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The Power of Positive Thinking



by Remez Sasson

Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds.

Not everyone accepts or believes in positive thinking. Some consider the subject as just nonsense, and others scoff at people who believe and accept it. Among the people who accept it, not many know how to use it effectively to get results. Yet, it seems that many are becoming attracted to this subject, as evidenced by the many books, lectures and courses about it. This is a subject that is gaining popularity.

It is quite common to hear people say: "Think positive!", to someone who feels down and worried. Most people do not take these words seriously, as they do not know what they really mean, or do not consider them as useful and effective. How many people do you know, who stop to think what the power of positive thinking means?

The following story illustrates how this power works: Allan applied for a new job, but as his self-esteem was low, and he considered himself as a failure and unworthy of

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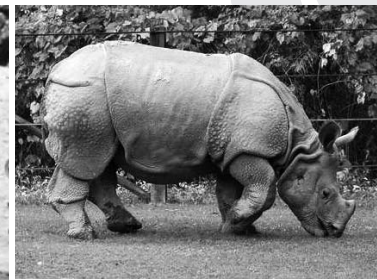
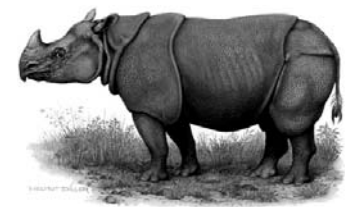
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ANIMALS TO BEHOLD



Javan Rhinoceros

Conservation status

Critically Endangered (IUCN 3.1)

Scientific classification

Domain:	Eukarya
Kingdom:	Animalia
Phylum:	Chordata
Class:	Mammalia
Order:	Perissodactyla
Family:	Rhinocerotidae
Genus:	<i>Rhinoceros</i>
Species:	<i>R. sondaicus</i>

Binomial name

Rhinoceros sondaicus

Desmarest, 1822

Subspecies

Rhinoceros sondaicus annamiticus *Rhinoceros sondaicus inermis* (extinct) *Rhinoceros sondaicus sondaicus*

The **Javan Rhinoceros** (**Sunda Rhinoceros** to be more precise) or **Lesser One-horned Rhinoceros** (*Rhinoceros sondaicus*) is a member of the family Rhinocerotidae and one of five extant rhinoceroses. It belongs to the same genus as the Indian Rhinoceros, and has similar mosaicked skin which resembles armor, but at

- 3.1–3.2 m (10–10.5 feet) in length and 1.4–1.7 m (4.6–5.8 ft) in height, it is smaller than the Indian Rhinoceros, and is closer in size to the Black Rhinoceros. Its horn is usually less than 25 cm (10 inches), smaller than those of the other rhino species.

Once the most widespread of Asian rhinoceroses, the Javan Rhinoceros ranged from the islands of Indonesia, throughout Southeast Asia, and into India and China. The species is now critically endangered, with only two known populations in the wild, and none in zoos. It is possibly the rarest large mammal on earth. A population of at least 40–50 live in Ujung Kulon National Park on the island of Java in Indonesia and a small population, estimated in 2007 to be no more than eight, survives in Cat Tien National Park in Vietnam. The decline of the Javan Rhinoceros is attributed to poaching, primarily for their horns, which are highly valued in traditional Chinese medicine, fetching as much as \$30,000 per kilogram on the black market. Loss of habitat, especially as the result of wars, such as the Vietnam War, in Southeast Asia, has also contributed to the species's decline and hindered recovery. The remaining range is only within two nationally protected areas, but the rhinos are still at risk from poachers, disease and loss of genetic diversity leading to inbreeding depression.

The Javan Rhino can live approximately 30–45 years in the wild. It historically inhabited lowland rain forest, wet grasslands and large floodplains. The Javan Rhino is mostly solitary, except for courtship and child-rearing, though groups may occasionally congregate near wallows and salt licks. Aside from humans, adults have no predators in their range. The Javan Rhino usually avoids humans, but will attack when it feels threatened. Scientists and conservationists rarely study the animals directly due to their extreme rarity and the danger of interfering with such an endangered species. Researchers rely on camera traps and fecal samples to gauge health and behavior. Consequently, the Javan Rhino is the least studied of all rhino species.



Sumatran Rhinoceros

Conservation status

Critically Endangered (IUCN 3.1)

Scientific classification

Kingdom:	Animalia
Phylum:	Chordata
Class:	Mammalia
Order:	Perissodactyla
Family:	Rhinocerotidae
Genus:	Dicerorhinus
Species:	<i>D. sumatrensis</i>

Binomial name

Dicerorhinus sumatrensis

(Fischer, 1814)

Subspecies

Dicerorhinus sumatrensis harrissoni *Dicerorhinus sumatrensis sumatrensis* *Dicerorhinus sumatrensis lasiotis*

The **Sumatran Rhinoceros** (*Dicerorhinus sumatrensis*) is a member of the family Rhinocerotidae and one of five extant rhinoceroses. It is the only extant species of the genus ***Dicerorhinus***. It is the smallest rhinoceros, standing about 120–145 centimetres (3.9–4.8 ft) high at the shoulder, with a body length of 250 centimetres (98 in) and weight of 500–800 kilograms (1100–1760 lb). Like the African

species, it has two horns; the larger is the nasal horn, typically 15–25 centimetres (6–10 in), while the other horn is typically a stub. A coat of reddish-brown hair covers most of the Sumatran Rhino's body.

Members of the species once ranged throughout rainforests, swamps and cloud forests in India, Bhutan, Bangladesh, Myanmar, Laos, Thailand, Malaysia, Indonesia, and China, where they survived into historical times in the southwest, particularly in Sichuan. They are now critically endangered, with only six substantial populations in the wild: four on Sumatra, one on Borneo, and one on peninsular Malaysia. Their numbers are difficult to determine because they are solitary animals that are widely scattered across their range, but they are estimated to number around 300. The decline in the number of Sumatran Rhinoceros is attributed primarily to poaching for their horns, which are highly valued in traditional Chinese medicine, fetching as much as US\$30,000 per kilogram on the black market. The rhinos have also suffered from habitat loss as their forests have been cleared for lumber and conversion to agriculture.

The Sumatran Rhino is a mostly solitary animal except for courtship and child-rearing. It is the most vocal rhino species and also communicates through marking soil with its feet, twisting saplings into patterns, and leaving excrement. The species is much better studied than the similarly reclusive Javan Rhinoceros, in part because of a program that brought 40 Sumatran Rhinos into captivity with the goal of preserving the species. The program was considered a disaster even by its initiators, with most of the rhinos dying and no offspring being produced for nearly 20 years, an even worse decline than in the wild.

