

# BAYON



*Pearnik*

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# Pneumonia, the Old Person's Friend

**P**neumonia, your friend? How could that be? Well, most life threatening illnesses take you down slowly and painfully, you waste away a day at a time gradually giving up your life force. The reason pneumonia can be benign comes with the modifier 'old' and the likelihood that geezers would have other illnesses giving them pain and hardship. When pneumonia comes along, if your system is already compromised with other ailments, it takes you out without pain or any consciousness of what's happening.

At least that was my experience. I went out to have a few beers, as was my habit, on Saturday, December 30, but after the first bar I decided I should go home rather than bar hop. That's the last I remember. I must've gotten up on Sunday and gone through my daily routine, at least some of it, because neighbors reported me wandering somewhat aimlessly around the neighborhood. I can visualize that, but only because I was told it happened. That was a strong clue that something was wrong since I always ride my bicycle around the hood, even if it's only 30 meters. After that, the next thing I remember was my friend trying to startle me awake in the hospital on the following Tuesday.

I had no inkling that something might take me over and no warning whatever. Now my friend, who accompanied me to the hospital and who spent 35 years as a nurse in Australia, insists I had lots of warning since for a week before the event I had been coughing hard and producing great gobs of phlegm. But that had been happening a couple times a year for 5, even 10 years, I can't say for sure how long, only that it was long enough for me to think it normal. It happened in a pattern though that did make me wonder. I'd catch a cold and drop some Chinese medicine to take the hard edge off the stuffed nose and such. I'd also stop smoking weed for the duration. Even a relatively long time after the cold was vanquished, I'd still be coughing. Maybe it's some type of bronchitis I'd think.

Maybe pneumonia was sitting there dormant most of the time,

while my generally healthy immune system kept it in check. Only 1% of pneumonia cases are fatal and only 10% of cases need to be hospitalized so I assume people can have mild cases without realizing it.

Another prominent symptom is shortness of breath and I did seem to be breathing harder, however it wasn't debilitating in any way and I figured at 76 shortness of breath is normal. Fever, chills, chest pains are also common symptoms, but I experienced none of that. I went very calmly, peacefully and painlessly into a coma. I didn't know any thing about pneumonia or its symptoms beforehand, I didn't even know what it was.

What I've gleaned about pneumonia from reading over the Wikipedia entry several times is

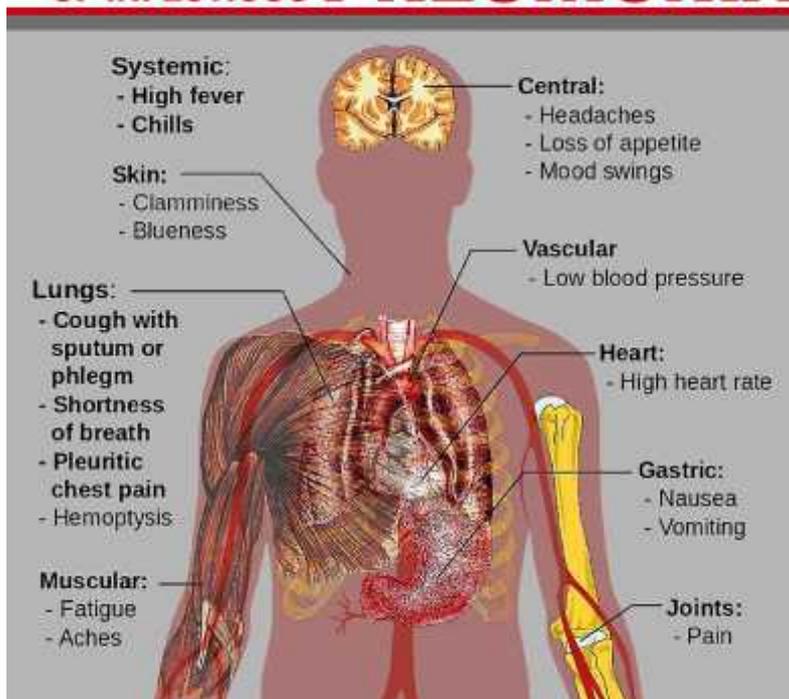


basically that it's an inflammation of the lungs and that it affects the small air sacs called alveoli. Pneumonia results in scarring of the alveoli thus making it difficult to take in much air, which accounts for the long time it takes for many people to recover. There can also be a build up of fluid in the lungs with the same results.

Most cases are caused by bacteria, but can also be virus, parasite, or fungi based. Surprisingly, in half of cases the causative agent cannot be identified; it's pneumonia but they can't tell you where it came from. That's backed up by the experience of a friend who came down with it after returning to California from Cambodia. He was in the hospital for 10 days but they couldn't identify the actual cause. A similar thing happened to a friend here in Kam-pot. She spent four nights in the hospital but she didn't have pneumonia... well, pneumonia is also really a broader term that encompasses all types of lung infections.

Another surprise is that a large percentage of infections occur in hospital or other health care facilities, and the infections that are contracted there are more resistant to antibiotics. In total, there are about 450 million cases a year, 7% of world population, with 4 million fatalities. That's only about 1%, but of those cases where hospitalization is required mortality bumps up to 30%. It's basi-

## MAIN SYMPTOMS OF INFECTIOUS PNEUMONIA



cally the young, the old, those with chronic illnesses and those people whose immune systems are already compromised who die from it.

Conditions and risk factors that predispose to pneumonia include smoking, immunodeficiency, alcoholism, chronic obstructive pulmonary disease, asthma, chronic kidney disease, liver disease, and old age.

Smoking is the most prominent risk factor, but Wikipedia doesn't differentiate between tobacco and cannabis. While any kind of smoke will cause irritation, there's a vast difference between tobacco which is a leading cause of cancer and cannabis which has never caused any disease. No one has ever died from smoking weed, at least not in medical terms. The others are quite obvious. The one thing you can't correct for or do anything about is old age, though staying healthy clearly makes a difference.

My approach of the edge came because my condition wasn't recognized early enough. Anybody who knows me who saw me on that Sunday when I was wandering around aimlessly would've known right off that something was wrong. I must've been confused and incoherent and needing attention. Confusion is a common symptom found in oldsters. Even if I didn't look like I had any medical problem anyone would've realized I needed an eye kept on me.

Not saying I wouldn't have needed hospitalization or required more than three months to recover as is typical for old geezers, but it certainly would've saved me from the problems with my legs and feet caused by dehydration; I was without any food or water for 2 days. When I first woke up in the hospital I was so weak and my legs so stiff I couldn't lift them a centimeter off the bed. Now I get around okay, but I walk funny, hobbling just a bit because my feet are still not working right. I can flex my ankles and toes, though not fully, but my feet feel numb. It's been three and a half months and I see steady improvement, but it feels like at least another month or two before my feet are back to normal... if they are ever going to be totally back to normal. A health care professional I talked to recently said it took him a full year to recover... sure sounds like a long time.

The scary thing is having no warning, so even if I now know the symptoms, would I recognize what's happening if it hits again? Actually, I think I might have an inkling should it return. That last Saturday night before I went under, after I'd had a couple beers I was thinking of a couple more, my usual amount, but I felt a bit strange inside and thought I'd better head for home instead. I think I might remember that feeling and recognize it next time as impending doom. I sure hope so.

Now I breathe hard at times just like before, and I often also tend to breathe through my mouth. Is that because I'm not getting enough air through my nose? I also cough up a bit of phlegm a few times a week. It's nothing like before, but is a bit of the infection still there, just enough to eventually take me over again? Is it gathering strength waiting to pounce at its opportune time, with me still unawares? Should I be getting blood tests every couple of weeks just to make sure? Not likely, though I probably should on occasion.

Should I be taking antibiotics as a preventative measure? My nurse friend says I should be popping those antibiotics at the first sign of a cough. I misinterpreted what he was saying for a while thinking he was suggesting I take them proactively, but what he really meant was if I get another chest infection with the hack-

ing cough and lots of phlegm I should go right for the antibiotics. He says they might prevent another bout and it can't hurt taking them. That I can agree with.

I take antibiotics only when the need is clear and obvious, like against the clap, for instance, otherwise every time you take them you're wiping out your good bacteria as well as the evil ones and weakening your immune system; that is, not giving it time to do its job or try to do its job, and taking a chance that you'll build up resistant bacteria and the antibiotics won't work when you really need them.

With few exceptions, I shun all pharmaceuticals. I don't take uppers or downers, painkillers or mood enhancers. More than

90% are petrochemically based and all come with nasty side effects. Of course, I wasn't going to tell the docs when I hit Calmette that I don't like drugs; I couldn't say anything because I was totally out of it. When I did regain some level of consciousness, I just took whatever was given to me, only going off the drugs at

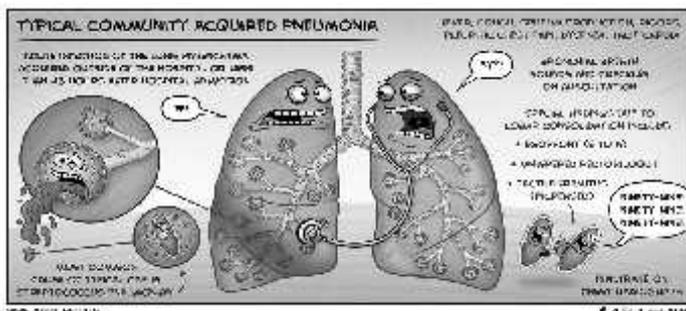
home when I ran out. However, if it had been a slow moving sickness, I might well have done the research and decided for myself what to take. Ultimately, I credit my general health and strong immune system a least partly to that dislike of drugs.

Except for a hernia operation back in 1960 when I was 19 and a hairline fracture in my foot about 20 years ago, I've only been to a doctor a handful of times in my adult life. Hepatitis, Dengue, I just toughed it out. As stated by a couple different doctors, my state of health is what saved me. As an old fogey having any other serious health problem I would've been a goner.

I credit Calmette, Cambodia's number one public hospital, for keeping me alive, but according to my friend, the level of care there is about the same as it was in Australia 40 or 50 years ago. The way he described his experience there hanging out with me, it's almost like I survived in spite of the care at Calmette rather than because of it. Regardless, that's where I was brought back from the depths. While the head doctor at Kampot's public hospital was quick to send me off to Calmette, he thinks I could've been taken care of just as well locally. The one advantage Calmette has over the local facility is an MRI. The original diagnoses that I'd had a stroke was disproved by the MRI I had at Calmette.

There's also a local training hospital run by Australians that could've taken care of my needs but money up front would've been a problem there. Calmette will take you as long as you bring your passport, which they don't give back until you pay. Sounds fair to me. Of course, I was fortunate to have a friend show up my second day in the hospital to cover my bills. He made everything much easier.

By some miracle, I was able to raise the money to pay him off. The total bill came to \$3500; that was for 10 nights in the hospital, doctors, medicines and tests. Amazing. The money came through online fundraising, personal gifts and a fundraiser/survival party I did here in Kampot in mid March. My benefactor friend suggested he'd be more inclined to help in another emergency if I was able to cover his costs this time. While I don't plan to get sick again (well, of course) it's good to know he'd be there for me. At 76 there's no such thing as buying affordable insurance. I admit I have been a wastrel at times: when I had money I pissed it away. It was a great time, but now I've had to bring out the beggar's bowl. Such is life. Cambostan



# IN BAD TASTE

## Government to Erect Statue of Burglar

A brave burglar, who heroically died while merely trying to provide the latest electronic equipment for his family, is to have a statue erected in his honour. His relatives were pushing for sainthood and a burial in Westminster Abbey but are still pleased with the government recognition.

'He was pretty much the best man that ever lived' said one relative. 'Certainly he was one of the better burglars I ever knew – well, until last week I guess.' A Peace Garden is also to be created in the street where he tragically died so that the local police force can come and pay a daily tribute.

The local Police Chief said that 'Many people in the community misunderstand our role. But let me perfectly clear. When beautiful tributes are made to a hard-working and prolific burglar, it's our job to make sure no-one disrupts that. Usually we wouldn't get involved in a burglary case if our lives depended on it – its case closed, thanks for coming, here's your crime reference number for the insurance and change your locks. But in this case we felt deliberately obstructing the burglar was a step too far in today's Britain.'

Meanwhile the florists in the area have also paid tribute to the man, who they say is responsible for the greatest upswing in business since Princess Diana. 'She was the "people's princess" and this guy was the "people's burglar."' Well, at least he was a burglar of many peoples. We'd like to thank him anyway, and the flower-stomping vigilantes as well who've made this all possible.

## WW3 Pencilled in for this weekend

Brits have been advised not to plan too many activities this weekend as World War Three is tentatively scheduled to break out at some stage. The Met Office issued a warning that WW3 is likely to bring considerably more disruption to travel than last month's 'Beast from the East.'

Even though it sounds bad, it's hoped that WW3 won't actually be as bad as WW2. 'For a start, there's no Adolf Hitler or any Nazis involved so that's a bonus,' said one analyst seeking the positives. 'And London probably won't be bombed for weeks on end by thousands of planes either. In fact it will probably only be bombed just the once – albeit by a powerful Russian thermonuclear warhead but still...no blitz!'

Disappointed Liverpoolian Pete Henderson said he it was 'bloody typical' and hoped it would all be over by the time of the Reds Champions League semi-final. 'I hope it won't distract the lads too much. I think Jurgen needs to make sure they put World War Three out of their minds and just concentrate on the next game.'

Meanwhile betting agency William Hill is facing a massive pay-out on thousands of bets placed for 'Donald Trump to cause WW3.' A spoke-person said 'we took in a lot of money on that one and thought we might get away with it for a while there. But no – looks like the Great Orange One has come through for the punters.'

## 9 Dead After Police Mistake White Shooter's Yellow Gun for Banana

9 were killed and 17 more wounded on the streets of Centerville, Illinois this morning after police mistook a white man's yellow handgun for a banana.

The man, now identified as Jonathon Dyson of nearby Greenwood, started his rampage at 8:25 a.m. when he wounded Police Officer

Rusty Brown outside a Starbucks on Highland Avenue, then continued to shoot for another 15 minutes, more than 10 minutes after backup officers arrived on the scene.

"I could have sworn it was a banana," Brown said of the yellow pistol. "I remember thinking to myself, why is this man pointing his banana at me?"

Other officers also said they believed Dyson's weapon to be a piece of fruit, even as they saw him using it to gun people down.

"It was surreal. We were desperately trying to identify the shooter, and here was this guy walking around with an exploding banana," Centerville PD Sgt. Colt Redmond remarked.

Dyson's spree reportedly ended when he ran out of ammunition and went home.

Meanwhile, Aaron Hendriks, a black man who was intentionally run over by responding police who mistook his Labrador retriever for a missile launcher, has died.

## World's Religious Followers Becoming Increasingly Fed Up With God's Bullshit

Tired of the seemingly unrelenting barrage of warfare, starvation and natural disaster, Muslims, Christians and Jews from Kandahar to Kentucky are losing patience with God's constant bullshit – leading many to re-evaluate their relationships with their so-called 'saviors'.

In the United States' Southeast, where six major hurricanes and their deadly tornado offspring have killed thousands and left many thousands more homeless and destitute in the past year, a large fraction of its predominately Christian population have begun turning against their God in unprecedented numbers.

"Before, when some horrible calamity would befall me and my family I would always overlook God's hand in creating the situation," remarked 56 year-old

Mississippi man who has lost three houses, two wives and one child to hurricanes in his life, "I'd even praise him later for sparing me some worse misfortune, as if he wasn't somehow responsible for the 120 mph wind that blew a street sign through the face of the woman I loved, but was to thank for looking out for me so that I might survive to experience the misery of my loss. Well, no more. My days being the Lord's punching bag are over. God can kiss my ass."

Thousands of miles away on the African continent, millions of people maligned by the suffering of civil war, famine, genocide and the murderous plague of AIDS in countries like Sudan and Uganda are echoing the disdain of God emanating anew from America's Gulf Coast.

Seethed a Ugandan teenage girl: "God sent murderous hordes to burn my house to the ground, butcher my family and kidnap me as a sex slave for many years. He is a swine beast that consumes his own excrement. I wish he would show his pig face in my refugee camp so that I could throw rocks at his genitals."

Likewise, God's popularity is in steep decline amongst the inhabitants of the coastal regions of countries devastated by this year's killer tsunami.

"I used to pray to God. Pray and pray and pray. I would say God is great, God is number one! But God is not great. God is not number one. God isn't even number one hundred. He is the kind of guy who takes all your love and your heart and stomps all over it with a fifty-foot tidal wave then laughs in your face as you weep for those



he slaughtered. Oh, how he laughed as I cried," lamented a former Indonesian Muslim.

Meanwhile, the worldwide backlash against God has drawn the contempt of the devoutly loyal who feel their apostasy will only provoke more wrath.

Appealed Janice Ferguson, a preacher's wife from Savannah, Georgia, "God's obviously mad over something we've done, or something the gays have done and we've tolerated, and these people are only going to make things worse. If anything, all this turmoil is a sign that we must pray more in order to pacify Him."

Ferguson added: "Their hardship is no justification for infidelity – after all, God put it in the mind of a writer for the Young and the Restless to have the undead wife of Dr. Josh Landers shoot him to death in 1998, but you don't hear me complaining about it."

### **Corbyn's Anti-Semitism Row Explodes**

Jeremy Corbyn was today criticised for not praising the Israeli Government for killing unarmed demonstrators at the Gaza/Israel border.

'This is a clear case of blatant anti-semitism' declared 20 Labour MP's who demanded that Corbyn should resign. The Board of Jewish Deputies castigated Corbyn for failing to praise the Israeli Government in its 'humane defence of civilisation'.

The BBC and most media outlets were at one in condemning Corbyn for not throwing out any Labour member who had failed to praise the Israeli Government.

Rumours are spreading that in the wake of the outrage felt at Corbyn's lack of leadership on this issue there is likely to be a revolt of Labour MP's who have been shocked at Corbyn's abject failure to praise Israel's justified defence of its territory.

# Phnom Penh Pub Page

Amazingly I am actually on time this month; despite not even being in Phnom Penh. The Evil Publisher only sent me one very polite reminder that I was expected to produce a pub page and even decided not to include any form of casual threat or negative re-enforcement. All in all, an excellent start to drafting this month's attempt to recollect what I have been up to.

First off is a Golden Sorya Mall update. As of the time of writing it is soooo close. I was watching them working late into the evening on the run up to Khmer New Years in an obvious attempt to get things ready for a KNY opening. They got a lot done but clearly not quite enough. One of the staff of my favourite ex-tenant, Home Foods, told me that they were going to be moving in at KNY. However, I have checked in a few times and was told that, while a couple of places are being set up, the new digs are not operational yet. I have heard mixed reports on what is happening to some of the other ex-courtyard tenants and am eager to try out the new and improved two storey Home Foods when I get back to Phnom Penh. I have to say that, except for the dumb looking elephant and fake tree blocking my beloved courtyard seating the renovation looks much better than I had expected and will hopefully serve to revitalize the place a bit.

A tip for the cheap draft lovers – while I know that GSM has traditionally been a good spot, I think riverside is doing a good job with a number of places offering USD .5 -1 drafts and USD 2-4 jugs during happy hours.

Best of the bunch this month was Five Drunk Men on Sisowath. This is the old California 2 space that those of us who have been around too long occasionally get nostalgic for. The ground floor bar that was the site of so so so much inebriation in days past is now a coffee shop and the Five Drunk Men are on the covered roof reachable by elevator. Place looks great. Relaxing and open with a great view. I was told it opens 5 pm until goes until about 1 am. There are some tasty food options. When I asked about specials, I was informed that the time limited special on the menu has been extended until further notice – USD 9.90 gives you free flowing draft when you order a main course off the menu. Normally it is USD 2 for a Cambodia mug and USD 3 for bottles of Angkor or Carlsberg. Most spirits are USD 3-5 with a number of higher priced tequilas and whiskeys available (only knock on the place is that is, unfortu-

nately, a mixers are extra establishment). A number of cocktails are on the menu for USD 5. Overall, not the most cost-efficient spot for downing a few, but service was good, vibe and view were excellent, so I have to admit that it seemed worth paying a bit extra. Both my friend and I agreed we would return.

Been roaming 136 st a bit lately and have a few new favourites.



Route 136 bar has been impressing. Overall still a bit of an odd place but good AC, good service and friendly staff make for a winning combination.

69 bar has consistently stayed near the top of my list on this street. Music is still often a bit too loud for my taste, but there are reasons that this is often one of the busiest bars I walk into.

Helicopter bar has come back on my radar... just something about the place. Good service. No hassles. Don't go for the décor – but do go if you want a relaxing fun time.

Dropped by Smiling bar on 118 st. with a friend (yes, I have some). Wow – this was a bar with no pretensions of being upscale. Way on the low budget and proud of it. Actually, had a reasonably priced drink, good service and was way happier than in a lot of bars with much higher investments in décor and staffing so I think they are doing something

right.

Also ended up at @the office a few times recently. The place has a big following and I have recommended it to a few people, but it really depends on what kind of evening you are looking for. Music is good. Shows seem to entertain. Drinks are reasonable. A lot of people I know are fans of the staff. From my perspective, I understand the appeal, but I don't expect to be more than an occasional patron.

Having been trying to drop by Angels Bar on 5 st for a couple of months now. I really want to give it a shot. New bar. Walk by it frequently. Staff looks amicable. But I just can't get over the all glass frontage. I am really not sure that I want to be the goldfish on display in a hostess bar. I assume the owner had a good reason for this and perhaps it is geared towards dedicated hostess bar aficionados with more exhibitionist tendencies, but I have not quite made it. Maybe next month.



### Living brain donor

A plumber and his assistant comes to fix a leak somewhere in your bathroom wall. He finds it and proceeds to replace the pipe. Tearing two rows of tiles out of the wall. At lunch-time he delivers the news that his offsider cannot "find same tile at shop."

Perplexed as the tiles are the standard small white bathroom tiles found everywhere you agree that any white tile will do.

The offsider shoots off to buy some. An hour later he appears at the gate with tiles on his

bike.

Concerned due to them being ten times the size of the original you flip one over to have a look. Yes its white but shame about the flowers on it!"But they are pretty" he blurts out.

Plumber comes downstairs and calls him everything under the sun and shoots off to the local tile shop,

Five minutes later he is back with the identical tiles. Assistant is so embarrassed at everyone rolling around laughing at him he won't come back in the house!

### Intimidation or security

### Letter to God

A little boy wanted \$100.00 very badly and prayed for weeks, but nothing happened.

Then he decided to write God a letter requesting the \$100.00.

When the postal authorities received the letter to God , USA , they decided to send it to the President.

The President was so amused that he instructed his secretary to send the little boy a \$5.00 bill thinking this would appear to be a lot of money to a little boy.

The little boy was delighted with the \$5.00 bill and sat down to write a thank-you note to God, which read:

Dear God: Thank you very much for sending the money. However, I noticed that for some reason you sent it through Washington, DC., and those assholes deducted \$95.00 in taxes.

### The Alligator

A Cajun walks into a bar with a pet alligator by his side.

He puts the alligator up on the bar and turns to the astonished patrons.

"I'll make you a deal. I'll open this alligator's mouth and place my manhood inside. Then the gator will close his mouth for one minute. Then he'll open his mouth and I'll remove my unit unscathed. In return for witnessing this spectacle, each of you will buy me a drink."

The crowd murmured their approval.

The man stood up on the bar, dropped his trousers, and placed his Johnson and related parts in the alligator's open mouth.

The gator closed his mouth as the crowd gasped. After a minute, the man grabbed a beer bottle and smacked the gator hard on the top of its head.

The gator opened his mouth and the man removed his genitals unscathed as promised.

The crowd cheered, and the first of his free drinks were deliv-

With the announcement that one hundred thousand security personnel will be on duty for the upcoming election the Pearnik contacted our old friend Dr One Hung Low from China and expert on democracy in China.

When asked about the current situation here he replied.

"I have observed many erections here and this will be the biggest yet. Minor parties are minions

of the main party so the erection will be smooth and firm

. Security is out in force to assure the people who to vote for.

Personally i don't know why you have minor parties as they make a Democratic election more difficult. Much simpler to have one party Democracy same as China."



## Holidays

Plowing ceremony Thursday  
May 3rd

Kings birthday Sun-Tues 13-15  
May

Remembrance Day Sun May  
20th

ered.

The man stood up again and made another offer. "I'll pay anyone \$100 who's willing to give it a try."

A hush fell over the crowd. After a while, a hand went up in the back of the bar.

A Blonde woman timidly Spoke up.....

"I'll try it - Just don't hit me so hard with the beer bottle!"

### Stranded

Steve and Barbara are flying to Australia for a two week vacation to celebrate their 40th anniversary. Suddenly, over the PA system, the captain announces, "Ladies and Gentlemen, I am afraid I have some very bad news. Our engines have ceased functioning and we will attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach.

However, the odds are that we may never be rescued and will have to live on the island for the rest of our lives!"

Thanks to the skill of the flight crew, the plane lands safely on the island. An hour later Steve turns to his wife and asks, "Barbara, did we pay our charity pledge check to Beth Shalom Synagogue yet?"

"No, sweetheart," she responds.

Steve, still shaken from the crash landing, then asks, "Barbara, did we pay our United Jewish Appeal pledge?"

"Oh, no! I'm sorry. I forgot to send the check," she says.

"One last thing, Barbara. Did you remember to send a check for the Synagogue Building Fund this month?" he asks.

"Oh, forgive me, Steve," begged Barbara. "I didn't send that one, either."

Steve grabs her and gives her the biggest kiss in 40 years. Barbara pulls away and asks him, "So, why did you kiss me?"

Steve answers, "They'll find us."

# FAUX NEWS

## **Drinkers urge scientists to make up their bloody minds**

As new research shows that even one drink a day can reduce life expectancy, drinkers have suggested that maybe scientists should sit down and make their bloody minds up once and for all.

The research which looked at 600,000 drinkers found that an amount of drinking previously thought of as 'helpful' most certainly isn't.

Drinker Simon William told us, "I get it, I really do – science is complicated. But one minute you're telling me a glass of red wine with my dinner will help me live longer and have a healthy heart, the next minute you're telling me my nightly glass of Merlot is actually speeding me towards an early grave.

"It's my one pleasure in this miserable existence of mine, and I can't believe you're trying to take it away from me.

"I don't think it's unreasonable to ask you all to make your bloody mind up and to stop flip-flopping like a bunch of bloody politicians.

Health expert Nigel Farage told us, "Oh I stopped listening to doctors a long time ago, they've definitely got it wrong on smoking, so they're certainly going to be wrong about this, too.

"I would imagine this time next week they'll be saying a nice couple of pints of bitter with your lunch is the way to increase your chances of seeing in one-hundred.

"And if they don't, well, what do they know, they're only bloody experts."

## **Throwing money at the police isn't a 'deterrent' to criminals, insists woman itching to spend £30bn on Trident**

The Prime Minister has today insisted that throwing money at the police force to increase their numbers back to 2010 levels is in no way a deterrent to people likely to commit crimes.

With a leaked government report showing that reduced police funding almost certainly contributed to rises in crime, officials have been quick to dismiss the link as 'nonsense'.

A source told us, "We simply don't have the money available for the police, and anyway, this idea that 'deterrents' work in preventing unwanted behaviour is utter nonsense – unless we're trying to spend £31bn on nuclear weapons, obviously.

"With Trident, the idea of deterrent works incredibly well, and throwing money at something to prevent that unwanted behaviour in others is precisely what we should do.

"The difference here, of course, is that more crime on the streets doesn't really affect me at all, but a nuclear bomb on Downing Street almost certainly would."

Home Secretary Amber Rudd also backed the government's position on police funding, telling reporters, "You have to remember £31bn is an awful lot of money to spend on anything.

"It would allow us to go back to funding the police properly for the next hundred years or so – or – we could spunk it on a national vanity project that will never see the light of day.

"These are the sorts of tough choice we have to make in government, but rest assured that my colleagues and I will work tirelessly to ensure the negative consequences of our actions are always blamed on someone, or something else."

## **Man forgets he bought seven luxury flats**

A MAN completely forgot he had bought a large number of luxury flats, he has revealed.

Businessman Roy Hobbs was surprised and delighted to discover he was the proud owner of seven seaside properties which – he believes – could turn out to be a good investment.

Hobbs said: "You should have seen my face when my wife re-

minded me I'd bought a load of expensive flats. I was like, 'What? No way! Hey, that's pretty cool!'

"I suppose I must have looked at the flats, online at least, then authorised a massive bank payment and maybe thought about the shitloads of money I was going to make, but it completely slipped my mind.

"Now I think back my last bank statement was at least £2.45 million less than I'd expected, but I assumed we'd just done lots of big shops at Sainsbury's.

"Jeremy Hunt has totally got my sympathy. Not keeping on top of how many really expensive properties you've bought is so easy to do.

"I'm still surprised I'd forget something like this, but then I'm always doing daft stuff like looking for the Sky control and realising it's right next to me on the sofa."

## **Comedy Hall of Fame Adds New Members Amy Schumer and Donald Trump**

Las Vegas, NV The Comedy Hall of Fame added new members Amy Schumer and Donald Trump at their annual banquet.

"I guess we all agree that while we need inventive new comedians like Amy, what comedians REALLY need is good material, or stange incidents to satirize, or funny mistakes to remind people of.

And we all have to agree, only one person can provide all three comedy elements, and that pretty much describes an average day in the life of Donald Trump. President Trump has practically re-invented and reinvorgated the whole comedy scene. EVERY DAY it's something new. So if you missed your chance to joke or jive about his mistake or faux pax on Monday, just wait until Tuesday!" spoke the moderator, Stephen Colbert.

As it fell within his tweeting time, President Trump politely declined to attend

## **Vietnamese currency rockets - the dong is up**

For years it has been an underdeveloped backwater of south-east Asia, best known throughout much of the world for its devastating war against the US. Nevertheless, Vietnam is very much an up and coming country, particularly in an economic sense. Never has the Dong been so powerful.

At the start of this year, a US dollar could buy you around 23,000 Dongs, which is quite a handful until you realise that that is only worth about one dollar. Few other currencies worldwide were worth so little - maybe the Salvadoran Colon, but you can still fit many Dongs into a Colon.

Since February though, the Dong has shot up, and it just keeps on growing. The Dong/Pound ratio is high, and the Dong/Bhat index is also swelling.

An Asian currency hasn't grown this fast since South Korea's boom, when it had a really big Won. That didn't end happily though, and if the Vietnamese isn't to overheat and blow up, then they had better calm down their Dongs with careful fiscal policy.

## **Wetherspoon Chairman Denies Quitting Social Media and Shuts Pubs Instead**

Today, in a prompt volte-face, JD Wetherspoon's weirdo chairman Tim Martin, the last living proponent of the mullet, hair style of the gods, informed the stock exchange that, rather than quitting social media as widely reported, his pub chain was to close all of its licensed premises.

He then informed stunned stockbrokers that from 1st May 2018 Wetherspoon would become an internet based business, delivering its cheap beer only to its customers at their registered addresses. He justified this with several reasons in a press conference with the alcohol sodden business press, many of whom were angry that they would no longer have a place where they could pass the working day in a drunken stupor.

"Let's face it, I am completely pissed off with the customers. How can you run a business which relies on letting OAPs,

drunks, the unemployable and the homeless in the doors day after day in the hope of necking some cheap Old Dogfarter or Gnatz-pisz Pils and then talking shite? It's not a good business model. I am sick to death of paying the bill for cleaning up the vomit and the piss which the old gits can't even get into the urinal after a few pints.

"I am also up to here with politics" Mr. Martin said as he made a throat cutting gesture "particularly with the smart arse London intelligentsia who come into my pubs encouraging my customers to boycott the business over my support for this Brexit thing. They also keep asking my Polish and Romanian staff what they are going to do when Britain leaves the EU and now they're threatening to go on strike.

"So, as a cost cutting exercise it's best to sack them all now and not bother to wait until 2019. Boris Johnson has promised me that as the economy will collapse after that date there will be ample staff available in London from the banking industry and in Sunderland from the car industry in order to staff my mega warehouses in the north and south of the country.

"So basically, I don't give a rat's arse."

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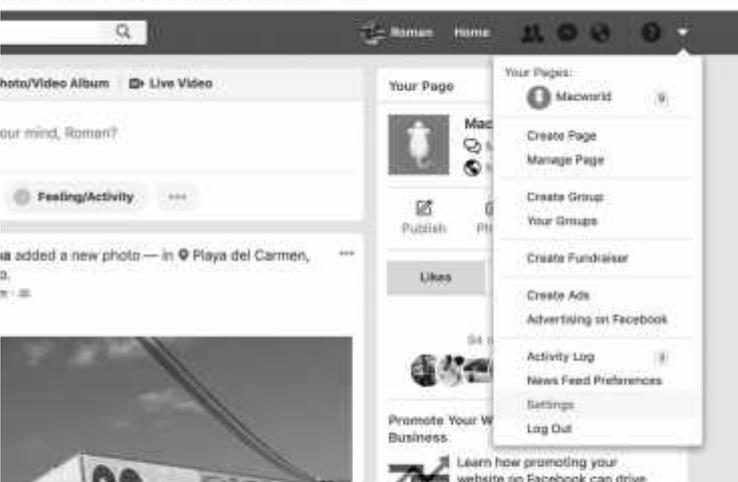
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# TECHNOLOGY PAGE

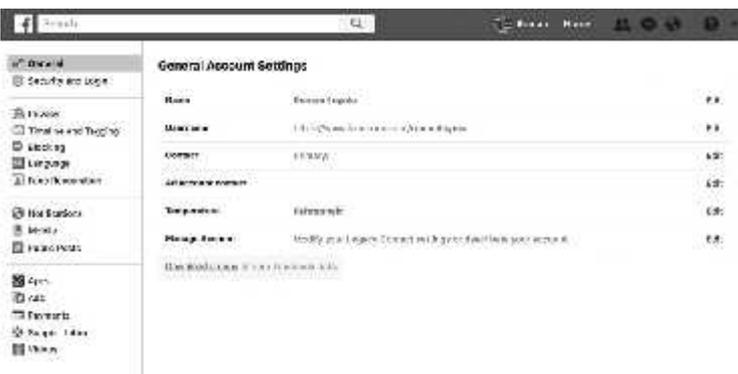
## How to download your Facebook data

With all the news about Facebook recently, you might be wondering, what exactly does Facebook know about me from my profile? Sure, you can peruse your profile online, but that doesn't tell the whole story. One way to see what Facebook has on you is to download your Facebook data. The ability to download your Facebook data isn't really new, but not many users know that you can do it. It only takes a few minutes; how long depends on how big your data files are. Here are the steps to download your Facebook data.

If you've decided that you want to leave Facebook completely, here's how to delete, disable, or limit your Facebook account. Downloading your Facebook data



1. Go to your Facebook page and click on the downward-pointing arrow at the top right corner of the page. It is located next to the Quick Help (?) icon. Select Settings.



IDG

2. Go to the General Account Settings (it should go there by default). Below the list that includes your Name, Username, etc.,

look for the link that says, "Download a copy of your Facebook data." Click it.

3. The next page that appears will have a "Download Your Information" heading. Click the Start My Archive link. You'll then see a notification saying it may take a few minutes to create your archive. Facebook will send emails to the address you have in your profile to let you know that your data was requested, and then another email to notify you that your data is ready to download.

4. Check your email for the download notification. It will have

a link you need to click. This is done to help make sure that the data request is legitimate.



5. After you click the email link, your browser will go back to Facebook's Download Your Information page, but now there is a Download Archive link. Click it to start the download process.

6. A window will pop-up, asking for your Facebook pass-



word. Enter it and click Submit to proceed.

7. The download will begin. The file size varies, depending on how much information you have put in Facebook. The more active you are, the bigger the download.

How to read your Facebook data

Facebook provides your data as a local mini website. All the files are in a folder, and if you open the folder, you'll see an index.htm file. Open it, and it will launch in your browser.

The first page that opens is your Profile page, which gives you a summary of your personal information on Facebook. Click on any of the links below your profile picture to see what else is in your Facebook data. Some points of interests you might want to check out sooner than later:

Messages has a history of all the Messenger messages you've ever had. Even if you didn't respond to a message, it's in there.

Security displays when you were on Facebook.

Ads shows what Facebook ads you clicked on and what advertisers have your contact info.

Applications shows a list of what apps and services are using in conjunction with Facebook.

If you see information you want to change or get rid of, you can't edit any of this information through the archive. You have to do it through your Facebook account.

## How to remove malware from your Windows PC

Beware the signs of a potentially malware-infested PC: slower-than-usual performance, the recent occurrence of lots of pop-ups, and other weird issues. It's possible your system has been infected by a virus, spyware, or other nefarious entity—even if you have an antivirus program installed. Yes, out-of-the-ordinary behavior is sometimes the result of hardware issues, but it's best to first rule out malware if your PC is acting up. Here's a step-by-step guide for taking action.

### Step 1: Enter Safe Mode

Before you do anything, you need to disconnect your PC from the internet, and don't use it until you're ready to clean your PC. This can help prevent the malware from spreading and/or leaking your private data.

If you think your PC may have a malware infection, boot your PC into Microsoft's Safe Mode. In this mode, only the minimum required programs and services are loaded. If any malware is set to load automatically when Windows starts, entering in this mode may prevent it from doing so. This is important because it can make removing the nefarious files easier since they're not actually running or active.

Sadly, Microsoft has turned the process of booting into safe mode from a relatively easy process in Windows 7 and Windows 8 to one that is decidedly more complicated in Windows 10. To boot into Windows Safe Mode, first click the Start button in Windows 10 and select the Power button as if you were going to reboot, but don't click anything. Next hold down the Shift key and click Reboot. When the full-screen menu appears, select Troubleshooting, then Advanced Options, then Startup Settings. On the next window click the Restart button and wait for the next screen to appear (just stick with us here, we know this is long). Next you will see a menu with numbered startup options; select number 4, which is Safe Mode. Note that if you want to connect to any online scanners you'll need to select option 5, which is Safe Mode with Networking.

### Step 2: Delete temporary files

Now that you're in Safe Mode, you'll want to run a virus scan. But before you do that, delete your temporary files. Doing this may speed up the virus scanning, free up disk space, and even get rid of some malware. To use the Disk Cleanup utility included with Windows 10 just type Disk Cleanup in the search bar or after pressing the Start button and select the tool that appears named Disk Cleanup.

### Step 3: Download malware scanners

Now you're ready to have a malware scanner do its work—and fortunately, running a scanner is enough to remove most standard infections. If you already had an antivirus program active on your computer, you should use a different scanner for this malware check, since your current antivirus software may not have detected the malware. Remember, no antivirus program can detect 100 percent of the millions of malware types and variants.

There are two types of antivirus programs. You're probably more familiar with real-time antivirus programs, which run in the background and constantly watch for malware. (Another option is an on-demand scanner, which searches for malware infections when you open the program manually and run a scan. You should have

only one real-time antivirus program installed at a time, but you can have many on-demand scanners installed to run scans with multiple programs, thereby ensuring that if one program misses something a different one might find it.

If you think your PC is infected, we recommend using an on-demand scanner first and then following up with a full scan by your real-time antivirus program. Among the free (and high-quality) on-demand scanners available are BitDefender Free Edition, Kaspersky Virus Removal Tool, Malwarebytes, Microsoft's Malicious Software Removal Tool, Avast, and SuperAntiSpyware.

### Step 4: Run a scan with Malwarebytes

To get started, download it. If you disconnected from the internet for safety reasons when you first suspected that you might be infected, reconnect to it so you can download, install, and update Malwarebytes; then disconnect from the internet again before you start the actual scanning. If you can't access the internet or you can't download Malwarebytes on the infected computer, download it on another computer, save it to a USB flash drive, and take the flash drive to the infected computer.

After downloading Malwarebytes, run the setup file and follow the wizard to install the program. Once the program opens, it will automatically activate a trial of the paid version that enables real-time scanning. You won't get charged after the trial ends, however—by default, the program reverts to the standard free version in 14 days. In the meanwhile, you can disable the real-time scanning for those two weeks if you prefer.

To run a scan, switch from the Dashboard tab to the Scan tab. Keep the default scan option ("Threat Scan") selected and click the Start Scan button. It should check for updates before it runs the scan, but make sure that happens before you proceed.

Though it offers a custom-scan option, Malwarebytes recommends that you perform the threat scan first, as that scan usually finds all of the infections anyway. Depending on your computer, the quick scan can take anywhere from 5 to 20 minutes, whereas a custom scan might take 30 to 60 minutes or more. While Malwarebytes is scanning, you can see how many files or objects the software has already scanned, and how many of those files it has identified either as being malware or as being infected by malware.

If Malwarebytes automatically disappears after it begins scanning and won't reopen, you probably have a rootkit or other deep infection that automatically kills scanners to prevent them from removing it. Though you can try some tricks to get around this malicious technique, you might be better off reinstalling Windows after backing up your files, in view of the time and effort you may have to expend to beat the malware.

Once the scan is complete, Malwarebytes will show you the results. If the software gives your system a clean bill of health but you still think that your system has acquired some malware, consider running a custom scan with Malwarebytes and trying the other scanners mentioned earlier. If Malwarebytes does find infections, it'll show you what they are when the scan is complete. Click the Remove Selected button in the lower left to get rid of the specified infections. Malwarebytes may also prompt you to restart your PC in order to complete the removal process, which you should do.

If your problems persist after you've run the threat scan and it has found and removed unwanted files, consider running a full scan with Malwarebytes and the other scanners mentioned earlier. If the malware appears to be gone, run a full scan with your real-time antivirus program to confirm that result.



# Bits from the Beach

Well the Bits from the Beach has pretty much descended into a monthly update on the Chinese takeover of Sihanoukville and closure of Western run businesses'. But soon according to our information it will be happening to Kampot as well. Well placed Chinese sources say that they are about to descend en-masse into Kampot, driven by the port development. Many Chinese have been spotted around town looking at buildings and businesses. Land prices have been rising from a low base and if the experience of Sihanoukville is anything to go by then there could be some rapid rises in prices. Rents have already risen due largely to the demand from expats fleeing Sihanoukville.

Also there has been a huge multi-billion dollar development announce for land between Kampot and Kep, complete with a canal system. It is supposed to cover 6,000 hectares and cost \$23 billion and bring tens of thousands of jobs to the area, but since it appears to be French run and not Chinese we take that one with a grain of salt.

In a sign of the times, Dave-Ex, is now not only ex The Cove on Serendipity beach, he is now ex-Sihanoukville, having moved to Kampot recently. On message boards he was one of the most vociferous defenders of Sihanoukville against the Phnom Penh detractors, but apparently even he could not handle the changes in the town. The Cove and the vacant business beside it are now in Chinese hands and rumour is that Cloud 9 is set to join them. Meanwhile Above us only Sky, as one of the few good Western run places in town, located also on Serendipity Beach is looking to expand, due to increased business.

Infrastructure remains a headache in Sinoukville. Power cuts have become a near daily and nightly occurrence, sometimes lasting all day or even 24 hours or longer. The new rubbish collection company seems to be cutting costs by only collecting occasionally with piles of rubbish lingering around for days. It is only due to the constant rain over dry season that the town did not run out of water.

No one at Pub Street seems to know when the final day of trading will be. Many of the residents are planning to move to Kampot. In a recent meeting the Leaseholder told the tenants that they would not be getting their deposits back, that the compensation he was offering was enough. This deeply Christian man was asked be disgruntled tenants what the 8th commandment was and refused to answer (go on look it up). The popular quiz at Banana Joes is set to move to late afternoon at The Glory Hole Bar at Sihanoukville square when Pub Street closes. One former Pub street tenant, the popular Stevie C has opened a new business in Kho Kong, an area to which a few Sinoukville residents are moving. The long established GDay Mate hotel and bar in downtown is also closing soon.

Those few remaining business in Sihanoukville (except the few

remaining hotels, which are experiencing record occupancy rates and higher room rates) are seeing reduced business, due to the expat exodus and a noticeable drop in western tourist numbers. Those that come seem to go straight to the islands, where business is doing well.

The corner site where the night market was opposite the Lions roundabout is now yet another construction site. No signs are up but the smart money is on a new hotel and casino. Speaking of construction, all the heavy equipment that was on the Royal Group Ochheateal Beach site is gone. There were some temporary stalls there at Khmer New Year, as well as in other streets, in what was a relatively quiet Khmer New Year as Phnom Penh Khmers continue to shy away from visiting town on weekends and holidays. We are headed into low season but the amount of evening traffic, especially around the Lions Roundabout is as busy as it was in high season just a few years ago, due to the increased number of residents.

Sihanoukville not only has over 3 dozen casinos, it also has several poker rooms within those casinos, usually run by Barangs.



**Snookys new skyline abounds with tower cranes.**

The River King Poker room at Bao Mai was recently bought out by a well known expat and under the management of the former manager of the illegal River King Poker Room in Phnom Penh, is doing well and is known now as the Bao Mai Poker Room. They hold a guaranteed minimum \$888 prize money tournament on the 15th of every month. They also have announced a \$10,000 free

roll poker tournament. All one has to do to get a seat and chips to this event is to play for 180 hours between 25 April and 31 July (once a week there will be a day that has double hour bonus). The tournament will be held at the Bao Main Poker room on 4 August and the first prize is \$5000 with up to 6 places paid. After the announcement last month of the international hotel chain planning to open in Sihanoukville, many more have jumped on the band wagon and announced that they are planning to open in Sinoukville. Soon there will be no shortage of \$200 plus per night 5 star hotel rooms. In a vanguard movement, the Prime Minister recently opened the \$40 million 67 room 5 star resort that the Royal Group has constructed on Koh Rong imaginatively named The Royal Sands Koh Rong. This is interesting as soon after the PM instructed that licenses that had been granted for investment projects on islands that have not gone ahead fast enough for his liking be revoked. The Royal group has a licence to much of Koh Rong, some of which has been leased out to westerners. Heaven forbid that these licences be revoked and reassigned to the new Sino overlords.