

Penang Famous

Char Koay Teow

Another popular hawker food of Penang is Char Koay Teow. Generally, the ingredients include flat rice noodles, bean sprouts, prawns, cockles, sliced Chinese dried pork sausage, chives & garlic that are fried together. Sometimes, it is seasoned with chili paste, pepper, thick & light soya sauce. Eggs can be added to make it taste better.



Sister's Char Koay Teow in McAlister Road is said to be one of the best char koay teows in Penang. It can be found in Lam Heng Café, a corner coffee shop at the end of McAlister Road. Besides char koay teow, there is also laksa, mee jawa and otak-otak.

This shop is very unique in the sense that there are some rules to be obeyed while you are in the coffee shop. No moving or joining of the marble tables is allowed, and no outside drinks is allowed. There is also poster that warns anyone who did not order any drinks within the coffee shop would be charged 50 cents per person.

Despite the peculiar rules of the coffee shop, it is still crowded everyday thanks to the delicious and unique taste of Sister's char koay teow which is unmatched by any other char koay teow. The prawns are big, fresh and sweet, giving the dish a boost in taste. It is certainly a par above the rest.



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



Word-matching

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>Treponema pallidum</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 promotes the flow of bile
g.	Resembling cancer
h.	A group of eye diseases characterized by an increase in intraocular
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

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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!

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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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Theme: Pharmacy Profession Awareness Campaign

Check out our website at

<http://www.usm.my/apps2009/>
for more details.



NEXT ISSUE

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- Nasi Kandar – Legacy of the Past
- 9 Tips for learning a language in a foreign country

