

Parental peeves



TALENT: Johnson, fifth from left, with his dynamic cast and crew

A SHORT film about the consequences of bad company and peer pressure has been released on a public platform and comes with a caveat for both, youngsters and their parents.

Lurking Traps, which runs for around 15 minutes, focuses on the worries that parents have about their children and their safety, and how managing their teenagers' problems tactfully is the solution.

The movie was shot in Bahrain and features an all-Indian crew based in the kingdom. Produced, written and directed by Johnson Devassy, the Malayalam language-movie, released at the end of last month, and has already registered more than 5,000 views and 200 likes. Despite the language barrier, fans have resonated with the story and characters, calling the film 'powerful' and 'motivational', while also lauding the performances.

The plot follows teenager Manju who is a single child and longs for companionship. Actor Akshaya Balagopal brings alive the character. Young audiences will easily strike a chord with her, and older spectators with the parents played convincingly by Rajesh Nair and Pretty Roy. When Manju meets Manu, portrayed by Yudhi Prasobh, she finally finds the friendship she had been yearning for, but is unaware of the impending doom – he is the leader of a gang involved in illicit activities.

"I have always been interested in storytelling and this is my debut film, which I have produced independently," Johnson, who is from the south Indian state of Kerala, told *GulfWeekly*. "It's more of a social



SOCIAL MESSAGE: The film's poster



MOVIE REPORT

By MELISSA NAZARETH
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project and I'm not making any profits, however, the creative exposure has been truly enriching.

"I would like to thank the cast and crew of *Lurking Traps* for bringing their talents together to spread an important social message about the mental pressure that parents undergo when their teenaged children befriend the wrong people, and the knack of handling these types of situations," the creative talent and full-time English teacher at The Indian School Bahrain since 2014 added.

In the film, Manju's father intelligently manages the issue, a nod to the importance of parents' awareness about their children's

personalities and activities and offering correct, timely advice.

"While the experience was great, we faced some challenges especially since this is my first time producing a film. Getting the required permissions for the outdoor location was one of the hurdles but we overcame it smoothly. I remember this one time when the shooting was planned and, at the last minute, I found out we wouldn't be able to get the lights. These are specific lights needed for a shoot and to find a replacement in a short span of time was difficult but we made it," the Salmaniya resident, who has been living in Bahrain for almost three decades, revealed.

The film was shot across three days at one outdoor location and indoors at actor Pretty's house.

"The outdoor shots had to be done very early in the day – before 7pm – as the natural lighting would be ideal at the time. Despite the challenges, I was determined to share my story and am truly thankful for the cooperation and support I received from everyone on the team," Johnson, 60, noted.

Johnson's family is presently in India but lived in Bahrain for ten years. His three children laid the foundations of their successful careers in the kingdom.

"My daughter Fiona is an embryologist in Chennai. My sons Nigel and Alvin are pursuing their careers in accountancy in Bangalore and Cochin respectively," he said.

Lurking Traps is available to watch on *YouTube* on the channel JD Creations and will soon be available with English subtitles.



MOUNTAINS BECKON
New book release
SEE PAGE 2



ITALIAN FEAST
Primavera review
SEE PAGE 3



LEISURE SCENE
Dining and drinks
SEE PAGES 4-5



FANTASTIC FIGURINES
Paper mache workshop
SEE PAGE 5



BOOK REPORT

By MELISSA NAZARETH
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NDIAN poet and artist Pallavi Jain is celebrating her latest published work in *The Mountain Was Abuzz*, an anthology featuring diverse interpretation of the snow-capped Himalayas.

The Saar resident is one of 70 poets from across 18 countries, including Bhutan, Nepal, and India who have contributed to the 277-page book.

Pallavi's poem *Echo* humanises the mount; its rock-solid endurance, mystical aura, spiritual nature...

The inspiration for the piece comes from her childhood visits to the Himalayas, a treasure trove of happy memories that she holds close till today.

"Growing up in Uttarakhand (a state in northern India), we visited places like Mussoorie, Rishikesh, Nainital, and Kashmir, which are primarily part of the Himalayan range," Pallavi told *GulfWeekly*. "The Himalayas always bring back happy memories and as a child I was mesmerised by its existence. Now, seeing how our actions are destroying the ecology of the mountains hurts my heart. This poem is my tribute to the Himalayas."

"My last visit to the Himalayas was more than a decade ago when we visited Leh city in Ladakh (a region in the Indian state of Kashmir). The breath-taking landscape, crystal clear skies, highest motor-able Khardung La mountain pass, and numerous Buddhist monasteries, all offer adventure as well as a place for soul searching," she said, reminiscing her trip.

Pallavi got to know about the anthology from mountaineer and noted Indian bilingual poet Toolika Rani, who has published numerous titles in English and Hindi. Despite the short notice – two days – she was determined to weave a poetic tribute to the 'mesmerising mount' whose majesty is so deeply imprinted on her heart.

"It was short notice, but I managed to gather my thoughts. I am an environmentalist so, writing about nature gives me immense pleasure and peace, and writing is meditative for me. I was thrilled when Ms Toolika mailed me back saying that she loved my poem," the 51-year-old revealed.



CREATIVE: Pallavi poses with her work at BWC's annual art and poetry exhibition 'Confluence' at Harbour Gate

An excerpt from *Echo* reads:

*'There it is,
The unmovable
Pious
Magical
The very essence of
permanence
The Himalayas'*

While Pallavi is strongly drawn by the poetic nature of the mount, she is also inspired by the environmental impact it, and mountains in general have.

"Mountains are one of the balancing elements on earth and contribute to the existence of life on the planet. I would like to take this opportunity and encourage everyone to take care of natural resources to preserve the planet. Otherwise our reckless actions will end up destroying the earth and our future generations will not be able to witness the majestic Himalayas. Climb the mountain not to plant your flag, but to embrace the challenge, enjoy the air and behold the view. Climb it so you can see the world, not so the world can see you," she urged.

Pallavi has been writing ever since she can remember but her tryst with poetry began back in 2015 when she moved to Bahrain. An active member of the

Bahrain Writers' Circle (BWC), she has participated in various poetry events organised by the group. She has also published her works in various anthologies in India, and one published by former Bahrain resident Robin Barratt, which focuses on mental health and well-being. Last month,

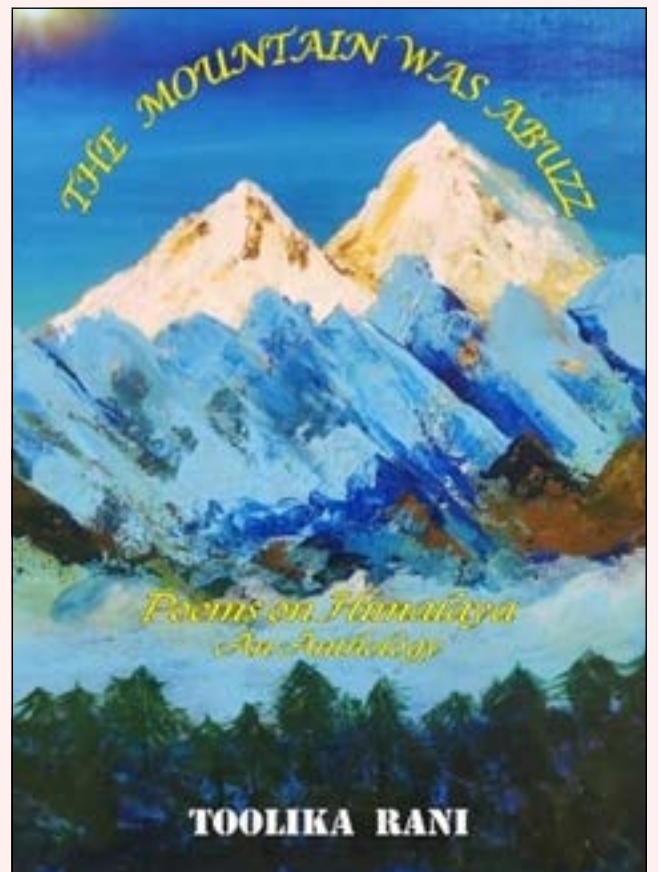
Pallavi travelled to India to present her verses, alongside seven other wordsmiths, at the National Centre for the Performing Arts (NCPA), in collaboration with the Literary Warrior Group, a platform promoting literature and poetry.

The Mountain Was Abuzz is available on Amazon.

Poetic peaks



VIBRANT: Pallavi's artistic interpretation of *Echo*, whose recreation appears in the book



SNOW-CAPPED: The book cover

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!

July's topic is: 'The challenges parents face with children forced to stay indoors during the summer'. Some points to ponder over:

- Reducing screen time
- Working parents' concerns
- Insufficient opportunities for fun,

constructive activities

Share your thoughts in no more than 100 words on gdnnews@gdnmedia.bh or [@gdnonline](https://www.instagram.com/gdnonline) on Instagram by July 15.

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.



LAST MONTH'S WINNER: Nanju, centre, receiving her gift from Raw Candy staff

An Italian affair

GOURMET REPORT
By JAYNE HOUGHTON
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STEPPING into Primavera, The Ritz-Carlton, Bahrain, my friend and I were immediately struck by the restaurant's elegant ambience, a perfect blend of modern sophistication and warm, inviting charm. The recrafted menu, curated by the talented sous chef Mirsha Moreno under executive chef Joergen Sodemann's mentorship, promised a culinary journey through the flavours of Italy, with a focus on local ingredients and innovative twists on classic dishes.

We were welcomed by the optional interactive drinks trolley where you can enjoy an assortment of muddled drinks, including delicious mocktail bellinis and premium tiramisu aperitivos. To start our adventure, we opted for a trio of appetisers; perfect for sharing. The Bahraini prawns marinated in lemon puree, with their delicate sweetness and zesty notes, were a refreshing delight. The homemade ricotta, drizzled with 25-year aged balsamic vinegar from Venturini Baldini and adorned with fresh tomato and basil, showcased quality ingredients and presented a simple yet exquisite flavour profile. The balsamic vinegar, a product of a centuries-old tradition, added depth and complexity to the dish. The Mediterranean salad included crisp vegetables, zucchini, and seared red pepper which provided a light and vibrant counterpoint to the richer appetisers; showcasing the season's freshest produce.

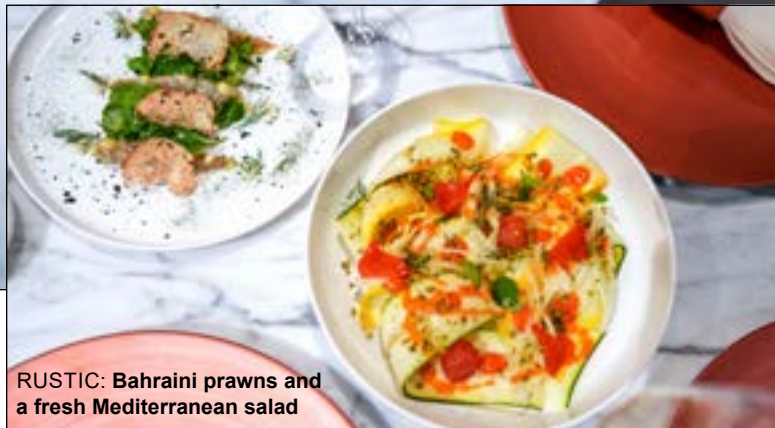
Our pasta selections were equally impressive. The spaghetti alle vongole, with its perfectly al dente noodles, plump clams, and fragrant garlic and parsley sauce, transported us straight to the sun-drenched coasts of Italy, however my friend noted that it was reminiscent of traditional Bahraini seasoning, adding a homely and nostalgic appeal to the menu. The vegan risotto verde, a creamy blend



SUCCULENT: Slow-cooked wagyu beef cheek



EXECUTIVE CHEF: Joergen Sodemann



RUSTIC: Bahraini prawns and a fresh Mediterranean salad



SOUS CHEF: Mirsha Moreno

of rocket, kale, spinach, and pecorino cheese, was both hearty and satisfying, highlighting the chef's ability to elevate simple ingredients. We also couldn't resist the allure of the pizza tartufo, a Neapolitan style delicacy fresh from Primavera's new pizza oven, the two-day

fermented dough was topped with rich truffle mushroom cream, melted scamorza cheese, and generous shavings of black truffle. The earthy aroma of the truffle beautifully permeated every bite!

For our main courses, we opted for two dishes that showcased the chef's creative flair. The Bahraini

hammour fillet, accompanied by a zesty gremolata sauce, delicate tomato tortellini, and organic garden greens, blended local flavours with classic Italian techniques. The fish was cooked to perfection, flaky and tender, while the accompanying flavours created a harmonious balance on the plate. The slow-cooked wagyu beef cheek, a melt-in-your-mouth masterpiece served with pomegranate, polenta, and pimento, was a decadent and unforgettable experience. The beef, braised for over 18 hours, was incredibly tender and flavourful, while the accompanying polenta and pomegranate added a touch of sweetness and dimension.

To conclude our meal, we indulged in a selection of desserts. The signature tiramisu, prepared tableside with mascarpone

espuma (foam), espresso, and ladyfingers, was a theatrical and delicious spectacle. The creamy mascarpone, infused with the rich aroma of espresso, was a perfect match for the delicate ladyfingers. The Sicilian cheesecake, with its light texture and tangy candied orange confit, was a delightful balance of sweet and tart flavours, providing a refreshing end to the meal, alongside the strained strawberry yoghurt, with its sweet marinated strawberries, delicate meringue, and drizzle of aged balsamic vinegar.

As we savoured our final bites, we couldn't help but marvel at the exceptional dining experience Primavera had provided, and we both agreed that we would return soon.

For reservations, call 17586499 and follow @primavera_osteria on Instagram for the latest updates.



DELICIOUS: Spaghetti alle vongole



COLOURFUL: Bahraini hammour fillet



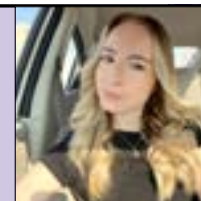
SWEET TOOTH: The signature tiramisu



REFRESHING: Making mocktails

Leisure Scene

What's on guide by
Julia Cassano



GOURMET DINING DELIGHTS



LUXURIOUS: La Table Krug

FOR a weekend filled with fun, food and unlimited entertainment, look no further than The Ritz-Carlton, Bahrain.

Delight your palate with Primavera's latest creations, including gourmet pizzas, pastas and risottos. In addition to the classic mains, a tableside dessert experience is also available – Tiramisu Trolley.

Priced a la carte, the offer is available Wednesday to Monday, 12.30pm to 3pm and 7pm to 11pm.

Meanwhile, guests can experience a burst of flavours at Cantina Kahlo's Enchiladas Festival. Indulge in a celebration of traditional and innovative Mexican dishes

from Monday to Saturday, until July 27.

It is available from 4pm to midnight Monday to Wednesday and 1pm to 1am on the weekend (Thursday, Friday, Saturday).

Guests can also look forward to an unparalleled dining experience as La Table Krug makes its grand return to the hotel. An extraordinary tasting menu will be offered to guests and they can savour a curated selection of dishes.

Priced a la carte, the unique dining experience is available from Tuesday to Saturday, from 7pm to 10.30pm.

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



VIBRANT: Stunning Mexican dish at Cantina Kahlo

FOOD AND FUN AT HILTON BAHRAIN

HEAD down to Hilton Bahrain for the ultimate tropical party experience this weekend.

Enjoy island-inspired delights and good vibes from 12.30pm to 5pm at Origin Kitchen and Culture's Aloha July Brunch.

It costs BD39net with unlimited selected beverages, and BD28net inclusive of soft beverages.

Special group rates are available.

Guests can also embark on a special seafood adventure at Origin Kitchen and Culture, featuring the freshest catch and live cooking stations tonight,



GIRL FUN: Ladies' Night at Cocoluna Lounge

from 7pm to 10pm.

It costs BD32net with unlimited selected beverages, and BD35net inclusive of soft beverages.

Meanwhile, guests can kick back and relax and dig into breakfast favourites at Origin Kitchen and Culture's breakfast buffet. It is available

from 6.30am to 10.30am, Sunday to Friday at BD13net per person.

A Lazy Breakfast featuring a spread of continental, Asian and Arabic favourites is also offered at the same location. Priced at BD13net per person, it's available on Saturday, from 6.30am to 11.30am.

The property's lounge invites guests to start their weekend fun at Block 44's Afro Series tonight, from 9pm to 2am. A 50 per cent discount will be offered on selected beverages from 9pm to 11pm. Ladies receive two complimentary drinks.

Tomorrow, guests can move to the groove at Block 44's Salsa Nights, from 9pm to 2am, with ladies receiving two free drinks.

And, don't miss out on Cocoluna Lounge's Fun Fridays, where a DJ and flowing drinks will make for an unforgettable night from 5pm to 7pm for BD10. This lounge also offers three complimentary beverages on Wednesdays, from 7pm to

midnight, for Ladies' Night.

On Tuesdays, the hotel's Society Club's Ladies' Night offers three free beverages for female guests from 8pm to 2.30am.

■ For more information, contact 33690081 or 33692013.

DECADENT:
Sweet treats
at RGC



CHECK out the latest English language movies being shown at CINECO Seef this weekend.

A SACRIFICE (18+)

American social psychologist Ben Monroe investigates a local cult connected to a disturbing event, while his daughter becomes embroiled with a mysterious local boy.

Actors: Sadie Sink, Sylvia Hoeks, Eric Bana
Timings: 2pm, 6.30pm, 11pm

COLD MEAT (15+)

David Petersen is passing through the Colorado Rockies. After saving a young diner waitress from her violent ex-husband during a break from driving, he hits the road again alone through a dangerous snow blizzard. One false move behind the wheel has him waking up inside a ravine.

Actors: Allen Leech, Nina Bergman, Yan Tual
Timings: 1pm, 5.15pm, 9.30pm

DESPICABLE ME 4 (PG)

In the first *Despicable Me* movie in seven years, Gru, the world's favourite supervillain turned Anti Villain League agent, returns for an exciting, bold new era of minions mayhem in illumination's *Despicable Me 4*.

MOVIE TIME



GIGGLES: *Despicable Me 4*

Actors: Steve Carell, Kristen Wiig, Will Ferrell

Timings: 11.15am, 1.15pm, 3.15pm, 5.15pm, 7.15pm, 9.15pm, 11.15pm

PATSY LEE AND THE KEEPERS OF THE 5 KINGDOMS (PG-13)

In the small town of Globe, Arizona, Chuck Lee (James Hong) and his teenage granddaughter, Patsy, discover an ancient relic that transports them and her friends to a magical world of Hopping Vampires, Goblin Witches, Zodiac Warriors and Talking Wizards.

Actors: James Hong, George Takei, Bai Ling
Timings: 10.45am, 3.30pm, 8.15pm

WHITE BIRD: A WONDER STORY (15+)

Julian has struggled to belong ever since he was expelled from his former school for his treatment of Auggie Pullman. To transform his life, Julian's grandmother finally reveals her own story of courage.

Actors: Helen Mirren, Gillian Anderson, Bryce Gheisar
Timings: 1pm, 5.45pm, 10.30pm

SUMMER ADVENTURES

FOR a summer full of fun and one-of-a-kind experiences, choose the Royal Golf Club's (RGC) epic Summer Camp.

A range of activities will be available including sports and dance lessons of various genres.

In addition, professional Golfers' Association (PGA) experts will give youngsters the opportunity to learn new skills.

The camp will be held on Sunday, Tuesday and Thursday, 9.30am to 1pm, and costs BD25 per day or BD60 per week.

It also offers add-ons, including a one-hour golfing session with a PGA-certified

coach for BD8 (one hour a week) or BD32 per month. Special discounts are available for RGC members as well as Riffa Views residents. To register, call 33001261 or 17750777.

Meanwhile, guests can head down to Links Steak Night, where every cut of meat is perfectly prepared, every Wednesday from 6pm. The night is 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, call 39007546.

Weekly Entertainment



ELEVATED EXPERIENCES AT FOUR SEASONS

SCRUMPTIOUS: Pastel de Nata

KICKSTART your weekend by choosing from the Four Seasons Hotel Bahrain Bay's list of fun events.

Get together with your family and friends and watch the UEFA European Football Championship Final in style at Byblos, a stunning beachfront restaurant offering guests scenic views and delicious Lebanese cuisine, from 4pm to midnight. A fantastic Seafood Feast is also available at the restaurant from Tuesday to Saturday, 6pm to midnight. The six-course menu includes grilled lobster, jumbo prawns, seabass and scallops at BD45 for two people.

To cool down on a hot summer day, opt for Bay View Lounge's Gelato Gourmet. Savour flavours such as affogato al caffe, tiramisu, coconut tapioca and more everyday from 11am to midnight.

It costs BD7.500 per plate. Meanwhile, guests can be transported to the shores of Portugal with CUT by Wolfgang Puck's new takeaway favourite –

Pastel de Nata.

Orders can be placed four hours in advance by calling. For bulk orders, one day in advance is required. It costs BD1.500 for one piece and BD6 for six pieces.

Hotel visitors can also enjoy new innovative delights at re/Asian Cuisine. Dishes include grilled prawns, veal, braised short rib and more. It's available on Tuesday, Saturday and Sunday, from 7pm to 11pm, and Wednesday, Thursday and Friday from 7pm to 11.30pm.

It's priced a la carte.

For a chilled morning, treat yourself to Bahrain Bay Kitchen's Lazy

Breakfast, which features

a delightful spread of all-time breakfast favourites on Saturdays, 11.30am to 3pm.

To relax after a long weekend, experience the Night Spa for Two at the hotel's spa. Indulge in an aromatherapy couples' massage at the indoor pool and enjoy a range of beverages, chocolates, macarons and mixed berries at BD280 per person.

■ For more information, contact 7115500, 1711 5045 or 17115046.



REFRESHING: Gelato Gourmet



ART REPORT

By RIMA ALHADDAD
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BAHRAIN-BASED creative Juliana Maroto is bringing her vibrant Latin American culture to art enthusiasts on the island through her paper mache models and is set to conduct her workshops this month.

The sessions titled 'Alebrijes Pape Mache' will educate participants on the paper sculptures and their history while teaching them how to create their own.

Said to have originated in Mexico City, Alebrijes are whimsical carvings depicting imaginary creatures painted with intense colours and intricate patterns, often crafted using the cartoneria (cardboard) technique, also known as paper mache, which involves using paper and glue to create art pieces.

"Back home, I got to visit an exhibition on Alebrijes, where I learned more about it, further increasing my appreciation for the country's art community. The experience inspired me to conduct a workshop on it. I'm excited to share my knowledge with art lovers in Bahrain," Costa Rican expat Juliana told *GulfWeekly*.

"Costa Rican culture shares a lot with Mexican culture, for example, the masks created for Masquerades Day use the same technique as the one used to make the Alebrijes."

Masquerades Day is a national cultural holiday on October 31 and celebrates Costa Rican culture and heritage.

The creative talent, who moved to Bahrain four years ago, has a Master's degree in curating and arts management from ADEN University and Catalunya Polytechnic University, along with a specialisation in cultural management from George Washington University, and extensive experience teaching art to kids and adults.

"Bahrain is home to people of different nationalities, and has introduced me to not only the local community, but also artists that come from other cultures. I've also noticed there's a great appreciation of the Latin American culture in Bahrain, so I thought one thing that is worth sharing

Striking sculptures



REALISTIC: One of Juliana's creations in the making



CREATIVE: Juliana

from our culture is the love and respect for nature, often shown in our extensive art scene back home. The Alebrijes are a way to bring that here through these

colourful sculptures," she added, nodding to the 'reuse' of paper in the art form. Environmental well-being is an integral part of Juliana's practice.

The 37-year-old is the newest addition to the Art Concept gallery team and this will be her first series of workshops with them. However, she has been interested in art since a young age and grew up experimenting with different techniques, painting and sculpture being her favourites.

"As an artist, you have introspectiveness that leads to growing, so when you teach, it gives back, because you get to be in a space where interacting with others regardless of age awakens a lot of inspiration. It's also very

rewarding when you learn that a student was able to overcome a struggle by taking your art class, or when someone gets inspired to the point of embarking on an art career," the Amwaj resident noted.

The workshop is open to participants of all ages, which comes from Juliana's desire to bring loved ones together.

"We live in busy times, and I wanted to give people the opportunity to reconnect with family and friends through the workshop, while also making nice memories together," she added.

For more information on the workshop and the artist, follow @artconceptbh and @julichamar.art on Instagram.

Pulse of Pop

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

FANTASY adventure show *Time Bandits* is set to release on Apple TV+ on July 24.

Created by New Zealander duo Jemaine Clement and Taika Waititi, alongside English writer Iain Morris, best known for creating British teen sitcom *The Inbetweeners*, the series serves as an adaptation of the 1981 cult classic movie of the same name, telling the story of 11-year-old Kevin's journey through space and time with a ragtag group of thieves. Actor Kal-El Tuck will play the role of Kevin.

Creators Jemaine and Taika are also set to appear as 'Supreme Being' and 'Pure Evil,' and Lisa Kudrow of *Friends* fame will portray Penelope, who will be guiding the group of pirates on their quest.

Taika expressed his excitement for casting Lisa, as he is a huge fan of the actress. "I just love Lisa and thought it'd be awesome to see her leading a band of idiots through time," Taika said in an interview.

Taika and Jemaine revealed that their motivation for creating the series comes from the long-time collaborators' love for the original movie, which starred Terry Gilliam, John Cleese



BANDITS: Set for an adventure

and Michael Palin, as well as Sean Connery, Shelley Duvall (of *The Shining* fame) and Ian Holm.

"It was just nothing I'd really ever seen before. I remember being freaked out by a lot of it. A lot of the kids' films back then were not as inventive and imaginative," Taika

explained.

"I was pretty young, so it would have been one of the bigger introductions to Terry Gilliam and British comedy. Seeing John Cleese as Robin Hood is still one of the funniest scenes in any movie, I think," Jemaine added.

Jemaine and Taika are best known as the masterminds

behind the well-loved *What We Do in the Shadows* universe, which started as a 2014 mockumentary horror comedy film, later adapted into a TV series of the same name by FX Networks. The series, which premiered in 2019, is still ongoing and currently consists of five seasons.



TALENT: Jemaine, left, with Taika



EMOTION: Musical star Porter

ELECTRONIC music producer Porter Robinson's third studio album *Smile! :D* is set to release on July 16.

Porter revealed that the album was originally meant to have 'no sincerity, all fun', opposing his second project *Nurture*, released in 2021, which featured themes of depression that reflected the artist's struggles with mental illness at the time. However, the creative eventually found himself writing about his emotions for this forthcoming project as well, resulting in an experience that is expected to be fun yet vulnerable.

"Even on those arrogant tracks, it's honest, because it speaks to how I wish I

could be," he explained in an interview.

The 31-year-old American DJ rose to fame at the age of 18 thanks to single releases *Say My Name* and *Spitfire*. He is also a credited co-writer for Zedd's 2012 smash hit *Clarity* and provided backing vocals. According to Porter, the song was originally going to be released as a collaboration between the two artists, but the producer backed down for his disinterest in doing something that was 'shooting for the radio', at the time.

Porter's recent work includes featuring on the track *Still Here (With the Ones That I Came With)* off of Skrillex's Grammy-nominated album *Quest for Fire*.

FISH TALE

MARINE biologist Jasmin Graham is set to release her memoir *Sharks Don't Sink: Adventures of a Rouge Shark Scientist* on July 16.

The book narrates the inspiring story of the young Black scientist's journey to flourish outside the traditional confines of academia, while drawing on her innate connection to sharks - a misunderstood creature.

Jasmin, along with three other Black women, goes on to form Minorities in Shark Sciences, an organisation dedicated to providing opportunities and supporting young women of colour who share her interest in the field.

Jasmin specialises in elasmobranch (shark and ray, among others) ecology and evolution, and has a special appreciation particularly towards sharks,



believing that the fish has an impact on everyone.

"My favourite chapter in the book is the 'Public perception of sharks' because it really gets into sharks, and the impact they have had on people and that people have had on them. If I have picked up this book and I live in, say Nebraska, I am not necessarily going to think I have an impact on sharks or that they have an impact on me, but reading that chapter solidifies that everyone should care about this, because it really does affect everyone," Jasmin explains in an interview.

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 is the name of Bahrain's highest natural peak?
2. The modern version of the sport polo, originated in which country?
3. What is the oldest car company still in business today?
4. What is a stonechat?
5. What was the name of Eddie Murphy's character in Beverly Hills Cop?
6. Which known unit used to measure weight is based on beans?

GulfWeekly

Catch Shannon's weekly **BRAIN-BUSTERS** every Thursday in Gulf Weekly



7. Which item of beachwear first went on sale in July 1946?

ANSWERS

1. Mountain of Smoke (Jabal ad Dukhan)
2. India
3. Mercedes-Benz
4. A bird
5. Axel Foley
6. Carat
7. Bikini!

MotoringWeekly

The top motoring and motorsport news



EMOTIONAL: Hamilton celebrates after winning the British Grand Prix

'Feels very different'



VICTORY: Passing the chequered flag

LEWIS Hamilton's victory at the British Grand Prix was more than just another win. The Mercedes driver, battling a winless streak since late 2021, delivered a stunning performance in front of a roaring home crowd, making it an emotional and unique experience.

The significance of the win went beyond the checkered flag. Hamilton's parents, Anthony and Carmen, were present for the race, along with his longtime race engineer, Peter Bonnington. This rare family gathering added a special layer to the victory.

"Yeah, it really does feel very different," Hamilton

admitted when asked if this win felt distinct from his previous 103. He acknowledged that his parents haven't always been at every race, and with the passage of time, their presence held more weight.

"Your parents are getting older, we're traveling so much, and time with family is a constant challenge," he reflected.

Witnessing his niece and nephew grow up further emphasised the importance of these moments.

"I know I've always had their support, but to be able to see them there and share this experience..." Hamilton said, his voice trailing off. His family, including his niece and nephew,



TEARS OF JOY: Hamilton, with his father Anthony

had wanted to be there, making the win even more meaningful.

The victory also held significance for his long-term

partnership with Mercedes.

"Mercedes have obviously supported me since I was 13," he said.

Sharing the win with them

felt like a culmination of their years together.

Hamilton also opened up about the mental struggles he faced during his winless period. He had alluded to these challenges after the race, admitting there were days he doubted his abilities.

"There's so many times where you feel like your best shot is just not good enough," he revealed.

He acknowledged the pressure and the toll it can take on mental health. "There's definitely been moments where... the thought that this was it," he confessed, referring to the fear that he might never win again.

The emotional release after the win was evident. "Honestly, I've never cried

coming from a win, it just came out of me," he said.

"It's a really, really great feeling and I'm very, very grateful for it."

Hamilton's 104th victory wasn't just a win on the track. It was a celebration of family, perseverance, and the power of overcoming mental hurdles.

Hamilton endured a three-year winless streak before last weekend.

The 2021 Saudi Arabian Grand Prix was his most recent win before his 2024 triumph.

This win also broke Michael Schumacher's record for most wins at a single track (Silverstone) at an impressive 9th victory there.

Norris blames himself for wrong decisions

MCLAREN'S Lando Norris blamed himself after finishing third in a home British Grand Prix that he led and could have won on Sunday.

With Red Bull's Max Verstappen taking second place to Mercedes's race winner Lewis Hamilton, Norris fell further behind his Dutch rival in the Formula One standings at the season's midpoint.

The Briton stayed second overall after his seventh podium in 12 races, including a career first win in Miami, but now 84 points adrift.

"I'm not making the right decisions, you know," he told 2009 champion Jenson Button in a pre-podium interview.

"I blame myself today for not making some of the right decisions. I hate it. I hate ending in this position and forever having excuses for not doing a good enough job.

"But I'm so happy. I'm still going to enjoy it. I think we still did so many things right. So many positives. But especially here in Silverstone, the one place I would love everything to go perfectly, it didn't today."

Norris lost third place at the start to Verstappen, taking it back 15 laps later and then passing Mercedes' pole sitter George Russell, who retired later, and Hamilton to lead the race before the rain came.

When the pit proved crucial, with Norris

coming in a lap later than Verstappen initially and then staying out longer than his rivals when the time came to switch back to slicks.

A slow 4.5 seconds pitstop on lap 39 brought him out behind Hamilton and Verstappen, on the hard tyre, overtook Norris four laps from the end.

"We threw it away in the final stop," said Norris, who added the decision to go to softs was the wrong one although he also felt Hamilton would have won ultimately.

"Two calls from our side cost us everything today. So, especially here, pretty disappointing."

Team boss Andrea Stella said McLaren had looked very strong when the rain



NORRIS: In action during the race

started, with Norris and Oscar Piastri briefly running first and second.

"We then didn't capitalise on that, and it looks like a missed opportunity," said the Italian. "We'll review the calls we made. Some were good, others could have been better."

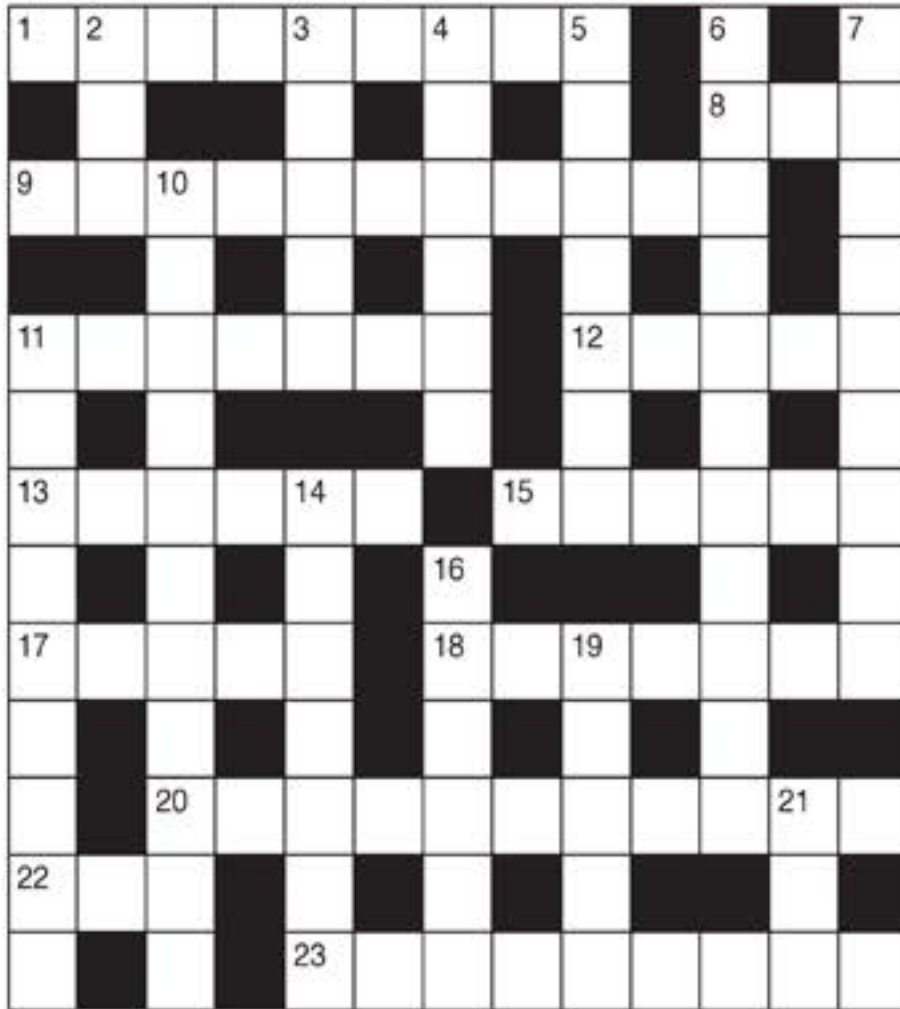
Time Out



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crossword break



Solutions in next week's issue.

ACROSS

1. Unlike (9)
8. Poem (3)
9. Demolition (11)
11. Acrid (7)
12. Perfect (5)
13. Defeated (6)
15. Affirm (6)
17. Rub out (5)
18. Draw to (7)
20. Clever (11)
22. Suitable (3)
23. Make reprisals (9)

DOWN

2. Anger (3)
3. Weird (5)
4. Rouse (6)
5. Trifling (7)
6. Ally (11)
7. Remember (9)
10. Oddness (11)
11. Eternal (9)
14. Builder (7)
16. Little village (6)
19. Test (5)
21. Entrap (3)

who, what, where, when

WHO...painted the works Church at Moret after the Rain and The Slopes of Bougival?

WHAT...Australian won the 2006 Badminton Horse Trials?

WHERE...in England is the cathedral city of Ripon?

WHEN...was the actor John Malkovich born?

WHAT...opera by Richard Wagner features The Pilgrims' Chorus?

WHERE...in England is the suburb of Thorpe St Andrew?

WHEN...was The Long Island Railroad Massacre?

just so

CAKE

EH
T

Fe
Fe
FeFeFeFeFe
Fe
Fe
Fe
Fe

day/month/year day/month/year

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 7 Relent; 8 Drench; 10 Minimum; 11 Merge; 12 Leer; 13 Droll; 17 Libel; 18 Weir; 22 Linen; 23 Calling; 24 Squash; 25 Ascend.

Down: 1 Bramble; 2 Blanket; 3 Gnome; 4 Crumble; 5 Snare; 6 Thief; 9 Emergency; 14 Witness; 15 Deliver; 16 Tragedy; 19 Slush; 20 Annul; 21 Bliss.

JUST SO: The whole nine yards, Heart of Africa, A knight in shining armour, Not in my backyard.

WHO, WHAT, WHERE, WHEN:

Mark Rylance; Albuquerque; Los Angeles; 1972; Michael Schumacher; Stand By Me; Bastia; 1969.

Darn Tough Sudoku

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