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The government has been urged to coordinate enforcement efforts to encompass all food sellers, both inside and outside school compounds.
- SUNPIC

Canteen food ban loophole

While schools comply with regulations, vendors outside gates short-circuiting initiative by freely selling unhealthy food specifically prohibited by govt.

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BY FAIZ RUZMAN
newsdesk@thesundaily.com

M'sians detained by Israel released, flown to Istanbul

Anwar happy with development, credits Erdogan, Turkish government for securing freedom of activists through diplomatic negotiations

PETALING JAYA: Twenty-three Malaysians who were among the Global Sumud Flotilla (GSF) group to Gaza and detained by Israeli forces have been released and flown to Istanbul on a special flight from Turkiye, said Prime Minister Datuk Seri Anwar Ibrahim yesterday.

In a live broadcast on his social media platforms, Anwar described the development as "very pleasant news", crediting Turkish President Recep Tayyip Erdogan and his government for securing their freedom through diplomatic negotiations.

"I have just received confirmation from President Erdogan. Through his National Security Adviser Dr Ibrahim Kalin, and with the full cooperation of the Turkish government, the release of our citizens has been secured."

Anwar said the group has been flown out of Ramon Airport in southern Israel and would stay in Istanbul for 24 to 36 hours for medical checks and trauma assessments before returning home.

"Alhamdulillah, the 23 are now en route. God willing, they will return to Malaysia

tomorrow night or the day after."

He said the breakthrough followed lengthy diplomatic efforts involving multiple parties, including Foreign Minister Datuk Seri Mohamad Hasan, Home Minister Datuk Seri Saifuddin Nasution Ismail, US Secretary of State Marco Rubio and US Special Envoy to the Middle East Steve Witkoff.

Anwar added that he had also spoken with Qatar's Emir Sheikh Tamim bin Hamad Al-Thani and Qatari Prime Minister Sheikh Mohammed bin Abdulrahman Al-Thani.

He revealed that three

Malaysians had initially resisted signing Israel's expulsion order but later agreed after consultations so that "all could return together".

He added that the delicate coordination was overseen by Ibrahim Kalin in Ankara, working closely with Malaysian officials in Turkiye.

Anwar commended the detainees for their resilience and sacrifice.

"They contributed greatly in awakening hundreds of millions around the world. We salute their resilience and their sacrifice," he said.

He added that the flotilla

mission had exposed Israel's refusal to allow even humanitarian aid into Gaza.

"This regime not only attacks what it labels as resistance groups, which we regard as the liberation movement for Palestine and Gaza, but also blocks humanitarian efforts."

"Only a cruel and uncivilised regime would act in such a manner. A civilised nation would at the very least allow food, medicine and aid to reach the people."

On the broader Middle East peace process, Anwar said while the latest initiative proposed by US President Donald Trump had gained international support, Malaysia's endorsement remains conditional pending guarantees for Palestinian freedom and independence.

He said Malaysia's position would remain aligned with

Arab and Islamic nations as well as Hamas, which has set four conditions – cessation of attacks, liberation of Palestine and Gaza, the opening of humanitarian corridors and the release of all detainees.

"For now, my full attention is focused on ensuring our citizens return home safely."

Anwar added that the humanitarian mission had raised awareness among millions worldwide.

More than 500 activists from 44 countries, including Malaysia, took part in the mission as a show of solidarity and in an effort to break the Israeli blockade.

The GSF vessels were sailing towards Gaza when they were intercepted by Israeli forces.

The Foreign Ministry earlier said all 23 Malaysians in the GSF group had been detained and would be repatriated through a third country.

Malaysia lauds conditional acceptance of peace plan by Hamas leaders

SEPANG: Malaysia welcomes Hamas' conditional acceptance of the 20-point Peace Plan proposed by United States President Donald Trump, said Foreign Minister Datuk Seri Mohamad Hasan.

He added that the development is seen as a starting point towards lasting peace for Palestine and its people.

"Alhamdulillah, we are grateful that Hamas has accepted the plan, even if conditionally. This means it cannot be used as an excuse that Hamas has rejected these 20 points to continue attacking Gaza and killing Palestinians."

He was speaking at a media conference after visiting the Sumud Nusantara Command Centre (SNCC) yesterday.

Mohamad said the acceptance also reflects Hamas' willingness to seek a peaceful solution.

He added that he expects humanitarian aid routes through the Rafah Crossing and the King Hussein Bridge to be opened once the peace plan is implemented.

He urged parties wishing to channel aid to the Palestinian people in Gaza and the West Bank to liaise directly with the Foreign Ministry so that the delivery process could be organised quickly and systematically.

Hamas was reported to have accepted part of the ceasefire plan proposed by Trump but

stated that several elements in the plan still require further negotiations.

On Friday, Trump set a deadline of 6pm (Washington time) on Sunday for Hamas to agree to the plan.

The plan, among others, aims to make Gaza a demilitarised zone with a transitional governing mechanism directly overseen by Trump through an international body tasked with monitoring its implementation.

It also includes the release of all Israeli captives within 72 hours of its approval, in exchange for the release of hundreds of Palestinian prisoners from Israeli jails, Bernama reported.

It also calls for an end to hostilities, the disarmament of all armed groups in Gaza and Israel's phased withdrawal from the territory, which would then be administered by a technocratic authority under the supervision of an international body led by the US president.

Israel has imposed a blockade on Gaza, home to nearly 2.4 million people, for almost 18 years.

The blockade was tightened in March when the regime closed border crossings and restricted the delivery of food and medicine, triggering starvation.

Since October 2023, nearly 66,300 Palestinians have been killed in Israeli airstrikes, most of them women and children.



Mohamad being briefed by SNCC director-general Datuk Dr Sani Araby Abdul Alim Araby after visiting the centre in Sepang yesterday. – BERNAMAPIC

Parents welcome healthier option move at canteens

PETALING JAYA: Parents say the government ban on 12 categories of food and drinks in school canteens is a welcome step, but say its impact may be fleeting unless reinforced at home and beyond school grounds.

For some parents, the move provides reassurance.

Afiq Fitri Mohd Badaruddin, 33, whose seven-year-old daughter is in primary school, said his child no longer buys unhealthy snacks during recess.

"When it was available, she would sometimes buy it. But now, she doesn't buy anything from outside vendors or co-op stores at all," he said, adding that teachers also remind pupils to avoid outside vendors.

However, Afiq believes the impact of the ban is short-term.

"It only works during school hours. At home, if parents still provide unhealthy food, children will eat it. Unless parents really control their diet, the habit won't change."

Malathy Arumugam, 49, whose 13-year-old son is in secondary school, observed some positive changes, but noted that the healthier options in canteens were not always appealing.

"He eats less fried or sugary food compared with before."

"But most of the time, he eats the healthier items because there's no choice, not because he enjoys them," she said.

Malathy added that she usually packs food for him, which makes him rarely purchase meals from the canteen.

"He tends to buy packaged things like *keropok* or drinks after co-curricular activities or extra classes."

"Outside the school, he buys *cendol* if he has extra money."

While welcoming the move, Malathy stressed that broader efforts are needed.

"If children are still free to eat anything at home or outside, the effect may only be temporary."

"For it to really work, schools, parents and the community all need to be consistent."

Zuraini Zam, 42, who has four children aged between eight and 15, said her children rarely buy directly from the canteen but usually opt for simple items such as *keropok lekor*, fried rice or *nasi lemak*.

"Outside school, they sometimes buy homemade ice cream, chocolate drinks or on occasion, fried chicken, which is not often because it's expensive," she said.

Zuraini acknowledged that the ban has had some impact but stressed that its influence does not extend beyond school hours.

"I do think the ban works just in schools. Parents still need to monitor what their children eat at home."

Overall, parents welcomed the policy as a step towards healthier school environments, but cautioned that its success ultimately depends on consistent reinforcement at home and stronger regulation outside school grounds. — By **FAIZ RUZMAN**

Sale of **junk food** outside schools hinders ban effort

■ BY **FAIZ RUZMAN**
newsdesk@thesundaily.com

PETALING JAYA: With the Education and Health ministries imposing a ban on 12 categories of unhealthy food in school canteens, operators face new rules, but outside vendors and school cooperatives are threatening to undo the initiative before it even takes root.

The ban, targeting items such as fried sausages, instant noodles, sugary drinks and French fries, aims to improve the diet of schoolchildren and prevent lifestyle related diseases.

While school canteen operators are complying, loopholes within schools and vendors outside the gates risk undermining the policy.

Malaysian Association of School Canteen Operators secretary Jazmi Hassan said food vendors have adapted quickly to circumvent the new rules.

"Every meal is complete and balanced – appropriate portion sizes with rice, vegetables and fruit. Fried rice, for instance, is never

Govt needs to coordinate enforcement to ensure all sellers accountable to enable initiative to be effective, says association official

plain, vegetables must be included. Sugary foods are not allowed, donuts with sugar coating are banned. This is the principle of healthy food in schools, especially for primary pupils," he told *theSun* via WhatsApp.

Despite their compliance, Jazmi expressed frustration that school cooperatives and external vendors continue to sell the very items now prohibited in canteens.

"In some schools, cooperatives, curricular clubs or societies sell such food to raise funds. Outside the gates, vendors often offer even more unhealthy options. Children avoid these foods inside the school. But once outside, they purchase them while waiting for their rides or parents."

He called on the government and local authorities to coordinate

enforcement to ensure that all sellers – not just canteen operators – be held accountable.

Nutrition experts warn that without a supportive environment, the ban may have limited impact.

University Teknologi Mara Assoc Prof Dr Azizah Abdul Rahman said: "If unhealthy items are available in cooperatives or outside schools, the intended effect is lost. Children need consistent cues guiding them to healthier choices, not mixed messages."

Azizah added that education is crucial.

"Children must also learn why these foods are limited. It cannot be just a rule without explanation."

"When they understand the reasons, they are more likely to adopt healthy habits that last beyond school hours,"

she said.

While considering international examples, Taylor's University nutrition specialist Prof Dr Tilakavati Karupiah cautioned that stricter systems like the United Kingdom's centralised school kitchens may not work seamlessly in Malaysia.

"Centralised kitchens can improve standards, but they also carry risks, particularly microbial contamination," she said.

She cited Indonesia's Free Nutritious Meals Programme, launched in January 2025, which has already seen multiple food poisoning outbreaks across provinces, including West Java and Central Java, affecting thousands of students.

She emphasised that reforms must combine tighter standards with safeguards.

"Canteen operators cannot bear the burden alone. Parents, local governments and the wider food system must align."

"Otherwise, the good work inside canteens would be overshadowed by what remains available outside."

'Collaboration needed to strengthen teaching profession'

■ BY **QIRANA NABILLA MOHD RASHIDI**
newsdesk@thesundaily.com

PETALING JAYA: Teachers are being celebrated worldwide today on World Teachers' Day, with the Malaysian Association for Education (MAE) calling for collaboration to be made the norm in the profession, warning that without stronger support, efforts to build an inclusive and resilient education system

would fall short.

Founded in 1968 and a founding member of Education International (EI), MAE said teacher cooperation must be embedded in national education policies and decision-making to strengthen professionalism, inclusivity and retention in the sector.

MAE president Datuk Dr Mohd Majid Konting said teachers are central to education systems, driving

learning, inclusivity and innovation.

Yet, many work without collaborative structures to support their pedagogy, agency, professionalism or wellbeing.

"This year's celebration highlights the transformative potential of collaboration for teachers, schools and the education system."

"It is a day to celebrate how teachers are transforming

education, but also to reflect on the support they need to fully deploy their talents and vocation, and to rethink the way forward for the profession in its mission to educate and nurture our children," he said.

As of September, the country has an estimated 416,743 teachers serving 4,987,401 children across 10,220 government primary and secondary schools, according to the Education Ministry.

The Higher Education Ministry reported another 66,388 academic staff teaching 1,224,098 students in 549 higher education institutions nationwide.

However, Mohd Majid stressed the profession remains marked by isolation, fragmented structures and limited opportunities to build networks with peers, mentors and school leaders – issues that affect both educational quality and teacher retention.

He said teacher collaboration must be central to shaping education policies and decisions.

"Teacher collaboration determines what and how education should be delivered. Neglecting it would only undermine the quality of education," he said.



Mohd Majid said this year's celebration highlights the transformative potential of collaboration for teachers, schools and the education system. — **SYED AZAHAR SYED OSMAN/THESUN**

BUDGET 2026 WISH LIST

BY QIRANA NABILLA
MOHD RASHIDI
newsdesk@thesundaily.com

PETALING JAYA: Malaysia is set to overhaul its subsidy system in Budget 2026, shifting from broad based handouts to a targeted, data-driven approach that could reshape how households and businesses manage costs.

Economists said the reform would hinge on technology, using real-time data and artificial intelligence (AI) to ensure aid reaches those who need it most.

UniKL Business School Islamic Finance associate professor Dr Aimi Zulhazmi Abdul Razak said programmes such as Budi95, which track consumption via MyKad, would likely expand to cover essentials such as cooking oil, food, electricity, education aid and cash transfers.

"AI would process this data, enabling the government to design more effective assistance programmes while planning for long-term national development," he said.

Aimi Zulhazmi added that the impact of subsidy rationalisation would be felt across all groups, from B40 and M40 households to small businesses, influencing the cost of living, inflation and purchasing power.

"At the microeconomic level, it comes down to how households and businesses allocate limited resources, which are affected by supply, demand and pricing," he said.

The introduction of Budi95 has capped fuel subsidies, replacing the previous blanket scheme that benefitted foreigners and was

Data-driven subsidy approach for Budget 2026

Economists say reforms using AI and real-time data would reshape spending patterns and fiscal planning

vulnerable to misuse.

"Under Budi95, subsidies are limited to 16 million Malaysians for up to 300 litres each per month, with any usage beyond that charged at market rates. This system helps curb overspending and strengthens fiscal health heading into 2026," he said.

He added that further rationalisation of fuel and electricity subsidies is expected next year, guided by data-driven targeting.

"If implemented successfully, unsubsidised RON95 prices will float according to global oil market trends, which are currently forecast at between US\$60 and US\$65 per barrel (between RM270 and RM293).

"The role of MyKad will expand beyond fuel, covering electricity, LPG, education aid and essential goods such as rice, sugar and cooking oil," he said.

Aimi Zulhazmi also highlighted

the trade-off between cash aid and subsidised goods.

"Cash aid offers flexibility but carries the risk of misuse, while subsidised goods ensure essentials reach those in need. The government must maintain transparency, update data regularly and establish effective feedback systems to prevent vulnerable groups just above the eligibility threshold from being overlooked," he said.

Meanwhile, Universiti Putra Malaysia Putra Business School associate professor Dr Ida Md Yasin said deeper subsidy cuts would demand political courage.

"No government can expect full public approval, even 80% acceptance would be a success. The challenge lies in ensuring fairness, as households with similar incomes may shoulder vastly different responsibilities, such as raising one child versus five," she said.

She added that broad subsidies carry hidden economic costs.

"Staples such as rice, sugar and cooking oil form the backbone of household consumption and dominate subsidy frameworks. But pushing retail prices far below market levels provides only temporary relief while encouraging smuggling and undermining fiscal stability," she said.



Aimi Zulhazmi said the role of MyKad will expand beyond fuel, covering electricity, LPG, education aid and essential goods such as rice, sugar and cooking oil. — SYED AZAHAR SYED OSMAN/THESUN

'Focus more on long-term tourism value'

BY FAIZ RUZMAN
newsdesk@thesundaily.com

PETALING JAYA: As Malaysia gears up for Visit Malaysia 2026 (VM2026), tourism industry players have called for Budget 2026 to prioritise infrastructure, connectivity and distinctive experiences over promotional campaigns to keep the country competitive on the global stage.

Trip.com Malaysia general manager Stephanie Thong said allocations should go beyond marketing to strengthen infrastructure, safety and heritage restoration, ensuring Malaysia remains a leading destination.

She said visa-free travel for China and India visitors have boosted arrivals, with Trip.com data showing Malaysia ranked among the top five destinations for Chinese travellers during Golden Week.

"Our Momentum 2025 report shows Malaysians are increasingly experience-driven.

"About 78% of travellers choose destinations based on food festivals, while 91% are inspired by TV shows and online content," she said.

Thong added that 62% of travellers book holidays based on social media, while Malaysian users compare hotels with AI tools 2.5 times more than the global average,

reflecting a market that is both price-conscious and digitally savvy.

"In the first quarter of this year, Malaysia was the most visited country in Asia, with 10.1 million arrivals, surpassing neighbouring Asean countries. The challenge now is sustaining this momentum," she said.

Universiti Utara Malaysia Management and Leadership Case Study director Assoc Prof Dr Narentheren Kaliappen said tourism contributed RM291.9 billion, or 15.1% of GDP, in 2024, highlighting its importance as a key growth driver.

He warned that Malaysia risked being "stuck in the middle" as Thailand dominated mass tourism and Singapore captured the premium segment.

"Budget 2026 must help Malaysia carve out its own niche by leveraging diversity and focusing on specialities such as eco-tourism, halal tourism, medical and edu-tourism," he said.

Narentheren proposed establishing a "Tourism Innovation Fund" to support start-ups, integrate DuitNow with Singapore's PayNow and Thailand's TAGTHai for seamless cashless travel, and strengthen community-based tourism networks.

"Most importantly, we must move from chasing numbers to

chasing value, targeting high-yield segments such as halal wellness retreats, MICE (meetings, incentives, conventions and exhibitions) and cultural tourism," he added.

Universiti Teknologi Mara tourism economist Prof Dr Hafiz Hanafiah said allocations must also address structural weaknesses, particularly in air connectivity.

"During Covid-19, many international routes to KLIA were suspended. Budget 2026 should provide incentives for airlines to restore routes to boost Malaysia's global connectivity," he said.

He added that despite high arrivals, Malaysia still lags behind regional peers in per capita tourist spending.

"We have been focusing on quantity rather than quality. The government should channel funds to upgrade tourism products to premium standards and position them as signature experiences," Hafiz said.

He also called for digital grants to help small and medium enterprises deliver services that match Malaysia's promotional efforts.

"Ensuring that what we promote can actually be delivered on the ground is critical if Malaysia wants to maximise the impact of VM2026," he added.

Budi95 'dangerous gamble' for govt

BY T.C. KHOR
newsdesk@thesundaily.com

PETALING JAYA: The government's new Budi95 programme is a "dangerous gamble" that could make or break public trust in the Madani administration, analysts have said.

Emir Research president and chief executive Datuk Dr Rais Hussin described the reform as "not a minor policy tweak" but a "high-stakes national stress test", cautioning that the savings projected are modest compared with the political risks involved.

He said fuel prices remain the most visible indicator of "bread-and-butter politics", in which even a few sen increase or decrease at the pump resonates more deeply with Malaysians than any fiscal statistic.

"On the surface, it is about fuel pricing. At a deeper level, it touches every nerve of Malaysia's governance system, fiscal stability, cost of living, political legitimacy and the integrity of national data infrastructure. The government is therefore wagering its political legitimacy on Budi95," he said in a statement.

Citing global examples, Rais said Nigeria's 2012 attempt to cut fuel subsidies triggered nationwide protests, while Indonesia succeeded

only by pairing subsidy cuts with direct cash transfers.

He added that the success of Budi95 hinges on flawless execution.

"Its effectiveness depends entirely on the integrity of the Padu, NRD and RTD systems. If databases fail to sync, legitimate citizens could be excluded. System outages, unreadable MyKads or failed e-KYC checks could fuel frustration from the start," he said.

Rais also cautioned against "sellers' inflation", in which businesses take advantage of policy shifts to raise prices despite stable costs.

He said with households already under pressure, such opportunism could erase any gains before they are felt.

Rais also questioned the government's assumptions on fuel consumption.

While officials claim 99% of motorists use less than 300 litres of RON95 a month, averaging 80 litres, he said this "conceals a spatial reality", adding that excluding the top 15% income group in future phases could enhance perceptions of fairness but also trigger pushback from higher earners, while potentially driving up logistics and consumer prices if inflation controls are not enforced.

92% of commercial vehicles yet to instal speed limit devices

KUALA LUMPUR: About 92% of commercial vehicles required to instal the use of speed limitation devices (SLD) have yet to comply, the Road Transport Department (RTD) revealed yesterday.

Senior enforcement director Datuk Muhammad Kifli Ma Hassan said since enforcement began on Oct 1, only 8,030 vehicles have been verified as using SLD, comprising 513 express buses, 290 tour buses and 7,227 goods vehicles.

"Of the 108,805 vehicles targeted in the first phase, 2,015 express buses, 5,951 tour buses and 92,709 goods vehicles have yet to submit verification," he said at a press conference at the Gombak enforcement station.

In the first three days of enforcement, the department inspected 2,180 vehicles.

Of these, 385, including 144 express buses and 221 goods vehicles, were found in violation for failing to present the verification slip confirming the functionality of their SLD.

The regulation applies to commercial vehicles manufactured after Jan 1, 2015, specifically express and tour buses with a gross vehicle weight exceeding 5,000kg and goods vehicles above 3,500kg.

Muhammad Kifli explained that all installation, configuration and activation of SLD must be certified by an RTD recognised body with an official verification slip and report. – Bernama

Over 100 evacuated due to flash floods

JOHOR BAHRU: A total of 107 residents from 33 families in Pontian were relocated to a temporary relief centre following flash floods yesterday. State Disaster Management Committee chairman and State Government Secretary Datuk Asman Shah Abd Rahman said the centre at Sekolah Kebangsaan Melayu Raya was opened at 6am.

He added that the affected villages were Kampung Melayu Raya, Kampung Paya Embun, Kampung Pak Kalib, Kampung Seri Menanti and Kampung Maju Jaya.

"Initial reports indicate that continuous heavy rain and water runoff from Gunung Pulai caused the floods," he said in a statement. – Bernama

35 statements recorded over death of pupil

SEREMBAN: Police have recorded statements from 35 individuals in connection with an incident on Wednesday in which a Year Four pupil was found unconscious at a school in Senawang and later pronounced dead.

Negeri Sembilan police chief

Datuk Alzafny Ahmad said those interviewed included students, teachers, school staff, doctors and family members of the deceased.

"We are also obtaining several reports and records from the school, forensics department and the hospital. The investigation

papers are expected to be referred to the deputy public prosecutor in the near future.

"Further investigations are underway, and the case is being probed under Section 507C of the Penal Code," he told Bernama yesterday, while urging the public not to make any

speculations that could disrupt the investigation.

Education Minister Fadhlina Sidek earlier stated the ministry was leaving the investigation entirely to police, while expressing confidence that it would be conducted transparently.

Govt urged to grant funds for management of strays

■ BY QIRANA NABILLA
MOHD RASHIDI
newsdesk@thesundaily.com

PETALING JAYA: The stray animal crisis in Malaysia is reaching a tipping point, with shelters overwhelmed and volunteers stretched thin.

The Malaysian Stray Animal Association (MSAA) has urged the government to allocate dedicated funding under Budget 2026 to curb overpopulation, support shelters and strengthen emergency response during disasters.

The NGO proposed an initial annual allocation of between RM20 million and RM30 million

Animal welfare NGO seeks allocation of RM30 million in Budget 2026 for rescue work and to address overpopulation

to fund critical programmes such as nationwide trap-neuter-release (TNR) campaigns, treatment for sick and injured animals, shelter operations and the establishment of an animal disaster response unit.

"While larger funding will be needed for full nationwide implementation, the immediate priority is to establish a dedicated budget line in 2026 to formally recognise stray animal welfare as

part of Malaysia's national agenda," MSAA said in a statement.

It stressed that stray management is not merely an animal welfare issue but also a public health concern.

Vaccination and feeding programmes help control rabies and other diseases, while stray related road crashes highlight the urgency for action.

It added that floods and other

disasters often leave animals behind due to the absence of coordinated rescue measures.

"Currently, the care and management of strays rely almost entirely on NGOs and volunteers, with no federal support. This model is unsustainable," MSAA said.

The association called for a comprehensive national plan that includes a large scale TNR programme, subsidies for treatment of sick, injured or abused animals, and monthly aid for registered shelters to cover food, rent and staffing costs.

It also urged the creation of a national animal disaster response unit equipped with rescue vehicles, boats, cages and trained teams to operate during floods and fires.

MSAA further appealed for stronger enforcement of the Animal Welfare Act 2015 through more officers, faster investigations and tougher penalties for cruelty.

It proposed regulated community feeding stations to reduce conflict and maintain hygiene as well as a national pet registration and microchipping system to prevent abandonment of animals and promote owner accountability.

"Stray animal welfare must be integrated into national planning, given its direct impact on health, safety and social responsibility," MSAA said, adding that Budget 2026 presents the right opportunity to formalise long-term solutions that benefit both animals and the public.



The association stressed that stray management is not merely an animal welfare issue but also a public health concern. – ADAM AMIR HAMZAH/THESUN

Four decades on, Subang Base still central to RMAF

SUBANG: The Subang Air Base remains a strategic cornerstone of the nation, ensuring the Royal Malaysian Air Force (RMAF) retains its vital airlift capability for both defence and humanitarian missions.

RMAF Chief Jen Datuk Seri Muhamad Norazlan Aris said since its establishment 40 years ago, the base has served as the country's main hub for strategic transport aircraft, including the A400M and C130, and has played a key role in numerous high-impact missions that have brought hope to the people.

"Whenever a transport mission is

required, whether to deliver humanitarian aid abroad or support domestic security operations, Subang Air Base is the centre of preparation.

"Aircraft are deployed and personnel mobilised from here to carry out their duties," he said after officiating at the RMAF Open Day held in conjunction with the 40th anniversary of the base.

He added that almost every week, the base manages logistical flights, including disaster relief operations and the transport of materials to field hospitals.

"Logistics missions are

conducted at least twice a week, not including special assignments with the army and navy. Its role is crucial, as nearly all transport missions originate from Subang," he said.

Muhamad Norazlan added that despite its age, the base remains highly relevant due to its strategic location near the capital and the suitability of the aircraft stationed there.

"This base is a national strategic asset. It is not only an operational hub but also a second home for personnel who stand ready to be deployed at a moment's notice to serve the country."

Subang Air Base Commander Brig-Jen Yusri Jamari said the Open Day offered the public a rare opportunity to view the capabilities of the air force.

"Previously, the public could only observe from afar. This time, they and aspiring pilots keen to join the force can interact directly with our personnel and their families," he said.

The event drew a strong turnout, with attendance expected to reach 50,000 over two days.

"Today alone, 30,000 visitors attended and tomorrow, we anticipate another 20,000 filling the

exhibition and activity areas," Yusri said.

He highlighted that the event not only showcased defence assets but also underscored the vital role of the base in national security and the importance of strengthening ties between the military and the community.

"This base exists because of national security. The public must understand that safeguarding the nation is not solely the responsibility of the air force. It is a shared mandate for all Malaysians. The military and the people are inseparable," he added. – Bernama

Gandhi award honour for education advocate

BAC managing director recognised for lifelong dedication to learning, social good and humanitarian initiatives

BY THE SUN TEAM
newsdesk@thesundaily.com

PETALING JAYA: BAC Education Group managing director Raja Singham has been honoured with the 2025 Gandhi Memorial Trust (GMT) Award for Public Services, a recognition that cements his decades-long journey of turning education into a force for social good and humanitarian change. The award was presented Oct 2 on Mahatma Gandhi's birthday, a symbolic moment that Raja described as a reminder of the power of collective action.

"It is an honour to receive this award on Gandhi's birthday.

"But this is not a personal achievement – it belongs to my wife, Meera Mahendranathan, my family, my colleagues at BAC and the many donors, friends and supporters who have walked this journey with me. Nothing we do is ever done alone," he said.

Over more than three decades, Raja has transformed BAC Education into a group of more than 25 entities in higher education, training, digital media and technology.

Yet, his vision has always been larger than academic achievement, aiming instead to shape character, foster inclusivity and put service to humanity at the heart

of learning.

Through platforms such as SPMFlix, IGCSEFlix, UPSRFlix, PT3Flix, SJKCFlix and SJKTFlix, BAC has delivered over 9,000 free lessons, reaching hundreds of thousands of students nationwide.

His 1MillionDevices.my initiative has placed laptops and tablets in the hands of underprivileged children, helping bridge the country's digital divide.

Raja's work has consistently reached those at the margins.

The FreeMakan programme delivered food aid to more than 200,000 people during the pandemic, while partnerships with Unicef and other organisations extended relief efforts to India, Sri Lanka and Nepal.

His focus on entrepreneurship has created opportunities for thousands more. Through Project DEEP and the Asean Mentorship for Entrepreneurs Network, over 10,000 entrepreneurs have been trained and mentored, while single mothers and B40 families have been given the tools to build sustainable livelihoods.

Accepting the award, Raja turned to Gandhi's wisdom to underscore his message.

"The best way to find yourself is to lose yourself in service to others," he quoted, adding: "Education is not just about literacy or knowledge. It's about



Raja with his wife Meera at the event. – PIC COURTESY OF BAC EDUCATION

building character and serving humanity.

"We must stop viewing people through the lens of race, citizenship or religion. Service means service to humanity – regardless of who they are."

He stressed that humility is at the core of meaningful leadership.

"Humility is far more powerful than anything else," he said, pointing to Gandhi's example as a man whose quiet strength moved nations.

Raja urged Malaysians not to underestimate the impact of small actions.

"It is very easy to sit in the background and not do anything. But within each of us

is the power to do great things. It doesn't need to start big. Sometimes, it begins with just listening to someone who has a problem. Nothing is impossible if we start now."

He joins a distinguished list of GMT Award recipients, including the late Karpal Singh, who was honoured for his decades of legal and human rights advocacy, Datuk Ambiga Sreenevasan, recognised for her civil society leadership and peace activist Datuk Dr Anwar Fazal, founder of the Penang Gandhi Peace Centre.

In joining their ranks, Raja's work embodies the very ideals of Gandhi – humility, inclusivity and service.

Pupil enters book of record with karate feat

SEREMBAN: An eight-year-old boy, V. Vasanth Abhinandan, etched his name in the Malaysia Book of Records (MBR) after performing *Karate Kata* movements on nails for 10 minutes, creating a unique milestone in martial arts.

The Year Two pupil received recognition under the category "Most Karate Kata Movements on Nails by a Child in 10 Minutes".

What made the feat more remarkable was that the idea of showcasing *karate* on spiked shoes came from Vasanth Abhinandan himself, as he wanted to stand out from other *karate* students.

His father, K. Vasantha, 41, said his only child trained for a year to master the *Kata* movements using specially-made spiked shoes.

"My son began learning karate at the age of three and has already achieved many victories in junior *karate* championships both locally and abroad," he said after receiving the certificate of recognition from MBR official Siti Hajar Johor.

Apart from the MBR achievement, Vasanth also made his mark in the "Yoga Asia World Record 2025" by setting the record for the longest single-leg stand in the children's category last July.

Vasantha, who is a single father, said his son also clinched the *Karate Kata* title at an international sports championship in Kuala Lumpur last year, and received the 2024 Best Non-Games Sports Achievement Award from the state government. – Bernama

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Wanted Australian blogger out on bail

BANGKOK: Thai police have confirmed the arrest of Australian blogger Murray Hunter at Suvarnabhumi Airport on Sept 29, but he was later released on bail.

According to a detention warrant issued by the Bangkok South Criminal Court, Hunter was taken into custody by police on Monday before being handed to investigators at Yannawa police station.

"Hunter was apprehended under an arrest warrant dated March 27, 2025, in connection with a criminal case filed at Yannawa police station.

"The case stems from an incident on June 21, 2024, when the complainant, while staying at a Shangri-La Hotel in Bangkok, discovered allegedly defamatory articles published on Hunter's website," the warrant stated.

The defamation charge carries a maximum penalty of two years' imprisonment and a fine of 200,000 baht (RM26,043).

It is alleged that the articles defamed the Malaysian Communications and Multimedia Commission (MCMC).

Investigators claim that Hunter published four articles between April 13 and 29 last year containing false statements and accusations that could undermine the credibility and reputation of MCMC.

Hunter has posted bail but is not permitted to leave Thailand.

Earlier, MCMC said all matters relating to the arrest fall under the jurisdiction of Thai authorities. – Bernama

School collapse death toll rises to 14

SIDOARJO: The death toll in a school collapse rose to 14 yesterday, an official said, as rescuers moved to deploy heavy machinery to recover dozens more victims believed still buried under the rubble.

The Al Khoziny school in the town of Sidoarjo in East Java province caved in on Monday, crumbling upon hundreds of teenage students during afternoon prayer, as its foundation was unable to support construction work on its upper floors.

National Disaster Mitigation Agency chief Suharyanto told reporters rescuers found nine bodies on Friday.

"We are still searching for 49 people," Suharyanto said yesterday as reported by broadcaster *Kompas TV*.

More victims could be found, Suharyanto said, as rescuers moved to use heavy machinery to clear locations where the victims were believed to be buried underneath the rubble.

"After the last victim was found last night, we are focusing on a massive cleanup, with heavy equipment entering the collapsed areas."

Investigators have been looking into the cause of the collapse, but initial signs pointed to substandard construction, experts have said.

The rescue operation was complex because vibrations in one place could affect other areas, officials said. – AFP/Reuters

Takaichi set to be Japan's first female premier

Nationalist picked to lead ruling party

TOKYO: Japan's ruling party picked nationalist Sanae Takaichi as its new head yesterday, putting her on course to become the country's first female prime minister.

The Liberal Democratic Party elected Takaichi, 64, to regain trust from a public angered by rising prices and drawn to opposition groups promising big stimulus and clampdowns on foreigners.

A vote in parliament to choose a prime minister to replace Shigeru Ishiba is expected to be held on Oct 15.

The new LDP president is likely to succeed Shigeru Ishiba as leader of the world's fourth-biggest economy because the party, which has governed Japan for almost all the postwar period, is the biggest in parliament.

But this is not assured as the party and its coalition partner lost their majorities in both houses under Ishiba in the past year.

Takaichi, the only woman among the five LDP candidates, beat a challenge

from the more moderate Shinjiro Koizumi, 44, who was bidding to become the country's youngest leader in the modern era.

A former internal affairs minister with an expansionary economic agenda, Takaichi inherits a party in crisis.

Other parties, including the fiscally expansionist Democratic Party for the People and the anti-immigration Sanseito have been steadily luring voters, especially younger ones, away from LDP.

"Recently, I have heard harsh voices from across the

country saying we don't know what LDP stands for anymore," said Takaichi in her speech before the second-round vote.

"That sense of urgency drove me. I wanted to turn people's anxieties about their future into hope."

Takaichi, who says her hero is Margaret Thatcher, Britain's first female prime minister, offered a starker vision for change than Koizumi and is potentially more disruptive.

An advocate of late premier Shinzo Abe's "Abenomics" strategy to jolt the economy with aggressive spending and easy monetary policy, she has previously criticised the Bank of Japan's interest rate increases.

Such a policy shift could spook investors worried about one of the world's biggest debt loads.

Takaichi has also raised the possibility of redoing an investment deal with President Donald Trump that lowered his punishing tariffs in return for Japanese taxpayer-backed investment.

Her nationalistic positions – such as her regular visits to the Yasukuni shrine to Japan's war dead, viewed by some Asian neighbours as a symbol of its past militarism – may rile South Korea and China.

She also favours revising Japan's pacifist postwar constitution and suggested this year that Japan could form a "quasi-security alliance" with Taiwan, the democratically governed island claimed by China.

If elected, Takaichi said she would travel overseas more regularly than her predecessor to spread the word that "Japan is Back!" – Reuters



Takaichi celebrates after winning the LDP leadership election. – AFP/IC

Young Khmer women brew winning formula

PHNOM PENH: Young enterprising Cambodian women are redefining the local coffee industry by creating new career paths and showcasing their entrepreneurial skills that challenge traditional norms.

Thousands of trailblazing Generation Z females are starting their own mobile coffee kiosks or working as baristas in beverage outlets around Phnom Penh.

Fuelled by entrepreneurial zeal and a desire to escape monotonous work routines, low-cost mobile coffee stalls are becoming a new pathways that offer career mobility and financial independence.

Founder and chief executive

officer of local brand Alarm Clock Coffee Vy Chandra Rainsey said this trend signals the emergence of a new young workforce that is shaping a fresh vocation.

"Coffee lovers are becoming owners of coffee shops. Many young people, especially Generation Z, are entering the business because it is easy to start and does not require major infrastructure or capital.

"They learn how to run a business through social media," Rainsey said.

Rainsey started his modest mobile cart business in 2017 with his two partners, and now owns nine outlets in the city. Nearly 70% of his staff are young

women who mostly work as baristas.

In Cambodia, women are known for their industriousness and sound financial skills. They are envied as tough business negotiators.

In cosmopolitan Phnom Penh, mobile coffee kiosks are popping up in every nook and cranny – around malls, markets, universities and residential areas.

Cheaper financing for new start-ups, lower operational costs, digital payment options and affordable fancy mobile carts are fuelling the growth.

"More teenagers are drinking coffee even at midnight. It is becoming a trend, a new culture.

So, there is high demand for coffee outlets and the supply is also plenty.

"But profit margins are not so high.

"The young generation enter this market with a new business model and it shapes a new work culture.

"They don't rely on branding or marketing, one or two outlets are enough for them," said Rainsey.

These makeshift coffee kiosks are quietly rivalling well-established local and foreign brands for a share of the growing market.

The energetic Generation Z is certainly emerging as a game-changer. – Bernama

Hamas ready for peace

Heavy airstrikes, shelling despite Trump appeal

CAIRO: President Donald Trump told Israel on Friday to immediately stop bombing Gaza after Hamas agreed to release hostages and accept some other terms in a US plan to end the war, but vexing issues such as disarmament appeared unresolved.

Prime Minister Benjamin Netanyahu's office said Israel was preparing for an "immediate implementation" of the first stage of Trump's Gaza plan for the release of Israeli hostages following Hamas' response.

Hamas responded to Trump's 20-point plan after he gave the group until today to accept or face grave consequences.

Trump, who has cast himself as the only person capable of achieving peace in Gaza, has invested significant political capital in efforts to end a two-year-old war that has killed tens of thousands and left Israel increasingly isolated on the world stage.

Trump said he believed Hamas had showed it was "ready for a lasting peace" and he put the onus on Netanyahu's government.

"Israel must immediately stop the bombing of Gaza, so that we can get the

hostages out safely and quickly!" Trump wrote on his Truth Social platform.

"We are already in discussions on details to be worked out. This is not about Gaza alone, this is about long sought peace in the Middle East."

Netanyahu's office said Israel "will continue to work in full cooperation with the president and his team to end the war in accordance with the principles set out by Israel, which align with President Trump's vision".

Gaza's civil defence agency said yesterday that Israel carried out dozens of airstrikes and artillery shelling on Gaza City despite Trump's appeal.

"It was a very violent night, during which the (Israeli army) carried out dozens of airstrikes and artillery shelling on Gaza City and other areas in the Strip," civil defence spokesman Mahmud Bassal told AFP.

Bassal said 20 homes were destroyed.

Gaza City's Baptist Hospital said it received casualties from a strike on a home in the city's Tuffah neighbourhood, including four dead and several wounded.

Gaza's Nasser Hospital in Khan Younis said two children were killed and eight people wounded in a drone strike on a tent in camp for displaced Gazans.

Israel's military offensive has killed more than 66,000 people in Gaza, most of

them civilians.

Its assault has destroyed much of the strip while aid restrictions have triggered a famine in parts of Gaza, with conditions dire across the enclave.

A UN Commission of Inquiry and human rights experts have concluded that Israel has committed genocide in Gaza. Netanyahu's government says it has acted in self-defence.

Hamas, in a copy of its response seen by Reuters, did not say whether it would agree to disarm and demilitarise Gaza – something Israel and the US want but Hamas has rejected.

It also did not agree to an Israeli withdrawal in stages, as opposed to the immediate, full withdrawal Hamas demands.

A senior Hamas official told Al Jazeera that the group would not disarm before Israel's occupation of the enclave ends, comments that underscored the gap between the parties.

Qatar has begun coordination with mediator Egypt and the United States to continue talks on Trump's Gaza plan, a Qatari Foreign Ministry spokesperson said on X.

Trump's plan specifies an immediate ceasefire, an exchange of all hostages held by Hamas for Palestinian prisoners held by Israel, a staged Israeli withdrawal from Gaza, the disarmament of Hamas and the introduction of a transitional government led by an international body.

In its response to Trump's plan, Hamas said it "appreciates the Arab, Islamic and international efforts, as well as the efforts of President Donald Trump, calling for an end to the war on the Gaza Strip, the exchange of prisoners, (and) the immediate entry of aid", among other terms.

It said it was announcing its "approval of releasing all occupation prisoners – both living and remains – according to the exchange formula contained in Trump's proposal, with the necessary field conditions for implementing the exchange."

But Hamas said: "The movement affirms its readiness to immediately enter, through the mediators, into negotiations to discuss the details."

The group said it was ready "to hand over the administration of the Gaza Strip to a Palestinian body of technocrats based on Palestinian national consensus and supported by Arab and Islamic backing".

Hamas did not make clear whether it would agree to Trump's proposal that it be barred from exercising political power. But the group said it should be "included and will contribute" to any Palestinian national discussion on Gaza's future. – Reuters/AFP



A Palestinian child walking barefoot to collect water in central Gaza Strip. – REUTERS/PIC

US attacks boat off Venezuela

WASHINGTON: US forces carried out a strike on an alleged drug-smuggling boat off the coast of Venezuela on Friday, killing four people, Defence Secretary Pete Hegseth said.

The latest strike, which Hegseth announced in a post on X, brings the number of such US attacks to at least four, leaving at least 21 people dead.

An accompanying video shared by Hegseth showed a boat speeding across the waves before being engulfed in smoke and flames.

"Four male narco-terrorists aboard the vessel were killed," the Pentagon chief wrote.

He said the strike "was conducted in international waters just off the coast of Venezuela while the vessel was transporting substantial amounts of narcotics headed to America to poison our people."

Venezuelan President Nicolas Maduro and some of his allies in the region condemned the attack.

The latest military action comes after President Donald Trump's administration said in a notice to Congress that he has determined the United States is engaged in "armed conflict" with drug cartels.

Washington has not released evidence to support its assertion that the targets of its strikes were drug smugglers, and experts say the summary killings are illegal even if they target confirmed narcotics traffickers.

The administration's letter, a copy of which was obtained by AFP on Thursday, was designed as a legal justification for at least three previous strikes.

"The president determined these cartels are non-state armed groups, designated them as terrorist organisations, and determined that their actions constitute an armed attack against the United States," said the notice from the Pentagon. – AFP

Russia to test biometric checks

MOSCOW: Russia is finalising the development of a new biometric boarding service for air passengers called "Migom", with the testing set to begin next year.

Deputy Prime Minister and Chief of Staff Dmitry Grigorenko said the system is designed to simplify pre-flight procedures and eliminate the need for passengers to present identity documents when checking in, passing security in the departure area or boarding domestic flights.

Pulkovo Airport in St Petersburg will serve as the pilot site for testing, he said, adding that the airport already offers biometric access to business lounges and biometric payment options at shops.

Russians have used biometric services more than 150 million times to pay for purchases and metro rides, receive services online and at public service centres, Grigorenko said.

Officials added that legislative changes will be prepared to implement the project.

Biometric identification will serve as an alternative to a passport during pre-flight procedures, with passengers retaining the choice of using either method to board their flight. – Bernama

US\$100,000 visa fee rule challenged in court

SAN FRANCISCO: A coalition of unions, employers and religious groups filed a lawsuit on Friday seeking to block President Donald Trump's bid to impose a US\$100,000 (RM420,922) fee on new H-1B visas for highly-skilled foreign workers.

The lawsuit filed in federal court in San Francisco is the first to challenge a proclamation issued two weeks ago announcing the fee as the US government moves to further restrict immigration.

Plaintiffs include the United Auto Workers union, American Association of University Professors, a nurse recruitment agency and several religious organisations.

They argued that Trump's power to restrict the entry of certain foreign nationals does not allow him to override the law that created the H-1B visa programme.

White House spokesperson Abigail Jackson said in a statement Trump's

administration engaged in lawful actions "discouraging companies from spamming the system and driving down American wages, while providing certainty to employers who need to bring the best talent from overseas".

The programme allows US employers to hire foreign workers in specialty fields, and technology companies in particular rely heavily on workers who receive H-1B visas. – Reuters



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Digital hustle

is growing and so are the risks



Digital products are trending but not everyone wins

BY DAYANA SOBRI

THE allure of making money online without ever having to deal with stock, shipping or even face-to-face interaction has made digital products one of the most talked-about business models in recent years. From downloadable templates and e-books to online courses and AI prompts, many Malaysians are exploring the potential of selling digital goods as a side hustle or even a full-time income stream.

But as more people flood social media platforms with claims of five-figure passive income, a new concern is emerging. Is this digital gold rush a genuine opportunity or just the latest version of a creative pyramid scheme?

Low cost, high potential: Or low value, high pressure?

At its core, selling digital products is a logical business move. After all, digital files can be duplicated infinitely at virtually no cost, creating a scalable model that doesn't require physical inventory. The initial investment is often limited to time, skills and marketing efforts.

"Digital products remove barriers that traditional businesses face," said business strategist Evie Mon.

"You can start with minimal capital and reach a global audience instantly. That's attractive, especially in today's gig economy."

Yet, Mon warned that what appears simple on the surface can quickly become complicated.

"Some people assume they can just throw together a Canva template or an AI-generated e-book and sell it for RM50. But without a real strategy or understanding of the market, it ends up being a race to the bottom."

Where the line starts to blur

The rise of digital entrepreneurship has coincided with a boom in online coaching, mentorship and "make money while you sleep" courses — many of which cost hundreds or even thousands of ringgit. Frequently marketed through emotional appeals and lifestyle imagery, these courses promise financial freedom but often deliver generic content that lacks real substance.



Digital products offer freedom and flexibility, but they are tools, not instant riches."

Mon

"It starts to feel like an MLM when the focus shifts from the product to recruiting others to sell the same product. You're not selling value — you're selling the idea of selling," said digital marketing consultant Iman Mohd.

What Iman was referring to are digital products that come with Master Reseller Rights, which allow you to sell the same item to another seller, who, in turn, receives the same rights to sell the same item to another seller. It goes on and on.

In Malaysia, the Direct Selling Association of Malaysia (DSAM) and the Ministry of Domestic Trade have strict definitions for pyramid schemes. However, many digital business models operate in a grey area — technically legal, but ethically questionable.

"I bought a RM900 course on how to make money selling Notion templates," said Nirman Juhani, a digital content creator with 7,000 followers on TikTok.

"Turns out, the whole course was just teaching me how to repackage and sell the same course to others. I didn't feel like I was learning a skill — I was just becoming a cog in someone else's funnel."

The illusion of passive income

One of the most common selling points in the digital product world is the idea of passive income — where you do the work once, then sit back and earn money forever. While this is technically possible, it's rarely that straightforward.

"You might be spared from dealing with refunds since the nature of digital products makes them non-refundable, but you still need to market, update and engage with customers," said Nirman.

"It's not passive unless you've already built a brand and a following."

Many digital entrepreneurs spend months or even years building their audience before seeing meaningful income. That nuance is often lost in the way digital success stories are presented online.

"In Malaysia, people are drawn to the idea of escaping the 9-to-5 job. But they don't always see the backend — the email campaigns, analytics, SEO and content creation. It's a full-time job before it becomes passive," said Mon.

Who's really making money?

Platforms like TikTok, Instagram and Telegram are now flooded with creators offering "instant side hustles" that claim to require no skill or time. These often involve reselling Private Label Rights content — such as e-books or templates that can be repackaged and sold as your own.



Creators who prioritise community and transparency often gain more trust and long-term sales."

Nirman

"The real winners in this ecosystem are the ones selling the shovels – not digging for gold. It mirrors the dynamics of MLMs where the top tier profits from selling hope, rather than product," said Mon.

A 2023 study by the World Bank found that 61% of Malaysian youths are actively seeking alternative online income streams, but only 17% reported sustained earnings after six months.

"Digital products aren't a scam, but the way they're sold can be misleading," Mon reiterated.

"There's a performative culture of success – curated screenshots of income, fake scarcity and emotionally manipulative sales tactics. Consumers must learn to separate marketing from reality."

Legal grey areas and consumer protection

Unlike regulated industries, the sale of digital products often happens without contracts, customer protection or return policies. This creates a loophole in which consumers have little recourse when the promised value isn't delivered.

"Under Malaysia's Consumer Protection Act, digital goods are still a bit of a grey area, especially if the transaction happens through social media or peer-to-peer apps," said Mon's colleague, legal analyst and e-commerce consultant Serena Lai.

"You're not buying from a registered company – you're often buying from a stranger online," Lai advised Malaysians to be wary of digital offerings that promise guaranteed income, instant success or no-effort strategies.

"If it sounds too good to be true, it usually is," she said.

"Always ask: What am I actually buying and can I verify the creator's expertise?"

When digital products do work

Despite the noise, legitimate creators are making an honest income through digital products. These include designers selling fonts, writers offering self-published books, educators creating original online courses and small businesses using downloadable tools to support clients.

The key difference, experts say, lies in authenticity and value.

"If it sounds too good to be true, it usually is."

Lai



Consumers must learn to distinguish between marketing and reality in the digital space.

"If you're solving a real problem, such as teaching a skill, offering a well-designed tool or curating information that saves time – there's a market for that," said Nirman.

Creators who focus on building community and transparency tend to earn more trust and long-term sales, compared to those chasing short-term trends or relying on affiliate-driven hype.

"The most sustainable digital product businesses I've seen in Malaysia are built on expertise, not shortcuts," said Mon.

"They grow slowly, but they last."

Mind the algorithm trap

Another issue digital sellers face is overdependence on platform algorithms. Many creators find themselves at the mercy of changing rules on Etsy, Instagram or TikTok, which can suddenly throttle traffic or penalise sellers without warning.

"You can have a great product, but if your content doesn't 'perform', no one sees it," said Nirman, whose comedy content amassed millions of viewers on TikTok.

"It becomes more about gaming the system than creating something meaningful."

This dynamic pushes sellers to focus on marketing over substance, which only fuels the cycle of superficial digital offerings and burnout.

So ... is it worth it?

The answer is yes – but with caveats.

Selling digital products can be worth it if approached like a real business. That means understanding your audience, offering genuine value, pricing ethically and committing to ongoing effort.

It becomes problematic when driven by hype, dishonest marketing or the promise of "passive income" without work.

"Digital products should be seen as tools, not magic bullets," said Mon.

"They offer freedom and flexibility, but not instant riches."

Malaysians looking to explore this space are encouraged to do their homework, resist pressure to buy overpriced courses or software and build based on knowledge, not desperation.

"Ask yourself: Would I buy this product if I didn't make money from it? Would I recommend it to a friend, honestly?" Mon emphasised.

"If the answer is no, then you probably shouldn't sell it either."

From hustle to intention

As consumers, we are constantly flooded with digital noise, therefore discernment is more valuable than ever. Selling digital products online is not inherently a scam – but it's also not a shortcut to easy wealth.

Malaysians are no strangers to side hustles and self-employment. But whether you're considering launching an e-book, a course, or a digital journal template, ask the deeper questions: Am I offering something useful? Is it ethical? Am I being honest – both with myself and my audience?

Because in the end, real income – like real impact is rarely instant. And authenticity, not automation, remains the most valuable product of all.



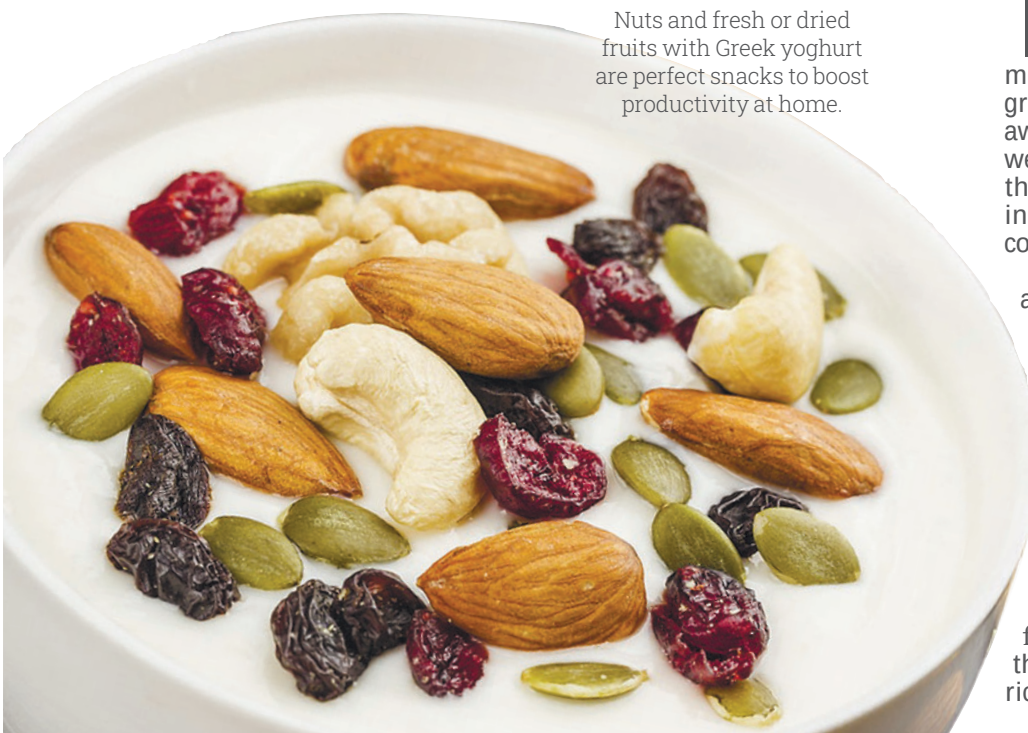
Behind many digital success stories are months or years of building an audience before income begins to appear.



Martinez, who has spent nearly 20 years mastering international cuisines, is now embracing the flavours of Malaysian cooking.

Home cooking for hectic lives

BY HANNEF ESQUANDER



Nuts and fresh or dried fruits with Greek yoghurt are perfect snacks to boost productivity at home.

If time were not an issue, most of us would happily cook at home every day. Our pockets would thank us for it. Beyond saving money, home cooking lets us choose healthier methods and fresher, better-sourced ingredients. Instead of depending on take-aways and fast food from the drive-thru, we can enjoy meals prepared at home that contain no additives, no processed ingredients and, most importantly, are cooked in the most hygienic way possible.

The reality, however, is that setting aside time to cook daily is not easy. Work demands, tight deadlines and back-to-back meetings, even while working from home, often push cooking down the priority list. Chef Evelio Martinez understands this struggle all too well.

On his busiest days, Martinez keeps it simple yet nutritious. A pan-fried piece of meat or fish takes less than six minutes, served with a salad dressed in olive oil and lemon juice or one of those bottled dressings from the supermarket. He often finishes the meal with fresh fruit that is naturally rich in vitamins.

Now based in Kuala Lumpur, the

Cuban chef knew from a young age that he wanted to explore the culinary world. He was inspired by watching his father prepare pizzas and pastries, and by the delicious smells that filled the house when his mother cooked dinner.

"I have been a professional chef for almost 20 years now. I have worked for restaurants of different concepts, from Spanish and Italian cuisines to French and now Malaysian cuisines too. Learning to cook some of the most authentic dishes from the local cuisine has been an amazing experience for me so far," said Martinez.

Drawing from his experience, Martinez encourages home cooks to focus on readily available staples. Ingredients such as noodles, rice, eggs, fresh vegetables, chicken and lean cuts of meat or fish are readily available and versatile. There are endless ways to use them to create quick, tasty and balanced meals. For snacks between breakfast and lunch while working from home, nuts and dried fruits provide a much-needed energy boost. Fresh fruits, such as oranges, bananas, mangoes, and papayas, supply vitamins, potassium, and antioxidants that make a significant difference in any diet.

"Nuts and fresh or dried fruits with Greek yoghurt are perfect snacks to boost productivity at home. Oat protein bars with dried fruits are equally good options. For quick meals, consider quinoa or a rice bowl with meat or fish and avocado. Boiled eggs and steamed vegetables are good for you, too," Martinez suggested.

Less pressure with meal prep

"Preparing meals in advance makes a big difference when we know the week is going to get really busy. Fish stew, slow-cooked meat or roasted chicken with vegetables are perfect to be prepared in advance.

"Beans like lentils or chickpeas are rich in fibre. They can just be reheated and served with rice or bread. Marinating proteins like chicken chop and grilled fish can be convenient when you want to cut the time you spend in the kitchen and have things ready in advance," said Martinez.

Variety is key when prepping meals. No one has to eat the same dish for three or even two days in a row. Try not to repeat meals and rotate your choice of protein each day. Whenever possible, mix prepped meals with freshly cooked dishes such as fried rice, pasta or noodle soup. And if you really do not have the time, a good sandwich is quick to put together with ingredients already on hand – tomato, lettuce, cheese, eggs and tuna are more than enough for a filling bite.

For many people, the biggest obstacle to cooking at home is not time but the lack of skills and equipment. Some kitchens lack proper storage space or a large enough refrigerator for ingredients. The key is to keep things simple and stick to straightforward recipes. Using just three fresh

Chef Evelio Martinez's chickpea salad recipe

- Pour canned chickpeas into a bowl
- Toss with olive oil, lemon juice, salt and pepper
- Add cherry tomatoes and diced cucumbers for crunch
- Top with canned tuna or smoked salmon

This salad takes only five minutes to prepare and is high in protein and fibre.

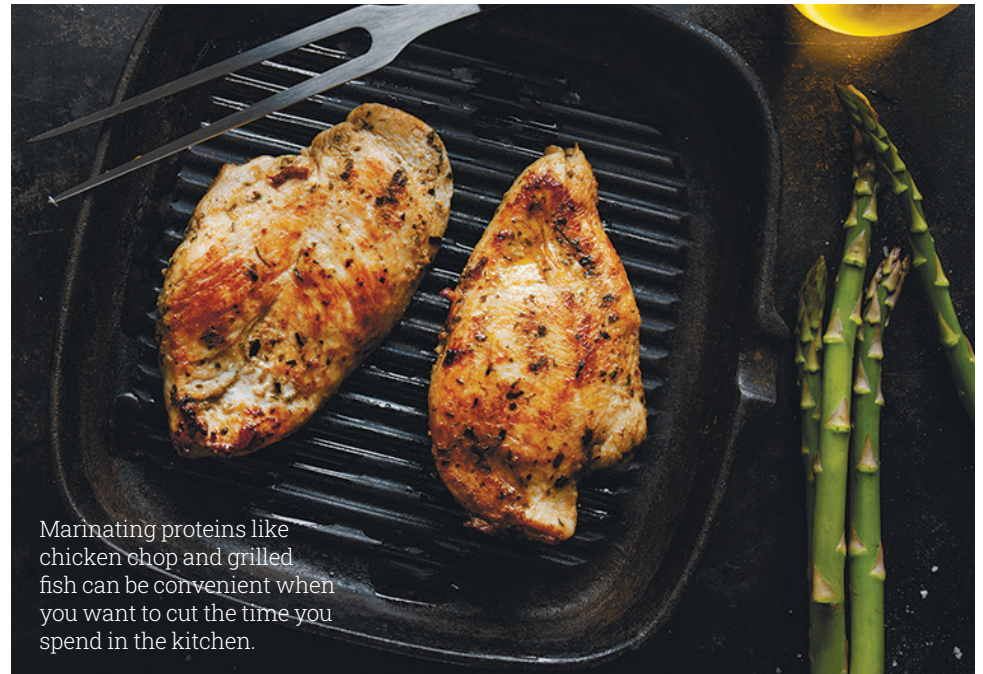
ingredients can produce surprisingly satisfying results.

"My suggestion is to create a weekly meal plan. It helps save time, avoiding last-minute decisions and extra trips to the grocery store. My secret is to use the same vegetable and protein in different cooking methods. Marinating and portioning in advance can also save a lot of time.

"Cooking in batches for two or three meals is a smart move, as you can later rotate the meals throughout the week to ensure variety. Keep your kitchen organised so that your most-used utensils are easy to reach and your space works efficiently. Make the most of your pressure cooker, air fryer, or even the oven. These time-saving gadgets will have your meal ready while you focus on other activities at home," said Martinez.

Cooking should also be fun. "Cooking is an art, and anyone can be the artist," said Martinez, smiling. With some planning and preparation, even the busiest days can end with a balanced meal that doesn't compromise on nutrition or taste.

Martinez encourages home cooks to focus on readily available ingredients."



Marinating proteins like chicken chop and grilled fish can be convenient when you want to cut the time you spend in the kitchen.

The cost of convenience vs the savings of home cooking

EATING out or ordering in has become second nature for busy households, but the convenience comes at a cost. A single takeaway meal easily ranges between RM15 and RM25, and that doesn't include delivery charges or tips. Multiply that by just one meal a day, five days a week, and the total can quickly exceed RM400 a month for one person. For families, the figure is even higher.

Cooking at home, on the other hand, stretches your budget further. A pack of pasta, a jar of sauce and some fresh vegetables can serve four people at a fraction of the price of four takeaway portions. Even simple staples such as rice, eggs, beans and seasonal vegetables can be transformed into several balanced meals for less than the cost of one restaurant order.

Home cooking also puts you in control of portion sizes and ingredients. You decide how much protein or vegetables go into the dish, while avoiding the hidden costs of extra sugar, oil and additives often found in restaurant food. Over time, this not only reduces expenses but also supports better health.

Another overlooked area of savings is

snacks. Instead of paying RM6 to RM10 for a granola bar or smoothie on the go, preparing boiled eggs, yoghurt with fruit or a handful of nuts at home costs a fraction of that. Buying in bulk helps even more, especially for pantry items like beans, lentils, oats and rice.

Of course, there is an upfront investment in stocking a pantry or buying kitchen gadgets, but these quickly pay for themselves. A pressure cooker or air fryer may seem like a splurge, yet within months, the savings from fewer takeaway meals can easily cover the cost.

The biggest gain comes when you look at the long term. Better nutrition means fewer health risks and, ultimately, lower medical bills. In that sense, home cooking is not just about daily savings but also about investing in your well-being and financial future.

Convenience meals may appear cheaper in the moment, but the numbers tell a different story. Cooking at home puts money back in your pocket every week and what you save over a year could fund a holiday, upgrade your kitchen or simply ease the pressure on your household budget.



Inhale, exhale with these meditation apps

BY AQILAH NAJWA JAMALUDDIN

In the midst of business, chaos and tightly packed schedules, our energy can be drained and our minds overwhelmed. While a fleeting chat with someone nearby may offer momentary distraction, our minds are often yearning for something deeper.

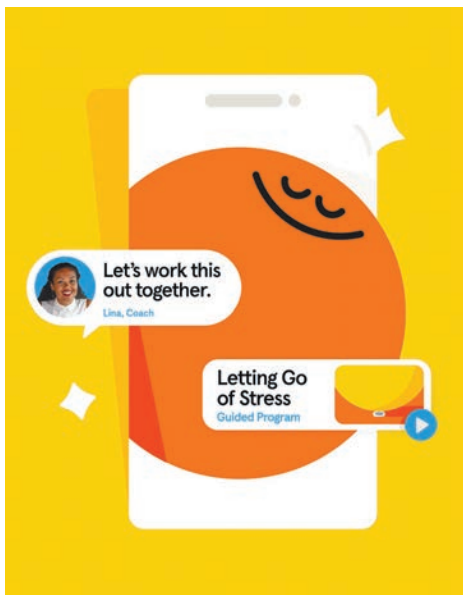
For those who frequently experience anxiety, mental fog or the sensation of being stuck in an unrelenting cycle, having a meditation app at your fingertips can genuinely help to bring clarity. Accessible anytime and anywhere, these apps offer a simple way to soothe and reset the mind.

What exactly is a meditation app?

As the name suggests, it is a digital space designed to guide you through mindfulness and awareness practices. The aim is simple, to help you disconnect from the noise of daily life, whenever and wherever you choose.

The beauty of these apps is that no teacher or class is required. You can learn and practise techniques at your own pace, shaped around your needs and personal goals.

Most apps offer features that replicate the intimacy of an in-person session, with soothing voices, calming visuals and step-by-step guidance. All you need to do is open your phone, follow the prompts and begin.



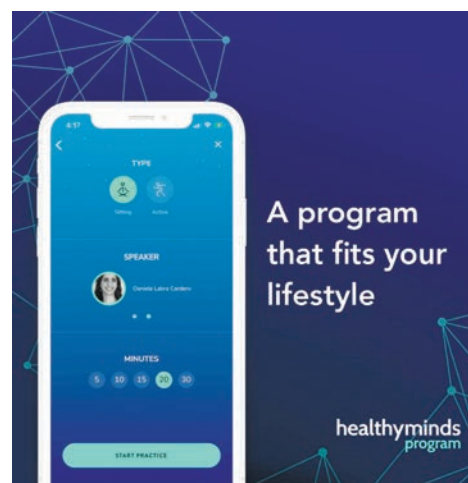
Headspace

Headspace remains one of the original meditation apps to make a mark. What makes it so well-loved among users is its use of charming cartoon-style graphics that are warm and engaging without being overly vibrant.

Inside, there's a curated selection of guided meditations and practices designed for every state of mind. Whether you're navigating anxiety, struggling to sleep or simply craving a quiet moment, the app intuitively steers you towards what you need.

For those who prefer more structure, there are thoughtful classes and sessions led by trained instructors, covering everything from breathwork to building confidence. Its neatly organised library also makes it simple to dip in and out as your day demands.

If you're a beginner, Headspace is an app that delivers the calm confidence you need.



Healthy Minds Program

Healthy Minds Programme is a free, no-frills app built around four guiding pillars: Awareness, Connection, Insight and Purpose. It's best suited to those who want a more in-depth and emotionally tailored approach to mindfulness, especially if you're looking for something grounded in science.

Upon signing up, you'll complete a brief survey designed to gauge your emotional needs. From there, the app recommends specific courses that align with where you are mentally and emotionally.

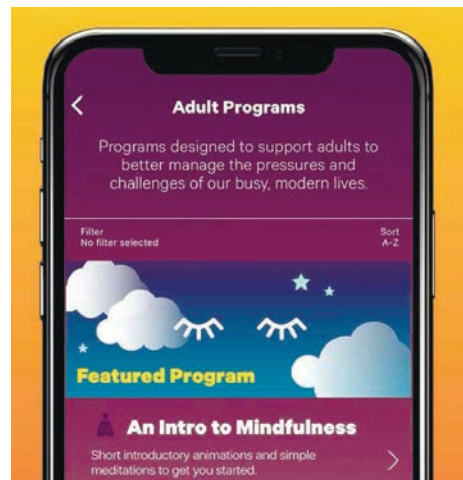
You can track your progress over time with mood check-ins that reflect your internal shifts. Each of the four core series moves between Practice and Learning sessions to unpack the psychology behind each theme.

As you progress, the Explore page becomes your map for personal growth, allowing you to explore different areas as your day demands. Whether it's resilience, focus or simply slowing down, the app allows you to shape your own path, at your own pace.

Smiling Mind

Smiling Mind is a family-friendly meditation app designed with both parents and younger users in mind. With hundreds of guided meditations, it offers a gentle, accessible way to introduce mindfulness to teens and children without feeling clinical or overly complex.

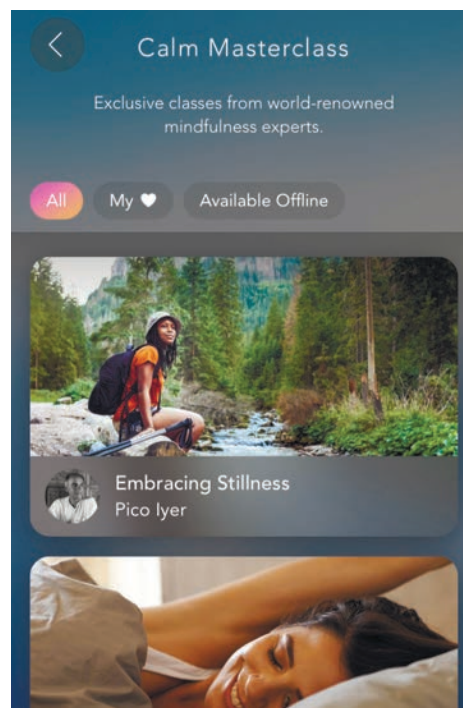
Most of the programmes are built around everyday challenges such as improving sleep, sharpening focus and managing stress. There's even a digital detox series specifically created to help



younger users step away from doom-scrolling and screen fatigue.

Sessions range from quick two-minute breathing techniques to longer, 45-minute meditations for deeper anxiety relief, so it suits every schedule and attention span; whether you're squeezing in calm before the school run or winding down after work.

What's best, the app includes simple journaling features to help users reflect, track emotional patterns and gently unpack what's been weighing on the mind throughout the week.



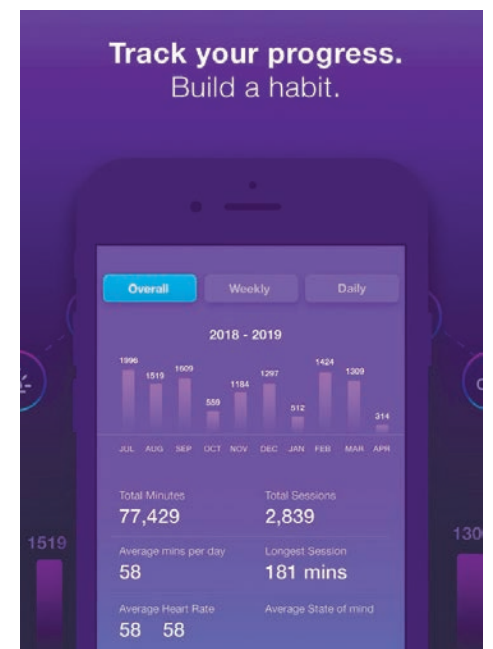
Calm

Calm is a beautifully designed meditation app that works exceptionally well for beginners. With plenty of flexibility and a wide range of content, it encourages you to explore what feels right without pressure or prescription.

There's something here for everyone, from short daily meditations to sleep-focused stories, music therapy and thoughtful discussions that edge into philosophy. If traditional 20-minute practices feel daunting, Calm offers bite-sized meditations as short as 90 seconds, perfect for a pause between meetings or a moment of clarity before bed.

The app regularly checks in on your mood and many of the sessions offer practical, compassionate guidance for those navigating anxiety or low mood. Calm doesn't just aim to relax you; it wants to help you feel better genuinely.

The platform also highlights the tangible benefits of mindfulness with gentle metrics, so you can track your journey without turning wellness into another task.



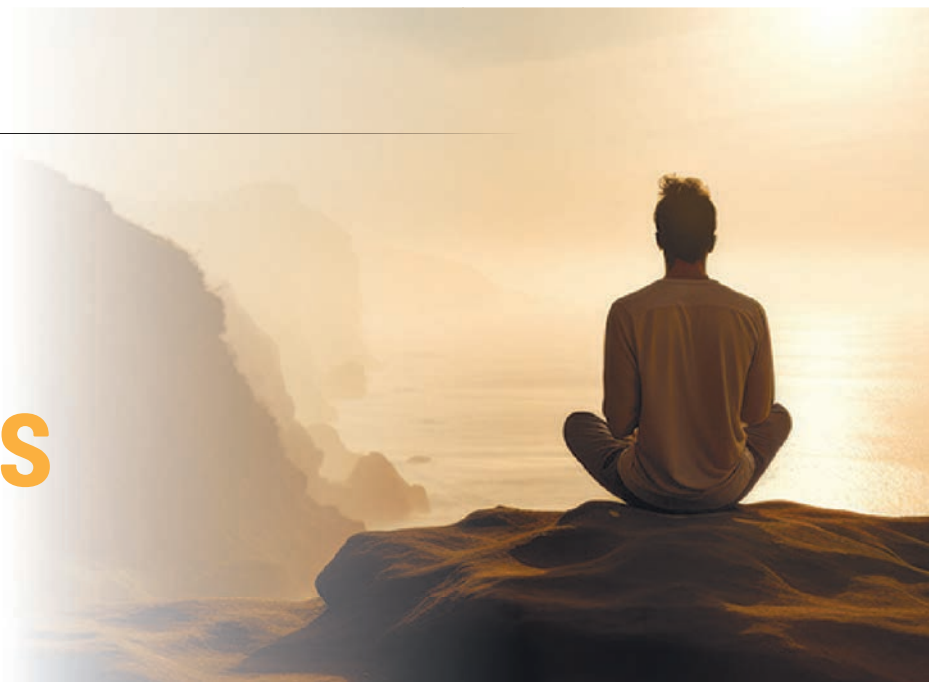
Sattva

Sattva takes a different approach, blending meditation with the familiar feel of social media. It's live feed shows when others are meditating and what sessions they're doing, letting you like, comment and stay connected globally.

The app leans into gamification with badges, streaks and even a leaderboard, using gentle competition as motivation. It may sound counterintuitive, but for many, a nudge from a friend or the prospect of a colourful badge is all it takes to build consistency.

You can sync your contacts on sign-up, making it easy to spot friends using the app and even reconnect with someone you hadn't spoken to in years.

Sattva may be less traditional, but it smartly turns tech habits into mindful momentum.



WE Malaysians love our coffee, don't we? It seems we not only consume them, but we make pretty good ones, too and this is not a self-proclaimed statement.

According to The World's 100 Best Coffee Shops list for 2025, three Malaysian cafés made the cut: Story of Ono (in SS2, Petaling Jaya, ranked at number 9), Ome by Spacebar Coffee (Penang, ranked at number 56) and Sin See Tai (Melaka, ranked at number 73). These cafés were evaluated on everything from bean quality and barista finesse to sustainability and public acclaim. It's proof that Malaysia is stepping up onto the global coffee stage.

Hidden perks of caffeine you probably didn't know

The reason most people love coffee is its ability to perk us up. This is due to the primary component in coffee – caffeine. But beyond the ability to increase alertness are some lesser-known caffeine benefits that make it worth sipping on:

- **Caffeine promotes DNA repair**
Studies show caffeine triggers enhanced DNA repair mechanisms, particularly after UV exposure. This helps shield skin cells from mutations. In short, your morning cuppa might support your cellular bodyguards.
- **Boosts fat browning in fat cells**
Research has found caffeine boosts thermogenesis and encourages white fat to convert into metabolically active brown fat. This process raises calorie burn in the background. It's not a miracle diet, but it is a neat metabolic assist.
- **Supports liver cell renewal**
Moderate coffee intake has been linked to increased autophagy in liver cells. What is this fancy word, you may ask? It is a cellular process where a cell breaks down and recycles its own damaged or unnecessary components. A Finnish study showed that coffee drinkers had healthier livers on scans, as a result of increased autophagy.
- **Enhances exercise endurance**
Caffeine helps muscle cells release and reuptake calcium more efficiently, improving endurance performance. Athletes often use it to delay fatigue because calcium management directly boosts muscle contraction stamina. Don't believe us? Go to the ingredients list of a pre-workout drink and the main ingredient will likely be caffeine.
- **Neuroprotection beyond alertness**
Regular caffeine intake has been associated with a lower risk of neurodegenerative diseases like Parkinson's

Coffee uncovered: More than just a morning fix

BY ASHRAF WAHAB



and Alzheimer's. Studies suggest it may reduce abnormal protein clumps in the brain and ease neuroinflammation.

- **A mood stabiliser alternative**
Low-dose caffeine has demonstrated mild antidepressant effects in some trials. This, without the side effects of prescription meds. It works by boosting neurotransmitters like dopamine and serotonin, subtly lifting mood.
- **Strange coffee rituals**
Coffee culture spans the world in delightfully odd ways. Here are some curious sips worth trying:
 - **Georgian qjevri coffee**
In Georgia, they brew coffee in enormous earthenware amphorae, known as qjevri. Beans steep slowly alongside wine lees and spices in clay vessels buried underground. The result? A thick, fruity brew that's part coffee, part local tradition.
 - **Sweden's kaffeslabberas**
This is not your quick espresso run. *Kaffeslabberas* is an all-day, sit-and-chat coffee fest. Brews run strong and

socialising even stronger. It's about community, not caffeine, though you'll want more than one cup to stay awake.

- **Sweden's snow coffee**
Snow coffee is taken literally. Yes, brewed coffee is poured over clean snow in the northern part of Sweden. The sudden chill crystallises oils in the brew, giving a sharper taste. Beyond novelty, it's a matter of survival: Snow was used as impromptu ice when no fridge was available.
- **Ethiopia's bunna ceremony**
Whole coffee beans are roasted over charcoal, ground by hand and brewed in a clay vessel called *ajebena*. It's a ritualistic three-round pouring ceremony with incense and deep conviviality. The first cup is bitter, the second richer, the third mild. Make no mistake, every cup brings people closer.
- **Kopi luwak: Coffee by civet**
Arguably the most controversial and expensive coffee in the world, *kopi luwak* hails from Indonesia and nearby regions. The beans are eaten, digested and excreted by the Asian palm civet (an animal which looks like a cross between a fox and a raccoon). The coffee beans are then taken from the civet's faeces. Fermentation in the animal's gut is said to remove bitterness and impart smoother flavour notes. While some connoisseurs swear by its velvety taste, concerns over animal welfare and commercial exploitation have led to calls for sourcing only wild or ethically harvested *kopi luwak*.



Beyond coffee: Other natural caffeine sources

IF you're craving caffeine but tired of typical brews, these natural sources are worth exploring:

- **Tea leaves:** Black, green and oolong teas contain caffeine plus antioxidants like EGCG that support heart and brain health.
- **Yerba mate:** A South American brew rich in caffeine, theobromine and theophylline. It gives smooth energy without the jittery highs.
- **Guarana:** Native to the Amazon, guarana seeds have double the caffeine content of coffee beans. Common in energy drinks and weight-loss supplements.
- **Kola nut:** Traditionally used in West African cultures, the kola nut is caffeinated and used as a flavouring for sodas like cola and root beer.
- **Cacao:** Raw cacao powder contains small amounts of caffeine and mood-lifting compounds, including theobromine and phenylethylamine.
- **Coffee fruit:** The husk or "cascara" of coffee cherries is dried and brewed into tea. It's a mild, fruity caffeinated drink with added antioxidants.

While caffeine offers more than just alertness, from DNA repair and mood stability to fat-burning and muscle endurance – moderation is key. Responses vary from person to person; too much may disturb sleep or provoke jitters. Aim for a moderate intake of around 200mg to 400mg daily (approximately 2 to 4 cups of coffee).

So, the next time you sip your Americano, latte or *kopi O*, remember: You're tapping into more than just a wake-up call. You're joining a global ritual with surprising health perks and cultural quirks that stretch beyond our mugs.





You, me and the law we often forget

From online rants to salary slips, our daily lives are more legally bound than we realise

BY ASHRAF WAHAB

YOU may be familiar with the law in Malaysia. After all, you pay taxes, drive to work, shop online and swipe your credit card. Yet, numerous little-known legal details quietly impact daily life. Some laws are decades old, while others are brand new. Either way, many urbanites only discover their impact when something goes wrong.

Credit card and Buy Now, Pay Later (BNPL) regulations

Most Malaysians use credit cards or BNPL schemes. However, there is currently no

comprehensive federal law protecting consumers in this sector. Instead, practice is guided by Bank Negara guidelines. That will change when the Consumer Credit Act, expected to come into force in 2025, takes effect.

The new law will establish a Consumer Credit Commission to regulate credit providers, including banks, BNPL platforms and hire-purchase firms. It will enforce fair debt collection practices, such as requiring authorised debt collectors to display their identity cards, providing prior notice before collection, and banning harassment. It will also impose consumer



data protection measures in line with the Personal Data Protection Act 2010 (PDPA).

Few cardholders realise they currently have minimal legal recourse if disputes arise.

Consumer Protection Act 1999: Rights when buying goods or services

Consumers have more rights than they often realise. Under the Consumer Protection Act 1999 (Act 599), buyers can claim refunds or compensation for misleading descriptions, poor-quality goods or unsatisfactory services, including those made through online purchases.

A claim can be filed at the Tribunal for Consumer Claims for just RM5. If both parties agree, the Tribunal issues an award in the form of a refund, repair or replacement. Many people are aware that they can take a case to court, but few realise there is a simpler and more cost-effective alternative.

Credit Reporting Agencies Act 2010: Your credit data is regulated

If you have checked your CCRIS or CTOS report, you may not know that credit reporting agencies are regulated under the Credit Reporting Agencies Act 2010 (Act 710). They must be registered, ensure accuracy, provide a complaints procedure and protect confidentiality.

This means you have a statutory right to correct errors in your credit record. Many assume banks alone are responsible, but the Act places accountability on the agencies themselves.

Employment Act 1955: Wider coverage and gig-worker protections

Many white-collar workers once assumed the Employment Act 1955 (Act 265) only applied to those earning under RM2,000 a month. That is no longer the case. Amendments effective from January 2023, with further updates in 2025, extend coverage to all employees regardless of wage level,





although certain overtime provisions still exclude those earning more than RM4,000.

Key changes include:

- **Flexible working arrangements:** Employees may request flexible working arrangements in writing and employers must respond within 60 days.
- **Reduced weekly hours:** 45 hours per week, down from 48.
- **Paid paternity leave:** Seven days, if employed for at least 12 months and proper notice is given.
- **Gig-worker protection:** Section 101C covers workers under an employer's control or direction, even without a formal contract.
- **Sexual harassment procedure:** Employers must handle complaints under Sections 81A to 81F. If they fail to act, workers can escalate matters to the Director General. Non-compliance can result in fines up to RM10,000.

Many professionals still assume these protections apply only to lower-paid employees; however, the law now states otherwise.

Payroll deductions: Capped at 50% Under the Employment Act, statutory payroll deductions such as income tax (PCB), EPF, SOCSO, wage advances or

damages are permitted. However, total deductions cannot exceed 50 per cent of monthly wages, unless a court order or certain exceptions apply.

Employees can object if an employer attempts to deduct more than half their salary without proper consent or documentation.

Workplace safety extends to your home

Workplace safety laws are no longer limited to factories or offices. Amendments to the Occupational Safety and Health Act (OSHA) extend statutory duties to all workplaces, including remote working arrangements.

This means employers must identify hazards and protect health even when staff are telecommuting. If company equipment is used at home, risk assessments and ergonomic conditions must still be ensured. Many professionals are unaware of this duty.

Peaceful Assembly Act 2012: Gatherings need advance notice

Some people think impromptu peaceful gatherings are automatically allowed. Under the Peaceful Assembly Act 2012 (Act 736), organisers must notify the police at least 10 days in advance for assemblies exceeding a certain size. A permit is not required, but notice is.

The Act also prohibits the possession of arms and identity-concealing masks, while granting authorities the power to redirect or disperse gatherings. Even small civil society events or flash mobs could technically be a breach of the law.

Personal Data Protection Act 2010: Your right to control data

Every time you sign up for an app or make an online purchase, personal data is processed. Under the PDPA 2010, you have the right to:

- Know what data a company holds about you
- Request correction of inaccurate data
- Withdraw consent for use of your data
- Prevent your data from being used for direct marketing
- Surveys suggest many e-consumers are unaware of these rights and rarely exercise them.

Sedition Act 1948: Broad rules on speech

The Sedition Act 1948 (Act 15) remains in force, including online. Remarks with a "seditious tendency" can carry criminal penalties even if there was no intent to cause harm. The Act also allows for the censorship of electronic media and permits arrests without a warrant.

Many assume social media posts are safe unless they cause serious trouble. In reality, the Act's scope is broad.



Filing your tax return: Still your responsibility

Many employees assume their employer's PCB deductions settle their income tax obligations. This is not the case. Individuals must still file annual tax returns with LHDN to claim reliefs, rebates and refunds or to settle outstanding balances.

Failure to file or under-declaring income can result in penalties, even when PCB deductions appear correct.



Why this matters

KNOWING these laws makes you a more informed consumer, employee, taxpayer, and citizen. Whether it is understanding your rights on credit, payroll deductions, flexible working or data protection or recognising that older laws, such as the Sedition and Assembly Acts, still apply, awareness is key.

So the next time a contract feels unclear, a payslip seems off or a purchase disappoints, check the law. Many Acts provide simple, low-cost channels for complaining or correcting problems.

Laws may seem distant, but they shape everyday life, from purchasing on TikTok to taking leave at the office to filing tax submissions. Knowing the rules is half the game.

Go green for skin

In Malaysia, ethical consumerism in beauty is growing slowly but steadily. But beyond the label, what are brands missing to move forward?

BY AQILAH NAJWA JAMALUDDIN



OVERCONSUMPTION, overproduction and the exploitation of influencers remain among the most pressing waste-related crises in Malaysia, many of which stem from the fast fashion and beauty industries.

As the world becomes increasingly advanced through technology and innovation, the climate crisis comes into sharper focus.

The beauty industry, with its heavy reliance on plastic and murky transparency, remains a significant polluter. Each year, an estimated 120 billion units of packaging are produced, as reported by Snowkap.

Of that, 95% is discarded after just one use and only 14% ever reaches a recycling facility. With each passing year, more Malaysians appear to abandon the idea of a cleaner environment in favour of unchecked consumption and waste.

Dr Harvinder Harchand, Director of

LUSH Fresh Handmade Cosmetics Malaysia, believes that for the country to move towards a truly ethical and responsible beauty future, a shift in mindset is essential - alongside systemic change and a shared sense of accountability between brands, consumers and regulators.

"Brands can begin by moving from being 'greenwashed' to being 'value-driven'," she said.

"That means stepping away from vague eco-friendly language and instead focusing on real, measurable change, especially within operations and supply chains."

Redefining green beauty

So, what exactly is green beauty? One of the most misleading trends in beauty is how swiftly brands label their products as green, clean or eco-friendly, often without the substance to back it up.

These claims can be more marketing than meaningful and consumers are

frequently left to decipher what is real. To genuinely trust a product's sustainability credentials, consumers must take a closer look - from how raw materials are sourced, to the ingredients used, to the packaging it comes in.

That being said, ethics and transparency should be studied as closely as the formulation itself.

While change can feel overwhelming and slow to process, being environmentally conscious and passionate about beauty are not mutually exclusive.

"Malaysian consumers, particularly the younger urban demographic, are becoming increasingly aware of ingredient transparency and ethical sourcing. They're no longer just concerned about what's in their products but how those ingredients are sourced and produced," explained Harchand.

Brands that are open about their processes, use local ingredients, reduce packaging waste and invest in educating their customers about the value behind their price point are the ones building long-term loyalty.

"More than ever, consumers are seeking brands that reflect their personal values, giving them greater confidence in their choices. While Malaysians may be price-conscious, that doesn't mean they're indifferent. It means they want value," she added.

For example, in 2021, Goop - the wellness and beauty brand founded by

Gwyneth Paltrow - came under scrutiny for its use of "clean beauty" terminology - a label it attached to many of its products despite lacking clear definitions or regulatory backing.

Critics argued that the brand's marketing language created the illusion of environmental and health benefits that weren't supported by science or third-party certification.

The controversy triggered broader debates about what "clean" and "green" truly mean in the beauty industry - especially in the absence of legal standards.

Although Goop later responded with updated definitions and transparency policies, the incident became a cautionary tale of how even the most recognisable names can mislead, intentionally or otherwise.

It served as a reminder that glossy packaging and celebrity backing don't always guarantee ethical practices and that consumers must continue to ask questions, read labels and demand better.

Beyond greenwashed initiative

Before consumers can fully embrace the shift to green beauty, the responsibility begins with the brands themselves. It is not enough to market recyclable packaging or buzzword-laden ingredient lists - meaningful education must come first.

Brands should actively guide consumers towards making ethical decisions, rather than relying solely on aesthetics to suggest sustainability.



Harchand ... Coral planting in Gaya Island.



Being environmentally conscious and passionate about beauty are not mutually exclusive.

“More than ever, consumers are seeking brands that reflect their personal values.”

Recently, France sparked global conversation with groundbreaking legislation aimed at curbing the environmental and social toll of fast fashion and beauty.

The law, which directly targets ultra-fast retailers such as SHEIN and Temu, introduces measures including an eco-tax on fast fashion and beauty items, strict advertising controls and heightened transparency requirements.

Under the new rules, brands will be obligated to disclose the social and environmental footprint of their products - including details such as transport emissions - in clear and accessible formats.

So the question lingers - should Malaysia follow in France's footsteps and implement similar laws and regulations?

In a market where overconsumption and waste are becoming the norm and where consumer habits are often shaped by content creators and brands chasing clicks over conscience, the need for stronger oversight feels increasingly urgent.

Too often, vague claims and unsustainable practices go unchecked, even when they fall short of basic ethical standards.

As transparency lags behind trend cycles, Malaysia should step forward not just with ambition, but with action.

“Ultimately, it takes a collective effort from product makers to policymakers to build a beauty industry that prioritises both people and the planet.

“The more we empower consumers to ask the right questions, the more we accelerate the shift towards conscious, informed purchasing,” Harchand asserted.

Harchand emphasised that while trend-driven marketing may spark interest, it is a brand's consistent commitment to values, product integrity and customer experience that builds lasting loyalty.

“Consumers are smart. They notice when a brand flip-flops on its messaging. Brands that remain consistent, particularly on matters of sustainability and ethics, are the ones that ultimately earn trust,” she said.

As beauty grows increasingly tech-savvy with European apps such as Yuka and INCI Decoder gaining traction among Malaysian consumers, shoppers are moving beyond the search for mere performance. They now gravitate towards brands that embody their values - ethical, transparent and mindful.

LUSH, for example, continues to honour its founding principles through ethically sourced, cruelty-free products and “naked” packaging - a commitment to minimal wrapping, especially plastic - in an effort to reduce waste and combat the industry's reliance on over-packaging.

Beyond its product offerings, LUSH has collaborated with Malaysian NGOs to champion grassroots initiatives focused on waste reduction, responsible consumerism and environmental education, thereby keeping the conversation and impact ongoing.

Another standout name is Aēsop, a certified B Corp brand verified by the non-profit B Lab for its high standards in social and environmental performance, transparency and accountability.

From in-store recycling programmes to thoughtfully designed interiors, Aēsop's sustainability ethos is embedded across every touchpoint of the brand.

Ultimately, what resonates most with today's consumers is not perfection, but transparency. Empowering people to make more informed, conscious choices is an ongoing challenge, but one that begins with clarity.

Brands that openly share their practices and purpose allow shoppers to compare, understand and choose with intention.

A long step for the Malaysian consumer

In Malaysia, the shift towards more ethical consumerism may be gradual, but it is steadily gaining ground compared to just a few years ago.

Still, real progress requires practical and deliberate steps from all stakeholders. From policymakers to beauty content creators, everyone shares a responsibility in guiding consumers toward more conscious choices.

“Media platforms have a powerful role to play in amplifying

accurate information and holding brands accountable,” Harchand stressed.

“Schools and universities can embed sustainability and critical consumer thinking into their curriculums. Regulators, too, must step up by setting clearer standards for ethical claims and cracking down on misleading marketing practices.”

Rather than diving headfirst into trends and promoting overconsumption, beauty content creators - whose influence often shapes purchasing behaviours - must be mindful of the products and brands they endorse. With their reach comes responsibility.

Consumers and media alike should remain vigilant, challenging creators who promote harmful products without due diligence. Blind promotion cannot be excused, especially when it contributes to long-term environmental harm.



“Ethically sourced, cruelty-free products and minimal packaging show that beauty can be both responsible and innovative.”

Harchand



Not all forgetfulness is a sign of dementia or serious cognitive issues.

YOU walk into the kitchen, pause and wonder, “Why did I come here again?”. A few seconds pass, and then it hits you. You laugh at yourself and move on.

But somewhere in the back of your mind, there’s a tiny question: Is this just age or the beginning of something more?

In Malaysia, where the population is ageing steadily, conversations around memory loss and mental clarity are becoming more common, but not always more open. We joke about *nyanyuk* and *pelupa* (playful Malay words for being absent-minded) with friends and family, but don’t often talk about what’s normal, what’s not and what can actually be done to keep our brains humming along nicely after 50.

So let’s break it down: ageing affects the brain, yes. But it’s not a straight road to decline and much of what we do daily, especially in terms of mood and diet, makes a big difference.

Is forgetfulness normal?

The good news? Not all forgetfulness is a sign of dementia or serious cognitive issues. Age-related memory changes are common. You may take longer to recall names, occasionally misplace your keys or struggle to remember what day it is, especially during a long weekend.

This is partly due to changes in brain structure and function. As we age, the brain undergoes a slight size reduction and communication between neurons slows down. Blood flow to the brain may decrease and certain neurotransmitters linked to memory and mood, like dopamine and serotonin, may become less efficient.

But here’s the catch: the brain is more adaptable than we often give it credit for. It’s called neuroplasticity, the brain’s ability to reorganise itself by forming new neural connections. It continues well into old age, provided we give it the stimulation it needs.

That stimulation doesn’t need to be extreme. Simple daily habits, such as learning a new skill, reading regularly or engaging in lively conversations, can help forge and maintain mental pathways.

Brain fog, begone

Tips, foods and habits to keep your mind sharp as you age

BY CECELIA FONG

Even novelty, taking a different route to the shop or trying a new recipe, gives the brain something fresh to work with. The goal isn’t perfection; it’s consistency.

What’s equally important is mindset. People who believe they can stay sharp often do, because they’re more likely to take proactive steps. So instead of fearing every forgotten word, we can shift the narrative: not “I’m losing it”, but “maybe my brain just needs a little warm-up”.

Mood swings and low energy

It’s easy to chalk up tiredness or irritability to ageing, but sometimes, it’s about brain chemistry, not just birthdays. After the age of 50, hormone levels shift (yes, for men too), which can impact mood regulation.

Lower levels of oestrogen and testosterone are linked to changes in energy, motivation and emotional stability.

Also, as physical aches and sleep disturbances creep in, they quietly chip away at mental resilience. If you’re sleeping poorly, your brain is not getting the rest it needs to consolidate memories and regulate emotions. Chronic sleep loss is now seen as a contributor to faster cognitive ageing and even an increased risk for dementia.

So, if you’re feeling down more often, more anxious or constantly exhausted, it’s worth paying attention to these symptoms. Sometimes it’s mental health. Sometimes it’s sleep. Sometimes, it’s just poor nutrition masquerading as old age.

Something to do with diet?

More than you think.



The Mediterranean diet, for example, rich in fruits, vegetables, whole grains, nuts, fish and olive oil – has been shown to reduce cognitive decline and support memory in older adults.

In Malaysia, we’re blessed with a variety of fresh vegetables, herbs, spices and fish that are excellent brain food. But we’re also surrounded by highly processed foods, sweetened beverages and fast carbs (roti canai for breakfast, anyone?).

A growing body of research supports the notion that what we eat has a direct impact on brain function. The Mediterranean diet, for example – rich in fruits, vegetables, whole grains, nuts, fish and olive oil – has been shown to reduce cognitive decline and support memory in older adults.

We don’t have to adopt it wholesale. Many of our local foods already fit the bill:

- *Ulam-ulaman*, like *pegaga* and *ulam raja* (raw Malaysian salad vegetables), are full of antioxidants.
- Turmeric has anti-inflammatory properties that may protect against cognitive decline.
- *Ikan kembung* (Indian mackerel) and other oily fish are rich in omega-3 fatty acids, essential for brain health.
- Bitter melon may help regulate blood sugar levels – a crucial factor, given that diabetes is a risk factor for dementia.

Don’t forget hydration. The brain is 75% water. Even mild dehydration can lead to brain fog and fatigue, particularly in our hot and humid climate.

Some signs deserve a closer look. If memory lapses become frequent, affect your daily function, or are accompanied by personality changes or confusion, it’s time to consult a doctor. Getting assessed early can help manage the condition better or rule out other issues like vitamin deficiencies, depression, or thyroid problems that mimic dementia symptoms.

5 small things that can make a big difference

- **Move more, sit less:** Regular physical activity boosts blood flow to the brain, reduces inflammation and supports neurogenesis (the creation of new brain cells). Even brisk walking or climbing stairs counts as exercise.
- **Learn something new:** Whether it’s a new language, a musical instrument or just Sudoku, challenging the brain keeps it agile. Don’t let routines shrink your mental playground.
- **Stay social:** Loneliness is associated with a faster rate of cognitive decline. Make it a point to connect with friends, family, neighbours or even new faces in a tai chi class at the park.
- **Sleep well:** Aim for 7 to 8 hours of good-quality sleep. Skip the late-night caffeine, reduce screen time before bed and keep your bedroom cool and dark.
- **Eat colourfully:** A rainbow plate (think carrots, spinach, blueberries, tomatoes) isn’t just pretty, it’s packed with antioxidants that reduce oxidative stress in the brain.



Head-turner

smart #3 Brabus not only good looking but also packs a punch

BY TIMOTHY PRAKASH

THE smart brand has always been about rethinking mobility. Back in the late 1990s, it started out with quirky two-seater city cars that were perfect for tight European streets.

Born from a collaboration between Mercedes-Benz and Swatch, the company made its name with the smart Fortwo – a tiny, efficient runabout that quickly became iconic in cities like Paris and Berlin.

Fast forward to today, smart has evolved into a pure electric brand under a joint venture between Mercedes-Benz and Geely.

By 2025, the brand's image is no longer tied to compact oddballs, but instead stylish, high-tech EVs designed for global appeal.

In Malaysia, smart is represented by Pro-Net, and the line-up currently includes the smart #1, the larger smart #3 and the soon-to-be-launched smart #5.

The #3 is a coupe-styled SUV aimed at those who want something more dynamic and sporty, and the Brabus version takes it up another level.

I recently had the chance to



Panoramic 'halo' glass roof.

drive it, and here's how it felt from behind the wheel.

BOLD FIRST IMPRESSION

When I first saw the smart #3 Brabus in the metal, it was clear this car was designed to turn heads. Compared to the more upright smart #1, the #3 looks lower, sleeker, and sportier.

Although others have told me that the car looks too "bubbly" or "round," to me, the coupe-SUV silhouette works really well in person, especially in the bold Photon Orange paint.

The sculpted lines, slim LED headlights, and muscular rear

arches all carry hints of Mercedes-Benz design DNA, which makes it look like it is about to pounce.

The Brabus touches give it that extra dose of attitude. The larger 20-inch "Synchro" wheels fill the arches nicely, red brake callipers peek through, and the slightly more aggressive bumpers add a sense of purpose.

Step inside, and the cabin feels properly special. Alcantara-style upholstery with red stitching, ambient lighting, illuminated Brabus logos, and even sport pedals. It's premium, it's sporty, and it feels like a step above the regular versions.



Charge in 30 minutes



20-inch 'Synchro' wheels.

BEHIND THE WHEEL

Looks are only half the story – what's the Brabus like to drive? In a word: quick. With dual motors sending power to all four wheels, the car packs 428PS and 543Nm of torque.

The numbers say 0-100kph in 3.7 seconds, and it feels every bit as fast. The instant torque shoves you back into the seat, and "Rocket Launch Mode" makes those hard launches addictive.

Around town, the car is effort-

less. The throttle response is sharp, overtaking is instant, and it makes commuting feel fun instead of a chore.

On the highway, it pulls strongly and stays composed at higher speeds. There's a confidence in the way it puts power down that makes you want to push it.

That said, the performance focus does mean trade-offs. The suspension is on the firm side, and with the big 20-inch wheels, you definitely feel bumps and imperfections on Malaysian roads.

It's not uncomfortable, but it's less forgiving than the Premium variant. On longer drives, the firmness can get tiring, especially if the road surface isn't great.

Steering is accurate but not as communicative as I'd hoped for in a car carrying the Brabus badge. It's easy to place the car where you want it, but it doesn't quite deliver the sharp feedback that would complete the sporty experience.



Full-width LED.



Illuminated smart logo.



Boot release button hidden into the 'a' of the logo.



Alcantara wrapped steering wheel.



12.8-inch central screen.



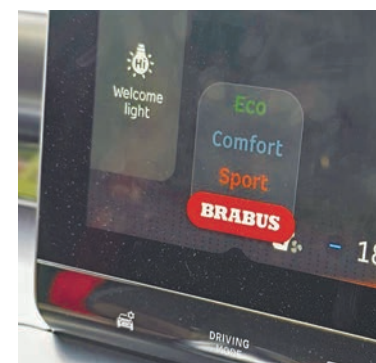
Rear LEDs.



Pop-out door handles.



Beats Audio system.



Brabus drive mode.

LIVING WITH IT

One thing that impressed me was how well the Brabus balances performance with range. Despite the power, the car still manages a WLTP-rated 415km on full charge, which is plenty for daily use.

Of course, it doesn't match the 455km range of the Premium variant, but for a performance SUV, it's still a solid number.

But, with 428PS on tap, I could not keep from flooring it. Every open road meant putting its speed to the test.

This obviously drained the battery faster, so I found myself charging the car more than a normal person would.

The 66kWh nickel cobalt manganese (NMC) battery supports 22 kW AC charging for home or office setups, and when you need a quick top-up, 150kW DC fast charging takes it from 10–80% in under half an hour. That's convenient enough for most scenarios.

Inside, the car feels properly high-tech. The big infotainment screen dominates the dashboard, and the Mercedes influence is obvious in the design language and materials.

Adaptive cruise control, parking cameras, lane-keeping assist – all the safety and driver-assist tech you'd expect at this price point is included.

Space is also surprisingly good. Even with the coupe roofline, the rear seats are usable for adults, and boot space is practical enough for daily life.

However, this is where some frustrations start to creep in. Almost every single control has



Alcantara-style upholstery with red stitching.

been shifted to the screen.

Adjusting the air-conditioning, tweaking the side-view mirrors – all of it requires navigating through menus.

It looks futuristic, but in practice, it slows you down and makes simple tasks unnecessarily fiddly.

I really wish smart had left at least a few physical buttons for these everyday functions.

Another issue I noticed is the panoramic sunroof. While it's impressive in size and really brightens up the cabin, there's no proper shade to block out the sunlight.

On hot Malaysian afternoons, the glare and heat pouring in can get overwhelming.

Yes, the glass is tinted, but it's not enough. For a car at this price point, I expected a retractable cover or an electrochromic dim-

ming system. Instead, it feels like form was prioritised over comfort.

As much as I enjoyed driving the Brabus, there are some areas where it doesn't quite hit the mark.

The firm ride is the most obvious trade-off. It gives the car stability and keeps it planted through corners, but over uneven city streets, you do get bumped around more than I'd like in a daily driver.

Another minor issue is the tyre choice. Despite the Brabus badge, some versions come with tyres that feel more eco-focused than performance-oriented.

It's not a dealbreaker, but with this level of power, I found myself wishing for more grip when cornering hard.

Range is good, but if you're chasing maximum distance, the Premium variant does better. And



9.2-inch instrument cluster.

then there's the price – at RM255,000, expectations are naturally very high.

For that money, I expected everything to be flawless, from infotainment responsiveness to app connectivity. Most of it works very well, but a few small quirks and niggles stand out more because of the price tag.

Since it is an electric car, you will not be able to do any “pops and bangs” at car meets. So, to compensate for that, the smart has a feature called “Light Show” where, well, the front lights, including the ones on the grille, put on a show with loud music. Not a necessity, but a fun and funky feature to turn heads.

FINAL THOUGHTS

Driving the smart #3 Brabus left me with mixed feelings – but mostly positive ones. On the one hand, it's one of the most exciting EVs you can buy right now in Malaysia.

It looks fantastic, the interior feels premium, and the performance is genuinely thrilling. It makes every drive feel a bit more special, and in the EV world, that's not something you can say about every car.

On the other hand, the firm suspension, over-reliance on the touchscreen for basic controls, the lack of a sunroof shade, and the premium price tag mean it is not going to be perfect for everyone.

If comfort and simplicity are your priorities, the Premium or even the Pro variant might make more sense.

But if you want your EV to stand out, go fast, and make a statement every time you hit the road, the smart #3 Brabus does exactly that. It's not perfect, but it's a car that puts a smile on your face, and for me, that's what driving should always be about.

SPECIFICATIONS

Motor: Dual Electric Motors

Power: 428PS

Torque: 543Nm

Range: 415km

AC Charging: 22kW; 10–80% in 3 hours

DC Charging: 150kW; 10–80% in 30 mins

Price (as tested):
RM255,000

We like: Performance and looks.

We don't like: Lack of physical buttons and sunroof shade.

Use schools to teach road safety

A STAGGERING nine million motorcyclists in the country are riding without a valid license. This is supposedly a combined figure of those who do not possess a license at all or those who have failed to renew them after expiry.

That is roughly about 26% of Malaysia's current population, and that is a nightmare for those with valid license, insurance and road tax.

It is a nightmare because if you get into an accident with one of those nine million people, you will not be able to claim your damages from their insurance provider.

It is also a nightmare for the government because if these people get hurt and go to a public healthcare facility, this increases cost for the government.

Besides being a road and transport issue, this should also be treated as a healthcare problem as well – in the same way that vaping poses a problem for the increase in operational cost of our healthcare infrastructure.

Why should the general public be paying for the treatment of people who do not care for their own safety? One could argue as well.

Don't we all have a duty of care towards ourselves and each other to ensure our roads are safe?

Debatable I know, but riding around without a license also means some people on the road have not been properly trained on how to use the machinery they are on and educated on the laws of the road.

So where did the nine million figure come from, one may rightfully ask? Apparently, it is a misquote from a recent report in a major daily.

Misquoting seems to happen quite often in the media industry but back in August of this year, another major daily published a report that stated nearly eight million summonses were issued in less than five years to motorist who did not possess license or insurance.

That is still a substantial figure and shows a rampant "devil may care" attitude among motorist as well as a lack of enforcement.

So, what is the root cause of all of this? We can only expect the authorities to do so much if parents themselves do not have a proper finger on the whereabouts of their children and their well-being.

It is not uncommon to see school children riding around without helmets and there is a good chance very few or none of these kids have a license as well.

But why is this even happen-



WRITTEN BY
KESHY DHILLON

ing? Shouldn't children without licenses be kept away from a motorcycle or a car?

Outside of the cities, it is normal for young children to learn how to ride a motorcycle from their friends, extended family members and even from members of their own family.

And within that same environment, it is also acceptable to be riding around without a license or even a helmet.

It has become a norm; we have come to accept it and even the authorities seem to turn a blind eye.

But this becomes a problem when these kids grow up, move to the city, and bring this same mindset.

I am not saying that it is okay to ride around the outskirts without a license or a helmet, but let's get real, it happens all the time.

Even as I write this there is a kid in a town or village somewhere who has just got on his father's motorcycle to run to the shops to help his mother buy something.

If children of a very young age are taught to ride around on a motorcycle without a helmet, why would they then want to spend hundreds of *ringgit* to get a license? They will not see the point in a license nor insurance.

Anyway, this mindset becomes a problem in the city because of the different roads and traffic situations. The pace of traffic is quicker and with more heavy machinery, traffic conditions are also more dangerous.

And hence why it is very important for these children to receive proper training about riding a motorcycle and understanding traffic situations from a very young age.

In a report carried by a national daily, RTD director-general Datuk Aedy Fadly Ramli was quoted as saying that financial constraints in getting a license and insurance is one of the biggest hindrances. He also acknowledged that ignorance and low awareness played a role as well.

So, my suggestion is this, why not teach road safety in schools as we do moral studies? Start it from primary school and keep teaching it in primary school.

I believe this is the best way to educate kids about the importance of road safety. We can't help everyone make money to pay for license and insurance, but we can teach them about road safety using our existing pillars of education.

Perhaps then they can understand why a helmet, a license and insurance is important.

Precision and passion aligned

BYD Seal 6 EV makes global debut in Malaysia



MALAYSIA has been chosen as the stage for the world's first reveal of the BYD Seal 6 EV, with BYD Sime Motors officially pulling the covers off the new model today.

The launch not only introduces a fresh contender in the C-segment sedan market but also highlights Malaysia's growing importance in BYD's global strategy.

The Seal 6 EV arrives as the seventh model in BYD's local line-up, sitting alongside popular choices like the Dolphin and Atto 3.

Unlike its stablemates, the Seal 6 EV is pitched as a more premium and dynamic sedan, aiming to combine modern design, advanced electric technology and day-to-day usability in a package that should appeal to a wide audience.

In Malaysia, the Seal 6 is being promoted under the tagline "Precision. Passion. Aligned." This reflects BYD's intention to blend performance with refinement.

Two variants will be available locally Dynamic and Premium. The Premium gets an opening panoramic sunroof with a powered shade, 18-inch wheels on 225/50 Westlake tyres, and a full-width LED strip up front.

The Dynamic skips the sunroof, runs on smaller 17-inch alloys with 225/55 tyres, and loses the LED strip.

For the first time, a BYD sedan is fitted with an all-new advanced suspension system featuring a dual ball-joint MacPherson strut at the front and a rear multi-link setup.

Together with a rear-wheel drive configuration – rare in this segment – the car promises a sportier, more balanced feel, with improved weight distribution and a turning radius of just 5.5m.

The electric motor in the Premium variant delivers 214hp and 330Nm of torque, thus allowing the sedan to sprint from 0-100kph in 7.5 seconds.

Three driving modes are available, catering for both relaxed and spirited driving.

The Dynamic variant produces 127hp and 220Nm of torque. The Seal 6 features a 56.64kWh BYD Blade Battery, which boasts an NEDC driving range of 485km.

The battery supports DC fast charging at up to 100kW, allowing it to go from 30% to 80% in just 23 minutes. For slower charging, the onboard Type 2 AC system tops out at 6.67kW.

On top of that, it also comes with vehicle-to-load (V2L) capability, delivering up to 3.7kW to power external devices.

At the same time, the car retains a strong emphasis on practicality, offering 24 storage compartments throughout the cabin and a combined cargo capacity of 525 litres.

Inside, the car is designed to rekindle the joy of driving, pairing a quiet cabin with premium comfort features and seamless connectivity.

The model is also the largest in its class among C-segment sedans sold in Malaysia, which should translate into generous passenger space.

It has a 12.8-inch intelligent touch screen with wireless Apple CarPlay and Android Auto, an 8.8-inch digital instrument panel, synthetic leather seats and a wireless phone charger.

Standard safety features include Stop and Go full speed adaptive cruise control, Automatic Emergency Braking, Front Collision Warning, Lane Departure Warning and Intelligent High Beam Control.

Colour choices include Arctic White, Harbour Grey and Misty Blue. The interior comes in a black and grey combination.

Pricing starts from RM100,000 for the Dynamic variant and RM115,800 for the Premium.

Bookings for the BYD SEAL 6 EV are now open across BYD showrooms in Malaysia.



GEELY has pulled the covers off its 5th-generation Emgrand, showing off official images of the brand's latest petrol-powered sedan.

The new model grows in size, gains a more powerful engine, and adopts a sharper design language compared to the current version.

Dimension-wise, the Emgrand now measures 4,815mm long, 1,885mm wide, and 1,480mm tall, riding on a 2,755mm wheelbase.

That makes it significantly larger than the 4th-gen model, which stood at 4,638/1,820/1,460mm with a 2,650mm wheelbase.

This increase in footprint not only makes the sedan more imposing on

the road, but also promises better cabin space for passengers.

At the front, the new Emgrand carries a polygonal waterfall grille featuring 12 vertical trim strips, now arranged in a less dense layout for a more refined appearance.

The headlamps have also been redesigned, with a wider illumination range of more than 170m, improving night-time visibility.

At the back, Geely has opted for a slimmer, elongated tail-light setup joined by a decorative trim piece that proudly displays the updated Geely lettering.

The rear bumper gets further attention with silver detailing and dual exhaust outlets, adding a sportier edge.

Powering the sedan is a 1.5-

Size matters

Geely reveals 5th-Gen Emgrand with bigger body, more power and fresh design



litre turbocharged engine that produces 178hp and 290Nm of torque, with a top speed of 200kph.

This marks a big leap from the outgoing version, which runs a 1.5-litre naturally aspirated engine delivering just 118hp and 150Nm, paired to an 8CVT.

Inside, the cabin sees a complete overhaul. There's a flat-bottom multifunction steering wheel, a digital instrument panel, and a massive 14.6-inch floating infotainment screen running Geely's Flyme Auto cockpit system.

Chrome detailing brightens up the interior, while practical touches such as a 50W wireless charging pad and an updated gear shifter add modern convenience.

Physical buttons remain in place for essential functions, balancing digital features with user-friendly ergonomics.

For Malaysians, the Geely Emgrand isn't unfamiliar. The Proton S70, launched in 2023, is based on the 4th-gen Emgrand and currently comes in four variants: the 1.5T Executive (RM73,800), 1.5T Premium (RM79,800), 1.5T Flagship (RM89,800), and the 1.5T Flagship X (RM94,800).

While Proton has not announced whether the 5th-gen Emgrand will form the basis of a future update for the S70, the upgrades in size, performance, and features show just how quickly Geely is pushing forward with its sedan line-up.

AUTOTRENDS

XPENG EXPANDS CHARGING NETWORK

XPeng has announced a major step forward in its charging infrastructure across the Asia-Pacific region.

The company's partnership with Charge Plus will give XPeng drivers access to over 3,800 charging piles in Singapore, Malaysia, and Thailand, as well as stations spanning 5,000km of highways that connect five countries: Singapore, Malaysia, Thailand, Vietnam, and Cambodia.

This marks the first time a Chinese emerging EV brand has collaborated with Charge Plus in Southeast Asia.

Through this cooperation, XPeng vehicles such as the G6, G9, and X9 – all of which use an 800V fast-charging platform – will have expanded coverage along key routes, including the entire north-south expressway network in Singapore, Malaysia, and Thailand.

In Singapore, the network includes the country's largest public charging system, which holds more than 30% of the market.

The first XPeng and Charge Plus co-branded charging stations are already operational in major cities across Singapore, Malaysia, and Thailand. XPeng owners using these stations will receive exclusive benefits, including charging discounts by the end of 2025.

Real-time station information will also be integrated into the in-car displays, allowing drivers to check availability and navigate to stations directly.

Looking ahead, XPeng plans to introduce a "drive-in, charge & go" system by the end of 2025. This will integrate charging, navigation, and one-stop payment into the XPeng app, streamlining the entire charging process for owners.

GWM UNVEILS ORA 5 COMPACT ELECTRIC SUV

Great Wall Motor's EV brand Ora has launched its first mass-production SUV, the Ora 5, in China.

This new compact electric SUV introduces a fresh design and comes with advanced driving assistance features.

The Ora 5 keeps the brand's familiar "cat family" styling but with a sharper look, big round headlights, and larger air vents on the front bumper. Buyers can choose from six colours inspired by famous landmarks, including Aurora Green, Senna Grey, Lake Sayram Blue, Cliff White, Sand Dune Beige, and Linzhi Red.

In size, the Ora 5 is larger than the Good Cat, measuring 4,471mm long, up to 1,844mm wide, and 1,641 mm tall, with a 2,270mm wheelbase.

The SUV is equipped with lidar on the roof plus multiple cameras to support advanced driver assistance.

It is expected to use GWM's latest Coffee Pilot Ultra system, offering features like highway and city Navigation on Autopilot.

Power comes from a 201hp electric motor paired with an LFP battery from Svolt.

Exact battery sizes and range figures have not been confirmed, but based on similar Ora models,

it could offer between 555km and 705km of range.



BMW is preparing to roll out the latest generation of the X5, and this time it will come with more drivetrain options than ever before.

Buyers will be able to choose between battery electric, plug-in hybrid, petrol, diesel, and, for the first time, hydrogen fuel cell.

It will make the X5 the first model in the brand's line-up to feature the full range of propulsion technologies in a single series.

Alongside the car, BMW is also pushing its Hydrogen Mobility at Scale (HyMoS) programme, aimed at expanding hydrogen refuelling networks in large cities.

The pilot phase is starting in Germany, before moving into France and later other markets.

Five powertrain choices for X5

BMW's strategy has long been described as "technology-open." Rather than putting all its resources into one type of drivetrain, the company develops multiple options in parallel.

This allows BMW to respond to different markets, regulations, and customer demands, while its flexible production systems can build vehicles powered by combustion engines, batteries, or hydrogen fuel cells on the same lines.

From 2028, BMW will offer two types of all-electric vehicles: those powered purely by batteries and those driven by hydrogen.

The hydrogen model will be introduced as the BMW iX5 Hydrogen, which

has already been tested globally through a pilot fleet.

This will be BMW's first series-produced hydrogen car and is positioned as a proper BMW in terms of driving feel, but with a new generation fuel cell system under the bonnet.

That system represents the third generation of BMW's fuel cell technology, co-developed with Toyota.

It is more compact, more powerful, and more efficient than earlier versions, giving better range and output while reducing consumption. The development and production of components are taking place at BMW's facilities in Munich, Steyr, and Landshut, which are already building pro-

totypes.

BMW sees hydrogen as a complement rather than a rival to battery-powered mobility. It enables renewable energy to be stored and transported in a more flexible way, helps balance electricity grids, and extends the usefulness of electric vehicles into areas where batteries may not be the most practical solution.

To make hydrogen adoption viable, BMW is backing HyMoS with a consortium of partners from industry and government.

The initiative is designed to improve the economics of hydrogen refuelling by combining demand from cars, buses, and trucks, making stations more sustainable and efficient.

Knowledge is shared between projects to help smaller pilots scale up successfully.

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Hint: Avatar

Letters Remaining = LSINPO

#2

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Hint: Always Fighting

Letters Remaining = OEDLASIC

#3

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Hint: About a famous Malaysian

Letters Remaining = FPCREYOS

#4

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Hint: Touchdown!

Letters Remaining = LOTCEFARN

#5

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Hint: Zelensky

Letters Remaining = PUFTANSEI

#6

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Hint: Rapunzel

Letters Remaining = REOILAWYU

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GIANTS VS TITANS
Gamification for
a better planet
from FIRST RAY

Answers
will be uploaded
on Sunday,
October 12 @
thesun.my/puzzles

Your weekend horoscope



ARIES
March 21 – April 19
Your drive pushes you to take action, and your enthusiasm inspires people around you. Challenges that appear can be handled with courage if you stay calm instead of rushing. Sharing your thoughts clearly helps avoid confusion in work and personal life. A creative idea may bring new motivation, if you take small steps to build on it.



TAURUS
April 20 – May 20
Your steady nature helps you stay calm even when others feel unsettled. Responsibilities may require extra attention, but your practical approach helps you manage them well. Finances or resources could be on your mind, making it a good time to think carefully before spending. Relationships feel more rewarding with appreciation.



GEMINI
May 21 – June 20
Your lively energy makes it easy to connect with others and share ideas. Communication plays an important role, and you may find new opportunities through conversations or teamwork. Curiosity inspires you to explore topics or hobbies, and this brings joy and insight. In relationships, your playful side brings lightness.



CANCER
Your caring nature draws people closer, and they may seek your comfort or advice. While it feels good to support others, remember to give yourself equal attention. Home, family or close friendships play an important role, and small efforts to create peace bring lasting rewards. Emotional honesty tightens bonds.



LEO
July 23 – Aug 22
Your confidence shines and helps you take the lead in situations where others feel uncertain. People admire your energy, and your enthusiasm encourages them to join in. Creativity flows easily, making it a great time to express yourself through art projects.



VIRGO
Aug 23 – Sept 22
Your focus helps you stay organised. Tasks that require patience become easier when you take them step by step. Others may rely on your advice, appreciating your steady approach. Be careful not to overthink. In relationships, showing kindness and patience strengthens trust.



A tilted tree in front of the main door, even if healthy, represents *xie sha* - the *sha* of imbalance or instability.

Danger in disguise

Tree roots, tilted barks facing house

A large tree swaying gently in the breeze, standing guard at the front or rear of a house may seem like a blessing and a scenic sight to see.

Many homeowners see it as a symbol of strength, shelter and connection to nature. But in *feng shui*, not all greenery is good – especially when the tree stands too close, leans in your direction, or its roots begin to interfere with the land's natural energy flow.

In classical *feng shui*, the landform is the foundation of *qi*. Trees, being rooted deeply into the earth, interact strongly with this *qi*. When a large tree is placed too close to the house – especially if it directly faces the front door or back door – it creates what we call a *sha*, or negative form.

A tilted tree in front of the main door, even if healthy, represents *xie sha* – the *sha* of imbalance or instability. This can subtly influence the home's energy, resulting in disharmony, legal troubles or unstable emotions for those living inside.

But the roots are another story. Hidden underground, they can disrupt the Earth's *qi* by causing upheaval in the soil, symbolic of unrest beneath the surface. Cracked tiles, uneven flooring or moisture seeping into foundations may manifest physically, but in metaphysical terms, it suggests

underlying issues that could relate to family health, security or emotional turbulence.

This is especially concerning when the roots grow towards the bedroom or main door areas – zones crucial for personal well-being and life direction.

Also an important factor is the shadow cast by the tree. If the tree's canopy or trunk casts a long shadow over your main entrance or bedroom window – especially in the late afternoon – this can create a metaphorical yin pressure, dimming the light and the positive flow of *qi* into your home.

Over time, this can subtly affect the mood, productivity and relationships of those living in the property.

If you already live with such a tree, do not panic because there are remedies. You can trim the overhanging branches, ensure no branches directly point to doors or windows, and regularly check for root damage. In some cases, placing a reflective surface or symbolic barrier – such as a metal wind chime – can help deflect unwanted energy.

In *feng shui*, nature is powerful – but like all power, it must be respected and properly managed, a beautiful tree may offer shade and serenity, but if misaligned, it may also carry a quiet, hidden danger.

This article is contributed by
metaphysics researcher Daniel Siew.
Discover more at www.danielsiew.com



LIBRA
Sept 23 – Oct 22
Your natural sense of balance helps you create harmony in work and life. Conversations flow more easily, and collaboration feels rewarding when everyone is heard. You may feel drawn to beauty in art, style or your surroundings, and this refreshes your spirit. Relationships benefit from dialogue.



SCORPIO
Oct 23 – Nov 21
Your willpower helps you dig into matters that need focus, and your persistence brings results. You may feel strongly about certain issues, and honest conversations help clear the air. Trust and loyalty play an important role in relationships, and allowing vulnerability deepens bonds. Strong emotions may surface, but taking time to reflect before reacting brings clarity.



SAGITTARIUS
Nov 22 – Dec 21
Your free spirit makes you eager to try something new or explore fresh ideas. Curiosity leads to conversations, and you may feel motivated to learn or expand your horizons. Friends bring energy and encouragement, while your optimism helps lift others. Do not take on more than you can handle, choose achievable goals.



CAPRICORN
Dec 22 – Jan 19
Your sense of responsibility helps you handle tasks with focus and patience. Work or long-term goals may be at the forefront, and your steady approach builds progress others notice. Recognition or support may come your way because of your reliability. Balance is important. Remember to rest.



AQUARIUS
Jan 20 – Feb 18
Your perspective inspires others and helps you see possibilities where others see obstacles. Friendships and group interactions feel lively, and collaboration may bring new opportunities. You value independence and may need moments of quiet to recharge.



PISCES
Feb 19 – March 20
Your imaginative side helps you understand people deeply. Loved ones may feel drawn to your kindness and your empathy brings comfort. Creative outlets such as art, writing or even daydreaming refresh your spirit and open new ideas. Just be careful not to carry too much of others' worries.



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- Conceptualise, plan and execute creative and innovative marketing campaigns to enhance brand visibility and engagement.
- Create, develop and continuously improve marketing material, presentations and proposals that showcase our products/services effectively.

Requirements

- SPM level with at least two years of experience.
- Diploma or Bachelor's degree in business, marketing or other related fields.
- Fresh graduates are encouraged to apply, training will be provided.
- Good communication, presentation, problem-solving and organisational skills.
- Passionate in client servicing.
- Possess own transport and willing to travel.
- Able to start work immediately.

Office based in Petaling Jaya (Five-day week)

MEDIA SALES - Representative/Agent (Freelance)

Requirement

- Minimum one year sales experience in classified ad, print and digital advertising.
- Those without sales experience but with media advertising knowledge may also apply.
- Attractive commission package and incentives.
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Jobs



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1) Executive/Senior, IT

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Responsibilities:

- For Manager/Assistant Manager - Manage and oversee the daily operations of the IT department, with supervisory skills.
- Oversee the design, implementation, and maintenance of networks, servers, databases and IT platforms.
- Lead the IT team in delivering effective support and services across the group. Plan and manage the IT budget, including resource allocation, expenditure tracking and cost optimization.
- Assist the IT team in delivering effective support and services across the group.
- Develop, implement, and manage IT strategy, infrastructure, and operations.
- Provide technical support and resolve hardware and software issues.
- Monitor system and website performance, ensuring data security and integrity.
- Undertake any other assignments as directed by management.

Requirements:

- Diploma/Bachelor's degree in Information Technology or related field.
- Asst Manager/Manager: Minimum 5+ years' working experience in IT, with proven leadership or supervisory skills.
- Executive/Senior: Minimum 1+ years' working experience in IT.
- Strong knowledge of systems, networks, and software applications.
- Excellent analytical and problem-solving abilities.
- Strong communication and interpersonal skills.
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Jobs



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1) MAINTENANCE TECHNICIAN - PRINTING PRESS

Responsibilities:

- 1. Equipment Maintenance & Repair**
 - Attend to repair work on Goss Presslines, Cary Reel Stand, Stacker, Conveyor System, Water Fountain System, Central Ink Pump System, and other auxiliary equipment during printing operations or as noted in the night maintenance log.
 - Plan and perform periodic mechanical and electrical maintenance on all printing and auxiliary equipment as instructed by the Maintenance Supervisor.
 - Ensure all repair work is completed the same day meets operational standard.
- 2. Preventive Maintenance**
 - Prepare sufficient rubber roller, sock rollers, and other components for nightly operations.
 - Conduct scheduled preventive maintenance and update relevant checklists, including:
 - Rubber Roller, Sock Roller, and Lockup Bar service
 - Folder, Cary Reel Stand, Water Fountain System, Main Motor, Dampener Motor
 - Drive Control Panel, Web Break Detectors, and other auxiliary equipment
 - Grease and top up oil on the Folder, Cary Reel Stand, and Printing Units
- 3. Inventory & Reporting**
 - Check and maintain adequate spare parts for presses and auxiliary equipment.
 - Record daily work in the maintenance logbook.
 - Report worn or faulty parts requiring replacement to the Maintenance Supervisor.
- 4. Operational Readiness**
 - Inspect all press lines and auxiliary equipment to ensure readiness before each night operation.
 - Verify that sock rollers, water trays, stoppers, folder belts, folder pins, and slitter knives are in proper condition
 - Confirm no cotton rags, tools, or debris remain on machines after servicing.
- 5. Additional Duties**
 - Assist in scheduled waste collection, labeling, and proper storage.
 - Participate in in-house projects such as:
 - Repairing washrooms, air conditioners, pallet trucks, trolleys, and conveyors.
 - Welding, painting, lighting, wiring, piping, cement work, and other building maintenance tasks.

Qualifications & Skill (recommended)

- Technical certificate or diploma in Mechanical/Electrical/Industrial Maintenance (or equivalent experience).
- Hands-on experience with printing press equipment is preferred.
- Ability to work rotating shift and respond to urgent repair calls.
- Strong troubleshooting and problem-solving skills.

2) ENVIRONMENT, SAFETY AND HEALTH OFFICER

Responsibilities:

- 1. Equipment Maintenance & Repair**
 - Responsible for theSun compliance with the relevant governmental authorities legislation and to establish in-house Occupational Safety & Health and Environment policies and procedures.

Requirements:

- To develop in-house Environment, Safety and Health policies and procedures.
- To liaise with all departments on Occupational Safety and Health needs.
- To organize training from time to time in conjunction with external assistance for workers on Occupational Safety & Health and Environment.
- To prepare indexes on industrial accident, medical (Occupational Health issue), environment impact from time to time to measure the organizational climate of the company.
- To identify workplace risk, where necessary, and recommend actions plans to reduce and eliminate safety & health risk and fire hazards.
- To investigate all industrial accidents or near misses and devise effective preventive measures to eliminate repetition.
- To develop, implement and monitor Occupational Safety & Health and Environment training program and conduct in-house training periodically.
- To conduct periodical safety audits.
- To organize and conduct emergency response exercise.
- To develop Medical Surveillance record.
- To liaise with the relevant governmental authorities relating to Environment, Safety and Health issues.
- To keep abreast and advise on any development issues related to Environments, Safety and Health.
- To act as a Chairman in the regular Environment, Safety and Health Committee meeting.
- To prepare monthly ESH report for submission to the Production Management.

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SHORTS

MACINTYRE SHARES LEAD AT DUNHILL LINKS

Local hero Robert MacIntyre overcame extreme conditions as the Ryder Cup golfer took the share of the clubhouse lead yesterday before the second round of the Alfred Dunhill Links Championship was suspended.

After early starter Richard Sterne posted a bogey-free 67 on the Old Course at St. Andrews to set the target at 12-under, it seemed he would remain out in front by himself as strong winds and heavy rain lashed down on all three Scottish courses involved in the tournament.

But MacIntyre joined Sterne at the top of the leaderboard following a second straight 66 after making seven birdies and a solitary bogey in the worst of the weather.

South Africa's Louis Oosthuizen, a compatriot of Sterne, was one shot behind the co-leaders after carding a 68 at Kingsbarns, one ahead of a large group containing Scotland's Scott Jamieson and Northern Ireland's Tom McKibbin.

"It was almost a perfect round of golf, especially once the weather came in, just a lovely round," said MacIntyre.

"It's difficult when it gets this windy. It's hard to hit the ball good with the wind.

"So I was having to try and fight the wind on certain holes and wasn't comfortable. But I made some beautiful shots."

IWAI ONE AHEAD IN LOTTE CHAMPIONSHIP

Japan's Akie Iwai carded a 1-under 71 to take a narrow one-stroke lead over a group of eight players after three rounds of the US LPGA Lotte Championship in Hawaii yesterday.

Iwai, the first-round leader who started the third round tied for second three shots behind Hwang You-min, had three birdies and two bogeys on the way to a 13-under total of 203.

But she had plenty of rivals snapping at her heels at wind-whipped Hoakalei Country Club, where Japan's Minami Katsu, South Koreans Hwang and Kim Hyo-joo, Taiwan's Chien Peiyun, Thailand's Pornanong Phatlum and Americans Megan Khang, Brooke Matthews and Jessica Porvasnik were tied for second on 204.

Katsu and Kim climbed the leaderboard with six-under 66s. Khang posted a 67, Chien shot 68 and Matthews and Phatlum both posted 3-under 69s.

Hwang, who carded a career-best 62 on Friday, endured a tough day with four bogeys in a 3-over 75 and Porvasnik signed for an even par 72.

"Just smiling and having fun," Iwai said after her round, saying she wouldn't change anything today.

World No. 2 Nelly Korda, the highest-ranked player in the field, was tied for 10th with Japan's Nasa Hataoka just two shots off the lead on 205.

"It's definitely been gustier the past two days," said Korda.

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Notices

PERMOHONAN LESEN MENJUAL MINUMAN KERAS

NAMA PEMOHON : HEMNAATHPRABU NAIR

NAMA PREMIS : KRISHNA ENTERPRISE

ALAMAT PREMIS : NO 32 , LOT 955 BATU 26,
JALAN SIMPANG MORIB,
42700 BANTING, SELANGOR

PEJABAT TANAH : PEJABAT DAERAH / TANAH KUALA
LANGAT JALAN SULTAN ABDUL AZIZ
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Born to race

Almost impossible to be on Verstappen's level in F1, says Norris

BY PHILIP DUNCAN

LANDO NORRIS has claimed it is "almost impossible" to be as good as Max Verstappen because he is playing catch-up to a driver who was born into Formula One.

Verstappen's world championship bid appeared dead and buried, but consecutive victories in Monza and Baku have propelled him back into the title discussion.

Ahead of today's Singapore Grand Prix, he trails championship leader Oscar Piastri by 69 points, with 199 remaining across the concluding seven rounds. Norris is 44 points clear of Verstappen.

Verstappen's father Jos competed in 106 races and was a teammate of Michael Schumacher. His mother, Sophie Kumpen, enjoyed a successful karting career. Verstappen was just 17 when he made his F1 debut in 2015.

Speaking ahead of the 18th round of 24 in Singapore, Norris said: "I don't want to say or believe that I will ever be as good as Max because I think that is the wrong thing to tell myself."

"He is one of the best drivers ever in Formula One, so if anyone ever comes up to you and says, 'Yes (they will be as good as Verstappen)', just tell them to f*** off."

"Any driver in the world can just be confident in saying that kind of thing, but I think it is almost impossible."

"Do I believe on some days I am better? Yes. Do I believe my teammate on some days is better? Yes. But it is about how good he is at being consistent which is impressive."

"He never goes to 101%, but he will always be at 100%, and when he has a bad day he is at 99%."

"And it is hard to beat someone who was born into an F1 seat. If I could go back and choose how to be a better driver, I would also have a mum and dad who were racing drivers."

"Start when you are a baby in the paddock, start karting at whatever age he did and do more testing than everyone else. I would be a better driver now if I did all of those things."

"So people have to catch up because he was made to be in the

position he is now, but he is also making the most of that and that is why he has four world championships."

At the last round in Azerbaijan, Norris surrendered a golden opportunity to reduce McLaren teammate Piastri's title advantage to single digits following the Australian's crash in qualifying and then a race-ending collision with the tyre barrier on the first lap.

However, Norris started only seventh, after he bumped the wall with his final attempt in qualifying, and was unable to progress in the race, taking just six points out of Piastri's championship lead.

But addressing the criticism he courted for a poor weekend in Azerbaijan, the 25-year-old continued: "I don't read social media."

"I don't know if the press has been good about me, bad about me, slating me, loving me, I am really not too bothered."

"I don't know what people say about Oscar, even less. I don't know if he got s*** for it (crashing out) or if people celebrated it. I have no idea." – The Independent

Horner 'ringing up every team owner' as he plots F1 return

FORMER Red Bull boss Christian Horner is calling "pretty much every team owner" looking for a return to Formula One, Aston Martin team principal Andy Cowell said at the Singapore Grand Prix yesterday.

Haas team chief Ayao Komatsu had revealed on Thursday that Horner, who was sacked by Red Bull almost three months ago, had approached the American team over a new role.

Cowell told reporters he had talked to Aston Martin team owner Lawrence Stroll on Friday morning "to find out what he knows".

"It looks as though Christian's ringing up pretty much every team owner at the moment," Cowell said.

He quickly shut down any paddock rumours of the 51-year-old Briton joining Aston.

"I can clearly say there are no plans for involvement of Christian either in an operational or investment role in the future," Cowell said.

The talk appeared to have been fuelled by Aston Martin employing car design guru Adrian Newey, who created Red Bull's dominant cars under Horner.

Horner led Red Bull to eight drivers' titles and six constructors' crowns before being axed in July.

Alpine managing director Steve Nielsen also denied Horner could be joining his team.

"There's no truth in Christian coming to Alpine," Nielsen told reporters.

"But that doesn't mean it won't happen. This is Formula 1, after all."

Williams boss James Vowles said it would be silly not to have a chat with Horner, if he called, but that would be as far as it went.

"I think you should always welcome a conversation and there's no point closing the door," Vowles said.

"I think we're very happy with the structure we have and it's working," he added.

"So I don't see any reason to make any changes to that." – AFP

Pegula beats Navarro, Noskova knocks out Kartal

JESSICA PEGULA bounced back from a first-set stumble to secure a 6-7(2), 6-2, 6-1 win over American compatriot Emma Navarro yesterday and reach the China Open semifinals where she will face Czech Linda Noskova.

Noskova, seeded 26th, thumped unseeded Briton Sonay Kartal 6-3, 6-4 in an earlier match to ensure her first appearance in the final four of a WTA 1000 tournament.

World No. 7 Pegula got a break early in the first set, but Navarro saved three set points to make it 5-5 before prevailing in the tiebreak.

However Pegula, a former US Open finalist, kept her cool and dominated the next two sets, securing her third win in a row against Navarro.

"She did a good job of staying tough, but at the same time I felt I was playing the right way," Pegula said.

"I told myself to not get too frustrated. That kind of allowed me to play more free."

Noskova's win over Kartal made her the third player born since 2004 to reach 10 semifinals on the WTA circuit, alongside

Coco Gauff and Diana Shnaider.

The 20-year-old is set to make her top 20 debut when the updated WTA rankings are released tomorrow.

Noskova started brightly, breaking Kartal early to take a 3-1 lead in the opening set.

The Briton, who stunned Russian fourth seed Mirra Andreieva in the previous round, rallied to level at 3-3, but Noskova reclaimed control, converting her third break point and closing out the set.

The second set proved tighter, with Kartal breaking Noskova's serve to lead 2-0. But the Czech responded decisively, sealing the win in one hour and 10 minutes. – Reuters

Jessica Pegula (left) and Linda Noskova. – REUTERS/PIC



'Suffering' Djokovic battles past Cilic in Shanghai

NOVAK DJOKOVIC said he had to "fire up all engines" as he overcame a stodgy first set to reach the third round of the Shanghai Masters yesterday, beating fellow veteran Marin Cilic 7-6 (7-2), 6-4.

The 38-year-old Serb is chasing a record-extending fifth title in Shanghai, where he was greeted by rapturous cheers as he entered a stadium packed with adoring Chinese fans.

The combined age of Djokovic and Cilic – 75 years and 139 days – was the oldest between two opponents in an ATP Masters 1000 main draw match.

"I did enjoy it, but I also suffered a lot on the court," Djokovic said after launching his title bid.

"It was a very close match. He was probably the better player for the first set," he added, saying he needed to "fire up all engines".

The first set was hard-fought, with 94th-ranked Cilic's best chance to break the 24-time Grand Slam champion coming but going in the 11th game.

Djokovic seemed to regain his footing in the tiebreak, steaming ahead to prevail 7-2.

The world No. 5 then broke the Croat in the third game of the second set and kept his cool in a tense 10th game to secure victory with a final ace.

Djokovic said he felt both he and Cilic had "performed like we were maybe 15 years younger".

"We keep challenging each other, but also the young guys on the tour," Djokovic said, after playing for the first time since losing to eventual champion Carlos Alcaraz in the US Open semifinals a month ago.

"At the end of the day, age doesn't matter when you walk out on the court, you have to find a way to win."

Djokovic lost to world No. 2 Jannik Sinner, 14 years his junior, in the final last year.

World No. 4 Taylor Fritz also edged through to the next round but had a tough time getting past 52nd-ranked Fabian Marozsan 2-6, 7-6 (7-4), 7-6 (7-1).

The Hungarian broke Fritz in the sixth and eighth games, and the American looked harried as he struggled to make headway.

Missing his chance to break Marozsan in the 11th game of the second set, he hit his racket on the ground in frustration several times.

But he outclassed Marozsan in both the second and third-set tiebreaks, thrilling the late-night spectators.

"I just told myself to keep fighting and keep working for it... I was able to just get really fired up in the end," he said.

Compatriot Ben Shelton was not so lucky, becoming the first top-10 seed to be bootied out of the competition after being beaten by 83rd-ranked David Goffin.

The Belgian underdog beat 22-year-old Shelton, ranked sixth in the world, 6-2, 6-4. – AFP

SIDENETTING

OSASUNA LEAVE IT LATE TO DOWN GETAFE

Osasuna came from behind to beat Getafe 2-1 with a last-minute goal in La Liga yesterday. Getafe, seeking a first win in four matches, went ahead in the 23rd minute when Borja Mayoral bundled the ball home from close range. But Abel Bretones pulled the home side level in the third minute of stoppage-time at the end of the first half with a quite brilliant strike from distance. Both sides traded blows in the second half, but it was Osasuna again that caught its opponent napping late in the half. Alejandro Catena nodding home a cross from Raul Garcia in the 90th minute to claim all three points for the hosts. The win was Osasuna's first in four matches and lifted it to 11th spot in La Liga, just one point behind Getafe, which sits eighth after producing only one win from its past five matches. "We were coming off a very bad game," Catena told broadcaster DAZN. "We competed and got the reward that we hadn't got on other occasions."

VERONA STILL WINLESS

Andrea Pinamonti scored a second-half winner for Sassuolo to leave Verona still seeking a first win in Serie A yesterday. The well-travelled center forward saw his 71st minute spot-kick saved by Lorenzo Montipò but he stabbed home the rebound to lift the newly promoted side into eighth place. It was a rare away win for a club that lost 12 of its previous 15 top-flight away matches and an even rarer clean sheet. The 1-0 win was its first clean sheet in 28 away matches in Serie A. Verona has scored a league-low two goals in six games and sits fourth from bottom in the 20-team league.

KEBBAL, KRASSO STAR FOR PARIS FC

Ilan Kebbal and Jean-Philippe Krasso scored as Paris FC moved into the top half of the French Ligue 1 table with a 2-0 victory over Lorient yesterday. An excellent first half saw Paris FC jump out to a 2-0 lead through the first thirty minutes. The hosts' advantage was doubled in the 30th minute when Moses Simon crossed to find Ivory Coast forward Krasso for a sharp finish at the near post. Krasso was involved in the opening goal as well, which was scored by Kebbal who is the reigning Ligue 1 Player of the Month. Newly-promoted Paris FC now sit in 8th place in the Ligue 1 table with 10 points from 7 matches.

Friendships on hold

Winger Elanga targets points for Newcastle against former club

BY DAMIAN SPELLMAN

NEWCASTLE winger Anthony Elanga will put his Nottingham Forest friendships on hold for 90 minutes as he attempts to ruin their Sunday.

The Magpies' £55 million (RM319m) summer signing is expected to line up against his former employers for the first time since leaving the City Ground when they head for St. James' Park in the Premier League today (9pm Malaysian time).

Sweden international Elanga, 23, remains in close contact with players who were teammates just a few months ago, but that will all go out of the window today.

Asked if he would speak to his friends in the run-up to the game, he replied: "I still speak to them every day because they're still my mates."

"But when it comes to the game, then I'll just lock into that and focus on my team."

"(I have) 100% great memories from there. They've got a new manager now and it's not going to be easy. But I believe in this team and hopefully we can keep that going."

Elanga will go into the game on the back of his best performance yet in a black and

white shirt having terrorised fullback Fedde Leysen in Thursday's 4-0 Champions League win over Union Saint-Gilloise in Brussels.

He, Anthony Gordon and record signing Nick Woltemade lined up from the start in a three-man front-line for the first time, and the results were impressive.

Elanga said: "It's the first time we've played with each other, so it's important to build a relationship. Whether it's me playing or it could be Harvey Barnes or anyone, it's important to build that momentum."

"We played a good game on Thursday, everyone from top to bottom. It's important we build on this and just keep it going."

"Let's not make this a one-off game. Let's carry this on in the league and in the cups and in the Champions League again."

Newcastle have endured a mixed start to the campaign, performing well enough in games but too often not scoring the goals their displays have merited.

Elanga said: "I was really pleased with the performance. We owe it to the fans. We've not had the best of starts to the season, but this is going to help us build momentum and we need to keep this going and let our football do the talking and just focus on the next game."

"The win was much, much needed, especially with the way we played and the amount of goals we scored, so let's build on this and just focus on the next game."

In related news, Newcastle new boy Yoane Wissa will have to wait a bit longer for his Magpies debut due to an unexpected setback.

The DR Congo international sustained a knee injury while on national duty and, despite further assessment, won't be back in time for his anticipated return date.

This was initially indicated by Eddie Howe to be the away match against Brighton later this month, suggesting that his debut might now take place against West Ham.

In his press conference ahead of today's game against Forest, Howe revealed: "Yoane saw a specialist again yesterday for a check-up on his knee."

"We probably think now it'll be eight weeks rather than six. No recurrence or problem, just slightly longer."

When questioned about whether he would be ready for an immediate challenge with Woltemade, Howe responded: "Yoane is not really in that train of thought at the minute." – The Independent/Express Newspapers

Best of Rodri only next season: Guardiola

PEP GUARDIOLA believes Manchester City will have to wait until next season to see the best of Rodri again as the Spanish midfielder slowly finds his feet after knee surgery.

The 2024 *Ballon d'Or* winner missed last weekend's 5-1 win over Burnley due to pain in the knee – 12 months after he suffered anterior cruciate ligament damage.

The 29-year-old made his return in May but has suffered a series of minor setbacks.

"Rodri is an outstanding player, everyone knows it," said Guardiola yesterday.

"Maybe he struggled to understand it's not about six months or 12, the World Cup will be the best Rodri and next season will be the best Rodri. This year is how to handle it."

"One year he has been out. The body changes, the rhythm changes, it's a question of time, if he's healthy he will be back."

To cover Rodri's absence, City splashed out £50 million (RM290m) on Nico Gonzalez in January but he has struggled to match the levels of his compatriot.

The former Barcelona midfielder replaced Rodri for the final 30 minutes of Wednesday's 2-2 Champions League draw at Monaco and conceded a late penalty that cost City victory.

"He's learning and improving. We need him," said Guardiola, referring to Gonzalez.

"Rodri can't sustain yet the rhythm for games for 90 minutes. He made an incredible effort in the week with Manchester United, Napoli and especially Arsenal."

"I try to protect my players. Sometimes I want the best players there but I have to protect the players."

Despite dropping two points in Monaco, a draw extended City's unbeaten run to six games in all competitions.

City suffered their first trophyless campaign for eight years last season and Guardiola is encouraged by the progress he sees after refreshing his squad with a number of younger players.

"The happiest feeling is how we have improved. I love that feeling. And the feeling that I think we can do better," he said.

"That is the feeling that I like as a manager. The feeling we are creating again – the tempo, the pace."

"Everything is a little bit more fluid and consistent. But we can do better and I love that."

City, who sit five points behind Premier League leaders Liverpool, travel to Brentford today (11.30pm Malaysian time). – AFP



He'll be back, says Pep after Tuchel snubs Foden for England duty

BY IAN PARKER

PEP GUARDIOLA expects Phil Foden to make a swift return for England after he was one of a number of eye-catching omissions from Thomas Tuchel's latest squad yesterday.

Tuchel also left out Jude Bellingham and the in-form Jack Grealish for matches against Wales and Latvia, with this the third straight England squad Foden has missed.

After falling short of his own highest standards last season the 25-year-old has found better form this term, with two goals and two assists in seven appearances for Manchester City to date.

"Thomas knows what he needs for the national team a thousand million times better than me," Guardiola said. "All I can say is that if

Phil is still playing like he is playing, he will be back."

"I am happy when players go to the national team but I am even more happy when they come back healthy, that's for sure."

Foden seems certain to start today when City head to one of his favourite hunting grounds to face Brentford, where he has scored six goals in four appearances.

"He's the best player we have in the small spaces in the final third by far," Guardiola added. "Last year we missed his goals and assists. The desire to score a goal is the best we have."

City head to west London on the back of Thursday's 2-2 Champions League draw away to Monaco.

Erling Haaland's brace was not enough as

they missed chances for a decisive third before Eric Dier won and scored a late penalty.

Haaland did not hold back in his post-match interviews, saying he was "p***** off" by the result.

"All of us were," Guardiola said when asked about Haaland's comments, adding he was happy to see that sort of response from one of the leaders in his dressing room even if he does not say such things himself.

"What can I say? I like when they are like this," he added. "My feelings about the team when it's bad... in front of you I don't like to express it. I like to have it to myself, my players, in the basement. I like to share it there."

Guardiola may have had his mind on the midweek trip to Monaco but the Catalan admitted he spent last Sunday gripped by the

thrilling conclusion to the Ryder Cup, as Luke Donald's Europe team held off a spirited United States fightback to take a famous 15-13 win in New York.

The keen golf fan now hopes to invite some of the players to City to hear about their experience.

"What a Sunday," Guardiola said. "Congratulations to Luke Donald and his guys. It's not easy to be in New York and beat USA. Oh God, the last day. I like when I listen to the Shane Lowry interview saying it was the worst six hours of his life."

"It is another lesson in sport – it's done when it's done. You lose the Premier League when you lose the Premier League, not before. You win it when you win it, and anything can happen before." – The Independent

Enzo doubts Reds will ever fully recover from Jota's death

CHELSEA head coach Enzo Maresca doubts whether Liverpool's players will ever fully recover from the loss of Diogo Jota.

The death of Jota at the age of 28 in July following a road accident was a painful reminder for Maresca of when his Sevilla teammate Antonio Puerta died suddenly of a cardiac arrest 18 years ago.

Puerta, a wingback who had won one cap

for Spain, collapsed during a La Liga game against Getafe in August 2007 and died three days later in hospital. Maresca had also been on the pitch at the time.

Three months earlier the pair had played together as Sevilla retained the Uefa Cup, defeating Espanyol on penalties in the final – Puerta hit the winning kick in the shoot-out.

A year ago, Maresca spoke of the pain of

returning to the Olympic Stadium in Athens for Chelsea's Conference League game against Panathinaikos, the same ground where Sevilla had played a postponed Champions League qualifier a week after the death of his teammate.

The game against AEK Athens had originally been scheduled for the day that Puerta died.

As such, the Italian is all too aware of what Liverpool are going through.

"It's difficult," he said. "It's also difficult to explain because there is no solution. You have just to deal with it. You cannot be better again."

Maresca, who was a senior member of the Sevilla team in 2007, has stayed in contact with Puerta's parents ever since.

"You arrive at the training ground. You can imagine the changing room is more or less like this room.

"You arrive and you see that place empty where every day there was your teammate, it's very sad," he said. "After 20 years, it's the only thing I can say." – The Independent

Cherries soar to new heights

Semenyo's double lifts Bournemouth to second after beating Fulham



Bournemouth's Antoine Semenyo (centre) in action yesterday. – AFP/PIIC

BY ED ELLIOT

ANTOINE SEMENYO'S double and a stunning strike from Justin Kluivert saw Bournemouth soar to second in the Premier League courtesy of 3-1 comeback win over Fulham FC at a rain-soaked Vitality Stadium.

Andoni Iraola's Cherries looked set to suffer a first top-flight defeat since the opening day of the season after the Cottagers soaked up the pressure to edge in front through Ryan Sessegnon.

But Semenyo produced a moment of magic to level in the 78th minute before substitute Kluivert further lit up a soggy south-coast encounter by lashing in from distance.

Semenyo sealed victory deep into added time by clinically finishing a counter-attack led by Ben Gannon-Doak.

Kluivert hailed teammate Semenyo as "world-class" after the pair combined to send Bournemouth second in the Premier League table ahead of the weekend fixtures.

"He is incredible, he shows it every game now," Kluivert, speaking to *Sky Sports*, said of Semenyo.

"He is just world-class. We are glad to have him and that is why I said we have a good team. He is the one that scores goals for us and we appreciate that. He's doing an amazing job."

Bournemouth boss Iraola added: "Antoine and Justin made the difference. The first two goals, were amazing goals."

After Sessegnon stabbed Fulham in front following a one-two with substitute Samuel Chukwueze, Semenyo swiftly equalised by breez-

ing past Timothy Castagne wide on the Bournemouth left before finishing through the legs of Bernd Leno from a tight angle.

Kluivert then unleashed a thunderous effort into the top-left corner to complete the turnaround with his first goal of the season before Semenyo was teed up by Gannon-Doak to kill off the contest.

"It's a big statement," said Kluivert. "Losing 1-0 and having the team spirit to come back is incredible.

"It's early (in the season), but we have to strive for the highest possible (position). The mentality that we have now is not to look down but up and we will keep doing that."

Fulham lined up without a recognised striker in Dorset, with 18-year-old midfielder Josh King deployed as a false No. 9 in the absence of injured pair Raul Jimenez and Rodrigo Muniz.

The Cottagers remain 11th in the table and without an away win, having collected eight points from seven games.

Fulham manager Marco Silva said: "It was tough to lose the way we lost it.

"We scored a great collective goal and the game was completely under control.

"Until they equalised, they had zero chances – they arrived in dangerous areas but you don't see one clear chance from them.

"And then two individual moments from two Bournemouth players decided the game.

"The second one is a great shot from long range from Kluivert, and the first one – two against one on the side – we have to be strong in that moment, even if Semenyo is difficult to stop." – The Independent

SPORTS TOTO RESULTS

DRAW NO: 6029/2025 DATE: 04/10/2025 (SAT)

STM LOTTERY SDN. BHD.
196901000090 (8420-D)

TOTO 4D PRIZE PAYMENTS GUARANTEED IN FULL

1st Prize	3554
2nd Prize	9558
3rd Prize	8544
Special	5463 4956
	3142 2722
	4362 3677
	7898 2539
	5617 1370
Consolation	3888 6241
	5568 0429
	8910 1034
	8777 8531
	8936 2284

4D JACKPOT

Jackpot 1 **RM 13,701,374.82**

3554 9558	9558 3554
3554 8544	8544 3554
9558 8544	8544 9558

Jackpot 2 **RM 211,544.08**

Winning combination of any 1 of Top 3 & any 1 of Special prizes.

4D Zodiac

1st Prize	3554	+	DOG
2nd Prize	9558	+	
3rd Prize	8544	+	
4th Prize	Special Prize	+	
5th Prize	Consolation Prize	+	
6th Prize	Any 4D drawn number		

TOTO 5D & 6D PRIZE PAYMENTS GUARANTEED IN FULL

1ST	7 5 8 9 4
4TH	5 8 9 4
2ND	0 8 6 9 9
5TH	8 9 4
3RD	2 9 7 2 4
6TH	9 4

1ST	8 5 5 5 1 4
2ND	8 5 5 5 1 or 5 5 5 1 4
3RD	8 5 5 5 or 5 5 1 4
4TH	8 5 5 or 5 1 4
5TH	8 5 or 1 4

TOTO GAMES GIVES YOU MORE WINNING CHANCES!

SUPREME 6/58	25 26 27 28 40 44
Jackpot	RM 16,808,598.41

POWER 6/55	15 22 29 35 36 39
Jackpot	RM 3,203,827.56

STAR 6/50	4 6 10 13 25 39 + 50
Jackpot 1	RM 10,691,738.36

Jackpot 2	RM 191,160.65
-----------	----------------------

Star 6/50 Jackpot 1 (EZ-Bet)

RM 3 10, 2 3 4

Toto 4D Jackpot 2

RM 2 85, 8 2 9

Toto 4D Jackpot 1 (i-System)

RM 1 27, 2 8 8 won on 01/10/2025!

Visit www.sportstoto.com.my for e-Results and more info.



WINNING NUMBERS damacai

Draw Date: 04/10/25 (Sat) Draw No: 5976/25 Venue: WISMA GENTING, KL

1+3D SUPER 1+3D

1st Prize	3591
2nd Prize	6816
3rd Prize	6145

Starters	Consolation
0974 3862	5478 0657
7860 8447	6061 5739
3810 9842	0653 3042
3719 4031	1447 0307
5483 0924	2805 4576

1+3D Jackpot

Jackpot 1 **RM 7,382,259.10**

3591 + 6816	6816 + 3591
3591 + 6145	6145 + 3591
6816 + 6145	6145 + 6816

Jackpot 2 **RM 614,185.40**

Winning pair matches any 1 of Top 3 & any 1 of 10 Starter Prizes.

3+3D Bonus

1st Prize	Bonus	1st Prize Bonus
473 591 +	RABBIT	RM 200,000.00
2nd Prize	Bonus	2nd Prize Bonus
596 816 +	SNAKE	RM 350,000.00
3rd Prize	Bonus	3rd Prize Bonus
106 145 +	MONKEY	RM 519,097.10

Starters	Consolation
380 974 543 862	965 478 440 657
017 860 938 447	806 061 815 739
043 810 079 842	580 653 393 042
733 719 334 031	641 447 270 307
905 483 310 924	952 805 574 576

3D

1st Prize	2nd Prize	3rd Prize
591	816	145

3D Jackpot

Jackpot **RM 705,281.30**

591 + 816 + 145	816 + 145 + 591
591 + 145 + 816	145 + 591 + 816
816 + 591 + 145	145 + 816 + 591

Winning combination matches the Top 3 Prizes in any order.

HSSB Jackpot 2 RM 110,042.70 won on 1/10/25!



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SPORTS

15

RESULTS & STANDINGS

English Premier League

Bournemouth 3 (Semenyo 78, 90+6, Kluivert 84) Fulham 1 (Sessegnon 70).

TOP 10	P	W	D	L	F	A	Pts
Liverpool	6	5	0	1	12	7	15
Bournemouth	7	4	2	1	11	8	14
Arsenal	6	4	1	1	12	3	13
Crystal Palace	6	3	3	0	8	3	12
Tottenham	6	3	2	1	11	4	11
Sunderland	6	3	2	1	7	4	11
Man City	6	3	1	2	14	6	10
Chelsea	6	2	2	2	11	8	8
Everton	6	2	2	2	7	6	8
Brighton	6	2	2	2	9	9	8

LA LIGA: Osasuna 2 (Bretones 45+3, Catena 90) Getafe 1 (Mayoral 23).

SERIE A: Verona 0 Sassuolo 1 (Pina-monti 71).

BUNDESLIGA: Hoffenheim 0 Cologne 1.

FRENCH LIGUE 1: Paris FC 2 Lorient 0.

Makaf out to broaden exponents' exposure

THE Malaysia Karate Federation (Makaf) aims to send as many national exponents as possible to international competitions to broaden their exposure and raise their competitiveness at the highest level.

Its president, Datuk Nur Azmi Ahmad, said the participation of 40 national athletes in the 2025 Karate 1-Series A Championship at Ng Arena in Nilai, Negeri Sembilan, presents an excellent opportunity for both senior and junior athletes to gain experience and assess their abilities.

He said Makaf has consistently sought to send large contingents abroad, although implementation depends on budget approval and available funding.

"If I want to expose the athletes, I will send them to every tournament under the World Karate Federation (WKF), Asian Karate Federation (AKF) and Asean Karate.

"There are tournaments almost every month, but certain events are open only to athletes with top ranking points.

"Even though our funding is not as large as other sports like football or sepak takraw, we still do our best and work closely with the National Sports Council (MSN)," he told a press conference for the 2025 Karate 1-Series A yesterday.

Nur Azmi said that bigger allocations are usually given ahead of major multi-sport events such as the SEA Games and Asian Games, allowing Makaf to send more athletes.

Earlier, the Yang di-Pertuan Besar of Negeri Sembilan, Tuanku Muhriz Tuanku Munawir, officiated the championship organised by the WKF, which runs for three days starting on Friday.

The 2025 Karate 1-Series A has attracted 1,061 athletes from 84 countries, including the United States, China, Japan, Brazil, Algeria, Iran and Malaysia.

The Series A tournament is the second-tier event in the WKF competition structure and offers world ranking points ahead of the World Championships in Paris later this month and the Senior World Championships in Egypt in November. – Bernama

Kyffin wins as Nur Aiman ends LTdL podium drought

UNIBET Tietema Rockets rider Zeb Kyffin powered to victory in Stage Seven of the 2025 Le Tour de Langkawi (LTdL), covering the 214.9km route from Melaka to Medini, Johor, yesterday.

The 27-year-old Briton crossed the finish line in 4 hours, 37 minutes and 39 seconds, edging Malaysia's Muhammad Nur Aiman Rosli (pic) of Terengganu Cycling Team (TSG) by two seconds, while Dutch rider Arvid de Kleijn took third place in 4:37:49.

Commenting on his victory, Kyffin said he was proud of himself for securing his first professional win in his career.

"I had a pretty different journey to get here. My path through the pro ranks has been quite late.

"I have just worked really hard to get here and am pretty proud of myself and I am really glad of the people I have around me who believe in me," he said after the race.

After Stage Seven of the LTdL 2025, the Green Jersey (overall leader) remains with Joris Delbove of TotalEnergies, while the Orange Jersey (sprint) stays with Erlend Blikra of Uno-X Mobility.

The Polka Dot Jersey (King of the Mountains) continues to be held by Patrick Eddy of Team Picnic PostNL, while the White Jersey (Best Asian Rider) remains with Nicolya Vinokurov from XDS Astana Team.

Meanwhile Nur Aiman emerged as the best Asean rider for stage seven after ending Malaysia's five-year podium drought at LTdL.

The achievement was all the sweeter for the 26-year-old cyclist, who secured the finish in his home state of Johor, in front of thousands of local supporters and his family, who were cheering at the finish line.

During the race, the Johor native launched a solo breakaway in the last 32km before being caught by Kyffin with 10km left in the race.

"Alhamdulillah, all praise be to God. I am proud (to get second place) because my mother came to watch (the race), she rarely watches it before this.

"I really wanted to win today because I was racing in Johor. So, Alhamdulillah, getting second place is great, and thank you to the people of Johor who supported me, and thank you to my team, TSG," he said when met after the race.

For the



Turtles destroy Real Warriors

TERENGGANU FC (TFC), nicknamed the Turtles, scored three first half goals en route to trouncing neighbours Kelantan The Real Warriors (Kelantan TRW) FC 4-1 in their Super League match at the Sultan Mizan Zainal Abidin Stadium in Kuala Nerus, Terengganu on Friday night.

TFC, playing on home ground, started aggressively and had the ball in the back of the net as early as the ninth minute, but the goal was chalked off after the Video Assistant Referee (VAR) ruled that Rainerdson Morais, or Careca, was off-side.

However, there was no denying the Turtles when they opened the scoring in the 22nd minute.

Kelantan goalkeeper Muhammad Azfar Arif Mohd Sukri could only parry a free kick taken by Nurillo Tukhtasinov and defender Diego Landis was quickest to react, slotting the ball home.

Seven minutes later, the Turtles struck again, with Tukhtasinov getting his name on the scoresheet when he lobbed the ball over the out-of-position Muhammad Azfar Arif.

The home team then made it 3-0 in the 40th minute when hotshot Yan Mabella clinically slotted home a cross from Muhammad Azam Azmi Murad.

Undaunted, Kelantan came back after the break and managed to narrow the gap with a goal by substitute T. Saravanan in the 51st minute.

But the visitors' hopes of staging a late fightback were doused when Mabella got his second – and his team's fourth goal – in the 72nd minute.

Terengganu FC (TFC) head coach Badrul Afzan Razali hailed his players' discipline and fighting spirit after their

TFC capitalise on home ground advantage to down Kelantan

convincing win.

He said the 4-1 victory was a timely morale boost as TFC aim to maintain momentum in their push for a top-three finish.

"I must praise the players for showing great spirit from the first whistle until the end. Alhamdulillah, we achieved our target of three valuable points to stay in third place," he told reporters after the match.

Badrul also noted encouraging improvements in the attacking department, with his side putting four goals past their opponents.

On the other hand, Kelantan TRW head coach E. Elavarasan admitted his side were outclassed by a superior team with better quality in both foreign and local players.

He said defensive lapses in the first half proved costly, as TFC capitalised to score three goals, leaving Kelantan with little chance of recovery.

"I admit we lost to a better team. TFC were stronger in midfield and attack, and we couldn't close the gaps quickly enough," he said.

After seven matches each, Terengganu remain third in the 13-team Super League standings with 13 points from four wins and a draw, while Kelantan TRW are in sixth spot with eight points from two wins and two draws. – Bernama

record, the last time a Malaysian cyclist reached the podium at LTdL was in 2020 through veteran cyclist Mohamed Harif Salleh in the fifth and seventh stages.

Meanwhile, another national cyclist, Muhammad Izzat Hilmi Abdul Halil, representing Malaysia Pro Cycling (MPC), also put up an excellent performance by finishing the race among the top 10.

The final stage of 2.Pro status race continues today from Tangkak to Kuala Lumpur over 180.2km featuring three sprint zones in Alor Gajah, Seremban and Semenyih, as well as three climb zones at Setul, Bukit Hantu and Ampang Lookout Point. – Bernama

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Winning Results

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Draw No: 266/25

Date: 04/10/2025

4D Classic

1st Prize	8442
2nd Prize	4113
3rd Prize	8959

SPECIAL	CONSOLATION
5594 0925	1512 0202
0565 7334	0805 7058
3838 3359	2308 8519
6898 4207	9388 9492
4531 3287	4806 0470

4D Jackpot

Jackpot 1 RM6,570,259.26

PARTIALLY WON

8442 + 4113	8442 + 8959
4113 + 8442	4113 + 8959
8959 + 8442	8959 + 4113

Jackpot 2 RM140,234.11

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9		18					
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RM1,000 EVERY DAY for 20 years							
2nd Prize							
RM1,000 EVERY DAY for 100 days							

Jackpot Gold

Jackpot 1 RM10,553,259.41

Jackpot 1 - Group 1 + Golden Number

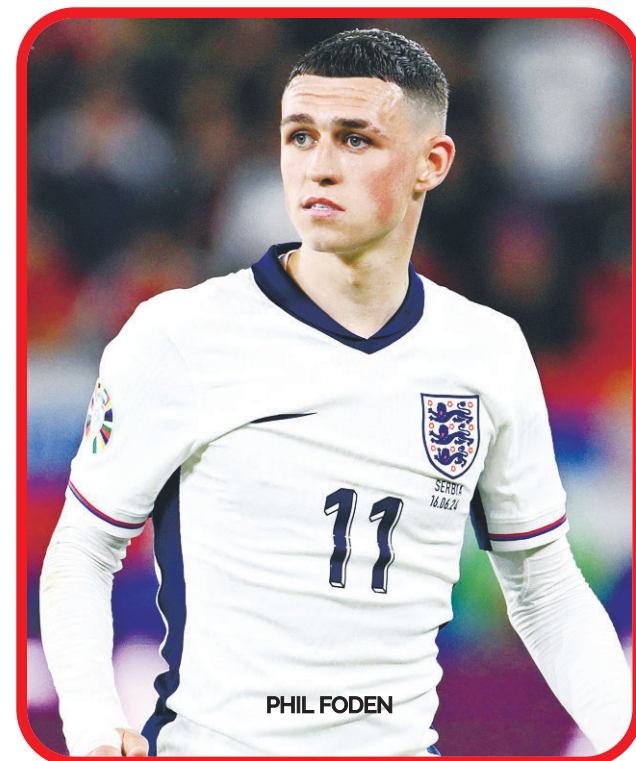
Jackpot 2 RM139,611.52

Jackpot 2 - Group 2 + Golden Number

PARTIALLY WON

GROUP 1	4 2 1 3 5 9	
GROUP 2	4 2 1 3 5	OR 2 1 3 5 9
GROUP 3	4 2 1 3	OR 1 3 5 9
GROUP 4	4 2 1	OR 3 5 9
GROUP 5	4 2	OR 5 9
OR 1 3		
GOLDEN NUMBER	1 4	

All jackpot amounts stated above are for this Draw. Subject to T&Cs of the Scheme. Please visit to www.magnum4d.my for more info. THE BIGGER PLAY IS TO PLAY RESPONSIBLY



Lions stick with winning formula

Tuchel denies rift with Bellingham, explains Foden and Grealish omissions from England squad

BY LAWRENCE OSTLER & SIMON PEACH

THOMAS TUCHEL has insisted he has no personal problem with Jude Bellingham and said he wanted to retain the same squad that thrashed Serbia 5-0 in England's last match, as he explained why several big names were missing from the group.

England revealed the latest squad for October's internationals yesterday, with the selection largely unchanged from the wins over Andorra and Serbia in last month's World Cup qualifying.

Bukayo Saka has returned to replace his injured Arsenal teammate Noni Madueke in the most notable change.

Jude Bellingham has returned to action with Real Madrid after injury and was named England's player of the 2024/25 season this week, while Phil Foden and Jack Grealish have both found form in the Premier League, but none of the trio have been selected.

Tuchel's side play Wales in a friendly at Wembley next Thursday before travelling to Latvia to continue their qualifying campaign.

"It's only three weeks now since the last camp and the last win (against Serbia), the last performance. So the question was, why not bring the same group in?" Tuchel explained.

"Because they set the standards and now it is about creating habits out of it."

Tuchel added: "Jude is a very special player, and for special players there can always be special rules. I get this."

"But for this camp we decided that we stick with our straightforward decision to invite the same team. That applies also then for Jude, he deserves always to be in camp."

"I think there is an extra layer on top, the situation that he has not (fully gathered) rhythm yet at Real Madrid."

"He is back in the team. He hasn't finished one full match until now, he has only started one match, so he is in the period where he gets his rhythm, where he gets back to full strength. But the decision stayed for this camp."

"He wanted to be called up, we had a phone call, there is no issue from that side. He just lacks rhythm, he hasn't finished one complete match. And on top of

it, we decided to go with the same squad."

Tuchel apologised earlier this year over describing Bellingham's on-field behaviour as "repulsive", a comment which he later put down to a poor choice of words in his second language.

Asked whether he has any personal issues with Bellingham, Tuchel responded: "No. There is also no problem between me and Phil Foden, there is no problem between me and Jack Grealish."

"Very special players. Phil is back to influencing games, deciding games for Manchester City."

"Jack is very close to (being) the best version of himself, a very special player, a very special character."

"There is no problem at all, there is no personal problem."

Speaking about next year's World Cup, Tuchel said it would be "better if we play later" as the England boss welcomed the idea of kickoff times being moved back to deal with the intense heat.

The United States, Canada and Mexico are co-hosting a tournament that will be played amid challenging conditions, which Tuchel witnessed firsthand during

his time at the Club World Cup.

Fifa vice-president Victor Montagliani this week said the impact of kickoff times had been a major lesson for the organisers, meaning fixtures could be put back to combat the heat next year.

"I know the fans will not like it but for us it's better if we play later, of course," the England boss said. "For everyone it's better to play later."

Tuchel said "if you do a run at 2pm in Charlotte then you know" when asked why it would be better to move World Cup kickoff times.

"We have put the players first and protect the game, even if it means those back home face some late nights."

Asked if the timing of games could be the difference between winning and losing matches, he said: "Well, then straightaway everyone will make the point the others also play in the heat... it would be a disadvantage for us, for sure."

"Would we adapt to it, if we have to? Yes. Would we use it as an excuse? No."

"Would we still prefer to play in the evening, when shade is on the pitch? Yes, for sure." – The Independent