



HORO SCOPE

Oct 23 – Nov 21
AS a Scorpio, you'll do a lot to avoid altering anything from where or how you live or work in elements of your day-to-day life. Yet at the moment, it seems you're investing a huge effort in steering clear of one particular change. Bizarrely, it's just as necessary as it would be beneficial.

Nov 22 – Dec 20
ON the 10th, your ruler Jupiter moved into a new sign and into the most reflective portion of your chart. This is triggering a cycle of focusing on, and deeply questioning, elements of your life you've accepted as being unchanging. Once, perhaps, they were. Soon you'll be rethinking, if not transforming, them.

Dec 21 – Jan 18
UNLIKE the restless fire signs, especially your neighbouring sign, Sagittarius, who enjoy a shakeup just for the sake of it, you value stability in life and in alliances. Yet judging by the current planetary setup, you'll not only need to reorganise certain arrangements but in doing so, it will be quite a relief.

Jan 19 – Feb 17
FEW things are more annoying to you than dealing with somebody who's so narrow-minded that, whatever you say, the person simply won't discuss certain new ideas. Yet, you're being just as unreasonable about one particular plan or arrangement. At least explore it. You'll be amazed at what you discover.

Feb 18 – March 19
THE capacity to believe in yourself and in your dreams is one of your greatest gifts, as a Piscean. However, that doesn't mean you should ignore warning signals from others, or even as a result of your own intuition. This issue in question may be minor but it will definitely require your attention.

March 20 – April 18
ALTHOUGH you've no desire to know absolutely everything those around you are doing, some have kept facts to themselves that aren't just important, they're of significance to you. Bear in mind, however, that only recently you yourself brushed off discussions about similar matters. Others' confusion is no surprise.

April 19 – May 19
ANNOYING as last-minute changes in plans would be, not only are they unavoidable, they'll allow you to reorganise certain worrying arrangements. The trick is to undertake changes slowly. That gives you an opportunity to rethink what you're organising, as you learn more about the people and circumstances involved.

May 20 – June 20
WHEN it comes to discussions about partnership matters, personal or otherwise, you're urged to take your time. Ideally, in fact, this week's about expanding your knowledge of the options currently available to you. There are far more than you're aware of. What you learn will be as reassuring as it is delightful.

June 21 – July 21
SOMETIMES, minor errors are no more than that. However, once you begin discussing these matters, you'll realise the real problem is a single, rather serious, misunderstanding. First, gather the relevant facts, point by point. Then set aside a time to discuss this, one when you're sure everybody involved will be available.

July 22 – Aug 21
UNDERSTANDABLY, you're in no mood to take anybody's advice. This is mostly because of recent tensions with certain individuals but, as much, because you're not sure how well informed they are. While their knowledge may be limited, they're worth listening to. What they say could provide vital, and timely, insights.

Aug 22 – Sept 21
UNSETTLING as recent situations seemed at the time, since then you've realised how unfair the suggestions being made by others were. This isn't worth debating. Just say a simple 'no' and nothing more. Within a few days, they'll be back, and with a proposal that comes much closer to being realistic.

Sept 22 – Oct 22
ORDINARILY, you'd discuss changes that will have some impact on the life of others before taking action. However, the swift pace leaves you no choice but to make decisions first and discuss matters later. While, ordinarily, this wouldn't be your style, simply explain to those concerned. They'll understand.



Lovely finalists ... (from left) Nathasha Aprillia, Jai Dhillon, Liliana Fernandez, Alexis SueAnn, Charmaine Chew, Charlotte Tan, Kaayathri Pramasivam, and Jane Teoh.

(below, from left) Co-Martinent sharing her La Juiceria journey; and Zalikha and Ahmad demonstrating how to make a nutritious dessert.

A taste of healthy living

> Miss Universe Malaysia 2017 finalists learn a thing or two about nutrition and superfoods from La Juiceria

HEALTHY is as healthy does, and with our current hectic schedules, it's easy to forget to have our recommended five portions a day of fruit and vegetables.

Since we all can't carry around a can of spinach like Popeye, La Juiceria has made getting a dose of daily greens and fruits an easy and yummy affair.

The company is known for its cold-pressed juicing movement that squeezes out every last drop of juice filled with precious nutrients.

It was only natural that La Juiceria Superfoods Xpress in Avenue K became the perfect spot to educate this year's Miss Universe Malaysia finalists about healthy living. The company is also one of the sponsors for the Miss Universe Malaysia pageant.

The lucky ladies, who are all in the running to be a La Juiceria ambassador, shared an exciting morning with La Juiceria founder and managing director Anabelle Co-Martinent, who spoke about the importance of self-love, and care through food.

The enterprising Co-Martinent began her journey of juicing at home as a healthier



alternative for her family, which eventually evolved into a business partnership with two friends.

"I believe that one's appearance is reflected by one's inner health, which is through what we eat," said Co-Martinent. "After childbirth, I realised that it was important for me to stay [healthy] for my children, as I was also breastfeeding."

Following La Juiceria's mission of feeding Malaysians tasty superfoods, the brand has even opened three cafes, focusing heavily on nutrition.

Finalist Charmaine Chew, 20, from Kuala Lumpur, said: "Not

only am I excited that there will be a La Juiceria ambassadorship up for grabs, I also found Co-Martinent's story as an entrepreneur to be truly inspiring.

"This session was insightful, as it encouraged me to love myself through healthy eating, and was a good reminder to maintain a balanced lifestyle."

As the finalists have a jam-packed schedule, and since one of them will have the added responsibility of representing Malaysia on a global scale, La Juiceria's resident nutritionists Ahmad Aizat and Zalikha Razali were also roped in to teach the



contestants how to make a delicious, guilt-free dessert.

The girls learned how to whip up their own Instagram-worthy Acai berry bowl, and were free to unleash their creativity on the wholesome treat, besides getting a chance to sample some of La Juiceria's hearty meals.

They even got a first-hand view of the capabilities of La Juiceria's slow juicer partner, Kuvings Malaysia's 5th generation EVO820 Whole Slow Juicer, at work.

La Juiceria also treated the girls to some revitalising Tea-Tox Water to end the day on a fruity note.

Chill out in Macao in the cool of autumn

MACAO in autumn, with its delightfully cool and crisp weather lasting through December, is certainly a welcome change from our Malaysian weather.

The Macao Government Tourism Office (MGTO) is offering visitors a chance to experience the East Asian city at its best with the exciting offers at its year-end Wonders of Autumn tourism campaign at Lot 10 in Kuala Lumpur.

The event was officiated by MGTO representative in Malaysia Tunku Iskandar Tunku Abdullah (right).

"This is a momentous opportunity for us to promote Macao as a city that enjoys many exciting international events and



festivals," said Tunku Iskandar.

The Wonders of Autumn campaign is a showcase of events targeted at foodies, thrill-seekers, as well as art and culture enthusiasts.

Among the highlights are the 17th Macao Food Festival from Nov 10 to 26, Suncity Group 64th Macao Grand Prix from Nov 16 to 19, the Macao Light Festival – Amor Macao from Dec 3 to 31,

and the 2nd International Film Festival and Awards Macao (IFFAM) from Dec 8 to 14.

Visitors to the roadshow can also craft their own lanterns and 3D badges at the creative corner, where friendly MGTO travel partners are ready to explain the various Macao packages available.

Tunku Iskandar said: "In conjunction with this, we are also running a series of out-of-home campaigns on various platforms, [including the] Giant Cube of Lot 10, ERL Links, the digital screens along Bintang Walkways, as well as on MRT trains."

For more on these exclusive promotions, visit the Wonders of Autumn event, which ends on Sunday. – **Marion Fernando**

AMIRUL SYAFIQ MOHD DIN/THE SUN