

Creatively capturing perspectives

BOOK REPORT
By MELISSA NAZARETH
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BAHRAIN-BASED author and poet Nivedita Roy's book of 30 thought-provoking essays has hit the shelves this month.

Vignettes – A Montage of Creativity features her perspectives, observations and biographical musings, compiled over two years.

"Some of the essays were inked for certain prompts (posted for writing competitions online) and some were inspired by real experiences," the Indian expatriate from Lucknow city told *GulfWeekly*.

"One of the essays is based on the unsung heroes of Bahrain who helped during the April rain mayhem this year. Some are my views on certain socio-political issues in the context of my homeland India. I have touched upon certain emotional issues too," she added.

The striking abstract cover art by Bahrain-based artist and metal sculptor Niju Joy encompasses the essence of the 100-page book.

"This abstract painting is about the 'you' and the 'inner you' which coexists. The grey in background symbolises a journey from despair and towards hope with the pink highlights, showing that brighter moods can overlay darker feelings but still coexist," Niju

revealed.

Nivedita was last year's Reul International Runner Up for poetry, a title bestowed on her by The Significant League, a group run by some elite writers of India, most of them award-winning, best-selling authors. Her poems and articles have been carried in many newspapers, including *Gulf Daily News* in Bahrain, as well as international publications.

After publishing four poem collections – two each in English and Hindi – and one short story collection, as well as contributing to 34 anthologies, Nivedita decided to dive into essays.

"Poetry is beautiful but in my essays, I've paused the beautiful and gone bold. I wanted to express myself on some pertinent issues and had collected a few heartfelt scribbles over the last two years," the 53-year-old said, explaining her decision to branch out.

An excerpt from *Vignettes – A Montage of Creativity* reads:

'We dwell in our spaces, those spaces occupy the universe and as we speak, we move, we interact, we share that space with other inhabitants. We are mingling yet we may not intertwine. As a teacher I could create an anthology of anecdotes of how some of my students had a dissimilar point of view. Some bring back a smile, others still remain unpleasant even to reminisce, now.'

Nivedita's tryst with writing started at a young age as



POET: Nivedita

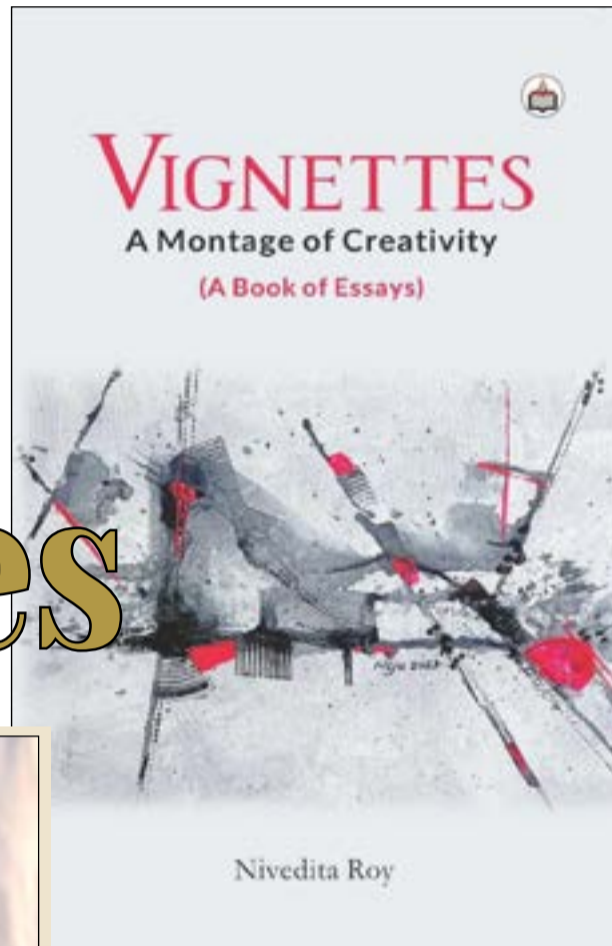
her father was a scholar and writer too. She grew up editing his work and as a teenager even wrote for herself though she didn't value her 'scribbles'.

"I would express in my personal diary which would then hibernate in the cupboard," she said.

After being committed to writing for years, Nivedita published her first book during the Covid-19 pandemic and hasn't looked back since. The bilingual author draws inspiration for her work from a range of subjects.

"Nature, suffering, happiness... everything inspires me. I also feel strongly about women's issues, injustice, and stereotypes and I express them boldly," added the Al Raja School teacher.

Nivedita lives in Adliya with her husband Allen, general manager in a Bahrain-based company, and the couple has two children Aanya, 27, and



STRIKING: Book cover



TREASURES: Nivedita's past published works

Alex, 23, who were raised in Bahrain but now live abroad. As a way to keep in touch with her passion for writing, she is an active part of many local writing and poetry groups, an experience she truly cherishes as it has given her the opportunity to rub shoulders with authors from around the globe.

"I feel fortunate to be able to stay connected globally while residing in Bahrain and hone my writing skills. This interaction with various authors and poets provides a learning platform for me. It also offers a chance to participate in writing events like NAPOWRIMO (National Poetry Writing Month) where

we stretch our skills and work on prompts given by senior and seasoned writers," the creative added.

While Nivedita is a versatile writer, her first love is poetry. The bard announced that she is set to begin work on a new collection of English poems. Additionally, she has plans to release a story collection in Hindi.

"I love to write in Hindustani too, which is a good mixture of Hindi and Urdu languages," she said.

Nivedita's book is available on Amazon.

Follow the author's journey @nexpressions11 on Instagram.



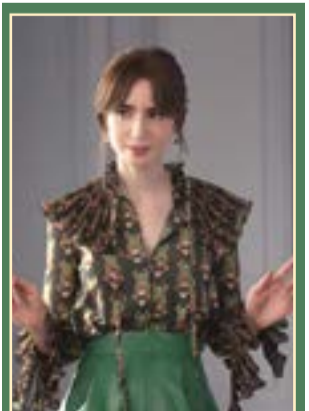
MISSION TO THE MOON
New music video
SEE PAGE 2



UPSIDE DOWN
Aerial fitness
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CREATIVE MUSINGS
Showcasing tradition
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PULSE OF POP
Music, books and more
SEE PAGE 6

Bittersweet symphony



MUSIC REPORT

By RIMA ALHADDAD
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BAHRAIN-BASED indie alternative band *Mission to the Moon* has dropped a new music video this month, picturised on *Into Blue*, the title track of its EP which released earlier this year.

The video, shot in Lebanon, has received 500 views and more than 100 likes so far by music enthusiasts and fans on YouTube.

Mission to the Moon comprises bassist Ayesha Tyabji, singer Nour Boujacli and guitarist Mohamed 'Mojay' Abdulla.

The visual is directed by lead singer Nour, who is studying TV and film production at the Beirut Lebanese American University. It features pops of the colour blue, nodding to song's title.

"*Into Blue* is a seemingly upbeat, feel-good tune melodically but the lyrics carry a bittersweet undertone about coming of age," the 20-year-old told *GulfWeekly*.

"The song is about growing up and the changes that come with that, particularly the loss of innocence and the transition to adulthood," she added.

The screenplay focuses on an old couple who are seen dancing in different settings, starting in an empty hall filled with balloons around them, and later around a group of people. The spectators look at them with admiration, as the video then jumps to the two lovers enjoying their time at a carnival; riding on the carousel, driving a bumper car and dancing together. The video features a cameo by Nour, who plays the role of an employee at the carnival, admiring the duo as they enjoy their time together.

"The idea for the music video came about when we were recording the song actually. While playing the track back we talked about how we could picture an elderly couple ballroom dancing to the music and from then on the image stayed engraved in my head.



INTO BLUE: The EP's cover

"The vision of the elderly couple perfectly encapsulates the idea of growing older with someone you love and is bittersweet. The dance starts in the day time and ends at night time. The couple doesn't feel the time passing by because they are together and that's what the song is about to me at least," she explained.

Initially, the trio did not have a particular direction as to what they wanted the four track-EP to be. They started off writing about different personal experiences, however, once they put the songs together, they formed a coming-of-age theme, which reflects how they're navigating adulthood.

"It's the most mature project

we've worked on thus far. We started the band as seniors in high school and as we've grown older, our music has become more mature and we have gained more confidence as artists and people," Ayesha, 20, added.

The artists were living in different locations while working on the EP together as they're all pursuing their studies in different parts of the world - Nour in Lebanon, Ayesha in Toronto, Canada, and Mojay in the UK.

Mojay, 21, is studying computer science at Reading University, and recalls how the track *On the Edge* was put together remotely by his bandmates.

"Ayesha and Nour first started writing that song



ON A MISSION: From left, Ayesha, Nour and Mojay

on a *Facetime* call. Ayesha came up with the guitar riff during the call and then they managed to capture the essence of the song in one sitting. From then on, the production process took place with voice notes being sent back and forth," he added.

The band also got a helping hand from fellow local talents Debbi Francisco and Sean Fernandes of *Juniper's Club*, who are set to release their new indie dance EP titled *Goldfish Tears* this summer, as previously reported in *GulfWeekly*.

Ayesha, who is studying genetics at Toronto University, shared that the three hope to perform together again once they

reunite in December.

Mission to the Moon staged their first gig at Alriwaq art space two years ago.

The music video for *Into Blue* is available to watch

on *YouTube*, and the EP is available on all popular music streaming services.

For more details, follow @missiontothemoonmusic on *Instagram*.



HEARTWARMING: A scene from the video



Speak your mind!

GulfWeekly has launched its latest 'Speak Your Mind' feature where we invite you, our family of readers, to share your concerns and challenges on a chosen subject with our panel of mental health experts who will respond to a selection of them.

Together, let's get the conversation started! August's topic is: 'Back to school - The challenges of making the transition from play to work.'

Some points to ponder over:

- Dealing with anxiety

from resuming a new school term
- Coping with increased school work on moving to a higher grade
- Making new friends in a new classroom
Share your thoughts in no more than 100 words on gdnnews@gdnmedia.bh or @gdnonline on *Instagram* by August 28.

We will publish a selection of the comments received in *GulfWeekly* and one 'star entry' will be awarded a box of Raw Candy vegan chocolates as a 'thank you' gift.

ENTERING the world of aerial acrobatics, I was able to hang around, quite literally, on lavish black and pink 'silks' draped across the studio ceilings, writes Hanna Lana, who embarked on a fitness adventure that left her feeling empowered.

Aerial acrobatics is the style of acrobatics performed in the air on a suspended apparatus.

As soon as I stepped into aerial arts and fitness centre Carousel, I could just feel the encouraging vibes from the affirmative texts on the doors to the jovial faces of students walking by.

I was warmly greeted by Danielle "Danni" Hunneyball, a passionate aerial and flexibility enthusiast, and Carousel silks and flexibility instructor. We started with a quick and effective warm-up, during which she shared her story of how she first got inspired to enter the world of fitness.

"We had to give our beloved pet horse here in Bahrain away, which left me restless and pushed me to search for things to do," the 40-year-old English expatriate from Leicestershire told *GulfWeekly*.

"Whilst scrolling the internet, I came across an intriguing advertisement for pole fitness and was hooked right after my first class, which led me to venture into other aerial styles. I went on to pursue an aerial silks certification, which I completed in just two weeks," the Jassa resident, who also holds a coaching certificate and is currently working on her pole and hoop credentials, added.

Pole fitness is an engaging form of exercise that combines various elements like gymnastics and acrobatics using a vertical pole.

After the warm-up, the fitness escapade began with the basics of climbing: hooking my foot onto the special fabrics as a technique to support the climb-up. For this, I really needed to engage my core, and boy I could feel those biceps working!

Performing tricks at the top is a little more advanced, and usually achieved after several classes since it requires a lot of upper body strength.

I then got to explore some solo and partner shapes, which challenged my balance and flexibility equally. I definitely grasped a lot of spatial body awareness along the way.

"The benefits of aerial arts are incredible, a full body workout that ranges



AT THE TOP: Danni displaying her skills



PLAYFUL: Hanna having fun as Danni looks on



GRACEFUL: Hanna strikes a pose with Danni's support

The art of flying

from increasing strength, to building muscle tone, as well as improving co-ordination," Danni added.

The best moment for me was hanging upside down and letting my hands free, supported solely by the silks that were strategically placed to support my lower back. It might feel scary at first, but it's a liberating experience, and probably the closest feeling to flying upside-down.

The session ended with a relaxing cool-down, which usually helps to unwind, or, as in my case, inspired me to return and learn some more new tricks.

While there is no need for specialised clothing or

shoes, I recommend wearing leggings and long-sleeves to protect yourself from any potential silk burns.

The class, which is an only-ladies session, is perfect for those who don't like to work up a sweat, but still want to tone up those muscles. Emphasis is placed on slow and flowing movements, combined with aesthetic poses. Think of a peaceful swan floating away and flapping its luxurious, long and silky (but super strong) wings.

Carousel is located at Bahrain Financial Harbour, and offers a variety of aerial, dance and flexibility classes for adults and kids. There are two studios: one specialising

in the art of acrobatics, equipped with silks, hoops, and a variety of yoga props, and the other exclusively for pole fitness.

For those wanting to pursue a similar path in life, Danni has one simple advice: "Just go for it! Weight and age don't restrict you so, this style of fitness really suits everyone."

When Danni is not busy teaching, you might spot her horse-riding in Jassa or scuba-diving in neighbouring Saudi Arabia. Aside from being a fitness fan, the manager at Servcorp, a premium office space provider, is a dog lover and has six fur babies of which four are 'famous' Dalmatians

who even have their own Instagram account.

While aerial acrobatics does require quite a bit of strength and is more challenging than it's intended to look, all in all, I found the experience therapeutic and empowering. So, to summarise the grit and grace of this class, I'd call it the art of flying.



SCAN the QR Code to watch the video

Striking



BAHRAINI artist Feryal Bastaki is showcasing her vibrant art, representing culture, tradition, femininity and more, in a solo exhibition until the end of September, write Anjali Philip and Rima Alhaddad.

The exhibition features acrylic paintings that the artist created during different times.

“The artworks are mostly portraits of Bahraini women in traditional attire and gold jewellery, which is highlighted by the use of gold foil, adding a luxurious feel to the pieces. The foil is also used in the only faceless canvas displayed in the exhibition, showing palm tree trunks, for the purpose of adding highlights,” she told *GulfWeekly*.

The illustrator explained that she has a particular affinity for painting women’s portraits.

“I feel if there is no portrait, I would say that you’re eating rice without chicken. It’s empty, there is no soul,” she added.

Two experimental pieces that are displayed include a portrait that is painted on pages of a novel, and another that is brought alive on a carrom board - a tabletop game that originated in



ARTIST: Feryal

“ I feel if there is no portrait, I would say that you’re eating rice without chicken. It’s empty, there is no soul. ”

India, but found its way into Bahraini households.

“I had the idea to combine traditional materials with board is already framed. I thought, why don’t we join the two cultures, because I know the game is originally

from India, but it’s part of the Bahraini culture as well,” she explained.

Feryal’s passion for art began at a young age, but she fully recognised and embraced her talent years later at university when one of her professors suggested



portraits



CREATIVE: Feryal's portrait on book pages

she take an art class. That's when she found her calling 'by chance'.

"When I was 12, I used to scribble a lot, then in high school, I used to copy

some artworks and my teacher discovered that and wanted me to join the art classes, so I joined a gallery in the school. You know, a talented person usually

doesn't know it until something happens that makes them discover it. "At university, I wanted to take a photography course, and my professor at the



REMARKABLE: An expression of femininity on a carrom board

time, the late artist Ahmed Baqer, told me there was an art class, which focused on drawing with pencil and charcoal, so I joined, and he was surprised that I can do portraits. So, in my initial period of doing art, I was drawing with pencil and charcoal, but later, I branched into oil painting, and eventually, I learned acrylic. I would also like to credit a Korean artist, Kwak, who guided me on this path. These two artists have immensely helped me grow my skills," the Saar resident noted.

Despite her keen interest in the field, Feryal faced challenges, trying to pursue art as a full-time career, which she pushed herself to overcome.

"I used to paint like once a year, because at the time art was not as appreciated as it is now. Then, in 2020 (during the Covid-19 pandemic), because there were no exhibitions and we were socially distancing, I started drawing digitally and challenged myself to display my art on Instagram on a daily basis, and that's when I started attracting an audience," the creative said.

Since then, there has been no looking back. Feryal has displayed her artwork at various exhibitions and art spaces and describes the journey as 'fulfilling'.

"My dream has always been to display my art in public, especially in hotels and malls, so I am extremely grateful, it is a dream come true," she added, talking

about her ongoing exhibit at The Art hotel and resort in Amwaj.

Feryal's art is also displayed on the hotel's TV screens in the café and lobby.

"Two years ago, I was approached by Ramez Neme from The Art, who offered me the opportunity to have an exhibition here. I am extremely grateful and thankful,"

she said, adding that she is working closely with the hotel to bring other artists who can display their work at the property.

The artist also has a booth at Bab Al Bahrain in Manama suq where she displays her artworks, as well as a permanent exhibition in Seef Mall.

Looking ahead, Feryal is set to highlight her work in a series of showcases, starting with one in Qatar at the end of October, followed by a display at the Alumni Club in Adliya for Bahrain National Day in December.

The artist also shared her hopes to own a spacious gallery, where she can exhibit her work and products. She would also like to see



LUXURIOUS: The traditional bukhnaq exhibiting gold highlights

a permanent museum dedicated to Bahrani art set up, which will be a platform to promote local talent.

"We have temporary pop-ups and exhibitions that happen annually, but we also need a permanent space to promote local art and culture. I think that any visitor or tourist should have a place to go see the work of Bahrani artists regardless of when they come, which will also inform them on our culture," she added.

Feryal's artwork will be on display at The Art's lobby until the end of September.

For more details follow @feryalishaq on Instagram.



ETHNIC: Jalabiya with gold highlights

Pulse of Pop

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



PARIS CALLING



STUNNER: The black-and-white masquerade-ball look

INTENSE: Lily bringing Emily alive on screen

THE first part of *Emily in Paris'* fourth season is out now, set to be followed by the second set of episodes on September 12.

Created by Darren Star, the American romantic comedy, which mainly focuses on Emily Cooper's (Lily Collins) adventures in the French capital, will now take the protagonist around Europe.

"Emily finds herself with

a busy travel schedule in Season 4 of *Emily in Paris*," Darren said in an interview.

"From the French Alps to the piazzas of Rome, viewers will vicariously experience amazing new locations through Emily's eyes. Expect new characters, a lot more drama, romance, and a whole new language to try and master."

The series is usually remembered for Emily's chic, colourful outfits. Show stylist Marylin Fitoussi

revealed that Emily's outfits were her (Marylin's) personal fashion choice, as she grew up surrounded by sartorial creativity thanks to her seamstress mother and collector grandmother who had a passion for 50's to 80's trends.

During her time living in the French capital, the stylist claimed that her outfits made her stand out and perceived strangely.

"I'm born this way. I have loved colour since I was a

kid. When I was living in Paris, they called me the parrot, the clown. And when I spent 13 years in Mexico, I realised that Mexico was my land, because everybody was dressed in colour and nobody batted an eyelid," she said in an interview.

She also revealed that one of her favourite looks in the new season was created by British-American fashion designer Harris Reed, who is known for collaborating with notable superstars

such as Beyoncé, Solange Knowles, Miley Cyrus and many more.

The black-and-white masquerade-ball look, which is set to be featured in the third episode of the fourth instalment, is described to be a dramatic striped bodysuit with attached gloves, layered with a structured overskirt, a wide-brimmed bolero hat and a voluminous cape with a huge bow at the neck.

Following its debut in

2020, the comedy drama was negatively received by French critics for unfairly stereotyping Parisians and the French, as well as unrealistically portraying the city.

However, the show was later credited for increasing tourism in the French capital, with hotels and restaurants benefiting from what is referred to as 'the Emily in Paris effect', as well as tours of locations that appear on the show.

WHAT'S IN A NAME?

AWARD-WINNING author Jodi Picoult's *By Any Other Names* hits the shelves on August 20.

Told in intertwining narratives, the story follows two women writers in different eras. Emilia Bassano, whose perspective takes place in 1581, is an aspiring playwright who finds a way to bring her dramatic masterpieces to England's theatres, despite most young women of her day not being allowed a voice of their own. However, sharing her stories with the world still came at a great cost, as she had to pay a man for the use of his name, writing her own out of history.

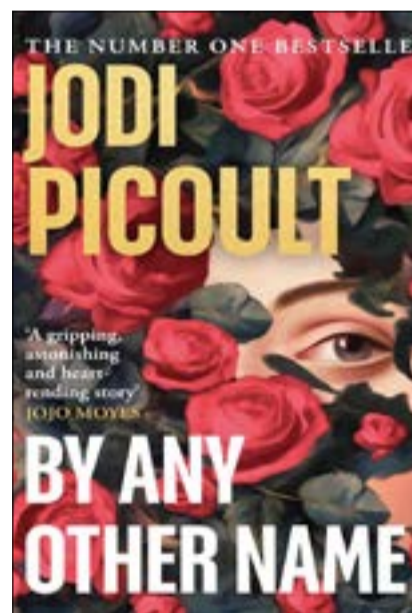
Present time's Melina Green has just written a body of work inspired by her Elizabethan ancestor Emilia Bassano. However, it is still unlikely for women in Melina's time to be in theatre, leaving her to question if she is willing to follow Emilia's steps for a chance to see her work performed.

Known for writing the 2004 hit *My Sister's Keeper*, American novelist Jodi Lynn Picoult has published more than 20 novels and short stories, usually focusing on moral dilemmas and procedural drama.

In an interview, the author discussed that her book's character Emilia Bassano is in fact a real-life historical figure, who is suspected to have written some of the plays attributed to Shakespeare.

"I had been reading *The Atlantic*, and there was an article by a woman named Elizabeth Winkler, and in it she was talking about the authorship question — which has been raised for years about whether or not Shakespeare actually authored plays," she said.

"She (Elizabeth) was looking at whether there might be any women who were among those who could be potential authors, and one of the things that she said was that Shakespeare had two daughters who



survived, and neither of them knew how to read or write.

"I thought, wait... hang on a second. You know what I love the most about Shakespearean plays? The feminist characters. You've got Rosalind and Beatrice and Catherine and Portia, and I don't buy the fact that a guy who could write such egalitarian women in the 1500s would not teach his own daughters how to read.

"That kind of got me going down a rabbit hole, and the more I learned about Emilia, the more her life naturally seemed to plug up gaps and questions that we have about Shakespeare's authorship," she added.

MUSICAL VIGNETTE

American singer Tinashe's seventh studio album *Quantum Baby* drops today.

Also referred to as *BB/Ang31* (Baby Angel) Pt. 2 — *Quantum Baby*, the upcoming project will serve as the second instalment of the artist's planned album trilogy, following her 2023 release *BB/Ang31*.

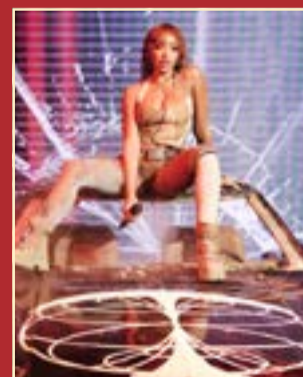
Marking her fourth album release under her independent label, Tinashe stated in an interview that her departure from RCA Records in 2019 has changed her outlook into her career, as she feels allowed to be more confident and creative in

her music making process, which fans are expecting to be showcased throughout the eight-track album.

"*Quantum Baby* is about getting to know me on a deeper level. It's about exploring who I am as a person and who I

am as an artist. I've never been one to be put into a box, so the name *Quantum Baby* encompasses all the different parts that make up who I am as a creative," the artist revealed.

Released on April 12, the album's lead single *Nasty* rose to commercial success following a viral video of a man and



CREATIVE: Tinashe

woman dancing to the song, which resulted in earning Tinashe her first entry on the Billboard Hot 100 since the 2016 Britney Spears collaboration titled *Slumber Party*.

Born Tinashe Jorgensen Kachingwe, the 31-year-old

Zimbabwean immigrant of Shona descent, emerged into the American mainstream in 2014 with her debut single *2 On* featuring Schoolboy Q, which preceded the release of her first studio album *Aquarius* in the same year.

SportWeekly

The top local and international news

We are the champions



MUSCLE MAN: Minasyan exhibits strength and power



VICTORY: Tazhudinov raises Bahrain's flag high



GOLDEN GIRL: Yavi is all smiles on winning

Team Bahrain has lived up to its word, exhibiting a stellar performance at the Olympics this year, writes Patrick Oliver Salomon.

In the weeks leading up to the Paris 2024 Olympics, the Bahrain Olympic Committee (BOC) revealed their ambitious plan of a record-breaking participation at the Games of the XXXIII Olympiad.

Fourteen athletes. Seven reigning or former world champions. All Asian, Arab, or Gulf champions. Five sports.

The tiny island kingdom was once again looking to 'punch above its weight' on the global stage, and just over a month later, Team Bahrain delivered a knockout.

The BOC campaign boasted the slogan 'Targeting a Historical Performance', and the kingdom was right on the bull's-eye.

At the Paris Olympics alone, Team Bahrain doubled the kingdom's overall medal haul from the past 10 editions of its participation at the Summer Games. Heading into the French capital, Bahrain had only won four medals – two gold and two silver – bagged from London 2012, Rio 2016 and Tokyo 2021. Leaving Paris, the kingdom now has a glittering Olympic record of eight, thanks to the determination, discipline, and outstanding display



FOCUS: Naser with her eye on the prize

of human ability by freshly crowned gold-medallists Akhmed Tazhudinov and Winfred Yavi, silver-medallist Salwa Eid Naser, and bronze-medallist Gor Minasyan.

They emerged as the best of Team Bahrain's best, and helped the kingdom reach new heights in the grandest sporting arena, taking 33rd overall on the final medal tally amongst the 204 participating nations – 206 if including the refugee team and the squad of individual neutral athletes.

Bahrain were also ranked first amongst Arab nations and sixth in Asia.

Yavi kicked off the kingdom's winning run on the evening of August 6. Competing in the final of the women's 3,000 metres steeplechase in athletics, the event's reigning world champion put in a sensational show, capturing the gold medal and setting a new Olympic record in the process.

The 24-year-old outspurred

Tokyo 2021 gold-medallist Peruth Chemutai of Uganda down the home straight to finish in a winning time of eight minutes 52.76 seconds – shattering the previous Olympics best of 8:58.81, set by Russian Gulnara Samitova-Galkina in Beijing 2008.

Also in athletics, Naser followed suit just three nights later on August 9 in the women's 400m final.

Although she didn't win gold, the 26-year-old sprinter, who is the event's 2019 world champion, had an ultra-quick run, pushing gold-medallist Marileidy Paulino of the Dominican Republic until the end.

Naser clocked her season's best mark of 48.53s as runner-up, and she helped rewrite the record books in more ways than one. She was part of an unbelievable race, as it was the first 400m dash in the history of athletics in which the first three women went sub-49 seconds, and also the first time ever that all eight

participants dipped below the 50-second mark.

Such was the quality of talent in the field.

With two medals already in the bag captured by two of Team Bahrain's star women athletes, it was the men's turn to take centre stage.

Tazhudinov and Minasyan were both in action on August 10, and they did not disappoint.

Tazhudinov was first to showcase his prowess on the wrestling mat, where he won three straight matches against Amirali Azarpira of Iran, Alisher Yergali of Kazakhstan, and Kyle Snyder of the US to book his place in the men's freestyle 97kg final and guarantee himself at least a silver-medal finish.

The 21-year-old reigning world champion would then secure his gold the very next day on August 11, when he stunned Givi Matcharashvili of Georgia after just 90 seconds with a victory by pin to clinch his Olympic title.

As for Minasyan, despite having to face some of the biggest names in all of weightlifting, he came away with a bronze in the men's over-102kg division for Team Bahrain.

The 29-year-old posted a 461kg total in his event, which included a staggering 216kg lift in the snatch portion, followed by a 245kg best in the clean and jerk.

He was bested only by legendary lifter Lasha Talakhadze of Georgia, who claimed the gold medal in his third successive Olympics

with a 470kg total, and Varazdat Lalayan of Armenia, who bagged the silver with a 467kg total.

The four medals of Tazhudinov, Yavi, Naser, and Minasyan headlined Team Bahrain's historic Paris 2024 campaign.

The kingdom's other

Olympians included swimmers Amani Al Obaidli and Saud Ghali, judoka Askerbii Gerbekov, lifter Lesman Paredes, and runners Eunice Chumba, Tigist Gashaw, Rose Chelimo, Nelly Jepkosgei, Kemi Adekoya, and Birhanu Balew.

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. The board game Snakes and Ladders (Chutes and Ladders) is an ancient game that originated in which country?
2. What name is given to Irish potato pancakes that contain a mixture of mashed and grated potatoes?
3. (*What's the Story*) *Morning Glory?* is the second studio album released by which English rock band?
4. Animals that are classified as arboreal have adapted to life in which environment?
5. What was the name of Charles Dickens last book which was left unfinished?
6. What word can go



- before feather, noise and sauce?
7. Which popular TV Series had the famous line: "Do not mention the war!"

1. India
2. Boxty
3. Oasis
4. In trees
5. The Mystery Of Edwin Drood
6. White
7. Fawlty Towers

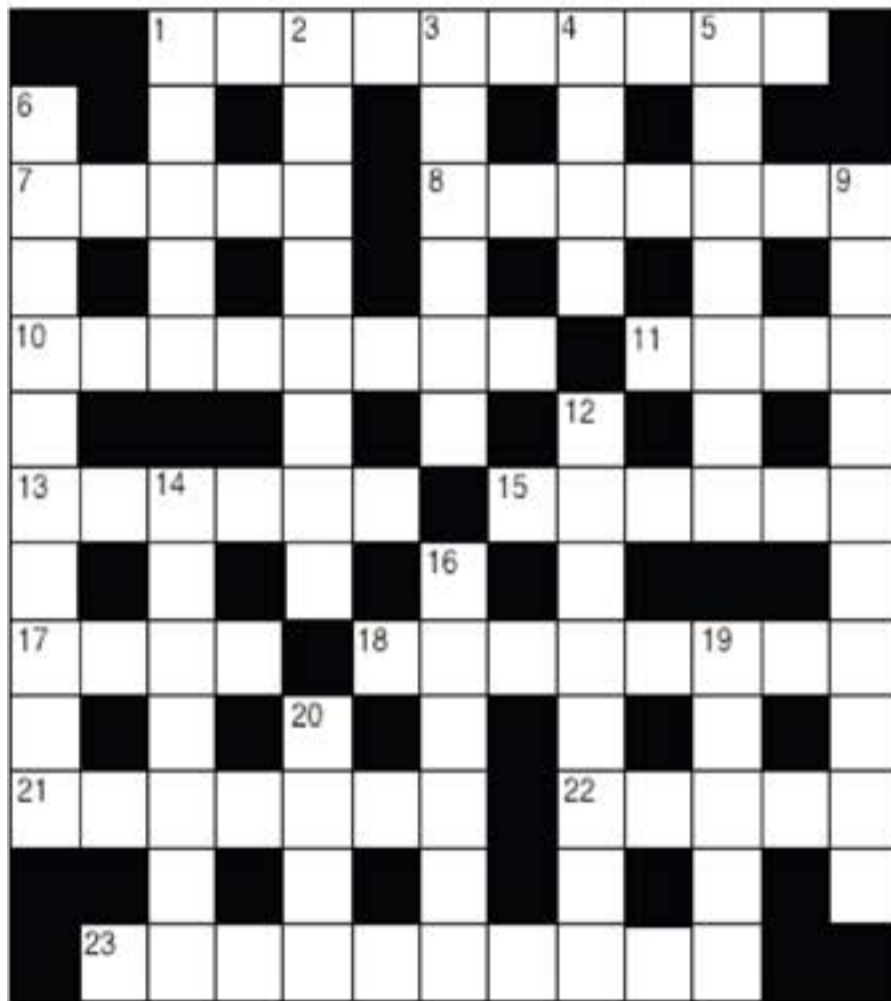
ANSWERS

Time Out



Hilal Computers
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crossword break



Solutions in next week's issue.

ACROSS

- 1. Combine (10)
- 7. Wash (5)
- 8. Put back (7)
- 10. Pedestrian (8)
- 11. Dominion (4)
- 13. Contaminate (6)
- 15. Strip (6)
- 17. Simple (4)
- 18. Reconciler (8)
- 21. Axis (7)
- 22. Motionless (5)
- 23. Reliance (10)

DOWN

- 1. Combine (10)
- 7. Wash (5)
- 8. Put back (7)
- 10. Pedestrian (8)
- 11. Dominion (4)
- 13. Contaminate (6)
- 15. Strip (6)
- 17. Simple (4)
- 18. Reconciler (8)
- 21. Axis (7)
- 22. Motionless (5)
- 23. Reliance (10)

who, what, where, when

- WHO ... in Greek mythology slew the Calydonian Boar?
- WHAT ... part of the body did a piece of armour called a poleyn protect?
- WHERE ... in the Americas is the state of Tamaulipas?
- WHEN ... did the French film director Marcel Pagnol die?
- WHO ... was the UN official who won the 1950 Nobel Peace Prize?
- WHAT ... is a maxixe?
- WHERE ... was Manuel Luis Quezon y Molina the President from 1935-44?
- WHEN ... was the jazz saxophonist Sonny Rollins born?

just so

GABRIEL

pay @xtion

DAVED

bock

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 6 Journey; 7 Frail; 9 Get; 10 Beleaguer; 12 Merchandise; 15 Insincerity; 17 Repellent; 19 Vie; 21 Agree; 22 Verdict.

Down: 1 Sober; 2 Try; 3 Cede; 4 Frigidity; 5 Disease; 8 Repair; 11 Perimeter; 13 Cockle; 14 Inveigh; 16 Since; 18 Need; 20 Odd.

JUST SO: Number 10 Downing street, Behind the times, Tea for two, Blood is thicker than water

WHO, WHAT, WHERE, WHEN:

Jeannette Charles; Denis Menchov; El Salvador; 1995; Malcolm Tucker; The Cheerful Insanity of Giles, Giles & Fripp; Australia; 899.

Darn Tough Sudoku

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