

Penang island...

Locals swear Penang has Malaysia's best food and will delight in taking visitors to the multitude of open-air stalls along Gurney Drive. Nyonya food (a Chinese and Malay culinary blend) is also best sampled in Penang.



Penang's maze of narrow streets offers an insight into the past where little has changed since the days of the East India Company. This is the place to "get lost" amongst joss stick shops, fresh noodle makers and other old crafts.

Walking through Georgetown with its eclectic blend of colonial, Moorish, Indian and Chinese architecture is a sensory journey of fascinating sights, sounds and aromas. Relax and take a trishaw to discover Georgetown's heart and soul.

To enjoy cool mountain air and panoramic view of the city, take the unique funicular train up Penang Hill. Batu Ferringhi on the northern coastline is a favourite playground for visitors from near and far. Its casuarina-lined beaches from Tanjung Bungah to Teluk Bahang boasts several international deluxe resorts as well as attractions such as the Toy Museum, the first of its kind in Asia and the largest in the world.



CONTINUE...



Kek Lok Si Temple, the largest and most beautiful Buddhist temple complex in South East Asia, stands majestically on the hill in Ayer Itam. It combines a Chinese octagonal base, middle tiers of Thai architecture and a Burmese crown, reflecting the temple's wide embrace of Mahayana and Theravada Buddhism.

The Penang Bridge, one of Asia's longest, links mainland Peninsular Malaysia to the island. This 13.5 km bridge was officially opened in September 1988, offering a beautiful view of the open sea, ships and a sprawling coastline.



When talking about food, nothing can beat Penang. It's true that the variety of food found in Penang has perplexed everyone even the locals. Laksa is amongst the best known and loved of hawker fare in Penang. Besides Laksa, "Char Koey Teow" is the famous name among Penang folk and of course the food the visitor won't miss.



CONTINUE...

Hokkien Mee also known as "prawn noodle". It is a dish of egg noodles and rice noodles in a fragrant stock, which is garnished with prawns, fish cake, leafy greens, pork ribs, squid, vegetables, crisp deep-fried shallots & spring onions. Served with the spicy sambal, the noodle provides a distinctive flavour of Penang.



Rojak is a delicious fruit and vegetable salad chopped into bite-size morsels and tossed in a bowl with the dressing (made from shrimp paste, sugar, chilli and lime juice). It is then served with chopped peanuts and sesame seeds.

Just for laughs

Partial Dosage

An elderly gentleman went to the local drug store and asked the pharmacist for Viagra. The pharmacist said "That's no problem. How many do you want?"

The man answered, "Just a few, maybe 4, but cut each one in 4 pieces."

The pharmacist said, "That won't do you any good."

The elderly gentleman said, "That's alright. I don't need them for sex anymore as I am over 80 years old. I just want it to stick out far enough so I don't pee on my shoes."

10 TIPS TO HEALTHY EATING

The key is balance, variety and moderation. These ten tips can help you follow the advice while enjoying the food you eat.

1 Eat a variety of nutrient-rich foods.

Your diet should include bread and other whole-grain products, fruits, vegetables, dairy products, and meat, poultry and other protein foods. How much you need to eat depends on your calorie intake which you can refer from a Food Guide Pyramid.

2 Enjoy plenty of whole grains, fruits and vegetables.

Eat 6 to 11 servings of either bread, rice, cereal or pasta. Take 2 to 4 servings of fruit and 3 to 5 servings of vegetables.

3 Maintain a healthy weight.

The ideal weight for you depends on many factors like your sex, height, age and heredity. Excess body fat can increase chances of high blood pressure, heart disease, diabetes and other diseases. Being too thin can increase your risk for osteoporosis, menstrual irregularities and other problems. Regular exercise is important to maintain a healthy weight.

4 Eat moderate portions.

If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy.

5 Eat regular meals.

Skipping meals can lead to uncontrolled hunger, which can result in overeating and you tend to forget to eat nutritiously.

6 Reduce, but don't eliminate certain foods.

Choosing skim or low-fat dairy products and lean cuts of meat significantly reduces fat intake. Just regulate how much and how often you take a fatty meal.

7 Balance your food choices over time.

If you miss out on any food group on one day, make it up for the next. That way, the way you eat will fall into a healthy pattern over the span of a few days.

8 Know your diet pitfalls.

Write down everything you eat over the space of 3 days and check with the rest of these tips.

9 Make changes gradually.

Changing too much in a short space of time can deter you from achieving your goal.

10 Foods are not good or bad.

Select foods based on your total eating pattern, you can still eat your favourite foods in moderation. Choose other foods to balance it off and add variety which are vital to good health.

Pharmaceutical Terms

Word search puzzle

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

ARTHRITIS
 PREVENT
 PRESSURE
 REDUCE
 PRODUCING
 ANAPHYLAXIS
 RENAL
 ACIDITY
 EXPECTORANT
 HEMOSTATIC
 PALLIATIVE
 TREATMENTS
 PLASMA
 HEMOSTAT
 INFUSION

BACTERIOSTAT
 ANTISPLASMODIC
 WITHOUT
 ACTIVE
 CARDIOTONIC
 ANALGESIC
 ANTITOXIN
 PARASITIC
 ALLERGEN
 CATHARTIC
 ANTITUSSIVE
 CHEMICAL
 KERATOLYTIC
 NURSE'S
 EMOLLIENT

ANTIDIARRHEIC
 HABITUATION
 HAVING
 AMBULATORY
 GASTRIC
 IMMUNITY
 ARTERIOSCLEROSIS
 CENTRAL SERVICE
 WITHOUT
 HEMATINIC
 GENERAL
 VASODILATOR
 CAUSES
 PULMONARY
 HYPERTENSION



Announcements

Dear participants of APPS 2009,

APPS 2009 is coming very soon! Feeling excited?

Here are several announcements:

1. All participants are required to submit your **arrival-departure forms** to the Registration Department APPS 2009 at p.yeechan@yahoo.com or apps_reg@yahoo.com as soon as possible.

Arrival-departure forms are available at
<http://www.usm.my/apps2009/download.html>



Announcements

Any enquiries regarding **free transport** from the airport and the bus terminal on the day of arrival, kindly consult our Head of Transportation Department APPS 2009 as follows:

Mohd Hazwan b. Ali (abai_88@yahoo.com)

Mohd Fariq b. Afifi (farred_arefiefy@yahoo.com)

2. To all registered **participants who have not paid and/or sent your proof of payment**, please do so as soon as possible as the registration period for APPS is going to end on the 1st of June.

3. Participants are reminded to **bring things stated in the checklist** available at our website: http://www.usm.my/apps2009/preparation_list.html.

Participants are also encouraged to bring your own sanitizers and masks as precautionary steps against the H1N1 threat.