

Slam dunk!

BAHRAINI rap sensation Flipperachi aka Hussam Aseem is dropping beats alongside US basketball legend Shaquille O'Neal in the rap video *What Can't We Do*, for an Abu Dhabi-based tourism campaign released this week.

The film has attracted more than 3,701,128 views in 24 hours, its 'West Coast', 'grime' beats instantly resonating with fans globally.

"It was a great experience producing the instrumental and the words, and we worked on making it entertaining for the audience," Flipperachi told *GulfWeekly*.

"It took us roughly a week to 10 days, finetuning," the 37-year-old creative talent added.

"We visualised Shaq (Shaquille) while writing the chorus and went back and forth with him to make it something he would also be interested in."

The campaign, which promotes Yas Island in Abu Dhabi as the 'face of entertainment', features the former NBA superstar dropping beats with Flipperachi by his side.

The 90-second film has been shot across the island's most iconic attractions with the message 'on Yas Island, the impossible becomes possible' – a mantra that also defines the illustrious career of the region's most sought after hiphop artist.

A self-taught rapper, Flipperachi would spend time writing poetry while most of his peers at school were revising for tests. He completed his education well but was drawn to pursue a career in music at a time when rap wasn't very popular in Bahrain – it was more of a Western concept.



MUSIC REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

"I knew people who rapped and learned from them. I observed how famous rappers at the time broke down their rap, their punchlines and semantics. It was challenging but I persisted – consistency is

"We visualised Shaq (Shaquille) while writing the chorus and went back and forth with him to make it something he would also be interested in."

key," he noted.

The Hamad Town resident revealed that working on *What Can't We Do* brought back memories of the time he started his musical career.

"The West Coast, grime beat took me back to the beginning. In the start, my style used to be a lot like this," he said, adding that he, along with his team at Outlaw Productions – top regional music production label founded by Bahraini creative DJ Outlaw in 2003 – decided on this style so the campaign would resonate with a wider audience.



FANTASTIC:
Flipperachi

Even though the song has Western rap touches, it still embodies the essence of Flipperachi, who believes that 'rap is an expression of oneself', an advice he

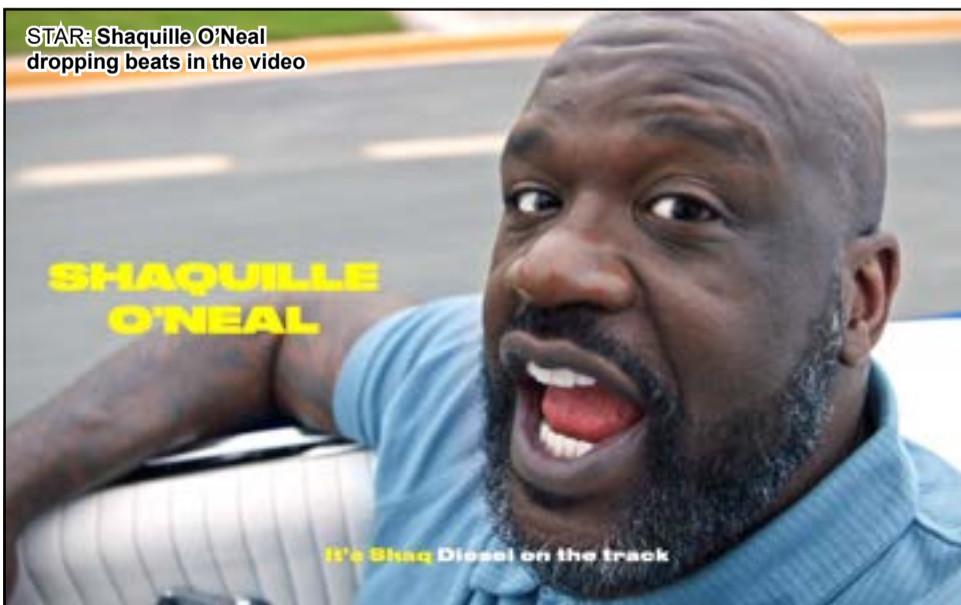
received from DMC – American rapper Darryl McDaniels – many years ago, during his visit to Bahrain.

A versatile rapper, Flipperachi also plays

basketball and almost pursued the sport as a career. "I am a good player and was close to being on the national team," he claimed. Eventually, the artist decided in favour of music and spent a long time developing his sound and brand.

In 2008, he was signed by Outlaw Productions, which took his career to the next level. Some of his biggest hits include *Ee Laa*, *Shino AlKalam Hatha*, *Shoofha*, and most recently, *Nayda*.

Not one to rest on his laurels, the hiphop sensation, who has more than 161,000 fans on *Instagram* and whose songs have garnered millions of views, is determined to continue working on his craft and shine a bright spotlight on Bahraini talent and music.



STAR: Shaquille O'Neal dropping beats in the video

SHAQUILLE O'NEAL

It's Shaq Diesel on the track



MENTAL HEALTH
Ask for help
SEE PAGE 2



ARABESQUE DINING
Four Seasons Hotel
SEE PAGE 3



LEISURE SCENE
Food, fun and more
SEE PAGES 4-5



PULSE OF POP
Movies, music & more
SEE PAGE 6

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. Name the web browser that replaced Internet Explorer as Microsoft's default web browser in Windows 10?
2. What is England's official national sport?
3. Which vegetable is the most widely grown produce in the United States?
4. What does it mean if someone is ulotrichous?
5. Who was the first person to climb Mount Everest?
6. Which American TV series from the 70's was based on the

British sitcom *Steptoe & Son*?
 7. In mathematics, what is an angle called which measures more than 90 degrees but less than 180 degrees?

- ANSWERS**
1. Edge
 2. Cricket
 3. Corn
 4. Very woolly or very curly hair
 5. Sir Edmund Hillary
 6. *Sanford & Son*
 7. Obtuse Angle



CHANGE: Men are gradually coming forward to seek help for their mental health challenges

Being human

THERE has been a rise in the number of young men seeking professional help for mental health issues, a psychotherapist based in the kingdom has said, offering a glimmer of hope, coinciding with Movember this month, writes **Melissa Nazareth.**

Movember is an annual global campaign observed in November to raise awareness about men's mental and physical health. As per the movement's tradition, men grow moustaches to express solidarity with the cause.

"I have witnessed an increase in the importance of mental well-being among men, especially young men, mainly due to public campaigns and social media discussions surrounding mental health," Head and Heart Mental Health Centre psychologist Dr Anne Renard told *GulfWeekly*.

"Women are also more actively encouraging their partners to seek support. The stigma surrounding mental and emotional issues is eroding and it is starting to become more acceptable for men to seek psychological support," the expert, who has a doctoral degree in psychology from California Southern University and has been practicing in Bahrain for the last 13 years, added.

Brazilian expatriate Isael was among those who sought professional help for his mental well-being and felt the decision transformed his life, even offering a change in perspective.

"During the sessions, I realised there was no judgement," the 45-year-old, who has lived in the Middle East for the last 15 years and in Bahrain since 2018, said.

"My therapist showed me the various directions and helped me choose what's best for me."

Isael found his mental health deteriorating during the Covid-19 pandemic. With many around him losing their jobs and friends leaving the country, there was a lot of uncertainty. He decided to continue working because finances were a priority, however, as the world began shutting down, he grew apprehensive about not being able to see his family.



Dr Anne

“Listening empathically is more effective than providing advice, being supportive is more effective than pressuring someone to talk.”

"At the end of 2020, I resigned from my job and went home (to Brazil) and while I was happy to be with my loved ones, it was a difficult transition," he added.

A determined Isael started his own business but realised it was challenging. Eventually, he returned to Bahrain but wasn't able to strike a work-life balance and felt burned out. That's when a friend advised that he talk to a therapist.

"My situation didn't change but the sessions helped me change my approach," he said.

"I understood that even if I can't be with my family always, I could spend quality time with them during holidays. Counselling helped me find meaning in my life and work," he added.

"During these sessions, I was encouraged to make new friends even if my old ones had left the country. I realised so many people here were away from family, which made me feel less lonely. I also joined a CrossFit class where I met new people and took up horse riding, which kept me busy."

Despite the visible shift in perception among men towards mental health and

therapy, Dr Anne encourages creating safe spaces for them to share their feelings and concerns.

"At the societal level, this can be done through increasing awareness of mental health and psychological support, educating on identifying the signs of mental health issues, for example, through social media and public awareness campaigns. This can also be done through partnering with schools and workplaces.

"Creating support groups and workshops where men can share their concerns with others suffering from similar problems can also be useful. Including psychological support into health insurance would reduce its cost, making it more affordable for more individuals.

"Within families, it is about creating a safe environment for dialogue where the expression of issues is met with empathy and a non-judgmental stance.

"Listening empathically is more effective than providing advice, being supportive is more effective than pressuring someone to talk. Modelling vulnerability and reducing gender role expectations can also help," she added.

"It is important to remember that as family members and friends, we can be there and supportive but we cannot act in the same way that a therapist would.

"Therapy offers more than support that family and friends cannot offer," she highlighted.

In the public domain too, several male figures have been vocal about their mental health journey and seeking professional help. Duke of Sussex Prince Harry has admitted to seeking therapy in several media interviews.

Former Bahrain resident and creative entrepreneur Nikhil Taneja took to his public *Instagram* page on World Mental Health Day last month, to talk about his experience battling severe anxiety and how therapy changed his life.

Earlier this year, Nikhil hosted the second season of *Be A Man, Yaar!*, a production about positive masculinity under Yuvaa, his youth-centric platform, showcasing interviews with famous Indian men, including actors to sportspersons.

Speak your mind!



THE 'Movember' campaign to raise awareness about prostate and testicular cancer and men's mental health kick-started this month.

Joining the global initiative, *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. This month's topic is, 'Stress and anxiety among men and the need for individuals, families and the community to create safe spaces to share their concerns'.

Men are conditioned against expressing emotion from a tender age. Phrases like 'boys don't cry' sow the seeds of reluctance to exhibit 'weaknesses' or ask for help, leading to men bottling

up emotions, and eventually 'exploding' or 'imploding'.

Depression in men is known to be caused by a combination of factors, including genetic, financial, work-related, relationship, and more. Seeking professional help is imperative as denial or negligence could only worsen the situation.

This month, we will shine a spotlight on men's mental health. Together, let's get the conversation started! Share your thoughts in no more than 100 words by emailing gdnnews@gdnmedia.bh or @gdnonline on *Instagram* by November 27. 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.

A beachside culinary tale

GOURMET REPORT
By NAMAN ARORA
naman@gdnmedia.bh

WHEN it comes to dining out, the places where we enjoy our meal is often just as important as the plate in satisfying our palate, with each one adding its own flavour to our culinary experience.

And when we sampled the new menu at the Four Seasons Hotel Bahrain Bay's Lebanese culinary joint Byblos, the beachside dinner overlooking the sea did more than just dazzle our guts... it told a story.

Now, I have talked before about how every plate can be a lesson in history, economics, anthropology and practically every social science out there, but what often shapes our meals more than anything is the geography.

And I am not just talking about where food grows, but where it's enjoyed – and yes, I will forever defend the extra flavours added to your favourite shawarma when devoured inside a car or at a rickety table on the curb side of the Shawarma Alley, with live entertainment compliments of Adliya's Block 338.

Jokes aside, sometimes a location can both accentuate our appetite and remind us of how our food got here.

And that's the experience we got at Byblos, starting from the moment my dining companions and I were welcomed by Oriental specialty Chef Tony El Khoury, who excitedly told us about the additions and refinements introduced to the Lebanese restaurant's menu since it opened its doors last year.

And, taking inspiration from the stunning waters surrounding mere metres from our table, we went with the flow and let Chef Tony curate our culinary experience.

As we received a delectable amuse-bouche, featuring Shanklish cheese within a date, topped with pistachios, and as we looked out across the waters, I couldn't help but

AT THE HELM: Chef Tony sets the scene



marinate, I mean meditate, on how much Levantine cuisine has travelled, especially by sea and land.

From the ancient traders who dropped seeds of homely flavours along their trade routes to migrants and refugees today who carry

memories of their kitchens as they travel to new homes, Levantine and Lebanese cuisine is the quintessential traveller, happy to hitch a ride with whoever and to wherever.

And our first course was a masterclass in this with a selection of cold mezze, ranging from delectable Hummus Pesto, a perfect blend of Levantine and Italian, to Pumpkin Mutabbal, Muhammara, Warak Enab and Tabbouleh.

With each bit more delectable than the last, it was mere minutes before we had sampled the entire selection, and just in time, the arrival of the Eggplant Chickpeas Fattah reminded us to pace ourselves.

The Fattah won my heart amongst the appetisers, with

its roasted eggplant adding a smoky flavour to the chickpeas and garlic yoghurt, topped with pine nuts and served atop a bed of



DELICACY: The Eggplant Chickpeas Fattah



PERFECTION: Some of the mixed grills, with the lamb chops in focus

fried pita bread.

Coming in for a very close second was the Smoked Salmon and Prawns Salad served with a delightful and fresh citrus dressing and topped with crunchy walnuts, though we would be remiss if we did not mention the fantastic and well-balanced Beetroot Carpaccio with balsamic dressing.

Despite all the pacing, we had managed to get quite stuffed on appetisers at this point, but that was quickly forgotten when the Seabass Tajin swam up to our table.

The marinated seabass fillet with crispy fried bread and onions, flavoured with almonds, tahina sauce and black raisin, really raised our standards for the perfect seafood dish and we are sure

to dream of every bite for weeks, months, maybe even years to come.

Chef Tony tried to tempt us with mixed grills as well as a delectable looking Sujuk, but by this point, we had learned our lesson – there is no limit to Middle Eastern hospitality, and more importantly, we had our eyes set on dessert.

And a few minutes later, with our palates swimming in Sticky Date Toffee pudding, served with vanilla ice cream, we sat back and appreciated the wonderful views beyond the restaurant and the stunning interiors within, before heading off for a quick stroll by the beach, our palates satiated and our minds brimming with culinary tales.

For more details, follow @fsbahrain on Instagram.



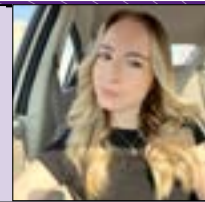
MARINATED MEMORIES: Sujuk



VARIETY: The sumptuous spread to relish by the beach

Leisure Scene

What's on guide by
Julia Cassano



INDULGE IN DELICIOUS MOMENTS AT RITZ

THE Ritz-Carlton Bahrain invites guests for a spectacular weekend filled with special culinary events. Experience Giornata Italiana at Primavera, where you can indulge in

Italy's diverse dishes with a specially curated three-course menu, complete with a grape pairing and a delightful dessert. It costs BD30 inclusive of soft beverages and BD35 with selected beverages, on Wednesday, 12.30pm to

3pm and 7pm to 11pm. Delight your tastebuds with an assortment of macarons at the Ritz Gourmet Shop. Whether you're craving vanilla, raspberry, blueberry, chocolate or pistachio, there is a flavour to suit all tastes.

The goodies are priced at BD20 per box or BD3 per piece, everyday, from 10am to 10pm.

In celebration of Vegan Month, observed annually in November, Nirvana invites guests to discover an array of divine vegetarian dishes, all specially crafted with authentic Indian flavours and fresh ingredients.

Enjoy dishes such as Chowk Ki Tikki and Pindi



STUNNING: Decor at Primavera

Choley from Tuesday to Sunday, noon to 3pm and 7pm to 11pm.

It's priced a la carte. For more information and reservations, call

17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com

VIBRANT: Macarons at Ritz-Carlton Bahrain



GOURMET BITES AND VIBRANT EVENINGS!

EXPLORE a range of enticing events this week at the Four Seasons Hotel Bahrain Bay.

Weekends are best spent at Byblos with its new sundown concept proving to be a huge attraction.

Enjoy a signature drink paired with a Lebanese dish in tapas style, all while taking in the stunning views of Bahrain Bay.

Available every Thursday, Friday and Saturday, it costs BD5.500 for one mocktail and one tapas, or BD7.500 for one selected beverage and a tapas.

Guests can join the fun and celebrate 50 years of Bahraini artist Abbas Almosawi's remarkable

career at Bahrain Bay Kitchen's Art Brunch, being held in partnership with ANNADA, tomorrow, from 1pm to 4pm.

The occasion will feature an array of stunning artworks as well as live stations for sushi, kebabs, wok and a variety of Indian flavours. It costs BD35 including soft beverages, and BD48 inclusive of a selected beverage package. Children under five dine with the hotel's compliments and those aged six to 12 enjoy a 50 per cent discount.

Also, in honour of Mr Almosawi, a Bahraini Art Tea will be available, until November 30, from noon to 11.30pm, at Bay View Lounge. Chef Imad Boukli

has specially crafted sweet and savoury delights, pistachio karak tea and saffron lavender mocktails to celebrate further. The regular package is priced at BD22 per person while it's BD26 for a royal tea experience with



COLOURFUL: Art Brunch

a gift.

Get in the festive season and book your Thanksgiving dinner at home. Dig into lavender roasted turkey with chicken sausage, creamy mashed potatoes, ginger bread pudding, glazed sweet potatoes, Brussel sprouts and more.

The feast for six people with a turkey and trimmings costs BD105net, while a full festive feast for six is priced at BD190net.

A 10 per cent discount will

be applied for orders placed before November 16.

Meanwhile, relax at The Spa this weekend, with exquisite treatments designed to harmonise your body and mind, from 10am to 10pm. Prices range from BD75 to BD195. Guests can also book The Spa's New Moon Yoga on Friday, from 6.30pm to 7.30pm. It costs BD6 for hotel guests and BD12 for outside guests.

For more information, call 17115500 or 17115045.

AT THE CLUBS

FABULOUS SPORTS DAY

THE British Club Bahrain is calling all sports fans to join its interactive Sports Day, which features a range of fun activities for all levels.

Some of them include football, volleyball, netball, salsa, circuits, yoga, snooker and even a raft race in the pool. The event takes place tomorrow, from noon to 5pm and is open to all.

Meanwhile, guests can head down to the club for its Llongsteppers Race Night.

The event is free entry to



The British Club

all from 5pm, with the first race starting at 6.30pm

For more information, contact reception@britishclubbahrain.com or call 17728245.

CELEBRATIONS BEGIN

GET in the festive spirit with the Dilmun Club's list of merry events.

Order your Christmas dinner with the club's Christmas Takeaway Menu, which includes a turkey and beef with all of the trimmings. There will be roast potato, parsnips, brussel sprouts, cauliflower cheese, stuffing, steamed vegetables and more.

A roast turkey costs BD30 for 5.6kg until January 10. Guests can also enjoy the Club's four-course set menu until January 10. It costs BD11 per person for the set menu, or BD14.500 per person for the four-course with steak.

For more information, contact 17690926.

FESTIVE MARKET

DON'T miss out on Bahrain Rugby Football Club's Festive Market on December 6.

It will feature a tree lighting, carols, festive toons and delicious food, from 7pm.

For details, call 17695809.



CHARM: Sundown at Byblos

Leisure Scene

Weekly Entertainment



JOYFUL: Weddings in Vegas Brunch

WEDDINGS IN VEGAS BRUNCH AT HILTON

FOR good vibes, scrumptious food and unforgettable entertainment, visit Hilton Bahrain.

Start your weekend off right with Origin Kitchen and Culture's Weddings in Vegas Brunch, featuring live entertainment and games.

It costs BD28net with unlimited soft beverages, and BD39net with unlimited selected beverages, tomorrow, from 12.30pm to 4pm.

Get your chopsticks ready and enjoy the restaurant's Pan Asian Night. It costs BD22net with unlimited soft beverages and BD28 inclusive of unlimited selected beverages, on Wednesday, from 7pm to 10pm.

Guests can also enjoy Seafood Night, at the same location, tonight, from 7pm to 10pm. The feast with unlimited selected beverages is priced at BD32 and it's BD28 inclusive of unlimited soft beverages.

Meanwhile, a fabulous breakfast awaits you at Origin Kitchen and Culture, from Sunday to Friday, 6.30am to 10.30am, at BD13net per person. A Lazy Breakfast is also available for late risers on Saturday, from 6.30am to 11.30am for BD13net per person.

On Tuesdays, Cocoluna Lounge invites guests for its Acoustic Nights, from 7pm to 9pm. Ladies can receive three free drinks at the same



DELICIOUS: Desserts at Hilton Bahrain

location, on Wednesday, from 7pm to midnight.

Meanwhile, get ahead for the holidays and book the hotel's fabulous Thanksgiving Turkey To-Go offer, which serves six to eight people, at BD60net. It includes a whole turkey (mustard honey-glaze or apple honey-glaze), brussel sprouts, maple-glazed carrots, sage and onion stuffing, cranberry sauce and turkey gravy.

A 15 per cent discount is available for orders before November 15. Advance payment is required.

The hotel is also organising the Nutcracker Christmas Brunch on Christmas Day, for BD30net with unlimited selected beverages.

Its Midnight Masquerade – A Fairy Tale New Year's Eve Ball, on December 31, is priced at BD50net with unlimited classic beverages and BD60 with unlimited premium beverages.

For more information, call 33692013 or 33690081.

MOVIE TIME

GET together with your family and friends and head down to CINECO Seef to watch some of the English language films being shown this weekend.

RED ONE (PG-15)
Santa's bodyguard and a degenerate hacker must team up for a worldwide mission to rescue Santa (aka Red One) and save Christmas.

Actors: Dwayne Johnson, Chris Evans, Lucy Liu
Timings: 12.30pm, 2.15pm, 3.15pm, 6pm, 7.45pm, 8.45pm, 11.30pm

MONSTER SUMMER (PG-13)

When a mysterious force begins to disrupt their big summer fun, Noah and his friends team up with a retired police detective to embark on a monstrous adventure to save their island.

Actors: Mel Gibson, Lorraine Bracco, Kevin James.

Timings: 10.30am, 3pm, 7.30pm, midnight

HELL HOUSE LLC ORIGINS: THE CARMICHAEL MANOR (15+)

In 2021, a group of Internet sleuths travel to the remote Carmichael Manor, deep in the woods of the Rockland County, New York, site of the infamous 1989 Carmichael family murders that have gone unsolved to this day. What they discover are secrets that have been hidden away for decades.

Actors: Bridget Perrotta, Destiny Brown, James Liddell

Timings: 12.45pm, 9.45pm

CANARY BLACK (PG-15)
A top CIA operative is blackmailed by terrorists into betraying her own country to save her kidnapped husband. Cut off from her team, she turns to her underworld contacts to survive and help locate the coveted intelligence that the kidnapers want.

Actors: Kate Beckinsale, Saffron Burrows, Rupert Friend

Timings: 11.45am, 2pm, 4.15pm, 6.30pm, 8.45pm, 11pm

PIECE BY PIECE (PG)

An unparalleled motion picture experience that captures the magic and brilliance of Pharrell Williams' creative genius.

Actors: Pharrell Williams, Gwen Stefani, Kendrick Lamar
Timings: 11am, 1pm, 3pm, 5pm, 7pm, 9pm, 11pm



EDUCATIONAL: A previous event held at the museum

A NIGHT UNDER THE STARS

BAHRAIN National Museum is hosting a range of special events this month.

Learn a new skill at the Tai Chi session, where the beauty of nature will meet the art of mindfulness, on November 15, from 5pm

to 6pm.

Visitors can also join the museum for an unforgettable night under the stars.

The event gives guests the opportunity to witness a spectacular conjunction of the moon and Mars, along with breathtaking views of the Orion Nebula, pleiads

cluster and the majestic Jupiter. Gather outside the museum to witness the spectacle on November 21, from 10pm to 12.30am.

A yoga session, in collaboration with the Indian Embassy, will also be staged outdoors on November 23, from 5pm to 6pm.

A SPREAD THAT'S IRRESISTIBLE

INDULGE in an array of delicious food and a lively atmosphere at the Royal Golf Club (RGC) this week.

For a traditional roast, which satisfies, all your cravings, look no further than Slice and Repartee. Join the restaurants tomorrow and Saturday, noon to 5pm, for a delicious spread of beef, lamb and chicken, with all the trimmings in a relaxing and welcoming setting.

It costs BD9.500, including a selected roast plate and one soda or chilled juice, or BD13.500 for a selected roast plate and a selected beverage.

Meanwhile, enjoy a selection of authentic dishes, from mezze and fresh salads to perfectly grilled meats and mouthwatering

desserts at Links, every Monday, from 7pm to 11pm.

Dig into perfectly cooked steaks at Links. Whether you're dining with family or friends, it's the perfect midweek escape for delicious food, good vibes and a memorable culinary experience.

Meanwhile, guests can enjoy a luxurious tea for two at Links everyday, from 11am to 7pm. Savour an array of delightful treats in a relaxed setting with beautiful views of the club.

Two packages are available including the platinum package of tea or coffee and two glasses of bubbly for BD19, or the gold package with tea and coffee for BD15.

For bookings, call 39007546.



Pulse of Pop

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



DESERT PLANET: A poster of the series

SANDY SCI-FI EPIC

THE first episode of *Dune: Prophecy*, a prequel to Denis Villeneuve's 2021 blockbuster film *Dune*, which in turn is based on the 1965 namesake novel by Frank Herbert, is releasing on Max on November 17.

It will be followed by a weekly Sunday release until December 22.

Developed by Diane Ademu-John and Alison Schapker, the series, which takes place 10,000 years before the film's events, is set to dig into the origins of the Bene Gesserit, an exclusive and powerful sisterhood who undergo intense physical training and mental conditioning to obtain superhuman abilities.

Show producer Alison, who grew up reading the *Dune* books, believes that fans of the sandy sci-fi universe can worm up for an intriguing

story filled with thrills and spice.

"I haven't met a *Dune* fan who doesn't want to know more about the Bene Gesserit," Alison said in an interview.

"It doesn't feel niche; it feels very relatable to people, men, women, everybody is intrigued," she added.

The six episodes will follow sisters Valya Harkonnen (Emily Watson) and Tula Harkonnen (Olivia Williams,) who combat forces that threaten the future of humanity as they establish the fabled sect.

"Valya's story is really personal to me," Jessica Barden, who plays a young Valya in flashback scenes, said.

"There's so much anger and ambition, and that's where I connected with her. She's someone constantly trying to find her path in

this world while dealing with a lot of unresolved pain," she added.

The series is mainly based on the 2012 novel *Sisterhood of Dune*, written by Frank's elder son Brian and co-written by Kevin J Anderson. Kevin has previously written spin-off novels for *Star Wars* and *The X-Files* among many more.

The *Dune* film series stars Timothée Chalamet, Zendaya, and Rebecca Ferguson as Paul Atreides, Chani, and Lady Jessica respectively. It currently consists of the 2021 film and its sequel *Dune: Part Two*, released earlier this year, which garnered massive success, becoming the fourth highest grossing film of 2024.

A third film based on Frank's novel *Dune: Messiah* is in development, and is set for a late 2026 release in theatres.

FAMILY SECRETS

TELEVISION executive Nayantara Roy's debut novel, *The Magnificent Ruins*, has hit the shelves this week.

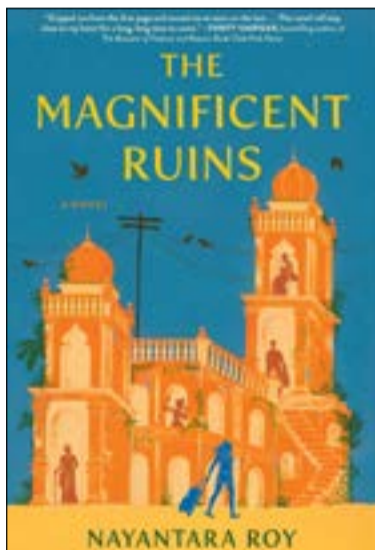
The fiction follows Lila, an editor in a prestigious publishing house in Brooklyn, New York.

As she is on the verge of a career breakthrough, the 29-year-old receives a life-changing call from her mother, informing her that she has inherited her family's enormous ancestral home in Kolkata, India.

The sprawling estate reunites Lila with her mother, as well as the complicated legacy of her extended family which she thought she had left behind 16 years ago, as she also sees her grandmother, aunts, uncles and cousins for the first time in ages.

"I sat down at a café, and what poured out of me was a story about a mother and daughter, and the secrets we harbour generation after generation," Nayantara said in an interview.

"Those secrets turn into trauma. I didn't even know



I was holding onto those things I had learned about our ancestors, which is often how generational trauma works," she added.

The Indian American author won the Rick DeMarinis Short Story Award for her work, titled 8C in 2018. Her plays have been performed in India and the UK and she is currently writing her second novel titled *Sisters Of A Halved Heart*.

BRITISH girl group Flo are releasing their debut album *Access All Areas* tomorrow.

Consisting of members Jorja Douglas, Stella Quaresma, and Renée Downer, Flo was formed in 2019 by Island Records, which was on the lookout for singers to form a girl group.

The highly-anticipated production is expected to tackle the themes of self-love and relationships with a spectrum of people including friends, romantic partners, pets and so on.

"You can interpret the songs however you like," Jorja said in an interview.

"We may be referring to a boy or a man or whatever. It could be about your

POP GIRLS:
Flo

FLO'S LOVE ANTHEM

boss, it could be about your colleague, it could be about your mum, it could be about your dog. It could be about anything, whatever feels right for you, but you're gonna vibe to it," she added.

The group, that has been lauded by the likes of Victoria Monét, SZA, and Kelly Rowland, credited American R&B singer Brandy as the inspiration for the record.

"We love her, and one song on the album particularly just has that essence of R&B," Renee said, with Stella adding that she would love for the well-respected artist to feature on the particular song.

The group has also previously credited late R&B, pop and hip-hop artist Aaliyah and producer and rapper Timbaland as inspirations for their overall sound

and aesthetic.

Four versions of the album are being released - a 16-track collection with all three artists on the cover, and three 17-track sets, one for each artist who each have an additional track.

Stella and Renée bonded while studying at Sylvia Young Theatre School and knew Jorja from social media. The three girls were posting singing videos at the time and discovered their potential as a trio when they all met at the audition.

"I saw the girls and we screamed across the room, I knew from that moment we were about to start something big," Jorja recalled.





مستشفى الإرسالية الأمريكية
American Mission Hospital



Indian Academy of
Pediatrics

PEDIATRICS SYMPOSIUM 4.0

Global Perspectives, Local Impact : Advancing Pediatric Care Together



6

CME Points
approved by
NHRA

SPEAKERS



Dr. Basavaraj G V
President
Indian Academy
of Pediatrics (IAP)



Dr. Yogesh N Parikh
Secretary-General
Indian Academy
of Pediatrics (IAP)



Dr. Ranjan Kumar Pejaver
Chairperson
Indian Academy
of Pediatrics (IAP)



Dr. Emtithal Al Jishi
Senior Consultant
Pediatric Genetics and
Metabolic Diseases
AMH, Bahrain



Dr. Khadija Ali Al Ola
Consultant
Pediatric Endocrinology
AMH, Bahrain



Dr. Vanitha A. Jagnath
Specialist Pediatrician
AMH, Bahrain
IAP Bahrain President



Dr. Muna Al Jufairi
Consultant
Pediatric Neonatology
Al Resalah Medical Center (RMC)

SCAN QR CODE FOR REGISTRATION



8 am - 3 pm



24 Nov 2024 (Sunday)



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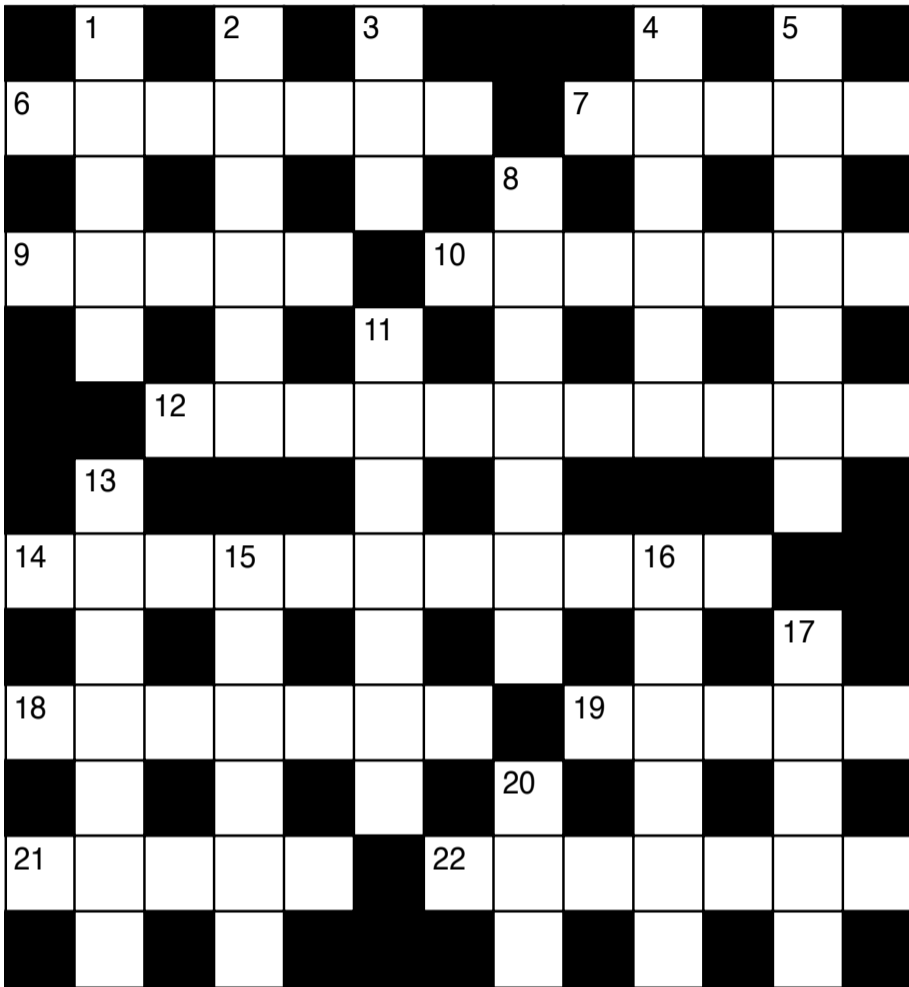
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Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 6. Echo (7)
- 7. Convenient (5)
- 9. Hurry (5)
- 10. Liberty (7)
- 12. Outlay (11)
- 14. Agreeing (11)
- 18. Assert (7)
- 19. Answer (5)
- 21. Material (5)
- 22. Gather (7)

DOWN

- 1. Rot (5)
- 2. Whirlpool (6)
- 3. Tavern (3)
- 4. Aptitude (6)
- 5. Put off (7)
- 8. Forecast (7)
- 11. Merrymaking (7)
- 13. Receives (7)
- 15. Exaltation (6)
- 16. Irritate (6)
- 17. Courage (5)
- 20. Intimidate (3)

who, what, where, when

- WHO ... coached Holland in the 2006 FIFA World Cup Finals?
- WHAT ... nationality was the poet Georg Trakl?
- WHERE ... in South America is the lake Poopo?
- WHEN ... was the Nobel Prize in Economics first awarded?
- WHO ... were the three Erinyes in Greek mythology, known by the Romans as the Furies?
- WHAT ... type of creature is a tigon?
- WHERE ... in Europe is the city of Dornbirn?
- WHEN ... did the German film director Rainer Werner Fassbinder die?

just so

ca12"mp ca12"mp

derdnuh

chance

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Proclivity; 7 Right; 8 Curdled; 10 Dynamite; 11 Bias; 13 Garish; 15 Handle; 17 Oast; 18 Wireless; 21 Servant; 22 Tutor; 23 Periodical.

Down: 1 Pagan; 2 Optimism; 3 Locate; 4 Vary; 5 Tallied; 6 Prodigious; 9 Dispensary; 12 Majestic; 14 Reserve; 16 Tinted; 19 Extol; 20 Taxi.

JUST SO: Not a moment too soon, Quick on the uptake, Mirror mirror on the wall, American beauty

WHO, WHAT, WHERE, WHEN:

Henry Green; A dowry brought by a bride to her husband; England; 1964; Van Der Graaf Generator; 1455; Lithuania; 1813.

Darn Tough Sudoku

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

Your work pad space ...