



MUSIC REPORT

By NAMAN ARORA
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AFTER a three-year hiatus, Bahraini musician Ali Malik is back in the recording studio and is set to release his next extended-play (EP) as a series of singles, over the course of the coming months.

The 37-year-old banker-by-day and bard-by-night is kicking off the unveiling of the four-track *Thlipsi* with the release of its first song, *Fragile*, in the coming weeks.

“Over the last few years, we have all seen so much grief in almost every corner of the world, from conflicts to personal difficulties,” he told *GulfWeekly*.

“So, as I was working on my second album, I felt this spontaneous urge to do this EP, and thus *Thlipsi* was born!”

Taking its name from the Greek word for grief, *Thlipsi* is set to be a deep dive into global and personal issues, as a grunge rock-themed personal statement by Ali.

The first single to be released will be *Fragile*, which dives into multiple fractured personalities, and Ali’s journey to find himself.

The second single, *Beautiful Red*, is based on the idea of a rose sealed in a jar, unable to get oxygen.

“It’s about this idea of feeling stuck and slowly dying,” Ali added, explaining that it was inspired by the Covid-19 pandemic.

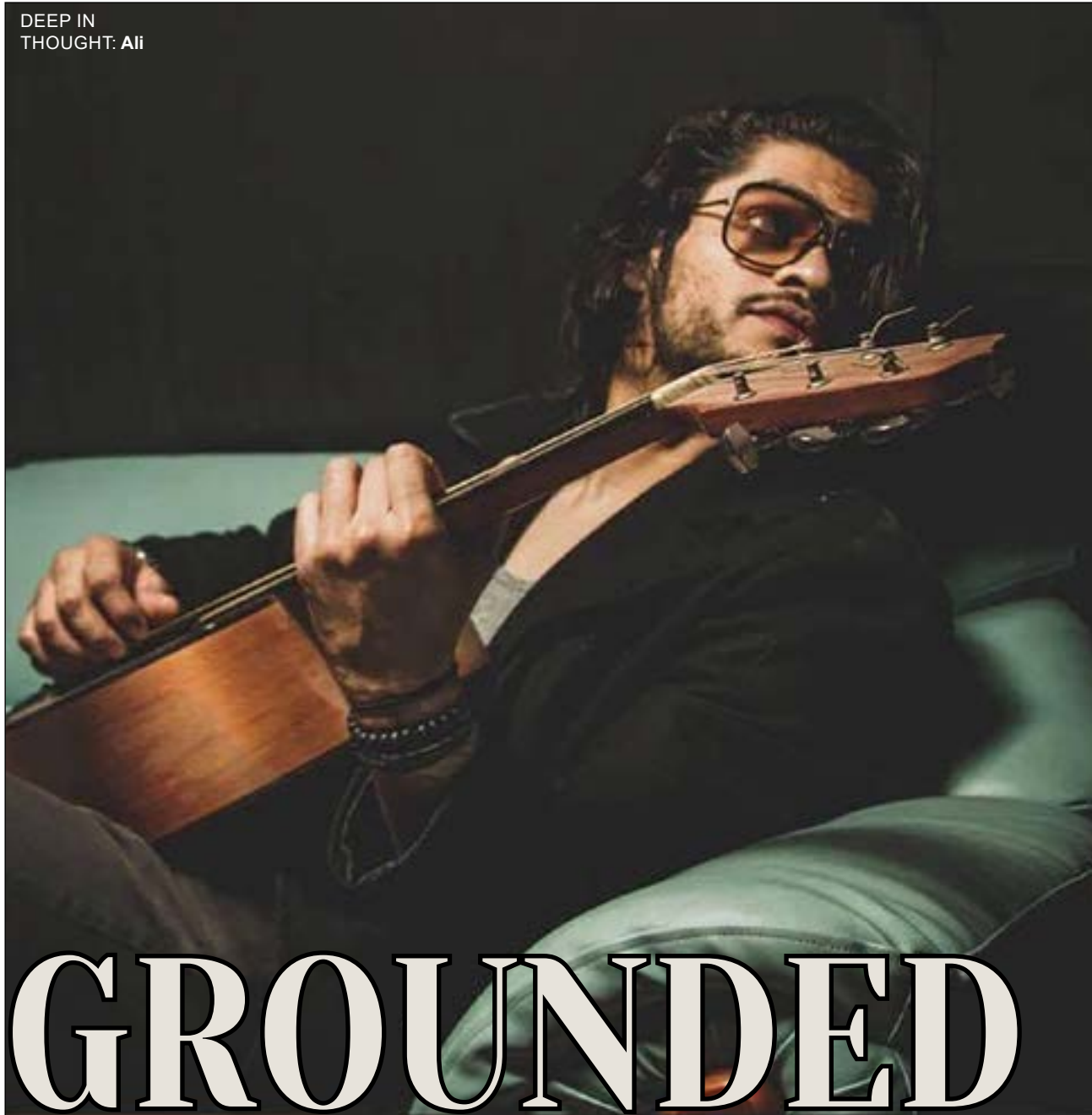
The third single *You* is about emerging from a difficult situation, and the final single *Dead Roses* is about past memories that hold people back, not letting them step into the present.

There is also a hidden track amongst the four singles, though Ali is coy about announcing too many details about it, inviting fans to experience it for themselves.

Starting with *Fragile*, the four tracks will be released on a monthly schedule, with the full EP expected to be out by the end of this year.

Ali’s last album *Painted Words* was released in 2021, and the medley of musical genres delved into his life in the previous eight years over

DEEP IN
THOUGHT: Ali



IN GRIEF



the span of eight records.

As *GulfWeekly* has previously reported, Ali started his illustrious journey as a musician in 1999 as a bassist in the band Dive, with his brother Taqi as well as cousins Basil and Hamad.

Ali has always considered grunge rock to

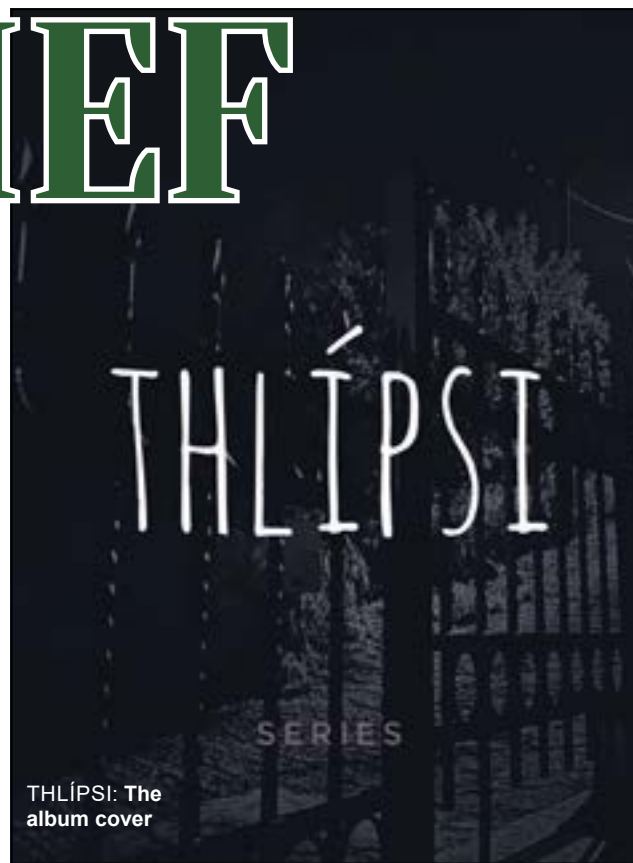
be a significant musical inspiration, musing on bands like *Alice in Chains*, *Soundgarden* and *Opeth*, to create his own unique sound.

Shortly after the release of his last album, the musician, who has been performing all over the kingdom for more than two decades, decided to take a break and focus on recording his next album *Kiss the Sky*.

He hopes to release the album next year.

Thlipsi will become available on *Spotify*, *Apple Music* and other major streaming platforms, on a monthly basis.

For details, follow @acemalik on Instagram.



THLÍPSI: The album cover



SPEAK YOUR MIND
Summer fun indoors
SEE PAGE 2



PAN ASIAN FEAST
Hilton's new spread
SEE PAGE 3



LEISURE SCENE
Dining and drinks
SEE PAGES 4-5



PULSE OF POP
Movies, music and more
SEE PAGE 6



GULFWEEKLY'S COLUMNIST PREETY PRAVEEN EXPLORES THE TOPIC 'THE CHALLENGES PARENTS FACE WITH CHILDREN FORCED TO STAY INDOORS DURING THE SUMMER'.

Beat the heat!

AS the scorching sun continues to engulf the country, parents are increasingly finding themselves in turmoil, perusing multiple websites and platforms to find ways to keep their children entertained indoors.

The soaring temperatures and harsh humidity have undoubtedly made outdoor play impossible by not only taking away the energy and enthusiasm to play, but also posing significant health risks.

Having understood that indoor play has become more about watching videos and playing online games, fun and creative educational activities have become a challenge for parents to keep their children engaged productively.

Summer time becomes more challenging if both the parents are employed.

Playfulness is the most important quality of truly impactful education. Asking a child to sit and study during the summer break needs tact, and becomes unfair as well. Still, to keep the playful mind in control and eyes away from the screen, elders should involve them in things which will keep them occupied.

Along with other fun activities, one of the best ways to engage children in a productive way is to make a timetable of their daily activities with rewards. Activities can include waking up on time, taking bath, cleaning their room, praying, finishing their food, learning new skills, revising their syllabus, playing with their friends, sleeping at the right time and much more. Each activity can have a point and at the end of the day, the child should get an award as per the rules suggested.

This would help to let the child take control of his actions, time and knowledge. The sense of responsibility definitely polishes their character positively.

For my kids, I used to make a chart in the beginning of their vacation. Each activity was assigned for 100 fils. At the end of their vacation, they used to get a big amount, which would get divided in two halves. One half of their earned money would go into bank accounts and they were free to spend the other half as they wished.

In the process, they learned many things, like discipline in their lifestyle, how to take responsibility, new skills, importance of every penny; how to save and how to spend wisely.

Whatever time we get, we elders should help our



children understand the importance of everything they have and everything they aspire to have.

And vacation time is the best time to be with them to

learn and teach things we fail to do normally.

If we leave them on their own, they'll be like a boat lost in the big ocean, with no control and direction.

We should give them our time, attention and concern at the right time and in the right way, and in return we'll get their respect, love and understanding.

And that's why it is said, 'The greatest gift you can give your children is your time'.

(Preety Praveen is a psychologist and author.)

GulfWeekly's readers share their views on the topic.

With the scorching heat, school vacations forcing the kids to stay home and what not the summer brings along with it, the flag bearers of all these challenges are the parents. They try their best to keep kids engaged but everything has its pros and cons. The worst challenge is screen time as the world is digital now – how long can you keep the kids away from gadgets? If you are a working parent then, you lose half the battle there. I feel the need to have centres where children are involved in recreational and creative activities of their interest and spend their vacation having fun and developing their personalities.

- Bhavna Vedak

AS a teacher and working parent, I face significant challenges during the summer when my child must stay indoors. Reducing screen time is a constant battle, especially when it's a convenient distraction. Balancing work responsibilities and providing engaging activities for my child is

Parental responsibilities

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

Speak your mind!



incredibly difficult. There are limited opportunities for fun and constructive activities that can be done indoors, making it hard to keep my child both entertained and educationally stimulated.

Affordable indoor play areas, indoor water parks, and fun activity zones can help. Additionally, virtual workshops, interactive online classes, and craft kits can keep children engaged. Collaborations with schools and community centres to offer structured programmes and physical activity

challenges are essential.

- Fatima Abrar

ONE of the biggest challenges parents face during summertime is how to make their children ditch the digital while they're forced to stay indoors due to the scorching summer heat.

This is not easy since children nowadays are addicted to modern technology, particularly mobile phones. Let's teach our kids to reduce the screen time and ignite imaginations with indoor adventures – read books, learn how to cook,

paint, sing, dance, play the piano, watch a movie, and rediscover the magic of summer – all from the cool comfort of our home. Nothing beats quality time with the family!

- Nanju Francis

EXTREME heat is our planet's norm for now and perhaps for years to come. So, as parents, it is crucial to keep children indoors.

Some of the biggest challenges that I think every parent faces or feels are: keeping them safe and, at the same time, engaged in

physical activity, and limiting their screen time. For this, adults need to set good examples.

When children are at home, parents should not scroll their social media. If both parents are working, they will need to chalk an effective plan.

- Parul Sharma

IT is no exaggeration to say that gadgets have now become an inevitable part of our lives because there are a variety of attractive ones in the market which take away children's interest from indoor activities like reading, drawing, writing or even family leisure. This leads to gadget addiction that has a negative impact on their health and well-being.

It's exceptionally difficult and challenging for working parents. Obesity, disordered routine, restlessness and extreme boredom are common.

Constructive play is a vital aspect for child's growth, development and creativity, and offers a platform for learning to navigate the challenges and opportunities of the times.

- Veena Bodani

Let's wok and roll!



ORIENTAL:
Decor at the
made-to-order
Dynamite
Hammour station



REFRESHING: Salads galore



VARIETY: Spoiled for choice at the sushi counter

GOURMET REPORT
By MELISSA NAZARETH
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If anyone knows how to do themed nights right, it's Hilton Bahrain. The hotel launched Pan Asian Night this month, which offers guests a delightful experience with a wide-ranging buffet of specialties from the continent.

My dining companions and I headed to Origin Kitchen & Culture, located on the sixth floor, a spacious venue displaying decorative symbols reminiscent of Asian culture like dragon cutouts, Oriental lanterns and Japanese sensu (fan), which instantly put us into the mood for a Pan Asian feast.

We decided to take a quick tour of the buffet and were thoroughly impressed by it. I learned how diverse Pan Asian cuisine can be. There were dishes with influences from China, Japan,

Vietnam, Thailand, Indonesia, Mongolia, India, and beyond. We were told that the buffet would change every week to offer even more variety.

We decided to commence our gastronomic adventure with a bowl of piping hot soup. I chose the Hot and Sour Chicken, cooked in a light, aromatic broth with a subtle kick that I particularly enjoyed. Next in line of digestive fire was what I'd call 'small bites' – an appetising assortment of creations like prawns tempura, and chicken yakitori; yakitori is Japanese for 'grilled chicken'. Glazed in a teriyaki sauce, these tender protein skewers were a hit on our table. Other items included the refreshing Vietnamese summer rolls, mini salmon poke bowls, different types of sushi and dim sum, and a spicy tuna item with wakame (seaweed), drizzled in a citrusy ponzu sauce.

The seafood, fresh and varied, is worthy of a special



FLAVOUR: The noodle station offering a great choice of toppings

mention. Even the salad section spoiled us for choice, featuring Indonesian gado-gado, Thai som tam and more.

Offering tough competition to the treasures of the sea were the terrestrial treats, the show stealer being the iconic Chinese Peking duck. The bird, tender and succulent,

was cooked to perfection and the plum sauce, though potent, didn't overpower the hero. I was impressed with the culinary team's skill in using local ingredients while preserving the authenticity of the flavours, especially on the Dynamite Hammour. A classic preparation with the

flaky fish batter fried until crisp on the edges and doused in a sweet and sour sauce with bell peppers for a contrasting crunch.

Having whet our appetites, we were ready for mains but decided to take a short break and enjoy the live band. The dim-lit ambience added to the vibe. Our friendly servers came to check on us from time to time, a testament to the impeccable service at Hilton Bahrain. The drinks kept flowing and we wished the night would never end.

I made a dash to the noodle counter and enjoyed assembling my own plate with the many ingredients on display. We could choose from different types of noodles and vegetarian and non-vegetarian toppings like sprouts, mushrooms, sugar snap peas, cabbage, broccoli, chicken, beef, seafood... the delicate balance of sweet,

sour, and umami made this one a winner.

Pan Asian Night offers an impressive selection of vegetarian and vegan options – vegetable Thai green curry to Indian paneer (cottage cheese), edamame hummus (what a fun twist!) and more. Despite being an obligate carnivore, I thoroughly enjoyed the Thai curry and highly recommend it. At the same time, there were meaty marvels to explore like Kung Pao Chicken and Sweet and Sour Fish.

The dessert station was a well-balanced mix of authentic Asian sweets, ice creams, and popular Arabic favourites for those seeking the comfort of something familiar. The culinary team skillfully spun around traditional ingredients like sago, coconut milk and sesame to create modern dishes. My dining companion was all praises for the Thai mango sticky rice, silken and creamy with tangy fruity bits to cut through the richness. I particularly enjoyed one with chewy sago pearls drowned in a luscious coconut milk custard and another cheesecake-like creation topped with a toasted sesame tuile.

I will not hesitate to return to Pan Asian Night, which runs every Wednesday, from 7pm to 10pm and is priced at BD22 with unlimited soft drinks and BD28 with unlimited beverages.

For more information or reservations, visit www.hiltonbahrain.com or call 33692013.



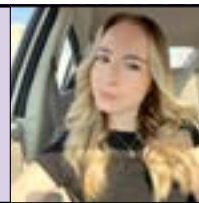
DECADENT: Desserts that beckon



VIBES: The live band on Pan Asian Night

Leisure Scene

What's on guide by
Julia Cassano



FINE DINING AT RITZ

KICKSTART your weekend with the Ritz-Carlton Bahrain's one-of-a-kind dining experiences.

Delight your tastebuds with the hotel's Gourmet Lounge assortment of handcrafted macarons, made to perfection ... with premium ingredients. Flavours include vanilla, raspberry, blueberry, chocolate, pistachio, and more. Available everyday from 10am to 10pm, it

costs BD20 per box or BD3 per piece.

Meanwhile, guests can enjoy an array of delicious tacos at Cantina Kahlo's Taco Tuesday. From savoury meat to tender chicken and zesty shrimp, the selection promises something for everyone. It costs BD25 per person, including two glasses of a select beverage. Relish the feast on Tuesday, 6pm to 10pm.

Don't miss out on the Paris 2024 Olympics

which will be shown live at La Plage. Guests can indulge in great food, drinks and an unbeatable atmosphere.

For more information or bookings, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.



DELICIOUS:
Mexican-inspired
tacos at Cantina
Kahlo

COLOURFUL:
An array of
macarons



SWEET:
Treats at
RGC



SLICE OF HEAVEN

GATHER your family and friends for a one-of-a-kind culinary experience at the Royal Golf Club (RGC).

Links Steak Night offers the highest quality steaks, all cooked to perfection. Dig into the delightful feast 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 the ultimate summer experience, choose RGC's epic Summer Camp which has everything from sports to dance and kindergarten

activities. Even more, PGA (Professional Golfers' Association) athletes 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.

To register, call 33001261 or 17750777.

Special discounts are available for RGC members as well as Riffa Views residents.

For more information or bookings, contact 39007546.

GET ready to party at Hilton Bahrain this weekend.

Origin Kitchen & Culture has lined up a range of events for food enthusiasts.

Explore the Aloha Brunch featuring island-inspired delights from 12.30pm to 5pm. It costs BD39net with unlimited beverages and BD28net with unlimited soft beverages.

Get your chopsticks ready for Pan Asian Night, every Wednesday from 7pm to 10pm. The sumptuous feast costs BD22net with unlimited soft beverages and BD28net with unlimited selected beverages.

Guests can also head down to Origin Kitchen & Culture's Seafood Night. The freshest catch and live cooking stations will make for an unforgettable experience tonight, from 7pm to 10pm. It's priced at BD32net with unlimited selected beverages and BD25net with unlimited soft beverages.

The restaurant also offers guests a breakfast buffet from Sunday to Friday, 6.30am to 10.30am, priced at BD13net per person.

A Lazy Breakfast is also available on Saturday. It features a special spread of continental, Asian and Arabic favourites and costs BD13net, from 6.30am to 11.30am.

Meanwhile, the hotel invites

ISLAND-INSPIRED TREATS AT HILTON



VARIETY: On offer at Pan Asian Night



FRESH: Seafood Night

guests to start their weekend off 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.

On Fridays, visitors can also enjoy non-stop fun as a DJ keeps the party going at the

property's lounge from 5pm to 7pm.

Tomorrow, guests can move to the groove at Block 44's Salsa Nights, 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.

MOVIE TIME

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

DEADPOOL AND WOLVERINE (15+)

Wolverine is recovering from his injuries when he crosses paths with the loudmouth Deadpool. They team up to defeat a common enemy.

Actors: Ryan Reynolds, Hugh Jackman, Emma Corrin
Timings: 10.30am, 12.30pm, 1.15pm, 3.15pm, 4pm, 6pm, 6.45pm, 8.45pm, 9.30pm, 11.30pm, 12.15am

BLIND WATERS (15+)

A deadly shark turns a couple's dream vacation into a nightmare when they are stranded at sea and forced to fight for their lives.

Actors: Meghan Carrasquillo, Noam Sigler, Francisco Angellini
Timings: 5.15pm, 9.45pm, 12am

LONGLEGS (18+)

In pursuit of a serial killer, an FBI agent uncovers a series of occult clues that she must solve to end his terrifying killing spree.

Actors: Maika Monroe, Nicolas Cage, Blair Underwood
Timings: 1.45pm, 6.30pm, 11.15pm

THE SECRET OF HOO HOO ISLAND (G)

A group of friends go on an adventure in search of the secret Hoo Hoo Island. In order to enter the island, they must first find the fragrant stone, mysterious crystal and the time travelling flower.

Actors: James Michaelson, Kris Nathans, Ruby Rowena
Timings: 10.30am, 12.15pm, 2pm, 3.45pm

RETURN (PG)

After twists and turns, the young oryx Hardy returns to his home to protect his family and the peace of the desert.

Actors: Katie Leigh, Rick Zieff Ratana
Timings: 11.15am, 1.15pm, 3.15pm

DESPICABLE ME 4 (PG)

Gru, the world's favourite supervillain-turned-anti-villain league agent returns for an exciting, bold area of 'Minions' mayhem.

Actors: Steve Carrell, Kristen Wiig, Will Ferrell
Timings: 12pm, 2pm, 4pm, 6pm

BAD BOYS (15+)

This summer, the world's favourite Bad Boys are back with their iconic mix of edge-of-your-seat action and outrageous comedy but this time with a twist: Miami's finest are now on the run.

Actors: Will Smith, Martin Lawrence, Vanessa Hudgens
Timings: 8pm, 10.30pm

Weekly Entertainment

IN THE LAP OF LUXURY



COOL: Relish icecream at Bay View Lounge

JOIN the Four Seasons Hotel Bahrain Bay for a weekend filled with exciting events and delicious food.

Soak up the sun at the hotel's white-sand beach, and enjoy endless entertainment including a waterpark and vibrant beach club. The hotel is also offering Bahrain residents an exclusive 20 per cent discount on room rates as well as savings on dining.

To cool down on a hot summer day, head down to Bay View Lounge, which offers visitors an array of refreshing gourmet delicacies and Italian gelato.

It's available everyday from 11am to 11.30pm at BD7.500 per plate.

Guests can also treat themselves to Bay View Lounge's Around the World Tea everyday from noon to 9pm. Executive pastry chef Imad Boukli and his team have specially crafted a delectable assortment of sandwiches, samosas, tacos and more.

It costs BD18 per person, inclusive of a cup of Brazilian coffee or Asian Tea, or BD22 inclusive of sparkling jasmine tea.

CUT by Wolfgang Puck is also offering exclusive tastes at its Bubbly Brunch tomorrow from 12.30pm to 4pm, priced a la carte.

Head down to re/Asian Cuisine and relish grilled prawns, veal, braised beef short rib pho and more, all while enjoying a spectacular view of Manama.

Priced a la carte, it's available on Tuesday, Saturday and Sunday, from 7pm to 11pm, and



SPLASH: A child enjoying the hotel's waterpark

Wednesday, Thursday and Friday from 7pm to 11.30pm.

Unwind with the hotel's one-of-a-kind Sensory Journey Candle Massage. It combines the warm essence of soya melted wax, essential oils and gentle massage techniques that

are designed to help you feel relaxed and rejuvenated.

The services are offered everyday from 10am to 10pm and costs BD80 from Sunday to Wednesday and BD85 from Thursday to Saturday.

Revive your soul with the hotel's yoga sessions. Take part in New Moon Yoga on August 4 and Full Moon Yoga on August 19.

For more information or bookings, contact 17115500 or 171145044.



ART REPORT

By MELISSA NAZARETH
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CREATIVE talent Neha Jagadheesh is celebrating a winning streak of more than 200 awards since she began her 'remarkable' journey participating in competitions at the tender age of four, her latest being the Bahrain Pratibha drawing award, which she received from MP Dr Maryam Al Dhaen.

The Indian expatriate, who attends The Indian School Bahrain, has already bagged eight awards this year across activities like art, clay modelling, vegetable carving, and poetry.

Neha started her journey with drawing and painting but over the years, expanded her interests and creative pursuits to include poetry recitation and writing, storytelling, essay and short story writing. Even within the art realm, she has showcased versatility, excelling in cartoon drawing, poster design and sketching, among others, winning honours for the styles.

"I am grateful to my parents who are my pillars of support, and all my well-wishers who have encouraged me at every step and I hope to continue making them proud," the 13-year-old told *GulfWeekly*.

Last month, the powerhouse of talent clinched the Bahrain Pratibha drawing award, a popular competition now in its fourth season, which was preceded by her bagging Bahrain Keraleeya Samajam's (BKS) Balakalolsavam award for young talents in May.

Her 200-plus collection

This girl is on fire



TALENTED: The prodigy with her artwork

of prizes and recognitions includes honours from local associations like BKS, Kerala Catholic Association, Palakkad Arts and Cultural Theatre (PAACT), and Kerala Social and Cultural Association.

Neha also bagged the titles of 'Kalaratna' and Group 4 'Champion' from BKS and has been a regular participant in the prestigious annual Spectra Drawing competition organised by the Indian Community Relief Fund.

"Neha has always exhibited potential and we're so proud of her efforts and achievements," dad Jagadheesh Kumar Vasu, who works at Al Hilal Direct Services, said.

"We have always supported Neha and encouraged her creative talents," mum Jayasree, who is a homemaker, added.

A person of varied interests, Neha also enjoys acting, dancing, making vlogs and doing voiceovers.

"My sister plays the keyboard and follows musical trends, particularly K-pop sensation like BTS. She is also an avid reader and fan of the *Harry Potter* and *Percy Jackson* book series, as well as contemporary Indian author Savi Sharma," sister Sneha, who also attended The Indian School Bahrain, and is currently pursuing her Chartered Accountant certification in India, added.

Speaking about her goals for the year, the young talent, fondly referred to as Paru (short for Parvathi) by her maternal grandfather, said: "I am looking forward to the upcoming competitions, including poetry recitations in English, Hindi and Malayalam, and hope to win."



FAMILY: Neha with her proud parents and sister Sneha



KUDOS: Neha receives the certificate from Dr Maryam

Pulse of Pop

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

SCIENTIST:
Sandy slays
on screen



ANIMATED series *SpongeBob SquarePants'* first spinoff film, *Saving Bikini Bottom: The Sandy Cheeks Movie*, releases on Netflix tomorrow.

Directed by Liza Johnson, the film stars the show's regular voice cast, which includes Carolyn Lawrence and Tom Kenny as Sandy and SpongeBob, as well as a set of all-new characters.

The 3D animated movie with live-action segments focuses on the squirrel scientist's journey as she ventures with SpongeBob to Texas, her home state, to save Bikini Bottom from being scooped off the ocean by an evil CEO.

"*Saving Bikini Bottom* is primarily about the squirrel scientist, Sandy Cheeks, and a journey that she takes when her community under the water has been taken away by a terrifying villain. She is standing on the edge of that community with SpongeBob, her friend, when all of her friends get taken away, and she goes on a journey to find them and bring them back to where they belong," director Liza said.

Fans are expecting two more character-driven spin-offs of the beloved franchise, as *Nickelodeon* chief executive Brian Robbins revealed in 2022 that three films were in the works.

The American television series by the late marine science educator and animator Stephen Hillenburg officially premiered for the first time on *Nickelodeon* in 1999.

The show focuses on the title character's adventures alongside his friends in the underwater city of Bikini

UNDERWATER ADVENTURES

Bottom. The ongoing cartoon received worldwide critical acclaim and is one of the longest-running American animated series, currently consisting of 14 seasons.

The first film based on the television series titled *The SpongeBob SquarePants*

Movie released in 2004, and earned critical acclaim and grossed \$141 million worldwide, becoming the highest-grossing animated movie of that year.

The adventure comedy was followed by two theatrical releases, *The SpongeBob*

Movie: *Sponge Out of Water* (2015) and *The SpongeBob Movie: Sponge on the Run* (2020).

A fourth creation titled *The SpongeBob Movie: Search for SquarePants* is set for release in December next year.

MASKED MELODIES

SOUTH African country singer Orville Peck is set to drop his third studio album *Stampede* tomorrow.

The album title, which refers to a situation in which a group of large animals start running in the same direction, continues Orville's trend of equine-titled creations.

The animal behaviour of stampeding was first noticed by cattle ranchers and cowboys in the American Wild West.

The 15-track project consists of vocal duets between Orville and various artists from different genres, including Elton John, Kylie Minogue and Noah Cyrus.

"It's definitely the most adventurous I've ever been in terms of genre. It's some of the most country songs

I've ever done on this album and some of the least country songs I've ever done on this album," Orville said in an interview about the making of *Stampede*.

Born Daniel Pitout, the US and Canada-based artist is known for wearing signature fringe masks that only expose his eyes.

The masked musician is embarking on a new look for the upcoming album that

shows more of his facial features.

"I've actually changed my mask for every album, revealed a little bit more each time, and I just wanted to do something that was going to push me a little bit further to feel a bit more vulnerable and a bit more exposed and reveal a little bit more of the man under the mask. I also like when things evolve. As a fan of other people's art and music, I like change. I think change is inevitable," he added.



WILD WEST:
Orville

HOOP SHOOTERS

SWISH! Graphic novel *We Are Big Time* by Hena Khan is set to hit the shelves on August 6.

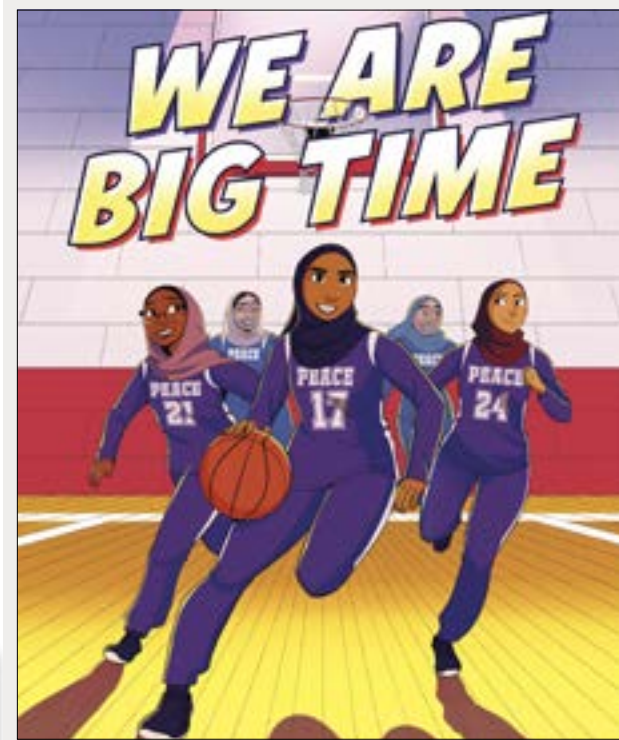
Based on a true story, the plot follows Aliya joining an all-hijabi basketball programme at her new school in Wisconsin. In order for her team to win, she must prove that she has what it takes to lead as co-captain.

'Swish' is a term used to refer to a shot that goes through the basket without touching the rim or backboard.

The book is expected to showcase the everyday struggles of Aliya and her

teammates as they deal with micro aggressions and misinformation about Muslim culture, as well as the pressure of press scrutiny.

Pakistani-American writer Hena is known as the author of *Amina's Voice*, which was selected as best book of 2017 by several media outlets including *NPR* and *The Washington Post*. The award-winning creative took inspiration for her upcoming novel from the Salam School basketball team, which made headlines in 2018 for being an all-Muslim high school girls basketball team from Milwaukee.



THE MYSTERY UNRAVELS

BBRITISH television series *A Good Girl's Guide to Murder* is out on Netflix today.

Based on the Holly Jackson novel of the same name, the show, directed by Dolly Wells, tells the story of 17-year-old Pip Fitz-Amobi as she investigates a five-year-old murder case of a local school girl and suicide of the perpetrator Salil 'Sal' Singh. She is motivated by her belief that Sal was falsely accused and the true perpetrator is still at large.

"It's a proper whodunit, with a brilliant mystery at its heart but it's also a mixture of genres. There's lightness and comedy, but as the series progresses, it cranks up to an exciting thriller, there are even



DETECTIVE: Emma Myers plays Pip in the film

flashes of horror. It's got a bit of everything," screenwriter and executive producer Poppy Cogan said in an interview.

The 2019 young adult mystery crime novel was named one of the best books of 2020 by Barnes and Noble, and received several accolades including the British Book Awards for children's fiction book in the same year.

Red Bull no longer ‘bullish’

MAX Verstappen has conceded Red Bull's days of dominance are 'behind' them as he was unable to challenge for Belgian Grand Prix victory after starting P11 due to his grid penalty.

Instead, the Red Bull man came home fifth but crucially finished ahead of championship rival Lando Norris – with both of them inheriting a further place post-race following George

Russell's disqualification. That meant Verstappen's championship lead actually increased, with the Dutchman now 80 points ahead of Norris as F1 enters its traditional mid-season break.

But while Verstappen was pleased with some parts of his day, he sounded slightly more melancholic as he rued days gone by, when recovering from lowly grid slots was an easier prospect.

"The race itself was not too



ACTION: Red Bull at the Belgian Grand Prix



LEADING: Verstappen

bad, it was just very difficult to pass," Verstappen said.

"The first stint, I stayed out of trouble the first few laps, got into that DRS train and basically just stayed there. Then we tried to do a nice undercut which I think worked quite well, but the cars are all very similar in pace and then it's just very difficult to move up.

"So, I think from P11 we did a good job.

"I think looking at the championship it was a positive day for me. Of course you want more, but with our pace in the last few races, it's not realistic to think we can go P11 all

the way to the front again. Those days are behind, unfortunately.

"But we have plenty of things to analyse over the break and see if we can improve the car starting already in Zandvoort."

Verstappen heads to his home race next time out without a win since Spain, and with a car that is no longer the class of the field. On paper the McLaren is every bit as quick if not quicker, and Mercedes seem to have a car which is in the mix on race pace – and that comes after Ferrari's strong start to the season.

With Carlos Sainz, Charles

Leclerc, Norris, Oscar Piastri, Lewis Hamilton and Russell all picking up wins this season, Verstappen is well aware that he is fortunate that points are being shared amongst his rivals – something that is very much aiding his bid for a fourth straight world title. "Luckily it's changing a little bit, so it's not one particular team that is taking points away but, we know

we have a bit of work to do, we want to do better and we'll see what we can do," were the final words from the Dutchman, before he headed off for a well-deserved holiday.

The summer break means Verstappen has a chance to regroup before heading to Zandvoort with the pressure very much on Red Bull to bounce back from their winless run.

I misjudged the kerb, says Norris

LANDO Norris could not hide his disappointment after a challenging Belgian Grand Prix that saw the McLaren driver finish two places lower than he started, having dropped from P4 to P6 – which became fifth due to winner George Russell getting disqualified.

Norris was compromised on the opening lap of the race when he ran wide exiting the La Source hairpin and dipped a couple of wheels in the gravel, dropping him to seventh position.

"I just tried to avoid any contact with the people on the inside and I misjudged the kerb. Then I bottomed out on the kerb and I went off, so I felt a bit stupid honestly, almost embarrassing," Norris said, according to a report in the official *Formula One* website.

"But the pace was very good, the



DESPONDENT: Norris

car performed well. I felt pretty good out there, was in good shape, it's just overtaking was impossible."

On getting stuck behind Verstappen, he said: "I couldn't even get close, I was close... Just you lose like one second in the middle sector following and you can't do anything after that.

"A bit frustrating that I couldn't make more progress, as I felt the pace was

good in the car, but just not the pace to go forward."

Asked if the pace Mercedes displayed had surprised him, with Russell provisionally winning on a one-stop strategy and Lewis Hamilton backing his team mate up on a two-stop, Norris added: "No, not really. They had track position and track position was king today, so no.

"I feel like everyone doubts them, doubts what Mercedes can do, (but) they've been almost just as quick as us for the last month, just everyone underestimates what they can do.

"On a day like today, they just do what they are very capable of doing which is a good job, so fair play to them."

Heading into F1's summer break, Norris sits 78 points behind Verstappen in the drivers' standings, while McLaren are 42 points down on Red Bull in the constructors'.

BRAIN-BUSTERS

Quizmaster and *Radio Bahrain* host Shannon Crockett, who has been entertaining people across the island with his brain-teasing quiz night sessions, has offered to put *GulfWeekly* readers' general knowledge to the test. Join in the fun every Thursday with Shannon's seven brain-busters.

1. Which country has competed in the most Summer Olympic games without winning a medal?
2. What is the hole called at the other end of a black hole?
3. Which country was the last to occupy a United States territory with its soldiers?
4. Name the condition where a baby's lip is not fully formed?
5. In which comedy film of 1994 is the hero hired to recover the Miami Dolphins' mascot?
6. Where is the world's tallest flagpole located?



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

7. Which British band was banned from playing in the United States between 1965-69?

- ANSWERS**
1. Monaco
 2. White Hole
 3. Japan
 4. Cleft Lip
 5. Ace Ventura: Pet Detective
 6. Saudi Arabia
 7. The Kinks

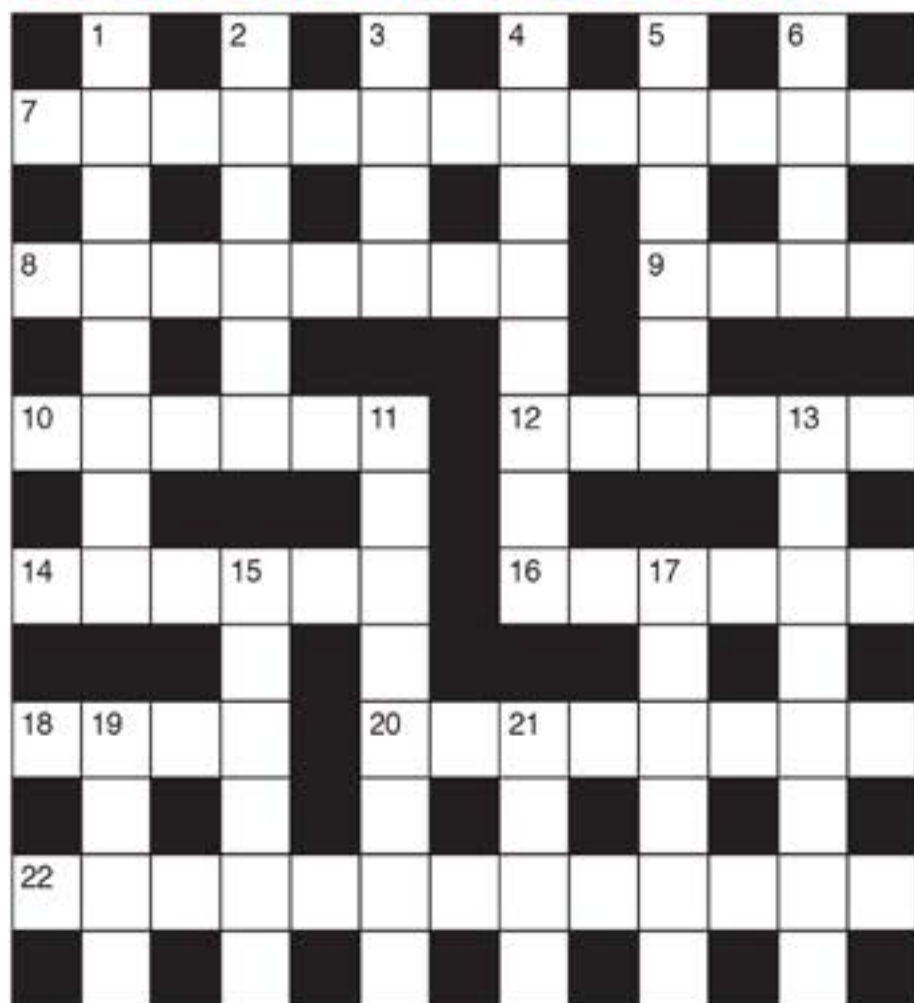
Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 7. Resolve (13)
- 8. Interval (8)
- 9. Skilful (4)
- 10. Obvious (6)
- 12. Venly (6)
- 14. Disfigure (6)
- 16. Tell (6)
- 18. Stylish (4)
- 20. Touts (8)
- 22. Vertical (13)

DOWN

- 1. Dainty (8)
- 2. Spirit (6)
- 3. Portent (4)
- 4. Subordinate (8)
- 5. Filament (6)
- 6. Idiot (4)
- 11. Alluring (8)
- 13. Outer (8)
- 15. Fill (6)
- 17. Acidity indicator (6)
- 19. Attention (4)
- 21. Strait-laced (4)

who, what, where, when

WHO ... wrote the 1937 Broadway play *Golden Boy*?

WHAT ... sea does the European river Vardar flow into?

WHERE ... in Asia is the city of Oita?

WHO ... co-wrote and co-directed the film *Chelsea Girls*?

WHAT ... was England's first innings score against Sri Lanka in the 1st Test at Lord's in 2006?

WHERE ... were the 1980 Summer Olympic Games held?

WHEN ... did the singers Jim Morrison and Louis Armstrong die?

just so

bit
shy x 2

B I T

STONE

canary & b
eagle & b
sparrow & b

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Calm; 8 Indulgence; 9 Sidelong; 10 Down; 12 Hidden; 14 Treble; 15 Damsel; 17 Dispel; 18 Zero; 19 Quadrant; 21 Uneasiness; 22 Toss.

Down: 2 Assimilate; 3 Mine; 4 Adjoin; 5 Slight; 6 Needless; 7 Mean; 11 Wilderness; 13 Disloyal; 16 Liquid; 17 Diadem; 18 Zeus; 20 Rest.

JUST SO: Head over heels in love, To have and have not, In round numbers, To cut a long story short.

WHO, WHAT, WHERE, WHEN:

Ken Morley; George; Nigeria; 1931; Frederick Sanger; Wild Carrot; Utah; 1965.

Darn Tough Sudoku

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