

MHY =

My High-school Years



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

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Dear readers,

Thank you very much for getting hold of our new issue - MHY= My High-school! Years Issue No. 4. When you are reading this page, it means that our hard work has finally paid off. It is known that the COVID-19 pandemic has stopped the world from spinning for the second year. So right after a lucky, brief orientation meeting before the comeback of school suspension, we first feared that the pandemic would be a lasting obstacle for us and we would eventually fail to meet the deadline this year. We were barely able to meet our writers and teacher-advisors face to face for guidance and follow-up work despite the resumption of half-day school, so every step of this publication has never been more difficult.

Thanks to the hard work and self-discipline of all our writers plus good use of information technology, and valuable and timely feedback from our teachers, we finally managed to deliver the work from our specially chosen writers to all of you here in this new issue.

Always we aim at our quality and your appreciation. This issue marks the fourth anniversary of the team's pride in maintaining the established culture of "writing for us to read" and "reading to sustain writing". Some of us will go but many others among you will come and contribute to the prospective MHY= My High-school! Years Issue No. 5.

We hope that you will enjoy our work as much as we do, and we wish you safety in this trying time.

Best regards,
Haneul!
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If I were Dr. Psychokinesis, ...

Clark Nat. Ching, Jennifer (5M)

Have you ever thought about owning a super power? If I could possess one super power, I would like to have psychokinesis. It is an action of mind on matter in which objects are supposedly caused to move or change as a result of mental concentration upon them. To put it briefly, psychokinesis is the ability that an object can be remotely controlled by your thinking.



Being an absent-minded person, psychokinesis is a capability which I wish I had. If I owned this super power, many mishaps could be prevented. I had

experienced forgetting to bring my wallet when I hung out with my friends. In addition, I forgot to bring my calculator to school for my math quiz. If I had psychokinesis, all such problems could be dealt with and I wouldn't feel embarrassed anymore. I could use my super power to control and take different objects like my wallet and calculator in a remote manner.

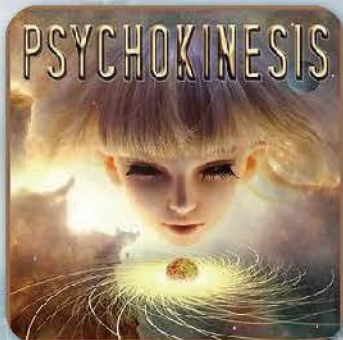
Regarding vacations, for the sake of saving time and money, I could apply psychokinesis to control the delivery of the baggage of my family and myself to our destination in the blink of an eye.

Apart from this, I could also use this magical power to pass through the wall in an attempt to save money for admission to museums and galleries.



As for the daily routine, in hopes of striving for time to sleep, I could exercise psychokinesis to send my school bag and other necessary items to school while I could sleep till the last minute without being late for school. I could also accomplish many daily tasks and household chores by just thinking. With psychokinesis facilitating delivery of my personal items and belongings, I wouldn't get stuck in crowds or packed trains easily. Imagine how easy your life could be if you could just lie in bed and "think" about what you want at the moment when the item would just come to you.

The thought of psychokinesis seems extremely absurd but it is undeniable that it could bring us a lot of convenience. With the rapid advancement in neuroscience and mental operation studies, it is hoped that this super power will come true in the future and bring us convenience. If you could have a super power, which one would you like to have?



"If I could have a superpower, I would like to be a time traveller..."

Ng, Ching, K. Hui, (5/1)

Have you ever watched a movie called "About Time"? This movie describes a man Tim, who has the ability to go back to the past and makes changes in his life. If I could have a superpower, travelling back to the past is what I would like to do.



If I could travel back in time, I would do something that I've regretted. I never pay attention to my academic studies but spend time on something that is meaningless. Therefore, my results are always unsatisfactory. Besides, I always do my work at the last minute. If I had understood my role better, I would have put more effort into my studies and got rid of my procrastination. I wouldn't have wasted time anymore. I wish I could make better use of my time to enrich and improve myself.

Another thing I would like to do is spend more time getting along with my parents. In the past, I often neglected my parents and got angry with them all the time. Since they've been getting older, the time we're being together is getting less. So, I would like to be with my parents and create more unforgettable memories with



them in their precious life.

If I could travel back in time, the last thing that I would like to do is alarming the world that there will be a fatal pandemic soon. It is sadly known that the global pandemic COVID-19 still continues and the number of deaths keeps increasing globally every day. To prevent the pandemic, everyone should take good care of personal hygiene. I wish that I could travel back in time to remind all people of the deadly virus so that they could have been more careful and have taken precautions to protect themselves from getting infected, and in this way I might be able to stop the pandemic from taking millions of people's lives.



Even though I know that I can by no means go back to the past and make any changes, I should treasure what I have and live as fully as possible in the future. Like Tim in the movie, I should realize that it's better to cherish the present life and look to a better future.

As he says, 'All we can do is do our best to relish this remarkable ride.' Everyone should live in the moment and never let ourselves have regrets.



A Typical Day for a COVID-bound Kid

Chen Pakkaporn Jodhya (NY)

During this academic year all school kids are not allowed to hang out or join outings due to the outbreak of COVID-19. In order to maintain social distance, kids can only stay at home, eating, playing computer games and sleeping. Let me share more about a kid's typical day in 2020-2021.

In the first few months all kids might feel excited because there was no school, while their parents became annoyed and sometimes even got into a fight for no reason, driving them to the state of being stressed out. Here are a few things I did and have been doing to kill stress and boredom. My personal recommendations indeed!



I usually start my day at home with drawing. I like drawing, which can help relieve stress and calm me down. Recently I drew the northern lights (also known as aurora borealis or polar lights) inspired by a travelling programme to Alaska. I think they are really beautiful and I hope to see them in person one day. I highly recommend drawing to soothe your nerves. If you don't feel proud enough of what you draw, you can just put it aside or try again until you feel more satisfied. You will gain a great sense of achievement when you complete your own artwork.



My next recommendation is cooking for lunch or afternoon tea. I recently tried making pancakes but... I failed. So my mom decided to help and I succeeded. Now both of us are good at baking, for example, bread, macarons, cupcakes, pizzas and doughnuts. Now we have freshly baked snacks to enjoy every day. The major advantage is we don't have to spend that much money dining out since we can enjoy drawing and cooking together, while many other kids are addicted to video games all day, one of which is a new one called 'Among us' which most kids are hooked on.



Although we, school kids, have been confined to home study and online lessons on and off, it is still possible to achieve some goals. Some dreams that are common to pursue include a YouTuber, a gamer or a makeup artist. Now kids are trying to pursue their dreams by staying home. We should all be determined in our pursuit of dreams. We believe there are ways we turn a typical day into a "special" day despite the pandemic!



Close Encounters with Macau

From Ig's Film Friday (2011)



Travelling to Macau is so familiar an experience to me. How grateful I feel for having been there with my family for several times! I am going to introduce some tourist attractions that I visited while I was having a holiday in Macau.

The first one I want to introduce is The Ruins of Saint Paul's. It was a normal church in the 17th century, a Portuguese church dedicated to Saint Paul the Apostle. Unfortunately, it was nearly destroyed by a fire during a typhoon on 26 January 1835. Only the front part of the chapel is left. It is officially listed as part of the Historic Centre of Macau and known as the UNESCO World Heritage Site in 2005 like A-Ma Temple that would be introduced later. The location of The Ruins of Saint Paul's is just behind the Senado Square that is equally worth introducing.



The Senado Square was named after the Leal Senado, a place for the Chinese and Portuguese to meet back in the 16th to 18th centuries. It is also the place where the Leal Senado Building stands today.

Next, I would like to introduce the Macau Tower, which is one of the most famous attractions in Macau at the moment. It opened in 2001. It features some facilities such as an Outdoor Observation Deck for viewing Macau's spectacular scenery and a 360° café for a gorgeous view while dining. Tourists may also visit the Adventure Deck at the height of 233 meters. It includes some exciting activities, for instance, the bungee jump, sky jump and sky walk. The bungee jump holds a Guinness World Record, which is the highest commercial bungee jump in the world. Jumpers will leap from a platform to the ground and experience the ultimate free fall before

slowing down 30 meters from the ground, and finally rebound back to the platform. The sky jump is similar to the bungee jump. Nevertheless, you won't have a free fall or rebound to the platform. Instead, you land on the ground floor. The sky walk is also exciting but suitable for families and all ages. However, there's no handrail with it. In the tower, there's also a mini shopping area so that the tourists can watch movies and buy souvenirs. It is definitely worth a visit.

Finally, I would like to introduce A-Ma Temple, which was built in 1488. The name of Macau also originates from this temple. The story started when the Portuguese sailors landed at a place just outside the temple and asked for the name of the place while the natives replied "Maa-gok" or "A-maa-gok" that stands for "The Pavilion of the Mother". A-Ma Temple is also one of the oldest in Macau and officially listed as part of the Historic Centre of Macau, a UNESCO World Heritage Site in 2005, together with The Ruins of Saint Paul's.

There are truly many attractions in Macau, but I have not been to all of them. Look for a place for your next holiday outside Hong Kong after the pandemic? For any holidaymakers, I sincerely recommend Macau, which proves to be a fascination for you ... and me.



Fight the difficulty in learning English in Hong Kong

Yung Pak-Kai, (MEd)

English is a worldwide language. In an international city like Hong Kong, also well known as a city of "East Meets West", the majority of Hongkongers not only speak Cantonese, which is one of the most difficult dialects in the world as our mother language, but also have to speak fluent English as our second language to maintain our status of metropolis.

Languages of Hong Kong (2011)²¹

Languages	percent
Cantonese (official)	87.5%
English (official)	4.2%
Native dialects	3.5%
Filipino	1.9%
Others	1.6%
Mandarin	1.3%

However, according to EF English Proficiency Index (EF EPI), an indicator to rank countries or places by the average level of English language skills amongst those adults

who took the EF test, the ranking of Hong Kong dropped from 29th in 2017 to 33rd in 2020.

As Cantonese acts as a native language among Hongkongers, local families usually speak in Cantonese instead of English. In addition, communicating in either Cantonese or Mandarin is common among teenagers in schools or social contexts nowadays.

Although many local schools claim that some classes make use of mainly English for teaching, Cantonese is still widely used as a medium of instruction, and therefore, students cannot learn English adequately. It is roughly estimated that 1200 hours per year are spent by Chinese-medium schools to teach students in Cantonese, while English-medium schools spend 1400 hours per year teaching everything in English.

According to research data, the time students in Chinese-medium schools spend learning supplemental English vocabulary is apparently less, which explains partially why most students in Chinese-medium schools do not have an outstanding result in HKDSE English in comparison with their counterparts from English-medium schools.

So... how can we learn extra vocabulary and overcome the difficulties in learning English?

Jot down notes

A notebook or a smartphone is consistently useful. Whenever we learn or hear some vocabulary which is unfamiliar to us, it is recommended that we have to jot and write down on paper or on the phone the definition instantly. Thus, word families like adverb, adjective, noun and verb, as well as synonyms and antonyms of the words should be taken in notes so as to understand more about the usage of those vocabulary items.



Study with English learning apps

Due to the fact that going out for tutorial classes might be risky due to the COVID-19 epidemic, we can still learn at home by downloading specific learning apps on our gadgets without much difficulty. The learning apps are designed with creative ideas, helping us to learn and memorize new vocabulary with amusement instead of cramming an endless word list into us.



Learn while watching "Netflix"

If you are moaning about "Finishing a book is tough", then you should go for a movie or a drama series. A Google Chrome extension "Learn Language with Netflix", abbreviated as "LLN", provides a new experience for users, allowing them to enjoy learning new languages through a foreign movie at the same time with two subtitles. Another suggested way is that after you have enjoyed an English film, you can watch it again with subtitles of a different language and subsequently understand the contents more.



ENGLISH

Ways to get rid of Chinglish

Chen Sun (陳善瑩, M1)

Have you ever made any Chinglish mistakes in your writing? Many local students make mistakes in writing, which is quite normal, as it is a second language. When I was in junior forms, I often used Chinglish expressions by translating Chinese literally into English. After a long period of learning and exposure, my Chinglish problem has been gradually solved. Let me share my own way to solve the problem.

Tip #1

When you receive your own marked writing scripts, you must check them for the Chinglish mistakes first. If you can't identify the Chinglish mistakes, you should ask your teacher as soon as possible. A delayed question will be easily forgotten. Also, the assignment of 'corrections' should be treated seriously. It is a great chance for you to understand and analyze your writing problems to avoid them in future. You might think doing corrections is merely a copying task, but I certainly disagree with this view. Moreover, the teacher may prepare follow-up worksheets with all the common Chinglish mistakes found in the writing assignment. If you make the same Chinglish mistakes as found in the worksheet, you should pay more attention to fill your knowledge gap. In addition, your writing folder should be kept in an organized manner, so that you can revise and refer regularly to your previous writing pieces whenever necessary.

**KONGISH
DAILY**
港語日報
WHAT THING R U UPPING?



Tip #2

Reading newspaper on a daily basis is what you should do during your spare time. With advanced technology, it is so easy for us to read news online through BBC news and New York Times. There are different types of topics you can choose, including politics, science and sports, etc. Reading news can not only help you learn more vocabulary, but also teach you a great deal about sentence structures and patterns. It may only take 15 minutes per day to read a news article. If you are just starting to read news, you may set simple targets for yourself. For example, you can read one news article per day. Some of you may think you do not have sufficient time to read news at home, so why not consider reading some on your smartphone while travelling to school on a bus or train?

Tip #3

It is important for you to learn from your mistakes in order to stop using Chinglish in the future. You may use a notebook to jot down notes of your common errors. If I were you, I would copy the wrong sentences and **highlight** the wrong parts in my notebook. Next time when you do your writing, you should check your own list of common errors before handing in your work.



These three tips might not be the golden principles to help everyone get rid of Chinglish errors, but they do improve my English to a level of genuine English.



Staying Healthy

Agri-You Science (MY)

Being healthy physically and mentally is the most important thing in our lives. We can handle nearly every problem by talking about our feelings freely in a good state of health.



In our daily lives, we are always busy with academic studies. As a result, we are constantly under immense pressure. If we don't deal with it properly, accumulated pressure can lead to serious consequences. It may result in bad temper or distraction in class or loss of direction in work. In this way, our mental health will further deteriorate.

Besides, some people are unaware of the impact of their daily habits on health. However, being unhygienic in handling food ingredients as an example could cause food poisoning, and if we consume contaminated or ill-treated food, we will get a stomachache or suffer from diarrhea. If we don't sleep well or follow a good sleep cycle, our concentration will be seriously affected. Therefore, bad daily habits will easily lead to poor physical health.

If we want to stay physically healthy, there are some actions that should be taken. Doing sports regularly is one of the solutions, because it can improve our fitness and strength. A stronger body allows your immune system to protect you from diseases more effectively. Therefore, physical health is extremely important. As for our mental health, we should always stay positive in thinking. If we are in a bad mood, we should try our best to calm down



by sharing our problems with the people we trust. Sharing our burden with someone can help us to feel better, which can help improve our mental health.



Being healthy is crucial for a quality life. Nothing should stop us

taking proper actions to ensure our physical and mental well-being. All healthy people make up a healthy community and a healthy nation.



Why a Busy Life for Hong Kong Children!

Chen Sun W. Samung, (MEd)

Many students join different extra-curricular activities as well as tutorial classes in order to have a higher chance to get into a university or possess a well-developed personality. Although they are still in teenage years, they must be fully occupied, learning as much as they can.

It is commonly found that even toddlers need to go to preschool to learn. As Hong Kong is one of the most competitive places, parents think their children need to "win at the starting line". For example, they may need to learn numerous vocabulary items or talk with their parents in English in their daily life. They are expected to learn as quickly as possible for a high chance of securing a better future. Have you considered whether this is the parents' expectation or children's own idea? In the West, babies and toddlers just play and explore at young age. They do not have any academic pressure. However, numerous Hong Kong parents plan and enroll their children in many classes. It is not a good way for infants and toddlers to start learning too early in a school context.

When they are in primary or secondary school, joining different tutorial classes after school or on the weekend becomes a norm. They have to finish all the extra exercises in order to understand the requirements of exams better. For senior

secondary students, they need to handle the HKDSE exam so their parents enrol them in some "crash" tutorial classes with high reputation, like those hosted by the Level 5** coaches known as "Tutor Kings or Queens". Those tutorial schools or coaching centres display a wide range of mega banners containing the photos of the Kings and Queens that wear a formal executive look. Most senior secondary students spend ample time going to tutorial classes and coaching schools so they do not have much spare time. Most Hong Kong parents want their children to be admitted in university and find a stable job with a high salary in the future.



On the other hand, an increasing number of parents and students plan to migrate to other countries because the Hong Kong education system is too harsh. It seems that if students are unable to go to university, students are unlikely to find stable jobs. What's the difference in the education system and style between the West and Hong Kong?

I would like to share some American experiences I have heard from my friend. In American high schools, there is not much homework, dictation or exam. Some might think their academic qualifications are low because of this. However, according to the FindAMaster's website, it is shown that American institutions dominate the



top global rankings for universities – out of the top 50 in Times Higher Education's league, 24 are based in the US. FindAMaster's website, as only one of the very many examples, provides a platform for overseas students to get more information about preparing to go to America for studying and gives advice on living in America. It is realised that the difference in the education

system is apparently wide. During holidays in America, the host families of international students really like to go hiking. In addition, there is usually a movie room in the house for a family theatre. My friend told me he rode the longboard to the bus stop to wait for the school bus. They can have their spare time for family activities. Although the method of teaching in America is quite relaxing, it does not mean that the American students are not good at learning.

It is shown that a work-life balance is found in America while Hong Kong students spend nearly all their time on learning in order to plan their future well. This is really a matter of choice while interpreting "study", "work" and "life" in different cultural contexts.



COVID-19's biggest rival: The Black Death

Cheng, Bada, Wei, Sun (Eds)

Since the coronavirus first swept across the world, it has taken away at least 3 million lives. But do you know that there was a more serious pandemic that happened back in the 1300s? The Black Death, also known as the Plague was a bubonic plague pandemic that spread through Europe and Asia lasting for 7 years.

The devastating pandemic started back in the 1340s where there was a rumour that the "Great Pestilence" was a deadly disease in the East, which had struck China, India, Syria and Egypt.

People catching it would start to have swellings on their groin or under the armpits. It swelled as big as an egg; some were bigger while some were smaller. They named these swellings the plague-boils. Blood and pus would also ooze out of these sudden swellings which led to symptoms such as fever, chills, vomiting, diarrhea and serious pains. The plague-boils would infect people's blood and lungs if they were not treated in time.



This pandemic killed more than 20 million people in Europe, which was almost one-third of the continent's population. The terrifying disease was highly contagious and efficient. People who were in perfect condition could die the next morning after catching it.

Some believed that the Black Death was God's punishment for all the sins they made. Therefore, they would find ways to win God's forgiveness by purging troublemakers in communities of heretics.

It is said that the plague did not really end but returned in a cycle of "vengeance years". Officials started to quarantine families and high-risk groups, especially sailors, which helped to check the speed of its spread.



Is studying overseas beneficial for Hong Kong students?

Age-Meeting Article (AMA)

Study Abroad



In this day and age, studying overseas has been gaining popularity amongst Hong Kong students. However, is studying overseas beneficial for all Hong Kong students? And does studying in a foreign country help develop language skills and provide a better environment for growth? It is undoubtedly true that studying overseas has its own merits and drawbacks. From my point of view, it depends on your attitude. As the saying goes, "attitude determines altitude." In other words, if you are endeavouring in your studies, it is more likely that you can gain success.

Recently, more and more students, who finish HKDSE, known as "DSEers" tend to study miles away from home. They think studying abroad can help them learn a third language apart from English as a second one, for example, Spanish, French, Japanese and Korean, etc. In fact, from the perspective of learning English, of course, it will also be an opportunity for them to enhance their English proficiency. In Hong Kong, there is less chance for students to speak in English, let alone talking to native speakers. By chatting with native speakers with a British accent, I believe that it can help cultivate one's communication skills and enhance the quality of delivery and accuracy in pronunciation.

Apart from languages, studying abroad does broaden their horizons since they could explore the world from diverse perspectives. As a result, they could become a more rounded and open-minded person. Studying abroad helps us understand various cultures since there would be lots of interaction between the locals and international students. In addition to customs and rituals, less familiar foreign festivals can be truly experienced in celebration, such as Thanksgiving Day. It could be a memorable experience for them. When studying abroad, Hong Kong students would also be able to leave their comfort zone. Without the care from parents and domestic helpers, they have to be independent, relying on themselves. For one thing, it would be grateful if they can cultivate a good sense of collaboration between each other. From studying to living, there is much to try and acquire in a new environment. Some students may suffer from homesickness as they need to leave home for a rather long period of time. How to live alone without families is a possible issue that these youngsters would encounter. Although it is challenging, it could foster their survival skills.

Nevertheless, when viewing the dark side, it is believed that there are some disadvantages



of leaving Hong Kong for further studies. The major disadvantage of studying overseas would be a high cost since the tuition fee plus the accommodation cost and other expenses like air tickets when travelling back home during term breaks or holidays is tremendously higher when compared to local university education in Hong Kong. To some families, these expenses are not affordable if there are no scholarships granted.

What is more is that racism has been a controversy lasting for decades. It is always said that Asian students are discriminated against and disrespected, being cyber and physically bullied. Some of them will be even given a raw deal. If the situation worsens, it may result in depression or other mental illnesses. In addition to cultural differences, it could be a double-edged sword. As mentioned, when adapting to a new environment, on one hand they can try something new, and on the other hand they might not fit the environment, from eating styles to climate and temperature. They will be faced with two extremes - getting adapted successfully or being adversely impacted. Eventually, the experience of studying overseas could be torn between harm and good.

All in all, to decide on studying overseas, the priority is to take deep consideration of the concerns stated above. Some difficulties may be overcome for a success in gaining an all-rounded development in addition to academic accomplishments if one's mentality is positive with enough confidence. Those who would choose to study overseas should treasure the opportunity which could be a once-in-a-lifetime one.



Should 'door close' buttons be removed in Hong Kong?

Wong, Peiling, Peeling, (5/11)

Dear Editor,

I am writing to express my opinion on whether the 'door close' buttons in elevators should be removed. In this day and age, lifts play an important role in our life by taking people to different floors conveniently. Recently, the debate of taking away the 'door close' buttons has been brought to public attention. I think there are both advantages and disadvantages to removing the 'door close' buttons.

Positively speaking, to begin with, removing the 'door close' buttons from lifts can raise citizens' awareness of being considerate. It is commonly known that Hongkongers are notorious for being overly impatient. As they do not have the patience to wait several seconds for the lift doors to shut, they push the 'close' button to speed up the process instead of waiting for the lift doors to close themselves. However, some may press the button vigorously to hurry the doors closed even when they see someone approaching the lift. Such signs of self-importance



and selfishness are beginning to take hold in Hong Kong culture. Rarely do people hold the lift doors open to allow people to exit and enter. This is one of the typical examples, which shows how Hongkongers lack care and consideration for others. Only by disabling the 'close door' button will people be able to get an extra few seconds to consider others. In addition, such removal can foster basic civic sense and common courtesy.

Another possible advantage is that it can prevent or minimise the transmission of viruses through touching the same buttons. It is widely known that only one 'door close' button is found in each lift, which is the most commonly used one. Wherever people want to go up or down, they must press the same button.

Meanwhile, it is reported that virus particles can stay and live on stainless steel buttons' surfaces for up to seven days. Therefore, it may increase the risk of infection by pressing the same buttons in the lifts followed by touching the nose and face. The absence of the 'door close' buttons is a good way to prevent the spread of viruses.

However, removing 'door close' buttons also has drawbacks despite its benefits.

The lack of efficiency is one of the biggest disadvantages. If there is only one passenger in the lift, he or she should have the right to close the door. When the 'door close' buttons are removed, there is no doubt that the very single



passenger has to waste extra time waiting for the door to close automatically. Although it doesn't seem to matter in most of the normal conditions, it will be a big trouble in times of emergency and urgent need for medical treatments. Every second plays an important role in emergency rescue, for instance, at the time of an elderly person tumbling



over at home. Therefore, those few moments wasted for the door to close may lead to undesirable consequences due to the delay in rescue.

Another disadvantage of removing the button is that crowded elevators increase the risk of the spread of viruses. The claim that the frequently used "close" button in lifts is an effective medium of virus transmission is, in fact, contradictory to what is found by scientists, who explain that a virus is far more contagious in direct transmission (droplet infection) than indirect transmission (vehicle-borne transmission: touching the

same buttons). As elevators are small with the lack of strong airflow in enclosed indoor spaces, they are indeed the ideal conditions for the viruses to spread. Furthermore, it is widely realised that viruses, especially COVID-19, are actively carried in droplets when an infected person coughs, sneezes, or speaks. If the 'door close' buttons are removed, people will lose the chance of moderating and controlling the capacity at appropriate times at their own discretion. The longer the lift doors are kept open, the more passengers get into the elevators. Unnecessary crowdedness will just make sensible social distancing impossible. Imagine you are packed in a lift, standing face to face and shoulder to shoulder with others. If an infected passenger sneezes, coughs, or speaks loudly in the crowded lift, the pathogens will quickly pass to numerous passengers through droplet infection directly.

To conclude, since the disadvantages outweigh the advantages regarding the severity of

consequences, I hold the view that removing the 'door close' buttons in lifts is inappropriate.

Yours faithfully,
Penny Yang



Japan - why can't it be missed in your travel plan?

Poon Yee Ching, MYU (2011)

I like travelling very much because it allows us not only to enjoy the great views of different countries, but also to experience the authentic cuisine of various places. Have you been to Japan and got precious experience of its culture and attractions? Lucky me – I did!

A few years ago, my family and I went to Japan for a week. We mainly went to several cities such as Osaka, Kyoto and Nara. The place that impressed me the most is Nara Park. When I entered Nara Park, I saw many playful deer. Surprisingly, they were not afraid of us at all. They ran over and looked at the biscuits in our hands. I thought they were interesting and cute, so I threw all the biscuits on the grassland for them to eat. There were several kinds of deer in the park, some with long antlers, some of a very small size. I even took some photos with them because they were so friendly and sociable! They might have grown a lot by now.



Speaking of Nara, we also had some well-known local delicacies, pot meal (as called kamameshi in Japanese) in particular. My family and I waited for more than an hour, but after we tried it, we felt that it was worth the wait. There are seven ingredients including shrimp, crab meat, carrot, burdock, bamboo shoot, conger eel and Japanese Duckling celery. It was very delicious. I would definitely try it again if I ever got another chance.

At night, we returned to the hotel that we stayed at to enjoy the hot spring. I was looking forward to going to hot springs. So as soon as we finished dinner at the hotel, I hurried my mother to go. When we got in, no one was in it. I stepped in the hot spring, but it was sizzling hot! My mom asked me to sit down slowly to feel the water temperature. After getting used to the water temperature, I soaked myself in the hot spring with great enjoyment. It was a fun experience.

Although I enjoyed this trip very much, I couldn't go to Tokyo Disneyland as we were running out of time. It might take a decade to travel round the whole nation of Japan. I still yearn for my next trip to Japan.



Guangzhou - a close neighbour of Hong Kong

Mak Kam Po Baba (2411)



Travelling to other countries or cities is always fun. I went to Guangzhou in 2019 with my classmates and teachers. Guangzhou is a beautiful city and that is why I enjoyed this trip very much. We went to some museums that surprised me. It is the most memorable trip for me.

On the first day, I went to school early by taxi. When I arrived, I saw my friends and we chatted together and waited until everyone arrived. After about 45 minutes we set off for Guangzhou. On the way, I was very excited.

In the afternoon, we went to Guangzhou Wong Kok Secondary School. It was huge! We had some activities there and had a good chat with the local students. I chatted with a girl, and we talked about our interests and life. It was awesome! Also, we watched a show that the school prepared for us. We cheered for them while we were watching



the amazing show. They had a lot of performances, for example, Tibetan Dance and Miao Dance.

On the second day, we went to the 1911 Revolution Museum. This building was established to commemorate Dr. Sun Yat-sen. It was great. I walked around the museum with my friends and I took some photos of different parts and sections. I miss that moment very much.



On the last day of the trip, we went to visit The Sun Yat-sen Memorial Hall. I learned about the process of China's democratic revolution. In addition, I got the message of his lifetime achievements and his impact on society. Besides, I got to recognize the famous people of that period too.

In short, this is an important trip for me. I had never travelled with my friends before. I had a lot of fun on this wonderful and unforgettable trip.



A wonderful trip to South Korea with my family

The Great Summer (2019)

Travelling is amusing. During summer in 2019, I went to South Korea with my family and friends. I was very excited because this was my first time going to South Korea! We had a 5-day holiday there. During these few days I had learnt a lot about its culture, such as how to make Korean food, their lifestyle, etc.



On the first day, we went to Lotte World. When I arrived, I was shocked because there were so many people and a lot of thrill rides! First, I ran to the souvenir shop to buy some headwear. After that we rode on the pirate ship, roller coaster and turbo drop! That was so exciting, it creped me out!

The next day, we went to learn how to make Korean food 'Kimbap'. At first, I thought it was easy to make, but when I really tried to make it, I thought it was difficult! The last step is to press it tightly but because I didn't have any experience before, it was difficult to make it delicious and pretty. Also, we ate Korean barbecue, which is one of the local foods in Korea.

On the third day, we ate 'Jokbal' for lunch, that was awesome! It was my first time trying it. After lunch, we went to Everland. There is a huge garden, which is a wonderful place to take photos! We also went to play 'Amazon Express' and 'Safari World', which made my hair wet! In the evening, we went to an outlet to buy clothing items. I bought a pair of shoes and some clothes. They were all sold at an inexpensive price.



On the last 2 days, we went to the Water Park. We put our belongings into the locker, and we rented some tubes and life jackets because we wanted to play on the water slides and wave pool. It was too crowded, which made me lose my breath! Next, we went to 'Running Man'. There were different kinds of games for us to play. The games were all picked from the Running Man show! Lastly, we went to 'Hongdae Street' to buy souvenirs. I also went to see a pop star's performance! I almost cried because it was my first time meeting a pop star. I took out my phone quickly and took some videos to show my friends.

It's the best trip ever! It's an impressive trip for me and I am looking forward to the next trip!

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My last trip before the COVID-19 pandemic

My Story (Part 2)

I enjoy travelling very much. I like to travel because I want to look around the world. However, due to COVID-19, we can't go travelling now. But I still remember my previous trip before the outbreak.



was taking a photo. There was a gift shop, which sold many souvenirs, for example, mugs and pens. I bought some magnets and put them on the refrigerator.

We visited not only the CN Tower, but also Niagara Falls. Niagara Falls span the border between the province of Ontario in

I went to Toronto, Canada last Chinese New Year with my family and cousins.

We had a lot of fun and we went to many different sightseeing spots which I had never been to before.

We went to the CN Tower, which is located in Downtown Toronto. It is 553.3m high. When we went to the top floor, there were a lot of windows around. You could take a lot of amazing photos of the scenery there. There was also a balcony so we could go outside to feel the wind. It was very cold, so we ran around the balcony and went back inside. There were some glass floors which we could see through to the bottom. However, I'm afraid of heights, so I held my dad's hand while I

Canada and the state of New York in the United States. The waterfall is very tall. Also, the waterfall had some little water drops drizzling on us, so we were all wet. In order to avoid getting wet, we ran back into the building. We took many photos too, but we couldn't open our eyes because of the bullet-like water drops. There were also gift shops in the building. We found some items, which had different names engraved on them. I bought a pen with my name on it for myself as a souvenir.

Both of the sightseeing points are good for taking stunning, panoramic photos. I hope that I can visit Canada once again when it is safe to travel again.



The blessings of staying healthy

Tong Nhat Nam, Bafellin (BM)

Childhood is the most joyful and memorable time in anyone's life. It is the first stage of our life. Moreover, it is the time to shape our future. I'm sure that we all had a different childhood, so did I.

I remember when I was still studying in kindergarten, I was quite frail. Therefore, I was always sick. However, I was afraid of going to hospital because I hated being on a drip.

I had my first drip when I was about three years old. It was the most horrible day of my life. I went to hospital because I had a fever. After registration, a nurse brought me to a room. Then she told me to lie down on a bed in a child ward. I saw her take out a plate with a lot of tools and walk towards me. She took a tool that was pointed and sharp. Then, she held my hand! At that moment, I had a feeling that she was going to hurt me, so I quickly cried and shouted for help. My mum said that my first drip took at least two hours...



A year later, I had been on a drip lots of times. Surprisingly, one day it was totally different.

That day, I was brought to the same room for a drip again. I was unexpectedly calm when I stepped in the room. Furthermore, I didn't really cry and shout. The most unforgettable thing was that the nurse put a Mickey Mouse sticker on my hand because she thought I was a brave kid.

In conclusion, the memories of childhood ultimately make up a lifelong memory, which always brings a smile on our faces. No matter how ridiculous or funny our memories can be, they can help us to understand life and gain knowledge.



How to stay healthy (food wise)?

Exercising can be difficult, time-consuming and all around annoying, everybody loves doing things with minimal exertion, so these hacks are actually doable and a whole lot realistic, because who's actually going to run around the park every day, right?



Sugar sweetens you but fattens you, too, so always check for sugar in products, it's a really easy thing to

do, so make a habit out of it. When you buy jam or peanut butter, check if there's added sugar in it. Most peanut butter has sugar for the third ingredient same with jam, but for jam, it's easier to find the one without added sugar in it. Have you heard of the brand ST. DALFOUR? It does not contain any added sugar as fruit juice concentrates are used to sweeten it.



Cereals are probably the most popular breakfast food in the world so what should you look out for? It's quite hard to find sugar free cereal and I doubt if it'll even taste good. You can choose a cereal that doesn't have sugar for the first few ingredients. Most of the time ingredients are listed in descending order by weight.

You can find it in the jam section in literally all the supermarkets, so why not try the healthier option?

As for peanut butter, it's harder to find. Most of the



The most important step is to avoid eating junk food. Why do you need to buy snacks from the school tuck shop when lunch is only a few hours away? Also don't have so many sugary drinks! If you don't use the energy the sugar gives you, it turns into fat. Most importantly, sugar also rots your teeth and causes bad breath, so don't eat unnecessary sugar-rich junk food.



Technology - Hunger-saviour

Yu Ka Chun Ken (3M)



Technology has become more and more advanced, thus being hailed as cutting-edge technology. Agriculture-related technologies can be widely seen in the process of making food. Have you thought about how it is made?

In ancient times, farmers were devoted to growing crops and rearing livestock day and night. However, crop failure easily happened due to insufficient knowledge of farming and lack of technology. The quantity of crops grown could finally come to naught. Besides, natural disasters severely hampered the growth of crops. Therefore, numerous people suffered from malnutrition and starvation.

After years of investigation, scientists invented genetically modified (GM) food, which arises from molecular biotechnology.

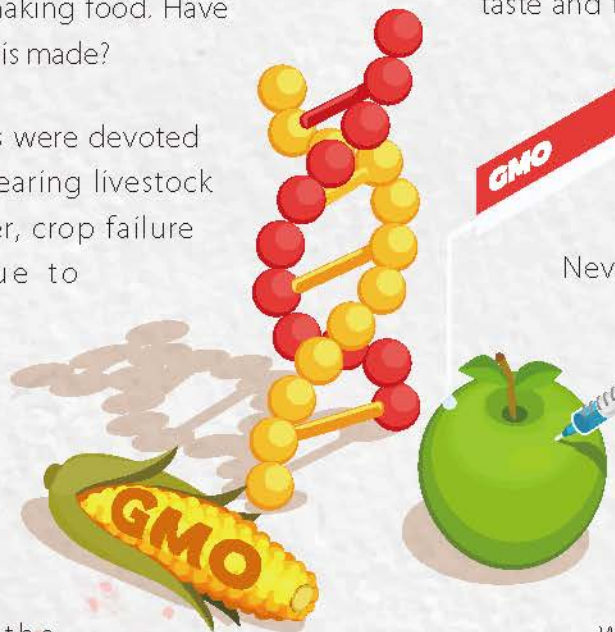


Such technology transfers certain living creatures' genes to another in order to alter the creature's

genetic features. For instance, corns undergo photosynthesis frequently and scientists transfer their particular genes to other plants to let them retain such characteristics so that the speed of growth can increase.



One of the major advantages of using molecular biotechnology is that it helps crops overcome extreme weathers like drought. In addition, it can change not only their appearance, taste and texture, but also the variety and quantity of nutrients. Most importantly, it can remove some allergy-causing ingredients.



Nevertheless, there are critics who say that gene transferring technology might affect the ecological environment and our health. In America, some consumers highly consider religious reasons. The reason why a large number of consumers dislike eating genetically modified (GM) food is that they are worried about the potential risks which the food may bring.

In conclusion, technology is advancing and it is hoped that one day it can effectively eradicate food shortage without causing any side effects or other concerns.



The future of private transportation

Nowadays, when people travel, especially for long road trips, they would choose to drive. For the past several decades, people have mostly relied on cars that run on either petrol or diesel, which are both fossil fuels and emit an environmentally harmful gas when being burnt. Although hybrid cars which run on electricity exist, they still use an engine that takes fossil fuel in order to improve their performance. However, in recent years, a company, Tesla, has popularized something different - cars that run solely on electricity.



Electric cars, as the name implies, rely on electricity to run. Although electric cars have actually existed before fossil fuel powered cars, they were rapidly replaced due to the emergence of fossil fueled cars. However, the modern electric cars can bring a great number of benefits when compared to petrol fueled cars. One of the benefits is that they do not emit any exhaust gas. Most of the world's air pollution comes from the burning of fossil fuels, which include vehicles that run on fossil fuels. With the wide introduction of electric cars, fossil fuel is replaced with electricity. Most importantly, since electric cars do not burn any fuel, no exhaust gas is emitted and as a result there is less, if not any, pollution. Electric cars also bring other advantages, such as better performance and less noise pollution. These benefits have greatly increased the popularity of electric cars around the globe. In Norway, with the help of the government's promotion, which includes substantially lower taxes for electric cars, they now take up over half of the market share in the entire country. Many existing car manufacturers



that used to produce only models that take fossil fuels have also noticed the benefits of the electric car and have started developing or have even released models that use electricity.



However, electric cars are not without cons. Since modern electric cars still use a relatively new technology, the range of models is still relatively limited when compared to fossil fuel powered cars. Charging is another major problem with electric cars. Akin to charging a phone, charging an electric car takes a long time - up to several hours on average. These problems could be disastrous if an electric car runs out of electricity in the middle of a road, which would only be a small problem for fossil fueled cars since putting fuel in them only takes a couple of minutes. In addition, while the market of modern electric cars is burgeoning, there are not many charging stations and some areas might not even have any at all, which could be a deal-breaker for someone looking to purchase one. It is also important to note that the factories that produce electric cars can also produce pollution and producing electricity itself can also be polluting if burning coal or other fossil fuels is still involved, which could defeat the purpose of buying an electric car in order to protect the environment.

For now, although electric cars only take up a small percentage of the market and the technology is not fully developed, it is still very likely that the market of electric cars will advance and grow rapidly and tremendously, and in the foreseeable future, vehicles that run on fossil fuels may cease to exist.

Save the "Children" of the Earth

King, Jinhua Lincky, (5M)



Have you ever visited the adorable pandas at Ocean Park? Have you ever seen the enormous black rhinos from the documentaries? Have you ever heard the powerful sound of Asian elephants on the Internet? They are all the "children" of the Earth. However, the number of these elephants is decreasing rapidly. Over the years, the protection of endangered wild animals has been a concern of countries all over the world. As part of the Earth, we should try our best to save them.

To begin with, it is vital for us to understand the importance of animals. There is no doubt that they play a significant role in ecological balance. Each of them acts as a producer and a consumer in nature in order to maintain the numerous food chains and food webs. In addition, the diversity of animals also enriches overall biodiversity. Humans have benefited a lot from them. Extracting chemicals from their excretion and obtaining clothing materials from their fur are the typical examples.



In spite of bringing a range of advantages to the earth, their lives are still being threatened. One of the reasons is overexploitation. As the human population continues to grow, more and more wildlife is being overexploited for food consumption, medicines and other products. They are harvested faster than they can reproduce. Moreover, trees are cut down on a massive scale to obtain land for agriculture or urban development. This destroys the natural habitats of wildlife. Therefore, their numbers decline.

Another reason is pollution. For instance, the burning of fossil fuels causes the release of a larger amount of carbon dioxide, sulphur dioxide and nitrogen, thus enhancing the greenhouse gas emissions. These greenhouse gases not only lead to global warming, but also impact the habitats of wildlife. It is widely known that polar bears are losing their hunting grounds because of expanded melting of icebergs.

Imagine a world without those animals. The whole world will be affected since we are closely linked with nature. The consequences of animal extinction are immeasurable. In an attempt to protect the critically endangered wild animals, there are a variety of things to do.

For the public, changing dietary habits is a good way to help. We should not eat any illegally hunted animals or fish, like pangolins and shark fins. What's more, do not buy any ivory, fur or specimens of endangered animals for clothing and decorations. When we discover illegal wildlife capture, we can report it to the Agriculture, Fisheries and Conservation Department.

Schools can raise students' awareness of conserving endangered animals through educational talks and providing more related information. Moreover, students can be encouraged to take part in wildlife conservation activities such as Animal Walkathon and Wildlife Fun Quiz. By participating in these events, students will realize the importance of protecting those animals.

Setting up conservation areas is what the government can do. This aims to protect animal habitats from disturbance by human activities. In a bid to preserve the existing wildlife, laws to prohibit hunting and trading of their body parts are essential. Last but not least, emissions from factories and power plants should be controlled, so that they can live in a cleaner and cosier area.

It is believed that those helpless "children" can be saved by our joint efforts. All of us can and should live in the world harmoniously. Don't hesitate. Act now!



A brand-new gender? Or a new struggle?

Lin Cristiano (5M)

As the problem of racism or sexism has become the talk of the town nowadays, there are western parents who raise their children in a 'gender-neutral' way. These children are called "theybies". It is said that these theybies are not assigned a gender at birth and have the right to choose which gender, which serves as a new method to fight gender stereotypes. Although this sounds perfect, does the "theyby" idea give less or more pressure to these 'gender-neutral' children?



It is common knowledge that humans have their gender, either male or female. However, the parents of a theyby try to hide this truth from their baby. According to an article published on NBC news, parents, who agree with the concept of theybies, start raising their children with both boy and girl items

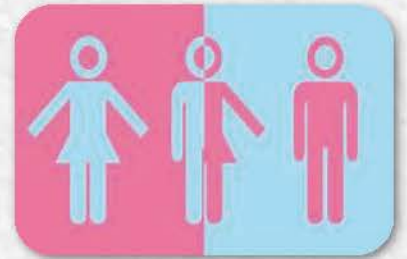
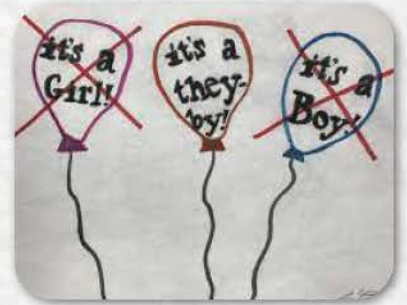


Theyby
PARENTING

ranging from toys, games to clothes. The children do not get to know their gender when they are so young and this may cause a big deal with their mental development.

As for the first struggle theybies may face, one of the most ordinary is gender dysphoria. Due to the fact that children do not get to know their gender, those children might be obsessed with the items that are stereotyped with the opposite gender. In other words, the children may struggle with their gender identity. According to the Gender Identity

Development Service, Tavistock Centre London, the average number of children referred to the service centres each week has skyrocketed. In 2009 to 2010, there were only 2 children referred to the service each week. In 2017 to 2018, there were 50 children using the service each week. Although there isn't a direct relationship between theybies and the number of referrals to gender identity development services, the concept of theybies might continuously increase the rate of gender dysphoria.



On the other hand, the adoption of the "theyby" idea might be the key to ending sex stereotyping. Raised with both boys' and girls' items, these children might eliminate stereotyping. For instance, traditionally boys are thought to be in love with items that are in blue, and they are more hoped to be in a team of basketball or rugby. If children are raised with the "theyby" concept, they would have more probability in different areas. Continuously, after a long practice, the theybies will have their right to choose what they love without discrimination.

In conclusion, the concept of theybies is still questionable and controversial. However, it may be the key to ending gender stereotyping. Perhaps it may be the mainstream of raising children one day.



The ubiquitous presence of technology

Ng Ting Ngo Tino (2M)

To many people, technology is something convenient, something that everybody likes. Everyone enjoys technology because it makes our lives easier and more convenient. Without technology, we would have to use paper envelopes for posting mail and greet relatives face to face.



In the old times, without technology, lives were not as easy. People could not travel, eat, or even live an easy life as they liked.

Everyone preferred not to travel due to it being extremely inconvenient, as walking or travelling by horse and carriage seemed to be the only way. People could not contact or communicate properly and efficiently with their relatives or friends either, as they did not have any fast electronic means. Instead, they could only write letters and ask horsemen to deliver them or rely on smart animals such as trained pigeons to send letters.

However, once technology began to exist, lives began to become easier. People rapidly advanced from the era when the first computer was invented, and after a few years, almost all governments and countries in the world had computers installed, and things thought to be impossible, such as exploring space and going deep underground, have all been achieved with ease after the digital revolution.



Many said that computers could not be afforded years ago. However, now basically every single family in Hong Kong has at least one smartphone and one personal computer, which shows how reasonably-priced smart technology has become.

However, sadly, an example of technology being used extensively but unwisely would be military usage, including heat seeking technology, automatic aim weapons, etc. These weapons pose more threats to the human race while technology is improving at supersonic speeds.

Overall, technology is still something that is extremely important and indispensable for our lives, and without technology we wouldn't be where we are today.



Differentiate between good and bad expectations

Teenage years are a crucial chapter of a person's life. They start to receive expectations from others like their parents. Expectations are overall a good thing as they act as a source of motivation and hope. However, when teachers or parents go overboard, this might have some negative impacts.

Parents, teachers and friends usually have high expectations of us. Parents, for example, may hope their children would be supporting them financially and physically when their hair turns grey. In terms of teachers, they expect us to be diligent students, submit assignments on time and have promising results. Meanwhile, friends want us to be loyal and be there for them when needed. These expectations are somewhat acceptable. They shape us to be a responsible and caring person. It makes our life more meaningful.

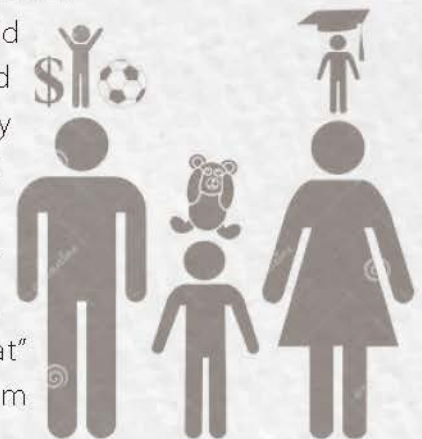
Like everything else, when the expectations for teenagers go too far, they will cause depression and other illnesses. The most obvious example would be "tiger moms". "Tigermoms" are rather popular in Asian countries. The majority of mothers in Asia expect their sons or daughters to be able to be doctors or lawyers. This creates a stressful environment for teenagers. Moreover, it might be the cause of a bad mother-child relationship. Similarly, due to the fact that we attend school for almost 8 hours a day, teachers contribute a lot in our daily lives. When teachers' expectations aren't achieved, they tend to change their attitude towards the students. They might get



scolded by teachers, which will further affect their academic results.

How can it be avoided? Communication is the solution. Parents or teachers should consider teenagers' potentials and limitations. Sometimes what they want and what teenagers want might contradict. We might come across some disagreements but we should learn how to talk them

out. We should solve things by means of genuine quality communication. Teenagers should also learn to listen to adults as they have had many more experiences. If there are any queries, they should ask "why?" sincerely and properly to find out why those expectations are imposed on them, and then discuss "how" they can be satisfied, and finally realize "what" can be learnt from communication.

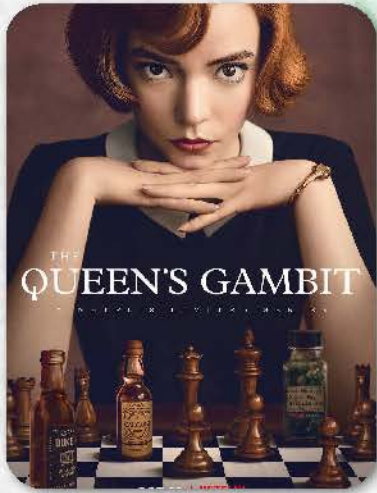


Happiness is not merely built on hard work, determination and sacrifice. It is also built on having loving memories and good moral values. Balancing our time is also crucial. It is hoped that this article encourages all teenagers to take some time to understand more about themselves, and teachers and parents to provide more positive support and guidance for the youth of today.



You in the Chessboard

Chess, Internet, Book, Queen (5/11)



F3, e5, g4, qh4... checkmate... what??? Chess. One of the most played and most classical games you can think of on top of your head. That game you think only nerds would play whilst hiding in the corner of the classroom. Well... not really.

Chess is a competitive board game for two players and your goal is to checkmate the opposing king and to achieve that victory, you have pawns, knights, bishops, rooks and a queen to help aid you. Ultimately, your strategy is what matters the most.

Chess has gained a lot of popularity in recent years and with the addition of the Netflix series "The Queen's Gambit", chess has blown up worldwide. Since COVID-19 has affected how everyone can meet face to face, staying at home and binge-watching Netflix has become a trend. The series has really changed how people viewed chess. Chess was often thought of as a game only for rich and smart people because hiring a coach was very expensive. However, chess is actually a game that people from all walks of life can play. Beth, the main character in the series is an orphan who has

learnt to play the game from an orphanage janitor. She has become good not only because of her talent, but because of her determination to fight for victory.

Chess is a game which gives us important life lessons such as how to think of another strategy to overcome obstacles. Well, you cannot keep making the same moves for every game, right? As a student, there may be many things which are hard for you and make you want to give up. Your strategy is to stop and think, so that you can retreat from the battle and come up with another plan. For instance, if you have trouble staying awake in school, then sleep earlier. Or if it is something academically related, then try taking off your time on gaming and start studying harder.

No strategy is perfect and there will be blunders along the way but don't surrender. If you are feeling troubled, try playing chess to take things off your mind. It inspires you.



My Three Wishes

Cheng, Pui, Wai, Rachel (3M1)



Last Christmas, I experienced the longest night in my life so far. That night, I lay down in bed early. I dreamt of Santa Claus. In the dream, I went into a mysterious mist and then I saw a gingerbread house behind the mist. When I ran into

the house, I found a white-bearded man sitting in a candy chair. He smiled at me and said, 'Ho, ho, hello, little girl!' I was shocked. He continued, 'I can grant you three wishes, whatever you want.' I was so surprised. I didn't believe him at first. I thought he was just a weird man. However, he said he was Santa Claus. He persuaded me and I started to trust him and made the wishes.

My first wish was to have the ability to teleport instantly. I wanted to go everywhere immediately.

With such ability, I need not waste time looking for the ways and waiting for buses since time was precious. In addition, it would be effortless. I could go to another country at anytime without worrying about getting a passenger ticket. After I made my wish, Santa Claus suddenly disappeared. I felt angry at first as I thought I was fooled. Soon after, I heard a loud noise and noticed that my body was becoming lighter. A few seconds later, I was transferred onto



the top of my house. Santa Claus didn't lie to me. Moreover, his voice was still around me.

Then, I made my second wish. I wished to have a prophetic power. I wanted to know what would happen in the future so that I could be mentally prepared. Perhaps I could also change my future. Besides, I could also help others who were in trouble. Having the prophetic power can save not only my own life, but also other people's. I would support miserable people to get out of trouble. Furthermore, I could use this power to make money. This time, Santa Claus didn't apply his magic immediately. I ignored him and continued to make my wish.

Here came my final wish. I wished to become a fish. I liked to feel how relaxed a fish appeared to be. The world was so stressful that I always felt anxious.

Being a fish was carefree and I did not need to worry about anything. I could forget about anything in a couple of seconds so that I wouldn't be pessimistic. After a while, the world turned blue and a huge wave hit me.

I swam and swam, and finally an alarm woke me up. I noticed that it was just a dream. That wasn't real. No Santa, No wish came true! I was a little disappointed at first but it gradually became clear to me that I had to come back to reality.



What a long long dream!

A Warrior Well Rewarded

St. Charles, King (17th)

Once upon a time, there was a king called King George, who was very approachable. But one day the king of a neighbouring nation, King Jerry, commanded his assassins to kidnap King George's daughter, Princess Eunice. King George was very anxious and eager to rescue his daughter because King Jerry was



known to be a cruel ruler. He sent a team of elite soldiers, who embarked on a nation-wide search for his beloved daughter but unfortunately no news was heard.

Days flew by. Finally, King George was a bit relieved by the fact that someone finally offered his help in an effort to find the princess. The warrior was called Alexander.

Alexander went to find King Jerry. After days of travelling, he finally managed to arrive at the border of King Jerry's country and challenged his soldiers. He soon defeated them all but as he thought it was too easy to get into King Jerry's country, King Jerry pulled the trigger to deploy his strongest soldiers and shouted at Alexander, "I know you've come to rescue Princess Eunice, but I'm not going to let you rescue her that easily. Come find me if you survive my soldiers' attack, HAHHAHAHAHA!"

Alexander said, "Naïve!" After the word was pronounced, there was a great explosion and all soldiers died.

Alexander then rushed into the Palace where King Jerry lived. He managed to find King Jerry after ruining all the traps set up by King Jerry. He shouted, "King Jerry, you are very cruel to everyone."

King Jerry said, "No I'm not, you liar! Beat me if you can!"

Alexander used his powerful sword in the final battle. King Jerry was not empty-handed either. He had the strongest gun in his country that could kill Alexander easily.

Marvellously, Alexander dodged all the bullets from King Jerry's gun. Just as Alexander thought his victory was near, King Jerry suddenly took out some poison from his pocket and threw it at Alexander. He said, "It's the most powerful poison, time to say goodbye..."



At this moment, King Jerry was grabbing Eunice with him. Suddenly, a thunder struck King Jerry and he died because of the electric shock. Luckily, Eunice managed to push him away before the thunder hit him. She was so happy to know that

Alexander was sent by her father.

At last, King George said to Alexander, "You can marry Eunice since you are the saviour of my daughter, and my kingdom!"

Alexander felt elated, marrying Eunice shortly afterwards. Their wedding was the greatest ever wedding in their country, and they lived happily ever after.



Make a Dive, Save a Life

Mr. Callaghan (Bill)



It was a Saturday morning. The weather was great after raining for nearly a week. Peter was out walking his dog, who was very excited to go outside after being trapped for so long.

As Peter had expected, there were lots of people as he lived near a famous theme park. Although Peter is a laid-back person and likes to live a stressless life, he does not mind the busy streets at all, as seeing people have a good time with their friends and family always puts a smile on his face. He continued to walk along a river as he always does.

Peter walked near a bridge. There seemed to be a car accident. The busy traffic stopped in an instant. More than a hundred cars were stuck there waiting in the heat. Peter could hear the impatient drivers honking their car horns. "I would be frustrated too if I were them," he thought to himself. "I hope nobody uses the old bridge, it's still open but hasn't been used for more than 10 years. An accident could easily happen."



Peter kept walking for 2 to 3 minutes. The honking car horns could still be heard, and were starting to annoy him. He took a break and started texting his friends about what happened and told them not to drive around as the traffic was still jammed. Suddenly, he heard a scream followed by people talking to each other in shock. He looked around and saw a car sinking in the river!

"The driver must have used the old bridge!" he thought. There were a few cars on the other side of the old bridge that planned to cross as well. Everybody was panicking. The people stuck in traffic all came out

of their cars to watch that car hopelessly sink.

"I must do something," Peter thought to himself. He was a really good swimmer in secondary school and had won many awards, but it has been almost 10 years since he swam seriously.

Even though he still goes swimming around once a month, he doubted if he was good enough to save the people in the car. As he was hesitating, somebody from the crowd shouted, "Anybody who knows how to swim, please go and help them!" That was when he knew he had to act fast and save the people inside the car. Peter took his shirt off and jumped straight into the river. The crowd became silent in an instant as they watched Peter swim at top speed.

He was halfway there when he saw a man float up. It seemed that someone had escaped from the car. Peter swam towards him as fast as possible. "My family is still inside the car! Please help them!" the man said worriedly. He was out of breath from swimming and was panicking a lot.

Peter dived straight down to the car and pulled out two young kids. Thankfully, the door was already opened when the man escaped. "Thank you so much," the man said to Peter. "I don't swim well, let alone diving into the water. I dare not think what would happen without you." Peter led them towards the shore safely after that.

The day after, he was interviewed by the media. When asked about why he rushed to help when no one else did, he replied, "If I had been in the car, I would have hoped that somebody would come and help me. That's why I decided to help and bring kind of positivity to our community."

His friends and family were amazed and very proud of him when they saw him on television.

Sharing warmth in times of hardship

Chai Chun Hong, Charita (2011)

Due to the COVID-19 pandemic, a lot of people have lost their hope. Some contracted the virus, and in the meantime some were fired since their employers could not afford to hire them anymore. Without a job, some of them cannot pay the rent and may have to live on the streets. In order to survive, they will have to find a way to get through this hardship.



After hearing this, Tommy was in disbelief knowing that a considerable number of people have to deal with such problems. He wanted to help the homeless people, but he did not know how. Then he came up with an idea and told his roommate Robby that he wanted to give out food to the homeless and needed his help. However, Robby refused and said it was socially unacceptable to feed the homeless. So the idea was shelved.

One day, while Tommy was walking on the street, he saw a man looking really pale and exhausted. Tommy saw this and wanted to buy some food for him, but he remembered what Robby said and thus hesitated to do so. The man

was very frail and genuinely starving. Sadly, no sooner had Tommy made a move to offer help than the man collapsed in front of Tommy and fell on the pavement. Tommy was stunned and quickly called the ambulance. After a while, the man was sent to hospital.

The incident made Tommy feel guilty and he knew if he had bought the man some food, none of such incident would have happened. Tommy felt fully ashamed of giving up the thought of helping the homeless man. Robby comforted Tommy and made a weird suggestion that he should dress up as an anonymous ninja so that people could not recognize and criticise him. At first, Tommy was confused, but then he agreed to do it. Robby helped Tommy this time because he also wanted to do something for the homeless.

The next week, Tommy dressed up as a ninja in the middle of the night. He gave out food that he made and packed with Robby to the homeless. Those homeless people were very grateful that someone would do such a thing for them and gave Tommy, the ninja, a big, touching hug. From that day onwards, Tommy has begun to give out food once a week, hoping that everyone is safe and has a full stomach to fight the pandemic.



A girl who changed the way I live my life

Chang Wang, Girl Who (3M)



In the past, I always thought about why I was born in this world and what the meaning of my existence was. Until I realised a girl's experience did I get to understand what I should do and become aware of what meaning my life carries.

I am one of the orphans in this orphanage where all the children here were abandoned by their parents, so we have never felt the warmth from our families at all. Luka is the most unfortunate one among us.

She was diagnosed with cancer shortly after she was born. Although she was the most pathetic one, she still stayed positive. She did not know when she would leave the world, but she never gave up on herself.

Lifa, however, is a girl who not only discriminated against Luka but also frequently bullied her. Surprisingly, Luka did not feel frustrated about it. One day, our caretaker took us to a country park. Unfortunately, Lifa was lost in the forest because she wanted to catch a colourful butterfly. The butterfly suddenly disappeared and when Lifa was figuring out where it was, she found herself in the forest. Feeling scared, she cried helplessly.



Lifa stumbled while trying to find her way out. She looked at the wound on her knee. It was covered with a lot of blood and mud, so she sat under a tree to rest. All of a sudden, there was some sound in the bush. It was Luka who was looking for Lifa. Seeing Lifa look hopeless, despite feeling exhausted, Luka tried her best to carry Lifa on her back, slowly walking out of the forest.

Finally, they successfully got out of the forest. Since then, Lifa has no longer looked down on Luka. A young rich couple happened to know Luka's good deed and decided to adopt Luka. A month later, the couple came to our orphanage and Luka left with them.

After that, Luka was able to receive proper education and care in her new home. It was such a miracle! Ten years later, Luka has become a famous doctor and has continued to help more people in need.

I was always confused before, but Luka has made me realise that each of us was born in this world with a mission. Now I have set a goal for myself, which is to help others as much as I can and make my life more rewarding.





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