



Best Dessert in Penang



It is prudent to leave your stomach with a little room for some of Penang's famous desserts or snacks before or after a meal.

Talking about desserts, *ais kacang* is one of the perfect desserts to cap off a hot and spicy meal of 'laksa' or 'curry mee'.

Ais kacang (literally iced beans) is a sweet thirst quencher concocted from red beans, lychees, pineapple, jelly, palm seeds, nutmeg, ice cream and crushed peanuts, served on a pile of crushed ice with drizzles of sweetened rose and sarsaparilla flavoured syrups and evaporated milk.



The best *ais kacang* in Penang comes from a stall opposite a defunct fairground on Kimberley Street. The *Lee Brothers Ais Kacang Stall*, as the business is known, was started in 1923 by the present owners' grandfather. Today, the stall sells fresh fruits, fruit juices, soya milk and 'leong fun' in addition to *ais kacang* and *cendol*.

For the ultimate *ais kacang* experience, try their *4-in-1 ais kacang* with slices of banana, papaya and mangoes in addition to the usual ingredients.



Nothing beats a sunny afternoon with Penang favourite dessert, *Cendol*. It is made from crushed ice, soaked in Melaka brown sugar and coconut milk, covered with kidney beans and *cendol* (green jelly-like substance).

One of the most established *cendol* stalls in George Town is located off the lower Penang Road, opposite the Police Station. The stall has been in business for at least 30 years, churning out bowls of *cendol* and *ais kacang*, glasses of *pegaga* (a herbal drink), *leong fun* (black jelly drink) and chrysanthemum tea.



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

ANTITOXINHAVINGSAZHEMOSTATICZBAHHEP
 CHRCYBCHEMICALAJWANZENUCELEAWNJYMXL
 AEOITPARASITICZNPINRRXIGBVDCANPNBPA
 TMTEISCPSBLTGSIXTQTTWDLEYTIPUEFLAES
 HAAHNEORXNIAEYETNIPHILPNWKHTRDYZTCM
 ATRLUSQERWTTBVLGYOTTOSZEFYETCRENPTA
 RIIRMURSOZCSUBILLLYUXUPRLJEOAAERBON
 TNDAMAUSKSKQOEATTAOESOTAQNYNZIODQRW
 IIOIICVUYVVIESTAUNTRSXLMOULDMYGAT
 CCSDAFFRCBARTHRTISAAIIWMNLUNNFSNU
 DXAISTNEMTAERTRUONLUSROVLKOCRENALTO
 BJVTIAMBULATORYCNNBLHNEUEMIDXSGEKSH
 RAVNSISORELCISOIRETRAATPKENNOISUFNIT
 VPGASTRICSCARDIOTONICPLDGXLDFCSFUTI
 PREVENTTSANBECIVRESLARTNECALLERGENW

ARTHRITIS	BACTERIOSTAT	ANTIDIARRHEIC
PREVENT	ANTISPASMODIC	HABITUATION
PRESSURE	WITHOUT	HAVING
REDUCE	ACTIVE	AMBULATORY
PRODUCING	CARDIOTONIC	GASTRIC
ANAPHYLAXIS	ANALGESIC	IMMUNITY
RENAL	ANTITOXIN	ARTERIOSCLEROSIS
ACIDITY	PARASITIC	CENTRAL SERVICE
EXPECTORANT	ALLERGEN	WITHOUT
HEMOSTATIC	CATHARTIC	HEMATINIC
PALLIATIVE	ANTITUSSIVE	GENERAL
TREATMENTS	CHEMICAL	VASODILATOR
PLASMA	KERATOLYTIC	CAUSES
HEMOSTAT	NURSE'S	PULMONARY
INFUSION	EMOLLIENT	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>

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)

Announcements

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.

