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OLD NORMAL



Mah Song spirit mediums and devotees walk through Phuket Town on Tuesday. Photo: PR Phuket

VEGETARIAN FESTIVAL ORGANISERS THANKFUL FOR LACK OF CROWDS AT TEMPLES

Tanyaluk Sakoot
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The key organiser for the Phuket Vegetarian Festival has expressed his relief for the lack of large crowds joining events at this year's festival as social distancing and the enforcement of wearing face masks during the street processions has been found wanting.

Prasert Fakhongkol, President of the Phuket Chinese Shrines Association, which acts as the lead organising body for Vegetarian Festival in Phuket said concerns were

raised during the traditional raising of the Go Teng poles at participating shrines last Friday (Oct 16), the eve of the nine-day festival.

The raising of the Go Teng poles is to allow the Nine Emperor Gods to descend from the heavens to walk the Earth during the nine days of purification rituals. The raising of the poles usually sees crowds thronging at the temples, jammed tight in the confines of the temple compounds. This year the crowds were much smaller, but still close personal contact was a key concern, Mr Prasert said.

"This year far fewer people are

joining the festival events, but I have already seen – and admit – that some parts of the events have been beyond our control. There have been many people not wearing masks or maintaining social distance during the street processions and the rituals performed at the shrines," he stressed.

The smaller attendance at the festivals has been a godsend, even with crowd control measures implemented at all temples, Mr Prasert noted.

"All participating temples are controlling the number of people who enter the temple compounds by using

the Thai Chana app, but once people have entered the temple they go back to their normal behaviour. The temple volunteers are doing what they can, but this has proved very difficult to control," he added.

"The festival this year under the 'New Normal' health protection measures. All people joining the festival are urged to ensure they wear face masks at all times and to maintain a social distance of at least one metre from other people," Mr Prasert urged.

"I want people to follow New Normal measures. Many devotees...

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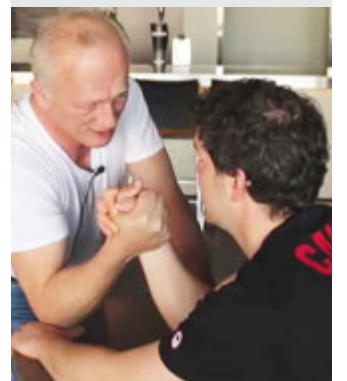
NEWS PAGE 3

Local protest sends peaceful, clear message



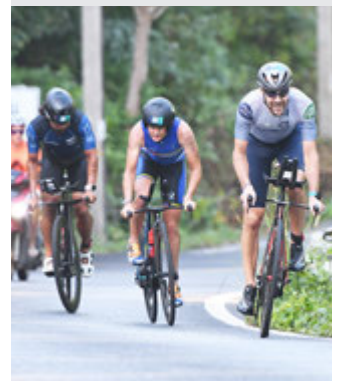
LIFE PAGE 7

The truth about wrestling low testosterone



SPORT PAGE 12

Laguna Phuket Triathlon set for November



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News



Rains collapse road, cause landslide > p4

Veg Fest tests COVID precautions

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...seem to be not aware of their own behaviour while they are taking part in the events.

"I worry very much about the risk of COVID-19 surfacing from an event at the Vegetarian Festival in Phuket," Mr Prasert said.

The New Normal measures implemented has seen several of the key purification rituals banned this year, including the climbing of bladed ladders, bathing with hot oil and walking across bridges of nails.

However, earlier warnings that Mah Song spirit mediums must travel in vehicles separate from the crowds during street processions have fallen by the wayside, with Mah Song this year still walking the streets with their traditional face piercings as usual.

Also allowed at the last minute were the fire-walking rituals.

The festival will conclude with the traditional bonfire of written prayers and blessings for the gods, and the barrage of firecrackers, at the shrine at Saphan Hin on Sunday night (Oct 25).

The Go Teng poles will be lowered



People wait outside a temple, refused entry as a COVID-19 precaution. Photo: Eakkapop Thongtub

the next day, as is tradition, Mr Prasert confirmed.

The New Normal measures are understood as having little impact on the traditional ceremonies performed at the shrines.

"The new normal measures have not changed our activities much, and has not affected any rituals," said Bopit 'Rat' Saetan, 32, a shrine administrator at Lim Hu Tai Su Shrine in Samkong.

"There have been only small changes at the shrine. For example,

there are fewer tables offering food inside the shrine compound than last year, and we are limiting the number of people allowed into the temple at the same time. Other things are not really different," he said.

Of note, he explained that Lim Hu Tai Su is a high-ranking god, with about 150 gods considered as "lower" in status. Also of note is that Lim Hu Tai Su is a god of healing.

Mr Bopit also admitted, "There are not many devotees taking part in the festival this year."

Srinaun Yarangsri, who operates one of the 30 vegetarian food stalls in front of the shrine, agrees.

"This year, there are much less people on the street. Most of them are just local people. There are no tourists joining the festival this year," he said.

"People walk past, but they do not buy anything. With fewer customers, people like me are earning less income," he added.

Mr Srinaun's testament on Monday (Oct 19) follows Tourism Authority of Thailand (TAT) Governor Yuthasak

Supasorn last week announcing that the Phuket Vegetarian Festival was expected to attract some 60,000 people to take part in the festivities, altogether generating a projected more than B350 million in revenues for local businesses.

"According to reports from 54 of 200 hotels open in Phuket, about 20% of rooms have been booked for weekdays, and more bookings were made for the weekend during the nine days of the festival, from Oct 17-25," Mr Yuthasak said, reported state news broadcaster MCOT.

"We expect 60,000 tourists and local people to join the festival. Most of the tourists will come from nearby provinces, up to about 300 kilometres from Phuket," he said.

However, Mr Yuthasak admitted, "The number of tourists from other regions may not be high.

"We expect the festival to generate more than B350mn [in revenues]. Even though the number cannot be as high as past years, in a situation like this, it will help to stimulate tourism and the economy well," Mr Yuthasak said.

Hostage drama over drugs arrest

AN HOURS-LONG siege with a man and a woman being held hostage at a motorbike repair shop in Thalang last Tuesday night (Oct 13) ended peacefully with an armed drugs suspect surrendering to police.

Prasit 'Beer' Thepthong, 33, refused to be searched by officers by the Thalang Police, reported officers at the scene.

Prasit pulled out a handgun and ran into a motorbike repair shop on the Khao Lan - Bang Jo Rd (Route 4015) in Moo 4, Srisoonthorn, at about 5pm.

In the building were Ms



Worawut Songyot escorts Prasit Thepthong from the motorbike repair shop.

Suthasinee Thummakorn, 54, and Mr Jaron Tudamriang, 51, who Prasit held as hostages while police waited outside.

Police sealed off the street past the shop and began ne-

gotiations. Phuket Governor Narong Woonciew arrived shortly after 8pm, followed by Srisoonthorn Mayor Worawut Songyot, who arrived with Prasit's mother and sister, police reported.

Prasit agreed to surrender to police at 8:30pm.

He was taken to Thalang Police Station and charged with attempt to kill officers in the line of duty, illegal detention, illegal possession of a firearm and carrying it in public without any unnecessary reason, and resisting officials. *Eakkapop Thongtub*

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Protests extend to Phuket

Anti-government rallies escalate as parliament recalled early

The Phuket News
editor@classactmedia.co.th

About 700 people gathered at Suan Luang last Sunday (Oct 18) to stage their own anti-government rally in support of the protests held in Bangkok over the weekend.

The rally, which began at 4pm and concluded at 6:30pm, was held as other similar rallies were held in other provinces throughout the country.

Organisers of the Phuket rally peacefully spoke openly, but kept their speeches focused on democratic rights and freedoms and the state of the economy.

Police and members of the Territorial Defense Volunteers (*OrSor*) were present, but no incidents of physical conflict arose.

At about 6:10pm, while the protesters were together shouting 'Prime Minister Prayut Chan-o-cha get out', one man arrived and started swearing at the crowd.

Police quickly stepped in and removed the man to prevent the incident escalating.

At 6:30pm, the protesters disbanded peacefully and left the site.

Parliament recalled

The protests gathered pace in



Some of the protesters at last Sunday's rally in Phuket. Photo: Eakkapop Thongtub

Bangkok and throughout many provinces after students and activists were arrested and water cannons used to disperse a peaceful rally in the capital last Friday night.

Police put the number of protesters at various rallies around Bangkok on Sunday at 20,000, but estimates by organisers and the media were several times that, reported *The Bangkok Post*.

In an effort to take the escalating protests from the streets, the Cabinet confirmed on Tuesday (Oct 20) that parliament would be recalled from recess to hold a special session to seek

solutions on Monday and Tuesday of next week.

Prime Minister Prayut Chan-ocha had previously said he supported such a session to address the ongoing protests and calls to reform the monarchy.

No military coup

Also on Monday, newly appointed defence forces chief Gen Chalermopol Srisawasdi insisted that the military would not get involved in politics and a military coup was not on their minds saying the matter was "not part of the military's action plans".

He stated that politics involved the governing of the country under the law, while the military served as the government's mechanism in social and economic affairs.

"As for politics, the military has no involvement, although they are directly involved in state security because this is the duty of the military. It is the duty under the constitution," Gen Chalermopol said.

Asked about the armed forces leaders' roles as senators, he said they only served during a so-called five-year transitional period as stipulated by the constitution.

Under the constitution, the coup-appointed Senate is allowed to join the House of Representatives to vote for a prime minister.

Freedom of press

Gen Chalermopol's announcement followed the Royal Thai Police moving to silence news agencies and Facebook platforms over their coverage of the protests in Bangkok over the weekend.

Several local media organisations and academics called on the government not to violate the freedom of the press after the leaking on Monday of an order issued by the government's joint Centre for the Resolution of Emergency Situation (CRES).

They warned that restricting people's access to information could prompt more people to join the protests and make the political situation more delicate and susceptible to violence.

On Tuesday morning a petition signed by 1,118 lecturers from various universities was submitted by lecturers and students of the Thai Academic Network for Civil Rights to the Prime Minister's office requesting the government refrain from using violence against protesters.

Arson not suspected in Bangla shop fire

POLICE HAVE CONFIRMED that an electrical fault from a streetfront sign sparked a fire that engulfed a clothes shop and six other shops in a small arcade on Bangla Rd on the morning of Oct 12.

Lt Col Kittisak Sommat of the Patong Police told *The Phuket News* that investigators have confirmed that the fire was not intentional.

"Witnesses confirmed that the fire started from sparks from an electrical sign in front of the shop," he said.

Firefighters were called to the small arcade, located next door to the popular Sugar Club nightclub, at about 11:30am.

The fire quickly ripped through the clothes store's merchandise of hats, shirts, shoes and other items of clothing, and spread to other shops in the arcade, Lt Col Kittisak said. Plumes of heavy smoke could be seen from as far as the hills behind the beachfront town.

The total damage caused by the fire was estimated at about B2 million, he added.

After arriving, fire-



Firefighters at the scene. Photo: Patong Police

fighters took about 35 minutes to douse the fire, Lt Col Kittisak noted.

"All the shops are covered by fire insurance. I have already spoken with the insurance agent about the fire and we are waiting for the official report of forensic science investigators so we can hand that over to the agent," he said.

"Investigators from

the Phuket Forensic Police have inspected the site and collected items of evidence. They have forwarded some items to the Forensic Science regional headquarters in Surat Thani for further examination, so we expect that it will take some time for the official report to be completed, probably in about one month," Lt Col Kittisak said. *The Phuket News*



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PHUKET SEVEN DAY WEATHER FORECAST

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Wind 7 m/s

SUN OCT 25

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Wind 4 m/s

MON OCT 26

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Wind 4 m/s

TUE OCT 27

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Wind 4 m/s

WED OCT 28

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Low: +25°
Wind 4 m/s

THU OCT 29

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Low: +25°
Wind 7 m/s

Rain runoff collapses road

Eakkapop Thongtub
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Motorists are urged to exercise caution while driving westbound over Kata Hill after heavy rains last week washed away the earth supporting the outer westbound lane, leaving the road heavily damaged.

The outer lane westbound has been closed, allowing only one lane of traffic through from Chalong to Kata.

Phuket Highways Office Chief Somwang Lohanut told *The Phuket News* last Thursday (Oct 15) that officers first noticed damage to the road on Oct 10.

"The collapse now stretches about 50 metres along the outer westbound lane of the road. Heavy rain washed away the earth supporting the road, leading to the collapse," he said.

"Officers from Rawai



Heavy rains washed away the earth supporting the outer lane, leading to the outer part of the lane to collapse. Photo: Phathada Sae-Lim / Facebook

Municipality have already closed the lane off with traffic cones. At this stage, only one lane of the road is open to traffic, and we will ask for emergency funds to repair the

collapsed area," Mr Somwang added.

"In the next fiscal year, we will ask for a maintenance budget especially for this area," he said.

"Please drive carefully on the road, we will repair it as soon as possible," Mr Somwang urged.

Meanwhile, Phuket Governor Narong Woonciw has ordered officials to seal off the area where a small landslide occurred beside a luxury home in Rassada last Tuesday (Oct 13), and take whatever action necessary to ensure a further landslide does not occur at the same site, threatening residents living below.

Sophon Thongsai, chief of the Phuket Provincial office of Disaster Prevention and Mitigation (DDPM-Phuket), said Rassada Municipality informed his office of the landslide at about 1:30pm.

The landslide occurred at a plot along Soi Yaruen Uthit, in Rommai Chailay Village, where a large house had been built.

The luxury home belonged to a businessman who bought it for a vacation rental and stayed at the house only from time to time, Mr Sophon said.

No one was at home at the time the landslide happened, and no people were injured in the incident, he added.

The luxury home also appeared to not have suffered any damage.

A retaining wall had been built at the site to prevent a landslide, Mr Sophon noted, but the wall was not strong enough and collapsed, allowing the landslide to happen.

Rassada Municipality, DDPM Phuket officers and the owner of the plot below the landslide inspected the damaged area.

Governor Narong and Muang District Chief Vikrom Jakthee arrived to inspect the site at about 2pm.

The Governor ordered Rassada Municipality and relevant agencies, including the DDPM, to seal off the area for safety and to take whatever action was necessary to ensure no further landslide would occur.

They were also to inspect the home for structural integrity to ensure it will not collapse, and if necessary temporarily relocate nearby residents who may be in danger if another landslide occurs.

Officers have yet to estimate the value of the damage done and the cost of any works to be carried out.

"In this incident, it was lucky that no one was injured or killed," Governor Narong said.



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Seven more Phuket hotels await approval as ALSQs

The Phuket News
editor@classactmedia.co.th

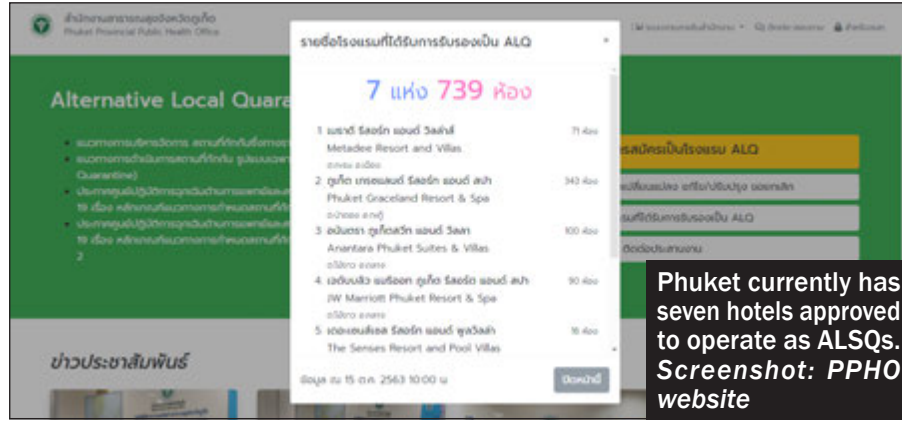
Seven more hotels in Phuket have been approved by the Phuket Public Health Office (PPHO) and are waiting for approval from Bangkok to start receiving newcomers arriving in the country when international tourists are allowed to land directly in Phuket.

However, two key hotels which were among the first in Phuket to be approved by Bangkok have now decided to no longer operate as ALSQs while the ban on international tourists landing in Phuket remains in place.

PPHO Deputy Chief Padungkiet Utokasenee confirmed to *The Phuket News* on Monday (Oct 19) that seven hotels in Phuket, offering 739 rooms in total, have been already approved. The seven hotels and resorts are as follows: Metadee Resort and Villas in Karon (71 rooms); Phuket Graceland Resort & Spa in Patong (343 rooms); Anantara Phuket Suites & Villas in Mai Khao (100 rooms); JW Marriott Phuket Resort & Spa in Mai Khao (90 rooms); The Senses Resort and Pool Villas in Patong (16 rooms); Banyan Tree Phuket in Cherng Talay (40 rooms); and the Laguna Holiday Club Phuket Resort in Cherng Talay (79 rooms).

Mr Padungkiet explained that the seven new hotels, once approved, will be added to the list posted by the PPHO.

A report by the Phuket office of the



Phuket currently has seven hotels approved to operate as ALSQs. Screenshot: PPHO website

Public Relations Department (PR Phuket) last week noted that once the hotels have been approved the total number of Alternative Local State Quarantine (ALSQ) hotel rooms available on the island will be above 1,400.

Mr Padungkiet on Monday also confirmed that the high-end Trisara resort and the Anantara Mai Khao Phuket Villas resort in Mai Khao have both requested to no longer serve as ALSQ venues.

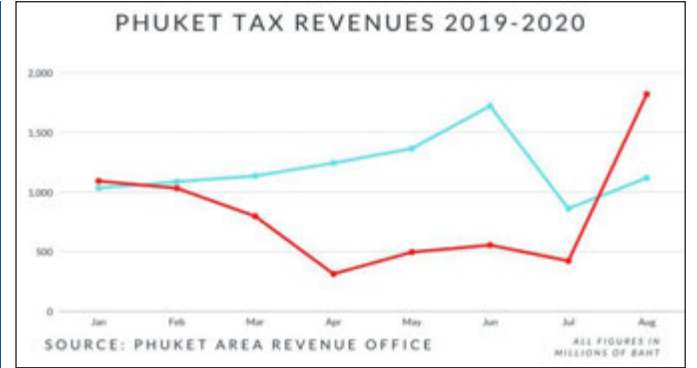
Both resorts were for months the first and only hotels on the island to be approved by Bangkok to operate as ALSQ venues.

However, Mr Padungkiet added that both resorts deciding to no longer serve as ALSQs had only a small effect on the total number of ALSQ rooms available on the island. Trisara had previously made 15 guest accommodation units available, while Anantara Mai Khao Phuket Villas had offered 36 villas.

“Trisara explained that they believed that there were now enough other hotels operating as ALSQs and that there were now enough rooms available for people to stay at a resort in Phuket to serve their 14-day quarantines,” Mr Padungkiet explained.

“The management at the Anantara resort explained that they still had their 100 rooms available to serve as ALSQ accommodation, and so they could re-open their villas for regular guests to stay,” he said.

However, a report by PR Phuket last week explained that the decision for the hotels to deregister as ALSQ venues was made due to the fact that both hotels had been designated as ALSQs for months, but were still unable to host a single guest due to the ongoing ban on any international tourists being allowed to land directly in Phuket.



Tax revenues collected in Phuket plunged after the COVID crisis gripped the island's economy. Image: The Phuket News

COVID-19 batters Phuket tax revenues

THE ECONOMIC IMPACT of COVID-19 has halved the tax revenues collected by the local office of the Revenue Department, despite a major bump from outstanding taxes collected from last year.

According to figures provided directly to *The Phuket News* by the Phuket Area Revenue office, total tax receipts from January through August year on year fell by just over 46%.

January began with an year on year increase of 5.38% rising from B1.033 billion to B1.092bn, before February saw tax revenues fall by -5.22%, from B1.086bn to B1.032bn.

However, once the ban on inbound international tourists came into effect, tax receipts on personal and business in-

comes plunged dramatically. Tax revenues in March fell by -42.31% (from B1.134bn to B797bn), followed by a fall in April of -296.86% (from B1.243bn to B313bn). May saw a year-on-year decrease of -175.02% (from B1.363bn to B495bn), while June saw a fall of -209.85% (from B1.720bn to B555bn) and July fell by -103.78% (B861bn to B422bn).

August saw a year-on-year increase of 38.55% (B1.118bn to B1.819bn), but only because the deadline for filing tax returns, postponed by the national government as a COVID-19 benefit, fell due by the end of that month.

The Phuket Area Revenue Office declined to comment on the plunging figures.

The Phuket News

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Walking on Water: Lotuses and Lilies



GREEN THOUGHTS

Patrick Campbell

Thailand has a high annual rainfall and Phuket is no exception to this, as anyone who has experienced the summer monsoon can testify. This year has been especially watery with precipitation likely to exceed 100 inches. But despite this abundance, Thais have a special reverence for water and its vital role in life. Expats drenched during the April water festival of songkran quickly realise that one of the impulses behind this celebration is to cleanse and renew, to herald the onset of the new rains that will bring life to the parched earth.

This respect is primarily related to rice, the staple food and lifeline of all Thais, and the most important natural contributor to the kingdom's economy. Why rice? Because successful production of the cereal is reliant on oodles of water: all those hectares of marshy paddies throughout central Thailand are testimony to its dependence on a constant supply of H2O in the growing season from May to November.

But it is not just a tale of rice. Aquatic or marsh-loving plants are also a feature of Thailand's floral landscape – and to a much greater degree than in Europe or America. Take the lotus (*Nelumbo nucifera* or *lutea*). The national flower of India and Vietnam,



The lovely water lilly.

though surprisingly not of Thailand, it is a constant presence here, turning muddy lakes into a riot of brilliant colour, or cultivated in water gardens and decorative pots. That is one reason why it is so revered – an object lesson as to how something born in the murkiest of environments can yet transform itself into an object of exquisite beauty. Not only in western myth do frogs metamorphose into princes.

Also central to Buddhist iconography, deities are often depicted seated on a lotus flower; the divine one apparently caused lotuses to burst into bloom wherever he walked. Most important of all, the lotus is one of the eight aus-

picious signs of Buddha – a symbol of cosmic harmony or spiritual illumination.

I first encountered the plant many years ago in London when I bought the conical seed heads (without realising what they were) for inclusion in an arrangement of dried flowers. These massive heads are truly exotic, resembling the pierced spout of a watering can. But even these are sensationally upstaged by the fat pink or white buds which develop into blooms up to 20cm across.

In the wild, the lotus grows by anchoring its roots (rhizomes) to the muddy bottom of a lake or river up to

eight feet deep, while its brilliant green, nasturtium-shaped leaves float on the surface or rise majestically above the water on long brittle stems. Some cultivars are grown exclusively for the glory of their huge white, yellow (*lutea*) or pink blooms.

So it seems a pity to relegate this marvel to the kitchen garden, even though everything is edible – flowers, seeds, leaves, even the rhizomes. Much better to plant the sacred lotus, Thai style, in waterproof earthenware pots, half filled with the rich, glutinous mud sold at nurseries in plastic bags – and watch them flourish. The container need not be wide but it should be tall, preferably vase-shaped.

A couple of provisos. The leaves may turn brown and rusty-looking at the edges. If so, you can easily remove them. Secondly, and since its natural habitat is rich alluvial slime, it will need frequent doses of proprietary fertilizer. But it is worth the trouble... No Thai patio should be without one.

Dr Patrick Campbell can be contacted at his home Camelot, located at 59/84 Soi Saiyuan 13; Rawai; Phuket 83130. Tel:66 076613227 (landline), 0655012326 or 0857827551 (mobile). His book "The Tropic Gardener", an indispensable guide to plants and their cultivation in Thailand, is available from Seng Ho bookshop in Phuket Town or Delish in Rawai, or arrange a copy to be delivered by emailing him at drpaccampbell@gmail.com.

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Are you the man your Dad was?

HEALTHY HABITS

Craig Burton

If you measure your manliness according to your testosterone levels, sadly the answer is likely no, according to current statistics comparing men today with the previous generations at a similar age. Naturally there is more to a man than his testosterone score, but testosterone plays a powerful role in how we feel as men. It is our dominant hormone responsible for the development of our sex organs along with playing a major role in so many of our health characteristics including muscle mass, bone density, libido, wellbeing and moods.

Last year the lab I use here in Phuket lowered the testosterone normal reference ranges (the range that is considered normal and okay) from previously 280-800ng/dl to now 193-740ng/dl – nearly a 100-point decline. Why? The standard normal ranges for blood tests are often the result of plotting all the test results for normal people into a bell curve and identifying the outlying 5%, suggesting a strong testosterone decline, which is a worldwide trend.

Testosterone trends and statistics

Low testosterone has really become one of the biggest men's health and wellbeing issues today, with approximately 30% of men worldwide affected by low testosterone

A global estimate of total testosterone sales from 41 countries indicates increases from US\$150 million in 2000 to US\$1.8 billion in 2011. This figure has a lot to do with more advertising and exposure via the internet to sell testosterone but likely also represents the greater awareness of men realising an issue and looking for a solution.

Low testosterone issues

Recent studies have demonstrated that low testosterone in men is strongly associated with metabolic syndrome, type 2 diabetes, cardiovascular disease.

But along with these issues is the often silent mental health issue that goes with low testosterone, namely depres-

sion. Studies are very clear in showing the relationship between low testosterone and depression.

One study from over 800 men showed a clear and significant inverse relationship between serum testosterone levels and depressive symptoms. As testosterone goes down, depression goes up.

The Massachusetts Male Aging Study (MMAS), which included 1,709 men aged 40 to 70 years, showed that each unit increase in the concentration of total serum testosterone results in a 10% reduction in the risk of depression.

Low Testosterone Symptoms

So what does a guy look and feel like with low T? Well simply not himself – low energy, vitality, low sex drive are classic symptoms. He easily gains fat around the midsection, that male pregnant look and it's hard to lose it even if he tries with diet and training.

Causes of low testosterone

I often look at health according to four foundations which I will link to low testosterone:

1. Mindset – Chronic mental stress leading to sustained high cortisol is a big factor today. This can be from work, finances, relationships.

2. Lifestyle – Another stress to the body is lack of adequate sleep, testosterone is mostly produced when we sleep.

3. Nutrition – Inflammation is a stress and a diet high in refined sugar, refined seed oils/vegetable oil are two of the main inflammatory stressors in our diet today.

4. Movement – Sedentary lifestyle is not helping produce our prime hormone. If you don't move it, you lose it!

I will also add to this list environmental toxins such as plastics which are affecting our hormones and possibly increasing estrogen levels.

Low T solutions

Here they are:

1. Try not to sweat the small stuff and ideally practice meditation – to balance cortisol.

2. Go to bed as early as possible and ideally sleep till you naturally wake up.

3. Cut down the ultraprocessed food (sugar and bad fats) and replace with plenty of good fats (like coconut oil,



Falling testosterone levels affect much more than an arm-wrestle with your dad. Photo: Craig Burton

avocado, eggs, olives, fatty fish) as testosterone is made from fat, along with clean protein and loads of above ground vegetables

4. Do strength training – T loves it.

What about testosterone supplements?

It is critical for those wishing to supplement with testosterone to do so only under medical supervision. Labs need to be done regularly to see you are in the right range for your body – more is not better. Over-supplementation can cause many problems including increases in estrogens (due to testosterone converting/aromatising to estrogen), which is bad news for a male body.

If you are not checking you are just guessing

My recommendation for all men over 30

is every year please get a physical with labs included and insist on them adding testosterone to keep an eye on it. You really have to insist as it's not often done unless you say you have a low libido. If possible ask for also SHBG and albumin (to work out free and bioavailable testosterone), Estradiol, and DHEA. Don't wait until it becomes a problem. To understand how to optimise testosterone on a deeper level please check out my free course.

Craig Burton (BSc, NASM, CISSN) is a practicing Clinical and Sports Nutritionist with over 20 years' experience as a health practitioner. He holds an array of qualifications in nutrition, as well as in health, fitness, mental and lifestyle coaching. To find out more about Craig or contact him go to www.craigburtoncoaching.com

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POP QUIZ

- Which country has its capital named after US President James Monroe?
- In electrical machines what is defined as exactly 746 watts?
- What was the first man-made object to leave the Solar System and enter interstellar space?
- Which iconic sight on the streets of the UK was designed by Sir Giles Gilbert Scott?
- The Reign of Terror is the label given by many historians to which period or event in history?

Answers below, centre

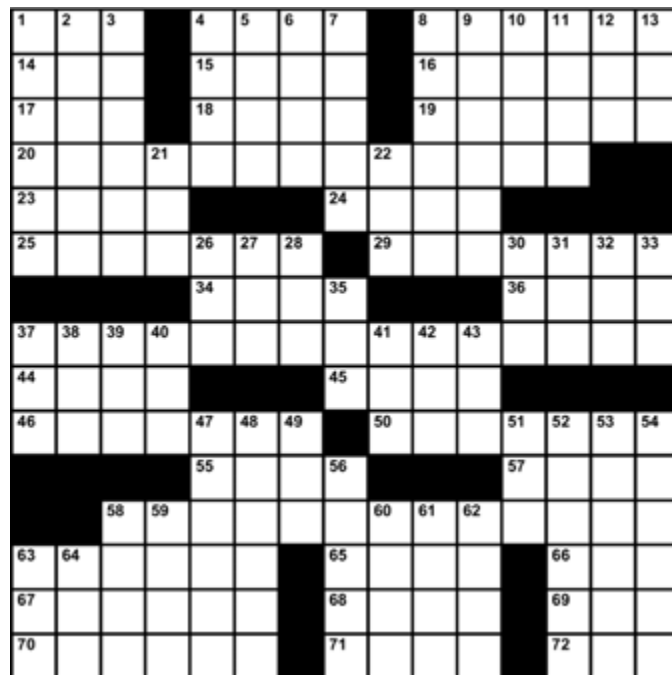
SUDOKU

Medium

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	7		5	4		9		
2	8		7					6
			1					4

Crossword by Myles Mellor & Sally York

- Across**
- Hospital V.I.P.'s
 - Qatar's capital
 - A spoonful of medicine, e.g.
 - Furnace fuel
 - Shrinking Asian sea
 - Siouan speakers
 - Roe
 - It's just for show
 - Numbers
 - Canine specialist
 - Fleece chaser
 - No layabout
 - Soap opera's slot
 - Composition writer
 - High-tech mogul Michael
 - Means
 - Home economics
 - Subtle glow
 - Speak to rudely
 - Get ready for a shower
 - Broken, in some way
 - Executes
 - Poker variety
 - Cottage, e.g.
 - Most desperate
 - Painter of limp watches
 - Monte or Norte
 - "Let him be ___ rich."-- Emerson
 - Neck and neck
 - Hodges of the Dodgers
 - Mediterranean sea
 - Monopoly acquisition
 - Printer's widths
 - abbr.
 - 66, e.g.: abbr.
 - Technology that uses polarized light
 - June honoree
 - Arles assent
 - Mr.'s mate
 - Attention
 - Imogene's TV partner
 - Civil War inits.
 - Doctrine
 - ___ file: Frederick Forsyth spy thriller
 - Fasten to
 - Electric fish
 - There was much about nothing in Shakespeare
 - Family feud
 - Enter cautiously
 - Lives
 - Chose a team
 - Remnant
 - Lived
 - Church part
 - Delight
 - Quarters starter
 - Raiding grp.
 - ___ an interesting offer for you.....
- Down**
- Thingamajig
 - Mexican muralist
 - Like street talk
 - Arp movement
 - City SSW of Moscow
 - Amateur broadcasters
 - In full voice
 - Equivocates
 - Types of willows
 - Food thickener
 - Not "fer"
 - Follow
 - Kind of curve
 - Youngster
 - Precious eggs
 - Psyche divisions
 - Confronted
 - A Manning
 - Gator or lemon?
 - Dark and feminine (Chinese)
 - Letter accompanier,



Answers to this week's Pop Quiz:

- Liberia (Monrovia is the capital; 2) The Horsespower; 3) Voyager 1;
- Red telephone box; 5) The French Revolution

Solutions to last week's puzzles:

C	A	R		C	H	I	L	I		G	O	L	A	S					
O	R	E		E	A	T	I	N		T	A	L	I	F	E				
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T	O	O	T		S					S	W	E	E	P			S	S	H

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

GOT YOUR NUMBER

6

hours or more of sitting each day makes you 40% more likely to die within 15 years than someone who sits for less than three hours a day.

20

percent of the Earth's oxygen is produced by the Amazon rainforest.

92

days is how long the average person will spend sitting on the toilet in their lifetime.

70,000

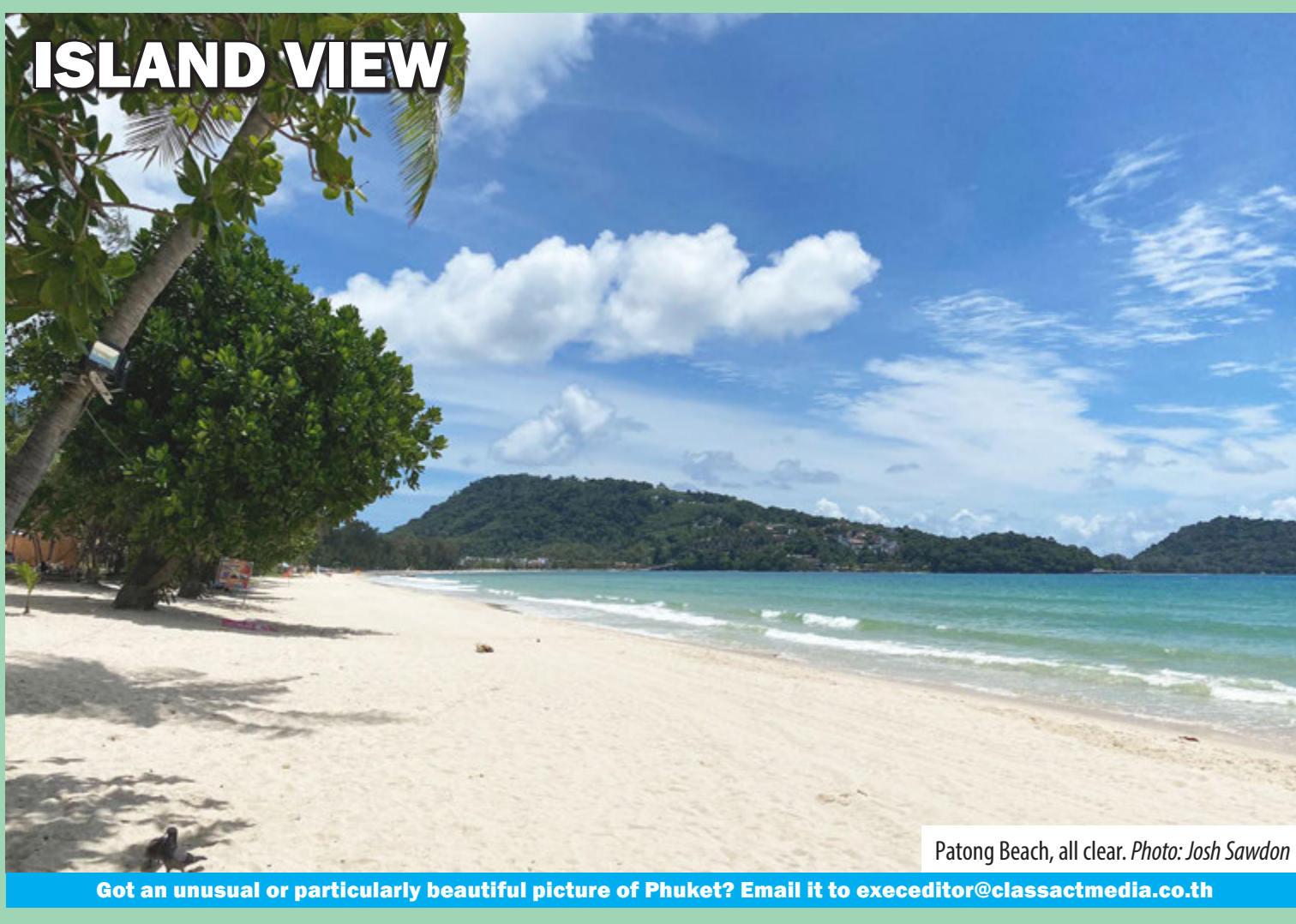
more people were arrested by police in the US for marijuana possession in 2015 than for committing violent crimes.

40

billion

years ago, giant penguins roamed Antarctica. They would have been taller than the average man.

Source: Uberfacts



Patong Beach, all clear. Photo: Josh Sawdon

Got an unusual or particularly beautiful picture of Phuket? Email it to exceditor@classactmedia.co.th

This week in history

Oct 23, 1917
Vladimir Lenin calls for the October Revolution.

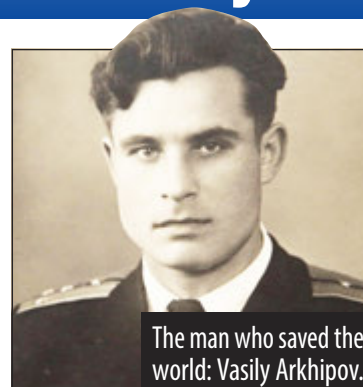
Oct 24, 2008
"Bloody Friday" saw many of the world's stock exchanges experience the worst declines in their history, with drops of around 10% in most indices.

Oct 25, 1854
The Battle of Balaclava during the Crimean War (Charge

of the Light Brigade).

Oct 26, 1985
The Australian government returns ownership of Uluru to the local Pitjantjatjara Aborigines.

Oct 27, 1962
By refusing to agree to the firing of a nuclear torpedo at a US warship during the Cuban Missile Crisis, 36-year-old Russian Navy



The man who saved the world: Vasily Arkhipov.

seaman Vasily Arkhipov averts nuclear war.

Oct 28, 1420
Beijing is officially designated the capital of the Ming dynasty. In the same year that the Forbidden City, the seat of government, is completed.

Oct 29, 539 BC
Cyrus the Great (founder of Persian Empire) entered the capital of Babylon and allowed the Jews to return to their land.

Source: Wikipedia

Trades & Services

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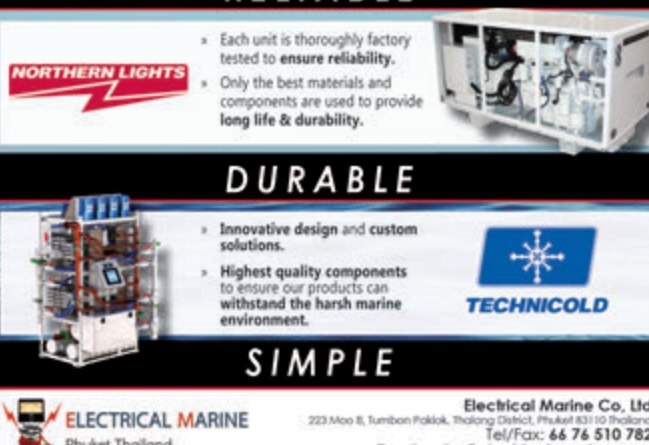
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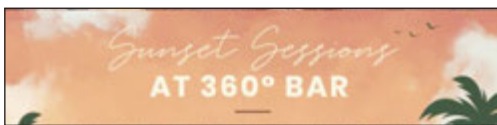


FRI 23 OCT



Mussels night @ Shakers

1.2kg mussels served with French fries, your choice, your style: natural, marnière, Provençale, garlic and cream or Thai style. Reservations recommended B295 P/P. shakersphuket@gmail.com 081 891 4381.



Sunset Sessions at 360° Bar

Join us to experience that golden hour glow at 360° Bar, the ultimate sunset perch over paradise every Friday from 5pm. Celebrate with beverages paired with delicious tapas and chilled beats by DJ Garry. Make the most of your special evening with 2 for 1 from 7:30 pm on selected beverages. Reservation, 360° Bar at The Pavilions Phuket, fb.phuket@pavilionshotels.com, 086 281 7597

SAT 24 OCT



All you can eat BBQ night

6pm – 11pm: Beef, Pork, Chicken, Burgers, Sausages, Prawns and Squid, Salad buffet, Choice of potatoes and sauces, bread, buns and garlic bread. Reservation recommended. B395 P/P. shakersphuket@gmail.com 081 891 4381.

SUN 25 OCT



All you can eat Sunday Roast Buffet

Beef, Pork and Lamb – Cauliflower, Broccoli, Peas, Carrots, fried mushrooms, grilled tomatoes – Yorkshire pudding –

roasted potatoes, mashed potatoes – gravy, mushroom sauce, mint sauce. Reservations recommended. B350 P/P. shakersphuket@gmail.com 081 891 4381.



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Let's enjoy our signature brunch with unlimited bubbly, grapes, hops, plates dishes, BBQ meats, fresh seafood, famous roasts & carving stations with dessert buffet. Live music & complimentary pool access. Only THB 2,200 net. Every Sunday 12 pm - 3.30 pm. Reservation, Banyan Tree Phuket, fb-phuket@banyantreep Phuket.com, 076 372 400

MON 26 OCT



All you can eat BBQ Ribs night

6pm – 11pm: All you can eat BBQ Ribs served with salad buffet, potato salad & choice of sauces. Reservation recommended. 295 baht P/P. shakersphuket@gmail.com, 081 891 4381.

TUE 27 OCT



Rotary leads 'Revive Phuket & What's Next' discussion

Join the discussion on how Phuket will and can re-open to get back to business. Guest speakers - The Governor of Phuket Province - Rtn. Narong Woonciew - President of the Phuket Chamber of Commerce - Mr.Thanusak Phuengdej - President of Thai Hotels Association Southern Chapter - Mr. Kongsak Khoopongsakorn from The Vijitt Resort Phuket - Secretary of Phuket Real Estate Association - Mr. Sachapon Thongsom - Phuket Tourist Association (PTA) – Mr. Bhumikitti Ruktaengam Agenda - 19:00 - Registration - Networking with finger food and a welcome refreshments included - 20:00 - Podiums discussion. Fees - 300 THB for Rotary Club members - 500 THB for Guests and friends - Holiday Inn Resort, Patong. Please send in your questions at least 2 days before to secretary@rotarypatong.org.

THU 29 OCT



Le Chaine De Rotisseur Phuket Oct 2020 Dinner

Chef Alessandro and his team have put together a sensational menu for us. There are some truly unique dishes and he has very generously booked the whole restaurant for us that night. I look forward to seeing you. If you have any questions please do not hesitate to email me directly at adam.goodman@twochefs.com. 7:00 pm - Welcome reception, 7:30 pm - Dinner Starts. Price: 4500 THB per person for members, 5000 THB for non members. Attire: Members with Chaine – smart casual. www.facebook.com/laChainePhuket

SAT 31 OCT



PIWC - Annual Dinner

Come Dine With Us at the Pullman Arcadia's Vero Italian Restaurant, Nai Thon Beach on Saturday the 31st October. Members 1,100 Baht Non-Members/ Guests 1,300 Baht. Registration will commence at 6.30 for a 7pm start. The Pullman is offering a Deluxe Room with breakfast included at a special price of 2,999 Baht net per night. This is our annual dinner where we can bring along our significant other. So, get your friends together and book ASAP as seating is limited. RSVP to Maggy robmaggy@yahoo.com

FRI 6 NOV



Grow Boating Networking

The Grow Boating Networking Evening will be held at the Port of Call restaurant, at the Ao Po Grand Marina

from 5pm. Please contact us if you would like to be our drinks sponsor for the evening. There will be a light buffet sponsored by the Port of Call restaurant and your favourite beverages will all be available from the bar. Come and join in the fun, everyone is welcome. The Grow Boating Networking Evening is organised by the Thai Yachting Business Association. Find us on Facebook at www.facebook.com/groups/GrowBoatingNetworkingEvening

SAT 7 NOV



Angel Market is back at Cassia Laguna Phuket

Angel Market is back at Cassia Laguna Phuket!! Every first weekend of the month, you are invited to enjoy awesome market items from airline angels, Foam & pool party, with live band, DJ and a lot of games & entertainment. Special FREE 100THB credit to shop around the market when book a room at Cassia Phuket starting from THB 699 net per night or THB 999 for two nights, plus heaps more free stuff! Call 076356999 for more information.

FRI 13 NOV



Phuket Sundowners - Nov 13

Phuket Sundowners Friday 13 Nov. At Angsana Laguna Phuket. Cost 500 for AustCham member, 900 for non-member. Contact Australian-Thai Chamber of Commerce 02-109-9616. Visit www.austchamthailand.com

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SUCCESS FOR ALL

Victory by one shot for Pawin at Phuket Open

GOLF

Bangkok Post

Pawin Ingkharadit won his third All Thailand Golf Tour title with a one-shot victory at the Singha Laguna Phuket Open 2020 last Sunday (Oct 18).

Three strokes behind leader Witchayanon Chothirunrungrueng after three rounds, Pawin closed with a final 67 to win on 11-under 269 at the par-70 Laguna Golf Phuket.

Witchayanon finished second with a 10-under aggregate after posting a 71 in the final round.

One stroke further back were Atiruj Winaicharoenchai (64) and Panuphol Pittayarat (70), who shared third on nine under at the B2-million final event of the All Thailand Golf Tour 2020.

Pawin received B300,000 and five world ranking points for his third tour win after victories at the Singha Championship 2018 and the Hua Hin Open 2015.

Witchayanon, who is still



Pawin Ingkharadit with the trophy. Photo: Bangkok Post.

waiting for his first ATGT title, took home B190,000 and three points.

Pawin, who turned pro in 2011, said he was able to win by staying focused on his own game.

"I have tried to concentrate on my own game and that helped a lot," said the Suphan Buri native, who had five birdies and two bogeys.

"My iron play was a lot better this week. On the back nine, I tried to play safe as much as I could."

Kosuke Hamamoto

finished sixth on eight under followed by Natipong Srithong (70), who was one shot behind.

Ratchapol Jantavara, who was bidding for back-to-back titles after his win in Chiang Rai last month, was joint-33rd on 281.

Amateur Ratchanon Chantanuwat, 13, finished as low amateur.

In his third ATGT event, Ratchanon, who was among four amateurs who made the cut, shot a final 67 to tie for 17th with a total score of a three-under 277.



The shocking challenge from Everton goalkeeper Jordan Pickford that could end Van Dijk's season. Photo: AFP

Van Dijk injury woe

FOOTBALL

LIVERPOOL HAVE BEEN delivered a devastating blow after it was confirmed that defensive lynchpin Virgil van Dijk has suffered knee ligament damage and looks likely to miss the remainder of the season. The Dutchman hobbled off after a shocking challenge from Everton goalkeeper Jordan Pickford in the 2-2 draw in the Merseyside derby last Saturday (Oct 17) and will now require surgery.

The club confirmed he had sustained anterior cruciate ligament damage which typically requires 6-12 months of recuperation time although the extent of the injury will not be known until he has been operated upon.

Van Dijk has been pivotal to Liverpool's resurgence in recent years by providing a defensive solidity that saw the club win the Champions League, Club World Cup and Premier League.

His absence presents Liverpool with a huge dilemma and seriously undermines their aspirations to defend their Premier League crown and embark on a successful European campaign. Fellow central defenders Joe Gomez and Joel Matip have failed to inspire confidence even with the talismanic Dutchman by their side, so Reds manager Jurgen Klopp will be justifiably concerned.

It could also see 29-year-old Van Dijk, who is captain of the Netherlands national team, miss the delayed Euro 2020 championships next June.

The Phuket News

Wallabies hoodoo continues

RUGBY

THE WALLABIES HAVE BEEN lambasted by Australian media commentators after their team again failed to snap a decades-long hoodoo at New Zealand's Eden Park.

Australia's inability to win at the Auckland stadium stretched to a 34th year after being outplayed by a rampaging All Blacks 27-7 last Sunday (Oct 18).

They were punished for a poor defensive performance, guilty of too many handling errors, conceding a raft of turnovers and missing a whopping 40 tackles to New Zealand's 23.

They included Marika Koroibete failing to get the ball down in the corner, Brandon



Wallabies brushed aside. Photo: AFP

Paenga-Amosa's double movement that cost them a try and Jordan Petaia's carelessness that allowed Sam Cane to cross for five points.

"The Wallabies buried themselves in an avalanche of their own mistakes," said the *Sydney Morning Herald*.

The win put New Zealand in the driving seat after two Bledisloe Cup games. The two arch-rivals next clash in Sydney on Oct 31. AFP

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Sport



Liverpool dealt Van Dijk injury blow > p11

ON YOUR MARKS!



Competitors at the start line of last year's event. Photo: Laguna Phuket Triathlon

TRIATHLON

The Phuket News
editor3@classactmedia.co.th

Excitement is building amongst the Triathlon community in Thailand as it has been confirmed the internationally-acclaimed Laguna Phuket Triathlon will take place as scheduled on Sunday, 22nd November 2020 at the award-winning destination resort Laguna Phuket.

With over 500 confirmed entries so far, the event marks the 27th consecutive year of the event known as "The Race of Legends".

The signature race distance includes a 1.8km swim, 50km bike and 12km run and sprint distance (0.5km swim, 20km bike and 6km run). In stringent adherence with all the latest event safety standards, race organisers have redesigned the race setup to accommodate athletes with safe distancing criteria in mind, which includes a beach run finish and exciting new post-race afternoon party being held at Xana Beach Club.

This year Southeast Asia's longest-running triathlon will feature the inaugural Laguna Phuket Duathlon

(LPD). Crafted in a 4km run, 50km bike, and 12km run combination, the Duathlon will take place on the same day, giving all athletes the chance to experience the race's signature bike course.

Online registration is open until Sunday Nov 15 at www.lagunaphukettri.com and on-site registration is available on Saturday Nov 21.

For the ultimate event experience, athletes and followers are encouraged to book their stay at any of the seven Laguna Phuket resorts which are all within walking distance or minutes' ride on

Laguna Phuket's free shuttle buses and boats. Special hotel rates are on offer upon race registration by using the promo code "LPT2020" at www.lagunaphukettri.com/travel/accommodation.

Last year, Laguna Phuket Triathlon was ranked 5th in the 10 Best Triathlons in the World list by Let's Do This (UK) and the destination was named Honorable Contributor in Sports and Exercise by

the Ministry of Tourism and Sports' Department of Physical Education (DPE).

For more information and race registration, visit www.lagunaphukettri.com

22 November 2020

27th Laguna Phuket Triathlon and Sprint Introducing "Laguna Phuket Duathlon"

REGISTER NOW

THE RACE OF LEGENDS



1.8K Swim 50K Bike 12K Run

0.5K Swim 18.5K Bike 6K Run

4K Run 50K Bike 12K Run



LagunaphuketTri.com

