



COMMUNITY REPORT

By NAMAN ARORA
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A golden ribbon was raised in Bahrain this week as the Smile initiative launched the 'Kids Are Gold' campaign, a nationwide month-long drive coinciding with the World Health Organisation's Childhood Cancer Awareness Month.

The 12th edition of this annual September campaign honours children fighting cancer, celebrates those who have overcome it, and reminds the community of the vital importance of early detection.

"We aim to build on the successes that the campaign has achieved over the past 11 years, and to this end, an intensive action plan was launched at the beginning of September encompassing a series of awareness programmes and innovative community events," Smile Initiative and Future Society for Youth chairman Sabah Al Zayani told *GulfWeekly*.

"These efforts aim not only to broaden the campaign's outreach but also to reinforce its position as a leading platform for raising awareness about paediatric cancer," he added.

"The campaign also contributes to positioning Bahrain among countries worldwide that dedicate this month each year to fostering public awareness, while providing psychosocial support to children with cancer and their families."

During the opening ceremony at Smile's head office in Umm Al Hassam, renowned artist Abbas Al Mosawi, alongside 20 young patients, put together a golden ribbon using cubes.

It was more than an art project, as each child, brush in hand, became part of a living symbol of courage and hope.

"We worked with cubes representing the directions that life sometimes takes us – left, right, up and down – and linked it to the United Nations' Sustainable Development Goals," Abbas told *GulfWeekly*.

"When children connect to goals such as health or knowledge, they feel joy in making something meaningful.

ALL SMILES: Abbas and the participants with the finished artwork



HEARTS OF GOLD

"Each side of the cube invites them to see their place in the world through creativity. Ten years of happiness can outweigh a hundred years lived in pain." Sabah described this year's campaign as a milestone in more than a decade of dedicated work.

"The campaign will offer reliable guidance to the public on how to support children through their treatment journey, with particular emphasis on mental health for both patients and families," he said.

Throughout September, 'Kids Are Gold' will be spotted at shopping centres, hospitals, schools and public spaces across the Kingdom.

Stands and interactive events will give families the chance to learn about the symptoms of childhood cancer, the need for early detection, and the psychological support that can make a crucial difference during treatment.

This year's edition promises more innovative activities, with a stronger emphasis on utilising social

media platforms to reach younger audiences and share messages of hope.

Children who have triumphed over cancer, known as 'Smile Heroes', will again be honoured and their recovery celebrated as a beacon for others still in treatment.

The campaign draws strength from a network of community partners.

Companies such as Nuun Watches joined in yesterday, providing timepieces to young patients, while others will support activities



Sabah

throughout the month.

According to WHO, around 400,000 children and adolescents are diagnosed with cancer every year worldwide.

In the WHO's Eastern Mediterranean Region, which includes Bahrain, there were about 36,000 new cases of childhood cancer and 16,500 deaths in 2022.

While survival rates in high-income countries now exceed 80 per cent, in many low- and middle-income regions, the cure rate is below 30 per cent.

Awareness, early diagnosis and accessible treatment can be the difference between hope and despair.

Earlier this year, the society launched 'Smile Shop', a creative platform to support children with cancer and to sell a variety of merchandise including bags, bottles, books and mugs, featuring striking designs by Bahraini artists, with 80 per cent of the proceeds from the sales going towards the cause.

For its campaign this year, Smile Initiative has more than 100 volunteers supporting the organisation in its outreach.

For more details, follow @smileofbahrain on Instagram.



BABY BLISS
Bahrain Barbie delivers
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CHARITY CHAMPIONS
Back-to-school drive
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LEISURE SCENE
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NEW BEGINNING: Volunteers and participants at the cake-cutting ceremony for the launch event

Soaking up the son shine

THE kingdom's very own 'Bahrain Barbie', singer Tamar Leek, has swapped her pop songs for lullabies, as she and her husband, Charles-Benoit Dubois, welcomed their first child last month.

The couple is celebrating the sweetest duet of their lives with the birth of their first child, Arthur-Romeo Charles Dubois, on August 12 at Danat El Emarat Hospital in Abu Dhabi, weighing 3.8kg.

"They lifted the baby out and I saw him flash past the corner of my eye, tiny, crying and covered in vernix," she told *GulfWeekly*.

"My first thought was 'Oh my god, that's... MY baby'. I couldn't believe it! It was like an out-of-body experience."

The couple had their baby shower in Bahrain at the InterContinental Bahrain hotel, revealing the baby's gender with a 'big bang of blue confetti.'

Despite the festivities, the journey was not an easy one.

Tamar had no idea how much of an all-consuming experience pregnancy would be, especially during the final stages when she was either bed-bound or in a wheelchair.

"What made pregnancy bearable was having an extremely loving husband who would bring me flowers, listen to me when I was depressed or in severe discomfort, and take me out for dinners and day trips," she added.

Despite the challenges, she managed to sneak in a performance while about a month pregnant.

"The last performance I did pregnant, was New Year's Eve at the InterContinental in Bahrain," she explained.

"I had three costume changes and was jumping up and down hyping up the

NEWBORN:
Arthur-Romeo



crowd for the countdown.

"Meanwhile, I was fighting nausea, fatigue and could only just catch my breath enough to sing!"

Throughout the pregnancy, Tamar also embraced her

"We hope to visit our friends again in Bahrain with our baby and show him the kingdom where his mum and dad's fairytale love story was created."

body's changes and started finding fashion that flattered her baby bump and made her feel glamorous.

Now, with their newborn son, the couple is savouring every moment.

"Being a parent is all I dreamed it would be and more," she explained.

"Knowing that this small beautiful soul was made by

you and the person you love the most in the world is so heartwarming.

"You feel almost animalistic, I feel like a lioness protecting my cub."

The baby's name was carefully chosen and almost 'controversial' for the couple, as they each wanted completely opposing names!

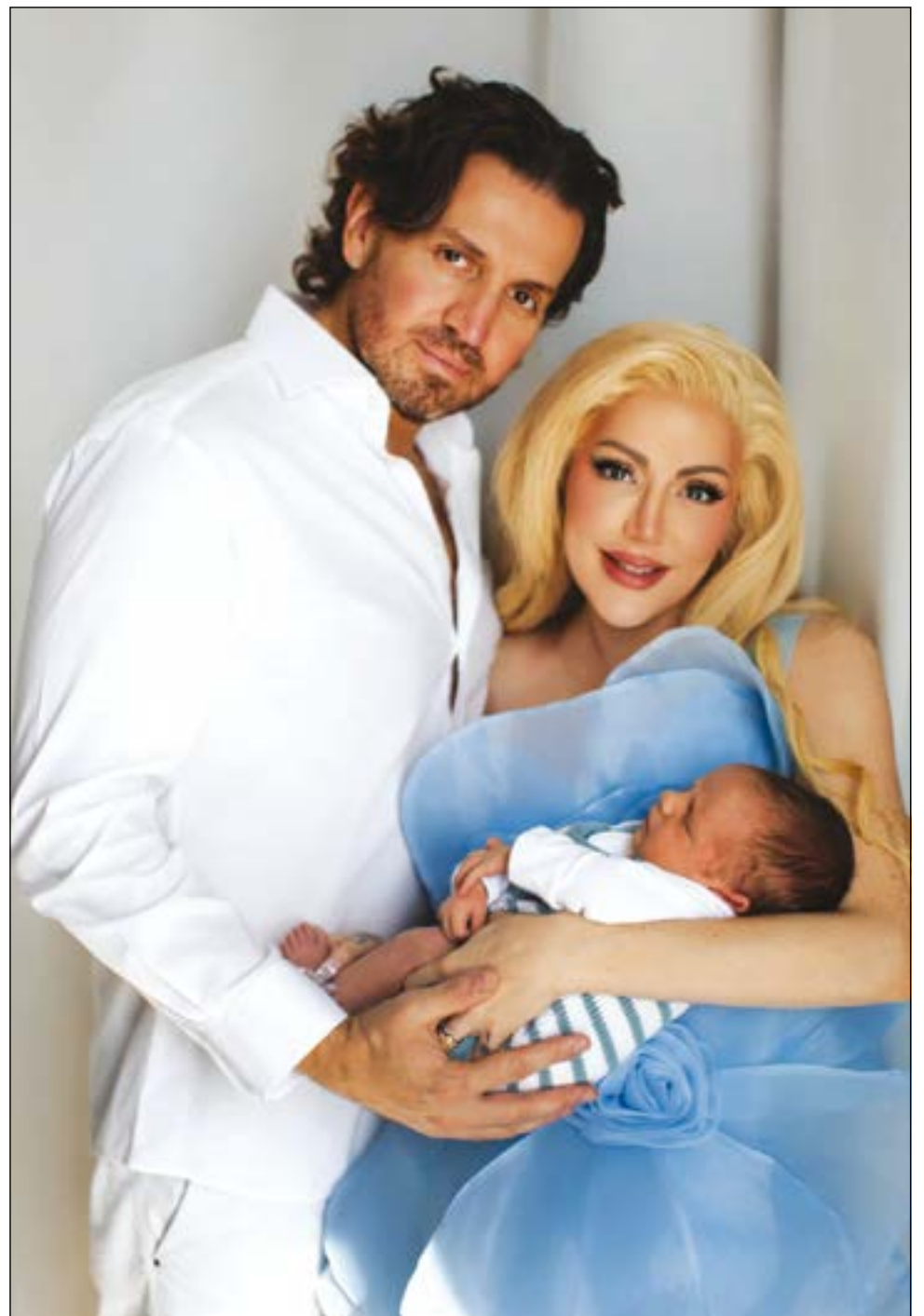
"Charles wanted something regal, royal and traditional sounding, like Henry, Arthur, or Louis, the names of kings," she explained.

"I, on the other hand, wanted something romantic, unique, and poetic, like Romeo, River or Lancelot.

"Charles is French, and had a preference to keep his family tradition of a double-barrel name, like his own.

"So we decided to take the name he liked – Arthur – and double-barrel it with the name I liked – Romeo – as a perfect compromise."

Family and friends shared in the excitement, knowing



TRIO: Charles-Benoit, Tamar and Arthur-Romeo

that it had been Tamar's dream to become a mother.

"We filmed everyone's reactions and made them into a compilation reel video on *Instagram*," she reminisced.

"My sister and my 94-year-old grandma's reactions were the best – their jaws on the floor in disbelief and delight!"

Music was there from the very first moment.

"I wanted to sing to him, but I was too overcome with emotion," Tamar recalled.

"So Charles started to sing to him. It was so cute.

"I wrote a song for him called *Little Sprouty*... and there my husband was, singing it word for word to soothe our newborn, with his tiny fingers wrapped tightly around one of Charles'."

As for the future, Tamar is in no rush, as she continues to serenade her newest fan.

"For now, I am singing to my baby often, and he is my biggest 'little' fan," she added.

"We hope to visit our friends again in Bahrain with our baby and show him the kingdom where his mum and dad's fairytale love story was created."

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 dog breed can run the fastest?
2. *The War of the Worlds* and *The Time Machine* are two books written by which British science fiction author?
3. In *The Simpsons*, what is the name of Ned Flanders' first wife?
4. What did the UK Royal Mint release in 2021 to commemorate the then-Queen's 95th birthday?
5. What is the official language of China?



6. In 2021, Sir Anthony Hopkins became the oldest Oscar winner for Best Actor, for which film?
7. Which country is famous for its fried Mars bars?

- ANSWERS**
1. Greyhound
 2. HG Wells
 3. Maude
 4. Five Pound coin
 5. Mandarin
 6. *The Father*
 7. Scotland

No child left behind

AS the new academic year gets underway, community organisations are coming together to ensure that children from low-income families are equipped with the tools they need to learn.

Unregistered charity OneHeartBahrain has launched a drive, titled 'Fill Their Backpacks with Hope', calling on residents to donate essential school supplies.

According to organisers, some children risk missing school altogether due to financial hardships and the campaign seeks to remove those barriers by placing basic items directly into pupils' hands.

"Our work at OneHeartBahrain is rooted in the power of community – bringing volunteers, donors, partners and beneficiaries together as one family to offer a helping hand where it's needed the most."

OneHeartBahrain project manager and operations director Amal Ishaq said.

"This initiative reflects our twin goals – while new donations are gladly accepted, we especially encourage giving pre-loved items in good condition. This not only equips a child for academic success but also reduces waste and supports a circular economy – a cornerstone of our environmental commitment."

Accepted donations include backpacks, notebooks, pens, pencils, rulers, calculators, art supplies, old school books and reading books, literature and mathematics practice books, old laptops, tablets and phones, lunch boxes, binders and folders. Both new and gently used items in excellent condition will be collected.



KINDNESS: School supplies collected by OneHeartBahrain during an earlier campaign

The Bahrain Rugby Club in Janabiya is the central drop-off point and collections will run until 4pm on Thursday, September 11.

Volunteers will pack the donated items into school bags, which will be distributed to children from identified low-income families the following day.

For more details, residents can contact OneHeartBahrain directly or visit the group's online platforms.

Kaaf Humanitarian-Al Eslah Society has also launched a back-to-school campaign to support students by providing them with essential school supplies and scholarships.

More than 2,000 students were assisted last year, reflecting the organisation's commitment to making education accessible for all.

"The initiative, entitled It All Begins with a School Bag and Uniform, will involve the distribution of school uniforms, shoes, backpacks and bags filled with school

supplies," Kaaf Humanitarian chief executive Mohammed Jassim Sayyar said.

"In addition, the society will also support several university students, offering them financial assistance to help undergraduates pursue their studies," he added.

Educational support will also be extended to students all over the island – from primary to secondary schools.

"Through these initiatives, Kaaf Humanitarian reaffirms its role as a dedicated national partner in promoting education, empowering young people and advancing the values of humanitarian service," Mr Sayyar added.

Meanwhile, the General Directorate of Civil Defence launched an awareness campaign to mark the back-to-school season.

The initiative, comprising a series of educational programmes, aims to raise awareness among students and parents about methods of risk prevention and proper responses during emergencies such as fires and natural disasters.

An exhibition was also held, featuring displays of safety equipment, distribution of brochures and leaflets, and interactive online competitions through 'Ghaith', the Civil Defence mascot.

"The campaign reflects co-operation between the General Directorate of Civil Defence and the Education Ministry," a statement said.



HAVING WALKED THE TALK AND LOST 41.5 KILOGRAMMES OVER A YEAR AND A HALF, GULFWEEKLY'S COLUMNIST PREETY PRAVEEN EXAMINES THE CORRELATION BETWEEN FITNESS AND SELF-CARE, AND MENTAL HEALTH.

COLOURFUL: Some of the different ways to add some excitement to your hydration routine



Test the waters!

Water is often called the elixir of life, and for good reasons.

The human body is made up of around 60 to 70 per cent water, which means every cell, tissue, and organ relies on it to function properly.

While hydration is essential for survival, its impact extends far beyond just quenching thirst and influences how we look, feel, and think.

Water also holds a profound power over something far less visible yet equally vital – our mental well-being.

Our brain is around 75pc water, which means dehydration directly affects its performance.

Studies show that even slight dehydration can impair mood, memory, and cognitive function.

People who don't drink enough water often feel more anxious, irritable, and mentally fatigued.

Dehydration of just one to two per cent can impair cognitive performance, reduce short-term memory, and lower concentration.

Hydration helps regulate hormone levels, improves focus, and supports emotional balance.

Small Changes, Big Impact

Transforming your mental well-being with water doesn't require drastic changes, but rather simple habits like:

- Starting your day with a glass of water, ideally warm and infused with a lemon slice.
 - Keeping a water bottle nearby
 - Drinking water when you feel stressed or unfocused
 - Setting reminders to drink water regularly
 - Eating water-rich fruits and vegetables
 - Avoiding caffeine and alcohol, which can dehydrate you
- And who said drinking water has to

be boring? With a little creativity, your daily hydration can become a refreshing, colourful, and exciting ritual.

Detox water transforms water into a feast for the senses, bursting with natural colours, flavours, and health-boosting benefits.

Think of cool cucumber ribbons swirling with bright green mint leaves, zesty lemon slices mingling with fiery ginger, or a jewel-toned medley of berries dancing with fragrant basil.

For a cosy twist, add orange slices and a dash of cinnamon for a warm, immunity-enhancing sip.

The beauty of detox water lies not just in its health benefits but in the joy it brings.

Preparing a jug each morning feels like crafting your own spa experience at home. It's an effortless way to sip vitamins, antioxidants, and hydration throughout your day. These easy, eye-catching drinks make meeting your water goals fun and satisfying, all while nurturing your mind and body.

Share your experience

This month, I'd like to invite you to take charge of your health, and commit to tracking every glass of water you drink, at least for a week, and share with us any changes you noticed in this time.

- Did you feel more energised, clear-headed, or notice a skin glow?
- How well did you stick to your plan?
- Got any clever tips to make hydration fun?

Email gdnnews@gdnmedia.bh with your reflections by September 15 or follow @gdnonline on Instagram.

The most creatively written entries will be featured in the paper – only 'original' responses will be considered.

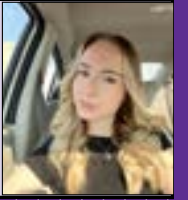
(Bahrain-based Ramanpreet Praveen is a psychologist and author, who was crowned Haut Monde Mrs India Worldwide Bahrain Queen this year.)



BACK TO SCHOOL: Children receive gifts as part of a campaign launched by the General Directorate of Civil Defence

Leisure Scene

What's on guide by
Julia Cassano



SAY CHEESE! DESSERT BLISS AT RITZ

MASTER the art of baking cheesecake with a hands-on baking experience at the Ritz-Carlton Bahrain this week.

Whether you are an experienced baker or simply passionate about dessert, this interactive class will guide you step by step in crafting cheesecake that is creamy, dreamy and impossible to resist.

Priced BD40 per person, the event is subject to availability and early booking is advised.

Dive into an endless exploration of fresh,

expertly rolled uramaki at Thai Lounge's All You Can Eat Sushi, thoughtfully crafted to enhance every

bite. Elevate your meal with a curated selection of delicious beverages. It costs BD18.500 per person, and

for an additional BD11, guests can avail a selected beverage package, on Sunday and Monday, 6pm to 9pm.

For a wonderful and vibrant Indian dining experience, look no further than Nirvana's Thali Platter.

Offering a variety of dishes crafted to perfection, aromatic curries and tender tandoori specialties will make for an unforgettable meal. It costs BD19 per person, inclusive of one glass of lassi on Sunday, Tuesday and Wednesday, from noon to 3pm and 7pm to 11pm.

Join Cantina Kahlo for

a feast of bold flavours. Savour an array of mouthwatering dishes made with authentic ingredients, bursting with the vibrant flavours of Mexico, tomorrow, Friday, 1pm to 4pm.

It's priced at BD35 per person, inclusive of soft beverages and BD45 per person with selected beverages.

For an unforgettable summer day, gather your family and friends and book a villa barbeque at the Ritz-Carlton Bahrain. Relish grilled delicacies and more, all while enjoying the beautiful green scenery.

FLAVOURS: All-you-can-eat sushi



Relax this weekend with a luxurious pedicure at the hotel. With each booking, guests can enjoy the added luxury of a complimentary



DELICACY: Miso Signature Platter



TASTY: Salmon Sunset Roll



AUTHENTIC: Tofu Teriyaki

THE BEST OF JAPAN AT MISO

MISO at the Savoy Grand Hotel, in Seef District, offers an authentic taste of Japan, combining refined presentation, traditional flavours and a calm, welcoming atmosphere.

The signature restaurant reflects the elegance and simplicity of Japanese design, with warm wooden accents, soft lighting and a serene setting that creates an intimate dining experience.

Culinary director Harbilash Panigrahi and master chef Prageeth Maduranga lead the team, bringing their expertise and passion for Japanese cuisine to every dish.

Guests can enjoy a menu featuring freshly prepared sushi, sashimi, tempura and

teppanyaki, with each plate made using the finest ingredients to ensure a perfect balance of taste and texture. Live cooking stations add a sense of theatre to the meal, allowing diners to watch the chefs at work.

Whether visiting for a casual dinner, a business meeting or a special occasion, Miso provides a polished and authentic dining experience that reflects the spirit of 'Omotenashi'; Japanese hospitality that focuses on every detail.

The restaurant also offers a carefully curated selection of sake and Japanese teas, complementing a menu that has been crafted with precision and care.

For more information or bookings, WhatsApp 17555800.

RAISE THE STEAK AT INTERCONTINENTAL

THE INTER-CONTINENTAL Bahrain has lined up an array of extraordinary dining experiences this week.

Join Legendz SteakHouse for an elevated brunch featuring buffet stations, à la carte mains and live music. Enjoy a variety of dishes from stations such as BBQ Bar, Mussels and Seafood, and Burrata and Fresh

Cheese, along with delicious beverages.

The event costs BD28net with soft beverages and BD38net with selected beverages, on Friday from noon to 4pm. Children under six dine for free, while those aged six to 12 enjoy 50 per cent savings.

For the ultimate weekend treat, visit the Legendz SteakHouse and opt for the 18-hour slow-cooked



PERFECTION: Slow-cooked ribs

BBQ beef ribs and dalliance caramel praline dessert. Available every Saturday,



VARIETY: An array of delicious seafood



JUICY: Kebabs at Golestan Persian Grill

Leisure Scene

Weekly Entertainment



RICH: Cheesecake

manicure. It costs BD55 per person, until September 15. For more information, contact 17580000.

VIBRANT FRIDAY BRUNCH AT FOUR SEASONS HOTEL

FOUR Seasons Hotel Bahrain Bay's Friday Family Brunch returns with vibrant live stations and entertainment.

Guests can enjoy an array of fresh salads, nachos and tacos, Japanese takoyaki, kebabs and desserts.

The feast is priced at BD35 with soft beverages and BD48 with a selected beverage package. Children under five dine with the hotel's compliments, and those aged six to 12 enjoy 50 per cent savings.

Byblos has also unveiled a refreshed menu of Lebanese favourites. Savour Eggplant

Raheb with crispy kunafa, shrimp with pesto and oven-baked manakish – all served in a seaside setting, from Tuesday to Sunday, from 6pm to midnight.

Visitors can dig into an array of beautifully-plated dishes at re/ASIAN Cuisine. Enjoy pan-seared duck, duck dumplings, Korean fried chicken, Hokkaido scallops and more, while a DJ enhances the evening atmosphere.

The dining affair is available on Tuesday, from 7pm to 11pm; from Wednesday to Friday from 7pm to 11.30pm; and Saturday to Sunday, 7pm to 11pm.

Meanwhile, CUT by

Wolfgang Puck invites guests to a lively Friday Brunch featuring Wolfgang Puck's favourites – from black bass ceviche and beef sliders to premium steaks.

Tableside pours of bubbly beverages and live entertainment complete the afternoon. It is available on Friday, from 12.30pm to 3.30pm for BD70, inclusive of free-flow sparkling beverages.

Enjoy Bahrain's most extravagant Tea Experience, featuring delicacies such as classic sandwiches and freshly-baked scones. The delicacies are lined up everyday from noon to



SPECTACULAR: Friday Brunch at CUT

9pm, at BD22 for a regular experience and BD26 for the royal one.

Indulge in the perfect night for two with the hotel's amazing indoor pool spa experience. The journey begins with an aromatherapy massage, followed by sparkling beverages, sweet treats, roses and a private midnight swim. It costs BD280 from Sunday to

Wednesday and BD295 from Thursday to Saturday and holidays, from 11pm to 1am.

Available until September 30, enjoy a new take on eclairs at Bay View lounge, from 11.30am to 11.30pm. Flavours include Black Forest with cherry, Banoffee with salted toffee and chocolate bounty with coconut cream.

For more information contact, 17115000.



from 6pm to 10pm, the three-course set menu costs BD26net per person.

Double the flavour and joy with the steakhouse's Two For One Steak Monday on any steak of equal or lesser value, from 6pm to 10pm.

Meanwhile, guests can enjoy a perfectly-grilled tenderloin paillard with mushrooms, served with unlimited crispy pommes frites. Add-ons include grilled shrimp or roasted vegetables. Guests should dress in cocktail attire or smart casual, and it costs BD15 per guest every Tuesday, from 6pm to 10pm. Indulge in a 400gm



JUICY: Tenderloin paillard

Châteaubriand Tenderloin, served with truffle mashed potatoes and grilled asparagus. The offer, priced at BD32net for two people,

also includes a selected beverage, tonight, from 6pm to 10pm.

For more information or reservations, call 36967701.

BUON APPETITO: EXPLORE ITALIAN TREATS AT MASSO

GET ready for the ultimate celebration as Masso transforms Fridays into a scene straight from the Mediterranean.

The luxurious restaurant in the Palmyard Hotel in Adliya offers La Dolce Vita – a new Friday brunch that captures the ease and elegance of long lunches on the Amalfi coast in southern Italy.

Celebrate the weekend, savour the moments and escape into a world where music flows,



MUSICAL: DJ serenading the audience

and every bite tastes like summer in Italy. Guests are welcomed with a selection of light, modern spritz-style beverages, before settling into a five-course sharing menu that brings seasonal Mediterranean flavours to the forefront.

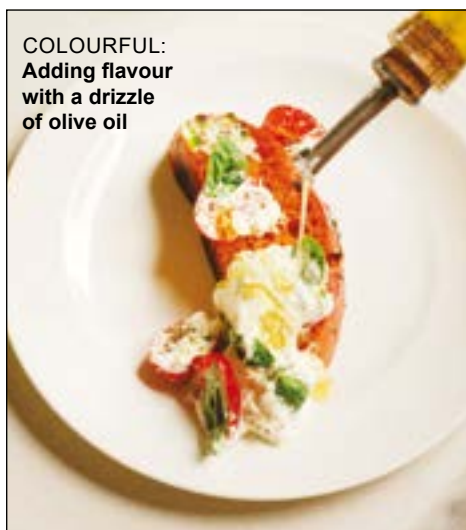
Menu highlights include arancini with asparagus and fior di latte, caprese salad, handmade linguine frutti di mare, pizza rucola zucchini with olives and red onion, carving station with wagyu rib-eye, lemon sorbet served in citrus shells and tableside tiramisu.

Guests will also be welcomed with a lovely atmosphere as a live DJ brings the coastal soundtrack to life – think Balearic beats and sunset grooves that build as the afternoon unfolds.

With artful florals, statement table styling, and the signature Masso attention to detail, La Dolce Vita captures the kind of effortless luxury that's hard to find, and even harder to



DELICIOUS: Shrimp pasta



COLOURFUL: Adding flavour with a drizzle of olive oil

forget. It takes place on Fridays, from noon to 4pm and costs BD44 with selected beverages and BD36 inclusive of soft beverages.

For more information or bookings, contact 33280280.



GASTRONOMIC ADVENTURE

GET ready for a flavour-packed adventure this weekend at The WILD Brunch at Sheraton Bahrain Hotel.

Indulge in premium sharable cuisine and sip on handcrafted beverages while live entertainment electrifies the atmosphere, on Friday, from 12.30pm to 5pm. It costs BD36net per person for soft beverages and BD46net per person for selected beverages. Ladies can enjoy the brunch for BD23.

Don't miss out on an exclusive chef-curated dining experience with Chef Doris and her talented team, tonight at the WILD. Indulge in a selection of appetisers, followed by a lavish sharing platter of crustaceans tossed in a signature lemon garlic butter sauce. Other dishes of the night

include slow-roasted beef, Peruvian spice-rubbed roasted chicken and handcrafted cakes by pastry chef Ismail. It's available from 5pm to 11pm, at BD19.500 per person, inclusive of soft drinks, tea and coffee.

Delight in a Persian Lunch at the Golestan Persian Grill, including your choice of one kebab, fresh juice, soft drinks and water. It is available everyday from noon to 3pm, at BD17.500 per person.

Dinner is also available from 7pm to 11pm.

On weekends, the restaurant is open from noon to 4pm for lunch and 7pm to 11pm for dinner.

For more information or reservations, call 17517715 or 38885409.

Pulse of Pop

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



REPORTERS:
A poster of the series

ALL 10 episodes of the new sitcom series *The Paper* are out now on Peacock.

Taking place in Ohio, the 'mockumentary' tackles the happenings inside the office of the Toledo Truth-Teller, a once well-respected newspaper that is now declining, as it shares a floor with a toilet paper brand.

Editor-in-chief Ned Sampson (Domhnall Gleeson) wants to hire more reporters to expand coverage, however, he is unable to do so due to budget constraints. So he resorts to get the office's accountants, salespeople in the advertisement department and truck drivers to volunteer as reporters, while also doing their paid jobs.

Co-created by Greg Daniels and Michael Koman, the series is a follow-up and spinoff to the 2005 American sitcom *The Office*, which was based on a British namesake series.

Actor Oscar Nuñez is set to be the only familiar face to appear in *The Paper*, as he is reprising his role as accountant character Oscar Martinez.

"The show provides a satirical look at the challenges of modern journalism," Greg, who is also the creator of *The Office*, said in an interview.

"We wanted to create a show that felt like an extension of the same universe as *The Office*, but with a brand-new cast and a fresh take on the premise.

"While *The Office* was about a paper company, we

follow how the Internet has affected a local newspaper.

"There's a tremendous history for local papers and this show explores that in a humorous way," he added.

Despite ending in 2013, *The Office* is still remembered and cherished by a universal audience.

Following the first season's premiere, it earned several

accolades in 2006 including two Screen Actors Guild Awards, a Golden Globe Award for Steve Carell's performance as lead character Michael Scott,

and five Primetime Emmy Awards, including one for Outstanding Comedy Series.

In 2016, it earned the 48th spot in *Rolling Stone* magazine's 100 Greatest

Television Shows Of All Time list, and was also the most streamed show in 2020, with 57 billion minutes watched in the United States.

FIXER ON A MISSION

AMERICAN thriller film *Relay* is out now in theatres.

Starring Riz Ahmed and Lily James, *Relay* tackles a world class fixer who specialises in helping whistle-blowers get paid off by corrupt companies while keeping his identity secret through a relay service for the deaf.

A whistle-blower is a person who tells on a person or organisation that is engaging in unlawful or immoral activities.

Things take a turn when Ash (Riz) receives a message from Sarah Grant (Lily), a biotech company worker who stumbled upon something scandalous. To make it public, she steals confidential documents, however, her employer finds out the plot and is now intimidating her.

In an interview, director David Mackenzie explained how the main character keeps his identity hidden throughout the film, as he goes by multiple names and disguises.

"He tries to live below the radar. And one of the things in particular that he does is, he uses this old technology for the deaf – the relay system, where you would speak to an operator.

"An operator would relay the message to the person



who was hard of hearing with some kind of text using a device called a TTY (teletypewriter) machine. And then the person who was hard of hearing would relay it back using the machine, and then the operator would relay it to the person using their voice.

"It's a way of communicating with people that is below the digital radar, which is how he is able to exist without being noticed by the corporate kind of henchmen security people who are trying to harass Sarah and intimidate her."



FUNKY: A picture from the album's photoshoot

SCOTTISH-AMERICAN rock musician David Byrne is releasing his new album, *Who Is the Sky?*, tomorrow (September 5).

He is joined by the musical ensemble Ghost Train Orchestra, with the album marking their ninth and sixth release respectively.

The project is described to be the culmination of 12 rudimentary songs, which were emotionally built on through orchestral arrangements to achieve an expressive yet accessible sound and feel.

"At my age, at least for me, there's a don't-care-about-what-people-think-attitude that kicks in," the

SONGS OF HOPE

73-year-old said regarding his creative process.

David embarked on his career in 1971 and is best known as a founding member of the new wave band Talking Heads.

"I can step outside my comfort zone with the knowledge that I kind of know who I am by now and sort of know what I'm doing," he added.

The artist also described the album to be hopeful, which he believed was an unconscious direction that was taken during the writing and recording process.

"I was doing it for

myself. But now when I look back on it, I think I was trying to make something that is a counterforce to the partisan negativity that is out there all the time.

"Not directly addressing it, but trying to create a feeling that will help us see that no, it doesn't have to be like that," he said.

The record will feature a number of collaborators including Hayley Williams of Paramore.

The two artists are also set to soundtrack Netflix's *The Twits*, an animated film that is releasing next month.

MotoringWeekly

The top motoring and motorsport news

ROARING CROWDS:
The Tifosi at Monza



THE Formula 1 season is reaching a pivotal moment this weekend as the Italian Grand Prix returns to Monza, writes Naman Arora.

From the battle within McLaren to Ferrari returning amidst the Tifosi, here are some of the storylines to watch as the teams buckle in for the final nine races of this season.

LAUDA'S LEGACY

Ferrari has revealed a special livery for the SF-25 cars driven by Charles Leclerc and Lewis Hamilton, paying homage to renowned F1 champion Niki Lauda's 1975 Ferrari 312T.

The design features prominent white engine covers, retro-style numbers framed in white, silver wheel covers and white stripes along the flanks.

Drivers will also wear race suits inspired by Lauda's championship-winning attire, with their names highlighted across the back in the same way Lauda's appeared.

The retro tribute extends to Ferrari legend Jean Alesi, who will drive a 412T2 at the event.

HOME COMING

Monza represents a 'homecoming' of sorts for two drivers in very different ways. Italian rookie

Monza magic



IN WITH THE OLD: The vintage livery on Ferrari this weekend

Kimi Antonelli will race in front of his home fans for the first time, while Hamilton tackles his debut at the circuit with Ferrari.

Antonelli's weekend in the Netherlands was difficult, including a collision with Leclerc.

Mercedes boss Toto Wolff stressed that mistakes are part of a rookie's learning curve.

"When we made it clear last year in Monza that we would give him the opportunity, we were also saying that we would give him a year of learning... and there would be other moments of

brilliance," Wolff said.

"Once he was in free air, he was behind the McLaren, the quickest car, caught up, and then again was involved in that accident that unfortunately meant the end for Charles' race and also for Kimi's race. But we want him to go for the moves, obviously."

Meanwhile, Hamilton arrives in Monza carrying a five-place grid penalty for a yellow flag infringement at the Dutch Grand Prix. Ferrari will need to manage the setback carefully, particularly at their home circuit where expectations are high.

"It's one of the most popular and fastest circuits on the calendar," said Ferrari team principal Frédéric Vasseur.

"Last weekend was very much one of mixed emotions, but having fully reviewed Lewis's did-not-finish-result (DNF) internally, our full focus shifts to the remaining nine rounds of the championship.

"We continue to be competitive, but we must not be complacent and must not take for granted that there is a fine line between challenging for victories and disappointment. The team and drivers remain motivated

to maximise our pace this weekend."

BATTLE FOR THE TITLE

Lando Norris and Oscar Piastri remain locked in a heated fight for the Drivers' Championship, with just nine races left.

Piastri's victory in the Netherlands extended his lead to 34 points over Norris.

Norris remains focused on the challenge ahead. "I'm looking forward to returning to Monza," he added.

"The Italian Grand Prix is always a good one. The fans come out in full force and the high speeds make it more fun. I'm focused on this weekend, ready to give it my all and fight for the win. The team has done a great job and we have a lot of performance in the car, so I'll be extracting the maximum. Bring it on!"

Piastri, meanwhile, is determined to maintain his momentum. "I'm really excited for Monza. Zandvoort was a very strong weekend and I'm determined to follow that up and fight for the victory in Italy. I finished second there last year and

I'm working hard to go one better this year. A big thank you to the whole team who are working so hard at track and back at MTC to give us such a great car."

MIDFIELD BATTLES

The midfield battle remains intense, with Williams, Aston Martin, Racing Bulls, Sauber, Haas, and Alpine all vying for points. Alex Albon's fifth-place finish at Zandvoort gives Williams momentum heading into Monza.

Red Bull faces a particular challenge at the 'Temple of Speed'. While Verstappen secured a podium in the Netherlands, Monza has historically been a difficult circuit for the team. Weather forecasts predict warm and sunny conditions, adding another layer of complexity.

As the teams prepare for Monza, all eyes will be on Ferrari's home race, Hamilton's debut, and the title fight between McLaren teammates.

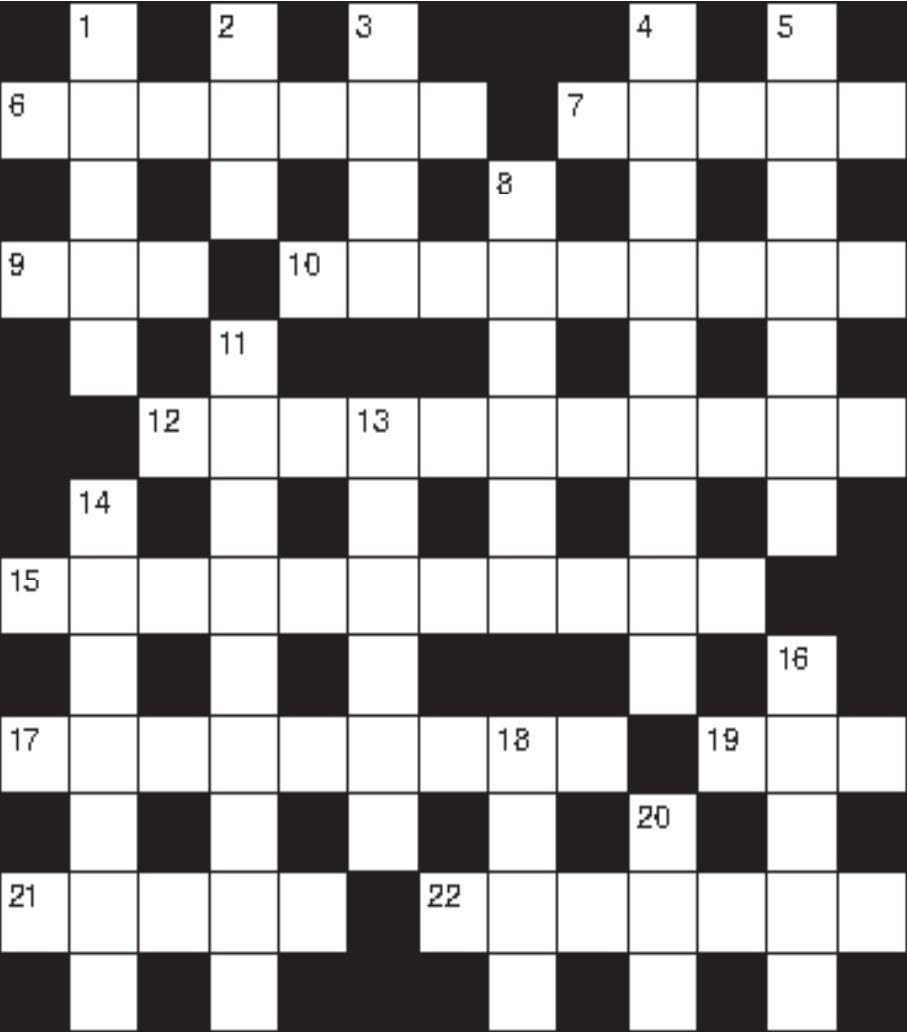
Speed, strategy, and passion are set to converge in one of Formula 1's most iconic weekends.

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 6. Humorous (7)
- 7. Surrounded by (5)
- 9. Pinch (3)
- 10. Six-sided (9)
- 12. Ill-will (11)
- 15. Echo (11)
- 17. About (9)
- 19. Pledge (3)
- 21. Cringe (5)
- 22. Stupid (7)

DOWN

- 1. Film (5)
- 2. Sever (3)
- 3. Stupefy (4)
- 4. Indecorum (9)
- 5. Babyhood (7)
- 8. Toil (6)
- 11. Shameless (9)
- 13. Incorporate (6)
- 14. Unfold (7)
- 16. Fashion (5)
- 18. Trim (4)
- 20. Regret (3)

who, what, where, when

WHAT ... does a clinometer measure?

WHERE ... was the composer Christoph von Gluck born?

WHEN ... was *The Picture of Dorian Gray* first published in book form?

WHO ... had hits with *Circle In The Sand* and *La Luna*?

WHAT ... is the largest organ of the human body?

WHERE ... did Napoleon die?

WHEN ... was Hong Kong handed over to Chinese rule?

just so

come..

CHANCE CHANCE
CHANCE CHANCE

twelvepmgood

ΠΣΩΠΣΩΠΣΩΠΣΩ
ΠΣΩΠΣΩΠΣΩΠΣΩ
ΠΣΩΠΣΩΠΣΩΠΣΩ
ΠΣΩΠΣΩΠΣΩΠΣΩ
ΠΣΩΠΣΩ me me

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

Across: 7 Make the most of; 8 Preserve; 9 Even; 10 Random; 12 Inside; 14 Reason; 16 Errand; 18 Scar; 20 Ultimate; 22 Consolidation.

Down: 1 Carriage; 2 Leased; 3 Char; 4 Imbecile; 5 Assess; 6 Joke; 11 Manfully; 13 Donation; 15 Stress; 17 Remote; 19 Cook; 21 Tidy.

Who, What, Where, When: Alec Guinness; NaCl; Rome; 1820; Titus; Rabies; Goodison Park; 1906.

Just So: A blatant lie; A mixed salad; A nervous tick; A parting shot.

Darn Tough Sudoku

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