

Taste of heritage

BOOK REPORT
By MELISSA NAZARETH
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CONIC cookery books by Bahraini author Afnan Al Zayani, celebrating the rich and diverse cuisine from the Arabian Gulf region, have hit the shelves again.

The latest editions serve up new recipes and photographs waiting to be devoured.

The celebrated author and businesswoman has released the ninth edition of her creation *Al Soofrah Al Khaleejiah*, meaning the 'Gulf dinner spread' in Arabic, which is the first ever cookery book to be published in Bahrain, and the fourth edition of *A Taste Of The Arabian Gulf* in English -- both comprehensive guides to the 'secrets of traditional and modern Gulf cuisine'.

"It's such a nostalgic moment for me and I still remember the first edition of the Arabic title released in 1983," the popular cooking show host told *GulfWeekly*. "I was on a mission to preserve our culinary heritage and culture, and also wanted to offer a scientific guide to Arabian cuisine."

It all started in the late seventies. During her stint at Bahrain Flour Mills Company, Afnan was tasked with compiling a recipe book to promote their product. She observed that all the recipes printed on their packaging were international and there was nothing local.

"I remember thinking that this way, we would surely lose our heritage. Furthermore, young Bahraini girls who studied abroad didn't have access to a scientific method of preparing our dishes. The older women would eyeball ingredients or use empty pineapple cans to measure



UNVEILED: Afnan with the first and latest editions of *Al Soofrah Al Khaleejiah*

them, making cooking an overwhelming task. This inspired me to take up the responsibility of coming out with a cookbook with authentic recipes," she revealed.

Afnan reached out to several women across the country who were famous for their cooking, recording their recipes, as 'every home has a different way of doing things all of which are correct'.

Resources were limited, yet her passion to preserve her culture and culinary heritage was strong.

"I was young at the time and running a one-woman show — from documenting to photographing and sometimes even distributing the book once it was published — wasn't easy," the food technologist and nutritionist from Texas Tech University explained. "I told my husband that if something were to happen to me, he must complete the book and publish it."

Food technologists research, develop and oversee the production of food, studying its properties

GUIDES: The first and latest editions of *A Taste Of The Arabian Gulf*



and improving it in different ways, including its nutritional value and shelf-life.

The first Arabic book was a huge success and Afnan launched the English title in 1988 as she wanted to serve a slice of her heritage to the world.

The latest 201-page version features 188 recipes, from breads, soups and sauces to rice dishes and stews.

Those with a sweet tooth needn't despair as there's a dedicated section for all kinds of sweets, as well as pickles and drinks. *A Taste Of The Arabian Gulf*, and its 217-page Arabic version featuring 201 dishes, both document authentic Gulf recipes and some fusion ones.

"I have clearly specified which are fusion recipes as my main goal behind these books was to preserve Bahraini culture and cuisine. However, I am calling them 'Arabian Gulf' recipes as our cuisine has been influenced by so many countries and we have also borrowed ingredients from around the world. Bahrainis are well-travelled since historical times and being islanders we have always welcomed people of all cultures, which is reflected in our cuisine as well," the award-winning author and entrepreneur explained.

In 1992, Afnan received the Bahrain National Achievement Award in recognition of her efforts in preserving the heritage of Arabian Gulf cuisine. She wrote five other books, in which she has 'exercised more creativity, adding her

own inputs', unlike her first two, which are dedicated to documenting traditional fare.

So far, she has published seven titles, including *Lathayaith Afnan* (Afnan's delicious bites) in 2004, based on her TV cookery series that ran for five seasons, and, *Afnaniyat* (the culinary art of Afnan) in 2009, featuring recipes from her namesake TV programme in Arabic and English. The latter bagged her the Gourmand World Cookbook Award for Best Arabic Cookbook.

Afnan's love for food and cooking is rooted in her childhood, growing up with her mother and aunts who were equally passionate about the culinary arts. Having Iraqi origins on her maternal side and having travelled extensively, she was exposed to a wide range of rich flavours and ingredients from an early age.

"I am lucky that I come from a family who were passionate about cooking. When we travelled, we picked up recipes, which we replicated in our kitchens regularly. We were always encouraged to cook regardless of whether we had domestic help or not," she added.

A champion of Bahraini culture and a lover of cultures around the world, Afnan hopes to continue nurturing her passion for the culinary arts and sciences, making cooking a fun activity for all.

For more details, follow @afnanalzayani on Instagram.



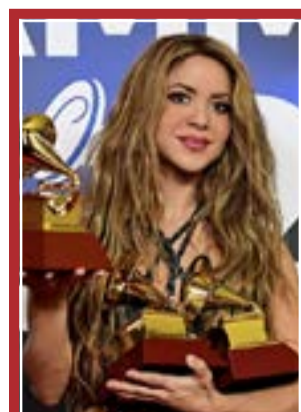
MARTIAL ARTS
Fajr Cup accolade
SEE PAGE 2



CUT ABOVE THE REST
Four Seasons' feast
SEE PAGE 3



LEISURE SCENE
Ramadan treats
SEE PAGES 4-5



PULSE OF POP
Music, movies and more
SEE PAGE 6

Take a bow

SPORTS REPORT
By MELISSA NAZARETH
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MARTIAL arts champion Dipshikha Baruah from Bahrain won the Best Referee title at the 33rd Fajr Cup International Taekwondo Championship, her latest tournament representing the kingdom as an international referee.

The Indian expatriate was appointed international referee for Bahrain in 2019 and, since 2022, has represented the country in 15 competitions across the world, including the WT President's Cup Oceania in Australia, the Sofia World Taekwondo Cadet Championship in Bulgaria, and the Chuncheon Korea Open International Taekwondo Championship. Before that, there weren't any matches due to the Covid-19 pandemic.

"It was such a proud moment for me to represent Bahrain at the Fajr Cup this year, a place that I have called home since 2017," the third dan taekwondo black belt holder told *GulfWeekly*.

"The tournament was so well-organised and everyone was co-operative, which made my experience even better. The female athletes exhibited such a powerful performance, and the many knockouts, and last-minute victories made the fights so interesting."

In some martial art forms, 'dan' means 'rank'. In taekwondo, a Korean martial arts form, third dan or sam dan fighters are considered 'trained students' who may serve as assistant instructors. There are a total of 10 dans, which takes decades to master.

Around the same time last year, Dipshikha was one of the candidates from Asia to be shortlisted by the Paris 2024 Olympic Games IR Selection and Training Camp.

"It was an honour to represent Bahrain at the camp, which was conducted in Tashkent in Uzbekistan. Even though I didn't get through to the final group, just being there among other fellow taekwondo fighters and instructors was such an educational experience for me," the physical education teacher at The Indian School Bahrain said.

Growing up in Guwahati, a city in the Northeast Indian



AIMING HIGH: Dipshikha

state of Assam, Dipshikha was always fascinated by martial arts. However, being a girl, it was difficult for her to convince her family to let her pursue it. Defying the odds, she began her training in kung fu, a Chinese martial arts form, and later moved to taekwondo at the age of 14.

"I always wanted to take my taekwondo career to the next level as I am passionate about it and so in 2019, I attended the World Taekwondo International Referee Training Camp in Australia and China. It was a challenging experience with exams but, in the end, I succeeded," explained the certified World Taekwondo Level 2 International Coach.

Dipshikha, a research scholar of Physical Education, completed her

degree in sports psychology from Lovely Professional University in the North Indian state of Punjab.

She laid the foundation of her career in her hometown of Guwahati before moving to Bahrain where she lives with her husband, Naba Kumar Das who works as a construction superintendent.

"I trained with the Sports Authority of India (SAI) and, between 2008 and 2016, won nine gold medals at inter-college and inter-state level championships. I represented my state Assam at national level tournaments in 2010 and 2012, and India at an international level in 2010," the Riffa resident, who used to be National Referee of India, added.

Speaking of plans for this year, Dipshikha highlighted that she doesn't set goals where she needs to reach a certain level or attain a certain milestone. Instead, she goes with the flow in her desired direction and accepts the opportunities that come her way, giving it 'every ounce of dedication'.

"Sports has always been a special part of my life. The discipline and whatever I have achieved in my life is because of sports. I encourage everyone to pursue some form of sport or activity regularly. We lead sedentary and often stressful lives and so, being active is important," she added.

For more details, follow @dipshikhabaruah on Instagram.



VICTORY: Dipshikha winning Best Referee at the Fajr Cup this year



ACHIEVEMENT: Dipshikha at the Paris 2024 Olympic Games training

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 Wednesday with Shannon's seven brain-busters.

1. The Welsh National Day is named after which patron saint?
2. Which bird was traditionally taken into a coal mine to detect toxic gas?
3. 'Peasants' cabbage' was an early term used for what plant that spiked in popularity in the 2000s?
4. Which medical profession involves the treatment of the nervous system?
5. Which common sweet was announced as originally from Hungary after a year of dispute with Romania?



6. The Royal Game of Ur is considered one of the oldest playable board games, originally found in which modern-day country?
7. Which country once had a February 30?

- ANSWERS**
1. Saint David
 2. Canary
 3. Kale
 4. Neurologist
 5. Chimney Cake
 6. Iraq
 7. Sweden



COLLECTIVE: Visitors and artists interact during the first weekend of The Nest, held between February 22 and 24

NEST OF CREATIVITY

A popular community art festival taking place at Al Riwaq Art Space is set to stage its final weekend of activities, kicking off today.

The Nest festival, being organised within the streets of Gufool and grounds of Al Riwaq, seeks to activate the surrounding area into a vibrant creativity and cultural exchange hub.

The three-day final stint of the popular event will kick off today at 4pm. Amongst the events planned at Al Riwaq for today are a panel discussion about exploring

art beyond borders from 6pm onwards, as well as a screening of the short film *Jerk* at 7.15pm and a musical performance at 8pm.

Tomorrow, the animation short *The Promise* will be aired at 6.30pm and 7pm, with a musical concert by Hind Dito at 7.30pm.

On Saturday, there will be an award ceremony from 5pm to 6pm, for the 'Green Your Community' urban design competition, being organised by the UN Habitat office in Bahrain, as well as a screening of *Your Mountain's Waiting* at 7.30pm.

For details, visit @alriwaq on Instagram.

A modern classic

GOURMET REVIEW
By NAMAN ARORA
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TWENTY years of Formula 1 in Bahrain has made certain things a tradition around the race weekend – chequered flags dotted around the kingdom, social media feeds inundated with celebrity selfies, and of course, a visit to the kingdom by the one and only Wolfgang Puck.

And last weekend, on the sidelines of the 2024 F1 Gulf Air Bahrain Grand Prix, the venerated Austrian-American chef and restaurateur touched down in the kingdom, ready and raring to serve up masterful creations to the guests at the Four Seasons Hotel Bahrain Bay.

To celebrate the race weekend, which was held under the theme, ‘20 Years of a Modern Classic’, Chef Wolfgang, along with his regional executive chef Brian Becher, added their own modern twists to his classic favourites.

The *GulfWeekly* team stopped by for a special media lunch at CUT by Wolfgang Puck, and enjoyed some of the master chefs’ culinary masterpieces.

As our host and Four Seasons Hotel Bahrain Bay’s public relations and marketing communications director Tugce Goksel welcomed us, she also told us about the race-inspired Friday Brunch going on downstairs at the Bahrain Bay Kitchen.

Although the gourmet Wagyu beef burgers, nachos, tacos, buffalo chicken



MEDLEY: Tuna Pastrami



FLAVOURFUL: Hamour ceviche

these were just the appetisers!

From a hearty and healthy crispy quinoa salad and bite-sized tuna pastrami to a silky hamour ceviche and a

flavourful chicken liver parfait, paired with blueberry jam, every dish was carefully prepared and served with a variety of fresh bread options.

The salad in particular matched cherry tomatoes with a delightful citrusy vinaigrette dressing and Cantal Cheese, and mixed with the protein-packed quinoa, making for a starter scrumptious to the last bite.

For our main course, since we were in one of the kingdom’s best steakhouses, it only made sense for us to try the different steak options on the menu.

While I went for the Australian Wagyu ribeye steak, served with horseradish sauce, my dining companions went for the USDA Prime 28-day-aged filet mignon and ribeye steak served with béarnaise and peppercorn sauce, respectively.

Perfectly cooked to our individual desired temperatures, every bite of the beef was luscious,



MASTER: Chef Wolfgang at work in the kitchen with a member of the CUT team

and paired with the sauces, quickly took us to the blissful land of meat comas.

On the side, we went for creamed spinach, French fries and the Maris Piper potato puree. Of these, the creamed spinach served with a fried organic egg was the clear table favourite and a perfect match for the exquisite cuts of meats with which they were served.

As we did our happy food dances and enjoyed every bite, Chef Wolfgang stopped by to catch up and discuss his favourite drivers on the grid, and seemed to be nourished, despite his long flight from Los Angeles, by the buzz of excitement in the air.

Of course, no meal can be complete without satisfying both stomachs – the main one and another dedicated to desserts. And to satisfy our sweet tooth, I chose the praline chocolate bar, while the rest of the party went for the warm apple strudel and the dark chocolate soufflé.

While each was wonderful in their own right, my favourite was easily the chocolate bar, a medley of mascarpone mousse and chocolate cake, served with a wonderful citrusy guava and passion fruit sorbet.

And as we finished up our meal and enjoyed the

gorgeous view of Bahrain Bay offered up by the restaurant, we knew that we would be reliving the happy memories of this wonderful meal cooked up by the modern classic of a chef and his exemplary team.

For more details, follow @fsbahrain on Instagram.



BOUNTY OF BITES: The Chicken Liver Parfait with Blueberry Jam



SIGHTS AND SOUNDS: Live entertainment at the lunch

Leisure Scene

What's on guide by
Julia Cassano



ICONIC RAMADAN TENT AT FOUR SEASONS BECKONS

GET together with your family and loved ones to celebrate the essence of Ramadan at the Four Seasons Hotel Bahrain Bay's iconic Ramadan tent.

A spectacular spread of local and international dishes, specially crafted by executive Chef Leonardo Di Clemente and his team will make for a delicious and satisfying feast.

Famed Bahraini dishes such as lamb ouzi, machboos and halwa, in addition to Lebanese cooking stations offering Fattah, Egyptian Koshari, selections of falafel, shawarma and more, will also be offered at the Four Seasons Ramadan Tent.

Iftar costs BD36 per person, inclusive of still or sparkling water, soft drinks, juices, Arabic coffee and tea, and BD19 for children aged six to 12. Those aged six and below can dine on the hotel's compliments.



SCRUMPTIOUS: Delicious dishes at the Four Seasons Hotel Bahrain Bay's exclusive Ramadan Tent

Ghabga costs BD39 per person with Ramadan juices and BD20 for children aged six to 12. It's complimentary for children below six.

Guests can elevate their Ramadan experience with the tent's exclusive offer of top-of-the-line service and a

full table of the best selections of mezze and mains.

The one-of-a-kind experience offers visitors a full table-waited service with elegant tableware, alongside set menus, specially prepared by Chef Leonardo Di Clemente.

The special dining affair



The Spa

costs BD55 per person, everyday from 9pm to 2am. Tables can be booked for a minimum of four guests.

For the ultimate relaxation, opt for Four Seasons Hotel Bahrain Bay's Ramadan Escape at The Spa.

Melt away your stress and

tension and enjoy an exclusive offer of a 30 per cent flat discount on all spa treatments during the holy month of Ramadan, from 7pm to midnight.

For more information or bookings, contact 17115045 or 17115070.



MARINE: Seafood Night



TANTALISING TREATS AT GULF HOTEL BAHRAIN

CELEBRATE Ramadan in style at the Gulf Hotel Bahrain.

Enjoy a beautiful ambience, lavish spread featuring mouth-watering dishes, food stations, lively entertainment and more at

Khaimat Al Khaleej. It costs BD24 per person for iftar, and BD22 per person on weekdays for ghabga and BD24 per person on weekends.

On Tuesdays, ladies can join the ghabga for BD16 net per person as part of Ladies' Night.

Ladies' Night also offers a 50 per cent



discount on restaurants and lounges, excluding Rasoi by Vineet and Fusions by Tala.

For more information or bookings, call 17713000.



VARIETY: Tasty dishes at La Med's brunch



LUXURY: The Ritz-Carlton, Bahrain's Masaya Pavilion by STC

FEAST FIT FOR THE STARS AT RITZ-CARLTON

FOR an elevated Ramadan experience unlike any other, opt for The Ritz-Carlton, Bahrain's Masaya Pavilion by STC.

An array of culinary delights from Turkish doner kebab to Arabic ouzi, signature Moroccan tajine, Bahraini kebab, homemade Italian pasta and ravioli and more have been curated to deliver guests a feast fit for the stars.

The Masaya Pavilion by STC, which is inspired by

Morocco's courtyard and suq, has been specially designed to create a unique feast and to transport guests to a world of elegance and cultural richness, further enhancing the sense of warmth and togetherness during the Holy Month.

Guests can break their fast, from sunset to 8pm for BD35, and the ghabga dinner is from 9pm to 2am for BD38. Children aged four to 12 dine with 50 per cent savings, and those below three can dine with the

hotel's compliments.

There is a special rate for groups of more than 30.

Meanwhile, guests can satisfy their sweet tooth with The Ritz-Carlton, Bahrain's special cheesecake offer, which has a flavour for everyone.

During the Holy Month, from sunset to 11pm, they can treat themselves to creamy, rich cheesecake for BD7, at the hotel's Lobby and Lounge.

In celebration of International Women's Day,

La Med has put together a special brunch experience with a delectable spread of dishes and a lively atmosphere.

It costs BD35 including soft beverages, BD45 including selected beverages and BD60 for a bubbly brunch. Children aged four to 12 dine for BD17.500, tomorrow from 1pm to 4pm.

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



Ladies' Night at the Gulf Hotel Bahrain

Leisure Scene

Weekly Entertainment



ARABIAN NIGHTS MAGIC AT HILTON

EXPERIENCE the magic as Hilton Bahrain brings the tales of Arabian Nights to life during the holy month of Ramadan, which starts next week.

Guests can dig into a lavish buffet and explore delicious cooking stations, all while enjoying a lively atmosphere.

Iftar costs BD22 net per person for adults, from sunset to 8pm.

Ghabga costs BD22 for adults, from Sunday to Thursday, 10pm to 1am and on weekends from 10pm to 2am. Children below five dine for free, and those aged six to 12 can relish the feast for BD11.

Meanwhile, guests can celebrate the day of green and charm at Origin Kitchen and Culture's St Patrick's Friday Brunch.

Hosted by Shannon Crockett, delicious food and buzzing toons will make your day one to remember, tomorrow, from 12.30pm to 4pm.

It costs BD39 net inclusive of unlimited selected drinks, and BD28 net inclusive of unlimited soft drinks.

Embark on the ultimate

seafood adventure at Origin Kitchen and Culture's Seafood Night, which offers a mouth-watering selection of fresh catches and tasty flavours tonight, from 7pm to 10pm.

It's priced at BD32 net with unlimited selected beverages and BD25 net with unlimited soft beverages.

Everyday, guests can enjoy a lavish breakfast spread at the same location, from 6.30am to 10.30 am, for BD13 net per person.

On Wednesdays, ladies can receive three complimentary drinks at Cocoluna Lounge, from 7pm to midnight.

Tonight, the Afro Series will bring the beats and vibes, from 9pm to 2am at Block 44. And from 9pm to 11pm, guests can enjoy a 50 per cent discount on selected beverages.

Tomorrow, at the same location, ladies get two complimentary selected beverages, from 9pm to 2am. The Society Club Lounge is also open from Monday to Saturday, 8pm to 2.30am.

For more information or bookings, call 33692013 or 33690081.



AN EPIC LOVE STORY RETOLD



BLENDING modern energy and tradition, an exceptional West End cast is set to put on a remarkable performance of Shakespeare's timeless tale *Romeo and Juliet* in Manama.

GulfWeekly attended a dress rehearsal for the show, which takes on a classic story of love, catastrophe and hate, cleverly executed by Olivier Award-winning producer Paul Taylor-Mills and the distinguished cast.

Not only did the play capture the essence of the tragic story of two lovers from feuding families, the Capulets and Montagues, but it also had the crowd, comprised mostly of high school students, chuckling as well – which is always a plus.

Romeo and Juliet is a tale as old as 1597. And while the story may seem a bit cliché, it is impossible to overstate its cultural relevance, as countless directors and actors have reinterpreted it for a variety of mediums, from movies to the musical set to be staged this weekend.

If reading old-English and hard-to-understand plays isn't your forte, I would definitely recommend *Romeo and Juliet The Musical* as the rendition simply tells the captivating narrative of forbidden love and intense passion, not only through acting and emotion, but through music, comedy and most of all true passion for the tale.

The modern soundtrack immediately stood out when some of the scenes were scored with well-known



DRAMATIC: Opening scene of the play

hits like Adele's *Rolling in the Deep* and Taylor Swift's *Love Story*, which I thought was a clever way to connect with those who may not be well-versed in the world of William Shakespeare.

The stunning West End cast - Joshua Coley, Holly Ashman (Juliet), Matthew Hartley, Danielle Combe, Nikki Biddington, Rhys Cannon, Grace Whyte and Theo Walker (Romeo) - each brought a unique perspective to the classic tale.

In many ways, their acting brought the age-old tale into the modern world, making it relevant to a wide variety of audiences.

Both the main characters knew how to command the audience, whether they were dramatising during a particularly emotional scene

or singing their heart out to one of the play's modern songs.

And of course, with every *Romeo and Juliet* live-stage enactment, the performance is only as good as its final, albeit tragic, scene. And here Holly and Theo truly stunned, evoking gasps from the audience.

At the end of the thrilling journey on which the cast had taken the audience, the performers received a well-deserved standing ovation, with thunderous applause.

I particularly enjoyed how the lighting crew were able to work with a fixed set, comprised of a set of arches, and with a projector, convey multiple locations.

In terms of sound, I found the microphones to be too loud at certain points, which

affected the quality but overall, the performances were stellar, and each actor was able to work majestically around any limitations.

Personally, I think this story is one of the most beautiful and real stories ever told.

Modern renditions and spellbinding versions of the performance such as this one, allow for the story to be told to all generations until the end of time.

The classical play will be staged at the Cultural Hall and open to the public today at 11am, with an evening performance set for 7pm.

The last show will be tomorrow at 7pm. Tickets can be purchased via manama.platinumlist.net.
- Julia Cassano

Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY JULIA CASSANO



ONE FOR WOMEN

COLOMBIAN singer-songwriter Shakira has released the whole track list of her highly-awaited 12th studio album *Mujeres Ya No Lloran*, Spanish for 'women no longer cry'.

The 16-track album, which consists of eight new songs and seven previously released collaborations, is expected to be released on March 22 through Sony Music Latin. It will feature mega stars including well-known American rapper Cardi B, who will appear on the album's opening track called *Puntería*, meaning 'aim'.

The *She Wolf* singer described her new album as an 'alchemical process'.

"While writing each song, I was rebuilding myself. While singing them, my tears transformed into diamonds and my vulnerability into strength," she said.

Mujeres Ya No Lloran reflects on the remarkable transformation she has been going through since the release of her last album *El Dorado*, in 2017, and it promises to be a testament to the collective spirit and shared journey with a circle

of women who have been her support system.

The renowned star won her first Grammy back in 2000, for the best Latin pop album and since then she went on to sell more than 125 million albums worldwide, win two

more Grammys, and 14 Latin Grammys, making her the most awarded Latin artist of all time.

She is best known for her hits *Waka Waka*, *Whenever, Wherever*, *Loca*, and *She Wolf*.



MUSICAL WONDER

UP and coming R&B singer Tyla has just announced that she will be releasing her debut album this month.

Although there aren't many details yet about the album, the star has confirmed that it will be called *Tyla*, making this a

self-titled debut.

The 22-year-old also announced that she will be performing her new album on the road, with her very first worldwide tour, which will include 34 dates throughout Europe and North America.

Tyla rose to fame last year after wowing her

fans with her mega hit *Water*, which won her first Grammy for Best African Music Performance, making her the youngest-ever African singer to win a Grammy Award.

The song also entered the top 10 in 16 countries including the UK and the US.



LOVE AND LIES

THE highly anticipated romantic comedy *Anyone But You*, which premiered in AMC Lincoln Square Theatre in New York on December 11, has grossed a staggering \$200 million worldwide.

The film continues to extend its impressive box office run, and has become the first rom-com in five years to cross the \$200m mark, since *Crazy Rich Asians*, which in 2018 grossed \$239m.

It has also surpassed the previously highest-grossing Shakespeare adaptation, *Romeo + Juliet* in 1996, which collected an impressive \$147.6m at the worldwide box office.

Based on Shakespeare's

play *Much Ado About Nothing*, the film *Anyone But You* stars *Top Gun's* Glen Powell and *Euphoria's* Sydney Sweeney.

The couple unexpectedly find themselves at a destination wedding in Australia and pretend to be the perfect couple to keep up appearances.

Sydney had started her career with small roles in show such as *Grey's Anatomy* and *Pretty Little Liars*; however, she rose to fame in 2019 for her portrayal of Cassie Howard in the HBO drama *Euphoria*.

Beginning his career with guest roles on television, Glen gained wider recognition for his supporting role in the action film *Top Gun*.

READ THE SIGNS

A new drama series called *The Signal* is hitting Netflix's big screens today.

The limited series, with four 60-minute episodes, is based on a missing astronaut's family who is frantically searching for answers, but the more they uncover, the more the threat grows to them and the world.

It stars Florian Fitz, Peri



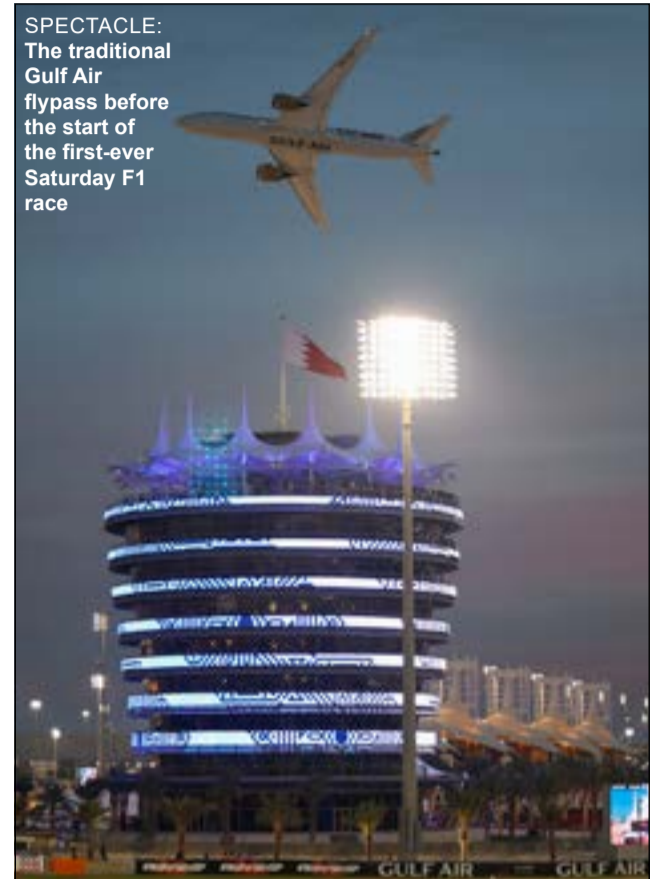
Baumeister and Yuna Bennett.

Motoring Weekly

The top motoring and motorsport news



VROOM: Racing action at the start of the 2024 Bahrain Grand Prix



SPECTACLE: The traditional Gulf Air flypass before the start of the first-ever Saturday F1 race

A roaring success

ON-TRACK racing action and off-track entertainment roared through Sakhir last weekend, as Bahrain celebrated 20 years of hosting the top echelons of motorsport.

The 2024 Formula 1 Gulf Air Bahrain Grand Prix race weekend, celebrated under the theme '20 Years of a Modern Classic', featured world-class performance and fast-paced racing on all three days from February 29 to March 2.

A host of stars came out to play in Bahrain for the F1 season's opening race with sporting celebrities mixing with royalty and TV personalities.

Former *Top Gear* host Jeremy Clarkson was given the honour of waving the flag to signal winner Max Verstappen crossing the finishing line.

Meanwhile, Brazilian and Saudi Arabian Al Hilal football club star Neymar drew flocks of young fans eager to grab a selfie or autograph with the iconic footballer.

Also present at the Sakhir circuit was Hamala's most famous resident, former Liverpool and England midfielder Steven Gerrard, who now coaches at Al-Ettifaq in Saudi Arabia.

ADVENTURE: The High Impress



One of his star players, former Liverpool midfielder Georginio Wijnaldum, accompanied him.

British royal Princess Eugenie also attended the race, alongside her husband Jack Brooksbank and mother Sarah Ferguson.

Former F1 driver and current IndyCar driver Romain Grosjean who survived a horrific crash at the BIC during a heart-stopping moment in 2020 was also spotted in the paddock area, heading into the McLaren hospitality suite.

In the vending area of the Bahrain International

Circuit (BIC), a plethora of performers, thrill rides and games kept fans entertained between the racing action.

Among the roaming entertainers were the Puglia Street Band, Carnival de Coiores, AJ Batucada, TikTak Marionettes, Stevie Wheels and Juggling Dom.

The Puglia Street Band took spectators on a musical journey, bringing a fusion of tradition and modern flair for an electrifying experience, while the Carnival de Coiores dazzled race-goers with their captivating dances and rhythmic moves performed in radiant costumes, becoming a kaleidoscope of colours,

feathers, and sequins.

The thrill rides this year included the High Impress and the Ferris Wheel, both successful hallmarks from previous Bahrain Grands Prix.

The Ferris Wheel gave visitors a distinctive vantage point, with a panoramic view of BIC and the surrounding Sakhir area, allowing them to observe the racing action from a unique perspective.

The High Impress got pulses pounding with its controlled spins and rotations, as excited yelps punctuated the festive atmosphere near the food vendors.



BUSY DAY: BIC public relations manager Jassim Albardooli at the paddock

came fourth 39.669 seconds behind. George Russell, who started from third, finished fifth.

Completing the top 10 and putting five constructors with both cars in the points were Lewis Hamilton of Mercedes, Oscar Piastri of McLaren, and the Aston Martin duo of Fernando Alonso and Lance Stroll.

Rounding off the classification from 11th to 20th, respectively, one lap behind Verstappen, were Zhou Guanyu of Kick Sauber, Kevin Magnussen of Haas, Daniel Ricciardo and Yuki Tsunoda of RB, Alexander Albon of Williams, Nico Hulkenberg of Haas, Esteban Ocon and Pierre Gasly of Alpine, Valtteri Bottas of Kick Sauber, and Logan Sargeant of Williams, who was classified two laps back.

Verstappen also managed to nab the extra point for fastest lap, after securing the pole position on Friday night.

Zane Maloney and Luke Browning were victorious in their respective championships, with Maloney winning the feature race in the F2 championship, while Browning took the feature in F3.

Harry King triumphed in the PCCME's first race, while Robert De Haan snatched the victory in the weekend's second race.

On the state-of-the-art racing track, four racing series staged top-class action. The F1 racing was supported by the Formula 2 and 3 season-openers as well as the penultimate round of the Porsche Carrera Cup Middle East (PCCME).

In the main racing action, Verstappen led from pole to chequered flag, finishing 22.457 seconds ahead of his team-mate Sergio Perez, securing a similar one-two finish as last season in Bahrain.

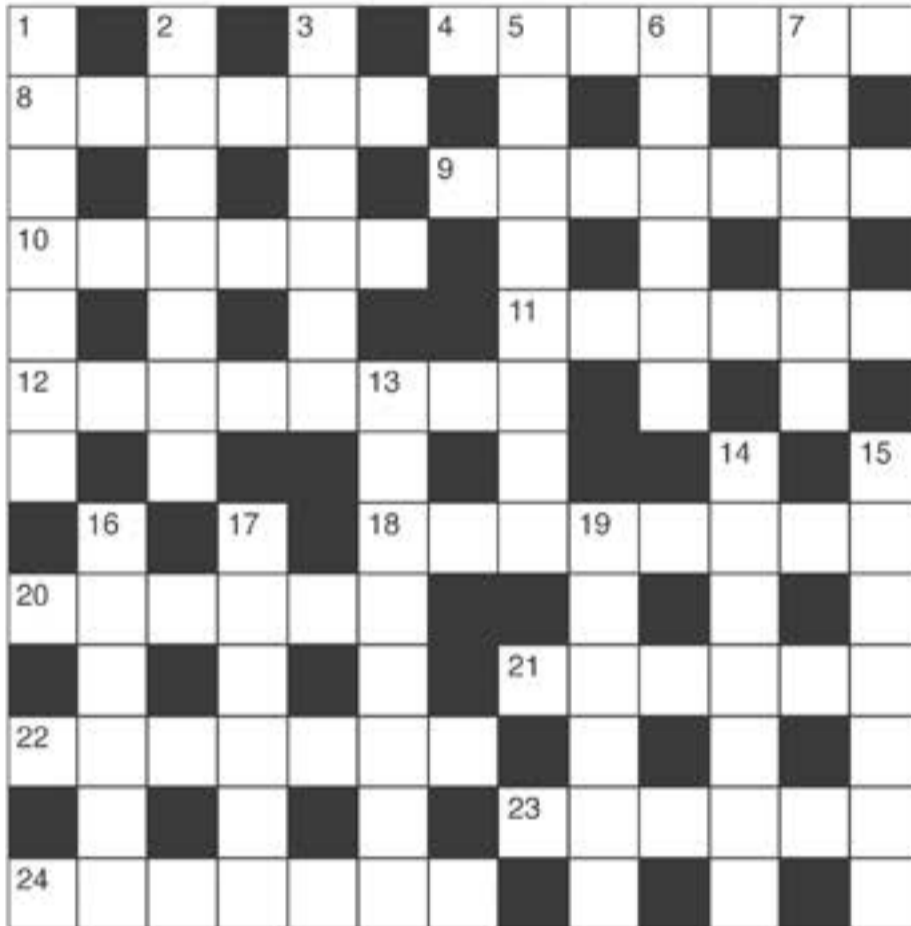
Ferrari's Carlos Sainz took the last podium step 25.110s from first, while his teammate Charles Leclerc

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 4. Integrity (7)
- 8. Joyous (6)
- 9. Punishment (7)
- 10. Sail (6)
- 11. Get (6)
- 12. List (8)
- 18. Rare (8)
- 20. Child (6)
- 21. Paleness (6)
- 22. Chasten (7)
- 23. Smudge (6)
- 24. Willingly (7)

DOWN

- 1. Unclear (7)
- 2. Reveal (7)
- 3. Dissertation (6)
- 5. Oratory (8)
- 6. Palchritude (6)
- 7. Alarm (6)
- 13. Honest (8)
- 14. Rival (7)
- 15. Lawlessness (7)
- 16. Revenue (6)
- 17. Desired (6)
- 19. Prophecy (6)

who, what, where, when

WHO ... wrote the song *Look At Your Game, Girl* which features on the album *The Spaghetti Incident* by Guns N' Roses?
WHAT ... is the common name of the bird *Turdus merula*?
WHERE ... in England is the village of Indian Queens?
WHEN ... did the ventriloquist Shari Lewis die?
WHO ... wrote the graphic novel *Ghost World*?
WHAT ... was the original surname of Adolf Hitler's father?
WHERE ... in the US is Indian Wells, host city of the Pacific Life Open tennis tournament?
WHEN ... was N.F. Simpson's stage play *One Way Pendulum* first produced?

just so

m c e
 m c e
 m c e

& swt

dog



darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Commiserate; 9 Urn; 10 Pipe-dream; 11 Copse; 13 Nearest; 14 Starch; 16 Before; 18 Lingual; 19 Queue; 20 Eliminate; 21 Sin; 22 Terrestrial.
Down: 2 Own; 3 Maple; 4 Supine; 5 Radiate; 6 Therefore; 7 Quicksilver; 8 Smithereens; 12 Plaintive; 15 Courier; 17 Always; 19 Queer; 21 Sea.

JUST SO: High noon, A river runs through it, Misunderstood, An open secret

WHO, WHAT, WHERE, WHEN:

Carl Weathers; Patrick Vieira; Luxembourg; 1991; Frank Tashlin; Chumbawamba; Peru; 1931.

Darn Tough Sudoku

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