



ECO-WARRIOR: Pallavi with her creation Surya



BACK TO ROOTS: The artwork Kalpavriksha, which nods to the kingdom's Tree of Life.



AUTISM AWARENESS  
Experts speak  
SEE PAGE 2



AGAINST THE ODDS  
Young talents  
SEE PAGE 3

# One with nature

**ART REPORT**  
By MELISSA NAZARETH  
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**B**AHRAIN-BASED artist Pallavi Jain has unveiled her debut solo exhibition entitled *Prithvi – Earth Breathing Through Art*, featuring creations inspired by natural elements, including iconic local symbols.

*Prithvi* – meaning ‘earth’ – will highlight 18 mixed media artworks, reflecting the Indian expatriate’s connection with nature and humanity.

The ‘eco-warrior’ has channelled her passion for the environment with textured paintings on canvas using materials like paper, fabric, sand and acrylics.

Some of the artworks include *Kalpavriksha*, which reflects Mithila folk art and nods to the kingdom’s Tree of Life, symbolising abundance and interconnectedness through bold lines and intricate patterns.

*Lulu* captures the subtle iridescence of the ‘pearl’, and *Surya*, the sun’s radiant energy through vibrant hues and dynamic brushstrokes.

The exhibition was officially inaugurated by

Al Hilal Group managing director Ronnie Middleton, A M Yateem Brothers director Shirley Yateem and Shura Council member Redha Faraj.

Guest of honour and Indian Ambassador Vinod Jacob and Bahrain Down Syndrome Society executive manager Ahmed Al Ali were also in attendance, alongside other notable dignitaries, art enthusiasts and members of the community.

Part of the proceeds from art sales will be donated to Bahrain Down Syndrome

Society to raise awareness for the cause and foster inclusivity.

Down syndrome is a genetic disorder in which a person has an extra copy of chromosome 21.

The exhibition follows World Down Syndrome Day, annually celebrated on March 21. This year’s theme was ‘Improve our support systems’, drawing focus on advocating for governmental improvements in support systems to facilitate full community inclusion.

“I have always had a deep

affinity towards nature and environmental causes and this exhibition is a wonderful way to express it,” the 51-year-old, who has been living in Bahrain for the last 10 years, told *GulfWeekly*.

“I believe that the inclusion of children with special needs in the mainstream is vital and *Prithvi* seeks to raise awareness about the urgent need to protect our environment for our children,” she explained.

The creative talent and wordsmith from Saar hopes to stage more exhibitions

in the future, supporting other causes. Last year, her poem was featured in *The Mountain Was Abuzz*, an anthology compiling diverse interpretations of the Asian mountain range, Himalayas, which consists of Mount Everest – the highest peak in the world.

*Prithvi – Earth Breathing Through Art* will run until May 15 at Harbour Gate in Manama and is open for viewing from 10am to 10pm.

For more details, follow @bhoomi\_our\_land on Instagram.



LAUNCH: Front row, Pallavi, third from left, Ronnie, seventh from left, Shirley, sixth from left, and Redha, fifth from left, with guests at the opening of the exhibition



LEISURE SCENE  
Food and frolic  
SEE PAGES 4-5



PULSE OF POP  
Music, TV & more  
SEE PAGE 6



# Caregivers can seek help too

**D**R Mariam Alammadi, a licensed psychologist who has been working in mental health for the last 14 years and founder of award-winning The Child and Family Foundation Centre, shares her insights on how being a caregiver for autistic individuals affects mental health.

**1. What are some of the most common mental health challenges caregivers of autistic individuals experience, particularly in the early stages after a diagnosis?**

Right after a diagnosis, many caregivers feel overwhelmed. It's common to feel sadness, fear, guilt, or confusion.

Some might blame themselves or believe things that aren't true - for example, the false idea that vaccines may cause autism or I have had patients tell me their child is regressing due to a fall or bumping their head.

Caregivers may also feel stressed trying to understand what autism means for their child's future and how to get the right support.

It is important for them to understand high functioning autism and low functioning autism.

Caring for an autistic person can be a lifelong responsibility, and over time it can become emotionally and physically exhausting.

Caregivers often have to fight for services, explain their child's needs to others, deal with unwanted comments and manage daily challenges, all of which can lead to stress, anxiety, and sometimes depression.

**2. What support systems or coping strategies have you seen make a meaningful difference for isolated or overwhelmed caregivers?**

Support groups - whether in person or online - can help caregivers feel less alone. Talking to other parents going through similar experiences can be comforting. Access to therapy or counselling can



HELPING HAND: Dr Mariam

Autism spectrum disorder is a neurodevelopmental disorder characterised by repetitive, restricted, and inflexible patterns of behaviour, interests, and activities, as well as difficulties in social interaction and communication. This year's theme 'Advancing Neurodiversity and the UN Sustainable Development Goals' highlighted the intersection between neurodiversity and global sustainability efforts.

also be very helpful.

Some of my patients have WhatsApp groups with other parents and that has really helped them. On a practical level, getting help with daily tasks, even from extended family or friends, can reduce the pressure.

Making time for self-care, even in small ways, is very important.

I am a big believer in early intervention and getting a child help as soon as possible.

Applied Behavioural Therapy in my experience has been very effective.

When parents feel they have been proactive in getting their child help, they feel more at ease.

Caregivers also need to remember that their wellbeing affects their ability to care for their child.

Setting small, realistic goals for self-care - like short breaks, rest, or asking for help - can make a difference. Also, learning to say 'no' to unnecessary demands and focusing on what truly matters helps reduce burnout.

**3. What are some signs that a caregiver might be approaching burnout, and when should they consider seeking professional help?**

Signs of burnout include constant fatigue, irritability, feeling hopeless or disconnected, and trouble sleeping.

If a caregiver feels emotionally numb or begins to resent their role, it's a serious warning sign.

Seeking professional help, like counselling or therapy, can be very helpful and should be considered before things reach a breaking point.

**4. In your experience, how does the cultural context in Bahrain shape the caregiving experience for families of autistic individuals?**

In Bahrain, some families still feel pressure to keep the diagnosis private due to stigma or misunderstanding about autism.

There are still myths and shame around developmental differences, which can stop people from

asking for help.

Also, the misinformation about vaccines causing autism is still believed by some, which can add guilt or confusion to the caregiver's experience.

**5. What services or initiatives currently exist in Bahrain to support caregivers, and where do you see opportunities for improvement?**

There are some centres and organisations that provide support, such as therapy, early intervention programmes, and awareness events.

Reach Behavioural and Developmental Centre offers Applied Behavioural Analysis services for children with autism.

Alia Autism Centre/School and Rife USA also provide therapy services for children with autism.

The Child and Family Foundation Centre offers psychometric testing and milestone evaluations.

Omnia Centre provides treatment services.

The government initiative People of Determination provides care and support. Additionally, there is a monthly government allowance for children with autism, but eligibility is limited to Bahraini nationals or children of Bahraini mothers.

However, many families still struggle to find affordable and consistent services and there's a need for more public awareness, better-trained professionals, and more accessible mental health support specifically for caregivers.

**6. What advice would you give to new caregivers who may be feeling lost or emotionally overwhelmed?**

You are not alone, and it's okay to feel overwhelmed.

Reach out for help - whether from professionals, other parents, or support groups.

Don't be afraid to ask questions or seek out information. Be kind to yourself and take things one step at a time.



CARING: A representational image



**THE BOND BETWEEN A CAREGIVER AND AN AUTISTIC INDIVIDUAL CAN BE PROFOUND, WRITES GULFWEEKLY'S COLUMNIST PREETY PRAVEEN**

## The hero within

In life, we seek success, health, happiness, good relations... but with the condition that everything and everyone around us should be perfect in all aspects. Is it plausible or right to consider such a perfect life.

But a human who crosses this bridge of judgement will find immense contentment, gratification and cheerfulness in accepting everything with the utmost respect and humility.

And such gems often nurture to become caregivers for people around them, which can be incredibly rewarding but it also comes with unique emotional and psychological challenges.

One such scenario is when one decides to be a caregiver for someone with autism spectrum disorder. That someone can be a family member, colleague, friend, or even an unknown person, who needs a caring and understanding soul around.

This approach not only helps them but gives one a prospect of developing empathy, patience, emotional intelligence.

One learns to see the world differently, appreciating beauty in different ways of thinking and experiencing life.

The bond between a caregiver and an autistic individual can be profound. It's not always built through words but through trust, consistency and care.

Even small breakthroughs, a shared laugh, a new skill, a moment of calm can be incredibly rewarding for both. It helps one become more patient, empathetic and emotionally strong, eventually.

But this journey is not that simple and easy. There are many challenges both mental and physical, which might drain a caregiver's mind, soul and body. Tackling unpredictable behaviours, communication barriers, and overwhelming needs can break one's earnestness.

Biologically, it is proven that when we help someone, our body releases endorphins, brain chemicals that reduce pain and increase euphoria.

This creates a rush of elation followed by a period of calm and improves one's spiritual health.

In the words of retired US politician Bob Riley, "Hard times don't create heroes. It is during the hard times when 'hero' within us is revealed."

*(Preety is a psychologist and author)*



# Reaching for the stars!

THE World Health Organisation estimates the worldwide prevalence of autism spectrum disorder in children at 1pc, up from 0.62pc in 2012. As we culminate Autism Awareness Month, **Melissa Nazareth** speaks to some of Bahrain's young heroes who have braved the odds to pursue their dreams amidst the struggles connected with their autistic condition.



©CREATIVE: Ahsan's artwork bringing alive nature

## AHSAN ZULFIQAR

*Living with autism can be hard but my family always supports me to do my best every day*

AHSAN has explored different areas, including music, pottery and sport but, overtime, realised that art and computers are his forte.

"My mother and teachers noticed that I had a talent for copying artwork accurately. So they encouraged me to develop it further and consider it as a career," the 27-year-old, who lives with his parents in Aali, said.

"I paint landscapes, portraits, and even calligraphy. I take classes to improve my art techniques and have also completed some computer courses that helped me get opportunities



SUPPORT: Ahsan with his life coach at an art exhibition last year

to work in human resources at various organisations," the Pakistani national added.

The artist, who is part of Shahzaib's Club House, a local community of differently abled people, has sold paintings and wants to learn baking as part of his goals for this year. He records his journey @ahsanzulfiqar2016 on Instagram.



PROUD: Yousif with a copy of 100 Bahrain Stories by Tanzeel Jabbar-Khadir, where his journey is featured

## YOUSIF HAYAT

THE 31-year-old has lived with labels and judgement for most of his life. At school, he was 'naughty' and 'disobedient', but this didn't stop the creative talent, who was diagnosed with severe Attention Deficit Hyperactivity Disorder at the age of six and autism in 2010.

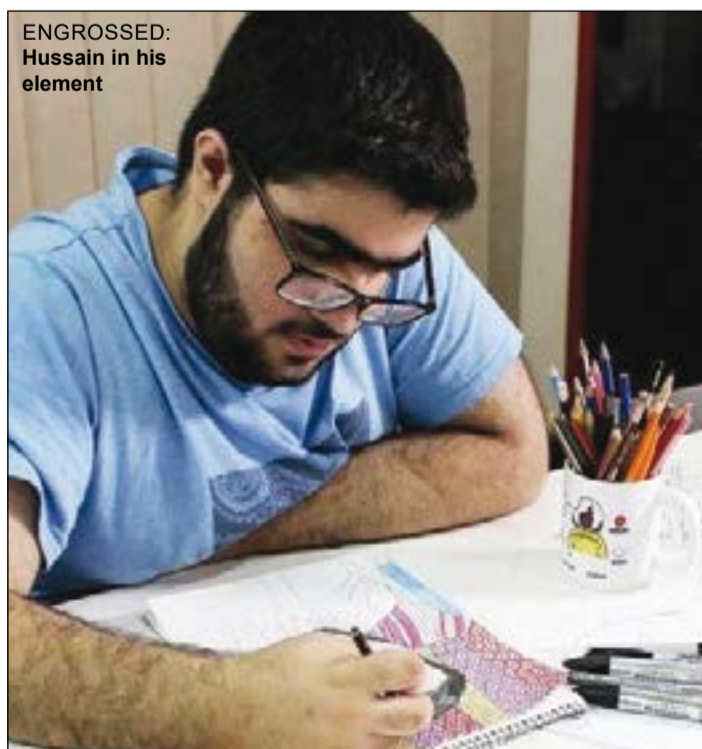
His parents never gave up on him and his father, a cameraman, who noticed his interest in cameras, enrolled him in a photography course. "Yousif has been a volunteer photographer

with Bahrain Mobility International Centre for the last seven years," mum Shahida said, adding that he has won several awards for his work.

*My ability is stronger than my disability*

The creative talent from Riffa is also a Kung Fu junior green belt holder, displaying interest and skill in diverse fields from social media to football.

He has completed a series of educational courses spanning English language and computers.



ENGROSSED: Hussain in his element

## HUSSAIN HAJI

THE Bahraini creative talent's journey began when he was just three years old.

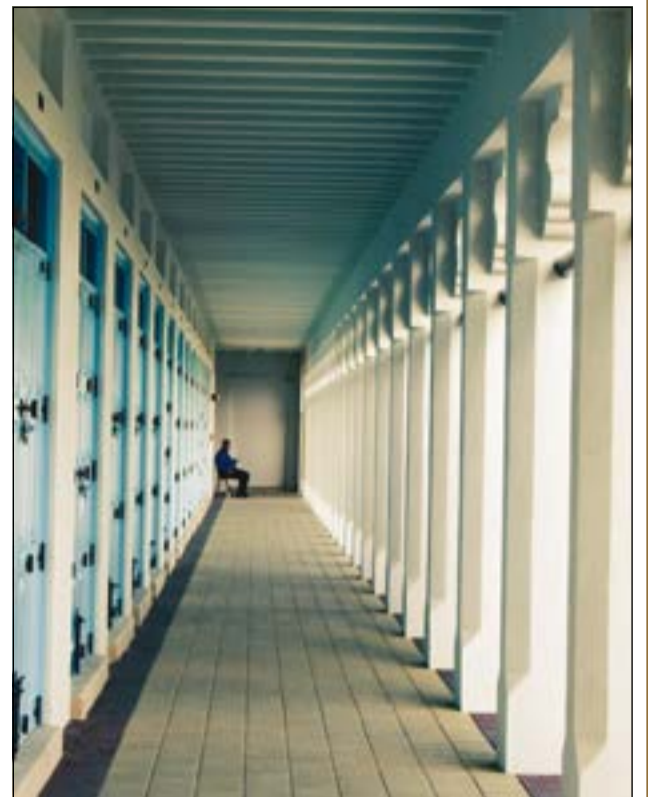
"I had communication difficulties and drawing was a way to express myself," the 24-year-old told *GulfWeekly*.

"I'm inspired by both the natural world and human emotion. My style is impressionistic with abstract touches, often in vibrant colours. I work mainly with painting mediums but have recently started exploring comics and animation," the artist, who has been attending Comic Con for the last

six years and will return to Bahrain International Circuit for the much-awaited event next month, revealed.

*Art is more than a passion – it's therapy and empowerment*

The Bahrain Polytechnic visual design student, who graduated specialising in web media last year and has exhibited his works at many local showcases, hopes to develop his comic and animation portfolio and publish his own graphic novel.



DISTANT: Abdulla's photograph reflecting his unique worldview

## ABDULLA ALRAYES

WHAT started as a hobby has, overtime, evolved into a fulfilling journey for the 33-year-old, giving him the tools to manage his autistic condition.

"Living with autism has its challenges—sensory overload, social situations and sudden changes can be tough but photography has helped me manage those struggles by providing focus, structure and a way to communicate," he said. The Bahraini shutterbug sets out at least thrice a week to go around capturing the world around him, then reviewing, and editing his photos.

"If I had to choose a muse, it would be the sky especially during sunset. There's something magical about the colours, the stillness and the emotion that comes through in those moments," he noted.

"I'd love to do my first solo exhibition and maybe even publish a photo book. Most of all, I want to inspire other young people on the spectrum to explore their creative side."

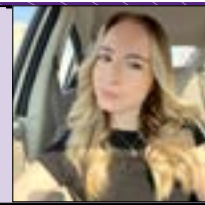


*My father gave me my first camera, and that simple gift opened up a whole new world for me*



# Leisure Scene

What's on guide by  
Julia Cassano



## FEAST OF COLOURS AND FLAVOURS AT RITZ

**D**ELIGHT in an array of enchanting dining events at the Ritz-Carlton Bahrain this weekend.

Experience vibrant Indian

dining with a traditional thali, offering a variety of tastes crafted to perfection.

From aromatic curries and tender tandoori specialities to fragrant rice, each platter is a feast of colours and

flavours. Pair your meal with a refreshing glass of lassi for the perfect touch.

It costs BD24 per person, inclusive of one glass of lassi, on Sundays, Tuesdays and Wednesdays, from noon

to 3pm and 7pm to 11pm, at Nirvana.

● Join Cantina Kahlo for a delicious Saturday Fiesta, a lively brunch experience bursting with bold Mexican flavours and authentic dishes. Immerse yourself in the festive atmosphere as an energetic mariachi band provides the perfect soundtrack to your culinary journey.

It costs BD25 per person, inclusive of soft beverages, and BD35 with selected beverages, on Saturday, from 1pm to 4pm.

● Embark on a spectacular culinary journey at Thai Lounge with Dim Sum Delights - a range of small Chinese dishes that are traditionally enjoyed in restaurants.

It is priced a la carte, everyday from 1pm to 10pm.

● Gather your friends and



TRADITIONAL: A thali to enjoy

dive into a taco extravaganza at your go-to Mexican restaurant - Cantina Kahlo.

With a variety of tacos and beverages, there is something to excite every palate. Choose from savoury meats, tender marinated chicken, zesty shrimp or vegetarian options.

The tasty dining affair costs BD25 per person, inclusive of two glasses of a special beverage, on Tuesday, from 6pm to 10pm.

For more information, contact 17586499 or email [rc.bahrz.restaurant.reservations@ritzcarlton.com](mailto:rc.bahrz.restaurant.reservations@ritzcarlton.com) to reserve.

DELICIOUS: Tacos at Cantina Kahlo



## DINE IN A STUNNING AMBIENCE

**T**HE Four Seasons Hotel Bahrain Bay has lined up a list of dining experiences that are sure to make your weekend a special one.

Discover the newly crafted seafood menu at Byblos, where authentic Lebanese flavours meet culinary artistry by Chef Tony El Khoury.

Delight in refreshing crab and smoked salmon salad, kebbit samak, scallops and more, all the while overlooking the amazing views of Bahrain Bay.

It is available until June 30, from Tuesday to Sunday, 6pm to midnight, at BD52 for two people.

● Welcome spring with an enchanting Blossom Tea at Bay View Lounge, a celebration of delicate flavours and seasonal elegance. Savour the refined taste of stuffed zucchini, salmon, lemon saffron prawns with fresh mint and more.

Sweet treats such as Japanese cheesecake, kumquat marmalade and yuzu tart are also available until May 31, from noon to 9pm.

The culinary affair costs

BREATHTAKING: Views at Byblos



BD22 inclusive of jing tea and BD26 with a jing tea and a refreshing mocktail.

● Savour the essence of Italy with a curated Aperitivo experience, where artisanal boards and irresistible small plates set the scene for a beautiful dining experience, at Bay View Lounge.

Indulge in a cheese-board featuring Italy's finest selections, until May 31, from 11am to 11.30pm. It's

priced a la carte.

● Join Bahrain Bay Kitchen for a Hawaiian-inspired brunch filled with vibrant flavours and island favourites, tomorrow, April 25, from 1pm to 4pm. It costs BD35 inclusive of soft beverages and BD48 including a selected beverage package.

● Chef Kiyoshi Udagawa is set to take you on a journey with Omakase, an authentic Japanese dining

concept that celebrates craftsmanship and culinary artistry. Revel in this reimagined Japanese tradition while enjoying the dazzling night views of the Manama skyline. Join the experience from Wednesday to Sunday. It costs BD69 per person for a 10-course set menu or BD60 per person for beverage pairing, at/ ASIAN CUISINE.

For details, call 17115500 or 17115044.



SUMPTUOUS: Dishes at Golestan





# Leisure Scene

Weekly Entertainment

## CHANCE TO SAVOUR OCEAN'S TREASURES

**H** EAD down to the InterContinental Bahrain for good food and vibes.

Enjoy freshly grilled seafood such as lobster and prawn thermidor and ocean-inspired beverages at the Regency Tent's Seafood Night, tonight, from 6.30pm to 10.30pm. It costs BD24net, inclusive of soft beverages and BD32net with unlimited house beverages.

● Don't miss out on the Brunch for Food Lovers at Legendz SteakHouse tomorrow, April 25, from 11am to 4pm. The dining extravaganza includes breakfast and lunch classics.

It's priced at BD28net with soft beverages and BD37net with unlimited selected beverages. Children under six years dine for free while those aged six to 12 receive a

JUICY: Meat, potatoes and vegetables at the brunch



50 per cent discount.

● Make your business lunch a memorable affair with the hotel's specially curated packages at Medzo. Available from noon to 5pm everyday, prices start from BD4.900net per guest.

● Tie the knot this summer at the InterContinental Bahrain with special rates. Banquet spaces can seat up to 260 guests at the Al Rifaa Ballroom, at BD13net per person, from June to September.

For more information, contact 36967701.



VARIETY: Seafood Night

## ARRAY OF AUTHENTIC DISHES AT SHERATON

**G** ET ready for a flavour-packed weekend at the Sheraton Bahrain Hotel.

Indulge in delicious dishes and refreshing beverages, all the while enjoying fantastic live entertainment at the Wild Brunch, tomorrow from 12.30pm to 5pm.

A soft beverage package costs BD36net per person, while a selected beverage package costs BD46net per person. An extra-special bubbly package is priced at BD186net per person.

Guests can enjoy additional beverages, live music and delicious bites from 5pm to 9pm at an extra fee.

● Enjoy a three-course special lunch menu at Wild. It features vibrant flavours from Spain, England, Peru and more, from Sunday to Thursday, noon to 3pm, at BD10.500net, including homemade iced tea.

● Visit the Golestan Persian Grill, where a delightful array of authentic dishes, from fragrant kebabs to unique house specialities, make for an unforgettable dining experience. It is open everyday, from noon to 3pm and 7pm to 11pm, and on weekends from noon to 4pm and 7pm to 11pm.

● Free yourself from stress with relaxing packages at the Shine Spa. The first package includes a 60-minute back and shoulder

massage or foot and leg massage with an express facial for BD60. The second package is a 90-minute full body massage, inclusive of a body scrub, for BD75.

The packages are available from May 1 to May 30.

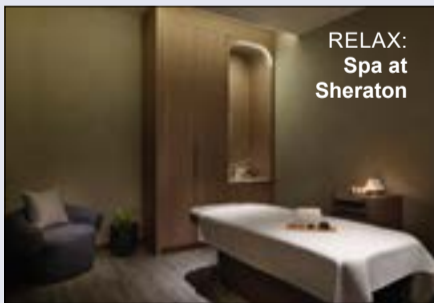
● The hotel is offering a padel court promotion for BD5 per hour, from 7am to 10pm, from May 1 to June 30. Racquetball is available at BD2 per person per hour.

● Host your dream wedding at the Sheraton Bahrain Hotel and celebrate your day in style with exceptional service, tailored packages and exclusive Marriott Bonvoy benefits.

Prices start from BD27 per person, including all applicable taxes, for up to 200 guests on Thursdays and Fridays and 150 guests from Saturday to Wednesday.

Bookings also include triple Marriott Bonvoy points on eligible bookings (300,000 points), a complimentary one-night stay in a junior suite for the bride and groom, full hotel set up and personalised professional service, unlimited service of soft drinks, juices, water, tea and coffee. The booking window is available until May 31, and is valid for weddings held until December 31.

For more information, call 17533533 or 38885409 on WhatsApp.



RELAX: Spa at Sheraton

## FOUR-COURSE FEAST AT DILMUN

**V** ISIT the Dilmun Club Bahrain for a fun-filled weekend.

Enjoy a four-course dinner and beverage-tasting tonight, from 7pm to 11pm, at BD18.

On Friday, the club will host the Bahrain Jazz Orchestra, from 8pm to 11pm. Members can attend for free while non-members pay BD2.

Don't miss out on a Friday Brunch special, from 1pm to 5pm. It costs BD12 for food only, and BD18 inclusive of beverages and food. Children under six dine for free, while those above six pay BD6.

## FUN TIME FOR FAMILIES

**H** EAD down to the British Club Bahrain for a family fun day.

It will feature a parade, head-dress and mask-making, games, inflatables, face painting and more, on May 2, from noon onwards.

The Axent Band and a DJ will take the stage from 6pm. The event is free and open to all.

## BRAIN-BUSTERS

**Q** uizmaster 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) Who was famously quoted for saying 'let them eat cake'?
- 2) Cape York Peninsula is located in which country?
- 3) Lending his name to describe someone with an inflated sense of self-importance, what was the name of the man in Greek mythology that fell in love with his own reflection?
- 4) What is the national sport of Cuba?
- 5) How many paintings did Van Gogh sell during his lifetime?
- 6) The phrase 'back



to square one' originates, or is thought to originate, from which board game?

7) What type of creature is a Lumpsucker?

- 1) Marie Antoinette
- 2) Australia
- 3) Narcissus
- 4) Baseball
- 5) Zero
- 6) Snakes and ladders
- 7) Fish

## ANSWERS

## MOVIE TIME

**H** EAD down to CINECO Seef to watch the latest English-language films being shown this weekend.

SNOWWHITE (PG-13)  
A princess joins forces with seven dwarfs and a group of rebels to liberate her kingdom from her cruel stepmother the Evil Queen.

Actors: Rachel Zegler, Gal Gadot, Andrew Burnap  
Timings: 11am, 1.30pm, 4pm, 6.30pm, 9pm, 11.30pm  
SINNERS (18+)  
Trying to leave their troubled lives behind, twin brothers return to their Mississippi hometown to start again, only to discover that an even greater evil is waiting to welcome them.

Actors: Michael B Jordan, Hailee Steinfeld, Jack O'Connell  
Timings: 12.30pm, 3.15pm, 6pm, 8.45pm, 11.30pm  
THE MONKEY (18+)  
When twin brothers Bill and Hal find their father's old monkey toy in the attic, a series of gruesome deaths start. The siblings decide

to throw the toy away and move on with their lives, growing apart over the years.  
Actors: Theo James, Tatiana Maslany, Elijah Wood  
Timings: 12.30pm, 2.45pm, 5pm, 7.15pm, 9.30pm, 11.45pm  
ABSOLUTION (2025) (18+)  
An ageing gangster tries to reconnect with his family and fix the mistakes of his past, but his lifestyle soon threatens to destroy everything he holds dear.  
Actors: Liam Neeson, Daniel Diemer, Javier Molina  
Timings: 10.30am, 1pm, 3.30pm, 6pm, 8.30pm, 11pm  
THE RULE OF JENNY PENN (18+)  
Confined to a secluded rest home and trapped within his stroke-ridden body, a former judge must stop an elderly psychopath who employs a child's puppet to abuse the home's residents.  
Actors: Geoffrey Rush, Nikki MacDonnell, Maaka Pohatu  
Timings: 2.15pm, 6.45pm, 11.15pm



# Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY NAMAN ARORA



TOGETHER: Joe and Kate

## HAPPILY NEVER AFTER?

**T**HE fifth and final season of Netflix's hit psychological thriller *You* is set to premiere today, April 24.

After four seasons of chilling suspense, obsessive romances, and a double-digit body count, the series, starring Penn Badgley as the charismatic and deeply disturbed Joe Goldberg, is gearing up to bring the story to a dramatic conclusion.

"Every season they manage to find new space to make it interesting and relevant," Penn told reporters on the New York set.

"And this season, I think somehow coming back to where it started, allowed for it to just become grounded in the way that it needs to also have this kind of spectacular finish."

The series has captivated audiences with its exploration of toxic obsession, modern dating, and the dark side of human nature.

In the final season, which takes place three years after the events of the

fourth season, Joe and Kate (Charlotte Ritchie) are in New York, enjoying their happily ever after.

Kate is now heading the Lockwood Corporation, Joe is her loyal husband, dubbed Prince Charming by the adoring public, and they're both following through on their pact to help each other do good.

But ghosts of Joe's murky past linger and haunt his actions.

Joining the cast for this final season is Madeline Brewer, known for her role in *The Handmaid's Tale*, who will play Bronte, a playwright who crosses paths with Joe at his bookstore.

Anna Camp will take on the dual roles of Raegan and Maddie Lockwood, Kate's twin sisters.

Griffin Matthews joins as Teddy Lockwood, Kate's brother-in-law.

The show's signature blend of dark humour, social commentary, and suspense is expected to continue.

Fans are speculating whether Joe will finally face



PATHS: Madeleine Brewer plays Bronte, the new addition to the show

justice, find a twisted version of happiness, or succumb to his own destructive nature.

The series, based on the novel series by Caroline Kepnes, has been a critical and commercial success for Netflix.

Penn's portrayal of Joe Goldberg has been both praised and reviled, sparking

conversations about the romanticisation of toxic masculinity and complexities of human character.

Behind the scenes, season five has seen some changes. Showrunner Sera Gamble has stepped down to focus on new projects, with executive producers Michael Foley and Justin Lo taking over.

**S**IX remarkable works of translated fiction have been shortlisted for the 2025 International Booker Prize, announced earlier this month, notably all published by independent presses.

Each offering unique perspectives on contemporary human experiences, the books shed a light on French, Danish, Japanese, Italian and Kannada literature. "This shortlist is the result of a life-enhancing conversation between myself and my fellow judges. Reading 154 books in six months made us feel

## VYING FOR THE BOOKER

like high-speed Question Machines hurtling through space," the 2025 jury's chair Max Porter said.

"Our selected six awakened an appetite in us to question the world around us: How am I seeing or being seen? How are we translating each other, all the time? How are we trapped in our bodies, in our circumstances, in time, and what are our options for freedom? Who has a voice? In discussing these books we have been considering again and again what it

## TRIBUTE TO MUM

**H** EADING back to his church music roots, American rapper, musician and record producer Snoop Dogg is set to release his second gospel album, *Altar Call*, on Sunday, April 27.

The release date holds a personal significance for Snoop as it marks what would have been his late mother Beverly Tate's 74th birthday.

"April 27, I'm dropping a gospel album on Death Row Records, it's called *Altar Call*," he said in a video posted to Instagram.

"You heard it first. A gospel album, April 27. God is good. Won't he do it?"

The 21-track album features contributions from artists including Jamie Foxx, Robert Glasper, Denaun Porter, Jazze Pha, Charlie Bereal, Jane Handcock, October London and more.

The project is a tribute to Beverly, who passed away



RAPPER: Snoop

in October 2021 and was a long-time church choir director.

The album pays homage to her spiritual influence on Snoop, who credits her with teaching him to spread love and healing through his music.

The album cover includes a commemorative image of her, and the opening track is titled *Mother I Miss You*.

*Altar Call* is described by Snoop as a continuation of his 2018 gospel album *Bible of Love*, reflecting his mother's lasting impact on his life and artistry.



SET FOR RELEASE: Album cover

STACKED: The six shortlisted titles



- author Vincenzo Latronico
- ❖ *Heart Lamp* by Indian writer Banu Mushtaq
- ❖ *A Leopard-Skin Hat* by French author Anne Serre.

means to be a human being now."

The winner of the £50,000 prize, to be split equally between the author and translator, will be announced on May 20 at London's Tate Modern.

Here are the shortlisted titles:

- ❖ *On the Calculation of Volume I* by Danish author Solvej Balle
- ❖ *Small Boat* by French author Vincent Delecroix
- ❖ *Under the Eye of the Big Bird* by Hiromi Kawakami
- ❖ *Perfection* by Italian





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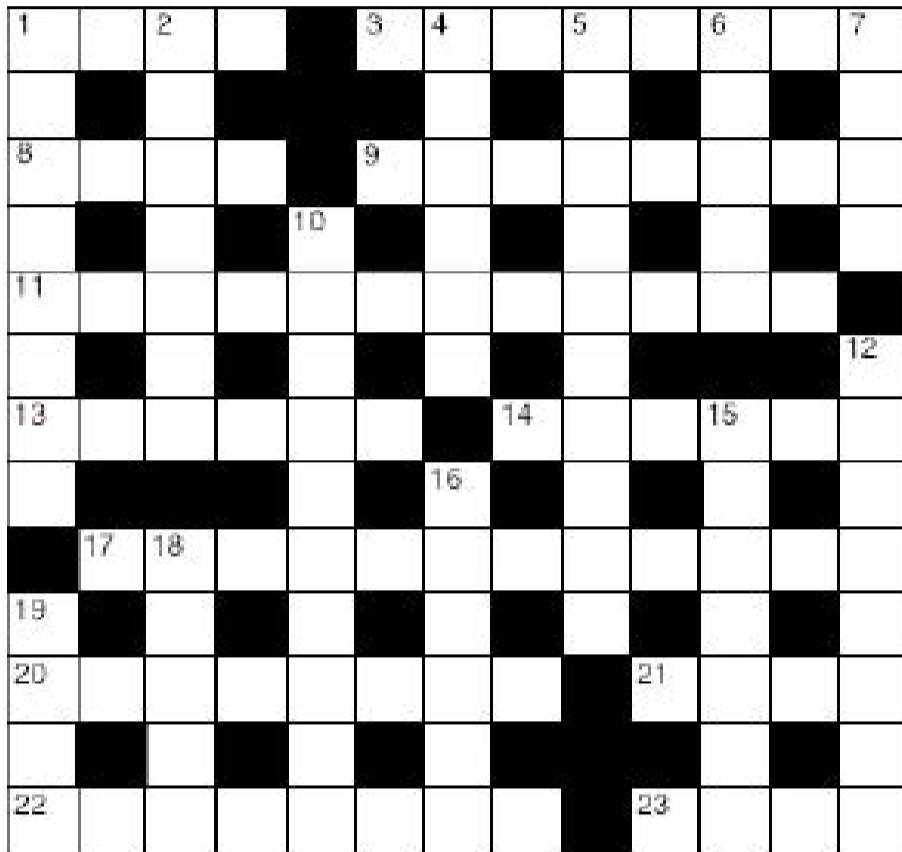


# Time Out



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## crossword break



### ACROSS

- 1. Exhibit (4)
- 3. Buy (8)
- 8. Cook (4)
- 9. Conceit (8)
- 11. Unevenness (12)
- 13. Middle (6)
- 14. Stick (6)
- 17. Tightness (12)
- 20. Submissive (8)
- 21. Heap (4)
- 22. Longer (8)
- 23. Magnifier (4)

### DOWN

- 1. Pithy (8)
- 2. Infest (7)
- 4. Powerless (6)
- 5. Gainsay (10)
- 6. Prevent (5)
- 7. Relaxation (4)
- 10. Belligerence (10)
- 12. Enthusiasm (8)
- 15. Building (7)
- 16. Caper (6)
- 18. Manifest (5)
- 19. Additional (4)

### who, what, where, when

- WHO ... wrote the novel *Far from the Madding Crowd*?
- WHAT ... is the capital of Kenya?
- WHERE ... in Europe is the autonomous area of Mount Athos?
- WHEN ... did India gain independence?
- WHO ... wrote a special Red Nose Day edition of the radio soap *The Archers*?
- WHAT ... country lies between the Red Sea and The Gulf?
- WHERE ... did Georgi Purvanov become President in 2002?
- WHEN ... did the author John Wyndham die?

### just so



60x60x24x366secs

PAR  
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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

- Across:** 1 Compasses; 8 Ewe; 9 Encouraging; 11 Collect; 12 Drain; 13 Equity; 15 Debate; 17 Grasp; 18 Egotist; 20 Inconstancy; 22 Ado; 23 Lessening.

- Down:** 2 Own; 3 Abuse; 4 Shanty; 5 Swindle; 6 Degradation; 7 Dependent; 10 Calculation; 11 Clergyman; 14 Typical; 16 Tennis; 19 Outre; 21 Con.

**JUST SO:** To know you is to love you, Under the circumstances, Worn to a shadow, A turn of phrase.

**WHO, WHAT, WHERE, WHEN:** Jennifer Lopez; Moroccan dirham; Barbados; 1988; Stereophonics; Red; Andaman and Nicobar Islands; 1974.

Darn Tough Sudoku

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

Your work pad space ...