

## Wonderful places in Malaysia

Kuala Lumpur or KL is a modern cosmopolitan city boasting the world's tallest twin towers towering at a height of 452m. A panoramic view of KL is possible from the 41st-storey bridge connecting the two Petronas Twin Towers. Visitors can opt to visit an interactive gallery known as Petrosains, which focuses on Malaysia's oil and gas industry. Besides that, Menara Kuala Lumpur or KL Tower at 421m is the best location for a 360° aerial view of the city. There is a revolving restaurant with a highly recommended evening buffet. Other interesting spots are the old Kuala Lumpur Railway Station and National Museum.



Genting Highlands, dubbed the "City of Entertainment" is situated at the border of Pahang and Selangor. It offers indoor and outdoor theme parks, hotels, an 18-hole golf course and a casino. Being located up in the highlands means it's cooler than the steamy lowlands.

CONTINUE...

Other places with milder climates are Bukit Tinggi and Fraser's Hill. Bukit Tinggi is just over an hour's drive from Kuala Lumpur City Centre and lies some 2,500 feet above sea level. Colmar Tropicale in Bukit Tinggi is a replica of a collection of buildings from a north-eastern village in France dating back to the 16th Century.



On the other hand, with a cooling countryside and rich natural heritage, Fraser's Hill attracts golfers and bird-watchers from

across the country. Historical, colonial-styled bungalows scatter the landscape, many turned into resorts to accommodate guests for the weekend.



Malacca is a famous historical port strategically located on the Straits of Malacca. Old buildings and traditional trades and crafts make Malacca one of Malaysia's most visited destinations. Buildings reflecting Portuguese, Dutch and British influences and the city centre are ideal for sightseeing. Historical places include the Stadthuys, Christ Church, St. Paul's Church and the A' Formosa fortress built by the Portuguese in 1511.



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Minangkabau architecture, with its distinctive horn-shaped roofs dating back to 17<sup>th</sup> century Sumatra, dominates in Seremban, the capital of Negeri Sembilan. Observe the magnificent roofs rise into two peaks like buffalo horns.

## 10 Tips for a Happier



1. **Don't worry.**
  - It's the least productive of all human activities and thoughts.
2. **Don't preoccupy yourself with needless fears.**
  - Most of the things we fear never happen!!
3. **Don't hold grudges.**
  - It is a big and unnecessary weight to carry throughout our lives.
4. **Take one problem at a time.**
  - It's the best way to handle things, one by one.
5. **Don't take problems to bed with you.**
  - It's better to get a good night's sleep.
6. **Don't take on the problems of other people.**
  - They're better equipped to handle their own problems than you are.
7. **Don't live in the past.**
  - Never cling to what is long past, concentrate on the present and enjoy the moment.
8. **Be a good listener.**
  - You'll learn new ideas that are different from your own.
9. **Don't let frustration rule and control your life.**
  - It prevents the positive actions that move you forward in life.
10. **Count your blessings.**
  - Don't forget even the smallest blessings, they add up.

Source: Inspiration & Motivation Blog



# WORDMATCHING

Instructions: Match the following words to their correct meaning

1.	Syphilis
2.	Embolism
3.	Cystoparesis
4.	Proctitis
5.	Cholagogue
6.	Antiemetic
7.	Glaucoma
8.	Hypoxia
9.	Cancriform

a.	Inflammation of the rectum
b.	A venereal disease caused by <i>Tre-</i>
c.	The sudden blocking of artery by a clot or foreign material which has been brought to its site of lodgement by the blood current
d.	A general term for an agent that relieves or prevents nausea and vomiting
e.	Paralysis of the urinary bladder
f.	A general term for agent that pro-
g.	Resembling cancer
h.	A group of eye diseases characterized
i.	Reduction of oxygen supply to a tissue below physiological levels despite adequate perfusion of the tissue by blood

Answers:  
1(b), 2(c), 3(e), 4(a), 5(f),  
6(d), 7(h), 8(i), 9(a)





# Just-for-laugh's

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## Cure to insomnia

An elderly woman went into the pharmacy. When the pharmacist asked why she was there, she replied, "I'd like to have some birth control pills."

Taken aback, the pharmacist thought for a minute and then said, "Excuse me, Mrs. Smith, but you're 75 years old. What possible use could you have for birth control pills?"

The woman responded, "They help me sleep better."

The pharmacist thought some more and continued, "How in the world do birth control pills help you to sleep?"

The woman said, "I put them in my granddaughter's orange juice and I sleep better at night."



## ANNOUNCEMENTS

Dear friends,

Our **APPS Promo Slideshow** will be available for download latest by 15th March 2009! Please check it out if you wanna know more about what APPS 2009 has to offer!

Visit us at:

<http://www.usm.my/apps2009/>

**GREAT NEWS!!!****APPS VIDEO PRESENTATION CONTEST**

Good news to all Steven Spielberg wannabes!!!

Now is the chance for you to show your talent in video making. Come and join our APPS video presentation contest and grab your chance to win awesome prizes!

The theme will be:

**“Traditional versus Modern Pharmacy Practice in my country”**

For more details on contest registration, log on to

<http://www.usm.my/apps2009/>



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**APPS****SCIENTIFIC POSTER PRESENTATION**

Wanna share your knowledge or research with fellow friends from Asia Pacific Region? You can, by participating in our scientific poster presentation during APPS!

Theme: Pharmacy Profession Awareness Campaign

Check out our website at

<http://www.usm.my/apps2009/>

for more details.

**NEXT ISSUE**

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- Festivals in Malaysia
- 9 Tips for learning a language in a foreign country