OASIS TRUTH

PUI CHING MIDDLE SCHOOL 2016
For we cannot oppose the truth, but must always stand for the truth. (2 Corinthians 13:8)
In him, I am the way, the truth, and life. No one can come to the Father except through me.

(John 14:6)
In this way, you may know the truth and take an accurate report to those who sent you. (Proverbs 22:21)
Dedication

The collection is dedicated to

God,

the founders of the school,

and

the inspiring principals

and teachers of Pui Ching,

who seek to make the school the best cradle

for nurturing talents and leaders of generations

in the past

now

and the time to come.
Foreword

Oasis is the fruitful collection of the students’ creative writings. Thanks to the untiring effort of our English teachers in promoting writing, Oasis has become a culture in Pui Ching. Many students have developed the readiness to write. They are willing to write and they take pride in sharing their work with others. Some have taken contribution to Oasis as an important annual event. As the principal of Pui Ching, there is nothing happier and more encouraging than to see students love writing and to see life and creativity in their work.

Time passes and the year goes. When a student no longer walks up and down the steps, what refreshes his youthful reminiscence may be the inspiration that has been planted in this student classic. Students, why hesitate? Open your minds to the world around you, be aware, read, be inspired and write.

Tam Yat Yuk
Principal

7 January 2016
Words from the Editors

Subsequent to the previous revised publication of *Oasis*, there comes the heartwarming applause from various sides. With the precious experience and generous comments, we are now very honored to present to the readers yet another issue of this continual series, with a compilation of our students’ creative expression of their perception towards life.

*Oasis* is a collection of essays, which are primarily the creative work of our students who, through constant practice of reading and writing as well as shrewd observations of their immediate world, pour out their hearts in the form of short stories, novella, letters, diaries and articles. We understand that such precious perception and spontaneity towards life should never be allowed to be laid waste and it is our very aspiration to cultivate creativity in young leaders even at their early age. Sharing of insights, nourishing of the writing culture and an appreciation of literary writing can inspire introspection and unleash the beauty of human minds, thus rekindling our passion for living. Linguistically speaking, it is indeed also our intention to help our students to master the language to express themselves more than adequately.

We are so blessed that teachers and students are so supportive in conceiving as well as giving birth to this publication, despite all the sweat and blood through the travails.

In taking greater pains to bring forth this issue into existence, we very much hope that when you are reading through the pages, savouring a line or two, may you envisage the oasis of freshness on the parched land of modern hectic life.

January, 2016
And you will know the truth, and the truth will set you free.”

(John 8:32)
Contents

Dedication
Foreword Mr. Tam Yat Yuk
Words from the Editor Mr. Edgar Cheung
Café Paradiso

Essays

Helping the Poor and Homeless Albert Lam 1A 1
How to Have Good Sleep Casper Yu 1A 2
The Definition of Luck Dandelion Lee 1A 3
I Want to Help More Poor Children Jasmine Chan 1A 4
Letter to Suki Justin Kong 1A 5
A Life Changed Angelo Chan 1B 6
A Day in the Zoo Au-Yeung Tin Ching 1C 7
A Letter to Chris Myrtle Ng 1C 8
A Letter to Chris Chanisse Chow 1D 9
A Day at the Zoo Harry Bae 1D 10
A Miracle Hilary Lau 1D 11
New School, New Friends, New Life Chan Wing Hei 1E 12
Merry Christmas – Shall We? Li Benedict 1E 13
5 Things You Didn’t Know About Me Helen Ho 1F 14
Letter to Suki Joshua Leung 1F 15
How to Balance the Healthy Need for Exercise Serena Leung 2A 16
Against the Pressure of Work
Ways to Lose Weight Cyrus Chan 2B 17
Cheer up Nancy Cherry Chang 2B 18
Health > Marks Etienne Chan 2B 19
Writing a Letter of Advice Felix Wong 2B 20
How to Balance the Healthy Need for Exercise Felix Wong 2B 22
Against the Pressure of School
Where There's a Will, There's a Way Psalm Chan 2B 24
Writing a Letter of Advice Kerwin Tong 2C 25
How to Squeeze Time for Exercise Timothy Wong 2C 27
Phone Addiction Quinn Lau 2C 28
How to Balance the Healthy Need for Exercise Christy Fan 2C 29
Against the Pressure of Work
How to Balance the Healthy Need for Exercise Ethen Yuen 2D 30
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Grade</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A War Journal</td>
<td>Aidan Chiu</td>
<td>3F</td>
<td>71</td>
</tr>
<tr>
<td>A Day without My Smart Phone</td>
<td>Anson Cheung</td>
<td>3F</td>
<td>72</td>
</tr>
<tr>
<td>A Day without My Smart Phone</td>
<td>Ethan Tsang</td>
<td>3F</td>
<td>73</td>
</tr>
<tr>
<td>A Letter to Edith</td>
<td>Fung Tik Sze</td>
<td>3F</td>
<td>74</td>
</tr>
<tr>
<td>A Letter to Edith</td>
<td>Joyce Fung</td>
<td>3F</td>
<td>75</td>
</tr>
<tr>
<td>A Page from a Soldier's Diary that Describes an Unforgettable Experience of War</td>
<td>Jonathan Lee</td>
<td>3F</td>
<td>76</td>
</tr>
<tr>
<td>War</td>
<td>Lui Chun Ho</td>
<td>3F</td>
<td>77</td>
</tr>
<tr>
<td>Home Sweet Home</td>
<td>Lui Chun Ho</td>
<td>3F</td>
<td>78</td>
</tr>
<tr>
<td>Masterpiece</td>
<td>Nicole Chan</td>
<td>4A</td>
<td>79</td>
</tr>
<tr>
<td>How Uber Can Improve the Overall Taxi Experience</td>
<td>Stephanie Tsang</td>
<td>4A</td>
<td>80</td>
</tr>
<tr>
<td>Teenage Problems</td>
<td>Sheron Kwong</td>
<td>4A</td>
<td>81</td>
</tr>
<tr>
<td>The Chinese Veteran of Our School</td>
<td>Vivi Wong</td>
<td>4A</td>
<td>82</td>
</tr>
<tr>
<td>A Strange Encounter with an Alien</td>
<td>Aaron Chan</td>
<td>4B</td>
<td>83</td>
</tr>
<tr>
<td>Your Masterpiece</td>
<td>Ashleigh Wan</td>
<td>4B</td>
<td>84</td>
</tr>
<tr>
<td>Be a Blessing to Others, Sign Up for Organ Donation!</td>
<td>Cynthia Ling</td>
<td>4B</td>
<td>88</td>
</tr>
<tr>
<td>Facing a Dilemma</td>
<td>Sydney Chang</td>
<td>4B</td>
<td>89</td>
</tr>
<tr>
<td>Do Tutorial Schools Do More Harm Than Good?</td>
<td>Vincent Tsui</td>
<td>4B</td>
<td>90</td>
</tr>
<tr>
<td>Step Power Generator</td>
<td>Jason Kong</td>
<td>4C</td>
<td>91</td>
</tr>
<tr>
<td>Watch Out For Super Humans!</td>
<td>Ken So</td>
<td>4C</td>
<td>92</td>
</tr>
<tr>
<td>Robots, Friend or Foe?</td>
<td>Chan Yung Shan Penina</td>
<td>4E</td>
<td>93</td>
</tr>
<tr>
<td>Robots, Friend or Foe?</td>
<td>Chu Wai Lun</td>
<td>4E</td>
<td>95</td>
</tr>
<tr>
<td>Robots, Friend or Foe?</td>
<td>Hugo Tang</td>
<td>4E</td>
<td>96</td>
</tr>
<tr>
<td>Vindictive Berserker</td>
<td>Sabrina Chan</td>
<td>4E</td>
<td>98</td>
</tr>
<tr>
<td>The Benefits of Legalizing Uber</td>
<td>Charlotte Chin</td>
<td>4F</td>
<td>103</td>
</tr>
<tr>
<td>Wrath</td>
<td>Debbie Chan</td>
<td>4F</td>
<td>104</td>
</tr>
<tr>
<td>Judgement</td>
<td>Joshua Yiu</td>
<td>4F</td>
<td>107</td>
</tr>
<tr>
<td>Robots, Friend or Foe?</td>
<td>Leo Ma</td>
<td>4F</td>
<td>109</td>
</tr>
<tr>
<td>A Pair of Clean Hands</td>
<td>Matthew Ng</td>
<td>4F</td>
<td>111</td>
</tr>
<tr>
<td>Miss Chan, the Selfless Teacher Who Changed Me</td>
<td>Naomi Tsang</td>
<td>4F</td>
<td>113</td>
</tr>
<tr>
<td>A Rather Straightforward Detective story</td>
<td>Dexter Tsin</td>
<td>4F</td>
<td>114</td>
</tr>
<tr>
<td>How Medical Technology Changes Lives</td>
<td>Charlotte Zhang</td>
<td>5A</td>
<td>116</td>
</tr>
<tr>
<td>Wake up from Technology to Humanity – Our Only Past, Present and Future</td>
<td>Emily Chan</td>
<td>5A</td>
<td>117</td>
</tr>
<tr>
<td>The Werewolf Brother</td>
<td>Jason Li</td>
<td>5A</td>
<td>119</td>
</tr>
<tr>
<td>Stop Being a Victim of Cyberbullying</td>
<td>Lau Yat Ching</td>
<td>5A</td>
<td>120</td>
</tr>
<tr>
<td>Title</td>
<td>Author</td>
<td>Page</td>
<td></td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>----------------------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>Listen to Your Heart</td>
<td>Anna Sze</td>
<td>6E 177</td>
<td></td>
</tr>
<tr>
<td>Obsessed with Physical Beauty</td>
<td>Daniel Wan</td>
<td>6E 179</td>
<td></td>
</tr>
<tr>
<td>The Little Boy – A Tale of Two Wolves</td>
<td>Eva Lo</td>
<td>6E 180</td>
<td></td>
</tr>
<tr>
<td>Being a Famous News Reporter</td>
<td>Jaimy So</td>
<td>6E 183</td>
<td></td>
</tr>
<tr>
<td>China and the West: “We” and “I”</td>
<td>Joyce Yiu</td>
<td>6F 185</td>
<td></td>
</tr>
<tr>
<td>The Igniting Blaze of Asian Stars</td>
<td>Karen Tung</td>
<td>6F 187</td>
<td></td>
</tr>
<tr>
<td>The Hidden Youth Problem in Hong Kong</td>
<td>Luo Ying Si</td>
<td>6F 188</td>
<td></td>
</tr>
<tr>
<td>Integrity Is My Own Set of Rules</td>
<td>Max Tin</td>
<td>6F 190</td>
<td></td>
</tr>
<tr>
<td>Advertising—The Double-edged Sword</td>
<td>Sonia Wong</td>
<td>6F 191</td>
<td></td>
</tr>
<tr>
<td>Integrity and Morality</td>
<td>Winnie Fong</td>
<td>6F 193</td>
<td></td>
</tr>
</tbody>
</table>

**Poems**

<table>
<thead>
<tr>
<th>Poem</th>
<th>Author</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Am</td>
<td>Aldric Wong</td>
<td>1B 197</td>
</tr>
<tr>
<td>Happiness Is...</td>
<td>Helen Ho</td>
<td>1F 198</td>
</tr>
<tr>
<td>I Wanna Be Yours</td>
<td>Fuzen Ng</td>
<td>2A 199</td>
</tr>
<tr>
<td>I Wanna Be Yours</td>
<td>Jason Cheng</td>
<td>2A 200</td>
</tr>
<tr>
<td>I Wanna Be Yours</td>
<td>John Ku</td>
<td>2A 201</td>
</tr>
<tr>
<td>I Wanna Be Yours</td>
<td>Vincy Lau</td>
<td>2A 202</td>
</tr>
<tr>
<td>I Wanna Be Yours</td>
<td>Ambrose Chin</td>
<td>2F 203</td>
</tr>
<tr>
<td>I Wanna Be Yours</td>
<td>Marco Leung</td>
<td>2F 204</td>
</tr>
<tr>
<td>I Wanna Be Yours</td>
<td>Rex Tin</td>
<td>2F 205</td>
</tr>
<tr>
<td>I Wanna Be Yours</td>
<td>Swank Chan</td>
<td>2F 206</td>
</tr>
</tbody>
</table>
But this is what you must do:
Tell the truth to each other.
Render verdicts in your courts that are just and that lead to peace.
(Zechariah 8:16)
Café Paradiso
...for, behold, the kingdom of God is within you.

Luke 17:21
To the ONE who makes peace with the undeserving

&

To all the cafes that have filled me with solace and fantasies
Ms. Pang (now)
Chef (now)
Senior Waiter
Junior Waiter

Mr. Pang
Mrs. Pang
Ms. Pang^ (then)
Chef^ (then)

Customer A (a white-collar worker)
Customer B (a girlfriend)
Customer C (a boyfriend)

Customer D (a student)

Customer E (a middle-aged man)
Customer F (a middle-aged woman)
Customer G (a middle-aged woman)

Customer H (a gourmet)
SCENE I - Lunchtime

[It is a local Cha Chaan Teng (i.e. tea restaurant) with a few scattered tables and seats. A cashier counter is located on stage right. The water bar looms at upstage centre.]

[MS. PANG is glued to the cashier counter, with her fingers among heaps of coins and bank notes, sometimes poring over an entertainment weekly. S. WAITER, completely oblivious of the customers, is chitchatting with CHEF. J. WAITER is leisurely drying the utensils.]

[CUSTOMER A snaps his fingers, trying to grab the waiters' attention. Nobody cares. He snaps his fingers again, more dramatically, but still to no avail.]

CUSTOMER A:  [slightly impatient] The bill please. [looks around for a waiter]

CUSTOMER A:  [raises his voice] Can I have the bill? The bill!


CUSTOMER A:  [stunned, repeats] "Just get to the cashier yourself"? [agitated] Do you call this service? What kind of service is this? [walks to cashier while grumbling and staring back] You don’t think I’ll complain to your boss?

MS. PANG:  [eyes still fixed on magazine, indifferent] Thirty-two.

CUSTOMER A:  [takes a banknote from wallet, fuming] The quality of your staff is just ...

MS. PANG:  [again, more emphatically] Thirty-two.

CUSTOMER A:  Right. [rummages in his pocket for more coins, placing them on the counter one by one] Now, there you are. Thirty-two.

MS. PANG:  [mechanically] Thank you.

[While leaving, CUSTOMER A is nearly tripped over by a cable on the floor.]

MS. PANG:  [bellows] Hey, look out! Don't trip over the cable! [as CUSTOMER A vanishes from sight, starts grumbling] Oh good grief! How could he dig out so many coins from his pants?

CUSTOMER B:  Excuse me, can I have my order?

S. WAITER:  [immediately from the water bar, playful] Of course, of course, pretty. How may I help you?

CUSTOMER B:  I want something sweet.

S. WAITER:  The sweetie wants something sweet! Of course! A pineapple bun will do you right.

CUSTOMER B:  Sounds great.

S. WAITER:  Buttered?

CUSTOMER B:  Yes, please.

S. WAITER:  [jots down the order] No problem. [repeats to himself] One buttered pineapple bun.

CUSTOMER B:  Oh, can I have the slice of butter on the side?

S. WAITER:  On the side? Well, we usually have the butter in the bun …

CUSTOMER B:  [retorts] No. I want it on the side.

S. WAITER:  Okay … [places her order] … on the side … And what about you?

CUSTOMER B:  [interrupts] He wants a set meal.

CUSTOMER C:  I ... um ...
CUSTOMER B: Yes, a set meal to be shared between us.
S. WAITER: Share?
CUSTOMER B: So what's available?
S. WAITER: Well, we've got the normal set, the special set and the fast set.
CUSTOMER C: What's the difference?
S. WAITER: The difference?
CUSTOMER B: Yes?
S. WAITER: Um … actually, there's no real difference, but um … it's rather complicated, you know … Why don't you study the menu yourself?

[S. WAITER gets a menu from the other table and passes it to the couple.]

CUSTOMER C: [studies the menu closely, murmurs to himself] So … the normal set comes with a scrambled egg, ham and toast. The special set includes the additional beef noodles …
CUSTOMER B: What about the fast set? I'm hungry. I want something really quick.
S. WAITER: A fast set comes faster [pauses] ... with an extra charge of 5 dollars.
S. WAITER: [takes their order] What about your drinks?
CUSTOMER B: Let me see … Iced lemon tea with less ice and less tea, one lemon slice instead of three. And, less syrup. I have to keep fit.
S. WAITER: Alright … [murmurs the order to himself] … so … that's … tap water with a pinch of brown sugar … No problem. And you?
CUSTOMER C: I heard the milk tea is famous here.
S. WAITER: It's world class.
CUSTOMER C: I'll have one then.
S. WAITER: Ok, just a minute.

[S. WAITER brings the order to the water bar. CUSTOMER B stands up from her seat and nears the cashier counter.]

CUSTOMER B: Excuse me, where's the washroom?
MS. PANG: The loo is 'round the corner. Can't you read?
CUSTOMER B: [offended by her rudeness] Ok …

[CUSTOMER B vanishes into the dark.]

MS. PANG: [bellows] Hey, watch out for the cable!
S. WAITER: Oh, sweetie, don't trip over.
CUSTOMER B: [yells back] I'm fine …

MS. PANG: [looks across to J. WAITER] Hey, kiddo, what are you doing?
J. WAITER: I'm drying the spoons and forks …
MS. PANG: Drying for the whole morning? Do I pay you just to dry stuff?
J. WAITER: Sorry, Ms. Pang, I …
MS. PANG: Collect the empty plates now. Get yourself busy now.
J. WAITER: Yes, Ms. Pang …
[As Ms. Pang resumes to her activity, S. WAITER signals J. WAITER to a corner. They talk without alarming Ms. Pang.]

S. WAITER: You’ve got to play smart here, kiddo. It’s not as easy as you think. It’s sink or swim here.
J. WAITER: I know, but you know, I’m new to the job …
S. WAITER: There’s no rehearsal here. It’s all about survival. You either get it right or you get out.
J. WAITER: Seriously?

[By now, CUSTOMER B is back at her seat. J. WAITER and S. WAITER are standing by the water bar, conversing.]

S. WAITER: Look at that couple over there again. You still remember their orders? What about that table? Huh? I tell you what: learn every order by heart. You can never have your customers repeat their orders for you. That’s a taboo. That’s rule number one in our business: know - your - order.
J. WAITER: I see …
S. WAITER: What about that boy over there?
J. WAITER: You mean the student studying at that table?
S. WAITER: Right. Never ever let them occupy the place for God knows how long! Remember, this is no study room! This is a Cha Chaan Teng!
J. WAITER: Then what can I do?
S. WAITER: Take away the empty plates immediately! Don’t re-fill their cups! Embarrass them! From time to time, [crescendo] go and wipe their tables clean until they realize they have nothing left to eat! And if they still have no intention to go, turn up the radio, turn up the air-con, turn up whatever you can, make sure they free up the space as quickly as possible!
J. WAITER: That’s rude … but I like it!
S. WAITER: And don’t forget the chef. He is the soul to the whole café. We cannot live without the soul, can we? You don’t have to befriend him, I mean, but you have to give him all your respect and listen to his every order. If there’s any problem, it’s never his problem, it’s our problem. Understand?
J. WAITER: [hesitant] Understand. But …

S. WAITER: But what?
J. WAITER: What about Ms. Pang?
S. WAITER: You mean the Queen? Oh, she is hard to please …
J. WAITER: [curious] What made her into such a difficult woman?
S. WAITER: [alarmed] Shush!
MS. PANG: Did I hear something?
J. WAITER: [lowers her volume] I mean, what happened?
MS. PANG: What’s happening, kiddo? Do I pay you just to stand there and keep mumbling?
J. WAITER: Nothing, Ms. Pang, I …. I’m sorry …
MS. PANG: Why don’t you get something to do right away?
J. WAITER: Yes, Ms. Pang, yes … I’m sorry …

[J. WAITER clumsily walks off to get things done, but almost trips over the cable.]

MS. PANG: [bellows] Mind the cable! The cable, I said, idiot!
S. WAITER: Kiddo. [pauses, then whispers loudly] Listen to the Queen. Mind the cable.
[With his newspaper and textbooks, CUSTOMER D is still studying at the corner table, constantly disturbed by S. WAITER.]

[J. WAITER comes from the back, serving drinks. The saucers can be heard clinking against the cups.]
[CUSTOMERS E, F & G are having their afternoon tea, conversing.]

[Upon finishing the first cup of milk tea, CUSTOMER E sighs in great delight and burps aloud, which alarms other customers.]

CUSTOMER F: Stop burping, won’t you? Have you got no manners?
CUSTOMER E: Who cares about manners when you are enjoying your cup of tea? [burps again, obviously enjoying] Arrrrgh …
CUSTOMER F: That’s disgusting!
CUSTOMER G: Leave him alone. There are things more disgusting.
CUSTOMER F: [curious] What are you saying?
CUSTOMER G: Don’t you know? They say that the grocery store is closing down this month.
CUSTOMER F: [gossips] You mean the grocery just two blocks away? It has been around for more than fifty years!
CUSTOMER G: Well, yes. The rent has tripled and the owner just can’t afford it anymore …
CUSTOMER F: That's sad.
CUSTOMER E: [burps loudly] Arrrrgh … That's disgusting really …
S. WAITER: [yawns aloud] Very soon they will bring down this Cha Chaan Teng too …
CUSTOMER F: Shush …
MS. PANG: [bellows] Do I pay you to talk? Go on with your work!
CUSTOMER G: Who knows? Maybe one day this will be replaced by another Starbucks.
CUSTOMER E: Shush! Can't you see? The Queen is not happy to hear that …

[CUSTOMER A has entered and sat down as they are conversing. J. WAITER walks up to take the order.]

CUSTOMER A: [yells] A coffee please.
J. WAITER: Alright, a coffee. [repeats order]
CUSTOMER A: I mean … um … a green tea latte please.
J. WAITER: Sorry sir, we don't have green tea latte here …
CUSTOMER A: Then a mocha frappuccino.
J. WAITER: [puzzled] Well … excuse me, what … is that?.
CUSTOMER A: [impatient] What about an espresso?
J. WAITER: [apologetic] We don't have that either. We only have coffee.
CUSTOMER A: Those are coffees!
J. WAITER: I mean we only offer … "coffee".
CUSTOMER A: [dissatisfied] Forget it. [CUSTOMER A springs up from seat, cursing.] I'm leaving. I'm leaving this ridiculous cafe where you don't even have an espresso. [turns back before disappearing] I tell you what? This place is doomed!
MS. PANG: [irritated] Just get out of here! You are not welcome! Frappucino? We don't serve "crappucino" here!
CUSTOMER A: [just before vanishing] This place is doomed!

MS. PANG: [roars] Get out and don't trip over the cable!

CUSTOMER G: Wowowo! The Queen is mad!

MS. PANG: [still furious] I'm not mad! I'm just sick of those who can't even order their drinks properly!

CUSTOMER F: You can't blame them. [teases and lets out a sneer] They want espresso, latte, mocha, but you have only coffee.

CUSTOMER G: You've got to keep up with the trend, Ms Pang.

CUSTOMER F: You've got to give them what they want.

CUSTOMER G: They want more options.

MS. PANG: [crosely retorts] Yes, they want this and they want that, but at the end, they don't know what is good for them ...

CUSTOMER E: [upon finishing the second cup, burps again] Aarrrgh ... This is real good! This is absolutely the best milk tea in town. Perfetto! [with an Italian gesture]

CUSTOMER F: Perfetto! [imitates mockingly]

MS. PANG: See? We've got the best milk tea in town!

CUSTOMER G: [bluntly] But so what?

MS. PANG: [shocked] So ... so what? What do you mean?

CUSTOMER G: People are just tired of milk tea. Don't you know?

CUSTOMER E: Alright, let's stop this discussion about milk tea, ok ... [burps again involuntarily] Aarrrgh ... excuse me ...

MS. PANG: Say whatever you want but you can't insult my milk tea!

CUSTOMER G: I'm sorry you feel offended, [provocative] but honestly, only dummies drink milk tea now.

CUSTOMER F: Please stop that ...

CUSTOMER G: [provocative] I mean, when coffees come with so many flavours and gimmicks, who cares about your milk tea, huh?

MS. PANG: How ... how dare you!

CUSTOMER G: Milk tea is out. Coffee is the drink of the day.

MS. PANG: [choked on breathing] I ... I'll kill you! I swear I'll kill you!

[MS. PANG tries to get a fork on one of the tables as weapon, but is stopped by both WAITERS.]

CUSTOMER G: That's reality. This Cha Chaan Teng is doomed. It will be taken over soon, just like the grocery two blocks away ...

CUSTOMERS E & F: Stop it please ...

MS. PANG: [bellows] In the name of Cafe Paradiso, I swear I will kill you ...

[They get entangled, with some dragging the others away from the rest of the pack.]

CUSTOMER D: [In the midst of the chaos, puts down his newspaper, stands up, calm and dignified] That's enough. Can you two stop the fight? Can we have a little peace here? Look at the paper, people out there are waging wars against one another. They are killing each other, humiliating and hurting each other. And there is enough violence and anger and hate all over the page, so can we have just a little peace here? Please?
MS. PANG: [frozen with the others] How … how dare you! This … this … this is my territory and … and I am the boss … not you …

CUSTOMER D: [remains rational] Yes, you are the boss, but do you want to turn this place into another hell? Or will you turn this place into a paradise on Earth? [points to the signboard hanging over their heads] It’s up to you!

CUSTOMER G: Wow! [sneers] That was … intellectual …

CUSTOMER E: [amidst silence] Ar … are we supposed to … clap hands?

CUSTOMER F: [whispers] Shut up!

MS. PANG: [tongue-tied] You … [flabbergasted, takes a few steps back, and trips over the cable on the floor]

[With the noise of items shoved and shattered, the entire stage blacks out immediately.]

CUSTOMER G: [screams] Oh! Gosh! What happened?

J. WAITER: Miss Pang, I guess you must’ve tripped over the cable!

MS. PANG: Oh, have I?

S. WAITER: Yes, and the thing is, all power seems to have gone out!

MS. PANG: [sounds hysterical] Then what should we do now? What should we do?

S. WAITER: Calm down, Miss Pang. I ask you to calm down now.

J. WAITER: It’ll be alright.

CUSTOMER D: Is anybody injured?

MS. PANG: I think I’m alright.

CUSTOMER E: Shall we call the police?

MS. PANG: No, don’t! Don’t call the police.

CUSTOMER F: Let me go out and get somebody to help.

MS. PANG: I said no. Everybody stays here. I don’t want to spread this.

CUSTOMER D: Can we fix this ourselves?

J. WAITER: Can we turn on the emergency lighting? Where is the switch?

CUSTOMER G: It’s too dark to locate the switch now …

S. WAITER: Forget it. There is no backup lighting in this old café.

MS. PANG: Then what can we do now?

CUSTOMER D: Just calm down.

MS. PANG: [bellows] I’m calming down!

J. WAITER: I’m sure the light will come again in a short while.

S. WAITER: Hey, old chef? Where are you? Are you ok?

CHEF: [shouts from the back] Don’t worry. I’m ok. And I’ve got a torch.

[CHEF turns on the torch, walks out from the water bar with it. Now, all people huddle together around the cashier area.]

CUSTOMER E: [with a spooky tone] I start to feel a little creepy now.

CUSTOMER F: Come off it! Stop bringing that up, please.

CUSTOMER E: I feel a little scared, I mean it …

J. WAITER: I start to get a little cold too. Can we huddle closer together?

[Silence, punctuated only by occasional breaths and movements. Whenever someone is talking, the face can be seen in
the flickering flashes from the torch.]

CUSTOMER G: So you mean we will stay like this until the light is up again?
CUSTOMER F: Are you serious?
CUSTOMER E: I miss home … please let me go …
S. WAITER: [dramatic] Don’t you think we are like a group of war hostages, locked in a prison cell, waiting to be butchered by a blood-thirsty monster …
J. WAITER: Stop that nonsense, please!
CUSTOMER D: His head must be intoxicated with violent zombie movies.
CUSTOMER E: Somebody please say something funny. I’m scared.
CUSTOMER F: Come on. Be a man!
S. WAITER: Old chef? Say something! You always have a lot of stories to tell.
CHEF: But what I say is not funny …
CUSTOMER E: Anyway, tell us a story. Whatever.
CHEF: Whatever?
CUSTOMER G: For example … [looks around at random] well … for example, tell us why this is called Café Paradiso!
CUSTOMER D: Yes, tell us about that!
CHEF: [struck by the question] Oh … dear … it was such a long time ago …
CUSTOMER F: Look, we have plenty of time now.
J. WAITER: Come on, tell us about that!
CHEF: Really? Alright, then, all of you listen now …

[Soft warm light fades in and dawns on the water bar. MR PANG, MRS PANG and MS PANG, then a little girl, can be seen in the light, preparing for the first day of business.]

J. WAITER: [surprised] Is that Miss Pang?
S. WAITER: You mean that little girl is the Queen? Unbelievable!
CHEF: It was forty years ago. She was then a little girl.
J. WAITER: And what about the other two?
CHEF: They are Mr. Pang and Mrs. Pang. They started this cafe forty years ago.

MR PANG: Thank you, honey. [as Mrs. Pang passes a cup to her husband.]
MRS PANG: You're welcome, darling.
MS PANG*: Dad, mum, I'm bored. You've spent hours making that tea.
MRS PANG: Sweetheart, be a good girl.
MR PANG: Sweetheart, you know, if you get the tea right, you get everything right in a Cha Chaan Teng. You've got to put your heart to your tea.
MS PANG*: But dad, can't you make it more quickly? I'm bored.
MR PANG: No, sweetheart. It takes time. Everything beautiful in this world takes time. It takes time for a caterpillar to become a butterfly. It takes time to grow love between mum and dad, and …
MS PANG*: Oh dad, I'm really bored now …
MRS PANG: Sweetheart, what your daddy's telling you is very true …
MS PANG*: [interrupts] Then, tell me how you make this tea as beautiful as a butterfly.
MR PANG: Oh, there's a lot to be done, sweetheart. [demonstrates as he continues, passionate] First, you need to
mix the right amount of different tea leaves, then you boil the water to the right temperature, simmer it for long enough to release its flavors but short enough to keep it fresh. And don't forget to filter it for several times to bring out the silky texture. Last but not least, introduce the milk, and that's how you have a creamy and full-bodied milk tea, the proud signature of our Cha Chaan Teng!

MS PANG*: It sounds really complicated, dad.
MRS PANG: It is an art!
MR PANG: Well, indeed. And dad is good at this.
MRS PANG: [filled with expectation] So, who's gonna be our first customer on our first day of business having the first taste of our signature milk tea?

[CHEF, then a teenager, is about to come in.]

CHEF*: [timid] Hello, may I come in?
J. WAITER: [curious] Who is that little boy?
S. WAITER: [bemused] Somehow he looks familiar to me ... have we met before ...?
CHEF: Ha! Guess what? That's me! That little boy is me forty long years ago.
J. & S. WAITERS: Are you joking me?
CHEF*: [again, timid] Hello, may I come in?
MRS PANG: [overexcited, keeps babbling] Do come in! Welcome! This is our first day of business and we are so glad to have you as our first customer! What would you like to have? We provide so many options for drinks. We have coffee, lemon tea, Horlicks, we also have coke! Or would you like to try our signature milk tea? What about a milk tea with an egg tart?

CHEF*: I .. um ...
MS PANG*: [crudely] What do you want?
MR PANG: Sweetheart! Don't be rude to our customer!
MS PANG*: [unwillingly] Ok, dad ... [insincere] so ... what do you want?
CHEF*: I .. um ...
MR PANG: [gently] Yes? How may I serve you?
CHEF*: I .. um ... Can I ...
MRS PANG: [inviting] We can give you a discount!
CHEF*: Can I ... Can I work here?
MRS PANG: [taken aback] What are you saying?
CHEF*: I have no money, and I heard that a new cafe is in business today, so I come here to look for work.
MS PANG*: That is ridiculous!
MR PANG: Sweetheart! I said, don't be rude!
MS PANG*: But dad, he's not here to spend, he's here to ask for a job!
MR PANG: Young man, come over here.

[CHEF comes close to the water bar from afar.]

MR PANG: So, you are here to look for work. Tell me, what do you know?
CHEF*: [earnestly] I can do everything you want me to. I can sweep the floor for you, I can wash the dishes for you, I can dry the tables for you, I can ...
MR PANG: Shhh ... I mean, what do you know about working in a Cha Chaan Teng?
CHEF^: Well ... um ...
MR PANG: Um ... Do you know anything about milk tea?
CHEF^: Milk tea?
MR PANG: Yes, what do you know about milk tea?
CHEF^: Um ... [spits out word by word at first] If ... if you get the tea right, you ... you get everything right in a Cha Chaan Teng. You've ... you've got to put your heart to your tea. [tries hard to recall as he goes on] And ... and there's a lot to be done. First, you need to mix the right amount of different tea leaves, then you boil the water to the right temperature, [even imitates the tone of MR. PANG as he picks up more smoothly] simmer it for long enough to release its flavors but short enough to keep it fresh. And don't forget to filter it for several times to bring out the silky texture. Last but not least, introduce the milk, and that's how you have a creamy and full-bodied milk tea, the proud signature of our Cha Chaan Teng!
MS PANG^: Our Cha Chaan Teng? You don't belong to this Cha Chaan Teng!
MR PANG: Sweetheart! [slowly turns to CHEF, gazes at him for a while, inhales, then gravely speaks] Young man, go home and tell your mum and dad, tomorrow, you will work here.
CHEF^: [stunned] Re ... really? [overjoyed, holds out his hands] Thank you! Thank you so much! Thank you Mr. ... [pauses]
MR PANG: Mr. Pang.
CHEF^: Thank you Mr. Pang! [runs off excitedly]
MRS PANG: [After seeing him go, smiles knowingly] Darling?
MS PANG^: [annoyed, complains] Dad? But he knows nothing about milk tea! He just overheard what you had said and repeated it! That's all!
MR PANG: Of course, of course.
MS PANG^: I don't understand!
MR PANG: Sweetheart, look! [hands over a cup, gently pours evaporated milk into the cup] MS PANG^: What?
MR PANG: Look at how beautifully the milk is blended into the black tea. They are so different in nature, and yet when they *embrace* each other, something beautiful happens. Sweetheart, always remember, this cafe is meant to be a place that embraces everyone who comes, whether they are hungry or thirsty, rich or poor. Who knows? This Cha Chaan Teng can be a paradise to someone.

[Soft warm light fades out from the bar area.]

CHEF: [repeats] "This Cha Chaan Teng can be a paradise to someone". Those are the words that changed my life. That's how I've been part of this paradise for forty years. This story is not very funny, huh?
J. WAITER: It's not funny at all ... but I start to feel strange now ...
S. WAITER: What's the matter with you?
J. WAITER: I don't know why, but I feel a lot warmer now.
CUSTOMER E: Me too.
CUSTOMER D: But I still don't get it.
CHEF: What?
CUSTOMER D: Ok, so Mr. Pang changed your life because he gave you a job, ok, and it's a touching story, but, Cafe Paradiso! Where did it come from? It's a strange name, don't you think so?
CUSTOMER G: Yes, why Italian? Paradiso?
CHEF: Oh! Paradiso! There was an embarrassing truth behind the word.

CUSTOMER F: An embarrassing truth?

CHEF: You know, Mr. Pang was very good at making milk tea, and I learned all my skills from him. But he was a very bad speller. Paradiso was a spelling mistake.

J. WAITER: A spelling mistake?

CHEF: Mr. Pang mistook the letter "e" for the letter "o", and that's why - Cafe Paradiso!

CUSTOMER D: [totally intrigued] What?

CUSTOMER F: What a spelling mistake!

CUSTOMER E: And that is really funny! Like a perfect joke! Ha-ha ...

CUSTOMER F: Perfetto! [with the Italian gesture]

CUSTOMER E: Yes! Perfetto!

[The whole pack of people let out roars of laughter. All of a sudden, the entire place is illuminated again. The audience is brought back to the live scene of the Cha Chaan Teng.]

S. WAITER: [ecstatic] Good heavens! The light is back!

J. WAITER: Everything is back to normal again!

CUSTOMER F: [to CUSTOMER E] Stay away from me!

CUSTOMER G: Have you found the backup lighting?

J. WAITER: It's not me ... I don't know ...

S. WAITER: But there is no backup lighting in this old café!

CUSTOMER E: Then, it must be a miracle! Miracles do happen! Thank God!

CUSTOMER D: But wait!

CUSTOMER G: What? Have you lost something?

CUSTOMER D: No. But someone is missing.

CUSTOMER F: Miss Pang is missing!

S. WAITER: Another miracle?

ALL: Miss Pang!

[ALL look around in search of MS PANG. Then, a whimpering sound can be heard from below a table. They listen, trace the sound, and locate MISS PANG.]

CUSTOMER D: Miss Pang! There you are!

CUSTOMER G: Miss Pang, what are you doing there?

MS PANG: I ... I ... [sobbing and cannot articulate herself]

S. WAITER: Is the Queen crying? Or am I dreaming?

J. WAITER: It's alright now. Everything is back to normal.

CUSTOMER F: The light is up again!

CUSTOMER E: And don't worry, I promise we didn't call the police ...

CUSTOMER D: We didn't spread this to anyone ... It's just that old chef told us a story ...

MS PANG: [bellows] It is my story! [pauses, gets calm and continues] The story of this café is my story, and I almost forgot ...

CHEF: [embraces her into his arm] It's alright now. Your mum and dad must be glad now that you remember.

MS PANG: Yes, this café was meant to be a paradise to everyone.
SCENE 3 - Lunchtime, the next day

[MS. PANG is again glued to the cashier counter. S. WAITER is still idling and chitchatting with CHEF. J. WAITER is doing the chores.]

[CUSTOMER A snaps his fingers, trying to grab the waiters' attention. J. WAITER intends to respond to him, but is at once stopped by S. WAITER.]

CUSTOMER A: [slightly impatient] The bill please. [looks around for a waiter]
S. WAITER: [indifferent] Just get to the cashier yourself.
MS PANG: Don't be rude to our customer! [turns to customer] Come over here and let me see you bill please.
CUSTOMER A: [stunned by the hospitality] What happened to her?

[Both WAITERS shrug off the question with a smile.]

MS PANG: That’s thirty-two dollars altogether.
CUSTOMER A: Thirty-two dollars again ... [suddenly realises] Oops ... sorry, I only have a thousand-dollar banknote. I hope you don't mind ...
MS PANG: No ... problem, of course. That happens every once in a while ... [getting the right change] Now, here you go. We hope to see you again, and [gently] as you leave, be careful with the cable over there, do not trip yourself over. We apologise for any inconvenience caused and we promise to get it fix as soon as possible. [smiles] Good day. See you soon.

[CUSTOMER A leaves, puzzled. He keeps turning back to look at MS PANG in amazement.]

S. WAITER: The Queen is a different person now!
J. WAITER: Yes, that's incredible!
MS PANG: Hey, kiddo, why don't you clean up the table now for the next customer? [turns to S. WAITER] And can't you see that the cup has been empty for quite a while? Can you refill it?
S. WAITER: But Miss Pang, she has occupied the table for the whole morning and the lunch hour is coming soon ...
MS PANG: Remember? Whether they are hungry or thirsty, rich or poor, we have to make sure they are properly served here. Go refill the empty cup now.
S. WAITER: Yes, Miss Pang ...
CUSTOMER H: Hey, somebody come over!
J. WAITER: Yes, sir? How may I help you?
CUSTOMER H: The milk tea is cold.
J. WAITER: Did you order cold milk tea?
CUSTOMER H: Are you kidding me? It's supposed to be hot! [refers to the cup for hot drinks]
J. WAITER: That's impossible, the order can't be wrong! Plus, we serve the best milk tea in town, we always get the temperature right.
CUSTOMER H: So you mean I'm lying? Try it for yourself!
MS PANG: Easy, easy. Sometimes we make mistakes too.
CUSTOMER H: I've come all the way to try the milk tea here only to find myself greatly disappointed.
MS PANG: Please, please accept our apologies. [ponders for a while] Now, in order to compensate for your upset feelings, well ... what about this?

[MS PANG walks across to the water bar. She takes not only the place of CHEF but takes also his teapot and the sackcloth bag. By now, every eye is fixed on MS PANG as she is preparing a cup of milk tea with elegance and sophistication, as if she is giving a choreographed performance. People are stunned by what they are seeing.]

[Upon finishing the making of milk tea, MS PANG brings the cup from the bar area and presents it to CUSTOMER H.]

MS PANG: This is for you. It's my treat.

[CUSTOMER H sniffs at the milk tea and is at once mesmerized by its aroma. He then takes a sip at the cup. Silence. He lets the flavours slowly sink into his taste buds.]

J. & S. WAITERS: [immensely curious] How's that?

[Not paying heed to the question, CUSTOMER H takes another sip, then another, and another, until the entire cup is finished in one long gulp.]

CUSTOMER H: [burps loudly] Arrrrgh ...  
J. & S. WAITERS: [more emphatically] How's that?
CUSTOMER H: [awestruck] I don't get it. It's so ... beautiful! How can that happen?  
CHEF: [knowingly smiles] Miss Pang?  
MS PANG: [giggles] Sorry, this is our commercial secret. But I can only tell you this: when you allow things to embrace one another, something beautiful happens. I learnt this from my father forty years ago.  
S. WAITER: [interrupts] So, would you like to have another cup of milk tea?  
J. WAITER: And a pineapple bun to go with it?  
CUSTOMER H: [tempted] Well ...  
J. WAITER: If you don't mind spending a little more.  
S. WAITER: [taunts] And if you don't mind your cholesterol level going up a little more ...  
CUSTOMER H: Oh, come on ... who cares!  
S. WAITER: [repeats the order, brightly] Alright, then, a milk tea and a pineapple bun, for here!

[light dims]  
[curtain]
Grace, mercy, and peace, which come from God the Father and from Jesus Christ—the Son of the Father—will continue to be with us who live in truth and love.

(John 1:3)
Dear Mr and Mrs Cumberbatch,

How are you? Thank you for sponsoring me for ten years. I felt very grateful.

Ten years ago, I was still a six-year-old child. My parents were gone and I was left alone. I had nothing to eat and I felt hungry always. I also felt thirsty but I didn’t have any water. I didn’t go to school because I had no money. When I was nearly dead, someone took me to a plane and gave me water and food. It was you, Mr and Mrs Cumberbatch.

I feel delighted now because I have food to eat and water to drink. I can also go to school to receive knowledge and make new friends. I am good at English so I always get high marks in the exam. I always play badminton with Tom and Jerry after school. I have tutorial classes on Tuesdays and Fridays because I’m not good at Maths and Chinese. I am learning to play the piano and cello. I have played the piano for 7 years. I’m preparing my final exam now. It’s hard but I think I can handle it. I will try my best to get high marks in Chinese and Maths.

My dream is to be a volunteer when I am older. It is because there are many poor children, elderly people and even adults. They have nothing to eat and nothing to drink because they do not have enough money. I will set up an organization to help the poor people and provide food to the homeless people because I don’t want to see people suffer just like when I was young.

I promise I will help a lot of people!

Love,

Albert
How to Have Good Sleep
1A Casper Yu

Sleeping well in Hong Kong isn’t easy. The life in Hong Kong is so busy. So, we need to improve the quality of our sleep. The first thing you mustn’t do before sleep is drink coffee or tea. It is because the caffeine in the coffee will make you unable to sleep.

The next thing is, don’t play mobile phone games or exciting games before you sleep. It is because if your eyes see some light before you sleep, your brain will think that it is still day time and your brain will not let you sleep. Likewise, you should not sleep in some bright places, the result is the same as playing on a mobile phone before going to bed.

Sleep early and you will have more energy to do the work and you will have more time to sleep well.

At last, you need to buy a good bed for your sleep. If your bed is uncomfortable, you won’t sleep well too!

Humans spend about one-third of their life sleeping, so having a good sleep is very important.
The Definition of Luck
1A Dandelion Lee

I was an orphan once. In the past, I used to steal from others. I stole clothes from hobos, collected food scraps from the market and escaped from furious, robbed hobos. Each day, I usually sat on a trashcan, staring through windows, watching kids study or gazed as wealthy, chubby men devoured an entire chicken. I would always imagine my future life, thinking that I was homeless for life, but I was wrong.

One day, I was racing down busy lanes barefoot. A few feet behind me was a woman ranting madly, chasing after me. I had stolen her fancy purse. I ran for miles, and at one point, I decided to stop. At that moment, I thought that I had lost her. Even as an orphan, I still understood that a woman couldn’t run fast in expensive eight-inch heels. I flipped through the purse and stuffed some bills into my ragged pocket. But then I felt a tap on my shoulder. I whirled around. Standing before me was the woman whom I thought was dysfunctional. But what she said was what really changed my image of her in my mind.

“I’m not blaming you. I know you’re an orphan. Please let me help you.”

Afterwards, she brought me to her magnificent penthouse. Since then, she and her husband fed me, clothed me, and most importantly, educated me. They were overjoyed when Pui Ching Middle School had accepted me. At school, I made friends, aided my schoolmates and was even able to get good enough grades. Now, I enjoy hanging out with my friends and playing ball games together. Also, I do my best to avoid fuming, vengeful, grudge-holding hobos. In the future, I wish to start a charity service to help orphans survive happily.

Can you believe that a young, bratty orphan could actually evolve into a mature middle school student? After what I have been through for the past twelve years, I would tell you that my story is the definition of luck.
I Want to Help More Poor Children!
1A Jasmine Chan

Dear Mr and Mrs Cumberbatch,

Hi! How are you? I am one of the children you have sponsored, thank you very much! 😊

If it were not for you, I would not have such a wonderful life. If you didn’t sponsor me, I would still be eating the smelly and dirty rubbish. In the past, I couldn’t even write and didn’t know what “thank you” meant, but I am now writing this letter to you. I was afraid of winter before, now I can wear the thick jacket you gave me.

Now, I always play with my friends. We study together; We gain more knowledge; We aren’t worried about the next meal and the next day again, thank you. A lot of teachers teach me lots of languages, subjects and art. My tests or exams are fine. Sometimes, I think they are a bit difficult, but I can still manage. I promise I will work harder in the future.

I want to be rich when I grow up because I want to help more people in the world. But the first steps are to study hard and work hard. I hope I can help more and more poor children like me to help them to have a better life.

I hope you can help more children too. I look forward to hearing more good news. 😊

Love,
Jasmine
Letter to Suki
1A Justin Kong

Dear Suki,

Hi! I am so glad you are coming to Hong Kong during the Christmas holidays. In your most recent email you asked if I could provide some suggestions on how to spend your time in Hong Kong and what to do while here. I hope the following is of assistance.

My first suggestion is you should go to Ocean Park, as I know you like theme parks a lot. The Grand Aquarium, which is like huge blue egg, is an awe-inspiring 13 metre wide acrylic viewing panel behind which 5000 fish from 400 species can be observed. However, this is not the only animal attraction there. You can also visit The Hong Kong Jockey Club’s Sichuan Treasures. It is quite interesting as it is where you can see pandas! It is where you can see the panda named Jia Jia. It has set the Guinness World title for “Oldest Panda in Captivity”. Consequently, Ocean Park is a must-see.

For shopping, I suggest you go to Ladies’ Market. There, the vendors sell a wide range of bargains like clothing, watches, cosmetics, bags, home furnishings, CDs and trinkets. Cat Street is a nice choice as well. There, you can find bargains in jade, silk products, embroideries and wooden handicrafts items. Temple Street Night Market is another great choice because you can find trinkets, tea ware, electronics, men’s ware, and antiques.

For places to dine out, I suggest you go to teahouses. They are traditional Cantonese restaurants, which serve Chinese tea and dim sum, like BBQ pork buns, sui mai (dumplings made with pork and prawn meat), har gow (dumplings with prawn meat inside), etc. Cha Chaan Tengs are fantastic places to have afternoon tea. You can try egg tarts, pineapple buns (buns with a golden – brown sugary crust), and drinks like yuanyang, which is a mixture of coffee and milk tea, as well as other delicious refreshments.

Finally, you asked about what to bring with you. Well, besides the obvious like a passport and passport holder to carry your travel documents, I suggest bringing a comfortable pair of shoes, as you will walk a lot each day. Also, don’t forget some warm clothes. Hong Kong gets surprisingly cold during the winter months.

Well I hope this helps. I can’t wait for your visit. Write to me as soon as possible.

Cheerio!

Joshua
A Life Changed
1B Angelo Chan

I once knew a boy, I knew him very well. Once he had no name but now he is called Angelo. I am going to talk about his extraordinary life.

In the past, he had no name. He was one of the survivors on the streets. He was an orphan. He lived in alleyways. He slept on unwanted furniture, which was very old and filthy. He spent most of his time running away from street kids, gangsters and even triad members. If he didn’t run fast enough, he would have been beaten or become a gangster or a prisoner himself.

One day, a miracle happened. While he was running away from street kids, right around the corner, he slammed into a woman and fainted. When he opened his eyes, he found that he wasn’t on the street. He was lying on a bed, staring at some lights on the ceiling in the hospital. He realized he was sleeping on a large, comfortable bed. His head was wrapped in bandages like a mummy. An old couple was looking at him happily.

“You have been sleeping for three days!’ It is good to see you wake up,” the woman said with a smile on her face.

“i’m Mr. Fok and this is my wife. What’s your name?” The man asked.

“I… I don’t ha..ve a name,” he stammered.

Then the boy told Mr. and Mrs. Fok his story. They took pity on him and decided to adopt him. They gave him a lovely name, Angelo, and that is me.

Mr. and Mrs. Fok have been paying for my clothing, food and education. I am now 12 years old and have been accepted by Pui Ching Middle School. I have been working very hard, hoping to repay Mr. and Mrs. Fok someday for their love. Now, I am one of the top students in my class.

Nowadays, I often play tennis with my friends, help my classmates with their homework and go hiking with the Fok’s, whom I regard as my dad and mum.

When I grow up, I want to do something to help others, like my mum and dad. I hope to be a scientist and find the cure for Ebola, or to be a teacher who teaches students the importance of love.
A Day in the Zoo
1C Au-Yeung Tin Ching

I went to Sunshine Zoo with my parents and little brother last weekend. My little brother and I were very excited because we have never been to Sunshine Zoo. Unluckily, there were crowds of people. We waited for half an hour, my little brother started to cry so my mum bought him a lollipop.

We went to the Monkey Land at first. I thought the monkeys should be vigorous, but they weren’t. The monkeys were anxious and had aspiration of freedom. My father said it was because the cage was too small for them and the cage was very old.

Suddenly, a mischievous monkey came out from the cage and got my little brother’s lollipop. My father went to the staff room and told the staff that a naughty monkey came out from the cage because the cage door was open. My little brother cried out loudly. His voice was deafening. My mum and I wanted to comfort him, but he was still crying.

After half an hour, the staff caught the monkey. The staff reassured us that the monkey would not escape again. My father also told the staff to change the cage because it’s too small, so the monkeys didn’t look vivacious. I bought an ice-cream for my little brother, he was cheerful.

That was a very impressive experience for me. We shouldn’t maltreat animals because they are the treasure from the earth.
A Letter to Chris
1C Myrtle Ng

Dear Chris,

Hello. How are you? Do you like Hong Kong?

My name is Myrtle. I am 12 years old now. My birthday is on 6th January. I live in Homantin, it is so close to school, it just takes me 5 minutes to get to school. I love to eat Salmon, duck tongues and ice cream. Thai food and spicy food are my favourite food, too. My favourite animals are cats, my grandpa had 3 cats before, I loved to play with them. But they died about 3-4 years ago because of age.

There are 4 members in my family. My dad, my mum and my younger brother. My father is a civil engineer and my mother is a housewife. My father loves to fix cars and make leather works when he is free. My mother is good at cooking, drawing and making some little works. My brother is called Wilfred, he is 11 now. He studies in primary 5 at Pui Ching Primary School. He loves car racing and plays with the young boys.

I study in Form 1 at Pui Ching Middle School. I am a member of class 1C. My class-teachers are Miss Lam and Mr. Law. My favourite subject is Chinese. I hate PE because it is tiring for me and I can never get a good result. I joined the Double Bass Class, the Drama Club and the School Choir. I think joining more activities is good for us. It can make our school lives more wonderful. My school is big, there are many facilities. I love my teachers and my friends. Most of my classmates are my old-friends in primary school. That’s why we can always talk and do not stop chatting!

Oops! I forgot that I need to have a dictation tomorrow. I’ll write again soon. Can you tell me about yourself next time? I hope we can meet soon. Keep in touch.

With love,
Myrtle
A Letter to Chris
1D Chanisse Chow

18th September, 2015

Dear Chris,

Nice to meet you. My classmate Shannon has introduced you to me. I am also from Hong Kong. So now, let me introduce myself first.

I’m a 12-year-old girl, one year younger than you. My birthday is on 22nd May. How about you? When’s your birthday?

There’re four family members in my family, my mother, my father, my brother and me. We live in Lai Chi Kok, Kowloon. My brother studies at PCPS, he’s 9 years old, a P3 student. My mother is a social worker, and my father is a manager. They are all interested in watching movies. I have a great family. So, how’s your family?

I’m interested in painting, taking photos, cooking and writing stories. I always paint pictures in my free time. I love doing that. What’s your favourite hobby? Vazquez Sounds is my favourite singing group. Their songs are great! Do you like them? Hey! What’s your favourite food? I love eating ice-cream especially “Rocky Road”. Have you ever been to Hong Kong? There’re ice-cream trucks everywhere. Anyway, ice-cream is always a good friend, isn’t it?

I study at PCMS where your best friend, Shannon, studies. Luckily, Shannon and I are in the same class this year. My favourite subjects are Art and Chinese. And this year, I’ll join the Art and Photographic Society. I hope I’ll enjoy it. If you are in the same school that Shannon and I study in, which extra-curricular activities would you join? I’m a F.1 student, it’s quite hard for me to adapt to a new school life, did you have the same problem?

Anyway, I think I have to stop because I have to study now. I look forward to hearing from you soon!

Best Wishes,
Chanisse
A Day at the Zoo
1D Harry Bae

Last weekend, I went to Sunshine Zoo with my parents and my little brother because it was my little brother’s birthday. We were so excited that we jumped out of bed in the morning. We quickly brushed our teeth and ate our breakfast. It took us 30 minutes to arrive there. We were screaming and yelling all over the place. We couldn’t believe it because we had never visited a zoo before! We were all excited because we all thought we would have a great time in the zoo.

Unfortunately, we were quite disappointed because we had to wait for an hour before we could buy our tickets. My little brother was sad so I bought him a banana flavourous lollipop to make him feel better. First, we went to see the crocodiles. They were nasty animals with big jaws. Next, we went to see the pandas, they were cute animals with big fat tummies. They were eating bamboo. It is their favourite food. We went to have lunch afterwards.

After seeing dozens of animals. We went to see the monkeys. They were all crammed in a small cage and they did not have enough space to move around. Suddenly, a curious monkey discovered my little brother’s lollipop. It wanted to eat the lollipop because it thought that it was a banana because of the smell of banana. It found out that the cage door was open so it jumped out of the cage and snatched the lollipop out of his hand. My dad called the staff and the security while I was comforting my little brother. The staff and the security searched for the monkey and found him hiding in the bushes, but the lollipop was gone. My little brother started crying, thinking that the lollipop was gone forever. The staff apologised for the mistake and they bought my little brother an ice-cream to replace the lollipop. What an amazing day!
A Miracle
1D Hilary Lau

When I was born, I was abandoned on the street. I never saw my parents or any relatives. I was an orphan. I needed to sleep in a park. When I saw some children going into the park to play with their parents, I wished I could have a father and a mother too. When it was a rainy day, I needed to sleep under a bridge. The people, who passed by, always laughed at me. They looked at me as if I were an alien.

I needed to find food and clothes from the rubbish bins. The food smelt bad. If there wasn’t any food in the rubbish bins, I needed to steal some from the market. My clothes were also dirty with many holes in them. They were all disgusting but I still needed to wear them. I wanted to commit suicide.

One day, I wanted to steal some bread from a bakery. While I was attempting to steal some bread, a woman suddenly came in the bakery! She saw me but didn’t call the police. Instead, she bought the bread for me. I told her my story and she let me stay at her home. The woman was called Mrs. Fok.

Mrs. and Mr. Fok gave me a beautiful bedroom, a desk and a wardrobe. They also gave me some delicate and colourful clothes. I was able to eat four delicious meals a day: breakfast, lunch, tea and dinner. I felt I was the happiest person in the world.

Now, I am studying in a school called Pui Ching Middle School. This school is well-facilitated. I like the music room best because I can play some musical instruments there. I study hard and am a generous person and want to show my gratitude to Mr. and Mrs. Fok. I am learning to play the piano now. I always go to the library and swimming pool with my friends. We can do revision and read books together too. We can also practice swimming and play games as well.

I hope I can become a composer and write many songs in a touching way. I want to tell people about my miraculous life through the songs I compose. I want people to know about my life and as well as help other children were like me.
Hey!

Sorry that I haven’t written for ages. Which school have you been admitted to? Do you enjoy your school days?

Guess which school I’m in now? Well, I’m now studying at Pui Ching Middle School. It’s undoubtedly the largest school campus I’ve ever seen. On the first day of school, I got lost because I didn’t know where my classroom was and I was 20 minutes late. Every classmate stared at me when I entered the classroom. I felt quite embarrassed and I wanted to hide under a blanket. Thanks for my lateness, every classmate knows my name now. It helped me to make friends in class. You can’t imagine how funny they are. I can introduce them to you if you want to know them.

Chinese History, Geography, Science…They are the subjects I have to study this year. I am a little bit nervous because they weren’t taught in primary school. Some lessons will be given in special rooms because we have to carry out experiments. Among all the special rooms, I think the Home Economics Room is the most interesting place I’ve ever been. It’s located on 4th floor of Block E. It’s not only fully equipped with all necessary kitchen utensils and cookware, but can also accommodate nearly half of my class to show off our culinary skills. It’s awesome, isn’t it?

Do you still remember my dream? In the future, I want to be one of the most famous musicians in Hong Kong. I keep reminding myself to work hard as people always say, ‘No pain, no gain’. That’s why I joined the choir and Chinese orchestra. I’ve to stay after school for practice two days a week. Also, I’ve to attend the yang qin class every Saturday morning. My schedule is fully occupied by study and practice. It seems crazy, right? I think I need to learn some time management skills. Otherwise, I’ll be scolded by my mum on Parent’s Day.

Well, that’s all for now. Write to me soon. I want to know more about your new school life.

Best Wishes,
Chris

P.S. I’ve attached a file of my practice. Give me some comments in your next letter.
Merry Christmas – Shall We?

1E Li Benedict

‘Christmas!’ It will be the most popular answer you will hear if you conduct a street interview about their favourite festival in Hong Kong.

Presents, feasts, decorations...have they sprung to your mind when you read the word ‘Christmas’? There is no doubt that Christmas is a joyful festival but have you thought about the reason for celebrating Christmas? Thanks to the brilliant and creative advertisements produced by Coca-Cola, Santa Claus nowadays has become the protagonist of Christmas, but not Jesus Christ.

Christmas is a jocund festival on the grounds of the birth of Jesus Christ, who is the son of God who was sacrificed on the cross for the world’s sin. For Christians, the best way of celebrating Christmas is to attend worship in church. How about non-Christians? Is it wrong to have fun with friends by throwing parties and exchanging gifts?

We should not forget there are many people in developing countries who cannot maintain their livelihoods. The only way they could enjoy parties and receive gifts is to invent an imaginary world. It is now the moment for us to rethink this festival. Christmas should not only be the season of amusement and entertainment, but the time of sharing and caring.

It is not feasible to request the crowd to sell all their possessions for humanity and compassion. Can we become Santa Claus to share love and happiness with others in need during Christmas?
5 Things You Didn’t Know about Me

How would you know someone without a personal introduction? So I would love to tell you five things about myself. I hope you enjoy them.

My name is Helen. My name is the same as the famous disabled scientist, who was both deaf and blind-Helen Keller. She was a very tough woman, even though she was disabled, she still worked hard to overcome the problems brought by her disability and became a famous scientist. I hope I could be as tough as her, so I named myself after her.

My all-time favourite movie is about working hard too-Divergent, which is about fighting against Evil. The main character keeps working hard and finally discovers the awful truth. I love that movie very much.

I enjoy playing Monopoly, which is good for relaxing my eyes after watching a long movie like Divergent. Monopoly is an educational game for kids and a good opportunity for a family gathering. My dad and mom will always play with me. It is nice for them to have some time to show concern for me. That’s why I enjoy playing Monopoly really much.

Playing Monopoly allows me to indulge in my imagination. I hope to read other players’ minds. I imagine myself to be James Bond who suddenly enters and takes the money from others. I will use my money to build a shop and become a pirate and sail across the Pacific Ocean. I will hire some animals like a parrot as my first mate, dogs as crews, cats as cooks... I keep dreaming until dad wakes me from my dreams.

Well, after talking about so many things that I adore, I will talk about something that I hate, hmm... my Pet Peeves, such as the notification sounds from Samsung phones. I hate them very much.

What do you think about me after reading my secrets? Do you also think I am as tough as Helen Keller? I hope you enjoy my introduction.
Letter to Suki

1F Joshua Leung

Dear Suki,

It was nice to receive your e-mail! It’s great to know that your family will be coming to Hong Kong next month! There are lots of things to do and see here and it is surely eye-opening. As a local, I would love to recommend a few places to go and things to do.

After you arrive at your hotel in the morning, you should have breakfast in a very Hong Kong style Cha Chaan Teng, Australia Dairy Company. The best thing on the menu is the ‘regular set’. It is a simple Hong Kong breakfast. The restaurant is famous for its super super fast service. You just need to wait about 10 minutes for your food. Although the food is delicious, the waiters’ impolite attitude takes a little getting used to. But it’s fun to experience it! For dinner, I recommend you to go to a famous Cha Lau, Fung Shing Restaurant. It is one of the best Cha Lau restaurants in the city. The restaurant serves both traditional and trendy food, such as shrimp toast, eight treasure duck, and the marvelous lotus paste pudding, which I like very much. Also, there are lots of snacks unique to Hong Kong. The best examples are shark fin soup, (which is made of vermicelli), Hong Kong style egg waffles, (which is crunchy on the surface but soft inside), and most importantly, fishballs! You must try them in curry sauce. The sauce makes them truly mouth-watering.

I know that you want to go to Disneyland very much, but let me tell you something. There are long queues at Hong Kong Disneyland and I am sure that this won’t provide you with a wonderful experience. I am certain that Tokyo Disneyland is much better. But of course there is another choice, the Ocean Park! It’s much bigger and there’s even a cable car to connect the two sides of the complex. Besides exciting rides, Ocean Park also has lots of special animals, such as giant pandas. I also like the dolphin show too. I’m sure you will like it as well.

Moving on. Besides theme parks and places to eat, Hong Kong has lots of places to go sightseeing. You must go to the Victoria Harbour and ride on the world-famous Star Ferry as well as see the amazing laser show every night at 8:00 p.m. Fifty or so buildings take part in the nightly spectacle.

Hong Kong is also a ‘shopper’s paradise’. There are lots of malls. In these malls you can find shops that sell cheap items as well as those that sell expensive ones. If you want to do some high class, luxury brand shopping, you can go to The Landmark, in Central. There are lots of famous brands and luxury stores in The Landmark. I’m sure you will find it pleasant to shop there. However, if you want something good at a cheap price, you must try the Temple Street and Ladies’ Street markets. There are lots of stalls along the busy streets of both markets. It will be a very special shopping experience for all of you.

Hong Kong is a colourful city with lots to discover. I guarantee that you and your family will have a great time here. I look forward to seeing you during your visit.

Yours,
Joshua
How to Balance the Healthy Need for Exercise Against the Pressure of Work

2A Serena Leung

Good morning everyone. Let’s imagine: It’s now 10 pm and you’re just home from a long day of work. You are starving but you just collapse onto the sofa as you cannot feel your limbs anymore. Does it sound familiar to you? Demanding work hours and the pressure of work, is indeed, what many of the typical Hong Kong workers experience every day. Today, I am here to share with you my views on: how to balance the healthy need for exercise against the pressure of work.

We all know that excessive stress at work will make you less productive and less effective in your job, so what are the possible negative impacts that it might bring to us? In fact, when you are having long working hours, you may feel overwhelmed and exhausted and it will adversely affect your work performance. Some warning signs of work stress include anxiety, irritability, lowered concentration or even insomnia. If these signs are left ignored, they can lead to some serious health problems as well, both physically and psychologically. Some research studies have indicated that work stress is related to health problems like high blood pressure and depression.

While stress at work can negatively affect your work performance, or even your personal life and health, it is high time for you to tackle this problem. Regular exercise is believed to be a powerful stress reliever. Aerobic exercise that raises your heart rate is highly effective in lifting your mood, sharpening your focus and also relaxing your mind. When your heart and lungs work more efficiently, you will be energized and you may soon notice a reduction in your stress levels as well.

But the problem is, how to balance work and exercise in face of our round-the-clock lifestyle? First, we should set a regular timeslot for exercising. Even 10-15 minutes of exercise everyday can already make a difference. Besides, planning regular breaks during working hours is crucial too. Make sure you take short breaks throughout the day to step away from work briefly and relax your mind. It can definitely improve your productivity and performance at work. Thirdly, manage your time well. You can better plan your time by prioritizing the tasks you have to do and deal with them one by one according to their importance. In this way, you could set aside time for exercising and rejuvenating your body.

After all, good health is the prerequisite for career success. Having good health can surely help us excel in our work. Therefore, all of us should develop our own exercise routine and strike a balance between exercise and work stress, in order to achieve better health, and thus a better life. That’s all of what I want to share today. Thank you for listening.
Ways to Lose Weight
2B Cyrus Chan

Dear Nancy,

How are you? I’ve heard that you are down and depressed all the time. I’m sure that you feel very sad about having gained so much, don’t you? But don’t panic. I’m going to teach you some awesome ways to lose weight.

First, you could do exercise with your friends after school. Playing basketball is a very good sport. Not only can you lose weight, you can also grow taller. When my elder brother was 9 years old, he was a fat boy who was only 110 cm tall, but he weighed 64 kgs. He couldn’t accept it, so he started his weight reduction plan and played basketball with his best friend every day after school. He was successful. When he was in Form 1, he was 172 cm tall and weighed 55 kgs. It sounds impossible, huh? Nothing is impossible if you are willing to try. If you want to play basketball with me, feel free to tell me. It would be my pleasure to play basketball with you.

Secondly, you should stop eating too much when you feel unhappy. This is because the more you eat, the fatter you’ll become. I think you may consider watching English comedies that can cheer you up when you feel sad and depressed. You can also learn some words from watching English comedies. It’s both entertaining and useful. My favourite English comedy is called the Michael J Fox Show. It’s a very funny comedy series which makes me laugh my head off. Why not try this way? Just throw away the food and sit in front of your computer to watch and laugh.

Moreover, never think you’re a loser. Everyone is created by God, and God gives each of us some talents, doesn’t he? I’ve heard that you’re very good at dancing and singing. I’m sure that if you sing well in the future, you might be a famous singer like your idol Michael Jackson. Don’t focus on being fat, appreciate your strengths more.

Just calm down, Nancy. I hope you’re going to take my advice. And I’m sure that when I see you next time, you’re going to be fit and taller. If you have any more questions, just write back to me and I’m going to give you more advice. Good luck!

Best wishes,
Chris
Dear Nancy,

How are you? I’m very sorry to know that you’re unhappy, because you’re getting fatter. But don’t worry, Nancy. Let me give you some advice on how to keep fit.

First of all, you should adjust your eating habit. I know that you like snacks. Avoid them because snacks, such as candies, potato chips and cupcakes, contain too much sugar and sugar makes you fatter. On the other hand, you need to eat vegetables and fruit. They are healthier food than junk food.

Secondly, you should do more exercise. Doing exercise can burn the fat inside your body. There’s lots of exercise suitable for you. For example, you can run in the park. I know that Kowloon Park is very close to your home. You may run every night after you finish your study. If you don’t want to run, you may also go to the gym room at your clubhouse. There’re professional trainers who will help you to find the best programme to keep fit. Also, the gym room usually has a sauna room as well. You can get rid of your fat by taking a sauna.

Thirdly, remember to keep yourself happy. Whenever you feel unhappy, stop eating junk food. Instead, you can watch funny films. For me, I like watching Mickey Mouse short films when I’m unhappy. I know that you love these films too. The interesting cartoons must make you forget your unhappiness. Then your weight won’t increase anymore.

I remember not so long ago, you’re still very thin. If you take my advice, you’ll get back to your thin body as in the old days. Do write me back if you need any help. I’ll be there for you anytime.

Yours,

Chris
Health > Marks
2B Etienne Chan

Parents, schoolmates, good afternoon. I am Etienne Chan from the Student Union. It is my privilege to be invited to this meeting and talk about the topic – how to balance the healthy need for exercise against the pressure of work.

First, many of you have pressure from work, don’t you? Because of that, you must be very tired and have no mood to exercise. Many of you may think that is a waste of time. But I am sorry. You are wrong. Actually, exercising is what we need and what we should do every day. It is important because it is related to our health. The government always asks us to exercise for 30 minutes every day. If we don’t exercise accordingly, I’m sure that every one of you will have some kinds of medical conditions like high blood pressure in the future. Try exercising every day for half an hour to maintain your health. One of my friends, Felix, is busy. He always performs well in exams and UTs. At the same time, he is healthy. This is because he swims every day. In this case, it proves that it’s possible to have good results and a healthy life at the same time.

I know that everybody is busy, but that is not an excuse. You should plan your time better. For example, you can take 30 minutes from the time you play games to exercise. I think this will definitely help you. I used to play computer games for a long time every day. I was finally woken up after a serious sickness. I realised the importance of doing exercise. Now, I’d rather play computer games for 30 minutes less in order to exercise. If I can do it, I’m sure all of you can do it too.

Thank you for listening to my speech. Remember, marks are important, but your health is much more important. Thank you!
Dear Tom,

Thank you for your letter. You have already been brave by trying to express your problems with someone else. I will try my best to help you and hopefully improve your relationship with your family.

According to the letter you’ve sent me, you mentioned that you spent a lot of time on the Internet and you find it difficult to pull yourself away from it. You had even upset your parents as well as a result of this. However, different from other teens that have sent similar letters citing similar problems, you feel guilty when you upset them. This is the point of why I think you have a big chance of overcoming these tough times by solving your problems.

Firstly, I’m afraid that you are really addicted to the Internet. In my opinion, the antidote to that is a distraction, something that can drag you away from the Internet or your phone. Some good distractions are to hang out with your friends, play sports or read books. Just give it a go. I’m sure that if you try, you will be able to prove to yourself that you can still be happy even without the Internet. You see, when I was a child, we didn’t have such things as the Internet. Instead, we played; we talked to friends and family members and invented little games to keep us happy. I believe you can do it as well.

Secondly, you said that you suffered from physical problems as well. You wrote that your eyes were getting worse because you were holding the monitor of your mobile devices too closely to your face or that the monitor was too bright. The latter was damaging your eyes constantly. You should keep in mind that looking at a bright monitor can cause glaucoma and cataracts, which might cause blindness if left untreated. You also mentioned having a sore neck and shoulders. The cause of this is that you tilt your head too much. It may exert pressure on the seven bones linking your head to your shoulders, which may cause intense pain. Furthermore, your nerve system will be damaged as well. You should be more cautious about your posture when you sit and walk. You should always keep your head up, sit and stand straight to avoid having a hunched back. Having a hunched back would make you shorter and looks unsightly. It will also prevent you from standing straight in the future. If you really can’t stand the pain, you really should look for a doctor and have a medical check.

About your headaches, I think the reason for them is because you have been using your brain too much. You are trying to retain too much information, making your brain tired as well as your body. Try to rest your brain more by reducing the time you spend on the Internet and sleep more at night.

For your biggest problem, which is your parents complaining, I think the only solution for it is you need to apologise and promise that you will reduce the time you spend on the Internet. I can only suggest how to do it, but it is all up to you in the end. Be patient with your parents, tell them you are sorry and feel guilty about what you have done.

Oh! I almost forgot. Regarding your eyesight problem, you should rest every 45 minutes when you are using the Internet so you can give your eyes a break. Why don’t you try looking at green things like trees or plants? It will rejuvenate your eyes quicker. You can also use eye drops when you are resting your eyes to avoid having your eyes feel dry or pain.
However, all the tips I have told you above can only help you for a short period. The real antidote is to put down your phone and go and play with your friends and family more to feel the joy of truly being alive, instead of wallowing on the Internet.

I hope that my tips can help you, whether it is about you physically, or about your relationships with your parents. Here, I wish you the best of luck in succeeding with your current task, and I hope one day you will be happy again.

Good luck!
Agony Aunt
How to Balance the Healthy Need for Exercise Against the Pressure of School

2B Felix Wong

Good morning parents and fellow classmates. I am the chairman of the Public Speaking Team, Felix Wong. Today, I am going to share with you how to balance the healthy need for exercise against the pressure of school.

Have you ever thought about exercising as an antidote to your school related stress? Do you know that exercising can be fun? Chances are, you don’t care about exercising because you think it is boring and hard to do.

Exercising is actually really important. It benefits your life greatly, both mentally and physically. Doing exercise can lift our mood, relax both body and mind and help us to relieve stress so that we can combat the pressure from school. Exercise can also sharpen our focus, which can help us a lot in our schoolwork. Last but not least, exercise can increase our energy and can keep us fit and healthy, so that our body will be stronger to fight against disease.

Even with all these benefits that we can get from exercising, people still don’t want to exercise. What exactly is the obstacle that lies in front of our path to regular exercise? Well, people have a lot of excuses about exercising. Usually, people refuse to exercise because they don’t have enough time. They feel fatigued before starting or they think exercising is boring. However, won’t you have more time if you put down that dreadful smartphone for once? Won’t you feel more energetic if you quit watching TV and have some sleep? Won’t it be more fun if you do it with friends and see it as a competition? Simply put, we shouldn’t have any excuses for not doing exercise. We just need to see it as an activity that we must do every day.

Now, the most important aspect is how to balance exercise and schoolwork. As an athlete myself, I deeply understand the difficulty of this. Homework, exams and tests are the ultimate obstacles to your healthy life. Therefore, we should manage our schedule cleverly, or in other words, “Time Management”. Proper time management can help you organise your schedule neatly and squeeze out some time to exercise. However, you might be afraid that that you won’t have enough time to exercise. It is at this point that I would like to introduce you to High-Intensity Interval Training, HIIT.
HIIT is a workout that alternates between intense bursts of activity and fixed periods of resting. It requires much less time but can be more effective by up to 4 times that of a normal training session, which means it is more efficient and requires less time. It is suitable for beginners as well because it can build up their confidence since it only takes a little time to see the results. It does not require any equipment and allows the participant to lose weight easily by burning more fat and increasing metabolism. I strongly recommend you all to try it out with your friends. Also, staying positive while doing exercise can prompt yourself harder and allow you to become fitter. Therefore remember to stay positive to remain motivated.

So now, we all know that the key to balancing your healthy life and the pressure of school is to exercise more. If you want to exercise from today on, remember: manage your time carefully, try to do it with friends, stay positive and don’t give yourself any excuses. These are my thoughts for today, thank you.
Where There’s a Will, There’s a Way
2B Psalm Chan

Dear Nancy,

How’s everything? I’m pretty sad to receive your last letter saying that you’re getting fatter. You must be terribly sad about it because you were slim, mustn’t you? But don’t worry, pal. That’s why I’m writing to give you some suggestions to ease your life.

First of all, you should do more exercise to keep fit. I know that you hate doing exercise as you don’t want to sweat. Lucky you. I’ve found that there’s a gym room that is suitable for teenagers. It’s near our home, so it’s convenient so we pay a visit there from time to time. Don’t worry that you’ll be alone. I’ll go with you and keep fit with you. Just feel free to contact me when you decide to go there!

Other than that, you may consider having a healthy diet. If you eat healthier, it’s easier for you to get standard body weight. I heard from your friend, Ginni, saying that you often had McDonald’s and KFC for lunch last week. It’s too unhealthy! Your tummy is getting bigger, isn’t it? Change your diet or you’ll get fatter. Also, avoid eating anything after 10 pm. That’s because your stomach cannot have enough time to digest.

Moreover, it’ll be helpful if you believe in Jesus Christ. Don’t bother how others think about you. Keeping fit is for yourself, but not for others. Have faith in Him and He’ll help you and give you joy. I wasn’t a Christian in the past and I was always unhappy. But since knowing Jesus, He has given me joy and I’m happy every day now because of Him. You’re bored on Saturday nights all the time, right? Then let’s go to church together. Let Him give you the true joy in the world!

Take it easy, my cousin! Remember ‘where there’s a will, there’s a way’. I hope my advice is useful and things will get better for you soon. Do drop me a line if you need any help. I’ll back you up. Good luck!

Cheers,

Chris
Writing a Letter of Advice

2C Kerwin Tong

Dear Anxious Tom,

Thank you for your letter. I hope I can help you. I’m sorry to hear that you are not very happy with your parents.

In the letter, you said that your parents always complained that you spent too much time on your mobile devices, playing online games and browsing social media networks like Facebook and Instagram. Because of this, you have had a lot of quarrels with your parents. In my opinion, the reason for your parents’ complaints is your snub. Do you know what ‘phubbing’ is? It means you have been snubbing them in favour of your phone and iPad.

In these modern times, smartphones are ubiquitous. Actually, a smartphone is a really useful invention. However, it seems that people don’t distribute their time sagaciously in regards to mobile phones. In your case, you ‘phub’ your parents and argue with them and then feel guilty because you want a better relationship with them and equally important, their affection. The relationship is delicate now but it can be salvaged. If I were you, I would apologise to them for my inconsiderate actions and promise them I would amend my flaws and bad habits.

Also, you mentioned that you felt you were addicted to the Internet. By looking at your actions offline, I can tell you that you are absolutely addicted to it. Embarrassingly, a heavy reliance on social media isn’t entirely your fault. Facebook, Instagram etc have been engineered to make you use them and to check in repeatedly. When you take into account that the technology has been designed to hold onto you, you may be motivated to set time limited to mitigate this. I would advise you to implement rules. First, make a vow to yourself that you will stay away from social media during meals, when having a conversation, and when you’re in bed. Secondly, I would encourage you to sign off for a weekend although a two-day respite is not enough to mend your problem. You will still be anxious when you return to the onslaught of messages. However, a little time away from the screen reminds you how nice life is sans status updates. Taking a break from the screen unlocks your creativity and inspiration.

The last problem that you mentioned is your physical health. Teenagers are suffering from spinal problems due to their habit of focusing on mobile devices. Tilting your head frequently can exert pressure on the cervical vertebrae, the seven bones linking the head and shoulders, which could lead to intense pain. As you said, you had been suffering from headaches, neck and shoulder pains recently. These are the symptoms of spinal illnesses. I suggest you should be alert to your posture as bad posture will likely bring about serious health issues.

Another thing about your health is your eyes. You said that your eyesight had further worsened and you needed to wear a new pair of glasses. In my opinion, it is caused by the excessive use of electronic devices. To minimize the exposure to smartphones and tablets, why don’t you do more outdoor activities? An ophthalmologist, Jason Yam Cheuk – sing also presented a brilliant antidote to reduce myopia that is eye drops.

To summarise all of my points, I want to say, “Give gadgets a break!” I hope my advice will help
you solve your problems. Please write and tell me how you get on. Good luck!

Best wishes,
Agony Aunt
How to Squeeze Time for Exercise
2C Timothy Wong

Good morning, parents, teachers and fellow schoolmates. I am the representative of the Student Union, Timothy. It is my honour to be given the opportunity to speak to you all today. My topic is ‘How to squeeze time for exercise’.

Did you realize most Hong Kong people live under great pressure? As there are high expectations from teachers and parents, most of us feel overwhelmed. Under immense pressure from work, what can we do to alleviate the pressure? Here is my advice.

To start with, why don’t we squeeze time in to work out during working? Work out and exercise can release pressure and save us from the hustles and bustles of life. According to a scientific investigation, most people who work out after a busy day feel happier than those who don’t. Yet, with the packed schedule and hectic life, how can we find time? Allocating and managing time efficiently is extremely vital. Prioritizing our work is one way to utilize time. On casual days, we can plan and manage a timetable for work and exercise.

Other than planning a routine for work and exercise, we should seek advice from experts like a personal trainer for professional advice on how to train ourselves and stay in shape. Learning how to work out properly is vital as we can adjust the schedule and train accordingly. After setting an appropriate schedule, you have to be persistent and stick to the plan. Don’t give up easily and eventually you will be fit.

Last but not least, as parents, try to persuade and encourage your children to exercise regularly, you should lead by example. Give them plenty of leisure time instead of locking them up at home or in a tutorial center. If parents can work out regularly no matter how busy you are, your kids, for sure, will see you as the role model and follow what you do. So, if you want your kids to lead a healthy life, you should be the first one to do that!

So parents, start to work out today and be an good example to your kids!
Dear Ann,

How are you? Having read your problem in communicating with your parents, I am writing to offer some advice for you. I was in the same situation as you are presently in a few years ago. I am sorry to know that you had an argument with your parents. I understand how desperate and puzzled you are.

You mentioned that you argued a lot with your parents because they think you talked too much on the phone with your friend. First of all, it is very important for you not to argue with your parents. Why don’t you talk to them and explain why you talked with your friends. You told me that you were under immense pressure as the exams are just round the corner and needed somebody to talk to. I reckon your parents will understand if they put themselves in your shoes.

Other than talking too much on the phone, they thought you neglected your schoolwork as phone calls interrupted your studying. The best thing for you to do is to finish your homework and revision before you make phone calls. In that way, you can show them that you are actually making your studies and revision a priority. At the same time, if I were you, I would explain to them that you need some private time to socialize with friends.

In a nutshell, I am sure things will work out fine. The best is yet to come. Remember, constant communication and mutual understanding is the key of a healthy parent-child relationship.

Love,
Quinn
How to Balance the Healthy Need for Exercise Against the Pressure of Work

2D Christy Fan

Good evening parents and students,

Work can’t kill, pressure can! Students these days have a lot of pressure. We have a lot of homework and tests. And after an exhausting day of school, we still have a lot of activities, piano class, English, Math class and many more. Most of the time, we sit down and we don’t have much time for exercise. Without exercising, we will gain weight and get sick easily. And sometimes, we don’t have much time to eat proper food so we eat junk food like instant noodles and hamburgers instead. This is also really bad for our health.

In order to have a healthy, well-balanced life, we must set a timetable. We need to have a good habit in order to keep track of our time. I think it’s the best to do exercise for thirty minutes every day. We don’t have to do a lot of cardio exercise, stretching or swimming is also a pretty good choice. Students can do them with their friends! It will be so much fun! Some parents always think that their children should spend more time doing homework or revision than exercising. But exercising is also very important. We are now in puberty. We should do more exercise to keep our body in shape. And if we don’t do exercise and have a balanced diet, we won’t grow much and we will be very short when we grow up.

And parents, you can do exercise with your children and have more quality family time together! You can improve your relationship with your children. And last but foremost, exercising makes us happy. While doing exercise, our bodies will release some sort of chemicals to make us feel happy. So why be so stressed and tired when you can feel happy and healthy? So don’t hesitate, start now! Thank you very much!
How to Balance the Healthy Need for Exercise Against the Pressure of Work

2D Ethen Yuen

Greetings, parents and fellow students, my name is Ethen. Today, I am going to talk about “How to balance the healthy need for exercise against the pressure of work”. Basically I have three points, the need for exercise, the need for pressure, and how to balance them.

The need for exercise is important. A small amount of exercise can help relax your stressful heart, and keep you energetic enough to work again. Therefore, some exercise between work periods is a must! Even school has recesses for us to walk around and do exercise, rather than sitting on a chair for the whole day. But parents have planned too much for us to bear.

A lack of exercise is not good, but lack of pressure is not good either. An appropriate amount of pressure can keep us from being lazy. If someone had no pressure from work at all, he would play all day and forget about work. But, if someone had too much pressure, the pressure would kill him! He might commit suicide or become crazy, and this is not a joke.

So, if you want your body and mind to be healthy, keep a balance between exercise and work! Limit your pressure only to schoolwork, which is already enough. Use your free time to join activities that you love! For parents, don’t push your child too hard, make them choose their own activities than to make them choose the activities according to your will. With that, your child surely won’t disappoint you by being lazy, and the relationship between you and your child would become better. Remember, keep the balance! Thank you!
Advice for a Troubled Friend
2D Hoi-Tung Chan

Dear Sammy,

Thank you for your letter. I’m terribly sorry to hear that you are currently facing a hard time in your secondary school life. I can totally understand how desperate you are as I also had similar experience before. But don’t worry, pal. Let me give you some suggestions that may help you deal with your problems.

You mentioned in your letter that you are bothered by some bullies from a school nearby when you are on your way home. I think one of the best ways to handle the bullies is to ignore them. In most cases, what bullies want most is the reaction from their victims. If you want to stop a bully, just ignore their effort and soon they will get bored and turn to another target. Besides, I suggest you walk home with your friends whenever possible. Try to surround yourself with allies as bullies like to target people who are isolated. Always remember, you are not alone and there are always people who support and care about you. Stand up for yourself and never let the bullies bring you down.

Apart from the bullying problem, you are also under great academic pressure as you are not doing well at school, particularly in Mathematics. Trust me, there’s no better way to study Maths than actually getting a Math exercise book and working on the problems. It’s also essential that you understand the key concepts under a mathematical topic before you start solving the problems. Try to set up a daily routine of revising the Maths concepts you’ve learnt every day and I’m sure you will see a gradual improvement in your Maths results with your continuous effort.

I understand that you are now stressed out because of your problems, but sometimes things are not as bad as they seem. Keep your head up and let me know how thing goes. I’ll be there for you anytime.

Best,
Emily
How to Balance the Healthy Need for Exercise Against the Pressure of Work

2D Ivan Chan

Hello everyone, I’m speaking today on behalf of our students about how to balance the healthy need for exercise against the pressure of work. People nowadays are getting more and more pressure from school or work, and owing to our fast-paced urban lifestyle, there is no time for us to balance it out, or at least that’s what we thought it has to be the case.

Pressure is a serial killer, and unlike heart disease and cancers, it kills us in a way that we don’t realise. It tortures us both physically and mentally, and before we finally understand it, it is already too late for us to change and make a difference. Try thinking of the past year, have you ever been truly away from work? Even if you had, how long did you get a chance to really get a release from work, relax and recharge? And that is exactly what the problem is, so if we could not find a way to balance our pressure, we are doomed.

However, many studies have shown that exercising really does help us balance the pressure of work, and because there is lots of exercise you can do, why not head out and enjoy a football match with your mates, instead of sitting at home alone, watching TV and drinking cola?

Moreover, exercising can help us in many other different ways, besides the most obvious one, physical health. Exercising with friends and families can also make us able to connect and communicate with others more, and improve our relationships with others. So hesitate no more, head outside and get your body all sweaty. Thank you.
Balancing the Healthy Need for Exercise Against the Pressure of Work

2E Charis Chan

Good morning parents, teachers and schoolmates. I would like to take this chance to share my views on how we can balance the healthy need for exercise against the pressure of work. I hope my sharing will encourage you to think about your lifestyle and make adjustments according to your needs.

Everyone experiences stress at some stage in their life. It is a way for us to know that something in our life is causing us concern and is affecting how we are thinking and feeling. Therefore, stress is not always bad. In small doses, it can help us perform under pressure and motivate us to do our best. Yet, when you are constantly running in emergency mode, your mind and body will have to pay the price.

Meeting the demands of a busy lifestyle in Hong Kong is not an easy thing to do, but we can do our best to manage our hectic life by exercising regularly.

So, what should we do to balance the healthy need for exercise against the pressure of work? Experts suggest exercising moderately for at least 30 minutes, five times a week. It is one of the best things we can do for our physical and mental health. If you’re not an athlete or even if you’re out of shape, you can still try your best to develop your exercising routine by starting with some mild activities such as jogging. A little exercise goes a long way towards stress management. Discovering the connection between exercise and stress relief will be extremely beneficial to your overall wellbeing.

Regular exercise can also improve self-confidence. It can relax you, and it can reduce the likelihood of getting symptoms associated with mild depression. Exercise can also improve your sleep quality, which is often disrupted by stress and depression. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

My friends and I dance for more than six hours a week. Besides dancing, we also go running for two to five hours a week together after our dancing classes. Still, we have plenty of time left for watching movies and playing games together. We have no problem staying on track with our schoolwork. As you can see from my personal experience, it is actually not impossible to maintain a balance between exercising and work.

Exercising not only keeps the heart healthy and gets oxygen into our system, but it also helps deplete stress hormones and releases mood-enhancing chemicals, which help us cope with stress better. Regardless of your age, I highly recommend everyone to develop and maintain the habit of exercising regularly to stay healthy.

Thank you very much.
Dear Jason,

Thank you for writing to me! I am really glad to receive your letter as I haven’t heard from you in a long while. I hope you are doing well despite the difficult choice that you have to make with your family. I understand how difficult it is to have to decide whether to leave your home for the last eight years and move back to Hong Kong. I do think Hong Kong is a suitable and ideal place for you and your family. Let me share with you my thoughts and hopefully you will find my opinions helpful.

The transportation network is one of the reasons why moving back to Hong Kong is a good idea. If you move back to Hong Kong, you will no longer have to drive for hours to get to a destination for your everyday needs. Modes of transportation such as the MTR and buses will conveniently take you from one place to another. Not only will your family save money from driving and parking, but you will also save a lot of time by not having to find a parking lot.

The range of food that you can find in Hong Kong is another factor that you should really consider. Hong Kong is known as the Paradise of Cuisines for a reason. Here, you can find all kinds of food imported from all over the world. Another great thing about eating in Hong Kong is that there is always something for everyone in terms of prices. If you prefer a quick and cheap meal, local food such as fishball noodles or Chinese barbecue rice will be a good choice. If you feel like having a luxurious meal, there are plenty of Michelin star restaurants for you to choose from.

The choices of schools available here are also one thing that I think will encourage you to move back. Here in Hong Kong, you can find both good international schools and local schools. It all depends on your preference. If you prefer an English-speaking learning environment, international schools will be suitable for you. If you want to improve your Chinese, there are many prestigious local schools with elite students that you can apply to.

I hope you find my two cents useful! Please take all the time you need to discuss this matter with your family patiently and make a decision that will be best for you and everyone in your family. Take care!

Love,
Violet
Dear Tom,

Thank you for your letter. I am sorry to hear your problems. I hope my advice can help you with your relationship with your parents and physical health.

In your letter, you said that you felt lonely and anxious whenever you were offline. Your parents always complain about your using mobile devices too much. I think you are addicted to the Internet. You need to spend less time on social media but more time with your friends and family. You need to build trust between you and your parents. If they trust you that you are able to manage your time effectively, they won’t always complain about your use of mobile devices.

You told me that you have been suffering from headaches, neck and shoulder muscle pains. These symptoms were caused by bad posture. Do not lie on your bed when using mobile devices so your neck won’t become stiff or injured. I suggest you go to the hospital and undergo a thorough body check to see if you are suffering from any spinal problems.

You also mentioned that your eyesight is getting worse and you need a new pair of glasses. Eye diseases are mainly caused by the use of mobile devices and exposure to electronic screens. You need to spend less time using electronic devices. Keep a distance between your eyes and the screen. Also, look away from the screen every twenty minutes. Look at something green and eat more vegetables. It can help to keep your eyes healthy.

I hope my advice will help you. I am sure you can get on well with your parents and your body will be healthier. Let me know how things turn out.

Best Wishes,
Agony Aunt
The Nightmare
3A Boris Lee

One day, when I woke up, I couldn’t see. I tried blinking my eyes hard a few times. It was useless, and then closed them brutally. Yet, after opening them again, I could still see nothing but utter darkness. I put the palm of my hands on the middle of my cheeks, and my fingers slowly landed on my icy face. It did not take me long to realise that the darkness did not only blind me, but also create a feeling of fear that also blinded my sense to feel the coldness in the wind. I stretched out my hands to cover my entire body, which was shivering, making me want to scream.

Out of the darkness, I could hear the footsteps of what seemed to be a beast; I was so afraid that I could barely stand. I tried to breathe softly so it wouldn’t notice me, but as it was approaching me, I couldn’t help sweating and crying. The warm breath from the beast was like the heat from burning flames, and it drew closer and closer to me. Its mouth came up close to my face and it growled hard; I was too afraid to run.

As the beast opened its jaw and chomped on my body, the sharp teeth burrowed into my body and darkness descended into a blood red ocean. The pain was unbearable and I nearly fainted. Blood was running out of my body quickly and I knew I would soon be dead.

At that time, I started to wonder how this went so wrong. ‘How did I end up here and what have I done?’ As I screamed painfully, the beast flung me away towards the open space. I fell on a rock but it did not crack my bones. I was still conscious but I wanted to faint.

Suddenly, I heard a voice from beyond; it was devilish, demonic like the sound of the Devil. ‘Are you afraid of the dark? Do you feel the pain?’

I became irritated and stood up with anger, but could barely move with the pain of my wounds. I shouted furiously, ‘You! Why did you?’ I coughed out blood but I couldn’t feel any pain anymore.

‘Don’t you know?’ It questioned me, shocking me and making me reflect. I then suddenly remembered what I had done before, the pain I had brought to others, and all the evil deeds I had committed.

The feeling of regret came to my mind, ‘I am sorry; is it all too late now?’

The Devil replied, ‘I am not the judge but my role is to torment you, and to make you learn from your mistakes. God is offering you a second chance; but are you willing to take it?’

‘Yes, of course.’ I replied and my eyes could finally see again.

Now I could see the sun shining through the window as my mother knocked on the door. I let her in and she asked, ‘I heard someone screaming from your room. Are you alright? Were you having a nightmare?’

I checked if I had holes over my body and said, ‘Yep, I think I am alright.’
‘Okay then, you best be on your way to school or you’ll be late.’ She said. After that, I never dared to hurt others and tried my best to become a good person. I knew that this life was granted to me by God and I started to follow the will of Him from then on. The path I chose never left me with sadness, and I felt my life was meaningful once again.
In Today Already Walks Tomorrow
3A Chung Hiu Nam

It is September now and a new school year has just started. As usual, teachers or parents will ask us to set goals in different aspects. They think setting goals can help us improve our academic results and that will make our year full of hope. But to me, everything has two sides, so I am going to share my opinion about goal setting.

As the educational system does, it seems to us that goal setting has no negative sides at all. But I am really sorry to tell the truth: the goals we set are mostly dumped or forgotten in the middle of the process. There are few that could be carried out till the end. Also, plans can never be updated with changes. If we just simply stick to our goals that do not seem useful anymore for the time being and neglect the other options, that is such a pity.

On the other hand, goal setting has finally become something like homework or assignments nowadays. Many of the students set up goals just because the worksheet asks them to do so. With this as a motivation, I can’t really see why it is necessary to set goals.

But goal setting is sometimes useful. When the goals are set for a group of people, not an individual, they will be useful. The reason behind this is that people usually are lazy about themselves, but they will be willing to make an effort on behalf of others or for others’ sake, to avoid disappointing others. Another way round is that if the goal is for a shorter period, for example, within the day, within a week, the goal will be achieved much more easily. If you continue achieving all the goals you set for each individual day, it is in fact no different from setting a goal for the long run.

To conclude, the meaning or the point to set goals doesn’t depend on how long the goal lasts, but on how persistently you do it. Never mind if this small goal seems so faraway from what you want to be in the future, because as Goethe said, ‘for in today already walks tomorrow.’ If you manage to get all the small matters done properly, even if you don’t have one obvious long term goal, you will never be one without a compass. You cannot rely on goal setting all through your life. So, next time, what about trusting you sixth sense while making a decision?
The Moon and the Rainbow
3A Jasmine Lung

Through the trees there stood a startling band of colours as the last of the raindrops fell from nowhere. A little girl like Liza had never seen a rainbow before, but she surely had heard of it. Hanging in the blue sky, as if it was a bridge between two clouds, shimmering with seven different colours, with a pot of gold at the bottom of each side, just like what the fairy tales had told. However, at that moment, she knew that she didn’t have to live in her fantasies, imagining how it looked like, or what it was shaped like, not anymore, instead, it was right in front of her, a few miles away to be accurate. Upon the clouds she glanced, pondering if she could own such exquisite things by herself. Then she made a bold decision, she was going to take the rainbow away.

As time slowly passed by, she ran across the forests, valleys, rivers, canyons, but the rainbow still seemed to be at a far distance out of reach. Despite that, she didn’t give up, until she realised the rainbow was starting to fade. She started to question whether the rainbow would stay for her. It couldn’t be gone for such a short period of time, right? She continued to chase after the rainbow, while behind her, the sun was drowning into the misty clouds, and before the crimson dusk was consumed by darkness, the rainbow was completely gone.

Beneath the night sky, Liza felt disheartened. She had run a long way down to here, just in order to get to the rainbow, to fulfill what she desired. It wasn’t only a few miles away from her home, instead it was an illusion, a lie. Everything turned out to be nothing, nothing at all, only frustration. A little comfort was already enough for her. Again, she gazed upon the stars as she fought back tears. And there she found the moon, white, plain, authentic, while gleaming with the soft light of gracefulness. Simply above glamorous, she thought. That was the moment she realised that she didn’t need a colourful, exquisite rainbow, she only needed a simple, pure moon.

Even though it was illusionary, a short glimpse, just like the rainbow, wealth is what people always wish for, but have you ever thought of just having a simple but blissful life? Sometimes being pure and real like the moon is far better than being rich but fraudulent.
A Letter of Advice – Work It Out

3A Ellia Yim

Dear Sam,

Hello, how are you doing? I feel terribly sorry to hear that you’ve been arguing a lot with your parents. And that’s why I’m not writing to you. I hope my suggestions can help you.

Firstly, I think you should continue practising badminton because it’s good for your health. You’ll get a lot of health benefits when you play badminton. You can not only relieve stress but also burn fat. Also, you may improve your reaction speed, muscular strength and sport intelligence as well. The most important point is that playing badminton can protect you from illnesses. For example, it can reduce the amount of bad cholesterol in your body, so we can have a lower risk of heart disease, diabetes and also obesity. You ought to tell your parents about all these. By doing so, they may change their mind and let you continue practising because of all the above benefits.

Secondly, however, I suggest you reduce the frequency of participating in badminton practice. For instance, you can practice twice a week rather than three times a week and use the time saved to study. Remember to revise hard so that you can handle the quizzes more easily. Although it’s a bit exhausting and difficult to adapt to the new secondary school life because your results may drop compared with primary school, it’s not that difficult to pass the quizzes and exams. You just need to study harder, and you must be able to overcome the challenges. Trust me, as I haven’t failed any of the tests or exams. If you study two hours more a week, you’ll improve by leaps and bounds in all subjects. When your parents see your improvement, they might be convinced that playing badminton will not affect your schoolwork. Consequently, they may let you continue practising badminton and the problem will be solved.

Moreover, you said that you’d already had a lot of arguments with your parents on this issue and your relationship with them had become worse. First of all, you ought to know that all parents in the world are forgiving towards their children. Therefore, I strongly recommend you apologise to them sincerely even if you think you’re right, so that they will forgive you and your relationship will be as great as it’s in the past. It’s just that simple and that’s the power of love. Sometimes it’s not that hard to get along with your family. You just need to put down your dignity and take the initiative.

I hope the advice above is useful and things will get better soon. God bless. Also, do drop me a line as I’m really worried about you and want to keep updated.

Best regards,
Chris
A Tragic Life Turned Legend - Adeline Yen Mah
3A Jerry Tai

This book is an autobiographical novel and it’s about the experiences growing up in China during the Second World War of the author, Adeline Yen Mah, who is my favourite character. Adeline was considered as ‘bad luck’ since her mother died in the delivery of her and her life began tragically. It got even worse after the remarriage of her father and stepmother.

When the Japanese took over Mainland China, her father and stepmother disappeared from their hometown. The children were looked after by Nai Nai and Ye Ye and it was considered to be wonderful under the care of their grandparents. But Nai Nai’s death led to the return of her father and they moved to Shanghai.

It was the worst period in her lifetime. She was denied carfare and even whipped for daring to attend a classmate’s party. She was then sent to an even further school. But Adeline kept working hard and was inadvertently saved by her aunt and returned to live with her family in Hong Kong. Even though she repeatedly moved up to grades above her classmates, it was only when she won an international play-writing contest in high school that drew her father’s attention and granted her wish to attend college in England. She eventually became a doctor and realized her dream of being a writer.

Adeline had a tough journey in her study life but she had never thought of giving up at anytime. She grew up in a cruel family which sent her to different schools in her childhood. She was often abused by her stepmother, like whipping her. I was shocked that she was whipped even for attending her classmate’s party. I thought it was just a common part of our social life but it wasn’t for her. She didn’t blame anyone even once instead she kept working hard in her academic results. I was absolutely impressed by her tragic life and her endurance of living as an unwanted daughter. She shone brightly as she gave much effort and was respected by everyone. After reading this story, I knew that I shouldn’t complain about what I don’t have but to show gratitude to what I have.

If I were Adeline, I wouldn’t stay in the cold-hearted family. I would rather find my grandparents or uncle and aunt for a more enjoyable childhood. If I couldn’t, I would ask my teacher for help but I would not suffer in silence. Maybe I wouldn’t have the ability to overcome the toughest situation, but I would rather want to have a more memorable and enjoyable childhood.
Dear Sam,

How have you been? I’m pretty sad to receive your last letter saying that you failed in most of the quizzes in school, and your parents thought the reason for that is you spending too much time on running. I know it must be a hard time for you. But don’t worry. Let me give you some advice that may help you solve your problems.

Firstly, I think you should keep practicing running because it is hard to find an activity that you love. I know you are thinking whether you should continue practicing running or not. But when you find something you love, you will feel relaxed and you will get a lot of fun from it. Also, doing sports regularly can keep you healthy; it will be less likely for you to be sick.

Secondly, you should make a timetable for your studies. To make sure you have sufficient time to study, you should try to study for at least one hour per day. Also, you must spend less time on playing so that you can have enough time to study.

As for your relationship with your parents, I think you should spend more time on communicating with them. If you don’t know when it is best to talk to them, you may try to talk to them while they are watching TV since it is a relaxing time for them and they would be willing to listen. By talking to them, they will know your thoughts and understand you better.

Finally, you should try your best to study hard. As your parents think that your running activity affects your results and worsens your relationship with your parents, I think you should study hard to improve your results. I am sure the relationship will then get better.

Relax, Sam. Remember ‘there is a silver lining behind every cloud’. Do write back to me if you need any help; I will be there for you always.

Best wishes,
Chris
Dear people on Earth,

Mayday, mayday! It's Astronaut 2169 calling. I'm stuck on the moon now.

It is a long story. I am an astronaut from NASA's Apollo project No. 19. Last week, while I was working on the lunar surface with my teammates, a storm suddenly arrived unexpectedly. Although I rushed as fast as I could back to the space capsule, I was still too far out to reach it. The situation was critical and my team had no choice but to leave me. I thought I'd die but I regained consciousness fortunately.

So I'm in the International Space Station now, waiting miserably and hopelessly. There are only two weeks of food left. If no one comes and saves me then I'll die of starvation. I thought a lot these few days, about my life, my team, my friends and my family. I got tears every time I thought about them. However, I know tears will dry and life will end eventually.

Living here is nothing better than torture. Every time I look through the window, I see the blue Earth shining, like an immense round sapphire flickering under the sun. It seems so close but so far. The fascinating Earth always gives you hope, but when you look at the reflections of yourself on the window, you see nothing but desperation.

I know when someone sees this letter I may be dead, or perhaps this letter will never arrive in the hands of a human. Still, I won't give up. I'll find my way back and stamp my feet on the Earth again.

Farewell,

Hogan
Goal Setting – Work Hard, Work Smart
3B Mary Law

Every student is asked to set goals at the beginning of the school year by parents, teachers or even themselves. But most of them give up within a very short period of time.

People set goals to aim higher so they can have the motivation to, you know, achieve goals. But the thing is, most people set their goals and never really try to achieve them. They always have excuses for starting later or for justifying how their goals are impossible to reach. People like this end up not achieving anything at the end of the day. On the other hand, some people work way too hard in achieving their goals and end up exhausted, frustrated and dissatisfied with themselves. These two sorts of people are similar in the sense that they both end up not being ‘successful’ like our society tells us.

I once watched a YouTube video called ‘Your Wake Up Call’. In the video, Lily Singh (aka iisuperwomanii on YouTube) states that if you really want to achieve your goals, you should be willing to do anything and everything for them. People who make excuses don’t want their goals badly enough. They don’t even care if they achieve them or not. Why do you think Bill Gates and other famous people are successful? They are smart, of course, but they also work extremely hard in pursuing their dreams. On the other hand, another YouTuber, Matthias, states that it is not about working hard, it’s about working smart. Having enough motivation and figuring out the steps that you are going to take next are the ultimate keys.

To me, both of the YouTubers I just mentioned are extremely talented and inspiring. I agree with both of their points as it is important to work hard and smart in order to achieve your goals. Goals should be achievable, but most importantly, you must want your goals badly enough. Whenever you want to give up on reaching for your goals, remember why you started.
Hello, fellow students.

Is any one of you here considering taking Engineering at university? What about Programming? Well I am obviously not one of those people, but I'd like to talk about something that relates to both of those subjects. Robots.

When I mention robots, what are you thinking of? Scary machines, threatening foes, or even murderous monsters? Well I say no worries. In movies like The Incredibles and X-men, robots attack humans because they are programmed to do so. Because they are self-taught, they can imitate human action, they know what we know, and they are often portrayed in movies to be able to simply replace us. But wait! Keep in mind that we MAKE robots. If we do not programme them into self-taught robots, they won’t be able to learn anything on their own. They cannot outsmart humans. And that brings us to the solution to the problem. We will not let robots replace us.

Robots are not foes and they are emerging everywhere. In the very short time that I have been in Singapore, I have already heard fascinating information and facts about robots here. For example, I heard that Hospis, a kind of assistance robot, is now running in a hospital. They help carry drugs around. They can reduce the workload of medical professionals. Some robots can also check on patients and even cheer them up by singing! If you think harder, you might notice other robots are showing up in TV programmes. For example, robots are vital during surgeries as they can prevent medical mistakes. These robots are a great example of how robots can be our friends.

Robots are not foes and they are emerging everywhere. Recently, a hotel was opened and has caught international attention. Why? In the hotel, you can see facial recognition systems outside of rooms, interactive sound AIs in elevators and even robotic dinosaurs greeting you at the counters. Yes, this hotel is completely robot-staffed. The dinosaur robots were designed to draw kids’ attention. The facial recognition system has upgraded the overall security. The sound AI in the elevators can also provide different traveling tips. From these examples we can see that robots can be our friends. Automation is the future.

Well you see, robots aren't that scary after all. If you are planning to take subjects that are robot-related, please keep in mind that the fate of humanity is in your hands. Whether robots can replace us or not, is up to you.

Thank you.
Aim for the Moon
3B Ryan Siu

Have you ever thought about your goals? For me, setting goals is always my top priority in every new school year. How about you? Well, I would say that it is really effective to achieve your dream if you set your goals clearly.

Why should we set goals? I guess that it is all about us. Always, setting goals can encourage us to step forward and further. It also lets us work harder in order to achieve a better and more satisfactory result. Setting goals is just like aiming for the moon. It seems impossible, doesn’t it? But if you are brave enough to aim for the moon, you will eventually land among the stars even if you fail. Setting goals is not just about dreaming, but making your dream come true. Impossible dreams? There’s nothing impossible if you force yourself to set goals towards your dream.

However, you may also think that aiming too high can cause stress, especially when it comes to the results of exams and tests at school. Well, I must admit that setting relatively unreachable goals, such as being first in your own form, may cause you too much pressure. Because of it, many people are too scared to set goals, but I must urge you to change your attitude towards setting goals. In fact, you will never gain improvements if you keep on refusing to set goals.

Come on readers, goal setting is not that hard. Think about your level, and aim at a higher one. Just never underestimate your potential, you can always achieve better than you expect. You will eventually benefit a lot from it.
Advice on a Moral Dilemma
3B Selena Lau

Dear Pat,

Thank you for sharing with me your worries about your friend’s stealing behavior. It’s totally understandable that you find it hard to handle this dilemma between friendship and morality. But don’t worry! Let me share my thoughts with you and I hope it can help clear your doubts.

First, you can try to talk to your friend and find out the reasons behind her stealing act. You should first show your care by asking her whether she is having any difficulties in her life recently. If she admits that she has been stealing from classmates because of her financial difficulties, you can then persuade her to turn herself in and make an apology. You should tell her that under no circumstances should we take other people’s property without their permission. Besides, stealing is illegal and it is considered a criminal offense. Try to let her know the consequences of her stealing behavior and the seriousness of the problem. However, I know it takes courage for your friend to admit her mistakes publicly. In that case, you may ask for your teachers’ advice, as they can better handle the situation and I’m sure they would give your friend the guidance and support she needs.

Apart from helping your friend to face her mistakes, you can also give her some ideas on improving her financial status. As you’ve mentioned that your friend comes from a poor family, why don’t you ask her to seek help from the school social workers? They could not only provide counselling for your friend, but also help her get financial assistance from the government or other charitable organizations. After all, what your friend needs most is professional help from a trusted adult since she is still too young to tackle all the problems herself.

Anyways, believe in what you can do for your dear friend. You can make a difference. Drop me a few lines and let me know how things go. You always have my support.

Cheers,
Chris
Pay It Forward
3B Tiffany Chan

It all started on that day.

Trekking through the lush green forest and rappelling rugged cliffs, a keen mountain climber was enjoying himself in a day of outdoor adventures.

The man was about to cross the river, where he heard a faint human voice somewhere near the riverbank. “Help...” The curious man traced the voice and found an injured old man behind the bushes. “I have been waiting for someone to save me for hours,” exclaimed the old man in a croaky voice. “I’m here to help you. Don’t worry pal. I’ll get you out of here.” The man then carried the injured man on his back and brought him out of the woods.

When the dark fell, the two exhausted men were finally back in town. The old man was sent to the hospital at once. Right before he got in the ambulance, he held his rescuer’s hands and said, “Thank you so much, young man. What’s your name? Please accept this as a return of your favour.” He then took out a pile of banknotes from his pocket, passing them to the man. The man smiled, “My name is Michael Smith. You don’t owe me anything. If you really want to pay me back, the next time you see anyone who needs help, just give that person the needed assistance.” The old man was astonished at his refusal of the money but he felt warmth in his heart.

A few weeks later, the old man had fully recovered and returned home from the hospital. One evening, he stopped by a local café. There he saw a pregnant lady, wiping the table with a cloth while welcoming him into the café with a friendly smile. Her smile reminded the man of the one who saved his life, and he started wondering how he could pay it forward and spread the kindness.

The old man finished his meal and checked the bill. When the waitress returned for the change, the man had left already, leaving a note on the napkin: “You don’t owe me anything. If you want to return the favour, do not let this chain of love and kindness end with you.” The waitress was astonished to find a few thousand dollars under the napkin. She was speechless. “How does he know we need this money for the baby?”, she wondered. In excitement, she couldn’t wait to call her husband and tell him the good news, “Now everything will be alright for us. I love you, Michael.”

48
The Moon and Her Exhibits
3C Ariizumi Rika

The only difference between martyrdom and suicide is press coverage. The media aims to be our
eyes. Artists aim to be our trophy boys and trophy wives.

The moon, she towers upon Earth. She sees the truth of humanity and she exhibits.

Shane, a constantly rejected and abandoned 17-year-old, an emo. He wore a black jacket as dark
as the lifeless night sky as an extension of his initial emotion. He had a black and flaky leather wallet
“like his soul”, he often joked. Shane, despite the awful stereotypes, was a writer and poet. Though he
might not appeal as one, he had this heavenly ability to compose endlessly beautiful words. He had a
hideout in the forest. Most people think of the forest as a dangerous location for a hideout for a
teenager. Shane thought differently. He thought of it as an ornate creation of nature. He would lay on
his back on the muddy surface and look upon the moon. Tree branches tangled like chandeliers would
waver in the wind, their crystal tree leaves casting shadows on Shane’s body. Everything would seem
so complicately charming and somehow with an inexplicable pattern. The forest is full of twists. Just
like his mind. That’s what he liked about the forest. He could see the moon in the forest the glinting
argent moon full of knowledge and truth. The moon was omniscient to the emo adolescent. He had
not an inkling that the moon, too, very much appreciates his idiosyncratic existence.

One, perhaps the most ordinary day, Shane felt exceptionally abominable. He took a dreadful
beating at school and at home. His father was drunk and became ridiculously atrocious. His bullies
were having a wee bit too much fun beating him half-dead that day. Teachers were oblivious to his
evident bruises. Bad news kept striking him repeatedly without mercy. He was awfully injured,
physically and mentally.

As he laid in bed, absent-mindedly reliving all the horrible moments in life, he finally decided
that those moments had integrated into a deprivation of his own elation. He sprinted from his bed,
dashed out of the house to the deepest depth of the forest, then laid limp on the ground with a single
heap. He gazed at the moon. And the moon stared back.

The moon knew what was about to happen. The moon knew it from the deranged look of his
eyes.

The boy brought out a disorganized notebook. Frantically flipped to a blank page and wrote
down what seemed to be his final words. Those moments of dread in his life were faded ink written in
his journal. He looked upon the moon and asked for the truth. She screamed from afar for him not to.
He couldn’t hear her as she was too out of reach. He thought the moon had abandoned him, too.
Shane was devastated.

It was winter. Shane wandered around in the forest. He came across a river. The river was still.
Thin ice covered the whole surface of the river. It was alluring. The moon was reflected on the thin ice,
staring sadly at him.

Out of the blue, Shane spotted a panic-stricken stag on the thin ice. It obviously got itself stuck
on the ice but had no idea how to get out. Shane thought post-haste. He saw the fear in the stag’s
eyes, the hope for living diminishing every second. You could see it in its eyes. Tawny eyes stricken with fear and hopelessness. You would be surprised by how it resembles the adolescent’s eyes. Though, he had bared those feelings for such a tedious time he had gone insensate. Those eyes were only covered by his disheveled hair so no one could see.

He was determined to save the little friend as he saw himself in it. His original intention of ending his own life faded away. He took his shoes off and stepped on the thin ice. The cracking of the ice was adequate for any man to turn away and escape. Shane didn’t. He kept walking. The moon, observing from above, was confounded. He managed to get close to the stag and pushed it back up on the land. As it galloped away, the thin ice under his feet broke. As if the thin ice was a wolf waiting for its stag, the ice cracked open like a menacing smile, swallowing Shane into the ice cold river. And he came rivals with death.

It seemed sickening that his whole life was like walking on thin ice, with the moon supporting him. Every time he smiles, he feels like plastering a smile on his face would only help chisel the cracks in his façade more until he breaks. And now, his façade broke like the ice under his feet. But he was at the ends of his life. He struggled under the ice, he wanted to live. The water felt like millions of needles piercing his skin. He wasn’t happy about his life. He didn’t want to live in the shadow hiding away. He wanted to show his feelings instead of hiding them under his façade. He wanted to express them, whether from his writing or poems. He wanted to do great things.

It was truly an act of a martyr what he did. He saved a life but lost his own. It was so full of irony that this act was what he needed in his life. It almost seemed like destiny was playing a joke on him. He needed a savior but none came. He had to save himself. Saving the stag was the act that was supposed to set himself free, too, from his feelings.

Three days later, the newspaper came out. If you carefully flip to page seven of the Daily Prophet, under the Caesar’s Salmon commercial you’ll see a tiny column with the title “Another Emo Commits Suicide”. His mother dedicated a little quote to him. “You were just like the moon, so lonely, so full of imperfections. But just like the moon, you shone in times of darkness. – C. W.”

The moon shed a single tear. The tear formed a lone star. And the lone star was knitted, with others, into constellations. And, oh, they shone the brightest of all!

This was all so beautifully depressing.
Dear Edith,

I understand that you are suffering from insomnia and you feel stressed and anxious. These are similar symptoms from what I have experienced personally. Don’t worry. No matter what is making you feel this way, I will do my best to assist you because that is what friends are for.

My assumption is that you are suffering from Dragoni, which leads to restless nights and anxiety. Being accident prone is pretty much an unavoidable fact being in the field of dragon training. You, my friend, seems a lot to like that have been scraped by a dragon scale more than once on the battlefield. What makes this interesting is that Dragoni flares up when you have been scraped by one particular scale at least twice. You see, dragon scales are not deadly if you have only been scraped once or have been scraped more than once but by different scales. Though it is deadly in your case, do not worry. Do not panic. As Dragoni is quite common amongst us Vikings. I have had it once and I am still alive like a jumping cricket! It is definitely curable, though the process may be a little bit unsettling.

You must react as soon as you receive this. Find the Wise Dragonizer. He is in the deepest depth of Mordor. He will tell you what to do. Before you get there, you will have a painstakingly long journey to go. Take my advice. Take your dragon with you. Yes, the one that scraped you. Sleep on it when you’re trying to get some energy in you. Sleep on its wings. Being near your poison’s origin helps keep your body from trying to reject the poison. And by that I’m indicating that you will puke drugs and spiders and probably orange juice. You will not want your body to reject them, especially the citrus, because your body will mistake it as toxic and what you want to flush it out of our system, causing possible throbbing headaches, delusional images, bloodshot eyes, spinal pains and the worst of all, spiky punk hair. Bring Dragonaide on your journey. Drink it accordingly. It may be addictive so do not overdose on it. The Dragonaide is capable of making you feel a lot better. Stress-free, anxiety-free, insomnia-free. But Dragonaide will not do to cure the origin, the Dragoni. So you will need to find the Wise Dragonizer.

Now let me walk you through on what he will do to cure Dragoni. He will first throw your body into the ocean, to shake out all the sickening and negative aura. Do not worry. He will anesthetize you. You should just relax when he injects the potion. After that, you will not feel a single thing. You will become numb. He will use burning ostrich eggs to get the poison out of your scrape wounds. Then all our symptoms of insomnia and stressfulness and anxiety will be gone for eternity. You will never feel this horrible again. I promise. Because that’s what the Wise Dragonizer does.

I hope I did help you in a way. Just follow my advice and go on your wonderful journey. You will come back healthy, happy, dandy, stress-free and anxiety-free. I look forward to hearing your adventures soon!

Best of Luck,
Rika
‘Take me to your principal!’ the alien commanded. Susan and I were walking along the hallway, heading to our principal. I couldn’t believe what we saw. It all happened at lunchtime.

Susan and I were having lunch in the playground when an alien came. We were chatting happily but suddenly there was lightning and thunder. When a flying saucer appeared from high above in the dark sky, the wind started to pick up. The UFO was moving across the sky very quickly. When it landed, smoke billowed from its door. Then out came a creature we had never seen before. We were shocked by what was in front of us, a creature with gigantic eyes, long arms and a hand with only four fingers. His skin was grey. It was an alien with his UFO. Susan’s hand was shaking very badly and she held my hand tight. We froze and couldn’t move at all!

‘Wee... Wee...’ the sound stopped. All of a sudden, I heard a voice in my head, ‘Take me to your principal!’ somebody commanded. I dropped my lunch, feeling confused and shocked. ‘What?’ I asked. I had no idea what to do. Susan was looking at me, frowning. I was sure she heard the same voice too.

‘Do I have a choice? I don’t want to help. Where does he come from? Is he a human being? Is he going to kill us?’ I asked myself.

But here we were doing exactly what the alien wanted us to do. At the door of the principal’s room, I opened the door slowly. My heart was beating fast and loud. Mr. Principal was standing by the window. He turned around, but he didn’t look frightened at all. Instead, he was glaring at the alien.

‘What are you doing here?’ he asked.

Before we could hear the answer, the door behind us slammed.

The alien answered, ‘Sam Alderson, your time here is up. You need to come back with me to our planet, your homeland.’

‘What? What do you mean?’ I asked in confusion. ‘I can’t,’ said Mr. Principal, ‘I love this place. I love these kids. I love this school. I love this planet! I can’t leave. What will happen to them if I go?’

‘Give me a moment. You girls wait for us outside.’ said the alien.

Susan and I walked out and sat outside. ‘What do you think?’ Susan asked me. ‘I like Mr. Principal, but he’s an alien... I can’t believe it.’ ‘Neither can I,’ I said. Soon, we stopped chatting. I was squirming in my seat thinking of what happened just then and whether the principal would betray his own planet. At this point, I felt sorry for him. He was the best principal, but now he might need to leave us. I might never see him again.

‘Come in, kids.’ Mr. Principal said. Susan and I walked in. The alien was still inside. ‘I’ve decided... I will stay here on this planet until I retire,’ Mr. Principal announced. ‘Hurray!’ Susan squealed with joy while she was jumping up and down. There was a smile on everyone’s face.
The alien retreated to his UFO. He said something to the principal, and then they hugged. ‘Goodbye, my friend,’ said the alien. ‘It’s nice to meet you girls too.’ He went in his UFO. As soon as the door closed, fire and smoke billowed. Then it took off and left. Mr. Principal was still here with us. This was just a strange experience.
The Curious Incident of an Alien
3C Moses Fung

A beam of light appeared far out in space and was cast on the campus of Hong Kong Secondary School. The birds flew off, leaving the clouds alone in the sky. This was the end of lunchtime, a normal ending of this normal lunchtime. May and June were still relaxing under an old tree.

‘Bi bu bi bu… Bang!’ May and June heard some eerie noises. They felt fearful and thought, ‘Something strange has happened.’ ‘Oh! What is happening?’ May yelled. ‘I don’t know. Let us hide behind that old tree,’ June answered at the top of her voice.

An identified flying object in the shape of a saucer landed on the campus. Then, a weird-looking alien came out of it.

It was just too bizarre and the atmosphere became too mysterious and scary. While May and June were trembling, the alien picked up its weapon and walked towards them. ‘Take me to your principal!’ the alien spoke in a husky voice. The voice sounded like as if it was produced from an old machine. ‘Okay… I… I will… take you… to… our principal,’ May replied. Then, they went to the principal’s office. It was very quiet. After the alien had got into the office, May and June waited outside and hoped that the alien would not kill the principal.

The room was full of a lot of strange and loud noise, but suddenly, there was silence. The principal and the alien went out of the office and were chatting happily. May and June were confused. They thought, ‘Is this true? What just happened inside?’

The principal said, ‘Don’t worry. The spaceship ran out of fuel and the alien made a stop here on earth. He didn’t know what to do and I am trying to help it get back to its universe.’ Soon, another flying saucer landed on the campus. The alien hugged the principal to thank him for his act of benevolence. It was so touching.

A beam of moonlight shone on the campus. No birds were in the sky, leaving the moon alone again. Soon, the UFO vanished.
Dear Edith,

I can see why you feel frustrated by the situation you are in. To be honest, I have experienced the same case before. So don’t be afraid, depression is never a sign of weakness, it is a question we should share and overcome together.

The origin of depression varies, but mostly, the main culprit is stress. Have you been experiencing a lot of overwhelming, stressful events that you can’t cope with recently? Are you often anxious about a new environment, or feeling empty in your life? I admit that life always puts us into harsh conditions, rough roads, but this is what life is all about! Life is constantly giving us lessons. Life is not sweet, but definitely worth living! Everyone fails, but that doesn’t stop us from moving on. Furthermore, you ought to combat negative thoughts and see things from a more positive perspective. For example, you may want to try out cognitive therapy. It is about training your mind and altering your thinking pattern in order to get rid of negative thoughts.

Moreover, the best way to keep you from breaking down is to build a support network. For once, let go of the reins you’ve wrapped ever so tightly around your heart. Tell people what you think and feel. Many still care for you, Edith, if only you let them in. You’ll never know. Studies also show that the lack of socializing may trigger major episodes of depression too! No matter what happens, I’ll be there for you. I have absolute confidence that you will get through this nightmare.

Speaking of nightmares, insomnia is another reason for depression. Having enough sleep and exercising works as strong antidepressants. If you don’t feel like working out, why don’t you take a stroll around the block at every lunch time? Or just enjoy the sunshine along the way home? Start small and you will find yourself enjoying life.

Life is not that bad after all; it just depends on your attitude. No one will be able to help you unless you are willing to change. Whether you take my advice or not, just remember that someone is always there beside you. I may not guide, but I am always good company who will catch you when you fall, or give you a reason to stand when you are on your knees. Anyway, never lose hope! I am sure you can overcome this.

Love,
Natalie
Contrary to popular opinions, my favorite character is not the wise professor Morrie, but the student, Mitch. Hectic lifestyle, burdens and harsh conditions always seem to be crashing us to earth and suffocating us. Somehow I see myself in Mitch, a man with a vein of melancholy, buried deep within papers and computers, hardened by the cruel society and has long forgot his own dreams and passion. As a Form 3 student, I may not have the chance to have a taste of the desperation and sorrow society might bring, but Mitch’s environment and the problem he is faced with definitely strikes a chord. Just like Mitch, we are so involved in the trillions of little things in life just to keep going. We never get the whole picture of our lives and see how it actually looks – except for the last few minutes before death.

Our culture discourages us from thinking about death. People try to run away from death, as if death were no more than a horror story if we just simply ignore or deny it, but on the contrary, death is imminent. Death is actual. Mitch is brave enough to admit it. “Once you learn how to die, you learn how to live.” Morrie greets death like an old friend, and Mitch takes it like a lesson of life. As he watches Morrie die, he realizes that he wants to die knowing that he has lived his life to its full extent. Death becomes his chance of self-redemption, a chance to reassess his priorities and mend the bond with his family and friend. Death motivates him, and his desire to change his outlook on life to become lucid and certain.

Mitch faces the same hurdles in life just like anyone else, yet only a few are willing to confront the truth and strive to make changes. If I were Mitch, I would do the same thing too. Life is not about “material wealth” – something the majority grapples for, wasting most of their waking hours yearning for, nor is it about immersing oneself into work, sailing in the wrong direction. From where I stand, life should be about building up relationships – with friends, family and even with God. They are the concrete things you can hold onto even in the dark.

As much as Mitch sees in Morrie the man he aspires to be, I would like to become more like Morrie too, a man who values love over money and any sort of superficial vanity, a man who actually knows how to live.
To Learn from Setting Goals
3C Sophia Wong

I believe all of us share the same experience, that is whenever our teachers have assigned something for us to do, we start seeing the negative sides in our tasks. It’s just like a magical chemical equation – teacher plus homework equals complaint. And setting goals has always been one of our tasks.

“I’m just doing it for the sake of it, not really planning on achieving anything.” “The goals are unreachable; it’s just for the teachers.” These words often slip out from students’ tongues, they are setting empty goals, and that is rather useless. But in this passage, let’s focus on the students who are really setting goals that are helping them, and the students who are really trying to achieve their goals.

Everything has a good side and a bad side, when we are making decisions, we often compare the pros and the cons to come up with a conclusion, and that’s what we are going to do.

Setting goals can help us to clear our mind, we always get lost, lost and confused, and it’s like the path that is leading us to our future is now covered in mist. And setting goals, no matter being forced or not, does help us, to understand ourselves a little better. It reminds us how good we are, how good we could be, and how good we want to be.

Secondly, setting goals is like making a promise. We make promises and then we achieve them. Setting goals can also help us to push ourselves to our very limit, trying to do our best to reach the seemingly impossible goals.

But there’re not only good things in goals. Sometimes, we set the wrong goals, maybe it’s because of the short time limit, or maybe it’s due to our unclear mind. But no matter what, setting wrong goals can lead to lots of problems, like the feeling of failure or disappointment when you’ve tried your best but you don’t succeed.

After all, I think setting goals is not necessarily either a good or bad thing. I just think it’s something we should learn, whether from its brighter side or the mistakes we make in the process.
To Be a Friend, to Lend a Hand
3C Sophia Wong

Dear Edith,

How are you? I have received your previous letter and it seems to me that you are having a bit of a rough time. Frankly, I really appreciate your letter, because I can feel that you trust me and I’m glad that you have decided to express your feeling to someone else. Not keeping everything to yourself is already a step closer to solving the problem, and I really hope that maybe I could lend you a hand.

You have mentioned that you are now suffering from insomnia, that must be difficult. Although I have not experienced it myself, from how you describe it, I understand how awful it could be. Like what you have mentioned in your letter, “The clock is no longer alive, everything is on mute, and time never seems to pass. Turning, tossing, and turning, but the night never seems to end.” I have some sleepless nights before, and those are such nasty memories, it’s sad to think that one of my best friends is having it so much worse. I’ll really try my best to give a hand to you, really.

So, I have done some research online and it tells me that insomnia can be caused by a lot of origins. Knowing you for a long period of time, I know that you are living quite a healthy lifestyle. So tea and coffee shouldn’t be the reasons that cause insomnia in your case, but if it really is though, you shouldn’t drink them during late night.

Another reason that could cause insomnia is stress, and I believe this may be something you’re struggling with, and it’s totally normal. If I were you, I might also feel the same. Family pressure, high expectations and an insanely great amount of work can drive you crazy. But even though it’s not an abnormal phenomenon to have stress, high levels of stress can cause you anxiety, or even depression, and can affect your sleep in a horrible way. Please don’t mind if I’m being inappropriate but I do think that your parents are putting too much pressure on you. I may be wrong but if you feel like the expectations they have on you are just too much to handle, try to tell them. It doesn’t always have to be your fault when you cannot reach the standard they have set for you. The standard itself may be too high to reach, not even if you could fly. But always remember, even if sometimes you must force yourself, don’t do it at the expense of your health.

Stress can be caused due to two main factors, the external and the internal. Therefore, if you do manage to soften the tension between you and your parents, another thing you could do is adjust yourself.

Learn how to relax! People always say, be aware of your anxiety, and if it is getting out of control and you feel like you are being drowned by it, go for a walk, listen to music, or read a book. These positive activities may be simple but they do help you when it comes to relaxing. Another suggestion I want to give you is, don’t try to force yourself to sleep, if you do have problems falling asleep, get up, maybe read some relaxing books, listen to some soft music or even have a warm bath. Remember the lavender soap I bought for you as a souvenir in Australia? You could try using it. Lavender’s decent smell can relax our body and our mind.

Another reason I think that may cause your insomnia is always having bad dreams at night. I know this is not very common, but I remember you telling me some of the horrible nightmares you
have experienced. Are you still having these? If you are still getting nightmares frequently, your subconscious self may not want you to fall asleep lest those nightmares should come to haunt you again. So a little tip for that is not to press your hand against your chest at night, since it will increase the chances of getting a nightmare. Another piece of advice is pray. I know this seems like an overall suggestion but it does work. If you don’t mind, I could pray for you as well.

No matter what advice you are taking, I hope it helps, and please inform me the latest situation you are in. Keep in mind that I’m always here to hear you out. Good luck!

Cheers,
Sophia.
Complaint About the Four-Day Tour to Guangzhou
3C Thomas Cheng

10th June, 2015

Dear Sir/ Madam,

Re: Complaint about the unprofessional arrangements of the four-day tour to Guangzhou

I am writing to complain about the unsatisfactory services and the poor standard of hygiene in the restaurant and hotel on the tour.

My first complaint concerns the unacceptable services. On 4th June, we traveled to Guangzhou. While the passengers and the tourists were boarding the coach, the drivers just stood on one side and didn’t provide any assistance for us. We needed to carry and place our own luggage at the luggage compartment ourselves, but the drivers were smoking and chatting on one side. It is irresponsible of the drivers not to give us a hand.

My second complaint concerns the unhygienic dining environment. The environment of the restaurant was filthy and dirty and the place was infested with cockroaches and insects. Also, the restaurant was supposed to be a non-smoking area but some waiters and waitresses were smoking near the entrance. Moreover, the meat was raw, but the beef was as tough as shoe leather. The food was bland. I was dissatisfied with the quality of food and the environment of the restaurant.

My third complaint concerns the unhygienic environment of the accommodation. At the beginning, we were promised a 5-star hotel but it turned out to be a 3-star motel. There was trash all over on the floor in the hotel room and the windows and the mirror were smashed, which could be very dangerous. I was outraged with the terrible condition of the hotel.

The fourth complaint concerns the arrangements of the tour. We were guaranteed a cultural and relaxing trip but some visits on the itinerary were cancelled without prior notice. No make-up activities were arranged after the cancellation. As a result, we had nothing to do. Also, we got no refund whatsoever. I was discontent with the unprofessional arrangements.

I hope that you will take this complaint very seriously and that you will make improvements immediately. I demand a written apology regarding this matter. If there are no improvements, I will take the matter to the Consumer Council.

Yours faithfully,
Chris Wong
Chris Wong
Kindness, Like a Boomerang, Always Returns
3D Alex Chow

It was a cold evening in 1995. Winter was approaching and the frozen land was covered with a thin layer of pure white snow. In a rural village located in the southern part of China, a man was closing the door of his small grocery store, heading home for dinner with his family. Life had been simple but good for him. Having a loving wife and a lovely new born child, he had been feeling nothing but grateful of how blessed he was.

Just when the man was about to lock the door, he heard a soft voice murmuring from behind his back, “Excuse me, sir.” It was a little boy, dressed in thin and ragged clothes, shivering in the chilling wind.

“Yes darling, how can I help you? Come on in. It’s way too cold outside.” Back inside his store, the man hurried to get a glass of warm water for the poor boy. “Thank you, sir. My mother is very sick. We need some medicine…but this is all we can pay...” the boy sobbed with tears welling up in his eyes, while cautiously taking out a coin bag from his pocket.

Without the slightest hesitation, the man took some medicine from the cabinet and stuffed them into the boy’s hands. “How much do I owe you, sir?” “You owe me nothing,” the man replied. “We don’t accept pay for kind.” The boy then left with a smile, and a heart of gratitude.

Years later, things had become a little hard for the poor grocery store owner. His wife became critically ill with a rare disease, which baffled the local doctors in town. The man decided to bring his wife to the big city, in the hope of seeking a cure for her illness.

At the state hospital, specialists were called in to study the case. Dr. Jerry Brown was the physician in charge. When he first heard the place where the woman came from, a strange light filled his eyes. It sounded familiar to him. Entering the patient’s ward, Dr. Brown could immediately spot the man who was sitting beside his wife’s bed. He recognized him at once. From then on he was determined to do his best to save her life.

The day had finally come. The man’s wife recovered and was ready to go home. Words cannot express how grateful the man was when he removed the medical bill from the envelope. On the bottom edge of the page, the balance showed: Paid in full with kindness twenty years ago.
Advice on a Moral Dilemma
3D Bernard Ho

Dear Pat,

Thank you for sharing your concern with me in the letter. I can totally sympathize with your dilemma as I know you are struggling whether or not to report your friend for her stealing behavior. I think you should try to look at things from a different angle and you may figure out how you can best help your friend. Let me give you some suggestions to ease your concern.

First, you should let your friend know about your suspicion that she has been stealing from your classmates. Before you have any actual evidence, you should let her explain herself so that you will not do her injustice. I understand that you are worrying that you might lose a friend if you turn her in. However, you need to be clear-headed that her stealing behavior is never acceptable, and thus should not be tolerated. If I were you, I would ask her to confess to her classmates about her wrongdoing. Indeed, it is her responsibility to bear the consequences of her behavior. What you can do as a friend, would be to accompany her to face whatever might happen. You should let her know you are helping her to face her problem, instead of betraying her trust.

Next, you’ve mentioned about your friend’s poor family background in your letter. To help her with her financial problem, you may suggest she get a part-time job in her spare time. For example, she may work as a private tutor for primary school children in order to pay for her own daily expenses. In this way, not only can she help lighten the financial burden of her family, her self-esteem may also be boosted as she can support her own living.

I hope my suggestions can help you. Try not to worry too much. I’m sure things will work out.

Best,

Chris
Inspiration Lake, which is also known as The Inspiration Lake Recreation Centre, is my favourite place. It is located in Penny Bay, Lantau Island.

As it is in nature, the air is particularly invigorating and crisp like a green apple plucked straight from the branch with the scent of freshly-cut grass. The environment there is fabulous and wonderful. There is an artificial lake with calm, shimmering water. A dynamic fountain is built in the middle of the lake. People enjoy the bracing wind and the picturesque view while pedaling out on the water.

Different varieties of plants, such as fruit trees and roses, are planted beside the jogging trail and grasslands are everywhere. People can go for a stroll or lay on the grassy meadow to admire the stunning, scenic masterwork of the Mother Nature. The whole landscape is lush and green. It makes people feel soothed. On the other hand, the design of the centre and the facilities is in American classical style, making it fuse together with Disneyland.

Because of its heaven-kissed view, it has become one of the most popular spots for local people and tourists to get away from the busy city lives and enjoy a relaxing refreshing day. Come and kick back with your friends!
October 25th, 2027

I couldn’t sleep tonight, everytime I close my eyes I keep having flashbacks of the things that happened today on the battlefield. So I came out of my tent to write down all that had happened today in hopes of easing my pain.

By this year, natural resources like oil and coal would have run scarce, the world is facing a very severe energy crisis, to an extent that war is waged between countries in the fight for resources. The invasions came swift and without warning, all men were ordered to join the army, including me.

Today is day 256 of the war and things are getting desperate.

The invading forces were quick to attack our main cities in a desperate attempt to force us to surrender ASAP and minimize their casualties. Today was no exception, we were ordered to aid the forces in TianJin in a fight against the enemy and the evacuation of citizens. “Just another chance for the government to reduce the mouths they have to feed once we’re dead,” my comrade Sam said with a grim smile. Our squad was to escort civilians to safety while the others held off the advancing enemies. I watched as thousands of civilians scurried along the road to ‘safety’, a never ending river of refugees. Their faces were full of pain and suffering. Some lost their families, their home and their lives, for the “great” cause of war. The sky was grey, covered in smoke and dust, the air smelled of burning smoke. ‘Boom’ We could hear the sounds of bombs going off echoing through the streets as hostile jets soared over us, cutting through the sky like a knife through butter. This seemed to scare the people and they started going faster. We, however, didn’t flinch, because we knew that if the planes were to drop a bomb on our heads we could do nothing but wait for death. After all we’ve been through, death may not be so bad after all.

“Help me, please!” A woman came shuffling through the crowd before me, “my two children are still trapped in my house, you’ve got to help them.” She had a huge gash of blood around her waist, she was shaking so hard that she might crumble to the ground at any minute.

“Where?” I asked.

“Ten blocks down to the west.” She said urgently. Before I could respond, my squad commander said.

“Sorry ma’am, it’s a war zone back there, no one goes back, I can’t risk the lives of my men to go back.”

“Please” she pleaded. “We’ll go.” My fellow comrade Sam said confidently, “it’ll be a quick trip. It’ll be better than staying here like sitting ducks.” With that, Sam pulled me away, headed through the war-torn streets, to ten blocks East.

“This is not a good idea.” I said.
“Shhh.” Sam stopped me mid-run, “Did you hear that? The fighting stopped, it’s silent.”

He was right, the streets were so quiet that we could hear our own breathing clearly. The howling autumn winds tore through us, our spine gave an uneasy chill. “We’re exposed, come on, let’s go get those children and leave this place” I said. The building that housed the two people is a three-storey house, with a gaping hole up front, which looked very unstable. The both of us went through the broken front door in search for our targets. They were lying on the second floor, bleeding, under a missile that hadn’t gone off, yet...... “There’s no saving them, we don’t know if it could go off and turn us into ashes.” I said blankly. Sam didn’t seem to care as he started to move the five-hundred-pound missile away.

Then came the sound of the rumbling tanks, far but closing in on us. The sound of desperation. “We’ve got to go now, we’ve lost the city, we’ve got to go while we still can, we’ve made no progress, why save them? They could well be dead now!” I yelled urgently. “Then go.” Sam replied calmly. “I’m staying to help them.”

I can’t stand seeing innocent people die. Look, we’re all men of sin, we kill, we fight and we pull innocent people into the midst of this chaos. That’s all we do, look at this.” He pointed at the children and the missile, “this is what war brings, death and suffering and we’re hired to help its cause. We’re tainted with blood and sins, but they’re not, these children, at the start of their lives are pulled into the treacherous arms of war. I’d swap my life for any one of these people. All day, I’ll try to help anyone I can.” I looked at him in awe, War has pushed our survival instincts to its top, blinding us from what makes us human. Just as we were staring at each other, the floor between us cracked and the building gave a rumble and shook. The building broke down and fell to the ground. In a last effort Sam pushed the children into my grasp and fell into the abyss.

His words still impact me now. I keep thinking that I should’ve done more to help, then this wouldn’t have happened. Most importantly it reminds me of the consequences of war and the importance of peace. I hope you find peace in death, Sam. Goodbye.
Dear Sam,

How have you been? I’m terribly sorry to know that you are having trouble in both academic performance and your relationships with your parents. I think it has definitely been a nightmare for you, hasn’t it? But don’t worry, pal. Let me give you some advice that may help you ease your life.

First of all, I suppose you want to pursue your dream and keep practising Kung Fu. I am convinced that you have passion for Kung Fu and have longed for taking part in some Martial Art Competition or even the Olympics in the future. Everyone had his/her own dream when he/she was small, and enjoyed and learnt from the process of pursuing it. Otherwise, he/she would regret when getting older. Therefore, you should seize your chance and learn as much as you can now.

Secondly, you should consider having more communication with your parents. Instead of spending all your time on Kung Fu, you should spend some time talking to your parents. You can tell them how much you love Kung Fu. They will never know the joy you have while practicing Kung Fu if you don’t tell them. You should also tell them you have become more optimistic and stronger after practicing Kung Fu. Therefore, you should show them your improvement. If I were you, I would talk to them during dinner time or your leisure time in order to let them know you love Kung Fu and you don’t want to give up. Try your best to make them understand you more and allow you to go on with Kung Fu.

Moreover, you should put more effort in your academic work. In order to convince your parents to let you continue with Kung Fu, you should handle both Kung Fu and studies at the same time. You need to work harder and get better results in your next tests to show that practising Kung Fu won’t influence your school results. Your parents may also worry that you don’t have enough time to study. Thus, you need to set a timetable and show them you can manage your time effectively.

Relax, my friend. Remember, where there is a will, there is a way. I’m sure your problem will finally be solved. Do write back if you need more help. I will be here for you anytime. I hope my advice is useful and things will get better soon. Fingers crossed!

Best wishes,
Chris
Every Cloud Has a Silver Lining

3E Priscilla Lam

Yesterday afternoon, my friends and I went to Café Paradiso to have a cup of milk tea as usual. Everyone in the café was using their smartphone and so did I. No one was chatting to each other face-to-face and so neither did we. While we were checking the bill at the cashier, we noticed that a bus was approaching. We dashed out of the café and we were so lucky that we could catch the bus. Once I got onto the bus, I tried to fish my smartphone from my pocket but nothing was there except some change. OMG! My smartphone had disappeared. Did I leave it on the table? Or did I drop it at the bus stop?

I used to think that losing a smartphone would make me depressed. However, every cloud has a silver lining. It’s not that bad after all.

When I just found that I had lost my smartphone, I felt so unhappy that I wanted to cry. I was scared and did not know how to tell my parents. Later, I knew that it was a reality that I was not able to change so I tried to accept it.

Since I had lost my smartphone, I had nothing to do while I was on the bus. I started to look at the view through the windows. I was surprised that the view of the sunset was so stunning. Besides, I tried to observe the passengers on the bus and the people on the street. Some parents were telling stories to their kids. A baby was crying for food. There was an argument between a couple. It was the first time I cared about things that happened around me.

When I returned home, I started to prepare for the Mathematics exam. I used to study for about three hours. However, this time I just spent one and a half hours on it. I was pretty sure why I could finish the revision that fast. The only reason was I did not use my smartphone while I was studying. In the past, while I was studying, my eye would stray to my dearest smartphone. But this time I could concentrate on the study, and therefore, I could study more efficiently and effectively. I couldn’t have believed that having lost my smartphone could benefit me that much.

As I could finished the revision so quickly, I decided to visit my friend, Jackson, and tell him my experience of losing my smartphone. I seldom talk to Jackson face-to-face. We usually use ‘WhatsApp’, ‘Snapchat’ and ‘Instagram’ to communicate. When I arrived at his home and rang the doorbell, he was very surprised when he opened the door. Both of us felt so happy when we saw each other as we had not seen each other since we bought our first smartphones. I told him that I lost my smartphone and he told me that he could not live without it and he felt sorry for me. However, I told him that losing the smartphone was not that bad. It let me observe things and people around me, and I could concentrate more on study. Last but not least, I could spend more time chatting with my friends face-to-face. We had chatted for quite a while and both of us enjoyed the time without using our ‘dearest’ smartphones.
Maldives
3E Yip Cheuk Wing

Exhilarated and delighted, I pulled my feet out of my shoes and squeezed them into the sand. I could feel the sand kissing my feet gently, welcoming me with enthusiasm. Finally, I was here, the Maldives’ Chanthaburi Beach, my favourite place.

The sand swam between the gaps of my toes, investigating my feet. I wriggled my toes gleefully. I scooped a handful of sand into my hands and watched it escaped swiftly from my clutch. I felt like I was touching “nature”, my forever friend whom I had always been forgetting in the city.

A seagull soared through the sky, cutting it into two halves. I skipped near the shore, leaving the rustling coconut tree leaves behind. That’s when I found the place so vast and picturesque. I stepped carefully into the sea and the water splashed tenderly onto my ankles. I could hear the water splashing onto the nearby rocks and I could feel the coolness spreading from my feet to my whole body. Soon, I could feel it washed away my worries and burden, leaving only the feeling of peace and relaxation.

The sun was setting as the sky started reddening. The sunlight shone at the sea and it shimmered like thousands of diamonds. I watched silently as the clouds were all soon painted in reddish hues. Feeling relieved, I closed my eyes, wanting more than anything to feel the beauty of nature.

The Maldives’ Chanthaburi Beach was the most breathtaking place. It was my favourite place as I could forget all the anxieties and sorrows of the city. I would rather listen to the splash of waves than to the hustle and bustle of the city. It was my favourite place and it will always be.
A Desperate Cry — Stop the War
3E Yip Cheuk Wing

Dear my beloved Juliet,

How are you, sweetie? Is everything fine at home? Does your mother still cry often? If yes, please tell her not to worry about me. Today is the hardest day ever. Or maybe I should say a total torture. I am completely exhausted and desperate after this unbearable day. However, don’t worry, my darling. I’ll recover soon enough. Let me tell you what happened this morning today.

Our adversary made a sudden assault on our troops early in the morning. It’s a cowardice and contemptible action as both the Germans and us had reached a cease-fire agreement for 24 hours. I was completely irritated when the first explosion erupted beside our troops’ position. However, there wasn’t time for me to express my anger as bullets were shooting from everywhere. I loaded my gun with my trembling fingers, which shook uncontrollably with fear and anger. Your father’s best friend, Patrick, patted me on my shoulder encouragingly and strode to the open space valiantly to confront our enemy. As I worshipped his dauntless courage and was reminded instantly of my responsibility to resist our enemy by his meaningful pat, I followed out to the open space.

I could hear the threatening sound of explosion and the soldiers’ excruciating screams, but I didn’t cower or flinch. I bolted to where Patrick was and together we shot at our enemy. Nevertheless, a bullet suddenly came swishing towards me in an irregular high speed so I was stuck in horror. I could only close my eyes and feel it came nearer and nearer to me but couldn’t react. I thought I’d seen myself stepping towards “death” in that split second when suddenly the swishing sound subsided and the bullet hit something. I opened my eyes tentatively and right in front of me laid a dead body, Patrick’s body.

I won’t bear to recall the moment and I’ll say no more of it. It’s intolerable. After the unendurable incident, I can’t keep myself from thinking, why are people waging wars? War is not haphazard or a simple occasion. It’s always calculated and measured precisely. People “made up” the war. They’re not involved reluctantly. Everything’s clear and limpid instantly as I think of it over and over again. Do these people who create war have humanity?

My dear daughter, the world’s a brutal place. I cannot see the point of human battling when we can live in harmony and enjoy our lives. However, people seem to love waging wars and having revenge than to love each other.

Juliet, you’ll be eighteen tomorrow. I’m here to greet you an early happy birthday. Although you’ll keep on growing and things might change, please preserve your loving heart to give this cruel world a little hope.

Best wishes,
Your beloved father
Guilin
3F Aidan Chiu

Guilin is located in the northeast of the Guangxi and is renowned for its karst topography and the Li River. It has become one of my favourite places.

Three years ago, I went on a trip in Guilin. It is a thrilling experience to ride on a tiny boat to watch the landscape of Guilin. The water of the Li River is limpid that sometimes you can even see the bottom. It seems that the colour of water is dark green and dark blue as it reflects the image of mountains, trees and sky.

When it is at the end of the mountains, the sight is extremely breathtaking as water is vast and links the sky. I was exhilarated that I even extended my hand to touch it and felt its coolness. I believe the Li River is comparable with Venice.

Besides, especially worth of mentioning are the hills that lie on both sides of the river. They are gigantic and are formed consecutively. One of the famous symbols is the Elephant Trunk Hill- an enormous landmark and attraction with a host of green trees swaying on it. If it is raining, the trees will shimmer and sparkle. They are spectacular and scenic as they have formed a landscape painting with the blue sky.

I like Guilin because of its fabulous view. However, the most important reason why I like Guilin is that it was the first time for me to travel in China and travel with my friends, but not with our parents. It was an unforgettable journey to have fun and be independent while admiring the picturesque scenery and chatting with friends. Although we chatted a lot on the boat, I couldn’t avoid being attracted by the serene view which made me feel relaxed.

I experienced a lot of exciting moments in Guilin that were full of meanings. I can’t forget these wonderful memories! That’s why I like Guilin.
A War Journal
3F Aidan Chiu

Day 8 27th May, 1943

Our army has joined in the fight against Germany yet we were powerless to resist. Last week, we were appointed to attack the enemy stealthily. Unfortunately, only our team was taken captive by the formidable adversary and was locked in an infernal prison camp in Germany. However, the battle which I fought today led us to freedom. It was an unforgettable way!

When I woke up in the prison camp, I noticed that it was raining outside. All of our brothers were utterly depressed. I could even see that there was no hope in their eyes. Sometimes, tears swelled up in our eyes too. Suddenly, our leader said, “We mustn’t be so pessimistic. We have to leave this hell now!”

Then, five of us tiptoed silently and sneaked into the armoury. The leader and I knocked down the guards noiselessly and took a host of weapons, such as machine guns, pistols, grenades and the like. After that, we all darted out of the armoury valiantly. While we were running, we were shooting down the patrolmen. This prison camp immediately became a battlefield. It was a terrible arena. Corpses lay face down in a pool of scarlet blood and gunfire echoed across the sky. What I saw was total chaos. Our team wearily climbed over the railing and escaped from the prison camp.

However, our adversary’s defence was perfect and without blemish. Their commander soon sent a troop of soldiers and we were encircled on the field outside the prison camp. I thought that we were going to definitely die. Abruptly, a deafening explosion happened in the enemy’s military base. All the soldiers were shocked at that moment. Perplexed enemies didn’t know what to do so we took this advantage of the confusion to kill some of them and escape by taking an armored vehicle. Eventually, we returned to our country and were no longer prisoners of war.

Later, I found that our allies had fired a missile and damaged the enemy’s military base. Although I am still alive and won this battle today, I hope that the war will end as soon as possible since war is very dangerous. I really want to meet my family again and live peacefully without war.
A Day without My Smart Phone
3F Anson Cheung

Smartphones are a relatively new type of communication devices. It provides lots of different applications in many different subjects, such as entertainment, social life, economics etc. Nearly every function that you can say, but in a tablet that bigger than your wallet. Modern people cannot live without this "Little Thing" now.

Hi, I am a teenager who keeps my smartphone in my hand the whole day. And I am here to tell you that something happened to me a few days ago, when I was walking toward my school in Ho Man Tin, my phone was stolen by a thief at Mong Kok East Station. I tried to chase that guy but I couldn’t. Sadly, I could not communicate with my friends in the time I was not at school. When I went back home, Dad said he would not get me a new one until the exams had finish. But, life goes on, so I continued my daily routine in the following days. However, I know one more principle in life.

The next day, I tried to observe things on my way to school. I saw a few street cleaners, Uncle Chan, Auntie Lui and Auntie Chiu. I have walked this route to school for nearly 10 years, I have been friend of these uncles and aunties since I was six, but now, it seems that we do not know each other. No "Good Morning"s or "Hello"s, and not even a smile or eye contact. But to the smartphones, yes. When I arrived at Mong Kok East Station, I went to the Seven-Eleven to buy my breakfast. At that moment, a F.2 student bumped into me carelessly and made me drop my coffee on the floor. While at that moment I wanted to say never mind, I realized the boy just walked past me and kept playing with his phone’s games. It sounded ridiculous, right?

The school had finished. While I was walking home and thinking about the things that had happened that day, someone called my name, "Judy!" I turned around immediately, and saw Uncle Man, my Dad’s brother, he said, "Finally I saw you without playing your phone!" " Really? How often do you see me?" I replied surprisingly. " Three times a week, I have a job to do in this district for the last few months, so I am here now!" The conversation was short, but when I got home, I found out something important in my life, interactions between people is essential.

The 21st Century, is called " The Century of Electronic Revolution". Many smartphones, tablets, computers have joined into our life "secretly". People rely on electronic devices now, they cannot leave this device alone. This device really did bring effectiveness to us, but the addicted cost is your interaction with others, even with your friends and families. Mankind is a social creature, we should interact with each other. So, please don't become addicted to using smartphones!
A Day without My Smart Phone

3F Ethan Tsang

In the 21st century, smart phones play an essential role in our daily life. Not only teenagers, but also adults, the elderly, and kids are using smart phones all the time. The atmosphere of indulging in the world of smart phones is spreading quickly. We should change our lifestyle.

My name is Judy. I am going to share my experience of the life without a smart phone.

Last week, when I wanted to check messages in the early morning, I found that my smart phone had disappeared. "Oh my gosh!" It is the worst nightmare for many people. I had no idea what I could do without a phone. I was so bored that I turned on the television and watched the news. I was summoned by the news reporter and realised that I had never cared about the world and did not know what had been happening around me. "Oh no! I had been an 'Indoor girl' for ten years. I have to make good use of my time. Make it precious." Although I had nothing special to do, I still went out and had a look at the world.

I walked along Nathan Road slowly. I spent a minute on every detail. The worst thing I found was people only concentrated on their phones. No eye contact; no gratifying conversations; people only acted like a couple but were dating their phones. "Where? Where has the hospitality gone? It was just like a frozen city," there were billions of questions in my mind.

It was a moist, sultry day. I went into a restaurant in order to get away from the heat. I ran into my friend, Jackson. I told him everything that had happened today. However, he didn't give any response and kept concentrating on the digital screen. I could no longer be patient and then screamed. "Why is everyone playing with their phones? You fools have neglected your friends, couples and relatives. I am fed up with your selfish lifestyle. Stop!" I slapped the table which made a loud sound. Then, I put down twenty dollars for the drink and rushed out. All the customers were stunned. Although they felt discontented, their eyes showed me that they agreed with me.

Although I still have not found out where my smart phone is, it is not important for me anymore. The rapid development of mobile devices can make people closer but as a matter of fact, it causes alienation between friends. Try not to use your phone for one day and you will understand.

Put down your smart phone. There are plenty of things for you to discover. Broaden your horizon. Don’t waste your life.
Dear Edith,

After receiving your letter, I understand how stressed you are suffering from insomnia. However, don’t worry, things will get better. I will give you some suggestions and hope they can help you improve the situation.

First, you have to know the causes of insomnia. There are many reasons and stress is usually the main factor. If you always feel under pressure of doing well at school or worrying about your relationship with your classmates, these affect your sleeping quality. The second thing is environmental changes. When your bedroom is too hot, too cold or too noisy, it may influence your sleep quality too. Third, what you eat affects how you sleep too. Drinking coffee and eating too much make it difficult for you to sleep well.

I had the same problem in the past, but I finally got over it. Therefore, you should believe that you can do this. While I was suffering from insomnia, I felt tired and anxious during the day, but I couldn't sleep at night. In order to deal with this problem, I did exercise every day to make myself feel tired. Also, I would listen to some soft and relaxing music before sleep, so that I could fall into sleep easily. If I were you, I would try to make myself relaxed, do not think about what I did that day or what I need to do the next day.

Eating too much and your eating habit causes insomnia. If you always drink coffee or tea before sleeping, you should stop it. You can drink water or hot milk instead of coffee, but do not drink too much, or you will have to go to the toilet at midnight. I suggest you have some insipid food for dinner, not greasy or strongly flavored meals. Also, do not have your dinner too late. It will make you healthier. In addition, you should not take any sleeping pills. A sleeping pill might help you get better sleep, but it mustn’t be a habit. They are harmful to you. You should go to see the doctor if you still can’t improve your sleep.

My suggestion is that you need to develop a good habit. I hope my suggestions are helpful to you. I believe that you can do it. You can write to me again and let me know how you got on.

Take care,
Daisy
Dear Edith,

I’m really sorry to hear that you’ve been suffering from insomnia, especially when you were feeling anxious and troubled. I know now it feels, because there was a time I always felt desperate. It was terrible, at that moment I was lost and helpless. So, I am always here to help you and guide you whenever you need me, because I’m your friend.

I think you may know that insomnia is mostly caused by caffeine, alcohol or environment factors, like noise, light or extreme temperatures. Caffeine can keep you awake, and can stay in your system for as long as eight hours so the effects are long lasting. It makes it really hard to fall asleep. Alcohol may bring you to sleep, but after a few hours it acts as a stimulant, increase the number of awakenings, it’ll easily disrupt your sleep later in the night. So that means it’ll also decrease your sleep conditions. Some other reasons may be depression. You just have to relax and chill out, maybe you just feeling overwhelmed by responsibilities. Also, have you been eating well these last few months? Heavy mess can also disrupt your sleep. In fact, insomnia is mostly caused by psychiatric and medical conditions, unhealthy sleep habits. I can give you some suggestions to improve your insomnia, I hope it might work for you.

The first suggestions is to avoid caffeine like I mentioned before. Besides avoiding alcohol and caffeine, the other suggestion is, you should exercise before sleep, maybe just 15-30 minutes. Exercise can help you fall asleep faster and more soundly. It stimulates the body to secrete a stress hormone to control things. You can read a book before sleep too as it also helps you to sleep.

Everything’s gonna be okay, just use a positive thought to face all the difficulties. You can call me whenever you need me. Follow my suggestions. I hope you get well soon. See you!

All the best,
Joyce
A Page from a Soldier's Diary that Describes an Unforgettable Experience of War

3F Jonathan Lee

It was 6th June 1944. We were on a plane, waiting for the time to jump. My friend next to me told me he was scared. When I looked out of the windows, I saw our battle fleet bombarding the beach, providing cover for our landing troops. I knew we had almost reached our destination, so I sat tight and waited for the orders.

Suddenly, I heard a deafening noise. I looked out from the windows wondering what was happening. Then I found that one of our planes exploded into pieces, leaving nobody alive. I was frightened. With the anti aircraft guns continuing to fire at our planes, we felt more and more afraid.

"Let's jump, now!" One of us began to panic, "Jump now, or we would be hit like them!" However the pilot didn't allow us to go since it was not the correct time or the right place to jump. Finally the time came, we jumped out instantly since none of us wanted to get killed. I opened my parachute and steadily glided towards the ground. I touched the ground safely, without getting hurt.

I landed on the middle of a field. I was alone. Suddenly, I heard some noises and footsteps approaching me. I immediately took shelter by hiding behind the bush and saw two enemies patrolling around but they went by and walked far away. I knew I must find the others and get to the meeting point as soon as possible. I started to crawl towards the forest for better stealthiness. I took out my map to identify my location in order to find the right track towards the meeting point. On the way, I found a body lying on the ground. I turned his body around and I was shocked for what I saw. It was my friend's body! I had no choice but to hide his body cautiously and take his supplies. I felt so angry but also helpless. I knew I must move on.

I met my allies on the way. They were kind to me. I felt grateful. They fed me well and encouraged me. "Now, we have four people together, nothing to fear," I thought. Out of my surprise, we were ambushed by a patrol when we were about to reach the meeting point. Two enemies shot at us. Two of us were down and the rest of us including me took out our rifles and shot at the enemies. I was so furious and shot at them many times until I ran out of ammunition. Both of the enemies were killed. I burst into tears. Eventually, we rejoined our battalion and settled down.
I could feel the immense perplexity inside the Commander’s heart by just looking at his scowling eyebrows. He was contemplating whether he should advance after the victory yesterday or retreat for a while, in order to enhance the entire troop’s condition, eventually land an ambush the opponent. He asked everyone to think of a practical strategy to “inspire” him. However, I refrained by lying that I’d got a stomachache and ensconced myself in the bathroom. I could foretell that the commander would neglect my petty, trivial advice, as I was only a small potato in the whole army. If it wasn’t the accursed policy of conscription, I would still be living with my family peacefully.

In the afternoon, the atmosphere was clamorous. Everyone was jubilant as the Commander had held a party of exultance to celebrate the contribution we had made. Yet, I didn’t exactly participate in the celebration, as my conscience bothered me with the thought, “You literally did nothing. You are only a small potato. You don’t deserve to join.” And I guess they wouldn’t want my existence to be present anyway. I was only a useless tribute in their perspective, so I hid myself in a corner, simply observing quietly.

The whole compartment was brimming with felicity, when suddenly the alarm rang boisterously, completely attracting everyone’s attention. We could see outside the barricade, it was raining missiles. The impact caused by the missiles completely annihilated our defenses and we were literally exposed to the enemy. The invasion caught the whole army utterly off guard and we were undoubtedly in a perilous situation. “Help me!” “Run!”... Everyone was screaming like maniacs, rushing here and there like a stampede of animals. The commander’s exclamation of “Escape!” only reflected nothing but absolute panic and trepidation.

Screams and groans were piercing the air non-stop. After approximately 10 minutes, the enemy completely subjugated the entire base and some of our troops. I, fortunately, had escaped. But, when I took a peek out of my hiding place, what I scanned held me petrified. Blood was shed everywhere, embedding the already demolished base. Corpses were lying everywhere, most of them deformed, fragments of glass and various parts of other equipment were mixed and scattered everywhere. The whole scene was all the more appalling, not to mention horrendous.

It seemed that the brutal intruders had left, as I could hear nothing but my heart pounding with fear, but also regret. Had I voiced out my perception this morning, no tragedy would have happened. At least the Commander would consider it!

But it was too late.

Human life is too vulnerable and unexpected, especially when you were in a war. Like, just a few hours ago, the whole division was full of vitality; but now? Everything was haphazard and empty. The silence now only added more and more disconsolation and pain into my shattered heart, like it was tormenting me.

If only war had never existed, imagine how peaceful this world could be...
Home Sweet Home
3F Lui Chun Ho

Everyone has a special place inside their heart. It can be distinctive beaches, stunning mountains, or even vast plains. To me, there is nothing that can ever replace my favourite place—my home.

My home isn’t spacious, but it isn’t cramped like a sardine can. It consists of a petite living room, a somewhat elegant dining room, a washroom and two bedrooms. To me, this is the paradise that I spent my childhood in. Every corner evokes my memories...

Whenever I feel like I have been shattered into pieces, I will always esconce myself in my room. I personally prefer solitary places, as I believe, it can grant me a moment of privacy and let me regain rationality and composure. My room has a marble-made windowsill, with a wooden bookshelf beside. The windowsill is capable of fitting my whole body on it, so I would frequently sit on it and do my reading there. As a matter of fact, I regard it as my private space.

Occasionally, when I feel bored, I often gaze out at the horizon while sitting on the comfortable window sill. Sometimes, I sit there observing the night sky, embracing the tranquility around; or other times, in silhouette against the rays of warm sunlight. Although the scenery outside my window may be normal, like a normal hustling and bustling city, I find it rather picturesque. It is always shimmering with vitality and liveliness. My stress is always alleviated from the hectic life I am experiencing when I am savouring the comforting scene outside.

On the other hand, what makes me love my precious home is that love is immaculate at home. My beloved mother has to do all the household chores all by herself during day time. I cannot appreciate her efforts more as she never grieves on that. Plus, my mother always provides unwavering support to me unconditionally and supports my decisions whole-heartedly. More often, when my decisions are hard to make, I am not afraid to ask for my mother’s opinions, as she would advise me benevolently, and eventually guiding me to the correct decision. Even though I am like a secluded hermit, I consider my mom one of the best confidantes in my life.

With a spotless, heart-warming place that can let me express myself with no constraint, my home is served as my own private space, including a confidante that would console me and guide me when I am in predicaments. How can I complain when merely my home can fulfil all of those conditions mentioned above?
Masterpiece
4A Nicole Chan

The whole city was all buzzing about the hottest topic right then. Who was the one, who damaged the valuable masterpieces yesterday in the Museum of Art? Dark clouds were gathering in the skies over Hong Kong. A series of investigations were soon to break. Scott Johnson stepped out of his cab with a heavy heart as he thought he could have a day off but apparently he couldn’t.

“Sir, this is the evidence left at the crime scene,” the officer said, with a hint of stammering and trembling in his voice. Johnson inherited the files calmly and already trying to pick everything up. The masterpieces, which were going to be auctioned later this afternoon, had been damaged deliberately. Lingering around the crime scene, Johnson was trying to look for something, something that was so easy to overlook but always led to the truth and was key to solving the mystery.

No one in the room dared to take one more breath as if it would blow any evidence away. After a long silence, Johnson, standing in front of one of the masterpieces, observing the lovely painted but badly damaged painting. Out of the maze, he cackled out of everyone’s expectations. Everyone was shocked, with a question winding in their heads: What was he cackling about?

“What did this have to do with the person, or people, who damaged these masterpieces, well counterfeits?” someone in the crowd broke the silence and asked Johnson. He smirked and started to explain, “Well, it is quite obvious that these paintings are counterfeits. It’s just that you can’t notice it,” his arrogance and sarcasm was filling up the room, “Therefore, if you sell them to a client with good taste, he or she would definitely notice it. Can you imagine what would happen to the seller if he really did sell them? Mr. Dornan, who submitted these ‘masterpieces’ for auction, would lose his reputation. No one is going to buy his paintings and goods anymore. He has the most to lose.”

“So what you’re trying to say is that if a client with good taste has shown interest in buying these paintings, Mr. Dornan may lose everything because the client might discover that they are actually counterfeits?”, the officer asked in curiosity.

“Bingo! Dornan will try to do everything just to destroy these paintings so they wouldn’t be sold. After all you can’t make any deal if the commodity is damaged,” said Johnson, showing relief that he might actually make it home just on time to watch SpongeBob.

“So it’s now crystal clear. Dornan is apparently the biggest suspect. And now, will you excuse me and let me go home, to snuggle into my couch and watch SpongeBob? I don’t want to miss any episodes over a crime,” Johnson stretched his arms yawningly, handing the files to the officer, and walked away, still with a slight of mystery that you can never get over.
How Uber Can Improve the Overall Taxi Experience
4A Stephanie Tsang

Dear Editor,

With the emergence of Uber in Hong Kong, there has been a heated debate on whether the government should legalize Uber. I am a strong advocate for the legalization of Uber and would like to take this opportunity to discuss how legalizing Uber can effectively change the culture of the taxi industry and improve passengers’ overall experience of taking taxis.

Firstly, passengers will no longer have to wait on busy streets during rush hour for taxis. With the Uber mobile application, passengers are only a few clicks away from having a requested Uber taxi pick them up at a designated location. The Uber app can effectively help passengers locate available and nearby taxis; thus, passengers will be able to get rid of the hassle of hailing a cab on the bustling streets of Hong Kong.

Secondly, passengers, especially those who are foreigners and tourists, will be less likely to be deceived by the driver if they are taking an Uber taxi. This improvement has to do with the rating system that Uber imposes on every registered driver. To drive an Uber taxi, an Uber driver must agree to be rated and reviewed after each taxi ride. Therefore, it will make no sense for drivers to try to charge extra by taking a longer route for if they do, they risk receiving negative reviews from their passengers. In addition to the rating system, the fact that Uber fares are largely predetermined prior to each taxi ride ensures that fares cannot be manipulated by drivers, thus guaranteeing passengers that they are not overcharged.

Thirdly, passengers will no longer have to worry about not carrying enough cash or not receiving the exact change after making payment to the driver. Since Uber passengers pay and Uber drivers receive fares through a centralized payment system that is directly overseen by Uber, passengers' credit cards will be charged automatically by Uber, and the traditional transaction means of cash payment will no longer be used. On one hand, it saves both passengers and drivers time; on the other hand, it ensures that fares are paid and received accurately.

If you are a frequent taxi user like me, who has experienced various kinds of mistreatments by local taxi drivers, you will understand how valuable the changes that Uber brings are, and recognize the benefits of legalizing Uber in Hong Kong.

Yours faithfully,
Stephanie Tsang
Teenage Problems
4A Sheron Kwong

Dear John,

I haven’t seen you for four days! How are you? I’m worried about you. Although it’s a bit awkward, I feel obliged to write you this email.

I’ve heard that you think the only way to make new friends is to put on fashionable clothes and to look cool and trendy. Besides, I know that you are working night shifts at a cyber cafe from Thursday to Sunday to sustain your luxurious taste. Is that why you always fall asleep during class?

If ‘yes’, you should change your mindset and think about your life and the meaning of friends. People who appreciate your clothes but not your inner beauty are not your real friends. Instead of relying on material things, you should boost your confidence and try to make friends with your heart. Your clothes don’t define you, your actions do.

Actually, there is nothing wrong with wanting to look cool and trendy but you should be aware that once you start chasing the latest fashion trend, there is no going back. It is unwise to buy expensive clothes because they will soon get outdated. Do you know that less luxurious brands are just as good! Why don’t you buy second-hand clothes at thrift shops? Clothes there are unique and through mix and match, you can show your character.

John, it is not a good idea to work at a cyber café. The working environment is quite complicated there. Many cyber cafes are controlled by triad gangs. You may be tempted to try drugs and be led astray. This part-time job is really not suitable for students like us. You have to work overnight four days a week there. I can see you suffer from sleep deprivation.

I remember our visual arts teacher always praise your artistic sense, so instead of working night shifts at a cyber café, why don’t you design your own handmade products, like handmade photo frames, mobile phone cases or T-shirts and sell them online or at some Sunday markets? I heard that certain organizations are recruiting young people to participate in their handicraft markets at weekends. Have you heard of the D2 place in Lai Chi Kok? They hold a handicraft market on their second floor every weekend. You can rent a booth there at a really low price and sell your handmade products or even draw portraits for the market-goers. Isn’t it a better way to earn extra pocket money? The working hours are more flexible and the workload is more manageable. Then, you will have more time to rest and to prepare for school.

All I’m asking is for you to be proud of who you are, but not how you look or what you wear. You may find me too nosy, but I feel obliged to spit it out. Remember, true friendship can stand the test of time. It should not be affected by any material things.

I am always here to support you. Call me anytime you want, I’m always available if you ever want to talk. See you tomorrow and have a nice day!

Love,
Chris
The Chinese Veteran of Our School

4A Vivi Wong

Every morning when he walks along Pui Ching Road on his way to school, he is greeted by countless students saying good morning grinningly to him. At school, many students wait to see him to ask him questions or just to simply talk to him. He is Mr. Hung, the most knowledgeable and optimistic teacher I have ever met.

Mr. Hung, whose desk is always surrounded by students during recess and after school, is a well-respected and experienced teacher at our school. Having taught at our school for more than 20 years, Mr. Hung is considered a “veteran” by students and teachers alike. Because of his experience, Mr. Hung is highly regarded by everyone in our school. Some students see him as a great teacher, but those who really know him well enough, myself included, also see him as an intimate friend that they can depend on.

Inside the classroom, Mr. Hung is a sophisticated teacher that possesses great pedagogic skills. Not only is he a knowledgeable teacher, but more importantly, he is also a charismatic role model from whom students can learn a lot. Students never feel bored in his class because of his animated delivery of knowledge and constant encouragement, both of which keep them engaged during his lessons.

Outside the classroom, Mr. Hung doesn’t stop working with and for his students. When he is not teaching in the classroom, he spends hours every day after school providing tutorials and producing useful handouts that are extremely helpful for his students. Mr. Hung is never reluctant to give extra help to students who need his assistance. Some students even call him “Mr. Yes” simply because of the fact that he always welcomes students to visit him and ask him questions, regardless of how busy he is.

To me, Mr. Hung’s longevity is something that is very admirable. In spite of the fact that he has taught in our school for more than 20 years, Mr. Hung is still the same teacher who goes to school every day with a genuine sense of enthusiasm and unlimited patience, teaching every student with the same amount of effort wholeheartedly without any reservations.

I may not always be in Mr Hung’s class, but I will always be grateful for what he has taught me, for the lessons I have learned from him will remain in my heart eternally.
Have you ever met an alien? Well I did, yesterday morning on the way to school. There I was sitting on the bus falling asleep when I was awoken by a strange sensation. What first came into my sight was the inside of an old-fashioned bus. I found myself at the corner of the bus. It was dark outside so it was not possible for me to peer through the window. I started to pace around on the bus. When I was near the driver’s seat, I noticed a flashlight attached to the side of the seat so I took it and shone it through the window. I stuck my face against the glass of the window and a narrow avenue appeared in my sight.

There was a little white dot far at the end of the avenue. Every time I blinked my eyes, the white dot seemed to be nearer. I thought I was dreaming so I rubbed my eyes and stared straight, only to realize that it had become bigger and was just in front of the window. I could see the white dot clearly now. It was a white ball with a little tail attached to it. I kept staring at the ‘creature’ as it was like hanging in mid-air.

Suddenly, the ball shivered and a terrifying baby face with black lenses appeared on the surface of the ball. It started screaming at me louder and louder. I was startled so I fell down. I got off the bus and started running around to the opposite side of the bus. Meanwhile, I was far away from the bus at the centre of a meadow. I was glad that I still had the flashlight in my hand. I was so tired that I couldn’t stop panting. When I had finally set my mind at rest, the sound of a baby laughing arose behind me. I screamed and threw my schoolbag behind my back and rushed forward with all my might. Unfortunately, I stepped on a little stone, lost my balance and fell on the ground. I put my arms over my head and curled myself up. The laugh was becoming louder and louder and I couldn’t help shivering with fear. I could even feel death falling upon me when the laugh was just beside my ears.

A few seconds went by. The laugh was still echoing in my ears but nothing happened. With all my courage, I slowly uncurled myself and peeped in the direction of the sound. What I could see was a lovely little baby face on a small sphere in grey. I put my hand against the unknown creature and patted its face. The little baby laughed adorably and started bouncing happily around me.

“It is floating in the air! What on earth is this creature?” I pondered.

“It’s Mama!” the little baby called out in delight.

It seemed to be talking to me but I soon realized that it was looking at something behind me. I slightly turned my back and the terrifying white ball was there again. I covered my ears with my hands and closed my eyes. This time, nothing happened! I slowly opened my eyes and was shocked by what I saw. The terrifying white ball was laughing and rubbing the little grey baby’s face. They both floated high and glowed in the sky, leaving me blinded by the strong light.

When I eventually regained my sight, I found myself in my own room. ‘It must have been a dream,’ I told myself. However, when I looked round my room, there it was hanging on the window – a decoration with a white ball stuck with a tiny grey ball!
Detective Ashleigh and Jacky Liam were notified to go to the Hong Kong Museum of Art.

Jacky pet a dog tied up outside the crime scene as Ashleigh arrived in her unhurried way.

‘Hey, you think I should get a dog?’ Ashleigh questioned. Jacky didn’t pay attention to the dapper woman.

They entered the gallery and the beautiful woman saw the body. ‘There’s no sign of forced entry. And tenant upstairs called in gunshots to 911 at 10:10pm. This is Victor Lim, the owner of the gallery. According to his assistant, Daniel Smith, they closed at eight. As far as he can tell, there’s nothing missing off the wall.’ The cop gently told Ashleigh.

Later the forensic investigator pointed out there was a bullet hole in the body that of Victor Lim which fatally killed him and 3 on other aesthetic paintings in the gallery. But they had found 5 bullet casings on the floor.’

Jacky made a doubtful point, ‘so, where’s the fifth bullet?’ Meanwhile, he questioned Daniel and was given a client list of the gallery.

Blisteringly, the first suspect who was a client on the list and had excessively contacted the gallery was being interrogated.

‘What’s your name?’ Ashleigh frowned with a question mark in her eyes.

‘I don’t know.’ The man replied, his words soft and clipped......

‘You are diagnosed with episodi memory. You have no idea what had happened. You can’t remember every single person you had met. We however found a bullet had penetrated through your book in the pocket of your overcoat. We estimated that you are now under one’s surveillance and someone want to murder you. While you’re in danger, it’s incumbent upon us to protect you, keep you safe.’ Ashleigh suggested Jacky take him down to the crime scene to see if that sparks his memory.

The man was taken to the galley. Detective Jacky walked around with small footsteps. ‘So, here is where you were shot. Can you remember who or what you have seen that night Mr. Liam was shot?’ Jacky awaited the man eagerly but all he said was NO. This case posed a great challenged to the hawks haw. Daniel, the assistant whispered, ‘Weird, hat someone can just lode his mind like that.’

‘Are you sure that you have not meet this man before?’ Jacky asked.

‘I don’t think so!’

Two days after the murder had happened, a fair-haired woman, Alisha Jayden, about 30, came to the Detective Agency claiming that she was the ex-wife of Jason Hayden, the man who had amnesia.
Four of them had a short deliberation. Thus, the detectives could master the crime case utterly. They then decided to search Mr. Hayden’s apartment. Alisha hugged and kissed him some more that made the two intelligent gumshoes sick. Jason pulled away, coughing and gasping. Jacky pulled some animal hair off Alisha’s coat.

‘I think he’s an asthma attack and allergic to cats. Just another contestant on who wants to marry an amnesiac?’ spoke off, Jason existed his office.

Detectives found a gun in Jason’s apartment and that raise suspicion. All they could do was nothing but to keep him in a locked room with food and drinks supplied.

*You feel hopeless if you can’t solve a case...*

Mr. Bahir Miller stepped out of that elevator with his body guards.

‘He just showed up voluntarily?’

‘He wants to stay in control, perhaps.’ People in the office were grumbling about that troubled man. Detectives then sit across Mr. Smith while the body guards flanked the room.

‘You bought a significant number of works from Mr. Liam, didn’t you?’

‘Yes.’ Mr. Miller replied.

‘Well, we believed that many of these works were forgeries.’

‘That’s correct.’

‘And you bought them away? Just don’t skirt around the questions!’

The folliculary challenged was unwilling to be compatible with Ashleigh and Jacky.

‘Well, we all know that the fairer sex can be shallowed. Not you of course, Detective, a smart, liberated American woman. But my friends’ wives will crave for bags of “Gucci”. They don’t care who made the bag, as long as it has that signature. And it’s the same with paintings. They are more appreciation of the signature than the work itself. And my friends don’t’ always want to spend much on authentic pieces. So Victor made a copy, my friend save money, I get rich, the wives got to think have what they want...’

Jacky questioned, ‘So you bought fakes from him?’

‘NO, he would also source originals, for those husbands with taste.’ Mr. Miller started being so impatient.

‘Next, that night he was murdered, you called him not long time before he was killed.’

‘Yes, he told me to come by that he had a painting for me but later he sent me away because he was arguing with a man. Now that’s all.’
'I'm not quite done yet.' Ashleigh tried to stop him down.

'Madam, but I am. Have a nice day.'

Jacky let him go.

The detectives eventually discovered Jason was at that gallery and he had got into trouble that fatal night. Two smart guys went to his place and talked to his ex-wife.

'It was like we first met, he bought me a painting. We’re divorced like years...I’ve been missing him loads. I saw that he didn’t sell it and I thought he maybe still had feeling for me, too.'

'What do you mean? 'Jacky didn’t quite understand her.

'No thumbprint. He sold ours. This painting is just a copy,' she burst into tears.

A bright idea suddenly dawned, Ashleigh came to herself with a brainwave, ‘That got to be his connection to victor. Like what Mr. Miller said, they were arguing, maybe it was over the original. Where is it now?’

Loading a painting in the trunk, Mr. Miller was on phone.

‘Leaving us so soon?’ Ashleigh smirked at him.

‘What parts of diplomatic immunity are you not clear on?’ Mr. Miller got so angry. Ashleigh opened the painting case to find the original Tanglia, the painting lost.

‘Man, this can go two ways, you can either cooperate and tell me that I need to know, or I can call the Judicial Department and inform them that you have a piece of art work that’s at the center of out murder investigation.’

Mr. Miller submitted to the detectives’’ decision and confessed that he got a call from Victor’s assistant, Daniel to get the painting.

Daniel Smith was interrogated.

‘You have mentioned that you were in class when Mr. Liam was killed. It’s a signed statement from the super at Mr. Haydn’s building, admitting that he took a $1000 bribery from you to allow you into Mr. Haydn’s apartment so that you could switch out the paintings. You moreover pocketed the money Mr. Lim gave you to buy it. And you know what else a lie is? Your name! Daniel Smith is your roommate! Your real name is Gary Lomas!’ Ashleigh went ballistic with her fingers shaking.

Jacky added, ‘Pretty smart using his identity to land a job at the gallery. One more strike, you go away for a long time. Which is why you couldn’t afford Mr. Haydn calling the cops when he found out the truth? So you shot him. And then when he went down, you shot Mr. Lim, your employer but accidentally shot another three drawings and he died as well. This is case in case!’
Daniel was dumbstruck and left speechless.

The hyper intelligent detective, Jacky pointed at the super’s signed witness statement.

‘Read carefully, you bribed the super twice. And the second time was four hours later Mr. Haydn was brought to the gallery and you realized that he had lost his memory. You planted the gun. A brilliant man,’ Ashleigh curled her blond hair with polishing fingernails.

‘Swing and a miss. Strike three. You’re out!’
Be a Blessing to Others, Sign Up for Organ Donation!
4B Cynthia Ling

Dear Editor,

I am writing to express my concern about organ donation.

Organ transplant is a hope for some patients with organ failure in order to live on. Unfortunately, the limited supply of transplantable organs from donation has made about 3000 patients walking forward towards death. There are many patients waiting in line for transplants. However, the number of deceased and live donors is way less than the wanted transplants. A patient even waited 27 years for a donated kidney.

Therefore, I want to appeal to everyone to seriously consider signing up for organ donation. It is very regretful that patients die before getting the right organ donation. The feeling of waiting is unimaginable to others. It is like death could suddenly take your life in the next second. Many people are waiting for help, why don’t we just give out something we no longer need? They will be the best present ever to the patients and their families. A patient once said, she “regained the feeling of living” after the transplant.

There are lots of promotions about organ donation nowadays. Even so, most people still think donating dead people’s organs is immoral. The traditional thinking of “keeping dead people’s whole body” is still prevalent.

Concerning this problem, I hope the government can work harder on promotion. The government can always invite volunteer celebrities to send appealing messages to the public, or broadcast some interviews about organ donation on the television and radio, so that more people will pay attention to organ donation. They can also invite donors to do some sharing, or even donors’ families, in order to have more people change their minds about organ donation.

Lastly, if you have changed your mind and want to sign up for organ donation now, you can visit organdonation.gov.hk, click ‘Register Online’ and fill in the form or register online.

Cynthia Ling
Ho Man Tin
Dear Jess,

I am glad to receive your letter. You seem to be unhappy at the moment but don’t worry. Things will become better. I learnt that you are in a puzzle about how to choose between being a professional football player and pursuing a law degree. I understand your worries and difficulties in making the decision and I am willing to give my opinion on this matter.

I believe you should think carefully about your real interest and future career. Being a football player might sound rebellious compared to your parents’ views, but when I rethink the matter deeply, I find it a must to make a choice out of your own likes and dislikes. You have the right to choose whatever you like to do as long as it is legal. I believe you have now given a golden opportunity to make your dream come true as Santa Clara University is distinguished and they even offer you a full scholarship.

However, if you want to be a professional football player, you may hurt your parents seriously. I fully understand your parents’ worries too. They regard a good university degree as the best path for you. Being a lawyer after pursuing a law degree, you will have a brighter future with lucrative and stable income. And your parents will have face when they meet their friends. This is a traditional mindset of Asian parents.

Jess, you should talk to your parents and share with them your true feelings since they are your significant others. Why don’t you stand in your parents’ shoes and think from their angles? Do not tell lies to them. If you are caught red-handed, your parents would be hurt and you would no longer be trustworthy to them. Always remember, mutual communication is of utmost importance. I suggest you persuade them to let you play football, I am sure they will understand your enthusiasm for it. Why don’t you pursue a law degree at Santa Clara University? By doing so, you can study law and receive professional football training at the same time. It is a win-win situation. I believe you can perform equally well in both paths. So, the choice depends on your preference and determination.

Don’t be depressed anymore, pull yourself together, and deal with any adversities you face. For your parents, I think they will eventually support you in either path since they love you so much. Although I can’t make the choice for you, I hope my opinion can help you anyway. Don’t hesitate to write to me if you have any other problems. I wish you a fruitful future.

Love,
Agony Aunt
Do Tutorial Schools Do More Harm Than Good?
4B Vincent Tsui

Tutorial schools in Hong Kong have become so popular. We can see advertisements for these schools on buses, at the MTR stations or on streets. They are omnipresent. The number of students attending tutorial schools is alarmingly escalating and statistics reveal that the number is on a rise. The situation is alarming. In the following, I am going to outline the reasons why tutorial schools are so popular and suggest some ways to tackle the problem.

The education system in Hong Kong is result-oriented. Students are under heavy academic pressure because they are anxious of not being able to go to university. Since there are inadequate university places, students need to achieve outstanding results in order to get the ticket into university. That is why they go to tutorial schools to learn more about the subject knowledge or examination skills. It is perceived that the presence of crammed schools is attributed to the examination-obsessed system.

Celebrity effect is conducive to the success of tutorial schools. Crammed schools are marketing their tutors in the same way as celebrities, making them ‘stars’ in the eyes of Hong Kong students so that they can attract students to sign up for their courses. What is more, tutorial schools also exaggerate the qualification of their tutors, such as calling them as ‘gods’ or ‘kings’. These exaggerated claims would mislead students to think they could improve greatly after having examination tips or skills offered by these ‘celebrities’.

Teenagers are also vulnerable to peer pressure. Some of the students do not understand what they really need, so they are just ignorant and follow what their friends do. Some do not even know the information about tutorial courses or schools which they attend. This is what we call conformity. But the utmost important reason is that students need to get the physiological equilibrium. It is because when they see most of their classmates go to tutorial schools, they will think they are left behind. So they join the courses to get better feelings.

In order to improve the alarming situation, it is high time for us to crack down on the problems. Schools should advocate the importance of critical thinking into adolescents’ minds. They need not go to acquire examination skills or tips in tutorial schools. They should indeed need to change their mentality about tutorial schools. They need to analyze and think twice if they really need to sign up for those courses, not just blindly follow what others do. The government should set up laws to prevent these crammed schools from misleading the students. Parents should also not impose heavy pressure on children and help them strike a balance between work and leisure.

All in all, students should adopt a good learning attitude and not rely on examination tips. Imagine this situation continues, the heavy academic pressure would be detrimental to students, be it physically or physiologically. We should not adopt a wait-and-see attitude and watch it situation with folded arms. We should help to relieve the pressure of our future pillars.
Step Power Generator
4C Jason Kong

Dear Editor,

I am writing in response to the letter entitled ‘Renewable energy gets a run for its money’. I have strong feelings and I want to express them and make some suggestions.

In the article, the writer mentions the Step Power Generator. This is a great idea because we can keep fit and generate electricity at the same time. In order to promote this useful machine, we can introduce it into schools or homes. Firstly, we can put the machine in the school gym room. CLP can add a USB charger in the machine so that students can charge their phones by exercising. Secondly, we can put this machine in homes to generate electricity for electronic devices such as TV-game consoles, televisions and personal computers. One can play TV games and do exercise at the same time. If one does not use the Power generator, he does not have electricity to turn on the game consoles.

However, the generator is way too pricey - a total of $30000. It is not a small amount for ordinary people. I suggest the government provide financial aid for citizens so the machine can be promoted to the public. People can get this machine at a discount so the machine will become popular. It can reduce the consumption of electricity generated by burning coal, which can in turn reduce the emission of carbon dioxide and alleviate pollution.

Another way to promote this machine to common people is to initiate cuts to electricity bills to users of the generator. CLP can give a discount to the households which uses this Step Power Generator. This can raise the interest of people and ease the load of the electricity bill. Also, CLP will spend less money on buying coal. The electricity costs can be lowered because of the reduced power use generated from burning coal.

To wrap up, the Step Power Generator is an important technology that brings benefits to people. We should promote this useful and convenient machine to people all over the world so we can have a blue sky for our next generation.

Yours faithfully,

Chris Wong
Ho Man Tin
Watch Out For Super Humans!
4C Ken So

Have you ever met an alien? Well I did yesterday morning on the way to school. There I was sitting on the bus falling asleep when the bus suddenly stopped and woke me up. Instinctively I wanted to stand up and shout at the driver, but I was shocked by an unknown creature which was blocking my way. The creature was of a human-like shape, but its eyes were solid black and there was a pair of big wings which seemed like bats’ wings on its back. After it had appeared, people started screaming and running. Meanwhile, a strong beam of powerful light illuminated the whole bus and everyone lost their consciousness in a second.

When I woke up, I was lying under a seat. The unconscious people were pulled out from the bus and transported by the alien.

“They did not seem to notice me, I should find a way to escape,” I whispered in my heart. Yet, something which worried me happened. An alien was searching the bus to see if there were any people left. The alien was looking towards the seat I was hiding under. I could feel that my veins were filled with adrenaline, my heart was throbbing crazily and almost jumping out of my chest and sweat was soaking my whole back. When I thought my “deadline” had finally come, the alien turned away and left the bus. Since the bus was so dark and fortunately I was wearing black clothes and gray pants, it didn’t notice me. After observing my surroundings, I decided to pluck up the courage and attempt to escape from the bus. Luckily, no one noticed me. I was determined to explore the place to find a way to leave.

I sneaked into a place which was full of big jars. I got closer to have a clear look of what the jars contained. After taking a brief glance, I was totally shocked as the jars contained humans. Although I really wanted to escape the weird place immediately, I told myself that I should never leave until I had saved all the people. So I tried to look for the control panel in the room. At the end of the room, I discovered a button and pressed it without thinking. Suddenly, a panel came out from the floor. I was startled again for the panel’s language was English! I finally understood that they weren’t aliens. They were just super humans. After calming myself down for a moment, I resumed my task again. Eventually, I found a button which said “Release All”. I pressed it with no hesitation. All the jars opened at once and people started to regain their consciousness. The noise alerted the guards and they started walking towards the room. I called on the people to fight back and we defeated all the guards.

Later on, we grabbed the weapons from the armory and took over the place, defeating the rest of the crew. Then, we found that we were in Space so we opened a wormhole to return to earth.

After returning to earth, the people who were rescued by me all thanked me. And I was awarded a medal from the president of the US because I had saved a lot of lives. From this incident on, I decided to research these “aliens”.

I will never forget this thrilling experience. I will always be vigilant and watch out for the ‘super humans’.
Robots, Friend or Foe?
4E Chan Yung Shan Penina

Good morning ladies and gentlemen. It’s my honour to be the student representative of Hong Kong in this Science Technology Exchange Programme. In the history of mankind, science technology has advanced in various ways. In the age of automation, the applications of gadgets like computers and calculators are not extraordinary. However, when it comes to robots, the topic is controversial and the argument is intense. Inventing and applying robots in different industries which involve mass production may boost the economy. Yet, what will a future with robots be like? If you are eager for robots with artificial intelligence, have you ever imagined one day robots ruling the world? Robots can be hazardous. Can we really afford the risk?

Machinery has been applied in diverse aspects throughout the years. The common example is the da Vinci surgical system used in the medical field. It is said that the da Vinci system with the wristed instruments enables surgeons to operate with precision, ameliorative vision and control thereby reduces the complications of human error. On the other hand, malfunctions occur during robotic surgery. The malfunctions can halt the surgery and even cause the death of the patient. Some research carried out by the University of Illinois indicated there were 144 deaths, 1391 injuries and 8061 malfunctions in the robotic procedures from 2000 to 2013. The American College of Obstetricians and Gynaecologists once showed their doubt, “There is no good data proving that robotic hysterectomy is even as good as existing, and far less costly, minimally invasive alternatives.” It turns out that we can expect nothing though we pay a lot more than usual.

Robots can only carry out the instructions written in their programme. In other words, robots could literally kill us when something beyond the programmers’ expectations happens. Robots are not human-beings. They don’t have feelings and irritability. They cannot give different reactions under unpredictable circumstances. There was an industrial accident in August 2015. A man got caught in a roller while he was cleaning a large tobacco processing machine. The machine kept working and killed him. The Labour Department reported that five fatalities have been recorded in the first quarter of this year from 2,404 industrial accident cases. This data proves the inflexibility of a robot. They can neither sense our pain nor desperation.

Some scientists are enthusiastic over androids with artificial intelligence. There is no denying that these androids are smart and helpful. Nonetheless, what if these are operated in wars by militants? They would be used as weapons. Who can survive World War Three in which Al is used as weapons? Professor Stephen Hawking has the same concern for AI, “The development of a full AI could spell the end of the human race”. “He also said in an interview that humans, who are limited by slow biological evolution, couldn’t compete and would be superseded. Do you still think that inventing AI is a brilliant idea?

Some may say that with the help of cyborgs we would increase the productivity of a city or a country because they could use cyborgs to replace the employees. For example, according to the Hong Kong Trade Development Council (TDC), the increase of plastic injection machinery was largely attributable to the development of the plastics industry in Hong Kong. If we are in a prosperous country, everyone is so wealthy that they don’t even need to work, then there will be no problem. Yet, if we are in a normal country, our first mission should be to offer everyone an employment opportunity.
In conclusion, robots can bring us great trouble. They can ruin the peace if they are not used appropriately. In other cases, is applying robots better than the traditional way? Just think carefully about the potential risks. Is it worthwhile to have them?
Robots, Friend or Foe?
4E Chu Wai Lun

Good morning ladies and gentlemen. I’m Jeremy Chu from Pui Ching Middle school and I am representing Hong Kong. It’s my honour to be a speaker to discuss the issues about intelligent androids with all of you. Have you ever heard of cognitive robots? In general, robot means an electro-mechanical and artificial machines which are usually guided by a computer program. Nowadays, robots have become more advanced and sophisticated. People all over the world have become reliant on robots as they could take the place of humans in dangerous environments or manufacturing processes. To a large extent, I agree that humans should depend advanced androids. In the following paragraphs, I will explain my stance and express my opinions from a different perspective.

First and foremost, from the economic perspective, industrial automated robots have the capacity to dramatically improve product quality. Applications are performed with precision and high repeatability. This level of consistency can be hard to attain by any other way. Besides, the production speed can be increased with robot workers. An automated robot has the ability to work at a constant speed without pausing for sleep, rest or vacation, it has the potential to produce more than a human worker. In 2012, Apple manufacturer Foxconn announced its intention to replace its human-operated assembly line with one million robots. According to the financial report on Foxconn in 2014, its productivity of computer components has increased by 20% than that in 2012. Thus, androids can help improve both the quantity and quality of companies.

Secondly, from the social perspective, robots can take the place of human workers in perilous positions. Workers are moved to supervisory roles where they no longer have to perform dangerous applications in a hazardous setting. Light screens or barriers are available to keep the operator out of harm. Improving worker’s safety leads to financial savings with fewer healthcare and insurance concerns from employees. According to the annual review of the Hong Kong government, the companies which joined the government’s robotic plan have reduced the number of worker industrial injuries. Consequently, robots can improve workplace safety.

Thirdly, from the environmental perspective, using robots can reduce energy needs. Robots will likely exert a smaller ecological footprint than humans and require fewer resources to function. This will allow them to become far more productive and cost-effective than humans. Therefore, robots are decent to the environment.

Some people may be concerned that the cost of purchasing robot equipment is so expensive. It is true that buying an android costs much money, yet the fact remains that robots are reusable and can increase the profits of companies ultimately. Thus, purchasing androids is worthy and cost effective. I’m sure that robots will become our genuine friend but not a foe. Thank you.
Robots, Friend or Foe?
4E Hugo Tang

Good morning ladies and gentlemen.

Being a representative of Hong Kong, I am honored to share my thoughts on the controversial discussions of robots. Since the dawn of the world-changing Industrial Revolution, technologies have been ousting manpower in many industries, the advancing level of automation has since been improving the lives of humankind. As our pursuit for a better life accelerates, a new era of robots and droids is emerging. Entrepreneurs from the United States, Germany and neighboring Japan, as well as the government itself, have invested millions into the development of robots.

“But what are the allures of robots that caught these entrepreneurs’ attention?” you may ask. Benefits. But what are the benefits? That is the question.

A prudent usage of robots can undoubtedly make one’s life easier by sharing one’s onerous workload. Some robots or androids are programmed to execute a procedure, if not a series of tasks. They replace the roles of the workers and will finish its mission perpetually without wearing out. All the workers have to do is to operate or mend the droids. They can simply sit back and relax while the robots are doing their work, who doesn’t like that?

The other thing is that artificial intelligences have no emotion nor empathy. They can share the dreadful, repetitive tasks of workers and finish it without having a meltdown. Let’s take pharmacists as an example. Their duty is to pick and assemble doses of pills every day. Even for a pharmacist, you will surely get bored in a matter of time. The UCSF Medical Center in San Francisco has robots picking and packaging pills automatically, without any external help. The automation system took over the dull work of pharmacists and had since kept a clean record of errors. This shows what robots can do for us when it comes to working.

On top of easing one’s workload, the addition of robots into different duties can also reduce casualties. In many parts of the world, deaths of construction workers are heard every day. The major reason is the never-dropping number of industrial accidents. If robotics are imported to the workplace to replace human workers, even if the frequency of accidents increases, the casualties caused would be significantly reduced as robots would become our scapegoats. Moreover, robots are often used in military operations to minimize the casualties of soldiers. In countries like Iraq, the US Army makes use of this technology by deploying robots in their bomb squad to diffuse explosives, in case the soldier took a wrong step. This is how robots contribute to the world, and to the entire human race.

Critics may claim that the prevalence of robots in the foreseeable future would mean the doom of human governorship, as they may develop their independent mindsets and conquer humankind. I will just ask you one straightforward question, “Will it happen if we develop robots in a virtuous way?” Of course not, robots can be our lifelong companion if we manage them properly. The American animation blockbuster, Big Hero 6, features a companion robot, Baymax, whose job is to keep its owner safe. The technology level in this day and age may not be as mature, but the foundation of the robotic system can lead to a robot-friendly society in the future, as long as the robots are used and modified in a good way. All in all, robots can be the next man’s best friend.
Looking back into our society, technology has played an indispensable part of our life. The introduction of robots will undoubtedly further improve our quality of life. From helping our daily work routines, to being a life companion, robots are like our assistants. There are almost endless possibilities of what robots can do for us.

Are they friends? Or are they foes? I guess you can figure out the answer now.
Vindictive Berserker
4E Sabrina Chan

“A call for you, sir.” No response was made.
“From the Hong Kong Museum of Art, sir.”
A short while after did he nonchalantly move forward, allowing his armchair to wobble upright. His assistant immediately handed him the phone.
“Detective Landon speaking.” The indifference was crystal clear, obviously in a heedless, devil-may-care manner.
Yet the one on the line was on the contrary. At least, he seemed to be.
“Some vandals have —”
“I am no policeman”. His words were brief, as if he could utter no more than five words. This brought moments of silence, probably because the desperate man had not anticipated that the prestigious Detective Langdon was of such haughtiness.
“Did you... minor in archeology?” The words were carefully chosen — the question was too.
“Yes.” The answer came to a relief to the hopeless man.
“Then please come over. The fee would be more than handsome.”

Detective Langdon hung up and closed his eyes again. His fury burst in flames as he thought of himself being bribed just seconds ago. Despite his reluctance, his curiosity kicked in. Occupational disease, he signed to himself.
“Sir?” his assistant awaited his orders.
“This game deserves playing.” He said in a monotone and finally left his precious armchair.

* * *

The Hong Kong Museum of Art was in utter chaos.
The entire museum was cordoned off, but since the accident occurred long before opening hours, evacuation was needless. The obvious spot of incident was stated by journalists vying for a look in the vicinity and flashlights on the poor Director of the responsible museum, who was having many irons in the fire at present.
Detective Langdon, of course, had spotted the crowd, but had no means to enter.
“Ahem”. He cleared his throat, rather loudly. His cold and emotionless appearance, along with his young lanky body, successfully put him under the spotlight. The multitude abruptly split like the Red Sea, allowing Langdon to enter.
“Detective Langdon Tang.” The director acknowledged.
Langdon nodded in return, expressionless. “Mr Davon Wong.”
The director held out his hand and he shook it firmly, but not approvingly. The police officer who was initiallyquestioning Mr Davon was now idled.

“The police ----.” He started with protest.

“I do not move for interruption made by the police.” The icy voice cut in. The police officer was leftdumbfounded and furious. Wasn’t it the detective, the one who had interrupted?

Detective Landon did not pay heed to his dissatisfaction. Instead, he put on a pair of white gloves—the ones an archaeologist would wear.

“These are not authentic masterpieces.” He knelt on one knee, cautiously examining the broken pieces. Three invaluable goods were damaged, namely a Chinese floral vase from the Qing Dynasty, a jade sculpture of same Emperor’s and “The Distant Cold Flow Pine” by the renowned Ni Zan, one of the Four Masters of the Yuan Dynasty.

Gasps and disbelief pervaded the entire museum. Even the indignant police officer was awed—Shouldn’t the masterpieces have undergone under inspection?

“The two are counterfeit objects? They .... They were donated by Mr Lee.” Mr Davon exclaimed at once.

Everybody knew the entrepreneur Mr Lee had generously given away these three precious masterpieces. It was yet very fortunate and coincidental too, for all three of them to be the target at the same time.

“Three.”

“Three? All of them are countfeits?” This time Mr Davon was truly surprised.

“Yes.” Detective Langdon felt annoyed to have repeated himself.

“That’s ....... that’s impossible.” Mr Davon shook his head. Nothing could’ve gone wrong.

Detective Langdon staved at Mr Davon watchfully and thoughtfully. He knew how to deal with cases, but it’s not yet time.

“Cameras?” He asked instead, turning to the police officer.

“The security cameras were checked.” He answered obediently. “All three showpieces were placed in three dark corners, which just managed to fly under the radar.

Langdon nodded, as this was within his expectations.

“Start with the entrepreneur.”

Mr Davon agreed, chirping, “Mr Lee must have something to do with this.”

Concurrently, Mr Lee and his teenage niece joined them.

“Father,” the young girl’s voice was delicately sweet.

The family tree was undeniably complicated. Mr Lee was in fact Mr Davon’s brother-in-law, and the young lady’s uncle.

“Why are you with him?” Mr Davon’s voice was deep and low, along with much scolding.
“He is my uncle,” she replied confidently. Her sparkling eyes met Langdon’s. “And you must be the Detective. Nice to meet you, sir.”

“The pleasure’s always been mine,” Langdon greeted her back courteously.

“He is not your uncle anymore, Martha.” Davon persistently pleaded.

“And who is to blame for the divorce?” Martha blinked her eyes at him, eyelashes flashing ferociously. This kept Davon’s mouth shut.

Detective Langdon at once further understood the case before him. However, a number of questions were yet to be answered.

“Martha” this was the first time for Langham to address somebody. “Explain, please.”

Langdon took this step, though treacherous, because he could see that Martha was one bright lady, and the key to solution as well.

Martha was caught by the sudden question. She searched Langdon’s eyes to find out what his intention was, but only courage and a glimpse of sympathy were found.

“It was father who gave uncle the masterstrokes.” She chose not to look away. Though the gaze was chilly, the sentiment was soft and gentle. “Father … has a lover.”

She stopped and looked down at her shoes. She could not imagine how brave she was just now to break a scandal in front of a herd of strangers.

Detective Langdon, for once, smiled, but then it disappeared in a blink of an eye.

“Two solved.” He declared, bluntly.

The police officer was lagging far behind. “Detective —”

“Be patient.” He turned to Mr Davon. “Where’s your ex-wife?” Intentionally or not, he did emphasize the word “ex”.

“I don’t think she would be present, sir.”

Langdon waved his hand. “Nevermind. Show me the engagement ring.”

Davon puzzled, handing him a picture of the meticulously made ring. It was of a diamond rose, with thorny vertices on every dazzling petal.

Langdon glanced at Martha and aroused empathy. She was still so young and yet mature ….

“So, how do we close the file, Mr Detective?” The police officer raised his brows.

Langdon had no choice but to disclose the truth.

“First,” he pointed out in a professional tone. “Mr Davon Wu contacted me on the premise of me being acquainted with archaeology. This implies that the entire incident was planned by the director himself.”

“I asked just to be sure.” Davon protested.

“Of course, that was not enough. The position of three masterpieces were so prudently arranged that the damage could slip under the radar. Who would dare to exploit the director’s right?”
Davon was at a loss for words. He could not imagine he was caught red handed.

“To the background. Mr Lee discovered what Mr Davon had been doing behind his sister and therefore threatened to tell Mr Davon. Mr Lee then blackmailed him with the three masterworks the museum keeps ---- “

“But I thought the museum keeps records.” The police officer was confused.

“Not everything is exhibited. And who keeps the records of the idled pieces.” He continued with his story. “Mr Lee treasures them and donates two counterfeits. However, the drawing was sent back – this was what both misters know about.”

“You said all three were inauthentic.” Davon agreed. Since the crime was already done, he would not take any more blame.

“Yes,” Langdon nodded. “The painting was stolen by someone else.”

Every single soul held their breath. They had not thought that so near of reduction would bring another climax.

“Mr Lee sent one back fearing he would be caught somehow.” He obviously was avoiding the mystery which whetted the crowd’s appetite. “Then Mrs Davon demanded a divorce, which led her husband to doubt his own brother-in-law, suspecting that it attributed to this breach of promise. To take revenge. Mr Davon planned this incident to unveil the truth, betting that Mr Lee would not dare to admit himself blackmailing others.”

“The painting.” The police officer could wait no more. Both sinned men’s faces were chalk-white. Langdon scanned at Martha, though trembling, her fear was measured. Martha would know, Langdon sighed. She was far too brainy.

“Mrs Davon swapped it for revenge. This one was scratched by her ring and was differently imitated.”

“But ... She couldn’t have ....” Davon stammered.

“Mrs Davon is a woman, sir.” Langdon exhaled. “Every woman knows what her husband has been doing.”

* * *

Martha had never complained.

She watched her family, once her beloved once, hop into a blacked out car. The light of sirens pierce into her watery eyes.

She never believed in love. Because of her parents, to her, love was merely hopelessness and betrayal.

“It’s alright to cry, you know. You have remained strong for long enough now.”

This was the longest and most complicated sentence Langdon had ever said to an individual.
She allowed him to stroke her hair and at the same time her tears to flow liberally.
She had always known what would happen next and what to do.
But now, she had nothing. Nothing, except for the stranger she just met.
And for once, she’s not sure either.
The Benefits of Legalizing Uber
4F Charlotte Chin

Dear Editor

The legalization of Uber taxis is currently one of the most controversial issues in town that deserves our attention and discussion. Being a frequent taxi rider myself, I would like to share in this letter why I think legalizing Uber in Hong Kong will bring more benefits than harm to our city.

First and foremost, Uber brings tremendous convenience to people who depend heavily on taxis as an everyday means of transportation. The mobile application of Uber, which has already been embraced in many major cities in the world including metropolitans such as New York City and London, is a well-developed yet user-friendly tool that not only allows its users to request a specified taxi by simply clicking a few buttons on the app, but also makes transactions a lot quicker due to the fact that Uber charges passengers by the credit card that they have provided prior to their first Uber experience. Consequently, both Uber drivers and passengers do not have to worry about keeping cash or having change handy.

Secondly, the rating and reviewing element of the Uber app motivates drivers to maintain a high level of service, which will in turn benefit every passenger. Since Uber encourages passengers to rate every driver after each journey, drivers have no choice but strive to provide the best quality of service in order to maintain a high average rating. In other words, Uber encourages competition among drivers, and thus prompts all drivers to provide their best quality of service so as to remain competitive or they may risk having no business.

Last but not least, when or if made legal, Uber will undoubtedly, by the law of supply and demand, lower the average cost of taxi rides for passengers. Since Uber operates under the fundamental ideal that every driver with a safe and decent car can operate as a Uber driver, it provides a platform for drivers to freely enter and exit the market. Therefore, assuming that more drivers will enter the taxi market once Uber becomes legal, passengers will enjoy lower fares due to the healthy competition brought about by the legalization of Uber.

Apparently, there is a bunch of other benefits that Uber will bring to our society. The above-mentioned are merely a representation of some of the major advantages of Uber Taxis. I hope that the Hong Kong government will soon recognize the benefits that Uber can potentially bring and consider the legalization of this innovative business model that emphasizes efficiency and effectiveness.

Yours faithfully
Charlotte Chin
It was a peaceful morning, the sun was shining, the birds were singing. Albert Chan was sitting in his office, reading the newspaper while enjoying his cup of mocha and some classical music. Suddenly, the ring tone of his phone broke the tranquility.

Albert slowly answered the phone, ‘Good morning, detective Albert Chan at your service. What can I help you?’

‘Good morning, Mr. Chan, this is Captain Wong.’ The person on the phone answered, ‘We need your help. Please go to the Hong Kong Museum of Art as soon as possible. We expect your presence in half an hour. Bye.’ Then, he hanged up.

Despite how rude the captain was, Albert frowned with worries written all over his face. Something bad must have happened. He quickly grabbed his coat and hurried out of the office.

In a couple of minutes, Albert arrived at the museum. It was oddly quiet, just as what he had expected. The moment he entered the museum, a middle-aged man walked up to him.

‘Good morning, captain. What’s the case?’ Albert asked.

The captain signaled Albert to follow him, and said, ‘Last night, someone damaged some paintings here. They all cost over ten million dollars each. What’s strange is that no traces of intrusion were found anywhere. Here’s the list of damaged paintings.’

He handed Albert a list. While Albert was examining the list, they arrived at a room.

‘Here’s where the paintings were stored. So far, our police can only find a finger ring with the name “Hannah Schmidt” carved on it, no fingerprints or footprints are found, but I don’t think the ring has anything to do with our case. Also, we deduce that the vandal used a dagger or a stiletto to damage the paintings, what a maniac!’ The captain said.

Albert observed the room. The room was large and well equipped. The crystal lamp hanging from the ceiling refracted the light into countless sparkles, and the paintings were aligned perfectly on the wall. Albert could imagine how crowded it would be during weekends, but the reality was that some of the paintings were damaged. It was a pity to see those beautiful masterpieces being sliced into pieces.

Albert shook his mind out of the thoughts and said, ‘Captain, I think we can leave this room to your men. Now, I would like to have a talk with the night security guard.’

‘The guard’s in the main hall, this way,’ the captain answered. The two men left the room. In the main hall, they met a blonde in a security uniform.

The captain greeted, ‘Good morning miss. I am Captain Wong, and this is detective Albert Chan. He is in charge of this case. Can you briefly describe what happened last night?’
'Of course, captain. My name is Medea Fitzgerald, a night security guard of this museum. Last night, I was working the night shift as usual. At about 3 in the morning, the security camera of the room with the damaged paintings turned into static. It was strange since it had never happened before, so I went to the room and checked. When I shone the flashlight at the paintings, I found that the paintings were damaged, so I immediately called the police. Then, you know the rest of the story. I hope the security tapes can prove that I arrived at the room after the paintings had been damaged,' the guard answered.

‘Thank you for your cooperation, Miss Fitzgerald, and don’t worry, the tapes are supporting your statement. We all believe that you’re innocent,’ the captain said.

After some further investigation, Albert left the museum with some documents and headed back to his office. After turning on his stereo set, he started scanning through that pile of information. Time flew by and the sunlight started to fade, but he kept doing his work until something caught his eye. He quickly surfed the Internet and started scanning through articles after articles. Soon, the symphony playing at the background came to an end, as a smile secretly sneaked onto Albert’s face. He did it, he had broken the case. However, Albert wasn’t relieved. Instead, there was a fire of determination burning in his eyes. He called Captain Wong and started a conversation. After a long debate, the captain was persuaded and they both hung up. Despite the starvation and fatigue, Albert once again dashed out of his office, but this time he was not going to the museum.

‘The night has just started, but I’ll soon put an end to it,’ he muttered.

It was already 10 at night, but Mongkok was still crowded like daytime. A few blocks away from the crowd, in a dark apartment, an old man was watching TV while enjoying his seventh can of beer. In his enjoyment however, he had allowed the hooded figure to sneak into his house. The figure slowly tiptoed to the back of the man as the blade in its hand shone under the moonlight. The figure stared at the man, and then raised the blade into mid air, but right before the blade dug into the man’s head, the whole house lit up, blinding the figure. When the figure finally got its vision back, it was already surrounded by aimed pistols. ‘Put your hands behind your head and reveal your face. We know it’s you, Medea Fitzgerald,’ one of the police said.

The figure took off the hood, revealing a blonde haired lady. ‘How did you know about my presence here tonight?’ she asked, looking at the young man in a big coat, standing beside the old trembling man at the back.

‘The damaged paintings are all painted by a painter named Fran S. Schmidt, who died years ago. When she was still alive, despite her international reputation for her talent, her life wasn’t as wonderful as we thought. Her husband, Billy Schmidt, was alcoholic. He always abused her and forced her to paint, just to earn more money so that he could fulfill his alcohol addiction. One day, Fran finally had enough and hung herself. Soon, Fran’s younger daughter, Hannah, went missing and then a few years later, Billy and Hannah’s sister, Beth, moved to Hong Kong,’ Albert explained.

He paused and looked at Medea, her eyes were lifeless and it seemed that she would go limp at any moment.

‘You’re a night security guard, aren’t you Medea? The paintings were only about 15 meters
from the security office, so it takes less than thirty seconds to go there from the office. No one intruded the museum last night, so the only suspect is you. You’re also good at programming and mechanics, right? That can also explain why the security camera turned static for a while,’ Albert continued, ‘You have your mother’s eyes, Medea, both of you have heterochromia iridum, with a blue left eye and a green right eye, this can prove that you’re the missing daughter of Fran, am I right Medea? Or should I call you Hannah?’

Hannah collapsed hopelessly onto the ground, silent with desperation written all over her face, then spoke up, ‘That man deserves to die. However, it seems that justice will never come to us.’

With that, she tightened the grip of her hand and slit her throat. The police tried to stop her, but it was too late, she was gone.

A week later, the Schmidt family held a funeral for Hannah. Before the funeral had started, an uninvited guest walked in. A lady walked up to him and said, ‘Excuse me, sir, I’m Hannah’s sister, Beth, who are you?’

‘My name is Albert Chan, the detective who helped stop your sister from being a murderer, but I am here to return something to her. Hope you don’t mind,’ Albert answered.

‘I see, please join us. We won’t mind having you as a guest, and I don’t think Hannah’s going to mind that too,’ Beth said, leading Albert to take a seat then sat next to him.

‘I’m sure that you already know our family’s story. Hannah’s a stupid girl, wasn’t she? After all these years she had been suffering from anger. She always wanted to seek revenge on our father. However, did the sacrifice of her life change anything? I don’t really think so,’ Beth said, tears began to appear in her heterochromatic eyes.

Albert gently patted Beth’s shoulder, comforting her, then sighed and said, ‘Your sister was quite pitiful, actually. She chose to be the slave of anger and revenge, that’s her choice, there aren’t many things we can do. Everyone has the right to choose their own path after all. All we can do now is to hope that she and your mother can finally rest in peace.’

Beth looked up and smiled, ‘Yeah, you’re right, thank you Mr. Chan.’

Soon, the funeral was over. Albert walked up to where Hannah was lying. He took out the ring with Hannah’s name on, which was found in the museum, and carefully slid it into Hannah’s finger. He then placed a stiletto between Hannah’s hands. It was a golden stiletto with Fran’s name curved on it; it was used to damage the paintings and still had Hannah’s dried blood on it.

Albert silently left the crowd while they were on their way to the cemetery, thinking, ‘Medea, a name that brings up associations with ruthless revenge. What a clever girl.’

He looked up to the murky sky and thought, ‘Did I do the right thing? What would have happened if I hadn’t stopped her? It seems that this is a never-ending tragedy.’ With that, he headed back to his office.
Judgement
4F Joshua Yiu

The gentle sunlight leaked through the curtain, mischievously tickling the face of Alex Smith. With great reluctance, he forced his eyelids to separate and stumbled out the room. At the moment he turned on the television as usual, the phone vibrated. His eyes widely opened, with his pupil contracting. For a detective, a phone call declares an emergency. "You have noticed it, haven't you?" The voice was familiar, but a bit unusual. Mr. Smith stood in astonishment. "Several valuable masterpieces were found damaged last night in the Museum of Art", reported on the television. With his charcoal grey jacket hung on his shoulder, Mr. Smith squeezed his feet into his shoes and hastened to the Museum of Art.

Being a zealous and skillful detective, Mr. Smith manoeuvred his way to the Museum of Art within 10 minutes. Before long, he noticed a hooded figure inside the blockade line. He was always more agile, more competent, but.... "Even my brother will feel restless, John Smith?" Mr. Smith joked, hoping to mitigate the tense atmosphere. "This case is strange. No paintings were stolen, only vandalized. "Mr. Smith continued, "Which means there is no known incentive." John gave a slight nod, "And the video tape of the closed circuit television had vanished into thin air." Mr. Smith sighed, as he could foresee this would be a thorny case.

Mr. Smith’s brother John guided him to the exhibition hall. To Mr. Smith’s surprise, the hall was not chaotic at all. There were 10 paintings along the wall, and only the 1st, 4th and 9th paintings were damaged with some black paint. No any part else in the hall was damaged. The manager of the Museum darted towards them, speaking with a face of agony, "Could you discover any clues? If the delinquent is not found soon, I will be the one held accountable! "Mr. Smith scanned the whole room once more. There was hardly any clues like footprints or fingerprints. To his great dismay, even the video tape was nowhere to be found. Mr. Smith was just enough to keep his composure. He asked his manager, "What are the similarities between these paintings?" The staff stumbled, "They are paintings from Basico, the master who created impressionism. This were the only three intact ones left, and now...." The manager started weeping and could barely continue.

Mr. Smith gazed at his brother, hoping to receive some assistance. Yet John was instead wandering around, carefully studying all the features in this hall. Mr. Smith was not irritated at all. His brother was a detective of great capability, intelligence and composure. Yet it was eccentric for him to roam without questioning people related to this case. He was a bit erratic... No, he shouldn't be doubted. He was always superior to me. Mr. Smith shook his head, trying to deny all his doubts. He had resorted to go on on his own, "How did your museum acquire such invaluable masterpieces?" "They were borrowed... borrowed from Mr. Kingston," answered the manager. "No insurance could cover such paintings..." the manager added. Mr. Smith was completely perplexed. Not only was there no incentive for this vandalism to be deduced, but the name... Kingston... Mr. Smith was dazzled. "I should return home to take a rest." he said to John, who gave a slight nod again.

At home, Mr. Smith was in total bewilderment. The crime was flawless. No evidence, potential motivation or even clues were revealed. Moreover, Kingston was a curse to both his brother and himself. He remembered that bitter night with torrential rain. Mr. Kingston came to disperse all his family members as his company found it lucrative to develop the land of the Smith family. Mr. Smith’s parents and relatives strived to safeguard the land which they were totally dependent
Yet, a bulldozer had devastated everything to the extreme. Much innocent blood was spilt on that brutal night, and only Mr. Smith and his brother were fortunate enough to survive stealthily. Having knelt down, they bawled hopelessly. They were only 10 and 11 at that time. They were enveloped by desperation, not being able to discern the rain from the tears... Mr. Smith didn't dare to recall, didn't dare to torture himself for another more second. With Mr. Kingston’s eloquent lawyer and the inequitable adjudicator, Mr. Kingston was declared innocent. Years of endeavours to manifest justice were to no avail, and Mr. Smith learnt to concede his incompetence in this distorted world, anticipating the return of the Lord and their being judged righteously. In tremendous anguish, his burden never dissipated. It was so weighty, so heavy that it eventually deprived his consciousness.

"Arghhh! " Mr. Smith woke up in great distress. "Mr. Kingston is accused of several corruption cases..." Mr. Smith bit his tongue hard. Yes, the pain reassured him it was the reality. He kept himself breathless, totally absorbed in the news. "The vandalism of the paintings triggered questions about the acquisition of the three masterpieces. After a meticulous investigation from the police, it is believed that Mr. Kingston is involved in certain corruption cases to derive an enormous amount of money to purchase such invaluable masterpieces in the black market.

Mr. Smith was still in great disbelief. Abruptly, an explanation to this vandalism appeared. He trembled uncontrollably and his breath became rapid. He managed to make a phone call to the guard of the museum with the phone number he got previously. "I am Mr. Smith. Could you tell me more about the video tape? How did you discover it had vanished? "The guard answered, "Mr. Smith had arrived at the museum very soon after the news was spread. We immediately sprinted to the security room but he arrived faster. After I arrived, Mr. John Smith told me that the tape could not be found. We searched and scrutinized the museum thoroughly....." The phone was dropped.

The sunlight was soothing as usual, and the chatterbox was on as well. The breeze quietly caressed the face of Mr. Smith, lifting his hair up yet dropping his fair again indifferently. The vibration of the phone mesmerized Mr. Smith to pick up the dropped phone.

"You have noticed it, haven't you? ". 
Robots, Friend or Foe?

4F Leo Ma

Good morning, everyone. It’s my pleasure to share my views with you in this seminar. I am representing Hong Kong. There are various types of robots which take part in our daily life. They are our friends, aren’t they? But think of this, if they fight against us with their ultimate power, are you sure we would have the ability to deal with them?

People in the past had already thought of creating human-like creatures. In the 1940s, scientists started to develop artificial intelligence technology. What is A.I.? According to the Oxford English Dictionary, artificial intelligence is the theory and development of computer systems able to perform tasks normally requiring human intelligence, such as visual perception, speech recognition, decision-making, and translation between languages. Since then, computers and robots have become more and more powerful. In 1997, Deep Blue, a chess playing machine developed by IBM, defeated the world chess champion Garry Kasparov. The news shocked the whole world. A.I. machines are becoming more powerful than humans. That’s worth concern. We should really evaluate the advantages and disadvantages of developing robots.

Firstly, robots can increase the productivity and improve our quality of life. For example, robots can be used to assist the farming industry. In the past, farmers worked in their fields with primitive tools. That way of working was unproductive and exhausting. Also, some infertile lands could not be used for farming. Nowadays, with the help of agricultural robots, such as automatic harvesters, field scouting drones and automatic watering systems, farmers planting in infertile areas like South California can grow numerous crops. With the help of robots, the global food crisis may be eased. More people can be well-fed. As we can see, the productivity and quality of life has improved.

Secondly, robots can replace us from facing danger. In some situations, fixing things by ourselves may be too dangerous. Robots can then be used to help us. For example, the Explosive Ordnance Disposal Bureau of the Hong Kong Police Force uses bomb detonating robots to dispose bombs instead of detonating them by officers. When suspicious packages or bombs are found, bomb disposal robots will be sent to the site and be used to detonate them. That will be much safer than to detonate them with our bare hands, so we are kept safe.

But robots may also bring crisis to the human race. As formidable robots may be created for military purposes, the war in the future is going to be more and more severe. Also, if the robots gain self-awareness, they may wage wars against us and we may face extinction because of that. Some people may say, all robots are created for good purposes, they cannot be bad for us even if they gain self-awareness as they are not designed to be evil. In fact, when robots are developed to be more and more intelligent, they may think like humans. As humans’ minds cannot be limited, robots’ minds cannot be limited too. We have to face the danger one day if only we grant them limited ability. If we don’t stop the robots from becoming human, like the thrilling situation in the film, Terminator, may be an inevitable corollary.

Other than waging wars, robots may also replace workers. As some of the workers can be replaced by robots which can work more effectively, 80 million people may be unemployed. The unemployment rate of societies may rise because of this. Soon, human workers will all be replaced by robots, and this will make it far more difficult for workers to earn a living.
Dear future A.I. scientists, please think about it. Do you want robots to help you and your next generation develop a better world? Are they our friends or foes? It's up to YOU. You have the chance to decide it. Let's use robots wisely and shape our future together. Thank you for listening.
The silvery crescent hung high above the night sky. The pale moonlight was cast through the window panes of the Hong Kong Museum of Art, dimly lighting the various halls. As the aged grandfather clock struck the twelfth chime, the guard resting in the office silently cheered. He swiftly tidied his belongings, getting ready for the last patrol of the shift.

“Obviously, there are no visitors in the museum. Everything is safe and sound.” He thought to himself.

Suddenly, he saw a shadow around the edge of a column. He tensed, but quickly lost his alertness and yawned.

“I must be hallucinating,” he thought. Just as he had turned around, a figure rushed out from behind the column. Before the guard could react, he was struck heavily and lost his balance. He fell unconscious on the ground as the intruder grinned wickedly.

Jeremy and Peter had known each other for over 5 years. Their share of interests in art and detective stories bound them together since they had known each other. One day, they found out that several valuable masterpieces by the local artist Mr. Ho would be showcased in the Hong Kong Museum of Art. Both of them were thrilled to hear the news as they are die-hard fans of the local artist. Today, they decided to visit the museum together, hoping to admire the legendary masterpieces. Unfortunately, things didn’t go as they had expected. As they skipped happily to the special exhibition hall, it was surrounded by several policemen. An officer was discussing grimly with the manager of the museum. From a distance, Jeremy noticed that the pieces were damaged. There were dozens of black dots on the pieces, as if some insects were creeping on them. Some of the pieces were so seriously damaged, they couldn’t even be recognized. The vandalism was examined by the police, it was created deliberately at an estimated time of between twelve and two o’clock last night.

Jeremy and Peter’s mood was completely shattered by the horrible crime. They headed on to the regular exhibition.

“I cannot believe someone would do this,” said Peter with righteous indignation.

“Yes, this kind of act is unforgivable,” agreed Jeremy.

“I hope those paintings can be restored,” replied Peter as they walked into a brand-new exhibition called the “Watch and Learn” section. According to the instruction, visitors may borrow painting paraphernalia and attempt to draw the masterpieces.

“This looks quite fun,” said Jeremy as he grabbed a paintbrush.

“Hey, what is that?” they were stunned to find a picture by Mr. Ho had been spray painted. They stared at the picture for several seconds, stunned, not knowing what to do.
“I am reporting this to the officer, you stay here and watch!” Peter broke the silence and dashed off. The officer and the manager arrived promptly. The spray paint hadn’t dried, obviously the crime had been committed not long ago. The manager commanded to seal the exit, preventing the perpetrator from escaping. A policeman was instructed to check the CCTV.

All the visitors were gathered together as the police tried to figure out who the perpetrator was. Ten minutes later, a policeman reported that the CCTV served no use, as the crime was committed in a blind spot. As time went by, the crowd became more and more impatient. Some insisted that they were innocent and should be let go. Some commented harshly on the poor security of the museum. The situation became more and more chaotic, the officer finally agreed to let everyone go after ten extra minutes. The hearts of Jeremy and Peter sank. They could not let the criminal get away. They should think critically and find a clue. Suddenly, Jeremy gasped and pulled Peter to a corner.

“Hey, get your hands off me. There is paint on them,” complained Peter.

“Jeremy ignored him and murmured,” That’s the point. See, everyone has paint on their hands because we all visited the “Watch and Learn” section. But look at that young man in the blue t-shirt leaning against the corner. His hand is extraordinarily clean.”

“Maybe he washed his hands,” Peter rolled his eyes, clearly not impressed. “No! I think he wore a glove to commit the crime.”

“That …… could be a chance.” Peter agreed, amazed by Jeremy’s precise observation. They approached a policeman and suggested that the young man was the suspect. The officer was quite astonished, surprised by the two teenagers. He walked up to the man and said, “Excuse me, may you open your bag? We feel like it is necessary to check it.” The man flinched and looked startled. He started to run but the officer was much faster. Together with the help of several policemen, the man was subdued. Inside his bag, a spray paint can and a pair of white gloves were found. The crowd cheered as they were allowed to go.

That night, the news reported the incident. The young man used to be a student of Mr. Ho. There was a friendly competition among student every year. Thinking that he would be appreciated by Mr. Ho if he won the competition, the man tried to get an edge, he ruined his opponents paintbrushes before the competition. However, it backfired and Mr. Ho discovered such an immoral act and refused to coach him anymore. He was so overwhelmed by anger he took revenge. He snuck into the museum, attacked the guard and damaged all the paintings by Mr. Ho. Carelessly, he left one untouched and felt like he hadn’t completed his “mission”. He returned and finished it, but was caught red-handed. The news report didn’t forget to mention the two young detectives that assisted the police. Jeremy and Peter knew they did a brilliant job.

“No criminals will escape under our superior intelligence!: They joked and high fived.

~The end~
Miss Chan, the Selfless Teacher Who Changed Me

4F Naomi Tsang

She may not be a humorous teacher. She may not have vivid teaching skills or an appealing speaking tone. She perhaps does not have a pleasant or attractive appearance. She never buys food or drinks to please students. Although she does not have the qualities that most students suppose a good teacher should have, her passion for teaching and her care for every student make her a unique and admirable teacher. When it comes to the best teacher in our school, the teacher I like the most must be Miss Chan, my Mathematics teacher. In celebration of our school’s anniversary, I would like to take this chance to praise and give thanks to Miss Chan so that her effort and contribution can be honored.

Miss Chan is an experienced teacher who has taught the subjects of Mathematics and Life Education at our school for over 15 years. She, who was my class teacher in my first three years at this school, has been my favorite teacher since I was a S.1 student here. Some students may think that she is too serious and conscientious, but to me, she is patient and kind.

As far as qualities of a good teacher are concerned, professionalism and patience must be the most essential elements. Miss Chan is a professional teacher who takes teaching very seriously. She takes care of students who have underperformed in tests individually in order to make sure the whole class understands the content before she goes on teaching something new. She is very willing to answer our questions by sacrificing her personal time until everything is clarified. With her patient teaching, we all understand new subject matters well and quickly.

To me, a good teacher should not only care about the academic results of students, but also their overall wellbeing. In my humble opinion, the most important quality of a great teacher is having the heart to listen to and understand his or her students. As Miss Chan is our class teacher, she provides unlimited support for us. When we encounter any problem, be it about peer pressure or family issues, Miss Chan never hesitates to give us advice. Once, I had an argument with my friend. I told Miss Chan about my problem and she taught me how to deal with it wisely. Miss Chan is a good listener and sophisticated counselor who has time after time helped me through difficult situations. She is an optimistic person who always feeds me positive energy. Miss Chan is not only our teacher, but also our good friend.

Miss Chan has impacted me in various ways. I used to be a selfish person and I seldom cared about others’ feelings. Whenever my classmates asked me for help on homework, I would refuse to offer them my help. However, Miss Chan’s eagerness to answer every question she gets asked has shown me the importance of sharing what I have and know with others. Her selflessness has influenced me and turned me into a better person.

I would like to take this opportunity to thank Miss Chan once again for she has taught me a lot of things, both inside and outside the classroom. If it were not for her example, I would have grown into the mature student that I am now. Thank you very much, Miss Chan!
A Rather Straightforward Detective Story
4F Dexter Tsin

The silvery moon sprayed sparkles of light through the transparent roof of the museum onto Damon, who was still working on his first huge case of his career. Three masterpieces were found ripped open this morning, yet the queer part of the whole case was that these three paintings were sealed into a strengthened glass case when the exhibition started last Monday, and there wasn’t a single mark showing the case had been harmed by any individuals. When the police tried to check the tapes, there was nothing that could be found because the related records were all disrupted by a major power cut. All these unfortunate coincidences webbed into a dead end for even the most experienced police officers.

That is until Damon used his newly bought ultraviolet light on the glass surface, and there was a sharp looking word “liar” on it. The smile on Damon’s face could not really fully manifest his elatedness as he rushed to the other damaged painting: “Forgery”, by the third attempt, Damon found a single name on the glass case of the painting called redemption.

How is the curator involved in this? Damon muttered to himself. In an instant he received a message from the inner network of the police force, one of three damaged paintings was miraculously found in the storage room of the curator’s house, which was kept intact. It is logically rational for the police to search the curator’s house as there were alleged claims about his recent bankruptcy and the painting found in his house might be the solid proof of his guilt, once the painting found was throughout tested to be genuine. Digging deep into the message, there was only a short sentence concluding that the information about the curator had come from an anonymous source.

A sense of murkiness crept into Damon’s back and numerous questions floated up. Was the case going to be ended that straightforward? All the evidence was too easily obtained and why should the curator risk that much to steal the masterpieces out of his museum? That raised the enthusiasm of Damon and he started to look up the tapes of the museum. Right on the day which the three paintings were delivered to the museum, there was no sign of the curator’s presence. Damon looked through days and days of recordings, yet there was only one person, no other than the museum’s art consultant, had close contact with the three paintings and put a huge amount of time on inspecting those three specific paintings.

Creeping up to the consultant’s room, Damon checked the time and found that he had only an hour till the start of the day, and he needed to use the time wisely. The detective books which he obsesssed really came in handy when there was only a typical lock which blocked him from some evidence which may help to solve the case. Using a clip, it only took Damon a few seconds to crack open the lock and an overwhelmingly moldy scent swept through Damon. Not appreciating the odor, Damon clipped his nose and went in to explore
the room. The room was stacked with scrolls and scrolls of aged books. Strangely there was not a single painting hanging on the wall or sitting on the shelves or hiding under the piles of paper in the room. It seemed to raise Damon’s interest even more. How could the art consultant who had devoted his whole life to the protection of artefacts not have any paintings in his working office?

A sound of sirens broke out in the broad room, causing echos to bounce between walls and freak Damon out. When the sound kept ringing, it took Damon a few moments to figure out it was his phone that kept amplifying the sound, notifying his owner that someone was calling. With hands cold with sweat, Damon picked up his phone and answered “Hi?”, with an inquiring tone. Relief rushed into his veins when there was just ordinary babbling from his mother. He continued to work once the call ended, comforting his mum that he would be arriving home in just a few hours. Searching the documents piled up on the desk, there were too many articles, in fact too many articles and research about the three paintings. At last Damon found the sole evidence he dreamt having since the start of the case: A copy of the insurance agreement. This certain insurance agreement pointed out that the art consultant insured a company with millions to ensure the safety of the paintings. In this certain moment, Damon knew he had cracked the case, once and for all.
How Medical Technology Changes Lives
5A Charlotte Zhang

We have heard a lot about the promise of technology. The promise to build a better world for humans; the promise to prolong human life; the promise to give the disabled a chance to become normal again. I have been quite interested in medical technology. Over the past century, medical technologies have rapidly developed and have had a great impact on human life. Medical technologies save lives, improve health and contribute to sustainable healthcare.

Medical technologies benefit the lives of people in many ways. Through the use of such technologies, people can live healthier, become more productive and live independently. Many individuals who previously may have been chronically ill, disabled, or suffering chronic pain can now look forward to leading normal or close-to-normal lives. We have the tools for the first time to address age-old problems of disease and poverty. For example, in the treatment of cardiovascular diseases, the use of coronary stents-artificial tubes used in case of coronary heart diseases to keep the arteries open - has halved the number of those dying from heart attacks or suffering heart failure. Patients with an implanted cardioverter defibrillator – a small device implanted for those at risk of sudden cardiac death – now have a 98% chance of surviving a cardiac arrest, compared with only 5% without the implantable device. Not only cardiovascular diseases, but also the treatment of diabetes is benefited by the innovative medical technology, which delivers to the citizens a hopeful future. It extends the life significantly. People were saved by medical technologies. People who are dying in bed can recover with a cure; people who may have unpredictable diseases can better control them; people who suffer from illnesses can be helped. As we can see, medical technologies bring the future for humans.

On the other hand, medical technologies change the future. You must have heard about 3D printing. It is already making its presence felt in the medical device world. 95% of all hearing aids are today 3D printed. Align Technology prints 650,000 pairs of Invisalign teeth straightening braces a day. And this technology is also pushing into prosthetics. A month back, a blog reported a father borrowing a 3D printer from a local school to make a functioning prosthetic hand for his son. Because of the technological development, people with disabilities are able to walk, to see, to listen again.

There is another major revolution in vitro fertilization (IVF). IVF has helped thousands of infertile couples become parents by revealing the best days to implant embryos back in the womb. Medical technology has changed the infertile couples’ future by giving them a chance to have a complete family, to have a child.

Progress in medical technologies is helping people. It changes the future. It helps people have a future. We’ll be able to manufacture almost anything we need in the future. And medical technologies are powerful. However let’s not forget that they both empower our promise and our peril so we have to have the will to apply them to the right problems, not only in the medical area, but also with any technologies in our lives.
Wake up from Technology to Humanity –
Our Only Past, Present and Future

5A Emily Chan

As a Hong Kong citizen, I simply cannot find anything irrelevant to technology in human daily life. This brings us to a question: does our world entirely rely on technology to the point that the trend of developing technology has become inevitable in a visible future? Most of us may immediately give out an explicit response of ‘yes’. Now, I am not going to deny or to refute this fact, but would like to temporarily skip this question before we could deeply investigate the topic.

Please let me first clarify any possible misunderstanding generated by the question above, the importance of technology is not to be ignored. Technology definitely does facilitate the progress of human culture and is one of the proofs that can clearly be seen. From time to time, our great scientists and inventors have been working hard on bringing out new technological items. From paper to smartphones, they are all products of technology. What I have to admit is that technology has brought us better ways to live. The fact of me standing here giving out a speech may be the result of technological development, while technology can at the same time link to education. Moreover, by comparing people living in different countries, we can know that sometimes even a human’s survival can depend on technology. So here is the conclusion: technology has covered every piece and part of our lives.

But it does not mean the same when it comes to our future. Unfortunately, many of us have been deceived by this phenomenon, yet only a few of our fellows have noticed that it would do us no good if we continue this complete reliance on technology. In here, in front of all the representatives from all over the world, I would like to point out one thing, that our future is not limited by only technology, and would never be limited by technology. Have we ever realized that we have a variety of possibilities apart from technology, and the only focus on technology has made everyone blind to everything more worth considering than cold machines and elusive techniques?

I believe the majority of the students currently have their own smartphone. But let us think about this, how long do we spend on our mobile a day? To some of us, it may be a lot of time. Yet apart from the social media, how long do we spend with our family a day? Now we may see that it’s a totally different concept between the virtual world and reality. Is technology so important that we could give up our close relationship? Yes, technology gives us illumination, medical treatment and transportation, but when we eventually realize that the latest technology products could possibly harm our original lifestyle which contains numerous precious elements that should not be given away, this may be an appropriate time for us to wake up from this unreal atmosphere: technology is not the only thing we should keep our sight on in the future. I can now even tell you this, while the community gradually advances, one day technology will be replaced by something we have never seen. Technology is not our future. Humanity’s future should be supported by the ambition to make our homeland a better place. Once such ambition exists, the disappearance of technology is no longer a matter.

Does it matter to all of us if the importance of humanity is substituted by technology? To me, I am unwilling to imagine that one day, when the world keeps its advancement going on, people only look at their friends on mobile screens while never thinking of giving each other a real hug. If humans lose humanity, is human still a proper name for us, this species? There is never an answer. Svetlana
Alexievich, the winner of 2015 Nobel Prize for Literature, once said, ‘Reality has always attracted me like a magnet.’ I beg all of us, not only people who are sitting here, to never let this attraction disappear. Technology is one of the social improvements of humans, but don’t let technology be in charge of humans. In contrast, humanity is our only past, present and future. Thank you.
The Werewolf Brother
5A Jason Li

It was a rainy day, two hunters went to the forest, but only one returned.

Once there were two hunters, William and Ricky, William was the orphan adopted by Ricky’s father at his younger age. Despite being the adopted, William received the same amount of love given by his adoptive father. For one time the brothers heard a story of werewolves from an old man, who dressed poorly like any ordinary old man would. So while they were in the woods in the old man’s story, even they had visited the forest regularly, they still felt the disgusting fear breaking from their hearts, but they calmed themselves as they recalled the last call of witnessing the werewolves were years ago. One day, William and Ricky inattentively went deep into the forest as they were hunting as they did, they found a cave which greatly caught their breath. They dove deep into it without any hesitation, just when they reached the very bottom of the cave, rays of sunlight struck through them, they figured out that it was an underworld connected by the cave. Being fabbergasted, the brothers jumped and rolled. Fantasy-like as it may seem, the brothers knew this was true when they saw the first human being, the old man. The old man invited them to dinner with compassion, explaining the place around. Not long after they figured out this place, the sun went down and skies turned black. The brothers were in the party organised by the welcoming community, just as they raised their glass, screams echoed through the entire village- the werewolves broke into the houses.

Ricky, being the smart one, immediately realized it wasn’t the wonderland they believed, it was the werewolves’ cave indeed, just when he was about to alert William by hitting him from the back, William with the white shirt gave him one hairy smile, He was one of them... Betrayal and vengeance with fear drove him to fight-or-flight, he was left sitting and crying, ready to serve the hunger and blood they long needed. In surprise, the hairy smile was motivated by the fact that William had met his werewolf father, Ricky thought it was the right time to run, hoping they would enjoy the warm reunion, so he did, but the werewolves weren't as forgiving as he thought they would be. Secrets must be kept, and Ricky had to die in order to conceal their identity and location.

Back to his town, William announced the inevitable death of Ricky and claimed the horrifying escape he had. And so, the secret was forever kept in dark. It was a rainy day, two left, only one returned.
Dear Editor,

Cyberbullying is seriously affecting kids and teenagers. Thousands of students have fallen victim to it. Today I am writing to express my concern on the most common cybercrime, cyberbullying. I would like to raise the awareness of this issue by introducing its working, consequences and the prevention briefly.

Cyberbullying is defined as sending harmful or harassing information via technology networks. In 2014, a statistics conducted by Counselling Service showed that 52% of the interviewees claimed that they had been cyberbullied. There are several ways that kids can be bullied. I would like to introduce some ways. First, receiving threatening messages is one of them. Bullies may send mean messages or even blackmail the victims anonymously. Second, being excluded from the buddy list is another way of being cyberbullied. Bullies may block the victims collectively without any reason. Third, bullies may also post the victims’ photos or personal information on social media and make fun of them. There are multifarious ways to cyberbully others. However, they have one thing in common — cyberbullying is offending and hurting one’s feeling.

Cyberbullying causes profound consequences, some of which are even irreversible. I would like to categorize them into psychological and physical harms. Regarding psychological harms, victims of cyberbullying may suffer from low self-esteem. They may be oversensitive to the comments of others, suspecting if they are being slandered all the time. In this situation, they may get depression and generate suicidal thoughts. As for physical harms, school-bullying may occur and the victims may be injured. An American teenage girl, Amanda Todd, committed suicide after having suffered from cyberbullying and blackmailing. She could not tolerate the harmful gossips and unbearable pressure and eventually decided to kill herself. In general, the influence of cyberbullying is unpredictable. It can be very serious.

To reduce the cases of cyberbullying, we need to focus on the prevention of it. I would like to offer three suggestions. For a starter, do not open files from senders who are unknown. Never open these files as the receivers do not know what is in them. It can be a virus from the bullies, we will never know. Furthermore, do not put information online if the users do not want their social circles to know it. It can prevent the users’ information from being stolen and posted on other websites. Last but not least, be polite when you are online in person. People usually welcome users who are polite and respectful. Such advice can lower the rate of being cyberbullied if we can put it into practice.

Cyberbullying is getting more prevalent, resulting from the increasing use of mobile phones and computers. In this technological era, such an increasing use is inevitable. What we can do is to be aware of cyberbullying and prevent such crimes. This is the most effective way to protect ourselves from falling prey to cyberbullying.

Yours faithfully,
Yat Ching
Teenage Problems
5B Daniel Choy

Hi John,

How are you, John? I haven’t seen you these days, are you all right?

I’ve heard that you spend a great deal of money on clothes, music and shoes each month. John, you think that if your clothes, hair and the music are not the latest fashion, no one will be your friend, right? No! I’m here! I’m your friend who will not desert you just because of your appearance. Also, I’ve found that you often fall asleep in class, are you sick or do you not have enough sleep at night? I’m quite worried because your grades are falling and you look exhausted every day. Is there anything I can do to help you?

I’m worried that if you don’t get enough sleep at night, you may not be able to concentrate in class. Is that why your daily marks are so low? If you receive one more warning from the principal, you might be expelled from school. So, I feel obliged to give you some advice.

Well, real friends won’t judge you based on your looks. A friend in need is a friend indeed. Real friends will treasure you no matter what clothes you wear and what bag you carry. On the contrary, if a friend alienates you just because you are not stylish enough, he is not your real friend.

John, spending too much on clothes is unwise. Last time, I saw you wearing an A & F sweater. It costs around eight hundred dollars, right? It’s far too expensive for teenagers like us. Given the little pocket money we have, we could hardly afford it. John, I know you are a hardworking student who cares about your studies and future. You used to start studying a month before all tests and exams. If you always come back to school that exhausted, how can you catch up with the school work?

John, you know, your clothes don’t define you, but your actions do. Sometimes, if you put too many trendy fashion items on at the same time, you may look a bit flamboyant. Here are some tips on how to dress to impress while staying casually stylish that I’ve come across while reading a fashion magazine. First, you should choose clothes that fit your age, body shape and personality. Second, stop buying expensive clothes. Here are some that I would like to recommend to you like H & M, Uniqlo and Cotton On. They offer reasonably priced and quality fashion items. Third, you can try to mix and match, so you can be attractively dressed on a limited budget by maximizing the combinations of tops and trousers you already have. Well, you know what! There will be a flea market, selling cheap but stylish clothes this Sunday in Lai Chi Kok. Shall we go and shop together?

John, I have heard that you are working night shifts at a cyber café in order to pay for all the expensive fashion items you want. I’ve learnt that you have to work from Thursday to Sunday, from 6:00pm to 5:00am in the morning. Is that why you are so sleep deprived? John, don’t you know that having adequate sleep is very important? When you are asleep, your brain transforms important information you’ve acquired during the day into long term memory. If you don’t have enough sleep, it’s also hard for you to concentrate during the lessons the next day. I strongly advise you to quit the job at the cyber café and pick a more flexible and rewarding part-time job. Have you thought of becoming a private tutor for primary school students? I still remember that you always scored full marks in Maths when you were in primary six. You could give one or two lessons at students’ homes
per week. I heard that the hourly rate is quite high. Not only is it less time-consuming, it’s more meaningful. Also, it may have less impact on your studies.

Finally, I’m sure that if you follow my advice, you will see that everything will work out. If there are any problems, I’m always available if you ever want to talk. Let’s work together to achieve our dreams.

Love,
Chris
Piracy Is Theft
5B Ella Wong

Is downloading films from unauthorized online sources an appropriate act? I believe most of you will answer ‘no,’ but you would still do it because of convenience. Today, however, I’m going to tell you this is an illegal act and you must stop the practice right away. I will explain the possible consequences of being involved in piracy--- severe consequences, even at a young age.

Illegal downloading is rampant around the globe. Why? It’s the Internet. The Internet has expanded so rapidly in recent years. Everyone is using his/her phone or computer to chat, to search for information, to build their social network, and to shop online, etc. It might be a good thing as our lives are made so much easier. However, this also provides a source for people to download almost everything illegally from the Internet. This is an intellectual property rights infringement, which is what we call--- piracy!

People often share the news or some videos they saw on the Internet with their friends, sometimes they will do peer-to-peer file sharing. They exchange files with friends. Sometimes, they will even circulate the films they have downloaded online. This is the main factor that makes illegal downloading so rampant. So many people are actually doing illegal acts without realizing it.

Maybe you think it’s not a big deal to download things online, but it’s actually illegal because stealing from the Internet is also a theft. People often question why it cannot be downloaded if it’s available online? Before you say so, think about this- will you steal the DVDs sold in a store? No, you wouldn’t. Things may be made available but it doesn’t mean you can take them. If you do, you are stealing. When you think carefully, I guarantee you will not download things anymore, because you know you are involved in an legally and morally wrong action.

Moreover, illegal downloading is a serious offence. It deprives the copyright holders of receiving the rewards for their work; it discourages creativity and innovation! We shouldn’t download things without proper authorization--- firstly, it is illegal; secondly, the profits may be pocketed by pirates instead of the copyright holders; thirdly, it is not fair to the copyright holder.

Furthermore, those offenders are usually prosecuted for such actions. Like all serious crimes, copyright infringement may carry severe penalties. Their illegal actions incur some punishments like fines or imprisonment, according to the law. Maybe you will argue that under the copyright ordinance, simply using pirated computer software for private and domestic use is not an offence. Moreover, the copyright owners can still claim damages against the infringers through civil proceedings. Penalties will be enforced under copyright ordinance, including fines and possible imprisonment as I have just mentioned.

In conclusion, downloading online through unauthorized sources can be a theft, and you may face prosecution and receive penalties. We should respect intellectual property, you can download films but only from authorized and legal sources. I hope you will realize the seriousness of copyright infringement through the speech.

Thank you.
Dear Editor,

I am writing to express my concern about the article by the columnist, Jessica Cheung. She brought up the message that under-eating and over-eating are equally serious by explaining the problems caused by these habits from a both physical and psychological aspects. However, I disagree with her points of view, because, in my opinion, over-eating is more harmful and serious than under-eating. I will prove my arguments in several points.

First of all, do you have an idea how common obesity is to the people on earth? According to the WHO, the number of obese adults worldwide in 1995 was 200 million. 12 years later, the number jumped to more than 1.4 million. So what caused this worrying phenomenon? The fact that people have less-physically-demanding jobs and more good choices is no doubt the culprit of obesity. On the other hand, nowadays in Hong Kong, people always have late supper, usually after eight o’clock due to the bustling life-style. After the late dinner, people get back to deal with their considerable workload till midnight. We see that this active late night lifestyle is against the body clock. Unfortunately, this unhealthy lifestyle becomes commonplace, and eventually leads to over-eating.

To the society, overeating brings a lot of burden to society. You should notice that eating a large amount of greasy and oily food results in different kinds of chronic diseases, such as heart problem and high blood pressure. When days pass, cost of expanding health insurance coverage will be so huge that the medical system cannot afford it any longer. Contrast to over-eating, despite also causing mental illnesses, under-eating creates fewer problems for the society healthcare system.

Individually, belly fat often goes hand in hand with over-eating. Just as Ms. Cheung said, overweight people may suffer bullying at school, which is a great defeat to the bullied victim’s self-esteem. According to a report from the New York Times, the most common reason why children are bullied was not race, religion, physical disability or sexual orientation, but weight. It indicated that it had been a ‘serious’ or ‘very serious’ problem. Also, the Centers for Disease Control and Prevention (the C.D.C.) report found that one in three listed obesity as a condition they responded negatively to, ranking obesity just behind drug addition, mental illness and alcoholism, but not being underweight. As a consequence, an over-eater is more likely to be bullied than an under-eater. Which one is more serious? I think you have the answer now.

To conclude, over eating is not just as serious as under-eating, but way more serious.

Yours faithfully,
Chris
Chris Wong
Dear Editor,

I am writing in regard to the comment made by a celebrity photographer published in your newspaper recently. He claims that the purpose of the paparazzi is to monitor public figures, reminding them to be on their best behavior at all times. He also says that the paparazzi always catch the celebrities doing something wrong. His assertion is illogical and ridiculous. He is trying to embellish the ugly truth relating to the paparazzi’s work. I would like to express my disapproval of his comments and my concerns on the issue of paparazzi and celebrities’ privacy invasion.

First, I do not agree that the job of the paparazzi is to supervise and monitor public figures in the society. Actually, the paparazzi are stalking the celebrities and intruding on their privacy. The paparazzi follow the celebrities round the clock, regardless of where the celebrities are or what they are doing with their families. The paparazzi often wait for the celebrities in ambush, surprising them with the shutter sounds of their cameras and taking photos of them without their permission. The photos taken are often sold to tabloids or gossip magazines that fabricate sensational stories to boost sales. Not long ago, a French magazine, “Closer”, published a series of indecent photos of Prince William and Duchess Kate vacationing in the South of France. Closer’s unethical practice was condemned by the world. They have hurt the British royal family and Duchess Kate. We can see that what the paparazzi does is simply profiting from the suffering of the celebrities.

Also, the celebrity photographer states that public figures are often caught doing something wrong by the paparazzi. However, are the paparazzi in the position to judge what is wrong and what is right? And all these beg the questions: How to define ‘wrong’? And who are qualified to define “right” and “wrong”? Even a wise man makes mistakes, not to mention celebrities. The paparazzi have no right to expose the privacy of the celebrities to the public and criticize them. I would like to cite the unpleasant experience of the renowned singer, Britney Spears as an example. Spears was captured in a photo when she accidentally flashed herself while performing in Las Vegas by the paparazzi. The tabloids then framed her for trying to draw media attention to her show by doing that deliberately. Isn’t it already humiliating enough for a woman to be put through such situation? The paparazzi should not rub salt into her wound and present her as a vulgar and vain woman to the public. From this example, we can see that the paparazzi have mistakenly judged a person and concluded the case, leaving no room for the celebrity to argue back. The paparazzi have no right to judge the celebrities.

In addition, the work done by the paparazzi may hurt innocent people. Paparazzi often impose great stress on the celebrities. They may become paranoid and depressed as they may have the feeling that they are being watched all the time. The paparazzi only care about their business and profits and often ignore the harm they have done to the celebrities and their families. The paparazzi practice is immoral and unethical.

Furthermore, if we tolerate the unethical practice of the paparazzi, we may give society a false impression that intruding on other’s privacy is acceptable or can be justified in the name of public interest. To prevent this, the government should legislate against the despicable practice of the paparazzi and strengthen the punishment accordingly. Otherwise, such widespread disregard of “individual privacy” may damage public moral.
The comment of the celebrity photographer is illogical, one-sided and wrong. The paparazzi’s job is simply a blatant intrusion of celebrities’ privacy. Tolerance of such practice may harm public moral and put celebrities in danger. To solve these problems, we, the readers, should boycott magazines that hire or purchase photos from paparazzi. Moreover, the media watchdog groups should regulate the behavior of the paparazzi. Furthermore, as I have mentioned before, the government should tighten control over the aggressive strategies employed by the paparazzi in achieving their selfish end.

To conclude, it is believed that the reasons stated above can highlight the ill-logic of the celebrity photographer’s comment and how compelling it is for us to take action to put an end to the unethical practice of paparazzi. It is undeniable that the freedom of press is very important. However, the privacy of public figures should not be sacrificed. It is believed that with our concerted effort, paparazzi’s unethical practice will soon be put to an end.

Yours faithfully,
Chris Wong
Chris Wong
Teenage Problems
5C Crystal Lai

Dear John,

Hey bro! It's been a long time since we last met. I can't believe that we haven't seen each other for two weeks already! Where have you been? I heard that you have started working night shifts since last month. Is it true? Is it the reason why you are not going to school recently? Are you sick?

John, please take care of yourself. I know you can't use your phone when working, but at least return my call after work or send me a WhatsApp message to let me know you are doing okay! Come on you are my best friend! You can't just disappear from my life without a word! I'm worried about you. Our class teacher told me that your grades were falling. You looked so exhausted at school that you could hardly open your eyes in class. Also, it seems you haven't handed in your assignments since you started your part-time job. Don't you know you've already received two warnings? You will be expelled from school if you get a third one! I don't want that to happen. I feel empty without you at school. Please come back to school. If you find it difficult to catch up with school, I can help you. But please don't skip your classes anymore. I'm sure, with our help, you can strike a balance between your studies and your part-time job. It's all about time management. I wish to see you soon. It's my wish and it's the reason why I'm writing this email to you.

Okay, I know you want to earn extra pocket money to buy some fashionable outfits as you think people won't make friends with you if you don't look cool and trendy. But I think you've gone too far to check out all new arrivals of every luxurious brand. How much is your new Michael Kors bag? Come on, bro! No one will care about your outfits if they really want to become a genuine friend of yours. People who always talk about luxury brands and show off their taste are not your real friends. They are pretentious, superficial and shallow-minded people. You know what? Real friends won't care about your appearance. They care more about your feelings, your heart and your soul. Real friends always stand by you in times of difficulty. They won't desert you simply because you wear a T-shirt sold in the Ladies' Market. They won't look down upon you just because you don't look smart and trendy. They won't treat you differently because you are not wearing a Ralph Lauren Polo shirt. Remember our 'stupid' cartoon couple T-shirts? Those we bought together when we were in primary six. We were so happy that we showed everyone our couple tees although they were just 40 dollars each. Would you think I don't deserve to be your friend if I am still wearing that couple tee? I'm sure you wouldn't because we are real friends. You appreciate who I am not what I wear.

Let me give you some advice. Instead of wearing expensive trendy clothes, the best way to meet new people and make new friends is to widen your social circle. You can join some sports clubs, like the basketball team at school, to meet people who share the same interest with you. Also, there are many other less over-priced brands that offer quality and fashionable clothing. Your Mom told me that you've spent HKD2000 on a Marc Jacobs bag? Oh my God! It's way too expensive for teenagers like us. I know you love clothes from A & F, but it's not wise to spend so much on designer clothes and luxurious brands. Actually, it's not about the brand. It's about how you mix and match them. A simple white tee and a pair of denim shorts or jeans can be equally impressive if they are tailor made to suit your body shape. Remember my fashion designer sister, Hera? Why don't we join my sister to buy fabrics in Sham Shui Po this Sunday and learn how to design our own outfit? Please don't waste your hard-earned money on things that will get outdated very soon. There are many other meaningful
ways to use your money. You could donate it to a charity or save it up for your future.

About your job, I know you are working in a cyber café in Mong Kok. You said you had to work overnight four days a week. It seems you are sleep deprived. You can hardly open your eyes during lessons, not to mention jotting notes or highlighting key points. Do you know DSE is approaching? We are now in Form 5, so we should spend more time on our studies. I remember you used to attend a tutorial class every Saturday night, so did you quit the class for your part-time job? John, it just isn’t worth it. After all, we are just students. Our main duty is to learn, to acquire knowledge and equip ourselves for our future. What’s more, Mong Kok can be a dangerous place late at night. The cyber café you work at may be infiltrated by triad gangs. Actually, there are many other part-time jobs you can choose from. Remember Aileen and Karrie? The two pretty girls in the same form with us, they work at your favorite brand, Hollister, every weekend. They said they could earn around HKD45 per hour. Isn’t it much better than your current job? The working hours of a part-time sales assistant is more flexible and you can take up your tutorial class on Saturday night again. What’s more, as a staff member of Hollister, you can enjoy a 40% discount upon purchase of any items in the shop. It’s a win-win situation. Let’s apply to Hollister together!

John, you should be confident about yourself. You have so many friends because you are a generous, humorous and charismatic young man, not because of what you use and what you wear. I’m sure you won’t be in lack of true friends if you are willing to reach out to them. Also, don’t forget that I’m always here for you. Please let me know if you ever want to talk. Don’t be a stranger. I will always support you.

Best wishes,
Chris
Chris
Dear Editor,

I am writing to express my feelings and reflections towards the problem of cyberbullying. Bullying is no longer confined to the real world. It is now possible to bully others on the Internet. Cyberbullying happens when a child or a teenager makes use of Internet texts or pictures to torment, harass or humiliate another child or teenager. In this day and age, cyberbullying is one of the most common cybercrimes. The trend of cyberbullying has been rising over the past several years. The substantial majority of the population believe that the government should be held accountable for the problem of cyberbullying. However, I think that we should not blame it on the government. It is our responsibilities to get rid of being cyberbullied. Moreover, cyberbullying is not yet a crime currently, so how can the government legislate against cyberbullying to protect us?

As we know, venting our emotions is always the most effective way to cope with stress. Those who have a sense of inferiority and pressure may seek superiority over others through cyberbullying. Some bullies mistakenly believe that they can conceal their identity and do whatever they want on the Internet. They would play tricks on others in a bid to satisfy their desires. As a consequence, cyberbullying is bound to leave a deep scar on the victims. They may take retaliatory action in order to avoid being hurt again, which results in a vicious circle. In addition, if the disclosed personal information falls into the wrong hands, it may be used by criminals for blackmailing purposes. In an attempt to raise the awareness of the issue, I would like to recommend a few ways to solve the problem.

In fact, cyberbullying might take different forms, for example, disclosing others’ personal information and editing others’ photos. First, we must not reveal personal information such as passwords, phone numbers and addresses on the Internet; otherwise, we may get into trouble as our personal information is stolen by offenders to commit crimes. Furthermore, unlike bullying in real life, cyberbullying does not take place face to face. Also, cyberbullying, by contrast, is hardly noticeable by others. As a result, we should not take revenge on the bullies because this will not ease the situation. We not only waste our time to work on such meaningless attempts, the bullies might also increase in extent and intensity, causing the problem to escalate.

Last but not least, we have to seek help from parents and teachers if necessary. Cyberbullying is a really ordinary problem among teenagers. We ought not to be embarrassed and ashamed to talk with them. This is not our fault, so we should be brave in facing the problem. We should trust the elders as they have more experience and knowledge to deal with it. Our mental health can be maintained too.

Prevention is better than the cure. We all should know how to protect ourselves lest we should be bullied. Coupled with the government publicity, I am confident to see the lessening of cyberbullying. In turn, the harmonious society will be in front of us.

Yours faithfully,
Alex Tsang
Under-eating or Over-eating? Which Is More Serious?  
- A Letter to the Editor

5E Kevin Hung

Dear Editor,

I am writing in response to an article titled, ‘Under-eating or over-eating? Which is more serious?’ This article written by the columnist, Jessica Chung, shows her opinions that under-eating is just as serious as over-eating. As a worldwide issue, she might be right, but I can't agree with her for the case in Hong Kong. Under-eating is more serious than over-eating in Hong Kong society. I would like to argue on my side from several points.

I would like to begin with the discussion about the time when Hong Kong people have a meal at lunch or dinner. Those office workers always have tons of work to do. They start writing documents, reading analyses and answering phone calls from morning to evening. There is one thing after the other once you have just finished with something. With the endless work, these office workers have to work mechanically without stop. How can they have time for a meal? The fact that these office workers being stuck with their busy work results in the exacerbation of the phenomenon under-eating in Hong Kong.

Second, social culture in Hong Kong also leads to a fad of under-eating. We have slimming courses advertisements everywhere, especially in the MTR. People in Hong Kong are obsessed with their appearance. The social culture tells you that beauty is likely to be measured by how thin you are. This culture leads people to eating less and making people stay thin as their aspiration. In my view, this really influences people’s mindset about what health is and it sets a wrong standard which results in under-eating.

Thirdly, under-eating can surely give you a skinny appearance, which contains lots of unseen healthy problems inside. As some people want to keep up to the ‘beauty standard’, staying thin triggers the problems of under-eating. Under-eating can often be sympatric and be related to serious emotional problems. People who diet excessively may suffer from distorted body image and this affects their school and social lives. Another important point is that people who are under-eating may take pills or other diet pills in order to stay thin. These distressed individuals may even have tendency to harm themselves. It is not worth staying thin and suffering from under-eating.

To conclude, under-eating is not only an issue caused by the lack of time for proper meals, but also a problem caused by the social culture. It is really a more serious issue than over-eating.

Yours faithfully,
Chris
Chris Wong
Attitude – Transforming Mistakes into Experience

5E Michelle Chan

Ladies and Gentlemen, good afternoon. Mistake is an unpopular word, but I believe that everyone must have had some sort of mistakes in their pasts. Worse still, you may even make the same mistakes over and over again. While some people neglect and do nothing about their mistakes, and thus end up with more failures, some learn from the mistakes, make changes, and become successful. From many people's experience, we can define mistakes as a double-edged sword. Whether they can become your experience all depends on your attitude towards your mistakes.

If your attitude decides how your future looks, here is a recent story which can prove the point. Tu Youyou, a Chinese medical scientist, won The Nobel Prize in medicine this year. She had a very difficult young life since it was the darkest era in China's history – the Cultural Revolution during the 60s and 70s. Somehow, she was given a chance to conduct anti-malaria research. Due to her determination, she has been working in the anti-malaria field for over 40 years. In those years, she kept studying texts about Chinese medicine, trying to extract substances to treat malaria. One day, she came across an ancient text that suggested boiling the plants with 2 liters of water and extracting a cup of highly concentrated juice and drinking it. However, it didn’t work. She kept repeating the same experiment for many times, but still nothing happened. Despite the many trials and failures, Tu Youyou didn’t give up. She believed that as long as she was determined to continue her research, she could extract the useful substance. Owing to her attitude, she learnt from her past failures and discovered that she had made a fatal mistake - boiling the plants. As the molecular structure of the plant would be damaged by the hot water, she modified her method. By using low-temperature ether, she could finally extract the effective ingredients to treat malaria, and the rest is history. While she has made a great contribution to malaria research, the medicine has saved millions of lives in tropical countries and other parts of the world. The transformation of her mistakes into experience echoes with what the German writer, Goethe, once said - by seeking and blundering we learn. Tu Youyou learnt from her blunders indeed. With the right attitude, she transformed her mistakes into life-changing experience.

But I am not a Nobel Prize winner, how can I convert my mistakes into a miracle? Last November, I participated in a violin performance. I thought my skills were good enough to give a perfect show. However, I made a fatal mistake – I lost my rhythm. As a result, I did terribly in the final rehearsal. My partner even blamed me for that. I was extremely disappointed but I decided to fix the problem. I consulted my teacher and he suggested that I practice with the metronome. I listened to his advice and improved my rhythm. I insisted on using the metronome during my final practice. As the saying goes, ‘What doesn’t kill you makes you stronger.’ I overcame my mistake and did well on the show. I even got an encore from the audience. As a matter of fact, you don’t have to be a Nobel Prize Winner to change your mistakes into experience. All you need is the right attitude.

As I have mentioned above, your attitude is a critical factor in deciding if your mistakes can be transformed into experience. So who can help us to build up the right attitude? The answer is absolutely the school, because it serves like a mirror that reflects your shortcomings. Undoubtedly, it is the place that gives us plenty of opportunities to learn from our mistakes. It is indispensable in equipping us with experience for any future challenges.

The school plays an important role in helping us build up a positive attitude towards our
mistakes. But we should take a step further, changing ourselves by converting our mistakes into useful experience. Mistake is an unpopular word, but very likely, you have already started to see the beauty of it.

Thank you
Back to Basics – Stop Relying on Technology

5E Stephanie Wong

Good morning students, the pillars of the society in the future. We are here today, in the International Youth Forum, to discuss whether technology is good for humanity in the future. With the advent of technology, you may not be able to keep count of how much you rely on technology in one day. It affects us to an extent that we cannot live without technology. Let’s stop and think, though. Is it an advantage to over rely on technology? An American writer, Kurt Vonnegut, once said “And a step backwards after making a wrong turn is a step in the right direction.” Let’s figure this out based on the old and new Hong Kong.

There was a day when the relationship between neighbors was inseparable. There was a day when we shared and talked to friends face to face. There was a day when we chatted with each other during the meal instead of continuously renewing the website on our phone. There was a day when we all excelled in doing things by hand. These were our traditional virtues. With time elapsing, these traditional virtues have been replaced by technology – smart phones, smart phone apps, housework robots and dish washing machines. I am scared. "I fear the day that technology will surpass our human interaction. The world will have a generation of idiots." Why don’t we pick up what we should normally do and stop passing the responsibility to technology? Why don’t we say hi to friends face to face and stop typing it via mobile phone apps? Teenagers, listen. You have a part to play in the community. The future is in your hands. If you are still not willing to keep an eye on the problem, the fact that people are over relying on technology, a fiasco will happen. Conversely, if you notice this alarm, and start righting the wrongs, there’s still hope.

Creating a future is not one man’s business. Don’t let technology dominate our life. Let’s go back to the basics, and go cycling in the park, not on a machine. Let’s go back to the basics, and play games for real, not on a phone. Let’s go back to the basics, and smell the fragrance of the flowers from the countryside, not from the perfume. Let’s go back to the basics, and be loyal to your own. John Major, the former British Prime Minister, once said, “It is time to return to those care values, time to get back to basics: to self-discipline and respect for the law, to consideration for others, to accepting responsibility for yourself and your family, and not shuffling it off on other people.”

You are a new era of youth. Don’t blame it on your parents and the times they belonged to. It is your time. It is your time to create a future with no one over relying on technology. I would like to see the day when we all will find what is essential for human life. Thank you.
Sometimes, Betrayal Is for One’s Own Good!

SE Natalie Cheng

Dear Diary,

I read ‘Julius Caesar’ for my drama class today. In that play, Brutus betrayed his best friend, Julius Caesar, for the good of the country. It reminds me of something. Looking at the photographs again, I think of my best friend – Mary.

Mary used to be my best friend. Sigh. I wish she still were. Frankly, she has all the attributes of being a good friend, if not a buddy for life. When I freaked out because of my poor academic results, she was always supportive and backed me up. When I was looking for solutions, she’s the only one that I always turned to for advice. Beyond doubt, her advice was definitely more constructive and applicable than anyone’s. She’s the source of happiness in my life, spreading plentiful positive messages every day, everywhere. We spent our holidays together. Sometimes we gallivanted around, watched a film or even had girls’ talk at home. Everything’s made interesting because of her. Suffice it to say, Mary is the one that I cherished the most in my life and I didn’t want to lose her.

Dramatically, everything changed when Mary was assigned to a different class. She started to gang together with the low achievers at school. She skipped classes, drank beer and I even saw a tiny tattoo on her right arm. I was really flabbergasted about her mischievous behaviour. One day, the gang bullied a girl whom they suspected of bird dogging Mary’s boyfriend at recess, but no one had the guts to say a word. They threw all her books award, tore all her worksheets and I finally realised that as Mary’s good friend, I had to do something. I tried my utmost to persuade Mary, but I knew it would be in vain as she was a feisty girl. As expected, she flew into a fury and wanted me to stand on her side. The most thrilling thing was she told me to join them in condemning the girl’s unethical act. I also know the girl and I believe she’s not that kind of person. At last, I didn’t. Day in and day out, her bad behaviour was getting more unacceptable. I really wanted to correct her. Having witnessed so many bad things she’d done, my last resort was I decided to tell all the truths to the teacher.

Of course, I had struggled for a long long time. If she had listened to me, I would not have had to take this step. I couldn’t betray my conscience. Seeing my best friend poke fun at others was unbearable to me. I didn’t want to see my dearest friend become a devil. I knew that she didn’t want to take anyone’s advice, not her parents’, let alone mine. Friendship could be fickle and fragile. If I told her what I was about to do, our friendship would be irreconcilable. But if I didn’t tell the teacher, that wouldn’t benefit her. It’s such a difficult decision to make! Finally, for the sake of Mary, for the sake of that classmate and others, I betrayed her. The gang, including Mary, was punished.

From that day on, as what I had expected, she ceased to be friends with me, but I still believe what I have done is absolutely appropriate.

Night,
Natalie
Dear Editor

In this day and age, people attach importance to physical beauty. Owing to people’s obsession with beauty, having cosmetic surgery has become a prevailing phenomenon. Cosmetic surgery has, therefore, become a multi-million dollar industry. Truth be told, pursuing beauty is not a crime. A pretty face can increase one’s confidence and improve self-esteem, if not change one’s life. However, news about unsuccessful plastic surgery is heard all the time. The phenomenon of people neglecting inner beauty, be it personality or morality, is worsening. Is physical beauty more important than inner beauty? Is it even equivalent to health? I am, therefore, writing to express my views about this situation.

First and foremost, I agree that appearance does affect our life. Someone once said, “Your face, your fate.” In reality, it is sadly true for some jobs. For example, having a pretty face is beneficial for being insurance agents. Looking attractive can boost their competitive edges because customers may be attracted to listen to their product promotion. Other than insurance agents, artists also need to look good in order to favour their career development. Under these circumstances, physical beauty becomes a weapon to win over others. That’s why people start being obsessed with their appearance – for their occupation.

Moreover, there are advertisements everywhere ingraining the idea of constructed beauty into our mind day-by-day. The standard of beauty keeps changing since different kinds of beauty treatment and weight-loss programmes promote perfection. People, especially females, start caring about their appearance. Women are susceptible creatures. Being brainwashed about perfect body part like V-shaped face and double eyelids, they easily feel compelled or tempted to spend money on cosmetic surgery.

Doubtless, physical beauty plays a significant role in our life. Nonetheless, it should not be the only thing we focus on. Inner beauty and health also deserve our attention.

To start with, health should take priority over physical beauty. Cosmetic surgery, after all, is a medical operation that is not 100% safe. Often times, there are news reports about people having side effects or long term problems owing to unsuccessful cosmetic surgery. Facts speak louder than words. The unsuccessful cosmetic surgery left Marilyn Leisz, a New Jersey woman, unable to close her eyes for 6 years. She has problems in showering and sleeping, let alone working. Evidently, the consequences of a failed surgery can be far-reaching. Had she not had the surgery six years ago, she would not have needed to experience such a nightmare now. She chose to take the risk to her health while the outcome is never predictable. There is no guarantee and here comes the bone of contention - Is it worth taking the risks of being damaged just for a little change in your appearance? On no condition is health unimportant. Our appearance can be improved by make-up or clothing, but when it comes to health, there’s nothing but to cherish it. Not all the consequences or side effects can be preempted. Health should not be something we sacrifice easily.

Other than health, real charm comes from inner beauty but not physical beauty. “Beauty is not about the fairest skin. It’s about the purest heart.” Yu Mo-lin, a Hong Kong actress, has an
unappealing appearance. She usually acts as minor characters; even so, she doesn’t care about it. Not only does she work hard in her acting career, she also does lots of charity work. In 2005, she donated money to Guizhou Province to build a primary school named Yu Mo-lin Hope Primary School. Being such a kind person, she has gained popularity among people from all walks of life. Having good personality does merit others’ sincere appreciation. Without an enticing appearance can also be noticed and admired by your kindness and inner beauty. It’s where we should focus on.

Pursuing physical beauty is our natural instinct. However, we should not be uncontrollably obsessed with it. There are many things for us to care for. Confidence does not solely come from our appearance. What’s inside is the most important part. It’s where we can truly change our life.

Yours faithfully

Chris

Chris Wong
Cosmetic Surgery –
Think Twice before You Make Your Decision

Dear Editor

Controversy over obsession with physical beauty has sparked intense discussions among people from all walks of life. Some people assert that possessing a beautiful face puts one at an advantage in job hunting, especially in this competitive society whereas others point out that inner beauty is more important than physical attractiveness. It is no doubt true that physical beauty can raise our self-esteem and make us more confident. However, when carefully scrutinised, such so-called beauty highly glorified by others does not last long. After all, it is not as essential as we thought and it is not worth undergoing cosmetic surgery.

First and foremost, one’s ability and attitude are more crucial than appearance. We all want to be beautiful because it allows us to gain a lot of appreciation from others. What’s more, being beautiful also brings us job opportunities particularly in fields like public relations, entertainment industry, etc. However, real success is not achieved through appearance, but one’s ability. Real success also comes from one’s hard work and intelligence. Take Stanley Cheung as an example. He is one of the survivors in the 1996 Pat Sin Leng wildfire. Despite being seriously burnt, he believed that under no circumstances should he give himself up. He worked hard and tried to maintain an optimistic outlook to pursue his dream. Now he is a successful person. Not only was he elected as one of the Ten Outstanding Young Persons, he is also the author of three popular books. From this example, it shows that our fate can actually be destined by our ability and attitude in life, but not appearance.

In addition to ability and attitude, cosmetic surgery is not worth trying because of its potential danger on one’s health. There is a plethora of advertisements about cosmetic surgery and its advantages. That celebrities being spokespersons of the advertisements or other relevant products makes it more appealing. Sadly, young people may lack independent and critical thinking and be misled by those advertisements. Susceptible young people may just follow what celebrities do and believe that cosmetic surgery can help them become beautiful and confident. However, the fact that cosmetic surgery may bring about side-effects, if not death, is never mentioned. Wang Bei is a typical example to illustrate. The lovely lady was having a promising career as a singer in China. Unfortunately, she died during a routine plastic surgery procedure in 2010. This, together with many other unknown cases, attests to the notion that cosmetic surgery is not safe and hence it is not worth trying.

In addition to the potentially dangerous outcomes resulting from undergoing cosmetic surgery, inner beauty is, in fact, more important. It is no doubt true that physical beauty leaves people a good impression and that it also boosts one’s self-esteem. However, such good impression and high self-esteem are short-lived. When time passes, one’s appearance will change and one will not be satisfied with it. On the contrary, inner beauty is long lasting and it can be enriched through different ways. The more one experiences in life, the more beautiful he / she is inside. One may learn the social skills in how to get along with different kinds of people. One may also learn the importance of being humble in life. As a result, self-esteem can also be boosted and physical beauty is definitely not one of the means. Therefore, it is more necessary to have a decent inner beauty.
Last but not least, we should also treasure our body. Chinese people believe that every part of us comes from parents. Cosmetic surgery, which intends to change one’s appearance, definitely gives a message to parents that the younger generation is unhappy with their appearance. Parents may then be depressed as they may feel bad to have given their children an unattractive appearance. Therefore, not having cosmetic surgery is not only for the sake of one’s health, but also respect for parents’ feelings.

It is not appropriate to solely focus on appearance. Cosmetic surgery, without a doubt, can attract people at first glance and gain a lot of appreciation from the public. However, it does not last long. It is time for the public to put aside emphasis on physical beauty and give inner beauty a higher priority. No one is perfect! To change the fate, one’s ability and attitude are the ways out, but not appearance!

Yours faithfully

Chris

Chris Wong
Dear Editor

We all want to look attractive. We all want to look into the mirror in the morning and see a beautiful face smiling back at us, because physical beauty is an obvious reason behind our self-confidence. It is physical beauty that puts us under the spotlight. It is physical beauty that determines the first impression that we make in others’ memory. It is physical beauty that grants us the possibility of the romantic ‘love at first sight’. Good looks, as it seems, are tickets of a train going to a better world, and yet, it is also physical beauty that blinds us from so much more.

Ever since the invention of cosmetic surgery, it has been becoming more and more prevalent in a scale so great that it is now a multi-million dollar industry. The reason behind this trend is manifest – the grass is always greener on the other side of the fence. In this age of comparison, we never look good enough. When your friend has a higher cheekbone or longer eyelashes than yours, you want to look like him or her, while your friend, just like you, might want to be somebody else with a higher nose or pinker lips. There is no end to people comparing themselves with others, since the top of the hill is yet the bottom of another mountain. That is why people keep doing cosmetic surgeries – they never look ‘good enough’. What, however, does looking ‘good enough’ actually mean?

‘Everything has beauty, but not everyone sees it.’ This quote from Confucius implies that everything is beautiful in its own way. Watch any river and you can see the clear waves or the filthy dirt. Grab any piece of wood and you can see the amazingly detailed patterns on it or the ragged rough surface. It is the matter of attitude. Everyone has beauty just like everything does, but again, not everyone sees it. Everyone is uniquely beautiful in their own way, but again, not everyone knows. Thus, not only does Confucius’ words show us that everything has beauty, but it also tells us that simply by being appreciative and grateful, we ALL look ‘good enough’.

Facing the social values, the fact that physical beauty is critical to us is, indeed, irrefutable. However, other than physical beauty, we should also focus on inner beauty to which people pay less heed, because the latter is no less influential, if not more important, than the former.

To start with, the power of inner beauty is accurately explained by this quote from Roald Dahl. ‘If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely.’ True enough, inner beauty somehow leads to physical attractiveness, but it doesn’t work vice versa. When a good looking person drops litter in inappropriate places, we usually do not like that person. On the contrary, when a normal looking person helps the needy, we tend to like that person. What Roald Dahl was trying to tell was that inner beauty can indeed be the cause of physical attractiveness while physical beauty is so much shallower.

Frankly speaking, if you have inner beauty, you will not need physical beauty anymore. Inner beauty can serve us as well as physical beauty can. Inner beauty gives us self-confidence the way physical beauty does – by putting us under the spotlight, leaving a good first impression in others’ memory. Susan Boyle is a good example to illustrate. She is a middle-aged British woman who is not physically attractive. However, she never gave up her dream in being a professional singer and she finally could impress the world not with her appearance, but her genuine attitude in pursuit of her
dream. Good looks may be tickets on a train going to a better world, but had we not paid all our attention to how to go to the so-called better world, we would have noticed that the world where we are living in right now is already ‘good enough’, if we see it the way we should.

After all, beauty, be it inner beauty or physical beauty, does not matter as long as we are happy. A smile helps us look better both on the inside and outside – it is the best makeup we can wear. Who could be not the most attractive and beautiful when he or she is smiling?

Yours faithfully

Chris :)

Chris Wong
Dear Editor

Controversy is raging over the restrictive policy that a university professor is going to implement in her class ‘in order to have the best of class time’. It was said that students’ mobiles are to be temporarily confiscated before the class and returned afterwards. Some, as supporters of such a policy, claim that it will annihilate the distraction to students brought by computer games, social networks, and the bottomless yet meaningless messages that they receive. Some others, however, think of the policy as freedom-infringing, or even absurd. Although this policy of the professor may seem feasible to improve students’ self-control, such a thought is only skin-deep. Not only is this policy ineffective, it also largely infringes students’ freedom during the lessons. Keeping students from using mobiles or laptops during classes is basically not what a professor should do to have them pay rapt attention in class.

First and foremost, the aforementioned policy is ineffective, if not infeasible. It is beyond doubt that the aim of such a policy is to remove the distractions from mobile and laptops so that students would pay closer attention to the class. Although this policy is implemented for the students’ own good, some of them, often the most rebellious ones, would insist on not listening to the professor. If students do not want to be truly present in the class, they may do all sorts of things to achieve their intention and, at the same time, maintain their attendance. For instance, they could put an old and used phone into the envelope provided and save their currently-in-use mobile phone from being temporarily confiscated. Other than that, distractions exist in a lot of different varieties. Even simple things such as novels, sketch books, or even calculators with gaming programme input can be the reasons why students keep looking beneath their desks. The policy suggested by the professor is ineffectual as students would still be distracted from the classes, although by different sources.

Besides the infeasibility of the policy, it also largely infringes the freedom of students. Note-taking exists in various ways, including jotting down words with pen and paper, and typing important points on a computer. Note-taking is supposedly a fast and effective way to prevent students from forgetting important points. Aiming to be quick enough, some students who have slower writing speed may turn to taking notes with laptops. Those who have got used to taking notes with laptops may find it hard to adjust to using only pen and paper after the implementation of the policy, and their right to take notes the way they like is infringed. On the other hand, mobile phones are created to facilitate communication. In cases of emergency, one can be swiftly informed through the use of mobile phones. If an urgent matter concerning the close acquaintances of the student happens coincidentally during the 3 hours when his/her phone is taken, the student may not be informed on time. They may be ignorant to the incident, be it urgent like an accident or simply important. Simply put, the policy that the professor is going to implement breaches the basic freedom of students and, thus, may disturb their learning habits, resulting in lowering efficiency, and even their personal life. This is, for sure, not what a professor has the right to do.

Apart from only picking out the flaws of the policy, we should also focus on why such a policy was suggested. Observably, students are often using their mobiles and laptops for inappropriate uses, which has caused such a policy to be suggested. To remove the distractions and create a more concentrated class is the reason for such a policy. From this, it is evident that the problem is also with
the students, not only the policy itself.

Students should not abuse the freedom that they were given to use their mobiles during the lessons. Often, if freedom is abused, it is eventually taken away. Had the students not been distracted by their mobile phones during classes, such a restrictive policy would not have been implemented. The professor had her own reasons to suggest the policy. As students are often distracted by video games, messages or social media provided through mobiles and laptops, they do not pay attention to what professors say during the classes. The policy is to help students concentrate, thus ensuring they learn what they should, and make sure students respect professors. It is, therefore, understandable for the professor to implement such a policy.

However, she had chosen the wrong way to control the dynamics in the classroom.

There is another way to achieve what the professor wants to do so. She should try to gain respect from her students instead of trying to control their actions. Think of your respectable favourite teacher. Normally, you listen intently to his/her words during the lessons, just because you like him/her and, therefore, respect him/her. Only when the professor is respectable is the class’s dynamics desirable. The saying that “if one cannot control oneself, others should come and control one” is wrong. Being controlled, one can never learn self-control properly. Conversely, self-control comes willingly and spontaneously. Self-control can come with respect. Students are known to stay obedient in the lessons of their favourite teachers. Last of all, to gain respect, professors can try to cater for every need of their students, including their needs of knowledge and needs of confidence. Only then will the teacher or professor be respected and the students paying closer attention in class.

While controversy is raging over the policy the professor is implementing, let us stop discussing on the surface, and go to the crux of the problem. Students have the responsibility to respect their teachers, yet it is time for the professor to think deeper, and try to gain respect from her students, instead of blindly controlling their acts.

Yours faithfully

Chris

Chris Wong
Dear Editor

Over the past decades, people around the globe have laid great emphasis on physical beauty. "A pretty child-like face but a charming full-grown figure" is the dream of every woman; while "a handsome macho with a muscular body" is the wish of all men. In this modern era, medical technology is well-developed, and cosmetic surgeries can be carried out with ease. Undergoing these surgeries, people can have better appearances by means such as reshaping eyelids, chin, etc. Undergoing these surgeries, people can have a higher self-esteem by gaining compliments from others. Nevertheless, it is also these surgeries which have made them forget an imperative fact – that physical beauty is not the only measurement to determine one person; inner beauty is indispensable indeed. Physical beauty seems alluring, yet, it is nothing but vanity when comparing with inner beauty.

First and foremost, I would like to scrutinise the values of both physical and inner beauty. With an attractive look, it is no doubt true that you will be praised by others, and hence, gain self-confidence. However, be it pretty or ugly, everyone is going to age one day. Wrinkles line the face which has once been fine and tender; sagging skin covers the face which has once been tight and firm. Despite all the charms and beauty, they will only be substituted by ageing and hoariness at last. On the other hand, inner beauty has a completely different definition. Once you are born with a kind heart and generous character, they will last forever. Inner beauty is always durable. Simply put, a beautiful appearance will last a few decades, but an attractive personality will last a life time. Inner beauty is permanent, whereas physical beauty is temporary. Beyond doubts, inner beauty is more valuable than physical beauty, so people should pay heed to the former.

Being more precious, inner beauty should be the major measurement to determine a person, not physical beauty. It was once said, "Beauty is not in the face; beauty is a light in the heart." To justify this quote, Nick Vujicic can serve as a good example. Born with a rare affliction called tetra-amelia syndrome, Nick Vujicic was brought to this world without limbs. Indisputably, he has an unpleasant, if not terrible figure, yet he continued to live his life to the fullest. He has set up a non-profit organisation, Life Without Limbs, urging others with disabilities to reach their goals. Nick Vujicic is beautiful on the inside, and is often praised by others for his accomplishments. As he has a good personality, in spite of being physically unattractive, he is still regarded as a beautiful man. From the story of Nick Vujicic, a crucial message has been brought out – inner beauty is better than physical beauty.

Although I advocate inner beauty more than physical beauty, someone may have a dissenting view with me. Facts speak louder than words. In these recent months, photos of an 18-year-old man have gone viral in the Internet. The man is a Chinese male model, Liu Zichen, who has also been branded as the “Snake Boy”. He is obsessed with physical beauty and has undergone several cosmetic surgeries, culminating in having strange looking eyes and angular chin. As ironic as it may seem, he is very proud of his “handsome-looking” face and berating other people for being ugly. Not only does he have weird looks, but he also has a heartless and bad-tempered character. He attacked his opponents by calling them 'rich-hating dogs', a term that is very insulting. Moreover, he even humiliated the Taiwanese, Malaysian and Hong Kong people. In his mindset, neither the attitude nor personality is
significant, what he does care about the most is physical beauty. Being so vain, the ignorant young man has been criticised by people from all walks of life despite being good-looking. This reveals that inner beauty is the prior component of a person, not physical beauty.

Obsessing with physical beauty will only make people neglect the most essential part in their life – inner beauty. Rather than undergoing cosmetic surgeries, why not choose to see the beauty in one’s heart? Could people drag their eyes away from physical beauty and focus on inner beauty, they will discover that there are a lot of beautiful people around them, including themselves.

Yours faithfully
Chris
Chris Wong
A Betrayal of Good Intention
5F June Luk

“Chris, you really disappointed me. I won’t trust you anymore!” The voice is echoing in my mind these days.

Mary and I have been friends for four years since we have been in secondary school. Yes, 4 years is not a long time, but neither short. We used to laugh and cry together. We shared our ups and downs and understood each other. We acted as if we’d been friends for ten years. We even didn’t mind showing our ugliest and disgusting face in front of each other. Although Mary and I always held up to different views towards the same issue, through friendly discussions and debating, we respected each other and tried to accept each other’s views. We really treated each other as best friends until one day...

Mary came to me and whispered with excitement, “Hey, Chris! You know what? I’ve accidentally found the English exam paper! The careless Mr Smith just left it on his table. With this, we won’t have to worry about our English exam result!”

“Oh my! What are you going to do with the question paper?” I asked curiously.

“Well, I actually don’t know. Maybe just have a look at those questions so that I can answer them during the exam without difficulty.” replied Mary.

In fact, Mary always wanted to improve her English results. However, things always turned out the reverse to the way she wished. No matter how hard she studied, she couldn’t score high marks in exams.

At that time, I didn’t really support such a dishonest act, but since I didn’t know how exactly Mary would deal with the paper, I didn’t take further actions.

Days later, Mary came and asked me how to do some questions and I finally realised those questions were from the exam paper! She had been on the wrong track and decided to “cheat” in the upcoming exam. I was shocked to death as I couldn’t believe that she had made that decision. For the sake of her future, I, of course, advised her not to do this as it might ruin her moral values despite there’s a possibility of getting high marks in exam. I wanted to let her know that “honesty is the best policy”. Wanting to get high marks so desperately, Mary ignored me. I didn’t want my bosom friend to become a liar. Struggling as I was, I didn’t know if I should disclose her dishonesty to Mr Smith. If I did so, she might think I had betrayed her. Friendship? Justice? Gosh. I was trapped in a dilemma.

Remember on April Fools’ Day 2014, Mary told me that a picture which I was in was uploaded to the Golden Forum. That shocked me a lot. At first, I didn’t know what to do, so I searched for it all night.

“Happy April Fools!” Mary laughed at me after some time. It was like being awaken from a dream and made completely speechless. Although Mary made me afraid for so long, I didn’t get angry with her as we’re good friends.
I really didn’t want to lose this friend...However, I was more unwilling to see Mary as dishonest. So I decided to tell Mr Smith.

At last, Mary was given a demerit point and she grumbled about my betrayal of her.

“Chris, I trusted you. Why did you betray me? I found some good things and wanted to share them with you as we’re best friends. I thought you would like it, but you just failed my trust in you. Chris, you really disappointed me. I won’t trust you anymore!”

Similar to Brutus in “Julius Caesar” by William Shakespeare – betraying his best friend for the good of the country. Yes, I betrayed Mary, but it’s not for my personal interest. It’s for her own sake. Until now, I have no regret.

I really miss our old days, Mary. If you demand my apology, I’m willing to say “I’m sorry”. Hope that one day, you will understand my intention and be my best friend again!
Dear Editor,

I am writing to express my concerns about the growing trend in cybercrimes. As the number of cybercrimes increases, more and more people fall prey to these cybercriminals and suffer catastrophic loss. As a consequence, the lay public should know how cybercrimes actually work, and more importantly, how to avoid being a victim of cybercrimes.

One of the most common cybercrimes is hacking, which is usually committed through data theft from the Internet. There are one million people suffering from hacking per day. The reason why hacking is so popular is that the advanced hacking software keeps evolving every day. Also, hackers nowadays no longer work alone. On the contrary, they are experienced and organized professionals who often cooperate internationally. These hackers usually steal the victims’ information via unsecured websites or from computer viruses. After that, the hacker will use the information to log into the victim’s accounts such as bank account, resulting in malicious financial loss.

In order to prevent oneself from being hacked, computer users should focus on the security of their computer. For one thing, never open an unsolicited email as it may carry a computer virus that can infiltrate your computer unnoticed. Also, enter your personal information only on an encrypted website, which can be identified by a web address starting with https://, and thus prevent the information from being intercepted by a hacker during transmission. Finally, install up-to-date anti-virus software on your computer to safeguard your information from hacking.

Another common cybercrime these days is cyberbullying. Different from hacking, cyberbullying is a cybercrime where everyone could be the victim or the criminal. Cyberbullying usually happens on social platforms, where the victim receives threatening messages, posting the victim’s embarrassing information, blocking the victim’s account or other behaviors that are meant to insult or isolate the victim. The victims of cyberbullying often suffer from psychological problems, such as anxiety, depression, and even suicide under the pressure. Therefore, avoiding being cyberbullied is important to any computer users. First, privacy is the key to preventing cyberbullying. Think twice on whether you want other people to have access to the information you post online before posting it. Secondly, always be polite and respectful in the online community. Put yourself into others’ shoes and think of others’ feeling. Finally, in case you become a victim of cyberbullying, do not hesitate to contact someone you trust.

Increasing our awareness about cybercrimes is a very important step nowadays. If we have the sense to prevent cybercrimes, we can prevent ourselves from being the next victim of cybercrimes.

Yours faithfully,
Chris Wong
Invading or Protecting
6A Alan Pong

In this time and age, “Privacy Right” has long been a heated debate in Hong Kong. In the conventional Chinese society, parents are accustomed to the idea that ‘invading their privacy is sign of protection’. Kids under such tough situations claim that their parents have gone too far. Desperately, privacy infringement is exacerbating. Under no circumstances should parents be entitled to the right of invading privacy, reasonable care and protection is the only way out. Recently, complaints from several friends have caught my eye on this debatable issue. As far as I am concerned, parent’s worries are not groundless. Given the above controversy, as a teenager, I deem that parents ought to strike a balance between ‘invasion’ and ‘protection’. My passage is a manifold concerning reasons supporting my point of view and also from different perspectives.

“What skeletons are they hiding in their closet?”is the most common question asked by parents. Assuming that most teens have been through this situation, their daily schedule is under constant supervision. Many complain the supervision is a kind of harassment, some may even think that this is an act of invading privacy, and puts a strain on the relationship. To understand the motive of parents, we should put ourselves in their shoes. Protecting their loved ones and safeguarding them from dangers are the responsibility of parents. All they are trying to do is to provide us with a healthy and safe environment to blossom. Youngsters are sometimes not mature enough to plan their schedule. So, instead of blaming our parents, why don’t we try to understand their intention?

Other than checking their schedule, my friend claims that his parents constantly check on their academic result, which he takes as an aggravation. It exerts pressure on him, especially in this fast-paced city and cut-throat competitive examination system. This worsens teens’ spiritual life and suffocates growth. Let’s be honest, why would parents want to hinder the growth of their child? They do it because they care. Knowing that achieving excellent academic results is the only way to get admitted to university and climb the social ladder, parents use every means they can to help their child gain an edge over their peers. Parents are just showing care and support and the complaint is totally unreasonable.

Parents always provide the best for their children. Sadly, for the past decade or so, most children take all these resources for granted. They take all the caring and support of parents as an invasion to their privacy. What teenagers should do is to learn to be grateful and thankful to their parents, for what they have done and sacrificed for them. If teenagers have put themselves in their parents’ shoes, they will no longer see parents’ act as invasion but protection.

In short, what is the most important element of a harmonious relationship? No one will deny that communication is the bedrock of a harmonious relationship. Yet, parents’ right remains a high priority for human. Above all, respect and understanding are indispensable elements for establishing the sense of trust through constant interaction. “Invasion” and “protection” are never mutually exclusive. Only if we strike a balance between parents’ protection and teenagers’ privacy right, can we build a relationship with mutual trust.
Zero Tolerance on Corporal Punishment!

6A Justin Wong

Recently, there has been a hot debate on corporal punishment. Corporal punishment has always been a controversial issue. The typical argument supporting corporal punishment is having a deterrent and an immediate effect on wrongdoings. While the counter argument against it is that it will have lifelong damage on teenagers physically and psychologically. Being a teenager, corporal punishment worsens parent-child relationship. In the following essay, I will express my opinion on this debatable issue. The reasons against corporal punishment are threefold.

Let’s be honest, corporal punishment worsens parent-child relationship. Love and care is the bedrock of an intimate and trusting relationship. Corporal punishment involves violence, which may permanently leave physical and psychological scars on children. The seed of mistrust will then grow like a weed. In the long term, corporal punishment will eventually tear the parent-children relationship apart. Would you feel bad when you are beaten by your loved one? As far as I am concerned, corporal punishment will lead to a cold war between parents and children.

To call a spade a spade, corporal punishment causes a vicious cycle and harm children’s growth. Puberty is the period that teenagers are building up their self-image and self-esteem. As the closet companion of them, parents, are the role model to teenagers. If parents employ corporal punishment to correct their wrongdoings, not only will it break children’s heart, it will also mislead them that violence is the only-way to eradicate a problem. Once they grow up, they will resort to violence in order to educate their child, which may start an immutable cycle of violence.

Furthermore, corporal punishment will also destroy children’s childhood. Childhood should be delightful, if not the most relaxing time in our entire life. As far as I am concerned, children should relish every moment of their childhood. Yet, corporal punishment will be a stumbling block to refrain children from enjoying their time. Recently, a case of domestic violence has come under spotlight in Hong Kong. Mary, who lived in a family of violence and punishment, suffered from depression and committed suicide. She has never enjoyed even a minute at her home. From this case, we learn how corporal punishment can destroy one’s childhood.

In a nutshell, corporal punishment causes devastating effects on teenagers. Not only does it worsen parent-child relationship, it also harms teenagers physically and mentally. To make matters worse, corporal punishment creates a vicious cycle. As a teenager, corporal punishment should not be encouraged. Instead of corporal punishment, why don’t we praise and rewards our kids to address the problem at its roots?
Saving the Crying Planet
6A Tiana Tsang

Can you imagine one day you have to live in a place with heavy smog and fumes, to drink dirty water and to breathe seriously polluted air? Due to the destruction humans have been making on the earth, our environment is getting worse and worse. Global warming is also causing serious climate change. In order to save our planet, everyone should bear the responsibility. Hence, our school has proposed a green initiative, the canteen is going to start using recycled, reusable food trays starting from next month and students will need to bring their own cutlery to the school canteen for lunch every day.

Some students may challenge this new scheme by saying that the school is only trying to save money from buying disposable cutleries. However, this is not the case. The school has decided to implement this scheme for 3 reasons.

To start with, this scheme can help protect the environment. In the short term, we will produce less waste. If all the students in our school are bringing their own cutlery for lunch, the school does not need to throw away an enormous amount of wooden chopsticks each day. This new scheme provides a direct cure for the huge amount of waste we dispose of each day. In the long term, with less demand for disposable cutleries, producers may then have less incentive in producing a large amount of these environmentally unfriendly disposable products, thus leading to less trees being cut down in the world.

The school believes that the scheme also has an educational purpose. Although most people nowadays are aware of the problem of global warming, very few of us are actually taking action in slowing this problem down. The school can become a role model in this area. By practicing what we preached, we want to send all the students the message of the importance of being environmentally friendly and raise their awareness of the effects of global warming.

Finally, the scheme is also financially beneficial to the students. The school pays four dollars for each polystyrene box and disposable cutlery given to the students each day. In order to absorb the cost, the cost burden was transferred to the students’ meal fees. By asking the students to bring their own cutlery, the meal fees can be reduced, allowing students to pay less for their daily lunch.

In conclusion, the school believes that the new scheme would definitely bring about a healthy and environmentally friendly practice with no significant disadvantage shown. Let’s work hand in hand and save the crying planet through such a simple act.
Drama Night 2015 –
A Heart-popping Show Revealing the Path to Peace

6A Roy Tsang

When asked what the indispensable elements fostering beautiful human interaction are, everyone will unanimously support and reclaim that “peace” shall be the one and only answer. Yet, how many of us acknowledge the path to real peace? Drama Night 2015 provided its audience with a joyful night and, more importantly, a lesson about peace.

Our 13th Drama Night, comprised of the drama Café Paradiso and the musical Resounding Silence, which was an enchanting hybrid of heart-warming storyline, fine acting and unblemished sets and props. The show drew a full house and won ovation from many others, receiving effusive gratitude from its audience. After all, what made the show be applauded?

Speaking of which, the drama Café Paradiso did appear to be an exceedingly enjoyable play. Written by our English teacher, Mr. Edgar Cheung, the play tells the fascinating story of a local Cha Chaan Teng. Started by Mr. Pang (acted by 3B Jeremy Chu) and Mrs Pang (acted by 3B Michelle Ng), Café Paradiso was meant to be a corner where people from all walks of life could refresh themselves in a city of hustle and bustle. However, the rationale behind the café faded away as Ms Pang (acted by 4A Lau Yat Ching) took over the family business. As the story unfolded, Ms Pang gradually recalled Mr Pang’s teachings which once left a deep mark upon her. The café was then turned into an earthly paradise where everyone could shower each other with the joy of acceptance and generosity. In Café Paradiso, milk tea, a drink comprising a mixture of strong black tea and creamy milk, appealed to all sorts of people. The secret behind, was never too hard to perceive. ’When different ingredients embrace one another, something beautiful happens,” Mr. Pang said so, the fragrant concoction is a metaphor for the human condition. When we achieve mutual acceptance, peace descends upon all of us.

A combination of solid essentials leads to the profound success of the drama. The beautiful set and props (designed by Masao Wong 5A and Joey Man 4C), creates a real-life scenario for the stage production. Ranging from the background plate, the bar, to the signboard of the café and the menu on the wall, everything in the Cha Chaan Teng, great or small, was delicately made. The stage was filled with the atmosphere of realistic local cuisine, with modest decorated interiors which evoked a nostalgic feeling of the 1950s. To the writer, such authentic sets and props were unprecedented on the stage.

It is succinct that the actors’ wonderful performance also shed light on the immense success of the drama. Each actor was worth noting, but standouts included Jeremy Chu as Mr. Pang with his milk tea theory and expression of his aspiration about the café. “This Cha Chaan Teng can be a paradise to someone”, Jeremy’s interpretation of this line vividly outlined the silhouette of a little boss with big dreams.

Following the drama was the musical Resounding Silence. At the musical’s center was the Peaceful Warriors, a five man band which aroused great enthusiasm in a city of silence. The musical tells the journey of how Jane (acted by Beverly Chan 4E) and her comrades helped the city to retrieve its lost voice.
Resounding Silence’s theme was set on Merry Ville, where music was prohibited in accord with the omnipotent mayor’s (acted by George Yip 4C) will. Yet, Jane and her band, the Peaceful Warriors, were not afraid to be the pioneers to play music at their peril. At the expense of their personal safety, they colored the city with songs. Their act was a ray of light to the city shrouded in darkness, brightening up the city. Lamentably, they were spotted by the police and eventually got busted, but this was not the end of their journey. Sam (acted by Jonathan Lee 4B), an average officer, came to his senses after crossing paths with Jane. With Sam’s gritty determination to set the Peaceful Warriors free and revive music, the band fled away from the prison. Together, they then awakened the mayor’s passion for music. The mayor’s love of music which had been frozen in amber was aroused once again. Citizens in Merry Ville were finally able to play music at liberty. From then on, the city was forever filled with music. What marked the musical out was the message brought out in it. Resounding Silence had proven that there may be a myriad of factors leading to peace, but none was more important than acceptance. It was acceptance that bonded Jane and Sam, and it was still acceptance that urged the mayor to confess the Peaceful Warriors’ faith. In this wild world we searched for peace. Nevertheless, we often forget the path to peace was always straightforward and evident, which is to accept the differences of others.

With no doubt, songs are the soul of both the dying city and this act itself. The musical did not only captivate its audience by songs from Broadway musicals, but also included many ever-green classic pop songs. It was already a feast for ears when only listening to the play, not to mention the all-time favourite numbers. Thank You For The Music from Mamma Mia and Memory from Cats. We were also privileged to enjoy Eagle’s Desperado, Michael Jackson’s Beat it and Avril Lavigne’s Keep Holding On. And these are just one of the few on the splendid song list.

The most sonorous and resounding number should go to Bohemian Rhapsody. The ground-breaking great song of the rock band Queen was performed by an operatic passage and ended with a hard rock session – the choir provided the audience with breathless moments. So rich and bright they were that it was almost dazzling when seven different lines came out from the seven dwarfs. The perfect fit of the seven vocals was the best embodiment of the musical’s gist – interpersonal peace.

But the performers would not treat your eyes coldly. The fabulous crowd dance in Scene 6 took place in a prison. Actors and actresses, with their powerful moves, sparkled on stage. The entire hall was amazed when the first note of Michael Jackson’s Beat It hit the eardrum of the audience. Dancers on stage performed with batons and torches while the audience swinging their bodies with accord to the beat uncontrollably. The chiaroscuro effect achieved by the spectacular low-key lighting matched the tense scene and brought the play to its climax. The audience had no choice but to fall into this flood of adrenaline.

The drama and the musical exposed us to inconceivable new approach to peace. Remarkably, not only did the stories attest to the beauty in mutual acceptance and recognition, the show itself did so. As a member of the backstage crew, the writer witnessed the birth of this performance. From the beginning of this academic year, the audition gathered a group of talented students. Starting from scratch, the cast and crew slowly mould the many characters in the story, embodying them with flesh and blood and songs. Withstanding academic work, the team persisted in the frequent rehearsals. It is believed that the stage does not start when the light is on and the curtain is up; instead, the story started during the rehearsal, when the team encouraged each other throughout tears, when the team hugged one another before going on stage, and so on. “We believe that the key to real peace is
acceptance of others, something that our society may lack,” the directors wrote in the words to audience. Always easier said than done, but the writer could proudly showcase the team practiced what they preached throughout the production.

Drama Night 2015 came to a fruitful end. What was left behind were not only an invaluable memory for the actors and an enjoyable experience for the audience, but also a guidance about the path to PEACE.
Dear Editor,

I am writing to share my opinions on the obsession of people with physical beauty. In this day and age, cosmetic surgery has become more popular. Our daily life is swamped with enormous amount of advertisements for cosmetic surgery. Many people are willing to spend whatever it takes to maintain a youthful appearance or to fulfill their endless desire for the quest for beauty. People have over-idealized the effects of cosmetic surgery and neglect the risks and hazardous consequences.

Some people believe that cosmetic surgery is a life-changing operation since they believe beautiful people find it easier to attain their goals. Indeed, in scientific studies, eye-catching faces are found to inspire feelings of affection and care. Since appearance plays an influential role in today’s demanding world, it is undoubtedly that many people want to have an attractive appearance to arouse people’s attention and take advantage on certain situations such as given more job opportunities. Undeniably, thousands of admirations can build up one’s self-confidence and boost one’s self-esteem.

Moreover, due to the rapid evolution of medical technology, cosmetic surgery is increasingly acceptable because it is quicker and less painful nowadays. People can have glittering eyes and an alluring body shape after a few hours’ operation. Comparing to other methods, cosmetic surgery is definitely efficient and convenient with its immediate effect. The results are conspicuous. This also explains why the cosmetic industry is now a multi-billion dollar industry.

Everything has two sides. Cosmetic surgery is not flawless. The potential risks and side effects can have lifelong consequences. No one can guarantee the results and the effects of cosmetic surgery. In addition, it is common for people to develop an unhealthy obsession with physical beauty. They may keep on altering themselves until they think they look perfect. It will also create a financial burden for these people. Worse still, the flourishing cosmetic surgery industry also provides some chances to the unscrupulous beauty parlors to provide some surgery services by doctors who do not have adequate training. This may lead to facial disfigurement or even death.

True beauty lies deep within. Can you imagine a world that everybody looks alike? What will happen if we all lose the uniqueness of oneself? Beauty is not only about appearance but is also our virtue. It is crucial for people to explore the inner beauty which is eternal and permanent. Outer beauty is doomed to fade away with the ravages of time. Indulging oneself in the obsession with physical beauty is never a proper way to be alluring. Cosmetic surgery should be done for the right reasons, like people who are disfigured in accidents. Never think cosmetic surgery is a commodity, it is an operation that can risk your life.

All in all, it is unquestionable that we should not risk our life to pursue the outer beauty but to explore the true beauty which is only deep inside our mind. Outer beauty is transient but inner beauty is long-lasting.

Yours faithfully,
Chris Wong
Has Parents’ Discipline Gone to Extremes?
68 Nat Hui

While the number of young phubbers is becoming a bed of thorns, parents are making every endeavor to figure out what their kids are up to. In spite of the well-intentioned efforts of caring for their children, some acts of parents may have invaded their privacy and stirred up much controversy. Several friends of mine have voiced their counter views of how their parents had violated their privacy. Though some deemed that it is of significance necessity to check on their kids, I reckon that these related parenting styles have gone too far. Parents should show respect to the privacy of their children. My passage is a manifold concerning the aspects and perspectives of my friends and I as well as reasons to support them.

Parent-children disharmony can be caused by a basket of factors but infringing children’s privacy will definitely be a major cause. It is reported from my friend that her mother has been bugging her phone conversation with her friends through another line since last month. She was left in the dark until recently. Thinking her mother was completely unreasonable, she expressed her deepest discontent towards her mother. She deemed that under no circumstances should parents eavesdrop their children’s phone conversation on the ground that it is not only ungracious but also totally incautious of how she would feel. I am absolutely on par with her. True, perhaps it helps parents to get a better image of the status quo of their loved ones behind their back. Yet, it is in defiance of their feelings and has meddled with their privacy. Parents ought not to invade their privacy owing to the fact that you show no mutual trust and consequently let them down. Worse still, it will cause great dismay in the relationship and bring the discord to a blind alley. Invading children privacy is doomed to invite resistance from them and raise tensions. Therefore, based on the consequences above, it is utterly unreasonable for my friend’s mother to do so.

Not only are the acts of infringing children privacy detrimental to parent-child relationship, but also deleterious to children's psychological development. Another friend of mine complained about how senseless his father is for installing supervisory software in his computer. He believes his father has certainly infracted his privacy and provoked anxiety in him whenever he uses his computer. Now his enthusiasm for the Internet is fading since the software is blowing the whistle one everything he is doing on the Internet. There is no denying that his father is more or less unreasonable on this. Not only is he violating his son’s privacy and ruining mutual trust, but he is actually binding his freedom of entertainment. He totally disregarded his son’s intangible quality of life and hampered his development. Apparently, his father is very unthoughtful and unreasonable.

Now we know these actions are doing to both the mental health of children and the relationship between them and their parents. But on top of that, have we thought that these actions are actually not helping the core problem. While parents assert that monitoring the kids can deter them from misusing the technology, I deemed that it is basically papering over the cracks and the problem is not eradicated at its roots. My friend from Korea claims that she is buying a phone once she is 18 because her parents have installed a monitoring app on her phone. She found this nothing but unreasonable because her parents have infringed on her privacy. Moreover, in a bid to voice her discontent, she decided to rebel and turn a deaf ear on the app, continuing on how she would use her phone. Parents play a pivotal role in children’s life, if they are attempting to understand kids, they should deepen ties between them so that they trust you enough to tell you everything. Introducing a sneaky nonsense approach will bring nothing but a no-win situation. At the end of the day, children will still not learn
self-discipline, the parents of my friend are also senseless for not realizing the fact.

Children all want privacy, and if parents do not understand and respect that, all they will do is make children less likely to respect and trust them, and hence more likely to find ways to hide the stuff that really matters to parents. With the kaleidoscope of drawbacks of invading children privacy’s approach, it is high time to tally the cost of these approaches which has undermined parent-child relationship and do away with the obsolete snooping actions.
A Gap Year in Australia
6B Vanessa Wong

As the saying goes, we only live once. Hence, all we have to do is to make the most of our lives. As a fresh graduate, I deem that it is of utmost importance to go for what I have been long yearning for - a chance to travel around the world without any financial assistance from my parents. Therefore, I want to join the scheme of the Individual Working Holiday which allows me to trek about seeing the world on a self-sufficient basis.

The working holiday scheme materializes my dream: to broaden my horizons and enlarge my social network. For instance, by staying with the local hosts, I have a lot of chances to communicate with them. I can gain a greater insight into the local cultures and festivals. It is also a rare and precious opportunity to work with the refugees from the third world countries in Australia, which will definitely enhance my interpersonal skills.

Other than boosting my communication skills, I can be equipped with better self-management skills because staying overseas by myself pushes me beyond my comfort zone. There is no one to help me when I have to face menace. There is no doubt that parents nowadays are giving overwhelming love and care. To a certain extent, I do believe that participating in the scheme can allow me to learn to be more and more independent. I see no point in turning down such a tempting scheme. I hope to achieve my dream and improve myself by taking part in the Individual Working Holiday Scheme. I consider it a once-in-a-lifetime chance and I will grasp it tight.

If I am fortunate enough to be shortlisted, I would pick the job of picking fruit in Australia. First and foremost, picking fruit is a unique experience. As I have mentioned above, the reason I chose to join the scheme is that I want to explore the unknowns. I am convinced that picking fruit will be a more eye-opening job than waiting tables is in Hong Kong, a concrete jungle, where we can barely see an extensive plot of land filled with fruit and farmers or workers collecting fruit. Picking fruit can also bring me a greater global vision than working as a waitress. Even though being a waitress may give me an opportunity to socialize with people from all walks of life, working in the Australian agricultural industry enables me to take a glimpse at the production line and the manufacturing procedures.

There are a few possible difficulties that I may encounter when going on a working holiday on my own. To start with, there may be opposition from my parents as they may be worried about my safety. My parents may not be fully supportive because I will spend a whole year being away from home.

Getting used to a different lifestyle may also be one of the obstacles of having a sabbatical year. There are sacrifices that I have to make before going on a working holiday. For example, I have to start working a year later than my other classmates. As a fresh graduate, I deem that the most challenging point is to work my fingers to the bone.

Having self-discipline is another tough task. It is a common phenomenon that young travelers may end up becoming party animals or doing nothing, which means they get deviated from the original purpose and expectation of the scheme. I think it is vital to strike a balance between entertainment and work.
These are the difficulties I may face during the journey. Moreover, I think that it is worthwhile and I will strive for the best of me so as to make the trip as rewarding and fruitful as possible.
Dear Editor,

Recently, a video about a vulnerable student being spanked and forced to kneel by a teacher has gone viral on the Internet. It sparked off an outcry and showed that the public are accustomed to corporal punishment. It is no exaggerations to say that most of us in our generation have suffered from corporal punishment especially when we were kids. The concern today is over whether corporal punishment should be allowed or not. Such phenomenon is not something to be ignored and we should not turn a blind eye to it. As a parent, I am writing to express my opinions on this issue and hope to persuade those who give rise to the phenomenon to abandon the use of corporal punishment.

It is understandable that corporal punishment is perceived as an effective and immediate way to educate students. Not wanting to be spanked, most of the students will spare no pains to behave well and live up to their parents’ or teachers’ expectations. In other words, they are living in threats and despair. Is it the only way out to nurture a well-behaved student? Let’s put ourselves into students’ shoes. Could we lead a healthy and blissful life with corporal punishment? Is that a way of loving our future?

First and foremost, corporal punishment can trigger numerous adverse effects. Psychologist H. Stephen Glenn once said, “Corporal punishment is the least effective method of discipline, it reinforces rebellion, resistance and revenge.” For many susceptible children, the initial reaction and impression of being scolded or corporal punishment are anger, rebellion or resentment, but not guilt nor reflection. Youngsters may be led astray and vent their anger towards their classmates. Worse still, it can foster criminality and juvenile delinquency and anti-social behaviors, which stem from distorted value inculcated by parents. Under no circumstances should violence be the remedy of any problems and parents should take the initiatives to do away with this thought.

Apart from the backfire that corporal punishment may cause, it is also a scourge to youngsters indeed. While some parents and teachers are prone to the thought that corporal punishment is feasible solution to behavioural problems, some spank victims on a sudden impulse and without consideration of the consequences. Merely do they know a little spank can leave lifelong trauma or life-long scars behind the veil. All have the rights to protect their physical integrity and there is no reasons for us to harm and leave a permanent devastation on them. Worse still, to a certain magnitude of the problem, victims may commit suicide in a very desperate and helpless state. The more corporal punishment, there is the more pessimism will be instilled in youngsters’ minds, we should not put their lives at stake but devote more love and care. Alternatively, we could guide our children with patient parental guidance.

Last but not least, corporal punishment strains the relationship between children and parents or teachers. A recent survey revealed a state that the major factor contributing to this phenomenon is that the parents themselves suffer corporal punishment in the same way they treat their children. It proves that corporal punishment attributes to a vicious circle, which definitely cast a shadow over their children. Wanting their children to strive and excel in different fields, tremendous pressure is exerted on the children as parents hope they can be at an advantage over others. Consequently, not
much love and care is devoted to nurturing their kids. Parents and teachers are undeniably struggling to find ways to combat students’ behavior, but hurting them is not an excuse for loving them, because love should not hurt. Corporal punishment would do more harm than good. We should not punish our children at the expense of the bonding between the two parties.

It is high time for us to ban corporal punishment for our students’ own sake. They are the pillars of future society and we should not pose a menace on it. However, if the trend is not reversed, how can we lead a harmonious society? Little calling for a halt to such a trend may appear to be hollow talk, but all I wish is the government can combat corporal punishment with legitimate law, so that such an abusive deed can be reduced, if not eliminated. With our joint efforts, I sincerely believe that corporal punishment will cease to be a problem and it is a big step to a society with happiness and laughter.

Yours faithfully,
Chris Wong
A Gap Year in Australia
6C Winifred Chan

Contrary to most of Hong Kong working class, I reckon I will wake up every morning looking forward to going to work during my working holiday. There is a myriad of reasons for taking a sabbatical leave.

First and foremost, I can explore a new country, embrace the new lifestyle and the whole experience facilitates cultural exchange. The majority of the people I meet in hostels or along the trip will be from all walks of life. When communicating with them, I will be told fantastic adventure stories from friendly and interesting people. Also, by taking up employment in an overseas country, I obtain the personal experience on the local festivals and knowledge of the food culture.

Secondly, the working holiday experience adds extra bonus to my portfolio. Some transferrable skills acquired in the job make my resume more convincing. What’s more, I can utilize these skills such as interpersonal skills, time management and problem-solving skills to my future career. Interacting with people from foreign countries can enhance my English proficiency. This can be especially helpful in my future when I need to cooperate with work partners from multinational companies.

In terms of cultural exchange, the parties and parades and mouthwatering food from the local gourmet markets and eateries comprise an important part of the working holiday experience. I can take a break during the gap before enrolling in college or before entering the labour force.

We the post-90s are named ‘Hong Kong Kids’. Actually, we can be as committed to our job as the post-70s. The scorching sun, a temperature of 40 degree Celsius, the clouds of dust, the hovering flies are all the possible physical challenges that one can imagine working on a farm. I am confident that I can manage it well. I hope I can prove that this generation has the same adaptability as the older generations do and we can live without the warm cocoon of our families.

As far as I know, the most embarrassing situation is the discrimination, both deliberate and unintentional. Living in a strange land, it comes as no surprise that we will encounter culture shock. Sometimes, you find the customs, traditions and beliefs offensive to ours. For example, racism or bias on female employees may create bad feelings especially when you have to face all these by yourself.

True, the working holiday develops my global awareness and pushes me beyond my comfort zone. I may suffer homesickness and have a feeling of disorientation. Being apart from my family makes me upset and it takes time to adapt to the new environment. But I am sure I will prove that the sacrifice is worth it and I will become a stronger and more capable person in one year.
Can Integrity Exist by Itself?
6C Joey Yuen

Good morning ladies and gentlemen. Have you ever imagined living in an earthly paradise, where crime is nowhere to be seen, and the whole society is imbued with a harmonious ambience? True, this idea of an authentic utopia may seem ludicrous. Yet, is it really impossible? As the proverb goes, “where there is a will, there is a way”. This idealized society is not unachievable, given that everyone practices integrity. Deplorably, hardly can integrity exist by itself, without the assistance of 2 Ss, which are statutes and surveillance.

We human beings have been in fervent pursuit of a utopia for hundreds and thousands of years. Some two thousand years ago, Confucius proposed creating a harmonious society through universal education. It is claimed that education can awaken our inborn yet postnatally neglected integrity. When integrity permeates through the entire society, people will self-consciously behave themselves, making rules futile. Lamentably, there have not been any successful examples even in the era which Confucius lived in, let alone the modern age. This implies that merely advocating education is not adequate for maintaining integrity.

A medical blunder of the indigenous beauty salon ‘DR Beauty’ a few years ago which lamentably caused one death can best explain why statutes are pivotal for maintaining integrity in our society. Desiring to maximize his profits, the unscrupulous owner of the enterprise promoted perilous surgeries to clients without being wary of the hideous potential risks. Due to his selfishness, a woman passed away after taking the hazardous surgery. The lack of laws is considered to be the main culprit for this deplorable incident. Though all of us possess the natural instinct of integrity, the unquenchable thirst for our own interests often blinds us from behaving righteously. And herein lies the reason for the paramount importance of statutes – to constrain humans’ desires for atrocity.

The case of the corrupted former Chief Executive of Hong Kong, Donald Tsang, can explicate why surveillance is required. Bestowed the highest authority, he abused it for his own interest. He allegedly rented a luxurious apartment owned by a mainland affluent merchant for an unconceivably low price. That he discarded integrity in exchange for material enjoyment is manifest. Though being the leader of the government and the role model of his crew, he did not pay heed to the laws. His abominable actions sent great shock waves through society.

Scandals of priests are another cases in point. In 2002, a priest from Hong Kong was accused of sexually molesting children. This irrefragably raised the lay public’s eyebrows. It is generally conceived that clergies are well-mannered and are never correlated with crime. They are pious followers of sacred beliefs and are role models for all other believers. They should abide by rules, be them set by the religion or the government, owing to their pre-eminent status. Yet, this case has proved that even people with high moral standard dispose of their integrity and commit unforgivable crimes, proving that maintaining integrity is a grueling task.

These examples particularly demonstrate that regular and rigorous surveillance is a prerequisite for an integrity-filled society. Without surveillance, hardly can integrity be pursued as defiance may occur despite the existence of statutes. Surveillance is needed to put a halt to misdemeanor.

Oprah Winfrey once stated, “Real integrity is doing the right thing, knowing that nobody’s going
to know whether you did it or not”, which indicates that integrity requires abundant self-awareness and self-consciousness that all of us lack. Statutes and surveillance complement this shortcoming of integrity to constrain our behaviors. With these 2 Ss, little imagination is needed to perceive a society imbued with integrity. Thank you.
Good morning principal, teachers and fellow students.

I’m Chris Wong, the President of the Liberal Studies Association. Today, I’m here to talk about a growing problem in Hong Kong, the ‘Hidden Youth’ problem. Hidden Youth are those who are neither in education nor employment, and spend most of their time in the cyber world. The problem of hidden youth has remained a latent problem until the rash of tragedies occurred in Yuen Long recently. Two adolescents who were hooked on video games and could not extricate themselves from the virtual world stabbed and murdered their parents brutally. These savageries have aroused the public’s indignation and consciousness towards the issue of hidden youth. It is necessary for the community to take prompt action to ease the problem. None of us should stand aloof from the issue. In fact, every member in our society has a role to play. Some of you may ask, ‘What should we do then?’ Before we jump to any conclusion, I think we should have an in-depth look at the causes and the characteristics of hidden youth.

The appearance of over-protective parents accounts for the problem of hidden youth. Living in the safe cocoon provided by their affluent parents, teenagers have low motivation to summon up their courage and integrate themselves into society in order to alleviate the undue financial burden of their families. Living under the shelter of their well-off parents irrefutably deepens their dependence on their parents. This group of vulnerable teenagers may find it hard to establish themselves properly in society especially when formidable obstacles emerge. In no way can they obtain a sense of accomplishment nor can they identify a sense of individuality. Consequently, they would rather choose to opt out of society and stay in their cozy little room for a carefree lifestyle.

Over and above that, bullying at school hurts their self-esteem, causing isolation and anti-social behavior. Being the most impressionable group, teenagers are feeble-minded and will easily succumb to peer pressure. Any minor setbacks or bullying will inevitably erode one’s self-esteem, shred their confidence and their sense of security and affiliation. On the contrary, video games give them a sense of immediate gratification and fulfillment. Once they have fallen under the spell of video games, they will no longer be able to disentangle themselves from it, and they will withdraw from all contacts with the outside world.

The emergence of the hidden youth problem can be attributed primarily to the aforementioned reasons and here are the noticeable characteristics of this batch of teens.

Hidden youth, who may suffer social phobia, shun all kinds of social interaction and are socially awkward. With social phobia, teens will have an intense, excessive and unreasonable fear of social situations, which may disturb and interfere with their normal lives, work and social relationship. With significant and persistent fear, they cannot maintain a healthy interpersonal relationship or handle a simple conversation. This will unavoidably lead them to a feeling of isolation and loneliness.

In addition, professional and social skills of the hidden youth have eroded. Being gloomy about their future career, hidden youth can easily be demoralized by challenges in life. In pursuance of a sense of accomplishment, they turn to the virtual world for their self-worth and value. They are reluctant to rejoin society and lose professional and social skills gradually.
Society must take immediate action to engage the hidden youth. First and foremost, the government should provide vocational training for skilled technical work to those who are not academically-inclined. With qualified and professional training, these teens can forge stronger social ties at work with their colleagues and to establish themselves properly in society.

Furthermore, the mass media should balance the report of news about hidden youth. Many of those reports marginalize the hidden youth, creating labels and stigma. They may be stigmatized as the source of social unrest, the financial burden to society, etc. A balanced report of news can help them shake off the labels and help them rejoin the community.

Last but not least, without your participation in tackling the problem, in no way can the hidden youth problem be ameliorated, nor can these youth acquire adequate help. Our acceptance carries much weight in uprooting the problem. Thank you.
Dear Editor,

For the past decades or so, the implementation of corporal punishment has long been a heated debate in Hong Kong. No one is immune to the above inconsiderate deed as we, Generation Y, must have experienced so. In some extreme cases, kids under such tough situation claim that those penalties may even cause them death. Desperately, corporal punishment is incessantly staged in Hong Kong. Under no circumstances should we take corporal punishment as an excuse to vent our anger on an innocent child. Given the above controversy, as a student, I would like to ponder on why the misconception of corporal punishment should be abandoned. My reasons are manifold concerning the reasons supporting my point of view from different aspects and perspectives.

For the opposing views, some agony aunts point out that puberty’s rebellious behaviour stems from parent’s hands-off approach, so, to do away with teenagers’ rebellious act, they are accustomed to the idea that corporal punishment is nothing but the only way out. However, I am by no means convinced by the above groundless claim. Undeniably I can deem that corporal punishment is beneficial to teenagers in the short run if it is done in moderation.

In the short run, corporal punishment can cause an immediate deterrent effect on juveniles. Being penalised, teenagers are informed that what they have done was a fault, which helps differentiate correct values from wrong-doings as a trial-and-error process. Furthermore, they also gain an insight into the idea that they should shoulder what they have done.

In the long run, teenagers will be inculcated that violence is the only way to judge. Parents, who inject right values into teenagers’ mental growth, act as an antimodel to their child. How sarcastic is it if your parents keep taking advantage of corporal punishment but they keep telling you we should abandon violence? As we all know, there are myriads of methods to deal with the problems we face, violence has always been an option but never be the best choice. Children may get confused about what their parents said and did. Being treated and punished corporally, teens may do exactly the same to their children ages after, which culminates in looping a vicious cycle that never ends.

For the innocent victims himself, severe corporal punishment is nothing but a nightmare for them. Being battered savagely, the tremendous trauma, both physically and mentally is prolonged. With corporal punishment, if scars were left on the ignorant child, it will definitely do a lot of harm to their outer beauty, resulting in undermining their self-esteem. But what matters more is their lifelong psychological trauma, which hinders them from communicating with others, on the grounds that they are afraid of getting battered by others.

To recapitulate, corporal punishment should never be adopted under any pretext for parents to impose their anger and discontent on children. It is everybody’s business to put a halt to damaging our future pillars of society. It is manifest that corporal punishment can be traumatic to teenagers both psychologically and physically, immediately and permanently. Joint efforts should be made to prevent the plight from exacerbating. My earnest hope is that no one will be battered against and alternative punishments will be rolled out. Sometimes, something harsh is not something that works, but care and communication are always the glue of every relationship.

Yours faithfully,

Chris Wong
Cosmetic Surgery: Is It Right for You?
6D Jason Fung

Dear Editor,

Cosmetic surgery seems to be a popular topic among teenagers and adults. Everyone knows that cosmetic surgery may change your look completely. As technology develops, the cost of cosmetic surgery keeps decreasing, more and more people undergo cosmetic surgery to enhance their appearance. People will make changes on their eyes, nose, faces, or even their breasts. But for me, I do not think there is a genuine need to put oneself under the knife in order to look more handsome or beautiful.

Truly, we cannot deny that undergoing cosmetic surgery can make one’s appearance perfect. Nowadays, teenagers always put their focus on their look, thinking that the more handsome or beautiful they are, the higher self-esteem they have. They can gain approval from peers easily if they become more attractive. Therefore, some of the teenagers who are not satisfied with their look will like to have a try. They might think that this is a fashion. They can find some successful examples showing that undergoing cosmetic surgery can really help them improve their appearance. Angelababy is a case in point. Before she had the surgery, her face was ordinary, but now she is beautiful and charming. Lots of people admire her face and would like to look like her. Thus, cosmetic surgery has become a multi-million dollar industry.

However, many people always neglect the negative effects of cosmetic surgery. The results of the surgery are not guaranteed. It can make you become flawless, but it also can destroy your appearance seriously. The famous star, Michael Jackson, is a prominent example. He had undergone more than a hundred operations. But, do people really think that he had become more handsome and attractive than before? Cosmetic surgery is irreversible, so he did not have a chance to stop, because most of his surgeries were failed. Most people may only notice the positive effects of cosmetic surgery, but always forgot the negative results. People should consider seriously before having cosmetic surgery.

Moreover, I do not think that cosmetic surgery is the only way to make a person more attractive. A person with ordinary look but a kind heart is usually more well-liked than a person with a beautiful face but an evil heart. What people should do is not continuously enhancing their looks, but try to be a helpful, kind person. Outer beauty can be important, but honestly we should pay more attention to inner beauty. If we have good personal qualities, we can also gain attractions from others without taking any risk of having cosmetic surgery.

At the very beginning, cosmetic surgery is had been for people who had experienced disfigurement through accidents or diseases to get a normal appearance again. But for now, the aim of the surgery remains, the reasons change. The injured need to run the risks of the failure of the surgery, as disfiguring appearances may greatly make them lose their self-esteem and eventually develop a psychological illness. However, if a healthy person undergoes cosmetic surgery just because they want to become more charming, I don’t think it is necessary.

A rose has its thorns. We do appreciate the beauty of roses, but people always forget the thorns of the roses are sharp and can hurt us. Everything that looks good from the outside may accompanies
with a negative side. We should all understand that the risks of having cosmetic surgery before making such life-altering decision. Only with is a genuine need, people should not put themselves under the knife.

Yours faithfully,
Chris Wong
Dear Editor,

Corporal punishment was a common practice used in education in the past especially in Asia countries. Despite the fact that the ban of corporal punishment has already been implemented in most of the countries in this day and age, there is still controversy among the public on this topic. Some people opine that corporal punishment is an immediate method and the only way to deal with disobedient kids, while others view corporal punishment as an inhumane practice which can lead to detrimental effect in the short and long run. As a social worker, I am of the opinion that corporal punishment should not be a solution in any case to nurture our children. This view is supported with the three reasons below.

The effectiveness of educating our children by corporal punishment is in question. Corporal punishment is an immediate method without the need of communication between parents and children. Parents resort to this education method is accustomed to the idea that unfavorable behavior of children is same as being disobedient and is heedless of the underlying reasons of their children’s “disobedient” action. As children have no guidance after behaving wrongly except for receiving punishment, they have no idea about what they are supposed to do. It is commonly found that children repeating the same “disobedient” behavior neglect how serious the punishment they had received. The effectiveness of corporal punishment can even come to a halt on children at the age of puberty as rebellious behavior is a notorious character of teenagers. A more rebellious action may be stemmed from such a hard punishment. It can deal a lethal blow to children’s personal growth and child-parent relationship which will be illustrated below.

The personal development of children can by no means benefit from corporal punishment. Studies are evident of the fact that children raise in a more caring and communicative family can develop to be more all rounded in terms of academic result, communication skills and leadership. Communication between parents and children can offer guidance and provoke children thoughts of different issues in life that corporal punishment has nothing to do with that. Instead, it can have the power of harm childrens’ moral value due to the violence. It may be ingrained in their mind and used for emotional expression in the face of dissatisfaction and disappointment in life. Such a violent behavior is undoubtedly not acceptable in a civilized city so that it can be a strewn on the children road of success. It is universally acknowledged that those perform better in emotional control is always at an advantage over the counterparts in the workplace. Therefore, corporal punishment can instill a wrong set of values in children’s mind which can hinder healthy personality growth and can be detrimental to their future.

A more instant negative effect of corporal punishment is the damage to the parent-child relationship. Communication is always the key to establish interpersonal relationship as mutual consensus can be built on a common issue by understanding mindsets of different people. However, not much time and effort is devoted to understanding the mind of a child when it comes to corporal punishment. On the other hand, without love in the child-parent relationship, violence becomes the communication tool which can drive the relationship to the point of no return. Eventually children can feel no warmth from parents and will gradually distance themselves.
Some parents stated that they struggle to find ways to deal with their child’s recurring disobedient behavior, especially being moody after a whole day of tiring work. Although corporal punishment may seem to be an effective instant solution to discourage a child from misbehaving in the short term, personal emotion should not be an excuse for applying such an inhumane punishment to our children. It is parents’ onus to educate their children morally and by instilling the correct set of values in their mind. Corporal punishment should never be applied to children supported with all the negative consequence stated above.

With regard to effectiveness, personal growth and parent-child relationship, it is evident that in no way can this method benefit families and our children which is a no-win situation. Corporal punishment is not only a matter for parents to reflect on but should also be concerned for the society. It is everybody’s business to stress the need for opting out corporal punishment so that government officials will join hands and develop strategies to deal with this issue. To do away with this intolerable practice, we should spare our pains to find ways to combat the deprived right of children and create a better place for our next generation.

Yours faithfully,
Ashley
Where Does Your Integrity Lie?
6D Kevin Tong

Every day, morning or night, we are living in a monotonous city, speaking in monochrome voices and walking on the path of an ordinary citizen, treating the imperceptible as commonplaces. Sometimes, you will just say, “Man, I feel like I’d puke.” Then a tingle thought crept into your mind, change. Scoring ivy-league grades, mounting the pinnacle of the world, these have been favored many; but to actually pay effort on them, rather odd to see the outcome. That is how it begins.

Probably I’m not the one, who is intrigued by the entrammeling taste of splendor and the showering of rank and wealth in the halls of fame deep down in your heart. Anyone would go to great lengths only to get a glimpse of it. My question is, which route would you prefer, the one with spikes of failure and hardship pending ahead, or the one in clover but forsaking integrity and morality? In the perspective of the mass trend of the society, the former one appears to be wiser. This simply stumbles incongruity of the notion of the easier the better. Why should one give all that he can while the latter path is just in the mild reach of your fingertips?

From my understanding, praying in the state of bland tranquility by means of abominable acts and scurrilous ploys, this is simply too plausible to be promising, but in the expense of the moral standards well-shaped in the human nature, this is absurdly out of the question. We Chinese have a saying, “We are born with integrity” Integrity itself is the virtue that has been instilled since our birth, the basis of the extant society. Somehow we humans find it ambiguous to comply with, so the founders of each nation bounded integrity into sets of rules and regulations as the purpose of keeping us to obligate in a crystal clear sense. It is said to be a standard that is unanimously acknowledged by the lay public to restrain one’s action in an act of integrity. In fact it is also a tool for governors to juggle with.

Countless scandals ringin my ears, such as the former Hong Kong Chief Executive is prosecuted for his illegal act on the misuse of power, Chinese officials being arrested for their manipulation of authority, even the former President of the United States of America, Richard Nixon, is notorious for his “Water Gate” incident. For a moment, hope stealthily encompasses my heart, but the next moment, its feeble essence manage to fade away.

The admonitory nature of laws such as Prevention of Bribery Ordinance, the Foreign Corrupt Practice Act, etc. may reveal all that glitters is not gold, that we are simply living with the façade of lies. Still, the law has proven nothing in securing integrity. To vilify our ancestors that law is only piles of words is not my intention. Words cannot explicate the true meaning of integrity. Frankly speaking, it cannot be bounded by any sets of rules.

Integrity is the quality that shapes what we are and who we are, the moral sense built up in the path of development and progress. An old adage commented by the famous philosopher Ayn Rand, “The virtue involved in helping these one loves is not the “selflessness” of “sacrifice”, but integrity. It is the loyalty to one’s convictions and values.” The law indicates the primary perception of integrity, while showing the satisfaction in fulfilling the cognitive level of integrity. Integrity should be depicted as the quality of being honest and fair, the noble and utopian goal among us all.

Integrity in your heart may seem to be an innate skill, but it won’t act upon you, just like a car, it
won’t start up the engine unless you trigger it. Same for integrity, it needs our responsibility to regulate our behaviors. One of the founding fathers of the United States of America, Washington had confessed to cutting down a cherry tree. The act undeniably reflects the genuine meaning of integrity, transcending any interpretation of explanation depicted by the law. We have long forgotten that integrity, should never be manipulated by the false claim of men, never be bounded by simplicity of words, and never be abandoned by the humanity just for the nickels and dimes.

Today, I stand here not trying to be didactic or tedious, but to stand with affirm and resolute, to raise integrity from the darkness of your sole. I see endless men corrupted by the bewilderment of temptations, trading their remaining moral integrity into the vanity of greed and selfishness. Never will it stand upon and gain. Nonetheless, what I truly see is the fundamental qualities buried in your heart, not the confinement of the rules, but the inner beacon showers upon each other in this chaotic world, that is what integrity is all about. Thank you.
Integrity Cannot Rule
6E Allie Yam

Every day we cross paths with difficult moral decisions that leads us to struggle – it’s crystal clear the uprightness and our moral beliefs should be of utmost importance, but equally succinct is that the way against them always seems easier to take. Let’s say, apply this to common situations in daily lives. Say you buy a newspaper on the way to work from an old woman of a newsstand, and later you find that she’s given you $5 more for change. Would you return it and hand her back the extra $5?

Lots of you, as I believe, would unanimously say “Yes” and return the $5 without a sense of reluctance. What makes you do so? Integrity! This universal answer applies to a wide variety of “right” behaviour. What makes people pay without a cent less in some weekend markets in Hong Kong where there are no shop assistants? Integrity. What made one of our local milk formula brands, Cow and Gate, take initiative to recall their products which were merely speculated of being contaminated a few years ago? Integrity. What makes our trustworthy civil servants avert themselves from temptations offered by the unscrupulous parts of the business sector? Integrity. What makes our civil servants avert themselves from temptations offered by the unscrupulous parts of the business sector? Integrity. Quoted from C.S. Lewis, the writer of the Chronicles of Narnia, “Integrity is doing the right thing even when no one is watching,” and back to the Ancient China, similar ideas have long been suggested by our Confucian philosopher Mengzi, believing the natural instinct of the human race has been urging us to follow “Yi”, which means all the righteous things in life. Thanks to integrity, a core moral value implanted in everyone’s heart, we humans are equipped with the intrinsic incentive to safeguard justice and uprightness, and conquer all the temptations ignited by our selfish desire. It is integrity that holds the entire society together, even without the existence of rules.

But before we regurgitate the provocative speech from our respectable philosophers and straightly give our effusive gratitude towards the highest justification of humanity, a tiny twist of scenario can spontaneously paralyze us with doubts. Back to the extra charge case at first, the local newsstand now changes to a lucrative chain store infamous for its squeezing of every cent from customers, and the amiable old woman now turns into a nasty assistant who has just snapped at you at the cashier. Would you still return the $5?

The decision is really a hard one, and this reflects the truth under the pleasant appearance – Integrity, most of the time, is just a toothless tiger.

Deplorable as it may be, yet in reality people are unremittedly enchanted by the dazzling prompts in our material life. The common practice in our society is to emphasize and maximize individual benefits, especially for those related to wealth. An old woman got all her savings stolen during a nap at her newsstand in Hong Kong. Even civil servants whom are expected to have a high standard of integrity, fall prey to the glamorous rewards time and again. While our former Chief Executive Donald Tsang was charged with misconduct for concealing the advantages received from a tycoon during the discussion for license approval, CY Leung, the current highest official seems to be following the path, has been accused of receiving financial support from an Australian enterprise. People simply have no insight for the pursuit of the higher value in life, but in turn succumb to immediate benefits without bothering with the matter of integrity.

Integrity loses its power when ordinary people forget this moral value absent-mindedly, but it
appears to be deliberately neglected when it comes to larger units. In fact, personal interest remains as the top priority for these organisations, trumping everything, even the life of humans. Striking fear into Hongkongers’ hearts, the gutter oil incident might serve as a convincing proof for this phenomenon. Despite the health risks posed on consumer, the Taiwanese manufacturers kept distributing tonnes of gutter oils all over Taiwan and exporting it to other places, including Hong Kong, for the sake of the business value. Integrity? Who cares about integrity? Integrity is just a utopian philosophy which rules nothing in our pragmatic world. And the existence of rules is the redeem for our world falling apart.

Only with rules could human behaviour be kept on the right track without any risks. The law saves the public from falling prey to greed and protects our possessions. The Independent Commission Against Corruption ensures the civil servants to take the public interest as only consideration. Speaking of the basic needs of humans, the Food Safety Ordinance is to protect our health to a large extent, stopping all the plans of unscrupulous businessmen. The United Nations, equipped with an army, serves as the last defence for global peace, mediating all the nations around the globe. You might claim all these results from the fear for punishment, infringing humanity which paths the way for uprightness in autonomy. But as integrity is being hard hit in our society, rules and regulations are inevitably the most effective substitutes. Rules, in fact, are the protection for all the rights every single of us enjoys. It is rules that ultimately secure the social order.

As integrity continues to be recognized universally, countless compliments are still given, and integrity might undeniably deserve part of them. Next time when we fall into the dilemma of honesty and benefits, and finally choose the former one, let’s ask ourselves a question: can integrity keep us on the right track all the time? Does integrity really need no rules?
Integrity – A Cornerstone of Peace and Order
6E Anna Sze

Since the United Nations was born in 1945, countries have been striving together to build a better world and promote international peacekeeping. The existence of ordinances and statutes in different jurisdictions and international bodies has proven the imperativeness of rules in regulating our society. Yet this statement is solid on a presupposition that we humans lack integrity, and in fact, we do.

Wars have erupted throughout the years after WWII in the Middle East, Corruption cases have seemingly escalated, and felonies have remained as preponderance in many places. These phenomena are of substance. Why? And what does integrity have anything to do with human improprieties? Because selfish men manifest their endless desires and untruthful intentions through heartless grinning and meaningless handshakes, and integrity is masked and hidden until it fades away without making its impact.

Being a home grown Hong Kong city slicker, I have witnessed a remarkable fight for justice last year. Little over a year before, I was standing in Admiralty, one of the business realms in Hong Kong, facing a crowd of helpless citizens who unfurled their umbrellas for self defense. During the tranquil days of the Umbrella Movement, we had noticed how orderly and civilized people behaved in the occupied districts. Without law enforcing bodies interfering with the daily operation in Admiralty, participants remained calm and self-disciplined. People volunteered to protect the commodity section instead of stealing; students gave each other a hand on their studies during breaks; tents were neatly standing without any deliberate human destruction. This scenario successfully illustrates how honesty works in practice. The mass, unlike those on the above with authority, have little to hide and believe in the essence of integrity, which vividly depicts the unimportance of rules in maintain order. Ladies and Gentlemen, anyone lacking in integrity would have a very real possibility to commit crime and disrupt order in favour of stealing during the mayhem. In a nutshell, integrity brings conscience, and conscience brings order.

While the aforementioned has proven the sway of honesty and conscience, integrity actually transcends these two. It carries a meaning of wholeness and is accompanied by strong moral concepts.

Conscience comes with rectitude. If you picture a place filled with people of mere rectitude, wouldn’t it be a utopia? Lamentably, our world is the exact opposite. Recently, there was a heated discussion among citizens in Hong Kong and scholars around the world expressing their concern on the rejected appointment of prospective pro-vice chancellor Johannes Chan, a reckoned and well respected law scholar and the only candidate for this position in the University of Hong Kong. Let me briefly introduce the issue. Professor Chan is the former Dean of the Law Faculty, and that his qualifications suffice this particular role, according to the official nomination committee. However, you may wonder why he has met with such huge resistance in his career. The School Council comes under the cloud as suspicions garner in this once exuberant city. The truth is unveiled after the whistle blowing of the chairman of the Student Union, Mr Fung, intoning the absurd and probably political reasons behind the objection. To our chagrin, from a legal perspective, nothing can be done to rectify this gaffe. No questions are needed to doubt the presence of rules in the university; yet, when formality and regulations are misused in the wrong hands, our society suffers. This arouses an
implication on whether rules are effectively keeling our society in order. In general, maybe. However, in this case, the situation speaks for itself.

We may start to ponder what solution is at our disposal to combat with such issues. Indeed, the answer is integrity. Would people with integrity and rectitude succumb to political pressure in return for personal interest while the public’s interest is at stake? Only a fool would nod in agreement. As C.W. Lewis, the author of Narnia, once said, “Integrity is doing the right thing, even when no one is watching.”

If integrity is so powerful in regulating our behavior, why is the law upheld or even at presence since began? The law earns its role and respect for a reason, in this sense, it is for those without integrity. Worldwide incidents of successful convictions of criminals serve as examples of the significance of rules. The ongoing case of suspected FIFA bribery which violates the US Federal law, the litigation of the unlawful evasion of Sudanese President Bahr being processed by the International Criminal Court, and the investigation of spurious diesel engines of German car company Volkswagen, have attested to the need of rules and ordinances. However, ladies and gentlemen, if we allow ourselves to have second thoughts, these rules exist on the grounds of the lack of integrity. In other words, integrity has no need of rules.

When we look at the bigger picture, it is unanimously acknowledged that it is of critical importance to educate our future generation about integrity as a virtue. If it takes over our world, wars would be diminished and disputes would be solved in appeasement. It is a lofty goal for all nations to possess and uphold integrity, but a little step ahead is a quantum leap in world peace. Thank you.
Listen to Your Heart
6E Anna Sze

‘You have two minutes and you may start now.’ My mind went blank in a few seconds. With trembling limbs and a hand gripping the seam of my uniform, I barely scratched the blackboard with my chalk. What should I draw?

This was the day that marked its spot in my heart for more than a decade. This was the first time I was chosen for an on the spot presentation. This was the moment I discovered something new, which we people call it a principle. But back then, I was five.

As the timer counted down to ten, I was still staring at the blank space with my pristine piece of chalk. Then out of a blue an unblemished heart shape appeared from nowhere. ‘Time’s up! Please explain your drawing,’ I regained posture and masqueraded as a girl with confidence. ‘We always make choices in our lives. For me, it’s which ice cream flavor to pick. But I believe we should follow our heart’s desire and never surrender to peer pressure. Thank you.” Then I scurried back to my seat with a smile hanging upon my lips. As far as my intact memory recalled, everyone was clapping their hands.

Looking back to my fifth grade farce, it appears to be a sensible reminder to anyone struggling to make decisions. Sometimes we lose track of our own desire and blindly echo what our friends have said. After all, it is imperative to develop our own opinions and act upon our heart’s desire.

Love unites us all

I’m fearless to express my distaste towards racial discrimination. Who are we to judge when everyone is unique in his own ways. As a youth ambassador of World Peace, I’ve been travelling around the globe to share the doctrine that we should love and accept people regardless of race, gender, and socio-economic status.

A year ago we had a concert called ‘Music Makes One’ held in Hong Kong. People from all walks of life and different countries gathered together to sing and dance for charity, and it was an embodiment of anti racism. Performers from miscellaneous cultural backgrounds demonstrated their traditional singing, dancing and customary customs, earning a round of applause for shining in their remarkable dance moves and prodigious vocal skills. That night was a monumental success and a symbol that love transcends race. Tears slipped down my chin when we held hands and stood in a circle, mesmerized by this special moment.

Caucasians, Mongolians, and negroids were welded together by consideration and trust. With every foot we put forward, mutual appreciation among people of race divergence can be achieved.
Dear Editor,

In view of the prominent trend of the obsession with physical beauty, I am writing to express my viewpoints on this issue.

Owing to the quantum leap in surgical technology and the universal desire for being physically attractive, cosmetic surgery is now becoming a prestigious and yet lucrative industry. The surging popularity of plastic surgery has also sparked off discussion in the territory, some critics point their fingers at cosmetic surgery patients who have carried the practice to extremes, sacrificing their own health in the name of beauty and neglecting the inner beauty in one’s soul. So what are the underlying reasons for people who are willing to pay an outrageous amount of money just for a minor adjustment to their appearance? Is pursuing physical beauty right or wrong?

There is no point arguing that one pursuing physical beauty is regarded as our human natural instinct. Human behaviouralists state that whenever we are finding our spouse, most of us, if not all, will first consider their physical appearance before going further to develop a intimate relationship with them. Therefore, undergoing cosmetic surgery for a better look is to a certain extent a practical as well as a probable solution for people to find their partners more successfully. Meanwhile, for cosmetic surgery patients themselves, cosmetic surgery can give them a hand to bolster their confidence when they have become more physically attractive. Therefore, if pursuing physical beauty is our inborn behaviour, cosmetic surgery, which is one of the methods to fulfill such desire, should by no means be condemned.

Albeit has cosmetic surgery brought benefits to oneself, we should not ignore the consequences behind. Undergoing cosmetic surgery is like flipping a coin, it can make your physical appearance more attractive if the surgery is successful, but it can also distort your appearance and ruin your health when it comes to surgical failures and side effects. Tara Reid, a Hollywood celebrity, has undergone liposuction and breast augmentation, both surgeries left her with scars which spoiled her appearance. Besides, New York socialite, Jocelyn Wildenstein, has spent over $4 million on various procedures on lip implants and facelifts, which subsequently resulted in numerous side effects like continuous lip pain and skin infections.

What makes critics oppose cosmetic surgery is not only due to the drawbacks behind cosmetic surgery, but also due to the ground that surgeons and patients are recklessly transforming God’s divine creation, and that they are actually undermining the true value of an individual by neglecting the inner beauty of the soul. As an adage says, ‘beauty is in the eye of the beholder’ this indicates that physical beauty is only skin deep, what matters is the inner beauty beneath everyone’s heart. With a good will, even the worst looking person can be appealing to the many. With a sinister mindset, even the best looking person will be disdained. The opponents of surgical modification indeed believe the surging trend of physical beauty will ultimately lead to disastrous effects on mankind. Deeply ingrained in physical beauty, people will gradually forget the inner beauty and finally put the whole emphasis on physical beauty, such future will be devastating.

After all, physical beauty has already regarded as a high priority for human, but it is undeniable
that inner beauty is the pillar of a harmonious society. So much so that both physical and inner beauty are never mutually exclusive in our society. Only when we undergo cosmetic surgery in a sensible way without overly indulged with physical beauty and at the same time underlining the natural kindness in our souls, can we all shower with joy of confidence and generosity. Such that, we are all living in a world of true beauty.

Yours faithfully,
Chris Wong
The Little Boy – A Tale of Two Wolves
6E Eva Lo

There once was a little boy who sat quietly on his grandpa’s lap, hunching his back and placing his chin on his left palm, letting the sonorous voice of his grandpa hit his eardrum. The little boy was told a bedtime story called the Tale of Two Wolves, a Cherokee tale about the battle that goes on inside people.

“It is said that in the depth of each person’s soul, there are two wolves. One is malevolence, brutal and oppressive with inconceivable desire and reckless to win over the other wolf. It gives a cold shoulder to anyone who tries to tame his inborn nature of being a demon. On the other side of the coin, there stands a tranquil and footloose wolf, fervently with kindness and would never turn a blind eye towards the goodness of benevolence.” Grandpa said in a hushed voice. The little boy could not wait for Grandpa to finish the story, he suddenly raised his hand to ask “which side wins?” And, Grandpa answered him, “the one you feed!” Grandpa let his grandson think the answer thoroughly. The little boy was still young and the future choices he was going to make lies in the labyrinth of uncertainty.

The little boy may seem to be a petit character that is not worth noting. Yet, it is he who rings the alarm bell of my mind to reflect the choices I have made. It is he who resembles the life and reality we face in this world, and it is he who reminds us to educate our future descendants timely with both dystopian and optimistic thoughts, provided that they will not stagnate in perplex whenever out of the blue problems appear.

Anyone would believe they are the latter wolf in the story as we stifle wicked thoughts under the civilization of mankind. However, this poise and confidence could become feckless and end up the opposite. In this equivocate state, we never know when we would make the right decisions, we are never assured of whether our doings become a heavenly gift or provoke apocalypse. Once catastrophes happen because of our faults, we usually will succumb and place indictment on others to avoid being humble.

The little boy is a mirror that reflects ourselves, we make choices every day, ranging from cheating in Math tests when a genius nerd who is your friend is sitting beside you. Or to not make excuses that your dog ate your homework, or disrespect your teachers when you have a bad temper. These little, miniature sins could grow into greed, jealousy and resentment once you begin nurturing the wolf representing arrogance and cruelty, despite the admonitory given by your significant others or your lovely friends. We try our best effort with fingers crossed to conquer the temptation of our own faults and wrongdoings, but why do we always forsake the wishes of those who care for us and decide to belittle the side named goodness, peace and compassion?

The inside of the little boy’s heart resembles the world we are born into, it features the history and future that builds us and our community. Those who chose the evil wolf would end up in failures and pay the cost of ruining other people’s life. In the Second World War, overlords liked Adolf Hitler had grandiose ambitions to rule the world, bringing idolization and fanaticism of himself through conduits like brainwash policies, dictatorship and tyrannical politics to the world, spreading distorted values and meanings of life to other parts of the globe. Adding to the above, his invasion plan and collaboration with Benito Mussolini from Italy and Japan upholding Militarism brought annihilation.
that stabbed unhealable wounds into souls and left scarred memories. I believe Hitler had a pure spirit once, however, he chose to let his wicked wolf erode his soul to pitch-dark, letting hatred and revenge become his cut-throat weapon.

Turn the page to the present, we find civil wars in Syria, the ISIS’s military expansion in Iraq and the Middle East. Unfortunately, we also see illegal logging and deforestation in Amazon Rainforest that is an underlying bomb towards the warming up of the environment. Churning out wars has caused deaths and the problems of refugees, such as the Syrian people begging to flee to safety, or the unsettled Israeli–Palestinian conflict. These are all threats to God’s creations and the temporary peace we live in at present.

It seems that everything is changing drastically, and what I feel of myself is just another misfit turning up in this unclear and bizarre planet. I feel like I am just the little boy, so flummoxed and confused about the information and education we received. Did we feed the wrong wolf? Oh little boy, will I grow up tangled in this intricately mess, or will I be like a salmon, biting my lips and swim up the stream to seek food of goodness?

Greediness is a delicious food for the worse of humanity. It is a simple theory of you reap what you sow. Poisoned ingredients stirred in this portion of greed includes corruption, illegal trafficking of children and women, along with drug dealings and slaughter of animals. Unscrupulous companies cannot resist the influx of these stinky bucks of money into their infinite size pockets. What goes around comes around, the ones who feed their greed will eventually be taken to the woodshed, caught red-handed and eventually pay their debt. It makes me think, if the little boy becomes a businessman, would he surrender to the authorities and do wrong or would he become a Confucian businessmen? The business world is similar to playing cat and mouse. We neither have a clue if those businessmen are kind nor wolves in a sheep’s clothing. Sometimes we see charity shows on television, where charitable companies donate an impressive amount of money to charities, while later on we might see negative scandals about the company on news channels. It is mocking that we feed both wolves without noticing. It then becomes a fair match. Back to the little boy’s question, who will win? I’d say both, we never know exactly.

You may find it outlandish that I am so pessimistic. Then, let this layman try to show you the way towards brightness and shower shimmering grace to others. If I were given a chance to watch a clip with the little boy in the story, I would choose a video clip about people continuously giving out to the needy, such as the Thai Life Insurance Commercial promoting the happiness of good deeds. There are those who would give seats to those in need, there are those that would help poor elderly lift carts of cardboards on streets and there are those who would let you get in a taxi first when they see you in a hurry. Exploring the world around us, we can unveil and discover the masked amazing grace.

We see World Vision and Orbis give support and volunteering work to the third world countries. We hear voices of freedom from Malala and the Dalai Lama. We feel the warmth and encouragement from our beloved ones. Instead of perils and toils, we smell the scent of carefree as we can relish living at liberty in Hong Kong. Now, it makes me want to hum “What a wonderful world....”

I sincerely believe, we can be good and have mercy. When our life is a one way ticket journey, why do we feed the wicked wolf? The little boy is us, we should not squander our time preparing to hurt others no matter it is mentally or physically.
White or black, or in between, it is best to acknowledge the truth of life is to have mutual acceptance, peace and love. Let joy and smiles be the concoction of food to feed our hearts, and wish all ‘little boys’ of the present and future would stack our hands together and cheer for the beauty of mankind. Why await for a wonderful world? Let’s act it out!
Being a Famous News Reporter

6E Jaimy So

The best part of my job

Rising before dawn, toiling late into the night, receiving the pittance of salary and being overloaded, everyone will unanimously nod in agreement of the notorieties of a news reporter. When asked, do you regret making such an unreasonable decision? My answer is an absolutely NO.

What makes me a news reporter is the sense of mission, fulfilling it is also the best part of my job. I shoulder the responsibility of safeguarding the Freedom of press in Hong Kong. That is amazing when people place compliment on my justified reports and my neutral yet rigorous attitude. This gratitude serves as propellants to me, urging me to insist and go upstream when I encounter difficulties. My eagerness to fulfill my strong sense of mission is then accumulated with respect to my age. With sincerity and originality, I will bring all of my bless to Hong Kong.

The Biggest Challenge I have ever faced in my job

The vague definition of freedom of press has taken Hong Kong by storm for recent years. I still have the fond memory of the challenge I faced last year. I delved into the issue of the bribery of a Chinese government official. After the half-year laborious investigation, I was asked to stop such researching work. It was not unusual for companies practicing self-censorship, but it went beyond my belief in press. I was struggling with whether I should succumb to it or not. In this murky media swamp and hypocritical society, sometimes, I found myself getting lost at the crossroad, also irrefutably, doubting my decisions.

My school days

When I am confused about my job, I will recall my memory in school days. Gone were the days that I was a celebrity at school, “famous” for being rebellious. I will never forget the feeble boy in our form. He was always distained by others, teased and bullied. Whenever he was thrashed, insulted he would quest for my help at once. Most of the time, I would scare those bad seeds coercively, violently or even be threatening in order to protect the boy. After that, I would be sent to the discipline office. Till now, I can never stave off the didactic tone of my teacher from my mind. Even though teachers and friends misunderstood me, deeming that I disordered the school discipline on purpose, I didn’t take a step backward. I learnt the word ‘justice’ from school. Also, I realized that when we pursue something, we inevitably face obstacles, and these obstacles are there to test your determination and insistence solely. That’s why under no circumstance would I give up my job.

The copious experience

The most extraordinary experience must be the time I interviewed Barack Obama. He was my idol, his speeches are convincing yet omnipotent.

Being a president, he did not put himself at the higher position. He shared his experience of obstacles standing in the way to achieving success and how to develop good interpersonal relationships with me personally after the interview. That was the best lesson I got.
At the end of the interview, when I was about to leave, he gave me an inflating smile, asking me to enjoy my job and excel. After that, whenever I feel exhausted or tired, his encouragement recurs to my mind, providing me the drive.
China and the West: “We” and “I”  
6F Joyce Yiu

My way to Chicago has been fruitful. I, as a local teenager who has stayed in my hometown Shanghai ever since I was born seventeen years ago, got my eyes opened with all the uncountable cultural shock and unfamiliar things that had seemed to be strange and unbelievable for me, a Chinese. The Chicago-Shanghai Exchange program I partook in last year flipped the veil of mysterious Western culture and brought me a better understanding towards the contrast between the West and the East. In spite of all these knowledge and benefits I gained during the program, I truly believe that the most prominent, precious and unforgettable haul is definitely to have greeted with Ada, my first and only western friend met in Chicago.

Ada inspired and guided me a lot by showing the disparity between Western people, or particularly, Americans, and Chinese, through which I could see the distinct values upheld behind the mindsets of people on two lands – the Western Individualism and Chinese Collectivism. In our first encounter, when I looked into her deep blue eyes twinkling full of excitement and happiness, I had already found some differences between this energetic seventeen-year-old girl and me. I soon made her jaw drop when I asked for a phone call to contact my family immediately after my arrival according to my mother’s “order”.

“Why so hurried to contact your parents? Act like a seventeen!”

“I was told to do so or my family will be worried about my safety. They must scold me if I disobey.”

“Weird family. A teen can surely take care of himself well.”

In America, it is under notion that adolescents should learn to look after themselves, as known as life skills including finance, emotion or time management, you name it. In stark contrast with China, in which people highlight togetherness and reunion to sustain family cohesion, most of the American families, solemnly stress the importance of personal privacy and individuality, seldom bothering their family members under the only requirement that is to handle themselves capably. As a consequence, young Americans like Ada are usually more independent than we Chinese are. They manage a journey alone at the age of thirteen while many of us are still begging for a family trip. They apply for a casual job to attain CDs or entertainment they favor while we can only take our daily pocket money into consideration. They make decisions on their own with their parents as advisors yet the indispensable adults’ opinions are always the compass of our road. That’s why Ada always played jokes on me about the daily phone call to my family tantamount to evening news report.

After Ada brought me from the airport to her home, it came as no surprise to me that we surrounded a square table to have dinner with her parents. Thanks to Ada and her family’s cordiality and friendliness, there was little discomfort of me to adapt the absolutely new living environment in Chicago, though to be frankly speaking, the round table at my home was far more favorable to me. A smooth round table, which symbolizes harmony and love, exists in every Chinese’s gathering during festivals or ceremonies as well as Chinese restaurants. We share, savor and solace by delicacies under enormous collective happiness. However, it seems that’s not the case in Western countries with the four straight right angles on the rectangular table, which somehow points out the individualism
upheld in the West, seeing a dining meal as one’s own business. Negligible behavior patterns of cuisine culture has already declared the bifurcation of Western and Eastern mindsets.

From then the livelihood in Chicago for months exemplified further different characteristics of the West and East. What I observed reflects that Westerners emphasize hedonism attributed to the highlighting of individualism while Chinese worship the seniority of order under the absolute authority of elder generations. Western parents adopt permissive parenting style, maintaining the father-son relationship as alike friendship, whereas Chinese adults relatively demand their children earnest respect and higher expectations, which can be depicted as authoritarian parenting style. Ada’s parents never give a fig about her academic results, yet always mock with her as if they are teenagers. Whenever I saw them chatting gently, mingling with frequent laughter, it was inevitable for me to trace back to my mother’s long face after reading my academic report card. Ada threw me a look of compassion when I mentioned my family’s situation.

“What a pity to live in such a family! Didn’t you suffer from that?”

Her answer is probably an explanation regarding Western permissive parent-child relationship. Western people underline the importance of their youth’s personal interest and hence their sons and daughters’ own feeling and desire outweigh anything, left alone their achievement, which may be an obstacle of their hedonism. As long as the adolescents feel satisfied, nothing is unacceptable for parents in Western culture. It, however, contrasts shockingly with that in China, where people uphold collectivism and prioritize reputation of their entire family rather than personal interest. Claiming for harmony, which is regarded as a symbol of flourishing, respect and obedience from youngsters, or in Chinese saying, filial piety, are strictly required according to the ancient hierarchy deep rooted in Chinese’s mindsets thousand years ago. Personal performance is vulnerable to many due to the advocacy of collectivism. The prevalence of individualism and one’s own will in Western countries differ with Chinese on the stressed interest – whether it belongs to “I” or “We”.

After all, I must give credit to the Chicago-Shanghai Exchange Program, which allowed me a journey of discovery and renewal towards the two cultures as well as to greed my adorable and amiable friend. Despite all dissimilarities we have, my friendship with her will never waver.
The Igniting Blaze of Asian Stars
6F Karen Tung

Asian stars, an array of preeminently outstanding and talented group of entertainers, have been standing out in the crowd in the past few years, inducing a fever not only in their own countries, yet all the way to the other side of the world. What is their irrefutable attraction? Let’s unveil the underlying secrecy.

From music videos to advertisements, from YouTube to Facebook, all in all, the inundating promotion of Asian stars is one of the indispensable factors behind the façade of their popularity. Attributing to the advent of technology, providing instant sharing platforms of all forms of media, the dissemination of all kinds of ads and music can spread through the world with just one click on your finger tip with the help of the smart phones that everyone holds in their hands wherever they go. Asian stars appear almost everywhere in occident’s daily living. The significant example of PSY, an anomaly of the generation from Korea, hit the first place of YouTube’s annual popular song, ironically singing about the rich men in Gangnam District. Moreover, these social platforms provide a yield for people to catch up with their stars across the border. Telling examples on Asian stars’ official Instagram accounts reveal how promotion is done by only one humble account of these rising sparkles. They update their Instagram with appealing selfies, gaining more and more people turning their grey “FOLLOW” buttons green. With the rising technology, coupled with the boost in convenience, these marketing ploys are undoubtedly the most contributing element to the rising popularity of Asian stars ground the globe.

Notwithstanding the superfluous promotion of these Asian stars, they also endear the crowd around the world of their irrefutably appealing appearance. Not only for the controversial issue of if one star has ever undergone plastic surgery to modify his or her face, but also the clothes they dress in, the shoes they wear and all the accessories they carry. With the exclusive designer’s labels, they are always one of a crowd, unremittingly become the fashion icons and the trend-setters of the generation. From inside-the-TV-screen dramas and movies to out-to-the-reality “airport fashion” and “famous’ casual wear”, they create a trend and become the pioneer that everyone follows suit. Chinese movie star, Fan Bing Bing, sets off an unceasing mania of wearing long-to-toe dresses. Thus, it has little difficulty to understand Westerns busily search through the streets and valley for a similar dress after she manifested her glamorous style on the red carpet. From Fan’s long dress to Girls Generation’s hot pants, celebrity effect has an unarguable contribution as the advocator of the Asian Clothing Style.

Last but not least, China Fever has been influencing the West for the past 5 years. Chinese traditional elements, such as martial arts, are brought on screen through movies and songs, for example the movie Karate Kid. The boosting number of Chinese movie stars brought the culture of China to the West, intriguing Westerners to explore the veiled-from-mystery culture, which contributes to the gaining popularity of Asian stars in the West.

All in all, under globalization, the East and the West cross path on any day, any time, and anywhere. Both of them carry different, yet glamorous beauty. No matter where the stars come from, they could only shine as we can embrace the difference. Let the mutually exclusive elements of the East and the West ignite together through the stars from all over the world.
The Hidden Youth Problem in Hong Kong
6F Luo Ying Si

Ladies and Gentlemen,

It is my honor to share my view on the hidden youth phenomenon in the territory on behalf of the Liberal Studies Association. It stands to all that the ‘hidden youth’, better known as ‘otaku’ in Japan, are those who are neither in education nor employment, and spend most of their time at home playing video games. This phenomenon is spreading like an epidemic arousing grave concern among the Hong Kong citizens.

Parents play a crucial role in children’s growth. Thus the style of child-rearing is one of the major determinants on children’s behaviours and attitudes. An indulgent child-rearing style is a typical case in point. Over-protective parents spoil their children by providing a great deal of pocket money as well as not letting them get involved in daily household chores. Living under the shelter of their parents, the teens have nothing to do but lavish their money on playing computer games to seek excitement. The lack of parental guidance will result in the ‘hidden youth’ phenomenon.

It is beyond dispute that Hong Kong is one of the world’s most acclaimed financial hubs. Lamentably, the government only put economic growth high on the to-do list, ignoring the development of other industries such as the culture, innovation and technology. The job opportunities and career paths of those who are majoring in fields other than finance are limited. According to a survey conducted by Tung Wah Group of Hospitals, about one fifth of the hidden youth blamed the government for industry homogenization which restricted their career development. Therefore, even though some of the hidden youth may have high qualifications, they cannot develop their strengths.

There is a wide spectrum of characteristics shown by the hidden youth. As the name suggests, hidden youth usually lock themselves in their bedrooms, withdrawing themselves from society. Computers become indispensable in their lives as they spend hours playing online games. Conflicts arises when their parents try to stop them. In a worst case scenario, they may be involved in self-harm, suicide as well as develop anti-social behaviours.

It comes as no surprise that hidden youth are unsociable and thus they shun social interaction. They spend much of their time on the internet that they rarely engage themselves in face-to-face communication with others. Living in their own isolated world, it is difficult to develop social and communication skills.

It is high time that we take action to mitigate the problem. According to the Social Welfare Department, 70% of the hidden youth are reluctant to seek help from parents as well as social workers. In this case, social workers should take the initiative to find out these cases via online forums or chatrooms in order to offer psychological counselling or some rehabilitation programmes such as animal-assisted therapy.

Of paramount importance is parents’ support. It is necessary for parents to give appropriate supervision to their children. For instance, parents can come up with an appropriate timetable with children together. The timetable should help the kids strike a balance between physical exercise and
studies. When it’s time for physical exercise, parents should try to encourage children to participate in various team sports such as basketball, football, etc.

The hidden youth problem is escalating should not talk the talk, but work the work. Let’s make a concrete effort to tackle the problem and it is never too late to mend.
Integrity Is My Own Set of Rules

6F Max Tin

Greetings, ladies and gentlemen, have you noticed that the world has become more and more evil? Or, has it always been evil? If you see the world’s evil side, then look straight into my eyes. Mmm......I see that you are equally evil. What? Do you disdain me? Wait...... let me prove that I’m right. When was the last time you helped your best friend cheated in an exam? When was the last time you looked at someone’s password? When was the last time you lured someone to make up a story for you? Speechless, eh? Well, these conducts are linked to integrity, it is all about being honest and fair to yourself and others. However, you may find it strange that none of the conducts above are regulated by law or rules, there is no written ordinance telling you that you shouldn’t lie to your mom. So, when do we apply integrity and when do we apply rules?

As the representative of Hong Kong I find a Chinese proverb very suitable for this case, it says, “Laws control the lesser men. Right conduct controls the greater ones.” Here I say rules are only the framework for the order of human society, they are rudimentary and ossified regulations designed to give reference to those who seek the rule of law. They are no lofty goals, and definitely not the only solution to maintain order. But don’t you ever undermine its importance, it is the cornerstone for the society and order! Without rules, people of lower moral standards would commit crime or misconducts. Rules are fundamental, easily understood and clear-cut, and can directly prevent people from committing some prevalent and trivial crime like thievery and violating traffic rules. We can say that rules set the moral bottom line for us, as the rules are safeguarding the basic morals that we are bound to adhere to. Unfortunately, people called “criminals” fell straight through the bottom line. But on the contrary, most of us don’t commit crime nor violate rules, so we are worthy of calling ourselves the ‘lesser men’.

So, how many of you are complacent with the title of ‘lesser men’? Do you only want to stick to rules or achieve integrity? What transcends the ‘lesser men’ are the ‘greater ones’, and this is also the difference between rules and integrity, integrity is the substance of immaculate morality, however, it is more than that, when I checked the dictionary I came across a definition of integrity, it said, “the crucial quality of integrity is that it is not the same as compliance with rules, it is about understanding and acting within the spirit of the law, not just the letter.” Surprising, eh? Acting out of integrity may not be equal to the alignment with rules. Just like the Umbrella Movement that took place in Hong Kong, many scholars participating in the movement based themselves on what they think is right – the value of democracy. For 79 days they illegally yet peacefully occupied the streets of Hong Kong. These people may not have complied with the rules, but they brought about the precious value of democracy which rules may not guarantee them.

“Integrity has no need of rules”, how true this is! When we have integrity, rules are needless, everyone will not fall to the temptation of cheating or the bribery offered by prodigious government officials. Rules are for the ones who don’t have their own rules in the heart, we need only integrity to guard our dignity. Unfortunately this vision still remains an utopian imagination to us: our ever-appalling evil side of humanity is also ever-existing. May one day all human will not see the evil self in one another, and that the rules are no longer written on books, but in the hearts of everyone.
Advertising—The Double-edged Sword

6F Sonia Wong

The overwhelming advertisements have become commonplace in modern cities. Thanks to advanced technology, promotion is of paramount importance as a marketing ploy. Whether the products can be successfully popularized depends on a crucial factor—advertising. It is said to be the modern substitute for argument and it acts as a role to make bad things appeal to others according to the veteran philosopher—George Santayana. I do agree it is the magical power that advertisement itself is a miracle.

Advertising could be an alternative for arguments, or even more convincing with authentic users’ experiences. The ubiquitous advertisements of Beacon College are cases in point. For the sake of impressing students and attracting them to be potential customers, the educational company devoted much capital in advertising the tutors. Yet, it is utterly understood that when there is no real-life successful students as proofs, all of their claims could be turned into ashes. Not wanting to lose would-be customers, they go to great lengths to showcase the DSE results of their past students, underlining that the tutorial centre is actually the cradle of the cream of the crop. With copies of DSE certificates and the related data shown on advertisements, be them on the signboards or on the television, the Beacon College would not be challenged and doubted as to whether they are against the Trade Description Ordinance or not. Thus, their credibility is bolstered. In the tutorial sector, advertisements of top-scoring students’ results with flying colours, are more than just a commercial tool, more importantly, convincing proof of the arguments.

Celebrity effect is another benefit accompanying. Yamada Miyura, a slimming corporation, claimed their products could help shed pounds. Yet, the public’s skepticism is their top-listed concern. Not wanting to make their selling gimmick groundless, so brilliant were the company that they took advantage of the popularity of Bosco Wong, a prestigious actor. Bosco Wong was invited to be the spokesman of YM and promote the Fit’X lipid absorption packs. He mentioned that after using the products, his muscle appeared to be firmer and he felt lighter. With his experience, the slimming packs soon became endorsements of everyone. From this case, we can tell the words from celebrities may exert a profound impact on consumers as the fittest body shape seems to be the most powerful argument on earth.

Aside from the celebrity effect, advertising can arouse noise in the society. Take a beauty salon—Forever Beauty as an example, its advertisement shown in the MTR stations raised people’s eyebrows. A young model who wore the skimpiest of bikinis was performing seductive pose and that was all the advertisement depicted. Though we may not see any relevance between the model and the beauty services, the sex appeal of the lady stirred up controversy and the advertisement has become the talk of the city. Critics pointed their fingers at the images for misleading the lay public and instilling wrong values into the younger generation’s mindsets. Admirers appreciated the slim figure of the model and eagerly wanted to become as glamorous as her. No matter people are for or against this kind of advertisements, the commercial company could already get what they ultimately want, which is to let more people know of their services. The content of the products was inclined to be less important, instead, promotional strategies paved the way for the immense success. True, words of mouth and the controversy aroused is the best argument ever.

Being a modern substitute for argument, advertising could glorify the products by heavily
underscoring the advantages and merits of the product. The Vitamin Water which was once a hit in Hong Kong, with the inserted advertisements in the soap opera “Triumph in the Skies 2”, Vitamin Water was said to be beneficial to human health as it is comprised of several kinds of vitamins and minerals, which our bodies require to facilitate good health. Despite the fact that humans actually need only a small amount of vitamin, people purchased the products to strengthen their immunity after watching the advertisements. Some biochemists have done research on the nutrient fact of vitamin water. Astonishingly, the beverages do not contain much vitamins and minerals. On the other hand, the extra flavorings and coloured chemicals could be carcinogenic! By advertising, the downsides and demerits are hidden and overwhelmed by the glorification of promotional agencies which attempt to make the worse appear the better.

A liposuction service provided by the DR cosmetics company had once won standing ovations from many owing to the professional skills of surgeons and the advanced medical equipment as promoted. The lay public was left in the dark and had their eyes covered by the fancy and extravagant advertisements, blindly went for the surgery while neglecting the potential hazards, thus the tragic accident was induced. The advertisement only drew the public’s attention to the expected outcome while veiling the failure rate. The service was glorified as it could turn an ordinary girl into a fabulous goddess, customers may fall victim to the catchy gimmicks and authentic examples provided by the advertisements. Thus, the above cases unanimously prove that the function of advertisement is to make the worse appear the better by overlooking the adverse side of a product while hailing it as a panacea.

After all, every coin has two sides, advertising is also the same. Only if we customers have critical thinking could we unveil the loopholes of advertisements and avoid falling prey to the lures.
Integrity and Morality
6F Winnie Fong

Good morning, ladies and gentlemen. What is integrity for you? For most of the people, perhaps it exemplifies righteousness, honesty and the upheld of genuine justice. Yet, let alone the definition, what everybody will be unanimous in agreement is that it is a value that becomes a cornerstone to construct our society.

We all realize that it is indispensable, and that is why we have rules to regulate integrity, preventing it from diminishing. Speaking from a microscopic view, in school, we have school rules to follow that plagiarism is strictly prohibited; enlarging it to a community view, we have Trade Description Ordinance in Hong Kong to eliminate exaggeration and misleading information in advertising; even more macroscopically speaking, we are protected by a sound legal system, that pursues justice and revealing the truth. Here comes the question, why should we be ruled for integrity?

It is the morality that we uphold makes the rules paramount. Somehow we all have the underlying instinct to appreciate ethics and morality. We have low acceptance towards disguise and lies. As the incident of the Watergate scandal progressed, it galvanized American and people worldwide when the President was revealed for abusing his power in the break-in of Democratic National Committee and attempting to cover-up his involvement. On the contrary, we all show admiration to honesty and courage. Washington and his cherry tree story has been an all-time-favourite bedtime story as it teaches us the persistence on morality to admit our own mistakes. After all, nobody cares whether he cut his father’s cherry tree down or stole his father’s gold, but it is the ethics behind- the value of integrity.

Indeed, morality still wins a lot of standing ovation in the market. Though it is proclaimed that it is now a money-obsessed society, morality has its charm – it can build your reputation in one night, and destroy it in another, which truly reflects our hidden emphasis of morality under the façade. It is the emphasis that becomes a trump to motivation that drives us to put a harsh demand on others. Upholding integrity, we truly understand the necessity of rules, as plagiarism is disrespect towards others’ creativity and toil; exaggerated advertising misleads our customers; legal system pursues for justice, unveiling the obscure truth.

It, however, creates another problem. Why do we have rules if we all own the morals? Why can’t self-discipline and self-regulation be performed to attain a harmonious society?

This comes to a humanity discussion. More pessimistically speaking, it is probably the eerie quality in human nature that forbids us to do so. As the Genesis of the Holy Bible describes the fall of humans and origin of Sin, Adam and Eve chose to wreck the unwavering trust of God and violate the principle of integrity, despite the absolute freedom they own. This perhaps depicts that true fragileness of humanity, which our calcifying moral beliefs can easily collapse when we succumb to temptation and entices.

Yet we are even more complicated than Adam and Eve. Living in the cosmopolitan century where we have more consideration about profits and loss and the selfishness of humanity is particularly underscored. Maximization of individual benefits becomes the one and only road to
success. During our dwelling, it is never occasional to meet exploitation of others’ interest. A corrupted government official is never frugal on undermining the effectiveness of governance, and similarly, an unscrupulous businessman will never stint on sacrificing public health when his factory produces expired food. This is why we need rules to discipline — at least it protects our interests, when morality sits on the brink of collapse under benefits.

This is a stark contrast between ideality and reality. In our ideal world, it is true that integrity has no need of rules as we all hold the intrinsic moral persistence. The brutal truth, however, is that it is what we lack and the reliance on extrinsic constraints to maintain integrity in society becomes essential. Our nature may seem ludicrous when we have harsh moral demands to measure others as others’ abuse of integrity harms our interests, yet we turn a blind eye to our immorality when we pursue for our own, so ambivalent and contrasting have we become, yet it is humanity, sad yet true.

After all, how heavy does integrity weigh for you? Would it be just a ‘rule’ for you, or is it a value that deserves our lifelong perseverance? Envision a utopia where we all uphold morality and practice integrity, where rules become excessive when we all own the ability of self-regulation. It is a long road for us to struggle on, yet it deserves to be the direction of the new century in this world of madness. Why don’t we turn utopia of today, into the reality of tomorrow? A new Garden of Eden is never impossible to construct.

Thank you.
And I have been chosen as a preacher and apostle to teach the Gentiles this message about faith and truth. I’m not exaggerating—just telling the truth.

(1Timothy 2:7)
1 Am

I am a cheerful guy who likes watching TV.
I wonder what the world will be in year 3000.
I hear clicking sounds every day.
I see planets everywhere.
I want to be an engineer.
I am a cheerful guy who likes watching TV.

I pretend to be a character from the amazing world of Gumball.
I feel happy when I am playing computer games.
I touch the sky with my hands.
I worry about what will make me happy if my grades plummet.
I cry when my parents scold me severely.
I am a cheerful guy who likes watching TV.

I understand how to play agario.
I say that I believe in God.
I dream of reconstructing the world.
I try to get higher grades in exams.
I hope I can do better at school.
I am a cheerful guy who likes watching TV.

IB Aldric Wong
Happiness is...

Happiness is hard to gain,
Feeling sad but pretending to be glad.
Be optimistic and don’t feel sad,
Happiness will soon join you.

Happiness is a crazy game,
A dumb but joyful play.
Be inside the play and enjoy the game,
Happiness will soon join you.

Happiness is a playful joke.
Telling jokes and sharing them with others.
Be out-going and join the groups,
Happiness will soon join you.

Happiness is a memorable album,
Mesmerizing its charm.
Be gentle and polite,
Happiness will soon join you.

IF Helen Ho
I Wanna Be Yours

Let me be your dream maker
You can achieve your goal
Let me be your caretaker
You will feel safe whenever you go
If you like to stay in a suite
Let me be the seat
You can stay on it to enjoy sweets
I wanna be yours

Let me be your entertainer
Acting like a fool
Let me be your sister
Pampering you with good food
Let me be your listener
Sharing with you anywhere
I won't wanna be hers
I wanna be yours

2A Fuzen Ng
I Wanna Be Yours

Let me be your Bunsen burner
Lighting up your heart
Let me be your first aider
Saving your heart
Let me be your pillow
Kissing your cheek softly
You are my lover
I wanna be yours

Let me be your charger
If you want power
Let me be your gun powder
Protecting you from danger
Let me be your quilt
Hugging you and giving you warmth
I am your heaven door
I wanna be yours

2A Jason Cheng
I Wanna Be Yours

Let me be your pen
Writing on the paper
Let me be your friend
Helping you when you are in danger

Let me be your clothes
You will not feel cold
You look good wherever you go
I wanna be yours

Let me be your earphone
Listening to the music
Let me your smartphone
Showing you my magic
Let me be your shoes
Going everywhere with you
I will not be a fool
I wanna be yours

2A John Ku
I Wanna Be Yours

let me be your map
I will lead your way
let me be your cap
I can protect you every single day
let me be your air
I'll follow you everywhere
you'll be taken good care
I wanna be yours

let me be your reminder
Reminding you of everything you forget
let me be your computer
I'll have everything you need to get
let me be your sunshine
everything will be fine
I don't wanna be mine
I wanna be yours

2A Vincy Lau
1 Wanna Be Yours

Let me be your sunshine
I will give you warmth
Let me be your lullaby
I will make you calm
Let me be your shelter
You never get wet
I wanna be yours

Let me be your air
You can breathe anywhere
Let me be your chair
You can sit on me anywhere
Let me be your light
I will let you have wonderful sight
I wanna be yours

2F Ambrose Chin
I Wanna Be Yours

Let me be your honey
I will make your heart feel sweet indeed
Let me be your money
I can buy whatever you need
Let me be your eyes
So you can see the sky
You are mine
I wanna be yours

Let me be your light
I will never let you get lost
Let me be your frighter
I will protect you at any cost
Let me be your support
I am your sheltering port
I don’t wanna be hers
I wanna be yours

2F Marco Leung
I Wanna Be Yours

Let me be your plane
To make you fly
Let me be your lane
To make you glide
Let me be your light
To Lighten the path at night
You need me right
I wanna be yours

Let me be your bed
To rest your brain
Let me be your shed
To cover you when it rains
Let me be your pen
To write as fast as you can
I will stay with you wherever you are
I wanna be yours

2F Rex Tin
I Wanna Be Yours

Let me be your star
Brighter than the sun
Let me be your car
Fastest I can run
Let me be your treasure
So valuable that you can’t measure
You are my future
I wanna be yours

Let me be your mythical hero in musicals
I won’t be wild
Let me be your miracle
I will treat you mild
Let me be your light
Open wide your sight
I will hold you tight
I wanna be yours

2F Swank Chan
Advisor : Mr. Y.Y. Tam, Principal
Editors : Mr. Alex Li,
         Ms. Vivien Tam,
         Mr. Jason Woods,
         Ms. Ada Luk,
         Ms. Franny Ng,
         Mr. Kimby Cheng,
         Ms. Queenie Wong
         Ms. Sin-miaw Yong,
         Ms. Cici Shum
Cover Design : Edmond Fung 5E
Copyright : Pui Ching Middle School
First Publishing : Jan 2016
ISBN 978-988-15777-6-4
This collection of essays is primarily the creative work of our students who, through constant practice of reading and writing as well as shrewd observations of their immediate world, pour out their hearts in the form of short stories, letters, articles and poems.

Such works provide a platform for students to exchange their ideas and share their lives, enabling their communication with greater confidence.