



FEBRUARY 2009

Batu Ferringhi, Penang's Favourite Beach

A stroll along the beautiful white sandy beaches of Batu Ferringhi will make you want to spend hours admiring the beauty and tranquility of the palm-shrouded beach. The gust of the morning wind makes you feel that there is still an escapade far away from the hustle and bustle of city life for you to relax and rejuvenate yourself. The best times to visit Batu Ferringhi are in the morning and late evening. A morning visit offers you the cool and fresh climate while an evening tour is a chance for you to capture the beautiful moment of the sunset as well as night life activities. However, you are welcome any time here to enjoy the numerous water sports activities.



The real fun begins when the night falls; pubs, restaurants and night markets will replace all the physical activities that you endure in the daytime, offering more relaxing activities such as listening to live bands, shopping in the night market and, of course, indulging yourself in the delightful local delicacies.

Penang Laksa, A delight to savour

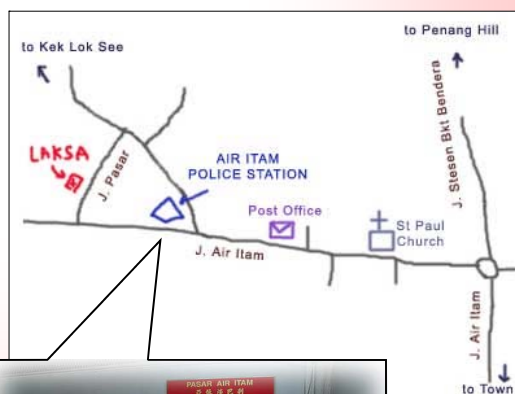
When we discuss about popular foods in Malaysia, Penang is often quoted for having delicious hawker foods such as Penang Fried Kuay Teow, Penang Kuay Teow soup, Penang Laksa, Penang Hokkien Mee, and so on. First, we will introduce to you a famous dish that has gained popularity over the century, known as the Penang Asam Laksa.



The Penang Laksa, or more popularly referred to as Asam Laksa in other parts of the country, comes in a sour fish-based soup (ikan kembung) served with thick rice noodle, plenty of shredded pineapple, lettuce, red chili, cucumber and shrimp paste with a very distinctive love-it-or-hate-it smell.

One of the most famous Asam Laksa stalls is located in Air Itam, just a walking distance from the Kek Lok Si temple by the alley across the morning market.

The combination of the sour and spicy soup with the fresh vegetables and thick rice noodles is perfect, offering you a very unique texture and taste. This Air Itam stall serves from afternoon to evening. Its asam laksa is sold at a low price and is definitely worth a try!



5 Tips to make a good first impression

Never underestimate the power of the first impression. Like it or not, people make their judgement of you the second you enter their lives. So, what can you do to stay in their good books?

First of all, *dress nice*. Always dress your best because you never know who you might meet. People are more responsive and intrigued by sharp dressers.

Next, give a *firm handshake*. When you are meeting someone for the first time, welcome the person warmly and shake hands firmly. This implies confidence on your part and not a sense of insecurity or dismissal.

Third, *smile*. It makes the other person comfortable. When you are introduced, say their name and tell them it's a pleasure to meet them while smiling. Oh, and try to make it genuine looking.

Fourth, *make eye contact*. Maintain eye contact when you are having your first conversation with someone. You want to show that you are good listener and would not get distracted easily. Make the person feel that they are the most important person to you at that moment. Don't let your eyes wander elsewhere around the room or they will be likely to think that you are not interested in the conversation and looking for someone else to talk to.

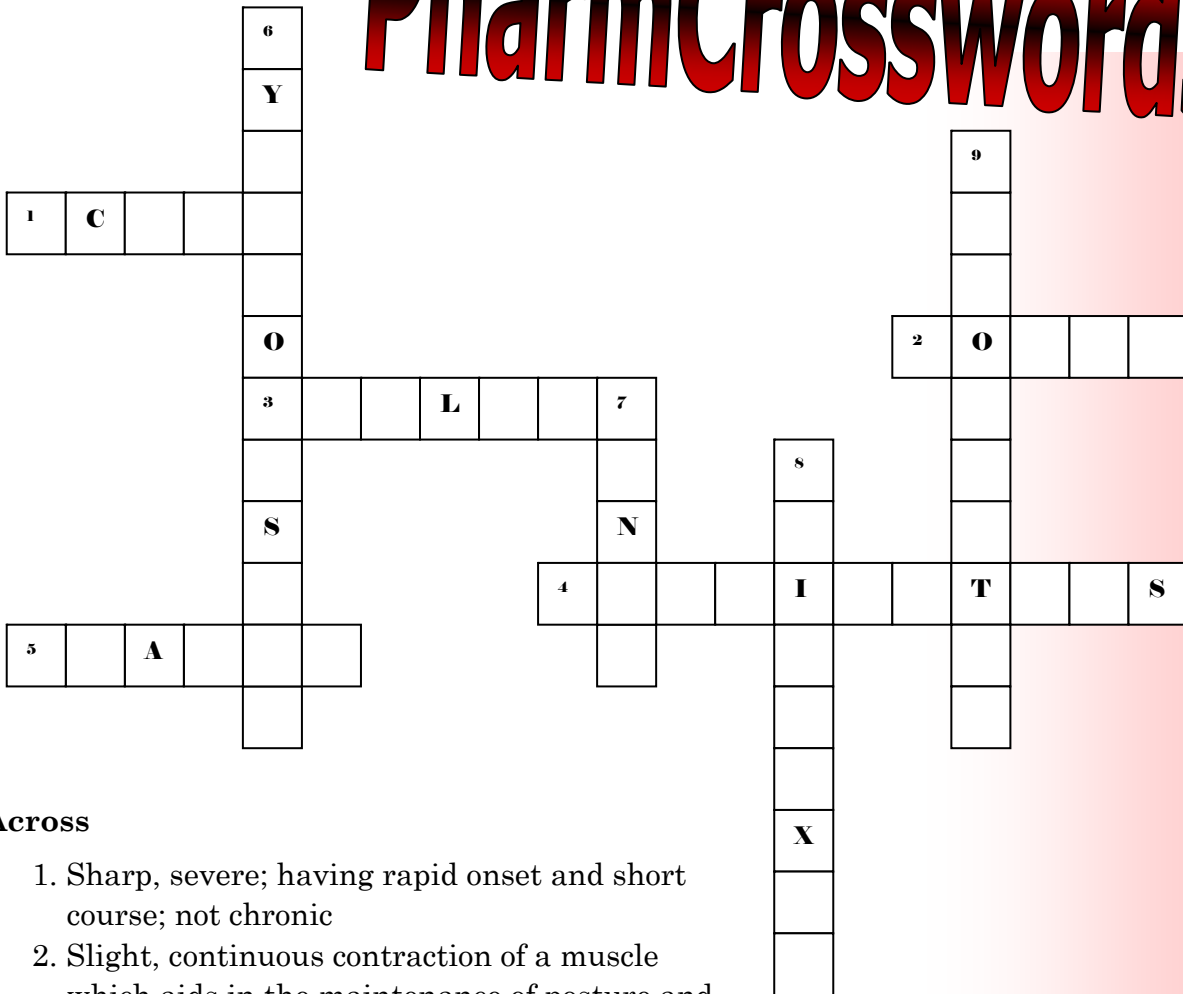
Fifth, *repeat their names and questions*. It makes it easier to remember the person's name and the person also likes hearing their names said in a conversation. Always ask questions. It shows you are interested in who they are and what they have to say. You will come off as attentive and a good conversationalist.

Finally, go make your first impression today!

Source: www.essortment.com



PharmCrosswords



Across

1. Sharp, severe; having rapid onset and short course; not chronic
2. Slight, continuous contraction of a muscle which aids in the maintenance of posture and return of blood to the heart
3. Muscular pain
4. A common adverse drug reaction associated with the use of sulphonamides in babies, with high levels of bilirubin in the blood
5. Failure of muscular coordination; irregularity of muscular action

Down

6. One of the common side effects for male patients taking ketoconazole
7. Cessation of breathing
8. Nose bleed
9. Secretion of viruses in milk

- Answers:
1. acute
 2. tonus
 3. myalgia
 4. kernicterus
 5. ataxia
 6. gynecomastia
 7. apnea
 8. epistaxis
 9. viro lactia

Just-for-laughs

ISSUE 2, FEBRUARY 09

Misleading???

Customer gets a topical cream. Direction: apply locally two times a day. Customer says to the pharmacist: "I can't apply locally, I'm going overseas."

Salvage measures

A pharmacist looks out the front of the store and sees a woman holding a bottle jumping up and down in the parking lot. The pharmacist walks out to the parking lot and asks the woman what's the matter. She replies "I saw it said 'Shake Well' after I took it"



ANNOUNCEMENTS

Good news!!!!

Registration for APPS 2009 is officially open this February 2009. For more info and to register, log on to www.usm.my/apps2009

Kindly contact our chairperson for any comments or information:

CHAIRPERSON

Mohd Khairi bin Alias
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Please be informed that the USM server is on construction for improvement. Some parts of the webpage might not be accessible for the few days of February. We express our deepest apology for the inconvenience incurred.

Wait, there is MORE!!!!

Visit our **blogspot** at <http://apps2009.blogspot.com>

Or

Contact us at our **official email address** which is:

apps09_usm@yahoo.com

NEXT ISSUE



*Penang Famous
CHAR KOAY TEOW*

10 Tips for a Happier Life