

Journey back in time



ART REPORT

By KAWTHAR EBRAHIM

BAHRAIN artist Abdulla Yusuf is painting a nostalgic picture for a generation raised on the golden era of regional television.

The 25-year-old's colourful illustrations from the 1990s and early 2000s bring alive beloved characters that many Arabs grew up watching, either drawing them by hand or on his iPad.

The creative's chosen style and aesthetic are heavily inspired by *Spacetoon*, a TV channel that airs Japanese cartoons dubbed into Arabic, with its own futuristic themes, imagery and mythos.

Abdulla's portfolio highlights retro, classic 1980s anime from a modern, heartfelt Gulf perspective.

Capturing the sights and sounds of childhood with his drawings, Abdulla's art evokes core memories for millennial and Gen Z audiences, who used to rush home every afternoon to catch their favourite show.

"I've always been obsessed with *Spacetoon*, and I still am to this day. It played such an important role in my childhood," the Muharraq resident told *GulfWeekly*.

"My favourite shows were *Digimon Adventure*, *Ojamajo Doremi*, *Hamtaro*, and *Strawberry Shortcake*. I used to draw myself as a character in those shows as if I were part of them. I realised that others also enjoyed seeing visual reminders of their childhood and was eager to portray the feeling of longing through small details in my painting," added the Bahrain University alumna.

Spacetoon, which began broadcasting in 2000, was a staple for several generations of Arab



RETRO: A creation from the artist's latest digital series inspired by the 60's style

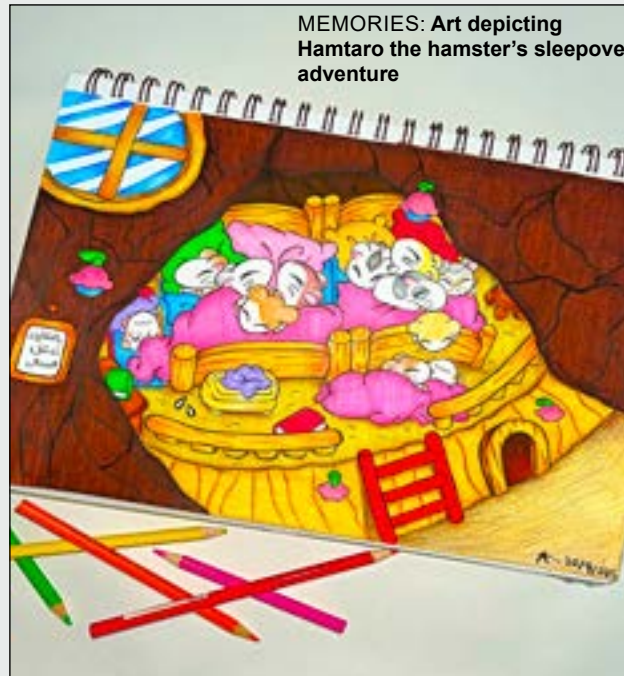
children, and its dubbed Japanese animated classics resonated deeply with local values. With its space theme, it proclaims itself as the channel of the 'Youth of the Future'.

Talking about his creative process, the self-taught artist, with a degree in media and communication, noted that he prefers using markers for the base and pencil colours for shading, and tries his best to use techniques that

give his art warmth and represent his hobby.

The hand-drawn pieces have an analogue look, with moody lighting, grainy textures and imperfect lines resembling retro animation.

The illustrator explained that his grandfather, aunt and siblings all had artistic backgrounds, which is how he got inspired to start pursuing his passion.



MEMORIES: Art depicting Hamtaro the hamster's sleepover adventure



TALENT: Abdulla

"I was surrounded by sketchbooks and markers. I drew anime cartoon characters in my own way, which have now grown to be loved by others," he added.

For Abdulla, sharing his art online has transformed into a communal experience, sparking conversations across generations of viewers who share the same nostalgic roots. In the comments under his drawings, people reminisce about specific shows and episodes that his art reminds them of, and share how cosy and comforting his art is.

"My favourite comment is 'Thank you for reminding us of the beautiful past'. It means a lot to me and makes me proud of the content I present especially artworks that are targeted towards people from my generation and those who grew up in the 1990s," he said.

Talking about his art goals, Abdulla revealed that he hopes to keep pushing the boundaries of how regional stories can be told through the canvases of classic animation styles. He has plans to explore sticker production and transform his art into animation on *YouTube*.

"I hope to expand my product range while keeping the beauty, colourfulness and youthfulness of my style," he added.

For more on Abdulla's creative journey, follow @abdxart__ on Instagram.



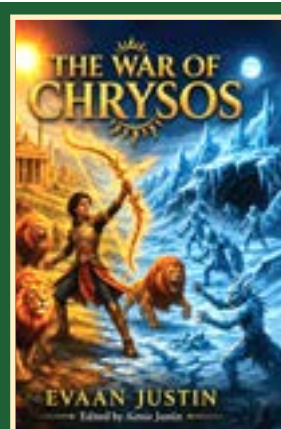
BE YOUR OWN BOSS!
New book release
SEE PAGE 2



SELF CARE MAXXING
Trend report
SEE PAGES 2-3



LEISURE SCENE
Fun & flavours
SEE PAGES 4-5



PULSE OF POP
Music, books & more
SEE PAGE 6

The other side of ambition



BOUNDLESS: The book cover

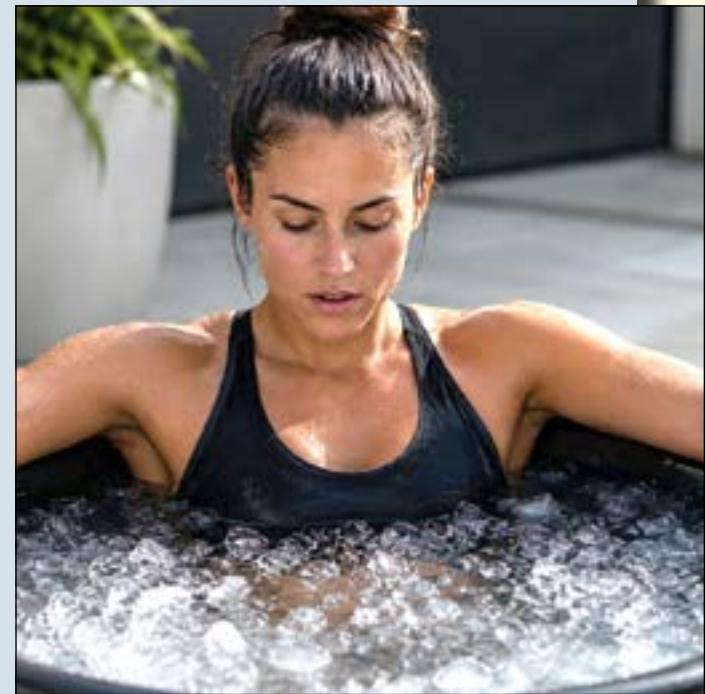
Relax!

THE mercury is rising, calling for an immediate overhaul of selfcare routines. This summer, the global wellness industry is witnessing the entry of new trends and the return of some

TREND REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

old ones, from ice baths and lymphatic drainage massages to high-protein frozen treats and more.

Take the plunge



ICY: Cold baths help improve blood circulation and increase mental alertness

Fitness enthusiasts in Bahrain are warming up to a wellness trend that is witnessing a massive global resurgence this year. The Wim Hof Method, a practice combining breath work, cold exposure, and focused mindset, is making a comeback, reports indicate.

Bahraini cyclist and trainer Sarah Al Sammak noted that modality is picking up in the kingdom.

"After 10 years of avoiding cold water, I finally took my first cold plunge recently, following a breathing session," Sarah told *GulfWeekly*.

"I stayed in for over two minutes, and despite expecting the worst, it was incredibly rewarding, and reminded me that growth often begins outside our comfort zone," she added.

Many reports reflect that practitioners of the method experienced stress relief,

momentary energy, and mental clarity.

Hydrotherapy is no longer a recovery mechanism for just professional athletes, with many installing cold plunge tubs at home. However, those with medical conditions like heart and lung issues are advised to consult a doctor first.



BOOK REPORT
By MELISSA NAZARETH
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BAHRAINI speaker and author Mohamed Isa's latest book *No Title. No Limit.* has hit the shelves, and brings alive the perks and challenges of being your own boss through a personal lens.

The former chief financial officer, who decided to pursue his own path 10 years ago, explores the 'other side of ambition' in 14 chapters that document his journey, from having less than BD2 in his bank account to building a successful personal brand brick by brick.

Readers will also find anecdotes, highlighting the 47-year-old's passion for travel and mountaineering, which lends the narrative a unique voice.

"In December last year, I completed 10 years of self-employment," the Saar resident told *GulfWeekly*.

"It has been an eventful journey and worth it," he added.

Talking about what inspired him to self-publish the book, the leadership and management speaker noted that he felt the need to stop and reflect on the last decade.

"I decided to write 10 articles and by the time I finished eight, I realised this couldn't just be a *LinkedIn* post or blog, it had to be a book," he recounted.

Mohamed vividly remembers wanting his children to read it first, which is why he printed a dedication in the book that reads: 'Dana, Abdulla, Ali: Be Limitless'.

A major factor that drew the father-of-three to self-employment was the freedom to make choices that honour his dreams and pursuits.

"When you have work responsibilities, you are preoccupied. Today, I am my own boss. I can approve my leave at any time," he remarked, referring to when he had to encash his leaves instead of using them.

Being independent gave Mohamed the time and flexibility to pursue a career path that resonated with him. He was able to give more talks and connect with a wider audience. Next month,



AUTHOR: Mohamed

"I decided to write 10 articles and by the time I finished eight, I realised this couldn't just be a *LinkedIn* post or blog, it had to be a book"

the speaker will fly to Brazil to address more than 75,000 people.

Additionally, he is pursuing his PhD in 'Leadership under Extreme Environments: The Case of Climbing Everest' from Kathmandu University in Nepal, and has plans to conduct in-person reading sessions for his books after the summer.

"I have also started writing my first Arabic book about my mountaineering journey and am completing another collaborative title with international authors," he revealed.

So far, the creative entrepreneur has authored 23 books including his joint works with other writers, focused majorly on leadership, management and motivation.

While there have been several advantages of choosing the path that he did, Mohamed warned that there will be challenges, including financial struggles, which are documented in the chapter entitled *The \$3.65 Moment*.

"Four years after I quit my job, I checked my wallet and had just a few 'red notes' in there and some coins in the cup holder. I thought, let me check my bank accounts – one had BD0.600 and the other BD0.700 or thereabouts. I still have the screenshots. Being self-employed will bring many surprises along the way."

Even though he had credit cards to pay his bills until funds came in, seeing the low figures on the screen was 'disturbing'. Mohamed recommends being prepared for 'surprises' before you decide to leave your full-time job.

He highlighted that the book does not seek to vilify those who prefer being employed. In fact, he noted that if he were to get the right opportunity now, he would not mind taking it up.

The idea of *No Title. No Limit.* is to 'follow your passion, be prepared to work and sacrifice and above all, don't let anyone limit your dreams'.

"The limits that restrict us are the limits we put on ourselves. So, be limitless," he added.

For more information, follow @mohamedisa3ds on Instagram.

Summer wellness

Ice, ice baby

Protein will continue as a major global food trend this year, experts have revealed. However, people are finding new and creative ways to consume the macronutrient. One such form is by whipping up high-protein frozen treats. Think protein iced coffee and Greek yoghurt popsicles.

A *TikTok* trend that has gone viral among food and fitness content creators is the two-ingredient frozen fruit ice cream. Simply cut up your favourite fruit in half, like watermelon, pineapple, or papaya. Then,



TREAT: The viral *TikTok* frozen ice cream

pour your choice of dairy – kefir or milk – into the bowl-like dent at the centre of fruit half. Scrape the frozen pulp until it mixes with the liquid to get a creamy consistency and enjoy!

Zip up your abdominals

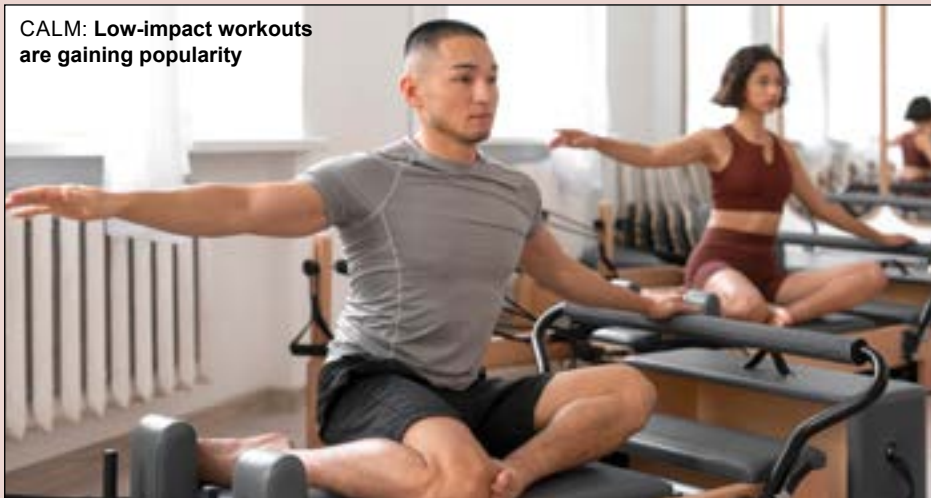
Low-impact workouts are taking centre stage this season. Pilates has grown to become a fan favourite among fitness enthusiasts, with online content creators promoting the modality clad in matching coord sets and carrying the ubiquitous, oversized Stanley Cup.

The idea is to pursue something sustainable, which does not induce burnout or serious injury. While any form of physical activity helps boost mental wellness, activities like Pilates or yoga, which have a 'calm aura' to them, are seemingly attractive to those who exercise not only for the body but also the mind and soul.

Other popular low-impact styles include morning bouncing or

the Chinese lymphatic morning routine featuring hops, waves, arm swings and trunk twists. Micro-workouts, which are essentially five-to-ten-minute floor exercises that you can easily do at home, are also gaining favour and boost daily metabolism.

CALM: Low-impact workouts are gaining popularity



Watch your waste

Lymphatic drainage has become the new buzzword and while the treatment is recommended post-surgery to accelerate healing, it is gaining traction as a stress buster. Spas across the island offer lymphatic drainage massages, which feature gentle, rhythmic strokes that are deeply soothing and designed to stimulate the flow of lymph fluid and clear waste from the body.

"It helps to reduce water retention. I get one after long photo shoots, especially on the next day. Water retention makes you feel sluggish and can add a couple of kilograms on

the scale," shutterbug Yulia Trubnikova noted.

The creative entrepreneur's health journey began at the tender age of 11 with aerobics. Since then, she has explored cycling, running, mixed martial arts and yoga, among others.

"Longevity and mobility are two of my main goals," she added.

Lymphatic drainage directly boosts mobility by clearing excess fluid, reducing tissue stiffness, and alleviating the painful pressure of swelling.

Compression boots offer similar benefits using intermittent pneumatic compression.

RELAX: Infrared saunas operate at fairly lower temperatures, allowing for longer sessions



Turn up the heat

Therapeutic heat therapy and its healing benefits are not new concepts. Saunas have existed in different forms across ages and cultures. The fairly recent use of infrared technology in the 1960s has since evolved with the practice making a radical comeback this season with portable, foldable units also available.

Wellness and selfcare are no longer a luxury that a few can afford. They are a proactive choice, which has made technologies widely accessible in the comfort of the home.

Unlike regular saunas, infrared saunas operate at comfortable temperatures, directly heating the body, using light waves, instead of the surrounding air. Typically, they are set between 49 degrees Centigrade to 60 degrees Centigrade, which allows for longer sessions while still effectively raising core body temperature and inducing a deep sweat.

Their benefits span cardiovascular health, stress reduction, better sleep and improved skin, among others.

Many spas in Bahrain have infrared saunas used for muscle recovery, to reduce inflammation and for general relaxation.

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) How many tusks does a warthog have?
- 2) What is the voltage of an AA battery?
- 3) What type of meat is brined, partially dried, seasoned, smoked and then steamed to make pastrami?
- 4) Which F1 constructor won the very first Formula One World Championship in 1950?
- 5) Which famous quote believed to be by Sherlock Holmes was never actually said?
- 6) Mount Elbert is the highest summit in

- which mountain range?
- 7) The vast majority of all the footballs (soccer) in the world are made in which Asian country?

1. Four
2. 1.5 volts
3. Beef
4. Alpha Romeo
5. Elementary, my dear Watson
6. Rocky Mountains
7. Pakistan

ANSWERS

UNWIND: Lymphatic drainage massages feature gentle, rhythmic strokes that help you relax

Leisure Scene



**What's
on
guide**

By Olivia Middleton

DECADENT: Premium, handcrafted gelatos at La Terrace



CHILLED TREATS AT THE R

EXPERIENCE a refreshed leisure offering at The Ritz-Carlton, Bahrain, with curated delights launched across its premier venues.

Guests can satisfy their sweet tooth with a selection of premium, handcrafted gelatos at La Terrace, featuring refined flavours for BD7. Available daily from 1pm to 11pm.

An elegant ladies' night takes place at the venue every Thursday from 6pm to 10pm, offering guests signature bites and specialised beverages starting from BD6. Guests can enjoy a 50 per cent discount on their second. Operating from Monday to Thursday between 5pm and 11pm, and Friday to Saturday from 1pm to 11pm.

La Med has established itself as the ultimate indoor destination for live sports broadcasting. Motorists and fans can catch every thrilling moment from Formula One and the Tour de France to major global football tournaments in a vibrant atmosphere.

A specially curated match-day menu features crowd-pleasing bites and signature beverages. Viewing schedules are released in advance across the hotel's social media channels. La Med operates daily from 1pm to 11pm.

At Primavera, enjoy 'The Perfect Ending'

package, which features a handcrafted beverage paired with an exquisite cake for BD12, available Sunday to Friday from 7pm to 10.30pm.

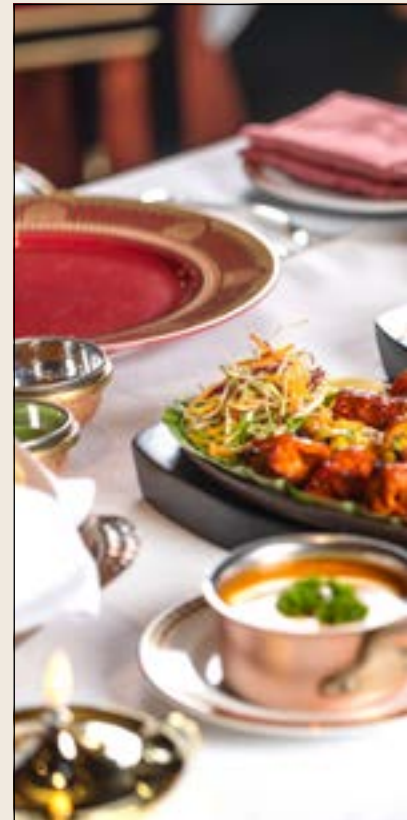
The venue also offers the 'Festa Italiana' sharing-style lunch tailored for corporate groups of 10 or more guests. Prices start from BD28 per person, Sunday to Friday, from 12.30pm to 3pm.

Experience the rich heritage of India at Nirvana with Swatantrata Diwas (Independence Day), featuring a curated thali with traditional flavours and refined creations, complimented by live entertainment. Priced at BD24 per person and runs from 7pm to 11pm.

Gather the ladies every Wednesday from 6pm to 10pm at Cantina Kahlo, where you can enjoy two selected beverages for BD10 alongside complimentary pink churros and popcorn, and featuring live entertainment from the resident mariachi band.

Experience the art of slow-steeped coffee with the Cold Brew Craft Edition. The selection is priced at BHD5.500, and available daily from 12pm to 10.30pm.

For more information or bookings, contact 17580000 or email rc.bahrz.restaurant.vations@ritzcarlton.com



LET THE FUN BEGIN!

BRING your A-game and an appetite to **CLAW BBQ** at Hilton Bahrain, where epic city views meet retro arcade battles, legendary comfort food, and non-stop weekend vibes.

The fun starts on Sundays, where hospitality professionals can enjoy two hours of unlimited selected beverages from 4pm to midnight for BD12.500, with an option to extend the experience for another two hours for BD10.

Early birds can dive into Happy Hour running from opening time until 8pm every Saturday through Thursday, with selected beverages, starting at just BD2.

Mondays belong to the ladies, who receive four free drinks from 8pm to 11pm, alongside a curated sharing platter for BD15. Ladies can also enjoy a 30 per cent discount on all standard-priced food and beverages all night.

Taco Tuesdays serve up a Mexican-style feast, delivering bottomless tacos and selected beverages

from 6pm until midnight for BD16. Guests can upgrade their package for BD3.500 to secure unlimited selected beverages.

Midweek brings Wednesday Madness, treating patrons to a fast-paced two hours of free-flowing select beverages from 7pm to 9pm for BD12.500.

And then ease straight into the weekend with the infamous Friday Brunch, from 12.30pm to 4pm, followed by an immediate after-party Happy Hour continuing until 6pm. Packages start from BD24.

Elsewhere at Hilton Bahrain, Origin Kitchen and Culture invites you to fuel your day with an extensive breakfast buffet. The morning spread is available Saturday to Friday from 6.30am to 10.30am, and extends until 11.30am on Saturdays for BD13net.

And don't forget that green is the new bold with the matcha takeover at Lamar Café and Lounge starting from BD3.500.

For more information or bookings, call 33692013.



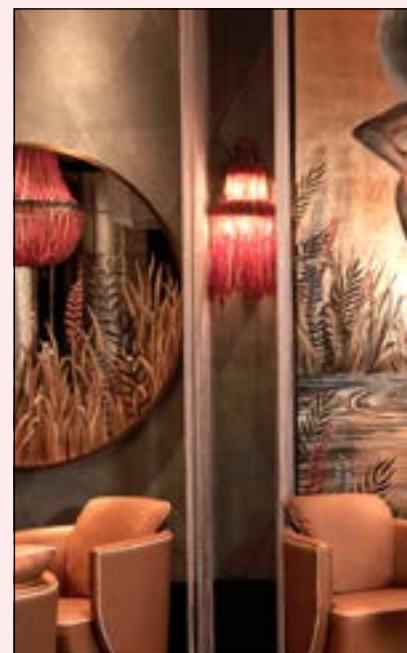
VIBE: Excitement at CLAW BBQ

LOUNGING WITH A VIEW

FOUR Seasons Hotel Bahrain Bay delivers the ultimate summer urban escape, pairing world-class dining with restorative wellness for the perfect seasonal reset.

Experience spectacular views from the 50th floor tomorrow, July 24, as Blue Moon Lounge collaborates with the internationally acclaimed LPM Dubai for an exclusive take-over with inspired bites and beverages from LPM's famous menu. Running from 2pm to 1am.

Those looking to elevate their weekend can head down every Friday for the Bubbly Brunch at CUT by Wolfgang Puck. Running from 12.30pm to 3.30pm, the afternoon features DJ beats and a trolley pouring bubbly tableside to accompany a menu of iconic favourites like Yellowtail Hamachi Ceviche, Beef Sliders, and Line-Caught Black Bass. The package is priced at BD70 inclusive of free-flow bubbly beverages.



Bay View Lounge is also running its Gelato and Affogato Experiences until October 31. Available daily from 11am to midnight, this menu features artisanal gelatos inspired by the four seasons paired with unexpected textures, alongside sophisticated affogatos featuring Espresso, Karak, or Matcha. Affogatos are priced at BD4.500 each, and gelatos at BD5.900 each.

Indulge in bold, imaginative flavours at re/ASIAN CUISINE, where elevated Asian classics meet a fresh Californian spirit. Designed entirely for sharing, the à la carte menu brings together premium sushi, Maine lobster

Leisure Scene

Weekly Entertainment

ITZ-CARLTON

SMOKY: Tandoori delights at Nirvana



ELEGANT: Interior at Blue Moon Lounge

rightened with ginger and lime, and the celebrated Vagyu Katsu Sando, all backed by DJ rhythms. The venue is open Tuesdays, Saturdays, and Sundays from 7pm to 11pm, and Wednesdays through Fridays from 7pm to 11.30pm. To restore total inner calm, the hotel invites guests to experience its Moon Yoga series, with a Full Moon session on July 29. This guided movement and breathwork class will run from 6.30pm to 7.30pm, priced at BD6 per person for hotel guests and members, and BD12 for outside guests. For more information or bookings, contact 17115500.

COMFORTABLE: Well-appointed rooms at the hotel



GETAWAY FOR A DAY



DIVE: Book a snorkelling adventure this summer

PACK your bags for the ultimate island escape at Hawar Resort by Mantis, where outdoor escapades meet premium suite luxury.

The first package features breakfast for two adults, complimentary stay and dining for a child under six, alongside a choice of a guided island excursion covering dolphin watching, snorkelling, fishing, or a desert culture tour.

Alternatively, families can opt for a one-night stay in a spacious Family Suite, including breakfast and dinner for two adults, with complimentary stay and dining for two children under six. Both options incorporate a curated range of child-friendly activities engineered to provide an ideal setting for family recreation.

For more information or bookings, contact 32183610 or email reservations @hawarresort.com.

SUMMER STAYCATION AWAITS

ESCAPE to Grand Swiss-Belhotel Waterfront where a selection of seasonal packages promises the perfect getaway.

Guests can enjoy a bed and breakfast package from BD55net per room, per night, or opt for a half-board stay from BD65 per room, per night. Every summer package also includes a complimentary room upgrade.

For those seeking added

luxury, Executive Suite packages come with a complimentary upgrade to a G-Club Suite with a balcony. Rates start from BD75 per room, per night for bed and breakfast, while the half-board option is available from BD90 per room, per night.

The offers are available for a limited time. Terms and conditions apply.

For more information or bookings, contact 17177333.



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

THE ODYSSEY (15+)
Based on the ancient Greek poem by Homer which follows Odysseus, King of Ithaca, and his perilous journey home after the Trojan War. The classic explores themes of heroism, loyalty, cunning and the struggle against divine will.
Actors: Matt Damon, Tom Holland, Anne Hathaway
Timings: 10.30am, 1.45pm, 5pm, 8.15pm, 11.30pm



MOANA (PG)
Moana answers the Ocean's call in this live-action production and, for the first time, voyages beyond the reef of her island of Motunui with the infamous demigod Maui on an unforgettable journey to restore prosperity to her people.
Actors: Catherine Laga'aia, Dwayne Johnson, John Tui
Timings: 11am, 1.30pm, 4pm, 6.30pm, 9pm, 11.30pm

EVIL DEAD BURN (18+)
After the loss of her husband, a woman seeks solace with her in-laws in their secluded family home. Blazing onto big screens with an all-new chapter of carnage and demonic mayhem, the film unleashes the franchise's most savage and terrifying ride to date.
Actors: Souheila Yacoub, Tandi Wright, Hunter Doohan
Timings: 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm, 11.30pm

INFILTRATE (18+)
Government agent Lily Chen must choose between duty and family when her husband is kidnapped and she's blackmailed into assassinating high-level criminals to save him.
Actors: Mitra Sui, Lisa Berry, Tim Rozon
Timings: 12pm, 4.30pm, 9pm

Pulse of Pop

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

PERSONAL INSPIRATIONS

GRAMMY-WINNING British singer Charli XCX drops her new album *Music, Fashion, Film* tomorrow.

The collection features the artist's signature experimental pop-oriented style and auto tune over guitar riffs, electronic drums and synthesiser lines as heard on its lead single *Rock Music*, which released in May.

The musician discouraged views that her record will fully embrace the rock direction, stating she does not think of genre in a 'binary way'.

In an interview, Charli spoke about the album cover, which features rock band Velvet Underground founding member John Cale, fashion designer Marc Jacobs and filmmaker Martin Scorsese. They represent each art form on the title and reflect the artist's personal inspirations.

Aidan Zamiri, who previously helped the artist bring alive many music videos, as well as a full length mockumentary film, shot the photo.

"It was like this out-of-body experience," Charli said, recounting a moment between Aidan and her after the shoot.

"I turned to him and I was like, 'I think this is what shook means'. To have these three legends in this room being willing to come together for this album cover, to be shot by somebody who is an up-and-coming filmmaker and photographer – who they don't particularly know very well – but were willing to trust, for them to

trust me, it was really cool," she added.

Charli commended her fans' creative interpretations of the album cover, featuring their personal role models in music, fashion and filmmaking.

"It's kind of fun seeing everybody

else's interpretations of that, and of course there are so many versions of that for me too. So I just feel really happy to have shared it with the world," she noted.

This is not the first time a Charli release has sparked online discourse. Her previous

project *Brat* (2024) included a minimalistic cover with the title in black lowercase letters over an 'obnoxious' lime-green background.

Creating confusion at first, it eventually started a fashion movement, with fans wearing 'Brat

green' as a nod to the music and to recognise each other in public.

The album's instrumental aesthetic and confessional lyrics even produced the 'brat summer' phenomenon, which, at its core, was about 'messy and imperfect self-acceptance'.

LEGENDS: From left, John, Marc and Martin on the cover



REVENGE CAMPAIGN

ACTION thriller film *Motor City* is out now in theatres.

Taking place in 1970's Detroit, it tells the story of John Miller (Alan Ritchson) who falls in love with Sophia (Shailene Woodley), a local gangster's girl.

In retaliation, the gangster enacts a frame job to send John, an innocent man, to prison.

Now an ex-convict, John plots a revenge campaign against the man who took his lover away.

The film reportedly contains only five lines of dialogue as it depends on its action scenes to carry the plot. It is accompanied by a rock soundtrack, including songs by David Bowie, Fleetwood Mac and Jack White



ACTION: The film's poster

among others.

Best known for starring in the dystopian *Divergent* film series and *The Fault in Our Stars* (2014), Shailene expressed what it was like to take part in a project with limited dialogue, stating that she found it to be the biggest draw.

"The idea of stretching a muscle as an actor frankly is just not ever a possibility

really outside of an improv class," Shailene said.

"I was curious to see how they were going to film the action, given that the lead up to those moments, the stakes have to be so high for them to really punch and for them to matter. And being able to be a part of that was very exciting to me," she added.

CLASH OF THE ELEMENTS

YOUNG Bahrain-based talent Evaan Justin has launched his debut novella *The War of Chrysos*, writes Kawthar Ebrahim.

The 79-page fantasy fiction is set on the planet Chrysos, where fire and ice have clashed for centuries. Written over three months, the literary creation is packed with high-stakes, magic, and fierce battles between the elements, where the heroes must defend the planet, navigate the magic, and go through action-packed encounters.

The nine-year-old, who attends St Christopher's School, has always been inspired by Greek mythology, the Indian epic *The Mahabharata*, and *Harry Potter*.

His writing journey began during a classroom activity where he drew a planet made out of fire and ice. Recognising his creativity, his teacher encouraged him to dive into the literary world.

Family support played a massive role in bringing the book to life. The author's 15-year-old sister Aimie, who is currently preparing for her IGCSE exams, served as both his editor and constant inspiration to keep writing.



DUO: Evaan, left, with his 'editor' holding the new book

"I did not expect a book," Evaan's mother Ceena told *GulfWeekly*.

"I knew he was writing it, but I assumed it would be one-page-long. I was surprised to find him writing with such length and detail," added the entrepreneur and human resources professional.

The family from Saar hopes the novella serves as an inspiration for other children across the kingdom to pursue their creative passions.

The War of Chrysos is available in paperback on Amazon.



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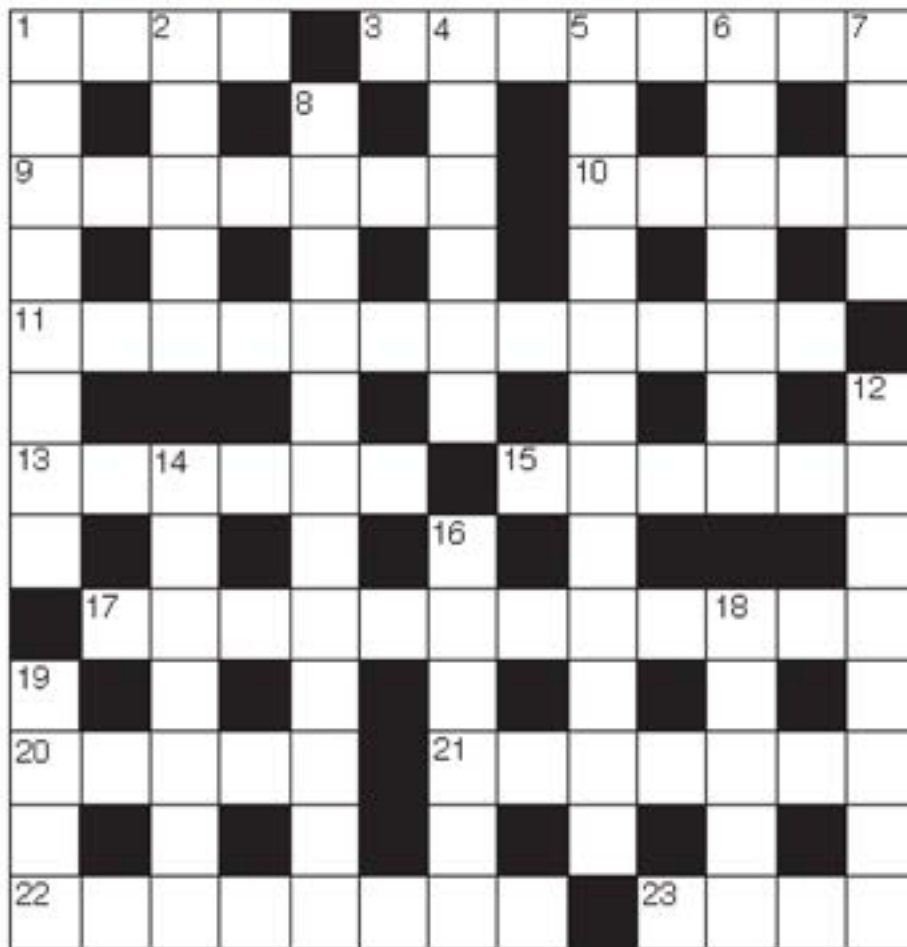
Time Out



Hilal Computers

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crossword break



Solutions in next week's issue.

ACROSS

1. Team (4)
3. Wood fragment (8)
9. Income (7)
10. Alarm (5)
11. Conformist (12)
13. Use (6)
15. Impede (6)
17. In spite of (12)
20. Arrive at (5)
21. Cry out (7)
22. Salutation (8)
23. Caught (4)

DOWN

1. Afflicted (8)
2. Couch (5)
4. Considerable (6)
5. Wastefulness (12)
6. Mug (7)
7. Opulent (4)
8. In confidence (5,4,3)
12. Surmised (8)
14. Bishop (7)
16. Scattered (6)
18. Dodge (5)
19. Pull (4)

who, what, where, when

WHO ... released the singles *War Canoe* and *Jake the Peg*?
WHAT ... 1995 studio album features the song *Fake Plastic Trees*?
WHERE ... was the 2005 Royal Ascot meeting held?
WHEN ... did the artist Georges Braque die?
WHO ... is the central character in John Osborne's play *The Entertainer*?
WHAT ... office-based sitcom starred Bernard Hepton as Mr. Fletcher?
WHERE ... in Europe are Temple Bar and St. Stephen's Green?
WHEN ... was the album *Abbey Road* by the Beatles released?

just so

aallll

good0000

GIBRALTAR

pla friends ces

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 6 Benefit; 7 Buxom; 9 Cloak; 10 Fluency; 12 Pessimistic; 14 Picturesque; 18 Disrobe; 19 Crypt; 21 Poise; 22 Sublime.

Down: 1 Reply; 2 Regale; 3 Fix; 4 Duress; 5 Conceit; 8 Glimpse; 11 Ascribe; 13 Liaison; 15 Thrash; 16 Unruly; 17 Spume; 20 Hug.

JUST SO:

The thin end of the wedge, Odds and ends, An inside job, Fail to see the point.

WHO, WHAT, WHERE, WHEN:

Woody Guthrie; Houghton; Salzburg; 1995; John Banville; Razzle; Austria; 1906.

Darn Tough Sudoku

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