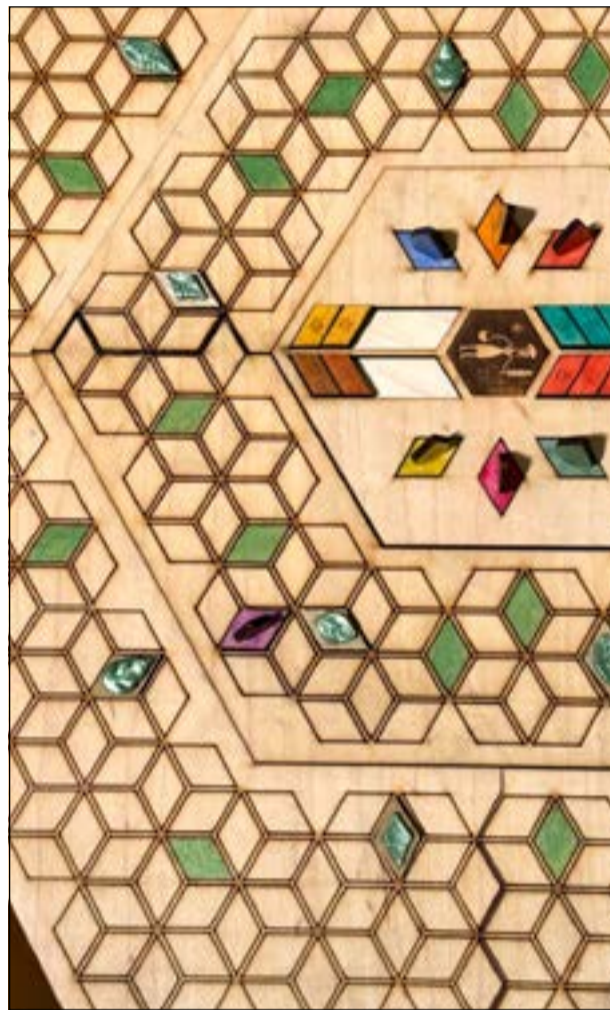
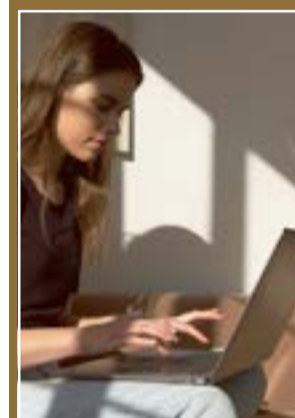




INSPIRING:  
Huda, with Ghaya



ONE WITH NATURE: The game board, with the six possible plants, in multiple colours, surrounding the human, who has four needs-based bars that should remain topped up.



SPEAK YOUR MIND  
Creating positive content  
SEE PAGE 2



ITALIAN INGENUITY  
New Primavera menu  
SEE PAGE 3



LEISURE SCENE  
Dining & entertainment  
SEE PAGES 4-5



ENTER SHANTI  
All about that reggae bass  
SEE PAGE 5

# Nature nurturing

**COMMUNITY REPORT**  
By NAMAN ARORA  
naman@gdnmedia.bh

**B**AHRAINI creative Huda Aldaqqaq is turning heads and tables with her first-ever board game, in which players take on the roles of plants and are responsible for keeping humans hearty and healthy.

At the recent opening of the Majal exhibition at Al Riwaq Art Space, Huda showcased *Ghaya*, a competitive and collaborative board game in which a group of plants see human care as a comfortable retirement plan.

While working together to keep their humans alive, players also race against each other to be the first to achieve the status of

'Protected Plants' where humans take care of all their needs and in turn help them grow and reproduce.

"The idea for this game was born during a Majal class assignment where we were asked to delve deeper into something we consider special and I chose the tree outside my window that is as tall as the house," the 27-year-old digital multimedia designer told *GulfWeekly*.

"My father—who loves his trees dearly—has been contemplating what to do with this enormous tree to get it out of the way, while all I could think about was how much I loved having it outside my window.

"This made me think about our relationship with plants, seeing them as mere objects, even though they're fascinating, living creatures.

"Despite the fact that

human history and habitats have always revolved around agricultural resources, and although trees hold a strong presence in Bahraini culture, sadly, our relationship with them is weakening, as we no longer coexist with them in the same spaces in most cases."

In *Ghaya*, every player chooses a plant and starting from the outside edge of the hexagonal 'field', has to find a path to the centre of the board where they can be close to the human farmer.

During every turn, they can either move a step, provide a health point for the human or draw from a central pile for challenges, bonus actions or resources.

The shared goal is to keep the human alive until the plants retire, while each player's individual objective is retire before the others.

The human has two key

bars which are vital to their existence – health and food, and if these drop to zero, everyone loses the game. In addition, the human also has 'shelter' and 'happiness' points, which, if depleted, will affect the health and food bars.

The game, on average, takes three to six players about 15 to 20 minutes to play.

"I play a lot of board games with my friends and family, but I haven't had many attempts at creating them. It took a lot of time and research to figure out and combine the right mechanics," Huda added.

The name of the game *Ghaya* means 'ultimate purpose' in Arabic, in reference to the unusual purpose of the plants in this game.

Incidentally, it also sounds similar to Gaia, a primordial

goddess in Greek mythology whose name translates to 'earth'.

Each component of the game has been carefully considered, from the Dilmun-inspired designs on the game pieces to the Islamic art-inspired geometric hexagonal shape of the game board.

"The steps were broken down into small diamonds as I drew inspiration from Bahraini design elements, often referred to as Hail (cardamom) or Loza (almond)," Huda noted.

Although the game is currently only available to be played at Al Riwaq while the Majal exhibition is on, Huda is considering making it commercially available, and already has some ideas for possible expansions.

For details, follow @ghaya.gg on Instagram.



WITH WAR AND UNREST CURRENTLY RAMPANT IN VARIOUS PARTS OF THE WORLD, GULFWEEKLY'S COLUMNIST PREETY PRAVEEN EXPLORES THE TOPIC 'THE MENTAL HEALTH IMPACT OF WITNESSING VIOLENCE AND GLOBAL CONFLICT ON SOCIAL MEDIA', FOCUSING ON RESPONSIBLY USING ONLINE PLATFORMS, MAKING THEM A PRODUCTIVE, EMPATHETIC SPACE TO BE IN.

# Creating a positive digital space

**V**IOLENCE of any kind can make anyone uncomfortable. Every problem has a solution but violent solutions can never solve a problem. It might only lead to dangerous repercussions and more complications.

In today's digital world, where everyone is exposed to a range of news and information, both good and bad, it becomes difficult to filter content. People have become judgmental, edgy and opinionated in their own way. What is good for one might not be good for someone else. But who cares, everyone wants others to believe in their perceptions, intentions and interests.

This is fine until contents shared in the digital world are positive and entertaining.

But violence - be it domestic, global or social - can be mentally agonising.

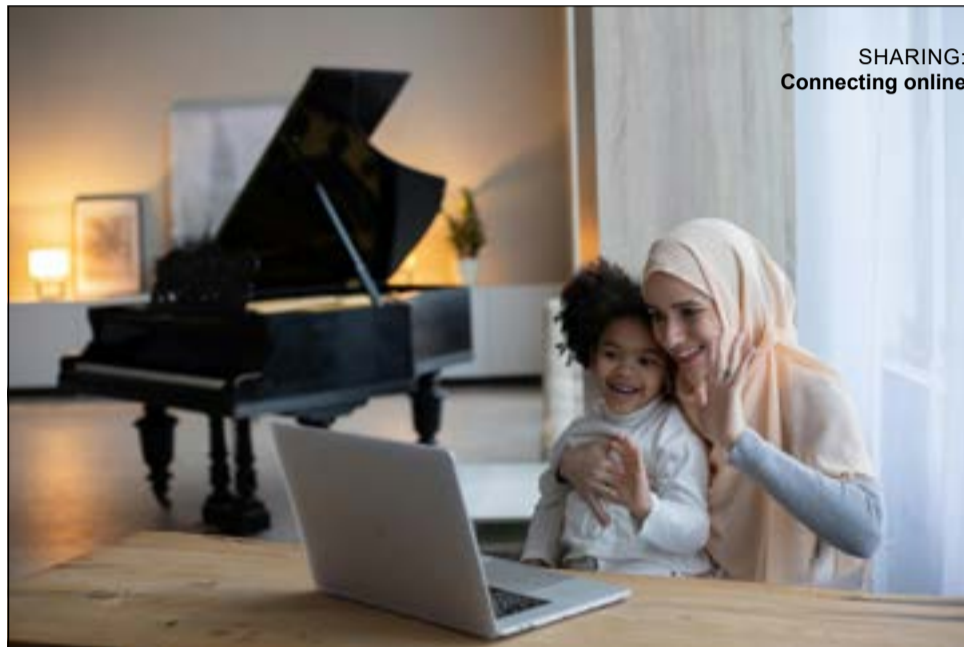
Getting to know something wrong happening in one's hometown, not being able to go back and take care of their loved ones, or find a sensible solution makes one feel helpless and trapped. And in such situations, people tend to vent out their emotions on social media platforms, without realising that their thoughts might be acceptable for a few, but unacceptable for many.

The emotional outbursts on virtual platforms mounts up the trauma and creates another war, far from the root place or cause.

The agony of losing someone, the throb of being with someone you care about, the throttle of choosing and deciding what to do or what not, leaves one in a stressful, anxious, and worrisome situation.

Everyone has the right to share their thoughts and views, but when such things are done without proper knowledge or just for the sake of doing it, they create more damage.

Not only adults but even



SHARING:  
Connecting online

children get affected by such actions.

A war between two countries, a new bill passed

by a government, a social campaign, an unfortunate incident, or a natural calamity - these are of concern to

everyone, but not all of them have solutions for it.

We should be responsible enough to understand where



to draw a line between a personal viewpoint and an open social message. What's right for me might be wrong for someone.

Observing violence on virtual platforms might not affect a person physically, but it definitely leaves a disturbed haunting mind, which has no clue how to solve the problem.

We cannot escape from

the digital world, but we can definitely create an atmosphere where our concerns pave a way, show a path, bring enlightenment and spread hope and positivity.

The world can only find true peace when individuals strive to be peaceful within themselves.

*(Preety Praveen is a psychologist and author.)*

## Emotionally drained and on the edge

**W**ith a bemused smile, I clicked the like button for a dance clip on *Instagram*. But the smile disappeared when I realised the image was that of a girl who had lost her life in the recent attacks between two warring factions. Anger overrode all my emotions, a sense of helplessness at my inability to change the present world order adding to my frustration.

Suddenly, the cooker whistles pushed aside my guilt at being powerless and I went about my daily chores. A mundane, routine life that we have the luxury of leading, until one fine day, we find ourselves amidst an inevitable war if we do not come to our senses soon enough.

- Deepa Parthiban

Social media is a tool for fun and entertainment. If we start taking everything seriously and focusing on negative aspects only, we will attract negativity.

Yes, it does break my heart to see people suffer and not be able to do anything for them. Sometimes, we can donate, or offer a word of advice, guidance and support. Because most of the time we don't know what the



other person is growing through. So, if we cannot do the extraordinary, at least we can perform ordinary acts of bravery, courage and kindness to make our society a better one. Those are the principles I follow.

Hanah

As a woman, wife, and mother of three, the relentless exposure to global conflicts and violence on social media has a profound and distressing impact on my mental health.

Seeing innocent lives destroyed,

especially those of children, makes me question how to shield my own kids from such harsh realities while striving to maintain a semblance of normalcy at home. The guilt of living a peaceful life amidst such turmoil is a heavy burden to bear. The need to stay informed while trying to shield my family from these harsh realities creates an ongoing internal conflict, leaving me emotionally drained and on edge. Thank you for providing a platform to discuss these profound issues. I hope that by sharing these feelings, we can start a meaningful conversation.

Fatima Abrar

Currently, the world is experiencing a global mental health emergency, and all this is largely linked to social media. Such a crisis is particularly pronounced among young people. With the proliferation of so many sites like *TikTok*, *Threads*, *Facebook*, *Instagram*, *Snapchat*, etc., the situation becomes gruesome.

Violent images on social media makes individuals, particularly teenagers less sensitive to violence, which in turn promotes aggressive attitude and behaviour. Such

prolonged exposure to violence can stifle an individual's psychological integrity and damage their sense of identity. Moreover, these feed on one another and can become stronger with time. So, breaking the cycle is important. This can be done either at the belief level or at the behavioural level.

Parul Sharma

In today's age, social media is a platform for connectivity. Being social animals, we derive immense joy communicating with each other. But the flip side to the same is dark and antagonising. The need to constantly fit in and the fear of missing out creates anxiety. Easy access to rapidly growing social media is becoming invasive in our personal lives.

Real life conversations are giving way to online ones and we immerse in them for hours. It's an addiction that could lead to depression, low self-esteem and loneliness. Re-evaluating the role of social media and creating a healthy atmosphere will save us from many emotional traumas.

Anju Kapoor

# Tutti a tavola!

**GOURMET REPORT**  
By NAMAN ARORA  
naman@gdnmedia.bh

**M**ANY of my favourite dinner conversations revolve around the question of what sets a good meal apart from an unforgettable one and I never tire of sampling different flavours of the same answer - the stories that feed our stomachs and souls.

And when the Ritz-Carlton, Bahrain (RCB) invited us to Primavera for the unveiling of its recrafted menu last week, we discovered many such tantalising tales within this Italian fine dining restaurant's new chapter.

Much like a well-constructed story, a journey through three acts, I mean courses, awaited us, as we were guided to our seats by the new restaurant manager Sergio Svriz amidst the restaurant's revitalised interiors.

Of course, most good stories come with a prologue, and as we sipped on welcome drinks from the new Aperitivo Beverage trolley, the Primavera team excitedly told us about the menu's soft launch over the last several months, during



Pamela

which they have fine-tuned every detail to prepare for its big debut.

"The response to the soft launch of Primavera's new menu has been overwhelmingly positive," RCB's new public relations and marketing director Pamela Panduric told *GulfWeekly*.

"Our guests have expressed appreciation for the fusion of classic Italian flavours with modern regional touches that cater to local tastes," she added.

"Chef Mirsha Moreno and her team have shaped and built each dish into a mouthwatering delicacy, where she always scouts and includes local ingredients, which I find extremely important in the hospitality industry, to connect the brand image and entity with the community."



SUMPTUOUS SPREAD: Some of the additions to the newly-crafted menu



DOLCI: The tiramisu

Our first taste of Chef Mirsha's new menu, crafted with executive chef Joergen Sodemann, came with the 'Primo' course of appetisers.

Each of the four scenes, er, dishes, within this first act, was a sight to behold.

The Insalata alla Mediterranea elevated a simple salad with zucchini, seared red peppers and pistachio into a healthy visual delight, while the homemade Ricotta Fatta in Casa, with tomato and basil, topped with 25-year aged balsamic vinegar gave us an appreciation of the importance of the right ingredients, and the Carpaccio di Manzo - seared beef tenderloin with black pepper, parmesan cheese and rocket pesto - balanced



AMBIENCE: The restaurant's rejuvenated interior

delicate and meaty flavours on our eager palates.

And for the first time, Primavera has introduced pizzas, and we enjoyed the Pizza Tartufo, which was topped with truffle mushroom cream, scamorza cheese and black truffle shavings, taking our tongues on a winding journey through velvety and sublime salty-sweetness.

With our appetite fully activated, the main course action began.

I went for the Filetto di Hammour, enjoying the fish fillet served in gremolata sauce, alongside tomato tortellini and organic garden greens. The stuffed tortellini were the perfect interlude within the 'Secondi' act of our meal, as each bite of the fresh Bahraini hammour thrilled our tongues.

There was also the Risotto ai Funghi Selvatici, made

with seasonal mushrooms, truffle oil and pecorino cheese. If the lull in conversation as we devoured our entrees is a worthy measure of how good a meal is (which it definitely should be), both options were absolutely delicious.

As we awaited the final act and course of the evening, we learned about the new trolley experiences at the Primavera,

SECONDI: The Filetto di Hammour



SYMPHONY: Musical performance at Primavera



AT THE HELM: Chef Mirsha

one serving up balsamic vinegar from the Venturini Baldini region of Italy, and the other, tiramisu, giving guests a theatre performance of the classic Italian dessert being prepared right before their eyes.

Right on cue, the 'Dolci' course arrived, and we got a taste of the signature tiramisu, with mascarpone espuma (foam) and espresso-soaked ladyfinger, as well as the heavenly Cheesecake Siciliano, with orange confit.

Alongside the main plot, the evening was filled with a treasure trove of tales, and I can wax poetic about Sergio's Argentinian-Italian upbringing or Chef Mirsha's childhood spent in the kitchen of her parents' Italian restaurant in Mexico, and how these shaped their passion for the Primavera.

But these are stories you must experience for yourself during an evening at the new restaurant, so as the Italians say at mealtimes, *Tutti a Tavola!* (Everyone to the table!).

The restaurant is open Wednesday to Monday, offering lunch from 12pm to 3pm and dinner from 7pm to 11pm.

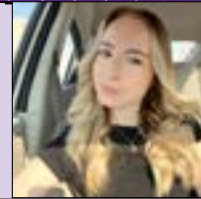
For more information, call 17580000, visit the RCB website or follow them on Facebook and Instagram.



PRIMO: A selection of the appetisers on the menu

# Leisure Scene

What's on guide by  
**Julia Cassano**



DELICIOUS: Croissant paired with a selection of delectable spreads

## EXPERIENCE THE BEST OF LONDON AT RITZ-CARLTON

**J**OIN the Ritz-Carlton, Bahrain on a dazzling culinary journey this week.

Start your weekend off right with the Ritz Gourmet Lounge's Croissant A La Grande, a 1kg croissant paired with two hot beverages of your choice and a selection of spreads. It's a perfect treat for two and costs BD35. The delicacy is available everyday from 8am to 11pm. Orders must be made 24 hours in advance.

Experience a taste of London with La Med's brand-new Big Ben Brunch tomorrow. It promises to transport your tastebuds across the Atlantic with a feast of British favourites and international flavours.

Enchanting décor, featuring iconic landmarks such as Big Ben, London Bridge and the classic red phone booth will add to the charming atmosphere.

It costs BD33 inclusive of soft beverages, BD44 with selected beverages and BD60 for a bubbly brunch. Children aged four to 12 dine for BD16.500. Explore the spread tomorrow, from 1pm to 4pm.



GREEN: Stunning views at La Med

Meanwhile, guests can end their weekend on a high note at Cantina Kahlo's Brunch Fiesta. The vibrant dining affair will be filled with bold Mexican flavours, a lively Mariachi band and festive atmosphere on Saturday, 1pm to 4pm. It's priced at BD25 per person, including soft beverages, and BD35 inclusive of selected beverages.

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

## A SEAFOOD FEAST UNLIKE ANY OTHER

**H**EAD down to Four Seasons Hotel Bahrain Bay for a one-of-a-kind culinary experience.

Savour a special Taco Fiesta at Bay View Lounge. Tender corn tortillas, creamy guacamole, fillings and fresh pico de gallo salsa will have your tastebuds dancing with joy.

It's available everyday from 11am to 11.30pm and costs BD10 for vegetarian and BD12 for chicken, beef or fish.

Celebrate Oktoberfest with a bountiful feast featuring iconic German specialties. Indulge in crisp, golden schnitzels from a live schnitzel station, paired with classic German salads. A barbecue corner also offers smoky steckerlfisch (grilled fish) and tender Bavarian-style short ribs. Relish the spread at Bahrain Bay Kitchen tomorrow and October 4, from 1pm to 4pm. It costs BD35 with soft beverages and BD48 with a selected beverage package. Children under six dine with the hotel's compliments and those aged six to 12 enjoy a 50 per cent discount.

Meanwhile, guests can embark on a culinary journey

at Byblos. Chef El Khoury has prepared a seven-course seafood experience unlike any other. The feast is available Tuesday to Saturday, from 6pm to midnight and costs BD45 for two people.

Elevate your evenings at the newly renovated Blue Moon Lounge for sky-high bites and drinks. Enjoy handcrafted mocktails and delicious bites from Asia, with a modern twist. It's available Saturday to Tuesday, 6pm to midnight, Wednesday to Friday, 6pm to 2am, and Sunday 12.30pm to midnight.

Don't miss out on Happy Hour at CUT Lounge. Enjoy Wolfgang Puck's signature bites and drinks on Saturday and Monday to Thursday from 5pm to 7pm.

Join the hotel for a day of rhythm and dance at Al Bahrain Ballroom tomorrow. A variety of exciting dance classes, from Zumba and energetic jazz, will get you in the groove. Pay BD12 for red or black bracelet access. Contact 17115045 for more information.

Meanwhile, pamper yourself with an indulgent relaxation session, combining a 60-minute personalised



TASTE OF MEXICO: Taco fiesta

massage and an express facial. It's available from Sunday to Wednesday, from noon to 9pm and costs

BD110 for 90 minutes.

For more information or bookings contact 17115500 or 17115044.

## DELICIOUS TO THE LAST BITE

**T**HE Royal Golf Club (RGC) has lined up a weekend of sweet treats and fun.

Dig into premium steaks, all cooked to perfection, at Links Steak Night, every Wednesday, from 6pm. It's priced a la carte.

Guests can also satisfy their sweet tooth cravings with the club's decadent cakes and desserts.



RICH: A cake at RGC

Order your cake today at 32184647.

All orders must be placed 24 hours in advance.

For more information or bookings, contact 39007546.

## PLAY TO EXPLORE THE IMPACT OF HUMAN GREED ON NATURE

**A** play about the importance of taking care of the environment is set to be staged tomorrow.

*Bhayaprasthav – The Season of Fear*, being organised by the Indian Institute for Performing Arts (IIPA) in collaboration with Team Bhavahara, as part of the IIPA Annual Day celebrations, is a thought-provoking work that examines the destructive impact of human greed on the fragile balance of the ecosystem.

Directed by Dr Nidhi Menon, an acclaimed academician, artist and founder of Team Bhavahara, the play is aligned with the United Nations Sustainable Development Goals 15 (Life on Land), which focuses on the preservation, restoration and sustainable management of terrestrial ecosystems.

It is scripted and choreographed by Shijith Ajay Falsad Khalid. The event will be held at the Cultural Hall, Manama, tomorrow, at 6pm.

Weekly Entertainment

# Culture Weekly

## Groovy dub mellow vibes



FLAVOURFUL: Friday Brunch at Hilton

### GLOBAL CUISINE ON HILTON MENU

**G**ET together with your family and friends for a weekend filled with fun, laughter and delicious food at Hilton Bahrain.

Origin Kitchen Culture is showcasing an array of exciting dining experiences to suit all tastes.

Book the restaurant's South African Heritage Day Braai Brunch, tomorrow, from 12.30pm to 4pm.

It costs BD39net with unlimited selected beverages or BD28 with unlimited soft beverages. Be sure to wear South African sports shirts.

Guests can also enjoy Pan Asian Night, every Wednesday from 7pm to 10pm. It's priced at BD22net with unlimited soft beverages and BD28net inclusive of unlimited selected beverages.

Meanwhile, Origin Kitchen and Culture is also offering a spectacular Seafood Night tonight. Available from 7pm to 10pm, it costs BD32net with unlimited selected beverages or BD25 with unlimited soft beverages.

The restaurant has lined up a Breakfast Buffet, from Sunday to Friday, 6.30am to 10.30am, for BD13net per person.

A Lazy Breakfast is also available on Saturday, featuring live cooking stations and a spread of continental, Asian and Arabic favourites. It costs BD13net per person with extended timings from 6.30am to 11.30am.



VARIETY: Pan Asian Night

The hotel's Society Club is open everyday from 9pm to 2.30am. On Tuesdays, it offers three free beverages for Ladies' Night. It also offers a hip-hop and R&B Night, on Wednesday, with DJ Aaron Wolf from 9pm to 2.30am. Ladies get two complimentary selected beverages. On Friday, enjoy Arabic Nights with DJ Ramos, from 9pm to 2.30am. There will also be a Bollywood Night tonight at the club, from 8pm to 2.30am.

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

Guests can also head down to Block 44 tonight for The Afro Series, from 9pm to 2am. A 50 per cent discount will be applied on selected beverages from 9pm to 11pm.

On Friday, ladies can dance the night away at Salsa Nights and receive two free drinks, from 9pm to 2am.

For more information, contact 33690081 or 33692013.

### MOVIE TIME

Head down to CINECO Seef to watch some of the English language films being shown this weekend.

#### BAD GENIUS (PG-15)

A group of seniors of an entrepreneurial high school team up to take down a rigged college admissions system.

**Actors:** Benedict Wong, Taylor Hickson, Jabari Banks  
**Timings:** 11.45am, 4.15pm, 8.45pm

#### CINDERELLA'S CURSE (18+)

The film follows a desperate Cinderella who summons her fairy godmother from an ancient flesh-bound book, seeking revenge on her evil stepmother and stepsisters who abuse and torment her daily.

**Actors:** Kelly Sanson, Chrissie Wunna, Lauren Budd  
**Timings:** 3.15pm, 10pm

#### CLASSIFIED (PG-15)

A career CIA hitman who's been solely using the classified section of various newspapers to receive his orders suddenly discovers that his division's actually been shut down for years.

**Actors:** Aaron Eckhart, Tim Roth, Abigail Breslin  
**Timings:** 2pm, 6.30pm, 11pm

#### SHARK WARNING (15+)

A man returns to his hometown 20 years after his brother was killed by a shark while swimming together. During his attempt at closure, the shark returns, killing another young swimmer and another. He decides he must hunt down the killer shark and stop it once and for all.

**Actors:** Andrew Katers, Angela Cole, Rebecca Ritz  
**Timings:** 10pm, midnight  
**TRANSFORMERS ONE (3D) (PG)**

It's the untold origin story of Optimus Prime and Megatron, better known as sworn enemies, but once bonded as brothers who changed the fate of Cybertron forever. The first-ever fully CG animated *Transformers* movie features a star-studded voice cast.

**Actors:** Chris Hemsworth, Brian Henry, Scarlett Johansson  
**Timings:** 10.45am, 3.15pm, 7.45pm

#### WEEKEND IN TAIPEI (PG-15)

John Lawlor, a relentless DEA agent, is dedicated to his work. When he reunites with his fast-driving ex, sparks fly and danger escalates.

**Actors:** Luke Evans, Sung Kang, Lun-Mei Gewi  
**Timings:** 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm, 11.30pm

**B**LENDING deep groovy dub with mellow reggae vibes, Bahrain-based band Enshanti is set to return to stage after a two-year hiatus, during which they have been busy reimagining their sound, writes Naman Arora.

The band will be performing tonight at a venue in Adliya's Block 338 district, debuting their new sound as well as their newest band member.

Keyboardist and synth player Ronald Shera will be joining Josh 'Lionheart' Pandit (lead vocals, percussion), Ryan James (bass, backing vocals), Ryan John (drums, dub effects) and Sean Aaron Fernandes (guitar) on stage.

"Our last show was in 2022, exactly two years ago and we were all craving that live connection again," Ryan told *GulfWeekly*.

"Dub reggae is all about vibe and energy, and it's something we felt we couldn't replicate on our own."

In addition to the main line-up, Abhinaya Thirumalai and Khalil Qureshi will be joining the band on stage.

The group has also been working on their first extended-play (EP) album, *Enter Shanti*, which will feature five tracks, and is set to be released early next year.

"The upcoming EP is more reflective — focusing on social consciousness and spiritual themes," Sean added.

"It's mellow, but with that signature heavy dub pulse. "Our sound is rooted in classic dub and roots reggae, with a modern twist. Deep basslines, spaced-out echoes, and heavy reverb are the essence of our music."

The band's writing process is a collective effort, with Josh bringing in the main themes and lyrics, while the grooves and rhythms are built together by the band, sometimes taking hours jamming on a riff.

Amongst their favourite



VIBES: The band's logo

songs to have worked on in the last several years is *Hypocrisies*, a 'slow-burn dub track that builds with layers of reverb and

echo' which revolves around 'balancing struggle with unity'.

For more details, follow @enshanti\_ on Instagram.

### BRAIN-BUSTERS

**Q**uizmaster 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. What is the nickname given to Thailand's notorious capital prison?
2. Who said, "If you don't stand for something, you will fall for anything."
3. *Kick* was the studio album of which band in 1987?
4. Which politician was dubbed 'The Iron Lady'?
5. Which breed of domestic dog is known as the 'Apollo of all breeds'?
6. What is the name given to a person who always does

everything right and always follows the rules, so much so that it becomes annoying?

7. A military exercise or simulation is more commonly known as what?

- ANSWERS**
1. Bangkok Hilton
  2. Malcolm X
  3. NXS
  4. Margaret Thatcher
  5. The Great Dane
  6. Goody two-shoes
  7. War Games

# Pulse of Pop

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

## A SONG OF LOVE AND LOSS



INTENSE: The album cover

**S**UDANESE-CANADIAN artist Mustafa Ahmed's second album *Dunya* (Arabic for the 'world in all its flaws') drops tomorrow.

The songwriter revealed in an interview that the 12 track-album would discuss his time growing up in Regent Park, one of Toronto's oldest housing projects, and the loss of the community he made.

In the song *Gaza is Calling*, Mustafa describes how he was separated from his Palestinian childhood friend owing to the Gaza conflict. Written in 2020, the song rings true even today as thousands of Palestinians have been killed and injured in Israel attacks since October 7 last year.

"The song is an exploration of a deep love that I had for someone who lived in the hood, he came from Gaza and had West Coast braids and a bottom row of grills," the 28-year-old said in an interview.

"He found himself immersed in hood culture. I think there was something about the fastness and the pace of it that made him feel like he was back in Gaza.

"We sat among each other, became best friends, but his life in Gaza separated us. It got too hectic. It was not manageable. It was not sustainable," he added.

The song's music video features Palestinian model Bella Hadid alongside 15-year-old Palestinian

rapper Abdul comforting each other.

It also showcases clips of Palestinian children and families resisting the violence through joy and embrace while surrounded by rubble and destruction.

Formerly known as 'Mustafa the Poet', the artist first shot to fame for his poetry. He began his music career co-writing songs for several well-known musicians including the Jonas Brothers, Majid Jordan and The Weeknd.

Mustafa's debut album *When Smoke Rises* (2021) earned him the 2022 Juno Award for Alternative Album of the Year, making him the first black Muslim artist to receive the honour.

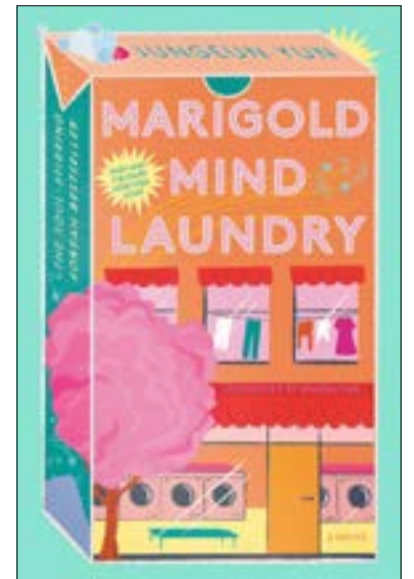
## WASH AWAY THE PAIN

**T**HE English translation of a Korean bestseller by author Jungeun Yun entitled *Marigold Mind Laundry* and translated by Shanna Tan is set to hit the shelves on October 1.

First published in 2023, the namesake Korean novel follows young Jieun who runs a laundry that removes the deepest pains from the hearts of her clients. As they tell their story, Jieun transfers their sadness onto T-shirts as stains. After a spin in the washing machine, the customer finds solace.

Singapore-based literary talent Shanna specialises in translating from Korean, Chinese and Japanese to English. She finds herself drawn to 'healing fiction', a genre that the majority of her works fall under.

"Healing fiction, to me, is a safe space that allows us to escape from reality, immerse ourselves in the experiences of others, reflect on issues that have been taking up too much of our mental capacity and health, and that provides a respite from everything else."



Shanna wrote in an article.

"There's a term in Korean and English for Korean literature that falls into this genre: K-healing. Most of the time, K-healers can be recognised by their book covers – a beautiful illustration of a building, such as a bookshop, a library or a convenience store," she added.

## MEATY MARVELS

**S**EASON 15 of American animated television series *Bob's Burgers* is set to release on Hulu on September 30.

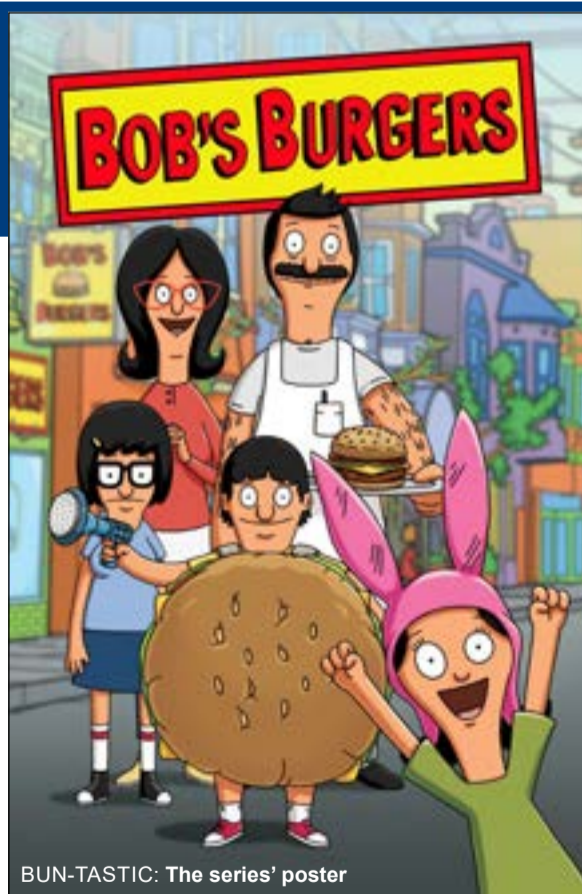
Created by Loren Bouchard, the light-hearted adult sitcom follows the adventures of the Belcher family - parents Bob and Linda, and their three children Tina, Gene and Louise - that runs a burger restaurant.

Loren revealed at this year's San Diego Comic-Con that the season will include a Halloween episode centred around a dollhouse murder mystery, and the Christmas episode will feature Gene giving dark chocolate to a puppy on Christmas day.

Other plots will include Bob and Louise joining a father-daughter boogie boarding competition and Tina becoming a columnist for an anonymous 'Ask an Eighth Grader' column.

The first episode of the beloved comedy titled *Human Flesh* aired on Fox in 2011. It showcased health investigator Hugo's attempt to shut down the family business by falsely accusing the Belchers of serving human flesh.

The creator revealed that the episode was



BUN-TASTIC: The series' poster

based on the original premise for *Bob's Burgers* and it was later decided to change the show's overall tone and direction.

"I originally thought the show should be about a family that runs a restaurant who are cannibals. Very early on, Fox said, 'Well, do you need the cannibalism?' I had really put it in there because I thought they would want it," Loren said in an interview.

**S**UPERHERO horror film *Hellboy: The Crooked Man* will be released next month.

Taking place in the 1950s, the movie follows Hellboy (Jack Kesy) and rookie Bureau for Paranormal Research and Defence (BPRD) agent Bobbie Jo Song (Adeline Rudolph) discovering a small community haunted by witches and led by the Crooked Man, a sinister local demon who collects souls for the devil.

Directed by Brian Taylor, the movie marks the second reboot of the *Hellboy* film series and the fourth live-action entry in the franchise, which is based on the comic book *Hellboy* by Mike Mignola.

The director revealed to fans at this year's San Diego Comic-Con that the movie is set to be completely different from the previous ones.

"We didn't go into this referencing any of the other movies," Brian said.

"We went into it referencing absolutely one thing, and that is the



DARK: The film's poster

## SPINE-CHILLING ACTION

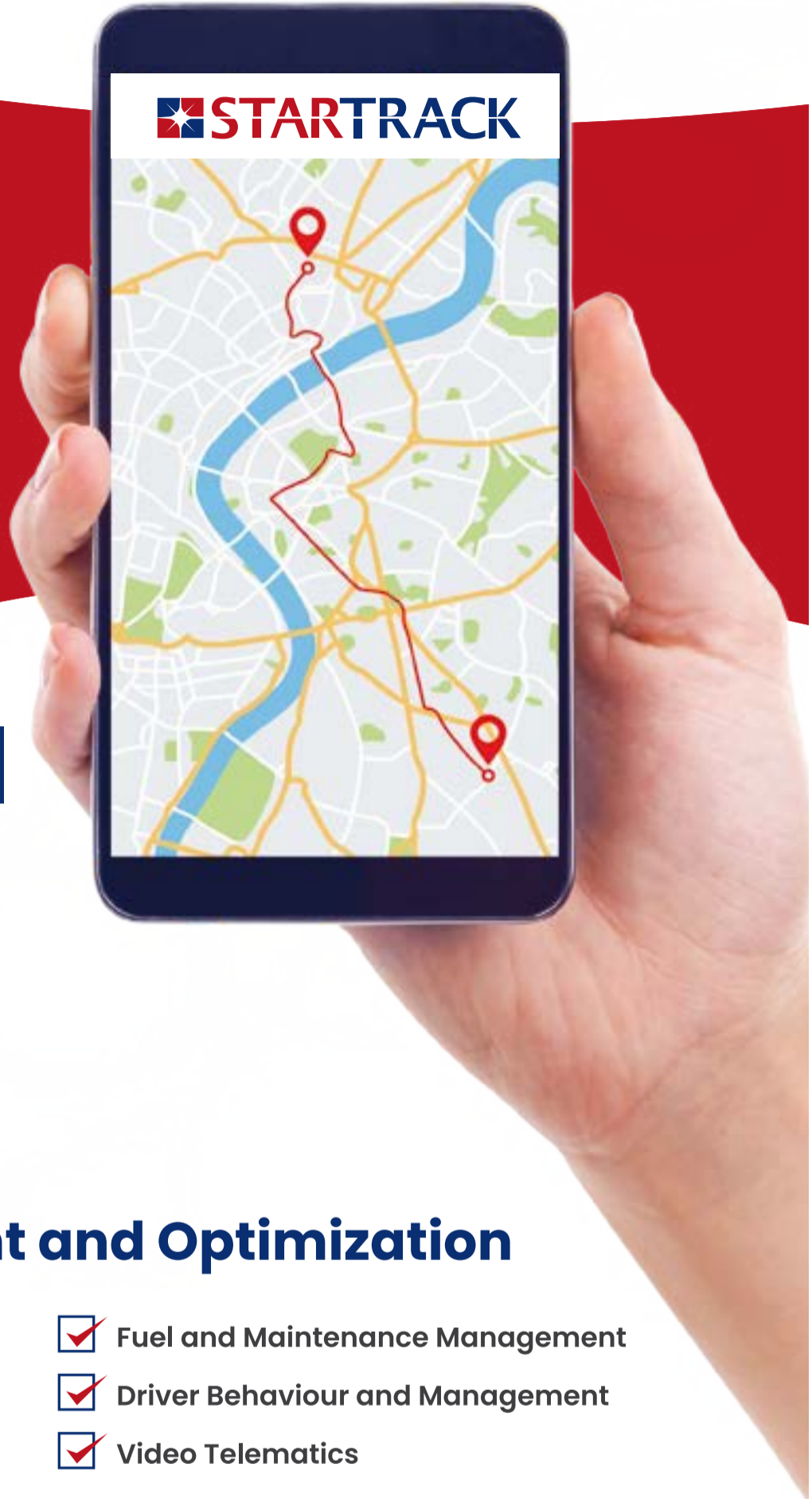
original Mike comic book.

"We wanted to take *The Crooked Man* and adapt it faithfully. That means

it's a period piece, it's a younger Hellboy, and it has no relation to the other films," he added.

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# 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

1. Flinch (5)
4. Waiter (7)
8. Side by side (7)
9. Ground (5)
10. Coarse (4)
11. Drub (8)
13. Perpetually (4)
14. Look after (4)
16. Double-dealing (3-5)
17. Examine (4)
20. Lift (5)
21. Survive (7)
22. Protracted (7)
23. Problem (5)

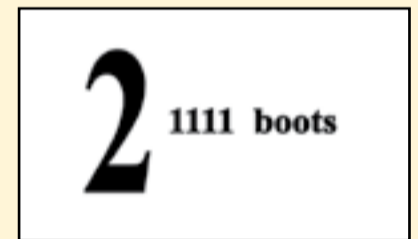
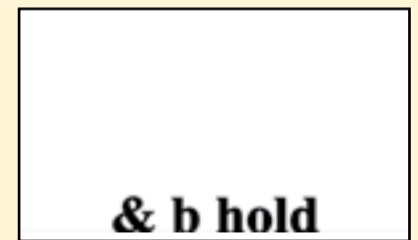
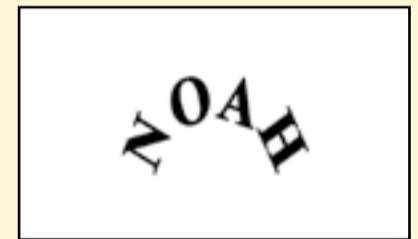
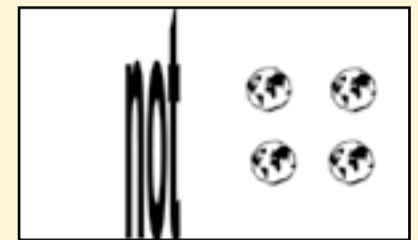
### DOWN

1. Four-sided (13)
2. Pungent (5)
3. Spring (4)
4. Sofa (6)
5. Hugged (8)
6. Decamp (7)
7. Difference-marker (13)
12. Deteriorating (8)
13. Feeling (7)
15. Tune (6)
18. Category (5)
19. Cease (4)

### who, what, where, when

- WHO... abdicated from the throne of the Netherlands in 1948?
- WHAT... are the colours of the two disciplinary cards brandished by the referee in football?
- WHERE... in the Americas are the Xochimilco canals?
- WHEN... did Pink Floyd release their debut album?
- WHO... painted the work *An Experiment on a Bird in the Air Pump*?
- WHAT... is the chemical symbol for Xenon?
- WHERE... in Europe is the Quiberon peninsula?
- WHEN... was Sylvia Plath's volume of verse *The Colossus* first published in the UK?

### 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

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

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

### darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

**Across:** 3 Precedent; 8 Thin; 9 Grotesque; 10 Avenue; 11 Throb; 14 Flour; 15 Tear; 16 Dress; 18 Send; 20 Cream; 21 Dense; 24 Bright; 25 Allowable; 26 Lees; 27 Extempore.

**Down:** 1 Steadfast; 2 Hidebound; 4 Rare; 5 Catch; 6 Despot; 7 Noun; 9 Guard; 11 Theme; 12 Beleaguer; 13 Dramatist; 17 Score; 19 Depose; 22 Scamp; 23 Flex; 24 Blur.

**JUST SO:** Turn the tables, The eternal triangle, Down to the wire, A nine days wonder.

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

Great Expectations; Markt am Inn, Germany; 1951; Shelley Winters; Kirundi and French; Athens; 1883.

### Darn Tough Sudoku

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