop of green, they are placed for their sacred value. While in India, people pluck flowers from their garden or backyard, in Bahrain, many buy the colourful petals.

The tradition honours the 10-day format, with families starting the designs from the first day and then building it over 10 days. Pookalam is set up at home entrances welcoming king Mahabali but some might choose to have it indoors as well.

For many, Onam traditions are a way to connect to their roots especially those living away from home. Among them is Ajitha Spencer from Adliya.

“Growing up in Delhi, Onam has always felt special. It was the time I saw my friends and neighbours, across religious lines, gather together to celebrate. I felt



ONAKODI: The Spencers dressed in their traditional best



FLORAL: The Purushothams' pookalam this year

more connected to my roots as a Malayali with Onam,” explained the 49-year-old homemaker, who prepared a whopping 40 dishes last year. “One ritual that you do not hear about is the customary

afternoon nap that takes over everyone after the scrumptious feast. As the sadhya is typically eaten at lunch during a hot time of day, a two-hour nap is inevitable,” she remarked.

Festive weaves

Balancing the riot of colours on the dining table

and décor, onakodi or the traditional clothing worn during the festival, is often muted. Women wear the kasavu sari – an off-white or cream handloom fabric with a distinct golden border. However, modern variations include colours or images of deities.

The men don the mundu (wrap-around lower piece) with a shirt and neriyathu or ‘shawl’. Younger girls wear the pattu pavadai (‘skirt and blouse’). A popular trend among families is to wear matching

coordinated festive sets.

Wearing new clothes is symbolic of renewal, prosperity and a fresh beginning, which is the

essence of Onam – the new year – which is celebrated during Chingam, the first month of the Malayalam calendar.

The art of ONAM

FEAST: Prabha set to welcome guests



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 is the name of the traditional Indian practice that combines physical, mental and spiritual exercises?
- 2) In which film do humans mine for the fictional element Unobtainium?
- 3) Which French blue-veined cheese is made from ewe's milk with mould found in the soil of local caves?
- 4) The first atom bomb was dropped on Hiroshima - where was the second dropped?
- 5) What part of a



- 6) human body is the mandible?
- 7) What was Belize called until 1973?
- 8) I should be so lucky was the first UK Top 10 single for which artist?

1. Yoga
2. Avatar
3. Riquelme
4. Nagasaki
5. Lower jaw
6. British Honduras
7. Kylie Minogue

ANSWERS

CULTURAL TUNES

A local group of creatives has released a song to bring alive the spirit of Onam. Setting new bars, CNC Media filmed the track as a single, continuous shot. Written by Sreejith Sreekumar, Paathaalarajan features music composition and vocals by Shibin Siddiq. The video features choreography by Jyothi Master and cinematography by Hariz Ekkachu. The song is available @cncmediabah on Instagram.



WELLNESS REPORT
By OLIVIA MIDDLETON

SOMETIMES, our hardworking feet require serious care, and for island residents looking to put their best foot forward this season, The Ritz-Carlton, Bahrain has unveiled the perfect remedy for our tired limbs at their award-winning spa.

The resort has appointed Takoua Timoumi as the new studio manager and podiatrist at its prestigious Pedi:Mani:Cure Studio by Bastien Gonzalez.

Ms Timoumi arrives in Seef with an impressive clinical podiatry background and international experience. She has managed the renowned Bastien Gonzalez brand across luxury resorts, serving as studio manager at Jumeirah Muscat Bay in Oman and playing a key role at One&Only Le Saint Géran in Mauritius.

Under her expert direction, guests can look forward to treatments that effortlessly merge medical podiatry with luxury wellness, restoring the vitality, strength, and lustre of skin and nails.

Opened at the resort in 2024, the studio has quickly become a sanctuary for Bahrain's elite. The approach centres on a holistic philosophy alongside a medical approach to treatments that focus on revealing the natural strength and health of skin and nails.

This dedicated care is paired with and elevated by the salon's exclusive use of the premium Révérence de Bastien line, crafted with ingredients sourced directly from Gonzalez's very own forest in France. And here is my absolute favourite factoid: the brand actually harnesses the power of butterflies to naturally look after everything in their gardens! It is a charming, magical touch that makes you feel connected to nature before the treatment even begins.

I was lucky enough to check into the tranquil studio for Bastien's signature Pedicure with Ms Timoumi. And truth be told, I have always felt clueless about nail maintenance, a fact obvious from the dry, sand-worn state of my feet. With a packed schedule, I constantly convinced myself that I simply didn't have the time to look after them, routinely pushing foot care to the bottom of my to-do list. The overwhelming atmosphere of standard

Stepping into sole heaven at Ritz-Carlton



RELAX: Introductory consultation before treatment

salons also made it easy to avoid proper care altogether. Walking into the studio, those old apprehensions and familiar anxieties bubbled up, but all hesitation vanished the moment I sat in Ms Timoumi's chair. Warm and deeply reassuring, she demystified foot care for me, turning what I feared might be a strict lecture into an eye-opening, joyful conversation.

The ritual began with a strict dry approach, focusing on a precise medical process of keratinisation, which is healthier for the foot and avoids tissue damage. Ms Timoumi started with the cut, followed by a drill file to smooth out the irregularities

of the nails. Next, she shaped the nails using a specialised glass file, explaining that traditional metallic ones are far too aggressive. The nails were kept to a straight, medical shape whilst preserving the natural white line.

Then came the nail drill process using a specialised diamond drill to clean the surrounding skin and edges. The absolute highlight of the nail treatment was the application of a small amount

of the secret Révérence de Bastien pearly buffing cream to each nail. This provides natural shine and strength, which was then worked into

the nail using a celebrated natural leather horn buffer—a traditional technique passed down from Bastien's own grandmother to create an authentic, high-gloss

finish. To lock in this natural beauty, Ms Timoumi applied the onguent (ointment) from the Révérence de Bastien



LE BAUME: Sensitive Feet Balm

line to deeply hydrate and nourish the cuticles. This process boosts micro-blood circulation and provides a radiant shine on the feet that lasts for up to three weeks.

Transitioning from the nails to the skin, Ms Timoumi expertly took a scalpel to the heavy pressure zones of the feet, explaining that this process is particularly beneficial for athletes, like football and tennis players, who tend to accumulate severe pressure points.

She then applied the Heel Renaissance cream to gently but effectively eliminate calluses and hard, dry skin—making it the ultimate product recommended to take

GENTLE CARE:
Ms Timoumi
doing her magic



NATURAL: Horn buffer

home for daily care.

Next came the amazing wellness massage, treating the feet and legs with Le Baume Sensitive Feet Balm. This plant-infused formula has a pleasant scent and addresses dry skin, "heavy" or tired legs, damaged nails, and sore footpads. Ms Timoumi used firm, sweeping movements to target deep-seated muscle tension, leaving me in pure bliss.

To finish, she applied Le Talc, a talcum powder enriched with kaolin that creates a protective 'second skin' film. This provides antiseptic, anti-inflammatory, and parasite protection, making it ideal to put inside sports shoes for tennis players prone to heavy perspiration.

The final touch was the Celeste dry leg oil, a shimmering formula containing finely ground mother-of-pearl particles, cottonseed oil, and sesame oil. This left my legs silky-smooth to the touch, tightened, and enveloped in a glittery silk veil that perfectly soothed any skin irritation.

Stepping out, I left with far more than just beautiful feet; I walked away with a true understanding of how to care for them. Wonderful and soothing, Ms Timoumi uses a gentle but firm hand alongside a wealth of knowledge. We can't wait to return to try out the signature manicure!

The Pedi:Mani:Cure Studio by Bastien Gonzalez is located at The Ritz-Carlton Spa, Bahrain and is open daily, from 10am to 8pm.

■For bookings or more information, contact the spa directly on 17586808 or email rc.bahrz.spa@ritzcarlton.com.



SMOOTH: Added shimmer from the Celeste dry leg oil



PROTECTION: Anti-inflammatory action from Le Talc

Leisure Scene

**What's
on
guide**

By Julia Cassano



EXQUISITE FEAST AT RITZ-CARLTON



LIVE: Enjoy famous cinematic melodies at the hotel

THE Ritz-Carlton, Bahrain is serving up a week of indulgent dining, live entertainment and memorable experiences, with something to suit every mood.

La Table Krug, invites guests to experience one of the region's most exclusive dining events presented in partnership with Krug. The intimate four-course set menu is thoughtfully crafted around premium ingredients including foie gras, scallops, Australian Wagyu, and an exquisite soufflé.

Priced at BD50 per person, it is available Tuesday to Saturday from 7pm to 11pm.

For a lively Mexican feast, head to Cantina Kahlo, where authentic ingredients and mouthwatering dishes

set the scene for an unforgettable brunch. A resident mariachi band will add to the atmosphere, bringing the sounds and spirit of Mexico to the celebration.

The Brunch Fiesta is priced at BD35 per person, including soft beverages and BD45 per person inclusive of selected beverages, tomorrow and Saturday from 1pm to 4pm.

Take a refreshing break with the Cold Brew Craft Edition, featuring specially crafted flavours designed to elevate the classic cold brew experience. Priced at BD5.500, it is available daily from noon to 10.30pm.

Turn Tuesdays into an Indian feast at Nirvana, with a choice of vegetarian or non-vegetarian tandoori platters accompanied by freshly baked Indian



TOP-NOTCH: Gorgeous interior at La Table Krug

breads, signature sides and a house beverage selection.

Priced at BD15, it is available from 7pm to 10.30pm.

Experience an elegant Friday evening accompanied by live piano and violin performances, featuring famous cinematic melodies. Pair the music with a curated selection of beverages while enjoying the refined atmosphere of the Lobby Lounge.

Priced à la carte and available from 6pm to 10pm.

For a touch of timeless luxury, La Terrace presents 50g of Kaviari Oscietra Premium Caviar, served with

classic accompaniments including sour cream, chives, shallots, caper lemon, egg, delicate blinis, and crisps and boiled potatoes.

Priced at BD90, it is available Monday to Saturday, 1pm to 11pm.

Start the day overlooking the resort with a curated breakfast buffet at La Med. Available daily from 6am to 11.30am, the breakfast is priced at BD17net per adult, with discounted rates available for children.

For bookings and more information, contact 17580000 or email rc.bahrain@ritzcarlton.com.



STUNNING: Views at Four Seasons Hotel Bahrain Bay

WHITE-SAND BEACH BECKONS

HEADE to Four Seasons Hotel Bahrain Bay, where a private island setting, sun-soaked days and luxurious experiences come together.

Unwind on the hotel's white-sand beach, making a splash at the water park or Beach Club with panoramic sea views. Recharge with rejuvenating spa treatments before exploring the hotel's award-winning restaurants. Bahrain residents can also enjoy an exclusive 20 per cent saving on room rates, along with a range of special privileges.

Cool off with Bay View Lounge's handcrafted gelato collection, celebrating the flavours of the season, from vibrant fruit and delicate floral notes to warm spices and rich chocolate. Pair your scoop with a vanilla brioche or indulge in one of the lounge's signature affogatos, available with espresso, karak or matcha. The seasonal menu is available until October 31, daily from 11am to midnight. Affogatos are priced at BD4.500 each, while gelato is BD5.900. For an elegant afternoon overlooking Bahrain Bay, the Botanical Afternoon Tea at Bay View Lounge is inspired by the beauty of nature. Guests can

savour delicacies including king crab waffles, lobster and courgette wraps, matcha and rose macarons, freshly baked scones and a carefully curated selection of premium teas.

Available until September 30, from noon to 9pm, the experience is priced at BD24 including one tea, or BD28 including two teas or two mocktails.

Perched on the 50th floor with sweeping views of the Manama skyline, re/ASIAN CUISINE has introduced new additions to its menu, infused with Californian influences. The restaurant welcomes diners from Tuesday to Sunday, between 7pm and 11pm, extending to 11.30pm on Thursdays, Fridays and Saturdays. Dishes are available à la carte.

Round off the month with Moon Yoga, an outdoor wellness experience inspired by the lunar cycle. Guests can flow through gentle movements and breathwork beneath the evening sky during the Full Moon session tomorrow, August 28, from 6.30pm to 7.30pm. Sessions are priced at BD6 for hotel guests and members, and BD12 for non-guests.

For bookings and more information, contact 17115500.

ATASTE of France, steakhouse specials and creative drinks are among the highlights at InterContinental Bahrain this week.

At Legendz SteakHouse, guests can explore a new à-la-carte menu inspired by French cuisine, featuring foie gras, delicate sole meunière, crisp mesclun salad and steak frites. The dishes are complemented by a choice of green olive tapenade butter or classic Bordelaise sauce.

RAISING THE STEAKS

Available Monday to Friday, from 6pm to 10pm.

Mondays at Legendz comes with a special Buy One, Get One offer on steaks of equal or lesser value, available from 6pm to 10pm.

At Noor Lounge, guests can discover the Blanc series, featuring a selection of specially crafted beverages.

The Matcha Blanc is a smooth

and velvety latte made with premium Japanese matcha, offering delicate earthy notes and a perfectly balanced finish.

Meanwhile, the Purple Blanc combines purple yam, or ube, native to the Philippines with a creamy texture and subtle vanilla sweetness. Both are priced at BD3.800.

Coffee lovers can opt for the Mont Blanc, made with cold brew

coffee, silky cream and a touch of sweetness, priced at BD3.600. The Blanc creations are available daily from 9am to 10pm.

Mondays are dedicated to the ladies at Noor Lounge, with 50 per cent off all food and beverages.

Whether catching up over coffee, enjoying a leisurely meal, or unwinding after work, Noor Lounge is the perfect place to relax and celebrate. Guests can make the most of the offer from 9am to 10pm.

For bookings and more information, contact 36967701.



JUICY: Cut at Legendz SteakHouse

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Leisure Scene

Weekly Entertainment

TREASURES OF THE SEA

HILTON Bahrain is set to host an exciting line-up of dining, drinks and entertainment this week, with seafood feasts, brunches, ladies' nights and rooftop experiences.

Dive into an evening of marine flavours at Origin Kitchen and Culture's Seafood Night, featuring the freshest catch. From sushi counters to live-cooking stations, explore rich oceanic treasures.

Taking place tonight from 7pm to 10pm, the experience is priced at BD32, including soft beverages.

Mornings at Origin Kitchen and Culture come with a generous breakfast buffet, available daily from

6.30am to 10.30am for BD13net.

Starting September 4, Origin Kitchen and Culture will also introduce a six-hour Friday Brunch, running from 1pm to 7pm. It is priced at BD29net per person, including house beverages, or BD35net per person, inclusive of premium drinks.

Over at CLAW BBQ, guests can enjoy food, games, entertainment and panoramic views of Bahrain's skyline from the 44th floor.

Sundays come with an extra dose of indulgence, with two hours of unlimited beverages for BD12.500. The offer can be extended for another two hours for an extra BD10, while also enjoying 20 per cent off the full menu.



SCRUMPTIOUS: Mouth-watering seafood served at the hotel

Monday is dedicated to the ladies, with Ladies' Night running from 8pm to 11pm. The offer includes four complimentary drinks and a sharing platter for BD15,

along with 30pc off the full food and beverage menu. CLAW BBQ turns up the flavour midweek with Taco Tuesdays, running from 6pm to midnight. Guests can enjoy unlimited tacos

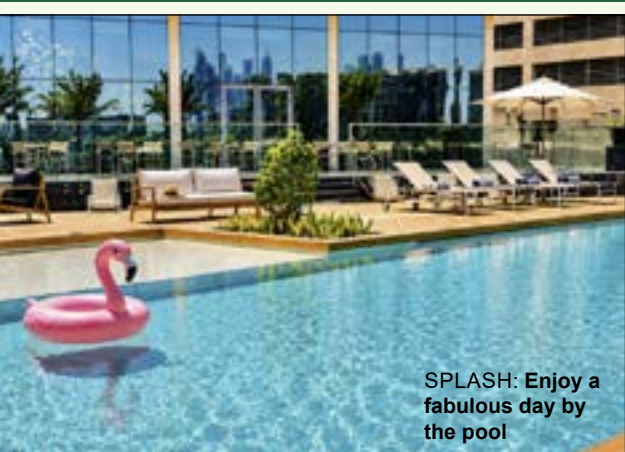
and drinks for BD16, with the option to add unlimited selected beverages for an additional BD3.500.

Come Friday, CLAW's signature brunch brings together food, drinks and entertainment from 12.30pm to 4pm, with tickets starting at BD24. The fun continues afterwards with two additional hours of Happy Hour from 4pm to 6pm.

For late-night dining and drinks, Society Club is open Thursday to Saturday from 3pm to 2am, offering guests a lively setting to unwind.

Meanwhile, Lamar Café and Lounge is open daily and serving its iconic Matcha Latte, with prices starting at BD3.500.

For bookings and more information, contact 33692013.



SPLASH: Enjoy a fabulous day by the pool

BATH TAKING TAS' AWAIT

QUA Vista Bahrain is turning up the heat this summer with the introduction of irresistible designed to make weekends and getaways enjoyable.

The package includes a complimentary room upgrade, guests are able to choose between a standard breakfast package at BD65net per room per night or a premium package at BD75net per room per night.

For more spacious stay and views, guests who book a premium suite will receive a complimentary upgrade to a club suite with a private pool. The bed and breakfast package is priced at BD75net per room per night.

Those looking for a day of relaxation can opt for the pool day pass, which includes pool access from 8am to 7pm, waterfront views and a complimentary beverage. It is priced at BD9.900 per person.

Weekend mornings can be spent with The Waterfront's breakfast buffet, featuring fresh ingredients, live cooking stations and sweeping views. The buffet is available tomorrow, August 28, and Saturday, August 29, from 6.30am to 11am, priced at BD10 per person.

As the day winds down, Maestro Lounge offers a chance to relax with its Happy Hour, available daily from noon to 2am.

Maestro Lounge's Ladies' Night awaits, featuring three complimentary drinks for ladies. Daily from 5pm to 9pm.

For bookings and more information, contact 17177333.

FROM rooftop dinners to tempting spa offers, Sheraton Bahrain Hotel has it all.

Brasero Atlántico is hosting an intimate five-course Perrier-Jouët Dinner on September 3 from 7pm onwards, combining refined flavours, a selection of bubbly and sweeping views of the Manama skyline from its sophisticated rooftop setting.

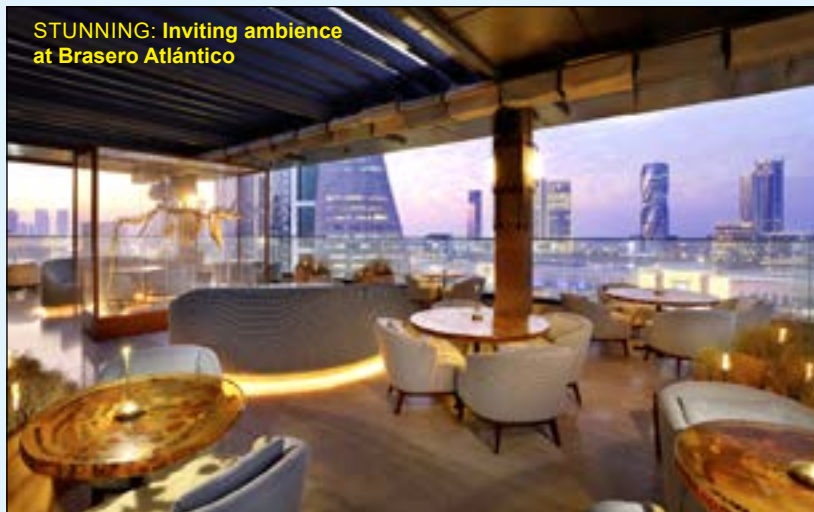
Each course has been carefully prepared to complement the bubbly selection and the evening's elegant atmosphere, with only 20 seats available.

Reserve your spot by calling 17517715.

Guests can rediscover the rich traditional flavours with Chef Hassani's signature menu, celebrating his culinary heritage and long-standing connection with Sheraton Bahrain.

The experience brings back cherished favourites, including Khoresh-e-Kharafs, Shami Pook, Borani Esfenaj and Chef Hassani's

STUNNING: Inviting ambience at Brasero Atlántico



DINING WITH A VIEW

signature kebabs, prepared with premium cuts and paired with fragrant saffron, zereshk (berries) or sabzi (vegetable) rice.

For dessert, guests can choose between homemade saffron ice cream or the nostalgic Ab Haveej Bastani, a traditional Iranian ice cream float. The experience is served at Golestan Persian Grill.

The menu is available daily from noon to 11pm.

For those in need of some downtime, Shine Spa offers a chance to slow down and indulge in some well-deserved relaxation. Enjoy 50 per cent off treatments valued

above BD60, along with a complimentary pool day pass.

Guests can choose from therapeutic massages, revitalising facials and bespoke wellness rituals, all delivered by skilled therapists in a serene setting. The offer combines a restorative spa treatment with time by the pool for a complete day of relaxation.

Whether seeking a moment of tranquility, a well-deserved reset, or an elegant wellness escape, Shine Spa invites you to make time for yourself.

Open daily from 10am to 10pm.

For more information or bookings, contact 17533533.

MOVIE TIME

ENJOY some of the English language films being screened at Cineco Seef this weekend.



MUTINY (PG-15)

After his billionaire industrialist boss is murdered in front of him, Cole Reed is set up to take the fall for the crime – leaving him on the run as he works to uncover an international conspiracy.

Actors: Jason Statham, Annabelle Wallis, Ramon Tikaram

Timings: 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm, 11.30pm

INSIDIOUS: OUT OF THE FURTHER (15+)

Amelia Eve starring as Gemma, a young mother raising her daughter in the house she grew up in, discovers she can travel into The Further, where she possesses an ability to bring what lives there back to the real world.

Actors: Amelia Eve, Brandon Perea, Maisie Richardson-Sellers

Timings: 10am, 12.45pm, 3pm, 5.15pm, 7.30pm, 9.45pm, 12am

LUMIVIA: THE FIVE MAGICAL WISHES (PG)

Bluey, a teacher determined to reform his town through education, receives a magical wand from a wizard after saving his son. The wand grants five wishes, but his mischievous brother Donny and friend Sharky try to use it for themselves.

Actors: Matt Brunet, Yanik Comeau, Claudio Napoleoni

Timings: 10.30am, 12.20pm, 2.30pm

Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY NAMAN ARORA

A LIFE OF ONE'S OWN

THE second season of dystopian sci-fi series *Dark Matter* will start streaming tomorrow, August 28.

The TV series, created by Blake Crouch based on his 2016 novel, has been in the works for two years, and is set to tell the next chapter in the life of Jason Dessen, a physicist 'abducted into an alternate version of his life'.

In the first season, audiences watched Jason, played by Joel Edgerton, fight to return to his life to prevent the alternate version of himself from taking over his family.

"Season two picks up with the Dessens as they settle into a quiet life in a world that finally seems safe until the unimaginable forces them to run once again," *Apple TV* said in its preview of the upcoming episodes.

"As Jason's obsession with the Box deepens, Daniela's (Jennifer Connelly) growing paranoia pushes her to the brink, threatening to tear their fragile stability apart.

"Elsewhere, Amanda (Alice Braga) and Ryan (Jimmi Simpson) join forces in a desperate attempt to find their way home.

"With Blair (Amanda Brugel) determined to stop him, Leighton (Dayo Okeniyi) relentlessly chases his grand vision of creating a perfect world."

Produced for *Apple TV* by *Sony Pictures Television*, *Dark Matter* was created alongside executive producers Matt Tolmach, Richard Lederer and Jacquelyn Ben-Zekry, who co-wrote every episode of season two.

In addition to starring, Joel and Jennifer also serve as executive



INTENSE: A scene from the new season

producers.

The second season will feature 10 episodes in total on a weekly release cycle, and the show's creators are hoping to have the series greenlit for a final third season.

"We see it as a trilogy and that would be such an amazing opportunity to get to end something on your own terms

and having a real round and complete story," executive producer Jacquelyn told reporters.

"And we're very hopeful that that's something that happens.

"But we're also just so excited for people to see Season 2 because I think it's just going to be so much fun for the fans."

The truth about art

THOSE looking for a lush literary mystery wrapped inside a multigenerational family drama are sure to enjoy the newest book by bestselling author Thao Thai, who recently released *The Seekers of Deer Creek*.

Published this month by the American writer of Vietnamese origin, the book centres on an evocative story of two estranged sisters undertaking a quest to find a painting by a forgotten Vietnamese artist that holds the truth of their family's fractured past.

While Vivi lives an orderly and predictable life as an art conservator in Chicago, Calla leads a much bolder existence as an accomplished artist.

Months after the two have a falling-out once their father dies, Calla

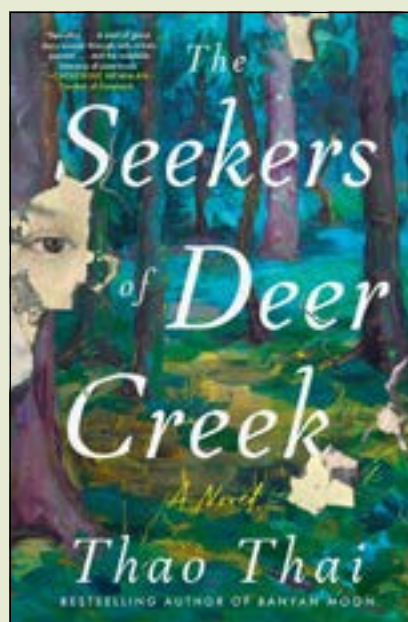
appears at the museum where Vivi works with a sketch and a letter she found in their father's belongings.

The sketch is an exact copy of *Blue Mirror*, a striking painting by Vietnamese painter KP Lý.

In the letter, the painter writes about a mysterious lost work of art.

Calla is convinced it is meant for their family, and that it was their father's deathbed wish for her and Vivi to find it together.

Set in a variety of spellbinding locations from the ghostly Wisconsin woods to a glittering French countryside estate and a sprawling ancestral home in Việt Nam, the *Seekers of Deer Creek* is a story of the irresistible gravity of the past and how it endures across time and generations.



Celestial tunes

SOUTH Korean singer and rapper Jennie Kim, best known as a member of Blackpink, one of the most popular girl groups of all time, is dropping her first solo extended-play album tomorrow, August 28.

This summer, Jennie has been busy with several festival shows, where she has been showcasing several unreleased songs, which are set to be featured on *Fallen Angel*, her upcoming EP.

"This EP comes from a very personal place with the truest self-expression," the singer-actress announced through Odd Atelier, her company and label.

"A gift from Jennie, with love."

Jennie also noted that a music video will accompany the title track of the album.

The digital release will feature three tracks - *Fallen Angel*, *Heaven* and *Less than a Lover* - while the physical edition will include three more tracks - *Lockitdown*, *Face* and *Heaven*.



COVER: Jennie's upcoming EP *Fallen Angel*



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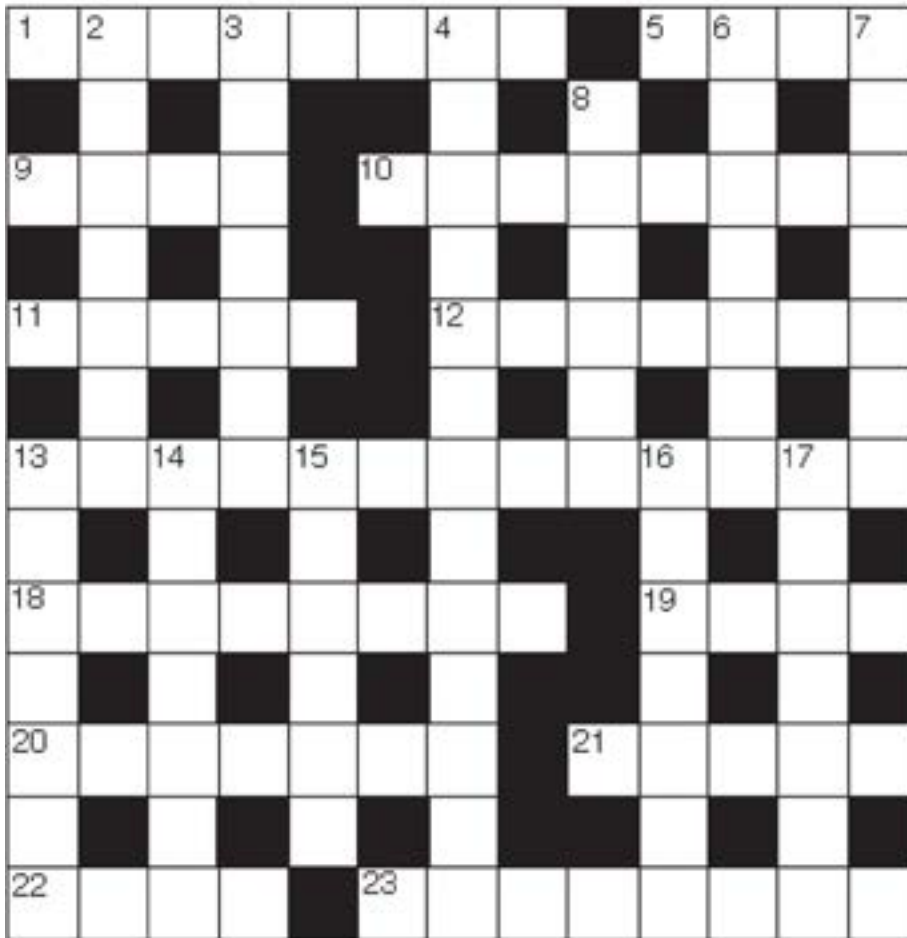
Time Out



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crossword break



Solutions in next week's issue.

ACROSS

1. Posture (8)
5. Fete (4)
9. Overtake (4)
10. Values (8)
11. Defend (5)
12. Recount (7)
13. Repeated outbreak (13)
18. Deserted (8)
19. Weapons (4)
20. Red (7)
21. Essential (5)
22. Abate (4)
23. Reprove (8)

DOWN

2. Defame (7)
3. Underwriter (7)
4. Impartial (13)
6. Desist (7)
7. Ascetic (7)
8. Decimal (6)
13. Rejection (7)
14. Shorten (7)
15. Powerless (6)
16. Avoidance (7)
17. Circumference (7)

who, what, where, when

WHO ... wrote the book on courtesy *Talk to the Hand*?

WHAT ... rock group played at Les Battersby's wedding reception in Coronation Street in 2005?

WHERE...has René Préval been elected President for the second time?

WHEN ... was the journalist Carol Thatcher born?

WHO ... released the 2005 album *On the Outside*?

WHAT ... was the name of the robot dog in the television series *Doctor Who*?

WHERE ... in Asia is Lake Urmia?

WHEN ... did Guatemala declare independence of Spain?

just so

HOBOHO HOBOHO HOBOHO HOBOHO
HO HO HO HO HO HO HO HO
HO HO HO HO HO HO HO HO
HOBOHO HOBOHO HOBOHO HOBOHO

t
w
t w i c e
c
e



loaf loaf loaf loaf loaf loaf
loaf loaf loaf loaf loaf loaf
loaf

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Widest; 4 Cosset; 9 Involuntarily; 10 Salient; 11 Ocean; 12 Appal; 14 Myths; 18 Theme; 19 Repulse; 21 Authoritative; 22 Asleep; 23 League.

Down: 1 Whimsy; 2 Developmental; 3 Salve; 5 Oratory; 6 Spine-chilling; 7 Trying; 8 Unite; 13 Awesome; 15 Strata; 16 Grain; 17 Recede; 20 Place.

JUST SO:

Back to back, Be fruitful and multiply, To coin a phrase, The rain in Spain

WHO, WHAT, WHERE, WHEN:

Ian McMillan; Johannesburg; Camberwell School of Arts and Crafts; 1926; Gelindo Bordin; Abs; Peru; 1977.

Darn Tough Sudoku

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