

# ON TRACK TO SHOW WE CARE



RACE: The BIC will be the venue of the charity event

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

**M**ENTAL health advocates and charitable champions from Bahrain will be coming together next month to support F1 legend Sir Jackie Stewart's international charity tackling a disease that will, at some point, affect up to one in every three people worldwide.

Taking place at the Bahrain International Circuit (BIC) on Saturday, April 5, the One Lap Challenge in support of Race Against Dementia is being organised by the British Embassy in collaboration with Formula 1 and the Bahrain Olympic Committee.

"I am proud that BIC can host this important event to support Race Against Dementia," the circuit's chief executive Shaikh Salman bin Isa Al Khalifa told *GulfWeekly*.

"As one of F1's official charities, it is a reminder of the many good causes that motorsport supports and we are delighted to be able to play our part in that.

"We look forward to welcoming fans from all over the kingdom to the BIC on April 5, as we build the



Sir Jackie

## RACE AGAINST DEMENTIA

excitement for the Grand Prix weekend."

Adults are required to pre-register for a nominal amount of BD5, while those under the age of 13 can participate for BD2 each, with all funds directly going to the Race Against Dementia charity.

Doors will open at 8.15am, people can watch the qualifying race for the Japanese Grand Prix on giant screens from 9am, and the event itself will start at 10.15am and run until 11.40am, along the Grand Prix track at the BIC.

Water will be provided and food trucks will be present in

the car park before and after the event.

Adults can complete the challenge by walking or running, while children are also permitted to use self-propelled scooters.

Bicycles and anything with electric or motor propulsion will not be allowed.

Race Against Dementia is a global charity founded by Sir Jackie Stewart OBE after his wife, Helen, was diagnosed with frontotemporal dementia.

"Race Against Dementia is built on the same mindset that drives Formula 1 - teamwork, innovation, precision and resilience," Race Against Dementia chair of the trustees Mark Stewart added.

"It is the mentality my father, Sir Jackie Stewart, instilled in our researchers to push for faster breakthroughs.

"I'd like to personally thank the British Embassy in Bahrain, the BIC and the great people of Bahrain for supporting this vital cause.

"I am looking forward to attending this incredible event. Together, we can accelerate progress in the race for a cure."

Dementia is a group of symptoms affecting memory, thinking and everyday tasks, caused by conditions like Alzheimer's disease,



CHALLENGE: The event poster

frontotemporal dementia and Lewy body dementia.

There are more than 200 types, and symptoms worsen over time.

Around 55 million people worldwide suffer from dementia, and without new treatments, one in three people born today will die with dementia.

"Sadly very few people have been spared seeing a friend or family member afflicted by dementia," British Ambassador Alastair Long explained.

"Race Against Dementia does incredible work and

I hope people will turn out in force to support this good cause while enjoying Bahrain's impressive race circuit."

The charity has so far invested more than £11 million (BD5.3m), funding more than 129,000 research hours and 21 researchers, with 212 academic papers published.

Since 2023, it has had a presence at multiple F1 Grands Prix, raising funds and awareness of the disease.

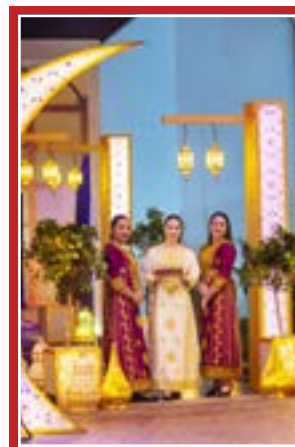
Visit <https://teambahrain.bh/race-against-dementia/> to register.



GOING STRONG  
Down Syndrome Day  
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RAMADAN FASHION  
What's trending?  
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LEISURE SCENE  
Star-lit soirees  
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PULSE OF POP  
TV, books & more  
SEE PAGE 6



# Breaking barriers



COMMUNITY REPORT  
By MELISSA NAZARETH  
melissa@gdnmedia.bh

**M**ORE employment opportunities for people of determination, expanded integration of children with Down syndrome in mainstream classrooms, and a new centre for the talented individuals and their families are on the cards, Bahrain Down Syndrome Society (BDSS) executive manager Ahmed AlAli has highlighted, coinciding with World Down Syndrome Day tomorrow.

The society established in 1998 has, over the past few years, accomplished significant milestones - from integration of children with the genetic condition in government schools to successfully training and securing jobs for 40 Bahrainis in various sectors like banking hospitality, insurance, oil and gas, and more.

"This year, the society plans to train and recruit 10 new candidates in new sectors, such as technology, arts and motor showrooms, to provide more diverse employment opportunities for adults with Down syndrome," Mr AlAli told *GulfWeekly*.

"BDSS aims to partner with more governmental and private schools, ensuring they receive the support they need to thrive academically and socially. The integration programmes have enabled children with Down syndrome to learn alongside their peers, fostering a culture of acceptance and understanding from a young age.

"We are also working with the Social Development Ministry towards providing a comprehensive special needs complex, which will be located either in Aali or Isa Town and serve as a hub for activities, training, and support services for individuals with Down syndrome and their families," he added.



CREATIVE: Maryam with her peers at the BDSS centre in Adliya, bringing alive her imagination

Down syndrome is a condition in which a person has an extra chromosome or an extra piece of a chromosome that changes how a baby's body and brain develop. It can cause

both mental and physical challenges during their lifetime.

According to the latest reports, the estimated incidence of Down syndrome is between one in 1,000 to one in 1,100 live births worldwide. Each

year, approximately 3,000 to 5,000 children are born with this chromosome disorder.

World Down Syndrome Day is annually marked on March 21 to raise global awareness about the genetic condition and help people understand and support those with Down syndrome better. This year's theme calls on governments

to 'improve our support systems'.

"BDSS has been instrumental in raising awareness through community events, workshops, and media campaigns, which has not only reduced stigma but also encouraged more families to seek support and resources from the society," Mr AlAli noted.

Thanks to the centre's efforts, people of determination have been successfully integrated into the mainstream and their talents honed. Many have even attained recognition on international platforms, making the kingdom proud.

Bahraini Taekwondo champion Nasir Hubail, who has been with the society since childhood, bagged the gold medal from among 70 participants around the world, at the Turkish open PARA Poomsae G-2 Taekwondo Tournament held last month



FIGHTER: Nasir in his element at the First World Para Taekwondo Poomsae Championships held in Bahrain last year

in Antalya, Turkey.

The 16-year-old has always had a passion for martial arts and decided to pursue the Korean form at the tender age of 10.

"I was determined to challenge myself physically and mentally. By watching other athletes overcome their own obstacles, I was motivated to push beyond my limits," the holder of 10 medals across six local and international championships said.

"(As a person of determination), I had to adapt to heavy training, focusing on my strengths and working closely with coaches to develop techniques that suited me. The journey has been both challenging and rewarding, proving that perseverance can help overcome any obstacle," he added.

A student of Alia National School, Nasir is also an avid painter and swimmer, as

the activities allow him to express himself in different ways.

"Swimming gives me a sense of freedom and strength, helping me stay active and pushing my limits. Art, on the other hand, is a way for me to express my creativity and emotions. It allows me to share my perspective with the world," he added.

Bahrainis Maryam Janahi, 18, and Salman Aljishi, 35, have also been members of BDSS since childhood, and, thanks to the society's specially designed activities and training, have exhibited progress in their fields of interest.

"Salman is a wonderful painter and Maryam, who attended Hawar International School, has shown talent in both art and academics," Mr AlAli said, adding that they are ambitious to enter the job market in the society's next recruitment programme.



Ahmed



STROKE OF GENIUS: Salman with his creation



MAKE A SPLASH: Nasir set for a swim in the pool

## SPEAK YOUR MIND

**T**HE Holy Month is a time of prayer and fasting for our Muslim brothers and sisters.

Bahrain comes alive during Ramadan, with people from different walks celebrating the values of the observed festivity, as one, such as abstinence and alms giving, making it a wonderful time to explore 'how acts of service affect mental well-being owing to their positive nature'.

We invite you, our family of readers, to share your views on our March topic, by including your personal experiences, in no more than 100 words.

Email gdnnews@gdnmedia.bh or @gdnonline on Instagram by March 26, and we will publish a selection of the comments - only 'original' entries will be considered for the top submission and win a box of Raw Candy vegan chocolates as a token of our appreciation. Together, let's keep the conversation going!







**FASHION REPORT**  
By JULIA CASSANO  
julia@gdnmedia.bh

# Get your glam on!

**R**AMADAN is a time for reflection and togetherness – and fashion plays a key role in celebrating the holy month with elegance and modesty.

For expatriates, navigating style choices and outfits during this special time, and understanding cultural expectations while embracing contemporary trends, is key.

Whether you are attending iftar gatherings, work or community events, or simply enjoying the festive spirit, bookmark this style guide featuring the latest Ramadan trends.

## KAFTANS FOR ALL OCCASIONS

A versatile piece that's a must-have this season! Opt for rich fabrics such as silk or chiffon, with embellishments like embroidery, beadwork or subtle sequins for a festive touch. These garments, available in a variety of colours and patterns, can be structured or flowy, making them suitable for both casual and formal settings.

Bahrain-based British fashion blogger Jessica Holly believes that it's important to wear an outfit that is appropriate for the occasion,



**ARABESQUE:** Statement necklaces with traditional designs at Manama suq



**QUEEN:** An all traditional look to sport for your next iftar gathering

## ALL THAT GLITTERS

Jewellery plays a key role in elevating any look. Whether you are dressing for an intimate suhoor or an elaborate ghabga gathering, the right accessories can transform your look effortlessly.

Some Ramadan 2025 trends to watch out for include pairing a set of bold earrings to modest outfits – think chandelier, hoops or pearl drop with a plain jalabiya.

A statement necklace, with geometric designs featuring intricate or Islamic patterns, can beautifully complement your Ramadan outfit. Manama suq has many shops offering a variety of Arabesque designs.

Traditional designs in 21-carat gold with pearls are popular this season, according to Bahraini jewellery and gem consultant Shahrazad Murad.

Roshni pointed out that many local jewellery designers are creating lighter more sophisticated designs that can be worn to several occasions.

"They want to preserve the traditional look while coming up with new, fresh designs to keep up with modern trends

while also staying true to your personal style. "I chose a white beaded kaftan for an iftar event I was invited to, and paired it with sparkly accessories for an elegant look," she said. "When choosing a Ramadan outfit, opt for something modest yet stylish such as a maxi dress or tailored trousers with an

abaya," she added, suggesting combining wardrobe staples with traditional pieces.

Indian national and fashion stylist Roshni Raveendran also indicated that this global trend is being reflected by Bahraini designers, who are developing collections that blend contemporary patterns and motifs with traditional detailing.

"We can see a range of jalabiyas, kaftans and abayas, infused with timelessness and cultural elements, as well as pops of vibrant colours," she said

## CAROUSEL OF COLOURS

Soft neutrals like ivory and cream, earthy tones and muted pastels are popular this year, with many well-known



**EARTHY:** Jessica wearing her neutral-toned, sparkly kaftan for an event this Ramadan

and appeal to the young generation," she said.

Harmony Jewels located at Saar Mall and online jewellery brand My Gold Souq has a collection of delicate pieces with Arabesque motifs and lettering.

## LOVE OF LAYERING

Layering is a great way to stay modest, stylish and comfortable during this special time. Since the holy month often falls in warmer months, opt for breathable fabrics such as linen, chiffon and cotton which allow for airflow while keeping you covered.

For a polished look, layer a structured blazer over a long-sleeved dress or tunic. A long vest or sleeveless waistcoat can be a stylish way to layer while keeping the look sophisticated. This is ideal for work settings or formal gatherings.

Sometimes, wearing multiple layers can lose the shape of the look. Adding a belt at the waist can create a more defined silhouette, and this works with abayas and maxi dresses. Scarves are a

versatile accessory that can help with layering, instantly adding elegance, personality and even a pop of colour to a neutral look. A vibrant or patterned scarf can transform a simple outfit, making it more unique and dynamic. You could wear them as part of your hairstyle, a neckpiece, or even as a belt – be creative!



**MODEST:** Elevating a look with a scarf



**COLOUR CONTRAST:** Pairing a full-length outfit with a modern open kaftan



**MODERN:** Jewellery with Arabic lettering from My Gold Souq





# CHIC DINING IN A FLAWLESS SETTING



**ELEGANCE:** An ambience unlike any other

**S**TEP into the enchanting ambience of the Ritz-Carlton, Bahrain's Masaya Pavilion this Ramadan.

It features freshly prepared iftar and ghabga delicacies and a great selection of international live stations, including pistachio kunafeh crepe station, pistachio chocolate fountain and traditional Gulf ouzi.

A mix of global flavours, from local classics to

international favourites, also promises to delight your senses.

Iftar is available from sunset to 8pm at BD40 and ghabga from 9pm to 2am at BD45. Children aged six to 12 enjoy a 50 per cent discount while those under five dine for free.

A special rate is available for groups of 30 and above.

For details, call 17586499 or email [rc.bahrz.restaurant.reservations@ritzcarlton.com](mailto:rc.bahrz.restaurant.reservations@ritzcarlton.com).



**SUMPTUOUS:** Iftar Thali

## THE DOME DELIGHTS

**T**HIS Ramadan, Hilton Bahrain invites guests to indulge in a range of traditional and delicious dishes at The Dome.

Experience a captivating culinary journey with your favourite iftar and ghabga feast.

Enjoy The Dome's spacious indoor and outdoor seating areas and soak in the magical atmosphere.

Iftar, which costs BD25.400net, is available from sunset to 8pm, while ghabga, priced at BD25.400net, is available on weekdays, from 9.30pm

to 1am and on weekends from 9.30pm to 2am.

Children under five eat for free while those aged six to 12 will be charged BD12.705net. Special rates are available for corporate and group bookings.

A special Ghabga Ladies' Night is also available where they can eat and savour the elegant ambience at 50 per cent off every Sunday and Tuesday. Advance booking is required.

For more information or bookings, contact 33692013.



**THE DOME:** Luxurious setting

**I**NDULGE in a range of traditional dishes at the InterContinental Bahrain's Ramadan festivities.

Join the hotel for an unforgettable iftar or ghabga, and with every booking, you'll have a chance to win incredible prizes.

The first prize consists of two economy tickets to Oman and a two-nights' stay at Hotel Indigo Jabal Akhdar, an IHG Hotel, with breakfast included, and the second prize includes two economy tickets to Riyadh and a two-nights' stay at the InterContinental Durrat Al Riyadh, an IHG Hotel, inclusive of breakfast.

A one-night stay for two guests inclusive of breakfast at the InterContinental Al Khobar is also up for grabs.

Guests have the chance to win a gorgeous blue topaz pendant, set in yellow gold to highlight its purity, from Al Majarah Jewellers, a heritage brand renowned for its exquisite craftsmanship.

Call 36967701 to reserve your table and enter the Ramadan raffle.

Break your fast with the hotel's luxurious buffet, live cooking stations, authentic delicacies and a variety of international flavours, everyday, from sunset to 8.30pm. It costs BD24net per person.

Delight in a lavish ghabga buffet, featuring culinary masterpieces and global delicacies, everyday from 9.30pm to 1am. It costs BD20net per person. Children aged six to 12 can enjoy both iftar and ghabga for BD10net and those below six eat for free.

Meanwhile, ladies can benefit from a 50 per cent discount on iftar and ghabga every Monday, from sunset to 8.30pm and 9.30pm to 1am. Children aged six to 12 eat for BD10 and those below six dine for free.

Exciting prizes have also been lined up for women during Ladies' Night on Monday, with



**STUNNING:** Blue topaz pendant from Al Majarah Jewellers

## BUFFET AND RAFFLE FUN FOR FAMILIES



**SUCCULENT:** Grilled meat in the lavish buffet

Desert Diamonds jewellery or an exquisite brunch experience up for grabs.

Meanwhile, the hotel's Al Rifaa ballroom has been beautifully transformed to offer an exclusive Ramadan setting for a variety of occasions. Prices start at BD14.

Elevate your iftar or ghabga with delicious catering that brings traditional flavours directly to your house. Group bookings are available for 30 guests or more; prices vary based on requirements.

To make a booking or for more information, contact 32300704 or email [convention.icbahrain@ihg.com](mailto:convention.icbahrain@ihg.com).





Green

What's on  
guide by  
Julia Cassano



TRADITIONAL:  
Arabic coffee



SWEET:  
The  
dessert  
counter

## ROYAL GOLF CLUB IS SERVING UP TREATS

**F**OR a delightful Ramadan celebration, filled with stunning décor and delicious food, look no further than the Royal Golf Club's Layali Al Riffa Tent.

The luxurious facility will serve a variety of traditional and contemporary foods, specially prepared by expert chefs for iftar and ghabga. It costs BD12net per person for iftar and BD14net per person for ghabga. For more information, contact 32184647.



## A FEAST TO REMEMBER AT SHERATON BAHRAIN

**T**HE Sheraton Bahrain Hotel has lined up a spectacular feast at its newly-designed Al Taj Ramadan Tent.

Indulge in its extensive daily traditional iftar and ghabga buffets, featuring live cooking stations that serve all your favourite Ramadan dishes.

From aromatic Arabic dishes to delicious international creations, expert chefs will prepare a variety of culinary delights fresh before your eyes, allowing you to savour the authentic flavours, making this

season truly special.

Gather with family and friends for a memorable ghabga evening, filled with live entertainment to enhance the ambience.

The iftar buffet costs BD22+++ per person from sunset to 8pm, and ghabga costs BD24+++ per person from 9.30pm to 2am.

Children aged six to 12 receive a 50 per cent discount, while those under six dine for free for both events.

For bookings, contact 17533533, 38885431 or email Dining.bahsi@sheraton.com.

## FLAVOURS INSPIRED BY THE SEASON

**I**MMERSE yourself in a celebration of luxury and tradition at the Four Seasons Hotel Bahrain Bay, which has lined up exclusive festivities for Ramadan.

Visit the hotel's Ramadan tent for iftar and ghabga and dig into a vibrant spread of Arabic and international cuisines, an extensive buffet and live stations including delectable Bahraini classics such as lamb ouzi and machboos.

The dessert selection includes Arabic sweets such as cheese kunafeh, Bahraini halwa and um Ali.

Live musical performances will also be held, with an oud player serenading guests on the outdoor terrace during ghabga.

Iftar, from sunset to 8pm, costs BD37 per person, inclusive of water, juices, Arabic coffee and tea.

Children aged six to 12 dine for BD20 while those under six can enjoy for free.

Ghabga, from 9pm to 2am,



AT YOUR SERVICE: The finest mezze and mains at the Premium Experience

is priced at BD40 per person - both in the ballroom section during the week, and in the tent from Saturday to Wednesday. On Thursdays and Fridays, it costs BD44 per person in the tent section, inclusive of juices. It's priced at BD20 for children aged six to 12, and is free for those under six. A Premium Experience is

also offered at the tent from 9pm to 2am.

It features exclusive service and a full table of the finest mezze and mains, complemented by the option to select additional dishes from the extensive buffet. The cost is BD55 per person for a minimum of four people and BD220 for three people or less.

Guests are also invited to experience an exceptional stay in the hotel's luxury rooms and suites throughout Ramadan with exclusive offers, including 15pc savings on stays of two nights or more and 25pc savings on five nights or more.

For more information, contact 17115070.

## 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. Which comet, last spotted in 1986 is visible from Earth once every 76 years?
2. New York is known as the 'what' state?
3. Which cat species is the third-largest after the tiger and the lion?
4. Shehab Abdullah became the first Bahraini wrestler in Japan. What is his wrestling name?
5. The first Dan Brown book made into a movie was called?
6. Who played Mr Brown in the film



Reservoir Dogs?  
7. What is the most popular car colour worldwide?

- ANSWERS**
1. Halley's Comet
  2. The Empire State
  3. Jaguar
  4. The Black Sheep
  5. The Da Vinci Code
  6. Quentin Tarantino
  7. White

## CLUB TO HOST ITALIAN NIGHT

**H**EAD down to the British Club Bahrain to enjoy its wonderful weekend brunch.

The premium package costs BD35 for members and BD39 for non-members, while the food-only package costs BD14 for members and BD17 for non-members. The event takes place tomorrow, March 21, from 2pm to 6pm.

Children aged between seven and 17 pay BD8, while children below six eat for free.

On Wednesday at 6.30pm, the club will host an all-inclusive Italian Night on the terrace.

Early bird bookings cost BD15 for members and BD17.500 for non-members, while day-of bookings cost BD17.500 for members and BD20 for non-members.

The food only package costs BD10 for members and BD12.500 for non-members.

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

## DINING AT DILMUN

**G**ATHER your family and friends and head down to the Dilmun Club in Saar for an array of delicious dining experiences.

Indulge in any curry and a beverage on Monday for BD5.500.

On Tuesdays, guests can enjoy a pie and a beverage for BD5.

The club also hosts its steak night every Wednesday, which costs BD20 for two

steaks and a beverage.

The club's famous brunch will also be held tomorrow, from 1pm to 5pm, along with live music.

It costs BD18 (all inclusive), BD12 for food only and BD6 for children aged above six. Don't miss out on the club's Saturday Roast. Guests can enjoy a full carvery buffet, from noon to 4pm for BD5.500.

For bookings, call 17690926.

## QUIZ CHALLENGE

**T**HE Bahrain Rugby Football Club will stage their Quiz Night every Wednesday, from 7pm, all of this month.

It will be hosted by

GulfWeekly's quizmaster and Radio Bahrain RJ Shannon Crockett, and costs BD10 for each team of up to six. Limited spaces are available. For more information, call 17695809.



# Pulse of Pop

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



MYSTERIOUS: The series' poster

## MYSTERY IN THE WHITE HOUSE

**C**OMEDY mystery drama television series *The Residence* is out now on Netflix.

The show revolves around detective Cordelia Cupp (Uzo Aduba) who arrives at The White House to solve a murder mystery involving its

staff. The case is complicated – there are 157 suspects, 132 rooms and one disastrous State Dinner.

Along with the help of her trusted sidekick, FBI Special Agent Edwin Park, played by Randall Park, the eccentric detective will go on a mission to find out exactly

who is responsible for the crime.

“*The Residence* is honestly a lot of things,” creator Paul William Davies said in an interview. “It’s funny, it’s suspenseful, it’s clever, it’s totally farcical in places, it’s genuinely romantic in others. As a murder mystery, what

I think really makes it fresh and unique is Cordelia Cupp. She’s just special.”

The show is also set to pay tribute to the late actor Andre Braugher, famous for his role in comedy series *Brooklyn Nine-Nine*, who was originally cast as A B Wynter, the White

House Chief Usher, and later replaced by Giancarlo Esposito.

Uzo will lead a sprawling cast that features Randall, Giancarlo Esposito, Susan Kelechi Watson, Jane Curtin, Jason Lee, Ken Marino, Al Mitchell, Edwina Findley, and so many more.

## MOVIE TIME

**H** EAD down to CINECO Seef to watch an array of English-language films being shown this weekend.

**CLEANER (2025) (15+)**

Hoping to expose corruption, radical activists take 300 hostages at an energy company’s annual gala in a high-rise building. Their cause soon gets hijacked by an extremist within their ranks who’s ready to kill everyone.

Actors: Daisy Ridley, Clive Owen, Taz Skylar  
Timings: 3pm, 9pm, 11pm

**PADDINGTON IN PERU (PG)**

When Paddington discovers his beloved aunt has gone missing from the Home for Retired Bears, he and the Brown family head to the jungles of Peru to find her. Determined to solve the mystery, they soon stumble across a legendary treasure as they make their way through the rainforests of the Amazon.

Actors: Hugh Bonneville, Emily Mortimer, Julie Walters  
Timings: 12.45pm, 6.45pm

**A** MERICAN indie pop band *Japanese Breakfast* are releasing their fourth studio album *For Melancholy Brunettes (and Sad Women)* tomorrow.

The musical creation tackles the concept of ‘melancholy’ as portrayed in literature.

Throughout the making, lead singer Michelle Zauner explored European romanticism, Greek mythology and gothic romance classics, including Charlotte Bronte’s *Jane Eyre* and Emily Bronte’s *Wuthering Heights*, which is reflected in the music.

“Based on what I was reading and the art I was consuming, it (the album) became like a series of moral tales about people who lose the balance of their lives and are lured by temptation,” Michelle said in an interview.

The project is also set to mark the band’s return to examining dark and moody themes. Their third album *Jubilee* (2021), which earned a Grammy nomination for best alternative music album, explored happier feelings than earlier works. The frontwoman is also known for her bestselling 2021 memoir *Crying in H Mart*, where she wrote about grieving her mother’s death.

Alongside Michelle, the band consists of Peter Bradley (guitar), Deven Craig (bass) and Craig Hendrix (drums, keyboards, backing vocals).



POETIC: Michelle

## MELANCHOLIC MELODIES

## A DYSTOPIAN TALE

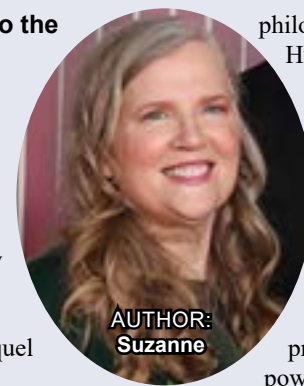
**A** NEW addition to the *Hunger Games* book series, entitled *Sunrise on the Reaping*, by Suzanne Collins is out on shelves.

Taking place in Panem, a North American country consisting of a wealthy Capitol and 13 districts, the dystopian second prequel also revolves around the life-or-death competition, where ‘tributes’ fight until one remains.

The latest release tackles the 50th annual Hunger Games from the perspective of Haymitch Abernathy from District 12, who wishes to live a simple life.

However, his dreams are shattered when he is called to participate in the deadly game.

“With *Sunrise on the Reaping*, I was inspired by (Scottish



AUTHOR: Suzanne

philosopher) David Hume’s idea of implicit submission and, in his words, ‘the easiness with which the many are governed by the few,’” Suzanne wrote on her website.

“The story also lent itself to a deeper dive into the use of propaganda and the power of those who control the narrative. The question ‘Real or not real?’ seems more

pressing to me every day,” she added.

The main *Hunger Games* book trilogy rose to popularity following its film adaptations released from 2012 to 2015. They were followed by the 2023 film *The Hunger Games: The Ballad of Songbirds & Snakes*, based on the namesake prequel book released in 2020.







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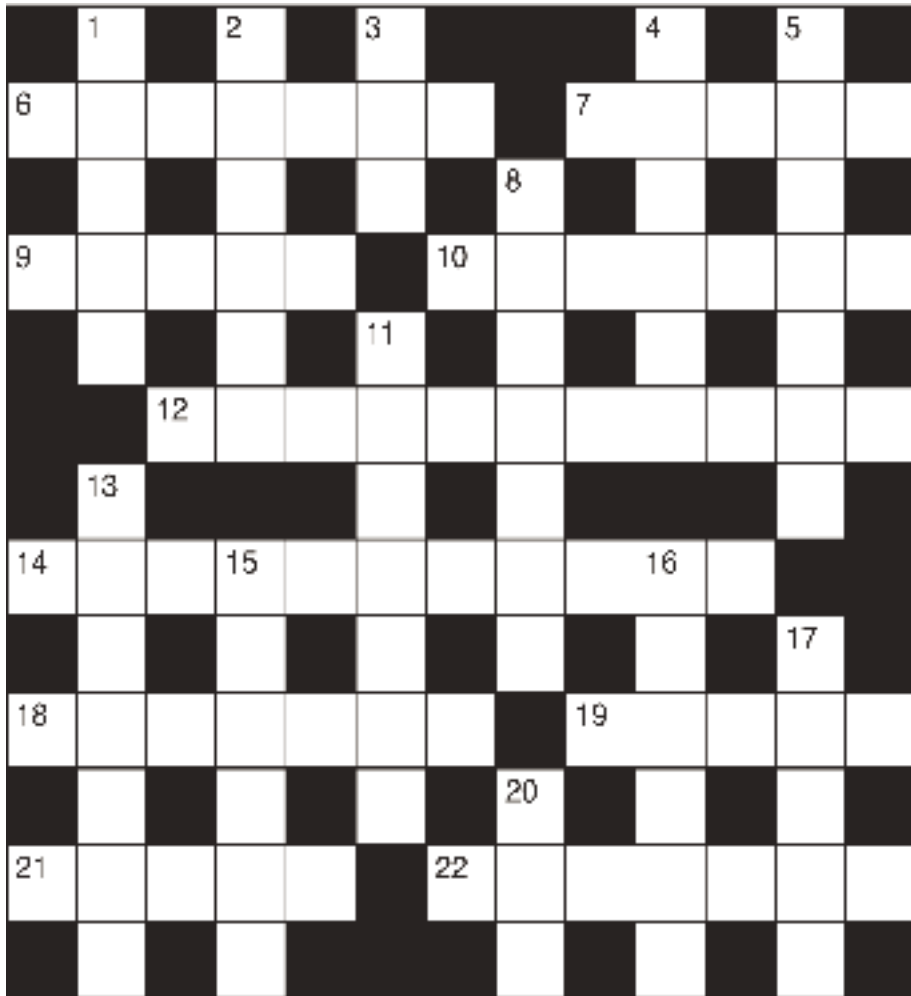
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# Time Out



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## crossword break



Solutions in next week's issue.

### ACROSS

- 6. Spear (7)
- 7. Plank (5)
- 9. Mantle (5)
- 10. Aid and abet (7)
- 12. Unconcerned (11)
- 14. Mawkish (11)
- 18. Rapture (7)
- 19. Endure (5)
- 21. Cut (5)
- 22. Terse (7)

### DOWN

- 1. Wire (5)
- 2. Keep waiting (6)
- 3. Slash (3)
- 4. Bend (6)
- 5. Thwart (7)
- 8. Limit (7)
- 11. Sack (7)
- 13. Instructor (7)
- 15. Giggle (6)
- 16. Deed (6)
- 17. Caper (5)
- 20. Tank (3)

### who, what, where, when

- WHO...wrote the novels The First Horseman and Trance State?
- WHAT...is the capital of Jamaica?
- WHERE...is the Bloc Québécois a federal political party?
- WHEN...was the dictator Benito Mussolini shot and killed?
- WHO...was runner-up in The Rileys Club Masters snooker tournament in February 2005?
- WHAT...is the approximate population of New Zealand - 4 million, 8 million or 12 million?
- WHERE...are the towns of Great Yarmouth and Caister-on-Sea?
- WHEN...did Don McLean have a UK No. 1 single with the song Vincent?

### just so

old old old old x sake

tjovsrhveit

JULY & AUGUST

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## 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

4	2	8	7	9	5	3	1	8
9	5	1	2	3	0	4	8	7
8	7	3	1	4	8	2	5	9
6	4	8	5	1	2	9	7	3
7	1	9	8	3	5	4	2	
2	3	5	9	7	4	6	8	1
1	8	2	4	8	9	7	3	5
3	9	7	8	5	7	1	2	6
5	8	7	3	2	1	8	9	4

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

darn tough sudoku

5	4	3	11	2	8	6	1	7
1	7	3	5	6	8	1	4	
9	5	8	1	4	7	5	2	3
1	1	9	8	3	2	7	5	
2	8	8	5	7	1	4	3	9
3	7	5	2	1	4	1	8	6
8	5	1	7	3	2	9	4	8
7	8	4	8	1	5	3	8	2
8	3	2	4	6	9	7	1	1

Sudoku

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

Sudoku

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

### Last Week's Leisure Solutions

#### CROSSWORD BREAK:

- Across:** 1 Reorganise; 7 Uncle; 8 Fervent; 10 Lopsided; 11 Sham; 13 Botany; 15 Bonnet; 17 Lard; 18 Disquiet; 21 Origami; 22 Igloo; 23 Gratuitous.
- Down:** 1 Recap; 2 Obedient; 3 Gifted; 4 Norm; 5 Stephen; 6 Hullabaloo; 9 Temptation; 12 Mosquito; 14 Terrier; 16 Bikini; 19 Idles; 20 Cant.
- JUST SO:** A month of Sundays, A square deal, A vicious circle, Blind with science.
- WHO, WHAT, WHERE, WHEN:** Red; Sweden; July 15; Stanley Kubrick; French; Devon; 1973.

Darn Tough Sudoku

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

Your work pad space ...