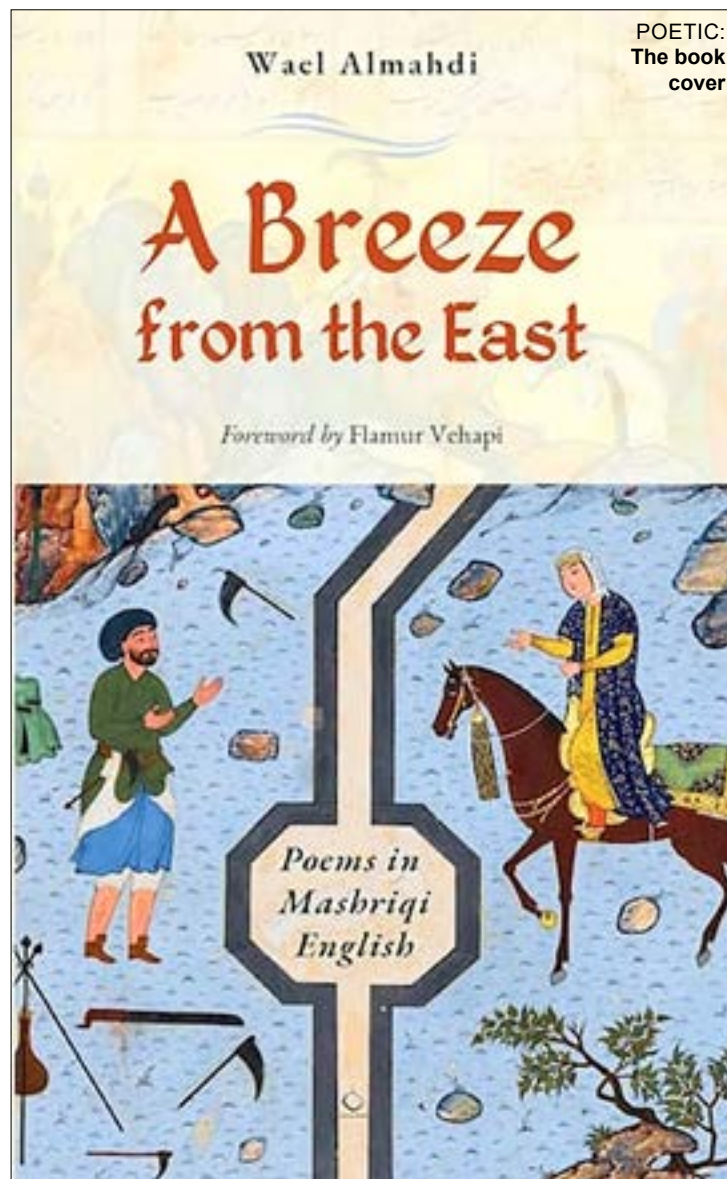


Bringing cultures together

CREATIVE:
Wael



A Bahraini polyglot has released a collection of his poetry, weaving an intricate tapestry of mysticism and the literary traditions of Eastern poetry with the universal lingua franca.

In his debut collection *A Breeze From The East*, that hit shelves this month, Wael Almahdi has penned his verses in a style of his own creation called Mashriqi English (Mashriqi meaning 'Eastern' in Arabic).

In the 102-page book, Wael weaves Arabic and Persian words into poems in English, while emulating the sensibilities of classical Sufi poetry.

"I thought that it would be a very interesting literary and poetic experiment if I wrote the poetry in English, while including Arabic and Persian themes and vocabulary," the 45-year-



BOOK REPORT
By CAROL SPENCER

old told *GulfWeekly*.

"It is simply contemporary English with a dose of Eastern ideas and vocabulary."

Wael, a dentist by profession, began experimenting with this style five years ago on *Instagram* @words.from.the.east, aiming to reimagine the medium through which readers can experience poems written in the Islamic tradition – while making it accessible to people who spoke English.

"Our (Sufi) poetry is interested in transcendental and spiritual experiences. It features common metaphors of flowers, nightingales... symbols, which are usually not always represented in English," the Saar resident said.

His words conjure evocative imagery and themes that traverse time, paying homage to the Sufi literary traditions of poetic giants like Rumi, Amir

Khusrao and Mohammed Iqbal.

Wael developed an interest in languages and poetry during his early childhood, when he grew up in the US.

"I noticed that there were a lot of Spanish speakers in our area and also people from different parts of the world. And that gave me the

It is simply contemporary English with a dose of Eastern ideas and vocabulary.

motive to look up languages and discover how they're different, but also how they're similar," he said.

He can now read 10 languages fluently, including Farsi, Turkish, Urdu, Spanish, German, Dutch and Hebrew.

He cites this curiosity to find common ground in our differences as the motivation behind his endeavour.

An excerpt of Wael's poem entitled *In the Mughal Garden* reads:

In lush *baghichas* (gardens) brimming full
Of blooming *phul* (flowers) and fragrant *gul* (flowers).
Where *khushbu* (fragrance) bled by young *kalis*
(blossom, bud)
Is stolen by the evening breeze.
Therein I sought to drink my fill
Of playful eyes that tease then kill.

"Part of my motivation with Mashriqi English is that I want to bring cultures together. I want people to see how similar we are, not how different people are."

Wael believes that his poetry has resonated with his followers over the years as the style is more accessible to people interested in classical poetry, especially within diasporic readers who have a desire to engage with heritage literary culture, but cannot delve into it due to language barriers.

"It sort of gives them this introduction. It reminds them of home, but at the

same time it makes it accessible."

Wael hopes that his poetry influences young poets to adopt this style and create something new and better than what he can create.

"This is a proof of concept. I've tried to show that it can be done. You can stick to English but you can also use Arabic, Persian and Turkish influences.

"I want people to be impacted by it. I want a young person to say, 'this is beautiful. I want to create something similar'."

Published by Crescent Books, *A Breeze From The East* is available to purchase on *Amazon*.



IN THE LIMELIGHT
New MTC act
SEE PAGE 2



SKIN IN THE GAME
Tips and remedies
SEE PAGE 3



DINING DELIGHTS
Food & leisure
SEE PAGES 4-5



PULSE OF POP
Music, books & more
SEE PAGE 6

Curtain-up!



THEATRE REPORT
By NAMAN ARORA
naman@gdnmedia.bh

ONE of Bahrain's oldest theatre clubs is gearing up for a special showcase, featuring top monologues, duologues and group scenes, set to be staged by the end of next month.

Sixteen members of the Manama Theatre Club (MTC) will be showing off their dramatic, comedic and acting chops at the 'Voices of Bahrain' showcase, taking place on November 28 at the British Club's Queen Elizabeth II Hall.

"We have been running weekly acting courses, as part of a 10-week workshop, since September, and we have covered a range of topics including stage presence, voice and breath control, tempo, rhythm, subtext, physical theatre, scriptwork and more," said workshop leader Liz Hadaway, whose Dubai-based production company Bark at a Crow has been helping facilitate the workshop.

"And the culmination of these workshops will be the showcase, during which all 16 participants will be taking the stage."

MTC, a section of the British Club, is putting on the performances with minimal set design and a focus on the work that participants have put into their pieces.

MTC chairperson and showcase producer Hannah Turner noted that lights would be a basic stage wash and the showcase would be open to friends and family of the MTC.

"British Club non-members will be paying the club's BD1,500 door fee, and the performances themselves would have no tickets or reservations required," she added.

Among the monologues that will be performed is *My Name Is Rachel Corrie*, written by Alan Rickman and Katharine Viner, based on the diaries of the American pro-Palestinian activist who was crushed to death by an Israeli armoured bulldozer in 2003, in the city of Rafah.

The solo, documentary-style stage piece assembles her diaries and emails into a personal account of her

WORKSHOP: MTC members during one of the sessions



POSTER: The upcoming showcase

activism in Gaza and the events that led to her death.

Amongst the duologues will be *The Woman Who Cooked Her Husband* by Debbie Isitt, a dark comedy in which a jilted wife exacts an ironically domestic revenge on her philandering ex-husband by inviting him to a meal with unforeseen consequences.

The three-person group scenes will include *Song for a Sanctuary* by Rukhsana Ahmad.

Set in a South London women's refuge, the play follows an abused South Asian woman as she seeks safety and navigates the cultural and institutional complexities of refuge life.

"We encouraged everyone to step outside of their comfort zones – for some of the comedic actors, this meant exploring dramatic territory, while some explored absurdism and more," Liz

added.

Also being staged is *Raised in Captivity* by Nicky Silver.

The dark comedy portrays estranged siblings and a cast of bizarre characters whose grief, guilt and neuroses

collide in absurd and unsettling ways after their mother's death.

The other performances being showcased as part of the event will include *Rhinoceros* by Eugene Ionesco, *Thom Pain* by Will Eno, *Revolutionary Road* by Justin Haythe, based on the novel by Richard Yates, *Oresteia* by Richard Icke, *Archipelago* by Caridad Svitch and *Tape* by Stephen Belber.

Liz is an immersive events and theatre director who has worked for major performing arts organisations such as the NSDF UK, The National Theatre Connections UK and The Singapore Arts Festival, and runs directing and acting workshops in the UK, Portugal, Peru, Singapore, Hong Kong and the UAE.

For more details, follow @mtcbahrain on Instagram.



SCENE: Two actors practise their scenes



TALENT: Sudeep

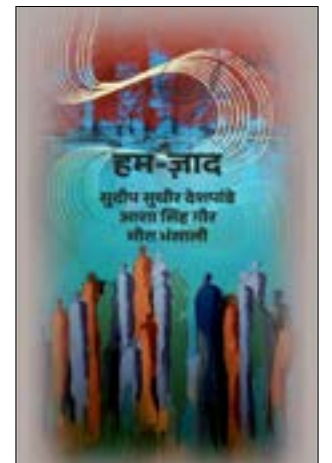
SOULFUL VERSES

BAHRAIN-BASED creative Sudeep Deshpande is set to unveil his new collaboration next month, a compilation of poems and abstract art.

The Indian expatriate from Adliya teamed up with Mumbai- and Pune-based wordsmiths Meera Bhansali and Asha Singh Gaur for *Ham-zaad*, which features Hindi verses by the three poets and corresponding artworks for all 45 poems by Sudeep and Asha.

"*Ham-zaad* means a familiar spirit that comes into existence when a child is born and then accompanies it throughout life – one's familiar spirit," architect and metal sculptor Sudeep told *GulfWeekly*.

A translation of his poem entitled *Firaaq* ('separations') reads: "In the company of smouldering coals After blowing out my burning desires... Your path kept me waiting..."



ABSTRACT: The book cover

And it asks, 'Where will you go now?'

While most of Sudeep's work is influenced by life experiences and relationships, Meera's pieces 'blend the psychological and the poetic with a touch of the Gothic'.

Asha draws her inspiration from her surroundings, people, nature, spirituality and important incidents in her life.

Ham-zaad will be available on Amazon.



ART: Sudeep's creation in the book

Get comfortable in your skin



SPEAK YOUR MIND
By MELISSA NAZARETH
melissa@gdnmedia.bh

OVER the last few years, skincare has earned the reputation of 'rocket science', thanks to many social media influencers, most of whom have no expertise, promoting multiple-step day and night time routines. The barrage of products available in the market makes it even more intimidating and often confusing.

We spoke to Bahrain-based experts, who highlighted that simple skincare practices, good lifestyle choices, and using just the required number of products based on your skin type are all you need for healthy, good-looking skin. Natural remedies and practices that can be easily followed are also helpful. Especially now that the weather is changing and we're headed towards the dry winter season.

"A common skincare mistake we see is people using hundreds of expensive products. When it comes to skincare, less is more," Bahraini dermatologist Dr Mariam Baqi told *GulfWeekly*.

"I have seen people using three types of moisturisers when one is enough. They do not use any antioxidant serums or anti-ageing serums, which are essential, ideally starting from one's early 30s" she added.

"In the morning, keep it simple with a good antioxidant serum and sunscreen. For the night, use a good wash (facewash and cleanser), serum and cream. Then focus on targeted treatment, so, if you have acne or pigmentation or undereye concerns, use a product for it (always consulting your dermatologist). In the night, our skin repairs and regenerates and so a night routine is equally important."

The Nadhara Skin Centre founder and clinical director highlighted that several people tend to omit moisturisers – especially those having oily and combination skin.

"It is a myth that people with these skin types must not use a moisturiser – they need to consult with their dermatologist and choose a product that works for them. Additionally, it is important to use a moisturiser all year



WINTER WARMERS: Drinking herbal teas especially in the cooler months can do wonders for dry skin

round and not just during the winter."

The former Bahrain Dermatology Association vice president underpinned that as winter approaches, dry, itchy and flaky skin are the most common problems, especially among women over 30 who wear makeup, and children between three to 10 years with a family history of dry skin.

She advised a good skincare routine, optimal internal and external hydration, and a healthy lifestyle and diet incorporating essential fats to repair the skin barrier – the outermost layer that protects against environmental damage and helps retain moisture.

"Drinking sufficient water (intake depends on various factors like age and level of physical activity) and moisturising the skin are important," she added.

Srisoukya Ayurvedic Centre alternative medicine practitioner Dr Goury Rajendran recommended self-massage with nut oils as a natural



GLOW: A massage with natural oils before a bath will lock in the moisture

moisturiser.

"Sesame oil suits most skin types and helps with dryness. Almond oil is a good option and can even be used on the face," she noted, adding that those who have acne must not apply the oil on the active acne and must wash off the oil soon after the massage.

Dr Goury warned that skin infections are common during climate changes and advised adding neem-based essential oil to bath water.

Other recommendations included climate-appropriate diet and clothing. Roasted or soaked nuts can be included in one's daily diet and sesame seeds are good too. Warm drinks or herbal teas are also helpful to keep skin healthy and moisturised, she noted.

● **Skincare is unique to each individual and it is best to consult your dermatologist first.**

HYDRATE: Moisturising all year round is key to healthy skin



Dr Mariam



Dr Goury

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) What were the first-ever 'fun-size' chocolate bars?
- 2) Which animal will shelters not allow people to adopt on Halloween in the US?
- 3) Who are Dr Peter Venkman, Dr Raymond Stantz and Dr Egon Spengler better known as?
- 4) In which country was the first recorded use of the phrase: 'Trick-or-treat'?
- 5) In Stephen King's *It*, what is the clown's name?
- 6) What is a lycanthrope better known as?



- 7) What is the most popular Halloween costume for pets?

- 1) Snickers and Milky Way
- 2) Black cats
- 3) The Ghostbusters
- 4) Canada
- 5) Pennywise
- 6) Werewolf
- 7) Pumpkin

ANSWERS

Leisure Scene

What's on guide by
Julia Cassano



HALLOWEEN GOURMET AT RITZ

GET your scare on and celebrate Halloween in spellbinding style at the Ritz-Carlton, Bahrain.

Primavera's After Dark event features an evening of refined indulgence, seasonal flavours and hauntingly delicious

creations, such as spooky pumpkin soup (BD10), Witches Brew (BD9) and Phantom Punch Mocktail (BD4.500) on Friday, October 31, from 7pm to 11.30pm.

Mark the Day of the Dead (Día de los Muertos) at Cantina Kahlo, where

traditional hand-wrapped tamales pay tribute to Mexican heritage and the cherished memories of loved ones. The Mexican holiday, on November 1 and 2, is a celebration of life and death, where families gather to remember the lives of their ancestors through traditions such as sharing stories and food.

The special event, priced at BD10, will be held until November 8 during the restaurant's operating hours (Monday to Thursday, 1pm to 3pm and 6.30pm to midnight and Friday to Saturday, 1pm to 4pm and 6.30pm to midnight). Sundays are closed.

Looking for something

exciting to kick off your Thursday night? Look no further than Salsa Nights at La Plage. Let the vibrant rhythms of salsa light up your evening. Whether you are a pro dancer or a beginner, enjoy great music and good vibes. Enjoy à la carte options and two complimentary beverages tonight, October 30, from 8.30pm.

For those interested in an extraordinary cooking experience where you can learn how to create dishes from Arabic, Indian, French, Italian, Mexican and Thai cuisine, along with a selection of pastries, join the hotel's Gourmet Cooking Class. It costs BD45 per person for regular cuisine and BD40



per person for pastries.

Embark on a royal culinary journey at Nirvana with the restaurant's Friday Maharaja Thali. Relish an exquisite selection of aromatic curries, succulent

tandoori specialties and fragrant rice, all beautifully prepared on a traditional thali. It costs BD19 per person, inclusive of one lassi and BD29 per person, inclusive of selected

FLAVOURS:
A dish made during the Gourmet Cooking Class



A SPOOKTACULAR CELEBRATION

GET into the Halloween spirit at the Four Seasons Hotel Bahrain Bay with a Friday Brunch bursting with spooky-inspired flavours and fun, creative dishes.

Savour devilled eggs, mummy-wrapped sausages, bloody orange salad and more, all while enjoying electrifying entertainment and family fun, tomorrow, October 31, from 1pm to 4pm.

It costs BD35 inclusive of soft beverages and BD48 with a selected beverage package. Children under six dine with the hotel's compliments and those aged six to 12 enjoy 50 per cent savings.

Embrace the flavours of the season as Byblos fires up the grill! Indulge in a selection of lamb chops, sea bass, shish tawook, lamb tikka and more, perfectly paired with side dishes. It is available on the first Thursday of every month starting from November 6, 6pm to 11.30pm and costs BD29 per person. Children aged six to 12 enjoy 50pc off.

The five-star hotel has also prepared a wonderful Thanksgiving dinner at CUT by Wolfgang Puck, where executive chef Brian Becher



THEMATIC: Halloween Brunch

adds a contemporary twist to beloved classics. Dishes include deep-fried turkey, paired with cranberry apple compote and brioche stuffing, pumpkin pie and more.

The celebration will take place on November 27, from 7pm to midnight, at BD64 per person.

Guests can also enjoy a specially-curated Thanksgiving menu in the comfort of their homes. It costs BD105 for up to six people for a roast turkey with all of the trimmings, or BD190net for a full festive feast. Delivery is free for orders above BD50. Individual dishes are available.

Experience a modern take



SUMPTUOUS: Thanksgiving takeaway

on Bahrain's rich culinary heritage with Bay View Lounge's Bahraini Tea. From savoury bites infused with local spices to sweet treats inspired by the kingdom's traditional desserts, there is something to suit all tastes.

It is available everyday until November 30, from 11.30am to 9.30pm and costs BD22 for Bahraini tea and BD26 for Bahraini Royal Tea.

For more information, contact 17115000.

TRICKS, TREATS AND TUNES AT SHERATON



DELECTABLE: Halloween-inspired dishes at hotel brunch

A spooktacular evening awaits visitors at Sheraton Bahrain Hotel as flavour, fun and festivity come together for an unforgettable Halloween celebration.

Indulge in premium sharable cuisine and sip on handcrafted beverages as the music and energy light up the night, tomorrow, October 31.

Don't forget to come dressed in your best Halloween costume – there's no better way to make it a night to remember. It costs BD36net per person with soft beverages and BD46net

per person with a selected beverage package. Ladies can indulge in the special brunch experience for a special rate of BD23.

Now open for lunch, Brasero Atlántico invites guests to indulge in a unique fusion of Argentine culinary traditions.

Chefs have expertly created authentic dishes using traditional wood fire techniques, inspired by the rich heritage of the region.

Enhance your dining experience with a carefully curated beverage menu, featuring organic drinks, where each sip celebrates

Leisure Scene

Weekly Entertainment

GORGEOUS:
Dishes at La
Terrace



beverages, tomorrow, October 31, from noon to 3pm.

To reserve, call 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

AROMATIC:
A dish at
Golestan



the vibrant culture of the country. The restaurant is open for lunch from noon to 3pm, and for dinner from 7pm to 11pm, with the lounge accessible between 4pm and 2am.

Meanwhile, start your weekend right with an authentic Persian breakfast at Golestan Persian Grill, featuring unlimited traditional Iranian tea brewed atop a samovar – all enjoyed from the beautiful terrace.

Starting from October 31, it is available every Friday until the end of the year, from 8am to 11am.

For more information, call 17533533 or 38885409 or email Dining.bahsi@sheraton.com.

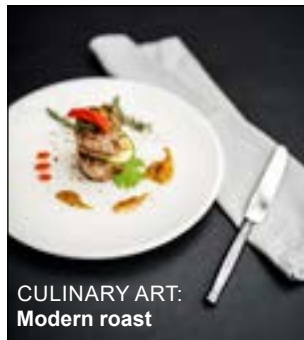
SUNDAY SPECIAL FOR HOSPITALITY HEROES

THIS month, InterContinental Bahrain is showing appreciation for hoteliers and cabin crew members by granting them a 50 per cent off at all its venues.

Whether you are in the mood for a relaxed lunch, dinner or night out with friends, it is the perfect opportunity to unwind and indulge. Simply present your staff ID to enjoy the offer, available all day on Sundays.

Celebrate Thanksgiving in style at the Legendz SteakHouse, where a festive feast awaits guests. Enjoy all the classics – turkey with gravy, trimmings, stuffing, pumpkin pies and more – served with InterContinental flair.

It costs BD28net with soft beverages and BD38



CULINARY ART:
Modern roast

with unlimited selected beverages. Children under six dine for free, while young ones aged six to 12 receive a 50pc discount, on November 28, noon to 4pm.

Every Saturday this month, Legendz SteakHouse invites guests to savour a five-course British roast experience with a modern twist. Expect beautifully plated starters, sides and desserts that elevate comfort food to something truly special.



SCRUMPTIOUS: Thanksgiving feast

Diners can also enjoy 50pc off when showing their best moustache! The celebration costs BD19net with soft beverages, and BD24net inclusive of two beverages, from noon to 3.30pm.

Enjoy an elegant afternoon escape at Noor Lounge with its Afternoon Social Tea – a delightful spread of freshly made sandwiches, sweet treats and premium teas or coffees. Add some fun to the experience with unlimited bubbly for BD4. It costs BD6.500net per guest, every

Thursday and Friday from 2pm to 7pm.

Gather family and friends for a warm and hearty Italian weekend feast at Medzo. Share unlimited pizza, pasta, and salads served in generous platters, perfect for groups of three to six. The offer is priced at BD9net per adult and BD4.500net per child (under 15), with complimentary ice cream for kids.

For bookings and more information, contact 36967701.

VARIETY: Sushi at K Hotel



A BRUNCH UNLIKE ANY OTHER

INDULGE in a selection of delicious dishes at the K Hotel Bahrain's revamped Friday Brunch.

Sip on the finest beverages, expertly crafted to elevate the experience, while a live band sets the perfect mood for an unforgettable day.

Explore the interactive

live cooking stations, where culinary magic unfolds, all within a vibrant setting.

The experience costs BD18net per person, inclusive of unlimited soft beverages, and BD25 with unlimited selected beverages, every Friday, from 12.30pm to 3.30pm.

For bookings, contact 36600433.



POPULAR: 2 RUDE during one of their performances

TRIBUTE BAND TO PERFORM

CELEBRATE at the British Club Bahrain's Juniors Halloween Party tonight, October 30, at 6pm.

Young ones can come dressed in their best costumes for an evening of games and fun.

The event is open to all and costs BD4 for members and BD5 for non-members.

The celebrations continue with the BC Carnival on Friday, bringing the vibrant energy of the Notting Hill Carnival to Bahrain.

Headlining will be 2 RUDE, the UK's premier ska tribute band, which will perform electrifying classic ska, rocksteady and reggae hits. The seven-member ensemble has shared the stage with The Specials, Bad

Manners, The Selecter, The Jam, R&B group Aswad, producer Soul II Soul and singer-songwriter and producer Midgre Ure, among others.

Touring the UK playing a string of sellout shows, headlining festivals and entertaining thousands, 2 RUDE has rightly claimed their title as one of the hottest live acts in the country. They will be supported by guest DJs, including Ali Dawood, Refugee Soundsystem and Andrew Bentley at the BC Carnival.

Tickets are available on *Platinumlist* and at the club's reception, priced at BD5 for members and BD10 for non-members.

For more information, contact 17738245.



GET together with your family and friends to enjoy some of the English language films being shown at Cineco Seef this weekend.

SMART RABBIT MOMO: THE BIG CHASE (PG)

When exotic animal traffickers kidnap talented violinist Yumi, the world of Singing Forest collapses. Her loyal friend, the brave rabbit Momo, goes in search of a big city full of dangers and unexpected allies.

Actors: Ed Ashe, Sivan Binici, Duygu Bicer

Timings: 12pm, 2pm, 4pm, 6pm

SPRINGSTEEN: DELIVER ME FROM NOWHERE (PG-15)

Bruce Springsteen's journey crafting his 1982 album *Nebraska*, which emerged as he recorded *Born in the USA* with the E Street Band. Based on Warren Zane's book.

Actors: Jeremy Allen White, Jeremy Strong, Paul Hauser

Timings: 2.30pm, 7pm, 11.30pm

SHELBY OAKS (18+)

A woman's desperate search for her long-lost sister spirals into obsession when she realises the imaginary demon from their childhood may have been real.

Actors: Keith David, Michael Beach, Brendan Sexton III

Timings: 12.30pm, 5pm, 9.30pm

(Check out *GDNonline's* list of the best movies to watch this weekend on Instagram)

FUN AT DILMUN

The Dilmun Club Bahrain is inviting children to its Halloween celebration on Saturday.

The festivities begin at noon with a lively disco, followed by lunch at 1pm.

Little ones aged three to five can enjoy a piñata at 2pm and those aged six to eight at 2.30pm. At 3.30pm, a magical show will dazzle the children and the activities will wrap up with a best costume contest at 4.15pm, giving every little ghost and goblin a chance to shine. The event costs BD6 for members and BD7 for non-members.

For more information, contact 17690926.

Pulse of Pop

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

WITCHY: Florence



OH! THE HORROR

ENGLISH indie rock band Florence + the Machine are dropping their sixth album *Everybody Scream* tomorrow, October 31.

The release, coinciding with Halloween, is described to have themes of folk horror, mysticism, magic, poetry and insanity.

Its title comes from lead singer Florence Welch's exploration of the variety of emotions and reasons associated with such a physical and emotional act.

The follow-up to the 2022 record *Dance Fever* was created when Florence was healing from a life-saving surgery she had last year after an ectopic

pregnancy. She said that the upcoming 12 tracks are her most personal yet.

"The closest I came to making life was the closest I came to death," she said in an interview, adding that she recalls howling the moment she got home from the hospital.

"I think the sound that came out of me was like a wounded animal or something, and then, that was that, 10 days later, I was back on stage."

The singer also tackles 'double standards and the pressure put on women performers' in *One of the Greats*, which features the lyrics 'it must be nice to be a man and make boring music just because you can'.

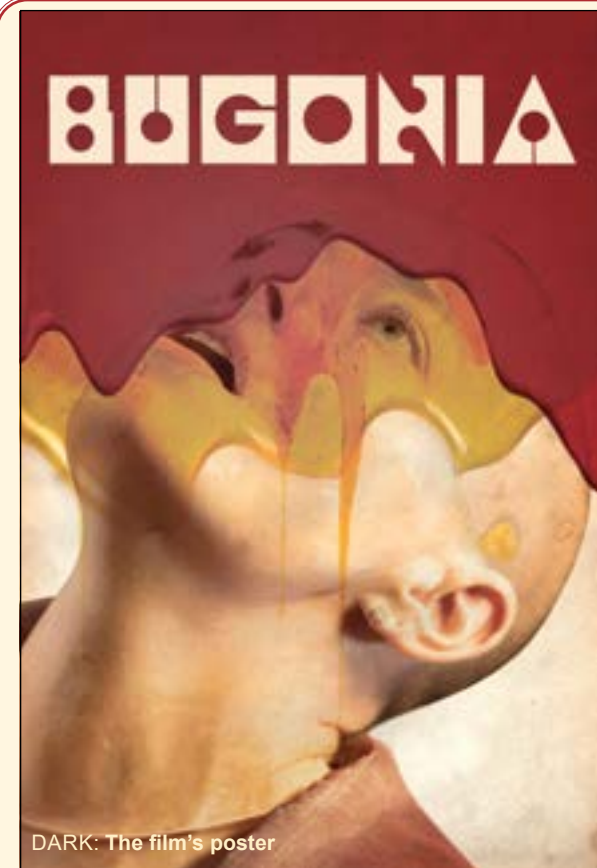
"You (male performers) get to be

up there and be hot in a T-shirt, and everyone's like, it's amazing!" she remarked.

Formed in 2007, the six-time Grammy-nominated group consists of keyboardist Isabella Summers, guitarist Rob Ackroyd, drummer Christopher Lloyd Hayden and harpist Tom Monger, alongside the frontwoman.

They are best known for the hit *Dog Days Are Over* from their debut studio album *Lungs* (2009), as well as *Shake It Out* and *Spectrum* from the 2011 project *Ceremonials*.

The band's music stands out for its dramatic and eccentric production that is complemented by Florence's powerful vocals.



DARK: The film's poster

CONSPIRACY THEORY

ABSURDIST dark comedy film *Begonia* is out now in theatres.

Starring Oscar winner Emma Stone, the film follows two conspiracy theorists who kidnap a powerful CEO, suspecting that she is secretly an alien who wants to destroy earth.

It is an English-language remake of a 2003 South Korean movie titled *Save the Green Planet!*

Bugonia's director Yorgos Lanthimos is best known for his films *Poor Things* and *The Favourite*, which also star the *La La Land* actress.

In an interview, Emma described the new project to be an 'entertaining ride'.

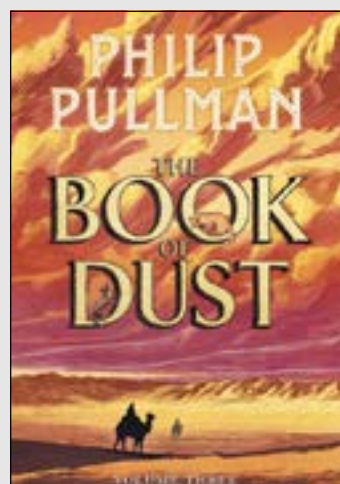
"It's not this heavy meditation on something. There is a bit of absurdism and that stamp that he (Yorgos) puts on everything

where there's humour laced all throughout," Emma said.

The artist's co-star Jesse Plemons, who plays the conspiracy theory-obsessed character Teddy Gatz, has encouraged people to see the movie on the big screen rather than their living room TV.

"It's a movie that feels made to be experienced in theatres. I'd like to talk to all the people out there right now and say, 'You can do it. You can pause *Netflix*, and come back to it, but you should see this in a theatre,'" Jesse noted.

A free screening of the film was held in Los Angeles where the theatre only admitted bald people. A barber was in attendance to give hairy-headed fans buzz cuts before their entry, as a promotional act, in keeping with a major element in the film.



UNRAVELLING THE SECRET

THE last volume in *The Book of Dust* trilogy has hit the shelves and chronicles heroine Lyra Belacqua's continuing adventurous quest in search of her beloved.

The Rose Field illuminates British author Philip Pullman's world of fantasy as

Lyra, alone in a city haunted by 'daemons', searches for Pan, following the trail of roses said to hold the secret of the Rusakov particles or Dust – the mysterious subatomic substance attracted to consciousness.

The 'breathtaking' conclusion showcases

Philip's storytelling prowess, while addressing perhaps one of the oldest philosophical questions of all time: are we matter? Or are we spirit and matter?

The Rose Field is preceded by *La Belle Sauvage* (2017) and *The Secret Commonwealth* (2019).



NEW LOOK: A fan getting his head shaved ahead of the screening in LA

MotoringWeekly

The top motoring and motorsport news



BIC: The 360-degree view from the Sakhir Tower

Beyond the track



MOTERING REVIEW
By NAMAN ARORA
naman@gdnmedia.bh

OVER the last 21 years, the Bahrain International Circuit (BIC) has become one of the biggest draws in terms of tourism to the kingdom, and every year, I look forward to heading to Sakhir during the Formula 1 weekend to get my annual dose of racing action.

But over the last few years, the track has become a year-round destination with Drag and Drift Nights, Fitness on Track, karting races, and a whole slew of other experiences, many of which I haven't yet had the opportunity to experience, thanks to a packed schedule.

So when a motorsport-loving friend decided to visit Bahrain at a time when there was no Formula action on track, we decided to experience the track in a different light, taking advantage of one of multiple BIC bundles.

For our motorsporting adventure, we decided on the BIC Day Experience, priced at BD25 per person and available everyday between 10am and 4pm.

In addition to a BIC Tour, the bundle also includes a round of karting as well as a 4x4 Passenger Ride.

Since the days are still a bit warm, we arrived at the track around 3pm, and met our tour guide and senior lead instructor of the 4x4 Experience Ebrahim Nasaif at the BIC Merchandise shop.

After signing our souls away (just kidding, they were waiver forms to ensure we didn't go too berserk), we



RACING: Navigating one of the tricky turns around the BIKC

got into his Ford Bronco, and off we went on a tour of the massive facility and the 5.412-kilometre Grand Prix circuit.

This was the part of the adventure I thought I would find dull, since I assumed I was already quite familiar with the different buildings, but Ebrahim was full of facts that even I didn't know about, as well as behind-the-scenes stories of some of his adventures.

Our tour's first stop was the famous Sakhir Tower, where we got a 360-degree view of the entire circuit – and got to be envious of those very select few who could watch the F1 race from here.

Every corner was visible and although the TV cameras do a fantastic job of capturing the action during the F1 Gulf Air Bahrain Grand Prix, I can only imagine being able to see the action live from this vantage point.

As we headed down, Ebrahim told us about the different layouts that have been tried out at the track for different races over the years, in addition to the Grand Prix layout, like the 2.554km Oasis or Inner track,

the 3.543km Outer track, the 3.823km Paddock Circuit and the 6.299km Endurance Circuit, which was the layout most recently used during the Sakhir Grand Prix in 2020.

Our next stop was the BIC Media Centre – a familiar sight for me – where as many as 500 journalists meet every year for the Bahrain Grand Prix, and then the Race Control Tower.



TOWER: The Race Control Room

Although I have conducted a few interviews in the tower over the years, this was my first time seeing the Race Control Room, from where the Race Director and marshals monitor all the action.

As he told us stories about how marshals train to respond to any emergency on track, Ebrahim also showed us the advanced

cameras equipped around the track – giving me a perspective on what goes into motorsport about which I was, honestly and perhaps a bit embarrassingly, quite unaware.

Up next, we got back into the Ford Bronco and Ebrahim whisked us off to the off-road experience that the BIC has constructed on the outskirts of the facility.

And although I have experienced this before, Ebrahim's deep knowledge about the Bronco really stood out, as we explored different terrain like sand, rock, hill, and water landscapes, through natural and man-made obstacles.

For an off-road novice like myself, the first-of-its-kind facility in the Middle East helped me understand those strange-looking buttons I have seen in 4x4 cars, including locking differential, off-road terrain usage, all-wheel drive, hill descent control and engine braking. Not to mention, it really made me appreciate the importance of strapping in those pesky seat belts!

Of course, the star show of the evening was yet to come,

and after bidding goodbye to Ebrahim, we headed to the Bahrain International Karting Circuit (BIKC) to get behind the wheel of one of the 13hp karts – quite similar to those in which stars like Lando Norris and Lewis Hamilton began their careers.

But before we could get onto the 1.414km track, we suited up and got an orientation with the rules and safety regulations.

Now, I have kartered a couple of times, and watched countless races over the years, but there's something very different and special about actually taking these karts around the track. Not only were we quite close to the ground, where we could feel every bump, the thing that always astonishes me is that the track is not all flat, and no matter how easy professionals make the turns look, each one requires a unique strategy.

I won't pretend like either of us discovered some long-latent racing skills around the track's 14 turns – in fact, we managed to keep the back-ranks quite warm between the two of us – I will say, it was still so much fun, and even managed to avoid a close crash, adding another bit of excitement to the evening.

My favourite part was that the team hooked GoPros onto our helmets and we could rewatch our race later.

Overall, the full day experience was nothing short of phenomenal and best of all, I think I have unlocked a new love for karting, so I, for one, am definitely heading back there for another chance to set a lap record!

Visit bahraingp.com for more details and to book your own experience.



GUIDE: Ebrahim, right, with the Bronco and a delighted fan of the off-road experience

Time Out



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crossword break



Solutions in next week's issue.

- ACROSS**
1. Thwart (9)
8. Choose (3)
9. Synthesis (11)
11. Polluted (7)
12. The chosen (5)
13. Buccaneers (6)
15. Conflict (6)
17. Dodge (5)
18. Immediate (7)
20. Brainy (11)
22. Consume (3)
23. Disastrously (9)
- DOWN**
2. Flee (3)
3. Test (5)
4. Prizes (6)
5. Clear (7)
6. Papacy (11)
7. Assertion (9)
10. Casualness (11)
11. In the dumps (9)
14. Invented (7)
16. Murderer (6)
19. Stubborn (5)
21. Nothing (3)

who, what, where, when

WHO...wrote *The Wind Among The Reeds* and *Cathleen ni Houlihan*?
WHAT...would your starsign be if you were born on May 3rd?
WHERE...was Ernesto 'Che' Guevara executed?
WHEN...did band leader Benny Goodman die?
WHO...composed the song *Without You*?
WHAT...is the international call sign for the letter V?
WHERE...does the phrase 'Big Brother' come from?
WHEN...did the USA adopt the Stars and Stripes as their national flag?

just so

NI FOREIGN I

hang

dry
dry

TAEK\$

comingcoming

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

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

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

darn tough sudoku

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

Sudoku

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

Sudoku

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

Last Week's Leisure Solutions

CROSSWORD BREAK:
Across: 1 Crease; 4 Brutal; 9 intellectuals; 10 Guarded; 11 Ensur; 12 Halve; 14 Start; 18 Exact; 19 Refusal; 21 Interrogation; 22 Trying; 23 Glance.
Down: 1 Cringe; 2 Extravagantly; 3 Solid; 5 Retreat; 6 Transgression; 7 Listen; 8 Needy; 13 Veteran; 15 Depict; 16 Prior; 17 Plunge; 20 Frail.
Who, What, Where, When: Mary Peters; Microbes; Bedford Falls; 1960; Prince; The kidneys; Seoul; 1994.
Just So: To no avail; Topless dancer; Come down a peg or two; A man of the world.

Darn Tough Sudoku

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