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IT'S THE DOPE

MEDICAL MARIJUANA MAKES HEADWAY IN PHUKET

Narueta Srisuk, Pharmacist at the Medical Cannabis Clinic, holds a vial of THC 1.7% formula of Cannabis sublingual oil. Photo: Tanyaluk Sakoot

Tanyaluk Sakoot
reporter2@classactmedia.co.th

The availability of medical marijuana treatments via Vachira Phuket Hospital in Phuket Town has been highly praised, giving patients who have exhausted standard pharmaceutical treatment options without success another form of remedy.

Dr Thanit Sermkaew, Chief of the Phuket Provincial Public Health Office (PPHO), plainly gave his support for the new treatments available.

“I agree with this kind of treat-

ment. It is another option for patients to receive treatment for their conditions,” he said.

“Each person responds differently to medical treatment, so medical marijuana treatments might work better for some patients,” he added.

Currently medical marijuana treatments in Phuket are available only at Vachira Phuket Hospital, confirmed Vachira Phuket Hospital Director Dr Chalermpong Sukontapol.

“Vachira hospital is the only medical facility legally empowered to dispense medical marijuana treatment. No other hospitals or medical

facilities on the island are allowed to give patients medical marijuana treatments because the Ministry of Public Health allowed only one place in each province,” he said.

“Other government hospitals such as Patong Hospital, Thalang Hospital and Chalong Hospital are not allowed to use medical marijuana treatments. The Phuket Provincial Hospital [often also called the ‘OrBorJor Hospital’] is not allowed.

“Private hospitals including Bangkok Hospital Phuket, Bangkok Hospital Siriroj and Mission Hospital are also not allowed. It is not legally

available from them to use,” he added.

Dr Busaya Santisant of the Medical Cannabis Clinic at Vachira Phuket Hospital told *The Phuket News* that the clinic has welcomed only a few dozen patients, but the effects on those patients’ lives has been very positive.

“The medical marijuana treatments are a good thing, and a good option for people who do not have complicated diseases. So far I have taken care of 39 people since the clinic opened in November last year. At present, there are 20 patients who use treatments via this clinic,” she said.

“I have found that medical...

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Tourism honcho slams govt lack of support



LIFE PAGE 6

Jimmy Fame launches new album, book



SPORT PAGE 12

Laguna Phuket Triathlon a hit despite COVID



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News



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Medical marijuana brings relief

Continued from page 1

...marijuana treatments have improved their lives," she added.

However, Dr Busaya expressed concern for people using marijuana to self-medicate their own ailments.

"Right now, I am concerned about people who use 'underground' marijuana treatments because the patient will never know what else is mixed in the treatment. I would like to ask such people to come to our clinic so we can look into the conditions they are suffering and provide proper care for them," she added.

The treatments available at the clinic are divided into two categories.

The 'Thai Alternative Treatment' comprises four marijuana-based medicines called *Sukkasaiyat*, *Tamlaiphameru*, *Kae lom Kae Sen* and hemorrhoid medication. The four medicines use marijuana leaves combined with another



THC 1.7% formula of Cannabis sublingual oil (green label). Photo: Tanyaluk Sakoot

Thai herb, and are used to help treat migraines and digestive problems, among a range of other ailments.

The second category, 'Applied Thai Traditional Medicine', uses cannabis oil extract available in two forms: THC only, and a 1:1 ratio of THC:CBD. Both forms of the extract oil are used for treating

a wide range of conditions, including epilepsy, nausea and vomiting (especially for patients undergoing chemotherapy), involuntary spasms of the nervous system, nerve pain, AIDS patients with decreased appetite (anorexia) and end-stage cancer patients.

One vial of THC only medicine costs B327, while

one vial of the THC:CBD medicine costs B994. Those who have registered Vachira Phuket Hospital as their nominated hospital under the Social Security Fund can receive the medicines as part of the state health coverage, Dr Busaya said. However, under the current Ministry of Health regulations, those who have

registered at other hospitals will have to pay, she said.

People looking to use medical marijuana treatments are welcome to visit the clinic at Vachira, which is open every Tuesday and Wednesday from 1pm to 3pm, Dr Busaya said.

"The conditions the patient is experiencing must be one of those recognised by the Ministry of Health as eligible for medical marijuana treatment," Dr Busaya said.

"Also, medical marijuana treatment must be approved by a doctor, psychologist and a pharmacist. Patients will not be given the medicines just because they asked for them," she added.

In order for patients to receive medical marijuana treatment, they must present themselves at the clinic to be examined by a doctor, who must recommend them for the treatment, Dr Busaya explained.

"The doctor will first try

alternative medical treatment, but if that fails only then will the doctor recommend medical marijuana medicine," she added.

The doctor will follow up for three months to see if the medical marijuana treatment is effective, Dr Busaya noted.

Dr Busaya explained that a letter of reference from a patient's regular private doctor or another hospital will be accepted to support a patient's request for medical marijuana treatment, but a letter alone will not be enough evidence for the clinic to start issuing the patient medical marijuana medicines.

"The patient must be assessed by a doctor here at Vachira hospital, in line the regulations set out by the Ministry of Public Health," she said.

"We do not want patients to miss the chance to receive the right medical treatment," Dr Busaya concluded.

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Probe into school illegally hiring foreign teachers 'will take time'

CHALONG POLICE have yet to begin their investigation into an international primary school in Rawai for allegedly hiring foreigners illegally to work as teachers, the leading investigator in the case has told *The Phuket News*.

Chalong Police were requested to investigate Palm House International School for possible illegal hiring practices after two British nationals were arrested at the school on Nov 4 by officers from Phuket Immigration.

Capt Somkiet Sarasin of the Chalong Police, the leading investigator in the case, told *The Phuket News* on Monday (Nov 23) that the two Brits were both informed that police were processing a charge of working illegally in the country against them.

Both denied the charge and were released on bail on the same day that they were arrested (Nov 4), Capt Somkiet has now confirmed.

Capt Somkiet said he was unable to confirm the



Chalong Police Station Photo: The Phuket News / file

bail amount set by police.

He also declined to reveal the explanation given by the two Brits to explain what they were doing at the school at the time they were arrested.

Capt Somkiet said he believed the two Brits were not flight risks. "They are still staying in Thailand. I am not worried. I have their passports," he said.

Capt Somkiet declined to give any further details about the Brits arrested.

"I am not available to explain [any details] because the investigation is still ongoing," he said.

"This is normal for an investigation when the suspects

deny the charge against them. I have to check more information against their claims. This case will probably be concluded next month," he added.

Capt Somkiet also confirmed that the investigation into the school, as requested by Phuket Immigration, had yet to begin.

"I have not even questioned the owner of the school," he said.

"The investigation into the school will take time. The investigation into the two British people must be finished first," Capt Somkiet said. *The Phuket News*

Lack of support slammed

The Phuket News
editor@classactmedia.co.th

Bhummikitti Ruktaengam, President of the Phuket Tourist Association, has openly criticised the government for its lack of support of tourism businesses suffering on the island.

In poetic language, Mr Bhummikitti in a post on his Facebook page called for tourism business operators to not rely on government help, but to take action to help themselves.

He also criticised the mobile Cabinet meeting held in Phuket early this month as failing to take the pleas for help from Phuket tourism businesses seriously. "They verbally dismissed us, and gave our request to advisors," he wrote.

"A full week passed. The story of the [mobile Cabinet] meeting in Phuket has gone, as well as our hope, as if it has never happened."

Mr Bhummikitti explained that the recent visit by ambassadors and embassy representatives to Phuket last weekend was organised through local figures. "We are creating our



Bhummikitti Ruktaengam, President of the Phuket Tourist Association, speaks at the official event to welcome the ambassadorial delegation to Phuket at the Katathani resort in Kata, one of the hardest-hit areas on the island suffering from the ongoing tourism shutdown. Photo: PR Phuket

own giant crab [to support ourselves] without the hope for government assistance. Even though it was a little crab that we stand on just to catch our breath, it is much better than doing nothing," he said plainly.

"Remember, the man who has the authority of the economy said 'Phuket is not Thailand', I will see how far you can go on this way," he

concluded.

While the ambassadorial tour of Phuket last weekend received some heavy criticism online, feedback received by *The Phuket News* noted that the visit was perceived as important for envoys to be able to relay back to their home countries their opinions on the state of Phuket, and whether their home nationals should visit the island.

sion to travel to Thailand. More information would be essential," he said.

As part of the tour the ambassadorial delegation was officially welcomed to Phuket at the Katathani resort, located in Kata, one of the hardest-hit areas without tourism.

"It was indeed striking to see the number of shops, restaurants and cafes closed because of the absence of business," Ambassador Rade said.

"What is less visible, but equally important, is of course the informal sector that is also hard hit by the absence of business," he also noted.

Immediately after arriving in Phuket, the delegation was shown the COVID-19 screening process at Phuket Airport. Asked if the demonstration inspired confidence in the processes shown, Ambassador Rade replied, "Yes, absolutely. The procedures are similar to the ones in Bangkok, with one or two differences. But the staff seemed well prepared and eager to get started!"

Ambassador Rade himself played down the tourism activities the delegation took part in as part of the tour, which also inspired some of the heavy criticism of the visit. Asked

how important he believed it was to show that Phuket does have fun activities for tourists, Ambassador Rade said, "Yes, important, but I think that on average tourists are already aware of the many attractive sides of tourism on Phuket."

Matthew Barclay, Australian Consul-General for Phuket also credited the "Ambassador's Trip to Phuket 2020" as a positive move.

"I appreciated the opportunity to attend two elements on day one of the program (the Economic Forum and welcome dinner with Governor Narong)," Mr Barclay told *The Phuket News*.

"These elements of the program were a good opportunity to speak directly with Phuket authorities and tourism industry figures about the impact of the pandemic and planning for Phuket's recovery.

"Clear information about current conditions and future plans is always appreciated. A highlight was in-depth discussions with experts regarding the process for applying for Certificates of Entry to enter Thailand and proposals to diversify Phuket's hospitality sector in the years ahead," he added.

Man charged for 'bomb' remark

THAI-GERMAN MAN MIKE WILMS, 26, originally from Ayutthaya, has been charged for telling airline ground staff at Phuket International Airport that their airline 'should be bombed' after delays for boarding a flight to Bangkok.

Sakhu Police were called to the airport at about 12:50pm on Nov 16, where Vietjet ground staffer Jitphisut Phrom-in told police that after checking Mr Wilms' boarding pass for flight VZ305 to Suvarnabhumi International Airport in Bangkok at about 12:10pm, he told her in Thai, "Honestly, this airline plane should be bombed."

Sakhu Police Chief Lt Col Kaken Nikrahatchai noted in the official police report that Mr Wilms admitted to making the remark.

He said that he had made the remark in



Thai-German man Mike Wilms was charged for saying that the 'airline should be bombed'. Photo: Sakhu Police

anger due to the flight being delayed.

Lt Col Kaken confirmed that Mr Wilms has been charged under Section 22 of the Act on Certain Offences Against Air Navigation, which may incur a fine of up to B200,000 or for more serious offences up to five years in jail, or both. *Eakkapop Thongtub*

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PURIYA BEAVAN
EditorCHRIS HUSTED
Executive Editor
084 307 7408
execeditor@classactmedia.co.thBEN TIREBUCK
News / Sport Editor
061 806 8132
editor3@classactmedia.co.thTANYALUK 'MANGO'
SAKOOT
Chief Reporter
081 165 0260
reporter2@classactmedia.co.thKIATTIKUL 'JOM'
CHUMANEE
Translator
082 729 0270
translate@classactmedia.co.thJASON BEAVAN
General Manager
086 479 7471
gm@classactmedia.co.thSIRIPORN (NOK)
SEANGMAS
Sales Support
086 479 7470
sales@classactmedia.co.thNIRAVIT 'MOS' VORAVANITCHA
THANAPONG 'OAK' KHAO-AMPHAIHAN
Graphic designers

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THU DEC 3

High: +30°
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COVID slams Phuket property

Island home to highest unsold units in Southern Thailand

The Phuket News
editor@classactmedia.co.th

The top five areas in Southern Thailand with the most unsold property units are all located in Phuket, the national Real Estate Information Center (REIC) has revealed.

REIC Acting Director Wichai Wiratkaphan revealed in report released on Nov 16 that in the first half of 2020, Phuket had the highest number of unsold accommodation units in the South with 8,984 units, while the total number of unsold units throughout Southern Thailand was 17,087.

The combined area of Bang Tao and Surin, on Phuket's central west coast, has the highest number of unsold properties in all 14 provinces in the South with 1,886 unsold units.

The second-worst in the South was the combined area of Thepkrasattri and



Image: REIC

Srisoonthorn, with 1,461 unsold units.

The combined area of Nai Yang and Mai Khao placed third with 1,362 unsold units, followed by Koh Kaew and Rassada with 1,042 unsold units, and Kamala with 858 unsold units.

The report gave the average estimated value for each unit as B3-5 million.

The number of unsold accommodation units available

throughout Southern Thailand for the second half of 2020 was likely to increase to 17,688 units, valued in total at about B84 billion, said the report.

Southern Thailand has suffered the worst impact from the COVID-19 pandemic, as the economy in the area is mainly dependent on tourism, the report noted.

"Real estate business goes together with the tourism industry, and the Phuket

economy is 90% dependent on tourism," the report said.

Boat Pattana Co Ltd Chairman Boon Yongsakul, who also served as Phuket Real Estate Association (P-REA) Chairman from 2017-2019, said, "This crisis is the worst in many years for the Phuket economy, as the gross provincial product (GPP) of Phuket is about B400 billion, which is mostly from tourism."

Home buyers had to abandon their down payments on properties, while the rejection rate for credit was high. People applying for mortgages were being asked for two to three guarantors to ensure payments would be made, he said.

"Phuket has been suffering since the lockdown and no helping measures have come out. We have only the news to open the island to foreign tourists, but I have not seen any concrete results on that," he said.

Issara Boonyong, Chair-

man of Kanda Property Co Ltd, as a Bangkok property business operator who had invested in Phuket, also noted, "After the pandemic began, the Phuket property market was severely affected as the number of domestic tourists is not enough to support [the economy]."

"A weakness of Phuket [in attracting domestic tourists] is the distance from Bangkok, which takes about eight hours to drive to [from Bangkok], unlike Pattaya, Hua Hin or Khao Yai, which take much less time [to reach]," he added.

"Phuket tourism may gradually improve, as officials and private companies are coming to have seminars on the island instead of going abroad. This will help Phuket in the short term," he said.

"Tourism business operators must reduce their prices by more than 50% to attract Thai tourists," Mr Issara also noted.

Long weekend generates B300mn for Phuket, says TAT

TOURISM AUTHORITY OF Thailand (TAT) Phuket Office Director Nanthasiri Ronnasiri has announced that the long weekend from Nov 19-22 delivered a welcome boost to the island's economy.

In total 53,970 tourists had come to Phuket over the four days, generating an estimated B300 million in revenues, Ms Nanthasiri said.

Of note, the figures given for the weekend indicate that the average expenditure per person was about B5,558.

According to TAT Intelligence Centre, that figure was even higher than the average expenditure for a Thai tourist to Phuket of B4,950 in 2018, long before the COVID-19 outbreak or even the economic slowdown last year.

Ms Nanthasiri explained that random checks of hotels on the island revealed that over the weekend they enjoyed occupancy rates of about 35%, with most guests staying two nights.

Ms Nanthasiri did not explain how many hotels were asked, or give any comparison on how many hotels across the island were still receiving guests.



Tourists take a group photo in Phuket Old Town over the long weekend. Photo: Eakkapop Thongtub

Ms Nanthasiri pointed out that many of the tourists visited the Phuket Old Town area, especially Thalang Rd, Phang Nga Rd and Dibuk Rd, "to appreciate the architecture of the Sino-Portuguese shophouses".

"This special holiday made Phuket tourism livelier, even though it was not as same as the situation before the COVID-19 pandemic," Ms Nanthasiri said.

The long weekend was created by public holidays declared by Cabinet earlier this year with the sole purpose of boosting domestic tourism throughout the country.

Ms Nanthasiri said that hotel bookings in Phuket had been gradually increasing, said a report by the Public Relations Region 5 office in Surat Thani. *The Phuket News*

Business owners share COVID crisis survival ideas at 'Restart Phuket 2020'

MORE THAN 120 BUSINESS operators in Phuket joined a seminar in Phuket Town last week held in the hope that they may share how they have so far managed to cope with the impact of the COVID economic crisis and its devastating effect on Phuket's tourism-dependent economy.

The event, "Restart Phuket 2020", was organised by the Association of Siamese Architects under Royal Patronage (ASA).

Present for the official opening of the event on Nov 18 at The Pago Design Phuket hotel in Rassada, were Phuket Vice Governor Vikrom Jakthee joined by ASA Deputy President Asst Prof PhD Rattapong Angkasit and leading figures from the ASA Phuket chapter.

Mr Rattapong explained that the seminar aimed for architects, designers, tourism business operators and operators of other businesses in Phuket to come up with the best solutions to the problems they are facing.

The event was also hoped to boost property investors' confidence, he said.

"I hope that the attendants of this seminar will be able to adapt the information and solutions presented by our speakers to apply to their business investment and management in the future." Mr Rattapong said.

Among the speakers were Phat-



The seminar hoped to share ideas on how businesses in Phuket can survive the current economic crisis. Photo: PR Phuket

tanant Sutwimol, President of Phuket Property Business Association, Bhumkitti Ruktaengam, President of Phuket Tourist Association, Kongsak Khoopongsakorn, President of the Thai Hotels Association, Southern Chapter and Phachara Luenglamai, President of Phuket Boutique Hotel Association – all speaking on the topic 'How to adapt business to the current situation'.

V/Gov Vikrom spoke plainly, noting that Phuket has been deeply affected by the COVID-19 pandemic.

"Many solutions and suggestions have been presented to Phuket business operators to keep their businesses going. We have already presented a lot of suggestions presented from officials and the private sector through the mobile Cabinet meeting held early this month," V/Gov Vikrom said.

The Phuket News

Official defends carrying gun in Kamala beach raid

Tanyaluk Sakoot
reporter2@classactmedia.co.th

Sanya Khonpian, Chief Legal Officer at the Kamala Tambon Administration Organisation (*OrBorTor*), has defended his decision to carry a sidearm while raiding a surfing class being conducted on Kamala Beach.

Mr Sanya found himself at the centre of a Thai media storm over him carrying a firearm while carrying out the raid on Nov 16, with a formal police complaint filed against him for carrying a firearm in a public area without a permit or necessary reason.

Kamala Chief Police Col Chaiyapreuk Phadiwarakorn confirmed to *The Phuket News* that the formal complaint was filed by Jirachaya Sitthichoke, who conducted the surfing class on the beach.

Ms Jirachaya told police that Mr Sanya was carrying the sidearm, a 9mm Glock, when he and four other officers arrived at the beach and seized her surfing equipment, which she valued at about B100,000, Col Chaiyapreuk said.

Mr Sanya was called to Kamala Police Station to explain his actions, Col Chaiyapreuk confirmed.

"He said he had permission to carry the handgun as had previously served with the Kathu District Chief," he said.

"We are not sure yet whether this is correct. We are still looking into the



Mr Sanya said he has the right to carry a firearm in public as he previously worked with the Kathu District Chief. Photo: Kamala OrBorTor

matter," he added, and declined to answer further questions.

Mr Sanya himself told *The Phuket News* that the raid was conducted as the surfing class was being carried out on a part of the beach where all commercial activities are banned.

"I have asked them to move and warned them twice before, but they just ignored me," he said.

"So yesterday [Nov 16] we arrived at the beach and asked them to move again, and asked them to pay a fine of B200 as a warning. They still just ignored me, so

we seized their equipment," he added.

"The equipment is still here at the Kamala *OrBorTor* office. No one has come to claim the equipment or pay the B200 fine," Mr Sanya said.

"I have the authority to carry my gun as I previously worked with the Kathu District Office," Mr Sanya said.

"The Kamala *OrBorTor* chief has also agreed for me to carry my gun while on duty," he added.

"This is normal. There is no need to be worried, there is no need for any tourists to worry," Mr Sanya said.

Beach dog bites South African boy

KRABI OFFICIALS AT last report were still searching for a stray dog identified that bit an 8-year-old South African boy at Ao Nang Beach last week.

The boy, Max Smith, suffered a wound on his left calf in the attack on Nov 18. An officer at the Tourist Assistance Centre (TAC) in Krabi described the injury as not serious. The boy was taken to the First Standard Clinic at Ao Nang for first aid and has been vaccinated for rabies and tetanus, the officer confirmed last Friday (Nov 20).

Kwunkamon Pakkarano of the Krabi Livestock Office explained to *The Phuket News* that a team of livestock officers were already patrolling the beach at about 10am when the incident happened.

The Krabi Governor had ordered the officers to keep an eye on the beach over the long weekend, Ms Kwunkamon said.

The officers were nearby when the boy was bitten at about 10am in front of the Golden Beach Resort, she said.

"We saw the black dog that bit the boy. About five to six other dogs were there," Ms Kwunkamon said.



The black dog has so far evaded capture. Photo: Krabi Livestock office

"We went to catch these dogs by using the tranquiliser gun. One member of our team took three shots at the black dog. At least one of the darts hit the black dog, but it ran away with the other dogs and we have not been able to find it since," she explained.

"We need to catch the dog to contain it and observe it for infection of rabies," she added.

Officials from the Ao Nang Tambon Administration Organisation (*OrBorTor*) have been called in to assist with the search. Park officers from the Hat Nopparat Thara National Park were also to be called in.

Krabi Livestock Office Chief Suripol Maboonthuay explained that the black dog is well known and was not originally a stray. The dog was abandoned by local villagers after the COVID-19 crisis began, he said. *The Phuket News*

Jim Newport launches latest offering: 'A Dark Christmas'

Half of Jim's latest book, 'A Dark Christmas', takes place on the island of Phuket.



The Phuket News
editor1@classactmedia.co.th

Emmy-nominated production designer and author Jim Newport will hold a special reading of his latest book, 'A Dark Christmas', the fifth book in his popular 'Vampire of Siam' series, at a Rotary benefit event at the 9th Degree restaurant at Phuket Boat Lagoon this Saturday (Nov 28).

Proceeds from the event, 'An Evening with Jim Newport', to be held from 7pm to 9pm, will go towards repairing the roof at Baan Kalim School under a community project by the Rotary Club of Patong Beach.

At the event, Jim will talk about his career in film and read excerpts from his new novel. Half of the book takes place on the island of Phuket.

Jim is also known on the island as singer-songwriter Jimmy Fame and has just collaborated with Colin Hill and several other prominent Phuket musicians on a brand-new album of original material: 'BACKALLEYS'.

"I had no idea when I wrote the *Vampire of*

Siam 19 years ago that it would spawn four sequels," Jim notes.

"In the new book A DARK CHRISTMAS (Willat Publishing) it's been nine years since expat Martin Larue saw his 'friend', the vampire Ramonne Delacroix, disappear in a tower of fire in Bangkok's Hernando Cemetery. As a result of Ramonne's sacrifice, Martin's daughter was born on New Year's Eve," he explains.

"Christmas is approaching and Martin's wife, Areeya, is preparing for the social season, while Martin accompanies his adopted son Hon, an 18-year-old musical prodigy, to the studio for rehearsals. Hon is rehearsing for his first album, to be followed by a world tour.

"Martin hears of a strange occurrence in Phuket, in which a body was incinerated on the roof of a temple at dawn, and he begins to suspect that somehow Ramonne has returned," he adds.

Tragedy strikes on Christmas Eve as a construction crane falters and a load of concrete pilings crashes to the street, leading to Martin and Ramonne being brought together once again to face, perhaps, their greatest and most powerful modern

enemy – an untouchable construction baron Vithiya Sarawat, he says.

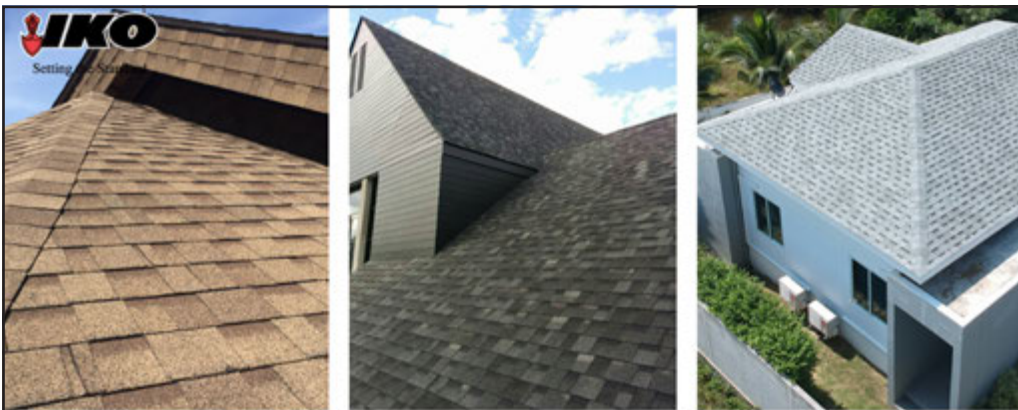
"The book was inspired by a true story. A dear friend of mine's family were victims of just such a travesty several years ago, and I watched in anger as he fought for not just compensation for the loss of his son, but for an admission of guilt. Hence, I've taken liberties to tell a version of his tale, not just because he and his family suffered so much, but so that their story and hundreds of others are not forgotten," Jim explains in announcing his new book.

After his talk at the event this Saturday, Jim will be available to sign books and CDs. Colin Hill will also be providing acoustic music throughout the evening.

Jim reminds people looking to join the event, "This is a benefit for the Rotary Club of Patong Beach Kalim School Project. The school's roof and structure was severely damaged in our recent 'monsoon' season."

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ALCOHOL MAY BE A HEALTH HAZARD!

Get rich with sulphur

Craig Burton

You have likely been told to 'eat your greens', but what about 'eat your sulphur vegetables'? Likely not I presume. However, sulphur may be one of the most important minerals we should be getting from our diet. Sulphur is not a famous mineral like calcium, iron or magnesium yet sulphur is truly a quiet achiever.

Sulphur is involved in hundreds of essential chemical reactions in the body that create optimal health, including: Supporting energy production (through mitochondria action); Removing toxins from cells; and Creating proteins and connective tissue necessary for joint, skin, and blood vessel health.

So how powerful is sulphur? Well, it is one of the key nutrients that Dr Terry Wahls' focussed on to transform her health, as she explained in her TED talk. Dr Wahls' story is a powerful example of the connection between nutrition, health and disease. She regained her health after being completely immobilised in a lying wheelchair suffering from Multiple Sclerosis – a debilitating disease of the nervous system.

Dr Wahls describes how she saw the best medical specialists from the top institutions like the Mayo Clinic in the US but even with all the latest drugs and therapies, she found (in her case) that her symptoms were getting worse. Dr Wahls then turned to nutrition and complementary therapies to see what effect they could have. She began asking health questions at the most basic level of life: the cell. This led her into the world of the mitochondria, our cells' energy producers. The outcome of her research was a list of supplements that were 'suggested' to optimise mitochondrial function. She credits these supplements for slowing down the progression of MS and ultimately reversing it. But Dr Wahls was not satisfied and asked a fundamental question, 'Could we get these nutrients from food?' Her further research said yes and she developed a dietary plan called 'The Wahls Diet'.

The end-result of her diet looked very different from the conventional USDA Pyramid (US Dietary Association). The Wahls Diet recommends removing many common foods she



Garlic is a sulphur-rich superfood. Photo: Michael Kenneally / Unsplash

believed could be increasing her inflammation, such as refined sugar, gluten, dairy, vegetable oils and even eggs. She replaced these foods with ones she considered the most nutrient-dense and potentially creating less inflammation. Vegetables took up the prime base of the pyramid, with a daily recommendation of three cups of leafy greens, three cups of 'colours' and three cups of sulfur-rich foods.

Two sulphur-rich vegetable groups are: 1) Alliums, which include garlic, onions, shallots, leeks; and 2) Cruciferous, or Brassica vegetables, which include cabbage, broccoli, cauliflower, Brussels sprouts, Bok Choy.

A 2015 meta-analysis found that intake of allium vegetables, including onions, were associated with reduced gastric cancer risk, while a 2006 study of southern European populations showed an inverse association between the frequency of use of allium vegetables and the risk of several common cancers. An article in Nutrition and Cancer (2001) noted, "Results clearly point toward a positive correlation between cancer prevention of many target organs and consumption of cruciferous vegetables or their active constituents."

High Sulphur Thai Favourites

Garlic is a Thai favourite and contains high concentrations of sulfur compounds and allicin, which acts as an antimicrobial and can help support your immune system fighting off both bacterial and viral infections. Garlic has many studies also promoting blood vessel health which could support brain function and can help prevent or reduce

often better or being lightly steamed or a quick stir-fry. Perhaps make a salad dressing with raw garlic, lemon, olive oil, salt and pepper.

Thyroid Issues

A word of warning for those with thyroid issues. While cruciferous vegetables are incredibly healthy vegetables, some studies have suggested potential issues of consuming high amounts of cruciferous vegetables for people with thyroid issues (and having low iodine). So caution may be warranted and talk to your health-care provider. But it is another reason to ensure you are consuming adequate iodine-rich foods alongside cruciferous vegetables like seaweed, and seafood.

Action Steps

The Thai kitchen is full of high sulphur foods, like Thai Green Curry, with garlic, onions, and adding mushrooms along with stir-fried mixed vegetables with broccoli and bok choy. See how you go with three cups or more per day for better health.

Craig Burton (BSc, NASM, CISSN) is a practicing Clinical and Sports Nutritionist with over 20 years' experience as a health practitioner. To learn how to naturally reduce inflammation check out his free course at craigburtoncoaching.com

cardiovascular disease, stroke, and cancer.

Bok Choy. This high sulphur and nutritional powerhouse commonly found in Thailand is part of the cruciferous family. Bok Choy is ranked fifth by Dr Joel Fuhrman on his ANDY list, which is a measure of nutrients density over calories. Since many overweight people are nutrient deficient today – foods like Bok Choy that are high in fibre, vitamins (like Vitamin C), and minerals (like calcium) can be very valuable to feeling full and satisfied and reducing risks of overeating.

Preparing and Cooking Sulphur foods

Try to not overcook sulphur foods as it reduces their health properties – raw is

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1. In which century was Harvard University established?
2. Which Chinese city has the world's busiest container port?
3. The acronym "RICE" for first-aid treatment of soft-tissue injuries is for "Rest, Ice, Compression..." and what?
4. Which Canadian province/territory has three time zones?
5. How many red stripes are there on the American flag?

Answers below, centre

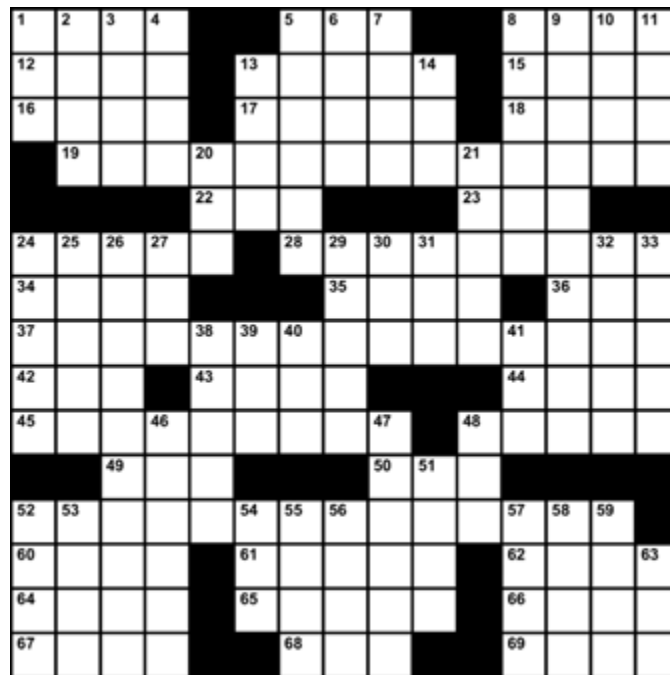
SUDOKU

Easy

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

Crossword by Myles Mellor & Sally York

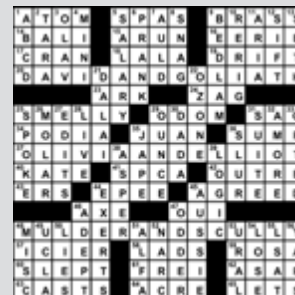
- Across**
1. Baby blues
 5. Austin time
 8. West Coast sch.
 12. Catamaran
 13. Not settled
 15. Part of the neck
 16. "___ happy for you!"
 17. "Chicago" star
 18. Alternatives to 401(k)s
 19. Seasoning preparation equipment
 22. Roman three
 23. Sevilla cheer
 24. Bringing a civil action
 28. Place for the self-serving
 34. Story start
 35. Brave person
 36. Econ. statistic
 37. They stole some seasonings?
 42. Suggestion
 43. Very narrow shoe designation
 44. Manitoba Indian
 45. Non-union workplaces
 48. Bequeaths
 49. Parcel
 50. Check
 52. Admirable one, metaphorically
- Down**
1. Oriental tie
 2. Walkaway
 3. HQ
 4. Station
 5. Father
 6. Told in verse
 7. Cake layer
 8. Working
 9. Lady who breaks glass ceilings
 10. On ___ with (equal to)
 11. Not as many
 13. At no cost, in Germany
 14. The gods, to Cicero
 20. Kind of iron
 21. Having a bad game
 24. ___ voce
 25. Square
 26. Hail
 27. Residual
 29. Tons
 30. Mo. celebrating black history
 31. Pitcher's stat.
 32. Silicon Valley giant
 33. Church sections
 38. Must
 39. Cry of disgust
 40. Warhol subject
 41. Seventh-century date
 46. Jot down
 47. Mugs
 48. Ring org.
 51. Exquisite
 52. Herb with roast chicken
 53. Sea that's lost over 75% of its surface area
 54. Org. that regulates the airwaves
 55. The one over there
 56. Forewarn
 57. Baseball stats
 58. Spanish snack
 59. H.S. subject
 63. Little piggie



Answers to this week's Pop Quiz:

1) 17th (1636); 2) Shanghai; 3) Elevate; 4) Navut (Eastern, Central and Mountain time zones); 5) Seven

Solutions to last week's puzzles:



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

GOT YOUR NUMBER

2.50

dollars is all it cost to buy legal divorce papers from a vending machine in Corinne, Utah, in the late 1800s.

40

litres of sap is needed to make one litre of maple syrup.

250

milliseconds is all it takes for a visual mechanism called "ensemble lifelikeness perception" to allow humans to perceive what's real and what's simulated.

15

million

red blood cells are killed and created by your body each second.

220

billion

dollars in productivity is lost every year on hangovers alone in the US.

Source: Uberfacts

ISLAND VIEW



Rustic and blue, Rawai. Photo: Nadine Plummer. Lee

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

This week in history

Nov 27, 176 AD
Emperor Marcus Aurelius grants his son Commodus the rank of "Imperator" and makes him Supreme Commander of the Roman legions.

Nov 28, 1582
In Stratford-upon-Avon, William Shakespeare and Anne Hathaway pay a £40 bond for their marriage licence.

Nov 29, 1781
The crew of the British slave ship 'Zong' murders 133 Africans by dumping them into the sea to claim insurance.

Nov 30, 1982
Michael Jackson's sixth solo studio album, *Thriller*, is released worldwide. It will become the best-selling record album in history.



Dec 1, 1952
The New York Daily News reports the news of Christine Jorgensen, the first case of sex reassignment surgery

reported in mainstream news.

Dec 2, 1976
Fidel Castro becomes President of Cuba, replacing Osvaldo Dorticós Torrado.

Dec 3, 1976
An assassination attempt is made on Bob Marley. He is shot twice, and plays a concert two days later.

Source: Wikipedia

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SAT 28 NOV



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FRI 4 DEC



The Grow Boating Networking Evening for December

The Grow Boating Networking Evening for December 2020 will be held at the Speakeasy Yacht Club, at the Royal Phuket Marina on Friday the 4th of December from 5pm. There will be a light buffet sponsored by the Speakeasy Yacht club and as always all of your favourite beverages will be available from the bar. Please contact us if you would like to be our drinks sponsor for the evening. Sponsors receive a generous media package from the Phuket News and can display their products and services on the evening and give a presentation on their company. Come and join in the fun, everyone is welcome. There is no entry fee, just drop your business card or register at the bar. We hope to see you there and if you know anyone you think would be interested in coming please invite them along. To join our mailing list please send an email to growboatingphuket@gmail.com The Grow Boating Networking Evening is organised by the Thai Yachting Business Association. Find us on Facebook at www.facebook.com/groups/GrowBoatingNetworkingEvening or our Website https://www.thaiyachtingbusinessassociation.com/grow-boating-networking-evening Grow Boating is kindly supported by our media partner The Phuket News, Live 89.5 radio and Phuket News TV. See www.thepuketnews.com

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Jose gets his groove back as Spurs jangle

FOOTBALL

Ben Tirebuck
editor3@classactmedia.co.th

It is fair to say that when Tottenham Hotspur appointed Jose Mourinho as their manager in November last year the reaction was very much sceptical. Detractors claimed his authoritarian, siege-mentality style was outdated and his star had faded. Even die-hard Spurs fans were generally non-plussed.

Fast forward 12 months and the club sit atop the Premier League for the first time since August 2014. Excitement, optimism and pride have returned to the blue-and-white half of North London. Even whispers of a possible first title in 60 years are slowly starting to gather momentum.

Make no bones about it, Spurs have a quality playing squad with the likes of Harry Kane, Son Heung-min and Gareth Bale capable of turning and deciding a game in an instant. They flirted with success in recent years under the guidance of previous manager



Go on my son! Jose Mourinho embraces Son Heung-min after the 2-0 win against Manchester City last weekend took them top of the league. Photo: AFP

Maurizio Pochettino but never quite grasped the top prize.

That could all change thanks to the self-anointed 'Special One' who has implemented his trademark style of setting a side up to absorb pressure and punish opponents on the counter.

The 2-0 victory against Manchester City last Saturday

(Nov 21) perfectly demonstrated such clinical efficiency and tactical discipline. Pep Guardiola's team had 66% of possession, won 10 corners and registered 22 shots on goal. Spurs didn't manage a single corner and only attempted four shots at goal. Only two were on target yet they were the vital statistics

that won them the game.

Their efficiency in that regard is highly impressive. They scored in the 5th and 65th minutes, sitting back to soak up pressure and nullify their opponents for the remaining two-thirds of the contest. It was the epitome of a Mourinho masterclass.

It may not be the free-flowing, buccaneering football that pleases the eye but this is a results business and there are few that understand that better than the fiery Portuguese. Mourinho is a serial winner who has won all there is to win at club level across the top European leagues.

Of course there is still a long way to go this season and Spurs face challenging fixtures against the likes of Chelsea, Arsenal, Liverpool and Leicester before Christmas. But they will go into those games full of confidence that they have the nous required to navigate successfully. Much of that is down to the man steering the ship who may just, once again, emerge top of the class come season's end.



Younger players enjoying the day. Photo: Donna Toon

Phuket touch rugby returns at the ACG

RUGBY

LAST SATURDAY (NOV 21) saw the welcome return of touch rugby on the island as a one-day tournament was held at the Alan Cooke Cricket Ground (ACG) in Thalang.

Eight teams from Phuket competed in the family friendly tournament, including Headstart, KIS, BIS, previous winners Hashtags and KIS's very talented Can't Grumble team. TCN from Prince Songkla University and Life School Phuket were the tournament's debutant teams.


The day started with a children's run around with 20 youngsters all enjoying a taster of the game. The main tournament started at 3pm and was played in good spirit

throughout the afternoon.

Long time supporters of local touch rugby, Outrigger, managed to win a very close play off for third and fourth, while defending champions Must Tag Sally from BIS emerged victorious in the tournament final with a hard fought win over the highly anticipated Phuket Vagabonds.

A big thank you to the team at ACG and Topsy Cow for supporting the tournament and a special mention to Neil Quail for his huge help and Pavilions Resort Phuket for sponsoring the raffle with all proceeds going to the club.

Touch Rugby continues every Thursday at 5:15pm at the ACG with a casual drop in style run around for B50 per player. Donna Toon






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Sport



Mourinho has got his Spurs back > p11

TRI... A WINNER

Laguna Triathlon praised for racing ahead despite COVID-19 clampdown



Jaray Jearanai of Thailand at the finish line. Photo: Laguna Phuket Triathlon

TRIATHLON

The Phuket News editor3@classactmedia.co.th

Krzysztof Hadas of Poland and Inge Prasetyo of Indonesia both produced stellar performances to take the overall men's and women's 27th Laguna Phuket Triathlon (LPT) titles last Sunday (Nov 22).

Hadas finished in first place with a time of 02:28:23

followed by homegrown Thai champion Jaray Jearanai who clocked in at 02:37:35. Christopher Mascarenhas Keyes of Great Britain was third with a time of 02:40:35.

In the women's field, Indonesia's Inge Prasetyo clocked 03:06:17 and claimed her first LPT title. Thailand's Vansa Chatikavanij came in 2nd place timed at 03:17:16. Pareeya Sonsem, also from Thailand, took 3rd place with a time of 03:20:25.

"It was an amazing day,

the swim bike run, everything was perfect," said Hadas.

"The course was very well prepared, everything was very safe and secure," he added.

When asked about her first LPT title, Prasetyo said: "It was a great race, I really enjoy it. We were very lucky with the weather, it was cloudy and not too hot. The sea condition was good and the way they organise the road course is amazing.

"Thanks to the organisers,

I know it's very difficult to arrange such a huge event during the current pandemic. Thanks to the community for their support. This is one of the 'must do' triathlons and has been on my bucket list," Prasetyo added.

Held under enhanced safety and health conditions, more than 650 athletes from across Thailand enjoyed the unique destination distance of 1.8km swim, 50km bike and 12km run.

The race started on the

beachfront next to Outrigger Laguna Phuket Beach Resort, with mild weather and the gentle waves of the Andaman Sea. As the heat kicked in, athletes faced the world famous bike course and run throughout Laguna Phuket.

The race's climax saw athletes finishing on the beach at Xana Beach Club, where they could enjoy the post-race entertainment and refreshments.

Jaray Jearanai was once again the first Thai finisher

(02:37:35), claiming his 10th consecutive LPT win. The top Thai female was Vansa Chatikavanij who finished second.

In the "Sprint Triathlon" category Tanadol Witsarutsin (01:04:42) and Sarah Virginia Costeira (01:15:45) finished first in the male and female categories respectively.

Anan Suksrisin (02:33:26) and Pechapierin Lopez De Leon (03:11:10) won the men's and women's inaugural "Laguna Phuket Duathlon" race.

Power aim to tame Tigers in AFL Andaman Cup

AFL

THERE IS MUCH ANTICIPATION as the Phuket Power Australian Rules Football (AFL) team make their debut next Saturday (Dec 5) against the Thailand Tigers in the 2020 Thai Expat Club AFL Andaman Cup.

The team will make their long awaited bow at the Alan Cooke Ground (ACG) in Thalang following the cancellation of the Phuket AFL Masters in April due to safety



The flyer for the match. Photo: Phuket Power

precautions surrounding COVID-19. The Power squad features 20 local expats and a selection of players from Bangkok with ties to the island. The players come

from all walks of life and range in age from a Thai in his teens to a superfit Hash House Harrier in his sixties.

A little more than half of the squad are Aussies with a sound knowledge of the game. They will be supported by players from Ireland, South Africa, UK, New Zealand and two local Thais.

Local construction manager Matthew Sandery will lead the team as captain with the aim of delivering a very competitive showing against an experienced Thailand

Tigers side. The broader objective is to make the AFL Andaman cup an annual event.

The Thai Expat Club AFL Andaman Cup is a landmark event in the development of the sport in the southern region of Thailand and it will be attended by Matthew Barclay, the Australian Consul-General in Phuket.

Support and sponsorship of AFL on the island has come from Legends Bar Patong, Lady Pie, The Phuket News, Thai Expat Club, Bangkok Hospital Siriroj and Bench Fitness.

The game runs between 11am to 1pm and spectators and new players are welcome to attend on the day. Drinks, burgers, Lady Pies and vegetarian dishes will be available at the ground.

Phuket Power will be training this Sunday (Nov 29) and Wednesday (Dec 2) at the ACG from 5pm. Anyone interested in playing for the Power, please reach out through Facebook: <https://www.facebook.com/PhuketPowerAFL/> or via email: phuketpowerafl@gmail.com

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