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BAHRAIN, OURS, YOURS,

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From my table to yours.



Balestinian-Jordanian food enthusiast Farah Abu Maizar has launched the fourth edition of her digital Ramadan cookbook, the biggest one yet, featuring recipes that dip into her cultural kitchen and family favourites.

The 146-page publication, *Every Little Crumb's Ramadan 2025*, carries 110 creations - from soups, salads and starters to mains, desserts and suhoor (morning meal before fasting), 85 per cent of which are new and exclusive to this edition.

Farah, a certified dietician from American University of Beirut, has also been mindful of making the recipes healthy while retaining their flavours.

"It took me around eight months of food testing, photographing and writing up the recipes, with the last three months being especially intense, filled with almost round-the-clock work," the 37-year-old creative, who launched her website *Every Little Crumb* in 2019, told *GulfWeekly*.

"What makes my cookbook



SCRUMPTIOUS: The book cover



FOODIE: Farah

different is that I approach it from the perspective of a busy mum, who wants to prepare mostly traditional food but in a really easy and approachable way.

"For me, communal dining means gathering with people you love, over food you love, and making lasting memories. There's nothing like breaking fast with the people closest to you, and it really brings out the true spirit of Ramadan," the mother of three, who lives with her family in Riffa Views, added.

Growing up in the US, Farah was exposed to diverse cultures and, in her blogs, is committed to showcasing her Middle Eastern heritage and American upbringing. Add to it her background in nutrition

> which guides her passion for cooking. "I fell in love with food and cooking as a child. Some of the first books I ever checked out in a library were cookbooks.

"I combine scientific knowledge and years of experience to craft delicious, mostly Middle Eastern recipes that appeal to anyone who loves food, with any level of expertise in the kitchen," the full-time content creator, who has called Bahrain home for the



last 27 years, revealed. Some of her favourites that feature in the book include her mum's mansaf, cauliflower fakhara ('clay pot' - a traditional cooking method), zucchini mint soup, twoingredient flatbread and halawit iljbn (sweet cheese rolls).

"My mom and I prepared this dish (mansaf) when she was visiting from Amman (Jordan). It's time-intensive and very particular (on measurements and procedure), but the result is a show-stopping dish of tender lamb cooked in a yoghurt sauce. It's a cherished tradition in Jordanian and Palestinian

families, and I'm so happy to finally have learned how to make it and pass that knowledge on to my readers.

"I adapted my aunt's handwritten halawit iljbn recipe,
which gave little direction – typical of Arab mums
's (smiles) – and made it something that people can replicate with ease.
"I love making vegetables

really exciting to consume, like in my cauliflower fakhara where they outshine any meat, cooked in a yoghurt tahini sauce, topped with toasted nuts, pomegranate seeds and parsley."

The recipes in the book are light and healthy, many calling for food to be airfried or oven-baked instead of deep-fried.

"I believe in eating healthy while making food delicious," she added.

To buy the book, visit everylittlecrumb.com or follow @everylittlecrumb on Instagram. Of the sales, 25pc will be donated to charity.



CULTURAL LEGACY Art exhibition SEE PAGE 2



LAP OF LUXURY Four Seasons feast SEE PAGE 3



LEISURE SCENE Ramadan bites SEE PAGES 4-5



PULSE OF POP TV, music & more SEE PAGE 6

Golden memories



By MELISSA NAZARETH melissa@adnmedia.bl

AHRAINI creatives Mahdi Albannai and Mohammed Bu Hasan have collaborated to bring alive rich local and Ramadan traditions through photography and sculpture, coinciding with the Holy Month.

The exhibition, Glow of Nostalgia, being held in InterContinental Bahrain, provides art enthusiasts an immersive experience that will revive generational memories

The creations narrate the tale of the kingdom's heritage and pay a fitting tribute to its cultural legacy - rekindling its 'glow' - one that never fades.

Mahdi has showcased life-like bronze sculptures that represent his childhood in the alleyways of Ras



TWO OF A KIND: Mohammed, left, and Mahdi with their works displayed at the exhibition

Rumman.

"Every piece represents memories that I have lived and times that I have experienced," the full-time artist told GulfWeekly.

"When I started working on the project, I was nervous that I would not find enough subjects to tackle. I was, however, surprised to find ideas come to me as if I lived

them yesterday, as Bahraini tradition is full of ideas and experiences.

"The live scenes of the toys and crafts from 50 years ago came to me like they were yesterday, and the sculptures bring them to the present time," the 62-year-old added. Mohammed's works in the exhibition span several



COLLABORATION: Fatima, left, meets with Sri Sri Ravi Shankar, right



Bahraini Ramadan traditions, underpinning the kingdom's generous hospitality, unity and enduring spirit.

"Bahraini tradition is not just a reflection of the past – it is a living legacy, and its survival depends on how well we integrate it into the present and the future," Mohammed said.

"Today, we face a critical challenge - how to preserve this invaluable heritage in an era dominated by rapid technological advancements. The question is not only about documentation but about fostering a generation

N her recent visit to India,

president Fatima Al Mansoori

Bahrain Yoga Committee

The meeting took place on the sidelines of

the 10th edition of the International Women's

Conference, an event by the Art of Living Foundation (AOLF), staged in Bangalore.

that values and upholds these traditions."

Mohammed believes every individual has a role to play in safeguarding their cultural legacy, with education remaining the cornerstone.

"Schools must instil an appreciation for heritage, ensuring that traditional customs are not just remembered but actively practised," the Bahrain University alumna.

Glow of Nostalgia is being exhibited at InterContinental Bahrain's lobby area and will run throughout the Holy Month.

EW ERA FOR YOGA

AOLF is a non-profit, educational and humanitarian organisation operating in 180 countries worldwide.

Fatima presented the Bahrain Yoga Committee logo during the meeting, which was officially unveiled in December.

Sri Sri Ravi Shankar recorded a special video for the committee's podcast that is currently being worked on.

"Almost every yoga practitioner I know has an interesting story about how they started following it and the podcast will feature many such inspiring tales," 43-year-old Fatima, who embarked on her yoga journey after being diagnosed with fibromyalgia in 2008, revealed.

Set up in November last year, Bahrain Yoga Committee is an independent legal entity under the umbrella of the Bahrain Bodybuilding and Fitness Federation, within the kingdom's General Sports Authority.



The Holy Month is a time of prayer and fasting for our Muslim brothers and sisters. **Bahrain comes alive** during Ramadan, with people from different walks celebrating the values of the observed festivity, as one, such as abstinence and alms giving, making it a wonderful time to explore 'how acts of service affect mental well-being owing to their positive nature'. We invite you, our family of readers, to

share your views on our March topic, by including your personal experiences, in no more than 100 words.

Email gdnnews@ gdnmedia.bh or @ gdnonline on *Instagram* by March 26, and we will publish a selection of the comments - only 'original' entries will be considered for the top submission and win a box of Raw Candy vegan chocolates as a token of our appreciation. Together, let's keep the conversation going!

Breaking fast By NAMAN ARORA naman@qdnmedia.bh LTHOUGH breaking your fast at the end of the day and sharing across borders Ramadan meals with family and loved ones is deeply rooted in tradition and faith, Bahrain has managed to blend in its unique history as a meeting place of cultures

The Premium experience at Four Seasons **Hotel Bahrain** Bay

Hotel Bahrain Bay manages to stand out with a stellar offering of live stations, appetisers, mains and of course, desserts. This year, during the media iftar, the GDN Media team stopped by the five star property to sample ts all-time

to offer a culinary tour around the world at every

iftar and ghabga feast.

Amongst these 'adventures

on a plate', the Four Seasons

favourites and get a preview of their new additions to the sumptuous spread and were welcomed by the hotel's general manager Jason Rodgers,

As we walked towards the Al Manama Ballroom and the Ramadan tent, through an entrance dotted with Bahraini and Arab spice-inspired decor, we appreciated the attention to detail from the Four Seasons team to making every dining experience an unforgettable one.

The hotel's PR and marketing communications director Tugce Goksel noted that on the culinary front, this year, the hotel has more than 20 live stations offering everything from soft-serve ice cream to fresh bibimbap.

For appetisers, I loaded up on shrimp fatteh from the dedicated Byblos station, as well as sushi prepared by chefs from the property's popular Re Asian Cuisine fusion restaurant.

My sampling strategy this time was focused on the new additions, my favourite of which was the bibimbap.

With a name that translates to mixing (bibim) and cooked rice (bap), this Korean dish's highlight is the array of pickled vegetables that are served atop a bed of rice.



Topped with a sunnyside-up egg that doubles as a sauce for the dish, every bite is scrumptious and varied depending on your choice of pickles, ranging from kimchi to mushrooms.

While it may sound surreal to enjoy Korean food at a Ramadan experience in an Arab country, it is, in many ways, an epitome of what

the GCC has become known for - bringing everyone to the dining table.

In this spirit, I continued my eating tour across the continents with Indian chaat, Japanese takoyaki, Arabic shish tawook, French crepes,

Bahraini ouzi, pizza and more To top it off, we were spoiled for choice amidst desserts, and I settled on a delectable souffle with soft serve ice cream, although it was difficult to turn away from the cheese kunafa, Bahraini halwa and Um Ali. Executive pastry chef Imad Boukli also managed to tempt us with his personal favourite - the pomegranate frozen yoghurt.

Meanwhile, a karak chai





SWEET TOOTH: Some of the choices at the dessert station

Chef Imad

station as well as dates and dry fruits station satisfied those in our dining party with an eye on their sugar levels. We will definitely be back to enjoy the ghabga experience,

which features live musical performances. Iftar, held from sunset

to 8pm, costs BD37 per person, inclusive of beverages, while ghabga, from 9pm to 2am, ranges between BD40 and BD44 per person depending on the day and choice of dining location between Al Manama Ballroom and Ramadan Tent.

Both iftar and ghabga are priced at BD20 for children aged six to 12, and those under six can enjoy with the hotel's compliments. A Premium Experience is

also offered at the tent during ghabga, featuring exclusive butler service and a full table of the finest mezze and mains. The cost is BD55 per person for a minimum of four people and BD220 for three people or less.

Youngsters can also activities such as painting, classes, scavenger hunts and arts and crafts in the children's area.

On Gergaoun, the 14th night of Ramadan, a traditional band, distribution of sweets, games, henna, a bouncy

castle, and face painting will be the highlight of the tent from 6pm to 8.30pm, available for guests with an iftar reservation. For more information, contact 17115070.





CultureScene



GLOBAL FLAVOURS, GOOD CHEER



WELCOME: Stunning decor at the Masaya Pavilion

DINE UNDER THE STARS

XPERIENCE the magic and wonder of Ramadan with Hilton Bahrain's The Dome, featuring a captivating culinary journey.

An array of international and local dishes will be offered as part of its iftar and ghabga events. A qanun and oud player will seranade guests, making for an unforgettable dining and cultural experience.

It costs BD20+++ for iftar, from sunset to 8pm, and BD20+++ for ghabga, from 9.30pm to 1am on weekdays, and 9.30pm to 2am on weekends.

Children under the age of five years eat for free, while those aged six to 12 eat for BD12.705net. Special rates are available for corporate and group bookings.

Ladies can savour the elegant ambience of The Dome on Tuesdays at 50 per cent off.

For bookings, call 33692013 or 33690081.



FRESH: Fruity olive oil drizzle at Hilton Bahrain





S TEP into the enchanting ambience of the Ritz-Carlton, Bahrain's Masaya Pavilion this Ramadan.

It features freshly prepared iftar and ghabga delicacies and a great selection of international live stations, including pistachio kunafeh crepe station, pistachio chocolate fountain and traditional Gulf ouzi.

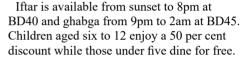
A mix of global flavours, from local classics

FEAST ALL NIGHT LONG

ELEBRATE the month of Ramadan at the Royal Golf Club's (RGC) Layali Al Riffa Tent. The luxurious facility will

Royal Golf Club's (RGC)person forLayali Al Riffa Tent.per personThe luxurious facility willFor moreserve a variety of traditionalcontact 32and contemporary foods,Contact 32

specially prepared by expert chefs for iftar and ghabga. It costs BD12net per person for iftar and BD14net per person for ghabga. *For more information, contact 32184647.*



A special rate is available for groups of 30

to international favourites, also promises to

delight your senses.

and above. For details, call 17586499 or email rc.bahrz. restaurant.reservations@ritzcarlton.com.

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SWEET: Guests enjoying the extensive dessert buffet

CELEBRA

ET transported on a journey through timeless traditions with the InterContinental Bahrain's stunning Ramadan festivities.

Break your fast with the hotel's luxurious buffet, live cooking stations, authentic delicacies and a variety of international flavours, everyday, from sunset to 8.30pm.

It costs BD24net per guest, with children aged six to 12 dining for BD10. Those below the age of six eat for free. Delight in a lavish ghabga buffet, featuring culinary masterpieces and global

CultureScene

What's on

guide by

Julia Cassano





MERSE yourself in an array of sultural activities this week as part of Manama Nights, being d across several locations in grain.

nnning throughout March, the nt features traditional food, rtainment, artists, photo booths, ets and more capturing the nadan spirit.

e Bahrain National Theatre ht, in Manama, is open to the lic for free from 7pm to midnight weekdays and 7pm to 1am on kends, until March 30.

features an installation depicting moon's transition from crescent to moon during the Holy Month. e venue will also host a variety ultural performances, including litional live music, and guests have access to seating areas with geous views.

om March 10 to 20, the Pearling a Visitor and Experience Centre in harraq will host daily traditional lic performances. The first will take e between 9pm and 11pm, followed he second between 11pm and 1am. eanwhile, Heritage Village, in ar, will feature vibrant cultural , traditional crafts and delicious l cuisine. It is open every night, l March 18, from 8.30pm to 1am.



U

SHOW-STOPPING SPREAD

HE Sheraton Bahrain Hotel has lined up a spectacular feast at its newly-designed Al Taj Ramadan Tent.

Indulge in its extensive daily traditional iftar and ghabga buffets, featuring live cooking stations that serve all your favourite Ramadan dishes.

From aromatic Arabic dishes to delicious international creations, expert chefs will prepare a variety of culinary delights fresh before your eyes, allowing you to savour the authentic flavours, making this season truly special.

Gather with family and friends for a memorable ghabgha evening, filled with live entertainment to enhance the ambience.

The iftar buffet costs BD22+++ per person from sunset to 8pm, and ghabga costs BD24+++ per person from 9.30pm to 2am.

Children aged six to 12 receive a 50 per cent discount, while those under six dine for free for both events. *For bookings, contact 17533533, 38885431 or email Dining.bahsi@ sheraton.com.*



TE THE SPIRIT OF TOGETHERNESS

delicacies, everyday from 9.30pm to 1am. It costs BD20net per person. Children aged six to 12 dine for BD10net and children below six years eat for free.

An early bird offer is available for both spreads until tomorrow, March 7, for a 50 per cent discount.

Celebrate the spirit of togetherness at the Regency Tent's Ladies' Night, where a memorable evening and good food await you.

Ladies can enjoy iftar and ghabga every Monday, sunset to 8.30pm, and 9.30pm to 1am, at an exclusive 50 per



A 'best dressed' contest for

the young ones will be held,

with the opportunity to win

Those aged six to 12 pay

BD10, while under six dine

exciting prizes.

for free.

GIRL FUN: Set for Ladies' Night this Ramadan

cent discount.

The Regency Tent will also stage a Gergaoun celebration for children with traditional dishes, sweets and lively music on the 14th night of Ramadan. Meanwhile, the hotel's Al Rifaa ballroom has been beautifully transformed to offer an exclusive Ramadan setting for a variety of occasions. Prices start at BD14.

Elevate your iftar or ghabga event with delicious catering that brings traditional flavours directly to your house. Group bookings are available for 30 guests or more; prices vary based on requirements.

To make a booking or for more information contact 32300704 or email convention.icbahrain@ihg. com.

BRAIN-BUSTERS

uizmaster 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 brainbusters.

- 1. What is a John Dory?
- 2. Which city has
- sporting teams named The Lions, Tigers and Red Wings?
- 3. Which hero's
- arch enemy is Dr Robotnik?
- 4. Liverpool's signature song You'll never
- walk alone stemsfrom which musical?5. Which country is the only French-speaking
- republic in the Americas? 6. The name of which
- American rock band
- was also the term used by Allied Pilots
- used by Ameu Phots

CATCH SHANNON'S WEEKLY BRAIN BUSTERS EVERY THURSDAY IN GulfWeekly

in WWII to describe UFOs? 7. Opened on April 27 1828 and still open today, in which city was the world's first scientific zoo located?

1. Fish 2. Detroit 3. Sonic The Hedgehog 4. Carousel 5. Haiti 5. Haiti 7. London 7. London

ANSWERS

DILMUN DINING DELIGHTS

EAD down to the Dilmun Club in Saar for a week of good food and great fun. Indulge in any curry and a beverage on Monday for BD5.500. On Tuesdays,

guests can enjoy a pie and a beverage for BD5. The club also hosts its steak

night every Wednesday, which costs BD20 for two steaks and a bottle of a beverage. The club's famous brunch will also be held tomorrow, from 1pm to 5pm, along with live music.

It costs BD18 (all inclusive), BD12 for food only and BD6 for children aged above six. Don't miss out on the club's Saturday Roast. Guests can enjoy a full carvery buffet, from noon to 4pm for BD5.500. *For bookings, call* 17690926.

GOOD TIMES AT BRITISH CLUB

OIN the British Club for a stellar afternoon as it hosts its Message in a Bottle Brunch tomorrow.

It costs BD35 for members and BD39 for non-members. The food-only package costs BD14 for members and BD17 for non-members.

Children aged seven to 17 dine for BD8, while those under six can enjoy for free.

Meanwhile, residents aged 18 and above can get a Ramadan pass, valid for the entire Holy Month. It costs BD60 per person for the whole month and BD30 per person after March 16. Passes cannot be shared.

For more information, contact 17728245 or reception @britishclubbahrain.com.

Q&A FUN FOR ALL

HE Bahrain Rugby Football Club will stage their Quiz Night every Wednesday, from 7pm, all of this month. It will be hosted by

GulfWeekly's quizmaster and *Radio Bahrain* RJ Shannon Crocket, and costs BD10 for each team of up to six. Limited spaces are available. *For more information, call* 17695809.

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

MELODIES THAT POP

G RAMMY-WINNING pop star Lady Gaga's seventh studio album *Mayhem* drops tomorrow.

The singer started teasing the creation in May last year through her concert film *Gaga Chromatica Ball*, which included a snippet of one of the songs.

The first single *Disease* released in October, followed by *Abracadabra* last month.

The two songs showcase Gaga reviving the pop sound that she's most known for, as she tackles a dark aesthetic with

heavy electronic dance production. "The album started as me facing my fear of returning to the pop music my earliest fans loved," she said in an interview, adding that the process felt like 'reassembling a shattered

DUALITY: The album cover

mirror', which is a concept that is represented through the cover. "Even if you can't put

the pieces back together perfectly, you can create something beautiful and whole in its own new

way." The singer also mentioned that the project is set to lyrically tackle the concept of 'duality'.

The artist produced the album alongside Andrew Watt, Gesaffelstein (Mike

lbum cover Lévy) Cirkut (Henry Russell Walter) and fiancé Michael Polansky.

The Italian-American is known for her versatility in entertainment. She last portrayed Harley Quinn in the DC film *Joker: Folie a Deux* (2024).



FROM BAHRAIN TO FOREVER FOR 'BARBIE' AND 'KEN'!

HE singer and artist known as 'Bahrain Barbie', Tamar Leek, and her 'Ken' - investment banker Charles Benoit Dubois - have announced their engagement, writes Stanley Szecowka. It marks the next chapter in their whirlwind romance. The couple, as reported earlier in GulfWeekly, have taken their love story from the vibrant streets

of Bahrain to their new beachfront home in Abu Dhabi, and now, to an unforgettable engagement that feels straight out of a fairytale.

Their first date in Bahrain was nothing short of magical, with Tamar instantly struck by Charles' charm, intelligence and old-fashioned gentlemanly ways.

"I remember thinking he was too good to be true," Tamar recalled.

That night, Charles joined Tamar at her regular singing residency in Adliya, where he heard her perform for the first time.

He seemed mesmerised and despite her efforts to keep things low-key in her place of work, he would still show up every week.

Their relationship moved quickly, yet deeply, with Charles asking Tamar to be his girlfriend within weeks. Just a month later, he introduced her to his father, a meeting that Tamar commemorated with a handpainted portrait of the two of them at Bahrain Fort. "His father was so touched

by it," she says, reflecting the genuine bond between father and son. During a trip to the UK for Tamar's sister's wedding, Charles took a significant step — he asked her father for her hand in marriage.

"I had wanted to marry Charles after just three months," Tamar admitted. "I knew he was the one. But after such a big move to Abu Dhabi, I hoped he would ask soon."

The night of the proposal was everything Tamar had hoped for - intimate, romantic, and deeply personal. Knowing that Tamar didn't want an audience or an overly public gesture, Charles booked out the entire Sontaya restaurant at the St Regis Resort, Saadiyat Abu Dhabi. Charles delivered a heartfelt speech. "I was completely lost in his words," she said. "Then he got down on one knee."

Overwhelmed with emotion, Tamar was speechless. "I couldn't speak for a few minutes. Pictures: SERGEY BESPALOV



Tears were streaming down my face. Then I blurted out, 'Yes! A million times. yes!'" When Charles opened the ring box, Tamar's breath was caught. "Since I was young, I've always dreamt of a fancy yellow pearshaped diamond," she said. "And there it was - the most incredible 3.5-carat fancy intense yellow diamond, with two white heart-shaped diamonds on either side, set in gold and platinum." A jewellery expert told *GulfWeekly* that the ring has an estimated value of \$45,000 to \$50,000 and described it as a stunning symbol of love.

She laughed, "If I ever fall into the sea, I'll definitely sink to the bottom!"

MOVIE TIME

EAD down to CINECO Seef to watch an array of English-language films being shown this weekend.

CLEANER (2025) (15+)

Hoping to expose corruption, radical activists take 300 hostages at an energy company's annual gala in a high-rise building. Their cause soon gets hijacked by an extremist within their ranks who's ready to kill everyone. **Actors:** Daisy Ridley, Clive Owen, Taz Skylar **Timings:** 2pm, 6.30pm, 11pm

CAPTAIN AMERICA: BRAVE NEW WORLD (PG-13)

Sam Wilson, the new Captain America, finds himself in the middle of an international incident and must discover the motive behind a nefarious global plan.

Actors: Anthony Mackie, Harrison Ford, Danny Ramirez Timings: 11.30am, 4pm, 8.30pm.

NOAPTEA LUI VLAD (PG) ('Vlad's night')

The son of the museographer Raluca, the 'favourite' of the guard Nea Bebe, Vlad, has a magical encounter: Alexander Cuza is embodied in the immersive gallery of Romanian heroes and takes Vlad on a journey where the boy discovers Saint Andre, Decebalus, Dragos, John Huyadi, Vlad the Impaler, Stephen the Great, Michael the Brave and others.

Actors: Flip Munteanu, Giulia Anghelescu, Costel Cascaval Timings: 1pm, 6.15pm,

11.30pm



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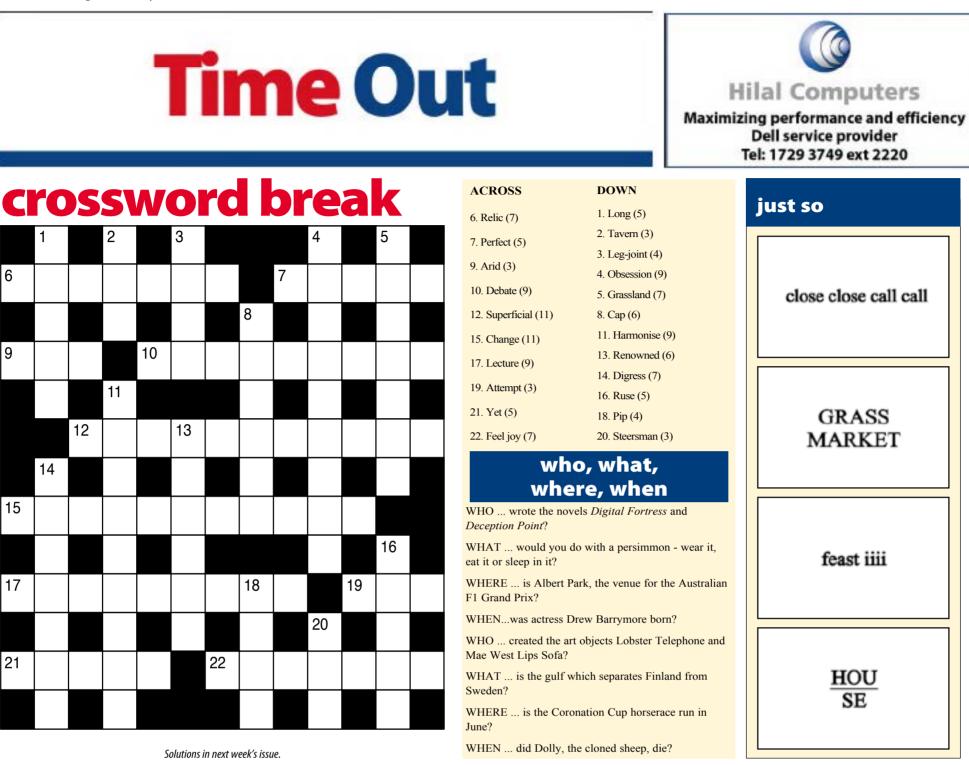
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10

7

8

18



Solutions in next week's issue.

22

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

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3	9	5	4	8	1	2	7	6
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darn tough sudoku

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Sudoku	3	4		1	2	4	3		4
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Sudoku		9	8	2				2	6

Last Week's **Leisure Solutions**

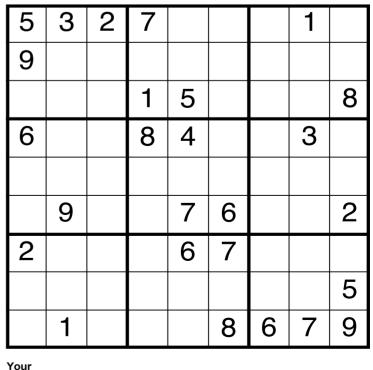
CROSSWORD BREAK:

Across: 7 Self-governing;

- 8 Decrepit; 9 Odes;
- 10 Obeyed; 12 Nuance;
- 14 Recess; 16 Loiter; 18 Drum; 20 Recovery;
- 22 Multitudinous.
- Down: 1 Resemble;
- 2 Affray; 3 Coup;
- 4 Sentinel; 5 Angola; 6 Once; 11 Discrete;
- 13 Cheerful; 15 Enmity;
- 17 Invent; 19 Rout; 21 Coda.
- JUST SO: Hamlet, Holy cow, String quartet, The last world.

WHO, WHAT, WHERE, WHEN: Dan Brown; Eat it - its a fruit; Melbourne; 1975; Salvador Dali; Gulf of Bothnia; Epsom; 2003.





work pad

space

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