



Nasi Kandar – Legacy of the Past

Nasi Kandar, a rice meal of Indian Muslim origin, is one of the most famous Penang foods. It was named after the rod balanced on the shoulder of food vendors from long ago, to carry the rice and dishes on either end. This portable style of selling nasi kandar has disappeared entirely, and today all nasi kandar stalls are more likely to be stationary somewhere, either in nasi kandar restaurants or in stalls by the roadside.



Patrons can choose a variety of side dishes that may include curry fish, curry beef, curry chicken, roasted chicken, boiled egg, kacang bendi (lady's finger), sotong (squid), terung (brinjal), and fish roe.

There are many 24-hour Nasi Kandar stalls in Penang; you will be able to try out at any time that you want. Try out the traditional stall that has been around for generations which is famous for its authentic nasi kandar taste in Penang.

Currently, most nasi kandar restaurants also serve mamak food such as roti canai, tosai and so on aside from nasi kandar. These mamak foods are cheap and unique in taste, making the restaurants a favourite hangout for the young and old regardless of races.

Tips for learning a language in a foreign country

It's not easy to learn a language by just being in a country where it's spoken, whatever you might believe. You simply have to make an effort to improve your language skills. Here are some ways to start you off:

1

Talk to the locals.

Speak the language every chance you get. Most people forgive a few grammatical errors and appreciate that you're trying to learn their lingo.

Practice writing.

When sending an email to some local agencies or friends, use the language you want to learn.

2

3

Get started straight away.

Don't procrastinate and say you want to get acclimatized first. You'll improve your speaking and listening skills faster.

4

Read the local newspapers, magazines and books.

Pick up sentence structures and learn about the happenings about town at the same time.

5

Bring your dictionary with you.

You can look up any unfamiliar words and remember them.

Ask questions

If something isn't clear to you, ask someone.

You'll get a chance to practice your listening skills too.

6

Use cognates

When you're searching for a word in mid-sentence, and can't seem to find it, try pronouncing the English word in the accent of the language you are learning. It may not work sometimes, but it's worth a try.

7

8

Find a language buddy

There are plenty of locals who are willing to guide you in the language, especially if you are fluent in English.

Study

Pick up a simple grammar book or take a language class. Nothing beats getting the basics first before learning by conversation.

9



Source: <http://gogreentravelgreen.com/>

2

Just For Laugh

Good news and Bad news

This old man visits his doctor and after a thorough examination, the doctor tells him, "I have good news and bad news, what would you like to hear first?"

Patient: Well, give me the bad news first.

Doctor: You have cancer; I estimate that you have about two years left.

Patient: OH NO! That's awful! In two years, my life will be over!

What kind of good news could you probably tell me, after this???

Doctor: You also have Alzheimer's.

In about three months you are going to forget everything I told you.

Word-matching

Instructions: Match the following drug to their correct description

1.	Maraviroc
2.	Trovaflaxacin
3.	Rifampin
4.	Salbutamol
5.	Vancomycin
6.	Lignocaine
7.	Pyridoxine
8.	Streptomycin
9.	Lipitor

a.	An anti TB drug that induces CYP450 metabolism of a number of drugs
b.	A fusion inhibitor antiviral drug
c.	An aminoglycoside used as first-line anti TB drug
d.	A 4 th generation fluoroquinolone
e.	Another name commonly used to refer to vitamin B6
f.	No. 1 Top-selling blockbuster drug in year 2006
g.	An anti asthmatic drug
h.	An antibiotic produced by <i>Streptomyces orientalis</i>
i.	A local anaesthetic agent

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

ANNOUNCEMENTS

Dear friends,

Registration for APPS 2009 can now be done via the online form in the official APPS 2009 website. Please tell your friends about it and register TODAY!

Online form is available at:

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

Ala Carte APPS Registration

Ala carte registration is offered to locals who wish to attend the **symposium only on Day 1, 8.00am- 4.00pm**. Lunch, tea break, seminar kit, pen, APPS souvenir and certificate of attendance will be provided.

Check out more details from our website <http://www.usm.my/apps2009/> and register now!

SORRY

We **apologize** to you as we are unable to upload our APPS Promo Slideshow on time to the website due to some technical problems. It will be available for download latest by first week of April 2009!

In next issue,
Tips for build your bones

