

**COMMUNITY REPORT**  
By NAMAN ARORA  
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**WEAVING** their cultures and creativity into a magnificent medley, two Bahrain-loving artists, reunited more than 10,000 kilometres from where they first met, to work together on a masterpiece of a music video, set to be released tomorrow.

Originally recorded by former Bahrain resident Ashwin 'Xenai' Shenoy and released last year, *Ghost* has garnered more than 37,500 streams and is set to get its own music video, courtesy of award-winning Bahraini filmmaker Deena AlSaweer (Instagram: deenafilm).

"I heard *Ghost* and immediately it inspired visuals and my imagination ran wild," Deena told *GulfWeekly*.

She reached out to Xenai, saying that she would love to film a music video for the song, and they immediately began discussing visuals and scenes to convey the deeper meanings within the song.

"The world is going through a shift in consciousness and more people than ever before are becoming aware of not only what's happening around the world, but also what is happening within themselves," Xenai explained.

"A lot of my songs are about my journey of self-discovery, enlightenment and alienation which is why I think this song resonates with people.

"It talks of having a spiritual experience in the most mundane of places, and the disappearance of ego (becoming a ghost).

"Beyond the lyrics, even the way I produced it is unique, embracing both my Indian heritage, sampling the Hindustani Classical instrument Sarangi, and my Arab influence from childhood, playing the Oud."

Originally written within a week in 2022, the song languished in Xenai's creative vault for a year, before Grammy Award-winning engineer



CREATIVE COLLAB: A scene from the music video, set to be released tomorrow

Kaushlesh "Garry" Purohit mixed and mastered it and it was finally released on November 17, 2023.

Since the day it was released, Deena had a feeling it would be a hit, and as the months crawled by and the streams rolled in, there was only one thing standing in the way of the music video finally being made: distance.

"I was in Ottawa and he was in California," she explained.

Undeterred, the two planned and brainstormed, not knowing when they might be able to make it a reality, until Xenai was able to take a detour during a trip to visit his brother in

Toronto, and ride the train to Ottawa.

"I coordinated the production with crew and actors here, and as soon as he arrived we shot everything within one day and he left the next day," Deena added.

"It was important for me to protect the vision and cultural aspects of the music video, so just like the song, there are Middle Eastern, Western, and Indian elements in the video.

"We wanted to amplify all the influences that shape our style as artists. I cast talented actors that I've worked with before, wrote a script for an intro and outro scene to incorporate in the full music video - because when I was



Deena

younger, music videos had a little bit of acting in them and the artists were just having fun with it!

"So, I wanted to do the same for Xenai and I'm grateful that everyone in the video is an incredible actor so they delivered each performance perfectly."

Not one to rest on his laurels, Xenai is already hard at work on his 'biggest project' as he revs up for the release of his first-ever album - *X Files Volume 1 [unidentified]* - comprised of nine songs.

"*X Files* is the story of an alien in search of home where he comes to realise he was truly in search of himself," he explained.

"The story and concept of the album come to reveal his true nature of who and what he really has been all along on this journey.



Xenai

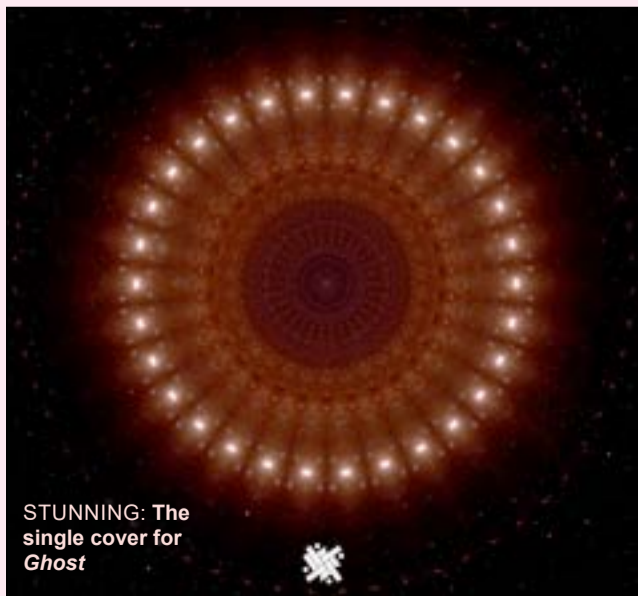
"It parallels my meditative journey and the spiritual discoveries that I have been having over the past 11 years and I'm finally at a place where I feel ready to share that part of my life in the form of a story that other people will be able to relate to."

The album will be released on September 27 and the *Ghost* music video will be out tomorrow, July 26.

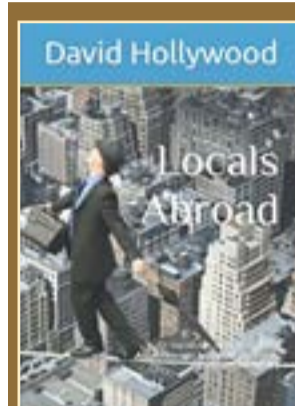
For more details, follow @xenai51 on Instagram.



SCAN the QR Code to watch the music video!



STUNNING: The single cover for *Ghost*



POETRY & TRAVEL  
Latest book release  
SEE PAGE 2



A FINE FEAST  
La Table Krug returns  
SEE PAGE 3



LEISURE SCENE  
Culture and dining  
SEE PAGES 4-5



PULSE OF POP  
Movies, music and more  
SEE PAGE 6



**BOOK REPORT**  
By MELISSA NAZARETH  
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**F**ORMER Bahrain resident and poet David Hollywood is set to drop two books this year – the second volume of his travel series *Locals Abroad*, and *Forgotten Memories* featuring his striking verses.

The creative presents several essays and accounts of living in the kingdom in his upcoming release.

“My adventure into travel writing has been inspired by scenes and experiences from Singapore plus encounters in Moldova and the United States of America, all of which are recorded in my first volume (released in 2022),” the Irish bard told *GulfWeekly*. “This next volume embraces further encounters and continuances within all of those countries but also introduces to the reader several essays and accounts of living in Bahrain.”

The five-part series will feature escapades in countries including Antigua, Switzerland, Eleuthera, France, Germany and Croatia.

Speaking about his foray into travel writing, he said: “I was asked by some journalist friends to recount my travels and these were published in Irish newspapers, and to what surprised me to be ‘great success’, and from there the idea of the books arose.”

David called Bahrain home for almost a decade before leaving in 2016, but continues to be a member of the Bahrain Writers Circle. While here, he co-directed the group and subsequently founded and directed its poetry arm – The Second Circle Poetry Group. Living in different regions of the world has helped the creative ‘determine some of the sentiments contained within his poetry’.

“Poetry always seems endless in its potential and it speaks to me through the constructions of a genre that touches places inside my mind, heart and spirit. For me, prose is magnificent, but it rides on the coat-tails of poetry.

“When I try to write poetry, I like to give structure, pace, rhyme, tone and meaning to each effort, so that hopefully each effort reflects an attempt that is ‘not always

THEATRICAL: David, left, in a play in Ireland



# Lyrical ‘gangsta’

the most obvious within its sense of being understood too readily’, yet expectantly contains ‘feelings’ of satisfaction, or at least emotion, and occasionally mystery,” he explained.

David’s *Forgotten*

*Memories* will hit the shelves by the end of the year. In it, he explores ‘the soul, the spirit, music, the glories of human achievement, and the depths to which we can fall...’

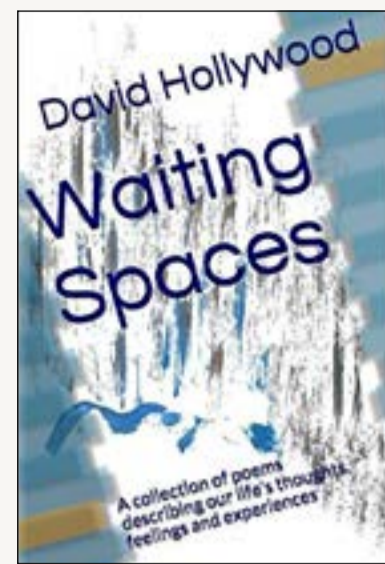
“*Forgotten Memories* have

moved my energies towards ethereal subject matters,” he revealed.

In addition to his own books, David’s work has been published in several newspapers and anthologies. *Waiting Spaces*, his first



MEMORIES: David, backrow fifth from right, with the St Christophers Cricket Team in Bahrain



DEBUT: The front cover of the first published edition

poetry collection, is now in its third edition. The 253-page re-print features two essays, 80 poems, including two about Bahrain, and 35 illustrations, all characterised by his ‘wonderful eccentricity’.

*Intuitions Instincts*, the theatre enthusiast’s 144-page book, also features three poems about Bahrain. All his works are available as hard copies and digitally.

“I believe sharing poetry is a great liberator of all our senses, emotions and thoughts, and helps us join together with inspirational people who will support and surround us with their own earnestness. My particular interest is to develop a public enthusiasm for poetry among those who aspire to appreciate the genre but

haven’t yet made the leap into writing or proclaiming their verse.

“Since re-establishing myself in Ireland, I started ‘The Red House Poets’ group while also hosting a festival, and which has now been replaced by the Lismore & West Waterford Arts Group, with intentions to develop festivals of the written word in combination with music, painting,

sculpture and eventually theatre,” the creative, who has spent around 20 years performing on stages in Ireland, Bahrain and The Caribbean, shared.

David presently lives with his wife in Ireland and has four children and one granddaughter. Not one to rest on past laurels, he is already working on a series of projects.

“There are at least three plays being completed, one about schizophrenia and the other about cancer, plus one historical drama about war, and two novels. A series of essays is being prepared for next year together with a volume of short stories,” he added.

To connect with David, email davidhollywood23@hotmail.com

## 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. In *Austin Powers*, what is the name of Dr Evil’s cat?
2. Which dessert’s name means burnt cream?
3. Who travelled by sea to Calcutta in 1929, to begin her work helping with the sick and poor of India?
4. What is the title of Stephen King’s first novel published under his own name?
5. Which music legend won the Nobel Prize for Literature in 2016?
6. Which country has the highest number of active volcanoes in the world?

Catch Shannon's weekly BRAIN-BUSTERS every Thursday in Gulf Weekly

7. What part of the human body serves the purpose of maintaining balance?

1. Mr Bigglesworth
2. Crème Brûlée
3. Mother Teresa
4. Carrie
5. Bob Dylan
6. Indonesia
7. Ears

## ANSWERS



**GOURMET REPORT**  
By JAYNE HOUGHTON  
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**E**NTERING La Table Krug at The Ritz-Carlton, Bahrain is akin to stepping into an exclusive French country estate, amidst the heart of Manama. As the first establishment of its kind in the Middle East, and the fourth Krug restaurant concept globally, La Table Krug is a masterpiece of 'rough luxury,' a symphony of raw materials and refined details that orchestrates a dining experience unlike any other.

Our epicurean odyssey commenced with bespoke mocktails, their ethereal matcha foam a prelude to the culinary artistry that awaited. The churned French butter with cardamom seed masterfully spread over the sourdough bread, its airy crumb interior accompanied by a charming anecdote about the correlation between its holes and its baked excellence.

Under the helm of chef de cuisine Alexis Knecht, who brings a wealth of experience from his native Alsace, France, the kitchen delivers a symphony of French modernity and innovation, showcasing the sublime quality of each ingredient. Food and beverage director, William Fily, is a seasoned food and beverage professional, who brings an additional dynamic and innovation to the culinary team.

The five-course tasting menu unfolded as a meticulously crafted narrative of flavours and textures. We embarked with a decadent foie gras poached in mango coulis, a harmonious marriage of sweet and savoury notes atop a delicate brioche from the Périgord region. We indulged translucent slices of Scottish salmon, glistening with a delicate sheen from the dill cure, the notes of the salmon harmonising with the herbaceous dill. A visual feast, the vibrant orange contrasting beautifully with the verdant sprigs.

The US prime beef tenderloin steak, cooked to exquisite tenderness and adorned with a Sichuan white pepper and teriyaki sauce, was a masterpiece of technique and taste, each bite a revelation. The seabass fillet, a pristine white canvas, was cooked to flaky perfection; a delicate, subtly sweet flavour. The succulent texture yielded effortlessly to the touch of a fork.

The palate cleanser was a theatrical crescendo; a tableside performance that created a unique mint cloud creation. An ephemeral whisper of sweetness to the lemon sorbet, a multi sensorial experience that engages the imagination.

The chocolate fondant, a dark, decadent dome, concealed a rich molten heart. Its intense, bittersweet symphony of cocoa, balanced with sweetness, was pure



MEATY: Goodness of the US prime beef tenderloin steak

**“**With a heritage dating back to 1843 in the vineyards of Reims, France, Krug is renowned for its exceptional range of premium bubbles, a legacy reflected in La Table Krug’s exquisite cuisine and unparalleled drinks list, a curated collection boasting some of the rarest and most coveted vintages.**”**



FOAMY: Chef Alexis' theatrical palate cleanser



LEADERSHIP: William each course.

indulgence. The warm, gooey centre oozed onto the plate. A visual delight, the dark exterior contrasted with the chocolate within, promising a decadent finale to the meal.

A thoughtfully curated selection of fresh and matured cheeses, sourced from the world’s finest purveyors, such as Rungis Market in Paris, provided an enjoyable counterpoint. For anyone wishing for a premium drinks pairing, the experience is expertly curated by an interactive sommelier through Krug’s innovative app, elevating



VISUAL FEAST: Vibrant coral Scottish salmon



FRESH: Seabass cooked with delicate flavours

unparalleled drinks list, a curated collection boasting some of the rarest and most coveted vintages.

For those seeking a more casual setting, the Go Bistro Corner offers a charming refuge, while the extended seating provides an alternate ambience for a leisurely dining experience.

Whether commemorating a momentous occasion, conducting a business affair, or simply

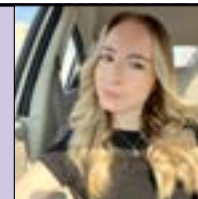
indulging in the finer things in life, La Table Krug promises an extraordinary experience that will linger in your memory.

La Table Krug at The Ritz-Carlton, Bahrain is open from 7pm to 10:30pm from Tuesday to Saturday, mirroring the typical operations of restaurants in France.

For reservations and more information, call 1758 6499.

# Leisure Scene

What's on guide by  
Julia Cassano



## FUN AND FLAVOUR

**SWEET TOOTH:** Gourmet Lounge's delightful assortment of handcrafted macarons



### JOIN the Ritz-Carlton, Bahrain on a special culinary adventure this weekend.

Delight your tastebuds with the hotel's Gourmet Lounge's assortment of handcrafted macarons. Some flavours include vanilla, raspberry, blueberry, chocolate, pistachio, and more. Available everyday from 10am to 10pm, it costs BD20 per box or BD3 per piece. Meanwhile, guests can head down to Cantina Kahlo for Taco Tuesday. A wide selection of delicious tacos and beverages are available to excite your senses. From savoury meat to tender chicken and zesty shrimp, the selection promises something for everyone. It costs BD25 per person, including two glasses

**COLOURFUL:** Delicious tacos at Cantina Kahlo



of a select beverage, on Tuesday, 6pm to 10pm.

Don't miss out on the Paris 2024 Olympics which will be shown live at La Plage. Guests can indulge in great food, drinks and an unbeatable atmosphere.

■ For more information or bookings, contact 17586499 or email [rc.bahrz.restaurant.reservations@ritzcarlton.com](mailto:rc.bahrz.restaurant.reservations@ritzcarlton.com).

## SEASONAL ADVENTURES



**DIVINE:** Sweet treat at RGC

**F**OR a summer full of fun and one-of-a-kind experiences, choose the Royal Golf Club's (RGC) epic Summer Camp.

A range of activities will be available including sports and dance lessons of various genres.

In addition, Professional Golfers' Association (PGA) experts will give youngsters the opportunity to learn new skills.

The camp will be held on Sunday, Tuesday and Thursday, 9.30am to 1pm, and costs BD25 per day or BD60 per week.

It also offers add-ons, including a one-hour golfing session with a PGA-certified coach for BD8 (one hour a week) or BD32 per month. Special discounts are available for RGC members as well as Riffa Views residents. To register, call 33001261 or 17750777.

Meanwhile, guests can head down to Links Steak Night, where every cut of meat is perfectly prepared, every Wednesday from 6pm. The offer is priced a la carte.

Guests can also satisfy their sweet tooth cravings with the club's decadent cakes and desserts. Order your cake today at 32184647. All orders must be placed 24 hours in advance.

■ For more information or bookings, call 39007546.

## DELECTABLE DINING DELIGHTS

### HEAD down to Hilton Bahrain for a weekend of good vibes and food.

Kickstart your weekend with Origin Kitchen and Culture's Aloha Brunch, which features island-inspired delights from 12.30pm to 5pm tomorrow. It costs BD39net with unlimited beverages and BD28net inclusive of unlimited soft beverages.

A brand new Pan Asian Night is also being offered at Origin Kitchen and Culture, on Wednesday, from 7pm to 10pm. It costs BD22net with unlimited soft beverages and BD28net with unlimited selected beverages.

Meanwhile, guests can indulge in a seafood feast at Origin Kitchen and Culture's Seafood Night. It offers guests the freshest catch and live cooking stations tonight, from 7pm to 10pm. It costs BD32net with unlimited selected beverages, and BD25net with unlimited soft beverages.

Start your mornings off right with the hotel's Breakfast Buffet, at Origin Kitchen and Culture. From Sunday to Friday, 6.30am to 10.30pm, guests can dig into all the breakfast favourites.

A Lazy Breakfast is also available on



**VARIETY:** Tropical Friday Brunch

Saturdays, from 6.30am to 11.30am. It features live cooking stations and a spread of continental, Asian and Arabic dishes at BD13net per person.

Meanwhile, the hotel invites guests to start their weekend off right at Block 44's Afro Series tonight, from 9pm to 2am. A 50 per cent discount will be applied on selected beverages from 9pm to 11pm. Ladies receive two complimentary beverages.

On Fridays, visitors can also enjoy non-stop-fun as a DJ keeps the party going at the property's lounge from 5pm to 7pm.



**DELICIOUS:** Lazy Breakfast

Tomorrow, guests can move to the groove at Block 44's Salsa Nights, from 9pm to 2am. Ladies receive two complimentary drinks.

The hotel's Society Club is open everyday from 9pm to 2.30am. On Tuesdays, it offers three free beverages for female guests from 8pm to 2.30am for Ladies' Night.

Cocoluna Lounge also offers ladies three complimentary beverages on Wednesday for Ladies' Night.

■ For more information, contact 33690081 or 33692013.

### CHECK out the latest English language movies being shown at CINECO Seef this weekend.

#### DEADPOOL & WOLVERINE (R)

Wolverine is recovering from his injuries when he crosses paths with the loudmouth, Deadpool. They team up to defeat a common enemy.

Actors: Ryan Reynolds, Leslie Uggams, Hugh Jackman, Emma Corrin, Morena Baccarin  
For timings, check out the cinema's website, [bahrain.cineco.net](http://bahrain.cineco.net)

**TWISTERS (PG-13)Es**  
Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system. She soon crosses paths with Tyler Owens, a charming but reckless social media superstar who thrives on posting his

storm-chasing adventures.

Actors: Glen Powell, Daisy Edgar-Jones, Anthony Ramos

Timings: 11am, 1.30pm, 4pm, 6.30pm, 9pm, 11.30pm

#### INSPECTOR SUN AND THE CURSE (PG)

Fired from his detective job after a mission goes awry, inspector Sun boards a seemingly normal plane for a much-needed vacation. However, when Dr Spindletorp receives a threat on his life, Sun is back on the case, trapped in a web of lies.

Actors: Jesús Barreda, Andrea Villaverde, Catherina Martinez  
Timings: 10.45am, 3pm, 7.15pm

## MOVIE TIME

#### THE ADVENTURES OF PADDINGTON - SUMMER VACATION (G)

The Brown family's escapades are full of unexpected twists! One minute they're camping and facing hungry seagulls, the next they're racing to fix a lighthouse before a foggy disaster. Treasure and outdoor movies lead to helping a lost baby puffin and cleaning up a beach after a storm.

Actors: Ben Whishaw, Teresa Gallagher, Darren Boyd

Timings: 11.45am, 1.30pm 3.15pm



**TWISTERS: Poster**

#### LONGLEGS (18+)

In pursuit of a serial killer, an FBI agent uncovers a series of occult clues that she must solve to end his terrifying killing spree.

Actors: Maika Monroe, Nicolas

Cage, Blair Underwood  
Timings: 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm, 11.30pm

#### CLAWFOOT (18+)

Follows a housewife psychologically terrorised by a manipulative contractor, leading to a twisted battle of wits with deliciously unexpected results.

Actors: Nestor Carbonell, Oliver Cooper, Olivia Culp  
Timings: 12.30pm, 5pm, 9.30pm

#### THE LAST BREATH (PG-15)

A group of old college friends reunite on a Caribbean scuba diving trip exploring the wreckage of a WWII battleship and find themselves trapped inside the underwater labyrinth of rusted metal surrounded by great white sharks.

Actors: Julian Sands, Kim Spearman, Jack Parr  
Timings: 6.45pm, 8.45pm, 10.45pm

Weekly Entertainment

# Culture Weekly



## GASTRONOMY GALORE

SCRUMPTIOUS: Pastel de Nata - a sweet dessert with egg and custard cream

**K**ICKSTART your weekend by choosing from the Four Seasons Hotel Bahrain Bay's list of fun events.

Bay View Lounge is offering guests refreshing gourmet delicacies, including renowned Italian gelato, which has been specially crafted with a contemporary twist.

Savour flavours such as affogato al caffe, tiramisù, coconut tapioca or your favourite ice cream, everyday from 11am to midnight. It costs BD7.500 per plate.

For a one-of-a-kind seafood feast by the beach, opt for Byblos. Experience an irresistible six-course menu, including grilled jumbo prawns, seabass, scallops, mussels and more.

It's available from Tuesday to Saturday, 6pm to midnight. It costs BD45 for two people.

Meanwhile, guests can head down to re/Asian Cuisine to try new innovative delights, such as prawns, braised beef and short rib, bincho grilled asparagus and yang chow fried rice, all while

enjoying spectacular views of Manama city.

Priced a la carte, it's available on Tuesday, Saturday and Sunday, 7pm to 11pm, and on Wednesday, Thursday and Friday, 7pm to 11.30pm.

End your weekend on a high note with Bahrain Bay Kitchen's Lazy Breakfast.

Treat yourself to a delightful spread of all-time breakfast favourites, on Saturday, from 11.30am to 3pm. In addition to egg dishes, pastries, a cheese selection, delectable Arabic mezzes, shawarma, refreshing salads, tandoori, fresh noodles from sizzling wok stations and delicious desserts await you.

It costs BD20 per person.

Don't miss out on CUT by Wolfgang Puck's one-of-a-kind Pastel de Nata - a Portuguese favourite.

Orders can be placed four hours in advance by calling. For bulk orders, one day in advance is required.

It costs BD1.500 for one piece and BD6 for six pieces.

■ For more information, contact 1715500, 17115045 or 17115046.



HUMANITY: A scene from *Oh God!! Peace*

TRIBUTE: The poster of upcoming release *Yaad*

# Voices in 'harmony'

**MUSIC REPORT**  
By MELISSA NAZARETH  
melissa@gdnmedia.bh

**I**NDIAN expatriate and musical talent Hashim Rahman has dropped the first of his two singles promoting world peace, a part of his broader peace campaign, which is captivating his 26,000-plus fans on YouTube.

The Hindi language composition entitled *Oh God!! Peace* was unveiled during the campaign held last week and features renowned Urdu poet Shahid Meer's verses and revered Palestinian poet Mahmoud Darwish's quotes. Together, they bring alive the story of an artist who is upset about war and, through prayer, 'debates' with God.

"Our world has witnessed discord and war, which inspired me to do something to promote world peace," the 39-year-old, who also stars in the song's promotional video, told *GulfWeekly*.

"I had the idea for a peace campaign where we come together as a community and participate in various activities to promote world peace. I am grateful to all those who participated in making this dream a reality."

The peace campaign was hosted at Kerala Catholic Association's premises and also included painting and charity activities.

The creative from Riffa got together with Indian expatriate and media man Hariz Ekkachu to film the song, which has 'visual elements of war and peace'. The promotional video was shot at



KINDNESS: Distributing water bottles for the peace campaign

various locations in Bahrain, including Sitra and Karranah beaches. Reputed talents from the Malayalam film industry based in Kerala, India are also part of the team.

The second, Malayalam language track *Hope* is set to release next month.

Hashim has been living in Bahrain with his wife for the last 12 years and they have two children. The category manager who works at Nass foods has led many creative projects in the past, a major one being Rafi Resurrection, which is an ongoing initiative to blow new life into the yesteryear 'evergreen' Indian playback singer Mohammed Rafi's songs.

"Seven of the tracks have featured on Malayalam musical channels like Manorama Music and Millennium

Audios and the eighth one *Yaad* will be out on my YouTube channel next month," the 2017 first runner-up of Voice of Kerala FM's Gulf region singing competition said.

Hashim has been serenading audiences in Bahrain and Kerala since 2018 but his tryst with music began at the tender age of 10.

Speaking about future plans he announced that he will be releasing two new original singles this year - *Mizhi Chayun*, meaning 'eyes decline', and *Neela Vaanil* or 'in the blue sky' - both Malayalam.

Hashim's work can be found across audio streaming platforms like *Gaana*, *Spotify*, and *iTunes*, and on his YouTube channel Hashim Rahman Official.



UNWIND: Lazy Breakfast

# Pulse of Pop

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



DRAMA: A scene from the show

## A TALE OF SURVIVAL

**A**merican medieval black comedy *The Decameron* is out today on Netflix.

Set in 1348's Florence, Italy, the eight-episode series is inspired by the 14th century Italian short-story collection of the same name by Giovanni Boccaccio. It follows a group of nobles who attempt to escape the bubonic plague by taking refuge in a villa.

Created by Kathleen Jordan, who also made the 2020 teen-comedy drama *Teenage Bounty Hunters*, the period dramedy is expected to have the feel of reality TV with its over-the-top dramatic moments between characters.

"When something like a plague comes along, the ground goes even, it doesn't matter. So what am I investing in? What relationships am I investing in? How am I treating people? That's the stuff that matters," actor Tony Hale, who portrays Sirisco, said in an interview.

British actress Tanya Reynolds, who plays Licisca, expressed her feelings about what she described to be a 'pleasant and joyful atmosphere' while working on the medieval pandemic show.

"It's been probably too fun, I feel like every night I go home and my actual torso aches, my ribs hurt because I've been laughing so much," she said.

HIGH ACHIEVER: Lhakpa Sherpa



**D**irector Lucy Walker documents the first Nepali woman to summit and descend Mount Everest in *Mountain Queen: The Summits of Lhakpa Sherpa*, coming to Netflix on July 31.

Growing up, the daughter of yak farmers in rural Nepal Lhakpa Sherpa was denied her right to education and then work because of her gender, causing her to immigrate to the United States, where she held various jobs while taking care of her three children. Since 2000, the

## MOVING MOUNTAINS

mountaineer has summited the peak 10 times, the world's highest number of successful attempts (scaling Mount Everest) by a woman. Her record-breaking latest climb was in 2022.

Produced by Miranda Sherman, the documentary film had its world premiere at the Toronto International Film Festival in 2023, where it was named second runner-up for the People's Choice Award for Documentaries. Shortly after, Netflix

acquired distribution rights to the film. "We are so proud to be bringing Lhakpa's incredibly inspiring story of determination and resilience to the screen, working hand-in-hand with Lhakpa and her family, our wonderful partners at Netflix, and of course the immensely talented Lucy Walker. To tell this deeply moving and honest story has been an unforgettable experience." Miranda said.

## FAMILY SECRETS

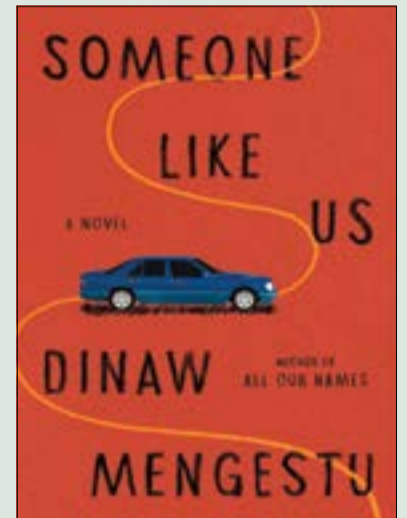
**A**UTHOR Dinaw Mengestu's fourth novel *Someone Like Us* is set to hit the shelves on July 30.

The book tells the story of Mamush, who returns to Washington DC's close-knit, immigrant Ethiopian community to reunite with his mother and father figure Samuel, only to find the latter mysteriously dead in his garage. The tragic event pushes Mamush to embark on a journey to unravel the secrets of his family and resolve the sudden passing of Samuel.

Dinaw is dedicated to delivering migrant tales in his books. He revealed that the upcoming novel is set to revolve around Samuel's life in Ethiopia, Europe and America.

"As much as the narrator might want to understand Samuel, there's also a sense that there's a limitation to how fully

we can truly understand his experiences," he said in an interview. "And for me, that's a kind of respect for Samuel's enigmatic quality and the complexity of the characters. That gap becomes part of the narrative, part of what the story is trying to deeply engage with."



**G**RAMMY-NOMINATED rapper Ice Spice's debut album *Y2K!* is set to release tomorrow.

The American artist, whose music is distinguished by the drill beats and her signature rap flow, says that the ten-track LP will follow suit, but also feature sounds she hasn't experimented with before.

"I'm excited for those more than anything. I really want to know what my fans think about these new-sounding songs," she said in an interview.

Drill is a subgenre of hip hop music that originated in Chicago in the early 2010s, sonically features synth drum

sounds and electronic beats, and tends to be lyrically adversarial and aggressive.

Named Isis Naija Gaston, the Bronx-raised rapper's stage name comes from a social media account she made at the age of 14. The musician stated in an interview that she does not consider herself a lyricist, but rather more focused on making accessible music.

"I do be having bars in my music but they're just super simple, I want them to be digestible, I don't want them to fly over people's heads and they never catch it. I want people to hear it right away and be like, 'okay, that was cute', but it's also fun at the same time."

# Motoring Weekly

The top motoring and motorsport news



FAST: Racing action from last weekend

## Back on the boil

**W**ITH just one race separating Formula One championship contenders from the summer break, the 2024 season of racing will be hitting a pivotal point this weekend at the majestic Spa-Francorchamps circuit in Belgium.

The season's unpredictability, with seven different winners in 13 races, shows no signs of abating, and with a resurgent McLaren breathing down Red Bull's neck, the fight for the championship crown has taken a dramatic turn.

### CRACKS IN THE ARMOUR

Max Verstappen may hold a seemingly comfortable lead in the driver's standings, but Red Bull's dominance is slipping. Bahrain-owned McLaren's Lando Norris' unwavering belief in his title chances is backed by statistics. Since McLaren's significant car upgrade in Miami, the gap between Norris and Verstappen has narrowed considerably. This, coupled

with the looming possibility of a power unit penalty for Verstappen at Spa, injects a potent dose of uncertainty

into the championship battle.

### UNDER THE BULL'S EYE

Red Bull's recent struggles have raised eyebrows. Two podium-less finishes in three races and their longest winless streak since 2021 paint a picture of a team under pressure. Their strategic decisions in Hungary, particularly regarding Verstappen's race, came under intense scrutiny. While Red Bull's dominant run has been undeniably impressive, the competitive landscape has shifted dramatically.

The tension within the team is also worth considering. Sergio Perez's crash in Q1 at Hungary, coupled with what Verstappen perceived as a subpar strategy hindering his race, highlighted potential internal friction. While strategic decisions are often complex and involve calculated risks, the focus intensifies when a previously dominant team stumbles. Red Bull's proven track record of success suggests they shouldn't be written off just yet. However, they are facing a tougher dynamic than in recent seasons, and how they navigate this pressure will be a key factor at Spa.

### CIRCUIT OF CHALLENGES

Spa-Francorchamps, a revered track on the F1 calendar, presents a unique set of challenges for drivers and teams alike. The stunning location nestled in the Ardennes Forest, with its dramatic elevation changes, flowing layout, and unpredictable weather, has consistently delivered heart-stopping races. McLaren's Oscar Piastri, the newest winner on the grid, considers Spa his favorite circuit. Its ability to disrupt carefully crafted strategies and favour bold overtaking maneuvers makes it a potential breeding ground for another upset.

While the championship fight and driver market drama take centre stage, Spa-Francorchamps always throws

in a few curveballs. The notoriously unpredictable Ardennes weather could play a decisive role, with a sudden downpour potentially disrupting the established order and creating opportunities for those who adapt best. Additionally, reliability concerns remain a factor across the grid.

### MARKET MOVES

The driver market continues to churn, with Kevin Magnussen's departure from Haas confirmed. This creates a domino effect, with teams and drivers gathering for the last time before the summer break. Expect whispers of potential moves to intensify as everyone involved tries to decipher the complex driver market picture. This crucial window for discussions and strategising will shape the driver line-ups for the remainder of the season.

### ADDED SIGNIFICANCE

The Belgian Grand Prix carries extra weight this year as the final race before the mandatory summer shutdown. A strong showing will send teams into the break on a high, boosting morale and providing valuable momentum for the races to come. Conversely, a disappointing result could leave a lingering cloud of doubt hanging over a team during the off-season. For Red Bull, a dominant victory at Spa would silence any murmurs of discontent, and for McLaren, a repeat of their Hungarian Grand Prix one-two finish would solidify their championship aspirations.

With the championship fight tightening, driver market speculation swirling, and the unique challenges of Spa-Francorchamps looming, the upcoming Belgian Grand Prix promises an unmissable spectacle for F1 fans.



FURIOUS: Verstappen under pressure

**G**ULFWEEKLY has launched its latest 'Speak Your Mind' feature where we invite you, our family of readers, to share your concerns and challenges on a chosen subject with our panel of mental health experts who will respond to a selection of them.

Together, let's get the conversation started!

July's topic is: 'The challenges parents face with children forced to stay indoors during the summer'. Some points to ponder over:

- Reducing screen time
- Working parents' concerns
- Insufficient opportunities for fun, constructive activities

Share your thoughts in no more than 100 words on [gdnnews@gdnmedia.bh](mailto:gdnnews@gdnmedia.bh) or @



gdnonline on Instagram by July 31.

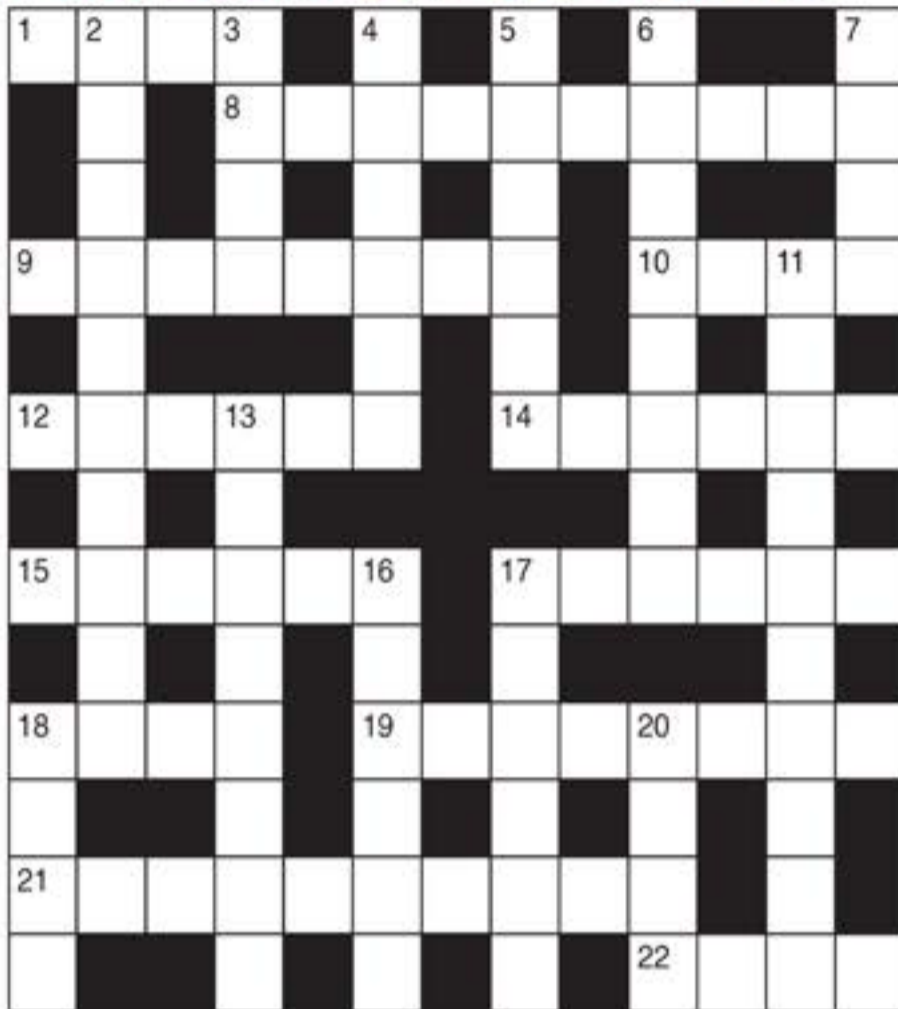
We will publish a selection of the comments received in *GulfWeekly* and one 'star entry' will be awarded a box of Raw Candy vegan chocolates as a 'thank you' gift.

# Time Out



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## crossword break



Solutions in next week's issue.

### ACROSS

- 1. Tranquil (4)
- 8. Gratification (10)
- 9. Oblique (8)
- 10. Below (4)
- 12. Concealed (6)
- 14. Triple (6)
- 15. Maiden (6)
- 17. Banish (6)
- 18. Nil (4)
- 19. Quarter-circle (8)
- 21. Disquiet (10)
- 22. Pitch (4)

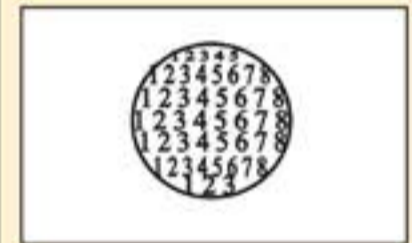
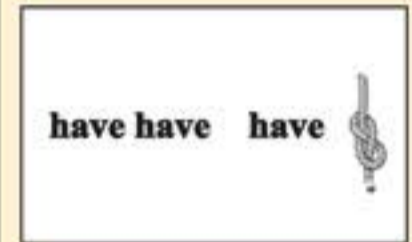
### DOWN

- 2. Absorb (10)
- 3. Colliery (4)
- 4. Abut (6)
- 5. Slender (6)
- 6. Unnecessary (8)
- 7. Average (4)
- 11. Desert (10)
- 13. Perfidious (8)
- 16. Fluid (6)
- 17. Tiara (6)
- 18. Jupiter (4)
- 20. Repose (4)

### who, what, where, when

- WHO ... played Reg Holdsworth in *Coronation Street*?
- WHAT ... was the first name of the film director Orson Welles?
- WHERE ... in Africa is the city of Onitsha?
- WHEN ... was the British abstract painter Bridget Riley born?
- WHO ... won the 1958 and shared the 1980 Nobel Prize in Chemistry?
- WHAT ... flowering plant is also known as Queen Anne's Lace?
- WHERE ... in the US are the Uinta Mountains?
- WHEN ... was the black nationalist leader Malcolm X assassinated?

### just so



## 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

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

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

### darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

Across: 7 House; 8 Refresh; 9 Artisan; 10 Evoke; 12 Impediment; 15 Camouflage; 18 Learn; 19 Succour; 21 Collude; 22 Amiss.

Down: 1 Theatrical; 2 Quite; 3 Less; 4 Fringe; 5 Offering; 6 Recover; 11 Enterprise; 13 Mournful; 14 Amiable; 16 Lessen; 17 Comic; 20 Clap.

JUST SO: Private eye, First and foremost, Old hat, Break the ice

#### WHO, WHAT, WHERE, WHEN:

Josh Strickland; The Goodbye Girl; Poland; 1924; Ken Russell; Flaunt It; Namibia; 1928.

### Darn Tough Sudoku

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