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HOLD ON

GOVERNOR URGES HOPE, CONFIDENT DOMESTIC TOURISM PUSH WILL BRING B100MN RELIEF

Governor Narong delivered his message of hope on Monday night (July 20). Photo: PR Phuket

The Phuket News
editor@classactmedia.co.th

Phuket Governor Narong Woonchiew has urged business across the island to hold on until visitors start arriving under the national campaigns to boost domestic tourism in the country.

Speaking at the Governor's House on Monday night (July 20), Governor Narong said that he expected the campaigns to bring Phuket some much welcomed relief as businesses across the island struggle to stay alive.

At least 50,000 visitors are expected to visit Phuket as a result of the campaigns, generating as much as B100 million for the local economy, he added.

"I expect at least 50,000 medical staff from throughout the country to visit Phuket, not including regular people wanting to come to the island," Governor Narong explained.

"Phuket Public Health Office (PPHO) Chief Dr Thanit Sermkaew is promoting Phuket as a holiday destination to medical staff throughout Thailand, but with a heavy focus on

the South and nearby provinces.

"They will come to Phuket, which will help Phuket province. There is no other chance better than this time to travel to Phuket. Phuket is a charming province with good beaches and good food. Also they will explore nature in Phuket, which is now much better," he said.

THE CAMPAIGN

The "We Travel Together" ('Rao Tiew Duay Gun') campaign launched on July 15 under the national government's 'Tiew Pan Suk' ('Travelling

Shares Happiness") initiative.

Medical staffers and volunteers throughout the country can also take advantage of a B2,000 government subsidy for a two-day holiday under the 'Kamlang Jai' campaign as a thank you from the government for their efforts against the spread of COVID-19.

To book government-subsidised holidays under the We Travel Together campaign, registrants must be Thai nationals of at least 18 years of age. They must also have the Krungthai Bank mobile banking app 'Paotang'...

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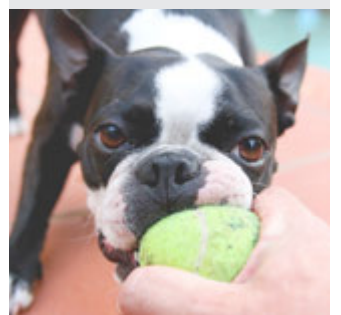
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News

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Following incidents in Rayong and Bangkok that raised fears of foreigners infected with COVID-19 walking free among the general public, Phuket officials have requested to introduce their own rules to protect the island from any similar incidents.

Key among the concerns was the impact such an incident would have on further damaging the chances of a recovering Phuket's already devastated tourism industry.

The concerns were raised at the meeting of the Phuket Communicable Disease Committee at Phuket Provincial Hall on July 15, chaired by Phuket Vice Governor Phichet Panaphong.

V/Gov Phichet explained that the 43-year-old Egyptian soldier who was later found to be infected had stayed at D Varee Diva Central Rayong hotel from July 8-11.

He went shopping at Passion Mall shopping centre, as locally known as Laem Thong department store, on July 10.



The COVID-19 scares in Rayong and Bangkok have prompted officials to ask whether Phuket can enforce its own rules. Photo: PPHO

The incident initially caused diplomatic tensions between Thailand and Egypt, with Thai health officials blaming Egyptian diplomats, but further investigation revealed lax screening measures at U-Tapao Rayong Pattaya International Airport.

Prime Minister Prayut Chan-ocha later apologised for the incident

and vowed to step up precautionary measures, while local residents in Rayong blamed the scare for severe harm to its tourism industry.

Over the same days, the daughter of a Sudanese attache was later found to be infected, raising questions about diplomats being allowed into the country without proper screening.

Thousands of people believed to have been exposed to the two cases were tested for the virus. None of the people tested were found to be infected.

At the meeting, Phuket City Mayor Somjai Suwansupana shared her concerns such an incident would have. "I am worried about Phuket facing the same situation that just happened in Rayong and Sukhumvit. If there is a second wave of the pandemic [in Phuket], Phuket will suffer worse," Mayor Somjai said.

"I want to ask whether the Phuket Government has better protection measures to handle any such unexpected situations? Will privileged people [sic] be allowed to come to Phuket?" she posed.

V/Gov Phichet responded, "Every person is concerned and does not want the situation in Rayong to happen here, and the Phuket Government and other officials continue to work on enforcing the measures to control and protect against the pandemic.

"For the exemption for privileged people, the Phuket Government is

only allowed to follow orders from the CCSA [Center for the COVID-19 Situation Administration in Bangkok]," he added.

"At this stage, we are waiting for a response to an official request asking whether the Phuket Government can set up our own conditions and regulations for those people or not. However, until then, we must follow the measures set out by the Ministry of Public Health strictly," V/Gov Phichet said.

Meanwhile, the Phuket Public Health Office (PPHO) is offering any persons in Phuket who were in the same areas in Rayong from July 8-11 where the Egyptian soldier, now confirmed as infected, may have visited to come for a free COVID-19 test.

"Anyone who visited Rayong during the same period and are worried whether they had unknown close contact with the infected person, please contact the PPHO and come to be tested for free," said Busaya Jaipiam, Chief of the Phuket office of the Public Relations Department (PR Phuket).



West coast hit with tide of trash > p5

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Hopes set on domestic tourists

Continued from page 1

...(on Google Play and App Store) installed on their mobile phone, as every process of campaign – hotel bookings, the issuing of vouchers and the making of payments – is conducted through the app.

The government will pay for 40% of the hotel rooms, but not more than B3,000 per night, limited to five rooms and five nights. Changes to bookings cannot be made after the initial reservation has been confirmed.

The campaign will also see people who book their holidays through the portal receive a B600 voucher per room booked to use with restaurants and tour attractions also registered with the campaign

CONFIDENCE BOOST

Tourism and Sports Phuket office Director Jaroon Kaewmukdakul on Tuesday (July 21) said he had yet to receive a breakdown of the number of Phuket bookings made through We Travel Together.

However, he also voiced strong confidence that Phuket will benefit. "I expect many domestic tourists to come into Phuket – up to 4,500 visitors a day," he told *The Phuket News*.

"I expect the number of



Tourism and Sports Phuket office Director Jaroon Kaewmukdakul.

domestic tourists coming to Phuket to be about double the usual number at this time of year, especially as we have many flights coming to Phuket, allowing people from all throughout the country to come here," he said.

Monday alone saw 24 domestic flights land at Phuket International Airport, bringing about 2,000 people to the island, coupled with 25 flights leaving the island, he noted.

"Right now, there are about 50 flights arriving and departing each day, and I expect more people to arrive by road than by the airport, either with their own cars or by vans and buses," Mr Jaroon added.

"I think Phuket will be among the top-ranking destinations in the country, probably second only after Bangkok. I think Chiang Mai, Chonburi (Pattaya), Rayong and Prachuap Khiri Khan (Hua Hin) will

all rank lower than Phuket," he said.

However, Mr Jaroon noted, "It is still very early days for the campaign. People who are booking their holidays must make arrangements, such as take time off work and prepare their budget. I expect they will start arriving after Aug 1.

"Also, the Mother's Day holiday on Aug 12 is on a Wednesday, so we are expecting many people to take time off for holidays around then."

SLOW START

Tourism Authority of Thailand (TAT) Phuket Office Director Napasorn Kakai on Tuesday confirmed that so far some 2,500 people had booked holiday stays in Phuket through the "Phuket Great Time" campaign, which provides a web portal for all tourism-related businesses to offer discounted hotel rooms, tours and packages.

The campaign launched on June 15, but Ms Napasorn said she had yet to be informed of how much money had been spent through the website as hotel and tour bookings.

"It is difficult to pin down because the booking period is open all the way through until the end of next year," she said.

Cabinet to rule on visa amnesty

The Phuket News
editor@classactmedia.co.th

Immigration Bureau Chief Pol Lt Gen Sompong Chingduang has announced his plan to extend the visa amnesty for tourists still unable to leave Thailand due to the COVID-19 pandemic from July 31 to Sept 26.

Lt Gen Sompong explained during a visit to Phuket International airport last Friday (July 17) that foreign tourists still stranded in the Kingdom by the COVID-19 pandemic will be allowed to apply for an extended short stay after their visas expire on July 31.

Under the plan, foreign tourists who are unable to leave Thailand would be given a grace period from Aug 1 to Sept 26 to apply to stay for a specified period.

However, if they do not obtain extensions and are still in the country after Sept 26, they would face legal action and be blacklisted, he warned.

Lt Gen Sompong urged foreigners to contact their nearest Immigration office as soon as possible to prepare for their next steps in order to avoid crowding as the Sept 26 deadline approached, reported the *Bangkok Post*.

Foreign visitors must specify their reasons and submit necessary documents when seeking to renew short-term visas, which will be



Immigration Bureau Chief Pol Lt Gen Sompong Chingduang revealed the plan during an 'encouragement visit' to Phuket International Airport last Friday (July 17). Photo: Immigration Bureau

granted for 30 days, he said.

"If they are unable to return because there are no flights or due to lockdown measures in their countries, they must submit proof. The granting of a short-stay visa will be made on a case-by-case basis," Lt Gen Sompong added.

He said the bureau had asked the Council of State about the proposed

short stay and it had advised that the Interior Ministry could issue an announcement.

He said the Interior Ministry's visa relief measures for foreign visitors would be submitted to the Cabinet for approval on Tuesday this week (July 21). The bureau would later issue guidelines on how to apply for a visa extension.

Lt Gen Sompong said those who planned to return to their home countries did not need to contact the bureau but also had to leave Thailand by Sept 26.

He estimated that between 300,000 and 400,000 foreigners were stranded in the Kingdom due to the lockdown.

The government earlier auto-

matically extended their visas until July 31, but they must still inform authorities where they are staying.

Australian Ambassador to Thailand Allan McKinnon this week confirmed that the Australian Embassy in Bangkok is now providing letters to assist Australian nationals seeking to extend their visas.

"The Australian Ambassador, Allan McKinnon, announced that the Australian Embassy and Consulate-General in Phuket will be issuing visa letters to Australians who require them," Matthew Barclay, Australian Consul-General to Phuket, told *The Phuket News*.

"We understand many people have gone to Immigration to extend their existing visas (or to convert their visas) ahead of the deadline. Many have been informed that they require a letter from their Embassy to do this," he explained.

"It is our intent to ensure that we are not an obstacle in this process. As a result, we will be issuing letters (at no fee and via email) to those Australians who send their passport biodata page to Consular.Bangkok@dfat.gov.au. People should expect a reply within one to two working days," he added.

As always, anyone with queries about their visa circumstances should direct these to Thai Immigration, Mr Barclay advised.

Football coach arrested for two-year overstay

OFFICERS AT IMMIGRATION Division Region 6 have arrested a Cameroon man working as a coach at a football academy on the island for two-years overstay.

The arrest was made during an ongoing campaign investigating foreigners in Phuket for possible overstay and other breaches of immigration laws, Immigration Division Region 6 Deputy Commander Col Arud Sangjun announced the arrest at a press conference held in Bangkok on July 16.

Col Arud explained that



The arrest was announced in Bangkok. Photo: Immigration Bureau

Immigration Division Region 6 Commander Maj Gen Perawat Bunlouy ordered officers in all 14 provinces in Southern Thailand to step up their efforts to locate and apprehend foreigners breaking

immigration laws, but with a special focus on Phuket.

One investigation, conducted through Facebook, identified that Jack Lepoui Ntsando had been staying in Phuket illegally for two years, Col Arud reported.

Mr Ntsando was taken into custody at the football academy, where he was found working, Col Arud said.

Mr Ntsando was taken to Wichit Police Station and charged with overstaying and working in the Kingdom without a work permit, Col Arud noted. *The Phuket News*

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Islands to get first support

Phuket, Phi Phi, Samui to be proposed for 'Travel Bubble' plan

TOURISM

The Phuket News
editor@classactmedia.co.th

Minister for Tourism and Sport Phiphat Ratchakitprakarn has confirmed that Phuket is to be one of the pilot destinations to be proposed to the Cabinet to be promoted for "travel bubble" tourists.

Such tourists will be exempt from 14-day quarantines, but will be restricted to visiting specified areas, Mr Phiphat said, reported state news agency National News Bureau of Thailand (NNT).

The three pilot areas to be proposed to Cabinet will be all Southern Thailand provinces: Phuket; Krabi, especially Phi Phi island; and Surat Thani, especially Koh Samui and Koh Phanang islands.

In order to be permitted to join a 'Travel Bubble' tour, foreign tourists must be tested for COVID-19 before coming to Thailand and again when arriving at airports, Mr Phiphat said.



Tourism Minister Phiphat Ratchakitprakarn. Photo: MoTS

Foreign tourists wanting to stay longer than 14 days will be allowed to visit other areas in the country after staying in their initial destination area for 14 days without exhibiting any signs of infection, he added.

Mr Phiphat also noted that the national domestic tourism campaign, launched through the 'We Travel Together' web portal under the 'Tiew Pan Suk' (Travelling Shares Happiness) government initiative,

is expected to "take around a half of the B18 billion budget given by the Cabinet, as most people will not book rooms

that charge the full B3,000 a night."

"We will propose that Phase 2 of this project use

the rest of the budget," he added.

"The tourism goal for this year is to generate around 6-7% of GDP, or around B1.23 trillion," Mr Phiphat said.

"We expect to generate B700 billion from domestic tourism in the last quarter of this year, and a further B596 billion from foreign tourists," he added.

However, when or whether or not such "travel bubbles" will be permitted was a decision beyond his authority, Mr Phiphat noted.

"That depends on whether the Prime Minister and the Minister of Interior choose people's safety and security or economic recovery," he said.

Thanyapura Sports and Health Resort receives Amazing Thailand Safety and Health Certification

ADVERTORIAL

THANYAPURA SPORTS and Health Resort has been awarded the Amazing Thailand 'Safety and Health Administration - SHA' certificate. The resort has been assigned the SHA logo as a mark of quality certification of its service standards after completing a strict health and safety inspection.

The SHA certification programme is part of TAT's efforts to mitigate the impact of the COVID-19 crisis and designed to provide yet another layer of defence to help keep Thailand safe for residents and visitors alike. Thailand's COVID-19 infection rate is one of the lowest in the world, and programmes like SHA are intended to help tourism-based business maintain sound, consistent policies to manage the virus going forward.

As a destination, Thanyapura is one of the healthiest and safest for domestic and international tourists given its size, relative isolation



Edgar Toral, Thanyapura Executive Vice President receives the SHA certification.

tion and focus on active and healthy lifestyles. The resort has an on-site clinic that can provide daily monitoring, if needed, and provides a wide range of immune boosting therapies and meals to help guests protect themselves from the virus.

Edgar Toral, Thanyapura Executive Vice President, says that Thanyapura is pursuing "best practices

on all fronts" to ensure that guests feel safe and comfortable while on premises. The resort is planning for a slow but steady resurgence in business and believes there will be a strong demand for "healthy destinations" once travel restrictions are loosened.

To learn more about Thanyapura, visit the website at <https://www.thanyapura.com>

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Monsoon brings tide of trash

Volunteers stage cleanup, park chief praises residents efforts

Tanyaluk Sakoot
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Cherng Talay Tambon Administration Organisation (OrBorTor) Chief MaAnn Samran on Monday (July 20) warned people not to visit Bang Tao Beach amid fears people may be injured by broken glass among the slew of trash and debris that washed up onto the beach over last weekend.

“Please do not go to Bang Tao Beach right now. There is too much trash. Please go to Surin Beach instead,” Mr MaAnn told *The Phuket News*.

Already organised to hold a mass cleanup along the beach on Tuesday (July 21) were Cherng Talay OrBorTor officers together with about 30 Russian expats, with the mass cleanup starting at 9am and continuing until midday, he added.

The slew of trash, including plastic, glass fragments, branches and damaged fishing equipment, lies all along the beach, pushed onto the sand by the current strong southwest monsoon weather.

“Trash always washes up on our shores at this time of year,” Sirinath National Park chief Natthawat Nuisriram told *The Phuket News*.



The trash, including plastic, glass fragments, branches and disgarded fishing nets, lay strewn all along the beach, pushed onto the sand by the southwest weather. Photo: Eakkapop Thongtub

“The trash comes from the ocean, but a lot of it is waste that is thrown into the canals by local residents. The canals flow into the sea, and that trash just ends up on our beaches,” he added.

“I keep asking local officials to

help prevent this problem, and I am always asking local communities to help keep trash out of the canals,” Chief Natthawat said.

Officers have already been tasked with clearing up the trash and debris that has washed ashore

inside the park area, he added, while praising the efforts of volunteers and local residents who just turn up and help to clear the beach of trash during the southwest monsoon months.

“Thank you to all the people

– Thai and foreign – who help by clearing trash from the beaches. The beaches belong to everyone. No single agency can keep the beaches clean alone. It is everyone’s responsibility,” he said.

Chief Natthawat invited any persons wanting to join park officers during the regular cleanups.

“People wanting to join our beach cleanups can just contact our office and tell the officers that they want to help,” he said.

“If need be, people can call me directly on 081-9685725,” Chief Natthawat said.

Meanwhile, scores of officials, airport employees and local residents joined together to clear the Nai Yang Beach of trash debris on Monday.

The cleanup, led by Wattanapong Suksai, Director of the Phuket Provincial office of the Ministry of Natural resources and Environment (MNRE), began at 9am.

Joining the cleanup were MNRE officers along with staff and other employees from Phuket International Airport nearby, led by Kriengkai Chanasuk, head of Phuket airport’s Safety Division.

Additional reporting by Eakkapop Thongtub

Phuket readies for King’s birthday

GOVERNMENT OFFICES across the island will be closed next Monday and Tuesday (July 27-28) as the nation marks its second four-day long weekend this month.

The Songkran public holiday will be observed on Monday and the King’s Birthday will be honoured on Tuesday, when ceremonies will be held across the island to honour His Majesty’s 68th birthday.

The day’s festivities will begin with a merit-making ceremony of giving alms to 69 monks in front of Phuket Provincial Hall at 7am, Vice



Vice Governor Phichet Panaphong at the meeting last Friday. Photo: PR Phuket

Governor Phichet Panaphong noted at a meeting last Friday.

On Monday and Tuesday, most government offices on the

island will be closed including the Phuket Immigration Office, Employment Office, Land Transport Office and the island’s three District Offices.

All main bank branches will be closed, except branches in shopping centres, which will remain open as normal.

There will be no ban on the sale of alcohol.

Police stations across the island will remain open for the public and some local consulates will also be open to serve their respective citizens on this national holiday.

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Learning to let go

Using your dog's favourite toy is one way to get him or her to let go of something else. Photo: Glen Carrie / Unsplash



UNLEASHED

Russell D Russell
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All of us have items which are valuable, be they expensive items or sentimental ones. We don't want to lose them, which is why we may own a safe, and why we lock our doors. Dogs are no different and many are reluctant to give up a valuable object, whether it's a favourite toy, your favourite shoe or even a tasty piece of eight-day old dead fish from the beach...

Some dogs guard their valuables fiercely enough to hurt anyone who tries to take them away and we call this

"resource guarding". It's a natural, normal behaviour as keeping possession of valuables is an important survival skill. If you let someone take your food from you in the wild, you're likely to die. (Much like someone trying to take chocolate from me.)

Still, we sometimes need to take things away from our dogs, especially something harmful such as a cooked chicken bone or a package of rat poison. With resource guarding, we don't want to force or coerce our dogs into anything, as we're likely to make things worse, by being physical, and drawing attention to an item that already holds significant value to the dog.

So teaching our dogs to "leave it" or "drop it" is therefore a very important skill, and the best way to do this is

teaching them to trade instead. Ergo, we're making it in their interest to give up what they have – which is of value to them, even if it isn't to you – in order to gain something else.

Start by using something your dog already loves such as a ball or favourite tug toy, and engage your dog to play. I normally have the dogs on a leash to begin with, especially if your dog is used to keeping away from you when he has such toys. Encourage your dog to get the toy, either by giving it to him directly, or just throwing it a couple of feet in front of him. Let him enjoy chewing his ball, or playing with his tug toy for a few seconds, maybe even play tug with him if he'll let you.

Then offer him a high value treat in front of his nose so he can sniff it, then wait. At some point, he'll drop the toy and as soon as he does, tell him "Good boy!" and drop a couple of treats a few feet to the side so he can turn to get them.

This is the important part as you want your dog to redirect away from the toy, and re-focus on the treats. It buys you time to bend down and pick up the toy, without him really seeing it. When he finishes the treats and comes back to you, present the toy and tell him to take it. If your dog is quickly eating the treats and racing to get the toy before you can pick it up, then you're likely to reinforce the resource guarding you're trying to prevent. He needs to be engaged in getting his treat, not the toy.

If your dog is super fast, then try using two toys. Whilst my dog has her favourite ball in her mouth, I'll present the second one, and tease her with it – bouncing it a couple of times in front of her. Now her focus changes to the toy that I have, she drops the

ones she has and I immediately roll the second one away for her to chase. Whilst she's getting that ball, I pick up the first one.

At no stage am I asking my dog to do anything - there are no vocal commands. Nor am I trying to grab, or pull the toys away from them. I'm simply waiting for them to make a choice (to drop the object) and then immediately be rewarded – either with a treat, or a second toy. This makes our dogs much more willing to trade, and drop things because they know they will win in the long run.

If your dog isn't interested in the treats, use something of higher value. Some dogs will do this for kibble, others may need something tastier like cheese, or chicken. But once they start to work out you're not trying to steal their resources, they'll quickly co-operate and start dropping toys, because they know another reward is coming.

Once your dog is quickly dropping items, you can wait a couple of seconds before presenting his reward. Over time, you'll see it takes less time for him to return to you with his toy before dropping it, at which point he's worked out the game: "I drop this, and I get rewarded and I get the toy back again!" At this stage, you can now add your "Leave it!" Or "Drop it!" cue.

If you would like some more information on canine training, or behavioural issues, then please to contact us on 091 654 1960, email info@k9pointacademy.com, or check our website www.k9pointacademy.com. CPA is accredited with the Certification Council for Professional Dog Trainers (CCPDT), and as an American Kennel Club (AKC) Evaluator.β

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bensema.amy@gmail.com

Situated on Wiset Rd next to the Phuket Seashell Museum, Home Grain is a groovy little breakfast and brunch bistro with an exceptional coffee menu, comfortable setting and all around good vibes.

Home Grain is relatively new to the Phuket cafe scene. I discovered the bistro on Instagram, and have been a fan ever since. Home Grain opened earlier this year, and has continued to go from strength to strength despite the outbreak of the pandemic. With its cozy seating, hip soundtrack and beautiful assortment of plants, it's one of my favourite places in Rawai to grab a bite to eat or relax with a piping fresh mug of coffee.

The breakfast and brunch bistro is owned and managed by a young, lovely Thai couple who recently relocated back to Thailand after spending years living in Australia. Foodies at heart, the couple also know good coffee. The compact coffee menu at Home Grain features a lush single original blend, a creamy latte and a delicious Dirty Chai. Plus, it's also possible to get your coffee drinks made with either soy or almond milk.

If coffee isn't what you are after, Home Grain features a variety of gluten-free smoothies and non-dairy drinks. To satisfy your thirst on one of Phuket's hot summer days, I highly recommend you try the House-made Lemon Lime Bitter. It's the perfect combination of sweet, sour and refreshing. Various homemade treats and pastries are always on offer at Home Grain, which makes the laid-back bistro the perfect place for a chilled coffee or refreshment break.

Since the world was introduced to the "new normal," I have to admit I haven't gone out and about



The compact coffee menu features a lush single original blend, a creamy latte and a delicious Dirty Chai, with your coffee made with either soy or almond milk. Photos: Supplied

as much as I used to. However, Home Grain is one place I consistently frequent. I enjoy supporting a small local business, and Home Grain really ticks all of the boxes. It's no secret that the coffee is great, but their food menu is also outstanding. Must-try items from the food menu include the homemade sausage roll and the zesty red beans with sausage and rice.

Perhaps the thing I enjoy most about Home Grain is the sense of community the bistro has built. The owners of Home Grain are always warm and welcoming. They appreciate their customers and are eager to please. Always open to suggestions and never afraid to introduce new coffee drinks or menu items, the bistro is a refreshing change and a welcome addition to the Rawai neighbourhood.

Home Grain is open Tuesday through Sunday



from 8:30am until 4:00pm. The bistro offers pick-up, delivery and convenient online ordering services for their menu as well. Special requests can be directed to homegrain.rawai@gmail.com. If you find yourself in Rawai, do stop in and check out for yourself what the fuss is all about.

Follow Home Grain's socials to learn more about what the creative bistro is up to. Home Grain can be found on Facebook at www.facebook.com/homegrain and on Instagram at www.instagram.com/homegrain_rawai/

Cafe Society is a monthly column which chronicles one girl's search for the perfect cup of coffee. Have a cafe to recommend? Contact Amy via email at bensema.amy@gmail.com or follow her caffeinated adventures as @phuketstagram on Instagram.



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POP QUIZ

1. In which year was the national drinking age in the United States changed from 18 to 21?
2. What is the name of the huge freshwater lake in central Cambodia?
3. Who is best known for her best-selling novels *Atlas Shrugged* and *The Fountainhead*?
4. What stage name is Peter Hernandez professionally known as?
5. Which country changed its capital's name from Astana to Nur-Sultan last year?

Answers below, centre

SUDOKU

Easy

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

Crossword by Myles Mellor & Sally York

- Across**
1. More than some
 5. "___ Smile" (1976 hit)
 9. Spray setting
 13. Lou Gehrig, on the diamond
 14. Donnybrook
 15. Knowing about
 16. Artist Bonheur
 17. Be part of the cast
 18. Brought into play
 19. Simple addition
 22. Elton John, e.g.
 23. ___ souci
 24. Mozart's "L'___ del Cairo"
 27. Like a bunch
 29. Debonair
 32. Undergrad degs.
 33. Catches
 36. Whole alternative
 37. Ecstatic
 42. Old German duchy name
 43. Ready for anything
 44. Wrath
 45. Layers
 47. It's found in banks
 49. Blonde's secret, maybe
 50. Vex, with "at"
 52. Word from the decks
 54. Literary homeowners
 62. Shades
 63. Roundish
 64. Christiania, now
 65. Tropical fruit
 66. Rewards
 67. Simpleton
 68. Some beans
 69. "___ quam videri" (North Carolina's motto)
 70. Chops
- Down**
1. Big do
 2. "Crazy" bird
 3. Yorkshire river
 4. Snares
 5. Jiffs
 6. Karen Carpenter, for one
 7. Checks, with in
 8. Trojan hero
 9. Greek dish
 10. Acad.
 11. Potpourri
 12. Big deal
 14. Gibb brother
 20. Ceiling
 21. Occupied, as a
 24. ___-Wan Kenobi
 25. Art able to
 26. Very, in music
 28. Australian rock band
 30. Clear
 31. File material
 34. "Harper Valley ___"
 35. Jerk
 38. Textual interpretation
 39. "From the Earth to the Moon" writer
 40. Signals
 41. Society page word
 46. Strauss opera
 48. Storm part
 51. Other halves
 53. Age
 54. As a result
 55. "The Hunchback of Notre Dame" writer
 56. Bank
 57. "Little piggies"
 58. All alternative
 59. "Cast Away" setting
 60. Worm or lamp
 61. Creates a lawn

Answers to this week's Pop Quiz:

1. 1984; 2. Tonle Sap; 3. Ayn Rand; 4. Bruno Mars; 5) Kazakhstan

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16					17					18			
19					20					21			
				22				23					
24	25	26		27		28			29		30	31	
32					33		34	35		36			
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	45				46			47		48		49	
				50			51		52		53		
54	55	56					57	58			59	60	61
62					63						64		
65					66						67		
68					69						70		

Solutions to last week's puzzles:

S	M	O	L	T		P	U	S	S		S	A	G	S		
N	A	D	I	R		T	R	U	E		T	E	R	N		
O	L	D	M	A	N	A	N	D	T	H	E	S	E	A		
B	I	S	E	C	T		O	A	R	L	O	C	K			
						T	H	I	C	K		S	E	P	O	Y
A	W	R	Y				T	H	U	G						
C	O	A	L	E	S	C	E			R	O	O	T	L	E	
E	R	N	E	S	T	H	E	M	I	N	G	W	A	Y		
S	K	I	M	P	Y		P	A	N	O	R	A	M	A		
						E	V	E	N			E	S	E	S	
S	L	I	D	E		I	D	Y	L	S						
M	I	N	I	V	A	N				I	N	C	A	S	E	
A	F	A	R	E	W	E	L	L		T	O	A	R	M	S	
R	E	N	T			E	R	I	E			U	S	E	U	P
T	R	E	Y			D	Y	E	D			T	A	S	T	Y

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

GOT YOUR NUMBER

2

hours of silence a day leads to the development of new cells in the hippocampus, the cortical region that regulates motivation, emotion, learning, and memory.

6

months of his life will the average man spend simply staring at women.

30

percent of American women think prostitution should be legal, compared to 51% of men, according to a YouGov poll.

52

percent of women say their husbands are not their soulmates, said a recent survey.

69

percent of marriages in Ethiopia occur through abduction.

981,000

people in the US were in gay or lesbian marriages in 2016, a rise of more than 30% than in 2015.

Source: Uberfacts

ISLAND VIEW



Phuket town at night. Photo: Tony Edwards

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

This week in history

July 24, 1987

At 91 years of age, Hulda Crooks reaches the summit of Mt Fuji, becoming the oldest person to climb Japan's highest peak. She passed away in 1997, aged 101.

July 25, 1965

Bob Dylan goes electric at the Newport Folk Festival, signaling a major change in folk and rock music.

July 26, 1951

Walt Disney's 13th animated film, *Alice in Wonderland*, premieres in London.

July 27, 1890

Vincent van Gogh shoots himself and dies two days later.

July 28, 1917

The Silent Parade takes place in New York City, in protest to murders, lynchings, and



Apollo 15 Lunar Module Pilot James Irwin salutes the U.S. flag. Photo: NASA

other violence directed towards African Americans.

July 29, 1987

British Prime Minister Marga-

ret Thatcher and President of France François Mitterrand sign the agreement to build a tunnel under the English Channel (the "Eurotunnel").

July 30, 1971

Apollo 15 Mission: David Scott and James Irwin on the Apollo Lunar Module Falcon land on the Moon with the first Lunar Rover.

Source: Wikipedia

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FRI 7 AUG



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SAT 25 JUL

MON 27 JUL



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All you can eat BBQ night

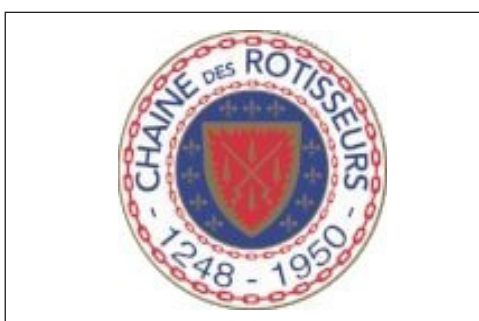
6pm – 11pm: Beef, Pork, Chicken, Burgers, Sausages, Prawns and Squid, Salad buffet, Choice of potatoes and sauces, bread, buns and garlic bread. Reservation recommended. B395 P/P. shakersphuket@gmail.com 081 891 4381.



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Can anyone beat Mercedes?

Silver Arrows in total control after opening three-peat

FORMULA ONE

Michael Lamonato

The F1 paddock's burning question, to be clear, isn't whether Mercedes can be beaten to the championship; the question is whether Mercedes can be beaten in a race at all.

Mercedes has clean swept the three grands prix, with Lewis Hamilton winning twice from pole and Valtteri Bottas once, and excepting opening-round unreliability, the German marque has been almost entirely unimpeachable.

The Hungarian Grand Prix was only another demonstration of superiority. Hamilton and Bottas battled exclusively for pole, and though the Briton only pipped the Finn by 0.1 seconds, the pair was almost a full second quicker than anyone else.

The race was much the same, at least for Hamilton, who mastered the slippery conditions to build a lead so massive that he had time to make an extra pit stop for fresh tyres without losing the lead just to take the bonus point for fastest lap.

Bottas likely would've been nearby had it not been for a dodgy start – the Finn said he was distracted by a light on his dashboard just as



Lewis Hamilton celebrates after dominating the race in Hungary. Photo: AFP

the starting lights were illuminating – but his effortless recovery from seventh up to third, just fractionally behind Max Verstappen, was a practical demonstration of the pace inherent in the Mercedes W11.

So what's happened to the competition?

Red Bull Racing expected to fight for victory at the Hungaroring, a circuit that has typically suited its high-downforce designs, but from practice last Friday (July 17) the team was adrift from the pace and unsure how to correct its direction.

From pre-season testing the car has been precariously balanced, as attested to by both Verstappen and Thai teammate Alex Albon's several spins and slides. In Budapest it was painfully obvious, and upgrades brought to rectify the problem did nothing but exacerbate the team's confusion.

In qualifying it was at its worst, with Verstappen seventh and Albon a lowly 13th.

Both recovered strongly in the race, finishing second and fifth respectively, but it would be naïve to put too much stock in last

Sunday's recovery. Verstappen was no match for Hamilton, and had Bottas had a better getaway, the Dutchman would've finished well behind him rather than 0.75 seconds ahead.

Perhaps in theory the car has the Mercedes-matching pace the team forecast during testing, but there's clearly some way to go to realise it in this compressed season.

As for Ferrari, the less said the better. The Italian team had hoped the twisty Hungaroring would negate its substantial power deficit and move it towards the front. It

proved correct, but that normalised performance was still more than a second off the pace in qualifying and an entire lap down in the race.

Maranello is now considering organisational changes to bolster its technical department to ensure its slump doesn't extend into 2022, when new regulations offer the chance for a reset.

And so Mercedes seems on track for an unprecedented season clean sweep. McLaren lost only one race from 16 in 1988 and Mercedes itself took 19 from 21 in 2016, but never has a team gone undefeated in a campaign.

Can anyone beat Mercedes in 2020? Whatever the answer, you can't help but admire the way the team, almost certainly F1's best ever, continues to raise the bar.

"We're working our arse off, and we're going to continue to do that," the victorious Hamilton said in Hungary.

"Would I like more battle from other teams? Absolutely... But I think it was a pretty flawless effort from the team this weekend. In all areas [we] really delivered.

"I think it was a little bit difficult for sure to compete when you are bringing that 100%," he concluded.

All London FA Cup final

FOOTBALL

ARSENAL WILL CONTEST a record 21st FA Cup final after two Pierre-Emerick Aubameyang goals helped overcome favourites Manchester City in their semi-final last Saturday (July 18).

Gunners boss Mikel Arteta, who captained the side to FA Cup triumph six years ago, outwitted his former mentor Pep Guardiola and led his team to a fine,



Mason Mount beats David de Gea. Photo: AFP

disciplined 2-0 victory.

They will face Chelsea at Wembley after Frank Lampard's team eased past a lacklustre Manchester United 3-1 on Sunday (July 19).

United goalkeeper David de Gea was to blame for

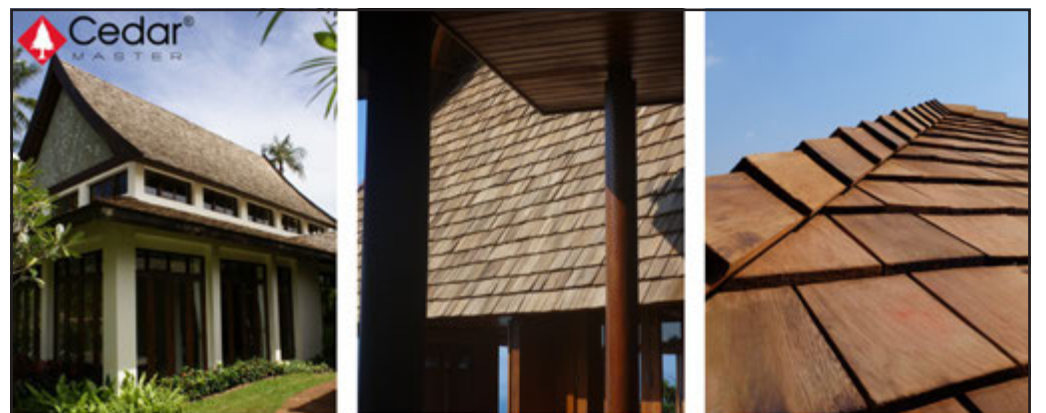
two of Chelsea's goals as he allowed efforts that he should have stopped from Olivier Giroud and Mason Mount to beat him.

"To win a semi is a great thing, but to win a final is the thing," manager Lampard said.

Since the turn of the century Chelsea have reached the final eight times and Arsenal seven.

Kick-off is 10pm Phuket time on August 1.

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Sport

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NO MERCY IN UFC TRIUMPH

MMA

Ben Tirebuck

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It has been a long journey from Siberia to UFC glory in Abu Dhabi for Petr Yan but the Phuket-based MMA fighter has finally realised his goal of becoming UFC bantamweight champion.

Yan, whose fighting name is "No Mercy", claimed the vacant UFC bantamweight title after he defeated the legendary Jose Aldo with a fifth-round stoppage in Abu Dhabi on July 12.

The 27-year-old Yan, originally from Yekaterinburg in eastern Russia, has been based at the Tiger Muay Thai & MMA training camp in Chalong for the past six years under the tutelage of coach John Hutchinson.

He contested the vacant bantamweight title with Aldo after the previous holder Henry Cejudo surprisingly announced his retire-



Based at Tiger Muay Thai gym in Phuket, Petr Yan won the UFC bantamweight title after defeating Jose Aldo in Abu Dhabi. Photo: AFP

ment following a successful title defense over Dominick Cruz at UFC 249 on May 8.

The fight was relatively evenly contested for the first three rounds before Yan upped his game and turned on the style in the final two

rounds. In the fifth, he held Aldo up against the cage and dropped him with hard punches, including two big uppercuts, before unleashing a ferocious onslaught until referee Leon Roberts stepped in to stop the fight.

Yan landed 194 significant strikes during the bout with Aldo, the most in a single fight in the history of the UFC bantamweight division, including an impressive 62 significant strikes in the final round – more than Aldo had absorbed in his nine previous UFC fights.

'A GOOD KNOCKOUT'

"In the beginning, I wanted to put pressure on him, make him tired and then start attacking after the third round. That's exactly what happened," Yan said post-fight through an interpreter.

"In the first and second round, he had hard punches and low kicks. I waited and pressured him. After the second round, I started to work. It was a good knockout. I liked it," he added.

Yan joins current lightweight champion Khabib Nurmagomedov as only the second Russian fighter to win a UFC title and is now tied for the longest winning streak in UFC bantamweight history. He is targeting Aljamain Sterling for his next fight.

LOST IN TRANSLATION

When Yan first arrived at the Tiger Muay Thai camp in Phuket six years ago there were clear language and communication barriers.

"When we first met he had no English and I had a very thick Irish accent that anyone had trouble with. We actually laughed because we didn't know what we were each saying," coach Hutchinson told *The South China Morning Post*.

"But we didn't need it. I knew from that day this kid was something special. I wrote down in my notes from that day that he'd be world champion and I actually showed him that here in Abu Dhabi to remind him how far he has come."

Those motivational words coupled with tremendous talent and desire to work hard and achieve have fared very well for Yan so far. Although it has been a long road one gets the feeling his real journey is only just beginning.

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