

Gulf Weekly

The community newspaper at the heart of Bahrain

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COMMUNITY REPORT
By MELISSA NAZARETH
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BAHRAIN Garden Club is set to premiere at the RHS Chelsea Flower Show 2025, which will be staged in London next month, marking its 60th anniversary, with a floral installation nodding to the kingdom's rich heritage.

This is also the first time a society affiliated to the Royal Horticultural Society (RHS) has been invited to the international event, which was first held in 1913.

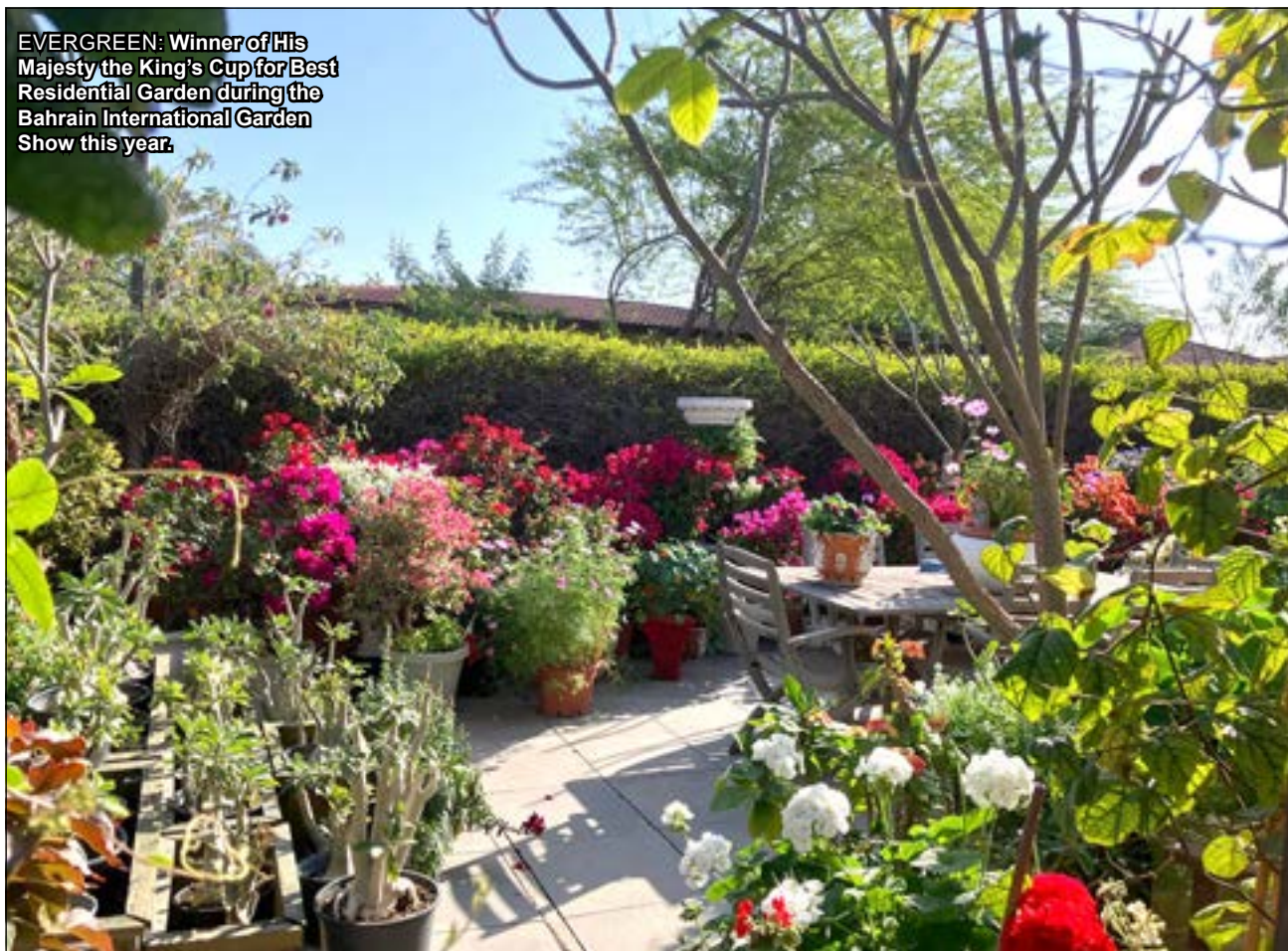
The Bahrain Garden Club (BCG) team comprising seven of the board members will attend the event, speaking to visitors about the kingdom's horticulture projects, in addition to exhibiting at the show and educating enthusiasts on the topic through flyers and brochures.

"As a professional in the field of horticulture, I can say that gardening nourishes the soul and is a way to preserve the planet," BCG president Zahra Malik, who has committed her time and efforts towards BCG for the last 40 years and been the chairperson for the last 16 years, told *Gulf Weekly*.

"In 2019, when the board members had an audience with His Majesty King Hamad, who is the club's patron, I mentioned to His Majesty that we wish for the club to participate in Chelsea as an exhibitor.

"Two years ago, four board members attended the Chelsea Flower Show, thanks

EVERGREEN: Winner of His Majesty the King's Cup for Best Residential Garden during the Bahrain International Garden Show this year.



Bound by blooms

to the financial support of His Majesty's court. I started working towards the possibility of BGC taking part in 2025 on the occasion of the club's Diamond Jubilee. We're the first affiliated club in the history of RHS to be part of the 112-years old show," she added. Founded more than 200

years ago, RHS is the UK's gardening charity comprising a diverse community of gardeners, supporters, volunteers, visitors, students and scientists passionate about spreading the joy of gardening.

The Chelsea Flower Show, running from May 19 to 24, will feature garden

designs and floral displays, and provide visitors and enthusiasts exclusive shopping avenues.

"The board decided that the club would exhibit a floral installation, which will feature elements from Bahrain's heritage," BCG executive board member and gardening enthusiast Irina



CELEBRATING 60: A display at the Bahrain Garden Show

Averinos noted.

"We will use seasonal flowers and sea- and desert-inspired designs," the Russian expatriate and reputed artist, who has volunteered at BCG for over a decade, added.

"Bahrain is known as the island of a million palm trees, which is such an iconic symbol of the culture here, and will feature in our exhibit. Traditional handicrafts like basket weaving will also be included."

Established in 1965, BGC works to raise awareness and interest in gardening. It also aims to improve existing gardening methods, and provide a platform for exchanging information and experiences, through educational programmes and workshops for all ages, including the popular annual Bahrain International Garden Show staged in February.



VIBRANT FACES: Zahra, fifth from left, and Irina, second from right, with other Bahrain Garden Club board members

Bahrain Garden Club team

- **Zahra Malik:** Chairperson and horticultural consultant from Kuwait
- **Tahera Jaber:** Vice chairperson and nurse from Bahrain
- **Amal Al Zayani:** Programme co-ordinator and interior designer from Bahrain
- **Kareema Khoury:** Treasurer and biologist from Bahrain
- **Thuraya Al Mansoori:** Executive secretary and engineer from Bahrain
- **Irina Averinos:** BCG English media coordinator, newsletter - Dalyah - editor and engineer from Jordan-Russia
- **Sossie Mahoney:** Workshop co-ordinator and event manager from the US



ACT OF RESILIENCE
New play to stage
SEE PAGE 2



GET HOOKED!
InterContinental fare
SEE PAGE 3



LEISURE SCENE
Best dining deals
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PULSE OF POP
Music, books & more
SEE PAGE 6

I have a dream!



DRAMA REPORT
By NAMAN ARORA
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A new Hindi-language theatrical play centred on the resilience and ambition within each of us as well as the importance of community and friendship is set to take centre stage later this month.

Daadi Ma Ka Putla (Hindi: The effigy of grandmother) will be staged on May 16 at 7pm at the Cultural Hall in Manama, located near the Bahrain National Museum.

"This story was inspired by the everyday determination of ordinary people," writer and director Anupam Ramesh Kinger told *GulfWeekly*.

"It's not based on a single incident, but rather a reflection of the universal struggle to achieve one's dreams.

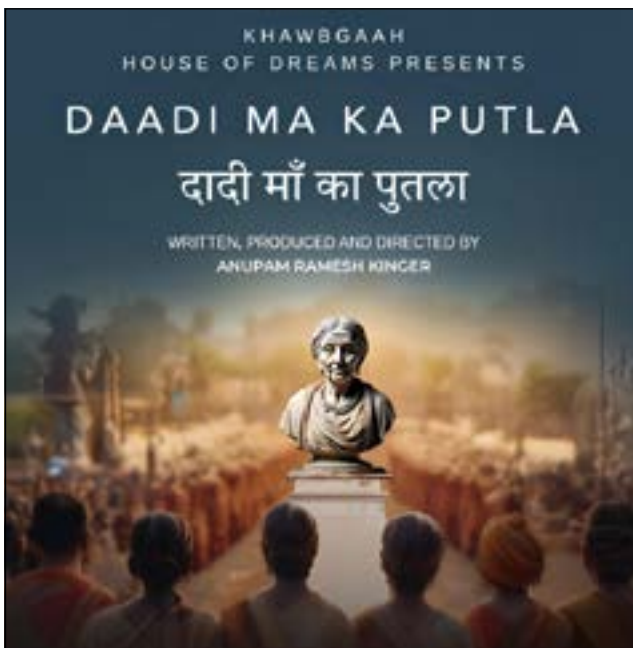
"I hope the audience leaves believing that anything is possible with conviction, commitment, and sincere effort."

Produced and staged by Khwabgaah Production, *Daadi Ma Ka Putla* tells the inspiring story of a humble villager with big dreams, in a narrative woven with themes of patriotism, friendship and the strength of community.

More than just the journey of one man, Ram Khilavan, the story reflects the spirit of resilience and ambition that lives within each of us.



RESILIENCE: A scene from the play



DRAMA: The play's poster

The play's structure is comprised of 10 interlinked stories that converge to form the central plot.

Written, produced, and directed by Anupam, the play showcases an ensemble of Bahrain-based talent and tells a powerful, multi-layered story rooted in hope, struggle and community spirit.

The cast includes Rahul

Ingle, Anagha Sandeep Parkhi, Gopal Krishna Mishra, Abhiruchi Jain, Sanjay Dey, Pankaj Jain, Shruti Sharma, Arun Nagendra, Prashant Singh, Priya Singh, Vikas Katiyar, Sanjeev Sharma, Arpita Mehrotra, Mohammed Omar, Bhagirathi Pania, Dinesh Namdeo Vedak, Anurag Sharma, Snehlit Wankhade,



GEARING UP: Anupam, right, rehearsing a scene with two of the actors in anticipation of the play



AMBITION: Two of the actors who are involved in one of the 10 stories that come to a crossroads in this play

Abhishek Gawde and Bhupendra Pathak.

Notably, *Daadi Ma Ka Putla* will be performed without a traditional set, relying on lighting, sound, and movement to convey setting and mood.

Stage setup and lighting will be handled by Saptarshi Bhowmick, with music direction by Chiro Ghosh.

"This has been both the greatest challenge and the most rewarding aspect of the production," Anupam added.

"Behind the scenes, the rehearsal process has been filled with memorable moments - actors forgetting lines, spontaneous laughter, and heartfelt bonding through impromptu jam sessions.

"These experiences have strengthened the camaraderie among cast and crew, contributing to the magic of the performance."

Indian Ambassador Vinod K Jacob will be the chief guest at the May 16 performance. He will be joined by Royal Humanitarian Foundation (RHF) secretary-general Shaikh Ali bin Khalifa bin Mohammed Al Khalifa.

Khwabgaah is aiming to fill the 600-seat Cultural Hall, with proceeds from the tickets set to be donated to RHF, supporting its charitable initiatives.

"We bring people together through the shared joy of theatre," Anupam noted.

The production house is also offering complimentary front-row seats to senior citizens over 70, and inviting retired military personnel living in Bahrain.

The theatre group's last performance *Shambo aur Mani* drew more than 500 stage fans. The tickets are priced at BD10 and donor passes are available for BD25. Delivery of tickets is available.

For more details and to purchase tickets, contact 39660179.



SPEAK YOUR MIND!

MAY is mental health awareness month, a wonderful time to take stock of our wellbeing.

It's also the ideal opportunity to rethink lifestyle habits, especially those that greatly impact how we feel.

This month, in *GulfWeekly*'s ongoing *Speak Your Mind* series, we explore how overexposure to gadgets, especially social media, affects mental health.

We invite you, our family of readers, to share your views by including your personal experiences in not more than 100 words.

Does mindless scrolling set you on a

downward spiral? Why do you still choose to do it? How does comparing someone's 'red carpet moments' online with your 'greenroom era' make you feel?

Have you been crippled by screentime guilt?

Email gdnnews@gdnmedia.bh or comment @gdnonline on *Instagram* by May 28, 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!



GOURMET REPORT

By MELISSA NAZARETH
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OCEANIC wonders were on display at InterContinental Bahrain's newly launched seafood night, The Hook, offering my dining companions and me the perfect start to our weekend.

The sheer variety on offer at this 'upmarket' event – fresh catch like lobster, oysters, sea bream, salmon and more, and a wide range of appetisers and mains – dazzled us, to say the least.

The dim-lit ambience and intimate setting at Regency Tent on the first floor of the property immediately put my 'partners in brine' and me at ease. I sprinted to the raw bar, which was the star of the evening. Our generous hosts offered to cook my selection of the golden seafood according to my preference – grilled or fried. I decided to place my trust in the able hands of the chefs, who certainly did not disappoint.

While my food was being cooked, I checked the rest of the items, including clams, cockles, a variety of local and international fish, and shrimp that were almost the size of my hand! I might have to return to InterContinental Bahrain to taste what I could not this time.

I decided to be brave and try my first oyster. Pushpa, at the buffet counter, effortlessly shucked the mollusc right in front of my eyes and gave it a quick rinse to get rid of the excess salt. I topped my oyster with the classic lemon juice, which lent it a desired tang without overpowering its delicate flavours – a gentle savouriness enveloped in umami goodness. That I did not stop at one is a testament to how much I enjoyed it.

Poached shrimp and shellfish were also available,

SPOTLIGHT: Crispy skin with melt-in-your-mouth fish to enjoy



IMMACULATE: Presentation by the creative talents at InterContinental Bahrain

which I relished as much as the rest of the items. By this time, our grilled food was ready and served at our table. I seldom run out of words but one bite and I was speechless. The lobster stole the show for me with its springy, yielding texture and a sweetness so balanced with the saltiness of the sea that it was a party in my mouth.

My grandmother, who loved seafood with a fervent passion, always said that the

litmus test of any seafood's freshness is how it tastes when it is not doused in spices and aromatics. I fully understood what she meant that evening – these marine treasures in their purest form were steeped in flavour.

You cannot have a seafood night without sushi and The Hook features a dedicated counter for these Japanese creations.

A heads up - bring a jacket because it can get



DECADENT: Desserts to die for

a bit chilly after a while. We were impressed by the mindfulness of our hosts to keep everything fresh and hence, lower the temperatures at the venue.

We further whetted our appetites that were already aroused with all of this goodness, tucking into items from the impressive salad bar. Surprise, surprise... there were plenty of themed creations like salmon Cobb and seafood Caesar. The Dill

Salmon, Beetroot Salmon and Citrus Salmon slivers beckoned for repeats and I obliged. The presentation on some of the dishes was impressive, like the Southeastern Pickled Shrimp appetiser served in an immaculate shell.

I recommend the salmon and mango tacos and mini seafood burritos, which lent a fun Mexican spin to the buffet. I particularly enjoyed the seafood chowder – a

The lobster stole the show for me with its springy, yielding texture and a sweetness so balanced with the saltiness of the sea that it was a party in my mouth.

rustic dish elevated by potent oceanic juices.

For mains, I chose to stick to a comforting plate of white rice drowned in a flavour-packed Seafood Laksa Curry. A Malaysian creation made with a bunch of aromatics and coconut milk, it had a flavour profile that was close to fish curries from my hometown, Mangalore in India - only better.

There were many Arab creations like Fish Sayadieh and Shrimp Machboos – I had to try one spoon of the latter despite being full because the aroma was irresistible.

Those looking for a surf and turf experience can tuck into traditional dishes like Madrouba Rubiyan or even modern classics like Grilled Chicken Breast in Mushroom Sauce, and international creations like Beef Sofrito.

Desserts displayed on a separate counter ended our enjoyable sojourn and although there was a delightful mix of Arabesque and international sweeties, I stuck to some fruit and a slice of decadent carrot cake, which was moist and airy.

If you love seafood or are looking for a place to start exploring this genre of cuisine, I recommend heading to InterContinental Bahrain and experiencing The Hook, which runs every Thursday from 6.30pm to 10.30pm. If you spot me there, say hi!

For bookings, call 36967701.



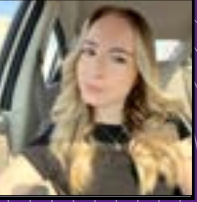
LET'S ROLL: The sushi on display at the buffet counter



OCEANIC: Crustaceans up for grabs

Leisure Scene

What's on guide by
Julia Cassano



DELICIOUS:
Dishes at Le
Jardin



COLOURFUL: A culinary
masterpiece by Chef Daniel



MOUTHWATERING FLAVOURS OF KUSHIYAKI AT RITZ

HEAD down to the Ritz-Carlton Bahrain for a fantastic weekend filled with delicious beverages and food.

Savour the flavours of Kushiyaiki, the Japanese art of grilling. Relax and unwind with Le Jardin's signature take on this timeless tradition.

From the sizzle of skewers to the serenity of the sea, every moment

is designed to delight.

Explore the a la carte menu and the venue from Wednesday to Saturday, 1pm to 9pm.

Join Cantina Kahlo for a feast of bold flavours and festive vibes as the spirit of Mexico is brought right to your table. Dig into an array of mouthwatering dishes made with authentic ingredients.

In addition, guests can enjoy the lively rhythms of a mariachi band,

creating the perfect backdrop for an unforgettable Brunch Fiesta. It costs BD35 per person, including soft beverages and BD45 inclusive of selected beverages, tomorrow, May 2, from 1pm to 4pm.

Indulge in the thrill and excitement of Gamenights at La Plage where you can watch the matches on multiple screens while enjoying great food and company. The menu is priced a la carte.

Treat yourself to an unforgettable evening with Plum's perfectly grilled Angus tomahawk steak, expertly paired with a premium bottle of grape beverage.

Experience a luxurious dining affair that is sure to delight your senses, on Tuesday, from 7pm to 11pm, at BD69.

Discover the exquisite flavours of southeast Asia with Thai Lounge's

exclusive menu, featuring a perfect fusion of vibrant flavours and refined techniques. The dishes will reflect Masterchef 2021 champion Chef Daniel Lee's skill and deep passion for Southeast Asian cuisine.

Priced a la carte, it is available everyday from 1pm to 10pm.

For bookings, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

STEAK NIGHT AT DILMUN

GATHER with your family and friends at Dilmun Club in Saar for an array of decadent 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.

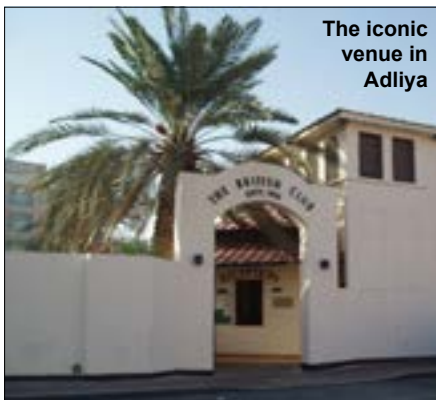
Don't miss out on the club's Saturday Roast. Guests can enjoy a full carvery buffet, from noon to 4pm for BD5.500.

For bookings, call 17690926.

FUN DAY FOR FAMILIES

FAMILIES can stop by the British Club Bahrain for a day of fun.

The event, which is open to members and non-members for free, will include mask-making, fun games, inflatables, face painting and more. From 6pm onwards, guests can dance the night away with a



The iconic
venue in
Adliya

band and DJ.

For more information, contact 17728245.

TOP CHEFS TO REDEFINE ART OF MODERN DINING

THE Four Seasons Hotel Bahrain Bay has organised an array of grand dining events this month.

CUT by Wolfgang Puck will transform into a spectacular stage for a one-of-a-kind culinary collaboration on May 15.

Executive chef Brian Becher will welcome Bahraini chef Tala Bashmi for an evening that promises to redefine the art of modern dining.

The two celebrated chefs will craft a thoughtfully composed tasting menu, rich in personal meaning and creative expression.

It will be held from 7pm, at BD59net per person, and BD30 for a beverage package.

Meanwhile, gather with family and friends for the return of Bahrain Bay Kitchen's Latin American-themed brunch, filled with vibrant flavours and festive rhythms.

Colourful appetisers, sizzling mains and delicate desserts will make for an unforgettable day tomorrow, May 2, from 1pm to 4pm. It costs BD35 inclusive of soft beverages and BD48 including a selected beverage package. Children under six years dine with the hotel's compliments, and those aged six to 12 enjoy a 50 per cent discount.

Chef
Tala



Experience a seafood celebration at Byblos from Tuesday to Sunday, until June 30, from 6pm to midnight. It's priced at BD52 for two people.

Embrace the Italian way of unwinding with Bay View Lounge's Aperitivo Experience. It features stunning artisanal boards layered with the country's finest cheeses and cured meats. The a la carte menu will be available, until May 31, from 11am to 11.30pm.

Savour the seasons newest creations at re/Asian Cuisine - go for Hokkaido scallop with yuzu and miso, Maine lobster with ginger and lime and Australian Wagyu katsu sando.

It is available on Tuesday, Saturday and Sunday, from 7pm to 11pm, and Wednesday, Thursday and Friday, from 7pm to 11.30pm.

To relax on the weekend, opt for the hotel's spa package. It includes a 60-minute personalised massage paired with an express facial. Unwind further with delicate finger sandwiches and handcrafted sweet delights, while overlooking the stunning views of Bahrain Bay. It is available from Sunday to Wednesday, noon to 9pm and costs BD110 for 90 minutes.

For more details, call 17115044 or 17115500.



Leisure Scene

Weekly Entertainment

A WILD BRUNCH FOR FOODIES

THE Sheraton Bahrain Hotel has lined up a memorable weekend of vibrant flavours and colourful creations.

Indulge in delicious dishes and refreshing beverages, all the while enjoying fantastic live entertainment at the Wild Brunch, tomorrow from 12.30pm to 5pm.

A soft beverage package costs BD36net per person, while a selected package costs BD46net per person. An extra-special bubbly package is priced at BD186net per person.

Guests can enjoy additional beverages, live music and delicious bites from 5pm to 9pm for an extra fee.

Enjoy a three-course special lunch menu at Wild. It features vibrant flavours from Spain, England, Peru and more, from Sunday to Thursday, noon to 3pm, at BD10.500net, including homemade iced tea.

Visit Golestan Persian Grill, where a delightful array of authentic dishes, from fragrant kebabs to unique house specialities, make for an unforgettable dining experience. It is open everyday, from noon to 3pm and 7pm to 11pm, and on weekends from noon to 4pm and 7pm to 11pm.

Free yourself from stress with relaxing packages at the Shine Spa. The first



JUICY:
Shrimp at
the Wild
Brunch



DELICIOUS: A seafood dish

Sheraton Bahrain Hotel and celebrate your day in style with exceptional service, tailored packages and exclusive Marriott Bonvoy benefits. Prices start from BD27 per person, including all applicable taxes, for up to 200 guests on Thursdays and Fridays and 150 guests from Saturday to Wednesday.

Bookings also include triple Marriot Bonvoy points on eligible bookings (300,000 points), a complimentary one-night stay in a junior suite for the bride and groom, full hotel set-up and personalised professional service, unlimited soft drinks, juices, water, tea and coffee.

The booking window is available until May 31, and is valid for weddings held until December 31.

For more information, call 17533533 or 38885409 on WhatsApp.

package includes a 60-minute back and shoulder massage or foot and leg massage with an express facial for BD60. The second package is a 90-minute full body massage, inclusive of a body scrub, for BD75. The packages are available until May 30.

The hotel is offering a padel court promotion for BD5 per hour from today until June 30, from 7am to 10pm. Racquetball is available at BD2 per person per hour.

Host your dream wedding at the

MENU TOO GOOD TO RESIST

ENJOY a list of delicious offerings at the InterContinental Bahrain.

Book the Legendz SteakHouse Brunch Affair, which offers an elevated buffet, featuring fantastic starters and food stations such as special cut meats, seafood and a French cheese station.

The dining affair will also feature an array of elegant pastries and tarts. The day will be made even more special with live entertainment.

A la carte mains are available as well. It costs BD28net inclusive of soft beverages, and BD38 including unlimited selected beverages, tomorrow, from noon to 4pm. Children under six dine for free, while those aged six to 12 enjoy a 50 per cent discount.

Meanwhile, every Monday, from 6pm to 11pm, guests can enjoy a special promotion of a buy one steak and enjoy a steak of equal or lesser value for free.

Start your weekend off right with a floating breakfast while overlooking the heart of Manama. It costs BD19net for two people everyday, from 9am to noon.

Elevate your lunch at Medzo, where curated business packages will make for a special day. The offer starts from BD4.900 and is available from Sunday to Thursday, noon to 5pm.

For more information, contact 36967701.



UNIQUE:
Floating
breakfast



SPECIAL:
Business
lunch

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) Which extinct animal became the first species to be revived after being extinct for over 10,000 years?
- 2) Cinco de Mayo celebrates Mexico's victory over which nation in 1862?
- 3) In the song from *Wheaties*, which heavy metal band does the teenage dirtbag listen to?
- 4) What is a person who someone admires and whose behaviour they try to copy?
- 5) Queen guitarist Brian May has a PhD in which field?



- 6) Max Verstappen has been reportedly offered \$300 million to join which F1 team?
- 7) What was the name of the English ship that transported a group of English families known today as the pilgrims from England to the New World in 1620?

ANSWERS
1. Dire Wolf
2. France
3. Iron Maiden
4. Role model
5. Astrophysics
6. Aston Martin
7. Mayflower

MOVIE TIME

HEAD down to CINECO Seef to watch the latest English-language films being shown this weekend.

THE ACCOUNTANT 2 (15+)

Christian Wolff applies his brilliant mind and illegal methods to reconstruct the unsolved puzzle of a treasury chief's murder. Actors: Ben Affleck, Jon Simmons

Timings: 12.30pm, 3.15pm, 6pm, 8.45pm, 11.30pm

DROP (PG-15)
Violet is a widowed mother who goes to an upscale restaurant to meet Henry, her charming and handsome date. However, her pleasant evening soon turns into a living nightmare when she receives phone messages from a mysterious, hooded figure who threatens to kill her young son and sister unless she kills Henry. Actors: Meghann Fahy, Brandon Sklenar, Violet Beane

Timings: 11.30am, 1.30pm, 3.30pm, 5.30pm, 7.30pm,

9.30pm, 11.30pm
UNTIL DAWN (18+)

One year after her sister Melanie mysteriously disappeared, Clover and her friends head into the remote valley where she vanished in search of answers.

Actors: Ella Rubin, Michael Cimino, Odessa A'zion
Timings: 11.45am, 2pm, 4.15pm, 6.30pm, 8.45pm, 11pm

LAST BREATH (PG-15)

The true story of seasoned deep-sea divers who battle the raging elements to rescue a crewmate who is trapped hundreds of feet below the surface.

Actors: Woody Harrelson, Simu Liu, Finn Cole
Timings: 11am, 1pm, 3pm, 5pm, 7pm, 9pm, 11pm

MAGAZINE DREAMS (18+)
An amateur bodybuilder battles both the limits of his physical body and his inner demons in a relentless pursuit of recognition.

Actors: Jonathan Majors, Harrison Page, Harriet Harris
Timings: 8.30pm

SERENE: Tasty
dishes at Byblos
by the sea



Pulse of Pop

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

THUNDERBOLTS*, the 36th film in the Marvel Cinematic Universe, is playing now in theatres.

The title is stylised with an asterisk to mean that 'The Avengers are not available'.

The movie follows a group of antiheroes that find themselves on a dangerous mission after getting caught in a deadly trap by Central Intelligence Agency (CIA) director Valentina Allegra de Fontaine, played by Julia Louis-Dreyfus.

The Thunderbolts team consists of Yelena Belova (Florence Pugh), Bucky Barnes (Sebastian Stan), John Walker (Wyatt Russell), Antonia Dreykov / Taskmaster (Olga Kurylenko), Alexei Shostakov / Red Guardian (David Harbour) and Ava Starr / Ghost (Hannah John-Kamen).

In an interview, Sebastian described the project as Marvel's version of *The Breakfast Club*, a 1985 coming-of-age film about a group of high-school students with different mindsets who face detainment in their school library.

"It's a weird group thrown together, and I think people are going to love it," he said.

Florence revealed that the production showcases her character Yelena processing traumatic events of recent



ON A MISSION

Marvel Cinematic Universe projects, including the death of her adoptive sister Natasha Romanoff/Black Widow in *Avengers: Endgame* (2019), adding that she believes it was important to show the

character's vulnerability.

"Natasha was her hero and her idol. She's her big sister. Even when she was angry at her, she never stopped loving her. So, the idea that she's gone and she never got to

have that relationship that she finally got back in *Black Widow*..." Florence said, referring to the 2021 film, which introduced Yelena.

"If I hadn't been able to play this beat, I would've been

pissed off because it's natural instincts. You've got to allow these characters to be human.

"You've got to allow them to feel. And also, the fans wouldn't have liked it," she added.



TOXIC CULTURE

NON-FICTION novel *Girl on Girl: How Pop Culture Turned a Generation of Women Against Themselves* by Sophie Gilbert has hit the shelves.

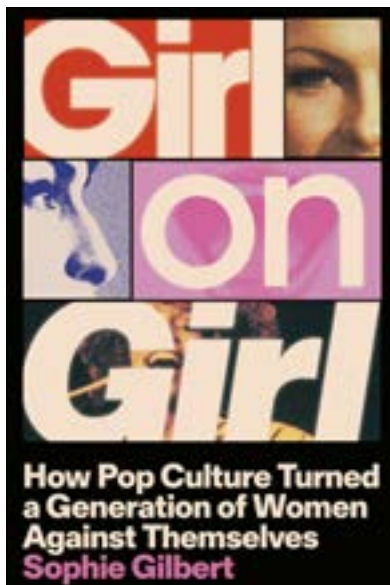
Sophie discusses how an inflection point in the late 1990s and early 2000s has turned the 'women empowerment movement' into a toxic and objectifying culture that pits them against each other in the entertainment industry, and how it affects women today.

"Unfortunately, today's popular culture is in thrall to the idea of women fighting and will fan the flames of conflict whenever possible," Sophie said in an interview.

"On any given day, countless *TikTok* commentators parse the (often imaginary) details of celebrity rivalries.

"Influencers form girl gangs with their own ornate hierarchies.

"Trends such as 'Pick Me vs Baddie' and 'That Girl' underscore the idea that women exist in permanent opposition to one other, and must bring each other down in order to thrive," she added.



The London-based writer focuses her articles on TV, books, pop culture and entertainment.

She won the National Magazine Award in 2024 for Reviews and Criticism, and was 2022 finalist for the Pulitzer Prize in Criticism.



TALENT: Marwan

A MUSICAL STORY

NEW hip-hop album *The Man Who Lost His Heart* by Egyptian-German rapper Marwan Moussa releases on May 5.

Set to discuss the artist's loss of his mother, the project promises to tell his personal story in five parts, each representing a stage of grief - denial, anger, bargaining, depression and acceptance.

In an interview, Marwan described the creative process as an album that 'didn't come overnight'.

"It was carved out by time, sorrow, and willpower. Every word and note reflects something real," Marwan noted.

"It's not just about grief, it's about the strength to rise again and the hope of offering support to anyone who needs it, especially

the younger generation. I want them to know that even the hardest moments in life don't last forever," he added.

Since he embarked on his career in 2017, Marwan has received several accolades including Best African rapper, Breakthrough Artist Of The Year and Best Artist In African Hip-hop at the 2022 All Africa Music Awards. He was also *Spotify's* third most streamed Arabic hip-hop artist of all time across the Middle East and Africa (MENA) region in 2023.

In the same year, he co-wrote and featured in his single *Rajjeen* ('we will return'), alongside 25 other artists from different MENA countries to raise awareness on the Palestinian people's suffering amid the events of October 7.



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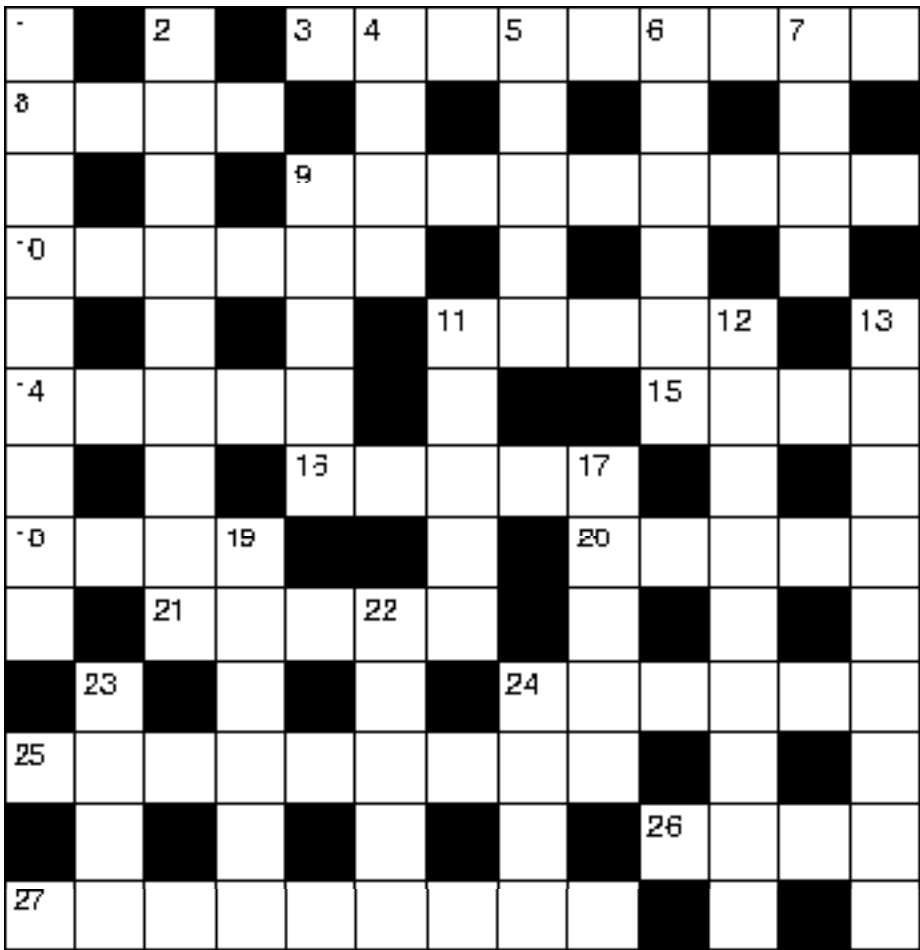


Time Out



Hilal Computers
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Tel: 1729 3749 ext 2220

crossword break



Solutions in next week's issue.

ACROSS

- 3. Purpose (9)
- 8. Lazy (4)
- 9. Cowardly (9)
- 10. Parcel (6)
- 11. Inhuman (5)
- 14. Extent (5)
- 15. Weed (4)
- 16. Bring up (5)
- 18. Fling (4)
- 20. Unrestrained (5)
- 21. Rascal (5)
- 24. Represent (6)
- 25. Behaviour (9)
- 26. Hinge (4)
- 27. Wretched (9)

DOWN

- 1. Incongruity (9)
- 2. Laxity (9)
- 4. Thrash (4)
- 5. Penetrate (5)
- 6. Goal (6)
- 7. Base (4)
- 9. Discourage (5)
- 11. Clear-cut (5)
- 12. Toilsome (9)
- 13. Contrite (9)
- 17. Senior (5)
- 19. Plan (6)
- 22. Craze (5)
- 23. Fairy (4)
- 24. Overcast (4)

who, what, where, when

- WHO ... wrote the children's novel *Silverfin*?
- WHAT ... type of fruit is a pearmain?
- WHERE ... is the home port of the Russian navy's Pacific Fleet?
- WHEN ... did Best Mate first win the Cheltenham Gold Cup?
- WHO ... was the UK Secretary of State for culture, media and sport in 2001?
- WHAT ... is the colour of the triangle on the flag of South Africa?
- WHERE ... is the village of Tolpuddle?
- WHEN ... did Wales win their last rugby union Five Nations grand slam, prior to their 2005 Six Nations win?

just so

Monday Tuesday

HEAD HEAD HEAD HEAD
4 4 4 4

tough

R R A
E O O

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

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:

- Across:** 1 Show; 3 Purchase; 8 Chef; 9 Vainness; 11 Irregularity; 13 Centre; 14 Adhere; 17 Constriction; 20 Obedient; 21 Pile; 22 Extended; 23 Lens.
- Down:** 1 Succinct; 2 Overrun; 4 Unable; 5 Contradict; 6 Avert; 7 Ease; 10 Aggression; 12 Keenness; 15 Edifice; 16 Prance; 18 Overt; 19 More.
- JUST SO:** A flea circus, A handful of dust, A leap year, Below par.
- WHO, WHAT, WHERE, WHEN:** Thomas Hardy; Nairobi; Greece; 1947; Victoria Wood; Saudi Arabia; Bulgaria; 1969.

Darn Tough Sudoku

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

Your work pad space ...