

Nights to remember

ICONIC: *Cultural Memory* by Alexandra



ART REPORT
By MELISSA NAZARETH
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A group of Bahrain-based talents will bring alive their distinct digital interpretations of local traditions, culture and architecture at an exhibition being staged at the Muharrag Nights festival.

Five Bahraini creatives – self-taught artist and writer Mona Alaradi, designer and calligraphy enthusiast Qassim Haydar, digital artist and entrepreneur Layan Alsamahiji, visual designer Subah Al Jalahma and sketcher and digital creative Yaqoob Alabdulla – and Russian expatriate and art and culture aficionado Alexandra Novik-Khamis will display

their works at Hala Building on the Pearling Path, which runs from Qal'at Bu Mahir to the Pearl Museum – Siyadi Majlis.

The exhibition is organised by Creative Horizons and Sellou space.

“For me, participating this year is both an honour and a journey, a chance to share my vision while learning from the collective soul of this event,” 37-year-old Alexandra told *GulfWeekly*.

Her creation *Cultural Memory* reflects the rich culture of Bahrain with a modern twist.

“It is digital artwork blended with a traditional painting. I wanted to highlight the importance of preserving meaningful cultural symbols – like the golden mask (battoulah) and henna – that

have shaped generations.

“Through vivid colours and contemporary details, I show how these symbols can continue to live, evolve, and be embraced by the new generation,” she explained.

Another iconic cultural symbol that has been artistically explored at the exhibition is the ubiquitous palm tree – intricately interwoven throughout the kingdom’s history, be it through the barastis or houses built using palm fronds, the jalboots or old boats designed from wicker leaves, or the traditional craft of basket weaving that has transcended generations.

Self-taught artist and former finance expert Mona’s work lends this symbol a distinct touch. She is displaying a digital print of her artwork



COLLABORATION: *Where Colour Remembers*

entitled *Memoirs of a Sailor*, which was previously sold.

“The organisers were looking for a cultural theme to go with Muharrag Nights’ vibes and *Memoirs of a Sailor* tells the story of pearl divers who risk everything to find prosperity for their family,” the 43-year-old noted.

“It is inspired by Gustav Klimt’s golden artworks and the Kuwaiti musical production of the same name.”

Over the last decades, digital art has emerged as a growing style in the kingdom’s art community. While creatives across ages have taken to the medium, there has been a wave of young artists, who have jumped onto the trend, bringing with them a fresh perspective.

One such creative is 19-year-old Subah, who is exhibiting a collaborative artwork entitled *Where Colour Remembers* by his brand Subah Designs and local platform BTW Media.

“It captures Bahrain’s cultural sites in black and white, holding each place as a quiet, timeless memory,” explained the accounting and finance student at Bahrain Institute of Banking and Finance -Bangor University.

“Bold digital strokes revive these scenes, reclaiming stories time tried to fade. The contrast between stillness and colour shows how heritage is never lost—only waiting to be

remembered. Each shade brings history back to life, celebrating the enduring spirit of Bahrain.”

The exhibition runs until December 9.

For more information, follow @pearlingpath on Instagram.

● This week’s Muharrag Nights guide on Page 2.



SYMBOL: *Memoirs of a Sailor* by Mona



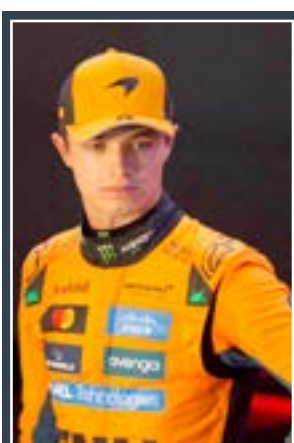
SPEAK YOUR MIND
Are you sleeping?
SEE PAGE 3



LEISURE SCENE
Festive dining
SEE PAGES 4-5



PULSE OF POP
TV, books and more
SEE PAGE 6



LAST LAP
Abu Dhabi F1 preview
SEE PAGE 7

Wearing her 'heart' on her sleeve

BAHRAIN continues to live on in the heart of young former resident Kimaya Kapoor, who recently delivered a presentation on Durrat Al Bahrain at her school in Canada where she now resides, writes Melissa Nazareth.

The 12-year-old Grade Seven student attending Dr David R Williams Public School in Oakville, Ontario even has a favourite 'Bahrain T-shirt', which she often wears to school.

She wore it on the day of the assignment too, for which

she scored 100 per cent.

Having lived on the island with her family for 10 years before migrating in 2019, she wanted to bring alive her love for Bahrain.

When the project was announced at her school, she decided to choose 'Durrat Al Bahrain' based on her memories of the place from when she lived in the kingdom. Durrat is the third largest artificial island after Northern City and Diyar Al Muharraq Islands.

"I researched about Durrat Al Bahrain and prepared a write-up for the presentation. I wanted to choose something

about Bahrain and I remembered the islands," the former Juffair resident told *GulfWeekly*. "What I miss the most is the food and the lifestyle," she added.

Father Vivek Kapoor – a chartered accountant and former chairman of the Institute of Chartered Accountants of India Bahrain Chapter – reminisced about his daughter's birth at the Royal Bahrain Hospital and their time together in Bahrain.

"We have beautiful memories of our time as a family in the kingdom. My wife Shanu arrived



ALL SMILES: Kimaya wearing her 'Bahrain tee-shirt'

in Bahrain with our elder daughter Ayana when she was an infant. Both our children studied at the International School of Choueifat in Amwaj Islands.

"The warmth we have received from the people there and the safe environment we lived in hold special significance for us. If life offers another opportunity to move, Bahrain



TOGETHER: The Kapoor family on a previous holiday

will undisputedly be the choice," Vivek added.

The family hopes to visit soon and have many friends in Bahrain. Kimaya cannot wait to tuck into a plate of hot balaleet – her favourite dish – when she is here again, with her family, including mum Shanu – a finance and banking professional – and elder sister Ayana, 17, who studies

at the White Oaks Public School in Oakville.

Excerpts from her presentation read:

'Durrat Al Bahrain is a big gain for Bahrain, helping it increase its land reclamation area.'

Durrat Al Bahrain definitely came out successfully.

...tourists would come just to see this project, boosting the economy for Bahrain.'

POPULAR:
Visitors at
the Muharraq
Nights
festival



YOUR WEEKLY GUIDE TO EXPLORE MUHARRAQ NIGHTS

BAHRAIN'S much-awaited cultural extravaganza is finally here to dazzle and will continue until December 30. Featuring diverse offerings, from art to music and design, as well as a host of other attractions – this is an event for all ages. Check out some of the programmes in store.

EXHIBITION: THREADS OF GOLD

Location: The Art Station

The exhibition runs tomorrow from 4pm to 9pm. It offers an artistic and cultural experience celebrating Bahraini women and their creativity across the past, present, and future and showcases photographs and stories of pioneering figures, alongside contemporary works in fashion, jewellery, and design.

EXHIBITION: FROM BAHRAIN'S HERITAGE: THE ART OF CRAFTING SWORDS AND DAGGERS

Location: Bahrain National Museum

This ongoing exhibition explores one of Bahrain's deepest and most enduring cultural traditions: the craft of sword and dagger-making, a heritage preserved by



GOLDEN: The Art of Crafting Swords and Daggers exhibition

generations of skilled artisans.

EXHIBITION: A HISTORY OF PEARLS

Location: Pearling Path Visitor and Experience Centre

The ongoing exhibition traces the history of pearls dating back to around 6500 BCE, highlighting some of the oldest discoveries in the world and the Arabian Gulf. It also presents accounts by Arab and international travellers on pearl diving and the evolution of Bahrain's pearl economy through time.

FOOD: BAHRAINI CUISINE

Location: Majlis on the Pearling Path

Creative collective Dar Amana

will stage a weekly celebration of authentic Bahraini cuisine, traditional dishes, preparation methods, and its place in family and social life. The majlis will explore the evolution of Bahrain's food culture over time, featuring a select group of Bahraini cuisine enthusiasts.

FOR CHILDREN: STORIES OF BAHRAIN'S PALM TREES

Location: Pearling Path Visitor and Experience Centre

The session will be staged at the centre's art corner – a fun, hands-on space where children can draw, paint, craft, and explore their imagination. The activity on palm trees will run tomorrow.

Hit the hay

HARMFUL: Blue light can suppress the release of melatonin from the brain

SPEAK YOUR MIND
By MELISSA NAZARETH
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BEDTIME procrastination or revenge procrastination has recently re-emerged as a buzzword on social media, highlighting poor sleeping habits among many as a major lifestyle problem.

The phrase refers to a phenomenon where a person voluntarily – and fully aware of the consequences – delays going to sleep. Instead, they spend time doing something they enjoy – reading, exercising, playing video games, binge-watching TV shows, or simply doom-scrolling – all because they didn't have the chance to do it earlier in the day.

It stems from a lack of control over one's time due to a busy or stressful lifestyle.

The most popular account of the term's origin is its appearance on Chinese social media back in 2014 – as 'bàofù xíngáoyè,' which translates to 'retaliatory staying up late'. Around the same time, a Dutch university coined the expression 'bedtime procrastination'.

The danger, experts warn, arises when poor sleep patterns become an ongoing issue as they can lead to other problems, compromising physical health and optimal mental functioning.

"Chronic sleep deprivation can result in serious health issues," Al Hilal Hospital Muharraq consultant neurologist Dr Roopchand P S told *GulfWeekly*.



ALERT: Screen time before bed can disrupt sleep patterns and must be regulated

"These issues are not particularly related to the brain alone. In the short-term, people may struggle to focus and experience headaches, irritability, poor work efficiency, gastric trouble, tremors and muscle twitches," he added.

"Long-term issues include memory-related diseases like Alzheimer's, depression and anxiety disorders. They also carry a higher risk of developing diabetes and hypertension, as well as stroke and heart attacks."

These days, it has become the norm for people to check their phones before they sleep and going without gadgets for prolonged periods is ironically termed as 'digital detox' – when it should be the most natural thing to do.

Dr Roopchand highlighted how smart devices can cause sleep-related issues.

"Firstly, the blue light can suppress the release of melatonin from the brain. This

hormone is very important for maintaining normal sleep and its rhythm.

"Secondly if the content you're consuming is something that causes arousal, like a thriller movie or a comedy show, it will make the mind active, causing difficulty in falling asleep. When you do this regularly, it will mess up your normal sleep rhythm," he explained, adding that sleep is an important physiological function of human body.

Dr Roopchand advised seven hours of continuous sleep for adults, around eight hours for children and adolescents and around five to six hours for older people, with a short afternoon nap.

There have been endless debates about how many hours of sleep are required to maintain optimal mind and body function. While most people need at least seven to eight hours, with up to 12 hours for children, there are many who thrive on much

less – some even three to four hours.

"Different people need different amounts of sleep time, but in general, around seven to nine hours is considered good," King Hamad American Mission Hospital consultant pulmonologist Dr Amit Panjwani noted.

"Anyone who faces sleep issues should seek help from a sleep specialist," he added.

"Those facing sleep-related breathing disorders like snoring – leading to disturbed night-time sleep including insomnia or excessive sleepiness during the day – could be suffering from obstructive sleep apnea and must consult a pulmonologist."

Obstructive sleep apnea is the most common sleep-related breathing disorder, characterised by recurrent episodes of complete or partial obstruction of the upper airway leading to reduced or absent breathing during sleep.

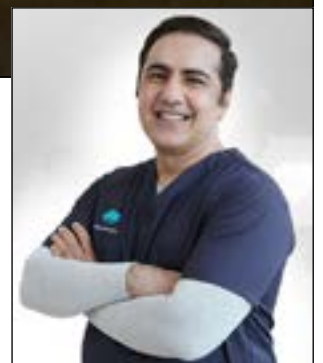
Dr Amit advocated practising good sleep hygiene, including maintaining a regular sleep-wake cycle and using the bedroom or a fixed room solely to sleep.

"The idea is that when the person goes to that room, he or she is reminded of sleep," he said.

"It's also best to avoid meals three hours before bed, caffeine intake especially after lunch or late in the evening, exercise late at night and long naps during the day. Screen time within two hours of sleep should also be regulated," he added.



Dr Roopchand



Dr Amit

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) Which Metallica song featured in *Stranger Things* season 4?
- 2) Which word, meaning to deliberately spoil a snapshot was designated as the Collins Dictionary Word of the Year for 2014?
- 3) What is measured on the Stanford-Binet scale?
- 4) Which mountain range extends 2,500km through Algeria, Morocco and Tunisia?
- 5) Which country's currency was the Litas before the introduction of the Euro on January 1, 2015?

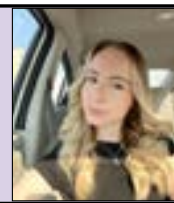


- 6) The mythical Griffin is part eagle and part what?
- 7) After Brazil, which is the largest coffee producing country of the world?

- ANSWERS**
- 1) Master of Puppets
 - 2) Photobomb
 - 3) Intelligence/IQ
 - 4) Atlas mountains
 - 5) Lithuania
 - 6) Lion
 - 7) Vietnam

Leisure Scene

What's on guide by
Julia Cassano



INDULGE IN FESTIVE CHEER AT RITZ

THE Ritz-Carlton, Bahrain invites guests to celebrate the holiday season with a range of festive experiences.

The Grand Christmas Brunch on December 25 promises a delightful feast with live cooking and carving stations, decadent desserts, lively entertainment, children's activities, and a visit from Santa.

Prices start at BD60 per adult with soft beverages, BD75 with selected beverages and BD90 for a bubbly package. For children aged four to 12, the cost is BD25. The brunch runs from 12.30pm to 4pm.

For a cosy winter retreat,

Le Coin Chalet offers a charming ambience filled with the aromas of apple strudel, raclette, and bubbling fondue, available until February 16, Monday to Saturday from 1pm to 11pm at La Terrace.

Children can enjoy

the magic of the season with Gingerbread House Workshops on December 6, 13, and 20, from 2pm to 4pm. Children aged four to 12 can build and decorate their own festive creations for BD30 per child.

Festive Teatime is

available until December 31 in the Lobby Lounge, from 3pm to 7pm, featuring traditional scones, delicate pastries, and a selection of holiday treats at BD38 per set.

Enjoy the holidays from the comfort of your home

with the hotel's Holiday Takeaway. It includes a full turkey, a starter, pie and a generous spread of trimmings, serving eight (BD175). A Rib Eye option, serving five, is also available for BD170.

Orders must be placed at least 24 hours in advance.

Finally, ring in the New Year with an unforgettable open-air countdown at Thai Lounge and La Plage, featuring live entertainment, music, and gourmet bites. Entry is BD30 per person from 8pm to 1am, with VIP tables available through advance booking and prepayment.

For more information, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

FESTIVE:
Christmas
Brunch



CREATIVE:
Gingerbread
house
workshop



TREATS GALORE AT WINTER WONDERLAND

FOUR Seasons Hotel Bahrain Bay has transformed its grounds into a captivating winter wonderland, featuring an array of festive experiences for guests to enjoy.

At the elegant Bay View Lounge, visitors can indulge in a starlit afternoon tea

featuring a curated menu that blends timeless classics with creative twists – ranging from warm savoury delights to exquisite sweet treats.

The festive event is available daily from December 7 to January 7, noon to 9pm, with the regular experience priced at BD22 and the royal afternoon tea at BD26.

Celebrate Bahrain National Day with an exclusive tea experience at Bay View Lounge. From December 14 to 20, between 12pm

and 9pm, indulge in a menu featuring savoury bites infused with local spices and sweets inspired by traditional Bahraini desserts. It's available at BD22 per person for a regular package or BD26 with selected beverages.

CUT by Wolfgang Puck, celebrated among the top 25 restaurants in the Mena region, is hosting a la carte Christmas Brunch and Dinner, featuring festive dishes such as beef wellington and colcannon potatoes. Lunch is available

on December 25 from 12.30pm to 3pm and dinner on December 24 and 25 from 7pm to 11pm.

The hotel's lobby and Bay View Lounge are adorned with chalet-inspired décor and elegant olive trees, creating an ambience reminiscent of the Swiss Alps. Guests can enjoy seasonal delights including



TAKEAWAYS: Christmas
celebration at home

cheese fondue, raclette, and mushroom crostini, available a la carte from December 7 to January 7.

For those celebrating at home, the hotel offers festive takeaway feasts. A roast turkey with all the trimmings and sweet treats serves up to six people for BD105net, while a full festive feast is available for BD190net.

Do not miss out on the exquisite holiday creations

from Wolfgang Puck's executive pastry chef Pierre Chambon. He has crafted delicious take-away delights, available throughout this month, priced a la carte.

New Year's Eve celebrations are also planned across re/ASIAN CUISINE, CUT by Wolfgang Puck, Byblos and Bahrain Bay Kitchen.

For more details, contact 17115000.

BRING HOME THE JOY WITH SHERATON'S TURKEY BOX

CHRISTMAS is here and Sheraton Hotel Bahrain has a range of festive experiences to make the season unforgettable.

Bring the holiday cheer home with the Turkey Takeaway Box, available until January 7.

Choose from a 5.5kg whole roasted turkey serving four to six guests for BD145, or a 7.5kg turkey serving six to eight guests for BD165.

The hotel will host a Christmas Tree Lighting and Bazaar on Saturday. Featuring holiday-inspired treats and handcrafted gifts, the bazaar will run from 11am to 8pm, followed by the tree lighting in the hotel lobby at 5.30pm.

Celebrate Christmas Eve at Wild from 6pm to 11pm for BD22.500, inclusive of soft beverages. Upgrade to the premium experience with an additional BD18 and enjoy a complimentary glass of a selected beverage



to start your evening.

Enjoy a festive Christmas Brunch at WILD on December 25 and 26, with a family-style menu, live entertainment, and activities for children. Prices are BD40 with soft beverages and BD50 with selected beverages, from 12.30pm to 5pm.

For a memorable Christmas

Leisure Scene

Weekly Entertainment



HILTON LINES UP EARLY BIRD DEALS FOR A MERRY SEASON

HILTON Bahrain is rolling out a host of festive offerings, perfect for celebrating this holiday season in style.

Join the fun and follow the elves at Origin Kitchen and Culture's Festive Brunch, brimming with merry mischief and sparkling delights. Taking place tomorrow, December 5, from 12.30pm to 4pm, the brunch is priced at BD28net with soft beverages and BD39net with selected beverages.

The hotel is also offering a variety of early bird specials for the season.

A Christmas Eve dinner is available for BD20net with

soft beverages or BD22 with selected beverages, while the Christmas Day Brunch costs BD27net with soft beverages and BD30net with selected beverages.

New Year's Eve early bird offers are BD45net with unlimited beverages or BD55net with unlimited premium beverages.

For those looking to enjoy a festive feast at home, Hilton Bahrain is offering a perfectly roasted turkey with trimmings and more, serving six to eight people for BD65net.

Little chefs are invited to roll up their sleeves and get creative in the kitchen, mixing, shaping and

SUMPTUOUS: Turkey To-Go



decorating holiday treats to take home. The workshop is on December 21, from 2pm to 5pm, and is open to those aged five to 12, at BD5 per child.

Make Christmas Eve extra magical with the hotel's Stay and Dine escape, which includes a cosy studio for two with a complimentary upgrade to a sea view or balcony, a festive dinner at Origin Kitchen and Culture and a delicious breakfast the next morning.

With early check-in and late check-out, it is the perfect holiday treat at just BD79 on December 24.

The New Year's Eve stay package for two costs BD129

and includes a studio room, lazy breakfast, and NYE showtime with unlimited selected beverages.

Meanwhile, guests can start their mornings with a gorgeous breakfast spread from Sunday to Friday, 6.30am to 10.30am, at BD13net per person.

On Wednesday evenings, Pan Asian Night runs from 7pm to 10pm at BD26 with unlimited soft beverages, while Thursday Seafood Night is available from 7pm to 10pm at BD32net with unlimited selected beverages or BD30net with unlimited soft beverages.

For more information, call 33692013.

CHRISTMAS CAMP FOR CHILDREN

THE British Club Bahrain invites family and friends for a month of holiday fun.

A Christmas market brimming with handcrafted treasures and holiday-inspired treats will create a magical atmosphere this Saturday at noon. Entry is free to all.

A Christmas Camp will also be held from December 14 to 26, noon to 4pm. It features an array of activities and games to keep the little ones occupied over the holidays.

Week one includes sensory

play, creative arts and crafts, and swimming and week two includes music and instruments, modern dance, rhythmic gymnastics, movie and popcorn and puppet theatre. It's open to children aged four to 12 and costs BD37.500 for members and BD45 for non-members per week, from noon to 4pm. A daily rate of BD8.500 for members and BD10 for non members is also available. Lunch is included.

For details, call 3994206.

JAZZ NIGHT AT DILMUN CLUB

HEAD to the Dilmun Club Bahrain for a fantastic Christmas Jazz Night tonight, December 4 at 8pm.

The event is free for members while guests will have to pay BD2.

An array of festive beverages and treats will be available.

A Christmas Quiz Night will be held on December 10, from 7pm. Every team will receive goodies alongside

their quizzes.

The club will host a magical Christmas Day Brunch on December 25, from 1pm to 5pm. The feast including food and beverages will cost BD27.500 for members and BD32 for guests. A food-only package is available at BD19.500 while children under 15 can dine for BD12.

For bookings, contact 17690926.

SEASONAL: Christmas tree lighting



dinner, visit Braserio Atlántico on December 25 from 7pm, where guests can indulge in a specially crafted holiday menu, including Chef James' signature Beef Wellington – a true centrepiece for the festive table. It's priced a la carte.

For more information, contact 38885408.

RING IN HOLIDAYS WITH GRANDEUR

EMBRACE the art of luxury this season at InterContinental Bahrain.

Celebrate in the comfort of your home with the hotel's Roasted Turkey To-go, thoughtfully prepared by the culinary team with all the traditional trimmings and festive flair.

Each package includes a turkey, delicious stuffing, sides, sauces and dessert – ideal for four to six people, priced at BD64net. It is available from December 1 to 3, with a minimum advance order of 48 hours.

Gather your loved ones for a cosy afternoon of festive fun at Noor Lounge, where children can create and decorate their own gingerbread houses. This joyful experience is priced at BD12net per child or BD18 for two children, on December 13, from 4pm.

Celebrate Christmas Eve in style at Legendz SteakHouse, where warm holiday traditions blend seamlessly with modern luxury.

Enjoy a thoughtfully curated menu of starters, mains and desserts, complemented by welcome drinks and seasonal delights.

The event, to be held on December 24 from 7.30pm to midnight, promises an intimate dining experience – ideal for couples, families, or small gatherings.

On Christmas Day, guests can indulge in a joyful brunch filled with holiday cheer, delicious food and the timeless pleasure of sharing a festive meal with family and friends. Experience a magical atmosphere complete with live music and a special visit from Santa to delight the little ones—an ideal way to embrace the season. The brunch takes



DELICIOUS: Festive dinner at InterContinental Bahrain



JOYOUS: Children making gingerbread houses

place from noon to 4pm. Both events cost BD29net with soft beverages, BD39net with a selected beverage package and BD18 for children aged six to 12.

For more details, call 36967701.

Pulse of Pop

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

ALL YOU NEED IS LOVE

BAHRAIN-BASED investment professional Colin Lobo has embarked on his literary journey with his debut novel *Poetry in Motion*, which has now hit the shelves.

The 232-pages fiction story explores the quiet courage it takes to choose love while tackling the timeless questions: what if you never meet the love of your life? And what if you settled into a quiet limbo of ‘what-ifs’?

“It’s a hybrid novel of prose and poetry, something unusual coming from an



AUTHOR: Colin

investment professional, but that’s exactly why I wanted to write it,” the 32-year-old chartered financial analyst told *GulfWeekly*.

“Through the fictional

journey of two protagonists, Wolf and Poetry in Motion, the novel explores themes of love, self-discovery, and resilience,” he added.

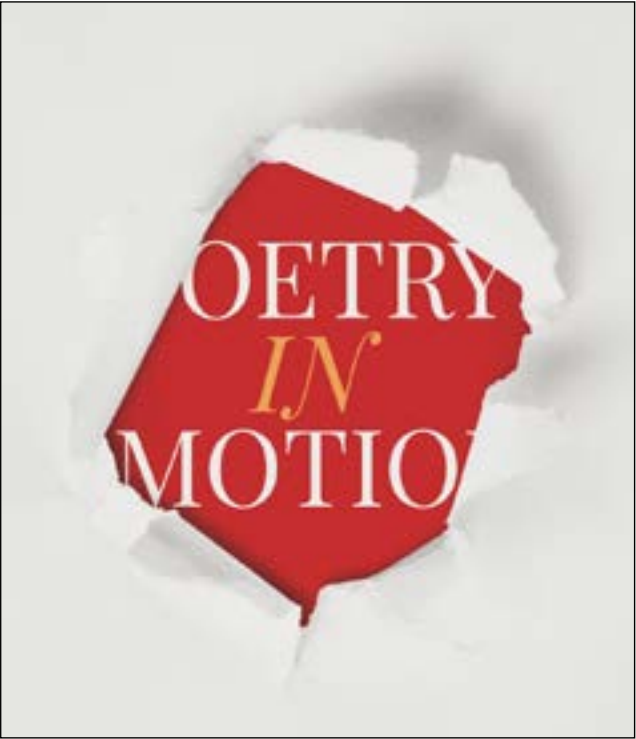
The Indian expatriate and public speaker revealed that the project has been a 10-year-long dream, which he took his ‘sweet time’ creating, in the hope of delivering a final result that would read like a classical body of work and captivate readers with descriptive and poetic storytelling.

Speaking of the creative process, he noted that it took more than 300 hours

of learning from writers, musicians, and poets; 700 hours of refining and pruning; and 21 reviews of his work before he felt it was ready.

“Part of the labour was to create something timeless. I’ve greatly admired Fitzgerald’s *The Great Gatsby*, and my goal was to write something that could stand in that tradition. Whether I’ve succeeded or not, readers will decide, but I wanted to aim high,” he added.

The book is available on Amazon.



HAUNTING: A poster of the film

THE HORROR ISN'T OVER!

SUPERNATURAL horror film *Five Nights at Freddy's 2* is out now in theatres.

Based on the namesake video game series, the new instalment serves as a sequel to the 2023 adaptation.

The first film followed troubled security guard Mike Schmidt (Josh Hutcherson), who took a job at Freddy Fazbear's Pizza – only to discover its animatronic mascots were possessed by the souls of murdered children, victims of a decades-old serial killer.

The sequel picks up one year after the terrifying events at the abandoned pizzeria.

Mike, now a former security guard, has kept the horrifying truth from his 11-year-old sister Abby (Piper Rubio).

Unaware of the danger, Abby has formed a bond with the animatronics. When she sneaks out to reconnect with Freddy, Bonnie, Chica, and Foxy, she triggers a chilling chain of events that unearths dark secrets about Freddy's true origin.

In a recent interview, Josh revealed that the new film raises the stakes.



SCARY: A scene from the film

“I was excited to come back, no matter what, because I think it’s really fun to make these movies. And the world of Freddy’s is weird and cool and scary,” he said.

“But, I definitely was hoping it was going to be scarier than the first one, and it was mission accomplished. It’s much scarier. It rides that line of being PG-13, but it’s pretty scary,” he added.

Five Nights at Freddy's 2 is directed by acclaimed filmmaker Emma Tammi and produced by Jason Blum and Scott Cawthon.

TENSE BATTLE OF THE MATRIARCHS

THE *Abandons* has arrived – a gripping American Western action drama that plunges viewers into the rugged Washington Territory of 1854 – on Netflix.

Across seven intense episodes, the series follows two powerful matriarchs whose worlds collide: Constance Van Ness (Gillian Anderson), the commanding head of a wealthy dynasty, and Fiona Nolan (Lena Headey), the fierce protector of a family of orphans and outcasts.

Though separated by privilege and circumstance, their fates become dangerously intertwined through two brutal crimes, a devastating secret, and a contested piece of land concealing a silver lode. What begins as a fight for survival soon spirals into a war over power, loyalty, and

identity on the unforgiving frontier.

“This first chapter of *The Abandons* is a classic American story,” executive producer Christopher Keyser said.

“The frontier, two families both at war and in love with each other, and a battle over who owns the land and who makes the rules.

“Amidst murder and revenge and a bit of illicit romance, we get to explore questions we never seem to get away from: What makes a family? How do you stay good in a bad world? And would you change who you are and what you believe in to protect what you love?

“But in this case, we do it all through the eyes of Lena Headey and Gillian Anderson, as two widowed matriarchs battling to survive. And that is really something to watch,” he added.



RIVALRY: The series' poster



GET together with your family and friends to enjoy some of the English language films being screened at Cineco Seef this weekend.

TRAP HOUSE (PG-15)
A DEA agent and his partner pursue thieves – their own rebellious teens, who began robbing the cartel using their parents’ tactics and classified intelligence.

Actors: Dave Bautista, Bobby Cannavale, Sophia Lillis

Timings: 12pm, 4.30pm, 9pm
TURBULENCE (2025) (15+)

A married couple embarks on a hot air balloon journey over the Italian mountains. The trip quickly turns into a disaster after a passenger joins them. As the balloon ascends to 5,000 metres, the high-octane adventure becomes a fight for survival.

Actors: Olga Kurylenko, Jeremy Irvine, Hera Hilmar

Timings: 2.15pm, 6.45pm, 11.15pm

ZOOTROPOLIS 2 (3D) (PG)
Brave rabbit cop Judy Hopps and her friend, the fox Nick Wilde, team up again to crack a new case, the most perilous and intricate of their careers.

Actors: Ginnifer Goodwin, Jason Bateman, Ke Huy Quan

Timings: 1pm, 5.30pm, 10pm



PACK LEADERS:
Racing action
from Qatar



RAGING BULL: A fan dressed as Darth Vader from *Star Wars* holds a banner for Verstappen during the race week-end in Qatar



F1 REPORT

By NAMAN ARORA
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FORMULA 1 is returning to Yas Marina next Sunday for the final race of the season, with Abu Dhabi's first season-decider since 2021.

For the first time in 15 years, three drivers arrive with a mathematical chance of lifting the crown, with Lando Norris, Max Verstappen and Oscar Piastri having traded momentum throughout a season that refused to settle.

Now only 16 points separate the trio, and under the lights of Abu Dhabi, the championship becomes a test of nerve, execution and composure.

Here are some storylines to watch this weekend.

STEADY MEETS RELENTLESS

Norris enters the finale with a 12-point lead and the simplest of equations – finish on the podium and he becomes World Champion regardless of anything Verstappen or Piastri produce.

The countback rules tilt decisively his way, and no tie on points can deny him. Yet the pressure has intensified rather than eased.

McLaren's strategy error in Qatar left him only fourth on a weekend that should have been a statement.

The last two races have yielded a modest 12 points in total.

In contrast, Verstappen has charged from 104 behind after Zandvoort to within striking distance.

Norris has the points, but Verstappen has the power. This could become the biggest psychological test of Norris's career.

The car suits Yas Marina and the target is clear, but

THE FINAL SHOWDOWN

he must deliver a top-three finish under circumstances where hesitation can unravel a season.

The title is his to lose, and that carries its own weight.

Verstappen knows the terrain and understands the psychological effect of leading early stints. If he qualifies strongly and dictates the rhythm, the burden tilts onto McLaren.

The title remains a difficult climb, but Verstappen is armed with experience, clarity and a late-season confidence that has rattled the Papaya camp.

If anything in this campaign has proven reliable, it is Verstappen's refusal to concede until the final lap.

DARK HORSE

Oscar Piastri enters as the outsider, 16 points behind

Norris and needing a near-perfect weekend to remain in the conversation.

His P2 in Qatar showed he has rediscovered a clean rhythm at the right time, and the McLaren is well suited to the flow of Yas Marina. For Piastri, the path is narrow.

Second place keeps him in play only if the race collapses around Norris and Verstappen.

Yet the more delicate storyline sits inside the McLaren garage.

The team reaffirmed its season-long stance: no team orders. No manipulation. A straight fight to the chequered flag.

In April that looked principled. In December, with a title at stake, it feels more combustible.

McLaren cannot ask Piastri

to move aside, even if it secures the championship for Norris.

Piastri, chasing his first title chance, has no reason to step back.

The philosophy that has defined McLaren's year may be tested this weekend.

QUIET KINGMAKERS

Away from the championship tension, Mercedes and Ferrari carry the potential to shape the outcome simply by racing at their natural pace.

Mercedes have been a frequent podium threat this season, with Russell winning twice and Antonelli growing stronger by the week.

If either inserts themselves into the top three, they could deny Norris the finish he needs or stop Verstappen and Piastri from controlling the

front of the race. Ferrari, locked into fourth in the standings, still possess enough speed to disrupt.

Abu Dhabi usually suits their stable operating window.

With no pressure from behind and no championship mathematics to consider, they can run aggressively on strategy.

Any unexpected podium challenge from red or silver could reshape the title outcome by accident rather than intent.

MARKET PRESSURE

The final race carries its own subtext, with several drivers racing for more than points.

Racing Bulls navigate a weekend where two 2026 seats remain uncertain. Isack Hadjar is widely expected

to step into the senior Red Bull line-up, leaving Liam Lawson, Arvid Lindblad and Yuki Tsunoda fighting for relevance and every lap doubling as an audition.

Williams look to round off their strongest season in a decade.

Haas hope their recent upgrade continues to pay off.

Aston Martin and Sauber aim to steady narratives that slipped during the year.

While none of these teams influence the title directly, their ambitions create a more aggressive midfield, raising the risk of complications for the leaders during pit sequences or traffic.

CALM HEADS

Abu Dhabi rarely descends into chaos. Stable temperatures, predictable tyre behaviour and a layout that rewards discipline suggest a clean title fight.

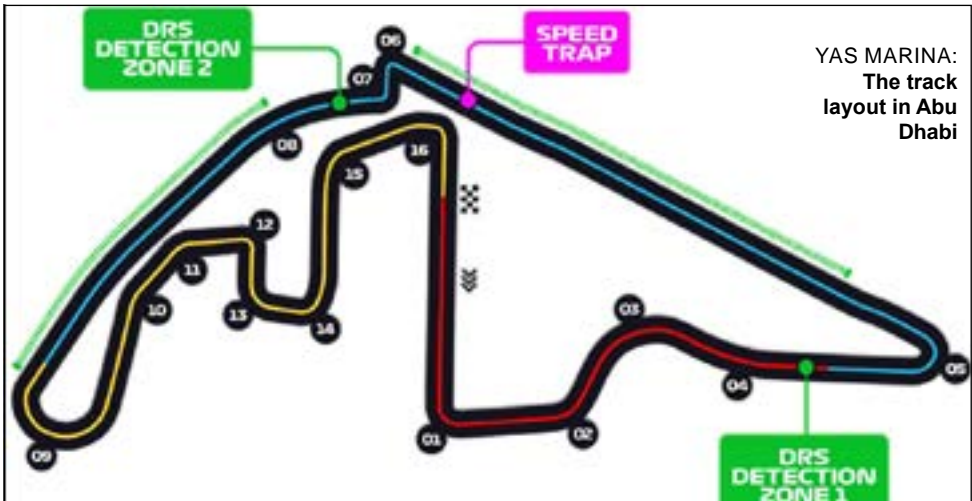
Yet this season has shown that momentum can invert without warning.

Norris arrives with the points. Verstappen arrives with the pressure. Piastri arrives with the last sliver of hope.

The three drivers will have one evening to prove who is most worthy of the title in one of the closest seasons F1 has seen this century.



MCLAREN MAYHEM: Piastri and Norris



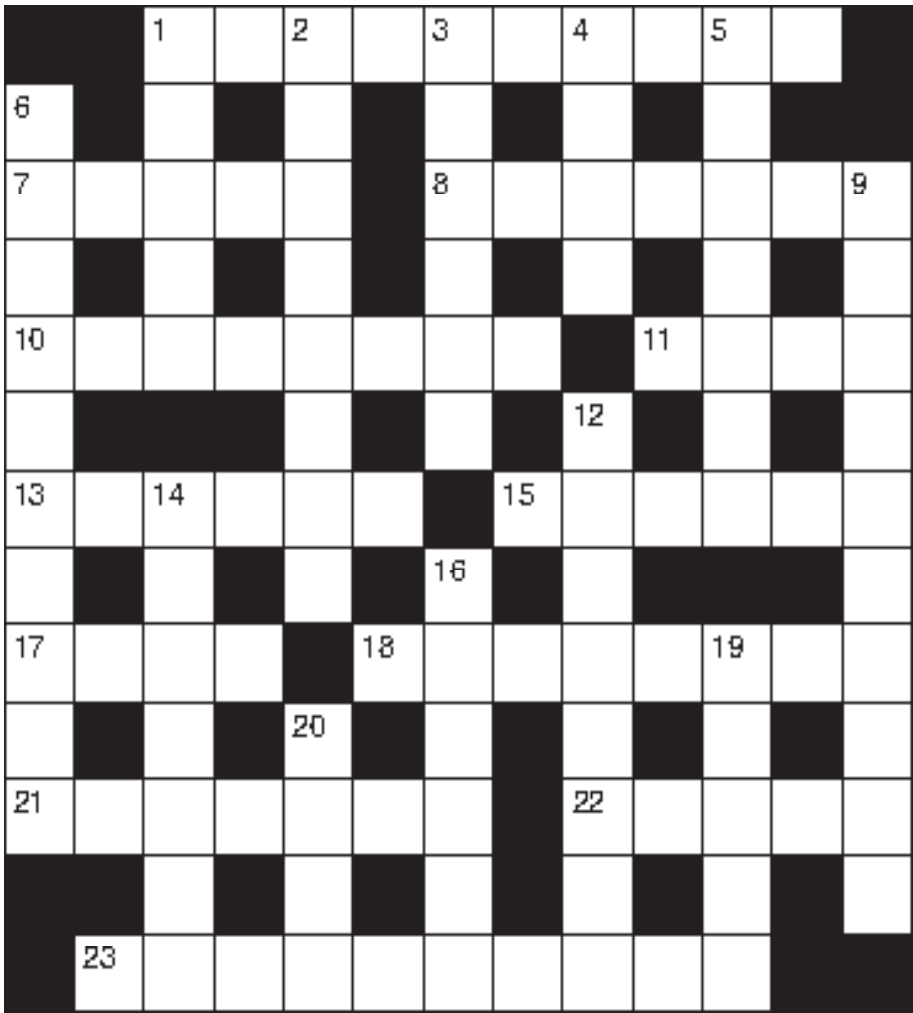
YAS MARINA:
The track
layout in Abu
Dhabi

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 1. Untidy (10)
- 7. Obloquy (5)
- 8. Clothing (7)
- 10. Immensity (8)
- 11. Tree (4)
- 13. Modern (6)
- 15. Atelier (6)
- 17. Chemical (4)
- 18. Cunning (8)
- 21. Coaching (7)
- 22. Change (5)
- 23. Concerned (10)

DOWN

- 1. Delight (5)
- 2. Prevailing (8)
- 3. Apprehend (6)
- 4. Stern (4)
- 5. Gem (7)
- 6. Familiar (10)
- 9. Nonsense (10)
- 12. Robust (8)
- 14. Warning (7)
- 16. Nicety (6)
- 19. Destined (5)
- 20. Ceremony (4)

who, what, where, when

WHO ... won the FIFA World Cup in 1962?

WHAT ... is another name for the piddock?

WHERE ... is the capital of Papua New Guinea?

WHEN ... is Presidents' Day celebrated in the US?

WHO ... were the Picts?

WHAT ... steam ship became the first to cross the Atlantic in 1826?

WHERE ... is Respect for the Aged day celebrated on the third Monday of September?

WHEN ... was actress Julie Christie born?

just so

JONB



S.RE

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

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

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

darn tough sudoku

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

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

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 6 Curtail; 7 Order; 9 Try; 10 Bewitched; 12 Counterpart; 15 Discordance; 17 Untutored; 19 Raw; 21 Cease; 22 Learned
Down: 1 Query; 2 Sty; 3 Pike; 4 Precipice; 5 Revelry; 8 Cinema; 11 Concourse; 13 Narrow; 14 Pioneer; 16 Caper; 18 Even; 20 Arc.

Who, What, Where, When: Catherine Parr; Malachi; Germany; 1962; Ruby Walsh; Smooth and flowing; Halicarnassus; 1914

Just So: Mistletoe; Bookends; Stretch to a point; A baker's dozen.

Tough Sudoku

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