



**COMMUNITY REPORT**  
By NAMAN ARORA  
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**PSYCHOLOGISTS and psychiatrists have highlighted the impact the ongoing Gaza conflict is having on people living outside the war zone and offered ways to cope with the tragedies unfolding as World Mental Health Day is commemorated today.**

As part of our *Speak Your Mind* series, readers have been sharing stories about how they are seeing depression and stress being aggravated by images and videos shared on social media which report on worsening conditions as Israel continues its onslaught across the strip.

In a recent regional study, academics found that in the immediate aftermath of the October 7 Hamas attacks, and subsequent retaliation described by many as genocide of the Palestinians, exposure to explicit accounts of war was correlated with insomnia, deeper depression and heightened stress levels.

The study titled *Mediating effect of depression and acute stress between exposure to Israel-Gaza war media coverage and insomnia* was conducted by a group of Arab researchers.

"In the last three months, I saw four patients who came in stating that they are facing a concern with what they are seeing and hearing about the conflict," American Mission Hospital clinical psychologist Dr Feba Percy Paul told *GulfWeekly*.

"Now, most of them have a past history of depression or any mood-related affective disorder.

"Although they have been well and stabilised, but when they saw a news like this, it got triggered, and they are not able to sleep."

Many of these patients reported feeling an existential concern during their appointments, as well as guilt over being happy, and other day-to-day emotions.

Another study, *Empathic Engagement with Gaza: Dynamics, Impact, and Prospects* conducted by Bahrain University professor Dunya Ahmed,



Dr Feba

in collaboration with Rwandan researchers, notes the risk of compassion fatigue and vicarious trauma. "Overconsumption of news around conflicts can

lead to 'vicarious trauma' or 'secondary traumatic stress', where individuals not directly affected by the conflict experience emotional distress from constantly

consuming media about it," Dr Feba added, clarifying that the condition is related to Post Traumatic Stress Disorder (PTSD).

"We also see compassion fatigue among individuals who want to extend empathy, but are now exhausted because there is no result from it, and that creates a high level of dissatisfaction in life."

In the *Empathic Engagement* study, researchers note that this

results in a diminished capacity to empathise due to emotional exhaustion, often accompanied by decreased motivation and increased cynicism.

"The ongoing conflict in Palestine remains unresolved, and this enduring situation has left many individuals, including my patients, feeling a profound sense of powerlessness," Child Foundation Centre founder and licensed consultant psychologist Dr Mariam

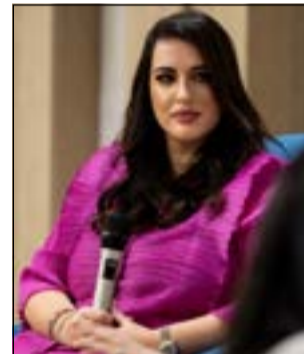


**ORDEAL:** Displaced Palestinians fleeing Khan Younis following an Israeli evacuation order, amid the ongoing conflict in Gaza

## THE WAR WITHIN



**TRAGEDY:** A medic runs as he carries an injured Palestinian child to an ambulance in this screengrab taken from a video, in Gaza, last year



Dr Mariam

Alammadi told *GulfWeekly*.

"The long-term effects of the conflict are difficult to predict, particularly as we witness the daily suffering of the Palestinian people, which can evoke a range of emotional responses."

To combat the immediate impact of vicarious trauma, Dr Feba suggests 'the four A's':

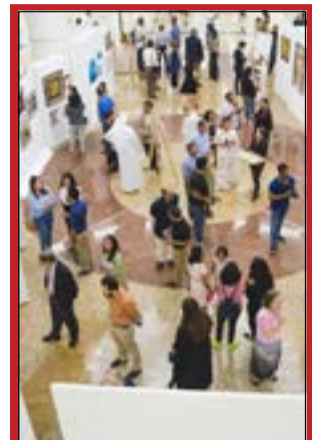
- Awareness
- Action
- Acceptance, and
- Avoiding assumptions.

"Be aware of your thoughts - are you channeling your emotions or sticking to facts?" she added.

"Be action oriented and focus on what you can do with the resources you have.

"Accept reality, know what is in and out of your control, and accept that the human race can be unkind, which can be very difficult.

"Avoid assumptions. Don't judge others around us or assume that they aren't feeling compassion to the same extent that we are, or make accusations against each other."



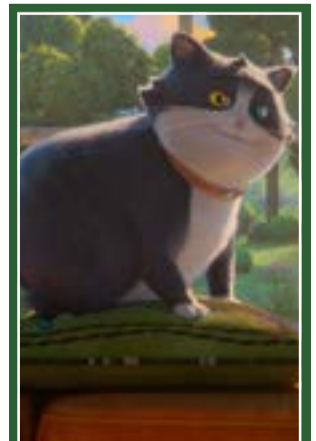
**WORDS MEET IMAGES**  
Art exhibition  
SEE PAGE 2



**GAMUT OF FLAVOURS**  
Four Seasons brunch  
SEE PAGE 3



**LEISURE SCENE**  
Culture, dining & more  
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**CAT TALE**  
New movie release  
SEE PAGE 6

# Confluence of minds



ART REPORT

By MELISSA NAZARETH  
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**ONE** of the kingdom's oldest writers' groups is set to unveil the seventh edition of its annual exhibition, *Confluence – Where words and images meet*, on Saturday, showcasing diverse themes like 'crimes against women', 'childhood memories', 'hope' and 'transition'.

Bahrain Writers' Circle (BWC), a volunteer group established in 2011 by former Bahrain resident and best-selling author Robin Barratt, will stage the event under the patronage of renowned Bahraini poet and novelist Hameed Al Qaed.

Visitors can enjoy personal experiences brought alive through poetry, prose and various art forms including paintings, mixed media art, installation and photography. More than 25 entries by Bahrain-based creative talents, as well as former BWC members who have left the island but continue to be part of the group, will be on display.

The exhibition's concept is the brainchild of founding member and former BWC director Rohini Sunderam, who currently lives in Canada.

The idea behind *Confluence* is for the art to be inspired by the words or the other way around – 'confluence'. BWC writers collaborate with artists from within the circle and beyond.

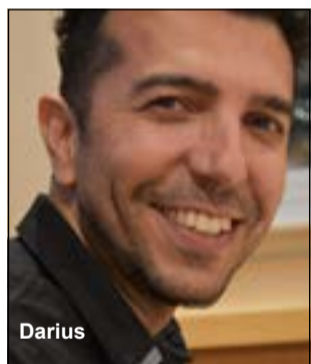
"The Bahrain Writers' Circle celebrates our annual tradition through expression of universal personal experiences, revealing deeper insights through poetry and art," BWC director Saira Ranj told *GulfWeekly*.

"Serving as a mirror of society, we bring you artists that capture their cultural values, current struggles, and transformations through the written word as well as a visual outlet. It will make you think, feel and process perspectives," she added.

The event will be inaugurated at 7pm in a public ceremony on the second floor concourse of the Bahrain Financial Harbour's Harbour Gate, which has over the years earned a



PERSPECTIVE: Anita's art



Darius



Chelsea

reputation as a 'vibrant hub that fosters artistic and cultural connections'.

American expatriate and former real estate agent Chelsea Chacon will exhibit two poems, inspired by her attempts to accept the pace of life.

"*Moths* deals with the inevitability of change and our failed attempts to stop it and *Little Treats* captures the feeling of how society's standard of beauty cages in the potential of a person," Chelsea said.

"When I showed my art partner my poems, I knew she'd only enhance the feeling my words provoke. I liked the idea of an emotionally heavy poem portrayed in watercolours. She portrayed the vulnerability in a deceptively benign light," she explained sharing her experience teaming up with Bahrain-based artist Madhu S.

The 35-year-old from Seef District is participating for the first time and hopes to

meet more writers and artists.

British expat and former Bahrain resident Darius Abbasi is set to present his inspired musings – *Rootless Nights* and *The Edge* – and will be flying in from the UAE especially for the event.

"I am excited to meet everyone and visit Bahrain, and *Confluence* is the perfect opportunity to do that," the creative, who currently works as a digital engagement director, said.

Darius is collaborating with Bahrain-based artists: entrepreneur Anita Menon, who is also a BWC member, and mental health practitioner and DJ Reema Alajaji.

"I wrote a few poems, then shared it with the two artists to choose one that speaks to them. One of my poems is about the sense of not belonging, being rootless, but still loving and being loved. The other is about being free and vulnerable, aiming high but being curious and so, paying for it all," he explained.



BOUND: Little Treats by Madhu

Bahraini author Noor Al Noaimi has worked on a piece inspired by 'the reality of women's lives and their safety across the world'. She was deeply touched by the recent Kolkata (India) case in which a young doctor was raped and murdered on her college premises, which led Noor to create the poem.

"I usually write prose, but the gravity of this situation prompted poetry out of me and I'm glad to be able to use Bahrain Writers' Circle's platform to highlight this issue," the author of *The Pearl Thief* revealed.

Noor has tied up with Bahrain-based creative entrepreneur Kaav Ranj, 24, who has worked on an oil-and-acrylic painting heavily influenced by Noor's words.

"It is a sensitive poem, so I wanted to showcase the pain while keeping the face relatively anonymous and shrouded – so everyone can see a bit of themselves in relation to these situations," the Indian expat and multidisciplinary artist added.

● The exhibition will run daily until October 17 – entry is free.

For more details, follow @bahrainwriterscirclebwc on Instagram.



## Speak your mind!

*GulfWeekly* is continuing its 'Speak Your Mind' feature series where we invite you, our family of readers, to share your mental health concerns and challenges on a chosen subject, with our experts who will respond to a selection of them. Together, let's get the conversation started! October's topic is: 'The mental health impact on individuals and families living with or battling cancer.'

Some points to ponder: ⚡ Fear, anger and confusion over the uncertainty of life.

⚡ The financial strain of treatment and the emotional impact of witnessing the ordeal. ⚡ The pressure of 'showing up' for day-to-day activities amidst the gamut of emotions. Share your thoughts in no more than 100 words by emailing [gdnnews@gdnmedia.bh](mailto:gdnnews@gdnmedia.bh) or @gdnonline on Instagram by October 30. We will publish a selection of the comments received in *GulfWeekly* and the top submission will win a box of Raw Candy vegan chocolates as a token of our appreciation.



SWEET: A selection of the desserts



LAND: The beef roast



DELICACY: The doner kebab counter

**GOURMET REPORT**  
By NAMAN ARORA  
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**T**RAVELLING for food, or culinary tourism, has soared in popularity over the last few years but what is really fascinating is how, throughout history, food has travelled with us.

Take, for example, the doner kebab.

Seasoned meat stacked and cooked on a vertical rotisserie is a familiar sight across the Middle East, and whether we call it gyro, shawarma or something else comes down to semantics, spices and seasonings.

The cooking style dating back to the Ottoman Empire donned a new garb when it travelled with Turkish immigrants to Berlin in the 1960s and 1970s and soon, in a new land, was reborn as the doner kebab.

Cut to today, and with annual sales of more than 3.5 billion euros in Germany alone, the doner kebab returned last weekend to its home region as a celebrated part of the Oktoberfest-themed brunch at the Four Seasons Hotel Bahrain Bay.

And yes, when we stopped by the hotel's Bahrain Bay Kitchen for its bountiful brunch, we also had our fill of iconic German specialties, from the live schnitzel station, to the tall pretzel stand, paired with classic German salads like Bavarian cucumber or sausage salad, smoky steckerlfisch and tender Bavarian-style beef short ribs.

But what always fascinates me about these brunches is how in 80 dishes or less,

# A taste of the world



SEA: The sumptuous sushi selection

we are able to sample the world, from fresh sushi to sublime ceviche and sizzling pot roasts, there's something to satisfy even the pickiest palates.

In many ways, the tradition of the Friday brunch buffet is emblematic of how the Gulf, and especially Bahrain, has become an intersection for the world, where the West and East can meet and feast.

Now, of course, I can go on and on about how flavourful the doner kebab

was with its many succulent layers, served along with a cold glass of laban, or how every bite of the steckerlfisch melted in our mouths blending its smoky barbecued notes with the softness of the fish within.

I could also tell you about how the crispy batter of the schnitzel paired perfectly with the beverages specially curated for the afternoon, or the endless dessert options, from flaky Apple Strudel to decadent chocolate Sacher

Torte or moist Black Forest Cake.

But these are all things we have come to expect from a Four Seasons brunch.

What truly astounds me is that the team manages to come up with a special and globally appealing spread every single week.

And within this feast is something special to be grateful for - in a world that can seem fractured every day, at the dining table, borders are blurred, and food,



GERMAN: The pretzel stand

brought together by the hotel team, brings people together.

And for the rest of the month, the team will be going above and beyond, with its support of a cause, in the spirit of Think Pink.

Every Friday during October, the Bahrain Bay Kitchen will be hosting its Pink Brunch, featuring pink-themed dishes and live music.

There is an exquisite selection of appetisers like Beetroot Hummus, Watermelon Feta salad, and Smoked Salmon Fennel salad, as well as appetising creations from the live stations like mini Poke Bowls and the Italian station, ending with irresistible

desserts such as strawberry shortcake, rose cheesecake, and raspberry macarons.

The brunch, running from 1pm to 4pm, costs BD35, inclusive of soft beverages, and BD48 for the selected beverage package. Children under the age of six dine with the hotel's compliments, and those aged six to 12 enjoy 50 per cent savings.

A percentage of the funds from the brunch will also be donated to the Bahrain Cancer Society, so make sure you stop by the Bahrain Bay Kitchen, where the world awaits to dine with you.

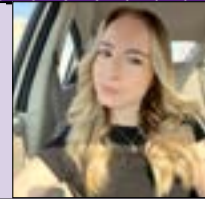
To make reservations, call 1711 5500. For more details, follow @fsbahrain on Instagram.



Scan the QR code to watch the brunch video

# Leisure Scene

What's on guide by  
Julia Cassano



## TEA-RRIFIC AFTERNOONS AT RITZ-CARLTON

**PINK DELIGHTS:** The hotel's Pink Afternoon Tea



**SWEET Treats at Big Ben Brunch**



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

The Ritz Gourmet Lounge and Lobby Lounge have lined up a Pink Afternoon Tea, which features delicate flavours, exquisite teas and delightful pink treats.

It costs BD28 inclusive of two beverages, and the Bubbly Pink Afternoon Tea inclusive of two grape beverages is priced at BD31. It's available until October 31, from 3pm to 7pm.

Meanwhile, guests can experience the taste of London with La Med's Big Ben Brunch.

Immerse yourself in the charm of London as you dine amidst enchanting décor, featuring iconic landmarks such as the Big Ben, London Bridge and the classic red phone booth. It costs BD33 inclusive of soft beverages, BD44 including a selected beverage package, and BD60 for a bubbly

brunch. Children between four to 12 dine at BD16.500, tomorrow, from 1pm to 4pm.

Join the hotel in celebrating eight fabulous years of Cantina Kahlo. Indulge in unlimited Tacos de Guisado and savour two refreshing beverages, while enjoying a lively atmosphere featuring a mariachi

band. Experience the magic of Mexico like never before from October 17 to 19, 1pm to 4pm and 6.30pm to midnight. The dining experience costs BD28.

For more information, contact 17586401 or email [rc.bahrz.restaurant.reservations@ritzcarlton.com](mailto:rc.bahrz.restaurant.reservations@ritzcarlton.com)

## GET YOUR CHOPSTICKS READY FOR HILTON'S PAN ASIAN NIGHT

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

Book the restaurant's Oktoberfest and enjoy delicious food and lively entertainment, every Friday of this month, from 12.30pm

to 4pm.

It costs BD39net with unlimited beverages and BD28 with unlimited soft beverages.

Hotel visitors can get their chopsticks ready for Pan Asian Night on Wednesday, from 7pm to 10pm. It costs BD22net with unlimited beverages and BD28 with

unlimited selected beverages.

Seafood lovers can also enjoy a fantastic night at Origin Kitchen and Culture's Seafood Night, which offers the freshest catch and live cooking stations tonight, 7pm to 10pm. It's priced at BD32net with unlimited selected beverages and BD25net with unlimited soft beverages.

Kickstart your morning with Origin Kitchen and Culture's breakfast buffet, from Sunday to Friday, 6.30am to 10.30am. It costs BD13net per person.

Late risers can enjoy a 'Lazy Breakfast' on Saturday, which is available from 6.30am to 11.30am, at the same price.

Guests can head down to Block 44's Afro Series tonight, from 9pm to 2am. Visitors can enjoy a 50 per cent discount on beverages from 9pm to 11pm, and ladies receive two complimentary beverages.

Hilton Bahrain is also offering early bird discounts for its upcoming festive events and promotions.

For an all-American



**DELICIOUS:** Dishes at Hilton Bahrain's Oktoberfest

Thanksgiving, filled with heavenly flavours, choose the hotel's Thanksgiving Turkey To Go, which serves six to eight people.

The offer includes a whole turkey (mustard honey glaze or apple honey glaze); Brussel sprouts; maple-glazed carrots; chestnut, sage and onion stuffing; cranberry sauce and turkey gravy, for just BD60.

The hotel is also accepting bookings for its Nutcracker Christmas Brunch at BD30net with unlimited beverages, and the Midnight Masquerade – A Fairy Tale New Year's Eve Ball at BD50 for both the regular and premium beverage packages.

Guests who pre-order before November 15 can enjoy an early bird offer of 15 per cent. Advance payment is required.

For more information or bookings, call 33692013.

## TASTE THE BEST OF GOA AT BANDRA FAIR

**A** festival will be launched this weekend offering visitors the chance to try traditional delicacies from Goa.

The Bandra Fair, organised by the Young Goans Club, is being held as part of the 25th anniversary of World Goa Day, on Friday, at the Olive Hotel in Juffair.

Starting at 1pm, the event will feature a children's costume parade, ballroom dance, food stalls, games, traditional musical performances and Goan dishes.

Pioneer of Konkani pop music O'Luv Rodriguez is also being flown in from Goa to stage a performance at the event.

Chief guests include Indian legislator Vijay Sardesai and Goa Industrial Development Corporation chairman Aleixo Lourenco, as well as businessman Prashant Korgaonkar.

Entry is 500 fils, which can be redeemed at the games stalls. Free parking is available throughout the day and table reservations can be made in advance.

For further details, call 39763576 or 39881984.

## DILMUN CLUB TURNS 50

**G**ET ready to boogie and dance the night away at the Dilmun Club's 50th Anniversary 70's Disco event to be held later this month.

Guests will be transported back in time to the ultimate disco era with a series of games, fancy dress and chances to

win big prizes, on October 26.

In honour of the 50th anniversary, a 50 per cent discount on food and beverages will be applied.

Tickets are free for members, non-member tickets cost BD3.

For more information, contact the club at 17690926.



**GRILLED:** Turkey To Go at Hilton Bahrain

# Leisure Scene

Weekly Entertainment

STUNNING:  
Views at Byblos



## BRUNCH FOR A CAUSE

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

Bahrain Bay Kitchen has organised its Pink Oktober Brunch, which features pink-themed appetisers, mains and desserts and live music.

A percentage of the funds will be donated to Bahrain Cancer Society.

The sumptuous brunch is available on Friday, from 1pm to 4pm, and costs BD35, including soft beverages, and BD48 inclusive of a selected beverage package.

Children under six dine with the hotel's compliments and those aged six to 12 enjoy 50 per cent savings.

The hotel has also organised an event to promote physical activity to reduce the risk of diseases, as part of the Think Pink festivities. It's being held on Saturday, from 3pm to 7pm and costs BD10. All the funds will be donated to Bahrain Cancer Society and Think Pink: Bahrain Breast Cancer Society.

Meanwhile, guests can head down to Bay View Lounge and indulge in delightful tea

and sweet delicacies. Relish classic tea sandwiches, pastries and freshly-baked scones everyday from noon to 11pm. It's priced at BD18 per person and BD22 including sparking apple juice.

Delight your tastebuds with tender corn tortillas, creamy guacamole, savoury fillings and fresh pico de gallo at Bay View Lounge's Taco Fiesta, until October 31, 11am to 11.30pm. A vegetarian feast costs BD10 while it's BD12 for chicken, beef or fish.

Join the hotel at Byblos to indulge in new Lebanese flavours from Tuesday to Saturday, 6pm to midnight. Delicious dishes such as grilled jumbo prawns with garlic citrus dressing, and a shrimp and salmon salad, while overlooking a stunning sea view, will make for an unforgettable night.

Kick back and relax this weekend and enjoy a range of different treatments at The Spa, open everyday from 10am to 10pm. Facial treatments range between BD70 and BD95 and body treatments cost BD80 to BD85.

For more information or bookings, call 17115500, 17115500, or 17115045.

## DESSERTS SO DELICIOUS!



SO SWEET: Decadent cakes at RGC

**F**OR a weekend filled with special dining experiences, visit the Royal Golf Club (RGC).

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. Order your cake today at 32184647.

All orders must be placed 24 hours in advance.

For more information or bookings, contact 39007546.



### MOVIE TIME

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

#### JOKER: FOLIE A DEUX (15+)

Struggling with his dual identity, failed comedian Arthur Fleck meets the love of his life, Harley Quinn, while incarcerated at Arkham State Hospital.

**Actors:** Joaquin Phoenix, Zazie Beetz, Lady Gaga

**Timings:** 10.30am, 11.30am, 1.30pm, 2.30pm, 4.30pm, 5.30pm, 7.30pm, 8.30pm, 10.30pm, 11.30pm, 12.30am

#### BLUE LIGHT (18+)

Reuniting for an unforgettable weekend, a group of high school friends takes a break from their separate lives at college to travel by RV to a music festival. Their exciting weekend plans quickly unravel as they find themselves fighting to survive each other and the unknown.

**Actors:** Bella DeLong, John Bucy, Crystal Evans

**Timings:** 4.30pm, 9pm, 11.15pm

#### ROBOT DREAMS (PG-13)

Dog lives in Manhattan and he's tired of being alone. One day he decides to build himself a robot, a companion.

**Timings:** 12pm, 2.15pm, 6.45pm

#### BAGMAN (PG-15)

When a sinister threat from his childhood returns to haunt him, a father desperately struggles against his deepest inner fear. Only this time, the fight isn't for himself, it's for his family.

**Timings:** 12.45pm, 5.30pm

# HANDCRAFTED TO PERFECTION

**H**HEAD down to Al Jasra Handicrafts Centre for a range of fun workshops.

A pottery session on different pottery styles and the tools needed to shape the clay will be held on Saturday, from 10am to 12.30pm

in Arabic and English. Participants can also discover pottery wedging and kneading methods.

Those interested in heritage art can participate in a Traditional Boat Making workshop.

It will identify the types of wood used for creating a boat model. Participants will also learn how to chop wood, draw and carve pieces of wood, and how to configure boat attachments.

It will be held on Saturday in Arabic and English, from 10am to 12.30pm.

Meanwhile, those aged 14 and above can take part in a class that introduces participants to the history of Arabic calligraphy and the main types of fonts used.

Topics include the Diwani Arabic script's history and rules, tools used in the art,

and how to write letters and words.

It's available on Saturday in Arabic and English.

Culture junkies can obtain new skills in a Palm Tree Leaves Weaving workshop, a creative art form considered to be a traditional Bahraini craft, which is still practiced in some villages in the kingdom, such as Karbabad, Al Jasra and Budaiya.

Participants will learn about the various types of saff (palm fronds) and how to sew them during the workshop, being held in Arabic and English, on Saturday.



## 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. Three strikes in bowling is often called a what?
2. Which city will host the 2032 Olympic games?
3. Which US state flag has a British Union Jack?
4. What cuisine would you be eating to commonly get a Fortune Cookie at the end of your meal?
5. Which tile has a value of 5 points in the game of Scrabble?
6. In August 1960, the Ivory Coast gained its



1. Turkey
2. Brisbane, Australia
3. Hawaii
4. Chinese
5. K
6. France
7. Chewing gum

### ANSWERS

# Pulse of Pop

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



ADVENTUROUS: A poster of the series

## ANIMATED ADVENTURE



RAIDER: Lara

**A**NIMATED action television series *Tomb Raider: The Legend of Lara Croft* is out now on Netflix.

Based on the 1996 Tomb Raider video game series, the show follows intelligent and athletic archaeologist Lara Croft who travels the world in search of lost artefacts and exploring dangerous tombs and ruins.

The eight episodes will be set in the same universe as the 2013 video game reboot trilogy and take place after the events of 2018's *Shadow of the Tomb Raider*.

Showrunner Tasha Huo, a lover of the franchise, revealed in an interview that fans can expect the animated show to fill gaps that were not explored in the video games, such as Lara's backstory and relationships.

"I feel like, in playing the games, you miss a whole section of Lara's life, which is: what is it like beyond the tombs? What are her relationships like? I was always so curious when Lara could call up a friend in the middle of nowhere in Thailand. How did she meet that person," Tasha said.

"The show gets to explore how she made these relationships and the origin

story of a lot of her life that we just take for granted when we meet her in those 90's games," she added.

Marvel star Hayley Atwell will be voicing the protagonist Lara, who Tasha described as the 'perfect encapsulation of Lara', as she was filming for the blockbuster franchise *Mission Impossible* the same

time she was recording for the series.

"It was a lot of, 'Oh, I did that stunt last week, so I know exactly what that sounds like'.

"Hayley, herself, is a natural adventurer, while also being just an incredible dramatic actress. So she is the perfect encapsulation of Lara during this sort of

bridge period of time," Tasha added.

Earl Baylon will also be reprising his role from the video game trilogy as Jonah Maiava, alongside Allen Maldonado who voices Lara's tech expert Zip, a character whose last appearance in the franchise was in the 2008 game *Tomb Raider: Underworld*.

**A**NIMATED comedy film *10 Lives* is out now in theatres.

Starring stand-up comedian Mo Gillian, the film plays with the cultural myth of cats having multiple lives, as it follows the story of Beckett, a selfish housecat rescued and loved by Rose (Simone Ashley), who uses up all his nine lives.

After Beckett loses his final life, he becomes gatekeeper Grace, who's responsible for the afterlife of animals, to return to his former life, and he has his wish granted.

However, he returns with a new set of different lives in different forms: badger, rat, cockroach, parrot, fish, dog and horse.

In an interview with the cast, director and screenwriter Chris Jenkins explained that the film's concept came from the idea



FUR BUDDY: Beckett

## FELINE FABLE

of 'loving our pets and wondering what their inner lives are'.

Simone added that she believes the film showcases Beckett learning to appreciate life and his human companion.

"We see Beckett on the journey of, maybe, learning to be a bit more generous and present and grateful for the life that he has and opening his heart up to Rose and to the concept of love," she added.

## SIGNATURE SOUNDS, POP INFLUENCES

**G**ERMAN musical act Cascada (Spanish for 'waterfall') mark their return with *Studio 24*, releasing tomorrow.

Known for their smash hits *Everytime We Touch* (2005) and *Evacuate the Dancefloor* (2009), the group's new project comes as part of their 20th anniversary celebration this year - the album title refers to the year 2024.

Besides planned original material, the musical creation will also include covers of American singer-songwriter and musician Marvin Gaye's *Ain't No Mountain High Enough* (cover released on March 15) and American rock band Blondie's *Call Me* (June 21).

Comprising singer Natalie Horler and DJs/producers Manian (Manuel Reuter) and Yanou (Yann Peifer), the group's highly anticipated fifth studio album is their first full-length release since 2011's *Original Me*.

However, the trio has been actively touring and collaborating with other popular artists in the past years; the singles *Back for Good* with Dutch DJ and producer Hardwell (Robbert van de Corput) dropped in

2018 and *Never Let Me Go* with Australian musician and DJ Timmy Trumpet (Timothy Jude Smith) in 2021.

In an interview, Natalie expressed the group's gratefulness for still having an audience that is interested in their old and new music and show up to their live sets 20 years later.

"I'm still very, very lucky to work as much as I do and it's obviously because of the old music I've released in the past, of course," Natalie said.

"We're still current to a certain extent, even though we're not in the (music) charts everywhere. But we are still releasing music," she added.

She also noted that the trio's 'tricky' music-making process of wanting to stick to their signature dance sound, while also adapting to the modern-day pop world, is something fans are looking forward to hearing in the new project.

"We do try to go back and forth a little bit because you want to give the fans what they like, it is a very difficult line to find that balance," she added.

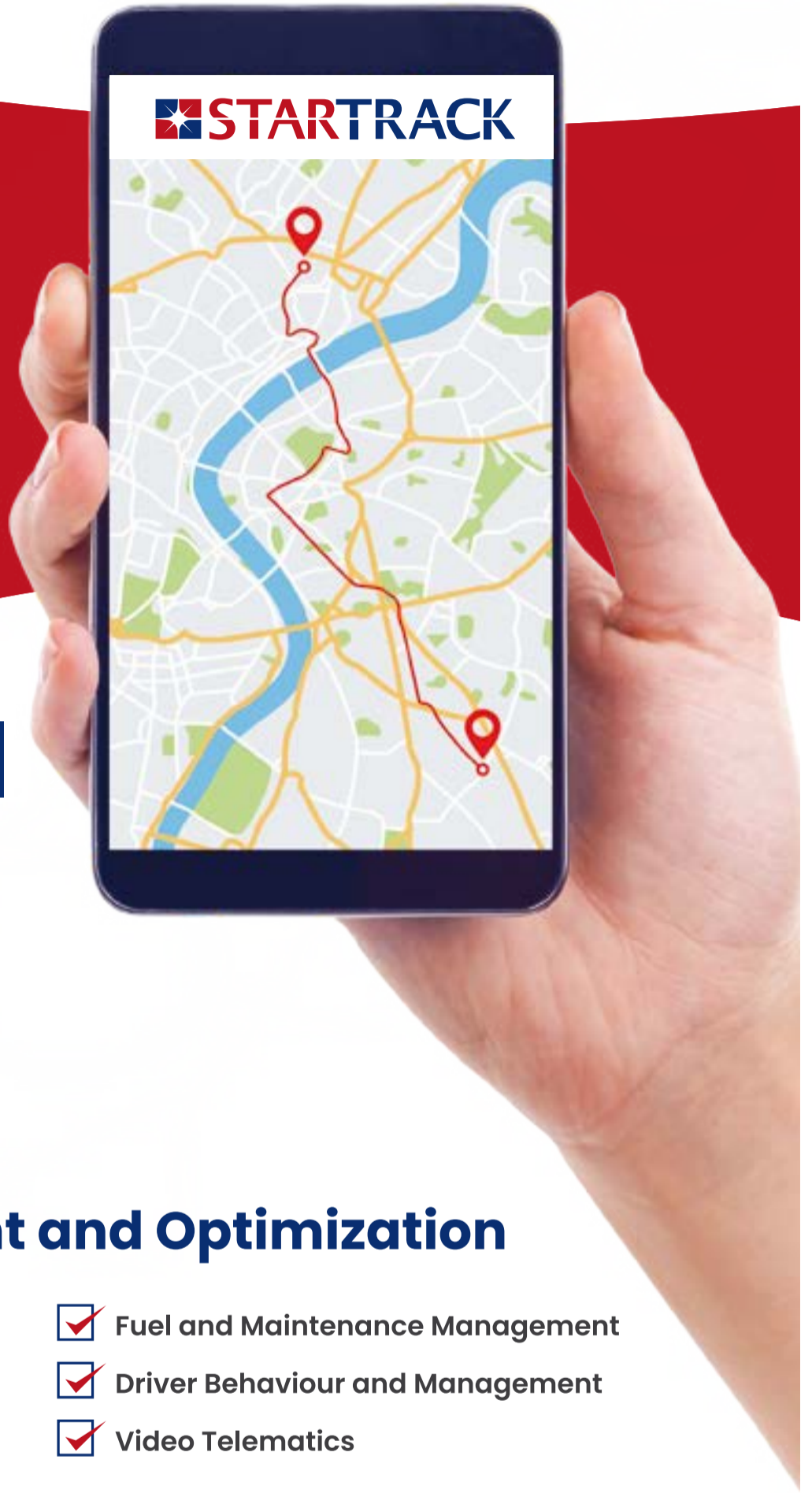
"You want to go with the times as well."



ICON: Natalie

# Optimizing Connected Operations

Helping businesses to monitor, measure and optimize entire logistics delivery process on an IoT platform



## Connected Logistics

- Intelligent route optimization
- Order automation
- Field task management
- Dispatch and proof of delivery

## IoT Fleet Management and Optimization

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Fleet and Drivers Management      | <input checked="" type="checkbox"/> Fuel and Maintenance Management |
| <input checked="" type="checkbox"/> Sensor Management and Control     | <input checked="" type="checkbox"/> Driver Behaviour and Management |
| <input checked="" type="checkbox"/> IoT Data Management and Analytics | <input checked="" type="checkbox"/> Video Telematics                |



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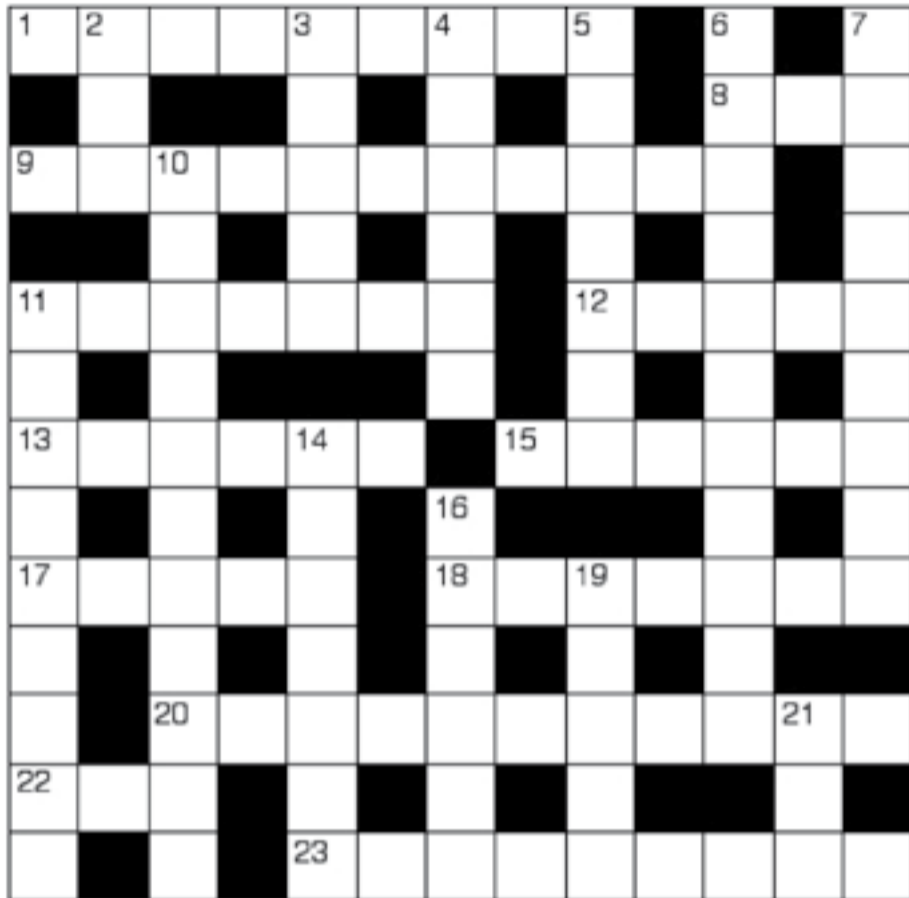
Northstar Telecom is the Telcom Brand of Northstar Technology WLL

# Time Out



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

## crossword break



Solutions in next week's issue.

### ACROSS

1. Faint-heartedness (9)
8. Possess (3)
9. Curse (11)
11. Colour (7)
12. Cavalry unit (5)
13. Apprehend (6)
15. Oppose (6)
17. Daub (5)
18. Rapture (7)
20. Expressed (11)
22. Garland (3)
23. Yearning (9)

### DOWN

2. Eggs (3)
3. Crest (5)
4. Urge (6)
5. Letter (7)
6. Accompanying (11)
7. Hatred (9)
10. Conjuring (11)
11. Believable (9)
14. Elongate (7)
16. Signal-fire (6)
19. Ointment (5)
21. Epoch (3)

### who, what, where, when

**WHO** ... designed the church St Anne's, Limehouse in London?  
**WHAT** ... is the maximum number of games played in the baseball World Series?  
**WHERE** ... in England is the town of Wisbech?  
**WHEN** ... was the last professional fight of the former world heavyweight boxing champion Jack Dempsey?  
**WHO** ... formulated the uncertainty principal and won the 1932 Nobel Prize in Physics?  
**WHAT** ... sea does the North Korean port of Wonsan lie on?  
**WHERE** ... did the explorer W. J. Wills die in 1861?  
**WHEN** ... did Baron De La Warr become the first governor of Virginia?

### just so

**comfort**  
**close** **comfort**  
**close** **comfort**  
**comfort**

**zero**



**EVIL**

**things #1**

## 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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

**Across:** 7 Cereal; 8 Ardour; 10 Include; 11 Vaunt; 12 Vast; 13 Scorn; 17 Hurry; 18 Else; 22 Loose; 23 Abridge; 24 Fasten; 25 Aspect.  
**Down:** 1 Achieve 2 Process; 3 Vague; 4 Bravery; 5 Rogue; 6 Trite; 9 Mercurial; 14 Quieten; 15 Gladden; 16 Beneath; 19 Cleft; 20 Horse; 21 Brash.

**JUST SO:** Flat broke, The inner circle, Round the clock, Under a cloud.

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

Frederick Marryat; Five dollars; Switzerland; 1958; Kurt Vonnegut; It has more than one neck; Western Australia.

Darn Tough Sudoku

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