



**S.K.H. St. Mary's Church Mok Hing Yiu College**

Issue No. 3  
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# Foreword

Time flies and you could have been looking forward to **MHY= My High-school Years** Issue No. 3 for one whole year since June 2019. You might be worried about its production due to the outbreak of COVID-19 and long span of school suspension of nearly four whole months since the end of the Lunar New Year holiday. Truly, since the formation of the English Editorial Board 2019-20 and its initial orientation meeting, we had been facing an expected lack of face-to-face interaction and discussion on our progress in the publication during the half-yearly exam while we had to continue being out of touch physically from the beginning of February till the end of May.

Nevertheless, one of the factors of success in most, if not all, of the ventures, "self-discipline", plus external monitoring and coordination by teacher advisers, proved effective during school suspension. Another major contributor is, of course, information technology that had helped keep us in timely communication and collaboration via online means, so that the young writers and reporters were actively engaged in the publication team's journey towards the fulfillment of the common goal of producing quality and interesting materials for schoolmates and even peers to read, appreciating the beauty of the English language while getting a better understanding of both personal stories and world issues. We take pride in presenting our Issue No. 3 that has once again proved "we are able to make something seemingly impossible possible"!

**MHY= My High-school Years** Issue No. 3 aims to maintain an established culture of "writing for us to read" and "reading to sustain writing". This culture should help our school engage in many more amazing publications and attract many more young smart writers to come! All of us own **MHY= My High-school Years** as a treasure that belongs to you and me, who grows in S.K.H. St. Mary's Church Mok Hing Yiu College. Surely, while you are enjoying its Issue No. 3, we are building its Issue No. 4! A culture is growing non-stop.

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# Don't you believe Spiderman's me?

Li Sze Man Sammi (1M)

If I was a superhero, I would like to be a very famous superhero, that's Spiderman! I have watched the Avengers and I like the character Spiderman so much. I imagine that my secret magic power is terrific and very different from the known Spiderman. I could shoot "ice" rather than threads out!

Firstly, I would like to think about what I would wear if I became Spiderman. Would it be the same traditional Spiderman? I think not. I could make humans freeze when I shoot ice out but when I say a mantra, I could turn a human back to normal. Of course, I shoot ice out when fighting evils and criminals. "Ice" would be a useful weapon when I am in danger.

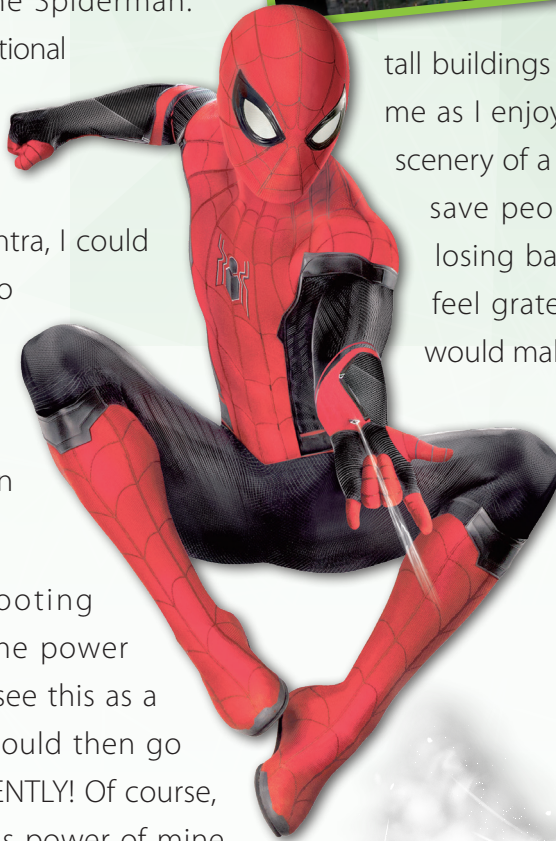
In addition to shooting ice out, I would have the power to walk through walls. I see this as a great power because I could then go anywhere very CONVENIENTLY! Of course, someone would hate this power of mine because I could get into their homes very easily and they would just lose their privacy!

My imagination is unbelievably high. If I get closer to most super-fans' expectation, it's better for me to be the same as the traditional Spiderman. I would shoot threads out to form webs and jump high up along skyscrapers. The



tall buildings would be a favourite place for me as I enjoy watching all the spectacular scenery of a city from a height. I could also save people who are in danger while losing balance and falling. They would feel grateful for my timely rescue that would make me very proud of myself.

Whatever power I could possess when becoming Spiderman, the personality matters most and will just remain unchanged – brave and righteous! That's all-time true to be a superhero with good deeds and caring thoughts. An easier life or a more difficult one? A real superhero doesn't care!





# I Am Your Heroine—AquaAero Girl

Kong Hoi Man Priscilla (2M)

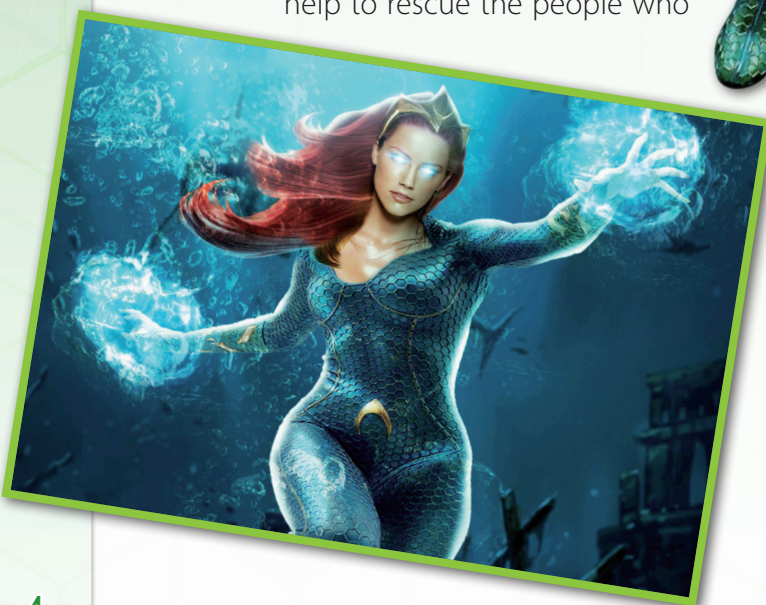
A lot of people want to be a superhero like one from Marvel or DC Comics, because superheroes have powers, such as flying through the sky, breathing deep in the ocean..... but sometimes they might only use their powers for their own good, and they forget to use their powers to help people in need.

If I was a superhero, I would like to have water powers. I could do a lot of super things, for example, creating H<sub>2</sub>O by myself. In this world, a lot of people, especially those from underdeveloped or remote areas, need water. I want to have water power because I could give the people in poor countries free clean water to drink. So they could fulfil their basic needs and stay healthier. People need water to “survive”. I also want to use my water power to help the Tropical Rainforests in Australia, which are confronted with bushfires for months nearly every year. I really want to use my power to help to rescue the people who

live around them and the animals of which their habitats are found there. I also aspire to extinguish the fire entirely, so that it will not spread to other suburbs.

I want to have the power of flying too. I could fly wherever I wanted to go. Sometimes I could fly to school if I was almost late. Not only for myself, but also for the animals caught in the Tropical Rainforests in Australia could I do something necessary. I could fly over the fire and save them out of the danger. Besides, imagine on a construction site, when a scaffold was about to collapse, it would be very dangerous because the people standing on it would fall, facing a fatal injury or even death, and the people under the scaffold would be crushed dead. At that time, I need to have a power of “freeze”, so that everything would stay motionless for me just to have enough time to rescue the people.

If I was a superhero, I would like to have these powers, so that I could help and save!





# A unique superhero – to heal and save

Lin Cristiano (4M)

An anime called 'My Hero Academia' was written and illustrated by Kōhei Horikoshi. The story background is that mankind suddenly starts to be born with a super power such as 'warping gate', 'explosion' and 'transformation'. While humans start to have super power, some bad ones abuse the power to commit crime and for this, a different role is formed – a hero is born. This anime has inspired me a lot, giving birth to a thought of writing on this topic.



If I was a superhero, I wish I would become one that could heal others rather than fighting against enemies. One of the major reasons is that I see bravery that any superhero should possess as a "quality" that does good to others instead of causing damage or injuries. I think I would do better in helping others bravely. Since there are already well-trained and highly qualified doctors,

if I could really become a hero to heal others, I would like to have a specific superpower in order to show my uniqueness. In "My Hero Academia" season 4, there is an antagonist called Kai Chisaki, which has a power to break down things and then join things together. This power, if used properly, can not only achieve healing but also protect others. To illustrate this, I could use the power to join the injured and myself together in order to break away from any battle or war.

To conclude, if I had the power to break things down and then join things together, I would heal by joining wounds together and fixing them. I would also break down different dangerous items or deadly weapons in order to protect others and save people out of the danger. This is a sense of responsibility and commitment to world peace that any superhero should own.



## Rise of a New Superhero—Dr. Chronicle

Lai Man Chiu Samuel (5M)

"Superhero" has become the latest craze among all of us. I am sure every one of us has once imagined being a superhero. So have I.

It is not difficult to understand why I want to be a superhero. For one thing, I can use my superpowers to help the needy. For another, it would bring me ample convenience if I had superpowers. Therefore, it comes as no surprise that I want to possess superpowers as a superhero.

Talking about superpowers, I have always dreamt of controlling time or travelling through time. Could you imagine how awesome it would be if I could accelerate time in addition to travelling to the future? There are a few reasons why I want these superpowers.

Slowing down the passing of time allows me to do more work every day. I always feel that 24 hours a day is too limited for me, because sleeping has already taken one-third or even more of the day. Moreover, as a student, I have to spend more than 8 hours studying at school. By adding those hours I have to spend, I have got only around 6-8 hours left and I still have to finish my homework, so I don't really have enough time to do what I love to. This has really stressed me out. If I had the power of controlling time, I could slow down everything and have more time to spend wisely on developing new hobbies, equipping myself with new skills, relaxing and so on. I can also get enough sleeping

hours by slowing down the day. This power could also help all my friends to meet the deadlines of assignments in a less demanding time frame.

Travelling through time is also what I have fantasized about. I am curious about everything, especially the past and the future. I want to know what had happened to me in the past and what will happen to me in the future. I would travel back to the past and spend some time with my ancestors, as I can barely remember what happened between us when

I was young. I would also travel to the future as I want to know what I will become in the far future, what I will look like when I grow old and so on. I could also help satisfy people's curiosity about their past and future

or solve their problems that once fell in their timeline. Therefore, I have been longing for the capability of travelling through time.

Ironically, you will find that I would not be a good superhero. You can tell from all my reasons that I want superpowers nearly solely for myself rather than making the world a better place to live. A real superhero cannot be selfish like me. Instead, they should be able to do wonders on the well-being of mankind or even the universe. As quoted from the famous superhero Spider-Man, "with great power comes great responsibility." I think that is why I cannot be, and dare not become a superhero.





# If I had one more year to live,...

Youths' imaginations into aspirations

Lam Ho Tin Justin (3M)

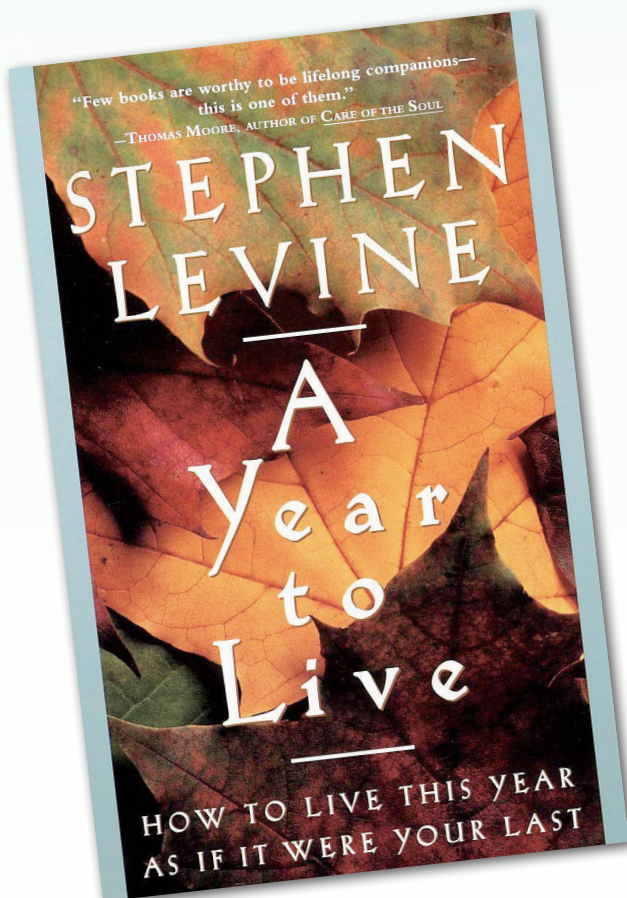
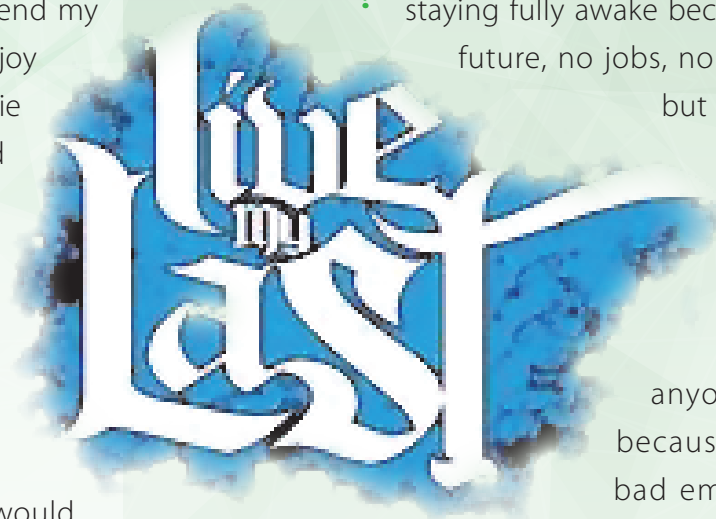
If I had only one more year to live, I hope I could travel the whole world and visit different places ... but let's face the situation that I wouldn't want to spend my family's money to enjoy myself. I'm going to die anyway, so I would feel guilty of spending their money.

This isn't a story in cartoons. This would probably be how I'd live my last 12 months on earth. I would wake up, eating a normal breakfast with a glass of milk, walking to school on the same old road and wearing the same old uniform.

So I would arrive at school, sitting in my chair, greeting every friend I have and the class would just start. There would be no point in staying fully awake because I would have no future, no jobs, no marriage, no games, but grow old too soon to breathe my last. I would just sleep throughout all the classes and face my fate. I wouldn't tell anyone that I was dying because that would create bad emotions within them and they would just treat me nicely for me being dying. Well, I was dying but I would want them to treat me the same way they always do.

As for relationships, maybe I would want to get a girlfriend but I think I would confess before I die, because I could be passing away.

Despite all that could be imagined, I most probably would return home, turn on my computer and play some favourite games, so that I could enjoy myself and have a good time with my friends. I would just repeat all these as an endless cycle. I would stay on this in my last 12 months, 365 days, 8,760 hours or 525, 600 minutes as I always do!



I do believe that everyone in childhood may want something nasty to disappear, and I want to share what I want to disappear for the rest of my life. I would make catastrophes disappear if I could, so that the world would be safer, more peaceful and happier than ever.



A catastrophe makes everyone panic. Although Hong Kong doesn't have many catastrophes except some disastrous typhoon attacks, we should still beware of any since we don't know what would happen the next day. Catastrophes cause wide destruction to different places. They also affect the populations living in different communities by destroying houses, infrastructure, farmland and crops.

Catastrophes such as flooding, volcanic eruptions, tornadoes, earthquakes and tsunami are widely known natural disasters. They submerge or wipe out a lot of farmland that causes severe shortages of food and thus food prices rise so much that only the rich could afford it, making the poor and the deprived suffer from malnutrition problems more seriously.

A catastrophe could be a "murderer" that kills a lot of children or parents, causing many, including the citizens, the whole city and even the whole nation, to feel very upset. Owing to catastrophes, many children will become hopeless orphans, who could hardly survive unless there are kind people to adopt them. It takes years to rebuild the infrastructure and houses, so the victims will have to remain homeless or take shelter in temporary housing for long, where there is limited space to sleep and lack of resources to sustain life. The tsunami in Japan in 2011 was one of the most typical examples.

The supply of relief and resources is too costly because of large-scale destruction of agriculture and livestock. The food and resources that could be left undamaged become very precious and expensive, too. Thousands or millions of mouths are waiting to be fed in the post-catastrophe situation.

A catastrophe is as horrible as a savage monster that destroys everywhere and causes widespread deaths and injuries, which pull down thousands of families and various economies. If I could make all catastrophes disappear, no more people would die from disasters and both life and peace could be sustained.





# If I could change the world,...

Cheong Bada Wai Sam (4M)

Youths' imaginations into aspirations

If I could change the world, sad to say, everything I would do would be out of human greed. What is human greed? The definition of greed is an extreme or excessive desire for resources, especially for property such as money, real estate, or other symbols of wealth. Here we run into two problems: defining "excessive" and defining "wealth", especially in terms of human psychology.

Human greed is what caused all the wars that you read in your history books, violence, pollution and many more. Human greed is one of the biggest problems for us people. Human greed is endless for us. For example, if you really got the latest smartphone model that you always longed for, you would feel overjoyed and satisfied. However, after a while of using it, you would desire to have a way better smartphone model. You can see that your greed, your desire will never end. This is what makes the whole world unhealthy and miserable.

Global warming exists because of our greed for more goods and commodities giving rise to the construction of more and more factories that use coal in the manufacturing, which produces serious air pollution. Global warming would affect animals under climate change. Some experts say that the world would be nearing its end because of uncurbed global warming.

As for wars, some national leaders are so greedy as to capture and take over resources from other countries like power, money and lands, ending up in unnecessary but deadly wars that involve unforgivable violence and crimes.



So if I could change the world, I should first change myself and many others into someone with a heart of gold, so that we could rid ourselves of human greed as the very source of evils. Only in this way would the world be a better place and everyone be in peace.



Do you have three wishes? If you meet a genie, what wishes do you want him to bring about? Aladdin's lamp is a very famous story. Genie helps Aladdin to achieve his wishes. When I read this story, I always dream that I can be Aladdin so that Genie can realise my wishes.

I always regret in my life. One of my wishes is to acquire a medicine called "Anti-regret Medicine". In my life, I always face some decisions or choices. I wish after I took it, I could go back to a time that I could make the decisions again. One of the things that I regret relates to the relationship with my mother. I am very independent; therefore, nearly all the choices after childhood have been made by myself. In the past, I thought my mother was annoying because she controlled my life and helped me to make decisions contrary to my intentions. Because of her intervention, I quarrelled a lot with her. Now, I feel regret that I didn't trust my mother. In fact, all the suggestions she gave proved good for me, but I never believed. Finally, misunderstanding between us was developed. Therefore, if I had the medicine, I would go back to the past and try to listen to my mother's suggestions and tell her my thoughts honestly. I would consult with my mother to resolve our misunderstanding. Is there any medicine that could help me to go back to a certain time?

I always dream that I can talk with animals. My second wish is to possess a skill that would enable me to talk to animals without any language barrier. I love animals very much. When I was a child, my neighbour raised a cat. I always played with her and our relationship was very good. She was named by me and we always slept together. One day, I went to find her and I found her mood was not good. I thought she was upset so I talked with her and played with her. I tried to cheer her up. She talked with me but I didn't know what she meant. Finally,

I found she fell in a sleep so I returned home. The next day, my neighbour told me she died in the wee hours. Now, I still think it is my fault. If I had understood what she was saying, she would not have died. If I can talk with the animals, I think I can help them. Sometimes, animals feel sick or upset or something wrong is about to happen. They want to tell us but we don't know what they mean, and finally some tragedies or accidents happen.



Is there a special communication skill that makes animals understood by us?

When watching TV news, I always feel upset and worried. My last wish is world peace. This is the most important wish. In the world, there are conflicts and wars everywhere nearly every moment.

Some countries are suffering from wars and many families are broken or even destroyed. Wars make countries poor and deprive the victims of food and clean water, who are doomed to starvation. When I watch tragic news, I find I am powerless. There are many people harmed in battles but I cannot do anything to help them. Many people die a miserable death in wars and all I can do is only pray for them but not save them. Everyone wants world peace. I wish all war tragedies could be prevented, so that everyone could live in a safe world. We need a sense of security on earth. Is there any superhero who can stop all wars and fights?

I have dreamed of coming across a genie, which would ask me about my wishes. I would tell it all my three wishes and I would long for their realization. I am waiting, and I believe that one day my wishes will be accomplished.

What is your best wish? Tell the genie when you see one in your dream.





It was a Friday. We all gathered around the school playground. Every Form 1 student was so excited and prepared for our trip to Ocean Park. At around 9 am, we formed lines according to our class and class numbers. We took the attendance. Once everyone's presence was recorded, we set off to the theme park by coach.

Class teachers had already worked out the teams that would be staying together throughout the trip. The teams all had each other's phone numbers, so that they were able to contact one another if they got lost. The class teachers' phone numbers were also provided to the students in case of emergency. The trip was most enjoyable and I think my experience might have been a bit more special.



We students could decide whichever classmates we wanted to be in our teams as long as they agreed. It turned out that I had a very generous classmate who bought an express pass for the entire team which consisted of only 4 students rather than 6 at maximum, because this was our tactics to "pay the minimum but play the maximum". Our class teachers gave us a bit of work to do during the trip. We had to visit a few specific places and take selfies while standing next to the sights.



When we arrived at Ocean Park, we all stood at the entrance, waiting for our class teachers to buy us the admission tickets. The moment our team got our tickets, we waited for no time and rushed in, flashing off to the giant pandas' habitat. Inside the zone live the rare and endangered species which are well preserved for wildlife protection. The staff of Ocean Park feed them regularly and make sure that they won't get hurt or even die.

Our next stop was the Mongkok Food Zone that was just next to the cable car terminus. We couldn't wait to buy a few fish balls and some other snacks since we were a bit hungry. The food street really simulates the older district of Hong Kong, reminding us, the young generation of the traditional local food culture.

The line for the cable car ride was terribly long and it would have taken us around 45 minutes just to get to the top. Since we didn't want to have any express pass left unused, we decided to use one to get up to the top more quickly. The cable car ride provided us with a





good view of spectacular scenery to gaze at while we were travelling up. All of my teammates took out their smart phones to take photos and videos.

When we got up to the Highland, we rushed to the Penguin World where we again took a selfie as required and showed it to our class teacher who was conveniently located. Then, we went to the Jungle for a few rides that got us all wet through. By then, it was already 1 pm, so we went for lunch. The food available there was surprisingly expensive! It was a lot more than what I expected but it was still reasonable especially when we were running out of energy. After all, it was exceptionally tasty.

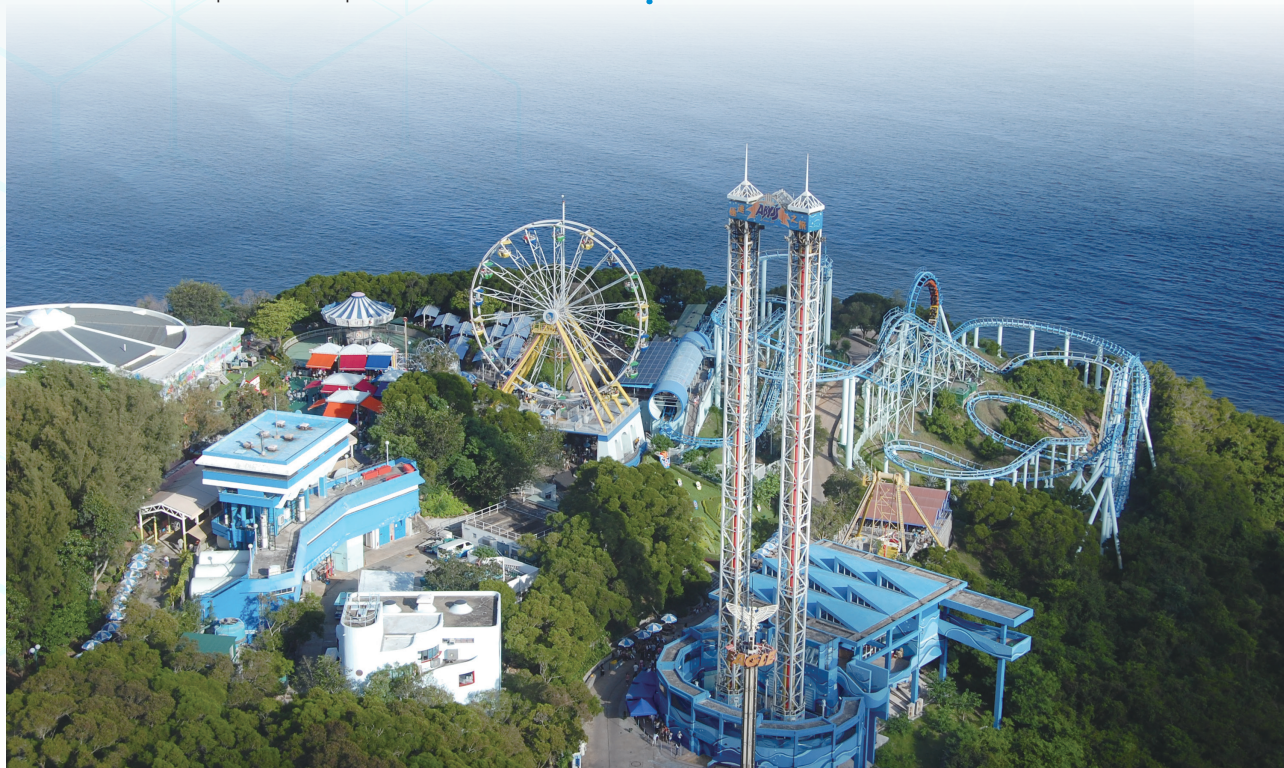
After lunch, our clothes had already dried up, so it was time for a journey to the Shark Museum where we found a lot of information about sharks. It looks like a grand aquarium since both have many features in common, for example, information touch-screens, and its top looks like the top of an aquarium. Nevertheless,

it has its own special features such as learning games and a photo-taking stand.

Right next to the museum is a coca-cola store and the jelly fish aquarium. We passed by the store and went straight for a look at the jelly fish since we didn't have much time left. We hurried through the aquarium and immediately set off for the exciting rides back on the Thrill Mountain.

It was an insane ride that went completely in a circle. There was also a VR ride that could cause a heart attack! It was around 2:30 pm so we had half an hour left. Naturally, we went for the main attraction of Ocean Park – The Grand Aquarium. We used up our express passes for it and the cable car ride downhill, so we returned just efficiently to meet the whole class in time!

This entire trip was ground-breaking good for me. I have never got such a chance to have so great fun with my friends. I just love it so much! I'm looking excitedly forward to the next trip every time I recall this fabulous picnic day.





# A Day Out – A Group's Discovery

Widening of MHYouths' Horizons

Tse Wai Fung Henry (1M)

On 20 December 2019 was my first secondary school picnic as a good welcome to the start of our Christmas holiday. We visited Ocean Park as the destination, which is widely known as a beautiful and amazing place.

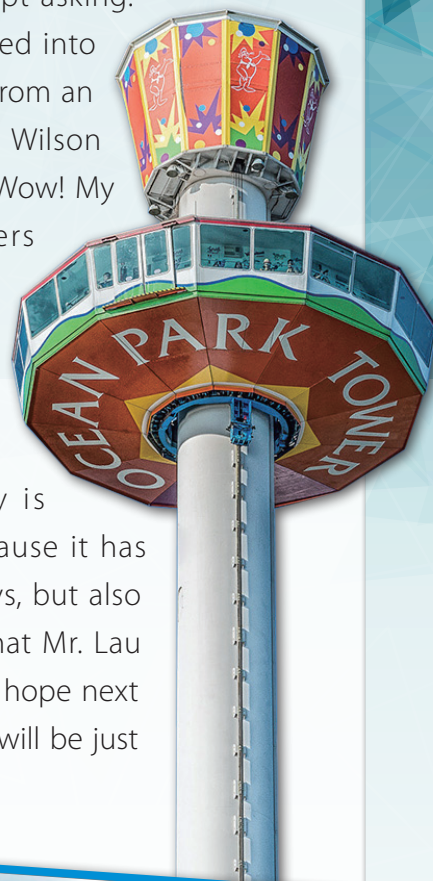
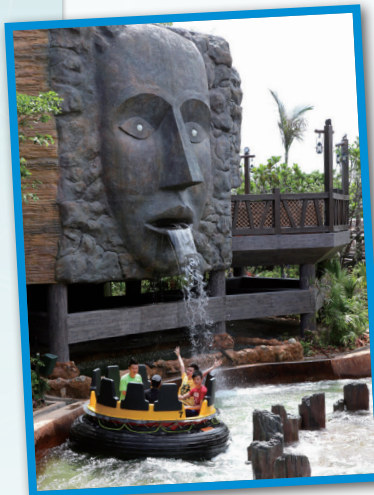
In the morning, I didn't want to be late so I went to school early. When I arrived, I found my classmates had arrived earlier than I did. I chatted with them and asked what they had prepared to do in the theme park. Some said they were going sightseeing first and others said they needed to ride the roller coaster. There are too many things we can do at Ocean Park!

On the way, the whole coach was as loud as a market! Why? Of course, it was our "voices". I could feel from our own voices that we were expecting a great trip. When we arrived, I chose to ride the Ocean Express with my group members. Wilson wanted to try "The Rapids", so we risked our lives to join him! Our clothes got wet through but it didn't affect our interest in the game.

Then, we went to "Arctic Blast". We had to wait for this game for a long time. While waiting, I felt very nervous because I had never ridden a roller coaster before. When it started, I thought it wasn't so frightening but Wilson got so crazy that he shouted all the way on it, making us crazy too.

After the games, we had lunch, taking a long rest. Then, we wanted to have a look down at the spectacular scenery from Ocean Peak Tower. When we arrived there, we bumped into our class teacher, Mr. Lau, so we enjoyed the splendid view together. A funny thing just happened. Wilson suddenly asked why he couldn't see Ngong Ping 360 while he could see Disneyland. Mr. Lau was surprised and tried to answer but Wilson kept asking. Finally, Mr. Lau changed into a Geography teacher from an English one and gave Wilson a "Geography lesson". Wow! My other group members were all surprised to know Mr. Lau is good not only at English, but also at Geography!

This picnic day is very meaningful because it has given me not only joys, but also surprises. It's found that Mr. Lau is a fantastic teacher. I hope next year my school picnic will be just as fun.





# School Picnic at a Hong Kong Icon - Ocean Park

Chung Pui Wah Rachel (2M)

On 20 December last year, Form One and Form Two students of our school went to Ocean Park for a school picnic. Although I had been to Ocean Park not long before, I still felt excited. Before we arrived there, my friend and I discussed the priority of scenic spots to be visited. On the school bus, we played with our mobile phones throughout the ride. When we arrived at the entrance, we took group photos together. After that, we bought tickets and rushed in with the maps we were given at the gate.



First, we went to take the Ocean Express where we could watch marine life such as octopus, clownfish and jellyfish on the screen. The images were so real. Then we went to ride the Hair Raiser - the famous roller coaster which has two 360-degree loops. The only disappointing thing to mention was that we had to line up and wait for more than 45 minutes! Finally our turn came. My friend Samantha and I sat on the last row of the roller coaster in order to enjoy the most centrifugal force. I liked the feeling and screamed out loud. After that, we went to play the Rev Booster. It gave an unmistakable circus feel. I felt a little bit dizzy when I finished. In addition, we went to play the Raging River where we surfed down with a raft in a nearly 90-degree rapid. It

was so exciting! Though my face and clothes were all wet, I played it twice.

Then, I met my friend Gail. I did not eat anything in the morning so I was very hungry. Gail bought me a packet of squid. It was chewy and delicious. I bought a hotdog. It was expensive but not very tasty. After dining, we went to play the Crazy Galleon. It was a mechanical pirate ship tilting at nearly 45 degrees in angles back-and-forth 20 metres above the ground. It was fun. At the end, we played the vendor's booth and won many dolls. We were so happy. Then, we went down the hill by cable car. In the cable car, we could see Ocean Park's great views and the big sea-horse logo. They were beautiful! We then waited for our friends down the hill near the exit to end this journey.



The journey was truly unforgettable. My favorite spot was the Polar Adventure because I love watching sea creatures. Ocean Park is such an entertaining place. It is a convenient place too as we can go by MTR or by bus. I really enjoyed the visit. I do hope the theme park won't become a thing of the past due to a great drop in admission and a prolonged closure arising from the coronavirus situation.





# Amazing experience in Choral Speaking Competition

Woo Lok Yiu Jade (2M)

Last year by the time the school year began, my classmates and I joined the annual English Choral Speaking Competition at the 71st Hong Kong Schools Speech Festival. It was my second time to attend the choral speaking event. My school used to join this event because it provided a good chance for students to improve their confidence as well as a good platform to perform in front of a large audience.

It was not easy for Ms. Wong, who is both our class teacher and English teacher, to draw up the training schedule for us due to some violent protests and riots throughout last summer in Hong Kong. Ms. Wong requested us to sacrifice our recess time and class teacher period for several days in order to squeeze practising time for this competition.

During the practice days, I felt very exhausted since we had attended classes for a whole day but still needed to spend extra energy on our practice. We needed to memorize both the actions and the lines of the poem for this competition all the time. I remembered that my whole class went to the school hall after school and Mr. Thomas taught us the moves, facial expressions, the voice projection and the key points to earn some credits for our performance. During the practice, we were very focused, treating it seriously and paying extra attention because we believed that we would have no regret if we tried our best. Some of our English teachers came and had a look at our practice and rehearsal on the stage as audience, which actually made me feel a bit nervous and scared. However, I felt a bit bored while waiting for the teachers to discuss and give us comments. I

used to chat with my classmates surrounding me to kill the time and it was fun.

On the big day when the competition came, I was excited but worried at the same time. I remembered that our whole class took a tour bus to the venue where we would perform. We were arranged to just sit in rows in front of the school hall stage. I panicked with excitement while watching other teams from other schools performing the same poem. We were the fifth team to perform in the competition. In other words,

we had a chance to listen to the good works from others but definitely it gave us more fears than joys because their performances were so perfect that they undermined our confidence.

Time slipped away, and it's our turn to get on the stage. During the performance, I was no longer afraid and I even enjoyed the performance very much. I felt happy when I looked at the audience and the judges because their facial expressions were full of joy and satisfaction.

Lastly, I have learned that cooperation with each other is a key factor of success in a choral speaking competition. In addition, it is so great to act as a team and enjoy the time in groups on the stage. It is certainly one of the most unforgettable experiences in my life.



# Learning Camp – A Wake-up Call for Secondary 4

Zhu Hanyi Helen (4M)

A meaningful camp was held from 21 to 22 January, right before the Chinese New Year holiday. A group of teachers had planned a variety of activities for us. To me, there are some memorable ones.

The first activity worth remembering is the session on 'data analysis', which was taught by Miss Hui, the mathematics head teacher. I think the whole process was very relaxing and pleasant. She had been encouraging us that although we might not be very good at some subjects for the time being, this would not determine that we will continue to be like this forever. No matter how well or how badly we do now, we should not feel proud or inferior, because as she said, the real battle will be in 2022. We still have time to improve.

The next activity I would like to share is the 'alumni sharing session'. An alumnus said something that impressed me a lot: 'When you think you cannot do it, you lose.' This reminder was very heart-rending but very true to me, who just, as said, give up from time to time. So, we should bear in mind

when we do anything, we have to believe we can do it first. Another alumnus suggested that we have to give ourselves some

incentives, so that we can move on. A simple illustration was given – an hour of gaming as a self-reward for two hours of learning.

The only inappropriate arrangement I found in the "alumni sharing session" is that when we were divided into groups with an alumnus included, the alumnus in my group did not have the same elective course with me, so I felt that I had nothing to ask except the compulsory subjects. When I talked about this with my friends later, they also told me that they had the same problem.

Nevertheless, throughout the camp the teacher leaders kept telling us that we cannot act like a form three student anymore. We cannot get caught in the old idea that we could cope with a test and even get a good grade as long as we study for it the night before. To deal with the demanding DSE syllabi, now we really have to start planning ahead. We need to do our studies and revision constantly and consistently. Even only half an hour a day is far better than studying overnight before an exam.

Overall, I really appreciate the careful preparation of our dear teachers. It is hoped next year's form four students enjoy their two-day learning camp as we did.





# A Learning Camp – A Neo-bridging for Secondary 4

Yang Peiling Penny (4M)

Widening of MHYouths' Horizons

A learning camp was held for all of us, Secondary 4 students on 20th – 21st January 2020, quite promptly after our half-yearly examinations. This was a great opportunity to review our performance in the examination. There is a huge gap between Secondary 4 and junior forms. As a new senior form student, we encountered great difficulties in learning. For example, we made strenuous attempts on revision, but the academic results were not as good as we expected. So the aim of holding this learning camp was to help S4 students to reconsider and improve our learning methods and attitude.

Before the camp, there was gossip that the camp was just humdrum and fruitless. However, I have got an unexpected experience from the camp and learnt about two crucial factors of success in senior form studies. Now I am going to share with you.

The first thing that we learned is how to manage our time more effectively. Because we are new to the pressing DSE courses, we always face numerous assignments and tests. Most of us experienced finishing them and doing revision at the very last minute from the impending deadlines. As a result, the quality of work was poor, and we couldn't get a high mark in the test. We should not keep this

study style. Our teachers became aware of this problem too, so in the camp they taught us some skills to make a proper allotment of time. We were told that we should finish tasks by following the order of importance and urgency. Also, we should set a time limit for doing anything. By doing so, we can manage our daily tasks better by organizing and prioritizing them, which can lessen our urge to delay and procrastinate over important projects, so that we can become more productive, thus wasting less time in idle activities and instead focusing our energy on more important tasks.

The second thing that I learned is the attitude towards learning. That was shared by a graduate. She said that we should never underestimate our ability. When we face some difficulty in learning, we may want to give up. Then you will be a loser. What we should do is to believe in ourselves. She advised us that we should hold on to the idea that we can do it as we have unlimited potential.

I will apply these factors that I learned from the camp to my life, preparing myself for being a persistent fighter in the DSE.



# A day without electricity and gas

Cheung Yuk Lam Daisy (4M)

This summer holiday, I participated in a volunteer event that helped give lessons to the children residing on a remote mountain. Knowing it is located in an underdeveloped country, I didn't expect highly in terms of living. I just wanted to have basic needs provided.



After a journey on a rough, rocky road, we reached the mountain. I looked around the environment there. The road was full of stone, on both sides

of which we found arid trees without leaves and many old-styled huts. The tutor gathered us and told us the schedule, saying, "Today we're going to mentor the children there and your job is to help solve their learning problems. After that, we'll go to the village houses to help them finish their household duties and homework. In order to let you have a good experience without distraction, please put your mobile phone in this box. I'll keep it for you carefully."

"Oh no!" I thought.

We went to the classroom and sat next to the children. There wasn't enough light in the room. A few light bulbs flickered. While everyone was focusing on the lesson, suddenly we heard 'Pa Pa Pa!'. The lights went out. Some volunteers felt scared but the children seemed like very calm. The teacher consoled us and said, 'It's common. I think it's only a power cut. Maybe we can't teach for a moment.'

I wanted to find my phone and turn on the phone light, but one of the volunteers told me our phones were not there.

During the break, I tried to find my phone again but failed. We all seemed to have nothing to do. Someone suggested playing hide and seek. I hadn't played hide and seek since Primary 3. And my childhood memories all came back immediately.

"It's time for us to go and help with their housework," the tutor said.

When I arrived at one of the huts, I discovered that they didn't have a gas stove. They burned wood for energy to cook. Of course, they didn't have an air-conditioner, but they said they didn't feel hot. They didn't have a home phone, either. However, they all said they were happy.

I reflected on my life very much. Although the families on the remote mountain have no technological gadgets and home appliances, they feel proud of themselves and satisfied easily with their hard but simple life. The day without electricity and gas as basic needs in our view has left no discomfort with me but a very rewarding experience plus a good understanding of goodness and love of life in hardship.





# Better arrangements for the half-yearly exam

Xue Qiuyi Zoe (5M)

The advent of December heralds the coming of the half-yearly exam as well as the Christmas break. Many people always argue about the scheduling of the half-yearly exam, wondering what the best time is for conducting the assessments. Should the half-yearly exam be held before or after the Christmas break? Both options have a non-negligible number of supporters. In my opinion, the half-yearly exam should be held after the Christmas break. There are two main reasons for my stance.

The first reason is that it enables students to prepare better for the summative assessments. Students usually have innumerable learning tasks and basically have no chance to arrange for the learning content on their own. They passively receive the knowledge taught by their teachers without sufficient time to digest it. As a result, they cannot achieve the expected learning outcome. Holding the half-yearly exam after the Christmas break can provide students with more time to organize their notes, review and summarize what they have learnt, solve the learning problems they face and then perform intensive drills for overcoming their intellectual weaknesses and laying a solid learning foundation. The purpose of the exam is to help and motivate students to learn and master knowledge through periodic testing rather than humiliating or eliminating students. To fulfil the purpose of the exam better, more time for self-learning and in-depth revision should be given to students. In addition, a large number of students usually sleep less than six hours on normal school days. Without adequate sleep, students always find it hard to concentrate in class, acquire knowledge and complete their homework efficiently. In this way, their academic performance is negatively affected. Holding the exam after the Christmas break allows students to have adequate sleeping time, so

that they can take the exam in their best mental state for a full display of their learning outcome.



The second reason is that holding the half-yearly exam after the Christmas break can preserve learning continuity. According to the theory of forgetting, the rate of forgetting is very fast in the initial stage of memory, and then gradually slows down. After a long span, it is almost no longer forgotten. It is generally understood that students can keep only 25% of what they learn in class if they do not review promptly by the end of the day. If the half-yearly exam is held before the Christmas break, most students will be left completely lax during the holiday as their awareness of learning turns very low. They will focus on entertainment and neglect their studies so it is difficult for them to get out of the holiday mood and keep up with learning after the Christmas break. Besides, it is hard for teachers to finish marking the scripts or analyzing students' performance in the exam papers before the holiday. In this sense, students can only get feedback from teachers after the long holiday. With such a long vacation, students gradually forget the content of the exam papers. After the Christmas break, students cannot clearly remember what they considered and how they answered the questions during the exam, so it is more difficult for them to accurately find out their deficiencies from the half-yearly exam. The effectiveness of the feedback will be greatly reduced. In order to maintain learning continuity, schools had better hold the half-yearly exam after the Christmas break.

In conclusion, there is no doubt that holding the half-yearly exam after the Christmas break brings more benefits. It can not only enable students to prepare better for the assessments but also maintain learning continuity favourably.



Despite the trend that more and more students go to tuition schools, most of them still get unsatisfactory or even worse academic results. Are there any effective methods for students to improve their performance? Here are some approaches recommended:

### • Do Previews

Students usually feel exhausted after finishing a whole day of schooling and tuition. They have no spare time to do the other work. However, before having a lesson, if students preview their textbooks and sort out some confusing points in advance, the lessons will be more effective. It is believed that concentration on those confusing parts during the lessons can make learning more effective. On the contrary, lack of passion for preview definitely lowers the efficiency of learning in class.

### • Focus On the Lessons

Since more “kings of tutoring” rise in popularity, an increasing number of students depend on tutors too much. They may easily “let go” of their lessons in school. Thus, they will give up jotting down notes and keep being distracted by bird songs from outside the window or sleeping during classes because of staying up late doing the assignments of the tuition schools. In fact, students who have slept enough can concentrate better in class. Without the burden from after-school tuition, they can have more time to do previews and pay more attention in class, which facilitate their problem solving in the classroom. Only when they focus on the key points being taught can they highly benefit from the lessons. Moreover, they can jot notes actively for revision, so that they can understand more deeply the subject matter discussed in class and apply it in exams and even in society in future.



### • Do Reviews

It is reported that doing revision after school helps students enhance their memory. Owing to frequent and regular revision, the knowledge can be kept in their mind for a longer time, which can reduce the time of remembering the key points in the long run. Doing revision on schedule helps achieve a better long-term memory.

In contrast, over-reliance on after-school tuition that might not match the progress in school will deprive us of both time and energy for doing revision at home. The disadvantages caused will far outweigh the mere advantages.

### • Reflect on learning experience

It is well known that many exam skills are covered in tuition schools. Nevertheless, students are often spoon-fed like a robot. They can hardly consider how to draw inferences. That is why they cannot apply the skills successfully in exams, causing an unsatisfactory performance contrary to their expectations. As a matter of fact, what they need is to reflect on what they have learned regularly to strengthen their memory and ask themselves about the topics previously covered for recycling knowledge.

In conclusion, the four-step approach for study is necessary for all students to improve their academic performance.





# Public Transport in Hong Kong

Youths' awareness of the world

Chan Lok Him Andy (2M)

We have been riding on these means of transport every day, such as minibuses or the MTR, but did we ever try to know their histories? You will know more about them after you read this.

First of all, there is a focus on the most convenient form of transport that we think - the Mass Transit Railway (MTR). Operated by the MTR Corporation Limited (MTRCL), it started its service on 1st October, 1979. Before the year 2007, there were two corporations in charge of the railway systems in Hong Kong, including the currently named East Rail Line which was operated by the Kowloon-Canton Railway Corporation (KCRC) before combination of both railways. Because of hard work in expansion, there are now 13 lines in total, including the high speed rail.



Secondly, let's hop on another favourite form of transport in rush hours, that is, taxis. The word "taxi" carries a similar sound in its Chinese translation that is widely used by the locals. In the early colonial times, sedan chairs were the only kind of public conveyance available. After motor cars appeared, taxis in Hong Kong came in service at the same time. Up to the 1960s, Standard, DeSoto Deluxe, Morris Oxford, Ford Popular, Hillman Minx, Austin 8,



Austin Cambridge, Mercedes W120 Ponton, Ford Anglia, Vauxhall Cresta and Vauxhall Velox had been the models of taxis in Hong Kong. Since the 1970s, there have been Japanese models, for instance, Toyota Crown Comfort YXS10 and Nissan Cedric Y31, which have become the most popular models in use in the territory. Since the 2000s, there have been LPG taxis. Taxis providing wheelchair seats have been found since 2015.



Next, there is another form of transport that is not restricted to land. It not only serves the routes between Tsim Sha Tusi, Central and Wan Chai, but also takes you to the outlying islands, including Mui Wo and Cheung Chau. That is ferry service. The first company that provides ferry service is called the Star Ferry Company, founded in 1888 as the Kowloon Ferry Company. It adopted its current name in 1898. Before the opening of the Cross Harbour Tunnel in 1972, the Star Ferry was the only public transport between Hong Kong Island and Kowloon. The first ferry in Hong Kong was called Morning Star, which started its service in 1871 and retired in 1898. In 2000, the second company that has provided ferry service until now in Hong Kong was founded and known as New

World First Ferry Services, one of the subsidiaries of the bus company, New World First Buses Services. There was

another subsidiary called New World First Ferry Services (Macau), which was sold to Shun Tak-China Travel Ship Management Limited, the owner of TurboJET in 2011.

In addition to the large-scale choices of public transport, what appears everywhere in Hong Kong is the public light bus. Public light buses, also known as minibuses, are smaller than the regular buses, which are useful for travelling to some places that are inaccessible by regular buses. The first minibus started its service in 1967 between Kowloon and the New Territories. Minibuses are allowed to provide services in the urban areas of Hong Kong. The first generation of light buses carried only nine passengers each and their body was in black and white so it was referred to as "zebra" cars. Then, light buses changed their design into red-striped vans containing 14 seats. Later on, its maximum capacity increased to 16. Since the 2000s, there have been LPG minibuses. A limited number of minibuses have been providing 19 seats since 2017. There are two main types of minibus, namely, red minibuses and green minibuses. Green minibuses usually run on fixed routes at fixed

fares. The payment can be made by Octopus card or cash (no change provided) while Alipay is accepted only on AMS routes. Red minibuses provide a non-scheduled service and have no fixed routing. The payment can be made by Octopus card or cash.



The final form of transport in our focus travels mainly in urban areas and new towns, most of which appears as double-deckers. Yes, they are known as buses. Bus services are common in Hong Kong, which started in 1920. The first company was the China Motor Bus Company (CMB), founded in 1923. Its service and management declined terribly after the opening of the MTR's Island Line. Eventually, its franchised bus service stopped in 1998. On the other hand, in 1997, the first low-floor bus started its service with the Kowloon Motor Bus Company Limited. Since 2000, many public buses have accepted the Octopus card for fare payment. 14 years later, the first two 12.8-metre double-deckers started their service. Now such double-decker fleet has been expanded to more than 2000 as recorded in 2019.

If you are interested in this topic as I am, you can find out more information on the website: [https://www.td.gov.hk/en/transport\\_in\\_hong\\_kong/public\\_transport/non\\_franchised/index.html](https://www.td.gov.hk/en/transport_in_hong_kong/public_transport/non_franchised/index.html).

Enjoy your adventurous search of the history and current states of public transport in Hong Kong!





# Cries for a cashless society

Youths' awareness of the world

Li Sze Ching Rosita (2M)

Many countries become a cashless society nowadays like Denmark and Norway, where cashless payments are predominant, but the clear Scandinavian leader in becoming the first cashless country is Sweden. Swedes have taken to cashless payment wholeheartedly.

Maybe you think, "What is a cashless society?" Cashless society is an economic concept where financial transactions are performed in an electronic format rather than using banknotes. In a cashless society, an electronic card or device is used for performing transactions.

Hong Kong lags behind Mainland China in becoming a cashless society because the city's first such payment option, the contactless octopus card is so successful that the city has stopped exploring more options. A large number of Hong Kong adults, especially the elderly, don't know much about electronic payments or transfer devices, and some of them worry about the security of electronic payments too. In daily life, people are used to paying for their items with cash. That is why fewer people use electronic payments in the city.

But for the business sector, electronic payment is very convenient. Using digital payments is probably the biggest motivation for easy currency transactions, because in the digital medium, there is no need to withdraw large amounts of cash from the automated teller machine and people do not need to queue for withdrawals using a bank card. Using digital payments can also be more secure and easier. There is another advantage to using electronic payments. Financial crime can be gradually reduced. With records of every payment received, it is difficult to hide any income for tax evasion. Physical cash could be anonymous and untraceable, making it preferable in terms of crime, including bribery, tax evasion, money counterfeiting, corruption and financing of terrorism. In contrast, a cashless society provides room for more monetary policies and monitoring.

If Hong Kong becomes a cashless society, it will be more convenient and the business crime rate would drop.



# A cashless society – a future of Hong Kong?

Tang Pui Kei Kerry (3M)

Online payment is one of the world-wide trends for money exchange and financial transactions. People love convenience and efficiency arising from it. Some



**Alipay**



**WeChat Pay**

**Apple Pay**

foreign countries have become almost cashless, for example, Sweden. Countries like China are encouraging their people to use apps such as Alipay and WeChat Pay for day-to-day purchases instead of using cash.

Even in food markets in cashless regions, hawkers do not accept cash anymore. Moreover,

payment transactions can be done in just a few seconds.

How about Hong Kong? Instead of credit cards, every

Hong Konger has an Octopus card nowadays, which they use for public transportation, shopping and dining. Even the elderly can use it easily without any particular skills. But have you ever thought that Hong Kong may become the next cashless society? Let's talk about the pros and cons of it.

One of the cons of being a cashless city is that online payments might leak out our personal information. Online fraud groups may also steal your information effortlessly and sell it to the advertising companies. In addition to this, online crime might increase, which may result in loss of large amounts. Another disadvantage to this idea is that the poor and low-income people may not have enough money to buy a smart phone for online payment. This would mean that some poor people may not be able to do daily transactions. Also, the elderly might find it too difficult to master the functions of a smart phone to make online

payments. Finally, what will happen if we do not have access to the Internet when our mobile phone is out of battery or we do not have data?

Many people have lost control of spending money due to the convenience of online payment. Some of them are unable to repay their debt. In fact, some Japanese people are against using online payments as they understand the advantages of using cash. Paying by cash will not only help them to control their budget but also help them plan their finance in order to manage their lifestyles in a more disciplined and stable way.

However, there are some pros of using online payment. It can help various businesses or retailers to reduce operating costs when staffing for face-to-face transactions can be streamlined. In addition, it also helps to reduce the spending on paper and postage and finally save more trees. The more payments processed electronically, the less bank notes used and the less lumbering of trees. Certainly, we do not have to spend extra time queuing for making payments. Online payment can complete any funds transaction in a few seconds with no time wasted. Therefore, it is obviously suitable for Hong Kongers, who are often in a rush and see "time as gold".



In conclusion, there are both pros and cons for Hong Kong to become a cashless society. To be precise, negatively speaking, we could leak out our personal information and some low-income groups may not be able to make or receive e-payments. However, in an optimistic sense, we could spend less time on daily transactions and become more environmentally friendly by turning to e-payments. So what is your stance?

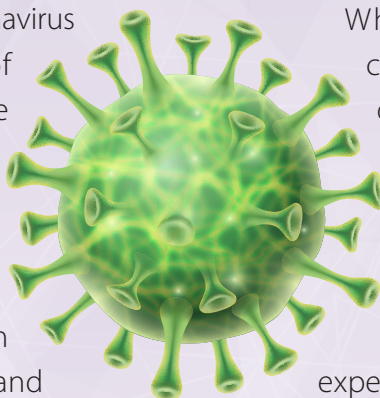


# COVID-19 Makes Us Change!

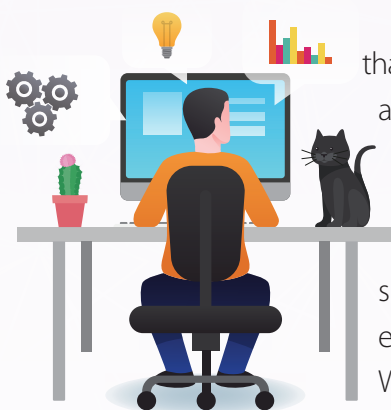
Youths' awareness of the world

Cheong Haneul Chak Chuen (4M)

Covid-19, also known as Coronavirus Disease, is thought to be one of the biggest challenges that the whole world is fighting against. To defeat it, all hearts have to be one. Take Taiwan as an example. Upon its outbreak, everyone there took it very seriously from the beginning. They stayed alert and did their part to wear masks and exercise social distancing. In contrast, people in America underestimated it and some even protested that they wanted to continue working. If everyone does not cooperate in protecting themselves from being in contact with the virus, this virus will never stop killing people. So, as I am in quarantine to protect myself from the virus, I have noticed many unexpected changes to this world that arise from the virus outbreak, and the changes are found in our daily lives.



What else or who else has been changed? Us! Since we are quarantined or exercise home isolation, we cannot go to school, and so we attend classes online. This is a suddenly adopted approach to the so-called "Education of the Future". No one expected that we would have to "go to school" online, which did make some teachers hesitant and uncertain. However, I believe that this is a good experience for teachers as they have a chance to figure out ways that will eventually help us encounter this unprecedented situation. Sadly, on the other hand, students have been badly affected. Since they are not physically going to school, they do not really have the heart to study or do homework despite online teaching and learning. Many of them end up in handing in their homework late or idling away their online lessons. Since staying at home means you have access to everything that could distract you from learning, I believe that the majority, if not all, of students cannot benefit from e-learning from home as much as expected.



Did you notice that the weather is not as hot as before? Think about it. During this time in early May last year it was super-hot! What on earth has happened? Well, here is what has happened. Ever since

large-scale quarantine was required, people have turned to working from home, which means that a lot of factories are brought to a stop. Since the factories are not operated, that means there is no smoke emitted. Scientists have discovered that the "Ozone Hole" has closed because no polluted air is released from factories.

For us students, our only hope is that this pandemic will end soon, and everything will go back to normal, but beware: even if we go back to school, we should still keep ourselves protected as the virus is said to be highly contagious. So stay safe and healthy!



# An open letter to provoke readers' thinking of beauty

Ling Jinhua Lincky (4M)

Dear Editor,

I am writing to express my opinions on an article about the importance of looking beautiful. From the writer's point of view, having a good-looking appearance is the most crucial factor in a person's life. I strongly disagree with this.

There is no doubt that keeping a gentle physical appearance could leave a good impression in others' minds. Moreover, people's self-confidence could be built by having good looks. However, not all of us were born with an appealing appearance. As time goes by, our looks would be changed. No one can stay young and charming forever. As far as I am concerned, there are plenty of elements that are more significant in one's life, for instance, modesty, kindness, patience, compassion and optimism. People cannot live only with a good appearance. I believe that having these moral qualities and attributes can not only broaden our social circle but also lead us to a truly better life.

In addition, distinguished personal abilities are essential and indispensable for making one's life successful. We could achieve a success and live a fulfilling life through exploration and appropriate utilization of our abilities instead of relying on our looks.

Take the retired Hong Kong athlete in the Paralympic Games, So Wa Wai as an example. Despite the fact that he was born with certain congenital diseases, with his diligence and optimism, he kept uncovering his potential and improving his competence in running. Finally, he won numerous medals in a wide range of world competitions, including the

Paralympic Games on four occasions. His success proves to everyone that good discovery and use of one's ability is an essential factor that influences our own lives.

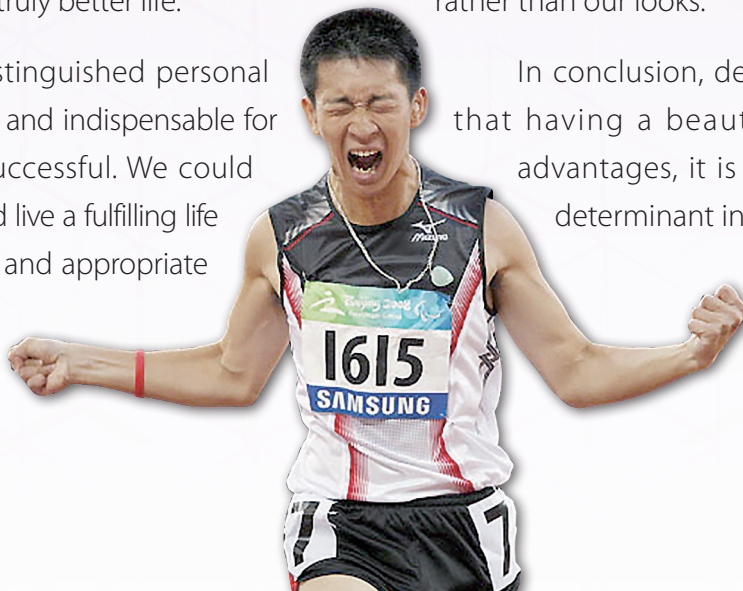
What's more, as found in an old saying, people should not "judge a book by its cover". Appearance is not the only criterion to judge a person's beauty.

Other than that, inner beauty cannot be ignored. And our moral attributes and personal abilities form our inner beauty that can last much longer.

People should see far and try not to take appearance so seriously. The quality of life is determined by our strengths and personalities rather than our looks.

In conclusion, despite the suggestion that having a beautiful look has some advantages, it is not the most crucial determinant in our lives.

Yours faithfully,  
Chris Wong





# An inspiring letter for outer beauty supporters

Xue Qiuyi Zoe (5M)

Dear Editor,

I am writing to express my opinions on an article about the significance of looking beautiful, which hints at a misconception that appearance is the most significant factor in a person's life. I disagree with the views expressed in the article.

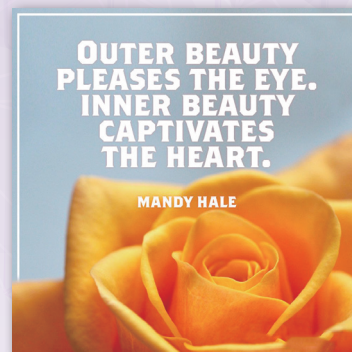
There are a wide range of reasons that I disagree with the article. To commence with, regarding appearance as the most important factor in our lives is not beneficial to our physical and mental health. Nowadays, a large number of people are trying to slim in order to become beautiful and gain praise and recognition from others. For example, lots of females take slimming pills and go on a crash diet for a long time. However, slimming pills always include appetite suppressant, laxative, ephedrine and so on. Although these chemicals can accelerate calorie consumption and fat breakdown, suppressing their appetite, they are highly addictive creating side-effects such as depression, insomnia and anxiety. In addition, dieting improperly can cause other problems such as dizziness, weakness in the limbs, headache and fatigue. Consequently, overemphasis on the importance of external beauty serves as an unfavourable incentive for this unhealthy lifestyle. In terms of mental health, viewing appearance as the most important factor will make lots of people ignore the cultivation of inner beauty. People who pay too much attention to appearance are often mentally vulnerable and show a lack of confidence because of their uncontrolled pursuit of public approval. They try to cater to public aesthetics instead of being themselves. However, it is difficult for people who are dissatisfied with themselves to be truly happy. When others gossip over their appearance, their mood can be easily and severely influenced. That is why appearance cannot be treated as the most important factor in life.

The second reason that I disagree with the article is that viewing appearance as the most important factor is disadvantageous to our long-term development of relationship and career. It is undeniable that beautiful appearance is an advantage when looking for certain jobs or making new friends, especially in the era that most of people are face-judgers. However, external beauty will eventually fade away and social standards for external beauty keep changing. Only intrinsic literacy and talent can eternally promote the development of relationship and career. It is widely known that having one's feet firmly planted on the ground is a necessary condition for a person's long-term development. Moreover, people who are truly appreciated, respected and attractive have a real, warm heart, so that they can appreciate themselves without being affected by others' ill-intended evaluation or criticism. Therefore, regarding appearance as the most vital factor in one's life is inappropriate.

Overemphasizing the importance of appearance is detrimental to not only our physical and mental health, but also our long-term development of relationship and career. Enhancing our inner beauty composed of admirable personality traits and personal qualities is what we should do.

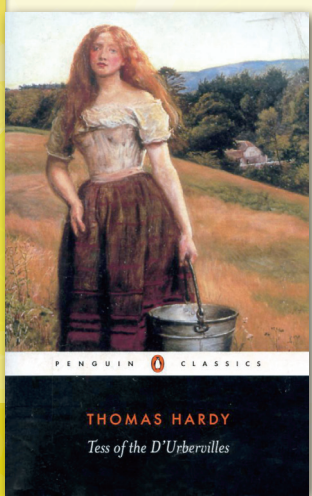
It is hoped that my views will be carefully considered and shared with your readers.

Yours faithfully,  
Chris Wong



# Book Review: Tess of the d'Urbervilles

Law Yu Sze Eunice (3M)



I highly recommend a book that I read during Christmas. It is entitled "Tess of the d'Urbervilles" by Thomas Hardy.

The story is a tragedy. It describes a simple, kind, beautiful girl named Tess in a poor family, the Durbeyfield. She is full of fantasy about

love. One day, her family finds out that their ancestors are the d'Urbervilles, which is an ancient and noble family.

When the Durbeyfields meet with misfortune, they send Tess to visit her wealthy cousin and ask for help. However, the wealthy cousin has a young son, Alec Stoke-d'Urberville, who finds Tess very attractive, so he seduces and rapes her. Therefore, she gives birth to a son.

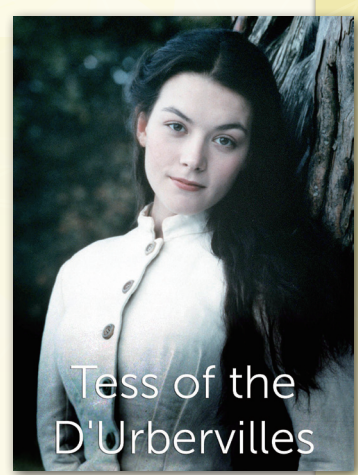
Because of the "sin" Tess has to face, she is despised a lot. Under great pressure arising from the loss of her child, Tess leaves and works at a dairy farm. When she meets Angel Clare, they fall in love with each other.

However, after they get married, Tess tells her husband her painful past, but Angel cannot forgive her. After that, he has to make a choice to leave Tess and go to Brazil. Tess tries to wait for his return, but there are no traces of Angel.

Tess suffers from a hard life and is insulted and ridiculed by others.

In desperation, she lives as an upper-class lady with Alec. At that moment, Angel realises his mistake and returns to find Tess. He wants to be with Tess again. At the same time, because of Tess's anger with Alec, tragically she kills him and runs away with Angel. Angel makes a promise to Tess that once she is gone, he will marry her sister, Liza-Lu, for her sake.

After that, she is caught by the police and is sentenced to execution for her crime. In the end, she is ready for her fate and she is hanged during the thought of having a dance with Angel in Pentecost, and the tragic tale of Tess ends.



After reading this book, I feel awful for Tess's painful fate. She shouldn't have suffered from that. In my opinion, if Tess's mother could warn her that the wealthy cousin's family is dangerous, she would have had more awareness to avoid being seduced and raped by Alec. If Angel had forgiven Tess's painful past earlier, then they could both have lived happily ever after. Although Tess suffers from the insult from others and makes a wrong choice, I am inspired by Tess, who doesn't give in to fate. Instead, she has the courage to fight against her unfair fate and dedicate her life to love. Her pure and kind side will always stay in my heart. This book is definitely worth a read.





# Black Cats—a sign of mystery

Youths' likes and dislikes

Cheung Chun Hei Sam (3M)

What do you know about black cats? Eyes yellow as fire and fur black as ebony? These felines are believed to be omens of bad luck, companions of witches or witches themselves!

There are lots of myths about the underworld. In Egypt, there is a female god called Bastet, also known as Bast. Such ancient Egyptian goddess was worshipped in the form of a lioness and later a cat. Said to be daughter of Re, the god of the sun, Bastet was an ancient deity whose ferocious nature was ameliorated after the domestication of the cat around 1500 BC. She was native to Bubastis in

the Nile River delta but also had an important cult at Memphis. In the Late and Ptolemaic periods large cemeteries of mummified cats were created, and thousands of bronze statuettes of the goddess were deposited as votive offerings. Small figures of cats were also worn as amulets; this too was probably related to the cult of Bastet.

Also, killing a worshipped cat back then was considered a capital offence. In Germany, some people think black cats crossing the sidewalk from right to left are a bad sign, but from left to right, the cat is believed to be in a favorable

period. In the United Kingdom, black cats are usually considered to be a good sign.

But, black cats aren't bad luck ever where sailors would take a black feline with them for good fortune. And if you are a single woman in Japan, a black cat will bring you many admirers.

All superstitions aside, black cats may carry a secret cure in their genome that can be studied to help find treatments for illnesses like AIDS and cancer in humans. Do you know cats can have the same diseases as humans? Cancer, AIDS, Alzheimer's and multiple sclerosis, ... Cats can be affected by any one of them.

October 27 has been designated 'Black Cat Day' by Cats Protection in the United Kingdom of Great Britain and Northern Ireland to celebrate the virtues of black cats and to encourage people to adopt an unwanted black cat.

So black cats might be evil if you believe, but they have a lot of mysteries under their black fur to let us discover.



# If I owned a restaurant, I would serve...

Ha Tsz Ching Charmie (3M)

If I owned a restaurant, I would serve dessert to my customers as I am a die-hard fan of sweet food.

In Hong Kong, there are many dessert shops. This explains why dessert is so famous and popular in Hong Kong. There are many dessert types but we generally call it "tong sui" in Chinese translation. If we focus on Chinese dessert, there are a wide range of choices, including sweet sesame soup, mung bean soup with extra kelp, "tofu fa", dried bean curd and ginkgo nuts. Western



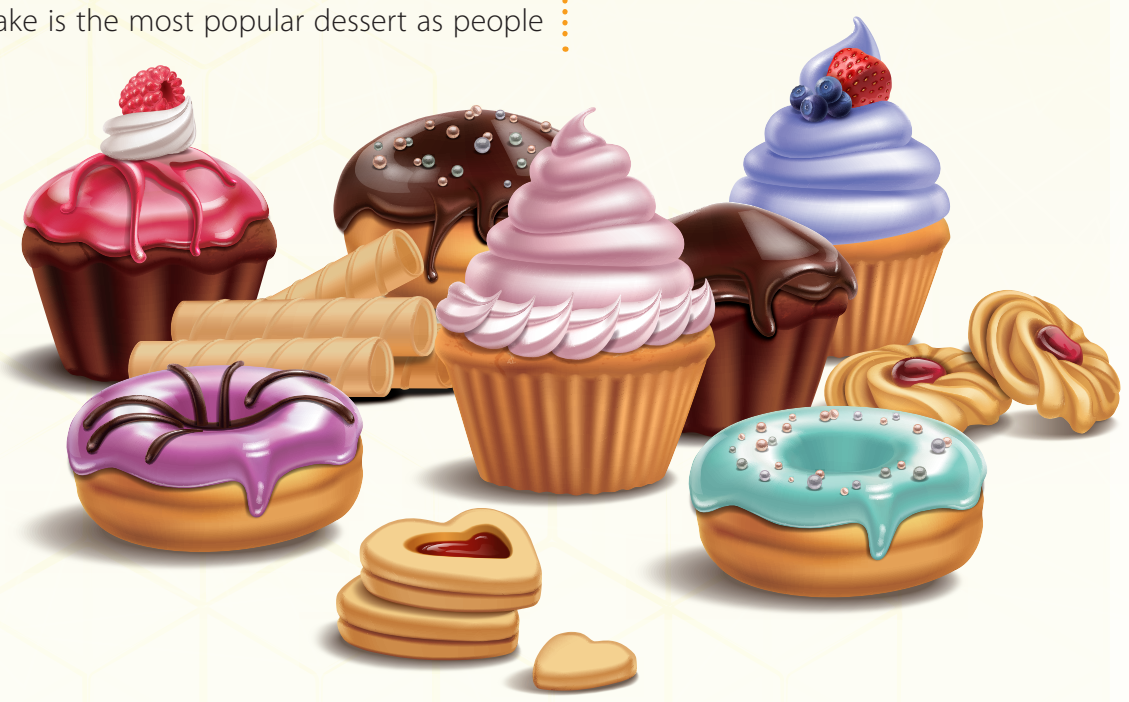
dessert is highly comparable, such as cheesecake, custard pudding, chocolate mousse and pancakes.

Dessert is commonly eaten as part of our daily diet. Chinese people like to eat "tong sui" after dinner while western people will have dessert at lunch or eat pancakes as breakfast. The cake is the most popular dessert as people

eat cakes to celebrate like birthday, Christmas and Mother's Day. Cake is also my favourite. Sometimes I bake a cake, making different decorations on it, so that it looks beautiful and attractive.

I think eating sweet food can really make people happier. Whenever I am unhappy, I eat some dessert. If I owned a dessert restaurant, people can visit me and eat the dessert I make when they feel unhappy, or if people just want to eat some sweet food for variety, they can come and enjoy my full list of delicacies. If I owned a restaurant, I would invent and serve some special dessert to my customers. I realize if I were a customer, I would expect something very appealing and unique in both design and taste.

If I owned a restaurant, I would make it a beautiful and comfortable venue that both local and foreign customers wouldn't want to leave after they tried my dessert.





# Spring Festival— a time to uncover a mine of gold or a heart of gold?

Chen Wenxin Venus (5A)

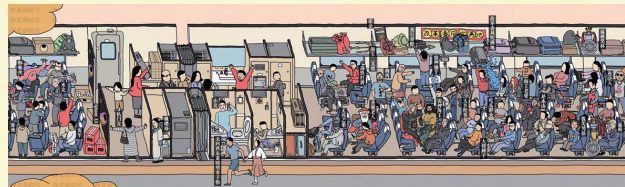
Youths' likes and dislikes

It is widely known that Spring Festival is a traditional one that is still commonly celebrated in different Chinese communities. When celebrating this special holiday, an awareness of some problems that could arise from it should be aroused.

First and foremost, as teenagers, we need to face a “money” issue. We should choose to spend properly our lucky money collected at Spring Festival. As a full-time student, we earn our main income during Spring Festival, which is viewed as our richest period. We could feel free to make purchases while looking forward to our favourite brand-name shoes, top entertainments like “Dreams” and the collectible Marvel figures, etc. that can all be taken home by spending our luckily-earned lai see. Getting expensive products without making too much effort makes teens develop a habit of hyper-consumption. On the contrary, saving lucky money for larger costs in the long term, like university tuition fees and extra costs of references helps parents reduce their financial burden. We are old enough to cut costs and plan for our own future.

In fact, we should spend more time with our families at Spring Festival. It goes without saying that we will have less and less time to stay with them when we are growing up to learn independence. Therefore, what we can do to bring happiness to every family member is to have more family time spent on, say, doing year-end clean-up to welcome Spring Festival, playing a Chinese game “mahjong”, having a reunion dinner and

paying a ceremonial visit to relatives. It is necessary for us to learn to be thankful. We may be busy completing our homework on the weekend or some three-day holidays; however, we should have enough time to do something meaningful with our family at this traditional festival.



Last but not least, Spring Festival would also cause some social problems. Since the High Speed Rail was completed, Hong Kong has experienced the Spring Festival travel rush. There is no doubt that Hong Kong is a melting pot of both Chinese and western cultures, which has multiple-valued sights that boost sightseeing trips. As a result, thousands of tourists come here to spend a different Spring Festival with shopping and sightseeing. Moreover, some local residents travel to Mainland China to pay a ceremonial visit. That is why people keep coming and going in streams in the high speed rail station. With high floating population, taking public transport or staying

in crowded places will raise the risk

of virus spreading. Consequently, as in recent months, the coronavirus outbreak has spread widely and quickly.



In conclusion, every coin has two sides. Though there are plenty of unknowable factors around us and our festivals, we are ever able to learn how we should value the days and make the most out of them. Spring Festival is definitely one of such typical occasions.



# K-pop gets me into the groove!

Yam Ngo Yin Gemma (5A)

## Netflix Addiction

I'm a Netflix addict. I've always enjoyed watching movies and shows, and I'm thankful there's Netflix. Since the coronavirus situation is serious, I've been staying home for a long time and I got quite a lot of time to kill. There are many good shows on Netflix and I would love to introduce some Netflix originals to you.

Firstly, a very recent K-drama called "Crash Landing on You" has been the most popular series on Netflix for weeks. It's about a South Korean fashionable businesswoman who gets to North Korea by accident. She spends her time there with a member of the North Korean elite. The drama is really hilarious although the episodes are quite long. I think it is worth watching.



Secondly, I watched a show called "I Am Not Okay With This" because it's produced by Johnathan Entwistle, the same producer as "The End Of The F\*\*king World". That series is really good so I was expecting it to be as great. However, I was kind of disappointed. It got a bit boring though the soundtrack is really good. The episodes are only around twenty minutes each so it is easier to binge.

Last but not least, "Everything Sucks!" is a highly underrated series about teens' culture of the mid-1990s. The lead characters are high schoolers and they are in a club together to make a movie. They are also dealing with many problems like their sexualities, mental health and growth. It is relatable since many kids are struggling with many problems. It also includes many 90's songs so it really brings back the memories.

Binge-watching can be fun and educational, yet it is still important to spend enough time studying. I hope everyone can stay healthy and spend their time well at home studying and resting.

"How did you get into K-pop?" A lot of people asked me this question. Well, I was attacked. Yes, you heard me right. I was considered as more of a Western music lover since I was at a young age, and I still am. The vibe I gave was not someone who would be really attracted to K-pop. That was what everyone thought, including me.

When I first realised I got addicted, I was quite ashamed of myself. I kept that as a secret for quite a while. It was quite funny when I now look back to see myself thinking it was some sort of "dirty little secret".

I was really surprised when I actually started noticing K-pop, it was a girl group called Blackpink. They are one of the most popular K-pop girl groups around the world and I was impressed by their work. They hit me like a DDU-DU DUU-DU (No pun intended lol). Then soon, Twice, Red Velvet and Itzy are something that I talk about all the time as well.

Being a K-pop fan might cost you a lot of money sometimes. However, I think it's worth it. They all worked so hard to get into the places they are today, I'm touched and inspired. They made me believe in myself and I should work hard to make my own dreams come true.

While listening to their songs and watching their variety shows, I learned quite some random phrases in Korean and got more comfortable with Japanese (since they speak Japanese as well). Fun fact is that I also learned Mandarin from them. Yes, their pronunciation is so much better than mine.

Being into K-pop has changed my life, literally. I made some new friends that now I see as my best friends and it has actually widened my horizons. I never realised I was the frog in the well, but I'm out of it now. Trying new things isn't always bad and instead, it could be life-changing.





# Because the Internet...

Chan Cheuk Hei Eric (5M)

Youths' likes and dislikes

The Internet provides a new platform for various up-and-coming artists as an alternative to mainstream media. It enables more groundbreaking or even revolutionary creations to be recognized. Ideas for all types of projects can be crowdfunded online. Within the decade, a multitude of creators have risen from a wide variety of online platforms. Creators around the globe are connected by new online platforms which make it easier for talents to collaborate and have a chance to shine.

More and more independent artists have started to post their works on online platforms, which cover diverse communities of artists, game developers, musicians, actors and writers. They have established a new generation of creators world-wide. Through the Internet, new independent creators are able to develop a career in animation and video game development. Animation studios discover new artists through the Internet, creating a worldwide network of indie animators. Meanwhile, independent creators can earn a sustainable income from the support of fans over the world on crowdfunding platforms like Patreon and Kickstarter.

Bee and PuppyCat is an animated web series created by Natasha Allegri on Cartoon Hangover, an online animation channel launched on Youtube in 2012. The pilot episode went viral online and raised \$872,133 on Kickstarter.



The series revolves around an unemployed girl, Bee, and a strange cat-dog hybrid named, PuppyCat. Together they go on a series of temporary jobs to pay off rents in alternate dimensions shrouded in mystery. As the story goes on, more and more secrets surrounding the characters are uncovered, building up suspense for future plot and character development. It has received over 10 million views on Youtube and was listed as one of the best TV shows of 2014.



Undertale is a role-playing video game created by indie developer Toby Fox. The entirety of the game was developed by him alone, with most of the artwork provided by artist Temmie Chang. Toby took inspiration from RPG classics and created a brand-new gameplay mechanic. The player controls a child who fell into the underground world, exploring this mystical place, encountering various comical characters and solving numerous puzzles on the journey. The story development is up to how players decide to play the game. The choices they make affect the entire plot and ending, with players' morality acting as the cornerstone of the game mechanic. In this game, the traditional style of storytelling is ditched and instead, it is filled with playful interactions and light-hearted jokes, establishing an intriguing world with vivid and iconic characters.

The game was financed through Kickstarter and within a month it raised \$51,124, ten times its original goal. Undertale was one of the best-selling games on Steam and had an estimated total of 3.5 million players. The disarming sense of humour along with memorable 8-bit music and unique pixel art style gained a large dedicated fanbase instantaneously, which is why the game was listed as Game of the Year in 2015.

My Brother, My Brother and Me is an advice podcast for the modern era created by The McElroy Brothers. They are three real-life brothers from West Virginia, Justin, Travis, and Griffin. In each episode, they bring up the latest topics and take questions from the Internet to discuss and turn them into "wisdom". The three brothers come up with comedic answers to questions found on Yahoo! Answers. As stated at the beginning of each episode, "their advice should never be followed". They have a lot of fun playing with each other in this space and listeners love their shenanigans.

Time after time the Yahoo questions are absurd, short, and don't require a background. Questions are found ranging from awkward life situations to stopping photoshops of Garfield monstrosity. Out of context, their ideas might seem baffling or even not making any sense - it's also fun because of it. Apart from giving out advice, they also host recurring segments that are incorporated in episodes. Justin, the oldest brother,



hosts "Munch Squad", a podcast within a podcast where he ridicules press releases from fast food companies. He also has a segment sharing stories about creepy dolls found on eBay called "Haunted Doll Watch". Travis, the second brother, sometimes finds the most confusing and nonsensical "riddles" while the other two siblings strive to apply logic in these illogical puzzles! Griffin, "sweet baby brother" and media luminary, often comes up with the goofiest gags and makes everyone laugh uncontrollably. He hosts The Adventure Zone, a tabletop role-playing Dungeons & Dragons podcast featuring the brothers and their dad, Clint McElroy. Griffin writes music and stories for the game, which contains humorous encounters and gut-wrenching moments.

The McElroy brothers are all fathers yet they still maintain the spunky, childlike humour. Their success has been phenomenal as they have created a world-wide community of fans. Lin-Manuel Miranda, Tony Awards winning actor, musician, creator of the famous Broadway musical "Hamilton" admits being a long-time fan of the show. He appeared in multiple episodes, live shows and once performed a song about "Shrimp Heaven". In their 2017 TV show, the brothers attempted to help viewers solve their life problems. They tried ghoulish-smashing, throwing a huge parade for tarantulas, and accidentally found the way to launch their very own secret society. The Adventure Zone comic series quickly topped New York Times' best-selling trade fiction



list, becoming the first graphic novel to rank first. The McElroy Brothers are in *Trolls World Tour*, the DreamWorks animated film, after starting a bizarre petition to cast themselves in.

They find the most absurd humour from the most mundane topics, while providing a refuge for listeners to take a breath. The show illuminates a welcoming atmosphere and a sense of comfort by creating wholesome comedies. A relatively large portion of the audience is openly queer partly because of their open support for the LGBTQIA+ community, but also because of the positive vibes they radiate. The McElroy provides a safe space where everyone can sit back and deflate some of the tensions of being alive. Their comedy at its core is not about mocking others. The weird and absurd humour is all done in the name of helping people and filling each and everyone's life with laughter and love.

Value Select is a small but growing Youtube channel, serving as the voice of our generation. Max Renner, its creator, is a criminally underrated comedian who is constantly writing, acting, and editing video sketches and songs on a weekly basis. Taking the difficulties faced by this generation, Max proposes possible solutions in the style of modern satire. His videos cover a variety of topics, committed to finding a solution for each situation. By utilising satire and music, the channel presents a sarcastic reflection on today's society in the form of videos. Each meticulously crafted video features creative and catchy comedic musicals captivatingly performed. Often, there are outlandish

characters that attempt to tackle problems in society with unorthodox solutions. In a nutshell, the videos are 30-to-60-second short sketches with punchlines that will catch you off guard. The topics covered are truly relatable, accompanied by funky beats and vibrant visuals illustrating the generation's real-life struggles. The channel spares no effort in outlining problems in our world precisely with dark humour, making life slightly easier with music and comedy.



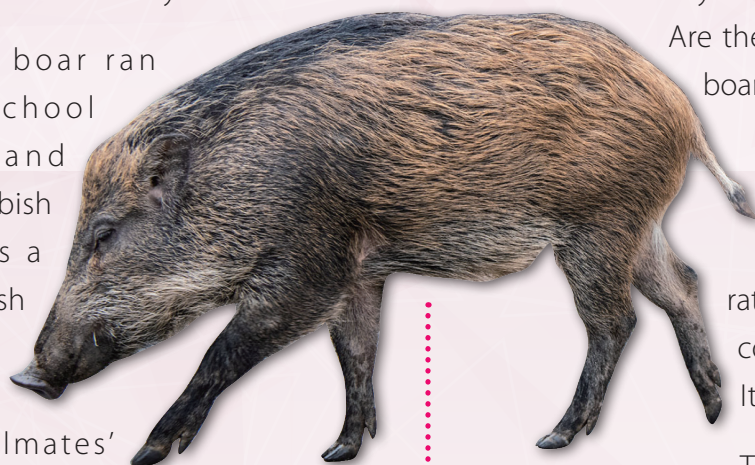
Max Renner is one of the most hard-working and underrated creators on the Internet. From the start of creating the channel, he refuses to accept advertisements. Because of it, his content flies under the radar of the YouTube algorithm. Though it is still a rather small community, he views each of his supporters as part of the family. Producing high-quality content with low budgets, he is putting forth maximum effort in every video. He is capable of songwriting, rapping, and dancing. He writes, directs, and plays in this ongoing one-man show, occasionally helped by his trusted friends. Value Select aims to restore mirth and exaltation to the modern generation. It is a hidden treasure with infinite potential, waiting to be unearthed and ascend to far greater heights.

# A Boar's Adventure

Leung Tsz Yan Heidi (1M)

One day a wild boar escaped from the zoo and got into my school. The wild boar is only a baby and it is brown. It has two small eyes, four short legs, a long nose, two short ears, some short and hard hair on its body.

The wild boar ran around my school playground and pushed the rubbish bins down. As a result, the rubbish was flung up in the sky. It ate my schoolmates' food leftover found on the ground. Some schoolmates intended to throw snacks to feed it while some aimed to drop things to scare it. Certainly the teachers shouted in order to stop doing either.



Mr. Kan called the Agriculture, Fisheries and Conservation Department. After a while, the staff from the department arrived at my school with a gun and a cage. Some schoolmates asked, "Why do they bring a gun with them? Are they going to kill the wild boar?"

Mr. Kan answered, "There's some anesthetic in the gun rather than a real bullet. It couldn't kill the wild boar. It'll only get it to a sleep."

The staff from the department took the "sleeping" wild boar away from the school safely. Of course, the adventure was over, and we HAD TO leave the "theatre" and return to our classrooms to continue our lessons!





# Who's looking for a new body?

Short Tales for and from Youths

Leung Nok Kan Ken (3M)

In Florida, Jenny and her boyfriend Tommy were racing on the road in a red car. Soon, they arrived at a beach and spent their time there happily. But they didn't notice that a shadow was next to them.

When night fell, they thought that it was too late to go home so they booked a room at a small motel for a night.

Around a quarter past one, a shadow walked to the bed. It tore the blanket apart. At first, Jenny didn't care too much because Tommy came back with a cup of water.

Luckily, there was nothing strange anymore until they woke up. It seemed some musical instruments started to sound, but not the clock. The sound was strange so they thought there was something wrong. They left the room slowly. After they closed the door from behind, a shadow followed without their notice.

After five minutes, they started driving. On the way, they saw many cars, but all of them ran faster to overtake them. They drove into a small road where they couldn't see any other cars. Soon, they got back home.

When Jenny opened the door, her sister Mary was standing in front of her. She asked, "Who is this boy?"

"He is my friend," said Jenny. After answering her question, both of them went back to their room. Soon, their mother Carrie came back with their lunch.

At night, Mary stood on the stairs talking with the wall. Her father Aidan came and asked who she was talking with. She said, "Toby."



Carrie thought that it was normal for a child to imagine but Aidan didn't agree.

The following Sunday arrived with their grandma's visit. At night, grandma asked Carrie when she would have a grandson for her. Carrie said "no", reminding her that she had already got two granddaughters. Grandma got angry about it. Since grandma left, Mary started telling Carrie that Toby pulled her hair trying to bring her down to the basement. Mary kept repeating the same story and finally on the weekend, Carrie was fed up with it. She shouted, saying there was no such Toby.

That night, when Carrie was about to cook dinner, she found that all the knives and forks were stuck on the ceiling and then fell down. All the others heard it, running up to see what was happening. Suddenly, all the lights went off and some loud music was played.

Carrie saw Aidan standing on the stairs. When she walked closer to Aidan, she was stabbed in the head. Then both Mary and Jenny were found killed in the bathtub which was filled with blood.

Half an hour later, grandma returned, saying, "Oh, Toby, my lovely son, you'll have a new body soon."



# Let bravery put you at risk!

Sin Cheuk Long Aidan (3M)

Once upon a time, there was a man called Ken, who was very brave. He liked to explore abandoned houses. One night, he visited an uninhabited house, finding that it was very interesting to explore.

He walked into the house slowly in case of unknown traps or dangers awaiting him inside. He turned on a torch, looking around. He saw some broken furniture and some glass on the floor. He looked closely at the broken stuff, finding some blood on it. He tried to smell it, guessing that the blood had been left on the glass for a long time.

He looked around and saw a lot of rooms, and one of them had no lock on it, so Ken kicked the door open, finding a lot of spider web in it. Ken wiped the web off with bare hands and found a box full of someone's memories. For example, he saw some old photos and toys.

After a few hours, Ken understood why the house was abandoned. When he wanted to leave, he looked back and saw a shadow going by, so he walked into the house again, tracking the shadow. Ken saw a person in the darkness. He stopped and guessed it could be the owner of the house though he knew that the owner had died for 30 years. Ken wasn't freaked out but said, "Are you the owner of this house?"

"Yes!" he heard.

"Why has this house been abandoned?"

"My whole family died in a tragic accident. No one wants to come and stay here because

next to the house is a graveyard where my family was buried. It's been left unattended since then until you find it today!"

Ken had thought it was a haunted house, but it wasn't scary and mysterious anymore. In fact, it told a touching story.

At last, Ken said goodbye to the owner. Although Ken looked very brave, he ran as fast as he could when leaving the house. His experience sent shivers up and down his spine!





# Any ordinary person can do good

Good People, Good Deeds

Ng Ting Ngo Tino (TM)

What will you do during the weekends? Relax perhaps? Eat out with your family? Go gaming on your computer or enjoy your own way the two precious days you have? Most of you will probably respond to me with the same answers. However, there are indeed some people who use these two precious days to do something that is more meaningful - participating in volunteer activities and helping others.

My friend, Sam participates in volunteering activities not only during the weekends, but also during the long holidays, including Chinese New Year, Easter, and the summer holidays. Recently he has participated in giving out masks to the old people to help them to counteract the recent novel coronavirus. It was very nice and helpful of him to do so. Besides Sam, there are many other good people in the world. Another Sam known in his full name, Sam Tong, who is a pretty wealthy man, regularly donates his money to the sick or disabled. He aims to help them to recover and he assists in volunteering work. I believe he is a nice person.

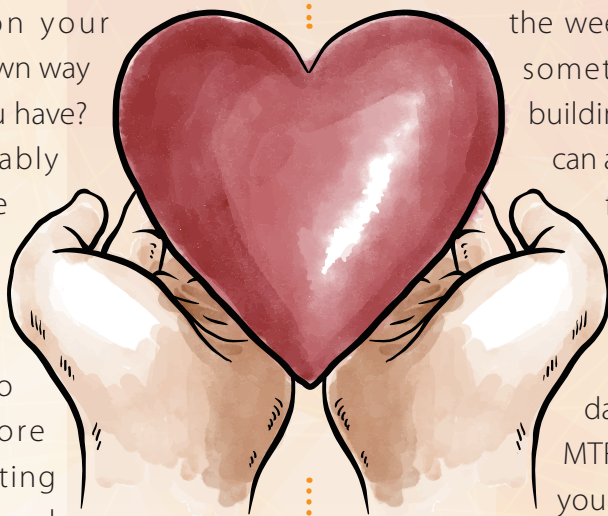
You may be asking yourself the following question: How do I participate in volunteering? Well, you can start off by joining some voluntary organizations like the Red Cross

and its volunteering activities. Different volunteers can be seen giving out flags during the weekend at different places, sometimes just outside your building or near a hospital. You can also bring along your family for charity causes.

If you are not free to volunteer, you can just be a 'good' person in daily life. During trips on the MTR, you can simply give up your seat to those who need it, for example, a pregnant woman or a senior. I am sure they will appreciate your offer and gladly accept your kindness. Besides giving up your seat, consider going to elderly homes or old-age day centres and hanging out with senior citizens. You may learn something new from them, too! You can also help them accomplish their final wishes, say, eating out at a particular place again or visiting a very old friend. I believe you can help to improve their quality of life.

Overall, Hong Kong is a very cozy and warm place to live in. Warm-hearted volunteers assist others every day, aiming to make this whole city and their own community a better place to be. We can always be one of the good people doing good deeds. It is our duty to assist and ensure that our community, Hong Kong can become a better place by filling it with love!

Start doing your part as a good person today!



# Look back on people and their deeds

Lam Pak Hei Owen (1M)

There are many different types of people on this planet. Some are good, some are bad, and we should always strive to be the best and avoid the worst. Everything we do can affect the world in a good way or in a bad way so if we want to live in a more stable environment, we should do good deeds. I'm sure you've met good people before, right? I mean pretty sure all of us have. Do you see any difference between you and them? If you do, then definitely try and seek out what good they have in them and try to "implant" that good in yourself. If you see any bad in a person, look into yourself and try to see if you have the same problem or if you have done the same bad thing, so that you can correct yourself.

Take Abraham Lincoln, one of the former American presidents as an example. He was a good person, he was a great president and most Americans loved him because of his good deeds. The main good thing that he did was that he officially ended slavery for America. Slavery is of course an extremely bad thing that everybody hates so you can just imagine how overjoyed the people were when they saw that their family and friends were free from such a thing. Sadly, Abraham was assassinated after the abolition of slavery.



Another example is John F. Kennedy, who was also an American president, the 35th one. He was the youngest president ever elected in the United States. He did many good things. He even got a medal for heroism in World War II. He was a brave and great man. He was really generous too, because he established the Peace Corps in 1961, a corporation that helped countries that were underdeveloped. The corps consisted of volunteers and helped many people around the world.



This is not the only way in which JFK helped the world. You know what a nuclear reactor is?

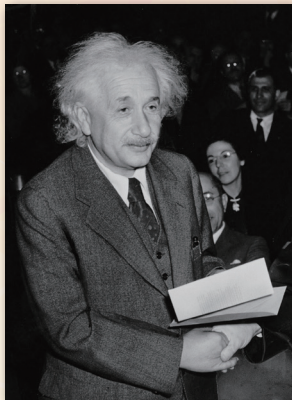
They are basically really efficient power plants but they produce nuclear waste that is highly harmful. And there are things such as nuclear weapons that are dangerous. America used nuclear weapons, that is, atomic bombs against Japan in World War II, and it was effective to stop the great war.

Different countries might think, "Hmmm, wow, so the power of nuclear weapons can stop a hard time. Maybe we should start developing them too, so that we can become a super power!" But these countries don't completely understand the true devastation that a nuclear war can create. That's where nuclear weapon bans have come in. JFK contributed to the treaty and possibly helped save the environment from nuclear contamination. However, in 1963, this great man was assassinated too.





My third example is Albert Einstein, who was a famous scientist due to his Theory of Relativity. He discovered many things and helped other scientists to invent other things based on his ideas. He was a person that motivated many people to follow his footsteps of being a great scientist.



All of these people are good and they have done good things and maybe you should learn from them and try to do something similar to help out society in your own unique way. Nevertheless, there are also bad people who act to destroy society and I think we should try to stop these people and possibly change their way of thinking. Do all bad people or good people live an entirely bad or good life? The truth is not all bad people create tragic stories and not all good people born under good conditions lead an ever good life. However, another truth is that people can change to be good.

A typical example of bad people is Adolf Hitler. He was bad but he wasn't a bad person



for his entire life. His evil deeds turned up when he was the leader of the Nazi party and a dictator. He started World War II and became known for the evil things he did. Before that he was a fairly good student in school though he dropped out finally. He wasn't even

born in Germany but people at that time still worshipped him as a German icon. He hated Jews deeply and was a racist against them. This is what I refer to as a "way of thinking". His thinking cultivated his hatred for an ethnic group, which turned into an ideology, "racism".

Now a more modern example of controversial figures is Donald Trump. A lot of people hate him and recently he has had political conflicts with other countries like Iran and Pakistan. But these conflicts were mostly started by Trump himself, which is why some people hate him. He always holds grudges against people for some reason.

These are impressive examples of good



people and their good deeds as well as bad people and their bad deeds. Now you should know the difference between the two, so please do your best to be good. Hopefully we can all end up in a list of good people and the great things that we can do will be remembered. Don't underestimate yourself as there is an unlimited number of good things that you can do. Let's think good and do good for good.

# A young girl volunteered to help

Ng Sin Ting Alicia (1M)

Karen is a member of the Helping Club and its members always make an effort to help people. One day, they had a special operation in which they visited a nursing home for elderly residents.

On that day, Karen woke up at eight o'clock so that she would have time to practise her show. She was planning to sing a song to enhance the spirit of the old folks. At nine thirty, she needed to report to school to join other club members for practice. After Karen arrived at school, they started with a quick meeting and then practised their performance. At eleven o'clock, they took a bus to the nursing home.

After they arrived at the nursing home, they first took a chance to introduce themselves. The residents were so happy to see them. Then they all went to the canteen together. They helped the elderly to take their food. Next they did

some stretching and warm-up exercise with the elderly. Then they played some games and had fun together.

At one thirty in the afternoon, they started to prepare for their performance and soon it was time for the show! The elderly felt very joyful about their performance. Then, the club members took out some gifts and presented them to the smiling old people. At last they helped the elderly back to their beds to have a nap.

For the whole day, Karen was most impressed by the part she played in bringing joy to the elderly. She loved this operation very much.





# Transformation into a nice person being nice to others

Chui Chun Hang Charles (2M)

If everyone can show love, appreciation, compassion and kindness to people around them, the world would be a better place. Showing an act of appreciation could change one's mood throughout the day, for example, by just saying "thank you" or "well done". Such simple praise makes one feel valued in a sense that people are thankful to one for one's good deeds.

Here's a story about Billy, who used to be mean to people and never respected them. One day his teacher had enough of his shenanigans and sent him to a volunteer team at an elderly hospital. The staff members at the hospital worked very hard helping the elderly. They were kind and careful, serving food to the elderly. When Billy tried unwillingly to help the elderly, something sparked in him. He found out that helping people is interesting and then he learned to be kind to people. He realised what he had done was wrong. He became nice to people. He read a book for the elderly and the elderly thanked him for reading the story to them so they made a scarf for him to show appreciation of his kindness. He felt warm both physically and emotionally. He got to

realize being nice to people isn't that hard. Since then, Billy has been treating people nicely and most importantly, equally.

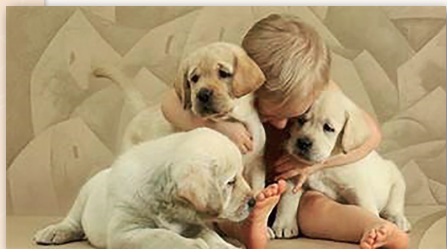
What is explained in his story is being nice to people genuinely makes you and others feel nice. I usually thank people who have helped me, but sometimes it's hard to show appreciation in a concrete way. I want to do something for them but I am usually running out of ideas. An old Chinese saying could explain my mentality fully – "if you want people to treat you nicely, you

should first treat them with kindness". Whenever you have a problem, you should talk about it and fix it instead of hiding it because it will get you in a bad mood and your mental health will be severely affected, leading to an offensive attitude towards others.

"Having a friend with three admirable qualities" is great. He or she appreciates the things you do, listens to your problems and tries to solve them together with you. We have one life only, so why not make the most out of it by being nice and being treated nicely. Creating good vibes around people by being nice and helpful will put them in a good mood. "How can I do it?" you might ask.

Well, it's easy. Your existence could already cheer them up, being in company can make them feel comfortable. A small hug is also good enough. It reduces stress and gives support. When you see someone in low spirits, just give a hug. Ask after him or her. That's it! Let them know it's okay to face failures as long as friends and family are around them to give support. Money never fills one's emptiness while friends and family are irreplaceable. It's the bond and relationship you have that matters the most in life.

You mightn't be good at relationships. There might be time when you sound rude. It could just be about going through a hard day that makes you have the blues. Remember you can and you always have a way to be nice, leaving a big impact on others' mentality by creating good vibes.



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