

Bitten by the Sting!

MUSIC REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

BAHRAIN-BASED British musician Stefan Marke is set to pay tribute to 17-time Grammy Award-winning English artist Sting, with a high-octane performance on March 7.

Stefan, popular among fans as 'Mr Sting' owing to his love for the internationally renowned songster, will present his act, alongside two other local musicians, at The British Club in Adliya.

"This show is based on Sting's current 'Sting 3.0' tour lineup and set list.

He's playing essentially a collection of his greatest hits as a live trio, Drums, Bass and Guitar, much like to the original Police (band)," the 51-year-old told *GulfWeekly*.

"I'm calling my version Mr Sting 3.1," he added.

"For the show next month, I'm happy to be working with Karl Roderick on guitar and Krishain Dewaas on drums.

"We'll be covering a full range of Sting classics, from his Police days, to his more up-to-date songs. But switching out a couple of the deep cuts he plays for his dedicated fans, for songs that everyone here will recognise and enjoy."

Sting, known for his creations spanning rock, jazz, reggae, classical, new-age and worldbeat elements, was the frontman, principal songwriter and bassist for The Police, a new wave band that was active from 1977 to 1986. With the ensemble, Sting sold more than 100 million records and singles. As a solo performer, he has

released 15 albums between 1985 and 2021, most of which have sold millions of copies worldwide. Sting's last single *I Wrote Your Name (Upon My Heart)* was released in 2024.

"I've always enjoyed playing Sting's songs, and I've started to sound more and more like him, vocally, as I got older," Stefan said.

The full-time musician from Juffair realised his passion for music during his years growing up in the UK.

Coming from an artistic background, he started performing while he was still a child.

"I followed my dad into the music business," Stefan recalled.

"He was, and still is, what you'd call a session bass player, working in theatres and cruise ships. He backed Gene Pitney, Shirley Bassey and other well-known acts on tour.

"I started out playing jazz



TRIO: A recreation of the Sting 3.0 tour promotional poster featuring, from left, Stefan, Krishain and Karl

“We’ll be covering a full range of Sting classics, from his Police days, to his more up-to-date songs.”

gigs as a kid and eventually came out to the Gulf playing rock with bands like Legal Racket, Sonic Avengers, The International Playboys, Graffiti Park, Axent and

many, many more.

"Sting is also a jazz fan, as well as a Bach aficionado, and he says it's essential to include some element of surprise in his music, be it odd time signatures, interesting chord changes or just fascinating stories in the lyrics. This is never your generic pop music," the creative talent, who moved to Bahrain from Dubai six years ago, added.

Stefan first played in the kingdom 26 years ago, and

has since been in and out of the country many times. The event next month will be his only Mr Sting show in Bahrain for this year.

However, the artist has big plans for international performances, having just returned from China.

"I'll be taking Mr Sting to Europe for the summer, where I'll also be playing in a tribute to The Beatles," he revealed.

Tickets to Mr Sting 3.1 are available at The British Club.



LEGEND: The Sting 3.0 tour promotional poster



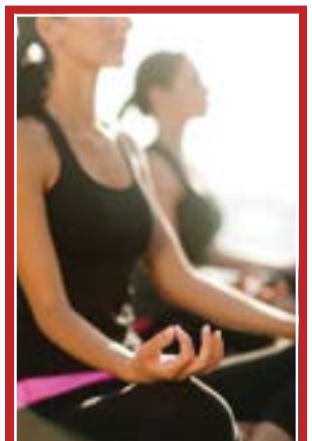
FLASHBACK: Stefan during an earlier performance



YOUNG STARS
St Chris festival
SEE PAGE 2



OFF-BEAT CREATIONS
New book launch
SEE PAGE 3



LEISURE SCENE
Nourishing the soul
SEE PAGES 4-5



PULSE OF POP
Movies, music & more
SEE PAGE 6

TALENT: A student strikes a chord at a previous musical festival



GRACEFUL: Display of talent at the last music festival



Showtime!

BRINGING top talent in Bahrain under one roof in a dazzling four-day event, the inaugural edition of St Chris Performing Arts Festival is set to be staged from February 23 to 26, culminating in a gala

concert for winners, writes **Melissa Nazareth**.

The event is an 'expansion' of the St Christopher's Music Festival, launched in 1998, and will now include dance and drama.

More than 500 students across 18 schools, aged four to 18, will showcase their

talents at the school's Saar and Isa Town campuses.

"This year's Performing Arts Festival marks a significant milestone, expanding upon the legacy of the much-loved Music Festival," St Christopher's School performing arts director Dennis Haggerty

told *GulfWeekly*.

"This expansion stems from the recent integration of music, drama and dance into a unified Performing Arts faculty at St Christopher's."

"This restructuring underscores the school's dedication to performing arts education and prepares students for the world-class facilities of our forthcoming new state-of-the-art secondary school," he added.

The school will continue to offer classes in classical, rock and pop music, and has introduced solo and group acting for drama, as well as solos, duos, and group classes for dance.

A panel of judges flying into Bahrain from Kuwait, Saudi Arabia, Dubai and Sri Lanka will give feedback and guidance to the competitors.

"We've developed new judging criteria, ensuring fair and equitable assessment across all disciplines. We've also focused heavily on promoting the festival to students and securing



FOCUSED: Children performing at an earlier event



AT THE HELM: Dennis

sufficient resources, including venues, equipment, personnel and an impressive 50 trophies up for grabs. Each competitor receives a participation certificate

and all placements receive medals. We are grateful to our sponsors for their generous support," he added.

The headline sponsors of the event are Volvo, a division of Motorcity, and Ardaas Holdings.

The idea behind the festival is to draw together young

performing arts students of all ages and levels from Bahrain to participate in a friendly, competitive event, according to Dennis, who highlighted the impressive work that the talents have exhibited in the days leading to the event.

"We've been impressed by both the creative interpretations of classic pieces – expect fresh takes on familiar works – and the exciting original material and modern dance styles being showcased.

"Attendees can anticipate a diverse range of talent and styles, from the traditional to the contemporary, promising a vibrant and engaging festival experience," he added.

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SPORT

GDNlife is all about people sharing topics of interest with other like minded individuals reaching out to others who enjoy the same hobbies, activities and pass times.



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WE'RE celebrating the month of love, 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 26. Please share anecdotes from your personal experience and how you worked around

Speak your mind!



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!

A journey of self-discovery

BOOK REPORT
By MELISSA NAZARETH
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BAHRAINI-FRENCH creative Christine Khonjie's debut book, compiling her photographs, artwork and writings, was unveiled in the kingdom this month, and brings alive her creative process while being on the spectrum.

Drawings, Books And Embroideries, that highlights five decades of her work, features zoomorphic creations, djinns (spirits), goddesses and shamanic self-portraits on paper, textiles and objects.

Christine, with her unique artistic style, reflecting her nomadic life between Iran, France, India and Bahrain, transports the reader to her own 'geography of memories'.

The book was launched at Shaikh Ebrahim bin Mohammed Al Khalifa Centre for Culture and Research in Muharraq.

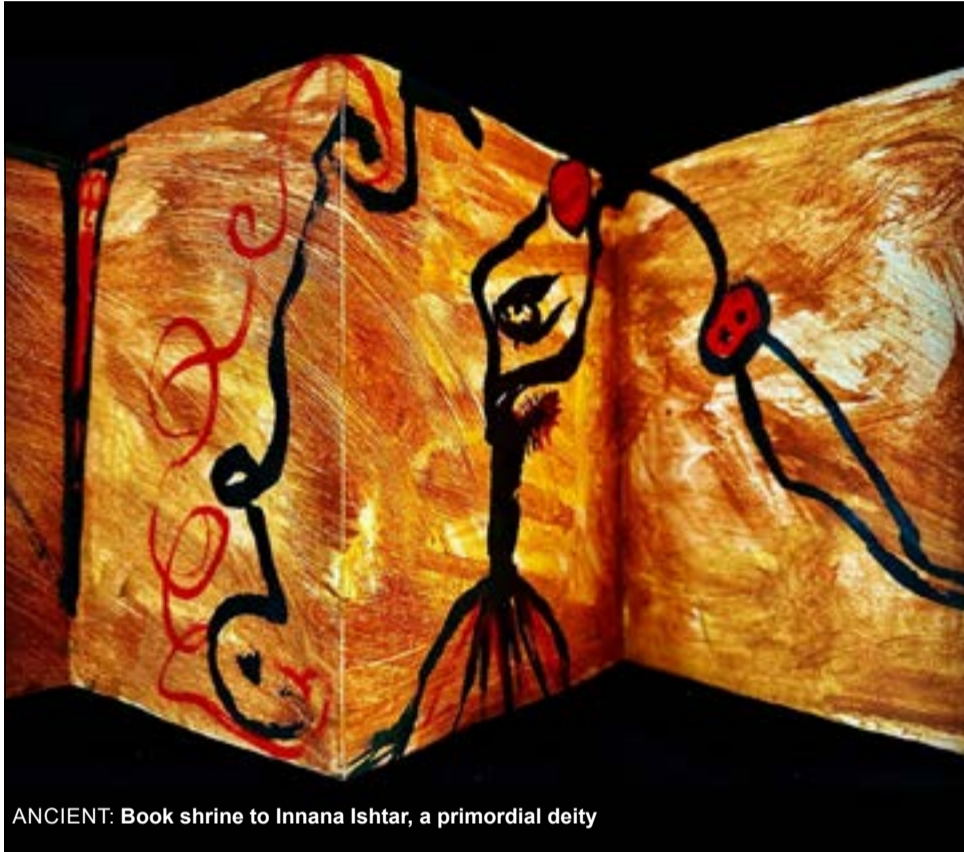
"I decided to launch the book in Bahrain because I feel my roots are here, even though I have never lived or will never live here," the 77-year-old told *GulfWeekly*.

"My father was Bahraini and my family lives here. I have always made trips to visit them since the 1960s," she added.

"My friend and renowned curator, writer and producer Rose Issa (who is also the editor and publisher) suggested I work on this book, and she has done a wonderful job with the whole project."

Christine started drawing and painting when she was about 38.

"It just came to me one day, but they were just scribbles, not art, if you ask me. I was making a self-portrait with my left hand and when I saw it, I felt such an emotion being released. My therapist, who I was seeing for my Asperger's, encouraged me to go with the flow," the Paris-based talent said.



ANCIENT: Book shrine to Innana Ishtar, a primordial deity



ARTY: The book cover

Asperger Syndrome is a developmental disorder and those with the condition may have a hard time relating to others socially, exhibit repetitive behaviour patterns, and have a narrow range of interests.

Asperger's has been merged with other conditions into autism spectrum disorder – a neurodevelopmental disorder. Some famous personalities known to have had Asperger's are Isaac Newton, Albert Einstein and Mozart. Sir Anthony Hopkins, Bill Gates and Elon Musk also said that they have been diagnosed with the condition.

Christine was clinically diagnosed in her early 40's but the polyglot, who speaks French, Persian, Italian and English, stuck out like a

sore thumb right from her childhood.

"As a child, I hardly spoke but as an adolescent, I started talking a bit. Even so, I wasn't very popular – I said what I thought, which didn't go down too well with my peers," she recalled.

Though school was tough, Christine was determined to get an education. At the age of 10, she was introduced to archaeology and Ukrainian-born French archaeologist Roman Ghirshman by her father.

"I didn't understand what it (archaeology) was, but I was fascinated by it and as a teenager I decided to learn it formally. I signed up for a diploma at École du Louvre, which was difficult given my condition, but I made the cut. "The four years that ensued were challenging.

"I had no friends, dressed strangely and was on my own. However, I successfully completed my course," the writer noted, highlighting that back in the day, there wasn't much awareness about Asperger's and having learning difficulties was frowned upon.

It is also the main reason Christine, despite being qualified, turned down many job offers in her late 20s.

Braving the odds, the



CREATIVE: Christine

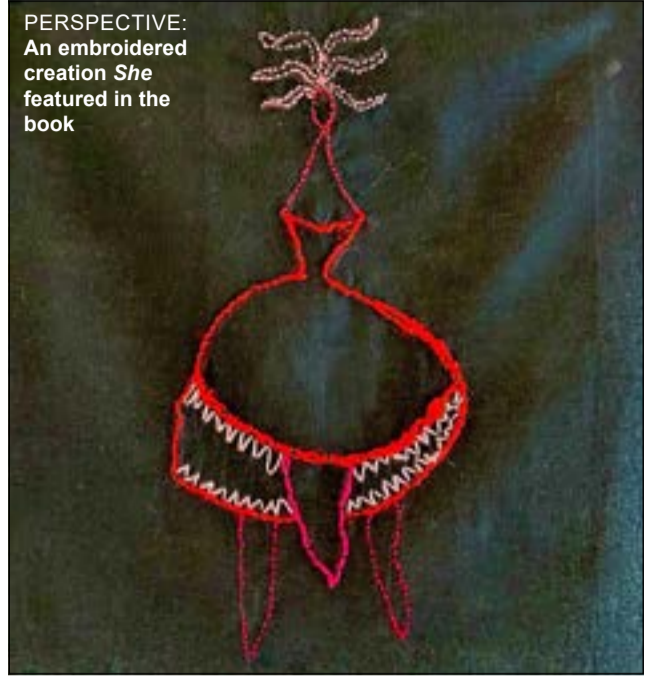
artist, who has exhibited her works at multiple showcases in Bahrain, used her 'uniqueness' to empower her and while her creations are partly influenced by her passion for archaeology, she believes they primarily come from 'somewhere inside her'.

While Christine doesn't think much of her writing, she has plans to revisit a draft she had penned down decades ago about her late sister, who she lost to suicide, which she hopes to publish.

For now, she is happy to return to Paris at the end of the month and surround herself with things she loves, including archaeology and ecology.

Drawings, Books And Embroideries is available on Amazon.

PERSPECTIVE: An embroidered creation *She* featured in the book



ICONIC: Christine's artwork inspired by *The Epic of Gilgamesh* from the book



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.



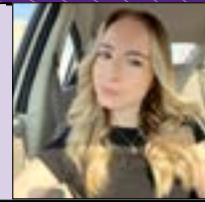
1. Windhoek is the capital of which African nation?
2. Which famous US novel based its title on a poem by Robert Burns?
3. What is the main ingredient in the drink Lassi?
4. Which game, first released in 1967, consists of a plastic tube, a number of plastic rods called straws and a number of marbles?
5. Which American city's Major League Baseball team is called the Cardinals?
6. Which metal was discovered by Hans Christian Oersted in 1825?
7. What colour ribbon does the Victoria Cross have?

ANSWERS

1. Namibia
2. *Catcher in the Rye*
3. Yoghurt
4. Kerplunk
5. St Louis
6. Aluminium
7. Purple

Leisure Scene

What's on guide by
Julia Cassano



VIBRANT: Cantina Kahlo

JOIN The Ritz-Carlton Bahrain for a week of good food and fun.

Step into La Plage and Thai Lounge for an electrifying night of music, magic and entertainment. Let the vibrant tunes of DJs set the vibe while you are captivated by a roaming magician, fire show, stilt walkers and dancers.

It costs BD20 for entry, inclusive of one beverage, tonight, from 7pm to 1am.

Meanwhile, guests can escape to the heart of London with La Med's Big Ben Brunch, tomorrow, from 1pm to 4pm. The magical dining affair will feature an array of British classics and replicas of the nation's most iconic sites. It costs BD33 inclusive of soft beverages, BD44 inclusive of selected beverages and BD60 for a bubbly brunch. Children aged four to 12

dine for BD16,500.

Start the weekend off right at Cantina Kahlo's Brunch Fiesta. Savour an array of mouthwatering dishes made with authentic ingredients, bursting with the vibrant tastes of Mexican cuisine. It is held on Fridays and Saturdays, from 1pm to 4pm. Friday's brunch costs BD35 per person, inclusive of soft beverages and BD45 per person, including selected beverages. On Saturday, the price will be BD25 per person, inclusive of soft beverages and BD35 per person, with selected beverages.

Treat yourself to an unforgettable evening with a perfectly grilled Angus tomahawk steak, expertly paired with a premium bottle of a grape beverage, on Tuesday from 7pm to 11pm at Plums. It is priced at BD69.

The hotel plans to

ELECTRIFYING NIGHT OF MUSIC AND MAGIC!



PICTURESQUE: A drone shot of the Ritz-Carlton beach

celebrate the month of love and Tignanello's 50th anniversary at Primavera. Explore an exclusive four-course menu, expertly paired with a Tuscan grape beverage. It costs BD75 for the set menu and one selected beverage, BD49 for

the set menu, and BD35 for a grape beverage.

The feast is available every Thursday, from 7pm to 11pm, until February 27.

For details, call 17586425 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

WORKOUT WITH WORLD-CLASS TRAINERS

GET ready for an unforgettable outdoor fitness experience with UK training company Les Mills.

Led by world-class trainers, the event features three high-energy workout sessions for all fitness levels.

The session will be held on Saturday, from 4pm to 6.30pm at the hotel's Private Island and costs BD10.

Registration fees will be donated to the Friendship Society for the Blind.

CENTRE ORGANISES HALF-DAY RETREAT

A transformative half-day retreat will be held this weekend to help people recognise, understand and get rid of their inner fears.

The Bahrain Meditation centre has organised the event, Transforming Fear Into Power: Breaking the Chains of Limiting Beliefs, on Saturday.

Guided by guest speaker Eric Le Reste, long-time Raja Yoga meditation practitioner and Canada's Brahma Kumaris national co-ordinator, the retreat will offer profound insights into how fear can be transformed into strength, clarity and empowerment.

Through guided meditation, interactive sessions, and reflective exercises, attendees will learn to break free from self-imposed limitations, embrace uncertainty with confidence, and step into a life of greater freedom and peace.

Entry is free and registration is required.

Participants can reserve their seats by contacting 39652518 on WhatsApp until February 21.

FLAVOURS WRAPPED IN LUXURY



SCRUMPTIOUS: Cakes made with premium ingredients

GUESTS are invited to Four Seasons Hotel Bahrain Bay to indulge in a range of culinary delights and enjoy spectacular events.

Celebrate love tomorrow, from 1pm to 4pm, at Bahrain Bay Kitchen's Month of Love Brunch, which features mains, sides and decadent desserts. It costs BD35 inclusive of soft beverages and BD48, including a selected beverage package.

Bay View Lounge has introduced a new cake menu, offering guests the opportunity to bring home a selection of their favourite treats. From the creamy bittersweet basque cheesecake to the vibrant pistachio and strawberry cake, each sweet is made with premium ingredients to ensure a memorable experience.

A whole cake order requires 24 hours' notice and prices

start from BD18.

Meanwhile, Byblos continues to celebrate its first anniversary with new culinary experiences designed to delight your palate. Savour an enticing barbecue spread featuring lamb chops, seabass, shish tawook, lamb tikka and more on February 27, from 6pm to midnight. It costs BD29 per person, inclusive of soft beverages.

The restaurant is also hosting Saj Night, featuring flatbreads, minced meat, kashkaval and za'atar and halloumi, every Wednesday until February 26, 6pm to midnight. Prices range between BD8 and BD12.

Harmonise the mind and body at New Moon Yoga on February 27, from 6.30pm to 7.30pm. It costs BD6 for hotel guests and members, and BD12 for visitors.

For more information, contact 17115500.



Leisure Scene

Weekly Entertainment



TRADITION: A Ramadan dish



FLAVOURFUL: Food at Hilton Bahrain

DINE IN A MAJESTIC SETTING AT HILTON

RAMADAN is round the corner and don't miss out on Hilton Bahrain's extraordinary offers for the month.

The Dome has created a majestic setting that celebrates the beauty of culture and taste. Experience a captivating culinary journey with a delicious iftar and ghabga feast, with spacious indoor and outdoor seating areas.

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

Children aged one to five dine for free while those aged six to 12 dine for BD12.705.

Ladies can enjoy a 50 per

cent discount on ghabga buffet on Tuesdays.

Meanwhile, Origin Kitchen and Culture will host its Wild Safari Brunch, tomorrow, from 12.30pm to 4pm, and will feature a range of games and entertainment. It costs BD28net with unlimited soft beverages and BD39net with unlimited selected beverages. Military personnel dine for BD25net.

Savour famous Asian classics at Origin Kitchen and Culture's Pan Asian Night on Wednesday, from 7pm to 10pm.

It is priced at BD22net with unlimited soft beverages and BD28net with unlimited selected beverages.

Seafood lovers can also enjoy the freshest catch at the restaurant's Seafood Night tonight, from 7pm to

10pm. It costs BD30net with unlimited soft beverages and BD32 with unlimited selected beverages.

Start your morning off right at Origin Kitchen and Culture's Breakfast Buffet, Sunday to Friday, from 6.30am to 10.30am, for BD13net per person.

A Lazy Breakfast is also being offered on Saturday, from 6.30am to 11.30am, at the same price.

Ladies can enjoy breakfast on Sundays and Mondays, from 6.30am to 10.30am, for BD5 each. The offer applies for a minimum of six people.

Guests can also indulge in a 50 per cent discount on all pastries and cake slices at Lamar, everyday after 5pm.

For more information or bookings, contact 33692013 or 33690081.

TREATS GALORE AT DILMUN CLUB

THE Dilmun Club in Saar has a week of dining delights in store.

Indulge in any curry and a selected beverage on Monday for BD5.500. On Tuesdays, guests can enjoy a pie and a selected beverage for BD5.

The club also hosts its steak night every Wednesday, which costs BD20 for two steaks and a bottle of a grape 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.

LEARN THE ART OF MEDITATION

LEARN to meditate effortlessly and breathe properly at a free meditation session tomorrow.

The event is being organised by Art of Living, from 5pm to 5.45pm, at the group's centre in Zinj. It's designed to reduce stress, raise energy and help people reach a positive and clear state of mind.

A CARNIVAL OF COLOURS

PREPARE to be captivated by a variety of fascinating entertainment and colours.

The Young Goans Club Bahrain is hosting its 'Carnival of Colours' festival on February 27, from 8pm, at the Swiss International Palace Hotel in Manama.

Guests can enjoy a live band, DJ and tasty bites and

beverages with their family and friends, making for an amazing evening.

Highlights of the event include contests for the Best Mardi Gras Attire, Best Crooner and Outstanding Carnival Costume for children.

For details, call 39881984, 33310712 or 36269228.

MUSIC AND FOOD ON CLUB MENU

THE Bahrain Rugby Football Club has organised a Latino Loco event, featuring vibrant music, electrifying energy and delicious Latin-inspired beverages and food, on February 28, from 4pm. Normal guest rules apply.

For details, contact 17695809.



MOVIE TIME

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

CAPTAIN AMERICA: BRAVE NEW WORLD

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: 11am, 1.30pm, 4pm, 6.30pm, 9pm, 11.30pm

BRIDGET JONES: MAD ABOUT THIS

Bridget Jones navigates life as a widow and single mum with the help of her family, friends and former lover Daniel. Back to work and on the apps, she is pursued by a younger man and maybe, just maybe, her son's science teacher.

Actors: Renée Zellweger, Chiwetel Ejiofor, Leo Woodall

Timings: 12pm, 2.45pm, 5.30pm, 8.15pm, 11pm

MOM (2025)

Struggling with postnatal depression and feeling misunderstood by her husband, Meredith begins to experience terrifying visions foreshadowing an ultimate tragedy.

Actors: Emily Hampshire, François Arnaud, Christian Convery

Timings: 11am, 1pm, 3pm, 5pm, 7pm, 9pm, 11pm

PAR-TEE TIME AT ROYAL GOLF CLUB

H EAD down to the Royal Golf Club for a great weekend.

The club is hosting its iconic Weekend Roast, featuring a selection of beef, lamb, chicken, and all the trimmings at Slice and Repartee, every Friday and Saturday, from noon to 5pm. It costs BD9.500 per person, including a selected roast plate and one soda or chilled juice, and BD13.500, inclusive of a roast plate and a selected beverage.

Meanwhile, Links invites guests for its Steak Night on Wednesday, from 6pm. Indulge in a selection of

premium steaks, cooked to perfection, and enjoy a vibrant evening filled with entertainment.

Visitors can also enjoy a luxurious tea experience at Links everyday from 11am to 7pm.

Royal Tea for Two offers guests an array of treats in a relaxed setting ... all the while overlooking the stunning views of the club.

Choose from two options - the gold package, including tea or coffee for BD15, or the platinum package, inclusive of tea, coffee or two glasses of bubbly for BD19.

For details, call 39007546.



GRILLED: Iconic roast



DELICIOUS: Royal Tea



BARBECUE NIGHT: Enjoy a range of delicacies

Pulse of Pop

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

LIFE TALES:
The album
cover



MUSICAL OBSERVATIONS

ENGLISH singer Sam Fender's album *People Watching* drops tomorrow.

According to the artist, the album explores 'colourful stories and observations of everyday characters living their everyday, but often extraordinary lives'.

This is represented by its artwork, which features a photograph by the late social documentary photographer Tish Murtha, who kept a log of marginalised communities and the working-class life in Newcastle City in the UK.

The namesake lead single, which released in November last year, was written in honour of Sam's late mentor and friend Annie Orwin, and narrates

his perspective of visiting her at a care home.

"The track is about somebody who was like a surrogate mother to me and passed away last November," Sam said in a statement.

"I was by her side at the end, slept on a chair next to her. It's about what was going through my head, to and from that place and home.

"It's kind of ironic because she was the one that gave me the confidence to go on stage, and always used to be like 'why haven't you mentioned my name in your acceptance speech'.

"But now, an entire song and album connects to her. I hope that wherever she is now she's looking down saying

'about time, kid'," he added.

The artist discovered his passion for music as a teenager and started releasing singles in 2017.

His sound is heavily inspired by American roots music, while also combining it with British rock. He is recognised for his high tenor voice and Geordie accent.

His first full-length album *Hypersonic Missiles* debuted in 2019 at number one on the UK and Scottish Albums Charts, and number six on the Irish Albums Chart.

The album also received widespread acclaim from music critics, earning an average score of 81 out of 100 on *Metacritic*.

A CYBER UPRISING

POLITICAL thriller television series *Zero Day* is out today on *Netflix*.

Starring Robert De Niro and Lizzy Caplan, the nine-episode miniseries follows former US President George Mullen (played by Robert) during the aftermath of a cyber-attack that kills thousands of people, as he leads the charge to bring those responsible to justice while confronting his own dark secrets.

Zero-day is a broad term that describes recently discovered vulnerabilities in software or hardware, thus giving the vendor 'zero days' to fix it.

Show creator Eric Newman of crime drama series *Narcos* fame revealed that he pitched the concept to Robert over dinner, noting that the Oscar-winning actor, also credited as the series' producer, was his first choice.

"If you have someone playing the president, a former president, and someone who needed a level of authenticity and

credibility and gravitas it's a very short list, and Bob was at the top of it," Eric said in an interview.

"He very much became our partner in this process, very hands-on, very involved, read everything at every stage, and it's been an incredible honour and privilege.

"You can count on one hand the actors and actresses in history who bring this level of gravitas, pedigree, and talent to their work," he added.

The show also marks Robert's first time starring in a TV series role, an experience that he described as 'doing three features back to back'.

"I was in most of it. And so I had to keep up with everything, even as simple as knowing the lines. So I likened it to being in the English Channel, swimming to England from France, looking behind me and not seeing France, looking ahead, not seeing England. I gotta keep going, otherwise I'm gonna sink," he said.



LEADER: Robert in the series

CONFRONTING THE PAIN WITHIN

YOUNG adult fiction novel *I Am the Cage* by Allison Sweet Grant is out on shelves.

Taking place in the quiet Fish Creek, Wisconsin, 19-year-old Elisabeth has the only thing she needs: isolation, as she is determined to be alone and hiding from her own memories, making sure no one can hurt her.

However, everything changes when a massive storm strikes, forcing her to accept help from her neighbour Noah, the town's sheriff, and showing more vulnerability than she intended, resulting in her realising she can no longer outrun the scars of her childhood.

Focusing on the theme of trauma and healing, the story takes inspiration from Allison's personal journey as a young woman who had to confront her medical trauma.

"When I was 11, I underwent a complex procedure to correct a discrepancy in the length of my legs. Surgeons spent 13 hours drilling through my bones and attaching an external metal frame from my hip to my toe," Allison wrote in an article.

"Before the surgery, when I asked if it would hurt, the only thing I remember being told was 'Don't worry, we have ways to manage any unpleasantness'. The difference between what I was told and what I experienced shattered my faith in doctors and left me questioning whether I could trust adults at all.

"Now, as a parent, and through my years working in health care, I've made the conscious decision never to lie to people about pain. Even with something as small as a routine vaccination, yes, I say, it may hurt," she added.





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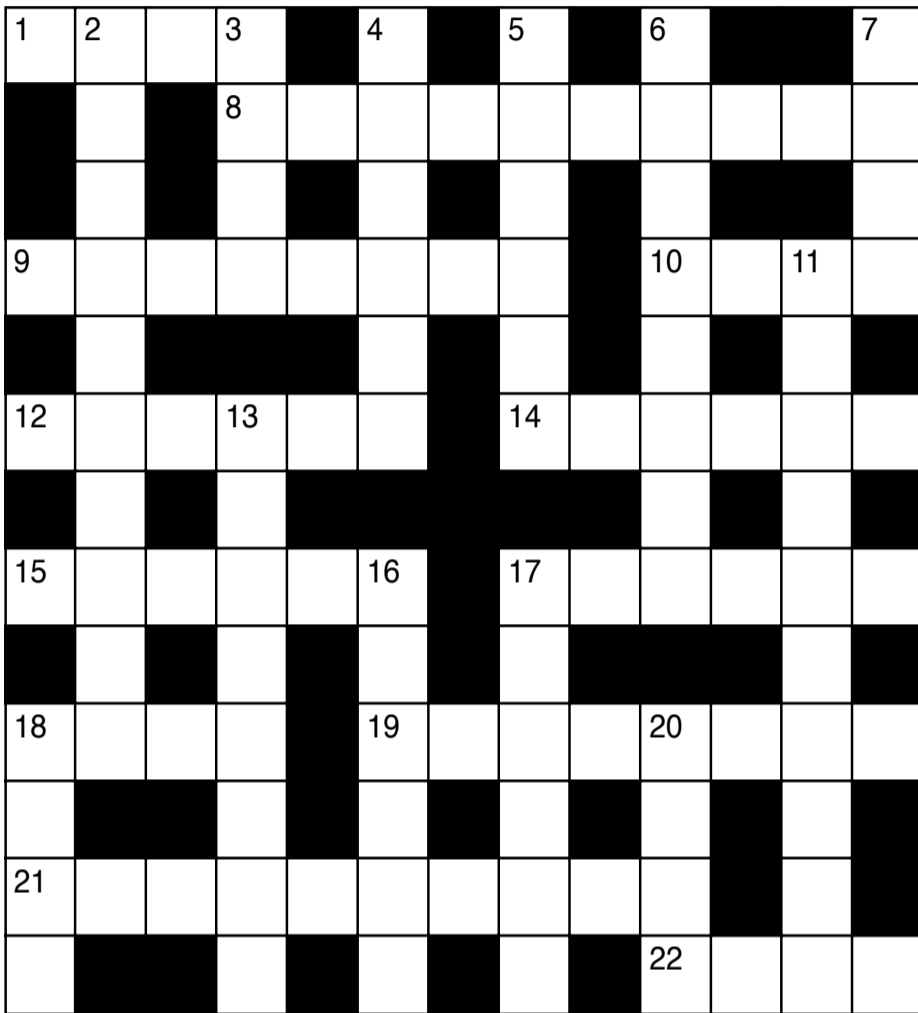


Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 1. Hew (4)
- 8. Uneducated (10)
- 9. Passage (8)
- 10. Scoff (4)
- 12. Prophet (6)
- 14. Treat (6)
- 15. Ridiculous (6)
- 17. On fire (6)
- 18. Aperture (4)
- 19. Purity (8)
- 21. Scruples (10)
- 22. Reed (4)

DOWN

- 2. Upright (10)
- 3. Jetty (4)
- 4. Vow (6)
- 5. Stiffen (6)
- 6. Felon (8)
- 7. Adom (4)
- 11. Diastrous (10)
- 13. Politeness (8)
- 16. Fraud (6)
- 17. Begone (6)
- 18. Sin (4)
- 20. Row (4)

who, what, where, when

- WHO ... recorded the Mercury Music Prize-winning album *A Little Deeper*?
- WHAT ... is the nickname of Sheffield Wednesday FC?
- WHERE ... in England was the poet Benjamin Zephaniah born?
- WHEN ... was the G-MEX centre in Manchester opened by the Queen?
- WHO ... wrote the plays *Absent Friends* and *Absurd Person Singular*?
- WHAT ... animal is Hobbes in the comic strip *Calvin & Hobbes*?
- WHERE ... in South America are the states of Para, Paraiba and Parana?
- WHEN ... did Red Rum last win the Grand National?

just so

b
shot b o w
w

COMMAND

art art art art art sake

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:
 Across: 7 Again; 8 Idolise; 9 Neglect; 10 Cacti; 12 Quarrelled; 15 Overlooked; 18 In-law; 19 Rostrum; 21 Honours; 22 Colon.

Down: 1 Cannelloni; 2 Barge; 3 Knee; 4 Bitter; 5 Concrete; 6 Piccolo; 11 Indictment; 13 Unlawful; 14 Recline; 16 Ogress; 17 Urals; 20 Sick.

JUST SO: The upper sixth, The jewel in the crown, A cut above the rest, A labour of love.

WHO, WHAT, WHERE, WHEN: Elizabeth Gaskell; Charles Montgomery; Lucca, Italy; 1961; Mozart; Government Communications Headquarters; South Africa; 1998.

Darn Tough Sudoku

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

Your work pad space ...