

BAHRAIN-BASED musical sensation Manny G has big goals to create his first solo album this year while building a local community of artists that support each other.

The 45-year-old is currently working to make his dream a reality and continuing to stage his weekly Jam Nights, a unique platform providing aspiring and seasoned musicians a stage to perform live on while also having a good time.

"I get diverse musical talents, from trumpeters and violinists to bassists and singers, and slowly we are building a strong, growing community of artists," the creative, who has been living in Bahrain for the last eight years, told *GulfWeekly*.

"The music scene has evolved so much since I was last here. When I lived here in 2015, it was just typical bands playing but now there's a growing freelance community and so many venues to play at, which is also why I do these Jam Nights to help musicians in the business," the Juffair resident, who has performed at notable local venues and the F1 Village during the Bahrain Grand Prix more than once, added.

Manny first landed in the kingdom in 2014 and instantly fell in love with the place.

However, he left after a year, went to Dubai, and returned in 2017. Since then, he has been 'killing the scene in Bahrain'.

While his successful musical career spans more than a decade, Manny first started singing at the tender age of eleven when his mum made him join their church choir in his home city of Montreal, the largest city in the province of Quebec, the second-largest in Canada, and the ninth-largest in North America. That time spent learning how to sing from his pastor paved the path for his musical journey.

"I kept on doing that (singing with the church choir) and at 15, I started doing shows in Montreal. When I finished high school, I came across an audition for a boy band and that's how All Axxess was formed. We did an album together and toured Europe where we opened for big names like Westlife and Anastacia.

"Three years in the boy



SOUL SINGER: Manny

Manny's moment!

band taught me a lot. I was young, new to the music business and learned the ropes in these formative years – how to bounce back from setbacks, how to deal with managers and how to make songs sound catchy.

"Around 2011, I started getting international shows, which let me travel extensively across Asia and the Middle



MUSIC REPORT
By MELISSA NAZARETH
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East. That's how I came to Bahrain," the rhythm and blues (R&B) artist revealed.

Manny started freelancing and over time, gained in popularity across the local music community and among enthusiasts in the

kingdom. In the last decade here, he has come to be known for his R&B and soul music acts.

"I grew up with R&B music... soul and blues. That's my forte," he said.

Always seeking a new adventure, Manny's goal for 2025 is to showcase his original sound to his fans.

"I want to release my own

album and start performing that for people. It would be themed around love and heartbreak and influenced by my passion for R&B. I've lived here for so many years and I want people to know me for my own creations too," he added.

■ For more details, follow @mannyfreshmusic on Instagram.



MEMORIES: Manny at F1 Village last year



SPEAK YOUR MIND
The art of balance
SEE PAGE 2



RUSTIC DINING
Lyra Bahrain review
SEE PAGE 3



LEISURE SCENE
Food & culture
SEE PAGES 4-5



PULSE OF POP
Movies & more
SEE PAGE 6

AS per the definition of work, it is an activity involving mental and physical effort done in order to achieve a purpose or result or in other words, it is an activity that a person engages in regularly to earn a livelihood.

But generally, these days it has been observed that to keep themselves ahead in the race, people tend to sideline many other aspects of their lives. Their personal lives become unstable, physical health deteriorates, mentally they become fragile. But before they realise the silent damage sliding in their lives, it becomes too late for them to reverse it.

Even though everything in life is important, the most important thing is to prioritise yourself intelligently and wisely. Both your personal and professional lives should hold equal, crucial space in your best interests and wellbeing. Many fail to create this organised aura and land up in the trap of frustrations, aggression, and disappointment.

Living a balanced work life is not a big task. One most vital mandate is to understand your work passably. Next step is to love what you do, not coercively but with utmost integrity and honesty.

Understanding your work schedule, planning your day in advance, creating a happy working environment, giving an ear to suggestions, believing in healthy competition,



GULFWEEKLY'S COLUMNIST PREETY PRAVEEN ENCOURAGES 'PRIORITISING YOURSELF' AS SHE SHARES HER VIEWS ON THE TOPIC 'HOW DOES WORK-LIFE BALANCE AFFECT YOUR MENTAL HEALTH'.



and weaving a disciplined lifestyle can bolster an impressive work life, and indirectly smoothen your

personal life as well.

In the words of author Jana Kingsford, "Balance is not something you find, it's

something you create."

Nobody's life is perfect but finding perfection in your imperfect life might

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. In Australian food, what is a Tim Tam?
2. Which three diseases does the MMR vaccine protect you from?
3. What is the least common colour on the national flags of countries around the world?
4. Henry Ford invented it, Thomas Edison built the first plant to produce it, what is it?
5. Mumbai was previously known as what?
6. In the first verse of The Cure's song

Friday I'm in Love, what day is grey?
7. Which is the largest country without an airport?

- ANSWERS**
1. Biscuit
 2. Measles, Mumps, Rubella
 3. Purple
 4. Charcoal Briquettes
 5. Bombay
 6. Wednesday
 7. Andorra

give you a clear vision to strike balance, harmony, and contentment. And this can only be procured by channelling your life adequately and with full acceptance.

One of the biggest mistakes that we tend to make is by amalgamating our lives between workplace and home. A proper plan can easily help anyone to understand and follow what should be done, and how and when. Discipline is definitely

one of the key factors but what is more essential is to understand what you want to do and why. Once this conscious effort takes place in your life, everything else tends to fall in the right place and at the right time.

Don't push yourself to work for a living but live to do work that makes you happy. Love what you do, respect those you work with and save yourself for whom you live for.

Preeti Praveen is a psychologist and author.

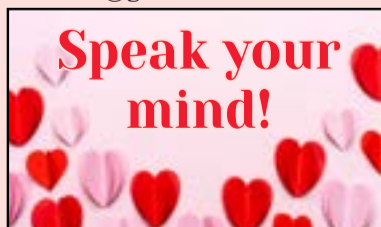
WITH Valentine's Day round the corner (February 14), it's a good time to think about how our romantic relationships affect our mental health.

They say 'two is better than one' – being in a romantic relationship can provide the comfort of companionship. However, conflict is inevitable. Our February topic: 'How has your romantic relationship affected your mental health?' explores these ups and downs.

We invite you, our family of readers, to share your views in no more than 100 words by emailing gdnnews@gdnmedia.bh or [@gdnonline](https://www.instagram.com/gdnonline) on Instagram by February 19.

Please share anecdotes from your personal experience and how you worked around the issue – it just might be someone else's playbook!

We will publish a selection of the comments received in *GulfWeekly* - 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!



SETTING BOUNDARIES FOR GOOD MENTAL HEALTH

GULFWEEKLY'S readers share their views on the topic.

Managing work-life balance is essential for maintaining mental health. By setting boundaries, managing time effectively, engaging in self-care, and seeking support when needed, you can protect yourself from the negative impacts of stress, burnout, and mental health issues. Some ways to set boundaries include learning how to say 'no', and creating physical and mental separation between 'work space' and relaxing areas especially if you work from home. If possible, explore work opportunities with flexible hours or remote roles. Remember that work is just one aspect of your life, and taking care of your personal well-being is just as important as your professional responsibilities. Balance is a dynamic process, and it's okay to adjust your



approach as your life and work circumstances change.

Abdul Samad

When I was younger, I made my work my identity. As an ambitious person, I went the extra mile, many a time for no direct incentive in return. But as I'm growing older, and hopefully wiser, I don't feel like doing that any more. I still am an enterprising individual, however, I

now have a 'life' after work. I'm excited to go to the office every morning but equally excited to clock out. I feel that has helped me live a more holistic life, where in I have something to look forward to apart from my career. I feel I can lead a fuller life that way. I don't work in the nine to five industry, which can make work-life balance a challenge, but luckily, we have a responsible management that allows us our days off and respects our 'me time'. One way to set boundaries that I have mastered over the years is to hit 'pause'; you don't have to respond to an official text message immediately, or confirm to your friends right away if you'll be meeting them over the weekend. Take your time to get back to people - it's not the end of the world.

Joanna Lobo



BESTSELLER: Lyra Bahrain's Moussaka with a side of mushrooms

ARTISTIC REIMAGINATION: The baklava mille-feuille

REFRESHING: An exquisite creation from a selection of muddled drinks



GOURMET REPORT
By JAYNE HOUGHTON
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DINING at Lyra Bahrain is an experience that lingers long after the last bite. Set within the elegant Vida Beach Resort Marassi Al Bahrain, a chic beachfront hotel, Lyra transports you to the sun-drenched isles of Greece with its earthy tones, sophisticated marble interiors, and warm ambient lighting. The outdoor seating, adorned with prism heaters and surrounding lush greenery, makes for the perfect setting; whether it's a romantic date night or a gathering with family and friends.

From the moment we arrived, we were greeted with impeccable hospitality. Our server, Jay, provided attentive fine-dining service, ensuring that each course arrived with perfect timing, whilst also swiftly clearing the table in between courses. Every dish, meticulously crafted by renowned Greek chef Ilias Tasioulas, showcased authentic Mediterranean flavours elevated to a level of refined indulgence.

Lyra Bahrain's bar offers an exquisite selection of muddled drinks and expertly crafted libations, each designed to highlight the freshest ingredients and bold cuisine. Whether you prefer a refreshing citrus-infused spritz, a herbaceous creation, or a smoky, barrel-aged classic, the skilled mixologists are ready to tailor each drink to your personal preferences.

We began with the classic Greek salad, a beautifully simple yet vibrant dish. The juicy tomatoes, crisp cucumbers, tangy red onions, and briny green olives were brought to life by creamy feta cheese and fragrant oregano. It was a refreshing prelude to the feast ahead. Next came the Lyra Tarama, a delicacy that set a high bar for the evening. The smoked fish roe was expertly blended with potato, lemon, and dill, creating a creamy, umami-



STUNNING: The restaurant interior with sophisticated decor

rich spread that paired beautifully with warm pita and focaccia bread.

The Sea Bream Crudo was a standout starter, offering a delicate yet fiery combination of flavours. The fresh, silky slices of sea bream were beautifully balanced by the crisp bitterness of endives, while the chilli and soy dressing added a delicious kick that lingered just long enough to excite the palate. A sprinkle of sesame brought a subtle nuttiness, tying the dish together.

For a savoury contrast, we indulged in the crispy courgettes, a standout from the mezze selection. Golden and light, the courgettes had a perfect crunch, complemented by a silky tzatziki dip and the nutty component of Graviera cheese, finished with a sprinkle of fresh oregano.

Next up, our taste buds were wowed by the Lyra Moussaka, one of the restaurant's bestsellers. This exquisite dish is an easy 10/10, with its savoury beef

MASTER CREATOR:
Chef Ilias

bolognese, a tantalisingly spicy tomato sauce, and layers of silky aubergine. The pièce de résistance is the decadent truffle béchamel, all artfully presented for a delicious yet Instagrammable moment.

The lamb shoulder was nothing short of spectacular. Slow-cooked to perfection, the lamb was fall-apart tender, its richness balanced by the earthy black-eyed beans and the fiery harissa

sauce. The rosemary-infused lamb jus tied everything together, making each bite a harmonious infusion of flavours. For seafood lovers, the grilled sea bass was a revelation. Perfectly charred, the fish was moist and flaky, served alongside grilled courgettes, olives, and confit tomatoes that added bursts of sweetness and acidity. A hint of lemon and basil elevated the dish, making it a Mediterranean dream.

To accompany our mains, we ordered the grilled mushrooms; tender chestnut mushrooms drizzled with a bold mustard dressing and fresh parsley. Simple yet full of depth, it was the ideal side to complement the heartier dishes.

No Greek feast is complete without dessert, and Lyra's offerings did not disappoint. The chocolate tart was a decadent delight, with a crisp chocolate sable base, a crunchy wafer layers, and a

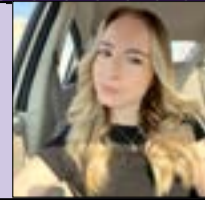
luscious baked ganache. The addition of vanilla blossom ice cream added a creamy contrast, making it an instant favourite. Meanwhile, the baklava mille-feuille was an artful reimagination of the classic baklava. Caramelised filo pastry provided the perfect crunch, while the velvety vanilla blossom ice cream and fragrant rose jam added a delicate sweetness that lingered on the palate.

The breathtaking ambience, flawless service, and Chef Ilias' masterful creations make it a must-visit for those seeking an authentic yet modern Greek dining experience. Whether you're looking for a romantic dinner under the stars or a vibrant night out with loved ones, Lyra delivers on every front. Don't walk, run!

■ For reservations call 17778822, WhatsApp 33648822 or email reservations@lyra-restaurant.com and check out @lyra_restaurant on Instagram for the latest updates and offers.

Leisure Scene

What's on guide by
Julia Cassano



ENTICING EXPERIENCES AT RITZ-CARLTON



AMBIENCE:
Le Jardin

JOIN The Ritz-Carlton Bahrain for a week of stunning dining experiences.

Escape to the heart of London with La Med's Big Ben Brunch. It invites guests on a delightful culinary

journey featuring British classics and replicas of Big Ben, the London Bridge and classic red phone booths.

It costs BD33 inclusive of soft beverages, BD44 with selected beverages and BD60 for a bubbly brunch.

Children aged four to 12 dine for BD16.500.

Embark on a culinary adventure at Le Jardin, which offers delicious Japanese cuisine, while overlooking the amazing views of the Arabian Gulf.

Available from Wednesday to Saturday, 1pm to 9pm, it's priced a la carte.

Meanwhile, guests can head down to Plums for Tomahawk Tuesdays. It offers a perfectly grilled tomahawk steak, paired with



LOCAL: Stunning creations at the annual farmers market

a premium bottle of a grape beverage, at BD69. It's available from 7pm to 11pm.

Don't miss out on La Plage's Social Hours offer. Guests can enjoy a 50 per cent discount on a curated selection of a la carte dishes and beverages, creating an unforgettable evening of relaxation and indulgence. It's available from Sunday to Wednesday, noon to 8pm.

Ladies can enjoy a fun night out at Thai Lounge's Ladies' Night, which offers them 50 per cent discount on selected beverages, on Sunday from 6pm to 9pm.

Families and friends can

experience the finest local flavours and craftsmanship at the hotel's annual farmers market, tomorrow (Friday), from 8.30am to 2.30pm. Explore a vibrant array of fresh produce, hand-crafted goods, while savouring traditional Bahraini breakfast in a friendly atmosphere.

The market will also be held on February 7 and 14. Entrance is free at the Royal Beach Club.

■ For more information, call 17586425 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

FOUR SEASONS' TREATS

HEAD down to Four Seasons Hotel Bahrain Bay for a magnificent weekend.

Indulge in Bay View Lounge's Chocolate Tea, which offers guests a range of sweet treats and warm beverages, everyday from noon to 9pm.

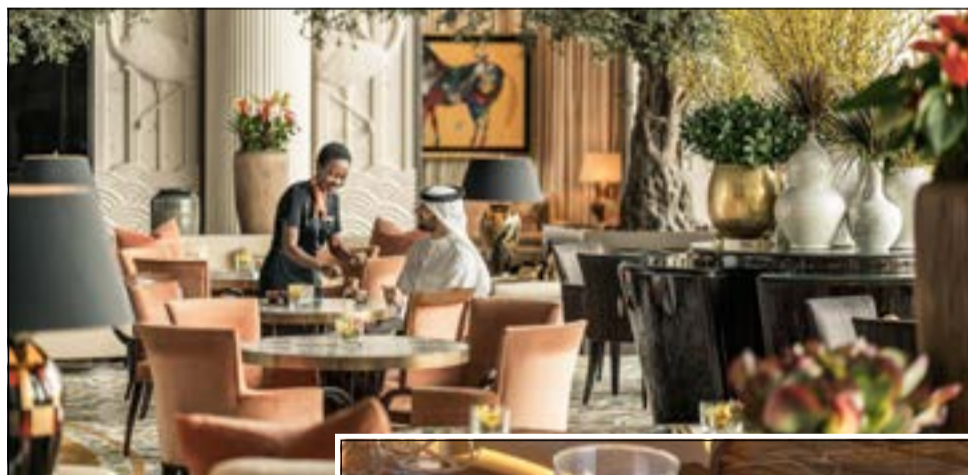
It costs BD22 for regular tea or BD26 for royal tea.

Discover a range of bold flavours at Bay View Lounge's Wrap Fiesta, until February 18, noon to 11.30pm.

It costs BD10 for a vegetarian burrito, BD12 for a fried chicken wrap and adana lamb durum, and BD14 for a lobster Thai roll.

Guests still have a chance to enjoy Bahrain Bay Kitchen's Chalet Brunch. The winter-themed event offers delicious fondue served to your table, artisanal cheeses, fresh seafood with melted butter and a rich buffet and live cooking stations.

It is available tomorrow (Friday), from 1pm to 9pm, and costs BD35, including soft beverages, and BD48 inclusive of a selected



VIBE: Bay View Lounge

beverage package.

Join Byblos for its delightful Lebanese Saj Night, which includes stunning flatbreads, the enticing aromas and flavours of minced meat and sujik with cheese, all the while overlooking the stunning views of Bahrain Bay.

It's available on Wednesday, from 6pm to midnight, from BD8 to BD12.

The restaurant will also host its BBQ Night on February 6, from 6pm to midnight.

Savour a thoughtfully curated menu of authentic



DECADENT: Chalet Brunch

flavours, featuring an enticing BBQ spread with lamb chops, sea bass, shish tawook, lamb tikka and meat kebab. Pair these delicious dishes with a

range of side dishes.

It costs BD32 per person, inclusive of soft beverages.

■ For details, call 17115500 and 17115046.

MEATY GOODNESS

THE Royal Golf Club's Links restaurant in Riffa

Views invites diners to its popular Steak Night on Wednesday, from 6pm. Indulge in a selection of premium cuts cooked to perfection and enjoy a vibrant evening filled with entertainment.

■ For more information, contact 39007546.



PERFECTION: Beef steak on the grill

FUN AT THE BRITISH CLUB

DANCE the night away with one of Bahrain's favourite bands, The Past Masters at the British Club Bahrain.

Non-members must be signed in by a member to attend the event, tonight, from 8pm onwards.

The club will also host a Family Overnight Camp for children aged five to 12 years. It will include a jamming session, games and movies. It costs BD10 for children who are

members, BD12 for non-members and BD10 per parent, inclusive of dinner, a snack and breakfast. It will be held on Friday, from 7pm to 7am.

Don't miss out on the club's 90th anniversary celebrations on February 7. The event, open to all, will include a number of fun, games, competitions, and food and drink.

■ For details, contact reception@britishclubbahrain.com or call 17728245.

Leisure Scene

Weekly Entertainment

CULTURE GALORE

GET ready for an extraordinary musical journey as the renowned French band Kid Francescoli gears up to stage an electrifying performance in Bahrain.

With more than three million monthly listeners, iconic hits like Nopalitos and Blow Up, and the viral sensation Moon (And It Went Like) – the group’s music has captured hearts worldwide.

The show, organised as part of the ongoing Spring of Culture festival and in collaboration with the French Embassy, will be held on February 3 (Monday), 7pm, at the Bahrain

National Museum.

It is open to the public.

● The unique four-handed show, Pianotainment returns, starring pianists Stephan Weh and Marcel Dorn.

In collaboration with the German Embassy, the well-known duo has captivated audiences worldwide for more than 20 years, blending piano and comedy. Perfect for all ages, this award-winning performance promises one-of-a-kind entertainment, not to be missed.

It is being held at the Cultural Hall in Manama on February 5.

■ For details visit springofculture.org.



TALENT: Kid Francescoli

GASTRONOMIC DELIGHTS FOR ALL

FOR a spectacular weekend filled with delicious food and beverages, look no further than Hilton Bahrain.

Origin Kitchen and Culture is offering a range of promotions to suit all tastes.

Enjoy its Livin’ la Vida Loca Brunch tomorrow (Friday), from 12.30pm to 4pm. It costs BD28net with unlimited soft beverages and BD39++ with unlimited selected beverages.

Military personnel can dine for BD25net.

Get ready for the ultimate feast at the restaurant’s Pan Asian Night on Wednesday. The promotion, from 7pm to 10pm, offers a buffet filled with delectable Asian cuisine dishes and live cooking stations.

It costs BD22net with unlimited soft beverages and BD28++ with unlimited selected beverages.

Seafood lovers can also head down to Origin Kitchen

and Culture’s Seafood Night tonight (Thursday), from 7pm to 10pm.

It costs BD28net with unlimited soft beverages and BD32++ with unlimited selected beverages.

Guests can also try a spectacular buffet, offering all the breakfast favourites. It’s available from Sunday to Friday, 6.30am to 10.30am, at BD13net per person.

Late risers can enjoy the buffet on Saturday, from 6.30am to 11.30am.

It includes a spread of continental, Asian and Arabic favourites at BD13net per person.

Meanwhile, Cocoluna Lounge invites guests for its

Ladies’ Night on Wednesday, from 7pm to midnight, where girls can receive three complimentary beverages.

Hotel visitors can also enjoy 50 per cent off on signature pastries and cake slices after 5pm at Lamar.

Discover a new definition of nightlife at the hotel’s Society Club, which offers exclusivity and sophistication. It’s open from Monday to Saturday, 9pm to 2am.

Tonight (Thursday), the club will host the Afro Series, a spectacular night of lively entertainment and delicious drinks, from 9pm to 2am.

■ For more information or bookings, contact 33692013 or 33690081.



ENERGETIC: Entertainment at the Livin’ la Vida Loca Brunch



VARIETY: Pan Asian Night

DILMUN NIGHTS

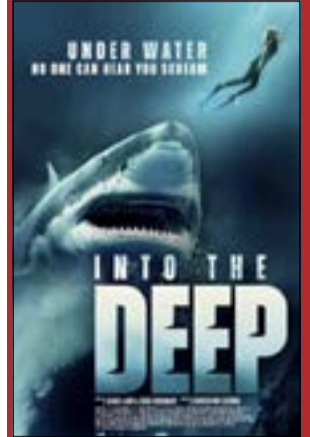
CHOOSE the Dilmun Club Bahrain for a weekend of delicious food and a pleasant atmosphere.

On Mondays, the club invites guests for its Curry Night, which features a curry and a selected beverage for BD5.500.

Meat lovers can also enjoy Steak Night which offers two steaks and a bottle of a grape beverage for BD20.

For details, call 17690926.

MOVIE TIME



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

FLIGHT RISK (PG-15)

A pilot transports an air marshal accompanying a fugitive to trial. As they cross the Alaskan wilderness, tensions soar and trust is tested, as not everyone on board is who they seem.

Actors: Mark Wahlberg, Michelle Dockery, Tophir Grace

Timings: 11.30am, 1.30pm, 3.30pm, 5.30pm, 7.30pm, 9.30pm, 11.30pm, 12.30am

THE DAMMED (18+)

Set in a 19th-century Icelandic fishing village, a widow faces an impossible choice when a foreign ship sinks off the coast during a harsh winter.

Actors: Odessa Young, Joe Cole, Lewis Gribben
Timings: 11.15am, 1.15pm, 3.15pm, 5.15pm, 7.15pm, 9.15pm, 11.15pm

INTO THE DEEP (2025) (18+)

In this action packed thriller, a gang on the hunt for sunken drugs, kidnap a boat of tourists and force them to dive into shark-infested waters to retrieve the contraband, but great white killer sharks are determined not to let any of them escape their waters.

Actors: Stuart Townsend, Richard Dreyfuss, Scout Taylor-Compton

Timings: 11.30am, 1.30pm, 3.30pm, 5.30pm, 7.30pm, 9.30pm, 11.30pm

Pulse of Pop

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

A STORY OF STRUGGLE

THE final season of comedy-drama series *Mo* is out now on Netflix.

Starring Mo Amer, who is the show's co-creator alongside stand-up comedian Ramy Youssef, the production follows a Palestinian refugee living in Houston, Texas, who is seeking asylum and citizenship in the United States.

Picking up from the first episode's finale, the latest season is set to follow Mo being stranded across the border, due to being mistakenly transported to Mexico in the back of a truck driven by thieves, leaving him stranded

and struggling to return to Houston before his family's asylum hearing due to being a stateless refugee without a passport.

The series has received critical acclaim for being one of the first major American television shows to portray a Palestinian-American refugee as the protagonist and highlighting the ethnic diversity within Houston, and currently holds a 100 per cent rating on *Rotten Tomatoes*.

"I'm thankful to continue to tell a universal story of struggle that relates to so many refugees and millions of underrepresented humans trying to be seen around the globe," Mo, who became a US citizen in 2009 after



FINALE: A poster of the series

a 20-year wait, said in an interview .

"It takes a tremendous amount of patience and it is gruelling. It's emotionally, physically, mentally gruelling to go through such a thing," he added.

Writer and executive producer Harris Danow stated that the crew behind the series have decided to not tackle the genocidal acts on Palestine that were caused by the October 7 attacks in 2023, which were only recently put to an end by a

ceasefire announcement, believing that it will distract from humanising and representing Palestinian individuals and their rich culture.

"The Israel-Palestine of it all is something we intentionally avoided in season one," Harris said.

"Not because of the politics, but because the only thing people really know about Palestinians from the outside is their relationship to Israel and the occupation," he added.

ROMANTIC comedy film *You're Cordially Invited* is out now on Prime Video.

Starring Will Ferrell, Reese Witherspoon, Geraldine Viswanathan and Meredith Hagner, the film follows a bride and her father (Geraldine and Will) who discover their dream wedding venue has been double booked by another bride and her wedding planner sister (Meredith and Reese,) resulting in rivalry and consequences.

"There are a lot of wedding movies, but this was just really interesting and funny that it's two weddings booked on the same day at a destination we can't escape, we can't run away," Will said in an interview.

"It's a place that has a lot of nostalgia and meaning for both of our characters, and that sets up the stakes where we're willing to basically rip each other's heads up to defend the turf," he added.

Reese stated that she and Ferrell found the film to be resonating with them, as they found a deep connection with their

WEDDING WARS



RIVALRY: Will and Reese in the film

characters due to their personal life experiences and emotions that they were facing while shooting the film.

"Will's daughter is getting married and he's worried he's going to have nothing for himself because she's really his lifeline, and I'm worried my sister is going to leave my life," Reese said, expressing how her sister getting married is affecting her.

"Underneath all of the sparring and fighting there's this deep fear and I think that's how we connect in the end," she added.

What if your newspaper could speak to you?

'Stay tuned, something extraordinary is unfolding'






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crossword break

1		2		3		4		5		6
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Solutions in next week's issue.

ACROSS

- 7. Selection (6)
- 8. Attractively unusual (6)
- 10. Large church (7)
- 11. Prickle (5)
- 12. Pitcher (4)
- 13. Blacksmith's block (5)
- 17. Lukewarm (5)
- 18. Merit (4)
- 22. Live (5)
- 23. Greed (7)
- 24. Agreement (6)
- 25. Adversaries (6)

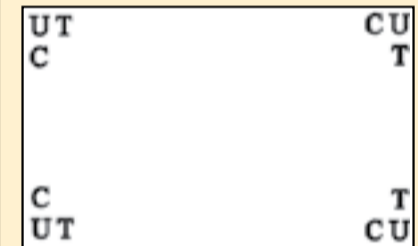
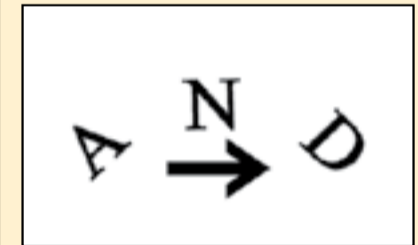
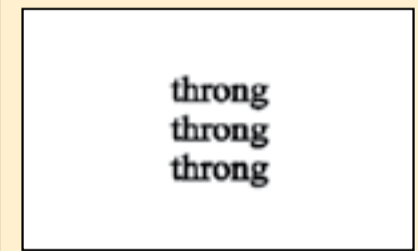
DOWN

- 1. Run about playfully (7)
- 2. Hunting dog (7)
- 3. Sharp (5)
- 4. Withstand (7)
- 5. Piece of turf (5)
- 6. Unit of weight (5)
- 9. Main (9)
- 14. Emotion (7)
- 15. Main city (7)
- 16. Of extreme forces (7)
- 19. Notions (5)
- 20. Large, sumptuous meal (5)
- 21. Unspoken (5)

who, what, where, when

- WHO...is the President of Zimbabwe?
- WHAT...are the two colours on the flag of Cuba, other than white?
- WHERE...is the Ireland rugby union team's home ground?
- WHEN...was Nelson Mandela born?
- WHO...played the title character in the film Annie Hall?
- WHAT...sea lies to the north of Turkey?
- WHERE...in Cornwall did Ellen MacArthur end her round-the-world trip in 2004?
- WHEN...is St. Stephen's Day?

just so



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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Cabin; 4 Deduced; 8 Maximum; 9 Chess; 10 Alms; 11 Inferior; 13 Cool; 14 Mine; 16 Oblivion; 17 Scut; 20 Inner; 21 Succumb; 22 Tallest; 23 Mince.

Down: 1 Campanologist; 2 Buxom; 3 Name; 4 Demand; 5 Decrepit; 6 Crevice; 7 Discreditable; 12 Converge; 13 Colonel; 15 Cosset; 18 Churn; 19 Scum.

JUST SO: Hand in hand, Mr. Right, Prince of darkness, The drinks are on the house

WHO, WHAT, WHERE, WHEN: Chronic and abnormal anxiety about imaginary ailments; Reebok Stadium; 1863; Jimmy Carter; Canberra; Belgium; 1994.

Darn Tough Sudoku

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

Your work pad space ...