

BAYON



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Cambodia's ORIGINAL FREE Tourism and Information Magazine

Est.1996 Issue Issue 267 Novt 2018 www.bayonpearnik.com



Bacon Glorification

Every few days, it seems like, I find a post on my FB feed praising, extolling, practically deifying bacon. Bacon. You know, fried strips of pork fat with a little meat attached. You know, saturated fat, clogged arteries, strokes, heart attacks. It tastes okay, but repast of the gods? Hardly.

I admit, bacon is iconic, like, Bring home the bacon, signifying the one who supports the family. Before I begin this essay let me clearly state that I believe everyone has a right to choose their own poison. It's your life, I'm not going to tell you how to live it. Also, to be sure, I've spent lots of time in my life doing things that were counterproductive to health, so I don't mean to sound superior or preachy. That said, what I'm charged to do is shatter illusions and vanquish lame excuses. My task is to try to clarify and set the record straight.

So I got into a little debate about eating healthy when a friend posted text on facebook that was sort of a joke saying something like, mess with my bacon and you're dead. I pointed out the obvious that eating pure animal fat has its downside. He responded that he'd rather live his life to the fullest and die at sixty than live to ninety eating lettuce. I responded (understand now that I'm paraphrasing and being a writer I'm fleshing out the story since I can't remember the exact words) by saying there's a whole spectrum of food between pure animal fat and lettuce, like what about lean meat, chicken, fish? Besides, what's the matter with lettuce? it's good, clean, healthy food.

The problem for many people is that you don't live happily and strongly, savoring your daily dose of bacon until sixty and then just up and die peacefully in your sleep. More likely you get a stroke or heart attack and spend the next decade or two in a wheelchair or gimping along with half your body dysfunctional. Would it still be worth it? Also if you're in love with bacon you're possibly, probably also in love with eating itself and as a consequence, you're likely to be overweight and not just increasing the risk factors for strokes, etc., but also having trouble with your knees and other parts because excess weight makes all of your bodily functions work that much harder. And being fat it's that much more difficult to enjoy exercise.

A good Kampot friend, who was plenty fat, though thinner than he was in his old life back in Canada, died about 4 years ago from a heart attack. In his last few months he spent most of his time vegging in front of a computer, smoking and drinking. A little bacon or other saturated fats never hurt anyone as long as they are also active and eat a balanced diet with adequate portions of more healthy food. Keep that heart pumping energetically on a regular basis and it'll push those goopy fats right through.

One time as we were leaving a bar a friend offered him a ride home.. less than 200 meters. I said why do you need a ride, why don't you walk with me, it's so close. He said why not ride? He couldn't extend himself that far to get a tiny bit of exercise. I'd beg him to ride his bicycle over to my place, a three kilometer round trip. Never did. Too much trouble. As a friend was ac-

companying him to the hospital, he said, I'm not ready to die. So sorry fella, it was too late to think or do anything about it, you had your chance.

Was talking to a really overweight guy at a restaurant about exercise and walking. He jokingly said the only walking he did was from the venue to his motorbike. How many times have I seen someone jump on their motorbike to go 50 meters? It isn't much and might not make the difference, but every little chance to walk a little, get a bit of exercise will set you on a healthier path.

Or ride a bicycle. Exercise is boring, but riding a bike can be a lot of fun. If many or most of your trips are short distances, like around Kampot, then get a push bike. They're cheap, make no noise, use no fuel. You move more slowly so you can take in the scene and there's a bit less chance of getting thrown off and biting the dust, besides getting a little exercise... that little bit might be the margin that helps keep you alive and eating your bacon.

What we're talking about is attitude. Like my response when as a teenager people would warn me of the dangers of tobacco. I'd retort with something very similar to my friend's bacon response... I don't care, I'd say, I want to enjoy life now and I'll be happy as long as I live to the year 2000 (at which time I'd be 59 years old). Well, now 2000 was 18 years ago and I've had one of the greatest times of my life since then. The thought of giving that up for ciggies is ludicrous, not to mention ending my life in horrible pain and getting snuffed out by cancer or emphysema.

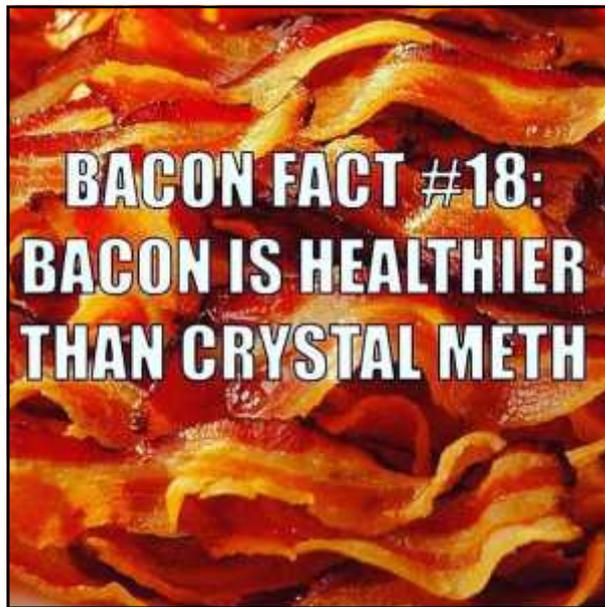
I'm often struck by how many people lose weight when they come to Asia. In America it seems people only get fatter, almost never thinner. My own experience is instructive. Just a month

or two after arriving in Asia the first time, I lost about 5 or 6 kilos. In just about the same length of time after returning to the states, I gained it all back and that sequence repeated itself four or five times. Getting out of America was pattern and habit breaking. I very quickly lost the desire to eat so much, I was listening to my body rather than responding to old motivations.

Back in the US restaurant portions are huge, at least two, sometimes three normal meals' worth. Two thirds of Americans are overweight, one third of those obese. Coke adds Life! So why not drink two liters at a time? Americans are bombarded from infancy with ads for high calorie sweets and snacks, never seeing ads promoting healthy fresh food. The result as you might expect is falling longevity... lifespans are going down. People are literally taught to eat poorly and it isn't just in the West. In China, Thailand, lot of other places around the world people are laying on the fat.

Some expats here are stuck in their old western patterns, set in their ways and aren't interested in changing or adapting, so they eat just as much and just as poorly as they ever did. They're addicted to food just as I'm addicted to other things.

I eat to live; not that I can't or don't appreciate the taste of good food, but it's just not that important. I owe that attitude at least partly to my mother's cooking. It was cafeteria style, wholesome and filling, but there wasn't much flair or anything notable about it. And it never changed through the years. The spaghetti sauce she made for me ten years ago in her late 80s was identical to the



one she cooked for me as a kid sixty years before. It was fine and never a problem for me.

Many people live to eat, maybe they idolize good taste or don't have enough other priorities or interests in life to keep the lid on excessive or destructive eating. Or maybe it isn't the taste so much as the need to stuff themselves, to always feel full and satiated. If it's really taste you're after, then you'd want to eat slowly, savoring every bite rather than shoveling it in. And if you do eat slowly you'll realize how full you feel before you are completely stuffed. If you actually want to trim down you've got to get to the point where you like a light, empty feeling at times. I'm not saying there aren't really fat people around who are still strong and active, but eventually it's got to weigh on you, there's no denying gravity.

Once again it all comes down to attitude. If you approach eating with the idea you're going to eat whatever you damn well please no matter how destructive it is to your health and/or appearance, or sometimes, just to be ornery, rebellious and outrageous, you eat poorly specifically because it's bad for you, well you'll most likely achieve your goal. If you look at lettuce with disgust, remove it and any other veggies served with your burger or chunk of meat because you consider them practically inedible then you're firmly on the bacon glorification path.

If on the other hand you really don't like how you look or how you feel carrying around a barrel of fat or how your innards feel when you're stuffed to the gullet or how tired and breathless you feel when you try to do very much, you might be able to change the narrative. Once you start to care about your health and fitness you can actually begin to like those veggies. You begin to purposely eat your veggies because you know they balance out the heaviness and greasiness of fatty meats.

Not only that, but according to the International Panel on Climate Change, you'll be saving the world as well as yourself. Some 30% of all greenhouse gases are produced in our industrial farming system and a large part of that is in meat production. Giant machines are used in every phase of crop production from plowing, seeding, cultivating, applying of fertilizers and poisons and harvesting. Then much of it is shipped long distances, often around the world, and maybe processed further into canned or frozen food.

Meat is the worst because in industrial farming it takes about 10 kilos of grain to produce one kilo of beef and excessive amounts of grain to produce other meats. One large producer of GHGs is cow farts, but that's largely because grains are not natural cow food so it doesn't sit well with them. We don't need to worry much about that here in Cambodia since nearly all of our beef are pastured. The meat is tough, but I think that's mostly genetics. At any rate eating vegetarian is far less taxing on our environment than meat and the IPCC makes a point that

the world's people have got to change their eating habits to consume less meat if the race is to survive. With so many developing nations growing rapidly and increasing their meat consumption as a result, our current path will become untenable.

I spent two years as a vegetarian starting in the late sixties, the times of sex, drugs, rock n' roll, tofu and brown rice. My partner and I had started eating more vegetarian, but still eating meat until the turning point came one night when she cooked a spaghetti carbonara, which features bacon. It tasted heavy, greasy and strange. Vegetarian food is light, fresh and easy on your digestive system, compared to meat which is hard to digest and sits heavy like lead in your stomach. Maybe that's partly why people like it, it fills you up. You can also get fat as an herbivore, so that's no different. One thing you do have to watch out for when you don't eat meat is getting your proper nutrition. Meat is loaded with protein and thus makes it easy. Without that you have to be concerned and think about what you're consuming.

It felt good, but after two years I began to crave meat. When we stopped eating meat, it had nothing to do with treatment of animals and such, it wasn't ideological, it just didn't taste right anymore. But if you crave meat, you might as well eat what you like. I eat meat in most meals, but rarely eat a big chunk at a time. I'll take a half kilo of meat, divide it 3 ways and use each portion in a stew or pasta sauce that lasts for 3 of 4 meals. You get taste, flavor and nutrition while minimizing any possible negative consequences.

Some people get positively livid at the mention of veganism and such. In a facebook debate I partook of recently one guy was screaming bile and vitriol against vegans, a sorta extension of Don't touch my bacon or I'll kill ya. He ended by reviling poor kale. Some years back I was having severe cramps in my feet and legs. When I asked a nurse friend about it, she said without hesitation that I had a calcium deficiency. Now I take a calcium supplement once or twice a week, consume more dairy products than I did before and include kale in most of my

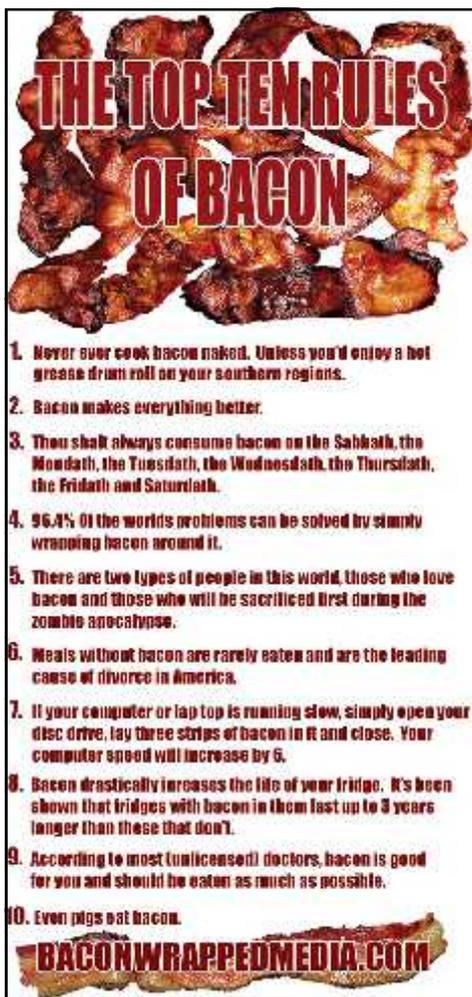
meals since it's an excellent natural source of calcium. I rarely get those cramps anymore. Actually here in Cambo kale is what they call spinach. Doesn't matter if it's not quite the right taste for the pot, I use it anyway because it tastes okay and I need the calcium.

Some time ago a good friend had a heart attack and subsequent operation when he was 65. His cholesterol had been off the chart. When I saw him about a year after the attack he was eating fish, chicken with the

skins removed and pork with all fat removed (actually I'm not sure about the pork). That got him an extra ten years of life.

A lot of people will insist they don't care about the future as long as they can enjoy life and bacon now, but when faced with the ultimate reality almost every one will choose life and go through whatever hoops they have to try to prolong it even after that lifetime of saturated fat does a number on them.

Cambostan



IN BAD TASTE

Khashoggi killed by own ricocheting kung fu star say Saudis

The Saudi Arabian government have made the claim that the missing journalist, Jamel Khashoggi, was killed during a violent melee in the Saudi consulate building in Turkey after the furious newsman launched a number of kung fu stars at terrified staff, one of which, rebounded off a lampshade and struck him a fatal blow on the temple.

A spokesman for the Saudi consulate said last night: 'Mr Khashoggi was definitely looking for trouble that night. He looked dishevelled and had clearly been drinking heavily. Without warning, he started acting like a crazy man and began hurling kung fu stars at staff members.'

'Unfortunately for him, he was killed instantly by one of his own weapons which bounced back off of a light shade or a wall or something. The details are a bit sketchy, to be honest'.

When asked as to what became of the body, the spokesman told newsmen that it was quickly dismembered by security staff with bone saws, placed in a bin bag and thrown into a dumpster in the street outside: 'We wanted to spare his family the distress of seeing him with a kung fu star embedded in his skull,' he said.

United States President, Donald Trump, was quick to condemn the Saudis last night: 'It's a bad bad business, but who's to say the guy didn't ask for it? The important thing is that we didn't lose any money over this'.

Former 'Mansize' tissues 'can still be used for wanking'

Thomas Falk, CEO of Kleenex, has moved to dampen the controversy over the company's decision to rename 'Mansize' Tissues to 'Extra Large' by reassuring customers that they remain suitable for any men who want to use them for a desperate bout of lonely masturbation in their single beds.

'We understand that there are some who care very deeply about this issue,' said Falk. 'Please be assured: Kleenex would never leave its customers without something capable of absorbing 20 cc of gelatinous man-juice as you pull yourself off before you cry yourself to sleep, wondering why women will never go out on more than two dates with you.'

However, long-time Kleenex user and even longer-time celibate Mike Carlton said: 'Without being told whether these tissues are for men or women, how am I supposed to know if I can use them for a late night Sherman in my cold, lonely flat? I bet it's the same man-hating feminists that have banned Mansize tissues that wouldn't have sex with me in the first place.'

Criticism over long wait to be murdered at Saudi embassies

If you want to be brutally murdered in the Saudi embassy in Paris, you may have to wait seven hours. In Berlin, those who wish to be quietly and tragically assassinated in the Saudi Embassy there may face overnight delays. In Rome, a small encampment of people waiting to be mysteriously dispatched has grown. It includes tents, makeshift showers and a food concession, for those who have been waiting three days or more for the service.

One veteran queuer in London said: 'I've queued for a new Apple iPhone, Wimbledon and Barry Manilow concerts but this queue is ultimate. I can't wait to get inside the reputedly ostentatious embassy here in Kensington to see what all the fuss is about.' Now the UN has stepped in to say the Saudis must speed up the progress of mysterious embassy slayings, warning that people in the lengthening lines might resort to killing each other in the streets of the world capitals, defeating the purpose of being there and causing street sanitation challenges in smart areas of world cities.

A spokesperson – oh, all right, spokesman – for the Kingdom apologised, saying the reservation system for consular beheading, shooting and poisoning was suffering teething problems, and those without reservations should stay at home until invited by text message to be slaughtered by hit squads flown in to carry out the homicides. One problem is dealing with the after-effects of the vicious killings, with clean-up teams and decorators working round the clock to restore embassies to their original oil-funded opulence before the next victim faces faceless swordsmen, firing squads or sinister figures brandishing syringes.

The Kingdom is at pains to point out that the crisis does not affect those attending embassies to secure visas for entry into the country, but warned vis applicants to take care to get into the correct line. President Trump announced yesterday he will be looking in to the murders to see whether lessons could be learned by the US Immigration Department. He applauded the Saudi diplomatic community's efforts to increase efficiency, offering the country what he called 'a range of personal security hardware at attractively reduced rates' to help deal with the problem and speed up the increasingly popular killings.

When is it okay to bring a bonesaw to a party?

If you are planning to host an event in a Saudi Embassy, of your choice, there are important social niceties to observe; such as to cover the furniture in plastic sheets, keep fingerprints to a minimum and only kill your guests after the coffee has been served.

Explained one Crown Prince: 'We've all done it, arrived at a black tie event with the wrong set of slicing implements. It's so tricky to know when to use the soup spoon or the nipple clamp? My advice is to keep things informal until the screaming starts, allow guests to smoke – it's the least of their worries and you can easily promote lively conversation through a range of torture techniques.'

Tidying up is always a problem, so do not expect a multi-billion pound arms deal to clear up a red wine stain or eight pints of blood. We advise that you put your dishes in for a long soak, alongside any knives, knuckle dusters or Amnesty reports.

Above all, have fun, its not meant to be life or death – at least for the host. Said the Prince: 'Vegans are sometimes hard to accommodate given the propensity for arterial splatter. And, at the end of the evening, probably best not to look in the goodie bags'.

"999 What's Your Emer...Ah Fuck It"

A shocking new report has found that over one million crimes a year aren't even investigated by the police. To people who enjoy stealing cheap bottles of cider, this is great news! But, for those of us who expect our law enforcement to do a semi competent job, it is a cause for concern.

In real terms, it means that 27% of calls to 999 were screened-out before being passed onto officers to pursue, essentially meaning, sticking your arse out of a window and farting is the most effective way of reporting a crime 1/3 of the time.

The calls are "logged" but then "completely fucking ignored" for a variety of reasons. We're guessing if Strictly's on, you're less likely to get an operator who can be arsed to pass on your report to actual policemen/women/dogs.

The orders have come down from 'on high', and 999 operator, Toby Tobinsson of Tobury, said:

"In our line of work, you have access to a lot of information that the public don't have access to. For example, we know that 78% of all 999 callers are just grasses snitching up their neighbours because they think they're Polish. So we ignore those."

We asked if he thought there would be any significant changes in the way that calls are handled now that this information has been made public. He shook his head:

"I doubt it. We've already been told to cut down on calls from the North of England by 50%, and police units are already engaged in so many other duties. There's Royal weddings to guard, celebrities to escort, fracking protesters to arrest - loads of things."

But he assured us the police were doing a lot in other ways:

"Of course, we'll always be on the ball when it comes to certain calls. For example, every time one comes on which is over a child holding an obvious toy gun, we're on it like a Tory kicking a disabled child. We'll respond to that one quick as fuck...you know to let people know we're ready to go at the drop of a hat."

We would love to blame funding cutbacks for the current situation but Theresa May assured us all publicly that there is no correlation between rising crime and less coppers.

THE PUB PAGE

Pub Page – November

Overall, things seem to have picked up a bit lately, but not much. With a few exceptions most bars have been dead when I dropped by. Weather probably has not helped with nearly nightly downpours making it difficult to head out; particularly since a lot of staff seem to stay home if it is raining when they are meant to clock in. Things were especially bleak over the holiday, but Pchum Benh tends to mess things up with a lot of staff taking extended holidays and many of the hostess bars did not even bother opening over the 3 day national holiday.

This will be a mainly hostess bar free pub page, but I want to start with a quick trip down memory lane. A friend suggested we head up to 108 St. as he wanted to check out Golden Vine. It has been a long time since I dropped by and I was pleasantly surprised that things were pretty much as I recall. Same great service, same relaxing environment and music at a level that allowed conversation. The bar opens at 2 pm and until 7 pm, cans of anchor/angkor are only USD 1. We also dropped by Zapata a couple of doors down. Amazingly, this place has gotten darker (lighting not mood), but it is still a good place for a quiet drink and a chance to actually chat with your drinking companion.

A quick Golden Sorya Mall report – no substantial change – although they seem to be slowly renovating the old game rooms. There don't appear to be any new bars despite the rent decrease. Some of the bars seem to be getting regular customers but it never seems crowded in the renovated area when I am around. Homefood and Martini still seem to be the busiest spots and, along with Swiss Food are my preferred haunts, but the guys at Purple bar across from Homefood seem to enjoy loud Chinese karaoke which usually drives me as far away as possible.

Also, I tried to check in again at the Sharaton on 136 St. a couple of times but the reception was not open, not sure if has permanently been shuttered or if they just saw me coming...

Now on to the bars without friendly hostesses...

We start at Back Street Bar which, as you might have guessed, is down an alley just north of 294 St. off of Sotheaeros. It is open at 5 pm and closed by midnight unless busy. They are closed Sunday. It is a nice little place with a garage theme. Seemed like a nice local drinking spot – not too big a space but felt open and comfortable. Local beers are USD 1.75 a can or 1.5 for a draft. Bottle beers are USD 2.5 or 3. Cocktails are \$5 and most spirits are USD 2-3. Happy Hour is 5-7 pm with USD 1 off of cocktails. If you live in the hood or find yourself thirsty while reminiscing around bodang, it seemed like a good place to drop by. One potential warning – while I did not confirm (I was not in a spirits frame of mind when I dropped by), but the menu stated there was a 50c charge for mixers.

Next up is the Pub; which I will once again say looks much better at its new digs closer to Norodom on 174 St. While the Evil Publisher has not clarified, I can only assume that my contractually required Skirts reference has been transferred to the Pub post merger. As a bit of CYA, I will note that the Pub is having a red wine deal with unlimited large glasses of house reds going for

USD 2 each when you buy a meal (min \$4.5). I assume this was designed for as a Walk-about Bill special, but I can't remember if he actually eats.

Next up is Juniper bar on the 12th floor of the Point Hotel on 130 St. Really nice space. Not huge, but when you see the size of the hotel, you will understand that it has limited space for a roof bar. The bar is done up fairly simple, but it looks good and seems appropriate for a gin bar. The main reason to be up here (other than to down a few) is the view – one of the higher buildings in the area, there is an amazing river view and a pretty nice city view as well. Kingdom Pilsner draft is 1.8 a glass or 3 a pint. G & Ts range from USD 4-6.5 and include some well-known brands and a local Mekong product (which I should have tried but I went to a gin bar and drank vodka – will have to give a local gin a shot though). There are a range of cocktails from \$4.5-6.75 – we tried a couple and were quite happy despite missing the happy hour which

is 5-7 pm daily. During happy hour, Indochine IPA is \$3.5 a pint (normally \$5.5) and a limited range of cocktails goes for \$3 and an Aperol Spritz going for \$4. Overall, a very nice place to watch the sun set or catch a quiet drink before heading into the hostess bar obstacle course.

Last up is Bona's Pub on 130 St at the corner of 15 St. This is a barebones place with very little going on inside except for the bar and the stage and a more comfortable patio area. The raison d'être of the place is live music and it is made very clear. There are open mic nights on Sunday and Monday and music most other nights. Beers (can or draft) are USD 2 while bottles are \$3-4.5. Cocktails are \$2-4.5 and most spirits are \$4. Happy hour is 5-9 pm every day with 50% off drinks. Prices are reasonable – and are excellent in happy hour. Owner was friendly. Seem to be a very regular music related crowd hanging out. However, while this seems to be a solid place for live tunes (I understand rock and blues are the focus) I am not much of an aficionado, so I will just recommend this as a place to hang out for those who are (although I suspect you already know about it).

That is about it for this month. May end up going upscale next month.



The CAMBODIA DREARY

Volume 05 Issue 10

Thursday November 1 2018

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This is a work of fiction and satire any semblance to persons living or dead is purely coincidental



With drunk Chinese taking on road dividers every night two drunk idiots seemingly upped the ante by taking one on in a hummer. The road divider survived the encounter but what will they try to crash next?

ESL Teacher Obsessed With 'Educational Standards'

BY SAL UT
THE CAMBODIA DREARY

BANGKOK – A private Thai Catholic school defended its recruitment procedures this month after revelations that they had employed a non-pedophile heterosexual male teacher. "The teacher in question appeared deviant in many ways," assured the Principal. "As soon as we knew otherwise, he was immediately replaced to ensure the children receive the most professional molesting and highest standards of abuse in Asia."

The school denied that they had not checked his references properly. "We are an equal opportunities employer for people of all deviancies. However, in any random sample of English teachers in South East Asia, even the most rigorous assessment will not catch the occasional 'good egg'". The teacher was caught in a sting operation, when perverts posing as 21 year old girls set up web sites
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China. A Ministry of Tourism official was asked about this growing problem. To which he replied. "But look at the numbers going up." Further questions on the same subject got the same reply again and again. "What problem? Look at the numbers." When asked about the dwindling number
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Zero dollar Chinese tourism

BY CHOY MAI
THE CAMBODIA DREARY

The government seems fixated on tourist numbers but not the quality of the tourists
Hordes of Chinese

tourists descend upon the Kingdom. Their boisterous and noisy nature scares away their more "cultured" Western counterparts who actually spend money with local businesses.

For all the resources spent on attracting them to visit, the local tourism industry makes very little from their spending.

This is the bane of "zero-dollar tourism" run by Chinese operators. Travel agencies in China offer free or very cheap tour packages, which cover meals and accommodation. Chinese tourists are attracted to the low cost and the notion that all their needs will be taken care of without having to speak a foreign

language.

Part of the requirement is to follow schedules set by the agencies. This includes compulsory shopping stops.

The Chinese zero-dollar operators have refined this practice to an art. Most of the stores are directly connected to the tour operators. They are operated via local proxies to satisfy local laws. Products in these shops are sold at higher-than-market prices.

Since they control the entire supply chain from airline, hotels, bus companies, restaurants and shops and share the revenue among themselves, very little of the tourists' spending actually trickles down to the

local economy, apart from hoteliers and restaurateurs. The government is also deprived of tax revenue.

Cambodia is eyeing more tourist arrivals from China, setting itself a target of two million by 2020.

In many cases today the tourists money never leaves China. Thus avoiding currency exchange charges.

In October of 2013, the Chinese government initiated new regulations to restrict the number of outbound tourists and to put an end to Zero-Dollar tourism. It doesn't seem to be working with companies setting up local proxy tour companies to skirt the rules in

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FAUX NEWS

Bozo Trots Out Usual Bollocks In Attempt to be Relevant

The Daily Telegraph was once a serious newspaper but is now reduced to having a front page spread featuring a serial liar and idiot. Monday's edition had emblazoned upon it Bozo Johnson's self-satisfied face as he once again trotted out his usual guff in his fading attempt to become prime minister.

As usual, this loud mouthed insufferable failure of a political pygmy tried to sound Churchillian, but only managed to mix metaphors and raise stupid images which would be more akin to The Sun or The Daily Star. He is living proof that education is not equated with intelligence or competence.

Johnson wrote in the Daily Telegraph that the approach agreed at Chequers "means disaster" for Britain.

You signed up to it, shithead and only walked away after Dumbo Davis had led the way. Coward, as ever.

On his no deal Brexit wish, Bozo wrote: "The whole thing is about as pre-ordained as a bout between Giant Haystacks and Big Daddy; and in this case, I am afraid, the inevitable outcome is a victory for the EU, with the UK lying flat on the canvas and 12 stars circling symbolically over our semi-conscious head."

So Bozo, in this "bout" which fat bastard are you?

Mr Johnson said negotiations based on the Chequers plan had so far seen the EU take "every important trick", adding: "The UK has agreed to hand over £40bn of taxpayers' money for two-thirds of diddly squat."

"Diddly squat?" Old Etonian for "I wouldn't get out of bed for less than a million quid".

The ex-foreign secretary said the PM's plan would hand the EU "victory".

Yawn! Are we at war? Back to the 1940s with Corporal "They Don't Like It Up 'Em" Johnson.

A Downing Street spokesman said: "There's no new ideas in this article to respond to. Let's face it Bozo is a loser and has nothing to contribute" while former home secretary Amber Rudd told the BBC's Politics Live: "Once again, it's a case of leap before you look - there's absolutely no proposal here, but what else do you expect from a smug self-regarding wanker."

Trump to Send Crack Team of FBI Kavanaugh Investigators to Look Into Khashoggi Murder

Washington - President Donald Trump and Secretary of State Mike Pompeo have decided to send the same FBI team that completed the 3 day investigation into the Brett Kavanaugh sexual assault charges to Turkey to investigate the murder of journalist Jamal Khashoggi.

Sources at the FBI confirmed that the agents will fly to Istanbul tomorrow for two days of interviews and then return to Washington. When asked why they would not also fly to Saudi

Arabia as part of the probe, the sources indicated that they were "not authorized to speak to any of the Saudis present at the Saudi Consulate on the day of the murder, or anyone in the Saudi government".

"We will meet confidentially with the FBI team before and after the trip, just to make sure they have conducted a thorough inquiry", said Trump.

Hannibal Lecter Seen Exiting Saudi Embassy With New Lampshade

BILLINGSGATE POST: A newly-released video showing forensic psychiatrist and taxidermist, Dr. Hannibal Lecter, carrying a lampshade out of the Saudi Embassy in Istanbul was released this morning as part of the probe into the disappearance of journalist, Jamal Khashoggi.

Although Saudi Arabia has denied involvement in Khashoggi's disappearance, the fact that Hannibal Lecter was shown leaving the Embassy, has provided new fodder to speculation that Khashoggi was killed and dismembered by a Saudi team working for Crown Prince Mohammed bin Salman.

President Trump has speculated, without providing evidence, that "rogue killers" could be responsible. Noting that Hannibal Lecter certainly fits in this category, Trump mentioned that he would defer judgment until Forensic Taxidermist, Dr. Viscount Billingsgate, examined the lampshade allegedly carried out of the Embassy by Lecter.

President Trump:

"If this lampshade contains DNA from Mr. Khashoggi, there will a price to be paid by those who flaunt their power in the Mid East. Hopefully, this lampshade will shine some light on the disappearance of Khashoggi."

Dr. Billingsgate, who received his doctorate in Taxidermy from La Fontaine College, is considered the last word in Forensic Taxidermy. His groundbreaking work in unveiling the "Jackalope hoax" is considered the "Magna Carta" of this profession. Through painstaking observation and experiment, he determined that the antlers mounted on a jackrabbit's head were actually removed

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from an antelope and mounted on the jackrabbit by a clever taxidermist; a ruse of the first magnitude. Also, it is noteworthy that Billingsgate also received the Nobel Prize for successfully mounting a tin of anchovies after they had been canned in olive oil; certainly not a small feat.

Now that the lampshade is in the hands of Dr. Billingsgate, President Trump is confident that justice will be done. NOTE: This Story was compiled from sources that have been deemed "More reliable than CNN."

Joe Bidet drums up votes in Sin City

Former Vice-President "Papa Joe" Bidet, mindful of the 2020 general election, visited Nevada to stake his future presidential bid on getting out the vote among illegal aliens, Antifa "protesters," MS-13 gang members, and other "non-deplorables."

Although Bidet hails from Scranton, Pennsylvania, and now resides in Bewilderment, Delaware, where he has lived since abandoning his hometown, he claimed to know more about Nevada than "anyplace else, except, well, certain bordellos."

According to Bidet, President "Trump is all about the Republicans and himself," whereas Bidet is "all about the Democrats and myself."

He urged union members to "remember you're Teamsters, and the Teamsters take a dim view of anyone who's Republican, libertarian, or Independent."

Cheers erupted from a group of scowling men in cheap suits with suspicious bulges beneath their armpits that made some in attendance wonder whether the men were "packing heat."

"You don't want to see the mob—I mean, the Teamsters' bosses—pissed off," Bidet warned the crowd of listeners whom the union had bused in expressly for his speech. "They're a thousand times worse than Antifa and MS-13 combined. Just ask Jimmy Hoffa, if you can find him."

Former president Osama Hussein Obummer will visit the state later to remind his former constituents that "the new Black Panthers also take a dim view of people who don't toe the party line—and, by that," Obummer explained, "I mean the Democratic Party line."

Bidet's speech was considered successful.

"A lot of union members were visibly shaken after hearing his address," a man who gave his name as Guido "The Arm-Twister" Gotti-Lucchese said. "Papa Joe has a lot of butt buddies in Sin City."

Judge Kavanaugh: "I Am An Independent, Impartial Judge That Just So Happens to Hate Democrats"

WASHINGTON, D.C. - In an attempt to clear his name, Judge Brett Kavanaugh penned a column in the Wall Street Journal. He started by saying, "I am an independent, impartial judge that just so happens to hate Democrats. I hate them with the force and fury of one thousand burning suns. I can't even say 'Democrat' without foaming at the mouth in inarticulate rage."

Kavanaugh continued: "My tone was sharp, and I said some things that I should not have said. Things like, calling Christine Blasey Ford a 'trampy tramp tramper tramp with tramp pudding à la tramp.' Things like, how the Clintons are walking turds, wearing ill-fitting skin suits made from Vincent Foster, who they murdered. Things like, accusing Amy Klobuchar of being a blackout drunk. And things like, how I wanted to dig a hole into the center of the Earth and throw every Democrat, liberal, and Black person in it."

The column continued: "I testified with five people foremost in my mind: my mom, my wife, my daughters, and Scarlett Johansson. Because really... all five of them have fine asses. Am I right, Grassley, or am I right? Bros before hosebags! CHUG IT!"

What followed were three lines of periods.

The column resumed: "The Supreme Court must never be viewed as a partisan institution. I mean, sure... the conservative judges always vote in favor of the rich and powerful, but just because

something happens to be true doesn't mean that we have to go out of our way to make a big deal out of it! Am I right, Collins, or am I right?"

The column added: "Going forward, you can count on me to be the same kind of judge and person I have been for the past 28 years of my legal career. I will work hard in dealing judicial defeats to the Democrats. With an even keel, I will overturn Roe vs. Wade, and throw Norma McCorvey in prison for the rest of her life. With an open mind, I will purge every non-Republican citizen from the voting rolls. And I will independently swim in the oceans of my enemies' blood as I send them to the eternal torment that they so richly deserve!"

The column concluded: "Bwa ha ha ha ha ha ha! Bow down, fools, to the great and powerful Brett Kavanaugh!"

Canada legalises marijuana to help them cope with living next to America

Canadian Prime Minister Trudeau says his new domestic policy will be to get baked and wait for the neighbours to their south to chill out a bit.

A statement from the Canadian government said they legalised weed as quickly as possible because holy shit they're definitely going to need it.

Drug reform has been a big topic in the country for many years, but experts believe the election of President Trump hastened the process – due to Trudeau calling a press conference the day after the US election and asking if anyone had any 'really strong shit' they could let him have a bang off.

When told that would actually be illegal, Trudeau was overheard muttering "We'll see about that" in an off-the-record comment.

Canadians have welcomed the move to legalise cannabis, insisting that when you're as high as a kite, some of Donald Trump's public speeches actually start to make sense.

Speaking to reporters yesterday, Trudeau said, "Wow, yeah. So. Trump. Trump. Uh, yeah. So I reckon we'll be needing as much of this stuff as we can get our hands on for a few years, amiright? Amiright?"

"But, so, yeah, anyone got any Pringles? I feel like I need them just so as I can watch them...watch them..oh, come on, you know. Trump.

"He's so orange. So. Orange," he added, before falling over in a fit of giggles.

Canny Canadian retailers have already begun planning regionally-themed flavoured marijuana cigarettes, with a bacon-flavoured mix already extremely popular according to advance sales figures.

TECHNOLOGY PAGE

Working with PDFs has become as common as working with Word docs, but to get the full editing capabilities in Adobe Acrobat you must shell out \$449 for the desktop Pro 2017 version, or almost \$180 per year for a Pro DC subscription. While there are plenty of alternative PDF editors, the simplest solution might be a tool you already use: Microsoft Word 2016.

While previous versions of Word let you save a document as a PDF, Word 2016 allows you to open an Adobe formatted file, modify it and then re-save it back to the PDF format without using Acrobat. Microsoft calls this new feature PDF Reflow, and here we'll show how it works with a file containing text and an image.

1. Open Word 2016. Select File > Open, then Browse to the folder that contains your PDFs. Select a file and click the Open button. Notice the selected file appears in the View window on the right. For this example, select a file with text and graphics.

Select a pdf file and click open

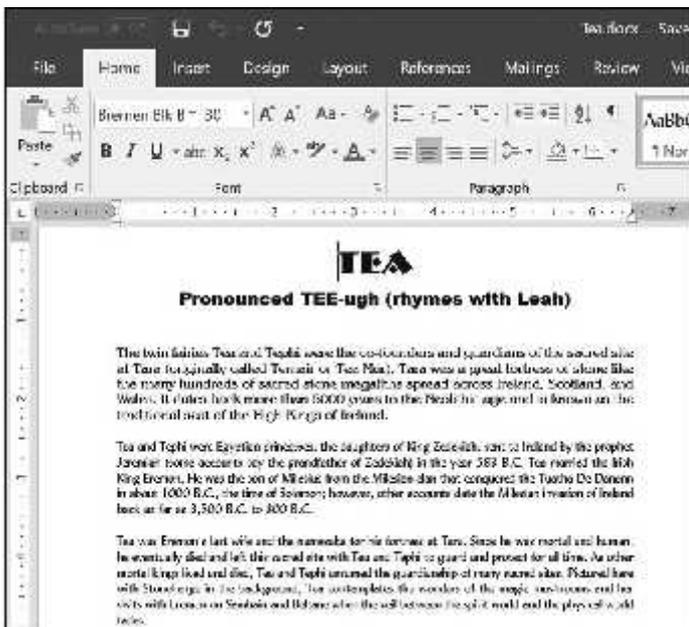
2. Once you click Open, the following dialog box appears:

Convert to Word Dialog Box

NOTE: The message warns that large files take longer to load, and the layout in Word may not look exactly like the original PDF. That's because margins, columns, tables, page breaks, footnotes, endnotes, frames, track changes, and special format options such as font effects (among other things) may differ between the original software used to create the PDF file (such as InDesign or Microsoft Publisher) and Word.

Microsoft suggests that text documents transfer and reflow better than documents heavily laden with charts and graphics, tags, bookmarks, footnotes, and/or track changes. These additional text blocks often land in the middle of paragraphs or tagged on to the end. Be aware of these limitations so you can plan for the outcome and make adjustments as needed.

Many of the layout attributes, however, are compatible and transfer from the PDF directly into Word with no problems. For example, the following image is a copy of the original PDF we opened in Word 2016.



Modify PDFs in Word

You can easily add new paragraphs and edit and delete data, and the document reformats automatically as you type. You can even remove, replace, or reposition the graphics, and the text-wrap feature re-wraps the paragraphs around the image at its new location. You can also change the page size, the margins, the line spacing, the font and font size plus all the font attributes, and much more.

In the "edited" version of this document, the font and font size in the title, subtitle, first, and last paragraphs were all changed. In addition, the yellow paragraph was added and the image was moved from top right to bottom left, all without any problems.

In fact, Word 2016's PDF compatibility is so good, you can right-click the image and view an entire list of editable graphic options including cropping, sizing, formatting, positioning, adding captions, and even attaching hyperlinks.

With all these new features, you can now use Word 2016 as a desktop publisher, save the finished product as a compiled/condensed PDF, then ship it directly to the printer for mass production. This is a real plus for small offices and home businesses who can't afford to purchase another software program for every special function that occurs.

The real benefit for everyone else is the convenience of copying data from one document to another that previously originated within incompatible file formats. PDFs are smaller, easier to email, and much more efficient for printing because the format is portable, therefore, all the necessary elements to produce the finished product are collected into a single file.

The downside of Word's Reflow feature is that some companies use the PDF format to ensure some measure of copyright protection on the documents they distribute. There is a solution for these groups as well. Password-protect the document in Acrobat for Read Only, so the file cannot be copied or converted.

Save or export a Word document to PDF

1. Once the document is altered to your satisfaction, choose File > Save As, navigate to the appropriate folder, then choose PDF from the Save as Type dropdown list.

2. Immediately, the system displays the following PDF file type screen. Choose: Optimize for Standard (publishing online and printing) and check the box for Open File After Publishing, then click Save.

3. Another option for saving or re-saving a document as a PDF file is to export it. Choose File > Export, select Create PDF/XPS Document in the left column, then click the button with the same name.

4. Again, the system displays the following PDF file type screen. Choose : Optimize for Standard (publishing online and printing) and check the box for Open File After Publishing if you want the PDF to open after it's saved. Then click the Publish button and your new PDF is created.

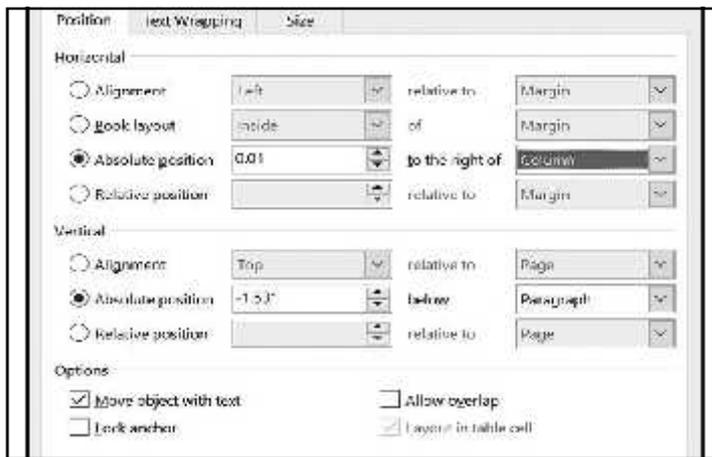
Repairing PDF errors in Word

If you find errors in the republished/re-saved PDF documents, you may have to go back and reformat the pages. Text will likely re-flow with no problems, but the graphics using text-wrap may disrupt the text flow. If that happens, break up the paragraphs so that one text box ends before the image, then another, new text box begins again after the image. Once that's accomplished, hard-code the position of the graphic box.

1. Right click the image, choose Wrap Text > More Layout Options, and the following screen appears:

If your text is moved and rearranged in your new PDF, you may

want to choose a Relative horizontal and vertical position. This



allows the image to move with the text. If you want the image to remain absolutely at the bottom-left side of page one, then choose an Absolute horizontal and vertical position. You don't have to locate or guess the position, just move the image and the new position coordinates appear in the above box. All you have to do is click Absolute or Relative, then click OK.

Once these decisions are settled, repeat the steps above to re-save or re-export the file to a new PDF.

Export PDFs from Acrobat to Word

1. Open the new Adobe Acrobat DC (Document Cloud), and sign in.
2. Open a PDF file. In this case, we opened the file called Tea.pdf
3. Select File > Export To > Microsoft Word > Word Document (or Word 97-2003 document), if applicable.
4. On the Save As PDF screen, name your file (or use the same name), choose the Word extension (docx for 2007 through 2016 documents), and click Save.

NOTE: The first time, it takes a few seconds to a minute while the Conversion Engine gets started. But, generally, after the first one, they convert fairly fast.

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Bits from the Beach

Well it has been a rather quiet month down on the south coast of Cambodia as far as expat news is concerned.

Lots of heavy rain persists, especially in Kampot, which has resulted in more flooding and necessitated the releasing of water from the Dam just at the time when the rainfall raises the river. Commonsense to keep the levels a little low in this heavily and long rainy season appears to be non-existent with the competent Authorities, but then again, what is new about this?

Despite all the rain and the growth of fruit and other flora, a group of concerned Kampotians decided to do something about the plight of the poor dehydrated and starving animals in the abysmal zoo that is just outside Kampot. They put out a call for containers of tap water and fruit to feed the forlorn animals. Pity they only just found out about this Zoo which has been open for years. There must be a shortage of poor orphans to get worried about. With a fair bit of effort maybe they will soon have Kampot exactly as their home in the west. There have been increasing complaints about noise at night, especially from all these new bars, many of which have been opened up by the second class citizens/refugees from Sihanoukville. Apparently there is an increasing and disconcerting amount of girly type bars that are opening as well as a plethora of new restaurants in an already overcrowded market.

Meanwhile in Sihanoukville things are continually progressing towards total Chinese domination. A recent news report stated that there could be as many as 100,000 Chinese living in the area, however we doubt there are much more than a mere 50,000. Mind you with the constant number of new projects announced there will need to be more and more workers flown in as apparently the locals do not work fast enough or hard enough.

The number of mob/gang fight incidents continue to increase. There was even one recently where there was a group of Chinese fighting a group predominantly composed of Russians. It appears that someone got stabbed, but not seriously and that the fight was all over a woman who paraded her new friends past her recently dumped ex-boyfriend.

There are reports of scantily clad females dancing provocatively on the beach. Based on recorded video footage this bad influence is really just a girl in normal bar girl clothes, dancing in a manner as if she was trying to shake off some ants

from her body. But never let the truth get in the way of providing evidence of the bad moral influence that the new residents are bringing to what was apparently a very peaceful place. Sihanoukville is apparently not only peaceful, but it is also one of the cleanest places in Cambodia. It is a wonder where the



judges found such a patch of ground to view to make the award, perhaps they were looking at a wall. So clean is Sihanoukville that the banner showed that it was/is/has been awarded this clean city status up until 2021. Hopefully there will be some infrastructure in place by then, especially in regard to rubbish collection. This should not be a problem as a large group of competent authorities recently came down from the Capital to study the situation.

As if the water supply problems are not bad enough, the competent authorities recently began filling in the fresh water reservoir behind independence beach to provide some nice new sea view plots of land. Apparently this reservoir is not needed as the water now comes from Kbal-Chaay and that is sufficient. We guess that the definition of sufficient is a trickle of brackish water out of the taps for a few hours every day.