



NIGHTINGALES: The Manama Singers during a past event

MUSIC REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

ONE of Bahrain's oldest, multi-cultural choirs is set to stage its first festive concert of the year on Saturday, November 8.

The Manama Singers will perform at the American Women's Association's annual Snowflake Craft Fair, which will also feature a wide variety of vendors.

"The AWA craft fair has, for me personally as well, been a highlight and the start of the Christmas season and the Manama Singers have loved singing at this craft fair for many years," choir chairperson Susan Scott told *GulfWeekly*.

"We generally do two sets, so we will sing in the morning and then a little after lunch. They are a mix of traditional carols and the more popular, catchy tunes – *Jingle Bells* is definitely there, but one of my favourites is *Oh Holy Night*," added the creative, who arrived in Bahrain 34 years ago.

The concert will be co-conducted by Jo Diciolla and Stefan Els, who will also work together for the other upcoming performances this season.

"We have added a few jazz-inspired arrangements to give the programme a fresh and lively twist," said Stefan.

The 34-year-old South African expatriate from Al Sayh has been living in Bahrain for the last six years.

FESTIVE FERVOUR



FLASHBACK: Singers at their creative best



SOPRANO: Tamara

Jo will be returning after almost a year's maternity break and expressed her excitement for the events that lie ahead.

"Being a musician is a



BARITONE: Neil

huge part of who I am, and being a part of the choir and its music brings me immense joy. I can't wait for my daughter to hear and see us at a show this season," the



AT THE HELM: Susan

me to join a choir, but before I moved to Bahrain I was never in one place long enough. Joining the Manama Singers is one of the best choices I have ever made. Everyone is welcome and we work hard, but we also have lots of fun," noted the 52-year-old from Janabiya.

"So far, I have done several solo pieces, but I mostly enjoy being part of the tenor and bass section; I've been both and it turns out I'm probably a Baritone."

Manama Singers will perform at the British Club on November 27 with the Jazz Orchestra, which will be followed by their annual sit-down dinner concert at the Dilmun Club on November 28. The choir will also serenade visitors at the Bahrain Jazz Fest next month.

The event this weekend will take place at the Diplomat Radisson Blu Hotel from 11am to 5pm. Entry is BD1 and children under five years go free. Proceeds from the event will be donated to local charities.

For more information, follow @manamasingers on Instagram.



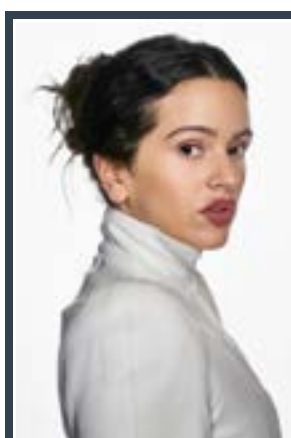
SPEAK YOUR MIND
Sleep, stay fit!
SEE PAGE 2



FLAVOURS GALORE
Ritz review
SEE PAGE 3



OUT & ABOUT
Dining offers
SEE PAGES 4-5



PULSE OF POP
Movies, music & more
SEE PAGE 6

Running on coffee and chaos



GULFWEEKLY'S COLUMNIST PREETI PRAVEEN EXPLORES THE STRUGGLE FOR A GOOD NIGHT'S SLEEP IN TODAY'S FAST PACED TIMES.



BINGE: Late-night snacking can affect sleep

SLEEP used to be simple. We turned off the lights, closed our eyes, and woke up fresh. Now? We turn off the lights, check our phones one last time, fall into a scroll-hole, remember an unfinished email, open the laptop, and — poof! — it is 1.47am.

By the time we do fall asleep, the brain is still replaying office presentations, gym schedules, and grocery lists on repeat. And before we know it, the alarm starts its morning symphony. Somehow, we still show up to work pretending that four hours of sleep and two cups of coffee are 'totally fine'.

The irony of modern life is simple: we sacrifice sleep to be more productive but end up being too tired to function properly. In order to stay ahead in the rat race, sleep is the



SCREENTIME: Promise yourself a 30-minute gadget-free window before bed

first thing many people compromise. 'I'll sleep when I succeed', we tell ourselves, forgetting that success tastes sweeter when you are not yawning through it. We live in a time where people wear 'busy-ness' like a badge of honour. But being constantly tired is not a sign of dedication — it is a sign of imbalance.

Lack of sleep does not just dull our skin and darken our under-eyes — it quietly steals our calm. Sleep isn't just about physical rest; it is mental therapy — the time when the brain clears clutter and resets for sanity.

There was a time when I, too, was juggling and struggling to calm my body and soul. As a mother and

wife, my so-called duties and responsibilities often overshadowed my own peace of mind. The little calm I managed to find would vanish under the weight of work stress. I found myself irritable, frustrated, and constantly on edge, with puffy eyes and a restless mind that refused to slow down. Deep down, I knew this chaos is unhealthy and unnecessary, yet I kept pushing on, convincing myself that one day I would finally relax. But as we all know, that 'one day' never arrives.

One quiet evening, I paused to ask myself: Why was my health deteriorating despite all the medication? Why did my skin look dull despite using the best cosmetics? And why did I never truly feel rested or happy?

The answer, as it turned out, was simple yet profound — I was missing something essential: a good, sound sleep.

I decided to change some

habits which I am sure could help you too.

• **Treat sleep like an important meeting.** Chalk down your bedtime seriously.

• **Power down to power off.** Promise yourself a 30-minute gadget-free window before bed — no late-night emails or endless scrolling and definitely no 'just one more episode'.

• **Create a bedroom that feels like a spa.** Your bedroom should whisper 'relax'. Keep it cool, dark and clutter-free. Fluff your pillows, use calming scents like lavender, perhaps, and invest in comfortable sheets.

• **Eat but don't feast.** Late-night snacks can be comforting but they can also keep you awake. Avoid heavy, spicy, or sugary foods close to bedtime. Instead, opt for something light — or simply hydrate. Remember, the goal is to let your body rest, not digest.

• **Clear your mind before the pillow talk.** Try

jotting down your to-do list for tomorrow or write three things you are grateful for.

• **Move a little during the day.** Exercise and movement help regulate energy and make sleep come naturally at night. A brisk walk, light yoga, or even a dance session while cooking counts. Just don't work out too close to bedtime, unless you enjoy staying up until midnight feeling like the Energizer bunny!

• **Let go of the guilt.** Sometimes, the day does not go as planned and that is okay. If you sleep late or wake up tired, do not beat yourself up. The point of a sleep routine is progress, not perfection.

A good sleep isn't just about beauty — it is about balance. So tonight, instead of chasing deadlines or dreams, chase your duvet. Because sometimes, the best way to glow up — inside and out — is to simply go to bed.

(Preeti is a psychologist and author.)



CHARITY: Orlando, fourth from left, with Fil-Am members and officers at an event last month

It's going to be a full house!

THE Filipino-American Association of Bahrain (Fil-Am Bahrain) is set to stage its much-anticipated Bingo Bonanza on November 14 at the InterContinental Bahrain.

The fund-raising event, from 5pm to 11pm, will support several charitable causes, including assistance for individuals battling serious illnesses and children with health and mobility challenges.

According to Fil-Am Bahrain president

Orlando Fontanilla, proceeds from the event will be offered to the Sacred Heart Catholic Church and the children's Christmas gift-giving programme, particularly those organised at the Philippine Embassy during the holiday season.

Participants will receive 30 bingo cards for an entry fee of BD8 per person and stand the chance to win exciting prizes, inclusive of food and refreshments.

For more information, call 33998991 or 36660909.

LUXURIOUS: La Table Krug at The Ritz-Carlton, Bahrain



FLAVOURFUL: Yellow Pumpkin Ravioli



GOURMET REPORT
By JAYNE HOUGHTON
jayne@gdnmedia.bh

TO secure a seat at La Table Krug at The Ritz-Carlton, Bahrain is to receive an invitation into the inner sanctum of global gastronomy. As one of only four La Table Krug restaurants in the world, and the very first in the Middle East, it operates on a plane of exclusivity that transcends the typical fine-dining circuit. This is where pedigree meets pure aspiration.

The atmosphere is instantly transporting. You are inducted into a world designed to mimic a 19th-century French country estate. It is a space swathed in velvet darkness and gilded detail, a moody, intimate tableau reserved for just 16 guests.

The air vibrates with a hushed reverence, framed by deep burgundy fabrics and ornate fixtures that whisper of haute couture design. This aesthetic crystallises the Maison Krug philosophy of 'rough luxury': a masterful collision of opposing textures and eras, where

Haute couture for the palate



CHEF DE CUISINE:
Alexis Knecht

Come to La Table Krug: where you can first meet me, and then indulge in an unparalleled, superlative dining experience in the heart of our beautiful Bahrain.

the heft of Christoffe silver meets the organic, earthen grace of local Nada pottery. It is deliberate, audacious, and effortlessly chic.

My evening was a privileged encounter with extraordinary talent: a Four Hands Dinner showcasing the artistry of Krug

Ambassador and
Chef de Cuisine,

Alexis Knecht, alongside the architectural finesse of World Pastry Champion Chef Alexis Beaufils. This was less a meal, and more an impeccably choreographed sensory ballet.

Chef Knecht's initial act was the Yellow Pumpkin Ravioli, an opening statement in creamy gold. The soft, sweet core of the pumpkin was instantly electrified by a counterpoint of yuzu, pickled red onion, and the fragrant, nutty depth of a brown butter foam. It was a dish of perfect contradiction: comforting warmth balanced by a startling, electric freshness. This is where classic French technique proves its perennial relevance; sophistication born from simple, perfect ingredients.

The main course, however, was the undeniable showstopper. The Westholmes Wagyu Tenderloin 9+ arrived, a



TENDER: The Westholmes
Wagyu Tenderloin 9+

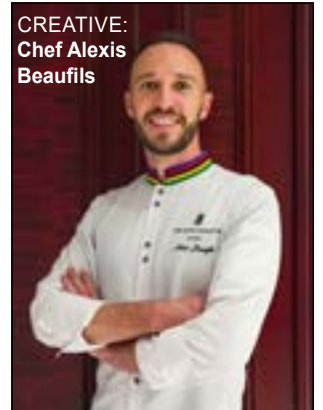
monument to the integrity of the ingredient. Seared to a deep, dark caramel crust, the meat inside was almost impossibly tender, yielding with a sigh. It was served alongside the complex, mineral essence of morels and a creamy celeriac purée. The richness culminated in a final drizzle of bone marrow juice; a liquid gold reduction that gave the plate an elemental and profound depth. Every single bite was an intentional, slow-motion indulgence.

"Come to La Table Krug: where you can first meet me, and then indulge in an

unparalleled, superlative dining experience in the heart of our beautiful Bahrain," said Chef Alexis Knecht.

The baton was then passed to pastry royalty, Chef Alexis Beaufils, whose work is ephemeral sculpture. His LTK Chocolate Tart Soufflé was the grand epilogue – a study in temperature and texture.

It was an architectural marvel, a soufflé that soared light as air, yet concealed a molten heart of dark Valrhona chocolate within. Paired alongside was a perfectly sculpted scoop of Homemade 100 per cent



CREATIVE:
Chef Alexis
Beaufils

Tahitian Vanilla Ice Cream in the shape of the iconic lion from The Ritz-Carlton's logo. The contrast of hot and cold, weightless and intensely rich, bitter and fragrant – it was the final, exhilarating crescendo of the night.

Speaking to *Gulf Weekly*, Chef Alexis Beaufils said: "To return to The Ritz-Carlton, Bahrain for my third residency is always a thrill. It's a chance to bring my entire journey into my work. I've channelled every nuance of my finesse into these new creations; a brand-new, dazzling chapter just for this island."

La Table Krug at The Ritz-Carlton, Bahrain is open from 7pm to 11pm from Monday to Saturday, mirroring the typical operations of restaurants in France.

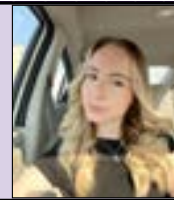
For reservations and more information, call 17586499.



DECADENT: LTK Chocolate
Tart Soufflé

Leisure Scene

What's on guide by
Julia Cassano



BRUNCH WITH A MEXICAN TWIST

ENJOY an extraordinary week at The Ritz-Carlton, Bahrain, featuring world-class dining and lively entertainment. Experience an amazing Brunch Fiesta as the spirit of Mexico comes alive at Cantina Kahlo.

Delight in a feast of bold, authentic flavours with an array of mouthwatering dishes made from the freshest ingredients. The upbeat rhythms of a resident mariachi band will set the tone for a festive celebration.

The feast costs BD35 per person, inclusive of soft beverages and BD45 per person with selected beverages, tomorrow, November 7, from 1pm to 4pm.

On Tuesdays, Cantina Kahlo hosts Taco Tuesday, featuring a variety of delicious tacos and authentic beverages.

Choose from savoury meats, tender marinated chicken, shrimp and vegetarian options. Priced at BD25 per person, the offer includes two glasses of



FLAVOURS:
Tacos at Cantina
Kahlo

a special beverage, from 7pm to 10pm.

Hotel guests can also enjoy a gorgeous dining experience under the stars at La Terrace. Choose from a carefully curated menu, inspired by

Mediterranean and French flavours, all the while enjoying the relaxed charm of a coastal ambience. Priced a la carte, it is open from Monday to Saturday, 1pm to 11pm.

Looking for something exciting to kick off your Thursday night? Join La Plage and let the vibrant rhythms of salsa light up the night. Don't miss out on the chance to dance, connect and experience a night to remember.

Ladies can avail two complimentary beverages. Priced a la carte, the experience is available every Thursday, from 8.30pm.

For a savvy business lunch with delicious food and good vibes, book Primavera. Perfect for client meetings or a stylish midday break, the restaurant is offering a refined three-course set menu at BD19 per person on Sunday, Monday, Wednesday and Thursday, from noon to 3pm.

For elegant celebrations and corporate gatherings, reserve the Al Ghazal Ballroom, where exceptional dining, lively entertainment, and unforgettable moments come together in style.

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



FUN: A guest enjoying the fondue station



FRIDAY FEAST — REINVENTED

INDULGE in a selection of delicious dishes at the K Hotel Bahrain's revamped Friday Brunch.

Sip on the finest beverages, expertly crafted to elevate the experience, while a live band sets the perfect mood for an unforgettable day.

Explore the interactive live cooking stations, where culinary magic unfolds, all within a vibrant setting.

The experience costs BD18net per person, inclusive of unlimited soft beverages, and BD25 with unlimited selected beverages, every Friday, from 12.30pm to 3.30pm.

For bookings, contact 36600433.

A MENU THAT'S FIT FOR THE LEGENDZ!

HEAD to Legendz SteakHouse at InterContinental Bahrain every Saturday of this month for a relaxed, chef-led lunch where the classic British roast is reinvented with a modern twist.

Savour a five-course tasting journey with seasonal starters, expertly carved meats, delicious sides and decadent desserts, all plated to create a truly memorable dining experience. Diners can also enjoy 20pc off when showing their best moustache!

It costs BD19net with soft beverages and BD24net with two glasses of a selected beverage, on Saturday, from noon to 3.30pm.

The restaurant will also host its Brunch Affair tomorrow from noon to 4pm.

Experience the perfect blend of flavour and entertainment with a menu designed to delight. Enjoy signature a la carte

creations such as surf-and-turf beef fillet with béarnaise sauce, teriyaki-glazed duck leg, barbecue angus beef brisket slow-cooked to perfection and more.

The wonderful dining experience costs BD28net with soft beverages and BD38 inclusive of unlimited selected beverage. Children under six dine for free, while those aged six to 12 receive 50pc off.

Looking for the perfect weekend treat? Indulge with Caesar salad, 18-hour slow-cooked barbecue beef ribs and an irresistible caramel and praline dessert, a delicious trio of fresh, smoky and sweet flavours. It costs BD26net per person, every Saturday from 6pm to 10pm, at Legendz SteakHouse.

For the perfect Thanksgiving celebration, book Legendz SteakHouse Thanksgiving Brunch, featuring a classic festive feast. Enjoy favourites such as roast turkey with gravy, trimmings, stuffing,



TOGETHER: Thanksgiving at Legendz SteakHouse



JUICY:
Beef ribs

pumpkin pies and more. It is priced at BD28net with soft beverages and BD38net with unlimited selected beverages, on November 28, noon to 4pm.

Those seeking to indulge in a hearty Italian weekend feast may visit Medzo, where unlimited pizza, pasta and salads will make for the most wonderful dining affair.

Perfect for sharing with groups of three to six, the feast involves a range of generous family-style platters. Free icecream is available for the children. It costs BD9net per adult and BD4.500net per child, under 15, every Friday and Saturday, from noon to 10pm.

For more information, contact 36967701.

Leisure Scene

Weekly Entertainment

CHEESY:
Business
lunch picks at
Primavera



BARBECUE BLISS BY THE BAY

EMBRACE the cooler season with Barbecue Nights at Four Seasons Hotel Bahrain Bay, where great food and a relaxed outdoor ambience come together for the perfect evening.

Enjoy a tempting selection of lamb chops, seabass, shish tawook, lamb tikka and more, perfectly paired with a choice of side dishes. Conclude your evening with a visit to the kunafa station, all the while enjoying live entertainment and the stunning views of Bahrain Bay.

Visit Byblos restaurant on the first Thursday of every month, from 6pm to 11.30pm, for the experience that costs BD29 per person. Children aged six to 12 enjoy 20 per

AMBIENCE:
Barbecue Nights



cent savings.

Fridays come alive at Bahrain Bay Kitchen with a Barbecue Brunch where smoky aromas and sizzling flavours take centre stage. Explore an array of vibrant stations – from tandoori specialties to the fresh local catch of the day.

End the feast on a sweet note with a decadent dessert buffet crafted by executive chef Imad Boukly, while a live band sets the perfect rhythm for Bahrain's award-winning family brunch.

Join the celebration tomorrow, November 7, from 1pm to 4pm. It's priced at BD35 with soft beverages or BD48 with a selected beverage package.

The five-star hotel has also



VARIETY: Thanksgiving dinner

prepared a wonderful Thanksgiving dinner at CUT by Wolfgang Puck, where executive chef Brian Becher adds a contemporary twist to beloved classics. Dishes include deep-fried turkey, paired with cranberry-apple compote and brioche stuffing, pumpkin pie and more. The celebration will take place on November 27, from 7pm to midnight, at BD64 per person.

Guests can also enjoy a specially-curated Thanksgiving menu in the comfort of their homes. It costs BD105 for up to six people

for a roast turkey with all of the trimmings, or BD190net for a full festive feast. Delivery is free for orders above BD50. Individual dishes are available.

A Thanksgiving Brunch will also be held on November 28 at Bahrain Bay Kitchen.

As the evenings turn cooler, couples are invited to enjoy a 60-minute aromatherapy massage, followed by private access to the Azure Pool, cabana and whirlpool.

For more details, contact 17115000.

SPLENDID THANKSGIVING PLATTER AT SHERATON

CELEBRATE Thanksgiving in style at the Sheraton Hotel Bahrain.

Join WILD on November 27 for a delightful festive feast, featuring an indulgent selection of seasonal favourites.

Enjoy a sumptuous cheese and charcuterie board, succulent roast turkey with classic stuffing, slow-roasted beef prime ribs, parmesan mashed potatoes, honey-glazed carrots and pumpkin pie topped with whipped cream. It is priced at BD20.500 from 6pm to 11pm.

Prefer to celebrate at home? The Sheraton's Thanksgiving Takeaway Box brings the warmth of the holiday to the table, with a whole roasted turkey (5.5kg) serving four to six guests for BD145, or a 7.5kg roasted turkey serving six to eight guests for BD165.

A deboned turkey, serving six to eight guests, is also available for BD165, and a selected beverage package is offered at an additional BD18 per person. Enjoy a 20 per cent early bird discount until November 23.

Start your day with a taste



SCRUMPTIOUS: Thanksgiving roast turkey dinner

of tradition with Golestan Persian Grill's special breakfast menu. Delight in a selection of authentic dishes including freshly baked sangak bread, a cheese and herbs platter and fluffy Persian omelettes. Don't miss out on sweet saffron rice pudding, a perfect treat for those with a sweet tooth. The special breakfast is available every Friday, from 8am to 11am, and priced a la carte.

Guests are invited to indulge in an exquisite afternoon experience inspired by the

seasons of Bahrain. Savour a delightful selection of delicate pastries, freshly baked scones with clotted cream and homemade jam and a curated assortment of sandwiches, perfectly complemented by tea or coffee.

The elegant afternoon treat is available everyday from 2pm to 5pm at & More by Sheraton, priced at BD15net per person.

For more information, call 17533533 or 38885409 or email Dining.bahsi@sheraton.com.



PAYING TRIBUTE: The semi-finalists with committee members

CELEBRATING 50 YEARS OF LEGACY

THE Indian Fine Arts Society (IFAS) is celebrating more than 50 years of rich legacy and contributions.

For over five decades, the registered association – established in 1974 – has been a beacon of love, brotherhood and cultural exchange, promoting arts and culture by bringing renowned musical and dance artists to the kingdom while also nurturing homegrown talent.

IFAS started this year in a unique style with Tribute to Saint Thyagaraja, portraying the life of Saint Thyagaraja – a prolific composer of Carnatic music – through painting, dance and music.

The association also held a music therapy workshop, as well as an instrumental music programme, Triveni, performed by young

artists in September.

Building on its ongoing initiatives, IFAS president Nirmala Varadharajan highlighted the success of its musical competition, IFAS Superstar Singer 2025.

The qualifying round, held on October 31, drew more than 250 people, with participants delivering performances that exceeded expectations.

The semi-final and final will be held on November 7 at Epix Cinema, Dana Mall, from 5pm. Seats are limited and doors open at 4.15pm.

Looking ahead, Ms Varadharajan said that IFAS has lined up unique programmes for next year, continuing to promote 'unity and diversity' and strengthen cultural ties between India and Bahrain. The society invites everyone to join and support these initiatives.

Pulse of Pop

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

GRAMMY-WINNING
Spanish singer
Rosalia drops her
fourth studio album *Lux*
tomorrow, November 7.

Recorded with the London Symphony Orchestra, the pop album is set to explore feminine mysticism, faith and the brutalities of love.

The 15 tracks (18 in the physical format) are split into four movements titled Purity, Gravity, Grace and Farewell, and will feature the artist singing in 13 different languages including Arabic, English, German, Spanish and Ukrainian.

In an interview, the musician and producer stated that the creative process took more than two years as she had to research the languages and learn how to write and sing in them.

She explained that she relied on her intuition during the initial writing stage. She used Google Translate to see how the lyrics sounded in other languages, followed by consulting professional translators and phonetics teachers to ensure the rhyme's sensibility.

Rosalía said that love and curiosity were her motivators, as she found interest in understanding other cultures in a world she deems divided.

"I love travelling, I love learning from other humans," she said.

"Why would I not try to learn another language, sing in another language, and expand the way I can be a singer, musician, or artist? The world is so connected," she added.

MUSIC THAT TRANSCENDS BORDERS

The 33-year-old's love for music led her to pursue a Bachelor's degree in flamenco and music production, as well as a Master's in flamenco interpretation at the Catalonia College of Music.

She started her professional career as a flamenco singer with her 2017 debut, *Los Angeles*, which was met with critical acclaim for the singer's intense and expressive vocals that break through language barriers.

Her second studio release,

El Mal Querer (2018), served as her Bachelor's degree thesis and earned her international popularity.

It was awarded Album of the Year at the 2019 Latin Grammy Awards, as well as Best Latin Rock, Urban or Alternative Album at the 2020 Grammy Awards.

Rosalía's full-length projects stand out for being conceptual and taking creative risks by blending and reimagining musical genres within and outside Spanish culture.

TALENT:
Rosalia



MYSTICAL: The film's poster

OSCAR-WINNING
director Guillermo
del Toro's
Frankenstein will release
on Netflix tomorrow,
November 7.

Based on Mary Shelley's 1818 namesake novel, the gothic science fiction story explores the brilliant but egotistical scientist Baron Victor Frankenstein, played by Oscar Isaac. He brings the monstrous creature to life in an experiment that ultimately leads to the undoing of the creator and his tragic creation.

In 2007, Guillermo said it was a project he would "kill to make." The following year, he revealed that he was in the process of crafting drawings that would serve as the basis for the film's setting.

"What I'm trying to do

CREATION OF A MONSTER

is take the myth and do something with it, combining elements of *Frankenstein* and *Bride of Frankenstein* without making it just a classical myth of the monster," the filmmaker said in an interview.

"The best moments in my mind from *Frankenstein*, the novel, are yet to be filmed," he added, referring to previous media adaptations of the classic.

In an interview, Jacob Elordi, who plays The Creature, said the role was

the most demanding of his career, as he sometimes needed to arrive at the makeup trailer at 10pm and stay up all night undergoing the transformation.

"You throw time away when you make a film like this," he said.

"I stopped having a clock, and I would just wait until the SUV arrived. That meant it was time to go. I didn't think about breakfast, lunch or dinner, or divide the day into morning, afternoon, and night. It was just one time."

BONDING WITH NATURE

HISTORICAL fiction *The Tortoise's Tale* by Kendra Coulter has hit the shelves.

The story follows a giant tortoise who is snatched from her ancestral land and taken to an exclusive estate in southern California, where she becomes an observer of societal change.

This journey leads the reptile to embrace live music and experience human connection as she bonds with the estate's gardener, Takeo, who sees her as a being with thoughts and feelings rather than a creature to be observed.

In an interview, anthropologist and author Kendra said witnessing Jonathan — a 193-year-old giant tortoise and the world's oldest land animal — served as an inspiration.

"He was taken from the Seychelles to the governor's mansion on the island of Saint Helena, where he lives

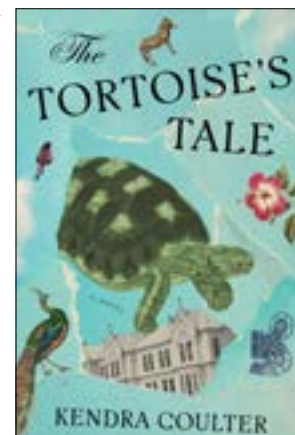
to this day. I began to imagine how much Jonathan has seen — *The Tortoise's Tale* is the result," she said.

Kendra leads the world's first major in animal ethics and sustainability leadership at Western University in Canada. She has previously published nonfiction works on sustainability and animal protection.

The Tortoise's Tale is her debut novel.

"The primary purpose of my life is to improve and save animals' lives," she said.

"I've enjoyed writing for scholarly, public, and governmental audiences for many years. Expanding to fiction and being able to really engage with the power of emotion — to invite people to learn about and empathise with animals — is such a thrilling new chapter," she added.



Sao Paulo set to test nerves and skill

MOTORING REPORT
By NAMAN ARORA
naman@gdnmedia.bh

THE Formula 1 title fight has reached a knife edge as drivers prepare for the unpredictable this weekend in Sao Paulo, Brazil.

Interlagos often delivers chaos. It also exposes pressure. With only four rounds left, the lead of the Drivers Championship now stands at a single point, and the three front runners are separated by 36.

MCLAREN MOODS
The shift at the top between the McLaren pair has changed the mood inside the garage.

Lando Norris began the season in control, then Oscar Piastri took over and held the upper hand through the middle of the year.

Now Norris is back in front by a single point after winning in Mexico, and he has landed that lead late enough in the season that it alters his burden.

Earlier in the year he could afford to attack. He could also afford to wait for opportunities.

Now the risk is that caution becomes his enemy, because when margins are this tight a single race can wipe out months of hard work.

Piastri, meanwhile, has taken a hit in recent weekends. He has been wrestling with set up and has struggled to match Norris' pace, though the team believes progress was made in Mexico City.



GEARING UP: McLaren's Norris and Piastri

How he responds in Brazil, and whether Norris handles the psychological weight of being hunted rather than hunter, is the thread that will run through McLaren's weekend.

VERSTAPPEN LURKING
Defending drivers' champion Max Verstappen quietly made up ground despite Red Bull's overall struggles last time out.

A podium finish in Mexico tightened the field and leaves him 36 points behind the lead.

Interlagos is a place where he has produced the improbable before.

The Dutchman won from 17th here last season after a grid penalty and torrential rain created a fractured race that suited a risk-taker. He will know that all it could take is one similar weekend to reopen the door before the season-ending triple header begins in Las Vegas.

Verstappen has built his career on exploiting transitions. He has also built it on ruthlessly managing weekends that seem, on paper, impossible to rescue. If he can keep that gap where it is, or even cut it, the final run of races becomes a knife fight rather than a procession.

CONSTRUCTOR STAKES
The constructors fight is also severe. Although McLaren has mathematically won the championship, Ferrari sit second by only one point ahead of Mercedes, with Red Bull 10 further behind.

Form has seesawed between those three throughout the year. Ferrari have found pace where they once lacked it. Mercedes have made incremental steps that have not always delivered points. Red Bull have been inconsistent, and have



ACTION: Sao Paulo circuit is all set for the race

been forced to lean hard on Verstappen to keep them in contact.

Further back, the scramble for sixth is intense.

Racing Bulls, Aston Martin, Haas and Sauber are separated by only 12 points.

And last year in Brazil Alpine leapt from eighth to sixth in a single weekend with a shock double podium that changed their campaign. The midfield will not have forgotten that lesson.

Interlagos can produce major reordering with very little notice.

STORMY SPRINT AHEAD
The forecast for Sao Paulo points to possible storms. There is also a Sprint, which means extra points on Saturday.

Rain in Brazil has a habit of reshaping weekends, and Interlagos has rarely lacked drama even in the dry.

The circuit itself punishes hesitation. The crowd adds an atmosphere that gets inside drivers' heads. The race is often chaotic, but rarely dull. With so much at stake, and the margins so fine, one unpredictable afternoon could redraw the picture of both championships.

This is not only a weekend where the title could be swung, but one where the tone of the run into Las Vegas could be completely reset.

DRIVERS MARKET
There are fewer seats open than last year, but key questions still exist. At Red Bull, Verstappen is confirmed. Everything else is not. Yuki Tsunoda is the

incumbent, but Liam Lawson and Isack Hadjar remain in the conversation, while Arvid Lindblad is rapidly rising through the system.

Alpine also have unresolved decisions, with Franco Colapinto pushing to secure his place for next year during a weekend that will draw heavy South American support for him.

Confirmation in front of that



Verstappen

crowd would be a powerful gesture, and it would also end one of the biggest remaining uncertainties in the lower half of the grid.

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 Beatle crossed Abbey Road first on the album cover?
- 2) Hydrophobia is more commonly known as what?
- 3) What is the third event in a men's decathlon?
- 4) What is measured in 'Mickey's'?
- 5) Released on Netflix in December 2021, name the movie starring Leonardo DiCaprio, Jennifer Lawrence, Meryl Streep and Jonah Hill?
- 6) The feet of the Puffin



are red in the summer, what colour are they in winter?

7) Which country is the largest producer of coconut water?

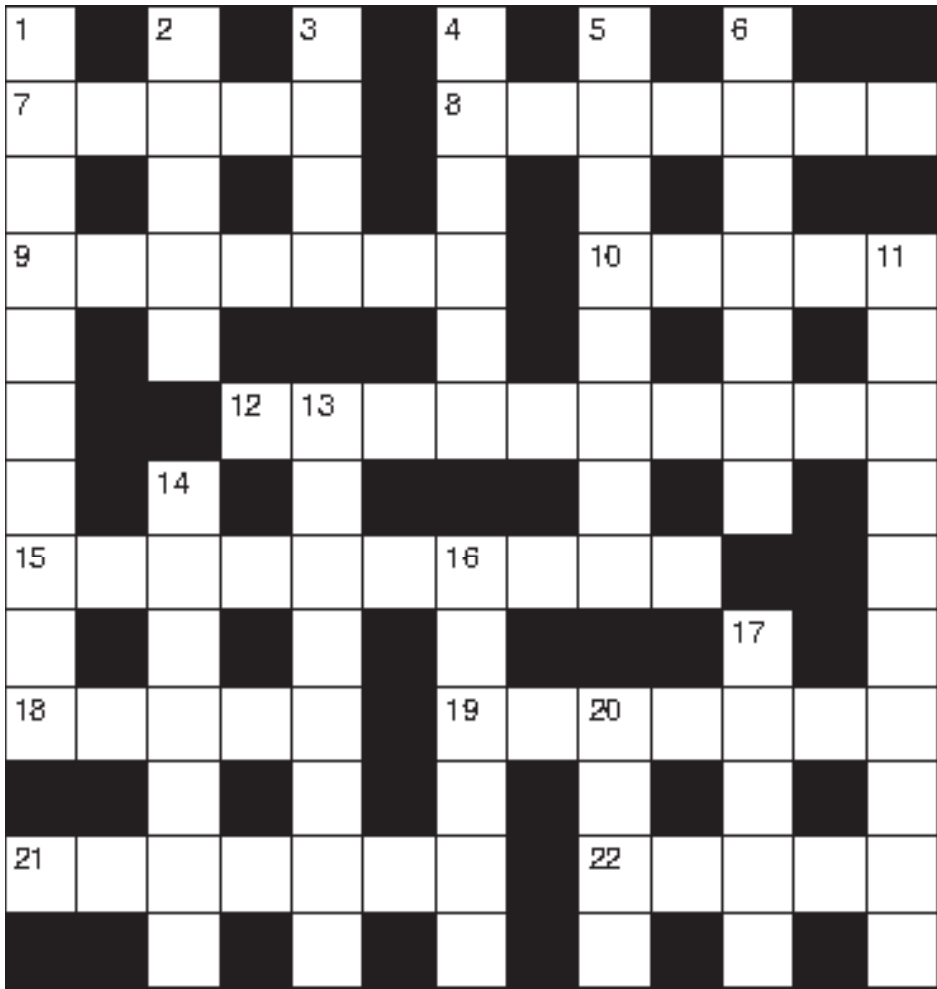
- ANSWERS**
1. John Lennon
 2. Rabies
 3. Shot Put
 4. The speed of a computer mouse
 5. Don't Look Up
 6. Yellow
 7. Indonesia

Time Out



Hilal Computers
Maximizing performance and efficiency
Dell service provider
Tel: 1729 3749 ext 2220

crossword break



Solutions in next week's issue.

ACROSS

- 7. Angry (5)
- 8. Perplex (7)
- 9. Haven (7)
- 10. Delete (5)
- 12. Paternity (10)
- 15. Completely (10)
- 18. Additional (5)
- 19. Quiver (7)
- 21. Terse (7)
- 22. Way (5)

DOWN

- 1. Outline (10)
- 2. Wed (5)
- 3. Nought (4)
- 4. Char (6)
- 5. Whole (8)
- 6. Keeper (7)
- 11. Imperilled (10)
- 13. Fragrant (8)
- 14. Omen (7)
- 16. Assemble (6)
- 17. Concerning (5)
- 20. Merit (4)

who, what, where, when

WHO...was married to Mel Brooks for 41 years?
WHAT...is the common name of the fruit Ficus carica?
WHERE...did Alexander the Great die?
WHEN...did Papillon win the Grand National?
WHO...said "I once shook hands with Pat Boone, and my whole right side sobered up"?
WHAT...disease is also known as Pertussis?
WHERE...did Bucks Fizz visit for their second number one hit?
WHEN...did the Falklands War end?

just so

W H I T E

enotsdnirgenotsdnirg

THAN

Life

WAY
2

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Frustrate; 8 Opt; 9 Unification; 11 Defiled; 12 Elite; 13 Piracy; 15 Strife; 17 Evade; 18 Instant; 20 Intelligent; 22 Eat; 23 Direfully.
Down: 2 Run; 3 Trial; 4 Awards; 5 Evident; 6 Pontificate; 7 Statement; 10 Informality; 11 Depressed; 14 Created; 16 Killer; 19 Stiff; 21 Nil.

Who, What, Where, When: WB Yeats; Taurus; Bolivia; 1986; Harry Nilsson; Victor; George Orwell's 1984; 1777.

Just So:

An eye for an eye;
Hang out to dry;
Money talks;
The second coming.

Darn Tough Sudoku

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