



GRANDEUR: The creative talents at Oasis Mall in Juffair pose with their sketches of Al Fateh Mosque



COMMUNITY REPORT
By MELISSA NAZARETH
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ARTIST group Urban Sketchers Bahrain is set to meet up tomorrow as they continue to bring alive Bahrain's diverse landscape, in keeping with their goal to strengthen the kingdom's art movement and put it on the global map.

The local non-profit platform, which is part of the worldwide Urban Sketchers (USk) movement, was set up last year and has since brought together enthusiasts of all skill levels to sketch every Friday. What started with just three or four people has grown into a close-knit 'family' of around 50.

"Most artists in Bahrain are used to drawing from imagination or bringing alive photographs of what they might have captured previously. We hope to bring them out into the open and introduce a new format of drawing based on observation," co-founder Sadeq Al Shehabi, who manages the group's operations, told *GulfWeekly*. An urban sketch is a drawing created on location – indoors or outdoors – capturing what the sketcher sees from direct observation. The essence of the style lies in its on-the-spot, agile nature.

Some of the iconic locations covered include Bab Al Bahrain, Suq Al Baraha in Muharraq, Bahrain-and Arad forts, Grand Mosque on Al Fateh Highway, as well as

SKETCHING STORIES



CAPTURING: Ahmed, left, with artist Abbas Sarhan bringing alive the Bahrain Fort

indoor spots like The Avenues mall and the nostalgia-inducing Adliya branch of Hole'n One – Bahrain's first homegrown donut chain.

"We announce the location in advance and all are welcome. We just get together with our own art supplies and sketch," founder and self-taught artist Ahmed Ali Alshakhoori, who has been into art and sketching for more than 45 years, said.

"You have to tell a story. For instance, if you draw a person, it is a portrait, but if you draw the person sitting

at a table with flowers on the table... it weaves a story," the airline industry professional, who manages the artistic side of things for the group, added.

The Bahrain Contemporary Art Association member from Malkiya chanced upon a video about urban sketching in 2012. Last year, he discussed it with his long-time friend Sadeq, who, upon research, realised there was no Bahrain chapter to the global platform and suggested they start one.

The global Urban Sketchers was formed

in 2007 by Seattle-based journalist and illustrator Gabriel Campanario, with a mission to raise the artistic, storytelling and educational value of on-location drawing, connecting people worldwide.

"What we are trying to do here is shine a spotlight on Bahraini heritage. The world should know about Bahrain and our culture and urban treasures," said Sadeq, a photographer and entrepreneur from Diraz.

"We are thrilled to share that we have officially signed a memorandum of understanding with the Bahrain Society of Engineers, and will be organising joint activities with them in the future.

"There's a lot of planning that goes into each session, with due permissions to be taken, especially if it's an indoor location. We will have more indoor locations now that the weather is getting warmer," Sadeq added.

Zahra Ateya Ali, who volunteers as an administrator with USk Bahrain, noted that they select locations to inspire artists' creativity.

"I enjoy highlighting the variety of styles produced by each artist, and make sure that



DOORWAY TO CULTURE: An artist's recreation of Bab Al Bahrain against the iconic structure

our community is welcoming to all ages," the 29-year-old public relations specialist added.

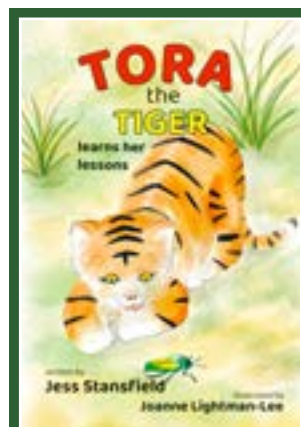
According to Ahmed, two weeks ago, there were fans who drove all the way from Saudi Arabia to attend the session.

While each meeting runs for a couple of hours, Ahmed encourages attendees to complete their sketches in a maximum of 15 minutes, in keeping with the 'spontaneous' nature of the art form, and to document their work. After that, everyone is free to continue drawing or socialising.

The upcoming session will be staged at Baku Cafe in Hamala Hills mall.

Follow @uskbahrain for more information on their sessions.

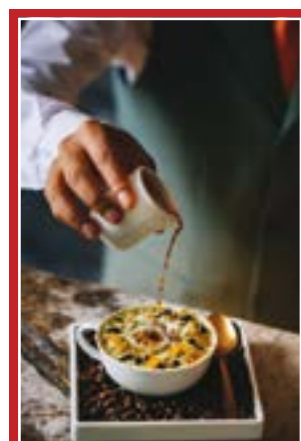
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THE BOOK BUG
New on shelves
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COOL YOUR SENSES
Summer special
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LEISURE SCENE
Fun for all
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PULSE OF POP
Movies, music & more
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Art in a new dimension

ART REPORT
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ARTISTS in the kingdom are exploring a new creative outlet that is not just offering them a platform to diversify their mediums and styles but also transforming them into 'storytellers', waxing eloquent about Bahrain's rich urban landscape.

Urban Sketchers (USk) Bahrain, which aims at making art more accessible to the public, comprises a community of people as young as 11 and as old as 80, from diverse professions, including doctors, engineers, businessmen and architects, as well as homemakers and retired individuals.

They meet every Friday to bring alive the kingdom's diverse landscapes.

Retired Bahraini IT specialist, Abdul Baset Khonji, who worked in the field for more than 45 years, saw the group as an avenue to pursue his childhood hobby – art.

"I hung up my boots two years ago and was looking for something to keep me productive and busy and USk Bahrain was the right platform," the 62-year-old from Manama told *GulfWeekly*.

"I've enjoyed my time drawing with people from various walks of life. The group has also boosted my confidence to sketch in public," added the artist, who is also passionate about creating designs using recyclable materials.

Indian expatriate and homemaker Praseetha Ullas, who has been living in Bahrain for 22 years, learned about the group from her peers – a testament to the close-knit art community in Bahrain.

"What began as an art activity has become an enriching ritual," she said.

"The beauty lies not just in the lines we draw but in the stories we exchange and the friendships we build.

"USk Bahrain has rekindled my love for spontaneous sketching and taught me to see beauty in the ordinary and preserve the moments through ink and



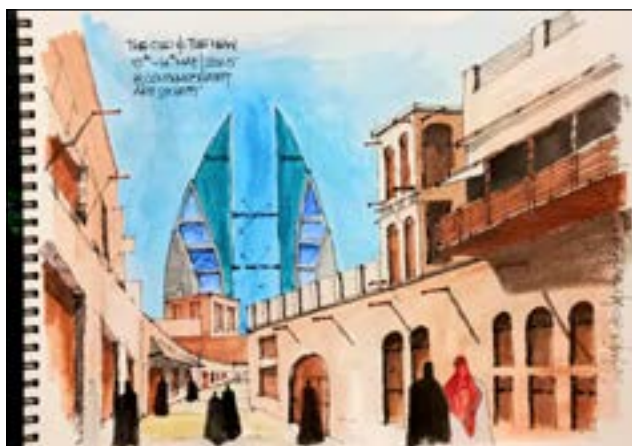
TWO OF A KIND: Sudeep, left, and Praseetha hold their sketches of a traditional boat



ARTY: Abdul

watercolour," the 45-year-old from Salhiya added.

Architect and visual artist



HERITAGE: Sudeep captures old and new Bahraini architecture

Sudeep Deshpande, who has been living in the kingdom for the last 15 years, believes



ICONIC: Abdul's rendition of the Grand Mosque

that USk Bahrain has provided him a chance to 'marry' both of his passions.

"Urban Sketchers Bahrain has added yet another dimension to my journey as a creative," the 44-year-old Indian expatriate said.

"It gave me an eye to look at my own work with a different perspective – blending art with architecture. Every line that I draw speaks of not only the proportions and scale, but also embodies the essence of the story behind it," the Adliya resident noted.

While joining USk Bahrain has given the poet's creativity a different avenue, sketching as a style is not new to him.

"The first thing I do when I wake up is sketch for 15 to 20 minutes. To some, it may sound off the grid, but this has been my daily routine since childhood.

"My father used to say 'Sudeep, one sketch everyday' and I now realise the value of that advice," he noted.



ALL SMILES: Jess with her book

Rhyme for a reason!

FORMER Bahrain resident and Scottish national Jess Stansfield has released her debut book *Tora The Tiger Learns Her Lessons* – a rhyming children's story, which sensitises young minds to nature while also teaching them how to face hardships in life, writes Melissa Nazareth.

The 32-page tale, written for children aged between three and seven, follows Tora, a tiger cub who wants to hunt on her own.

It takes both the reader and listener on a journey as the wild cat learns how to be a tiger under the watchful eye of her mother.

"The book aims to highlight the plight of endangered animals and the environmental reasons for their predicament," the 63-year-old learning assistant and former primary school teacher told *GulfWeekly*.

"Through the medium of a rhyming story, children learn about the perils facing tigers and how they can face similar perils in their own lives.

"I am personally concerned about the planet. It is important to help children develop empathy with the creatures of the earth.

"For many years I have enjoyed writing rhyming verses for relatives and friends to mark special occasions, so it followed that my stories would rhyme," she added.

Jess started work on the book in 2018, when she researched tigers and made

many notes about their physical characteristics, habitats, predators and breeding.

"I was working full time at this point so I was a little sporadic in my approach. Then, Covid-19 struck. As restrictions were lifted, I had to travel to Scotland to see my newly born grandson. However, I had to isolate in a hotel for 10 days. This was the perfect opportunity to get to grips with the story without outside distractions or time limitations," she reminisced.

Tora the Tiger is Jess' first 'official' writing project. Previously she has written in the capacity of a teacher – stories that she later recorded for a phonics lesson for her class and monthly newsletters to parents. The former Janabiya resident, who called Bahrain home for nine years, worked as a pre-school teacher while she lived in the kingdom; she left in 2023.

"As a book lover from childhood, I made it my mission to 'infect' as many people as I could with the 'book bug'," noted the book-lover, who has had a front-row seat watching her author husband Glen Stansfield at work.

"I have witnessed the range of emotions involved in writing. I could see that though he experienced many frustrations and disappointments, the thrill of having his own book at the end of it all, made it worthwhile. I began to think maybe I could do it too."

THE mercury is rising and cooling fabrics and air-conditioned rooms alone aren't going to cut it. What we need is a refresher that can keep us going from one task to the next. If you are looking for something to keep yourself hydrated between glugs of water, embark on this journey as **Melissa Nazareth** explores some summer coolers from around the world, nodding to the kingdom's cosmopolitan community.

UMEBOSHI SODA

A pickled-plum drink from Japan

Health benefits: *Energy boosting and digestion.*

Made using preserved ume – a Japanese plum or apricot-like fruit – this salty-sour-sweet drink is a concoction of umeboshi paste and soda water. Umeboshi paste can be found at select pharmacies or ordered online.

Umeboshi soda combines the refreshing qualities of a fizzy drink while also replenishing lost energy and fighting fatigue.

ESPRESSO TONIC

A coffee and tonic water blend from Scandinavia

Health benefits: *Energy boosting and anti-inflammatory.*

A new discovery, with the most popular account crediting a barista in Sweden, who accidentally whipped up the drink after mixing left over tonic water with espresso and syrup, it originated in the early 2000s.

Espresso Tonic is made by layering espresso, rich in anti-oxidants, and iced tonic water, rich in quinine known for its anti-inflammatory properties.

Some variations could include lemon garnish, or flavours like cherry or honey.

Ice, ice, baby!



CRIMSON: Karkadeh is a popular drink in the Gulf region as well

KARKADEH

Hibiscus tea from Egypt

Health benefits: *Helps regulate blood pressure and manage weight.*

While there are many variations of this ruby red drink, many theories point to its origins in Egypt.

Dubbed the 'drink of the pharaohs', it is made by infusing dried roselle flower petals in water and can be enjoyed hot or cold.

It has a tart cranberry-like flavour, which can be balanced by adding sugar or enjoyed as is.

BUKO SALAD DRINK

A tender coconut beverage from the Philippines

Health benefits: *Prevents dehydration and replenishes lost fluids.*

Buko ('tender coconut') water is rich in electrolytes like magnesium and potassium, with the coconut pulp being full of fibre, healthy fats, and vitamins and minerals. Available at most Pinoy restaurants and cafes, the creation combines coconut water and pulp, tapioca pearls, assorted jellies, condensed milk, and sweet syrup – a party in your mouth! Whether you call it a drink or dessert, all variations of this concoction are a summertime hit.

AAM PANNA

Raw mango refresher from India

Health benefits: *Boosts immunity and mental focus while reducing the risk of heatstroke.*

Made using the pulp of unripe mangoes, this tart beverage has a pale yellow to lime green colour and can make you feel rehydrated in seconds. Popular in Northern and Western

India, mint leaves are often muddled along with the pulp in some recipes, enhancing the flavour. Rich in vitamins, minerals, electrolytes and more, it is the perfect drink to sip on, chilled, in the hot, sweat-inducing summers.

LIMONADA SUÍÇA

Limeade variation from Brazil

Health benefits: *Hydration and cooling, anti-oxidant properties, skin benefits.*

Almost every culture has its version of lemonade.

Limonada Suíça, Portuguese for 'Swiss lemonade', is a classic summer combination that blends the acidity of Vitamin C-rich limes – not lemons – and the rich sweetness of condensed

milk. The Swiss company, Nestle, is said to have popularised condensed milk in Brazil, which gives the drink its name.

ALMOND MILK WITH ORANGE BLOSSOM

A cooling beverage from Morocco.

Health benefits: *Glowing skin and strong bones.*

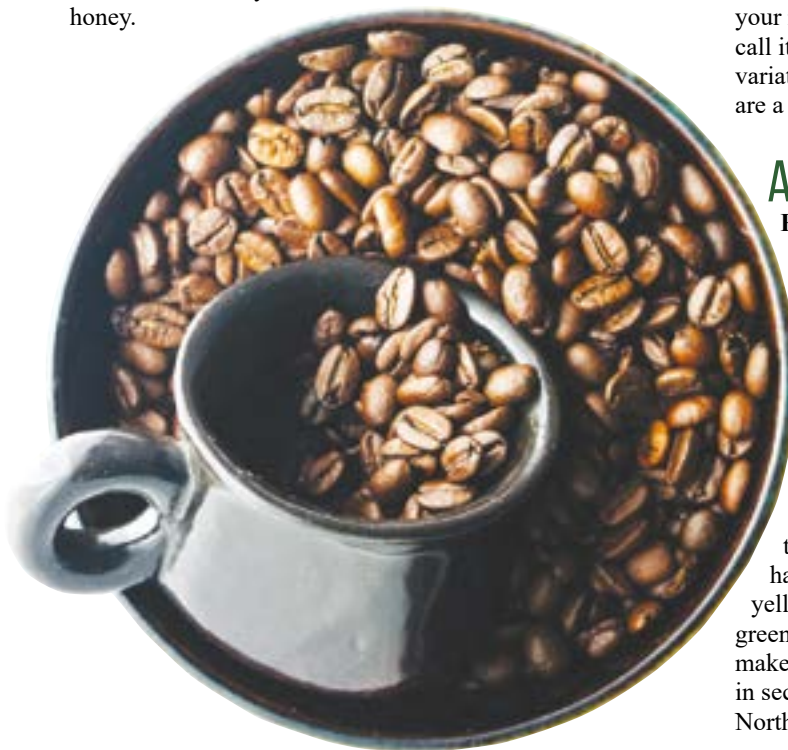
Almonds might be heaty, but almond milk, which is made by soaking almonds in water and then blending and straining the liquid, is said to have cooling properties.

What is a popular summer drink from your country? Write to us at gdnnews@gdnmedia.bh or follow @GDNOnline on Instagram.

Unlike dairy, it helps soothe heartburn and when combined with anti-oxidant and vitamin-rich orange blossom water, serves as a delicious and refreshing low-calorie drink.

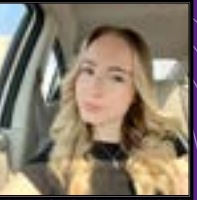


TASTY: Almost every culture has its version of a lemonade



Leisure Scene

What's on guide by
Julia Cassano



AMBIENCE THAT SPEAKS LUXURY

THE Ritz-Carlton, Bahrain invites guests to embrace the spirit of summer with a carefully curated line-up of events and experiences.

From gourmet culinary delights at its award-winning restaurants to exciting brunches, the five-star hotel promises unforgettable moments for families and friends.

Indulge in a midday Soleil Select Lunch by the sea, where a refined three-course menu featuring a choice of salads, main and dessert, paired with a soft drink will make for a relaxed afternoon.

It costs BD18, and for an additional BD5, a selected beverage will be included, every day, from noon to 4pm at La Plage.

Step into an authentic cultural journey at Nirvana, where every moment invites you to connect with the spirit of Punjab.

Priced a la carte, the



SERENE:
La Plage

experience is available from Tuesday to Sunday, from noon to 3pm and 7pm to 11pm.

For a relaxed Monday night, opt for Fajitas Monday at Cantina Kahlo from 7pm to 10pm. Savour sizzling



ELEGANT:
Nirvana

fajitas, paired perfectly with two selected beverages, for BD29.

The restaurant will also host its Brunch Fiesta from 1pm to 4pm on Friday. An array of mouthwatering dishes made with authentic Mexican ingredients will make for a special day. It costs BD35 per person, inclusive of soft beverages

and BD45 including selected beverages.

Meanwhile, La Table Krug invites guests for a new season of taste, refinement and innovation, where each dish is thoughtfully crafted from the finest ingredients.

Priced a la carte, the dining experience is available from Tuesday to Saturday, from 7pm to 11pm.

For a perfect harmony of espresso and creamy gelato, look no further than Primavera, where bold authentic Italian experiences will transport you to a charming café in Italy. It is priced a la carte, from Wednesday to Monday, 7pm to 10.30pm.

Celebrate romance this summer, and say 'I do',

ARGENTINA'S FINEST FLAVOURS

EXPERIENCE a magical weekend, filled with delicious food and beverages, at the Sheraton Bahrain Hotel.

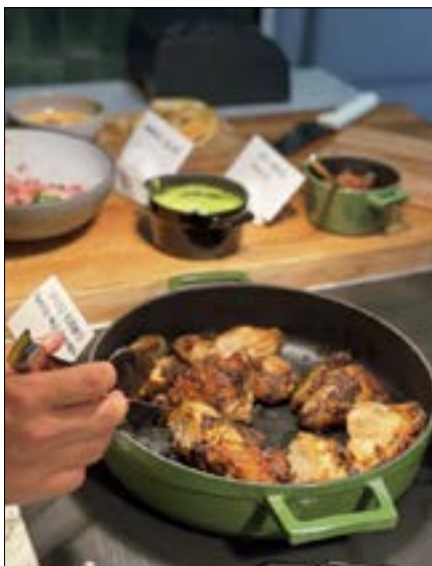
Set against the stunning Manama skyline, Braserio Atlántico invites guests to indulge in a unique blend of Argentinian flavours.

Chefs have masterfully prepared authentic dishes using traditional wood fire techniques inspired by the rich heritage of the country.

Guests can savour beverages from a meticulously curated menu, where each sip pays homage to the South American country's vibrant culture.

The lounge is open from 4pm to 2am and the restaurant from 7pm to 11pm.

Start your weekend off right with WILD Chef's Night, a special evening where Chef Doris and her team present a buffet of their most popular signature dishes.



RUSTIC: Flavours at WILD Chef's Night

Every Thursday, curated shareable appetisers, salads and desserts will be served to your table at WILD, making for an unforgettable night.

The experience costs BD19.500 per person, inclusive of soft drinks, tea and coffee, from 6pm to 11pm.



NOURISHING: Business Lunch

Enjoy a variety of pastries, freshly-baked scones with clotted cream and homemade jams and a selection of sandwiches at the lobby. It is available everyday, starting tomorrow, from 2pm to 5pm, and costs BD15.

Make your events extra special with delicious Sheraton Cakes. Whether it is a birthday, wedding or corporate event, these handcrafted creations will elevate any occasion.

Meanwhile, get ready for a flavour-packed adventure at the WILD Brunch. Indulge in premium shareable cuisine and sip on handcrafted cocktails while live entertainment electrifies the atmosphere.

It costs BD36net per person with soft beverages and BD46 inclusive of selected beverages, from 12.30pm to 5pm. A special rate is applied for women at BD23.

Enjoy WILD's daily three-course special lunch menu, featuring vibrant flavours from around the globe, from Sunday to Thursday, noon to 3pm. It costs BD10.500, including homemade iced tea.

Free yourself from stress and feel refreshed with radiant spa packages. Prices start from BD60.

For more information, call 17517715 or 38885409.



SMALL BITES: Tapas experience

Leisure Scene

Weekly Entertainment



surrounded by stunning sunsets, scenery and timeless elegance.

To learn about the hotel's wedding venues, call 17580000 or email BAHRZCateringConferenceService@ritzcarlton.com. For other enquiries, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

FAMILY FUN AT HOLIDAY ABODE

CELEBRATE 45 years of exceptional hospitality as InterContinental Bahrain presents an exclusive 'daycation' experience designed for comfort, relaxation and family enjoyment.

Available from July to September, the offer includes a floating breakfast for two adults, full access to the swimming pool for two adults and two children under six years, and up to 30 per cent off on dining and massage treatments.

It costs BD45, with daily-use room from 9am to 6pm.

Experience the final chapter of the

Gourmet Master Series with an unforgettable nine-course journey across the world's most celebrated cuisines. This curated experience highlights the finest dishes from across seasonal tasting menus, combining signature techniques, premium ingredients and poetic



STUNNING: Daycation experience



SCRUMPTIOUS: Unlimited pizza

presentation. It is available on July 23, from 7pm to 10pm, at BD42net.

Join Legendz SteakHouse for an elevated brunch featuring buffet stations, a la carte mains and live music; stations include barbecue, seafood and cheese.

Visit the restaurant

tomorrow, July 11, from noon to 4pm. It costs BD28net with soft beverages and BD38net inclusive of selected beverages. Children under six dine for free, and those aged six to 12 receive a 50pc discount.

Gather your family and friends and head down to Medzo for a warm and hearty Italian weekend feast. Enjoy unlimited pizza, pasta and salads, featuring delicious weekend specials, all served on family-style platters.

Perfect for sharing with groups of three to six, the offer includes unlimited pizza, pasta and salad, free ice cream for children, garlic bread and platters for BD8.900 per adult and

BD4.500 per child (under 15). Explore the menu tomorrow and Saturday, from noon to 10pm.

Enjoy exquisite daily menus, such as Mediterranean Monday and Tandoori Thursday, at Selections Restaurant during July and August, with a summer-themed buffet rotation for just BD8.900. It is available everyday from noon to 3pm and features light bites, flavourful mains and decadent desserts. From grilled lemon-herb chicken to tropical quinoa and panna cotta, there is something new and delicious everyday for everyone.

For more information, call 36967701.



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

JURASSIC WORLD: REBIRTH (PG-13)

Five years after the events of Jurassic World Dominion, the planet's ecology has proven largely inhospitable to dinosaurs. Those remaining exist in isolated equatorial environments with climates resembling the one in which they once thrived.

Actors: Scarlett Johansson, Mahershala Ali, Jonathan Bailey

Timings: 12.45pm, 3.30pm, 6.15pm, 9pm, 11.45pm

BLACKWATER LANE (PG-15)

Late one night, a woman drives by a stranded motorist, who later ends up dead. After a series of strange events, the woman believes she is the killer's next victim.

Actors: Minka Kelley, Dermot Mulroney, Maggie Grace

Timings: 2.30pm, 7pm, 11.30pm

BRIDE HARD (18+)

When a mercenary group takes a lavish wedding hostage, they have no idea what they are in for as the maid of honour is actually a secret agent ready to rain hellfire upon anyone who would ruin her best friend's wedding.

Actors: Rebel Wilson, Anna Camp, Anna Chlumsky

Timings: 10.30am, 12.30pm, 2.45pm, 5pm, 7.15pm, 9.30pm, 11.45pm

EYE FOR AN EYE (15+)

When Anna moves from New York to Florida to live with her grandmother after the sudden death of her parents, she finds herself drawn into a shadowy circle of teens. But after witnessing a gruesome act of violence, she becomes trapped in a nightmarish spiral where time, guilt and memory distort.

Actors: Epatha Merkerson, Whitney Peak, Finn Bennett

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

EXPLORE SPAIN, ONE TAPAS AT A TIME

THE Four Seasons Hotel Bahrain Bay has lined up an array of dazzling summer events designed to captivate guests this summer.

From rejuvenating spa packages and delicious dining experiences, there is something to suit all tastes.

Experience the vibrant spirit of Spain at Bay View Lounge with Mediterranean-inspired tapas. Perfect for sharing, the selection includes patatas bravas, chicken croquettes, calamari and more. Available until August 12, prices start from BD7.

Savour the finest selection of beverages and dishes at CUT by Wolfgang Puck's Bubbly Brunch. Executive chef Brian Becher and his talented team have expertly prepared an array of bites – from black bass ceviche to beef sliders, premium steaks and more.

Explore the menu every

Friday, from 12.30pm to 3.30pm, at BD70 inclusive of free-flow bubbly beverages.

Meanwhile, guests can indulge in robust flavours and relaxed evenings at re/Asian Cuisine, where signature dishes such as Korean fried chicken, bistek cheesesteak, chicken thigh, black tiger prawns and more will make for an unforgettable evening.

It is available on Tuesday, Saturday and Sunday, from 7pm to 11pm, and Wednesday, Thursday and Friday, from 7pm to 11.30pm, priced a la carte.

Enjoy savoury and sweet delicacies at Bay View Lounge. From salmon caviar brioche to tea sandwiches and freshly baked scones, the regal experience will not disappoint.

Guests can head down to the lounge everyday, from noon to 9pm. It costs BD22 for regular tea and BD26 for royal afternoon tea inclusive

of sparkling apple juice.

This summer, indulge in gelato-filled éclairs, each handcrafted with artisanal gelato and layered with gourmet ingredients.

Bold flavours such as black forest with cherry, banoffee with mango and salted toffee, and chocolate bounty with coconut cream and fudge sauce are available every day from 11.30pm to midnight, for BD7.

Rediscover your skin's vitality with the award-winning VIP O2 Oxygenating Facial by Biologique Recherche at The Spa. Your journey begins with an advanced skin analysis followed by a personalised treatment for your skin's unique needs. It is available every day from 10am to 10pm, and prices start from BD70.

For more information, call 17115500, 17115045 or 17115046.



DECADENT: Gelato-filled éclairs

Pulse of Pop

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

ON A MISSION

THE first two episodes of crime drama mystery series *Dexter: Resurrection* releases tomorrow, July 11, on Paramount+, followed by a weekly release until September 5.

The sequel to *Dexter: New Blood* and a spinoff of the original takes place after Dexter Morgan (Michael C Hall) miraculously recovers from a near-fatal gunshot wound caused by his own son Harrison (Jack Alcott).

Upon his survival, Dexter embarks on a mission to find his missing son in New York City.

"I feel excited about his story continuing, and I think people will like it," Michael said in an interview, adding that he is already primed to keep playing Morgan for the foreseeable future.

"All I can say is I don't think we embark on this season imagining it as a one-off. Without giving away too much, I think the door will be open at the end of this," he hinted.

The Dexter series ran from

2006 to 2013, and earned an overall positive response and 24 Primetime Emmy Awards, including for Outstanding Drama Series four times in a row, from 2008 to 2011.

Besides *New Blood*, the original show also has another running spinoff *Dexter: Original Sin*, which premiered in 2024 and was renewed for a second season earlier this year.

The release date is yet to be announced.



INTENSE: Drama on screen



HUMAN TOUCH

A MERICAN superhero film *Superman* is out now in theatres.

Superman Clark Kent (David Corenswet) finds himself on a journey to reconcile his Kryptonian heritage with his adoptive human family on earth.

When he gets drawn into conflicts, his actions are questioned, providing tech billionaire Lex Luthor (Nicholas Hoult) an opportunity to get Clark out of the way for good.

Written and directed by James Gunn, the second reboot of the Superman film series is set to be the first in the DC Universe, produced by DC Studios, a newly created production entity under Warner Brothers Discovery, co-chaired by James and producer Peter Safran, dissolving its predecessor DC Films in 2022.

The reconstruction came after a number of DC Films productions, including *Justice League* (2017), were not received positively, as well as the cancellation of the highly-anticipated *Batgirl* movie, which was initially scheduled for a 2022 release.

In an interview, James, who is known for directing other superhero films including Marvel's *Guardians of the Galaxy* trilogy, said he took a lighter approach to the DC Comics superhero – the previous *Superman* films and appearances had a grittier approach.

"In some ways, it's lighter. But there's a lot of heavy stuff in the movie as well," James explained.

"I loved the colour and the joy of the comic books that I enjoyed growing up with, and I wanted to imbue this film with that feeling.

"He's (Clark) from a non-dysfunctional family, he has parents who love him, he's growing up in a loving household with support and emotional presence from his parents, and he's the result of that.

"And I think that he's a pretty well-adjusted guy because of that. However, he has his flaws as well," he added.



TALENT: Noah

NOSTALGIC TUNES

NOAHS Cyrus' second album titled *I Want My Loved Ones to Go with Me* drops tomorrow, July 11.

Following her 2022 release *The Hardest Part*, the 25-year-old said that the new body of work marks her confidence in her identity, and aims to lyrically celebrate the present while also acknowledging the past, evoking the feeling of 'a comforting friend that a song can be'.

"For a long time, I couldn't really trust in my own choices. I had to learn how to make decisions for myself and make that transition into adulthood," Noah said in an interview.

"But I've found who I am, I know who I am, and this record shows what I had inside me all this time.

"This album is me.

"I want this album to offer fans a sense of comforting, peaceful nostalgia. That's something that I feel so heavily when I listen to music.

"We all want to connect with our past while also being aware of the present moment. Music does that for me, and this collection of songs was made with that in mind," she added.

Born in January 2000, the Grammy-nominated singer-songwriter embarked on her acting career at the age of two, playing Gracie Hebert on the sixth episode of her father Billy Ray Cyrus's TV show *Doc*.

She was also a background dancer in the 2009 film *Hannah Montana: The Movie*, starring her older sister Miley Cyrus. The creative talent then released her debut single *Make Me (Cry)*, featuring English singer Labrinth in 2016.

Rajhi bracing for comeback

DAKAR RALLY CHAMPION EYES SEPTEMBER RETURN AFTER ACCIDENT

SAUDI Arabia's Yazeed Al Rajhi, the reigning Dakar Rally champion, aims to resume competitive racing by September following a serious accident in Jordan that left him with two broken vertebrae.

Al Rajhi, 43, became the first Saudi to win the Dakar Rally in January, completing the 12-stage race nearly four minutes ahead of South African rival Henk Lategan.

The event, relocated to Saudi Arabia in 2020 after years in South America, originally followed a Europe-to-Africa route but shifted due to security concerns after 2007.

"I am gradually recovering from the injury I sustained in Aqaba last April while participating in the Jordan Baja," Al Rajhi said, referencing the accident that flipped his car during the rally. His co-driver, Germany's Timo Gottschalk, was also seriously injured.

"I am following the treatment and rehabilitation programme strictly under the supervision of a specialised medical team, amid high morale and great determination to return."

Al Rajhi, who competes for his own team Yazeed Racing, said he expects to return in September at Rally Portugal.

"God willing, I anticipate resuming participation in competitions in the last quarter of the 2025 season," he added, noting his plans to rejoin the FIA World Baja Cup, FIA World Rally-Raid Championship, and Saudi Arabia's national championship.

Reflecting on his Dakar Rally victory, Al Rajhi said: "I'm very proud and happy with this title after we won in Dakar with a private team not belonging to a factory for the first time in more than 25 years." He described the achievement as a "major turning point in the history

WINNERS: Al Rajhi and Gottschalk celebrate after a victory in January this year



of motorsport."

Saudi Arabia has made significant investments in motorsports under its Vision 2030 initiative, hosting

events like Formula One, Formula E, Extreme E, and desert rally championships.

Looking ahead, Al Rajhi sees growing interest in

motorsports across the Arab world, including Qatar's hosting of Formula One and MotoGP, alongside Bahrain and the UAE's Formula One Grand Prix events.

However, he stressed the need for an "integrated qualification system" to develop professional drivers in the region.

Internationally, Al Rajhi believes that Saudi Arabia and the Arab region "will play a pivotal role in shaping the future of motorsports, not only as hosts, but as real competitors for championships through teams and champions who carry the flags of their countries and achieve great things at the highest levels."

Saudi Arabia has signalled ambitions to own a Formula One team, following its sponsorship of the sport and hosting its first F1 race in 2021.

F1 COULD HAVE V8 ENGINES AS SOON AS 2029: FIA PRESIDENT

FORMULA One could go back to using noisy V8 engines with fully sustainable fuel by 2029 at the earliest, according to FIA president Mohammed Ben Sulayem.

The sport is entering a new engine era next season but the head of the governing body suggested last February that a return to the naturally-aspirated V8s or V10s was being considered after that.

The V8 engines were last used in 2013, before the current 1.6-litre V6 units.

"The current engine is so complicated, you have no idea, and it is costly," Ben Sulayem told reporters at the British Grand Prix.

"R&D is reaching 200 million (dollars), and the engine is costing approximately 1.8 to 2.1, so if we go with a straight V8, let's see.

"Many of the manufacturers produce V8s in their cars, so commercially it's correct. How much is it? You drop it. The target is more than 50 per cent in everything."

Ben Sulayem said the V8 engine would also have significant weight advantages and the sound would be welcomed by both nostalgic fans and the new generation.

"To us, the V8 is happening. With the teams now, I'm very optimistic, happy about it. FOM (Formula One Management) are supportive, the teams are realising it is the right way," he said.

"We need to do it soon... you need three years, so hopefully by 2029 we have something there, but the fuel is also very expensive, and we have to be very careful with that. Transmissions are very expensive."

Ben Sulayem also spoke about the possibility of a Chinese team filling the final 12th slot, something he has mentioned before, and said he still felt the sport needed more cars rather than more races.

"The time will come when we feel it is right to open an expression of interest," he said of filling the 12th slot. "We are not here to upset other teams. It won't be just go and do it for the sake of doing it. It has to be worth it for us. The team has to add value to sustaining the business of Formula One."

General Motors' Cadillac brand is due to become the 11th team next season, a slot won after initial resistance from the other teams and Liberty Media-owned Formula One.

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 is the only country in the world to have a flag with more than four sides?
- 2) Lending its name to a lookalike fruit, what flightless bird lays the largest eggs relative to its body size?
- 3) What is France's second largest city, after Paris?
- 4) What is the name of the cartoon that features a simple cat and an angry chihuahua?
- 5) Which city will be hosting the 2026 Commonwealth Games?
- 6) Of the seven colours

in the rainbow, which one is in the middle?
7) Which dish is made of a fillet of steak rolled in pastry?

- ANSWERS**
1. Nepal
 2. Kiwi
 3. Marseille
 4. Ren and Stimpy
 5. Glasgow
 6. Green
 7. Beef Wellington



WORRY: Moving countries for a new job can be stressful

SPEAK YOUR MIND

CHANGE is the only constant, they say, and rightly so.

All of us have at some point or the other experienced a life transition, whether it is a trailing spouse trying to settle in a new country or a child who has had to change schools and make new friends.

Most of us have resisted when faced with similar situations, clinging on to the old and wary of what lies ahead, which can impact our

mental health.

Our July Speak Your Mind topic explores 'how navigating transitions can have a negative impact on mental health'.

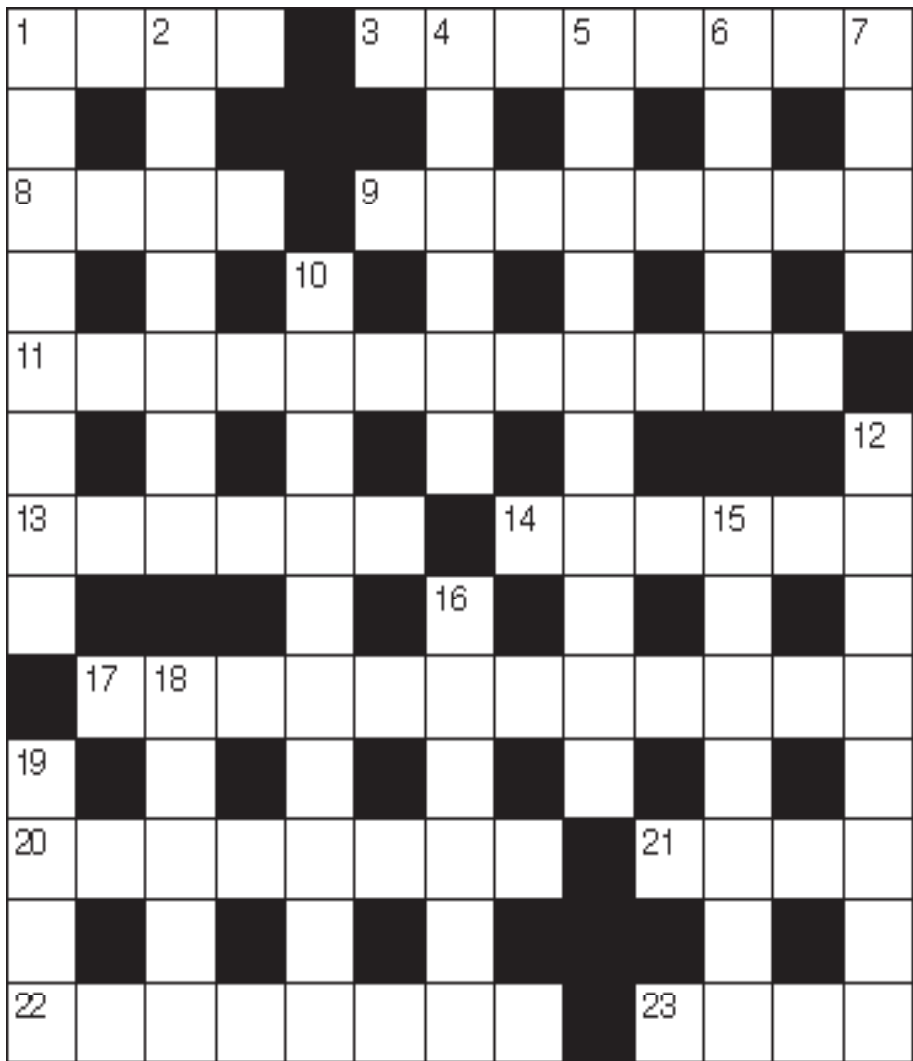
Write to us, in about 100 words, how you might have embraced a major life change. Email gdnnews@gdnmedia.bh by July 30 or follow @gdnonline on Instagram. The most creatively written entries will be featured in the paper – only original responses will be considered.

Time Out



Hilal Computers
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Dell service provider
Tel: 1729 3749 ext 2220

crossword break



Solutions in next week's issue.

ACROSS

- 1. Platform (4)
- 3. Disadvantage (8)
- 8. Gull (4)
- 9. Reputation (8)
- 11. Despicable (12)
- 13. Quiver (6)
- 14. Acrid (6)
- 17. Turbulent (12)
- 20. Necessity (8)
- 21. Skilled (4)
- 22. In concert (8)
- 23. Pause (4)

DOWN

- 1. Devote (8)
- 2. Encroach (7)
- 4. Sudden (6)
- 5. Downcast (10)
- 6. Cold (5)
- 7. Entreaty (4)
- 10. Bearing (10)
- 12. View (8)
- 15. Bother (7)
- 16. Save (6)
- 18. Existence (5)
- 19. Quit (4)

who, what, where, when

- WHO ... played Harry Harper in TV's *Casualty*?
- WHAT ... does the Latin phrase caveat emptor mean?
- WHERE ... is the capital of Florida?
- WHEN ... did Princess Grace of Monaco die?
- WHO ... stars in *Sahara* alongside Penelope Cruz?
- WHAT ... is the second element on the Periodic table?
- WHERE ... would you find the Ashmolean museum?
- WHEN ... was the original Globe Theatre built?

just so

PRODIGAL

THRRREE

where
yyy & where
where
where

keehc rehto

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

- Across:** 1 Calculation; 9 Cheroot; 10 Notch; 11 Latch; 12 Atelier; 13 Morose; 15 Assent; 18 Thimble; 20 Alien; 22 Outdo; 23 Artless; 24 Prematurely.
- Down:** 2 Adept; 3 Clothes; 4 Lethal; 5 Tense; 6 Outside; 7 Acclamation; 8 Thirstiness; 14 Roister; 16 Scatter; 17 Depart; 19 Bloom; 21 Ideal.
- Who, What, Where, When:** Lasse Viren; A beetle; Doldrums; 1867; Plantagenet; Doha; 1099.
- Just So:** Across the ocean, American pie, Take sides, The last of the Mohicans

Darn Tough Sudoku

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