



MUSIC REPORT

By NAMAN ARORA
naman@gdnmedia.bh

THE debut single by Solace in Fortitude, one of the newest additions to Bahrain's music scene, pays homage to the strength residents and citizens showed in the face of the Iranian attacks, infusing sounds that became commonplace for the kingdom in the last two months.

Rest in Your Care, set to be released today, starts off with a raw recording of sirens and rainfall – a soundscape to which Bahrain had become accustomed during the missile strikes and drone attacks that dotted our days and nights, before transitioning into a song about finding comfort not in the absence of struggle, but rather through it.

"*Rest in Your Care* came from a very real moment where everything around us felt uncertain," the band's lead vocalist and guitarist Ahmed Baqeri told *GulfWeekly*.

"There was fear, there was tension... and at the same time, a deeper question started to surface within us.

"Not just fear of what was happening externally, but a more personal one – the feeling of not being ready to leave this world yet, of not having fulfilled what we feel we're here to do.

"The song lives in that tension."

Ahmed, along with bassist Ryan James and drummer Janard Booijse started Solace in Fortitude at the start of 2026.

The trio already had a riff for their first song, and were busy practicing and writing... until the first missile struck Bahrain on February 28, putting everything on pause.

The following two weeks were punctuated with constant sirens, lack of sleep, being present for family, while also trying to cope mentally - storms the band knew all of Bahrain was weathering together.

"When we came back to practice at what we call 'The Shack' in Janussan, it was one of the most intense rehearsals we've ever had," Ahmed added.

"At one point, we were outside, witnessing missiles in the distance, hearing the sirens, and it had been

THE SOUND OF SOLACE



"There was a moment when we finished playing the final version - we all looked at each other and just knew it was going to be a meaningful song for us."



FORTITUDE: The artwork for the single



BAND: Ryan, Ahmed and Janard

raining throughout that week.

"We knew we needed to write something about what was happening.

"I took that as a personal push, and that same night, I took the original riff Ryan played and wrote the full

lyrics around it.

"When the song was brought back into rehearsal, everything evolved.

"As a band, the arrangement came together naturally – the dynamics, intensity, and transitions.

"There was a moment when we finished playing the final version – we all looked at each other and just knew it was going to be a meaningful song for us."

Janard later added the recording of rain and sirens into the intro – not to focus on the negative, but to transform

the sound into something positive that could be felt through the music.

At its core, the song is about surrendering to a higher power in the face of events beyond control, echoed through the chorus – 'as the rockets fall and the

rain covers'.

Although their first single was shaped by happenings around them, the band name Solace in Fortitude was pure coincidence.

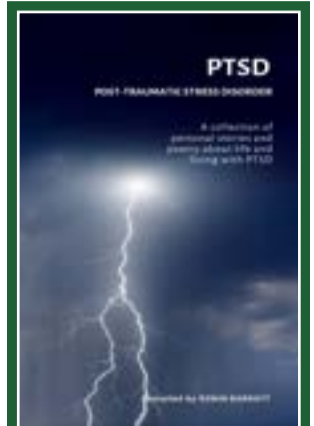
"The idea behind the name is simple at its core – finding comfort not in the absence of struggle, but in the strength to endure it," Ahmed explained

"Fortitude is the courage to sit with the difficult, move through it, and not run from it. And solace is what is discovered within that process."

The band is already working on its next songs, and hopes to release their first full-length 10-track album later this year.

Rest in Your Care will be available today, April 30, onwards on all major streaming platforms.

For more details, follow @solaceinfortitude on Instagram.



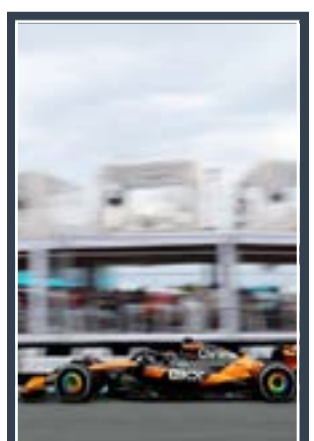
PTSD - IN PRINT
New book release
SEE PAGE 2



DILMUNIAN PORTRAITS
Urban Sketchers
SEE PAGE 3



LEISURE SCENE
Dining deals
SEE PAGES 4-5



F1 IS BACK!
Get ready, Miami
SEE PAGE 7

A voice for your emotions

WELLBEING: There was a reported increase in cases related to mental health amid the uncertainty of the recent regional conflict



BOOK REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

TWO Bahrain-based writers have published their verses in *PTSD – a collection of personal stories and poems about living with post-traumatic stress disorder*.

Former resident and publisher Robin Barratt unveiled the 277-page anthology on April 13, ahead of mental health awareness month in May.

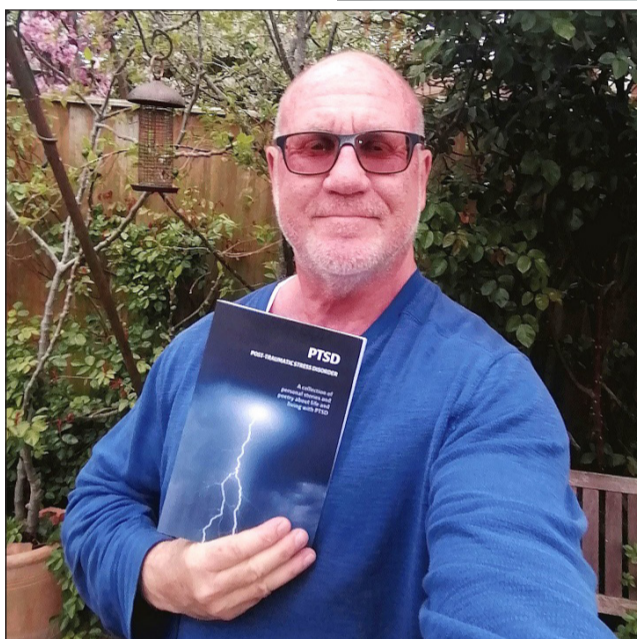
More than 100 wordsmiths from countries, including Australia, Bahrain, Belgium, Canada, England, Germany, Malawi, Philippines, Singapore, South Africa, the UAE, and the US have contributed to the ensemble.

Post-traumatic stress disorder (PTSD) is a mental health condition that develops in some people who have experienced or witnessed a traumatic or frightening event such as a natural disaster, a serious accident or assault, or a terrorist act or military combat. Those who have been threatened with death, sexual violence or injury could also be affected.

Individuals with PTSD often relive the past trauma in painful memories, recurring dreams or nightmares, with symptoms usually co-existing alongside other conditions such as substance use disorders, depression and anxiety.

According to World Health Organisation, around 3.9 per cent of the global population has had PTSD at some stage in their lives, with the prevalence rate being higher – 5.6pc – in people who have experienced trauma.

Many people developed



PUBLISHER: Robin with his latest release *PTSD*



WRITER: Anju

mental health issues amid the uncertainty of the recent Iranian attacks. While being exposed to potentially traumatic events does not guarantee PTSD, there was a reported increase in cases related to mental wellbeing during the conflict, nodding to the timely decision to publish the book.

PTSD is the eighth compilation in Robin's mental health series. Previously released anthologies covered topics, including addiction, anxiety and depression, as well as a trilogy on general mental health.

"Putting thoughts, feelings and emotions into words, on paper, can be both



POET: Rupa

therapeutic and an incredibly effective method of self-help and healing," Robin told *GulfWeekly*.

The 62-year-old Briton, who is currently based in Norwich, has trained with Red Cross and the UK charity MIND, and occasionally provides private mental health support to clients. He highlighted that many contributors have benefited from articulating their traumatic experience for the book.

Saar-based consultant Rupa Bhargava, who publishes under her pen name Ajaat Anant ('eternally unborn'), has contributed a prose piece entitled *The Breath Between the Bends* and two poems:

The Heavy Lift and *Debris of the Heart*.

"My journey has been defined by two distinct periods of short-term PTSD: the first followed a road accident in 1997 where the driver abandoned our jeep when the brakes failed, leading to massive physical and emotional trauma.

"The second wave was triggered by my mother's stroke and her passing last year," the 49-year-old bilingual poet revealed.

The avid reader, singer, and guitarist has been published in various local and international platforms, and her work has featured in several prestigious literary magazines and anthologies.

"Three more of my contributions are expected to release this year," added the Bahrain resident of 20 years.

Expressive writing, experts say, can also help 'detangle thoughts' and process emotions, making it an effective coping mechanism through stressful or painful situations.

In fact, 'melancholy' is a common muse for many writers. Among them is Anju Kapoor from Manama, who believes that she writes best when in a 'sombre' state.

"There is a line in my poem *Mirror of the Mind*: 'I write the best when in a sombre state', which, for me, is not just a statement but almost a coping mechanism to let it all out – unfiltered," she explained.

"The verse 'Self-reflection is my mirror' deepens the central metaphor. Now the mirror is no longer external – it is internal scrutiny,"

added the 54-year-old visual artist, who has been residing in Bahrain for the last 30 years.

In the past, Anju has actively contributed to various mental health awareness forums and hopes to continue raising awareness on mental health, particularly PTSD, within her circle.

Additionally, she aspires

to create Ekphrastic art – a more vivid, creative description or interpretation of visual pieces using poetry or prose.

"I want to channel every compelling emotion into something positive, and dive into a deeper submergence of the 'self'," she added.

PTSD is available for purchase on *Amazon*.

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. Japanese cow
 2. Boxing
 3. *Bluesy*
 4. Charles Dickens
 5. Gila Monster
 6. Yellow
 7. Six
- ANSWERS**
- 1) What does waguu mean?
 - 2) In which sport do neither the participants nor the spectators know the score until the end?
 - 3) Bandit, Chilli and Bingo are characters on which popular animation series?
 - 4) Which British author is featured a record 10 times in the original '1001 Books You Must Read Before You Die'?
 - 5) What is the name of the only venomous lizard native to the US?
 - 6) If Mario's hat is red and Luigi's is green, what colour is Wario's?
 - 7) How many time zones does Canada have?

Picture-perfect!

ART REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

ARTIST group Urban Sketchers Bahrain is set to celebrate International Urban Sketchers (USk) Week starting tomorrow – a global event dedicated to community, common spaces, and drawing.

The programme, which runs until May 7, will include guided live sketching sessions in public areas and group art excursions around nearby neighbourhoods and monuments. Additionally, there will be ‘show and tell’ segments, where artists will talk about their development, narratives, and completed pieces.

Urban Sketchers Bahrain is a non-profit platform and part of the worldwide Urban Sketchers (USk) movement formed in 2007 by Seattle-based journalist and illustrator Gabriel Campanario. The idea is behind the initiative was to raise the artistic, storytelling and educational value of on-location drawing, connecting people worldwide.

“This year we will stage unique events to commemorate our accomplishments so far,” co-founder Sadeq Al Shehabi told *GulfWeekly*.

“These include ‘meet-the-community’ activities to welcome new artists, sketching challenges based on local architecture or landscapes and community exhibitions at Al Aali Mall where members can showcase their work,” he added.

Presently, there are around 50 members in the group founded two years ago by self-taught artist Ahmed Ali Alshakhoori. Since then, enthusiasts of all skill levels have come together every Friday to bring alive iconic locations in the kingdom.

These include Bab Al Bahrain in Manama, Suq Al Baraha in Muharraq, Bahrain and Arad forts and the Grand Mosque on Al Fateh Highway, as well



CREATIVE: Ahmed with his sketch bringing alive the hustle bustle of the market



SKETCHER: Sadeq, right, with one of the members holding her art at a past event

as indoor spots like The Avenues mall and Bahrain’s first homegrown donut chain Hole’n One in Adliya. Over time, participants have created fond memories and forged deep bonds, true to the nature of the platform, establishing a culture of trust and belonging where sharing work, providing support, and appreciating artistic endeavours are ingrained. An urban sketch is a drawing created on location – indoors or outdoors – capturing what the sketcher sees from direct observation. The essence of

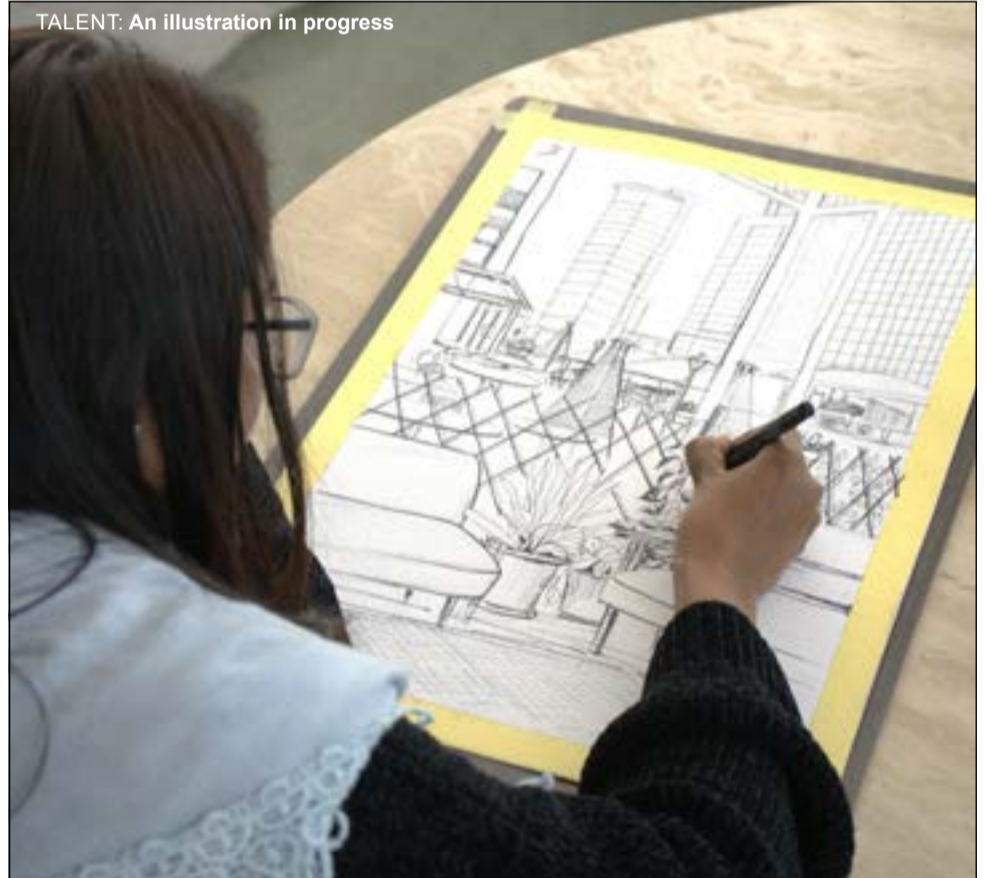
the style lies in its on-the-spot, agile nature.

“International USk Week is more than just a scheduled occasion for a lot of people. It is a vow to continue drawing in the upcoming months as well as a reflection of the previous year,” remarked Ahmed, who has been sketching for more than 45 years. As the group approaches its second anniversary, Sadeq noted that there is a great sense of pride and thankfulness among the members.

“While two years might not seem like much to outsiders, it signifies a shared adventure for regular members – hundreds of outdoor sketches, many chats, and an expanding community that never stops supporting one another,” he said, highlighting the anticipation of what the future holds.

Follow @uskbahrain for more information on their sessions.

“This year we will stage unique events to commemorate our accomplishments so far.”



TALENT: An illustration in progress



ARTISTIC: Some of the members with their sketches at a past event in Manama Suq

Leisure Scene

What's on guide by
Julia Cassano



FUN AND GAMES AT THE RITZ-CARLTON



TOGETHER: Enjoy a family staycation at the hotel

KICK off your weekend in style with a vibrant atmosphere where the thrill of football meets the laid-back elegance of The Ritz-Carlton, Bahrain.

As the sun sets over the Arabian Gulf, La Plage transforms into a lively viewing destination, with matches streamed across multiple screens.

The experience is elevated by a selection of bold, shareable dishes, and flowing beverages, creating an effortless evening by the beach. Matches are available based on the live schedule.

For those looking to bring luxury home, The Ritz-Carlton, Bahrain also offers bespoke catering experiences. Designed for any occasion, each menu is tailored with precision, featuring expertly prepared dishes presented

with the hotel's signature five-star service and attention to detail.

At Cantina Kahlo, the weekend continues with a lively Brunch Fiesta. Guests can enjoy an indulgent Mexican set menu served family-style, encouraging a more social and generous dining experience. From authentic specialities to elevated favourites and free-flowing beverages, the brunch is as much about atmosphere as it is about food.

Priced at BD35 per person with soft beverages and BD45 with selected beverages, it is available on Friday and Saturday from 1pm to 4pm.

To extend the experience, Primavera offers a refined evening setting where guests can unwind over thoughtfully curated pairings. Choose between a selection of international cheeses or a range of cakes, each complemented

by carefully selected beverages designed to enhance every flavour.

Available à la carte, the experience runs Monday to Thursday, from 12.30pm to 3pm and 7pm to 11pm.

For deeper relaxation, the hotel's spa offers a transformative wellness journey centred on renewal and self-care.

The experience includes pick-up and drop off, full access to resort facilities and a lunch at La Plage, spanning a five-to-six-hour retreat. Guests can enjoy a hot stone massage, followed by a facial.

Priced at BD194 per person or BD291 per couple, it is available daily from 9am to 9pm.



GOAL: Game Nights at the hotel

For a more staccato of the heart of from tailored daily breakfast in a Deluxe

AROUND THE WORLD IN EIGHT COURSES



FLAVOURFUL: Bites at the hotel

INTERCONTINENTAL Bahrain is set to make May a memorable month, offering a curated selection of dining experiences perfect for family and friends.

For those seeking an indulgent evening, Legendz SteakHouse presents an exclusive eight-course tasting experience inspired by eight global destinations.

Each course is thoughtfully crafted and paired with an array of beverages to elevate every flavour.

Priced at BD80 per couple, this regal dining experience will take place on May 21 from 7pm to 10.30pm.

Guests can also enjoy a unique morning escape with a luxurious floating breakfast at Elements Pool.

Set within two private pool cabanas, this experience combines a beautifully presented breakfast with sparkling beverages, creating the perfect setting to relax or celebrate.

Priced at BD80net for up to eight guests, it is available Thursday to Saturday from 9am onwards; at least 24-hour prior booking is required.

Adding to the excitement, the hotel will host its Epic White Party by the pool

on May 8 and 29 from 6pm. Guests are invited to dress in elegant white and enjoy an evening of music, sophistication and celebration, complete with a resident DJ and a chance to win the best-dressed award.

Entry is priced at BD20net with bites and soft beverages, or BD25 with bites and four selected beverage vouchers.

For a more relaxed yet refined experience, the Chocolate Afternoon Tea offers a delightful escape in the serene lobby setting. Guests can savour a curated selection of rich chocolate desserts, finger sandwiches and savoury bites, accompanied by tea or coffee. This experience is available from Thursday to Saturday, between 1pm to 5pm, at BD8.

Meanwhile, the Regency Tent hosts a vibrant Friday International Brunch, featuring global cuisines, live music and signature InterContinental Bahrain hospitality.

The brunch is priced at BD26net with soft beverages and BD33net with unlimited selected beverages. Children under six dine for free, while those aged six to 12 receive a 50 per cent discount. It runs from noon to 5pm.

For bookings and more information, contact 36967701.



UNWIND: Floating breakfast by the poolside



CHARMING: Guests enjoy an entertaining performance

ARABIAN NIGHTS

NEWLY opened restaurant The Royal Marrakech at Royal Saray Resort offers an authentic taste of Marrakech with a contemporary twist.

The venue has introduced Casa Amor Ladies Night every Wednesday, a new experience crafted around late-night energy, a vibrant atmosphere and effortless glamour. Guests can enjoy complimentary beverages in a setting defined by rich velvet interiors, soft candlelight and music that builds as the evening unfolds.

Inspired by the timeless charm and dynamic spirit of the Moroccan city, The Royal Marrakech blends upscale dining with nightlife. The space features plush textures and gold accents, creating a bold, elegant ambience, while the menu highlights



RUSTIC: Flavours from the heart of Marrakech

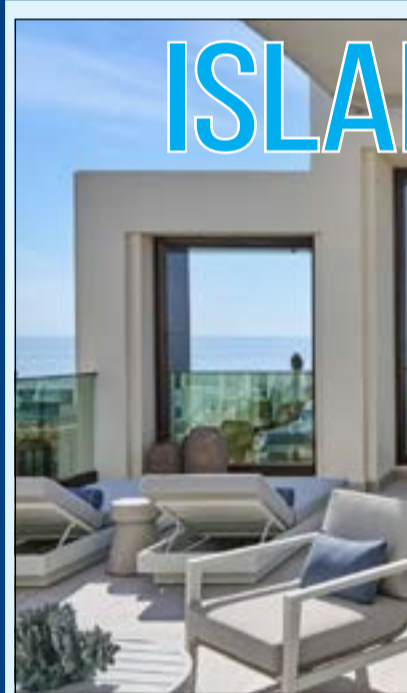
Moroccan flavours designed for sharing.

As the evening unfolds, the atmosphere evolves into a vibrant, high-energy scene where culture, music and live entertainment featuring dancers comes together, transporting guests to the heart of Marrakech.

Casa Amor Ladies Night runs from 9pm to 11pm.

For bookings and more information, contact 16666677.

ISLAND



EXPERIENCE a three-night midweek retreat at an exclusive rate at Hawar Resort by Mantis.



SERENE: Palmyard Hotel's pool area

Leisure Scene

Weekly Entertainment



TON
 e flexible escape, a curated
 offers comfort and ease in
 the city. Guests can choose
 d packages, both including
 east at La Med and a stay
 City Room, along with



ND ESCAPE
 BRIGHT: Sunny outdoors
 with stunning sea views
 Discover the beauty of the island
 fe as you relax, explore and
 enjoy a variety of unique activities
 throughout your unforgettable stay.

THE Amriya Group, renowned
 for its distinctive dining
 destinations, continues to
 elevate the kingdom's culinary
 scene.
 Unwind with Palmyard Hotel's range
 of poolside experiences, including a
 BD10 pool pass (Saturday to Thursday),
 a BD40 daycation for two inclusive of a
 pool pass, food and beverage credit and
 Wi-Fi, and an overnight stay package for
 BD45, inclusive of breakfast.
 For bookings and more information,
 contact 17725000 or email reservation@
 palmyard.com.
 At Lyra, guests can enjoy award-
 winning Greek-Mediterranean cuisine,
 in a serene seaside setting at Marassi,
 offering a refined dining experience by
 the waters.

SPLASH AROUND IN STYLE
 It is open for dinner from 6pm,
 Monday to Thursday, and for lunch and
 dinner from 2pm, Friday and Saturday.
 For bookings and more information,
 contact 17778822 or email
 reservations@lyra-restaurant.com.
 The Orangery now offers a delightful
 range of cupcakes in flavours such as
 spiced pumpkin, carrot, orange, lemon
 chia, blueberry and matcha. Available
 daily across Adliya, Al Liwan and
 The Avenues, they can be purchased
 individually at BD1.900 or a box for
 BD10.400.
 For bookings and more information,
 contact 17369696 or 39719696.
 Masso presents an elegant à la carte



COLOURFUL: A tasty
 salad at Masso

A SERENE RETREAT AWAITS

ESCAPE to a
 private island
 retreat at Four
 Seasons Hotel Bahrain
 Bay with its exclusive
 Residents' Staycation
 – designed for Bahraini
 CPR holders seeking a
 refined local getaway.
 Reconnect with family and
 friends while enjoying 20
 per cent off room rates, along
 with special dining and spa
 privileges. Spend your days
 making lasting memories,
 whether splashing through
 the water park, unwinding
 in a luxurious spa or dining
 against stunning waterfront
 views.



BOND: Enjoy a family staycation
 at the luxurious property

Fridays bring a vibrant
 family-style brunch at CUT
 by Wolfgang Puck, featuring
 dishes such as black bass
 ceviche, beef sliders and line-
 caught fish, expertly crafted
 by executive chef Brian
 Becher and his team.
 The brunch runs from
 12.30pm to 3.30pm, priced
 at BD36 with soft beverages,
 BD50net with selected
 beverages or BD70net with a
 premium package.



VIBRANT: Tacos
 at Bahrain Bay
 Kitchen

On Saturdays, CUT Lounge
 offers a relaxed, all-day pizza
 experience in collaboration
 with Empire Pizza. From
 12.30pm to 11pm, guests
 can enjoy pizza by the slice
 alongside a curated menu
 blending both culinary styles,
 all priced à la carte.

Bay View Lounge offers a
 Mediterranean-inspired escape.
 Ideal for a business lunch or
 casual gathering, it is available
 Sunday to Thursday, from
 11.30am to 11.30pm, at BD18
 per person or BD22 for the full
 experience.

Lebanese cuisine comes
 alive by the water at Byblos.
 Chef Tony El Khoury
 presents a generous spread of
 hot and cold mezze, mixed
 grills, baked cheese kunafa
 and more.

Dining is available Tuesday
 through Sunday, from 5pm to

midnight, à la carte.
 To complete the experience,
 rejuvenate at The Spa,
 where expert therapists
 offer everything from
 traditional massages to
 award-winning facials and
 Ayurvedic rituals. Guests
 can enjoy a 30pc discount
 on all treatments, available
 Sunday to Wednesday, from
 10am to 10pm until May 27
 (excluding weekends and
 public holidays).
 For bookings and more
 information, contact
 17115500.



ENJOY some of the
 English language
 films being screened
 at Cineco Seef this
 weekend.



MICHAEL FILM POSTER

MICHAEL (2026) (PG-13)
 The story of the famous
 musician, Michael Jackson,
 known as the 'king of pop'.
Actors: Jaafar Jackson, Miles
 Teller, Colman Domingo
Timings: 12.30pm, 3.15pm,
 6pm, 8.45pm, 11.30pm,
 12.30pm

THIS IS NOT A TEST (18+)
 Sloane and four classmates
 take cover in Cortège High to
 escape a world plagued by the
 infected. As danger relentlessly
 pounds on the doors, Sloane
 begins to see the world through
 the eyes of those who actually
 want to live and takes matters
 into her own hands.
Actors: Olivia Holt, Froy
 Gutierrez, Cortege Moore
Timings: 12.45pm, 5pm,
 9.15pm

**DESERT WARRIOR
 (PG-15)**
 An honourable and
 mysterious rogue, known as
 Hanzala, makes himself an
 enemy of the Emperor Kisra
 after he helps a fugitive king
 and princess in the desert.
Actors: Anthony Mackie,
 Aiysha Hart, Ghassan
 Massoud
Timings: 11am, 1.30pm,
 4pm, 6.30pm, 9pm, 11.30pm

GOAT (PG)
 The story follows Will, a
 small goat with big dreams.
 He gets a once-in-a-lifetime
 shot to join the pros and play
 roarball – a high intensity,
 co-ed, full-contact sport
 dominated by the fastest and
 fiercest animals in the world.
Actors: Caleb, McLaughlin,
 Gabrielle Union, Stephen
 Curry
Timings: 2.15pm, 6.45pm,
 9pm, 11.15pm

Pulse of Pop

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

CHIC: The film's poster

ALL THAT GLITZ AND GLAMOUR



COMEDY drama *The Devil Wears Prada 2* is out now in theatres.

It sees Meryl Streep, Anne Hathaway, Emily Blunt, and Stanley Tucci reprising their roles, with Justin Theroux and Kenneth Branagh joining as new additions.

The long-awaited sequel to the 2006 film sees Andy Sachs (Anne) returning to the fashion magazine *Runway*, as its editor-in-chief Miranda Priestly (Meryl) navigates a new media landscape and *Runway*'s position within it.

The two also reconnect with former assistant, Emily Charlton (Emily),

who is now a senior executive at Dior, which possesses funding that could ensure the magazine's survival.

In an interview, Stanley stated that the sequel offers great commentary on the current state of the media industry, and expressed that he loves playing Nigel Kipling, Miranda's right hand man, which he believes is the character most like himself.

"I always think that acting is like you're taking bits and pieces of your personality and you're heightening them," he said.

"So you're taking the part of me that loves fashion and is a bit of a peacock, the quippy parts, and

amping it up a bit. Then you just make sure it remains real and true and that it always has a centre, that it has a core, that it has a heart. Otherwise it's just a pastiche," he added.

Anne also spoke about how she relates to her portrayed character, who in the first film was an aspiring journalist working an assistant's job despite knowing nothing about the fashion industry.

"I believe that 20 years ago Andy Sachs was quite anxious about meeting expectations and was eager to satisfy her boss. Now, I think she aims to embrace her true self. I can relate to that," she said.

Based on the namesake 2003 novel by Lauren Weisberger, the first film received positive reviews particularly for Meryl's iconic performance, which earned her the Golden Globe Award for Best Actress – Motion Picture Musical or Comedy. Additionally, she was nominated as Best Lead Actress for the Academy Award, BAFTA Award, SAG, and Critics' Choice.

Some of the character's iconic lines, including her 'cerulean sweater' monologue and her 'florals?' For spring? Groundbreaking!' delivery continue to remain popular among fans.

SCHOOLBOY SCUFFLE

DRAMA series *Lord of The Flies* is set to release on May 4 on Netflix.

Based on William Golding's namesake dystopian 1954 classic, the four-episode show follows a group of English schoolboys who become stranded on an uninhabited island, following a plane crash.

Left to their own devices, the children attempt to handle the terrifying situation with civility.

Eventually, they turn to savagery, as tribes form and a violent power struggle emerges.

Screenwriter Jack Thorne expressed that the television adaptation's timing couldn't be more pertinent.

Upon re-reading the book, he was struck by the 'tender portrait' of a group of boys having a complicated relationship with their status and anger.

"As a society, we're having a conversation right



SAVAGE: A scene depicting the young fighters

now about boys," he said in an interview.

"We're losing a generation of boys, and we're losing it because of the hate they are ingesting – because it is an answer to their loneliness and isolation," he added. Jack hopes his adaptation will offer viewers the chance to re-examine William's writing in a new and urgent light.

"I hope it takes people back to the book, and I

hope it allows people to lean into what the book really is, in my opinion – a difficult and dangerous account of who we are and what we're capable of."

The series had an initial release in the UK and Australia in February, and was met with critical acclaim. On *Metacritic*, it earned a score of 81 out of 100, and was described as a 'first-class example of an adaptation done right'.

REBELLIOUS RHYTHMS



MYTHICAL: Tori on the album cover

AMERICAN singer-songwriter Tori Amos drops her eighteenth studio album *In Times of Dragons* tomorrow.

Described as a metaphorical story about the fight for democracy over tyranny, the protagonist, voiced by Tori, is fleeing a powerful Lizard Demon.

The creature is an amalgamation of tech billionaires and the Dark Enlightenment ideologues, quietly dismantling constitutional democracy from behind the scenes.

"As I'm fleeing from the character that is my sadistic billionaire Lizard Demon husband, I came across people I had not been allowed to see in years, and they had not wanted to see me because of the relationship I found myself in," the musician said in a social media post.

"To avoid being captured and dragged back to the Lizard Demon's penthouse, I run to the deep south of the US to throw him and his henchman off my trail," she added.

"One of the many characters I meet on the journey is The Daughter. We spend time and sing together. The track *Stronger Together* is the culmination of our relationship as it is transformed with The Daughter choosing to stand by me no matter what challenges lay ahead."

Born Myra Ellen Amos, the 62-year-old artist is classically trained and has a mezzo-soprano vocal range.

In the span of her career, she was nominated for five *MTV Video Music Awards* and nine *Grammy Awards*, and won a German *Echo Klassik* award for *Night of Hunters* (2011).

She was also listed 71st on *VH1*'s '100 Greatest Women of Rock and Roll' in 1999.

Motoring Weekly

The top motoring and motorsport news

F1 RACING RETURNS



MIAMI: Racing resumes



F1 REPORT

By NAMAN ARORA
naman@gdnmedia.bh

THE roar of engines in South Florida will sound significantly different this weekend as the Formula 1 paddock descends upon the Miami International Autodrome for the Miami Grand Prix, after an unanticipated five-week break due to the ongoing geopolitical tensions in the Arabian Gulf.

This will be the North American debut of the 'Nimble Car' era and the first real test of a power hierarchy that has been turned upside down.

Here are some storylines captivating fans as F1 storms back into its regular programming.

RULES OF ENGAGEMENT

Following a high-level summit during the five-week break, the powers-that-be have introduced refinements to the 2026 regulations to ensure the competitive integrity of the new era.

Miami will be the first laboratory for these critical shifts.

To address driver frustration over battery management during qualifying, the maximum permitted energy recharge has been reduced from 8MJ to 7MJ. This is to discourage excessive harvesting and minimise the sudden drops in speed that have plagued the first three rounds, allowing for more consistent 'flat-out' driving.

Safety measures have also been bolstered following high-G impacts earlier in the season; a new cap on the 150kW Boost button and limits on energy deployment outside of key acceleration zones (dropping from 350kW to 250kW) aim to reduce dangerous closing speed differentials between cars.

The updates also overhaul race start and wet weather protocols to mitigate recurring hazards.



NORRIS: Under pressure

A new automated system will now identify slow-accelerating cars at the start and trigger a minimum MGU-K deployment to boost them safely into the pack, accompanied by flashing warning lights to alert following drivers.

For wet conditions, teams are now mandated to use tyre blankets for intermediate tyres to ensure immediate grip and prevent accidents caused by cold rubber.

Additionally, the Energy Recovery System (ERS) output will be reduced during rain to decrease the risk of high-impact crashes in poor visibility, ensuring that the pursuit of exciting racing does not compromise driver integrity.

POWER UNIT BENCHMARK

Mercedes appears to have mastered the power unit transition.

Sophomore sensation Kimi Antonelli leads the championship, demonstrating a sophisticated grasp of the new active aero systems.

TRACK GUIDE: MIAMI

Circuit Length: 5.41 km

Turn 11: This marks the end of the first long acceleration zone and serves as a primary battleground for Manual Override attacks.

Turn 17: The heavy braking zone after the 1.2km straight offers the most significant opportunity for MGU-K energy harvesting per lap.

Thermal Management: Miami's high humidity complicates battery cooling. Teams must balance maximum electrical discharge with the risk of thermal degradation, particularly during the final laps of the 57-lap race.

While George Russell aims to recover from technical setbacks in Japan, the Silver Arrows remain the team to beat in the opening phase of this season.

THE HOME HEROES

The Cadillac F1 Team makes its highly anticipated North American debut this weekend.

Fielding the experienced duo of Sergio 'Checo' Perez and Valtteri Bottas, the American squad is looking to leverage its home advantage.

Perez, a street circuit specialist, remains a podium threat if the Cadillac power unit can withstand the high thermal demands of the Florida climate.

THE PURSUIT

McLaren arrives in Miami with an entirely new car, the MCL40, following an aggressive development push during the break.

Meanwhile, Ferrari faces a tactical shift; the new automated race-start

procedures may neutralise the advantage they previously gained from their highly optimised early-season engine maps.

STEEPER CHALLENGES

The transition to the Red Bull-Ford Powertrain has proven challenging for former champions Red Bull.

Max Verstappen has contended with uncharacteristic power delivery lag and reliability issues, leaving the team fighting for points in the lower half of the top ten.

Miami's long straights will provide a definitive verdict on whether their recent 'fixes' have addressed these battery efficiency gaps.

THE MIDFIELD BATTLE

While Red Bull's start has been lacklustre, Williams is still reeling from production delays that cost them Barcelona, leaving them with



ANTONELLI: Sophomore sensation

an overweight chassis that has struggled to find pace.

The team has spent the five-week hiatus focused on shedding crucial kilograms and preparing their first major in-season upgrade package, with internal hopes pinned on finally hauling themselves out of the back of the pack and into the midfield conversation.

Aston Martin's transition to Honda power has been equally turbulent, defined by a series of reliability failures that have stifled their early-season momentum.

The spring break provided a window for Honda to implement countermeasures to stabilise the power unit, while technical lead Adrian Newey has acknowledged significant room for improvement within the chassis design.

Both squads are banking on their revised Miami packages to close the deficit, though the rest of the grid has likely made similar strides during the break.



VERSTAPPEN: Banking on new upgrades



DEBUT: US team Cadillac to make its first Miami appearance

Time Out



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crossword break

1		2			3	4		5		6		7
8					9							
			10									
11												
												12
13						14				15		
					16							
	17	18										
19												
20										21		
22											23	

Solutions in next week's issue.

ACROSS

- Restaurant (4)
- Instructive (8)
- Close (4)
- Early nights (8)
- Preliminary (12)
- Stimulate (6)
- Powerful (6)
- Erasure (12)
- Aerodrome (8)
- Travel permit (4)
- Explode (8)
- Unite closely (4)

DOWN

- Ponder (8)
- Distraught (7)
- Eat ravenously (6)
- Practical (10)
- Further in (5)
- Pant (4)
- Penitence (10)
- Criterion (8)
- Building (7)
- Fanatic (6)
- Split (5)
- Territory (4)

who, what, where, when

WHO ... directed *Thriller* and *The Blues Brothers*?

WHAT ... compound has the formula CuO?

WHERE ... did the Brothers Grimm hail from?

WHEN ... did Elvis Presley die?

WHO ... pioneered the use of antiseptics in surgery?

WHAT ... is the only poisonous snake indigenous to the British Isles?

WHERE ... is the home planet of Doctor Who?

WHEN ... did Martina Navratilova win her first singles title at Wimbledon?

just so

60 minutes 60 minutes
 60 minutes 60 minutes
 60 minutes 60 minutes
 60 minutes 60 minutes
 60 minutes 60 minutes
60 minutes 60 minutes

Scape

CT

DEITY DEITY EST

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Hard and fast; 9 Uptight; 10 Agree; 11 Force; 12 Relieve; 13 Crease; 15 Acetic; 18 Emulate; 20 Natal; 22 Chase; 23 Oneness; 24 Teetotaller.

Down: 2 Actor; 3 Degrees; 4 Nature; 5 Frail; 6 Serpent; 7 Sufficiency; 8 Defenceless; 14 Educate; 16 Conceal; 17 Devout; 19 Avert; 21 Theme.

JUST SO:

For a small consideration; Over and above the call of duty; Rock and roll; The daily round.

WHO, WHAT, WHERE, WHEN: Charles Kingsley, *Pleasure*, Maine, 1986; Charles Lindbergh, Gas or vapour pressures, Mexico, 1878.

Darn Tough Sudoku

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