



REST: Take turns to keep an ear out for the alarms



HEALTH REPORT

By NAMAN ARORA
naman@gdnmedia.bh

THE impact of the past dozen days of Iranian attacks is being felt far beyond drone strikes and falling missile debris, as families and children, in particular, have seen their sleep cycles and routines decimated.

Doctors in Bahrain are recommending that visualisation exercises and family members taking turns to monitor alerts as effective and practical tools to maintain a healthy sleep schedule in these times.

“Living through stressful times like war can really mess with your sleep - your mind keeps racing, and restful nights can seem like a distant dream,” American Mission Hospital clinical psychologist Dr Feba Percy Paul told *GulfWeekly*.

“Living with danger makes your brain super alert, like a guard dog that barks at every noise even though it may not be a threat anymore. We call it learned helplessness.

“Even when you’re safe, your mind stays on high alert, making it hard to relax.

“It’s normal to feel this way, but it can keep you from catching those much-needed ‘Zzz’s’.

“Your brain is just trying to keep you safe — it’s not

LOSING SLEEP



NEUROLOGIST: Dr Roopchand

that easy but I believe in the power of adaptability our brain has, it has the power to reset and restore.”

Dr Feba has seen an increase in people reporting insomnia since the conflict began, especially children and older folk.

She highlighted bed wetting and worsening eating disorders amongst cases that she saw last week. Another impacted demographic is pregnant women.

“I was with a pregnant woman who was delivering

her baby and she asked me, ‘Do you think the baby will make it safely?’ and our friends living closer to danger zones may feel it to the extremes,” Dr Feba added.

Al Hilal Hospital neurologist Dr Roopchand PS has also noted the hypervigilance he is seeing amongst patients, which while useful in survival, can lead to ‘increased secretion of stress related chemicals in the body which in turn can cause gastritis, elevated blood pressure and sugar, and loss of appetite’.

“Apart from insomnia, it can cause irritability, panic attacks, loss of focus and decreased productivity,” he said.

“Physically active people with insomnia also have a higher chance of developing gastrointestinal issues, poorly controlled diabetes and blood pressure problems.”

The impact he has seen has been mainly amongst

younger generations and those who had to relocate, and he found it interesting that older Bahraini citizens seemed to be fairly unfazed.

Dr Feba has urged everyone to take their sleep seriously,



EXPERT: Dr Feba

calling it ‘the secret weapon to help you feel better and stronger’, while also urging organisations to be flexible and adapting work schedules to help employees stay rested so they continue to be productive.

Tips to protect your sleep:

- Stick to a routine - going to bed and waking up at roughly the same time, even if your day’s plans are unpredictable.
- Limit your news intake before bed - one person in the family can keep their phone on with alarms enabled and the rest can keep theirs on silent mode, taking turns to keep an ear out.
- When you hear the sirens and booms, move your mind to safety and check for any harm. If none, breathe and or try to imagine yourself on a peaceful beach - sand between your toes and no alarms ringing.
- Breathe deeply, like you’re trying to blow out birthday candles, slowly and gently.
- Avoid caffeine or sugary drinks before bedtime.
- Stay connected with family or friends, even for a quick chat, but talk about things beyond the attacks. Your geopolitical insights are unlikely to end the war.
- Speak to your doctor and if they recommend it, you can also use medication to help with sleep.



SPRING RITUAL
Clean spaces
SEE PAGES 2-3



TRIBUTE TO WOMEN
New single
SEE PAGE 3



ALL FOR BAHRAIN
Artistic expressions
SEE PAGES 4-5



PULSE OF POP
TV, books & more
SEE PAGE 6

Decluttering your

TREND REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

THIS month marks the onset of spring, and though we do not have the season in Bahrain, there is no reason why we cannot indulge in some timely rituals like spring cleaning. Check out this list of ideas and latest trends surrounding the concept, from digital cleansing to upcycling and more.

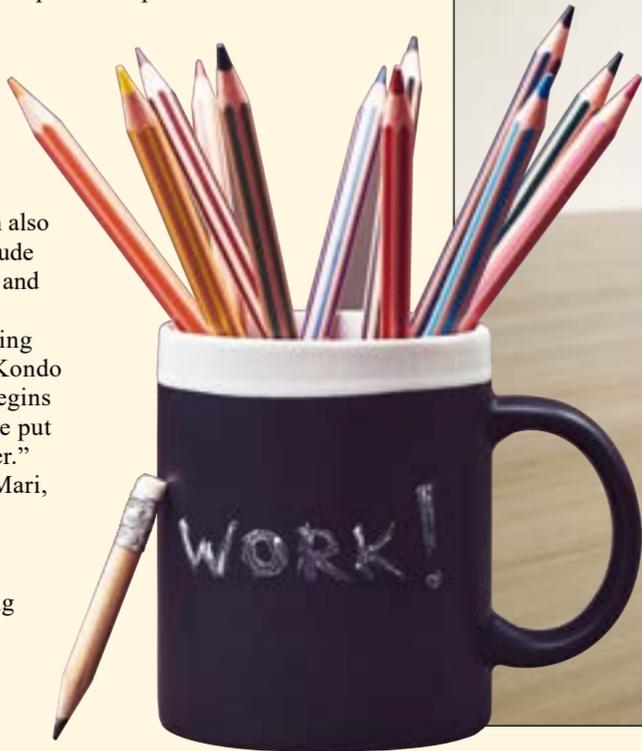
Spring cleaning has existed for centuries with roots across different cultures. In some, this transition from winter to spring symbolises ‘renewal’ or ‘energy cleansing’ and in others, ‘sweeping away bad luck’.

In modern times, the practice represents more of a reset.

While at its core, it goes beyond mere surface-level tidying up, involving deep cleaning that is often overlooked, spring cleaning can also be extended to include one’s mental space and overall lifestyle.

Japanese organising consultant Marie Kondo said: “Life truly begins only after you have put your house in order.” She founded KonMari, a category-based system of tidying up. The method encourages keeping only those things that ‘speak to the heart’ and discarding what no longer sparks joy. The philosophy emphasises that physical clutter is often a reflection of internal, mental chaos. Dealing with the former can considerably improve the latter.

Since the airstrikes, many of us are navigating confusion and emotional overwhelm, which makes spring cleaning a timely exercise. In fact, this could be an activity for the entire family. Getting children involved is smart way to keep them constructively occupied. Assign age-appropriate tasks or if they are younger, get them to assist you.



UPCYCLE: Old coffee mugs into pen holders for your work station



ROBOT: Vacuum cleaners could make your spring cleaning easier

While you are at it, make sure to note down these latest spring cleaning trends:

‘SMART’ HOMES

MORE and more people are going for smart devices this season, from robot vacuum cleaners to refrigerators that inventory food and even offer customised recipes. It could be a good idea to invest in one of these high-tech appliances to make your adventures that much more organised. Something as simple as an automated cat litter box that saves you the hassle of ‘scooping up’ can go a long way.

IN WITH THE OLD

SUSTAINABILITY has evolved from being a mere buzzword to the norm across industries. Even when it comes to homes, this is a major guiding factor, with an increasing number of people preferring to live in ‘green spaces’. Spring cleaning is a time when we throw out many household items and buy new ones to replace them. However, this season, the trend is to upcycle what we have or blow new life into it. For instance, upcycle your old coffee mug as a penholder or an old cushion cover as a stuffed puppet for your pet, all with the goal of intentionally resetting.



SEPARATE: Be intentional about dedicating a spot for work but only for specific hours



MAKE ROOM: Donate older pieces to keep your wardrobe organised

space

Having a designated area or room as your 'office' could help mentally demarcate work and play. If you cannot, dedicating a spot like the dining table or couch for work but only for specific hours after which they revert to personal spaces can help.

DIGITAL RESET

THIS is a growing trend this season where people are going beyond the conventional idea of spring cleaning. Instead of restricting it to their homes, they are extending the concept to their online spaces, like cleaning out email boxes, organising cloud storage, uninstalling unused applications, deleting the thousands of photos on their phones after creating a backup or simply organising them into folders, leaving group chats that do not honour them, and more.

HOME OFFICES

MANY of us are working remotely at this time, making work and personal life seamless. While this has some professional advantages like higher productivity and zero travel time, it could have a flip side.

Having a designated area or room as your 'office' could help mentally demarcate work and play. If you cannot, dedicating a spot like the dining table or couch for work but only for specific hours after which they revert to personal spaces can help. Much like hot desking – a workspace management strategy where employees do not have assigned desks. Moving a potted plant to the space or adding some art or handwritten motivational quotes could make you feel inspired. Desk organisers and paper trays are a great tool too, and do not forget that coffee cup that you upcycled!

WARDROBE OVERHAUL

DRESSING up well is a quick way to boost your mood and come spring, most of us are packing up our woollies and making space for lighter fabrics. In Bahrain, while the weather is still cool, that summer is round the corner is undeniable. Instead of buying new clothes and resorting to fast fashion, try thrifting.

Some local thrift shops support animal shelters and your purchases could make a world of a difference to their furry residents. Another way could be to tailor pieces and repurpose them. Even if you must buy a new item, make sure you donate older pieces so you do not clutter your wardrobe.



ORGANISE: Delete unwanted emails and free up your online space



FIRE: Miraya during the filming of the song

REKINDLING HER SPARK

BAHRAIN and Toronto-based musical sensation Miraya Varma has dropped her latest single *Fire*, which honours women and the sacrifices they make for their loved ones, writes Melissa Nazareth.

The millennial artist wrote and composed the Tamil track, released under Indian record label T-Series, drawing inspiration from the women in her life.

The release followed International Women's Day, which is annually celebrated on March 8.

"The song celebrates generations of women, from young girls discovering their spark, to women building their own paths, to mothers whose silent strength and resilience shape the future," the creative entrepreneur told *GulfWeekly*.

"At its heart, the song is about resilience, inner power, and breaking free from expectations that society often places on women. I wanted to create something that felt like an anthem for women everywhere reminding them that the 'fire' they are searching for has always existed within them," she added.

One of the central ideas behind the song, which has a pop-rock sound, is the message that 'the fire was always hers' – a message that deeply resonates with Miraya, who believes that empowerment comes from within and that it's only a matter of recognising and embracing it.

"There are powerful high notes in the song where I sing about how my eyes sparkle and my heart burns with fire when I am in survival mode. Even during the most difficult moments, women often carry themselves with grace, confidence, and strength, holding everything together even when



BLAZING: The single's poster

life challenges them. That reflects their true power," she explained.

The video was filmed in Kerala, India, over a week, and features more than 100 women and girls in mundane setups, as well as famous South Indian



GIRL POWER: A scene from the song with the girls and women

actor Aishwariyaa Bhaskaran.

"Filming the video was an incredibly meaningful and emotional experience. Right from the beginning, we wanted the visuals to feel authentic and relatable rather than staged.

"We filmed in forests, on the beach, inside studios, and in many beautiful natural settings that visually captured the emotional journey of the song. One of the most important creative choices we made was filming in the slums of Kerala. This allowed us to capture a sense of rawness and reality

that reflects the truth of the song that women everywhere share strength regardless of their background," noted the owner of a local art, music and dance academy, who is passionate about nurturing young artists.

Miraya's songs have topped global charts like the *BBC Asian Network* and have received millions of streams to date. She embarked on her musical journey at a tender age and by the time she was three, she was performing. The artist has performed more than 1,000 stage shows across India, the Middle East, the UK and the US, and can sing in six languages – English, Hindi, Arabic, Tamil, Malayalam and Punjabi.

Not one to rest on past laurels, Miraya is working on other projects, including an Arabic version of her Tamil number *Azhaga Azhaga* (2024).

"My next song explores feminism through a different perspective, focusing on a woman expressing her love and admiration for a man she truly respects.

"Often songs focus on women's beauty, but I wanted to shift the narrative slightly and create a tribute to the good men in the world. Men who genuinely respect and support women. It is also inspired by the admiration we have for the positive male figures in our lives, such as our fathers and brothers," she said, adding that she wants to create music that connects with audiences globally.

"Another upcoming track blends Punjabi and Hindi influences with Arabic elements, similar to the fusion I explored in *Yalla Yalla* (released in 2017 with famous British artist of Punjabi descent Dr Zeus). There is a lot more music to come across different genres and styles, and I am excited for audiences to hear what is next."

Other previous releases include Bollywood banger *Lovely* (2014) and *Uptown* (2018).

Colours of resilience



ART REPORT

By MELISSA NAZARETH
melissa@gdnmedia.bh

As a wave of emotion washes over the kingdom, many are exploring creative avenues to bring alive their deepest thoughts amidst the looming uncertainty of the current situation.

Bahrain-based talents have been showcasing poignant personal interpretations of the ongoing war on their social media pages, which reflect diverse emotions like patriotism, resilience, faith and more.

French expatriate, artist and designer Virginie Dreyer's digital animation shows a small character holding Bahraini flags and praying for peace.

"This drawing came from an emotional place and I drew this small character as a way of expressing a collective wish for peace," the 54-year-old told *GulfWeekly*.

"The gesture is very minimal – like a silent prayer.

"The last few days have felt a bit surreal. In some ways, the situation felt strangely familiar – we were staying at home, and there was a slight feeling reminiscent of the Covid lockdown," added the entrepreneur, who owns a jewellery brand.

"It created a strange mix of confinement-like stillness and intense auditory

overstimulation, combined with anxiety about what the future might bring."

The Iranian airstrikes on Bahrain and the region began on February 28. Since then, several landmarks, including residential buildings, have been affected, with many families fleeing their homes.

The ongoing crisis has not only resulted in loss of life and property, but also taken a serious toll on residents' mental health. Virginie also found herself navigating stress and anxiety. What helped her was keeping her daily yoga practice consistent, sharing meals with friends in the evening, and continuing to draw during the day.

Describing her piece, the Saar resident said: "The animation is hand-drawn. I like the imperfections of hand-drawn animation because they make the emotions feel more human and immediate.



CREATIVE: Ahmed



PAIN: Ahmed's art inspired by the unfortunate events in Sitra

"The characters in my drawings are intentionally simple and somewhat anonymous. They are not

meant to represent one specific person. I often think of them as a kind of 'inner traveller' – a small figure moving through emotions, thoughts, and experiences.

"In that sense, they can be fragments of my own life, but also reflections of what many people might feel. Their simplicity allows viewers to project their own stories and inner journeys onto them."

Art is often biographical or inspired by our observations of other's lives. This is perfectly summarised by Russian writer Leo Tolstoy. An excerpt from his essay entitled *What is art* reads:

'To evoke in oneself a feeling one has once experienced, and having evoked it in oneself, then by means of movements, lines, colours, sounds, or forms expressed in words, so to transmit that feeling that others may experience the same feeling – this is the activity of art.'

Art can also be therapeutic, as established in several studies, and help navigate emotions like stress, anxiety and depression.

Bahraini visual artist Dwa bint Khalid Al Khalifa had a

similar experience creating her digital sketch, which helped her transform fear into focus. "The process of drawing became grounding and

steadying. It helped me channel overwhelming emotions into prayer, hope, and constructive expression," the 38-year-old noted.



COLOURS: Ahmed's digital art depicting ubiquitous old style Bahraini houses



PROSPERITY: Nawaf's piece honouring the kingdom and its people

ce, peace and hope

PEACE: Virginie's creation inspired by the current events



ARTIST: Virginie with her works

Art is often biographical or inspired by our observations of other's lives. This is perfectly summarised by Russian writer Leo Tolstoy. An excerpt from his essay entitled *What is art* reads: *'To evoke in oneself a feeling one has once experienced, and having evoked it in oneself, then by means of movements, lines, colours, sounds, or forms expressed in words, so to transmit that feeling that others may experience the same feeling – this is the activity of art.'*

Fuad, who creates under the art identity The Thick Line, has taken to everyday places and scenes for his pieces as people can easily resonate with them.

"I enjoy illustrating familiar spaces using vibrant colours. These are places many people recognise and connect with, often carrying personal memories," he said.

The 36-year-old Isa Town resident often draws inspiration for his art from everyday life, surroundings, and personal experiences. Music and memories also influence the mood and direction of his work. Ahmed has created three digital works, including one inspired

by the unfortunate events in Sitra. This piece has the Sitra map in the background.

Earlier this week, a drone attack in the area injured 32 Bahrainis including a two-month-old baby, which has evoked strong emotions from the community.

"Art has always been a way for me to slow down and process my thoughts. However, during these tough times, it can be difficult.

Despite that, I try to bring new pieces to life as a way of expressing how I have been feeling. Working on these illustrations helped me channel those emotions into something constructive," Ahmed added.

"During this period, I felt a profound sense of loyalty and protectiveness toward my country. There was anxiety in the atmosphere, but also

unity among people." The Master's in Arts specialising in Fine Arts from London Arts University created her piece to mimic a blue ink pen sketch – a deliberate choice to preserve the tactile quality of traditional line drawing. On the top, there is an Arabic script, which translates to 'God make this country safe'. Dwa notes that it is a prayer for protection and peace rather than a political statement. The piece also reflects iconic landmarks in the kingdom, and the coat



TALENT: Nawaf

of arms of Bahrain.

"The crest (coat of arms) symbolises heritage, continuity, and resilience. Through this composition, I express loyalty, faith, and hope for collective safety," added the National Arts Council member from Riffa, who draws inspiration for her art from Bahraini architecture, heritage, and lived experience.

Cartoonist Nawaf Al-Mulla's creation also nods to the kingdom's prominent structures and brings alive the breathtaking skyline.

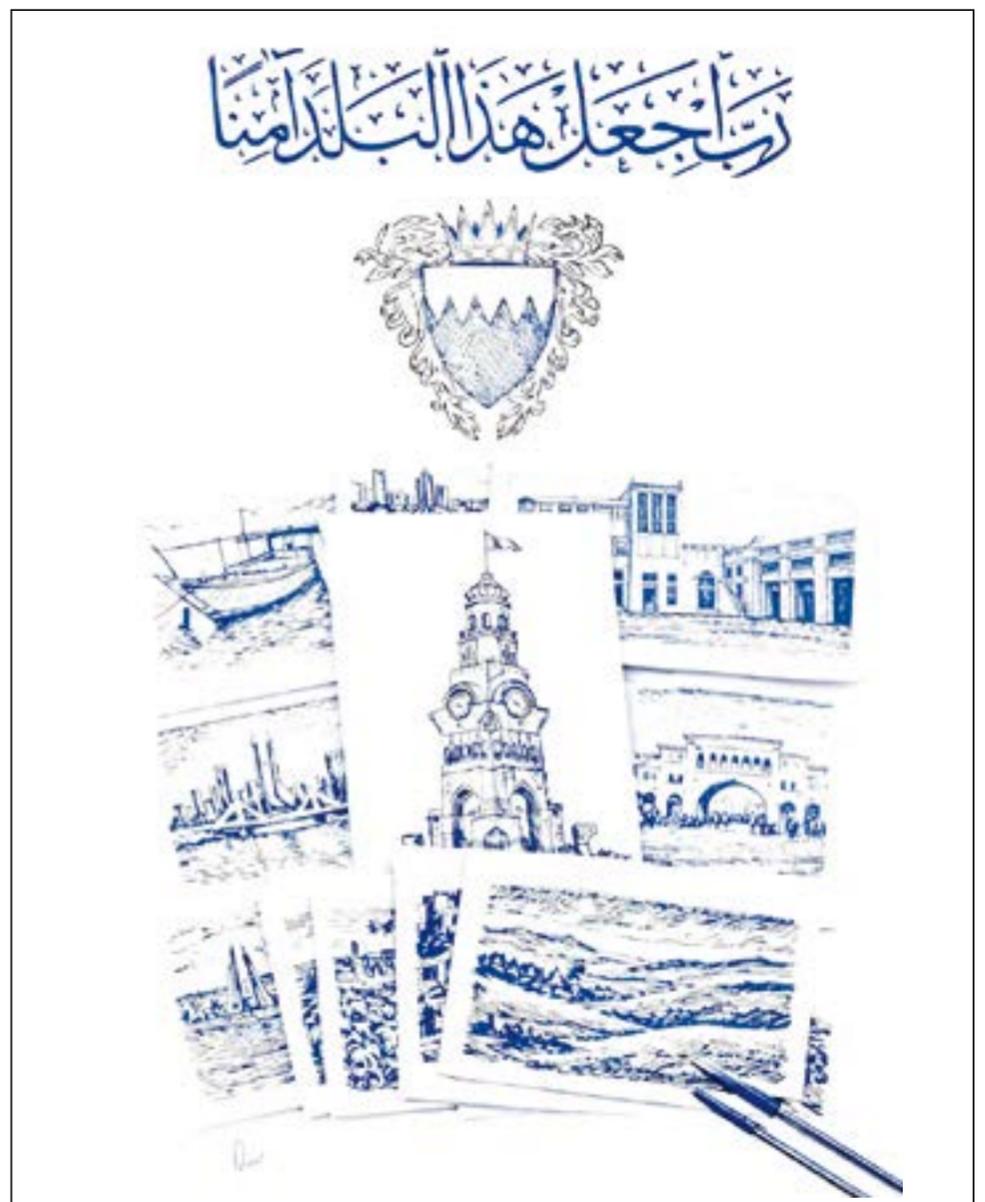
"As a cartoonist, after all these years in the field, I find that events guide and inspire me," said the 42-year-old Bahraini, who has illustrated for reputed newspapers.

Nawaf is the recipient of the 2021 Arab Journalism Award for best press cartoonist in the Arab world.

His recent artwork symbolises the kingdom's development and prosperity. The artwork as a whole is monochromatic, but the point where the map meets the buildings is fully coloured. The birds reflect peace and stability. The text on the top is part of a verse from the Holy Quran, which means 'My Lord, make this city safe/secure'.

"My feelings at this moment are mixed, but I believe in God's will and trust in Him first, then in the leadership of my country and the awareness of its people," he added.

Bahraini business development manager and digital illustrator Ahmed



ICONIC: Dwa brings alive emotions in her art

Pulse of Pop

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

SUPERHERO ON DUTY

THE fourth season of adult animated superhero series *Invincible* releases on Amazon Prime Video on March 18.

It follows teenager Mark Grayson (voiced by Steven Yeun), a human-alien hybrid who becomes the titular crime-fighting superhero under the guidance of his father Nolan (J K Simmons), aka Omni-Man, the most powerful super hero on the planet.

During his transformation, Mark finds himself struggling between his personal life and superhero duties.

He is forced to prove that he can be the hero that his father is, while unaware of a conspiracy that threatens the world and leaves him questioning the true nature of his role.

Invincibles is created by Robert Kirkman, who is also the writer of the namesake comic book series it is based on. He is best known for co-creating the zombie comic book series *The Walking Dead*.



DUO: The show's poster

In an interview, he promised fans an exciting season that is going to 'blow their minds'.

"There's going to be, possibly, a little bit more Omni-Man than we've seen in past seasons, and it's going to be a huge transition period for Mark," he said.

"As we saw at the end of Season 3, he's decided that striving to not kill villains is a mistake. He's going to be taking a different path

starting in Season 4, and that is going to take him down a dark road. There's going to be some huge ramifications of that. We're just really excited for people to get to see it," he added.

The show received critical acclaim for its writing, performances and lively, vibrant animation that has been made with the help of more than 100 artists in the US and Korea.

"The sun never sets on

Invincible," animation producer Alex Teslik noted.

"As soon as we're going to sleep, the Korean team is waking up and getting to work. The characters are deceptively simple looking, but they're difficult to keep on model. Hats off to the creative team; they spend a lot of time making sure the show always looks right, and that's much harder than it seems. It takes a high level of draftsmanship."

ACCUSED OF MURDER

THE English translation of Japanese mystery novel *Suspicion* by the late author Seichō Matsumoto has hit the shelves.

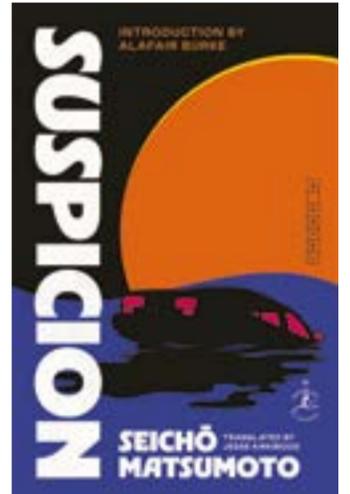
In the middle of the night, a car with two passengers drives off a pier. An elderly man drowns but his young wife Kumako Onizuka lives.

Due to her past life, she finds herself accused of orchestrating the incident. Local journalist Moichi Akitani writes a series of articles about the crime which turn the community against her. But when a surprisingly scrupulous public defender takes on her case, Akitani begins to doubt himself, and he fears what might happen if Kumako ever gets wind of the contempt he spread about her.

Seichō was credited for popularising detective fiction in Japan. His works broke new ground by incorporating elements of human psychology and ordinary life, as they often reflected a wider social context and nihilism that expanded the scope and further darkened the atmosphere of the genre.

Translator Jesse Kirkwood said: "Translating crime novels has made me appreciate the genre a lot more to see how much you can do within the bounds of the conventions. For me, every work has something interesting in the style or the voice. It doesn't matter if it's literary or genre fiction."

Jesse has worked as a professional academic, legal and commercial translator from French and Polish into English, and is currently focusing on Japanese literary fiction.



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 real-life character did Benedict Cumberbatch play in the 2013 dramatic thriller *The Fifth Estate*?
 - 2) Facets
 - 3) Cookie Cutter
 - 4) Curling
 - 5) Julian Assange
 - 6) Caterpillar
 - 7) ADHD
- ANSWERS**

MUSICAL CALM

ENGLISH singer and songwriter James Blake drops his new album *Trying Times* tomorrow. The project tackles living in a world of constant stimulation, distraction, and overwhelm, as it explores the pressures of modern life.

It also marks the artist's first independently released full-length record since he started to take complete control of his career in 2024, including tours, distribution and management, after learning of the 'dark side of the music industry'.

"I was an artist who very much buried my head in the sand in terms of business," James said in an interview.

"And when I really looked into the machinations of what was going on behind each part of the industry, getting all the statements, I saw that there are unethical parts of the model that are responsible for a massive transfer of wealth away from the artist," he added.

"It's not that there's no money there, it's just being diverted to the wrong places, and the system is set up to not give you that



DARK: The album cover

information."

Known for his emotive, soulful light head voice and use of falsetto, James first gained recognition following the release of his three extended plays *The Bells Sketch*, *CMYK* and *Klavierwerke* in 2010.

He has won several awards including two Grammys in 2019 and 2024.



ARTIST: James at a past Grammy Award event

Additionally, he has done songwriting and production work for other artists,

including Beyoncé, Kendrick Lamar and Rosalía, among others.

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crossword break

1		2			3	4		5		6		7
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11												
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13		14					15					
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	17									18		
19												
20						21						
22											23	

Solutions in next week's issue.

ACROSS

1. Ponder (4)
3. Ridicule (8)
9. Inveterate (7)
10. Avoid (5)
11. Genuineness (12)
13. Vileness (6)
15. Fold (6)
17. Despicable (12)
20. Join (5)
21. Release (7)
22. Battle (8)
23. Leave out (4)

DOWN

1. Artisan (8)
2. Prop (5)
4. Stimulate (6)
5. Wrongly (12)
6. Sluggishness (7)
7. Memorandum (4)
8. Spasmodic (12)
12. Humble (8)
14. Fluent (7)
16. Criticise (6)
18. Flower (5)
19. Grass (4)

who, what, where, when

- WHO ... was the other 'Wedding Crasher', along with Vince Vaughn?
- WHAT ... were the first names of 'Lawrence of Arabia'?
- WHERE ... in the human body is rhinitis the inflammation of?
- WHEN ... was the original Ascot Gold Cup stolen?
- WHO ... was Zola Budd alleged to have tripped up in the 1984 Summer Olympics?
- WHAT ... sort of animals dispose of Verruca Salt in *Charlie And The Chocolate Factory*?
- WHERE ... was the mail train's destination before the UK's Great Train Robbery?
- WHEN ... was the Empire State Building completed?

just so

good spinster
 good spinster

WALK
 S S S S TATE

↓
 S S S S TATE

encounte

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

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

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

Sudoku

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	4	2		3	7	8		5
	1							4

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

- Across:** 6 Replica; 7 Shape; 9 Halve; 10 Comical; 12 Crestfallen; 14 Everlasting; 18 Wriggle; 19 Rally; 21 Agree; 22 Collect

- Down:** Delay; 2 Clever; 3 Act; 4 Shri1l; 5 Speaker; 8 Confute; 11 Assault; 13 Average; 15 Rugged; 16 Nearly; 17 Place; 20 Foe.

JUST SO:

- Scatterbrain; Self centred; The great unwashed; The three r's.

- WHO, WHAT, WHERE, WHEN:** Jessica Simpson; The sun; Boscastle; 1973; Germaine Greer; Opium poppy; France; 2001.

Tough Sudoku

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