

Beautiful minds

ART REPORT
By MELISSA NAZARETH
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An art exhibition showcasing the colourful creations of six young adults on the spectrum will be staged this month.

Shahzaib's Club House, a local community of differently abled people, is organising the event, which will bring alive paintings with unique interpretations and diverse themes.

"This is the first time we are doing an art exhibition and the idea is to offer our children and young adults a platform to express themselves," club house founder and director Amena Shahrukh told *GulfWeekly*.

"By exhibiting these paintings, our children will be involved in something productive and might even be noticed by senior and renowned artists who could help them master the art," she added.

The Pakistani expatriate started the club house two years ago as an extension of her personal journey with her late son, Mohammed Shahzaib Lali, who was differently abled. He died of pneumonia at the age of 21.

The virtual platform is a vertical of Fitness 365 Dance Workout Studio and Wellness Centre, also founded by Amena, who has plans to open a special needs centre in the long run with a dedicated space for the club house.

"My beautiful son was my inspiration to start this club, to encourage, inspire and help other parents and families navigating special needs," Amena said.

"As special parents, my



TALENT: Noora during a previous exhibition

husband (Shahrukh Lali) and I totally understand the challenges faced by other parents and children, especially young adults.

"The club house's mission is to create a society where every individual is accepted, loved and supported regardless of their abilities or disabilities," the Janabiya resident, who has been living in Bahrain for the last 10 years, added.

Noora Zainal, 21, is one of the participants and will be exhibiting the painting of a horse, inspired by her cousin, a horse rider. Her father Yusuf Zainal described her creative process as 'confident' and stressed that the young talent completed the artwork herself.

"Noora is interested in horses and art seems to come naturally to her," Yusuf, a business owner from Hamad Town, said.

"We hope this exhibition will show how people with Down syndrome can succeed in many majors, and offer Noora a platform to socialise, boost her self-esteem, and talk about her art," he added.

Ahsan Zulfikar, 27, another



ARTISTIC: Ahsan working on a painting

participant, draws happiness, calmness and confidence through his artistic pursuits. His mediums of work include Madhubani – a traditional Indian art form – acrylics, calligraphy and landscape, and he often collaborates with his teacher.

"The exhibition is a great opportunity to showcase Ahsan's work, which gives him a sense of independence and self-worth," mother Ruqia Zulfikar, a homemaker, who lives with her husband and son in A'ali, added.

Other participants are Yousuf Anwar, Sarah Wilson,

Aakil 'Sachu' Francis, and Hanin Al Sawi.

In the past, Shahzaib's Club House has staged numerous events for special families, like fitness and Zumba sessions, photography events, mothers' retreats, cooking sessions and more.

"We are planning to have more talent-oriented events in the future," Amena said.

"We aim to increase awareness, acceptance and inclusivity for individuals with different abilities which is Shahzaib Club House's prime mission and vision.

"Last but not the least, by

selling their paintings, our children will have a feeling of self-worth," the special needs advocate and author added.

Ninety per cent of the proceeds from sales of the paintings will go to the artists and, with the consent of their parents, 10pc will be used towards the club house's initiatives for the children, according to Amena.

The social entrepreneur has plans to launch a newsletter this year, which will feature inspiring stories and educational information for families with differently abled members.

In 2021, Amena published *Manifest Differently Abled*, a 178-page book that poignantly documents her journey as the parent of a 'gifted child'.

The exhibition will be inaugurated on Saturday, 11am, and run until September 15 at Bahrain Artistic Frames Centre in Budaiya.

For more details, follow @shahzaibclubhouse on Instagram.



GOLDEN MEMORIES: From left, Shahrukh, Mohammed Shahzaib and Amena



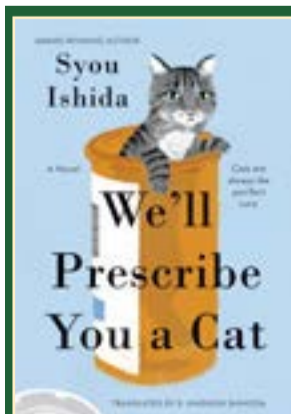
BACK TO SCHOOL
Tips and advice
SEE PAGE 2



LEISURE SCENE
Feasts and fun
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AUDITION CALL
New MTC pantomime
SEE PAGE 5



PULSE OF POP
Music, books and more
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GULFWEEKLY'S COLUMNIST PREETY PRAVEEN EXPLORES THE TOPIC 'BACK TO SCHOOL – THE CHALLENGES OF MAKING THE TRANSITION FROM PLAY TO WORK'.

Get set, go!

THE summer break is soon coming to an end and the hustle bustle of school year is back. Making the transition from the easy-going holiday season to the busy new term can be tough for both parents and children.

However, the task can be made easier if you plan ahead, in turn helping your children adjust better with the new routine. As you all know, all fingers cannot be alike, and the same implies to the mindset, capability and intellect of children.

A parent should understand the thoughts and feelings of their child without comparing them to any of their peers. Instead of ordering them, or leaving everything to them, parents should guide and help their children – in arranging and organising their room, schedule, study table, school bag, uniform and everything else which should be kept ready before the school starts.

A parent's personal touch and feel give immense confidence and encouragement to the child to be prepared - not only for the school, but also for life as well.

A few tips that parents can try to prepare children for a new beginning after the summer break:

1. Gradually shift the child's bedtime and wake-up time closer to the school schedule.
2. Children thrive on routines as they provide a sense of security and predictability. Having a structured routine can make the transition back to school feel less overwhelming and more manageable.
3. Setting goals for the upcoming term can ignite a sense of purpose and excitement.
4. Involve your children in back-to-school shopping for supplies, clothes, and accessories. Let them choose items that express their individuality and style. This can help build anticipation and enthusiasm for the first day of school.
5. Rekindling the connections with their friends before the school starts can ease social anxiety and make the first day more enjoyable.
6. Foster a positive mindset by emphasising the joys of learning and personal growth. Encourage your child to approach challenges with resilience and a growth-oriented mindset.

The back-to-school transition doesn't have to be a stressful experience for children. By implementing some strategies, we can help them embrace the new term with confidence and enthusiasm.

Always remember: A parent's support, patience and encouragement play a crucial role in ensuring a successful transition from the summer holidays to the school-term ahead.

(Preety Praveen is a psychologist and author.)



PREPARING FOR THE NEW SCHOOL TERM

GulfWeekly's readers share their views on the topic.

THE onset of a new school term following a vacation heightens feelings of anxiety in children. Acclimatising in a new environment, with unfamiliar classmates and new teachers, presents many challenges.

While there is excitement associated with organising new books in vibrant school bags, there also exists a profound fear of acceptance.

Concerns arise regarding the ability to form meaningful friendships, perform academically, meet the expectations of teachers, or face bullying from peers.

Such questions, weigh anxiously on young minds and contribute to feelings of stigma for some.

Encouraging an understanding atmosphere, while also refraining from making constant comparisons with peers is vital.

- Anju Kapoor

As a mother of three – a girl in LKG, a boy in Grade 3, and a girl in Grade 6 – I've witnessed, first-hand the unique challenges each of my children faces as they transition from the carefree days of play to the demands of a new school term.

Anxiety about starting a new grade is real.

My oldest feels the pressure of increased expectations, while my youngest is learning to navigate school life for the first time.

Coping with more schoolwork is another hurdle.

It's about balancing academics with their need for play and rest. I encourage them to break down tasks, stay organised, and celebrate small wins. Making new friends is a journey of its own. Each child approaches it differently – some are eager, others hesitant. I remind them that it's okay

to take their time and be themselves.

As a parent, supporting their mental well-being through these transitions is my priority. Open conversations, patience, and reassurance are key to helping them adapt with confidence and resilience.

Fatima Abrar

Some students, especially Solder ones, just love going back to school with so much joy and excitement – new class, new teachers, new friends... But many smaller children struggle with an unknown fear and are seen crying.

This sudden change

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: ... 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 gdnews@gdnmedia.tn or [@gdnonline](https://www.instagram.com/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'.

in their routine is not welcomed by many of them.

Parents have a big responsibility and can follow some tips to eradicate their fear: make them sleep early – no late night outings, give them light meals loaded with fruits and fibres, and spend quality time with them, reading a book, perhaps. Children pick up on parents' anxiety, so, the elders have to be cautious while divulging information without transferring their worry.

Encourage them with love, affection and care so they are happy to reunite with their friends in the world of learning and play.

Parul Sharma

Man among men

TV REPORT
By MELISSA NAZARETH
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SPURRED on by the raging success of the first season of the chat show *Be A Man Yaar!*, former Bahrain resident and creative Nikhil Taneja has released the second season, which encourages conversations on 'positive masculinity'.

In a double whammy, the series, produced under the banner Yuva (‘youth’ in Hindi) – a youth-centric platform founded by Nikhil – has cracked a partnership with an Indian airline, making the show available ‘not just on the ground but up in the skies’ too.

“Our goal with our chat show was always to have a safe space for conversations on positive masculinity online, as well as a catalyst for having these discussions offline,” the 37-year-old entrepreneur told *GulfWeekly*.

“With our partnership with Vistara and Alpha Pictures, we hope this is just the beginning of having more empathetic and non-judgmental dialogue on gender on every platform and everywhere.”

The new episodes feature an exciting lineup, including popular Bollywood and stage actors, an Olympic sportsman, a celebrity fashion designer, a renowned poet, and more, who share their experiences, touching upon the theme in some form. While the guests are Indians, their stories and underlying messages have universal appeal.

One of the episodes features an engaging conversation between Nikhil and

WORDSMITH:
Javed and Nikhil



Bollywood actor and heart-throb Kartik Aaryan who shared personal stories that showcased his vulnerability and at the same time a strong sense of security. He touched upon topics from his mum’s illness to his admiration for his female co-stars – in a primarily male-dominated industry.

He was followed by Indian comedian and *YouTube* personality Bhuvan Bam whose interview has garnered close to 1.3 million views on *YouTube* and is a ‘gigantic hit’ across other platforms as well.

The show’s first sport guest Rohan Bopanna also features in the latest season. The athletic legend represented India at the Paris Olympics 2024 and, on the show,

presents his candid self. *Be A Man, Yaar!* features guests from different walks of life, however, their experiences, no matter how diverse, are imbued with the same message – a positive

“Yuva has always been envisioned as a safe space for young people to discuss important topics like gender, mental health, and identity.”

conversation around gender and creating a safe space for men to express themselves – something that appeals to the show’s wide fan base.

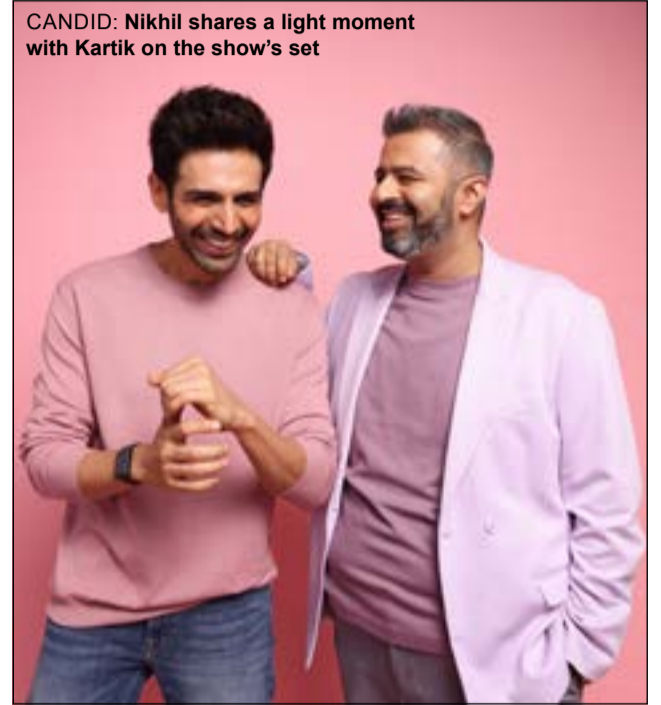
“Our goal has always been to gather insights on

masculinity from individuals with varied backgrounds and experiences.

“(Poet) Javed Akhtar’s episode, for instance, is resonating with audiences of all ages, reminiscent of the acclaim we received with our Season 1 episode featuring (actor) Naseeruddin Shah,” the filmmaker added. Javed’s wisdom has inspired generations and his verses have won Indian hearts across ages worldwide.

Earlier this month, the first ever Yuva conclave was staged in the capital city of Delhi, featuring panels and speakers who participated in conversations on burning topics such as gender equality, climate change and artificial intelligence. The

CANDID: Nikhil shares a light moment with Kartik on the show’s set



trailer of the show’s second season was screened during the event, captivating close to 800 young attendees.

Upcoming episodes will feature iconic fashion designer Manish Malhotra, renowned educator and author Vikas Divyakirti, and Indian pop sensation Prateek Kuhad, among others.

Nikhil grew up in Bahrain with his brother Sagar and their parents Sarita and Pradeep. The Indian School alumni moved to India in 2004 to pursue a degree in engineering. After working in the field, he decided to quit his well-paying job for his first love – journalism – the foundations of which were laid in the kingdom, freelancing for local and regional publications, including popular youth magazine *Young Times* based in Dubai.

The Bollywood enthusiast and voracious reader currently lives in Mumbai with his wife Daisy but

continues to visit his parents who reside in Um Al Hassam.

“We’ve made significant strides in bringing positive masculinity into mainstream conversation with both seasons, and have also engaged directly with young people through roadshows and screenings at colleges nationwide. Our goal for *Be A Man, Yaar!* is to keep expanding with more prominent guests and eventually make the show global, featuring internationally renowned personalities.

“Yuva has always been envisioned as a safe space for young people to discuss important topics like gender, mental health and identity. We will keep working to strengthen our role as an organisation where young people can engage, feel seen, and be heard,” he added.

‘Be A Man, Yaar!’ is available @WeAreYuva on *YouTube*, and on *Amazon Music*, *Spotify*, and *Apple*.



BRAVE: Mother-daughter bond on screen

NEW BEGINNINGS

BAHRAIN CINEMA CLUB – Wednesday, 7pm, Juffair, September 4

Film: *Shayda*
Director: Noora Niasari
Duration: One hour and 57 minutes

Cast: Leah Purcell, Zar Amir Ebrahimi, Lucinda Armstrong Hall

Plot: After fleeing from her abusive marriage, a young Iranian mother and her six-year-old daughter find refuge in an Australian women’s shelter during the two weeks of the Iranian

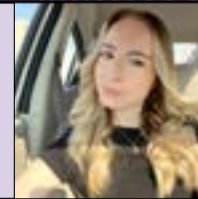
New Year (Nowruz). Set in the 1990s, *Shayda* is partly based on writer and director Noora Niasari’s own childhood experiences, when her mother fled Iran.

The drama premiered at Sundance film festival in 2023, where it won the Audience Award in the World Cinema Dramatic competition, and it was Australia’s official entry for the Oscars in the same year.

For details, call Huda Tabbara on 39682323.

Leisure Scene

What's on guide by
Julia Cassano



SWEET TEMPTATIONS AT RITZ

ENJOY an array of exceptional dining experiences at the Ritz-Carlton Bahrain this weekend.

Step into La Table Krug and indulge in an innovative five-course menu that will have your tastebuds dancing with joy.

For a cosy alternative, visit Go Bistro Corner, a charming nook blending casual comfort with elegance inside La Table Krug. Priced a la carte, the sumptuous spread of flavours will be available from Tuesday to Saturday, 7pm to 11pm.

Meanwhile, guests can satisfy their sweet cravings with Ritz Gourmet Shop and La Gourmandise's assortment

of the finest macarons. The handcrafted treats, made with premium ingredients, come in a range of flavours including vanilla, raspberry, blueberry, chocolate, pistachio and more. The macarons are available everyday from 10am to 10pm, and cost BD20 per box or BD3 per piece.

The sweetness doesn't end here. Ritz has relaunched its legendary cheesecake, which is being offered for a week only at an exceptional price of BD7.500. Dig into the delicacy from 5pm to 7pm, until September 7.

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



COLOURFUL: Macarons at the hotel



INDULGENCE: Delicious cheesecake with fresh fruit

MOVIE TIME

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

THE CROW (18+)

Soulmates Eric Draven and Shelly Webster are brutally murdered when the demons of her dark past catch up with them. Given the chance to save his true love by sacrificing himself, Eric sets out to seek merciless revenge on their killers.

Actors: Bill Skarsgard, FKW Twigs, Danny Huston

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

BLINK TWICE (18+)

When billionaire Slater King meets waitress Frida at his fundraising gala, sparks fly. He invites her to join him and his friends on a dream vacation on his private island. Strange things start to happen, and Frida must uncover the truth if she has to make it out alive.

Actors: Naomi Ackie, Channing Tatum, Alia Shawkat

Timings: 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm, 11.30pm

CINDERELLA'S REVENGE (18+)

Cinderella's wicked stepsisters and stepmother push her too far, leading her to swap her glass slippers in pursuit of blood-soaked vengeance with the help of

her fairy godmother.

Actors: Natasha Henstridge, Lauren Staerck, Stephanie Lodge

Timings: 7pm, 9pm, 11pm

SOUND OF HOPE (PG-15) The true story of Donna and Reverend WC Martin and their church in East Texas, in which 22 families adopted 77 children from the local foster system, igniting a movement for vulnerable children everywhere.

Actors: Nika King, Demetrius Grosse, Elizabeth Mitchell

Timings: 2.30pm, 7pm, 11.30pm

PERFECT ADDICTION (18+)

The story centres on a successful boxing trainer Sienna Lane, who discovers that her boyfriend Jax, the reigning champion, has been cheating on her with her own sister. She sets out to get revenge by training the one man capable of dethroning him, his arch nemesis Kayden.

Actors: Manu Bennett, Ryan Bown, Ross Butler

Timings: 12.30pm, 5pm, 9.30pm

DEEP SEA (PG-13)

The animation film shows a young girl, who is swept into the sea during a family cruise, and stumbles upon a mysterious restaurant under the waves.

Actors: Brian Flaccus, Angela Malhotra

Timings: 11am, 3pm

KEEP THE PARTY GOING AT HILTON

GET ready for Hilton Bahrain's exclusive promotions this weekend.

Origin Kitchen and Culture is showcasing an array of cuisines to suit all tastes.

« Escape to paradise tomorrow, with the ultimate party brunch from noon to 5pm. It costs BD39 with unlimited selected beverages and BD28 with unlimited soft beverages.

« Guests can also enjoy Pan Asian Night, which features live entertainment this Wednesday, from 7pm to 10pm. It costs BD22net with unlimited soft beverages and BD28 with unlimited selected beverages.

« Origin Kitchen and Culture has lined up the ultimate Seafood Night, featuring the freshest catch and live cooking stations, tonight from 7pm to 10pm. It costs BD32net with unlimited selected beverages and BD25net with unlimited soft beverages.

« The top-notch restaurant is also offering breakfast favourites from Sunday to Friday, 6.30am to 10.30am. Dig into the delights for BD13net per person.

« On Saturday, a Lazy Breakfast will feature live cooking stations and a spread of continental, Asian and Arabic favourites from 6.30am to 11.30am.



IRRESISTIBLE: Pan Asian Night

Hilton Bahrain also invites guests to start their weekend right at Block 44's Afro Series tonight, from 9pm to 2am. A 50 per cent discount will be applied on selected

beverages from 9pm to 11pm. Ladies receive two complimentary drinks.

Tomorrow, enjoy non-stop fun as a DJ keeps the party going at the property's

lounge from 5pm to 7pm.

Guests can also move to the groove at Block 44's Salsa Nights tomorrow, from 9pm to 2am. Ladies receive two complimentary drinks.

The hotel's Society Club is open everyday from 9pm to 2.30am.

On Tuesdays, it offers three free beverages for female guests from 8pm to 2.30am as part of Ladies' Night. Cocoluna Lounge also offers ladies three complimentary beverages on Wednesday for Ladies' Night.

For more information, contact 33690081 or 33692013.

THERE IS ALWAYS ROOM FOR DESSERT

Head down to the Royal Golf Club (RGC) for a weekend filled with good food and fun.

Dig into premium steaks, all cooked to perfection, at Links Steak Night, every Wednesday, from 6pm. It's priced a la carte.

Guests can also satisfy their sweet tooth cravings with the club's decadent cakes and desserts. Order your cake today at 32184647. All orders

must be placed 24 hours in advance. For more information or bookings, contact 39007546.



DELICIOUS: A cake at RGC

Weekly Entertainment

Culture Weekly

VARIETY:
Around the
World Tea



AN INCREDIBLE MENU THAT WILL LEAVE YOU SPOILT FOR CHOICE

FOR a weekend filled with fun, food and unlimited entertainment, look no further than the **Four Seasons Hotel Bahrain Bay**.

Soak up the sun on a white sand beach and enjoy endless entertainment at the hotel's extravagant beach club. Guests can also unwind at the expansive spa and dine at exclusive restaurants. Bahrain residents receive a 20 per cent discount on room rates, as well as exclusive savings on dining.

« Tantalise your tastebuds with an array of delectable gelato flavours. Delight in the rich and decadent black forest gelato, salted caramel, or opt for your personal favourite flavour, complemented by freshly made Belgian waffles. The offer is available everyday, from 11am to 11.30pm at Bay View Lounge. It costs BD7.500 per plate.

The lounge also offers a stunning afternoon of delicious tea and bites everyday, from noon to 9pm. Indulge in a delectable assortment of meticulously crafted sandwiches, mini tacos and savoury chicken takoayki. And, choose from a selection of Asian teas, Brazilian coffee or refreshing sparkling beverages. It costs BD18 per person, inclusive of a cup of Brazilian coffee or Asian tea, or BD22 inclusive of sparkling

jasmine tea.

« Tomorrow, visitors can head down to CUT by Wolfgang Puck for its Bubbly Brunch. Enjoy irresistible desserts, extended beverage packages and delicious dishes ... as well as a stunning view of Bahrain Bay. The feast is available from 12.30pm to 4pm, and is priced a la carte.

« Food lovers can explore re/Asian Cuisine for innovative delights. Enjoy grilled prawns, veal, braised beef short rib pho, bincho (charcoal) grilled asparagus and Yang Chow fried rice. It is available on Tuesday, Saturday and Sunday, from 7pm to 11pm, and Wednesday, Thursday and Friday, from 7pm to 11.30pm. It is priced a la carte.

« Mark a special occasion with a loved one with the hotel's Celebration Spa Package. Begin with a soothing massage, and after your treatment, you will be treated to a mocktail along with a cake or healthy treat. A surprise gift also awaits you.

The package is available everyday from 10am to 10pm. It costs BD90 from Sunday to Wednesday or BD95 from Thursday to Saturday for 60 minutes, and BD110 (Sunday to Wednesday) and BD115 (Thursday to Saturday) for 90 minutes.

For more information or bookings, contact 17115500 or 171145044.

FLASHBACK: The cast of the 2019 pantomime production of *Beauty and the Beast*



THEATRE REPORT
By NAMAN ARORA
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THEATRE lovers from across Bahrain are being invited to be part of an exciting new pantomime production this fall, being put on by the kingdom's oldest English-speaking theatre club.

The Manama Theatre Club, a section of the British Club, will be holding auditions at its Queen Elizabeth II auditorium for cast members on Sunday (September 1) and Thursday (September 5) at 7.15pm, for approximately 30 roles in its upcoming production, titled *Help, I'm a Celebrity Pantomime Dame: Get Me Out of Here!*

The unique pantomime by Ian Hornby is set in Pantoland, several years after the 'good' characters from a number of well-known tales have triumphed over their respective antagonists.

A number of these well-known characters get together to fight off the evil queen and her dotty sidekick, the wicked stepmother. The queen banishes the 'good' characters off to the jungle where challenges and trials await them.

Male and female actors, aged 15 and above, are being invited to audition for the roles.

In addition to the cast, MTC is also looking for a full team of crew members for the production, which is being directed and produced by MTC veteran Hannah Lynch.

"There are about 30 roles, including 15 main ones," Hannah, who is also the chairperson for the MTC, told *GulfWeekly*.

"For the auditions, there

Drama's back!

is no preparation required - those interested can just show up on the audition dates at the auditorium.

"We are also looking for volunteers for our crew, who will do everything backstage from lighting to costumes, building sets, social media, stagehands and more!"

"Those interested in the crew roles can contact us through *Instagram*.

"If you're chosen for a role, here are some key dates to remember: Rehearsals will take place on evenings of Sunday, Wednesday, as well as Saturday mornings and afternoons, with the show hitting the stage in the first week of December."

Primarily popular in the UK and Ireland, a pantomime is a type of musical comedy stage production designed for family entertainment, and is usually staged during the winter holiday season.

It includes songs, gags, slapstick comedy and dancing, combining topical humour with a story loosely based on a well-known fable, folk or fairy tale.

It is participatory in nature and the audience is encouraged to sing along with some of the music.

"The pantomime is probably one of the most challenging forms of theatre out there, just because of the sheer number of people



Hannah

involved!" Hannah added. "In total, more than 70 people will be coming together to put on this show and I am quite excited to see the magic happen, even though it's going to be a lot of work."

Performance dates are not confirmed yet, but are anticipated to be towards the end of the year.

The last pantomime staged by the MTC was *Beauty and the Beast* in 2019, before the Covid-19 pandemic.

"MTC welcomes all volunteers from seasoned professionals to complete amateurs with no knowledge of theatre," Hannah noted.

"We aim to put on a variety of events each year, from plays and pantomimes to improv workshops and socials.

"We use ticket income to pay for the essentials and aim to have a percentage of profits left over to give to charity and support the beating heart of drama in the local community."

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



FLASHBACK: A scene from the 2019 pantomime

Pulse of Pop

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



STAR:
Zedd

GERMAN music producer and DJ Zedd is dropping his long-awaited third studio album *Telos* tomorrow.

The highly-anticipated project marks his return after nine years.

The musician revealed that the gap was due to a burnout he had felt following the making of his 2015 album *True Colours*.

The fatigue was so real that the artist felt *Telos* - an ancient Greek word which can mean fulfilment, completion or ending - would be his last project.

"For the album name, I wanted one word," Zedd said in an interview.

"Something interesting enough that you'd want to Google what it means. This is how I really feel about

my album *Telos*. It's on a level of complexity that I didn't think I could reach, and I'm very proud of it.

"Also, I genuinely burned out working on it for many years... I thought it might be the last piece of music that I would ever make," the creative added, explaining the album's title.

"Your first album is like exploring a world you've



TALENT:
Zedd

never seen before, and then you've explored the world, and then you're trying to find corners of that world that you haven't explored yet, and after the second album

you're wondering if there are any more unexplored areas in this world that you've explored. And for me it took nine years to forget about all that and feel like I am now painting a brand-new picture," he added, reflectively.

The 10-track album features a list of musicians, including Bea Miller, Muse, Remi Wolf and the late Jeff Buckley.

Originally named Anton Zaslavski, the DJ was born on September 2, 1989 in Saratov, Soviet Russia, but moved with his family to Dansenberg village, in Kaiserslautern town, in Germany when he was three.

He is known for his massive hits: *Clarity* featuring British singer *Foxes* (2012,) which was awarded the Grammy for Best Dance Recording in 2014, and *Stay the Night* featuring Grammy Award-winning band *Paramore's* lead singer Hayley Williams (2013).

The decorated DJ performed at this year's Formula 1 Gulf Air Bahrain Grand Prix, which took place at Bahrain International Circuit in Sakhir on March 1.



PORTRAITS: From left, paintings of Janet's, Jeff's and Nabhaan's characters in the show

BATTLE OF THE GODS

BBRITISH mythological dark-comedy show *Kaos* is out now on *Netflix*.

Created by Charlie Covell, the series, set in the modern day, revolves around an insecure Zeus who, fearing the end of his reign, becomes paranoid and vengeful.

Meanwhile, three humans discover their connection with each other and a long-standing ancient prophecy, as they deal with corrupt and arrogant gods of classical folklore.

The contemporary twist on Greek mythology stars Jeff Goldblum as Zeus, Janet McTeer as Hera, Zeus' wife, and Nabhaan Rizwan as his favourite son Dionysus.

"My character is complicated and charismatic, not to mention cruel," Jeff said in an interview.

"Charlie Covell's writing



IN ACTION: Jeff as Zeus

leapt off the page and struck my gizzard like a lightning bolt as something spectacularly smart, surprising, unexpected, profound, and deeply moving," he added, describing what is expected to be his harsh-yet-stylish portrayal of Zeus.

"The more you watch the series, hopefully, the more scared you will get, because you realise his power and what he can do, and it's just so fantastic," Janet added.

FELINE FANTASY

THE English translation of Syon Ishida's Japanese bestseller *We'll Prescribe You a Cat* is set to hit the shelves on September 3.

Translated by E Madison Shimoda, the novel focuses on the Kokoro Clinic for the Soul, where struggling people are given cats as medication to help them through their troubled lives, resulting in a profound transformation.

The pages follow the perspectives of several patients of different ages and backgrounds, including a hardened bag designer seeking emotional balance, a young girl navigating elementary school complexities and a middle aged man struggling to stay relevant at work and home.

Born in 1975 in Kyoto, Syon began writing fiction while working at a telecommunications company. Her motivation to write the bestseller came from her personal adoration of cats. The novel's sequel, *We'll Prescribe You a Cat, Again* is set to be published worldwide next year.

OUT OF THIS WORLD

AMERICAN space documentary *Apollo 13: Survival*, is set to release on September 5.

The documentary reflects on America's historic moon landing, also known as Nasa's most renowned mission in spaceflight history.

Launched in April 1970, the mission was planned to land humans on the moon, instead, an explosion tore through the spacecraft's service module, leaving it venting the mission's limited supply of oxygen into space, turning the adventure into a rescue mission.

The film will use original footage and interviews, showcasing the struggle to bring crew members James Lovell, Fred Haise and Jack Swigert home safely.

"I am grateful the world now has this excellent documentary showing the raw



ASTRONAUTS: From left, Fred, Jack and James

emotions and triumph we felt back then," James said, on watching the archival footage.

"My hope is our experience in space will continue to inspire new heights of exploration for many years to come."

Former Nasa chief historian and Smithsonian National Air and Space Museum curator Roger Launius gave the *Netflix* documentary his seal of approval, saying that it is the best one made about the mission by far.

Motoring Weekly

The top motoring and motorsport news

Battle at the Temple of Speed

FLASHBACK: Ferrari's Carlos Sainz during practice at the Autodromo Nazionale Monza in 2022

F1 REPORT
By NAMAN ARORA
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KNOWN amongst motorheads as the Temple of Speed, the Autodromo Nazionale Monza is set to stage the exciting Italian Grand Prix this weekend, as Formula 1 moves into the second half of an exhilarating season.



THOUGHTFUL: Verstappen

While three-time world champion and Red Bull driver Max Verstappen sits at the top of the standings, his fourth world championship does not seem as much of a sure thing as it might have been a few races ago.

Here are some of the storylines we are most excited about, for the coming race.

PROTÉGÉ DEBUT

Mercedes boss Toto Wolff has confirmed that protégé Kimi Antonelli will make his Formula 1 weekend debut on home soil at the upcoming Italian Grand Prix, with the youngster being handed a practice run.

Formula 2 racer Antonelli, who turned 18 on Sunday, has been widely tipped to replace Lewis Hamilton as George Russell's team mate from the 2025 campaign, though Mercedes are yet to formally announce their plans.

What Wolff has now confirmed, however, is that their junior driver will be given a chance to appear for Mercedes during Friday's first practice session at Monza next weekend, as one of the two rookie outings which teams are obliged to fulfill each season.

It comes amid a rapid rise for Antonelli, who has impressed on the junior scene via successive titles in Italian F4, ADAC F4, Formula Regional Middle East and Formula Regional European over the last two years.

Asked at Zandvoort what present Wolff is giving Antonelli for his birthday, and whether it could take the form of an FP1 drive in Italy, Wolff said: "That's a good idea. Let's do that."

"It's going to be a really emotional moment. We've followed him since he was 11 and a baby go-kart driver," Wolff added.

"To see him drive out on Friday in FP1, in Monza, in front of the tifosi, having an Italian kid in a competitive car... I think that will be something that everybody in Italy can be very proud of."

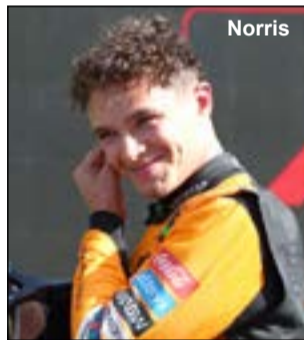
TIFOSI TURF

With Ferrari on familiar home ground, its drivers Charles Leclerc and Carlos Sainz will be cheered on by a roaring sea of red.

The team is hoping to capitalise on its P3 last weekend and keep Leclerc in the scramble for the championship with a number of new upgrades.

"We come to Monza in good spirits, following our performance in the race at Zandvoort," team principal Fred Vasseur added.

"Monza is unique in many respects: the track is truly one of a kind, the only ultra high-speed circuit left on the calendar and this year



Norris

it will present an additional challenge in that it has been entirely resurfaced, with changes also made to the kerbs at some corners.

"But what makes it really special for us is that we know we can count on the support of the tens of thousands of tifosi who will be cheering us on all the way and who, quite rightly, expect great results from us.

"With that in mind, our preparation has been scrupulous and we will be bringing some updates for the SF-24 that we hope will see

us make another step forward in terms of performance."

MCLAREN MAGIC?

Last weekend, Bahrain-owned McLaren stunned the motorsport world as its star Lando Norris was first past the chequered flag, bringing him ever closer in the championship standings to forerunner Verstappen.

Norris is in top form at the moment with his precise driving and a car that has been well-tuned over the past couple of seasons. And with a team ethos like the one built with Oscar Piastri, McLaren have quickly become the loudest retort on the racing grid against the Red Bull runs.

And although it'd be silly to dismiss the Red Bulls, it was more than a bit surprising to see the 20-plus second gap between Norris and Verstappen at Zandvoort last weekend.

MONZA MADNESS

The track's high-speed nature means the Italian Grand Prix is often one of the shortest races of the year. If run uninterrupted, it usually takes around one hour and 15 minutes from lights out to the chequered flag.

Due to the long straights and large portion of lap spent in eighth gear, the Monza lap is one of the lowest for gear changes on the calendar, with just 38, as well as only 11 corners, making for

an insanely fast and high octane track. Only Las Vegas and Mexico have a higher maximum top speed reached per lap than Monza.

Monza has the highest percentage time (76 per cent) and distance (84pc) per lap spent at full throttle of any circuit on the 2024 calendar.

Extensive work has also taken place at Monza, with significant upgrades to circuit infrastructure.

The entire circuit has also been resurfaced and new kerbs installed which may give drivers a chance to carry a little more speed into certain corners.

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. What was the first toy to be advertised on television?
2. What is the offspring of a donkey and a horse called?
3. Who is depicted on the masks worn by the bank robbers, in the Spanish crime drama *Money Heist*?
4. Who was the first gymnast to score a perfect 10 in Olympic history?
5. In which country was the Hawaiian pizza invented?
6. Retinol is another name for which type of



1. Mr Potato Head
2. Mule
3. Salvador Dali
4. Nadia Comaneci
5. Canada
6. Vitamin A
7. Billie Jean

ANSWERS



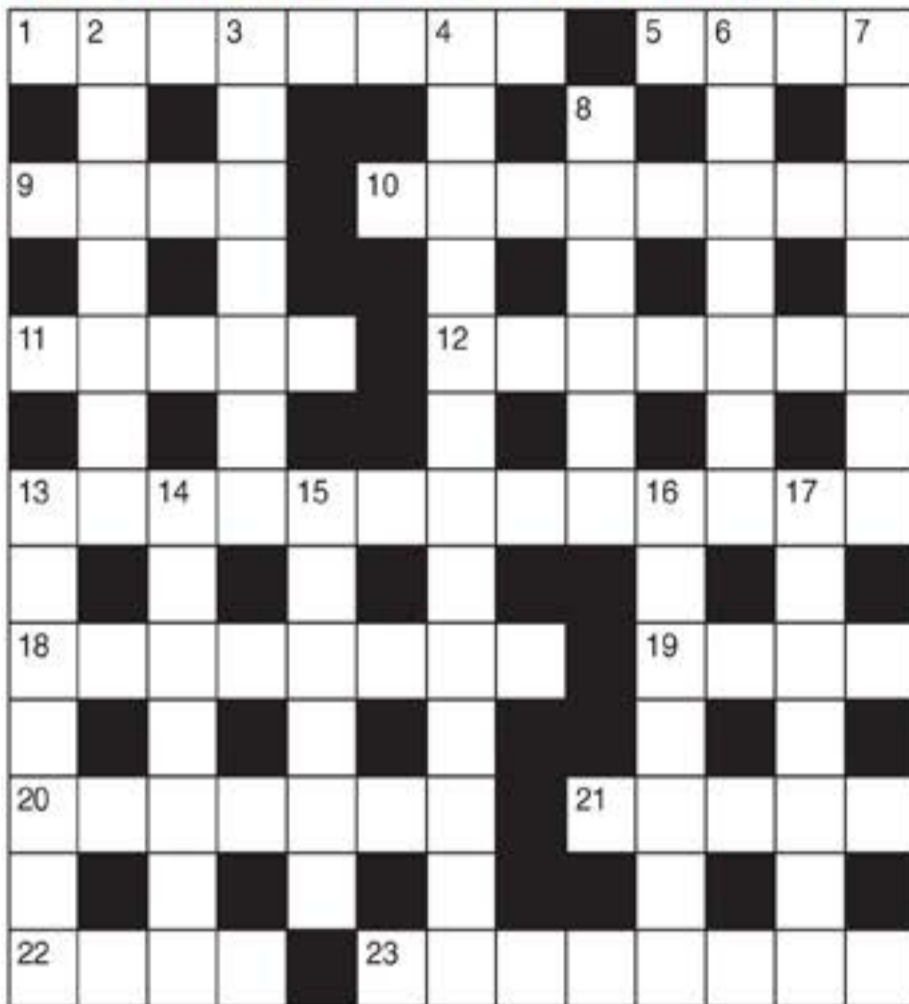
DEBUT: Antonelli

Time Out



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 Dell service provider
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crossword break



Solutions in next week's issue.

ACROSS

- 1. Trustworthy (8)
- 5. Gambol (4)
- 9. Tinge (4)
- 10. Curse (8)
- 11. Membranous (5)
- 12. Fissure (7)
- 13. Ignorant (13)
- 18. Outside (8)
- 19. Tube (4)
- 20. Shriek (7)
- 21. Dulcet (5)
- 22. Calm (4)
- 23. Advance (8)

DOWN

- 2. Joy (7)
- 3. Cruel (7)
- 4. Dictionary compiler (13)
- 6. Speech (7)
- 7. Feign (7)
- 8. Stress (6)
- 13. Implement (7)
- 14. Captivate (7)
- 15. Pantry (6)
- 16. Authorise (7)
- 17. Utter (7)

who, what, where, when

- WHO ... wrote the 1993 stage play *Arcadia*?
- WHAT ... bird is found on the flag of Uganda?
- WHERE ... in Scotland is the suburb of Craigeninny?
- WHEN ... did the original Broadway production of Neil Simon's *The Odd Couple* open?
- WHO ... wrote and directed the 1988 film *The Last of England*?
- WHAT ... Shakespeare play features the characters Speed and Thurio?
- WHERE ... is the stratovolcano Mount Apo?
- WHEN ... was the Million Man March held in Washington, DC?

just so

mat way ion
 mat ion
 mat ion
 mat ion

BELT



LAND

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

- Across: 1 Elapse; 4 Cancel; 9 Insignificant; 10 Curator; 11 Abide; 12 Radio; 14 Peril; 18 Lucid; 19 Overawe; 21 Conflagration; 22 Deepen; 23 Stingy.

- Down: 1 Evince; 2 As sure as can be; 3 Sight; 5 Agitate; 6 Clarification; 7 Letter; 8 Fibre; 13 Indulge; 15 Placid; 16 Rough; 17 Keenly; 20 Exact.

JUST SO: Second in command, Tennis elbow, In your face, Up to no good.

WHO, WHAT, WHERE, WHEN: Joshua Reynolds; Coin-shaped; Brooklyn, New York; 1965; Patrick Hillery; Red and yellow; Albania; 2003.

Darn Tough Sudoku

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