

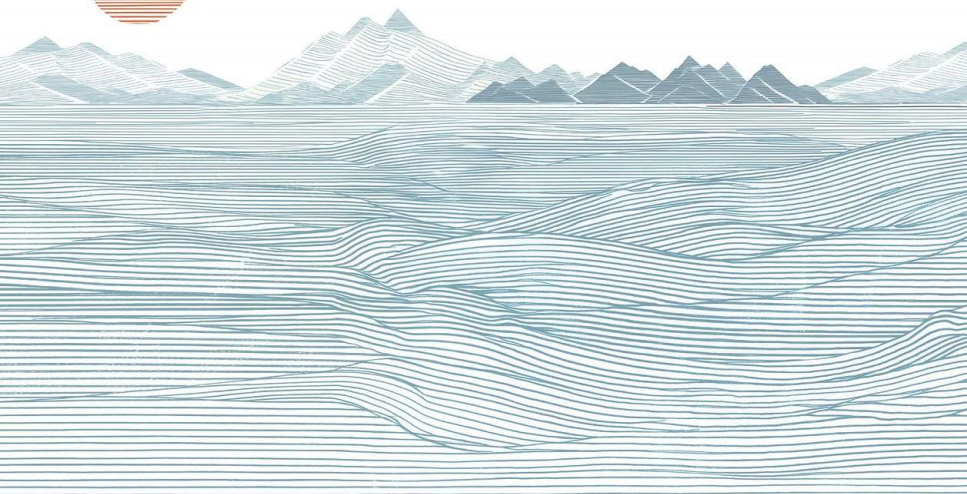
Chinese Y.M.C.A. Secondary School



100



Outstanding Writings of Ching Chung 2024



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Reading Promotion Competition ————— 2024

Gold Award



GOLD AWARD

1AY **Shah Fizza**

Matilda

Magical Matilda, a girl so bright,
An adventurous spirit, a curious sight.
Tales unfurl as her imagination takes flight,
In words of wonder, where dreams ignite.
Luminous eyes filled with sheer delight,
Determined and brave, she shines with might.
An astonishing intelligence, a prodigy in her own right.



The Lion King: A Letter of Advice to Simba

Hey Simba,

I hope this letter finds you well. I wanted to share some advice with you because I care about your happiness and success. Remember, I'm always here for you, ready to offer support and guidance whenever you need it.

First, I want you to know that you are not alone in your struggles. Life often presents us with obstacles and setbacks that can make us question our abilities and strength. I have no doubt that you possess the resilience and courage to overcome any adversity that comes your way.

Remember, Simba, the Lion King universe is filled with a rich tapestry of relationships and connections that have shaped who you are today. Lean on your friends and loved ones for support, and never hesitate to ask for help when you need it. The bonds you have formed, especially with Nala, Timon, and Pumbaa, are a testament to the love and loyalty that exist within your world.

Lastly, know that you are loved, admired, and cherished by those who have followed your adventures. Your bravery, resilience, and unwavering spirit are an inspiration to us all. I have no doubt that you will overcome any obstacle that stands in your way and continue to make a difference in the lives of those around you.

Remember, my friend, that I believe in you and your ability to overcome any challenge. Take my words to heart and know that I am here for you every step of the way. Stay positive, stay focused, and never hesitate to reach out. Please write back if you have any problems.

Best wishes,

Hugo

Billy Elliot: The Power of Diligence

Characters: Billy Elliot, Jackie, Tony, Michael

(After Billy's performance, they gather in a hotel to discuss it)

Billy: (Enters the room) Hey, everyone! Long time no see! What did you think about the performance?

Jackie: (Proudly) Billy, it was amazing. I'm so proud of you. Your hard work finally paid off.

Billy: Thanks, Dad. It was an unforgettable experience. I can't believe I actually did it!

Tony: (Excitedly) Good job, Billy! I never thought you could be a professional ballet dancer, but you have proved me wrong! Well done, my little brother!


Billy: (Grinning) Thank you so much, my one and only brother.

Michael: (Loudly) Billy, you were like a superstar on the stage! I couldn't take my eyes off you. You know, I have always believed in you.

Billy: (Gratefully) Thanks for your support, Michael. It means a lot to me. I couldn't have done it without you.

Michael: (Playfully) Of course, you couldn't! I'm your number one fan. However, Billy, you took hours to practice, the sweat, the tears, your diligence has all paid off!

Billy: You're right. It wasn't easy, but I never gave up. The more I practiced, the more I realized how much I loved ballet. It has become a part of my life.



Jackie: (Thoughtfully) Billy, your determination has brought you here. Remember when we first found out you liked ballet? We had our doubts, but you stuck it out. You have shown me the power of diligence.

Billy: (Gratefully) Dad, I am thankful for your support, even when things were tough. You always encouraged me to follow my dreams.

Tony (Jokingly): Well, don't let it go to your head, you're still my annoying brother.

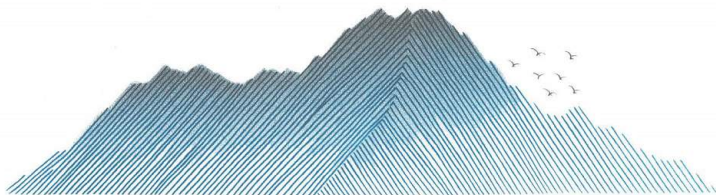
Billy: (Laughs) Don't worry, Tony, I won't let success change me.

Michael: So, Billy, what's next?

Billy: Who knows? But one thing I'm sure of is that I'll keep working hard and pursuing my dreams. Diligence has brought me here, and I won't stop now.

(They all share a moment of joy, celebrating Billy's success and the power of diligence)

(The End)



An IG Post on Wonder





A Letter of Gratitude: Michelle Obama

15th April, 2024

Dear Mrs. Obama,

Thank you for writing your memoir “Becoming”. I have learnt a lot about self-improvement and the importance of setting goals from your story.

As you mentioned in your memoir, you were not born successful. You were born in a considerably unsafe neighbourhood. You faced racism and a lack of resources in your school life. But you were determined to make a change. You worked immensely hard on your studies, had great trust in your ability to succeed, and you made it. You left the South Side of Chicago and headed to Princeton University in New Jersey, studied even harder, and entered Harvard Law School. You then became a lawyer at Sidley & Austin and met Barack as his mentor.

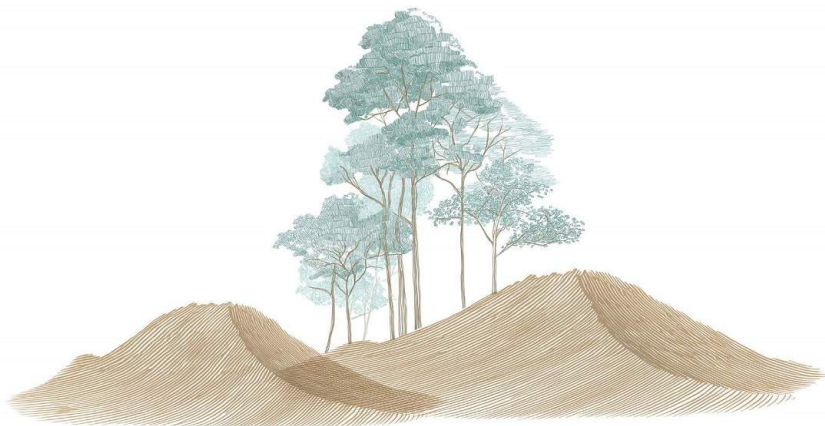
“The only limit to the height of your achievements is the reach of your dreams and your willingness to work hard for them.” What you have said completely illustrates your journey to success. I learnt that if I want to make a change in my life and be successful, I should dream big and work hard to achieve my goals. I should set a goal for what level of society I want to reach and work hard in my current studies to elevate my social class.

Yours sincerely,

Yim Ngou Jun Jonas

What Song with Positive Meaning Would You Recommend to Your Schoolmates?

I would recommend the song “Count on Me” by Bruno Mars to my schoolmates. This uplifting and heartwarming track emphasizes the importance of friendship and support. With its catchy melody and sincere lyrics, it encourages us to be there for one another through thick and thin. The song reminds us that we are never alone and that we can rely on our friends during challenging times. “Count on Me” serves as a reminder to my schoolmates that they have a network of support around them, and that they can lean on each other for guidance, strength, and encouragement.



Childish Habit: Doodling on My Steamed Canvas

When I was young...

On the way of a bus ride, the window had been steamed over by my breath mist. A blank canvas appeared, merging the outside world into blurred shapes. I used my finger and sketched lines through the little droplets. The droplets joined and formed a cute smiling face. The mist then faded away in this tiny face, providing a brief glimpse of the landscape. I saw a beautiful yellow farmland under the blue sky. And then, it disappeared as new vapor began to form.

Time Flies...

Like the flowers formed by droplets that only bloomed for a little while, nothing lasts forever. The caterpillar is forced to become a butterfly rapidly.

Now...

Sketching on a window and appreciating the landscape on a bus ride seems impossible now. Once the bus starts moving, I will put on my headphones and take out my notebook to accomplish as much work as possible. Scenery and relaxation naturally become the least important. Nevertheless, during the silent nights when I reflect on myself, emptiness creeps in. What did I do except work on my notebook? What did I see? I suddenly desire to doodle on the window and enjoy the childish but pure happiness.



Single-Use Plastic Ban

Introduction

The Hong Kong government is going to ban single-use plastic starting from April 2024, which mainly covers expanded polystyrene receptacles and other disposable plastic tableware, affecting restaurants and pharmacies predominantly. Plastic waste is a grave issue in Hong Kong. Considering the 10,809 tonnes of solid waste in Hong Kong in 2020, plastic waste accounted for 21%. The degradation of plastic can take hundreds of years, bringing heavy loads to the landfills. As a result, authorities aim to reduce plastic waste at the source by imposing this ban.

How Can the Government Raise Public Awareness?

First, the government can raise public awareness of the single-use plastic prohibition by publicising the details and importance of the ban through different mediums, such as social media platforms and physical booths. Even though the government has already introduced the ban through TV and newspapers, people nowadays are less likely to receive information from these mediums, resulting in numerous people being unaware of the affair. Therefore, the government should engage different groups of citizens by setting up information booths inside every estate to involve the elderly, and share posts on social media platforms to attract the youngsters. By letting more people understand the issues in society, they can agree more about the necessity of the ban, which can raise their awareness of the single-use plastic ban.

Is the Ban Enough to Encourage Waste Reduction?

I'm afraid that the ban on single-use plastic might not be enough to encourage waste reduction in the city. The law regulates plastic suppliers instead of the public, which means people can choose to use plastic tableware and cotton swabs if they would like to. Not to mention that there are alternatives to plastic tableware, like wood disposable tableware. If the public maintains their daily habits and doesn't have the notion to take steps to protect the environment, there will still be as much waste as in the past. Therefore, to reduce waste from the source, the government should put effort into the education of children and adults. Once they realise the importance of environmental protection themselves, they will reduce waste spontaneously for their personal interest. Therefore, I believe that the prohibition of plastic waste might not be enough.

Gold Award & Most Popular Entry



A Diary Entry Sharing My Adventurous Experience as a Borrower

17th November

Dear Diary,

My parents finally allowed me to go out and borrow on my own! I've never been this excited! Honestly, I don't know why they were so strict about it anyway. I know it's for my safety, but I'm 14!!! It's about time I learned to be independent rather than staying in somebody's rusty floorboards. Anyway, I'll write more tomorrow after I go borrowing. I can't wait!

18th November

Dear Diary,


OH. MY. GOSH. I went borrowing on my own for the first time and so much happened in a day! My mind is all over the place; I don't know where to start. I'll just list it down.

1. Almost got lost on the way back 😞
2. Injured myself (scratched my knee)
3. Seen by a HUMAN BEAN!

Yep, I got seen by a human, the worst of the worst. It seems like nothing can go smoothly in my life; why am I so unlucky?

Okay, let me explain in detail now. So I was walking around the cabinet, and everything was fine until I accidentally pushed a glass vase down to the floor and it shattered with a loud noise. Honestly, I thought it would be fine as long as I carefully sneaked away. All of a sudden, I heard loud stomping, and before I knew it, there was a shadow blocking my view. It was too late for me to escape.

I expected Mrs Driver with her scary, cruel, and barbarous facial expression standing behind me with her arms crossed, looking at me with disdain in her eyes. I turned around and felt pleasantly surprised when I saw a young boy who seemed to be 9-10 years old. His facial features indicated that he's not from here, perhaps from India? But that was just an assumption.



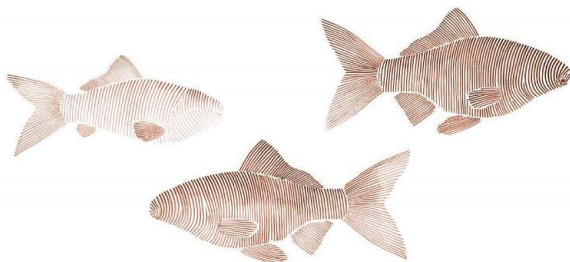
The boy seemed harmless, but I still didn't let my guard down. We stood there in dead silence for a few seconds before he finally said something. Talking to a human bean was an awkward experience. The kid did ask some silly questions such as, "Are you a fairy?" "Can you fly?", but I did manage to get some basic information about him.

Notes on the 10-year-old boy:

1. Indian
2. Harmless
3. Curious
4. 10 years old

The boy probably had no bad intentions, and I also didn't feel in danger while talking to him. Believe it or not, I genuinely had fun sharing the differences in our lives. Maybe I'll consider him my first-ever friend! I still hope my parents won't find out about this. I'm getting tired, so this is it for my diary today! I'll write again tomorrow!


Limbu Deshika



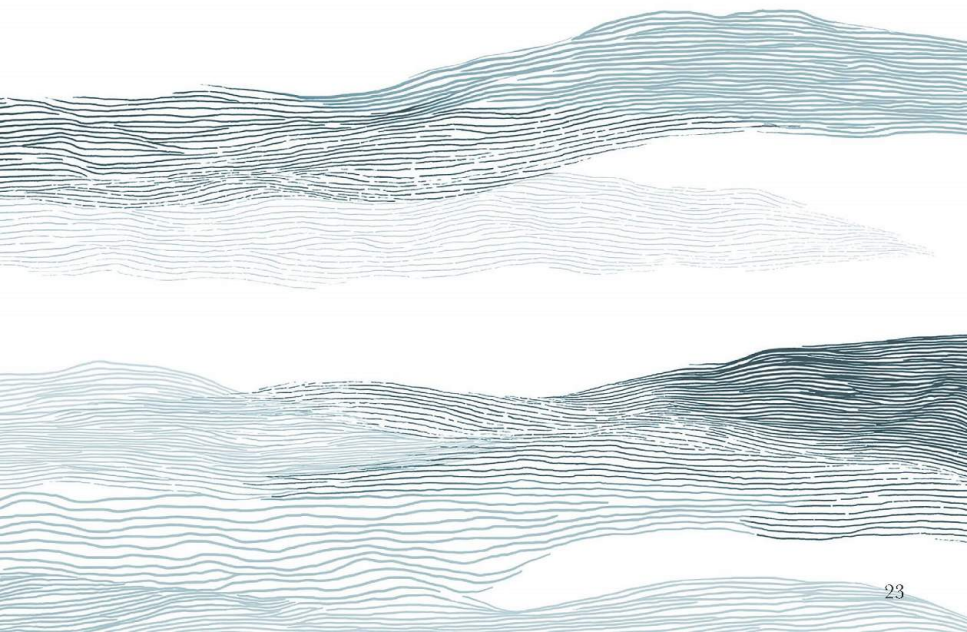
The Five People You Meet in Heaven: A Reflective Essay

I would like to start by introducing the main character, Eddie, the novel's protagonist, a lonely, elderly man who has spent his life working in maintenance at Ruby Pier, an amusement park by the ocean. Eddie is from a working-class family of Romanian origin, and he is tough, hardworking, and concerned about the well-being of others. Then there is Tala, a little Filipino girl whom Eddie unknowingly killed while he and his unit were escaping captivity during the war. Tala is affectionate, trusting, and wise. The Captain, Eddie's former commanding officer in the war, helps Eddie make sense of his past experiences. Eddie's wife, Marguerite, who died young, also plays a significant role. Eddie has spent years blaming himself and feeling bitter over Marguerite's death, and Marguerite helps him leave those feelings behind in heaven. The Blue Man, also known as Kardilla Rosario, is the first person Eddie meets in heaven. He is a nervous, lonely, and forgiving man. Because of his nerves, he went to a chemist to find something to resolve them, and the chemist gave him silver nitrate. He drank it, and his skin unexpectedly started turning blue.

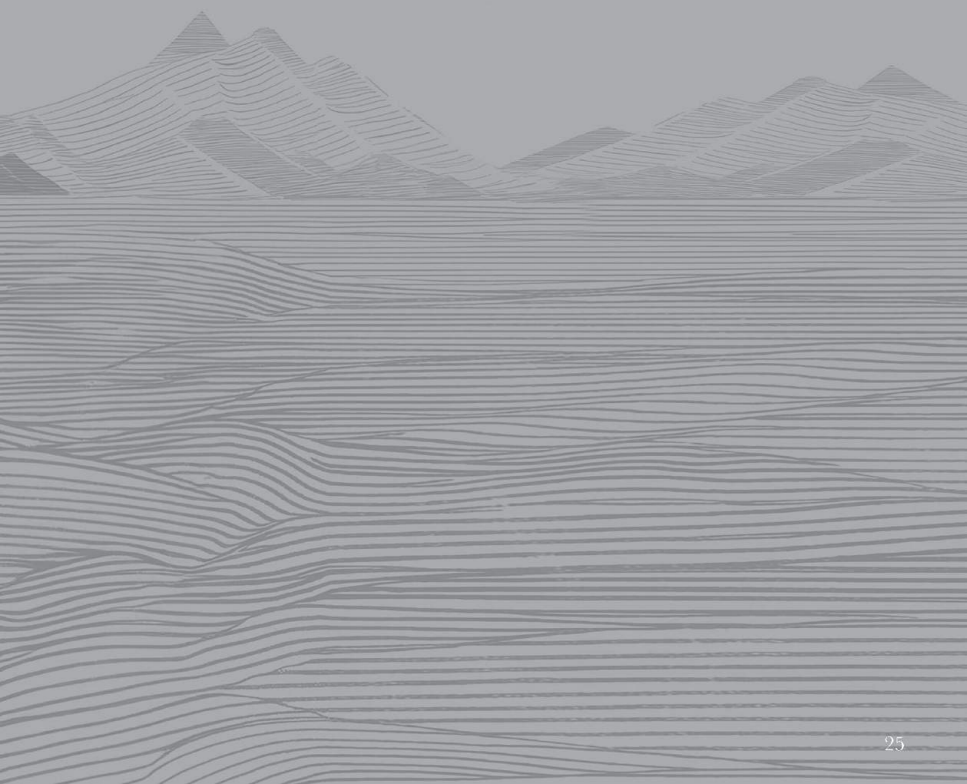
I would like to say I relate to the Captain the most. The Captain was the leader of Eddie's unit during World War II. He was intelligent and forgiving and did everything he could to keep his unit alive in the war. Unfortunately, he died while trying to clear a path and was killed by a landmine. I can relate to him because sometimes I have to lead my friends and family, and when things get rough, I have to sacrifice something of my own for them. If I had to, I would put my life on the line for them just as the Captain did for his unit. But we have to realise that sacrifice is not the same as losing something, as the Captain told Eddie when he met him in heaven. As a Christian or simply as a human being, we have to always seek forgiveness from others and forgive others. Just as Eddie sought forgiveness from those he hurt and forgave those who hurt him, he found closure and healing through these acts of reconciliation. Eddie realised he wasn't alone in having made sacrifices, and that others' sacrifices were often greater than his own. What I'm trying to say is that we should always forgive others because we never know what they are going through.



So to anyone who is struggling to forgive people, I would suggest you reflect and look into how Eddie forgave the people who had hurt him and held grudges against him. I have learnt that forgiving is the best solution to everything that people have done to hurt you. If you think about it and truly look into it, for example, if a person does something to hurt you and you hurt them back the same way, it will go on for a long time like a never-ending cycle. But if you learn to forgive, it may not end it immediately, but the chances of it ending are much greater.



Silver Award



The Lion King: A Letter of Advice to Simba

Hey Simba,

I hope this letter finds you well. I wanted to share some advice with you because I care about your happiness and success. Remember, I'm always here for you, ready to offer support and guidance whenever you need it.

Your father sacrificed himself to protect you, which has made you live in guilt all this time. You should get out of your sorrow as soon as possible. I believe he would prefer you to face the current difficulties bravely and to face your fears courageously instead of running. The hyenas are multiplying, and you should take back the reins and change this bad rule, making life better for the animals under your leadership.

First, you should build up your confidence. You also have the genes of the family: wise, strong, and sensitive, enough to defeat your opponents. You have followed your father since childhood and have a preliminary understanding of his rule. You are an excellent ruler, and you should believe in your own ability and strength.

My second piece of advice is to be brave in the face of difficulties. There will be many setbacks in the process of fighting for the throne, but you must learn to overcome them and strive to do your best to make the animal kingdom better.

Remember, my friend, that I believe in you and your ability to overcome any challenge. Take my words to heart and know that I am here for you every step of the way. Stay positive, stay focused, and never hesitate to reach out. Please write back if you have any problems.

Best wishes,

Angel

Matilda

Mindblowing life of how her family treated her.

Achieving excellence in spelling, mathematics, and reading laborious books at a young age.

Telekinetic powers used to help everyone who attends Crunchem Hall from the murderous and menacing mistresses.

Interfered with many situations involving pranks on her family and the mistresses, who disliked her more than other students.

Loves to read various evocative books written by illustrious authors.

Dedication to being academically educated.

Admired by her friends, classmates, and teachers.



A Diary Entry Sharing My Adventurous Experience as a Borrower

22nd April, 2024

Monday, 10:20 p.m.

Dear Diary,


Today, I went on a borrowing trip with my mum. I felt a little nervous because it was my first time. I have to admit that I was a bit scared of the outside world, but I believe that I can do it! However, I wanted to learn how to borrow so that I could assist my mum with her work. I also wished to go borrowing with my dad, but he has been sick for a long time. I hope he gets well soon so that we can go out together.

Anyway, after dinner, I went out with my mum. I loved the delicious tomato spaghetti she made! But back to the topic, after saying goodbye to dad, my mum handed me a rubber band. I thought it could be used as an elastic rope. I wanted to record the whole process of my first borrowing, so I took out the toy camera mum gave me last week. It takes some blurry photos, but it's still quite big for me, so mum keeps telling me that I don't need to take it out, but I insist on my thoughts. So I'll post the photos I took in this diary.

Mum emphasised the importance of being cautious during borrowing and having the right tools. After making all the necessary preparations, we were finally ready to embark on my first borrowing adventure.

First, we walked to the gate. I had passed by that gate many times, but I had never actually walked through it. I felt kind of anxious, worrying about being seen or caught by a cat. However, all those feelings vanished when the gate opened. It revealed the outside world—a vast space with a table ten times bigger than me and enough cookies to last for ten years! It was a wonderful sight!

While I was taking in the surroundings, my mum instructed me to climb up the curtain and throw the rubber band onto the table. I made an attempt to climb the curtain, but I failed. I tried again. However, mum encouraged me, reminding me that it was my first time borrowing. So, I gave it another try, and this time I succeeded. Well, I knew I'd do it if I kept trying.




We climbed through the window. I felt thrilled to have accomplished something on my first borrowing attempt. I threw the rubber band, and it landed right on the pen holder of the table. We then used the rubber band as a pathway to reach the table. There, I saw a large toy house. As we entered, we found ourselves in a living room. I spotted a coat hanger with a nice-looking hat, thinking that my dad might like it. So I planned to borrow it, not knowing if my mum noticed, but she didn't say anything.

After a while, we made our way to the kitchen. I saw a fancy set of plates and thought it would make a great decoration for my kitchen. I reached for it, but my hand slipped, and the heavy plate set fell to the ground, creating a loud noise. I was scared, no, I was terrified.

It was a horrible moment! My mum told me that we needed to be extremely cautious because we were so tiny, and going out for borrowing posed a great threat to our safety. To make matters worse, a cat appeared. It ran very fast and caught mum. I blamed myself for breaking the plates and attracting the cat. It was an awful situation! Thoughts like "Go help mum, you can do it!" kept repeating in my head. I couldn't stand by and let my mum be harmed. I looked around and found a pair of scissors. I mustered all my strength to pick up the scissors and threw them at the cat. Although the scissors were small, they were still heavy for a ten-year-old boy. I did my best to throw them with all my might. The scissors only lightly stabbed the cat, but it seemed to hurt a lot because it released my mum. Despite being injured, the cat still attempted to catch my mum. However, she quickly ran away from its reach. Seeing that there was no chance, the cat left in anger.

Finally, I could breathe a sigh of relief. I quickly climbed off the table and looked at my mum. She was shocked and amazed. "Did you just chase away the cat?" she exclaimed. I replied, "Well... kinda?" We stared at each other for five seconds, and then she said, "Oh my God! You're a natural at borrowing! How did you manage to handle a cat on your first borrowing? That's unbelievable!" After showering me with compliments, she gave me a big hug. I thought that was the end of my adventure, but apparently, there was one more thing to borrow. "Actually, we still have one more item to borrow," my mum said. "Huh?" I responded. We moved forward, and my mum asked, "Can you climb the curtain one more time and get onto the desk?"

With a deep breath, I mustered my courage and climbed the curtain once again. This time, it felt a bit easier, knowing that I had done it before. I reached the top and carefully made my way to the desk. On the desk, there was a small, handwritten note. It was a letter from my dad. He expressed his love for me and my mum, his hopes for our future, and his gratitude for our support during his illness. I realised that this last item we were borrowing was a precious memory from my dad, something to cherish.

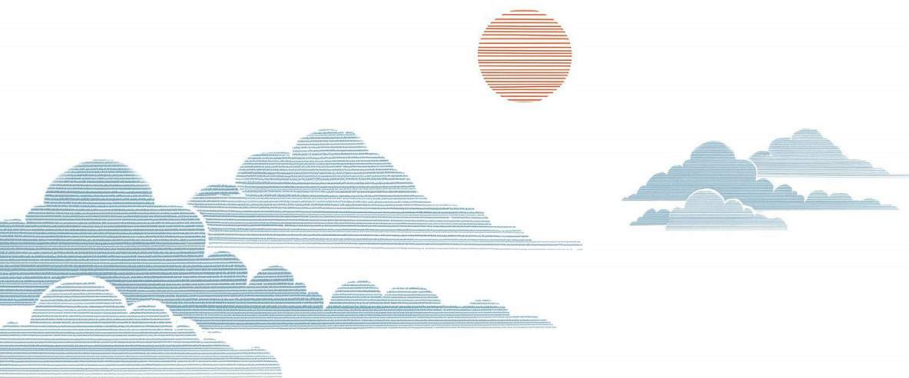


I carefully folded the note and held it close to my heart. As I descended from the desk and reunited with my mum, we shared a moment of silence, understanding the significance of what we had just experienced. Despite the challenges and dangers, borrowing had brought us closer together and reminded us of the love and strength within our family.

We made our way back home, carrying the memories of our adventure with us. I couldn't wait to tell my dad about everything that happened and share the letter he had left for us. I knew it would bring him joy and hope.

Now, as I sat on the chair, I couldn't help but feel a sense of accomplishment and gratitude. I had overcome my fears, protected my mum, and discovered the power of courage within myself. I learnt that borrowing had taught me valuable lessons about perseverance, trusting yourself and the people around you, and the importance of family. Perseverance is the key to achieving your goals and overcoming obstacles in life. I closed my eyes, knowing that I would cherish this day forever and carry its lessons with me in all my future endeavours.

Tina



Billy Elliot

Jackie: (Excited) Billy!

Billy: (Turns around) Oh, Dad!

Tony: (Waving his hand) Hey, hey! Don't forget your big brother.

Billy: I miss you guys! (Hugs Jackie and Tony)

Michael: Billy! You did a good job tonight! Oh... sorry, um, did I ruin the mood?

Billy: Michael! Long time no see! How are you doing? (Pats him on the shoulder)

Michael: Oh, I'm good. Anyway, what have you been doing in ballet school all these years?

Tony: Yeah, I want to know too. You've always been so busy, like a bear before winter.

Billy: Well... actually, all these years in ballet school weren't that fun and interesting. On the other hand, I needed to practice every day, which was hard and difficult to persist (holds head), but when I think of those people who love me and how much I love ballet, I just don't want to give up. I know that I can only be a good dancer by having much perseverance and never giving up. I know that if I work hard, then I can be the person I want to be.


Michael: Wow! That was so much pressure! You are really brave.

Jackie: Good job, Billy. In these years that you've been in ballet school, I couldn't help you with anything. I am so proud that you can be so successful by yourself. You must be very tired after all these years of putting in so much effort. Would you like to go back home and visit your old grandma?

Tony: Dad was right. How about you come home for a vacation? You haven't been home in a long time. I'm sure Nan must miss her little grandson. (Crosses his arms)

Billy: Sure! How about next Monday? I miss Nan very much!

Michael: Oh, oh! Can I go back with you? I kind of miss that place where we played games before. That was the best childhood.



Billy: Come with us! I'm sure we can have a good time.

Tony: Um... (Touches his head) I think today I realized that I can be a better person by working hard and believing in myself. Perseverance is a good thing too. I hope that someday I can be successful like you! My little brother has finally grown up, haha! (Hits Billy's shoulder)

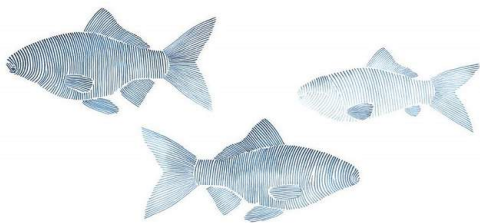
Billy: Ouch! That sure hurt! (Laughs)

Jackie: That's it! Tony, the train doesn't wait for anyone!

Tony: Coming! Bye, Billy! Good luck!

Jackie: Good luck! Just be yourself! Never give up!

Billy: Bye, Dad! Tony! I will miss you guys! I will be more diligent! Good luck to both of you! (Waves goodbye)



A Letter of Gratitude: Malala Yousafzai

30th April, 2024

Dear Malala,

After reading a book about you, I learnt very much from your experiences. I was also inspired by them. Therefore, I'm writing to thank you for teaching me a lot and inspiring me.

I know that you were born into a lower-middle-class family in Pakistan, where it is nearly impossible for females to receive proper education at schools. However, you grasped every chance to stand for women's education rights and eventually got into the University of Oxford. I also know that you were attacked by a gunman in an assassination attempt targeting you for your activism. However, you chose to continue to stand up for the right to education and even became more prominent instead of giving up.

Born in Hong Kong, females can receive free education for twelve years. I didn't like studying as I thought I was forced to study and it was meaningless. After reading your stories, I learnt to be thankful for the good environment that I was born into. I also learnt that I should study for myself, not for my parents. Studying is not meaningless. At the same time, I know that I should not give up on doing something that I think is right.

Thank you for teaching me a lot. I wish that everyone can learn something from you.

With love,

Yu Pui Ka Cheri



Michael Jackson - Beat It

If I need to recommend a song with a positive meaning, I would recommend “Beat It” to my schoolmates.

The song was released by Michael Jackson in 1983. Michael Jackson was inspired to write the song after being confronted by gang members in his hometown of Gary, Indiana.

Though the song’s title may not seem overtly positive, “Beat It” has a much deeper meaning that speaks to the societal issues and challenges that were prevalent in the 1980s. The song carries an important meaning about standing up to violence and peer pressure.



A Positive Childish Habit

From the moment I can remember, Chinese chess has become one of the most common objects I encounter. My father nailed a wooden board with a chessboard on it to the wall at home. Afterwards, my uncle came to my house from time to time to play chess with my father. At the age of four, I couldn't help but ask my father about that chessboard. My father didn't say too much, he just led me to the chessboard.

He taught me how to play Chinese chess, hand in hand. Afterwards, I followed my father to start gambling at a chess stall on the street. My father is a good gambler, but I only play chess instead of gambling. Gradually, more and more people came to me to play chess.

When playing chess with people, I always encounter some strange and unusual people. Drunk old masters and childish elementary school students will stand by the chess stand, watching one showdown of intelligence and perseverance after another. The opponents playing chess are also very interesting. Some people have a steady and measured chess style, but they are not eager to achieve success. Some people have a sharp chess style and frequent killing moves, striving for quick battles and quick decisions. Some people have strange chess styles and dangerous military tactics, always taking unexpected risks.

When did I start to gradually familiarize myself with the opening game? I don't know either. Perhaps I have learned how to cultivate my energy and seize opportunities through repeated games of chess with classmates, relatives, and neighbours.

To some extent, Chinese chess can also be considered my life mentor, so I have always maintained the habit of playing chess.



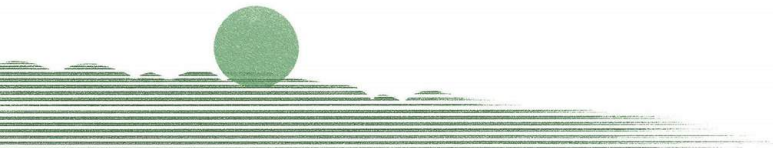
The Ban is not Enough to Ban Waste Reduction in Hong Kong

Regarding the food sector, the ban on single-use plastic cutlery can actually be a huge turn-off for both businesses and consumers. First of all, the ban will cause smaller and medium-sized restaurants to incur more expenditure initially when repurchasing reusable metal or wood cutlery. This initial expenditure is enough of a turn-off for non-chain restaurants to be wary of changing their choice of cutlery in accordance with the ban. That is to say, restaurants would be slow in implementing such an all-around change to the use of single-use plastic cutlery due to its lack of an instant financial improvement. Secondly, such a ban is rather futile as restaurants mainly use plastic cutlery exclusively when customers order take-out. It would therefore be a hassle for restaurants to use reusable containers for take-outs (think about it, if a restaurant gave you a tote bag, a thermal bag, or even a thermos for your take-out, you would not want to return it, ever, right?), repeating the cycle of giving out (basically for free!) and having to buy new bags every month or so. Lastly, for the customers, getting reusable cutlery and containers for each take-out would become annoying because they would quite literally be forced to stock up on reusable bags and cutlery, which exacerbates another problem of overconsumption. As a matter of fact, most small and medium-sized restaurants already provide reusable spoons, forks, stirrers, and cups for their patrons. It is only when Hong Kong people order take-out that they rely on the convenience of single-use plastics.

The ban only addresses one of the causes of the abhorrent waste pollution in Hong Kong and blames the problem on smaller establishments rather than the inadequacy of waste management in landfills and insufficient resources for plastic recycling. Instead of fixing the root of why plastic waste ends up in our natural environment by educating citizens on proper treatment through recycling or tightening up regulation and management in landfills, the government is asking small to medium-sized eateries to incur more expenditure, pay a hefty fine if they do not comply, and make customers subject to a huge inconvenience. Although through the wide publication of this plastic ban, the general public is somewhat aware of such an issue, many people or restaurants are simply not equipped to face such a big change to their businesses that will come soon. To solve this, the government can send officers to remind restaurants of such a change in policy and draft social media posts or reminders on delivery apps to inform citizens and restaurants about the ban.

Silver Award & Principal's Pick






The Five People You Meet in Heaven: A Reflective Essay

In "The Five People You Meet in Heaven", Eddie meets five people in heaven after his death. Among them, the one who impressed me the most was the Captain. I was very touched that he sacrificed himself to save others. He traded his own safety for the safety of his comrades.

At the beginning of the story, the Captain and Eddie were comrades on the battlefield. They experienced hardships together and escaped from prison together. However, during their escape, Eddie wanted to save people in a house, but there was not much time left for them. The Captain shot Eddie in the leg to prevent him from entering the house. Just as they were about to escape, the Captain got out of the car and opened the door, but accidentally stepped on a mine buried underground and was blown to pieces. If someone else had opened the door, it would not have been the Captain who stepped on the mine. The Captain would not have been sacrificed, but someone else would have been. Under the circumstances, someone had to make the sacrifice. It happened to be the Captain, and his sacrifice allowed others to walk out of the door safely.

Sacrifice is a part of life because, throughout our lives, we make many different choices, sometimes sacrificing ourselves or others. When we sacrifice something precious, it does not disappear but is passed on to the next person, enabling them to live with hope. This kind of sacrifice is all about fulfilling others or accomplishing something better.

In real life, mothers often sacrifice their careers to become housewives in order to choose to take care for their families. We cannot say that this sacrifice is a waste because it allows mothers to take better care of their children and accompany them during their childhood. Everyone's childhood is irreplaceable, but jobs can be found later. Therefore, most mothers will sacrifice themselves to take care of their children because they think their children's childhood companionship and education are more important than their work. So, sacrifice is a very common aspect of our lives. We do it to fulfil better people or things.



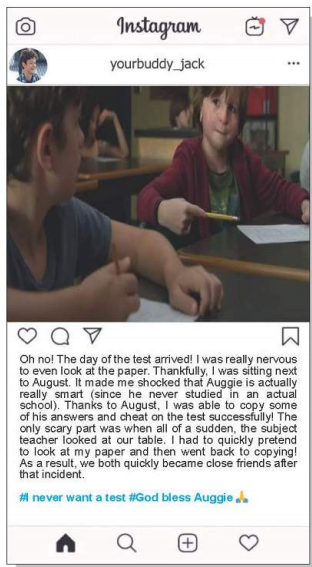
Sacrifice is not terrible. At least what we do is meaningful; we can enhance the original value and help more people. Apart from sacrifice, the interconnectedness of lives is another aspect that has drawn my attention. Just as Eddie's life was influenced by the Captain, the Captain discovers that his own life was shaped by the people he encountered. He learns that every individual he met, no matter how brief the interaction, played a significant role in shaping his journey. This insight helps the Captain understand the interconnected nature of human existence and the profound impact we can have on one another.

Finally, the idea of finding redemption and forgiveness is highlighted in the interaction between the Captain and Eddie. Through Eddie's forgiveness, the Captain learns the power of redemption and the possibility of finding forgiveness for his own past mistakes. As Eddie forgives him for the pain and suffering caused during the war, the Captain realises that he can find peace within himself and let go of the guilt that burdened him. This insight teaches him the importance of self-forgiveness and the potential for personal growth even after a lifetime of regret.



An IG Post on Wonder





Principal's Pick



Matilda

Honor, your most valuable possession.

Obliging, in thoughts and emotions.

Nice, right from the start.

Ebullient, he is, full of warm heart.

Youthful is she, with all the intelligence and knowledge.

Jolly, the fun side of you.

Enchanting she is, the tension she blew.

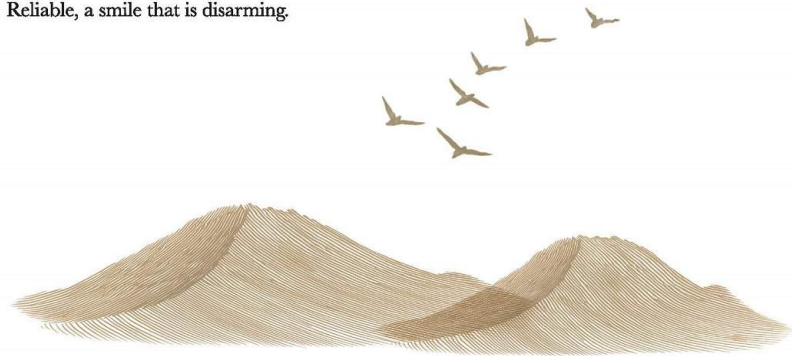
Noble, clever and bright.

Inventive, there is always something new.

Fascinating, it gives you face value.

Endearing, so precious and charming.

Reliable, a smile that is disarming.



The Lion King: A Letter of Advice to Simba

Hey Simba,

I hope this letter finds you well. I wanted to share some advice with you because I care about your happiness and success. Remember, I'm always here for you, ready to offer support and guidance whenever you need it.

After your father's death, I know you struggled with feelings of guilt. You thought that this was your responsibility. You also believed that your mum was disappointed in you for disobeying your father. Actually, she has forgiven you as she was scared for your safety. If I were you, I would share my feelings with her and apologise. I think she will forgive you. If I were in your position, I would not run away from Pride Rock and fall into a deep depression. I wouldn't be led by my feelings.

Also, I know you felt inadequate about being a good leader of the forest. You shouldn't look down upon yourself because you eventually found your strength, which is great enough to be a good leader! However, you had better be wise and strategic with your decisions.

As your father told you, you were only brave when you had to be.

Remember, my friend, that I believe in you and your ability to overcome any challenge. Take my words to heart and know that I am here for you every step of the way. Stay positive, stay focused, and never hesitate to reach out. Please write back if you have any problems.

Best wishes,

Chester

A Diary Entry Sharing My Adventurous Experience as a Borrower

10th March

Dear Diary,

Today, while I was borrowing for the very first time, Dad and I borrowed sugar and tissues. However, while we were borrowing the tissues, a boy saw me. I immediately panicked and hid behind a tissue. Then I walked away slowly, but the cube of sugar I had just borrowed fell on the ground. I didn't pick it up since we had to flee the scene immediately after all that happened. While we were heading back, Dad told me not to bring it (being seen) up, because Mum would freak out if she heard it.

11th March

Dear Diary,

Today, while I was just chilling, the boy suddenly dropped off a cube of sugar with a note that said, "You forgot something," and left. Instead of taking it, I left it as it was and ran back home to tell Mum about it. Mum has to know! There is no way I'm going to keep hiding this from her! But Mum got worried sick, as expected.

12th March

Dear Diary,

This morning, I went to do laundry with Mum. When we were done, she went back inside, and I stayed outside to check on the cube of sugar. Finding it being eaten by ants, I wiped all the ants off gently and picked up the cube of sugar. I went back to my room, got dressed, packed my bag with the sugar and left. I went to the boy's window and threw the cube of sugar into his room. He immediately knew it was me. I tried to leave, but he told me to stay. I specifically requested him to leave me and my family alone. He said he wanted to talk to me, but I said that my parents had told me that humans are dangerous and I should stay away from them. He replied, "You have parents!? Oh! I envy you so much!" I was surprised to hear that and asked, "Don't you have any?" Then he told me about his family situation. He told me his name and asked for mine. "Arrietty," I said. "Such a beautiful name," he replied. He is a curious boy and asked to see what I looked like. I tried to show him, but then a crow suddenly crashed into the window net and got stuck. Luckily, the boy caught me in time.

Then the housekeeper came in and hit the crow until it left. The boy hid me in his hands, but I left instead. While I was heading home, Dad caught me and warned me about humans one last time.

13th March

Dear Diary,

While Mum and I were preparing for dinner, we noticed that Dad was a bit late returning from borrowing. Not long after, Dad came back home, but with another borrower! I thought it was just me and my family; I didn't know there were others! It turns out that Dad twisted his leg while working. Luckily, another borrower, Spiller, found him. I was so thrilled that there are other borrowers out there, so I asked him all kinds of questions, like "Are you living by yourself?" and "Can I see your bow?" because he had a bow with him. When he left, Mum and Dad talked about moving with him in the future because of the 'seen' thing.

14th March

Dear Diary,

Today Mum and I sewed a ginormous bag together. I asked, "Why do we need to make such a big bag?" Mum got quiet, so I asked Dad about it. Then he talked about the danger of being seen and said we had to move! Then there was suddenly some kind of earthquake, but the ceiling suddenly came off and it was a human doing it! It was the boy! Surprised, he gave us a new kitchen, put the ceiling back on and left. Not long after, we started packing our things to move. I decided to say goodbye to the boy. Then he asked if he could look at me since he hadn't seen me yet. I explained that I'm a borrower and we have been seen, so we have to move. Then he started talking about how he might not be around much longer either because he would have surgery for his heart. While we were in the middle of our conversation, I heard Mum's voice of fear, and I immediately rushed to find her, but she was nowhere to be seen. I didn't know what to do, so I went to find the boy. When the boy tried to open the door, it was locked, so we went to the other room through the window. First, we went to my house, but we heard footsteps, so the boy hid in the house. Then we ran to the kitchen to find Mum, but we heard footsteps again, so I hid. The housekeeper came in. The boy asked her to prepare food for him to distract her. The boy saw the housekeeper glancing at the food storage room, so he automatically knew Mum was in there. He then signalled to me, and I went in to rescue Mum. Now the housekeeper is not a threat to us anymore.

15th March

Dear Diary,

Today is the day we are actually moving, and I'm quite nervous. But when we were about to set sail, I saw the boy, and we said our last goodbyes. He gave me a cube of sugar and I gave him my hairclip as a reminder of me. Then I left. And that was the end of the most chaotic week of my life.

Cheryl

Billy Elliot: Perseverance

(Backstage)

Billy: Dad! Tony!

Jackie: You put up an amazing performance! I am so proud of you.

Tony: You did great out there.

Jackie: Seeing you dance reminds me of the old times when you were just a little kid dancing and spinning around the house! Oh, how time has passed.

Billy: Yeah, remember when you and Tony opposed me from dancing, and then it led to a huge argument? I'm so glad you guys changed your minds. I can't imagine myself being a miner right now.

Tony: Yeah, I was quite immature back then! I started fights with a lot of people, even the police got involved!


Jackie: Sending you to ballet school was the best decision I've ever made. I'm sure your mom is also proud of you from up there.

Billy: By the way, how's Nanny? I've heard her condition has taken a turn for the worse. Is she alright?

Tony (sighs): She's been forgetting a lot more stuff lately. Aside from that, she's also very fragile now. We're trying our best to take care of her.

Billy: Oh dear. I hope her condition doesn't get worse. I can't imagine what life will be like when she's gone...

Jackie: Let's brighten up the mood! Billy, when will be your next performance? Tony and I will definitely show up because we're your #1 supporters! Aside from that, let's also celebrate this big day by going to a lavish buffet!



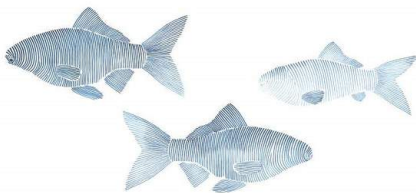
Billy: My show is going to be two months later, and it'll be about "Perseverance." Doesn't it kind of describe us? I was so determined to continue ballet, even though I got criticized so much. I am going to pour my heart out performing that, so I hope you two will be there.

Tony: Of course, we will! Also, Billy, I have never apologized to you for being so mean. I'm so sorry for how I treated you all those years.

Billy: I've gotten over it. I forgive you.

Jackie: Well, let's take a family picture and go celebrate!

(The End)



A Letter of Gratitude: Queen Elizabeth II

5th April 2024

Dear Queen Elizabeth II,

With great honour and pride, I am writing this letter of gratitude to applaud you, the longest-serving monarch in British history, Queen Elizabeth II. This letter shall be the voice of mine and many others who acknowledge your time and dedication to shaping your kingdom into what it is today.

You have shown time and time again that true leadership is not about the power or luxury you have but the humility and service you show. Your commitment to duty and unwavering dedication to your people has been the best example you have shown to the people of all generations.

One of your sayings has always resonated with me. It's when you said, "I can give my heart and my devotion to these old lands and to all the people of our brotherhood of nations." My school has a motto with a similar meaning-" To serve, not to be served."

Both of these sayings tell me that with whatever skill set I have earned over the years, it is best used at times when I can make a difference in other lives as a form of service.

I thank you once again for being the epitome of grace while teaching us the greatest lessons.

Yours sincerely,

Ramesh Ambrutha Varshinii

A Positive Childish Habit

When was the last time you genuinely had a good laugh? Do you still appreciate seemingly insignificant things around you and marvel in awe at common objects in our daily lives? I suppose not... unless you are a child! Indeed, comparing it to our long journey of life, our childhood only makes up a tiny share. That being said, it doesn't stop that stage from being one of the most energetic and fruitful times in our lives due to traits that are unique to a child. One of them that I should have valued the most is the ability to find joy within tiny things, which can lead to a ripple effect and give rise to even more positive traits.

Childhood is essentially the pioneer stage in our lives - we are basically thrown into a world full of never-before-seen things! As a result, everything you do, see, hear, touch or even taste is a first. We are dumbstruck by rainbows, delighted by butterflies flying by, and astonished by a bubble levitating (and popping them). It gives us that feeling that we are on the edge of exploration, experiencing the unexpected in our daily lives, and finding wonder in seemingly insignificant things to us. Consequently, being a child is never dreary or dull.

As mentioned above, children's lives are full of surprises. Therefore, it also leads them to appreciate unimportant matters in life. For example, they are enthusiastic when eating ice cream, they exclaim in joy when they get to play with the toy that they cherish the most. It is a stark contrast to us, where we take most things in life for granted, and think that it is boring and often depressing, when they are actually full of authentic happiness when perceived by a child. Lastly, children always have a smile on their face, and laughing is a daily occurrence.

Gibberish, nonsense, and lame jokes that do not trigger a single movement of our face muscles can be absolute laughing stocks for children. So children have a more frequent yet natural release of dopamine, not stimulated by video games, TV, but the innate humour within humans. It explains why children are so energetic and are very motivated, as well as a far cry from adults and teens where depression and anxiety are fundamentally non-existent in children.

As time goes on, complications and harsh realities make us turn away from such habits, and force us to flow along in society. In a way, childhood is a temporary immunity that allows humans to truly enjoy the joy, excitement, and the beauty of life. That is why I believe that such an ability in a child is so important and should be cherished and kept as long as possible before they move on to the next stage.

Finding wonder
Laughing a lot
Appreciating small things

Can the Plastic Ban Encourage Waste Reduction?

Soon the single-use plastic ban will come into effect, and cheap plastic cutlery will no longer be available. The government hopes to reduce the amount of plastic people use in day-to-day life, minimizing people's dependency on plastic products such as food containers, spoons, and bags. But is the ban really effective?

To commence with, this regulation is hardly known by the public, including its intended targets, such as plastic suppliers and eateries. As a matter of fact, eateries will need time to adjust and develop contingency plans for the ban, as most of them provide plastic bags, straws, and takeaway boxes to customers. Now that these products are unavailable, restaurants must either prepare alternatives such as wooden utensils, paper boxes, and straws, or they must discontinue their services that involve single-use plastic. Such a change is expensive and not in favour for small businesses because the recyclable alternatives tend to be pricier. Additionally, eateries may have previously stocked up on plastic products that are now considered useless with nowhere to go. What is worse is that most affected businesses haven't even heard of the new regulation. Now that the ban is coming into effect, they must either rush to change their ways or risk being fined a hefty fee of \$100,000.

To raise awareness about the ban, the government could use the news outlets or media coverage to spread the word. This isn't unseen before and it can reach the most people in a limited time frame. For example, the waste-charging scheme has been mentioned a few times on the news and has worked well, now being the hottest debate in Hong Kong. The single-use plastic ban is no different. The government could have allocated some funds for promotional campaigns to make the ban known to people, ensuring that businesses would be more prepared when the ban takes effect. Currently, 80% of small and medium restaurants are underprepared for the change.

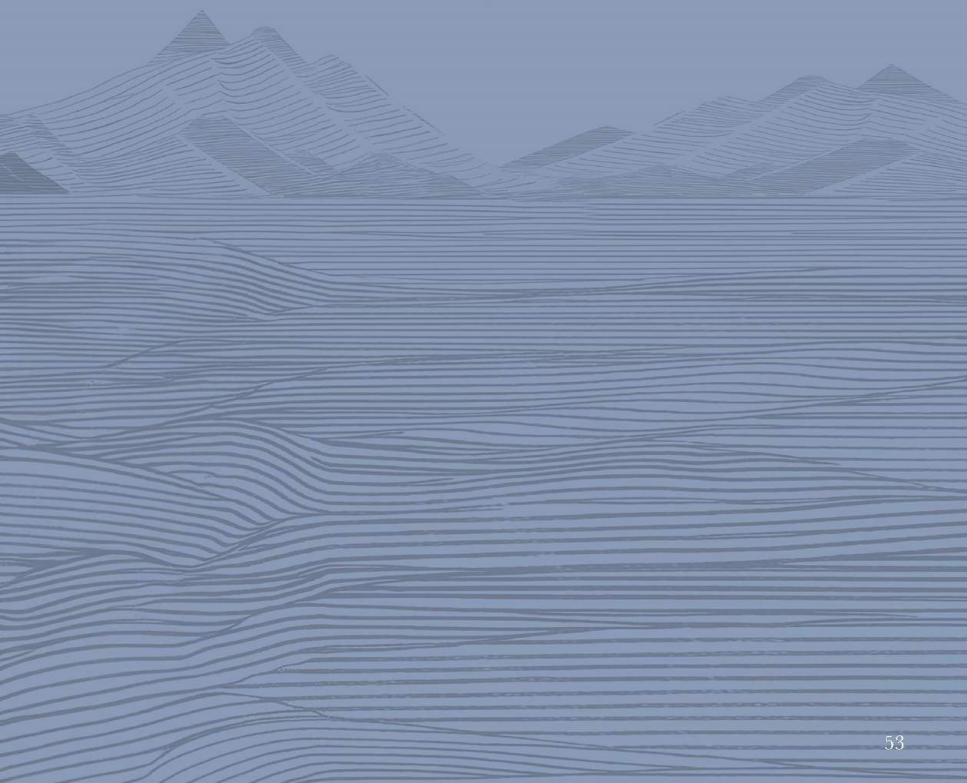
Another way to raise awareness is that the government can make posters and visit each eatery to spread the word physically, just in case the owner does not pay attention to the news or has any uncertainties about the ban. Although it is a more labour-intensive method, it can ensure that every business gets the message and starts planning for a plastic-free alternative. Whether the owner is handicapped, deaf, or illiterate, they can receive the necessary information and assistance, leaving them with no excuse to claim they are unaware of the news while also achieving the aim of raising public knowledge about the ban.

But after all the trouble, is the ban enough to reach its goal of reducing waste? I doubt it. The ban can effectively decrease plastic waste but not the total amount of waste. Some businesses may choose to discontinue certain products or services that involve plastic because of the ban, but that's all the waste the ban reduces. The eateries, for example, will probably just switch from plastic to wood or paper, but not limit how much people throw things away, be it food waste or used utensils. All that changes is the cost of production and the material of previously produced plastic products. Overall, the ban itself barely encourages waste reduction. It only reduces plastic waste specifically.

Although the single-use plastic ban may encourage people to use more environmentally friendly utensils, such as wooden spoons and forks, it does not guarantee a significant reduction in waste. For the ban to be effective, the government must raise awareness of the problem and the ban to get citizens to cooperate; otherwise, the ban is essentially useless as no one will participate.



Most Popular Entry



The Lion King: A Letter of Advice to Simba

Hey Simba,

I hope this letter finds you well. I wanted to share some advice with you because I care about your happiness and success. Remember, I'm always here for you, ready to offer support and guidance whenever you need it.

I understand that you have faced many challenges in the 'Lion King.' Life can be tough, especially when you are dealing with loss, betrayal, and rebuilding your faith in yourself. But remember, you are not alone in this journey. You have friends like Timon and Pumbaa who care about you deeply and always have your back.

When facing difficulties, it is important to remember the value of resilience. Resilience means being able to bounce back from tough situations and not letting them bring you down. In the face of adversity, it's crucial to stay strong and believe in yourself, just like when Rafiki tells you, "Oh yes, the past can hurt. But the way I see it, you can either run from it or learn from it."

Have you thought about how you can learn from your past experiences and grow stronger because of them? Remember, every obstacle you face is an opportunity for growth and self-improvement. Stay positive and keep moving forward, no matter how difficult things may seem. Remember the wise words of Mufasa, "What we do in life echoes in eternity."

Try to focus on things you are grateful for, like the love and support of your friends and family. Gratitude can help shift your perspective and remind you of the good things in your life, even when times are tough. Have you tried practising gratitude, by writing down three things you are thankful for each day?

Remember, my friend, that I believe in you and your ability to overcome any challenge. Take my words to heart and know that I am here for you every step of the way. Stay positive, stay focused, and never hesitate to reach out. Please write back if you have any problems.

Best wishes,

Fahad



MOST POPULAR ENTRY

1CT Tsui Oi Ching

Matilda

Matilda is the character of this book.

A girl who loves reading.

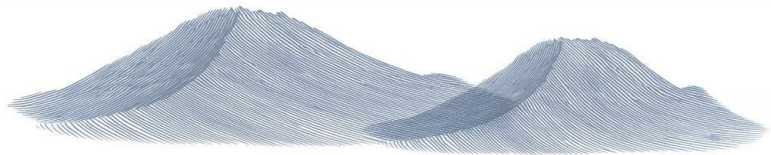
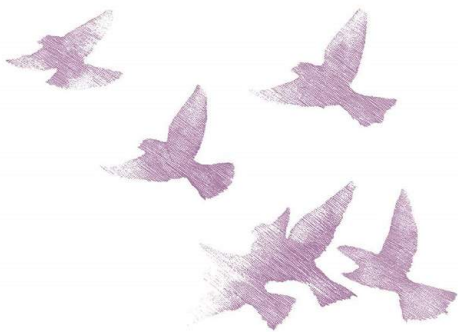
The five-year-old girl. She said,

“I like Charles Dickens’s books,

Love Miss Honey,

Don’t like my dad! Mr. Wormwood.”

A book about Matilda!



Billy Elliot: Respect for Others

(After the performance, Michael meets Billy backstage.)

Michael (wearing a girly dress): Hey... that was an amazing show. It's been quite a long time, right? I miss you. But do you still remember me?

Billy: Michael! (hugs) Wow... you've changed a lot! How's your life going?

Michael: Yeah, I guess it's pretty good. I've tried a lot of styles, and I've finally found a perfect one for me. Do I look weird? (with a frightening voice)

Billy: Michael, trust me, you look extremely gorgeous. I was so surprised to see the new you. What happened, though?

Michael: Actually, in the years after you left, I was always very depressed. I felt like I couldn't live without you. (already sobbing) Everyone laughed at me. They said I was an 'alien,' that I should've been chatting with the girls, that I was a sissy!

Billy: Those boys could never change their narrow minds. Such bigots!

Michael: But there was this one time when I was crying hard in the toilet. I heard your voice saying, "Oh, please don't cry, Michael. We are all born unique and special. None of us are perfect, but I am me, and you are yourself. Just be the one you want to be. No one could ever judge you. Remember, you are not different; you are just an individual." That's why I've changed a lot.

Billy: (In tears) I'm so glad to hear that, and I feel very proud of you, Michael. You are just Michael, my best friend forever.

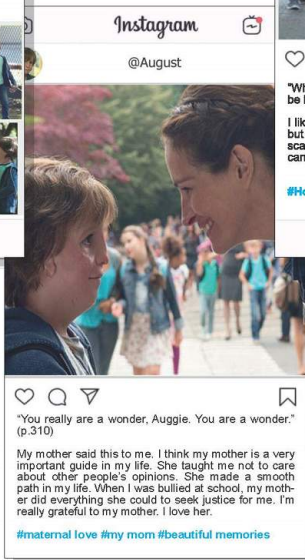
Michael: You are the best gift ever. Thanks for being my friend and supporting me whenever I feel bad... Thanks! (Hugs again~~)

(The End)

MOST POPULAR ENTRY

3YY Mohamed Siyan Fathima Shazana Febiyan

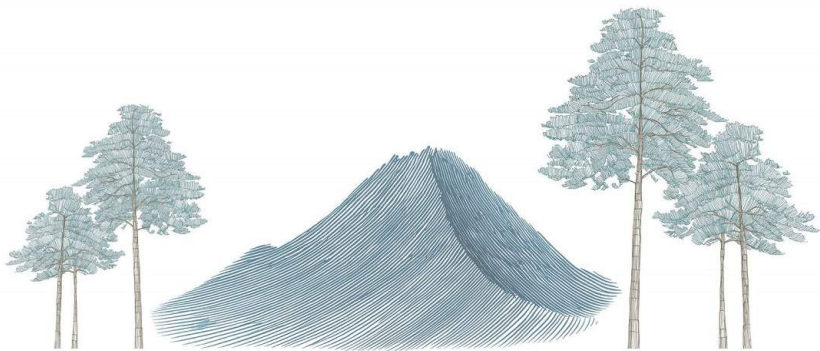
An IG Post on Wonder



John Lennon and Yoko Ono - Imagine

The song “Imagine” can be interpreted as a call to imagine a world where peace, unity, and equality prevail. It encourages listeners to transcend divisions and work towards a society that values compassion, cooperation, and the well-being of all individuals. By inviting us to imagine a world without borders, materialism, and religious conflicts, the song inspires hope and serves as a reminder of our potential for positive change.

The themes and ideas presented in “Imagine” are universal and relevant across different cultures and generations. The song’s message transcends barriers and resonates with people from various backgrounds, making it a work that can be appreciated and understood by your schoolmates.



What Is a Positive Childish Habit You Hope to Keep?

I thought a lot about this, and at first, I didn't exactly want to admit it because, if I'm being frank, it is quite embarrassing to say the least. Nonetheless, the one positive habit I hope to keep is definitely my imagination: pretending to be a fairy.

As a child, I remember vividly playing in the playground, pretending to be these fairies you see in the presentation; Winx Club fairies. I had so much fun simply pretending to be one of the characters and having powers, which I'm sure everyone had a similar experience with. It comes with great nostalgia whenever I rewatch the kid cartoon - it's like a gush of sentiment hits me every time.

Furthermore, I like to pretend I'm a fairy when I'm all by myself, especially these Winx fairies, as they were a big part of why I have come to love fantasy novels so much. I dress up and imagine myself being a princess or a fairy, or even a witch, going to a big event like a ball, for example, because it's simply fun to do so.

I still laugh when I think about it, but I remember a childhood memory where I dressed up as one of the Winx Club villains who had powers of ice, so I ended up sticking blue features on my eyebrows. I was with my friend and sister, and we all were acting as if we were the characters themselves to send it to someone, hoping it would cheer them up. What turned out to be a sweet-intentioned video turned out to be lighthearted. In case you're wondering, yes, we still do bring it up whenever it crosses our mind, because come on, if you saw the video, you'd cackle.

Moreover, let's be honest: unfortunately, because of the hardships all humans face, we can fall into the category of being pessimists. To have imagination keeps that part of me that wants to simply fall into despair intact. I like to imagine things will be better, even if things seem so far from it. I like to especially reminisce about turning into a fairy and running away. Thus, not only does it help me bring back indelible memories, but it also soothes me in times of hardship.

Most Creative Award



The Lion King: A Letter of Advice to Scar

Hey Scar,

I hope this letter finds you well. I wanted to share some advice with you because I care about your happiness and success. Remember, I'm always here for you, ready to offer support and guidance whenever you need it.

You need to learn to be kind to others. Why don't you try to help others in need? If I were you, I wouldn't hurt my family just to get what I want. Don't be so selfish and greedy or else nobody will trust you. Some people may even avoid you if you continue to have an unpleasant attitude. You should also have empathy for those around you. We shouldn't mistreat others, especially family, for our own needs. Ruling the Pride Lands is not important if everybody dislikes you. Maybe you should try being kind and more empathetic to the other animals rather than being the villain all the time.

We also shouldn't manipulate people and use them for our own needs; not everything is about ruling the Pride Lands. We shouldn't be envious of other people. It's a good idea to be happy for them and congratulate them. Violence is not always the key to every problem. Why don't you use your words and communicate with others rather than hurting them? Hate has four letters, but so does love. You always have a choice, so choose the better side of it.

Remember, my friend, that I believe in you and your ability to overcome any challenge. Take my words to heart and know that I am here for you every step of the way. Stay positive, stay focused, and never hesitate to reach out. Please write back if you have any problems.

Best wishes,

Castiel

DSE English Language Paper 2



Pandemic: How Does It Affect the Restaurant Business?

Walking along the main street in Mong Kok, you should be able to see numerous empty stores, ranging from Korean food restaurants to hot-pot eateries. Many restaurants have closed their doors because of the pandemic. Why did the owners choose to end their businesses? What obstacles did they overcome? How have some restaurants managed to survive? To delve into the life of restaurant owners, Chris Wong, the proprietor of Cha Chan Tan, has been invited to share his experiences during the pandemic.

The most significant challenge for Wong was the loss of customers. He could hardly see more than 10 faces during the peak period of COVID-19. Everyone felt anxious about going out. The streets, once utterly crowded, are now nearly empty. "Being a popular Cha Chan Tan on social media, with its unique old-style design and extra-large western toast, we used to have long queues of teenagers in front of the store before COVID-19. However, as the government encouraged citizens to stay at home to reduce socialising and the COVID-19 situation worsened, no one was willing to take the risk to go out for western toast. Comparing the number of customers before and during the pandemic, it is clear that the amount dropped by at least 50%. A report conducted by the Restaurant Association revealed that the overall number of customers plunged by 80%, the most significant percentage in a decade. Wong found it nearly impossible to operate due to the minimal number of customers, let alone earn a profit. With such a dramatic and prolonged drop in patronage, Wong faced significant challenges in daily operations.

In addition to the loss of customers, Wong faced hurdles in adapting to government restrictions. To combat the pandemic, the government introduced numerous laws and regulations for restaurants to follow, ranging from the installation of air purifiers to limitations on table arrangements. "I was surprised at how much I had to pay to comply with the government's rules! The table regulations were always confusing!" Wong stated. You might wonder, why is it difficult to move tables and install air purifiers? Isn't it simple? Wong explained this during the interview. He demonstrated the costs involved in purchasing air purifiers. He bought two air purifiers that cost \$2,000 each. Additionally, due to increased air conditioner use, his expenses rose to \$3,000 per month, double the original price. With the government requiring him to maintain a 1m space between tables, he had to remove three tables to create the necessary space. Profits dwindled due to the reduction in tables. With such high expenses and losses, Wong found it challenging to comply with the rules. Undoubtedly, the restrictions imposed because of

COVID-19 created formidable barriers for restaurant owners.

While these obstacles arose, Wong mentioned that he also enjoyed aspects of the pandemic. In some ways, benefits emerged for restaurant owners during this difficult period.

The most apparent benefit was the rise of takeaway business. During the pandemic, it was undeniable that everyone wanted to stay at home to protect themselves. However, does that mean everyone can cook for themselves? A questionnaire conducted by Hong Kong University revealed that 74% of Hong Kong citizens enjoyed takeaway services during the pandemic. As a restaurant with traction, Wong had usually focused on in-house operations and had not participated in any delivery app programmes. “It used to be so busy that I had no time to manage takeaway orders. With more time available, I initiated the takeaway business, and it turned out really well!” Wong joined the delivery app “ABC Panda” at the start of the pandemic to boost profits. Although the results were not as stellar as before the pandemic, they were impressive given the circumstances. “Fortunately, I joined the business early. That profit helped me a lot to continue operations!” Wong said with a smile. Many customers discovered and ordered from Yum Yum Restaurant through the delivery app, significantly boosting Wong’s revenue. The pandemic provided Wong with an opportunity to explore a new business avenue that helped mitigate his losses.

Another benefit for Wong, the restaurant owner, was the increase in rest. As the owner of a popular restaurant, he had rarely been able to take a break due to the influx of customers. From ordering to cooking, he had to handle everything himself. “During peak times, I couldn’t even sleep for four hours a day as I had to prepare materials. My energy was waning every day!” said Wong, who has since recovered thanks to sufficient rest. With reduced responsibilities during the pandemic, he can now spend much more time on his personal life, including activities with his children and pursuing interests beyond cooking. “Being trapped in Yum Yum Restaurant, I hardly had time to communicate or play with my daughter because of the busy business. Now, I can chat and play with her every day—what a blissful life!” For all restaurant owners, it is common knowledge that they must work long hours each day. Any spare time is typically spent preparing or innovating new products or promotions. Being forced to rest during the pandemic has allowed them to recharge energetically and enjoy more time with family and friends.

Last but not least, the quality of operations can be improved. As mentioned, owners had a long period to reflect. Not only could they enhance their personal lives, but they could also devise various procedures to improve restaurant quality. Wong enrolled in a business programme to enhance his operational skills. The improvement programmes can help restaurants become more efficient and effective. Owners can also gain more traction and revenue thanks to the skills they have newly acquired. While the pandemic created numerous challenges and issues for restaurant owners, it also presented opportunities for growth. Thank you for reading. I hope you find this article informative. The food reviews of “Yum Yum Restaurant” can be found in “The Food” column.

Hong Kong Adventure Farm

About Hong Kong Adventure Farm


Hong Kong Adventure Farm is an enchanting haven located in the scenic Sai Kung region. Since our establishment in 2010, we have curated an assortment of unforgettable experiences for visitors of all ages. In the concrete jungle of Hong Kong, we offer an invigorating getaway for urban dwellers, allowing them to refresh their weary spirits. Our beloved retro train system serves as a magical gateway, transporting visitors to their desired haven of tranquility. Through our diverse adventures, we aim to instil a sense of environmental protection within our guests, hoping to inspire them to take active steps in safeguarding our precious planet by immersing themselves in these thrilling experiences. Let the journey begin, and may it inspire a love for our planet!

Top Three Things to See and Do

While we offer a myriad of activities for our guests, here are our top three highlighted attractions that should be at the top of your list: the serene waterfall, the calming lake, and our spacious horse riding track. What are you waiting for? Hop on the train!

Start your adventure at the waterfall station, where you will see the beginning of a hiking trail to the left as you disembark. Walk along the trail for 20 minutes, and when you come across a little overgrown jungle, proceed straight into it. Hidden among the trees, you will discover the mesmerizing sight of a white, frothy cascade of water plunging down a rocky mountain into a crystal-clear pool. After walking for 20 minutes, or maybe even more, take a refreshing break by the overflowing rock pool. Dip your hand into the chill of the water or dive in for a full immersion. Before you leave, don't forget to capture some Instagram-worthy pictures to carry the memory of this hidden paradise with you!

Don't be disheartened departing from the waterfall, as another wonder awaits you at the lakeside station. Upon arriving at the second stop, a picturesque view of the calm lake will immediately capture your attention, and a feeling of tranquility will wash over you. Take a leisurely stroll along the lakeside promenade and allow the gentle breeze to caress your skin. If you seek a touch of adventure, rent a canoe and glide across the glassy waters. Let the worries of the world fade away as you paddle, allowing a sense of calm and connection with nature. If you wish for refreshments, visit the cosy café nestled by the calming lake. Unwind by taking a seat next to the window, allowing yourself to enjoy the idyllic view while savouring your chosen beverage and treat.



If you are planning to spend a night with us, indulge in an enchanting experience at our campsite by the lake. Every detail has been curated to ensure your comfort and enjoyment, from tents to delectable food and essential toiletries. However, it's the night sky that steals the show, unveiling a breathtaking display of gleaming stars scattered across the wide-open space, casting shimmering veils of silver upon the mirrored lake. Definitely an experience not to be missed, right?

Last but not least, we invite you to join our award-winning horse riding lessons at our expansive horse riding track, which can be easily located to the right at the Farmer's Market Station. Our track is designed to accommodate riders of all ages, with horses available in various sizes to suit learners. What's more? We provide 30 minutes of free trial sessions, guided by certified coaches to ensure the safety of our guests. Saddle up and discover the joy of horse riding at our magnificent horse riding track!

We hope that your time at the Hong Kong Adventure Farm will be filled with cherished memories. Don't forget to visit our souvenir shop at the main station, where you can find unique mementos that will allow you to take a piece of the farm home with you. We also encourage you to remember the beauty of nature and the importance of protecting our planet. Thank you for choosing the Hong Kong Adventure Farm. We hope to welcome you back again in the future!



Going... Going... Gone: The Disappearing Hong Kong

Book Launch Announcement

Attention art lovers and photography enthusiasts! We are thrilled to announce the highly anticipated launch of *Going... Going... Gone: The Disappearing Hong Kong*, the fifth publication of the three-time Hong Kong Photography Excellence Award winner, Edith Cheung. Join us as we celebrate Edith's remarkable 20-year journey in the world of photography.

Step into the mesmerising world of Edith Cheung's lens as she captures the essence of Hong Kong like never before. *Going... Going... Gone: The Disappearing Hong Kong* takes you on a visual exploration, shedding light on the vanishing local gems that have helped define this city, such as the bright neon signs, the delectable Dai Pai Dongs, and the historic heritage buildings. With her exceptional fine art photography style, each portrait in her latest release tells its own story, evoking emotions and nostalgia for the fading treasures that once defined Hong Kong's vibrancy.

The Three-Time Hong Kong Photography Excellence Award Winner:

Growing up in the dynamic and bustling streets of Hong Kong, Edith Cheung's curiosity was always piqued by her surroundings, prompting her to draw thought-provoking scenes of the city that caught her eye. On her 16th birthday, she received a camera as a present, as her parents recognised her passion for capturing art. From that moment, Edith embarked on her adventure, experimenting with the camera and taking countless visionary shots. Today, she is renowned for her photography skills and has won the prestigious Hong Kong Photography Excellence Award in three different categories for her past publications. Click the link below for more details about Edith's previous masterpieces and honours.

Grand Gallery Exhibition:

Immerse yourself in the beauty and power of Edith Cheung's photography with a captivating exhibition featuring carefully selected images from her recent publication. From 3 to 8 March, witness the interplay of light and shadow and gain a deeper appreciation of the fleeting indigenous culture.

Book Signing Session:

On 3 March, from 7:30 pm to 9:30 pm, don't miss the opportunity to meet Edith Cheung in person and get her autograph at the PWQ Art Mall's Grand Gallery! The event is open to all and free of charge. Mark your calendars!

The Annual School Fair

Good morning, Principal, teachers, and fellow students. Since many of you have begun to grin from ear to ear at the sight of the slides on-screen, I won't delay in telling you that the long-anticipated annual school fair has once again arrived. This time, with a new theme: Cultures Around the World. Without further ado, let's get into the nitty-gritty of this long-awaited event, shall we?

To begin with, what is this new theme? The thought of a multicultural fair is already enough to raise a few eyebrows. In short, the Annual School Fair this year will be dedicated to the people of our school, celebrating our differences in background and sowing seeds of peace and mutual understanding among both staff and students. The fair will feature a plethora of activities, all relating to the hearts and souls of people from regions all around the world. We aim to open the eyes of those who participate, helping them learn to appreciate the world around them, not only through their own experiences but from the perspectives of others as well.

That being said, what activities await everyone among the stalls of the fair? Here are a few highlights. From the fragrant scent of Hong Kong-style toast to the spice-filled wonders of Mexican corn cups, and even savoury chicken adobo and the sweet taste of zefir, the Bazaar of Scrumptious World Wonders is where the world comes together through food. Walk among different food stalls, pick up recipes, and learn interesting tales of how some foods came to be. Feel all your senses stimulated by the sights and scents of what other cultures call 'home'.

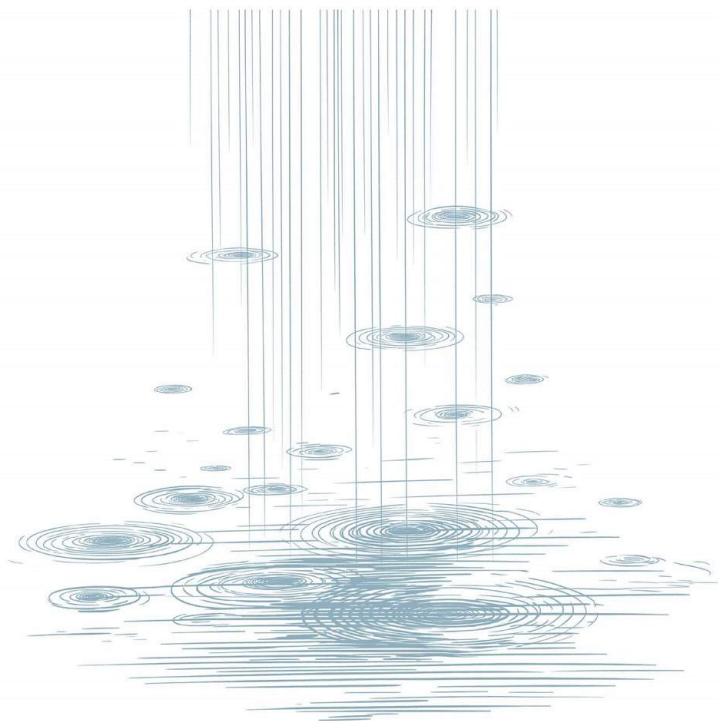
Let's say you aren't much of a foodie. What else does the fair have to offer? Attention to all the art fanatics, this one's for you. Pass through the Bazaar of Scrumptious World Wonders and turn sharply to the left. What will greet you is a haven of all sorts of craft stalls. Minibus sign painting, henna, Chinese opera masks, and even Brazilian doll-making. You'll have a lot to look forward to and many crafts to try your hand at.

The best part is that whatever you create will be something to take home as a souvenir. It will serve as a physical reminder of both the fun you've had and the culture you've experienced, allowing you to look back and remember it all fondly.

Once you've eaten and stocked up on your beloved handmade souvenirs, there is another realm of entertainment that awaits you in the school's basketball court: a mini World Cup, with up to 15 teams representing various countries. Watch the football matches and join in the cheers for your favourite teams as we bring people together through sports and friendly competition.

Lastly, this is a call-out to all students who wish to help out. As the porters around the school campus would tell you, we are currently looking for volunteers to help manage the game stalls and set up the stages for the football referees and commentators. This long-awaited activity can go smoothly if we have more hands-on deck.

In conclusion, we hope to bring the world together this year, and in all its learning, we hope everyone, be it our staff, students, or alumni can have fun and unite as HKBS. Thank you all, and I hope to see you with your family and friends, enjoying the fair together.



Fairy Tales and Fables: How Idealism Taught Us to Be Pragmatic

For centuries, the tales and fables of old have captivated the hearts and minds of many, regardless of age, gender, origin, or culture. These stories of the true and the brave fighting for the loyal and just, of royal feuds, and of the young and hopeful defeating the rich and powerful, often end with “living happily ever after.” In reality, these stories are highly fantasised and rewritten to fit the preferences of the audience; yet they have nevertheless taught us important lessons about life. In the following, this essay will explain how reading these kinds of stories has imparted valuable lessons, with relevant examples and reasoning provided below.

Firstly, the relatively simple way in which such stories are told allows deeper convictions to be expressed within them. Many fables, whether from the mystical East or the civilised West, use simple language to convey down-to-earth narratives that all can understand, leading us to reflect on ourselves. Take “Little Red Riding Hood” as an example. This story has been rewritten countless times across thousands of languages and media, yet on the surface, it warns of the dangers of strangers and encourages awareness of one’s surroundings before seeking help.

However, a deeper analysis reveals a more profound message. This tale also reflects the importance of questioning everything around us, had Little Red Riding Hood not done so, she might have fallen victim to the cynically disguised wolf. Moreover, the wolf’s identity can also be questioned; it may not only represent actual wolves but also serve as a metaphor for those exiled from their villages due to inequity or persecuted by authorities, forced to do harm to survive. These tales can easily be conveyed to children whose minds are still forming, but as we grow older and gain knowledge, these stories gradually reveal different meanings. Thus, these fables and stories have taught me that nothing should be taken at face value; constant questioning and reflection can ultimately guide us from mere surface understanding to deeper insights.

Secondly, these fables allow us to understand the difference between fantasy and reality. Myths and legends from the age of blood and iron have been morphed into tales of love and adventure over the ages, contributing to the myriad of stories told to the old. The often idealistic settings of these fables and fairy tales provide a space for imagination, resulting in visions of grand




castles, charming princes, and other ideals that, in reality, would be impossible to exist. The pursuit of true love in tales like those of Snow White or Sleeping Beauty involves mythical creatures aiding heroes in their selfless acts of rescuing their beloveds, a perfect contrast to reality. Castles were not built merely for show. Their very existence served to exert the power of kings or lords who ruled over the land and subjugated their populations through war and slaughter. Even the idealistic castles we romanticise today, such as Neuschwanstein Castle in Munich, Germany, though grandiose, serve little practical purpose other than to waste public resources.

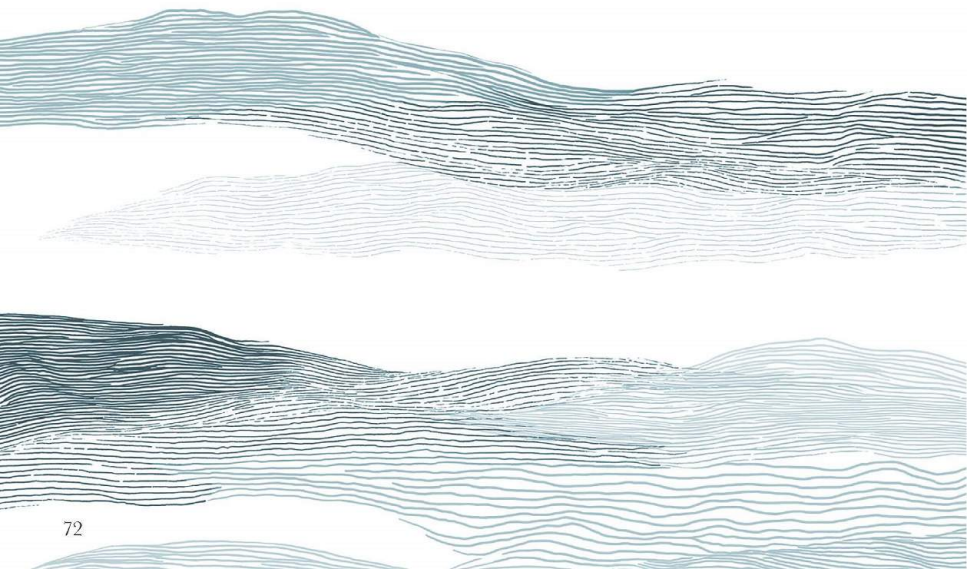
As for seeking love in distant lands, princes often could not inherit their forefathers' lands and had to seek political marriage or fight to create their own futures. The idealistic tales of love and chivalry starkly contrast with the pragmatic steps people took to survive and continue their lineage, which reflects why such tales were conceived in the first place. No one relishes the blood and sweat of reality, but fantasy and tales obscure the cruelty, leaving only joy and laughter behind. Thus, another way these fables and fairy tales have taught me important life lessons is through masterful deceit: behind the beautiful scenes of fantasy lies a harsh reality where nothing is as it seems, and illusions persist until we see through them.

Lastly, fairy tales and fables teach us the importance of staying strong when facing adversity. Tales of Robin Hood and Aladdin depict brigands and thieves as heroes who aid the masses; the former robs the rich to give to the poor, while the latter saves his community from an evil villain lusting for wealth and power. These stories, admirable and timeless, convey a crucial message: remain steadfast and hopeful, for the worst will pass, and perhaps a better future will come. The rich and powerful, who ruled the lands in the past, have evolved into different entities over the centuries; the blue-blooded nobility has been replaced by greedy merchants, and incompetent kings and queens have been supplanted by corrupt elected officials, with systems in place that neglect and alienate minorities. These giants of all times seem indestructible, yet changes proposed are often suppressed and silenced.

Fairy tales and fables, formulated by myths and legends that do not fit the chronicles of history, carry a certain level of truth within them. These tales encompass morals and ethics that can hardly be expressed through the more rigid histories. Thus, such folklore, cultures, and languages were created to preserve but also to teach. As a person delving into countless pages of history, from the age of Justinian to that of Napoleon, from the land of the rising sun to the realm where the sun sets eternally, these tales and fables have provided me with the opportunity to learn how to be a living, breathing human being. Beyond the ethics, morals, and myths of this complex realm, these tales have taught me to be enlightened and to question the world, to become more pragmatic through experiencing idealistic fantasies, and to remain steadfast in the face of adversity, which has shaped me into who I am today.



Therefore, it can be conceded that fairy tales and fables, though unrealistic and fantasised for the pleasure of generations, have imparted numerous important lessons about life. These stories allow us to embrace the values and morals of good character while enabling us to explore the world and ourselves more deeply through their narratives. For reality is often cruel, yet the sweetness of fairy tales and fables remains eternally appealing.



Athleisure: The Perfect Blend of Style and Comfort

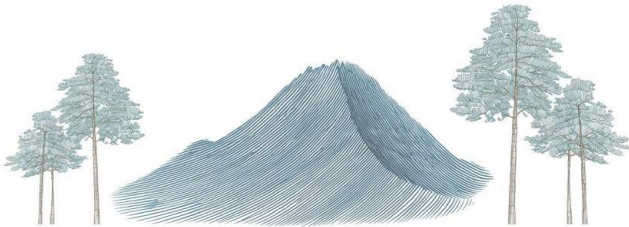
Imagine going on a lovely café date, only to suddenly realise you also have an appointment with your gym buddies an hour later. You start to panic and wonder if it's really worth the hassle of bringing a big bag of gym clothes to engage your date. If you were in this situation, you would probably wish for clothes that could fit any occasion to make your life easier. Well, not to fret, as modern fashion trends have come to save us a sweat. Introducing athleisure. For those encountering this hybrid term for the first time, athleisure refers to athletic apparel that people can wear in non-athletic settings. It is a blend of aesthetics from both the sports and fashion industries. Like all trends, the skyrocketing popularity of athleisure did not happen overnight. Below, we will explore why people are continuously jumping on the athleisure bandwagon.

As people have adapted to a lifestyle of comfort and convenience in our era of modern technology, they also enjoy the comfort provided by athleisure. Athleisure includes clothing that can be worn straight out of bed yet still appear pleasantly presentable to the outside world. From stretchy, colourful yoga pants and patterned leggings to chic polyester shorts and skirts, these clothes are designed from fabrics that feel like a second skin, including Lycra, elastane, nylon, quality polyester, and lightweight cotton. With great breathability and durability, odour-resistant and wrinkle-free activewear has become a staple for athletic apparel enthusiasts. Let's not forget the convenience, athleisure only takes a few seconds to put on, requiring no buttons, tucking, ironing, or dry cleaning for a generation that loves saving time and simplifying their lives. It's no wonder athleisure has become a megahit in our society.

Apart from comfort and convenience, the increasing awareness of work-life balance has prompted the fashion craze surrounding athleisure. The athleisure/work-life balance phenomenon has become an integral component of a healthy work environment. According to studies, 87% of workers agree that being able to wear comfortable clothes boosts their sense of confidence and self-esteem. Morale and productivity are also enhanced due to less focus on strict presentation and dress codes in the workplace. Hence, it is inevitable that the dynamic blending of work and life has extended to the fashion industry. Additionally, with more people choosing to live healthier lifestyles, more individuals are incorporating exercise into their routines. Consequently, they have begun investing in new workout clothes, often choosing athleisure wear to feel comfortable while enjoying the aesthetically pleasing aspects. Evidently, the purchase of athleisure has become a delight for many busy city-dwellers, resulting in an increased sense of satisfaction in their daily lives.

Last but not least, athleisure has reached peak popularity through the proliferation of social media, with many creative minds in the fashion world contributing to its rise. Fashion icons such as Beyoncé and Kanye West own brands designed around functional athleisure clothing. These influential individuals share photos that provide a glimpse into their lifestyles, part of which includes wearing clothes usually sponsored by major sports companies such as NIKE, PUMA, and Lululemon. This could range from what they wear to the gym or while running errands to relaxing at home. These influencers, serving as role models for the younger generation, have led many to mix and match leggings with non-sportswear to create more versatile outfits. The effortlessly aesthetic and luxurious vibe of these new celebrity-friendly ensembles has indirectly motivated millions of followers to adopt a more laid-back athleisure appearance. As a result, countless Millennials and Generation Z individuals have begun to showcase the best versions of themselves on social media platforms, promoting fitness, healthy eating, and an overall healthy lifestyle. Consequently, athleisure is seen as the norm and valued more highly in society due to the influence of these trendsetters.

With the growing popularity of athleisure among both the younger and older generations, its links to the health and wellness movement, and its correlation to modern societal values, the evolution of athleisure is clearly not reaching its finish line anytime soon.



Teen Chat: “Just Some Chill Time”

Hi! I'm Chris Wong, creator and operator of the Teen Chat YouTube channel for the last eight years. I game, chill, and talk about the little things in life. However, I'll put more of that attention on myself.

If you asked why I started, I'd shrug my shoulders and give no straight answers. Really, I started like everyone else in 2013: COD, fun montages, FPS gameplay, and generally uploading gaming videos for fun. “Charles Zero O” was the channel name at the time. But as I switched from traditional montages to lengthy livestreams, I began interacting with my audience. I went from 2,000 to 10,000 and now 21,000 subscribers, as well as a mediocre Twitch stream. It turned out that a lot of my viewers were teenagers. I vividly recall a user named “Flowertheflower” who was the first to type out his problems with schoolwork, and coping with stress. Then more people came to me, faltering in the same stream with the same issues. Since I majored in psychology, I thought I'd offer a few words. Then more people came—more and more—so many, in fact, that I changed the channel name to Teen Chat by 2017. So I'd say that my success in online counselling was a happy little accident.

Now, working this job for so long has given me valuable insights and lessons, and every experience is based on an aspect of my work. Here are some takeaways from what I've learned.

First of all, I thought I ought to share my lesson about focusing on the smaller things in life, notably individuals. Since I've hit a million subscribers, the concept of an individual has blurred for me, much like any celebrity unable to appreciate every fan. This was true until I met one of my viewers, not scheduled or anything, but by chance in a Wendy's. I'd never thought conversing with a single person could be so distinct and different, and the encounter initially daunted me. Yet, talking directly in person felt, well, different. He wasn't just a textbox with an AI's voice reading for him; he was flesh and blood, expressing his appreciation in fluent words. I will remember this memory well, as it reminded me and everyone in the current climate that small things matter. Every tweet on Twitter has a story behind it. Every video on the internet has an individual behind it. Like me, perhaps, a rather small figure in the overwhelming amount of information everywhere. I just thought that we should look deeper rather than wider at any matter, then maybe the small things will feel much more real.

Secondly, I learned to never wait until a problem floats to the surface, meaning we should seek out issues before tragedy happens. It was through the suicide of a viewer

that I learned this lesson. If you don't know, I set up a sandbox server for viewers to join during streams, to communicate and express themselves. I mostly focused on fan-created facilities such as the "We-Care Centre" and "Workless Workshop" since these were where most people left messages and supportive words for one another. This player, now named "Expunged", however, decided to build his real house in the server. Since so many other players did random and similar things, I paid little attention to this act. It wasn't until Travis, my Discord moderator, told me that one of the viewers had committed suicide that I realised the importance of individual creations. I went through the files and found messages written by him; names like "Safety Cabinet" and "Time Out" came up. They were places in that house where he could hide, apparently to escape something. After a discussion with viewers, many agreed that this was a common sign of parental abuse and that several viewers with similar experiences had once been locked away in kitchen cabinets as punishment. I regretted not noticing these clear signs earlier and that I should not expect every teen to come forward by themselves. Sometimes, albeit sounding sceptical, we must seek out these problems ourselves, as many people who are suffering remain hidden. I have since called Travis to seek solutions, which I hope could be used effectively as soon as they are found.

Finally, I believe it's important for teenagers to realise their roles, speaking from my experience as a YouTuber. On this vast platform, people constantly expect different things from me, and there are always unhappy faces. The algorithm also expects much from me, preventing me from using specific words and censoring many cases I wish to discuss. Teenage suicide, underage pregnancy, drug abuse—these are all restricted yet very real subjects of concern. But over the years, I have learned much about my role. I cannot fulfil everyone's expectations. So be it! We are never going to be the perfect child, the perfect student, or the perfect whoever-you-want-to-be. That is the reality of things. I see this as a lesson for my past self and many other stressed and struggling teens. Don't let the pressure crush you, it's fine to be different from the mould you're expected to emerge from. We should all learn this well, sooner or later.

So that's it! I hope that readers can learn from my experiences and mistakes, and avoid the traps that young minds may tell you to step into. If you're struggling with schoolwork, relationships, or anything else, feel free to join one of my streams (Mon-Fri, 10am-3pm EST). Or, if you prefer listening to people sharing their experiences in coping with difficulties, I have an interviewing channel named "Teen Rambles". I'll see you in the next stream!

Pop-up Shop Application Form

Company Name:

Planet Smart

Company Profile


Planet Smart has always believed in our motto of “Sustainable, Maintainable, Athletic, Reusable Together,” hence “SMART.” Since its founding in 2000, our company has revolutionised various sports items by adding a touch of nature. Chris Wong, our environmental activist who used to be a marathon runner, believes that the sports industry generates significant non-degradable waste, with sports items accounting for up to 25% of landfill waste according to the Hong Kong Landfill report. Our products, ranging from hiking backpacks to sporting spikes, have garnered a myriad of customers from all walks of life, earning us the “Eco-sporty” award for our innovative and unprecedented products. To celebrate our 24th anniversary, we hope that by setting up our cottage-core sporty pop-up store, sports fanatics across the metropolitan area will embrace the idea of eco-friendly products while maintaining a healthy lifestyle.

Best-selling Product

One of our pride and joys has to be our “Green Bars,” which are Non-GMO energy bars that are the top picks among customers, offering a diverse variety of flavours, ranging from berry-flavoured for those with a sweet tooth to savoury options such as our best-selling “garlic bar.” We ensure that customers can maintain their peak performance while munching on our indelible garlic bars. Even top athletes such as Usain Bolt have noted how he was able to win his race with our nutrient-packed bars, a statement backed by our intensive research. Harvested from the lushest soy fields in Thailand, we combine protein-rich soy flour and freshly roasted garlic into our chewy garlic bars, all while staying eco-friendly, with no added steroids or animal-based products to make any vegan’s eyes sparkle. By selling these plant-based, high-protein energy bars, we hope to support crop farms and reduce carbon emissions from poultry farms, all while offering these mouth-watering gummy bars for customers to enjoy.

In-store Event

To kick-start our pop-up shop, we are more than ecstatic to host “Treadmill Go,” where customers can “run” for our discounts and gifts. As a sports-based company, we hope to promote an athletic lifestyle while being eco-friendly, so what better way to achieve this goal than by having customers run on a treadmill while doing charity? Customers will have to run



for a minimum of 3 minutes in order to receive a discount of 75% off any of our products. The longer participants remain resilient while jogging on the treadmill, the more enticing their rewards can be, including a hand-woven cooling towel and our one-and-only plant-oil, non-irritating sunscreen for free. Not only can professional athletes take part in our event, but families with young children can also give the treadmill a shot.

We ensure that our treadmills are safely labelled, with staff keeping an eye out for participants in the event, as safety is our top priority. Besides enticing discounts and sports goodies, participants can also make an impact for every minute they run. We'll be collaborating with Planet Trees, a well-known organisation for tree-planting charity work. For each minute a participant runs, a new tree will be planted around the world. Not only will participants have a chance to win gifts, but they can also make a positive impact on the ongoing crisis of global warming and deforestation.

All in all, by hosting this event and setting up a pop-up shop, Planet Smart hopes to expose more people to the idea of "eco-friendly" living while building an active lifestyle. We encourage customers to show more support for the environment in the fight against the spiralling climate change issue.



The Fading of Traditional Art Forms


Dear Editor,

I am writing in response to the editorial recently added to the Hong Kong Post website: “The Fading of Traditional Art Forms,” which I could not help but nod in agreement with. As the chairperson of Good Hope School’s Heritage Club, it saddens me to see the growing distance young people have from traditional art. In light of this situation, I hope to highlight the overlooked reasons for youths falling out of touch with traditional art, as well as to provide solutions to rekindle our generation’s passion for these art forms.

To begin with, the drift young people have with traditional art stems from the modernisation of today’s society. My club and I recently conducted a survey of 130 students at our school regarding their preferences for dramas, which, as expected, favoured K-dramas and Western movies, while only 9% noted that they were slightly interested in Cantonese opera. When we probed further, most of the students suggested that they resonated with the themes in Western media, such as relationships, mental well-being, and school life, which are themes absent from Cantonese opera. As society rapidly modernises, many traditional values and political structures have shifted. From emphasising filial piety to focusing on friendship, people today have varying views of the world compared to those from centuries ago, leading many traditional structures and rules to become outdated.

Young people may find themselves perplexed by the empirical system or feel indignant towards traditional values, such as “males being more important than females” in Cantonese opera. It may feel like travelling millennia into the past without any understanding of the world back then, causing young people to feel alienated from the reality in which Cantonese opera takes place. As a result, they seek solace in themes they can relate to in Western media, feeling more understood and seen through the characters in Japanese dramas, which in turn only widens the gap between them and Cantonese drama. In short, young people feel distanced from many of the themes present in traditional art, especially in Cantonese drama, and turn to Western movies that can better capture their way of life in a more modern and artistic manner.

Speaking of societal modernisation, the rise of technology is another factor hindering young people’s connection with traditional art. Take embroidery as an example. Imagine spending hours weaving to produce your work with much blood and sweat, only to




discover an embroidery factory making replicas of your masterpiece in vast quantities in a short span of time. Wouldn't any craftsman go out of business in today's society? Many young people see traditional art as a "dead-end" career. They cannot earn a stable enough income despite producing high-quality work, such as embroidery. Most handcrafted art is sold at a jaw-dropping price compared to factory-made crafts. Unsurprisingly, most customers opt for cheaper embroidery over more expensive, albeit higher-quality, pieces. Consequently, young people believe they will struggle to make a living with traditional art and instead turn to other forms of art that are more commercialised and popular, such as digital art. Many corporations use digital art as a marketing tactic, making this field of art more accepted. Due to technology dominating the traditional art sphere, most young people gravitate towards other forms of art that yield a higher income, thus worsening their connection with traditional art.

Although changes in society and advancements in technology have caused traditional art to decline, this situation is by no means irreparable. The government's efforts to adjust to traditional art can revive these art forms once again.

One solution to this issue is for traditional art to adapt to contemporary cultural influences. By incorporating more modern themes into Cantonese opera, it could captivate a younger audience. Take a look at Korean drama, which is a fusion of Western and Korean elements, sprinkled with slices of life to make the content more relatable. According to box office data in Korea, up to 70% of the audience consists of young people, allowing this medium to thrive. By adding more modern characteristics, particularly themes about relationships and other societal issues, more young people can empathise with the characters and engage more closely with the story. I believe Cantonese opera can take a similar approach; by introducing themes that resonate with current societal issues, more teens can understand the plots of Cantonese opera, thereby fostering an interest in this art form. Young people will learn to appreciate Cantonese opera's artistic storytelling and invest more time in traditional art.

Furthermore, the government can show support for traditional art craftsmen through various schemes. Many charities, including my school, raise funds to support traditional artists engaged in pottery, embroidery, and more. By funding artists in their work, we encourage them to continue producing high-quality pieces that can be sold at more affordable prices.

In fact, my club held the "Good Hope Local Art" event on 8 September, providing artists with a platform to sell their traditional artwork. Unfortunately, many traditional artists struggle to remain viable in the market due to mass-produced artwork, making it difficult for them to promote their art. At our event, up to 1,300 people attended to make purchases; artists were able to earn significantly more as they received increased attention



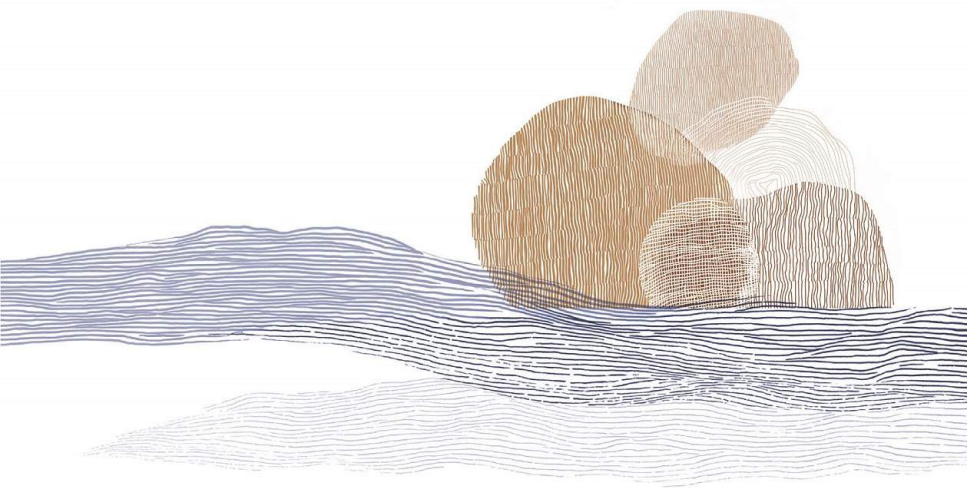
and could sell their work at lower prices after we sponsored them. If my school can assist a number of artists, then surely the government's efforts can have a greater impact on the traditional art industry. By sponsoring more artists and providing them with a platform to sell their work, more young people will have faith in traditional art and pursue a career in this field.

In conclusion, traditional art is struggling to survive in today's society as fewer young people show interest in this art form. However, I believe that by adding modern elements to enhance traditional art and securing government support, there is still hope for revitalising traditional art.

Yours faithfully,

Chris Wong

Chairperson of Good Hope School's Heritage Club



Restaurant Review

Name: Dim Sum One

Type of Cuisine: Chinese Dim Sum

Best for: Romantic Date

Not too long ago, my significant other and I had the chance to dine at one of the city's Michelin-starred restaurants, Dim Sum One, in honour of our sixth anniversary. With an interesting take on 'East meets West', this five-star restaurant serves dim sum in a buffet style, allowing diners to immerse themselves in the vast array of dishes laid out on a sideboard. Located in Wan Chai, it offers utmost convenience for city dwellers to hop on the train and reach the destination in no time! Not to mention that Wan Chai is home to fine dining, an intoxicating atmosphere, and numerous unforgettable experiences.

Dining Environment

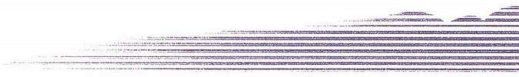
As you enter Dim Sum One, you are immediately transported into a magical wonderland. No expense is spared in this lavish decor, which features vibrant lanterns, floor-to-ceiling silk flowers, expressive yet subtle Chinese calligraphy, antique and tinted glass windows, as well as crystal accents. They have even gone the extra mile to enhance the theatrical feel by playing Chinese classics alongside an oriental classical music performance by virtuoso dancers. Every angle is sumptuous to the eye, showcasing extreme precision and attention to detail. The interior decor of this establishment is truly one of a kind.

Service

The service is in line with the atmosphere, idyllic. The waiter for our table, Chris, was all smiles and cleared our plates regularly while offering advice on his recommendations and how to enjoy the dishes. This spacious buffet has at least 2-3 chefs at each station, with every cook attentive to their dishes, keeping them warm and their area spotless while greeting each customer with a warm welcome. Chris even decorated our table with posh brocade tablecloths on top of honeysuckle, which symbolises devoted and everlasting love. There is no doubt this gesture will remain in our hearts as long as my husband and I can remember.

Food

When it comes to the food, prepare your taste buds. The hot stations consist of a Western-Chinese fusion mix that is far from the typical salty, low-quality fare found at strip buffets. From bamboo panda-shaped dim sums to spring rolls shaped like roses, everything was spot on. Presented in hand-sized zhēnglóng, there was no risk of wastage due to portion

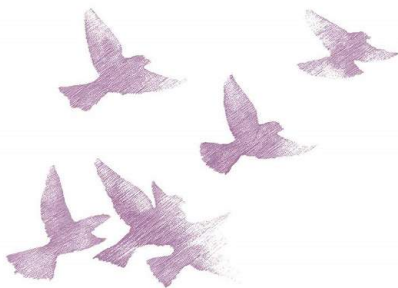


control. The quaint-looking plates and cutlery only accentuated the meals, making your mouth water. The aromatic flavours from the golden-brown fried noodles, creamy yet crunchy shrimp dumplings, and sizzling deep-fried pork buns were to die for. Moreover, the dessert station featured a tea-flavoured ice-cream bar and a five-tier chocolate fountain, allowing customers to dip their plain buns or fruits presented in the other aisle. The dessert chefs were truly fluent in all things sugary.

Price

Just when you think this place is too good to be true, the bill arrives. Given that Dim Sum One is one of the Michelin-starred restaurants in the city centre, the price is definitely on the steeper side compared to an average eatery. However, I believe it's not a crime to treat yourself every once in a while. For those well-off customers, you can simply sit back, relax, and take in the ambience that Dim Sum One offers. On the flipside, for those who think twice before ordering a meal, you may want to reconsider this choice, as this eatery isn't diverse or inclusive in terms of cost. Keep in mind that tipping is commonly expected at Dim Sum One.

Overall, with no punches pulled, my husband and I felt the food was genuinely the best we have ever had, thanks to the spice and diversity of offerings. It provides a serene and tranquil setting that sets the perfect mood for a romantic date, filling your belly with top-quality cooking alongside oriental performances to help you de-stress after a productive day. An absolute must-visit when in Wan Chai, Hong Kong.



Restaurant Review

Name: Dim Sum One

Type of Cuisine: Chinese Dim Sum

Best for: Children / Family

Since its grand opening in mid-2022, Dim Sum One has swiftly gained popularity and recognition among foodies all over Hong Kong. The traditional Chinese restaurant is widely praised for its food, service, and overall dining experience. Last week, I was fortunate enough to try out this eatery with my family, and I must say, Dim Sum One did not fail to meet my expectations. The restaurant's fine reputation is well deserved, and my family and I enjoyed a wonderful meal there that we will never forget.

Dining Environment

The second I stepped into the restaurant, I was astonished by the sumptuous decoration, which, at first glance, resembled that of a royal palace. The lanterns above my head and the red carpet under my feet added to the regal style, while the Chinese calligraphy and paintings hanging on the walls made me feel as though I had been transported to ancient China. The tables and chairs were arranged neatly in the enormous dining hall, with plenty of round tables for families to enjoy a wonderful time together. Given the restaurant's trendiness, it was a tad crowded and boisterous when we arrived, but this allowed us to share warmth and laughter with our loved ones even more.

Service

Unlike most restaurant chains that are transformed by the hustle and bustle into nothing more than factories, Dim Sum One is able to maintain its welcoming and friendly service. When the staff saw children and seniors with me, they considerately offered a large table near the corner of the restaurant, as they were concerned about the risk of accidents if too many people had to walk past our table. Our server also explained the menu in great detail, recommending dishes that would be appetising to children and suitable for the elderly. Throughout the meal, the staff were extremely attentive to our needs, coming to us the moment we raised our hands for help and ensuring that we were enjoying the food. The waiters' professional attitudes have truly elevated the dining experience, making Dim Sum One a must-try eatery.

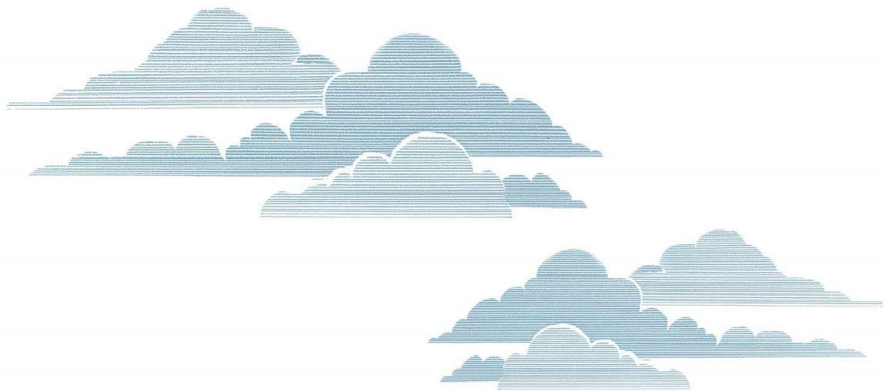
Food

Above all, what captivated me in the first place was the allegedly mouth-watering food served at the restaurant. Even despite my high expectations, Dim Sum One did not fail to impress. When their signature dish — xiaolongbao — was served, I could literally see steam rising from the bamboo steamer; the thought of the hot soup rushing down my throat made it impossible for me to wait for it to cool down. As I bit into the thin dumpling skin, a sensation of rich, savoury broth emerged in my mouth, accompanied by the sharp taste of black vinegar and the succulent tender pork filling. I especially relished their Cantonese sponge cake, which had an eggy scent once it arrived at our table and melted like cotton candy the moment it reached my mouth. Everyone in my family loved it, and it was so delectable that we had to order an extra serving!.

Price

Given the magnificent dining experience we had at Dim Sum One, I believe it was also a real bargain. Costing approximately \$1000 for our table of six, it might be slightly pricier than ordinary Chinese restaurants, but the food, staff, and environment are well worth the money.

All in all, my family and I had a magnificent time at Dim Sum One, and we definitely plan on giving it a second try at our family gatherings in the future. I highly recommend you pay a visit too, whether to try out its palatable dim sum, admire its well-designed interior, or just to see what the recent hype is all about.



Restaurant Review

Name: Dim Sum One

Type of Cuisine: Chinese Dim Sum

Best for: Special Occasions

Situated in the heart of Mong Kok, the newly opened Dim Sum One is a superb restaurant! I recently had the opportunity to dine there with friends and family for my birthday celebration. From my brief experience, I can say as a Chinese cuisine enthusiast that the place deserves its reputation as a dim sum paradise.

Environment

Walking through the fancy glass doors of the restaurant, my fellow patrons and I were welcomed by the grand and posh interior of the dining room. The white walls, marble floor tiles, and multi-layered chandelier lighting exuded modernity and luxury. What immediately caught my eye were the sophisticated traditional Chinese paintings, which complemented the atmosphere of the room, as well as the traditional Chinese instrumental music played on the wall-mounted speakers. I was glad that our table (equipped with a rotating tray) was able to accommodate 12 people at a time, allowing all my companions and me to sit together. Overall, I was in awe of the elegant Western interior décor.

Food

In contrast to the Western room design, the restaurant serves a wide variety of authentic, high-quality Chinese dim sum. I loved the golden-brown spring rolls served with a creamy peanut sauce. The unexpected vegetable-peanut sauce combo was surprisingly appetising, tasting nutty and fresh with a crispy texture. Another gem was the molten egg custard buns, which were served in traditional bamboo steamers. Once I bit into one, the gooey and rich filling melted in my mouth, leaving behind a sweet aftertaste. My personal favourite, however, was the restaurant's signature pork spare ribs. As soon as it arrived at the table, I could see it sizzling on the metal plate, emitting an aromatic garlicky scent. The dish itself was mouthwatering, topped with fresh green chives, carrots, and red chilli. The meat was succulent, achieving a good balance between sweet and spicy, creating an explosion of flavours in my mouth. Suffice to say, my friends and I thought the Chinese cuisine was uniquely exquisite.

Service

What a pity that the food service did not match the high quality of the cooking! The restaurant seemed understaffed, as the waiters were constantly rushing from table to table. What's worse, the food service was extremely delayed. From the moment my friends and I were seated to the moment we had our orders taken. Forty solid minutes had passed. Another hour was taken to actually receive our entrées. Although the food quality was splendid, I still felt as though the long wait was unreasonable. Besides this, our waiter was also quite stern and monotone while taking orders, periodically sighing while jotting them down, giving me the impression that he was slightly annoyed with us. Worse still, when we requested our bill, the waiter had to ask for help from his manager. It was quite disappointing.

Price

On the topic of the bill, the prices of the food items at Dim Sum One were exorbitantly high. The cost of a single dish can easily reach triple digits. For us, my friends and I spent an average of \$300 per person on our meal. Honestly speaking, I think the food is a bit overpriced compared to the nearby restaurants, which offer cheaper, albeit lower-quality, alternatives. On the plus side, Dim Sum One does offer a 30% discount for groups of 8 or more people, so it becomes more cost-effective to dine with a large group.

All in all, despite the delectable top-tier Chinese dim sum, I would not return to Dim Sum One as a regular dining location. The restaurant is better suited for extravagant celebrations or special events, rather than normal family gatherings or dinners. So, if you are a fan of traditional Chinese cuisine and have money to burn with friends, I highly recommend you check out this incredible restaurant!




Redevelopment: The Only Hope for Historic Buildings

Hong Kong has a rich history. From its time as a Chinese trading hub to the British colonial era and reclamation, a fair share of buildings have been established by both Asian and English pioneers — The Mills, Central Police Station, and Central Market, to name but a few. Unfortunately, time has not been kind to these historical monuments. In an attempt to preserve these buildings, many non-profits, along with the government, have laid out plans to repurpose them into luxurious commercial complexes. Although historical purists oppose the notion of redeveloping historic sites into mere tourist attractions, I believe that such a strategy is not just effective in conserving these sites, but is also necessary. In fact, my visit to the revitalised Central Police Station (or Tai Kwun, as it is now known) confirmed this.

The police headquarters was one of the earliest low-rise buildings built during the colonial period, serving until the end of World War II. Upon my arrival, I was greeted by Victorian architectural structures. The marble that composed the colonnade looked as white as snow, with neither wear nor tear in sight. Next to the antiquated police station and accompanying prison were modern gift shops and art galleries, filled to the brim with local artists, giving the site a vibrant atmosphere. Inside the building, I found a multitude of bars and restaurants serving mouth-watering gourmet food, the aromatic scent of which wafted from the pavement. What most caught my eye, however, were the exhibitions in the main structure of the police station, featuring captivating photographs of the building's hundred years of history.

I never felt that the redevelopment of Tai Kwun was simply a cash grab. Great care was taken by the developers to maintain the integrity of the station. The reuse of reinforced stone slabs from the original structure was a notable example. Graffiti in the prison cells was preserved despite its vulgar nature and lack of appeal to most tourists. Furthermore, some businesses incorporated elements of the facility into their design. For instance, the restaurant I dined in used old prison cells as stalls for diners. Why else would a restaurant do that, except to pay homage to the historical significance of the location? Overall, this redevelopment seemed to be a genuine effort to preserve the former police station.

Yet, despite such overt measures to retain the historical integrity of these monuments, some critics would still argue that they are better off left completely untouched. Nonetheless, it is absolutely necessary for historic buildings to be revitalised in such a manner. The reasons for this can be summarised in three aspects: structurally, societally, and architecturally.



First, in terms of structure, historic buildings cannot stand the test of time on their own. The sands of time eventually bury all great monuments, especially in Hong Kong, where many dilapidated buildings have stood for nearly a century. Over time, the steel bars will rust, the marble-laced exterior will corrode, and the windows will crack under heavy winds from typhoons. Without intervention —rebuilding, replacing, repurposing — a historic building will lose its original charm, vibrancy, and characteristics. A flawless illustration of this is the Central Market. Its columns had become so weakened by water that its structural integrity was compromised. Only with the replacement of its columns by a redevelopment group could the old marketplace be properly supported. The intervention of third-party developers, therefore, is integral to maintaining the structural soundness of historic buildings.

Second, regarding societal concerns, historic buildings in their raw state serve no function. Take The Mills as an example; it was previously a long-abandoned textile factory established in the 1950s. The equipment in The Mills, as well as its original purpose, were outdated, rendering the space completely unusable. This led a majority of nearby residents to ponder: Should we demolish the useless factory? Should we just build a mall over it? Is sentimental value reason enough to keep the structure? These questions were particularly justified by the residents, most of whom were from the younger generation without any collective memories of the factory. To them, the building was insignificant. However, with the transformation of the factory into a shopping mall and art centre, new job opportunities and creative spaces were created for the local community. This incentivised the residents to preserve the historically significant factory, in addition to bringing new life to the building.

Finally, economically speaking, historic buildings must be business-oriented to attract investors to fund the renovation. You would be hard-pressed to find investors, let alone taxpayers, willing to part with their hard-earned money for historical conservation. In reality, businesses and investors are on the lookout for one thing only — profit. Fortunately for history enthusiasts, historic monuments can be successful business ventures and a great source of revenue due to their marketability to tourists and appeal to locals. In turn, these redevelopment projects for historic buildings attract many investors to help fund conservation efforts. While some scoff at the idea of turning a historical site into a commercial mall, it should be noted that the alternative would be the demolition of such important buildings due to a lack of financial support. Sadly, someone has to foot the bill, and entrepreneurs are required for the survival of historic buildings.

As seen from the aforementioned reasons, the revitalisation of historic monuments into sites for business opportunities is an absolute necessity. Though some may disagree, clinging to the stubborn notion that these monuments should be left alone is absurd. If the buildings are not redeveloped, they will soon disappear and will only be remembered or archived through photographs. It is hoped that in the future, more people will support this redevelopment strategy, allowing us students to enjoy these monuments in a different way from our predecessors.


Why Are Teens Uninterested in Traditional Chinese Art Forms?

Dear Editor,

In response to the editorial titled “Why are teens uninterested in traditional Chinese art forms?”, posted by Hong Kong Post on 31 September, I am writing to voice my agreement on the matter. Indeed, there has been a drastic decline in the number of youngsters enthusiastic about traditional art forms over the years. In light of this situation, I, as the chairperson of YMCA School’s Heritage Club, want to shed light on the underlying reasons behind such an undesirable phenomenon and suggest some antidotes to increase youngsters’ participation in traditional art forms.

To commence with, the popularisation of Western culture has drawn young people away from traditional Chinese art forms. As a melting pot of cultures, Hong Kong is no stranger to the coexistence of multiple cultures in the city, especially in the age of globalisation. Western culture is among the most widespread and attractive to youngsters, as it is heavily promoted on television and social media platforms like YouTube, overshadowing Chinese customs and values. A perfect illustration of this is the preference of young people for hip-hop over lion dance. From their perspective, hip-hop is trendy and cool due to its exposure on social media, while lion dance seems outdated and odd. In some cases, teens may adopt a modern Western lifestyle, abandoning Chinese traditions. For instance, the slow, methodical, and meaningful rituals involved in the art of tea drinking have been replaced by a quick and convenient trip to Starbucks for coffee. Adolescents usually flock to the latest trends. Unfortunately for Chinese culture, the latest trend is Western art forms, not traditional ones.

On top of the advocated popularisation of Western culture, the focus on academics pushed by Hong Kong parents and schools further distances youngsters from traditional art forms. It is an undeniable fact that students in Hong Kong are nurtured to prioritise studies above all else. Nearly 80% of Hong Kong students spend their time doing revision or attending tutorial lessons. They are neither given the time nor the encouragement to pursue an interest in cultural arts. In fact, the idea that academics should be prioritised is instilled in children from a young age by society. A survey conducted by my Heritage Club in collaboration with other schools found that 90% of secondary school students thought that culture was unimportant



and could barely name more than two traditional art forms. In particular, most students mentioned “calligraphy” as impractical. The art of carefully painting precise strokes did not match with the fast-paced style of writing they are required to use during exams. Thus, it can be observed that modern education and social expectations reduce young people’s awareness and understanding of Chinese cultural art.

In spite of the aforementioned contributory factors, there is still a silver lining in reigniting youngsters’ interest in traditional art forms.

In order to counteract Westernisation, the government should bolster efforts to promote Chinese culture. Currently, their promotional work simply stresses the importance of art forms without actually engaging young people’s interest. Instead, the government should utilise star power in their advertising campaigns. They should invite local celebrities to commercials to showcase the etiquettes of tea drinking or lion dance in a fun and dynamic way. This could impress upon youngsters the idea that traditional art forms are trendy, like Western culture, piquing their interest. Additionally, the government could subsidise workshops on such art forms taught by experienced professionals. Such actions could make learning calligraphy or lion dance as accessible to teens as social media. Hence, the government’s improved promotional strategies would convince more youngsters to take an interest in traditional arts.

Besides promotion by the government, schools should integrate traditional art forms into their curriculum to counterbalance the focus on academics. Compulsory lessons about cultural arts could enhance students’ awareness of these art forms as they would be taught alongside normal subjects. Art lessons are already commonplace in most schools, so it would not be difficult to implement Chinese culture into the education system. For instance, students could learn the skill of controlling brush pressure for calligraphy during art lessons or hear an anecdote about how lion dances bring good luck and drive away evil spirits while studying Chinese. Not only does this deepen youngsters’ understanding of Chinese art forms, but it also fosters the idea that traditional art forms are just as important as academics.

In conclusion, even though it seems like winter time for traditional art forms, with decisive steps taken by the government and schools to reinvigorate interest among youngsters, I believe that Chinese traditional art forms will flourish in the future. It is my hope that with increased awareness and support, a new generation will embrace these cultural treasures, ensuring they remain vibrant and relevant in our rapidly changing world.

Yours faithfully,
Chris Wong

Working: A Crime or Benefit?

In this ever-changing world, cultures and trends are constantly evolving with the passage of time. One significant change is the attitude towards retirement age. In fact, a survey indicates that the majority of Hong Kong residents in their 60s wish to work past retirement age, while future generations are already planning to retire in their 30s and 60s. What is the phenomenon behind such a drastic change? Will future generations plan to avoid work altogether? In the following, I will address the views of the elderly and youngsters towards retirement age.

First and foremost, the primary reason for the elderly to continue working despite physical limitations is their continuous exposure to a strong work culture. In their youth, they had to wake up early and engage in farming to support their families. To earn a living, they worked tirelessly, whether in the fields or in factories. With the virtue of hard work instilled in them from a young age, it is no surprise that many elderly individuals today continue to work until they can no longer do so. Their work ethic is closely associated with their parents' behaviours. Fathers had to do all the farming work to put food on the table, while mothers took care of the children and the household. We all acknowledge how much our parents worked, regardless of their exhaustion. The elderly, closely connected to their parents, understand the pain and gain of working, which contributes to their tendency to work endlessly. Had there not been a strong value placed on work during their upbringing, would the elderly still feel compelled to retire at 65?

In addition to this ingrained work ethic, the skyrocketing living expenses in the metropolis are another significant factor. If you walk around any street in Hong Kong, it is not surprising to see aged construction workers or elderly individuals pushing trolleys filled with cardboard. You may wonder why they continue to work until their bodies are worn out. The reality is that living expenses in Hong Kong have become unmanageable. Given the increasing number of grassroots workers, the cost of living has spiralled out of control. In the absence of decent jobs for the elderly, they have no choice but to take on roles such as trash collectors or construction workers. Moreover, these jobs often pay very little, forcing the elderly to work every day. In order to survive in one of the world's most expensive cities, they must continue working non-stop, often past their retirement age. With the ever-increasing living costs in Hong Kong, it is undeniable that the elderly must continue working until they reach their limits.

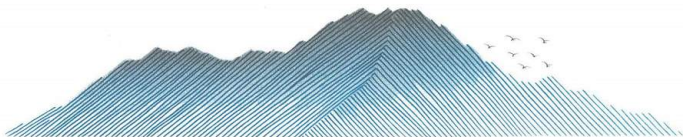


While the reasons for the elderly continuing to work despite retirement age may seem dire, there is a new generation that holds a completely opposing view.

To begin with, what leads youngsters to consider retiring before they turn 40 is a lack of commitment to life. Reflecting on the past, teenagers would strive to achieve their dreams. However, if you ask any teen about their future career prospects, they often respond with 'no comments'. Due to the pressures of a cramming education system, schools and teachers convey that grades equate to success in life. Attending tutorial classes, completing assignments, and cramming for quizzes have become their daily routine. This vicious cycle has left future generations exhausted and under intense stress. Amidst the pandemic, teenagers focused solely on education, engaging in fewer social activities, which contributed to a loss of commitment and purpose in life. They believe that working excessively until they are exhausted is the key to success. Consequently, they seek to do something more meaningful in their lives to reclaim their lost childhood. The cramming education system in Hong Kong has diminished the likelihood of future generations working until retirement age.

Additionally, the permissive attitudes of parents towards their children contribute to young people avoiding long-term work commitments. In contrast to the experiences of the elderly, parents often take on the responsibility of providing for the family. Born into nuclear families, children are frequently equipped with resources, enhancing their materialistic lifestyles. For instance, when a student bullies a classmate, parents often instinctively blame the teachers for insufficient supervision rather than holding their children accountable. With this continual 'king and queen' treatment, teenagers may become overly reliant on their parents. Similarly, when they need income to purchase furniture, parents are likely to provide for them. As parents continue to cater to their children's needs, those children will, in turn, rely on them until they are no longer able to do so.

In conclusion, there are multiple reasons for the differing attitudes towards retirement age. The values of hard work and skyrocketing living expenses drive the elderly to continue working, while a lack of commitment and high reliance on parents characterise the younger generation. It is hoped that the government will consider this phenomenon and provide feasible solutions for both the elderly and young people.



3 Weeks of Gratitude

When I see the word ‘gratitude’, what immediately comes to mind? For me, I was taught by my parents and teachers to be thankful ever since I was a child, so the idea of gratitude always seemed a bit cliché. However, this all changed after I joined the popular ‘21-day Gratitude Challenge’ on Instagram, which completely shifted my attitude towards this virtue of being thankful. It has certainly been a life-changing experience for me, and I hope that by sharing my story here, I can inspire you to join in as well.


It all started two months ago when I was going through some very difficult times, not to mention the ongoing pandemic. My father had just been diagnosed with stage IV lung cancer. I had recently been fired by my boss, and my bank account was nearly empty. I was in a predicament, with no way out, and I was stressed to the point of exhaustion. I saw no hope at all and considered giving up countless times. I was depressed, as I’m sure many of you have been before, and I was desperately seeking an antidote.

This was when I came across ‘The 21-day Gratitude Challenge’. A friend of mine posted on Instagram that he had completed the challenge and claimed that it had helped him see life in a much more positive way. Initially, I wasn’t sure whether or not this was true, since writing things down in a journal didn’t seem to solve any problems at all. But then I thought, “I don’t have any better ideas, so what is there to lose? This might be my only chance of regaining happiness, so I mustn’t let go of it.” With that in mind, I accepted the challenge, hoping to help myself discover the good things in my chaotic life so that I could finally escape this misery.

Not much effect was seen in the first couple of days. I started off writing some pretty general and standard things, like how I enjoyed my lunch. The act of writing this down still seemed meaningless to me; logically, I knew I should be grateful for these things, but emotionally, I just couldn’t feel it. Call me spoiled, but perhaps I had just become used to these things, and they didn’t seem rewarding at all. So I had a good lunch—on what? I was still unemployed, with a sick father lying in bed and piles of bills to pay. Being grateful in my circumstances seemed not only unconventional but even a bit impossible.

Clinging to this last bit of hope, however, I continued my journey of gratitude and didn’t give up. After all, it was just a simple step of writing down a few words every night, and I had nothing else to do anyway. To my surprise, this tiny act of recording things I was grateful for soon changed me and my whole life drastically in a way I could never have imagined.

It was in the middle of the second week of the challenge, the turning point of my life. It started off like any other day, with me lying in bed until noon, procrastinating and unable to resume my job search. I was unmotivated to do anything, simply wasting my time scrolling through social



media. That was when I came across a post from another fellow participant in ‘The 21-day Gratitude Challenge’, saying that her grandmother had just passed away the previous night and that she was thankful her family could be by her side when she left. I was struck by her positivity and gratitude, especially in light of the difficulties she was facing. How is it possible for anyone to be thankful after the loss of a loved one? This seemed absolutely inconceivable and insensitive to me. But then a thought popped into my mind. My father is still alive, and if she can be grateful, why can’t I? I realised how lucky I was to have my family with me, something that always seemed a given but is, in reality, a huge privilege compared to the many people who are separated from their loved ones. What more was there for me to complain about? Suddenly, my heart was filled to the brim with gratitude and satisfaction, and everything else started to seem unimportant. I was determined to cherish the family I had rather than complain about the job and money I lacked, by making good use of the time my father had left in his life.

Almost immediately, I jumped to my feet and went to my father’s room, where his weak and feeble self was sitting alone, despair and loneliness filling the air. I felt the sudden urge to hug him, which he, of course, reciprocated. This moment of spending time with my father was precious. Sure, he is sick, and there isn’t anything I can do about that. But what I can do is make the best of the time he has left, spending every day with him as if it were his last, and creating long-lasting memories of my soon-to-be-gone father. I was grateful for what I had, as well as for the realisation that I had much to be grateful for.

Now, more than a month after completing ‘The 21-day Gratitude Challenge’, I still hold on to the habit of writing down things I am grateful for. I’m no longer compelled to do so but rather driven by an internal force to mark down the many gifts life has given me. Yes, my father is still sick, but at least I know that he will be leaving soon, allowing me to cherish the limited amount of time he has left. Yes, I am still unemployed, but that gives me more time and freedom to take care of my father and to discover my own interests.

Instead of repeating myself, I’ll share a few examples of what I do with him to show how I cherish the time spent together and plan my future career. Yes, I still have many bills to pay, but at least I have the privilege of living in a developed city, where basic needs like electricity and water can easily be fulfilled. Even on an ordinary day, with nothing special happening, I have developed the skill to be thankful for everything around me such as the sunshine, food, and a roof over my head. These things are not to be taken for granted. By focusing on what I have and being grateful for it, I now have a much more positive outlook on life, and I have the hope and motivation to continue living my life to the fullest.

Reflecting on ‘The 21-day Gratitude Challenge’, it has transformed me into a new person and greatly improved my life. If you are facing obstacles in life, no matter how big or small, why not consider joining the challenge as well? I guarantee it can change your life in unimaginable ways.

中華基督教青年會中學



青中
一百篇
——
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一人一故事



成長的喜悅

1 A Y 陳曉雅

在我成長的道路中，有許多值得回憶的過去。而成長的點滴聚集在一起，成為了一篇篇章。

或許等像公公婆婆的年紀可以編成一本成長的書，一頁一頁地翻過，一頁一頁地感受成長所帶來的喜悅。而現在，每當我想起一年前的一次經歷，就讓我為自己的長大而感到喜悅。

小學六年級的時候，學校組織了一次前往順德的畢業旅行。那是我自己第一次離開父母安全的羽翼下，獨自與同學們及老師度過幾個日夜。

在畢業旅行的三天裡，最興奮就是和同學一起吃吃喝喝，但最可怕的就是自己獨自睡覺，躺在床上，同學已漸漸進入夢鄉，我卻睜著雙大眼睛，怎麼也無法入睡。雖然在家中我也是獨自一人在房間，可是在陌生的房間裡，沒有爸爸媽媽在同一屋簷下，是比想像中困難。後來，我逐漸平靜下來，告訴自己這是成長的必經之路，慢慢地我就靜靜地睡著了。這是我第一次感受到成長的喜悅。

現在我已經是國中生，但回想小學的時候，一幕幕依舊記憶猶新，彷彿就發生在不久的昨天，似乎伸長雙手就可以觸碰到從前嬌小的自己——曾經我把頭靠在媽媽的懷裡撒嬌，會為了一個買不到的玩具而跟爸爸媽媽生氣，不過一切僅僅都是曾經了。

成長就像是種子，總會發芽，長出好看的葉子。正因有了經歷，我的成長，充滿了無限的喜悅，我深信喜悅也終將大過我所遇到的悲傷和困難，我們也最終讓成長的回憶隨風而去，或在記憶裡添了一筆濃墨重彩。

成長的喜悅

3 L L 李卓螢

小時候，人總是期待長大，渴望擁有更多的自由和權利。而當我漸漸長大，開始體驗到成長的喜悅時，我才發現這並不是一個簡單的過程，而是一段充滿挑戰和成就的旅程。

一瞬間，從襁褓中的嬰兒成長為一個為選科而煩惱的初中生，彷彿是一陣風吹過，但留下了五彩繽紛的痕跡。關於成長我第一下想起的就是櫃子上一條條的橫線塗鴉，漸漸向上攀登，爬到我以拿走書櫃下的椅子，也能將書本拿在手中；爬到我以輕鬆地望向窗外，看到在公園玩耍的小夥伴；爬到能看到的家門上的貓眼，窺探門外的一二，從中感受到的喜悅，也許是因為小時候的好奇被滿足，為一件件無意中新出的想法畫上句號。

回到小學時，「台上一分鐘，台下十年功。」這句話曾出現在我的經歷中，回想那時，我因為彈奏樂器的片段，開始對樂器有種崇拜和憧憬，但當然在學習樂器時都需要堅持和過程是困難的，需要不斷的練習才能遊刃有餘地在台上表演。直到在台上表演，那段時間既短暫又漫長，在那幾分鐘裏，我盡力將我所學的詮釋出來，到聽到掌聲，有種喜



悅由心而發，像青蘋果的味道，酸中帶甜，甜中帶酸，雖然過程艱苦，但結果卻是甜的。這種成長的滋味，格外讓人難忘。

第一次離開家，我記得當時是小四的旅行日，那是我第一次走出香港，離家二日一夜，第一次過關口；第一次住酒店；第一次自己到外面買小食。我記得那一晚，我躺在一張陌生的床，有一種對於陌生地方的恐懼感。那個晚上很久才入睡，睡覺時抱著從家中帶來玩偶，希望找到一絲屬於家的安全感，直到第二天醒來好像做了一件了不起的事。雖然只是件小事，但對於當時的我感覺彷彿是擊敗了一個無法跨越的龐然大物，曾經的恐懼被喜悅填滿覆蓋。

在最近一次戶外學習日中，我被安排去買燒烤食材。我和另一個同學在街市對比價格和食材的新鮮度，這個過程也算困難，因為我們對此一竅不通，但經過媽媽們的幫助，終於買到所需的食材，這份喜悅來自完成任務的結果，也是因為掌握了一種生活技能。

在成長的過程中，我們會遇到各種困難和挑戰，但正是這些挑戰讓我們變得更加堅強和勇敢。每一個挑戰都是一次寶貴的經驗，讓我們更加了解自己，更加珍惜生活中的每一刻。

人們常說：「成長是有代價的，有得到就有失去」，但是既然這個定義無法改變，那就珍惜你所得到的，告別你所失去的，為那些冒險付出熱情，擁抱那些名為「成長」的冒險所得到的喜悅和無悔。成長的喜悅就像一朵盛開的花朵，散發著溫暖和希望的光芒，讓我們珍惜每一次成長的機會，讓自己不斷進步，成為更好的自己。這樣的成長之路充滿著喜悅和驚喜，讓我們一起享受這美好的旅程吧！

成長的喜悅

4 CL 萬其然

成長，是每個人都會有所經歷的事。從懵懂無知到明事理，不是別人說你兩句便能領悟得到的，大部分都是經歷了什麼難忘的事情，才能明白。

還記得那年冬天，我們是五年級生，全年級同學打亂重新分班。我正憂慮著自己會不會融入不到新班級，因為我認識的人不多，玩得好朋友寥寥無幾。進到新班級，我眼神掃了一圈教室裡的人，大部分都不認識，還有幾個是認識但不熟的。說不失落是假的，我內心不停給自己加油打氣。我不動聲地走向自己的座位，靜靜坐了下來。忽然，我眼前一亮，因為我看到了去年玩得很好的朋友，她從門口走了進來，宛如一道光降臨在我身上，我內心激動不已，又假裝鎮定。

她看到我時，臉色也表露出些許的驚喜。下課後，我主動走過去找她，我們聊著曾經的趣事。吃午餐時，我因身高只能排前面，可周圍沒有熟人，我只好沉默不語，埋頭吃飯。忽然，我右肩被人拍了拍，我望向右邊的同學，不認識，又轉頭看向左邊，是她！喜悅沖昏了頭腦，我差點尖叫出來了。她趕緊阻止我，並給我比了個禁聲的手勢。我心情變得愉悅多了，我們開始整天一起，形影不離，持續玩了三個多月。

但令我有點難過的是，她不只是有一個朋友，她開始偶爾不找我，離開我的次數越來越頻繁。心中雖有不滿，但也不好說甚麼。小女生之間的佔有欲開始作祟，我變得疑神疑鬼、患得患失、內耗。我總在有機會的時候，不停地問她我哪裡有問題，有甚麼缺點。我只有她一個朋友，我不想失去她。她支支吾吾地說沒有，我很好。但既然如此，為何她還要突然離開我？她走了……只剩下我一個人。

我開始每天不停內耗，一週七天，我週一到週六都有課外活動，放學後本身就累，平時因校隊原因，我們比大多數同學遲放學。暗淡的天空，背影拉長，獨自一人，與周圍成群結隊的同学格格不入。歡聲

笑語傳到我的耳朵裡，心中鬱悶，我好像那個異類啊。下課後，我是孤零零的；吃飯時，我是獨自一人；放學後，我是單獨回家的。我最害怕的是體育老師叫我們自由分組，只有這時才是最直觀地體現出我的無助。只有我一個人站在那裡，周圍的目光像無數細細的針絲，看似細小無害卻刺痛我的內心。

我不明白，我真的不明白。我開始不喜歡上學，我恨透學校了。

我在學校裡沉默不語，表現得很安靜，在家卻總跟擔心我健康、耗盡心思的媽媽吵架。她對我的關心，對我的偏愛，對我的溺愛，我遲鈍得沒有發現，還越發叛逆。直到再次鬧著不想上學的早晨，媽媽忍不住問我不是在學校遇到了不愉快的事。我強撐著嘴上說沒有，眼淚早已不爭氣地滴落在地。我脆弱的心靈如同那玻璃般，看似十分堅硬，可只需稍微用力，便直接凋零破碎。

我聲淚俱下，說著這段時間上學的遭遇，我的心事終是藏不住，它們如同潮水般湧出，我哭得喘不上氣。壓抑的心情像在此刻解放出來，不停地控訴著自己受到的委屈，自己這段時間的難過。媽媽靜靜地聆聽，安撫我受傷的心。她說：「你可以試試看換位思考，試著想想看，如果你是她，你又會有甚麼樣的做法呢？」我聽了媽媽的話，開始複盤起我們之間的種種事情，從小學三年級到現在。

她令我深刻地意識到自己的問題，或許是我處理事情的方法不太正確，或許是我的個性不太好，或許是我太咄咄逼人。我會在之後的日子多反思，少怪罪別人。若是沒有媽媽的提示，我還會是那個固執、幼稚、不考慮他人的小女孩。我開始試著跟班上其他同學交流，或許是先前的不了解，如今我也與他們一起玩在一塊了。當我想明白時，回頭一看，我們已經走過了那個分叉路口，行程陌路，我們再也回不到從前。

在後來的日夜裡，我變得溫和開朗，不再患得患失，愛惜自己也愛惜他人。我的個性為我帶來了許多朋友，這件事讓我更懂得照顧他人的感受，溫暖他人的同時也在溫暖我自己，我很開心自己成長，這代表我不再是那個小女孩了，雖然過程長路漫漫，但結局是美好的。

同桌的你

5 CH 葉凱霖

「同桌」，是個美好的詞彙。他是我們成長的夥伴，亦是閒聊的對象，更是學習的對手。但我看著變了又變的座位表，感覺以往的同桌只是班房裏匆匆的過客，沒有可聊的話題，沒有他人的八卦，亦無新奇的趣事。「同桌」一詞，只存在我幻想的世界。可是唯獨她，不介意帶我走出自己封閉的世界，亦不介意讓我成為她身邊的其中一員，分享自己的甜酸苦辣。

小時候的同桌，她就像一隻魔鬼，對我來說就是個惡夢。她無止境的騷擾，老師的漠視，同學們事不關己的態度，令我對日後的老桌產生了不能磨滅的陰影，亦是當時起，令我不敢與鄰桌有過多的接觸。

沒有課餘談心的對象，亦無可依靠的知心好友。日復日，年復年，每天皆是。直至某個課餘的黃昏……

時光荏苒，我已搖身一變成為高中的其中一員，以往清晨寧靜的街道也被熙來攘往的人群填滿。我拖著疲倦的身子，慢悠悠的穿起鞋子，背起書包，準備迎接高中的第一個清晨。街外的人群就像我心中的壓力，越積越多，最後塞了個水洩不通。突然，手機「叮」的一聲令我從睡眠惺忪的狀況回過神來，在老師傳來的座位表中瘋狂尋找自己的名字，同時亦祈求身邊是熟悉的面孔。

「怎麼辦，她是誰？」我不安地默念著。只見一個陌生的名字驟然出現在我的身旁，心中的不安恐懼亦籠罩在心中。

她有著一頭清秀的短髮，過長的校服與她瘦小的體格格不入，令她多了幾份稚氣。在門外觀望了一會兒，下定決心，我先是嚥一下口水，再擺動著略顯僵硬的身軀逕自走向我的位置上。為了避免尷尬，我用盡全力避免眼睛接觸，期望著她能先向我搭話。

「你好呀，我是新來的轉校生，多多指教。」她充滿朝氣又夾雜燦爛的笑容，她的自信不禁令我感到羨慕。其後，我用一種彆扭的語氣對她自我介紹。我們的第一次對話亦算是順利，亦令我放下了心頭大石，鬆了一口氣。

看著她在全班面前自我介紹的從容模樣，不用一會兒就找到在班上的一席之地，三五知己，令我不禁感嘆驚羨。我與她，就像兩個對立面，她是話題的主角，討論的中心，亦是閃閃發光的發光體；而我從不主動結交新朋友，沒有新奇有趣的話題，亦只是會被常常忽略的存在。有她作為同桌，就像綠葉上加了一朵玫瑰，比起其他的鮮花更加嬌美，亦能襯托出玫瑰的主角地位。

她閃爍的光芒徹底把我幽暗的一面照亮，像太陽溫暖的晨光復甦了世間萬物。儘管她的笑聲常常害得我倆被老師責備，但沉悶的課間好像變得不再無趣。

一天放學後，同為美術代表的我倆被吩咐留下設計壁報。聽著她滔滔不絕地發表自己的意見，又繪形繪聲地表達自己的想法，我被她逗得哈哈大笑，不知不覺間心中的冰層被她的熱情溫暖漸漸融化，就連自己都不為意的向她展露自己更多的表情。不經意間我提起了她以往的學校時，她卻先是面色一沉，再若無其事地分享起自己被欺凌，因而轉校的事。剎那間，空氣靜止了般，我無法接受她可以泰然自若的說出如此難堪的往事，在嬉皮笑臉的面貌下想必是經歷了多個無法釋懷的痛苦。

頓時一股暖流流過我的臉頰，心中的情感像是線繩交錯在一起般。可能是相同的經歷令我代入了自己的往事。

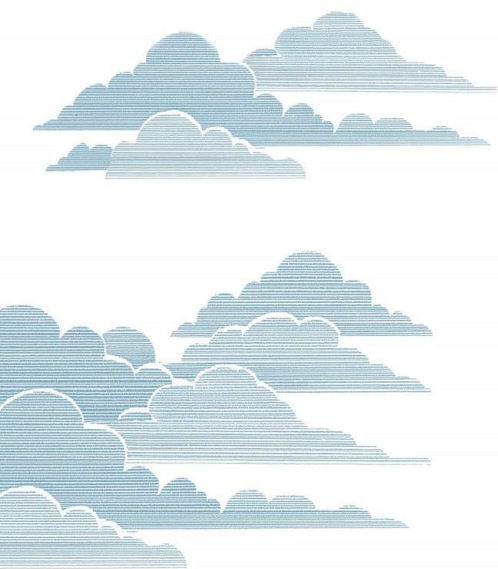
她被我突如其來的流淚嚇到了，平時從容的神情變成慌忙急亂，一番不知所措後在口袋拿出紙巾溫柔的幫我擦去眼淚。心情回復後，我向她訴說當年的故事，可能是一直沒有發洩的出口，我抓住她滔滔



不絕說出自己多年來埋藏在心裏的憤怒，以及對自己的不甘。

與她熟絡過後，不知不覺間被她那積極自信的態度感染，開始對自己加了一份莫名的自信，與一份不知廉恥的厚面皮。亦多虧了她，不斷在我的身邊開解著我，教我如何走出兒時的陰影，活出現在自信的自己。不知不覺間，自信上升的同時，身邊的友人越來越多，現在亦不會再害怕獨自一人的孤獨感受，反而開始期待與她寫下的下一個故事。

雖然她時常丟三落四，但為她添加幾分可愛；雖然她十分嘈吵，但為班房添加幾分熱鬧。她很神奇，雖然只是剛轉來的轉校生，但總能找到自己的定位，她到來的日子不長，但卻教會了我很多，主動自信與勇氣是她留給我寶貴的禮物。「不要讓一件小事影響你燦爛的餘生。」她在我心中有著無法撼動的地位，不僅只是我的同桌，亦是我重要的摯友。



「兩代情」徵文比賽

兩代情

3 HY 周峻民

我的爸爸媽媽是相親認識的。那個年代自由戀愛的真是不多，大部分都是透過相親認識的。爸爸的五官如巧奪天工的雕塑，每個細節都恰到好處。他的眉毛粗獷而濃密，像兩座雄偉的山峰，映襯出他堅毅的性格。他的眼睛像兩顆深邃的寶石，透露著沉穩和睿智。而母親擁有一雙明亮的大眼睛，如同湖面般寧靜，充滿著慈愛與智慧。她的眼睛下方是高挺的鼻樑，為她的面容增添了幾分堅毅，而微翹的嘴角則顯露出她樂觀開朗的性格。

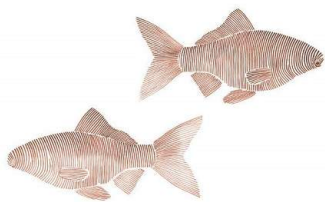
爸爸媽媽小時候的經濟條件都不好。媽媽還小的時候，家裡很窮，姥姥一人帶著六個孩子，由於嘴多糧少，日子過得很艱難。五個姊妹和一個小弟弟中，媽媽是老四。從懂事開始，她就每天洗衣做飯和照顧弟妹，還要照顧身體不好的姥姥。我從沒見過我姥爺，只見過他的遺像，聽說他當時是個秀才，但不到四十歲就被一次意外奪取了生命。窮人的孩子早當家，媽媽把家務打理得井井有條。

小時候的爸爸家裡很窮，一到開學要交學費的時候，爸爸就發愁，因為他連兩毛錢都給不起。老師向大家收學費，全班只有爸爸沒交，他說沒帶，老師要他回去拿，可是他知道他不是沒帶，而是根本拿不出兩元錢，爸爸也知道奶奶沒有錢可以給他。這件事讓爸爸在全班面前抬不起頭來。從那時起，爸爸就發誓一定要好好學習，長大後努力賺錢。

經過我父母多年的奮鬥，在國中的時候，我家蓋起了兩層九十平方米的小房子。那時候的我很驕傲，我會跟同學們炫耀，我的家有多大，裝修得有多漂亮！可是那時候的我卻不知道這背後流著父母多少的血淚。從一開始的寄人籬下，到後來建造小洋房，十年的時間發生翻天覆地的變化，可想而知我的父母承受了多少，付出了多少。我爸爸在外有多努力賺錢，我媽媽就得忍受住多少的思念，他們一起奮鬥，然後有條不紊地經營一個家。

這些都是我無法想像的，他們肯定熬過了多個無眠的夜晚。我的父母並不是佼佼者，更不是知名人士，他們靠自己的雙手為這個家撐起一片天。後來，他們成功了，成功創造了一個讓他們自豪的家。每次看到他們手上的繭，我想能讓他們有如今成就的，靠的是一股信念吧！人活著如果連一點堅持、一點信念、一點盼頭都沒有，那麼即使未來有多美好，也只能是度日如年。

父母希望我跟他們一樣，不要輕易放棄，就算生活再難再苦都好，也試堅持下去，爸爸總說「只要不死必有出頭日」，就像和媽媽一起堅持了十年一樣，終於有了自己的家。爸爸更希望我能比他們更優秀，傳承和發揚上一代香港人拼搏奮進的精神，永不言棄！



城中奇緣

4 CH 林司量

秋風輕輕掠過，楓葉隨着風而舞動，落在了我們每一戶的陽台上。伴隨着天色逐漸暗淡，每戶都飄散着一股獨特的飯菜香，在半空中採和在一起，彈奏着屬於鼻子的交響曲。

「吃飯啦！」母親呼叫着。我放下手中的筆和作業，蹦蹦跳跳着跑到飯桌前，邊聽着收音電台，邊咽下口中的菜餚。這時，母親面帶難色地說：「我們鄰居陳婆昨日去世了：還記得她病重時說的遺言嗎？」「這麼突然？記得，是歸還那一把白色雨傘。」

原來早在十多年前，陳婆在回家路上突然遭遇一場滂沱大雨，衣服都被無情的雨水打濕。這時，不遠處正正有一位素未謀面的陌生人，把一把白色雨傘借給了她，以解決燃眉之急。風雨散去，這位陌生人便從此消失在陳婆的世界裏。於是歸還雨傘便成了她的一生畢願，而她的親人早已杳無音訊，恐怕只有我們這樣親近的鄰居才能成全吧。

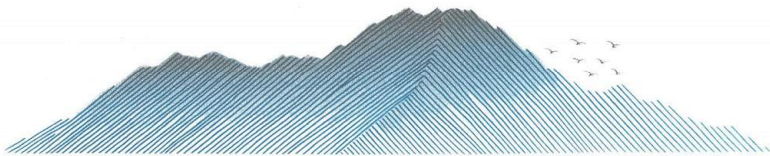
清晨，我帶着這把雨傘，踏上尋覓主人的旅途。我按着線索，逐一排除，到每間大排檔詢問，途中認識了記者秀文，她亦願意在網上發帖文，並與我一起同行。我們品嚐着碗中的紅豆沙，談笑風生；也一起談論理想，人生經歷。在這段尋覓之旅也因她的存在變得絢麗，搜尋工作也變得事半功倍。此時，一片楓葉飄落在秀文身上，似乎在寓意着什麼。

冬至稍稍來臨，吹來的冷風令我們直打顫。飄落的已不再是落葉，而是晶瑩剔透的雪花，點綴這片大地。這天，我們從一間雜貨舖的老闆得知，這把雨傘是他朋友的，但他早在數年前過身，老闆願意把它歸還給他的女兒。於是我們簡單地慶祝一番，放下雨傘，離去了。

就在第二天，我被邀請到秀文家裏，說有驚喜。當我踏進家門，映入眼簾的就是那一把白色雨傘，頓

時充滿疑惑地望向秀文，她便說：「原來這把傘原是我婆婆的，那名老闆便將它交給我母親，所以……對，它又回來了。」

就在這一剎那，一陣風從陽台輕輕掠過，為溫暖的屋子增添幾分涼意；白暮的夜景在街燈照耀下，為此時的氣氛換上別一番風味。頓時，一片雪花沿着窗花飄落到秀文的肩上，在微弱的光線下映照出一道彩虹，落在雨傘上，折射出艷麗的光芒。我們相視一笑，大概這就是冥冥中的「城中奇緣」吧。



城中奇緣


5 NC 王鳳榮

穿過長長的走廊，我來到一個門前，打開房門，我到了我將來住四個月的地方——美荷樓青年旅舍。看著活化過後的旅舍，真的很難想像在近七十年前，這裡是另外一代人的住宅，而他們甚至需要共用廁所共用廚房，沒有露臺的他們，祇能在走廊晾衣服，更祇能走樓梯。想來當年那滿天鐵架伸出來，衣服在其上飄揚，不失為一種奇景。想著想著，我就回到了我小學時，曾到這裡遇到了一名老人……

當時便是這一位婆婆帶我們一家遊覽，據說是寮房火災的生還者，在幾經輾轉後，來到了荷美樓，一家六口生活於一百二十呎的空間。她跟我們繪聲繪色的講述了她在這裡曾經的歷史，由一家六口到一家九口，但她們感受到無比的幸福與喜悅，即使一個人只有不到十五呎的空間，即使生活困苦，她們亦由衷感恩這來之不易的「瓦遮頭」，並熱愛生活，享受社區，努力學習。她接著說起她們的社區生活，例如彼時在地下一眾鄰居擺放燒烤爐，舉辦燒烤聚會，一同享受佳肴，亦分享生活趣事，又彼此幫忙、噓寒問暖，而一眾小朋友、玩伴則一起做功課、複習、玩遊戲，談談心事。她還說起她們小時候玩的小遊戲，聽著她們在沒有電子遊戲時的奇思妙想，並從中獲取樂趣，我也不禁驚訝，他們在當時連一個公仔紙，也未必能夠隨心所欲地購買的環境中，利用各種的自然環境的產物，為他們製造了許多樂趣，想必創意也不差於現在的遊戲設計師，所以說老一輩古板欠缺創意或許祇是一個刻板印象。


如今想來，在香港七百萬人之中遇到這位老人，而這位老人又恰恰是荷美樓的原住民，這真是一樁都市奇緣，而她的一句句分享，在我腦中描繪出一副在那單棟的公屋中的社區情懷的美好畫面，也讓我不敢唏噓在現在各種條件都比多年更加之好的社會，人與人之間的情，情感卻越來越少，不要說房廊之中的人情味，同一棟建築，同一個樓層之間的鄰居，也未必相識，更不用說守望相助，共渡佳節。我也思考為什麼現代的人們如此的薄情，不喜歡與人交流，和人疏遠。

我想兩代人所經歷的苦難，或許是原因。婆婆那一代人逃難來香港，又要自建寮屋，在異鄉之中尋



找工作，養家餬口，當時的經濟條件又不好，婆婆一家更加之嚴重，恰逢天災人禍，好不容易建立得房子，在一夜之間被毀滅，只能輾轉多地尋找棲息之地，於是他們來到荷美樓，所以倍感珍惜，這也是為什麼他們如此投入社區生活的原因吧！而現在的人，就是公屋的輪候時間仍然漫長，但卻不如當初艱難，經濟條件的欣欣向榮令相當一部份的香港家庭已經經歷不了，那種來之不易的「瓦遮頭」的感覺，現今社會，或祇有艱難的劏房戶能夠做到多年前的情懷。

在屋邨之下的笑聲，現在也是非常罕有，通常只會出現在小學、中學、幼稚園放學後，又或是有家庭聚會同事聚會好友聚會之中，而社區聚會就仿佛銷聲匿跡。我想這位婆婆在走過一個又一個屋邨時，心中也會唏噓，為什麼上一代人的情懷如此快地流逝，而不能傳承到下一代。婆婆也為此盡力了，不僅僅擔任了荷美樓活化後的導賞，更在這奇緣中，向我一家分享了他的經歷。



佳作精選



爸爸的花樣年華

1 CH 陳加賞

有一天，我透過與奶奶的對話，得知了很多關於爸爸以前的事情，我就更加明白到他有多愛我。

以前，他可以經常和朋友一起吃飯、看電影，賺回來的錢也很充裕，可以去自己想去的的地方，可以和媽媽一起去日本旅行。但我們三兄妹出生後，他很少時間可以跟朋友相約，在空閒時間也會選擇帶我們去我們想去的地方，帶我們去吃我們想吃的東西，帶我們去看想看的電影，以我們的想法為先。

他從事保險工作，平時會跟不同的客人見面，然後推薦適合的計劃，再得到分成。在我們出世前，雖然他也很努力工作，但也有足夠的休息時間。在我們出世後，為了照顧我們三兄妹，還有給家庭傭工的薪水，他每天幾乎都在工作，回家後也會跟客人聯絡。

以前，他可以睡在自己的床上，舒服地入睡。但在妹妹出生後，爸爸將位置讓給妹妹，自己卻只能睡在地上的床褥，差不多這樣睡八年了。奶奶當時跟我說：「看着自己的兒子每天辛苦工作後，還要睡在地上，真是令我十分心痛！」奶奶的這番說話令我更覺得爸爸很辛苦。

在知道爸爸以前和現在的對比後，我更明白到他為我們犧牲了很多，我真是身在福中不知福！我曾經覺得現在的生活是應得的，但其實都是爸爸犧牲了很多才換來我現在的生活，所以我十分感謝我的爸爸，感謝他為了我們作出的所有犧牲！

看到爸爸的身影，令我感到自豪

1 GS 陳皓瑩

今天經過深水埗鴨寮街，看到商店有很多林林總總的模型，多不勝數。而眼前的巴士模型，令我不禁回想起多年前我發脾氣弄壞了巴士模型，爸爸默默地為我修理模型的背影。雖然過了很多年，但仍在我心裏泛起了一圈圈漣漪，令我時時為他感到自豪。

回想多年前的一个下午，我興致勃勃地打開我朋友送的生日禮物——一輛紅通通的巴士模型。我專心致志地一塊又一塊地把方塊連接起來。半小時後，我差不多快要完成了，只剩下巴士的門扣上就完成了。怎料，任憑我如何努力，也是浪費心機，門總是扣不上。我壓抑不住心中的怒火，狠狠地把巴士的門擲向牆壁，結果「噼啪」一聲，巴士的門像打破玻璃一樣，碎片散落在地上。最後，我像一個洩了氣的皮球一樣，心灰意冷地躺在沙發上，不理不睬的。

當時，一直在看電視的爸爸忽然站起來，沉默地走到牆壁，彎下腰把地上的模型巴士門碎片掃起來，並把方塊拾起來，再放在桌上。平時忙於工作的爸爸，對我總是愛理不理的，一副漠不關心的樣子。今次沉默寡言的他竟然在他的寶盒中找出一些材料，並砌出獨一無二的巴士門。我躺在沙發上看見爸爸埋頭苦幹，小心翼翼地拼合模型巴士門的背影，心中暗暗責備自己，悔恨自己的所作所為。爸爸一時皺着眉頭，一時低下頭思考，但他仍抱著不屈不撓的精神，堅持不懈地努力完成任務，真令我佩服得五體投地。為了將功補過，我立刻從沙發上彈起來，和爸爸同心協力把巴士的門安上，終於大功告成！

爸爸沒有責備我，反而為我拼砌出與眾不同的巴士門，他為我默默地修理模型的背影，深深地印在我腦海中，我為爸爸的愛感到自豪，我愛我的爸爸！

寒流下的街頭

ICY 李文榮

剛剛放學，鈴聲響起，我跟平時一樣，自己走回家。北風姐姐大地吹，令四周的路人寸步難移，他們全部的手伸入衫袋，趕路回家。

平日熙來攘往的大街變得非常冷清，路上只有少量學生趕回家。大雪簌簌地落在街道上，還有跳來跳去的招牌。看到這些招牌，卻不知不覺有點心疼；思考為甚麼招牌不可以收起來，要讓北風吹得它搖搖欲墜呢？

茂盛的葉子枯萎了，綠油油的草地變成了雪白的雪地。寒風吹過，葉子從樹上掉在雪地上，這情景顯得格外寧靜和冷清。

一路走着，發現天橋下有幾位露宿者。他們穿着破破爛爛的衣服；有的瑟縮在一角；有的在垃圾袋裏尋找可保暖的物品，這畫面令我感到十分心酸。不一會兒，有個快餐店老闆提著大袋飯盒給露宿者們，他們立即開心得連稱多謝。原來，一盒簡簡單單的飯就可以為別人帶溫暖。

寒流下的街頭真是非常寒冷，不過，天氣再寒冷，人間溫暖也不會消失。就算只是送個飯盒給別人，但是，亦可以在寒流下的街頭，令露宿者感到絲絲溫暖。只要每個人盡一點綿力，已經可以做到人間有情。



外婆的身影令我感到自豪

1 G Y 黃凱莉

有人說，如果你身邊有一個能為你無私付出的人，那是一件無比幸福和值得自豪的事情。恍神間，一個佝僂的背影在我眼前閃過，我知道，那個人是我的外婆。

今年暑假，媽媽告訴我外婆突然患上急病，需要我回鄉照顧，陪她到醫院接受電療和化療。外婆是個堅強的人，但是這些針也令她痛不欲生，我相信這些苦頭真的不簡單。但外婆仍然跟我說：「乖孫，外婆不痛，只是這冷氣大，令我不斷發抖。」然後露出一個和藹可親的笑容。我的心像被千刀萬刃刺穿一樣痛，看到外婆要承受那麼多苦痛，我淚流滿面，回憶不斷在腦海浮現……

小時候，我每次生病不願意吃藥，外婆總會細心、有耐性地餵我。外婆說：「苦口良藥，吃了藥你才好起來。」外婆一口一口餵我吃藥，雖然很苦，但也很甜。

接受治療期間，外婆變得臉色蒼白，沒精打彩，動作變得不靈活。儘管生命變得脆弱、內心無助，但她仍然撐出一副堅強的面容。她努力配合醫生的治療，按時服藥，接受不同檢查，她相信自己能克服病魔，重獲健康。

記得好幾次，醫生跟我們說要有心理預備，她的病情不樂觀。我們邁著沉重的步伐，隔著病房的玻璃窗，看著外婆身上插滿粗粗幼幼的管子，鮮紅的血不斷湧出，難過的心情湧上心頭，淚水不禁流下。外婆見狀說：「我會積極治療，不要擔心，我會好起來！」

幾個月後，外婆憑著不屈不撓的精神打敗病魔。每當我看到外婆在廚房為我燒飯煮菜，爬高爬低，總是不禁多看兩眼。想到外婆從小時到長大都以身作則，教導我學會堅強，我便感到格外自豪。

寒流下的街頭

ICY 曾朗程

當我從舒適的公寓向窗外眺望時，我被外面的冬日景象吸引住。儘管氣溫寒冷，世界似乎仍充滿活力。在街上，我看到一家人穿厚厚的外套，他們的呼吸在清新的空氣中形成一縷縷微妙的蒸氣。孩子們興高采烈地堆雪人、打雪仗，歡笑聲在冬日的空氣中迴盪。即使在寒冷氣溫下，我也看到一對情侶手牽手漫步，低聲交談。

當我看着這繁華的冬季全景時，我不禁感到一種溫暖在我心中綻放。這不僅是劈啪作響的壁爐或我手中熱氣騰騰的可可杯散發出來的身體溫暖；還有我的身體，這是來自於目睹那些勇敢面對寒冷的人們，他們的韌性、友誼和歡樂。

看到人們聚集在一起，擁抱冬天的美麗，簡單的時刻中尋找快樂，我心中充滿了深深的滿足感，就好像他們共同的笑聲和下面閃爍的燈光，給我的心注入了光芒，抵禦了外面的寒冷。

在這個寧靜的時刻，我感受到與充滿活力的人的深刻連結。他們的堅韌，散發出的快樂，讓我想起了人類內心不屈不撓的精神，即使在最冷的時候，也能找到溫暖和光明。

站在窗前，沉浸溫暖的家中，我很感激家人，我內心充滿了溫暖。我看到眼前的人與景感到安慰，儘管天氣寒冷，但簡單的團結和歡樂行為卻散發著持久溫暖。他們的精神有力地提醒我們，無論天氣如何惡劣，人心都能夠散發出溫暖、愛和光明。



颱風下的街頭

1 G Y 嚴紫珊

颱風來襲那天，由於好奇心重，我決定下街「冒險」一探究竟，親身體驗這場自然災害。街上鮮有人影，家家戶戶都緊閉窗門，似乎連街頭流浪的貓狗都躲進了安全的角落。

我一步步走向街頭，風聲呼嘯，在我耳邊，宛如一支無形的交響樂，雨點如針般刺痛我的皮膚，視線也被雨水阻擋。平日繁忙的街道。此時卻空蕩蕩的，偶然有車急速駛過，濺起的水花如同炸裂的水球。在這風雨交加的日子裏，街邊的樹木顯得格外脆弱，大樹被吹倒，壓倒了路旁的電線桿。商店的招牌搖搖欲墜，玻璃窗被猛烈的風雨擊打，發出令人心驚膽顫的聲音。

從不同角度觀察，街道兩旁的建築物似乎都在與風抗爭，外牆被雨水沖刷得斑駁，招牌的顏色也顯得黯淡無光。我來到一處低窪地區，這裏的情景更為驚人，積水已經淹沒路面，水流湍急，帶着各種雜物向下游奔涌。平日熱鬧的商圈宛如一片汪洋，停靠在路邊的車輛也被水流衝得東倒西歪。在這樣的環境中，聽覺、觸覺和視覺都被極大地刺激；風聲、雨聲、物體碰撞的聲音混合在一起，形成了一首交響曲。我的腳步越發沉重，每一步都陷入積水中，濕冷的感覺滲透每一寸肌膚。而眼前的景象更是讓人觸目驚心，與平日的繁華相比，讓人不禁感嘆大自然的威力。

颱風不僅給城市帶來巨大的破壞，也讓人們看到了自然力量的無情。從平日的繁華到颱風來襲時的狼藉，街頭的景象變化之大，令人震驚。這次的經歷讓我深刻體會到，面對自然災害，人類是何等的渺小和無助。颱風帶來的不僅是狂風暴雨，還有對人心的震撼。站在風雨中，我不禁感受到一種敬畏之情，這種敬畏來自於對大自然力量的深刻認識。颱風的威力遠超我的想像，不僅摧毀了建築物，還動搖了人們心中的安全感。這次的經歷將銘刻在我記憶中，提醒我在面對自然災害時，應更加謹慎和尊重。

我回到溫暖的家中，希望天下人都能擁有屬於自己的家。

一座別具特色的建築物

2 CL 林依漫

在北京有一種別具特色的建築——北京四合院。北京四合院表現了古時禮教文化和「家」的觀念。

四合院的結構是以一個大院子的四面建不同用途的房間。例如：倒座房，讓僕人居住；正房，為一家之主的主房和廂房，用來給後代子孫們的房間；後罩房，給主人的女兒居住的房子。房與房間之間只隔着門和走廊，表達「家」的觀念。

四合院的門前有各式各樣的雕琢（石雕設計），材料主要有兩種，分別有清白石（也用於故宮前的石虎）和看白玉（為純白色的大理石，也用於宮殿的石階和護欄）。主要使用了四種雕刻技巧，分為：平雕、浮雕、元雕、頭雕。在四合院宅門前多活用的裝飾是抱鼓石，有兩種造型，包括圓形抱鼓石和箱形抱鼓石。同時石雕作為中式建築不可缺一的裝飾藝術，有著深厚的文化內涵，能通過雕琢帶出古時能稱上巧奪天工的雕刻手法，顯出中國文化內涵。

四合院的建築風格與別不同。在外國，建築物都是孤獨的，一幢幢的，一點也不合群的呆子。而四合院的建築風格是在於「內」，由內至外的建設都是房子，而房子則像餃子的皮一樣把庭院包起來。房子不像外國的建築物，單獨一個人的。四合院的房子之間，還有像粗線一樣的走廊連繫起來，如同人與人心連心一樣。

此外，四合院歷史悠久，早在三千多年前的西周時期發現第一座四合院，位於陝西的岐山縣附近的村落裏的遺跡中。在漢代，四合院有新的發展，受到那時的風水學影響，從選建造四合院的地方至四

合院的房門佈局，所有步驟都要一氣呵成，只為有一套陰陽五行的說法。在唐代，四合院有着漢代的風水學說法及宋、元代的特色。在元明清時期，四合院逐漸成熟，忽必烈認為有錢人和官員才可在北京居住，便大量建造四合院，最後形成北京四合院獨有的建築。直至現在，有不少四合院已經荒廢。

四合院所呈現的禮教文化，也稱宗法禮制。古時十分強調親族血緣，要尊崇共用祖先，並維繫親情。及在家族內部也嚴格區分尊卑長幼。四合院的「四」字，是指東、南、西、北四個方位，而「合」字，是四面的房屋圍在一起，形成一個「口」字。這樣的建築佈局，顯示出家族成員之間有着緊密的關係，能促進家族成員之間的關係，也能和諧融洽地生活，避免成員為一些事起爭執，最後不和。

四合院不僅能呈現出中國的文化特色，還可見其中的禮教文化和「家」的觀念。四合院是一棟住宅，也是中國的第一個分身。



我的球鞋

2CL 鄧日賢

我慢慢地走向那陳舊的房子，物是人非，你也已經不在了。看着那擁有星星紋路的鞋，鞋的頭部就像一隻貝殼，還有那複雜的鞋帶，小時候真的搞不懂那複雜的鞋帶一條又一條，到底是怎麼繫的呢？你真的已經不在了啊，心情就像那鞋帶一樣複雜，你怎麼就這樣離開了。

還記得當時這對球鞋是小孩子們的最愛，那複雜的鞋帶一直繫不好。我明明不會繫鞋帶啊，為什麼你願意買給我啊？想到這裡淚水情不自禁地流下，彷彿回到了小時候，我哭著要媽媽買給我。雖然我不會繫鞋帶，但你還是買給我了。記憶裏鞋帶總是鬆開的，每一次你也為我繫上。

記憶裏，我經常穿著這雙球鞋跑來跑去，又穿著打籃球、踢足球，球鞋變得髒兮兮，但你每次都為我擦乾淨，用那充滿皺紋的手一遍又一遍地擦著。我學著媽媽的樣子擦著那雙鞋子的灰塵，我發現原來擦一雙鞋子這麼累，周遭頓時暗了起來，淚水再次流下：「為什麼你就這樣離開了，我一句謝謝也沒有說到。」

現在的球鞋日新月異，設計推陳出新，但我還是熱愛著這雙球鞋。那星星的紋路，那髒髒的樣子。

「嘩啦」，外面下起了傾盆大雨，我從悲傷的沉思中醒過來。我看看雙手捧著的小鞋，再看看那已經長大了的腳，已經再也穿不下了。

我的球鞋

2 G L 王凱昕



每個人都有一雙球鞋，它在我們眼裡都有著非同一般的意義，那個親手為你系上鞋帶的人還好嗎？

六歲的生日宴上母親將這雙球鞋贈給了我。

六歲正是最活潑頑皮的年齡。當時的我迷上了籃球，我還記得那天的陽光很暖，金燦燦的光輝普照大地，偶爾有一絲絲涼風吹過，捲走了身上的溼溼熱汗。我與同學撒丫似的在球場奔跑。忽的，「哎呦」一聲，只見左腳絆右腳，一屁股摔在了地上。「沒事吧？」同學聽到我的慘叫聲慌忙放下籃球向我這邊跑來。「沒事」我輕聲道。「都怪這雙球鞋。」我心想。同學的球鞋一對比一對有特色，我失落地垂下眼簾，開始迷上打籃球已有兩月餘，我還是沒有一雙像樣的球鞋。當我收到母親送我的這雙球鞋時，內心充滿著失落與難堪。這雙球鞋並不像同學們的球鞋一樣，有的有花紋，有的不同顏色，我的這雙僅有的是單調的白色。

隨著時間推移，我對這雙球鞋的心境也慢慢

發生了變化。我雖活潑好動，老是闖禍，但天生體弱，每次玩完回來便生病。母親總是訓斥，但也不起效果。母親雖然無奈，卻也毫無辦法。每當這時，她便會將被我穿得沾滿污漬的球鞋輕柔地擦拭乾淨，輕輕放回原地。球鞋的鞋帶總是鬆開，我只能用我的小手一次又一次系起來，卻怎樣也系不緊，總是走兩步就鬆開。好幾次我都被絆倒在地，坐在地上放聲大哭。這時母親便會跑來幫我將鞋帶系緊，抱起我輕聲安慰著。

這雙球鞋上佈滿了星星，就如同我的至親在黑夜與白晝中陪伴著我。這雙球鞋與其他的球鞋並無二致，唯一不同是將這雙球鞋的鞋帶系起的人。

當我再望向這雙球鞋時心中的難過已然消散，取而代之的是心裡泛起的波瀾與溫暖。

球鞋的鞋帶讓我想起母親的溫柔，鞋身上的星星讓我想起母親無微不至的關心，球鞋上的污漬讓我想起母親的存眷。

母親的愛如同冬日裡的陽光暖化了萬物，照耀在我的心上，而球鞋見證了世上最真摯的親情——母愛。

暴風雨後的校園

2GW 張恩若

「滴答，滴答」在大閘打開的一瞬間，一群精靈從大閘上跳下來，地上濕了一片，與精靈在水裏一蹦一跳的。

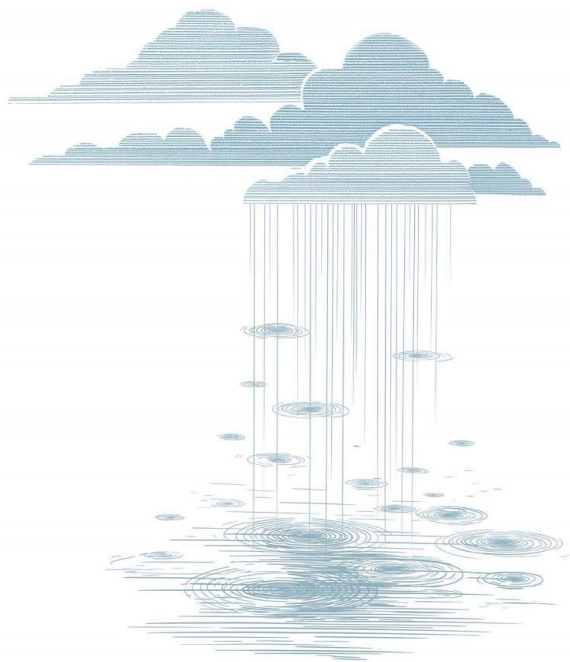
走入後門，雖然雨不大，但是還是有些雨精靈從我雨傘上發出滴答的聲音。一顆大樹映入眼簾，老師們不讓我們靠近，怕它倒塌。遠看，大樹整個身子都向前傾斜，搖搖欲墜，很快要跌倒似的，一旁有一條條「救命稻草」網綁着它。

一旁有一朵朵花兒半插在泥土裏，暴雨把花盆都淹沒了，只剩下一朵朵就在絕望的眼神裏活生生被淹死了。有些樹木靠着保護他們的鐵桿生存下來了。排球場的藍色地窖變成深藍色，看着也能幻想出昨晚它們很努力地保護着自己的生命。

望着學校外牆有很多水漬，與精靈們在牆上緩緩地滑落。我走上樓梯，從4樓看下去，從高處向下看。我從課室的窗口看，籃球場上空無一人，有一個籃球架被暴風吹壞了，丟在地上；還有一個籃球架也被摧毀了，但它並沒有被吹得丟在地上，而是半丟在空中，搖搖擺擺的，這樣增加了幾分危險。操場旁的垃圾桶也被吹翻了，暴風把垃圾吹得滿地都是，看着一片狼藉。

校工姨姨在收拾地上的垃圾，一旁壁報板因昨天的暴雨而變得筋疲力盡，它被吹得破爛不堪就像剛打完一場大戰。突然一陣風吹過，在壁報板上落下狠狠的一拳，重重地倒在地上，差點就倒在了校工姨姨身上。我看到如此的場景馬上跑下樓梯到籃球場幫忙，剛到，便看見有幾個同學和一個老師在努力地想把壁報板推起，我立刻走去幫忙。在我們的不懈努力下終於推起了，然後一起把壁報板換了新彩紙，看起來好了很多，煥然一新。

校園裏逐漸變得和之前一樣美麗，抬頭看見耀眼的天空，陽光照着大地，鳥兒也飛了出來，感受到溫暖，與精靈隨着時間一點點消失了。



世上果真沒有瞞得住的事……

2 GW 周祺樂

記得在六歲那年的秋，我和小伙伴提着一個大大的竹籃把一朵朵桂花抓進籃子裡，我就蹦蹦跳跳地回家了。讓奶奶給我做桂花糕。一回到家，奶奶看着我手裡提着的桂花，就用她那滿厚繭的手接過去，並撫摸着那些桂花對我說：「那麼多桂花啊，奶奶馬上給你做桂花糕。」接着我聽到奶奶小聲嘀咕道：「也不知道自己的身體還能再堅持做多少次桂花糕了……」一旁爺爺看到這一幕便嚴厲地對我說：「奶奶身體不好，尤其做桂花糕需要幾百次的敲打研磨才可以做成，對奶奶的手不好啊！」可當時的我任性不懂事根本不明白爺爺話中的意思，依然撒嬌的對奶奶說：「我就愛吃桂花糕，你幫我做！」爺爺正想開口罵我，就聽到奶奶打斷了爺爺：「小孩不懂事，我給寶貝做桂花糕吧，不會有事的。」隨後，我便隱約地聽到奶奶低聲向爺爺抱怨：「別向孩子說那麼多……」

晨晨青煙從廚房飄了出來，我正想像着一會兒就會有鬆鬆軟軟的桂花糕吃，也彷彿看到了奶奶一邊看着我狼吞虎咽地吃，一邊慈祥地眯着眼睛看着我享受的樣子。突然，廚房裡傳出來了痛苦的呻吟聲和爺爺大聲的呼叫聲：「快！快！快趕緊送醫院！」

這次我沒有吃成桂花糕，因為奶奶的手早患有疾病，醫生也一直囑咐她的手不能用力，奶奶原本想瞞着我們而不願醫生囑咐，卻沒想到手將永遠也不能伸展。

當我長大再次回到那間老屋時，屋子裡已經空了，我那甜蜜如糖的回憶依然還在，老屋還是記憶中的模樣，開門迎接我的還是手捧着桂花糕的奶奶。我的淚水在桂花糕的記憶中模糊。

世上果真沒有瞞得住的事，即使奶奶的愛也抵擋不住疾病的困擾，我永遠懷念我的奶奶對我的愛。

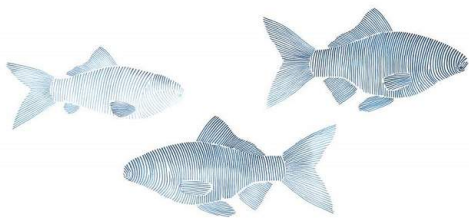
原來機遇一直在我身邊

2CW 江喜怡

每個人都一定經歷過挫敗，可不一定都知道的是，你的每一次迷茫背後都蘊藏着機遇。

此刻，我獨自走在這寂寞的街道，這回家的路我走的尤為緩慢，我享受着恰逢城市剛入秋迎面而來的蕭瑟秋風。陰暗天下的樹葉已沒了早晨那般沁綠，被微風輕吹動着，發出沙沙的聲音。直到我的視線瞥到了隔壁的小學，有群比我矮整整一個頭的女孩們三五群地往紅綠燈那蹦蹦跳跳，有說有笑地走去。我思緒也跟着她們的歡笑語飄到遠方。

還記得小學時，我的語文成績總是班級墊底，也常常因此被責罵，躲在黑夜裡悄悄落淚。可儘管如此，當時稚嫩的我絲毫沒有任何改過之心。硬是憑着「反正也學不會乾脆不學了」的心態度過了兩年。直到三年級時，語文加入了作文部份。上課時，老師苦口婆心地教導我們要牢記作文的格式，我卻不以為然。每逢考試，語文的卷子發下來後我便趴在桌上呼呼大睡，當作卷子發到我桌前時，我瞄了眼標題「窗外的風景」，但我沒有放在心上。正準備再沉沉睡過去時，可我還未閉上雙眼，



那暑夏的清風帶着寫作靈感，一股勁地向我吹來，吹散了我的困意，醒來煩躁地撓了撓頭，抓起差點被唾液淹沒的試卷。看了看窗外，又看了看試卷，心想「好像不是很難啊」，我便試着上課時昏昏沉沉的聽到老師的聲音「修辭」、「比喻」、「要大膽嘗試」，我試着寫着描寫了幾句，沒一會，我便對寫作來了興趣。

一通「魯迅上身」後停下筆，我端詳着考卷裡的内容，不禁感嘆「根本就沒有想像的這麼難啊」。後來，我便狠狠抓住這根「救命稻草」，這是上天給我躍升的機會，我又有甚麼理由不把握住。原以為這「作文」又是一噩耗，可誰知，後來的我卻深陷寫作的魅力，感受過文字的力量後便無法自拔。之後我越來越積極求學於寫作，憑着積極的態度和扶搖直上的成績，連老師也吃一驚，「看你這般轉變，我很欣慰！」

也許是三年級那場考試窗外的風景點醒了我，我不該如此墮落。學習的時間甚少，就像那清風刮過我臉龐那剎那轉瞬即逝，此時不珍惜更待何時？我曾聽過一句話「物極必反，否極泰來」，逆境達到了極點就會向順境轉化。

我們會因成績落後而默默流淚，也會因迷茫未知的前途而恐懼不安，我們所走的每一步都終將鑄成通往未來的磚瓦，所以請大膽，放肆地走腳下的路，也不要畏懼坎坷，願未來的我們回頭看，發現原來機會還一直在我們身邊，輕舟已過萬重山。

原來友情一直在我身邊

2CW 柯梓欣

平常覺得理所當然的友情原來是非常難得的。

剛上中學那時，我孤獨一人在校園裡徘徊，在同學們和朋友開心聊天的時候，我一個人靜靜地思考著：「我該做些什麼才可以加入他們的小團體，才可以擁有那麼多的朋友，不會再感到寂寞？」

過了一個月後，我以為我就只能一個人這麼度過這六年的校園生活。直到戶外學習日，有一組同學發現我一個人站著不知所措，過來詢問我怎麼了後，才發現我一直沒有朋友，問我願不願意和他們成為朋友，我表面上淡淡地說了一句：「好啊！」實際上我真的非常感謝他們願意與我成為朋友。

後來，經過聊天才得知，其中一位朋友原來從開學就已經留意到我，卻因為膽怯，並沒有主動找我聊天，我聽到後哭笑不得，跟她表示下次可以大膽點。幸好，我們還是成為了好朋友。她會在我遇到困難的時候幫助我，無聊時與我聊天解悶，遇到任何好玩有趣的事物都會與我分享，就這樣一直互相扶持地升到了中三。本來就悲觀的我，遇到了人生中的第二個重要決定，因此感到迷茫和焦慮，每天都充滿著負面情緒，只有她一直陪著我，開導我。在我眼裡，她就像一束光，把我從黑暗中拯救出來，讓我在中學不用獨自一人，感到孤單寂寞。友情很可貴，每一段友誼都值得讓我們去珍惜，珍惜與朋友相處的任何瞬間。

由此可見，原來友情一直在我身邊。

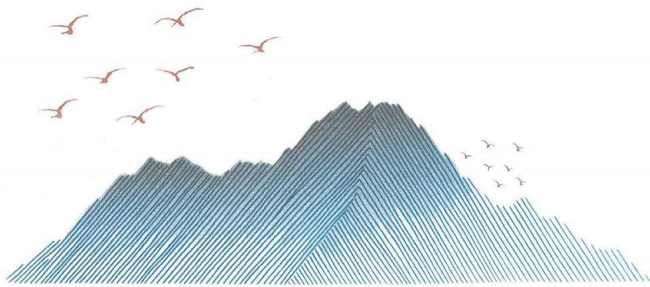
原來幸福一直在我身邊


2 L S 文浩臻

幸福到底是什麼？這是我摸不着頭腦的疑問。有人明明生活艱苦卻認為自己幸福；亦有人衣食無憂卻認為自己並不幸福。也許每一個人就會有一個截然不同的答案吧。我曾經為自己難求體會那所謂的「幸福」，我直到那一刻，我才明白原來幸福一直在我身邊……

還記得小時候，爺爺是除了父母之外最疼愛我的人。他的頭髮花白，滿臉皺紋，彎着身子，身穿藍白色的襯衣。爺爺與奶奶居住在鄉村老家，過着種菜養雞的生活。我家因離老家遙遠，即使乘搭高鐵這種風馳電掣的龐然大物，在鐵路上全力衝刺，也至少需要花上五至六小時，因此基本上在放長假時才回去探望那兩個高大的白髮老人。由於我和家人很少回去，因此我們每次回去，爺爺和奶奶都會高高興興地迎接我們的到來。

爺爺寵我寵到上天，他把我當作是他童話故事中的王子，他便是負責保護我的待衛。還記得以前在家中，他為了防止年幼的我在窗邊發生意外，特意買了欄杆讓我父母放置在窗。又記得有一次，爺爺攀山涉水，來到我家，我跟着爺爺在街上走走，我當初成了一只跟屁蟲，黏在巨人的腳後面，不願分開，哪怕一秒。當時在路上，我只是望着別的小孩在享受人間美味（棒棒糖）便嘟著小嘴，生著悶氣，父母也拿不了一點辦法，而爺爺則去附近的便利店，買了水果糖哄我開心，當時自己一度認為這是理所當然的事。



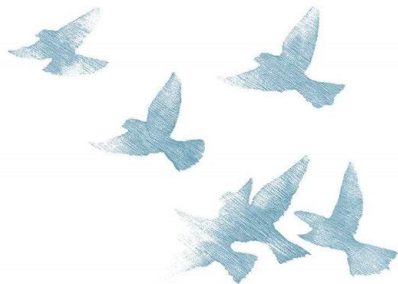


美好的時光總有盡頭，一天我收到一個令我大受打擊的消息……當我們急急忙忙趕去老家時，爺爺已因病躺在牀上，戴着呼吸面罩，說話支支吾吾地，難以表達自己所說。第一眼我只覺得自己的天塌了，從陽光明媚的白天變為黑暗無邊的黑夜。第二眼我言不語地望着他，心如刀絞。第三眼，我泛着淚光，眼淚雖想流下，卻就是流不下來，只覺眼睛微微泛濕透。第四眼……

過了約一兩個星期，具體時間我也記不清了，爺爺便在這時離開了我們……我心裏不是很滋味，又想這一切都是一場夢。當我醒來，回味惡夢時，望向前方，父母雖眼角泛紅，明顯在不久前才大哭一場，他們卻抱著我出言安慰……

現在想起，自己當時的想法真是不知天高地厚。而好好回想自己的經歷，不論是年幼還有長大的我，我在何處；我有什麼；我做什麼，總有人在背後關心我。人生好比作一場賽跑，當你衝刺，有人會為你加油打氣，不在乎你的輸贏。幸福從未離開我，只是衝刺時太專心，自己未發現罷了，只需要停下腳步往上望向「觀眾台」，便可發現「幸福」，但我一路上沒有留意，失去了才察覺到……

原來幸福一直在我身邊。





我最欣賞的文具是原子筆


2 L S 王俐媛

你還記得你人生第一枝原子筆是長什麼樣子的嗎？我有一枝伴我度過了無數個春秋的原子筆，它每天都和我在一起讓我學到了很多，它就像輔助我在戰場上的長矛一樣幫助我進攻知識的寶庫。那支原子筆外表是平淡無奇的墨綠色，外表畫著一段音符而有一隻圓滾滾的小鳥站在樂譜上。雖然它的外表很普通，但它的作用很大，隨著它的生命被日復一日的耗掉，我的知識量也在年復一年地增進。

在這個瞬息萬變的世界裡，有一種小巧而普遍的存在，它輕巧、靈活，卻又蘊含著無窮可能性，那就是原子筆。原子筆，簡單的名字卻蘊含著深刻的含義。它是一種可以流暢書寫的工具，宛如一位詩人筆下的墨彩。當我們握住它，輕輕一寫，思緒在紙上舞動，如同音符在樂譜上奔馳。這是一場屬於心靈的旅程，由指尖開啟，由文字演繹。也猶如一位默默無言的朋友，陪伴我們走過歲月的長河。當我們在書寫中流露情感、記錄生活的點滴，它成為了見證者。它的墨水，仿佛是我們心靈的血液，每一滴都蘊含著真摯的情感。這不僅僅是一支筆，更是一段時光的見證者。在它簡潔的外表下蘊藏著深厚的技術。它的筆尖微細而堅韌，每一筆都能夠在紙上流暢滑過，如同一種藝術的表現。科技的進步賦予了原子筆更多的可能性，讓它成為書寫的極致工具。

在這個時代，數碼化的風潮席捲而來，原子筆仍保持著其獨特的魅力。它彷彿是一片寧靜的海洋，不受外界干擾，任由我們的思緒在紙上草擬，如同一場靈感的風暴。原子筆不僅僅是一種書寫工具，更是一種生活的態度。它的存在，讓我們在繁忙的生活中找到一絲寧靜，讓我們的思緒得以宣洩。原子筆，如同一首抒情詩，輕輕地在我們的生活中綻放著屬於它的美好。

原子筆是由四個主要部分組成的：彈簧、按鈕、筆身和筆芯。其實它就像我們人類一樣每個人都是一個帶著很多齒的獨特的齒輪，我們都感到自己的不完美，感到自己的缺陷和需要。但是，天地間找不到能完全咬合、順利運轉起來的兩個齒輪，他們會有契合之處，但是總會在碰撞中打掉自己的一



些齒，然后在運轉中慢慢磨合。齒輪的大小和齒數可以根據需要進行設計，以實現不同的速度和轉矩傳遞。這就代表我們的人生中，每個人都有自己獨特的能力和角色，彼此之間的互補關係是實現成功和平衡的關鍵。而齒輪的咬合使得動力能夠持續傳遞，實現連續的運動，所以我們要持續努力和堅持，不斷追求目標，才能成長和獲得成功。但是齒輪的轉動又可以將動力傳遞到其他部件，進而影響整個機械系統的運作，所以需要慎思明辨，因為我們的行為和決策都可能對他人產生不同的影響。人類像原子筆一樣，是這個世界上最獨特而神奇的存在。

原子筆有著無窮的可能性，而人類也同樣具有無限的潛力和創造力。原子筆的筆尖微細而堅韌，能夠在紙上流暢書寫，這就像人類的智慧和才能，能夠在生活中展現出卓越的表現。人類憑藉著自己的思維和創造力，能夠創造出美麗的藝術品、發明出令人驚嘆的科技產品，並且在各個領域中取得重大的突破及成就。

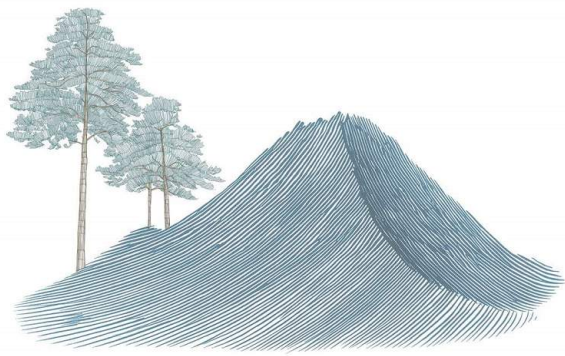
原子筆的墨水，仿佛是人類心靈的血液，蘊含著真摯的情感。人類擁有豐富的情感世界，能夠表達愛、喜悅、悲傷、憤怒等各種情緒。這些情感使我們更加真實、有血有肉，並且能夠與他人建立深厚的情感聯繫。它的外表簡潔而精巧，但內部卻蘊藏著複雜的技術。這就像人類的身體結構，外表看似簡單，但內部卻擁有著精密的器官和系統。人類就像原子筆一樣，具有無限的潛力和創造力，能夠在這個世界上留下自己獨特的痕跡。我們的智慧、情感和身體結構使我們成為這個世界上最特殊的存在，並且能夠不斷地發展和進步。讓我們珍惜這份獨特的存在，用我們的才能和情感為這個世界帶來美好。

當我撫摸著手腕中指第一指節上那塊凸出堅硬的老繭，我知道那是你與我相伴多年留下的痕跡，這讓我又漸漸想起近在咫尺的你。細細數來，我與你相伴也有三年頭了。小時候，自從我第一次拿起你，就對你愛不釋手了。無論往哪裡我都帶著你，好讓我這個調皮鬼在別人的衣服上、家裡的牆上都留下了我的「傑作」。於是，我笑了，看著爸爸熟睡時的「花貓臉」笑了，看著雪白的牆長著三朵巨型的向日葵笑了。與你相伴，我一直快樂著。

長大後，我不單單執著於單調的顏色，我喜歡你絢麗多彩的樣子。於是，我拿起了另一個樣子的你，你穿著不同顏色的晚禮服，在我手裡，在不同的紙上，跳出一曲優美的華爾茲，舞出動人的姿勢。時而在你腳尖，面對一面山青水秀的水墨畫；時而用裙子擺，舞出激動昂揚的紅日。

我記得的，你最喜歡和我生硬的腕關節跳那一曲子，那便就是「文字」。我的中指摟住你的細腰，輕輕滑過每一個小格，上面，留下你辛勤的汗水。然後，我的大腦也與你相伴，和你進入知識與文字的舞台，與你共舞。原來啊，我食指的指尖也得向你俯首稱臣，它晚年的一切，只是為了與你相伴，生怕你這優秀的舞者飛到別處去。但是，我仍然在忙碌中遺忘了你。我忍不住嘲笑自己的個性，我竟然忘了陪伴了我多年的老朋友。

其實圓珠筆和我們也一樣是有壽命的。一旦筆芯內的墨水用光了，或是圓珠損壞了，就像我們人一樣生命也快要結束了。儘管墨水用光了，圓珠損壞後，還可以換一枝筆芯，但這支原子筆不再是原來那枝原子筆了，他的生命也即將結束了，它奉獻了一生，在最後只能被人丟棄，被遺忘。我們人應該向原子筆學習，一生默默為人奉獻及付出，即使生命已經結束了，但仍然繼續獻出自己，造福別人，它這種默默奉獻不求回報的精神值得我們學習。



暴風雨後的校園


2 L S 楊泳琪

據天氣報告所說，昨日發生了一場大暴雨，不用上學，因此得以在家中放鬆身心。而今日又前往學校，看看是否安好。

我先帶同友人一起去了看校門口的那棵芒果樹，它還十分安祥地站立在濕漉漉的泥地上，而它四周原本生長得蓊鬱鬱的小灌木卻被狂風吹倒了。綠葉上的露珠晶瑩剔透，白裡透紅，沿着葉子的邊緣慢慢往下流。正如也斯所說：「這些事物自有它們的生命。」我們沿路前行，走到操場後的那根水管那生滿鐵鏽的外皮上凝聚着透亮的玉珠，水管上爬行，然落在下方的水盆裡那水管看着年久失修。我便叫友人觸摸看看，誰料她真的伸手，我連忙阻止，她又把手縮回來了。光滑的水漬在管道上留下新的痕跡，覆蓋着舊日的記憶。

眼睛一轉，往日嬌娜的花兒已經淹沒在咖啡色的污水裡，曾經若是經過必定嗅到的縷縷清香也不復存，取而待之的雨水落入泥土後飄出的如同在仙境中的少女身邊薄薄的青霧的芳香，像是暴雨在炫耀它的勝利。而泥土上原應生滿彌望的綠油油青葉也只存在記憶之中了，橫卧在地上的農作工具，它們未被來得及收起，落寞地，破碎地，在地面上哭泣。也許如此，也許它們很高興在雨中盡情地舞動綠中帶紅的菜苗，被猛烈的風吹紅石磚上，扭曲着，而又離別着，就像人們，不斷地相見，而又向對方說着方說着再見，但暴風後又會有人去種植的花兒，牠會更美麗，更鮮嫩，更留念。

轉出食堂，我們來到自動販賣機前，那是一台十分方便的機器，只要按下按鈕，然後拍上「萬用卡」便會掉下一瓶鐘意的果汁。可惜如今的販賣機沾滿了風雨打來的污水與樹葉的殘渣，人們都見它邋遢，不願觸碰它，以往人山人海的門口，現在也只得零零散散的幾人，我走上前買了一瓶桃子茶，沒想像



中那麼糟。轉入食堂，坐在椅子上看着門外破裂的景色，玻璃門上貼紙在光明的映照下影成一片片的影子，如同一列冰冷的鐵絲網，冷酷又溫情。起身，販賣機上落着那翠色欲流的幼年小樹漂下的青綠葉子，記憶就像這些事物一般，「暴風雨」後仍會更重開端，並結識更好的回憶。

嗯？太陽出來了，灰濛濛的烏雲也隨之散，看着這種種景物，不知這場風雨對它們而說是喜或哀，但每一人定是會遇上自我的那份寶貴，珍愛的回憶，而以往的回憶。即使是再無法遺忘，再無法忘記，令人痛苦和悲傷的言語，也要遺忘，遺忘過去是那把唯一的利刃，逃離那個將你困起牢籠，讓一場浩大的暴風雨，洗刷過去，在離去前，再向記憶獻上最後一吻。

樓下有情

2 T Y 馮欣瑩

一個風和日麗的下午，媽媽帶着我和外婆坐在一輛巴士上，前往她們曾經住過的屋邨。到達了目的地後，我放眼望去，便發現了幾座不高不矮的建築物，因為時代的變遷，由原本在當時來說都算得上華麗的大廈，因敵不過歲月的摧殘，加上經歷過不少風風雨雨，變成了現在看起來較陳舊的樣子。

在屋邨附近走着，便到了一間賣衣服的店舖，外婆告訴我原本這裏是一間當時的鄰居李叔叔開的一間麵包店，從店裏傳出來的香氣，總是會吸引小時候的媽媽去買菠蘿包吃，當李叔叔心情好時，還會請媽媽她吃呢！

看到距離這裏不夠二十步，有位女士正在賣着燒賣魚蛋的店舖，媽媽立即飛奔過去。看着比以前相差了好幾倍的價錢，媽媽還是為了吃那個回憶的味道而買了。當我們一起吃着加了不少鼓油的燒賣和魚蛋時，我從媽媽口中得知原來這是她以前放學時經常和朋友來吃小食的店舖，剛剛那位女士正是當年住在樓下王婆婆的孫女，王婆婆以前還會多給媽媽幾粒魚蛋吃的！媽媽還笑稱她以前為了不讓我外婆發現自己因吃太多東西而沒胃口吃晚飯，便常常躲在後樓梯裏吃呢！



坐在長椅上，吃着剩餘的燒賣，媽媽便繼續訴說她的學生時代在這屋邨經歷過的溫暖事跡。她告訴我以前有時候當家裏沒有豉油、糖或米的時候，總是會向左鄰右里借，同樣當他們不夠油或鹽時也會來借。當我公公婆婆要工作到深夜時，她便會到鄰居李太太家吃晚飯，有時甚至會在那裏過夜。外婆也補充說當李太太和李叔叔要回鄉下探親時，他們就會把女兒交給媽媽照顧，媽媽會教她做功課、陪她溫習測驗默書；自己會煮飯給她吃，幫她洗衣服，晚上還會一起看電影。這種人與人之間的守望相助，互相幫忙的精神現在已經不太常見了。

轉眼間到了黃昏，趁着太陽伯伯還沒下班，我們趕緊到了車站等巴士回家去。在排隊的時候，媽媽說她以前上學時會在巴士上睡覺，有時候自己會睡過頭，不知道要下車。幸好，住在她家樓上一位姓陳的姨姨和她是同一個站下車，因此當陳姨姨看到我媽媽快到站還在睡覺時，她就會拍拍我媽媽的肩膀，提醒她快到站了。

我們繼續在屋邨附近徘徊着，媽媽不禁感歎這裏轉變了很多。那個她曾經生活過差不多二十年的地方，聽過她在公園時玩耍的歡笑聲，聽過她因跌倒受傷而哭泣的聲音，非常熟悉的屋邨，現在已經和她小時候認識的不一樣了。

當天，我聽完媽媽和外婆分享她們曾經在那個充滿着人情味的屋邨的人和事，我慢慢地察覺到不但是以前看起來乾淨漂亮的大廈不見了，就連那種左鄰右里的守望相助之情也消失了。

重返小學有感

3 L Y 潘美婷

時間在悄然流逝，年華在匆匆而過；時光無限荏苒，光陰不再重複，記憶永遠成了昨天。翻著手機裡和初中老師和同學們告別的照片，才意識所有的記憶碎片已經停留在三年前，想念的思緒突然湧上心頭。我計劃著重返校園，找回昔日的初中青春天堂。

緩緩踏進初中校門，映入眼簾的是門口那株高大的松樹，它依舊屹立在那，迎接著每一個同學走上求學路，但是似乎，它變得更加翠綠了，站得也更加挺拔了。主枝蜿蜒向上，枝葉在風中搖曳，顯得比以前初識的樣子開得更加繁茂了，一股熟悉又陌生的氣息席捲而來。從前的我日日夜夜盼望著結束住宿生活，感覺度日如年，每個放學天都是第一個衝出去。可如今，我感歎著時間像被吹散的蒲公英，快到原來初中記憶裡有味道的風景已經漸行漸遠，快到我開始煩惱承擔責任，快到我後悔沒有好好享受那時的無憂無慮、開心快活。

聽著清脆悠揚的鐘聲中夾雜著學生們匆匆忙忙的脚步聲，我沿著樓梯走到二樓，發現一片新穎的景象。我記得那時這所學校是新建的，四周都是淡淡油漆味和不健全的設施，但如今已經發生了翻天覆地的變化。新的宿舍樓拔地而起，兩層圖書館成為了學生們的閱讀天地，各類實驗室、藝術室等設施也應有盡有。最讓我眼前一亮的便是學校的操場，草地泛著淡淡的綠，跑道像是一條紅白飄帶，紅色的塑膠在陽光下炫耀著自己的活力與朝氣。看著同學在這操場上瘋狂地奔跑，喜悅和汗水揮灑在這片土地上，一次次的歡呼，一次次的哀歎，環繞在耳邊。心中充盈著可惜和欣慰，為當初不能夠和他們一樣肆意奔跑感到可惜，為他們可以在操場上找到幸福的笑容而欣慰。為了彌補這份遺憾，我沿著跑道慢慢行走著，不禁再次感歎時間沖刷一切的能力，記得操場一開始還是一座矗立著的小山，又過了一年之後變成被鏟平的灰色平地，被圍著施工，我與朋友常在宿舍窗邊嚮往著在這麼開闊的操場上一起小跑，遺憾的是最後

一年並沒有建好，我開始在跑道上加快速度，為青春奔跑，燃燒自己。

漫步在這座宏偉的校園裡，仿佛置身於一個迷人的小型城市，每個角落都充滿了學術氣息和青春活力，但是靜下心的同時，又可以發現學校的景色美麗得讓人心醉神迷。廣大的校園內綠草如茵，有銀杏、香樟樹、木槿花，但是桂花樹總是帶給我清新脫俗的感覺。當初秋的微風輕拂，桂花樹開始綻放出嬌豔的花朵。那些花朵小巧而精緻，宛如星星點綴在枝條上。當微風吹過，空氣中彌漫的淡香，飄落下來花瓣如同一片片金色的雨滴，讓人感到心曠神怡。隨著秋天的深入，桂花樹的花朵漸漸凋謝。花瓣從鮮豔的黃色變成了深黃色，逐漸褪去了生機。然而，即便是凋謝的花朵，依然保留著一份獨特的美麗。它們在枝條上靜靜地凋落，仿佛是大地為逝去的美好而默哀。我驚歎一切都是瞬息萬變，那份飽含著活力和熱情的初夏果實會逝去，但它們在心靈深處留下了永恆的印記。

已是黃昏時刻，我在走廊走著，看著教室裡的學生埋頭苦幹地度過晚上自習。曾經的我們正是坐在這個教室裡聽課、打鬧。然而曾經已成為過去，只能回憶而無法觸碰。但不變的是在這將會有一群像從前的我們一樣求學的學弟學妹和將在這裡為新一代傳授知識的老師。

校園在落日的餘暉籠罩下陷入沉寂，安寧，我陷入了深思。學校的改變就像成長、蛻變成蝴蝶，連周邊的一草一木也開得比從前茂盛、頑強。我們也一樣如此，要經歷像毛毛蟲破繭而出時的痛苦，才會學會成長，才能蛻變。重返校園，我見證了學校的改變，學校也見證了我的成長，我不舍地走出校門。若時間像河流一直沖刷過去，那回憶就是一首青春讚歌，忘了歌詞，卻能哼出明媚而充滿活力的旋律。



重返天秀墟有感

3 Y Y 陳政榮

天秀墟，一個位於新界區天水圍的草市。香港本就是個彈丸之地，天秀墟這樣比較一來可謂是一畝無足輕重的小地。然則正正是這所謂「輕如鴻毛」的塵世一角，卻承載了於我個人而言在我心中無比沉重、寬廣的童年。

年幼時，即大概於我年約小學的時候。我的姨姨便在天秀墟當中的一鋪營商為生，而偶爾母親也會到此幫忙、看管並整理店鋪的貨架，以幫輕姨姨的壓力。這使與母親形影不離的我童年大部分的歲月都是在這處渡過的，亦令我對這處相處多年的地方情懷頗多。

近日在遊經附近的天秀輕鐵站時，機緣巧合地我收到了天秀墟已翻新的宣傳單張，或許是出於閑來無事的好奇，亦有可能是為了追憶已逝去的童年。我決定獨身重遊故地，盼著能從這急速發展的城市當中找到昔日童年的輪廓。

走近天秀墟的正門，這裏的牌坊可謂歷古至今從未改變。依舊是那鏽跡斑駁的鐵閘、那零散點綴着的海棠，以及那赫立在門牌上「東華三院」的四個大字。此等不變的景色，可令我感到無比熟悉，但順着入口處的涼意、仔細觀察後，我卻發現保安亭的變化。

回憶當中，此處的保安亭佈置簡單，當中只設有一張簡樸、鮮艷的紅膠椅和陳舊的老式電風扇。平日裏，在這裏值班的大多是陳伯，一個慈祥的老人。即使於夏日在保安亭裏熱得滿身大汗，他仍然會優先把雪條讓給年幼的我，是一位無比疼愛小孩的長者。我常問他為何不向上頭申請好些的設施，他卻總說新的不必是好的，節儉才是美德。多年後的如今，保安亭已全面升級。加裝了獨立的空調系統，寒氣側漏在入口處，而椅子也換成了更為符合人體工學的辦公椅。一切的設備都優化了、換新了，唯獨是陳伯卻消失得無影無蹤。這使

我不禁慨嘆歲月不留人，徒然地暗自神傷起來。

然而由不得情感左右我的行程，進入天秀墟的第一時間，我便走到了昔日姨姨的店鋪觀望。升上中學時，姨姨便在外頭找到了更好的鋪位，搬離了天秀墟。而我也從那時候起，漸少來到天秀墟的，但沒想到如今此處仍然空置着，正待租用。這在從前萬家燈火、喧囂熱鬧的天秀墟可是不敢想像的事，但看着如今人跡罕至、靜默的街景，這一切又是多麼合理。兒時，當母親代姨姨看管店鋪時，我總是不覺地在店門旁的小桌子上做起功課。那時人流洶湧，加上城市本身狹窄，坐在門外三兩時免不了會被推搡。但這也是迫不得已的事，畢竟店鋪才那麼一點兒大，再要讓我做功課便沒有位置容得下貨架了。如今不要說是坐在門外了，我想即使躺在那路上也不會礙事。天秀墟的衰落其實也是意料之中的事，畢竟在急速發展的香港，這種早市能保留至今已可算是奇事，如今翻新整體，我想也只是不過是垂死掙扎罷了。

在我像是個傻子傻站在空店前時，忽然一股香氣飄來。聞香而來，走到毗鄰街角的盡頭，映入眼簾的是一間從未見過的香料店。我並無被眼前陌生的店鋪引起過多的注意，反倒是這熟悉的鋪位令我陷入了思緒。我想起了，那兒從前應是間理髮店。因鄰近姨姨的店鋪，所以每逢剪頭髮我便常來光顧，久而久之，我亦與該店的兒子混熟了。常於店前的空地嬉戲玩樂，玩着一些像是鬼捉人、紅綠燈的童趣遊戲。那時的我是多麼無拘無束、真摯幸福。不懂也不會憂心明天，只着重於眼前與同齡人玩樂，好不純真。如今這處成了香料店，前店主和他的兒子也不知所終，繼陳伯後於天秀墟又多了一位重遇無期的故人。他們的離去不知怎的好像也帶走了我的童真。

沿着街巷走到後門的出口時，我忽瞥見一棵無比壯觀的桑樹。逛了整天，天秀墟整體的事物給我的觀感都是相比起兒時「縮小」了，相反，變大了的東西可是頭一會兒見。小時候，這棵桑樹還是一棵與我齊頭並進的矮樹，如今卻已茁壯成長、巖然直立，約有八呎之高。繁枝雜放，落葉紛飛。它青春；它不屈；它無悔，彷彿在用生命綻放出絕美的讚歌似的，不是為了別人，亦不為什麼，只為求自己片刻的盛開、那無憾的結果。

這天我的心情總是在懷緬過去，鬱鬱匆匆，在看到這棵桑樹的一刻，我卻釋懷了一切了。隨着時間的流逝除了離別，原來生命一剎的光輝也常在啊。

口罩

3 Y Y 王凱琳

藍白色口罩護住你的口鼻，罩不住你溫暖的叮嚀。

我自幼喜歡童話故事，那裡的英雄如救世主般，萬中無一，鋒芒畢露，凌駕於芸芸眾生，救萬物於水火。後來，一場疫情的蔓延，口罩成了那個時代的代名詞。那個只能兩眼對望的時期，是父母事無鉅細的關懷，戴口罩奔波人海，把心愛的藥劑注入難忘的時光。

那年我從香港返回內地，父母早已在對岸焦急等待。我剛出關口便聚集在隔離區，這是我第一次與父母分離兩個月，與外婆同住一屋簷。

與父母重逢的瞬間相顧無言，但彼此讀懂了眼底思念。人群洶湧中，那兩雙口罩上的眼暴露在我的視野。迷茫中，是他們披著夕陽並肩向我邁前，隔著欄杆，我依稀感受到母親掌心的溫度，她帶了奶茶、口罩和我想看的書。她比任何一個人都心疼一個十一歲的孩子獨自跨過排隊四小時的關口，還被人插隊的無助。

夕日欲頹時是時候分別，父母再三叮囑我用那個防護級別更高的口罩。離別時，口罩上的那雙眼微微濕潤，或許口罩從未隔絕人與人的交流，只是讓人知道最真摯的情感永遠會在期盼的眼裡流連。

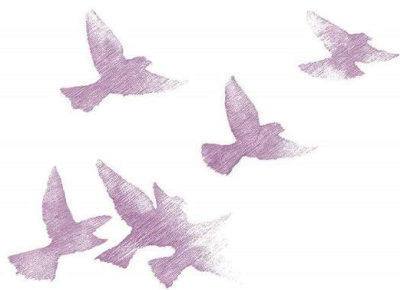
八點的夜幕隨大巴車延伸到僻靜的村間，那是我從未去過的地方。我只知道我坐了很遠的路，一路上有無數白衣天使的守護。程序辦好後，我終於入住空蕩的房間，「床前明月光，低頭思故鄉。」電話聲劃破長夜，是父母從家裡帶來我愛吃的食物。

下樓通過工作人員拿到熱氣騰騰的便當，如愛一般沉甸甸。隔著酒店門口的對望距離明明那麼短，又那麼長，像隔了萬千宇宙的匆匆一瞥，一刻也是永遠。

我實在不知道他們驅車趕了幾里的路，夜晚九點奔赴未知地方該有多迷茫，但我知道所愛隔山海，那便山海皆可平。

回去那夜，媽媽早已在家中做好我愛吃的東坡肉。當我脫下口罩，才恍然發現千里歸途終於走到團圓。父母就像那面口罩，永遠在前方替你遮風擋雨，輕輕貼在你的臉頰，是世間最為親密無私的關係。

那年我不再沉浸於童話故事，我的人生沒有超級英雄，有的只是父母和一個又一個甘願付出的普通人。他們把所有能力傾注，才有了劃破長夜的黎明。這些口罩似乎成為了一代人的回憶，那是一段共同奮鬥的嵯峨歲月，是一段連接人與人之間的廊橋，是永遠隔不斷的愛意連綿。



夕陽

4CC 蔣筱君

我坐在沙灘邊直到夕陽西下，才不緊不慢地收拾，往家的方向走，溫暖的路燈照亮着我回家的路，晚風輕輕吹過，樹葉發出悅耳的歌聲，看著影子因路燈的照射產生變化，一會兒拉長，一會兒減短，不知不覺就到家了。

夕陽每一天都有，隨著地球自轉，太陽有日出日落，而這便是一天，日落時的夕陽，並不代表結束，而是歸家的溫馨提醒。

每一天都有夕陽，而它是最美的景色，當我們看到時都會下意識拿起手機記錄下來，將這等景色保留下來，但卻很少有人去真正的感受，這大自然的溫暖，我們將它拍照保存分享卻不用眼睛去感受。

隨著高樓的興建，大城市隨之而來，人們開始為兩點一線的生活奔走，一天的努力後，早已過了日落，依靠著路燈拖著疲累的身體，看著時鐘的時間，才歸家，沒有感受一絲夕陽的溫暖。在這高樓之中，夕陽變得可有可無，只不過是為了一天增加些許色彩。

不經意令我想起小時候，我被外婆外公帶大，那時常與小夥伴們跑到小溪邊，而外婆說過的最多的話就是「記得在夕陽的時候就回家」，那時的我們總覺得時間過得很快，淡藍的天空漸漸地染上黃色的水彩，而我們總覺得還沒有玩夠，每次都等著夕陽下的最後一點餘亮，才會踏上回家的路，就像是一場和太陽的比賽。

不知不覺我們已經可以爬上屋頂了，自那以後，這場和太陽的比賽我們再也沒有輸過了，我們總是



趕在夕陽之前爬上屋頂，看著一個個村民們辛苦勞動了一天後，被夕陽擁抱著回家的觀景，而太陽似乎已經成為了我們的小夥伴，更是村民的小夥伴。

而每當夕陽回家時，外婆都會煮好美味可口的飯菜，我們都會趕在外婆喊開飯之前，就已在飯桌前坐好等待外婆端出晚飯，就這樣有說有笑的邊看電視邊吃晚飯，而外婆也每次都會在夕陽時打開門，也是我們之間的習慣。

後來，我跟隨父母來到了人們口中的大城市，我好像跟我這個小夥伴變得不那麼親密了，我開始依靠路燈，不再與它比賽了，也沒有人會在我回來前為我開門了。可是我還是捨不得朝夕相處的小夥伴，我還是會在失落時尋求它的擁抱，夕陽下的溫暖。

永恆的愛

4 CH 陳寶儀

甚麼是永恆？永恆是指不會結束的，不會停止的。永恆不同於稍縱即逝，永恆的愛是指不會停的愛。這次切身經歷告訴我，有一種愛是永恆的。

你有沒有想過養寵物？你想養什麼寵物？貓、狗、倉鼠或者小鳥？或許愛對我而言不單單是指親情上的愛，而是動物陪伴的愛。現實生活中，越來越多人開始養小寵物來緩和自己身在異鄉的孤獨，我就是一個例子。

我家的小狗叫小黑，牠是一只流浪狗。我起初發現牠時，是在我工作地方隔壁擺放著一個紙盒子。那天晚上，我聽到像狼一樣嗷嗷的叫聲，我起初還害怕，因為周圍一個人都沒有，但我鼓起勇氣向前一看，卻是一個兩眼水汪汪的幼犬，更何況當天正下著大雨，滴滴答答的聲音就像小狗哭泣的聲音，讓人於心不忍。所以我將牠抱在懷裡，牠就像襁褓中的嬰兒，乖乖地睡著了。帶牠回家後，我幫牠洗了澡，看牠的樣子很安逸和舒服，因為時間倉促，我臨時搭建了一個狗窩，裡面擺放了幾個娃娃圍繞著牠，還在下面墊了一個毛毯取暖。

牠的臉蛋毛茸茸的，最有特徵的是牠身上黑白交錯的圖案，就像陰陽兩極的圖案。牠的眼睛又大又圓，水汪汪的，眼裡似乎有一片海洋，天真無邪的，就像剛剛出生的嬰兒一樣，而且牠的體型瘦弱，就跟一個手掌差不多大。

有一天下班，我跑去寵物店買狗糧，一回到家，天色昏暗，小黑在門口等著我，乖乖地睡在地上。但一聽到我回家的聲音，耳朵就像順風耳一樣，靈敏得很。那尾巴搖來搖去，興奮不已。經過長時間

的相處，我發現基本上每天我都很晚下班，但他還是依舊在門口等著我回來，於是我就想一探究竟。我在房間裡安裝了一個鏡頭。我通過攝像頭看到小黑從我出門以後，一直沒有離開過門口，靜靜地等著我，視線一直注視著門口，睏了就睡，醒了又等。這一刻我才明白到，是我撫養他長大，他的心裡就只有我，因為我在牠無助時，施以援手，所以牠就會用自己的全力來愛我，這讓我不禁想起自己逝去的母親，無論我工作到多晚，她也依舊會為我準備好晚飯在沙發上睡覺等我回家，我才知道原來下班是一件如此快樂的事。

當母親去世的那天，我聽到消息後，簡直不敢相信，連續問了多次：「怎麼可能？怎麼可能？她昨天還好好的……」說完這句話，我眼淚從眼眶中流下，聲音顫抖地說，我居然從不知情。這個時候，小黑從臥室裡走出來，牠似乎聽到我的哭聲，於是跑過來坐在我身旁，讓我依靠著，牠似乎懂我的心情，但令我沒想到的是牠居然也會哭，我轉頭的一刹那，我看見牠也流淚了，默默地在我身邊陪伴著我。這讓我感受到原來狗也是有靈性的，牠並不知道所謂的愛是什麼，卻以自己的方式表現出來。

有一天回家的路上，我牽著小黑一起出去散步，這是我第一次帶小黑出去遊樂場玩。那天，小黑認識了很多新朋友，看見牠很開心，我一天的煩惱都消失了，就在我回顧一天經歷的時候，突然有個男人拿刀要挾我說：「把你的錢拿出來！」看到那個男人凶神惡煞的樣子，我很害怕，於是按照他的話做，小黑看到後，不顧一切地跑過來，大聲叫著試圖嚇跑挾持我的人，牠不停地撕咬著那個男人，撲倒在他身上，我才得以掙脫，我立馬拿出手機報警，同時也聽到了小黑的慘叫聲，我發現小黑中刀了，我不知道所措地看著牠以及撫摸著牠流血的地方，我大聲呼喊著：「有人嗎？有人嗎？救救牠……」

通過這件事後，或許對於人們來說永恆的愛是一件難事，但對於動物來說，或許對主人的愛就是永恆的，牠們的心裡眼裡就只有主人，直到牠們逝去，對主人的愛都會只增不減，牠們會因你傷心而擔憂，因你遭遇到危險而義無反顧地犧牲自己保護主人。狗的壽命不長，但一生都在守護與等待，永恆地愛著自己心中的主人。

上鎖的抽屜

4 CH 吳卓蔚

我的父親有一個特別的愛好，他總喜歡把自己的東西偷偷藏起來，不讓家人發現。

今天我久違地整理舊屋，在主人房的床底下發現了一個上了鎖的抽屜，我拿著備用鑰匙打開來看，發現裡面全是一件件充滿童真的雜物和信，讓我又驚又喜，沒想到父親一個這麼嚴肅的人還會喜歡這些小孩子的玩意。翻著翻著，我回憶起了它們的故事……

記得小時候每逢父親節，老師都會教我們做手工藝禮物，報答父親平日照顧家人的辛勞。可是時候的我不明白這有什麼意義，所以總會做好幾份勞作後，把最漂亮的留給自己，再把剩下沒那麼好看的分給父親。

有一年我做了一個卡片夾送給他，上面貼著一顆又大又閃的鑽石貼紙，還有我最愛的小貓貼紙，這些貼紙把一個乾淨俐落的銀色卡片夾變成夢幻公主設計，讓父親哭笑不得。「這麼花俏的東西我怎麼帶出去見客？」儘管父親嘴上都嫌棄說弄得不夠好看，可還是微微笑著把它接過，一用就是三年。

現在那卡片夾的貼紙都掉得七零八落，只剩下一個生鏽了的外殼放在抽屜裡。稍微側看，旁邊還有一隻紙飛機，上面寫滿了打氣的句子。

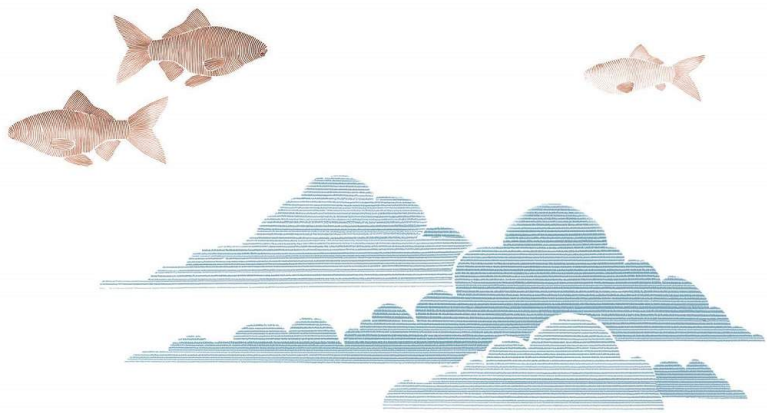
記得剛上中學時奶奶剛過世，家族上下都感到特別難過，舅公和姨婆們都為奶奶的離別哭喪，唯獨父親站在他們身邊默默安慰他們，穩定他們的情緒。事後他們都笑說父親的內心非常強大，能如此坦然地接受自己母親的離開。

但我知道這些都只是父親忍淚裝歡罷了，從醫院回家的路上，父親都是緊緊地閉住嘴唇，握緊拳頭，試圖強忍住那股即將湧出的淚水，因為他知道要是連他都哭了的話，我們的眼淚估計都止不住了，所以儘管眼睛早已閃爍著淚光，他還不允許自己鬆懈，為了讓我們依靠。

知道父親愛擺架子不要口頭安慰，我只好回到家後趁沒人注意拿了張紙，想到什麼想安慰父親的句子就寫下去，熬夜填滿了整張紙，再把它折成飛機的形狀，偷偷把信飛到了他的房門前就溜回去睡覺了。第二天醒來父親還是裝作若無其事地準備上班，但我還是發現他的眼睛紅腫起來了。

父親雖然鎖起自己不願被發現的脆弱，卻藏不住對家人的愛和關懷，他的愛是默默無聞的，盡在不言中。但願我也能解開他心中的鎖，讓也能依靠家人吧。

我把抽屜關了起來，靜靜品味著父愛的偉大。



橋


4 HS 鄭培瞻

「橋」是一種用來跨越障礙的大型建築物，它可以跨越河流、峽谷、鐵路、水道等天然或人工障礙，把交通路線或者其他重要設施連繫起來。它就是人們連接不同地點，通往彼岸的道路。藉著它，我們可以從一個山頭攀過另一個山頭，飽覽彼岸風光；藉著它，我們可以連繫著每一個地方，認識來自五湖四海的人，彼此交心，團結和諧。

最早的橋大多用石頭和木材建築，直至混凝土的出現，人們開始用石頭結合混凝土建造拱橋。工業革命後，世界第一座鐵橋便出現在英國。隨著技術的進步，不同種類的橋陸續出現：吊橋、組合橋、鐵索橋、石拱橋……形式多，多不勝數。雖然形態各異，但卻有一個共同特徵，就是牢固可靠，讓人們能突破空間與地理環境的界限，把彼此距離拉近。

在眾多橋中，我最喜歡港珠澳大橋。

位於珠江口伶仃洋海域的港珠澳大橋連接香港、珠海和澳門，是全球最長的橋隧組合跨海通道。大橋總長55公里，其中22.9公里是海上橋樑，6.7公里是海底隧道。它在中國交通建設史上贏得多項「最強」，包括技術最複雜、施工難度最大、工程規模最龐大等。大橋建設時最多曾有上萬名工人同時施工，合共使用了52萬噸鋼材。它的設計壽命長達120年，能夠抵抗強度8級的地震、16級颱風。由於曾創出多個世界之最，所以被業界譽為「現代世界七大奇迹」之一。它佇立在浩瀚的伶仃洋上，宛如一條舞動在激盪波光上的巨龍，彰顯了中國的經濟和科技實力，也見證了中國向世界強國邁進的里程碑。在它身上全速飛馳，頗有大海在我腳下的感覺。整條路線規劃有致，沿途景色迷人，給人視覺上和感官上的絕美享受。站在橋上，一股強烈的民族自豪感油然而生。憑著中國人那種不懈的奮鬥和努力的精神，終於讓中國——這條沉睡的巨龍甦醒，它正一飛沖天，讓世界驚嘆。



大橋通車後，經陸路往返香港、澳門及珠海的交通時間大大縮短。旅客可搭乘公共巴士跨越大橋，沿途更可飽覽壯闊海景，廣大民眾的生活也變得更豐富多彩。大橋把祖國、香港和澳門緊緊的連接起來，使三地文化更加交融、聯繫更加緊密、心靈更加貼近，所以它有一個別稱，就是「同心橋」。它就像碧海中一串美麗的珠鏈，把離家在外打拼的孩子們重新串連到母親的懷裏。它讓我們湧向祖國的大地，加深民族不可分離，同根同心的情感。

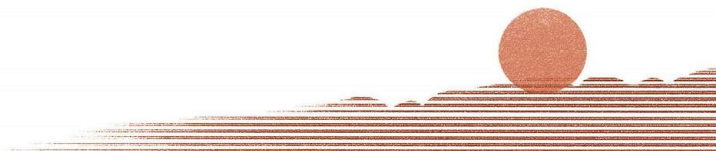
「橋」的功用就是跨越、聯通、融合，體現的不單是物理距離上的拉近，更是生活、人心距離的貼近。因為有「橋」，我們的活動領域才不至於因為河流深谷的限制而受局限；因為有「橋」，人與人之間的距離才能更親近；因為有「橋」，不同的心靈空間才能更緊密地連接在一起。

這次切身經歷告訴我： 有一種愛是永恆的

4 HS 熊卓琳

我是不信有東西能永恆的。能稱之為永恆的，實際上只是維持的時間較長，人們沒有能力可以看到它完結，但最後都會無聲無息地在什麼地方消逝。

我也不小了，算是有個穩定的正職，就是非常忙碌，一年下來和家人聯絡的次數少之又少，更別說見面了。早些日子，公司高層做了改動，我上司也換了個人。新上司迫走了不少員工。他大幅的增加了工作量又壓縮了截止日期，卻要求高質量的結果；雞毛蒜皮的事也斤斤計較；生病不許請假，請了就是天下之大罪似的……天天都加班加上幾小時，精神狀況急轉直下。員工走了大半，那本來就多的工作量更是雪上加霜。頂不了幾個月，被醫生診斷為焦慮症和睡眠障礙。某天早上，焦慮症發作，各種思想衝入腦袋，手心出汗，四肢發冷無力，最後吐了出來，正因發作我出意料遲到了，可是那又怎樣，上司不領情，把我劈頭蓋臉的罵：「就說現在年輕人脆弱！忍忍別想這麼多不就行了嗎！」就像被踩中地雷，我頭也不回的摔門而去，第二天辭職回到老家。



父母看到我回去一臉驚訝的，很正常，因為我很久不曾回去過了。我是突然回去的，晚上準備的食材不豐富，不是大魚大肉，他們只準備給他們兩個人吃的，簡簡單單很正常。看到我回來就馬上想去買些好的回來，被我拒絕了。晚餐幾口菜幾口飯就飽了，其實是我胃病導致的沒胃口、吃多易吐。那晚父母在客廳看電視，我在匆忙收拾好後的房間裡窩在床上睡不下去，只是看著天花板。估計是半夜睡眠障礙發作，鬧出頗大動靜，把隔壁睡著的父母吵醒。他們走過來問我怎麼了，然後抱住我，那暖呼呼的懷抱悄悄地打開了我的心鎖——邊哭邊交代回家的原因。哭累了就呆在母親的懷裡睡了，難得不受睡眠障礙影響的睡眠，令人安心，他們支撐著我又把我托進高高的夢鄉。

不了解焦慮症和睡眠障礙的父母抓起手機，使用陌生、不怎麼用的搜索功能，試圖讓我好過些。精油、睡前散步、飲食調整等都試過，明明不需要的，明明像上司那般責罵我軟弱就好，不需要花大心思去照顧我的……正常來說是我要去照顧你們的……怎麼就本末倒置了呢……父母卻沒有怨言，我看到的，那勞累的身子是因為我才有的，再次出現。各種思緒湧入腦中，我處理不過來，開始過度換氣、心悸。在廚房的母親聽到動靜，快步走了過來，給我吃藥、拍拍背像嬰孩那樣輕輕的……直到症狀過去，就這麼陪在我身旁，給予我無盡和永恆的愛。

那天晚上，母親睡前和我說了句：「不用內疚的，不用擔心會增加我們的壓力，你是我們的孩子，應該的。我就在隔壁，有事就過來吧。」躺在床上，思緒飛上天空，融於夜色。那安心源於愛，父母的愛，不善表達但比起天天說出來的「我愛你」更清楚、更確信是真實的。我知道那是永恆的，比一切都更遠久。這樣想的話，我似乎今晚也能渡過平穩的一晚，睡上這麼一覺，步入夢裡去。

上鎖的抽屜

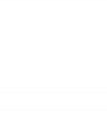
4 H S 梁芷晴

以往堆滿瓶瓶罐罐糖果的櫃子，如今佈滿塵埃。老式加熱箱裏也沒有熱騰騰的維他奶，確確實實的看著老父親引以為傲的雜貨店逐漸清空，那個承載我無數回憶的雜貨店真的到此為止了。清空店舖空間大了，漫步在店內，彷彿能聽到過往歲月的回聲，感受那些被時間遺忘的碎片。這一切好像消失得太突然，再無昔日的光輝，但又好像不是一天兩天的事了……

「那時候我就是靠這間小破店養活你們的……」父親一邊打掃一邊自言自語，「遺憾嘛……一定有的，奈何屬於我們的年代已經結束，再堅持營業下去也不會有什麼好果子吃。」雜貨店雖小，但五臟俱全，可還是遠遠比不上大型連鎖超市。學生哥需要的書本文具，小孩愛吃的零食，應有盡有，每逢節日更有相應的慶祝小玩意。賣出最多的不得不提到母親親手做的各種各樣懷舊小食，茶粿、芝麻卷、冷糕等等，現在都已經買少見少了。

而整間小店有一個神秘的地方，就是收銀枱下面上鎖的抽屜。小時候父親說小孩子不要亂碰不然晚上會有怪獸來捉走你的，天真的我當然信以為真。長大後，也很少回雜貨店幫忙，明明有很多次機會詢問父母，但可能，我已經不在意了，拖到今天終於要揭開神秘面紗，心底卻升起莫名的愧疚，手一抖，鑰匙掉了。父親緩緩走來，掃去上面的塵埃接過鑰匙，卡嚓一聲，只見裏面全是一疊疊泛黃的紙張，但卻擺放得很整齊，有一些是很久以前的入貨帳單。「這些都要丟掉的吧，留下來放家中也沒用，佔空間。」我沒想到隨意的一句，卻惹怒了旁邊的母親。「丟什麼丟，不許碰。」愣著很是不解，母親便全搶過來。

愈近下午，夏天的屋邨越來越熱，蟬鳴鳥語伴著微風。母親拿起小扇子坐在旁邊的小椅子上扇風娓娓道來，訴說無人知曉的心底話。在那個懷舊小食仍是充滿競爭的年代，吸引更多的生意就必須



有過人之處。憑藉貨真價實的原材料，味道獨一無二，才成功從裏面脫穎而出。「我做的甜點從來不會放什麼糖精，不然別人吃完嘴巴苦苦的，不會再來第二次了，所以才能吸引這麼多回頭客。」母親揚起頭看着藍天略帶驕傲的說。但同時也惹來了很多同行的注意，「就是怕你還小會亂碰這些獨家製作的配方才會把這個抽屜鎖上，以免不知從哪裏走漏風聲。」意識到剛才的失言了，心裏百感交集，很不是滋味。

時間又到三點，孩子們都下課了。面前走過一群嘻嘻哈哈的小孩，無一不是捧著便利店的小吃。母親指著道：「現在的孩子們放學都不會再來雜貨店了，我這些手藝再無人品嘗。也曾經想過讓你長大傳承下去，你事業也好像好忙也不怎麼回來，況且現在好吃的零食這麼多，哪裏還有人會懂欣賞當中的內涵啊。」沒想到當時千防萬防，卻防不著時代的變遷。

最後一天營業，很多已經離開這個老屋村的老街坊得到消息也回來看看，父親他們聊了很多很多，回憶中每一段都飽含深情。而我聽得最多的是，「兒子長這麼大了啊」、「小時候可是看著你大呢，現在都長這麼高了」等等。時光荏苒，招牌上的字體稍顯陳舊，最終還是拆下來了。

看著兩老留下的只有滿眼無奈與遺憾。而自己什麼也幫不到，早知當初，我是不是應該多回來鋪內幫忙？我想挽留，卻留不住無法回去的事實。難道這些傳統小食就要永久地被封存在抽屜里？我思考該怎樣傳承。但是，我想不到，亦無法改變，這一刻好像連回憶也上了鎖一樣，但打開了又有誰能懂當中心酸？

「今天我雖然遇上了倒霉的事，但我覺得很感恩」

4 HS 謝慶嵐

今天我雖然遇上了倒霉的事，但是我覺得很感恩。

今天是我的生日，我從許久以前便開始期待這一天的到來。

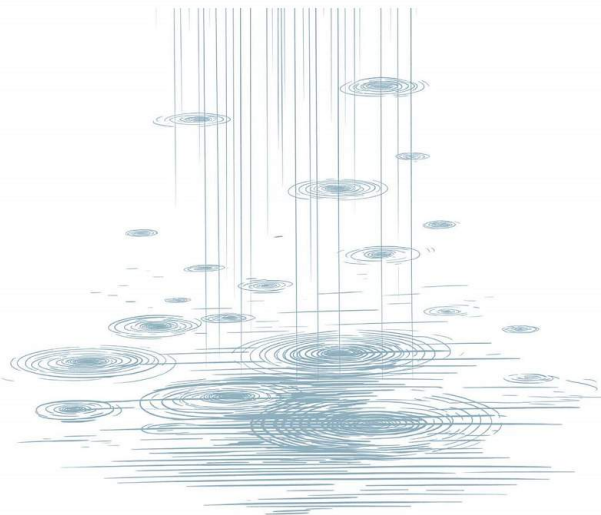
早上剛睡醒的我睡眼惺忪地走出房門，卻看不到父母的身影。奇怪了，平日這個時候父母早已為我準備好了早餐，為什麼今天卻不見人影呢？這樣想著的我不經意看向時鐘，沒有在意上面的時間，走去了梳洗。在我梳洗好後，再看向時鐘，已經是八時二十三分了。等等，我應該要在八時回到學校啊！

待我趕緊回到學校，已經是九時後的事了。不出意外的我被訓導主任狠狠教訓了一頓後，像戰敗的士兵低著頭回到了教室。此時正在上的是中文課，老師正站在講台上講課。這時的老師正說到《廉頗藺相如列傳》中的澠池之會，他充滿感慨地說：「同學們，藺相如這種即使獻出自己生命也要完成任務的精神，十分值得我們學習。」我坐在台下和同學們聽著老師的教誨，不經不覺便快要下課了。「同學們，請把我上一堂課佈置的功課交到講台。」這時老師突然說。聽到老師的話後，我正打算把功課從書包中取出，卻沒有找到功課的行蹤。我的腦海頓時一片空白，手腳提不起力氣。想來應該是出門時太著急，忘了放在桌上的功課。我不甘心地繼續在書包裡翻找，卻沒有奇跡的發生。

「小明，這是你第幾次沒有準時繳交功課了？你到底能不能對待你的學業認真些？」看著眼前大發雷霆的老師，我不自覺地低下了頭。仿佛正是等待投胎的小鬼，正在地府被城隍審判。「天吶，我這次真是冤枉的啊。換作是以前真的沒有做功課也就算了，但這次我卻是有認真做功課呀。」我在心裡念叨著。想要向老師解釋的，我在看到老師那因憤怒而通紅的臉龐後便失去了勇氣，只好默默承受面前的狂風暴雨。

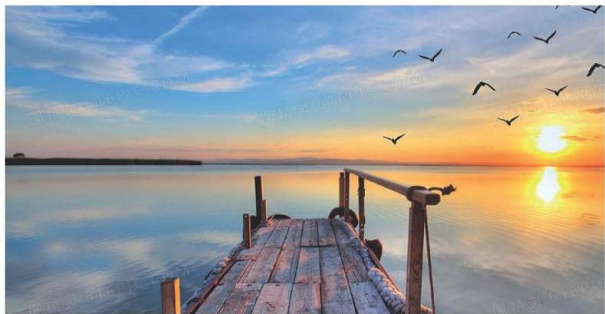
不知過了多久，只感覺到面前的風雨漸漸平息。轉而開始的是老師那苦口婆心的勸導：「小明，你今年已經是中三，不是小朋友了，以你目前的情況，必須要下苦功才能追上別人的成績。老師希望你接下來的日子能加倍努力的去學習，這樣才不會辜負其他人對你的期望。聽到這些話語，我不禁呆了原地。以前的我不喜歡讀書，不論父母如何好言相勸或強迫，都是我行我素。這也導致了我學業成績很差的原因，是其他人眼中不學無術的壞學生。久而久之的我也就接受了這個身份。但令我意想不到的老師竟然沒有放棄我這個班裡有名的差生，反而對我有期望，悉心教導我。回想起過去的課堂中老師對我的批評，更多也不過是恨鐵不成鋼的意思。想到這裡，我默默地點頭，回到了座位。

等我回到家中，映入眼簾的是一幅寫著生日快樂的橫幅及站在兩旁等待我回來的父母。原來他們早已為我準備好了驚喜。父母還告訴我他已經為我請了一名專業的補習老師，早上之所以會不見身影也是因為要和補習老師商討一些詳情。在理清了一切後，我並沒有責怪父母，而是十分感恩他們沒有放棄我。藉著這次的機會，我更是知道了身邊人對我的期望。我很感恩能有一位為我著想的老師和父母。今天所發生的倒霉事更像是一個機會，令我蛻變成更好的自己。



夕陽

4 P L 楊嬋



夕陽是夜晚即將到來的徵兆，在屬於夕陽的最後一抹光消失的那一刻，就是長夜開始的時候，人們提起夕陽，總是聯想到英雄遲暮，油盡燈枯，免不了一聲歎息。

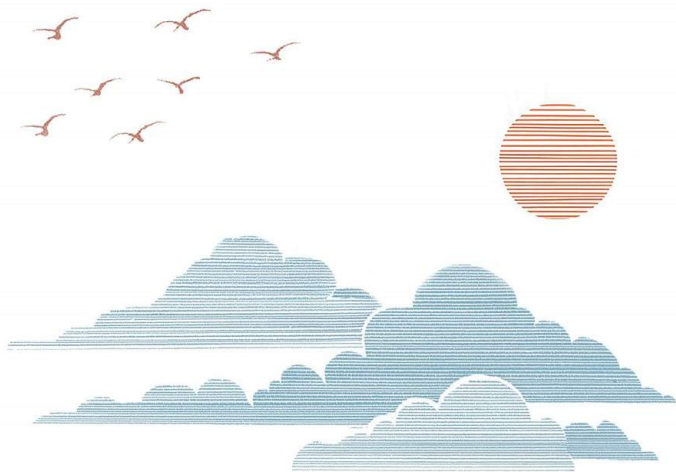
「夕陽無限好，只是近黃昏。」但要我說，黃昏也沒什麼不好的。每到黃昏，我總能聽到隔壁單位的母親呼喚自己的孩子回家吃飯，在樓下玩耍的稚童也各自告別，或牽著爺爺奶奶的手，或騎著裝有輔輪的自行車，晃悠悠地回家去。

同樣是黃昏，這時拉開窗簾，馬路上必定是擠滿了行車，那車上坐的都是些什麼人？是下班回家的白領，接孩子回家的母親。不論是誰，他們的目的地都只有一個，回家。如果夕陽是回家的信號，還會叫人感到悲傷嗎？

如果將一天的時間比作人的一生，清晨是青少年，正午是壯年，夕陽則是老年。人到老年，身體狀況都在走下坡路，猶如風前燭，雨裡燈，稍有差錯，便會駕鶴西去。我曾夢見我爬山時在山腳看見的一個老人，撐著拐杖，步履艱難地往山下走，彼時我爬至山頭，因著只是一座小山坡，沒一會我就追上老人。就在我想老人為什麼走這麼慢的時候，他像猜到我心中所想，說：「老了，走不動了，

不是你這樣的年輕人啊。他當然不是我，但還沒等我細想，夢醒了。往窗外看去，刺眼的日光已然消失，取而代之的是夕陽的澄黃。在我後知後覺某一天於夕陽下回家時恍然驚醒，那不是我嗎？人總歸要走上那條下山的路，不過早晚，就像夕陽每天都會來臨。

但我從未因此止步不前，抬頭看著夕陽的尾巴，愈發堅定的往家的方向走。人活一世，難不成因為害怕死亡的到來就畏縮縮不敢前行？但不可否認，並非所有人在向前走的路上都會獲得成功。智者漫步繁星，平庸卻連一處腳印都無法踐及，他們只能在一次次跌倒又爬起後繼續向前，但失敗的人生同樣是人生，他們有權品嘗至最後，更遑論現在結局未知，沒有理由後退。因為我知道在夕陽過去黑夜到來之後，太陽仍會照常升起，迎接我的將是清晨的第一縷曙光。



我在田園中找到快樂

5CC 劉家豪

隨著放假的鐘聲響起，我踏上了返鄉的高鐵。在歸家的路上，我需轉乘去坐一輛老式的綠皮火車，當踏上火車才感覺正式進入了那無欲無求的烏托斯邦。坐在窗邊清風拂過臉龐，帶走一身疲勞，金燦燦的稻田，從眼前刷過伴隨車輪摩擦轉動的聲音，帶著萬分思念緩緩入睡。

下車後我走回家，我家門前有一大片自家的稻田，也是我兒時撒潑打滾之地，家門口的外婆坐著小凳子，早早的就在等著我回來。一看見我便露出笑容，我小跑過來抱著外婆消瘦的身軀，才發覺時間過得真快，從小依附外婆的男孩，已變成外婆所依附的男孩了。

第二天早上，我明明關了鬧鐘，卻仍然在七點準時起床，彷彿城市中的習慣對我而言早已根深蒂固。吃完早飯後，外婆帶我去看她，外面自己種的水稻，站在門口大馬路上，一眼望去如金子一般，顆顆成熟飽滿的水稻占滿我的眼球。正中有顆粗壯的參天大樹，自打我有記憶起，便一直在這。我慢慢走入稻田腳下的泥土，雖然坑窪不平，但也沒令我停下腳步，平日十分愛乾淨的我也不再在意鞋子和褲腳的泥濘，濕潤的泥巴味也隨即撲入鼻中，我細摸著這水稻，想起曾經的自己和外婆在稻田裏玩捉迷藏，以前的我矮過水稻，看不到四周，便以為外婆也跟我一樣，我在這裏玩捉迷藏定勝券在握。白駒過隙，如今我已高過水稻半個身子，才發現成人能一覽無遺。小時候沾沾自喜的勝利，可能是外婆為了讓我開心，故意讓我的吧。

我繼續向前走到大樹邊坐下，一坐下如同扎入金色的海洋，看不見四周，樹幹的硬實給了我可靠的支撐，我抬頭看向天空，藍天白雲，沒有城市的高樓大廈的阻擋，雲朵奇形怪狀的都有，而耳邊蟬鳴聲，與城市車輛的喇叭聲、裝修等噪音形成鮮明的對比，令人心情愉悅和樹上的鳥叫，田裏的蟋蟀聲一起

演奏著美妙的交響曲，共同詮釋著夏的炎熱，傾訴著心的情結。我細數著過去在這裏的點點滴滴，直至黃昏。

傍晚時分，這裏的景色煥然一新，太陽如紅潤的蛋黃。天空被染成了粉紅色，恰似少女含羞的腮花，金燦的稻田宛若金子鋪成的道路直通天邊，到那快樂之地。這番景象深深地印在了我腦海之中，這時，我才明白為什麼大部分詩人都愛如詩如畫的田園風光。

不久後，便到了假期的尾聲，可臨走那天我卻一覺睡到了中午十二點，沒有人叫我，一直維持的生物鐘也消失不見了，似乎剛找到的快樂就要走了，我頓時紅了眼眶。臨走時，外婆給了我很多東西，來時的一個行李箱也變成了兩個，看著外婆臉上的皺紋，萬分不舍，不知此次一別，何時再見，但我清楚的是，我從此愛上了田園，愛上了大自然，回去後會記住這段時間。去到大自然之中，就會想到外婆，想到在這裏的快樂時光。

田園風光雖然沒有城市那麼繁華秀麗，但比城市愜意美好，我猜這才是陶淵明歸隱田園，與田園共飲，和仕途絕交的原因吧。若你累了、困了、心煩意亂，不妨走進大自然，我相信定能給你滿意的答案。



熱鬧過後，我卻感到失落

5 C C 麥殷瑩

「明天你會來的對嗎？」媽媽問道，我點了點頭，是一個細微又沉重的決定。

那天晚上，寒流襲港，我獨自踏上不斷開往下一站的地鐵，只是那時我仍未意識到人生就如地鐵般，不斷地前進，我左搖右晃，緊扶着把手的時候皺緊了眉頭，是因為我的腦海裏時不時閃出幾瞬曾經幸福的片段。

到站，我沿着手機地圖的指引，我走向的不只是一個新的地方，也是一個新的開始。它帶我來到了宴會廳。沒錯，我參加了一場媽媽的婚禮。

我被安排大人坐在一起，他們無非都是沒見過面的親戚，或是媽媽和叔叔請來的朋友，金碧輝煌的裝潢，慘白的燈光台上射映，身旁姨姨們的三言兩語，快要將我淹沒……我將耳機帶上，播了一首「聖誕結」，但當前奏剛開始，殿堂裏便有人開



始彈鋼琴曲，琴鍵、人聲、別人擺弄餐具和我耳機裏的聲音，讓我就快窒息。我望着窗口滲入的一絲陽光，外面的世界是否會更寧靜，服務員從桌與桌之間的縫隙穿過，桌上不同的菜式都無法勾起我的食慾，我始終低着頭，如聾如啞，悼念着曾經逝去的愛情。

耳機裏的音樂播到一半，我便回想起當初和爸媽住在旅館裏，也是冬天聖誕節。爸爸手機裏播着陳奕迅的「聖誕結」，我身穿粉紅色的小棉襖，我們三人窩在白被子裏，那晚「聖誕結」的暫停鍵久久未被按下。

直到現在，婚禮司儀的一聲招呼打斷了我的回憶，「有請新郎新娘出場！」媽媽穿着潔白的婚紗，婚紗上都繡滿了精緻的花紋，在白光的照射下，更映襯出她臉上一抹微笑的甜美，臉上充溢著幸福的笑容。裙擺緩緩地隨著她的腳步而行，薄薄的頭紗時不時飄起，彷彿在等待着她身邊穿著西裝的男人將她的頭紗揭起，並對他說一句「我愛你」。

身旁所有人在她走出來時，震耳欲聾的掌聲一點點地像針一樣刺痛我的耳朵，有人甚至高喊我媽媽的名字。在她走出來的那一刻，我的眼睛化為一部攝像機，每一次眨眼，每一個微笑，那晚她深邃又美麗的眼眸在看向我時，那個瞬間我永遠都不會忘記。

在那個穿着黑色西裝裏面配着一件純白襯衫，領帶打得極為端正的男人身上，我看見了他對媽媽嚴肅而認真呵護著的感情，他輕輕地將她的頭紗揭開，迎面而來的又是一陣聲音喚起的海嘯，我沒有驚恐失措，而是迎着海浪，衝浪而行。

所以，我第一次按下「聖誕結」的暫停鍵，將回憶封存。

宣誓，交換戒指，親吻，我見證了一段愛情的開始。直到婚禮結束，賓客散盡，我也起身準備前往一個全新的家裏。

在回家的路上，我坐上了相反方向的地鐵，我在地鐵站台上坐了一會兒，回想起媽媽存在我腦海裏各個美麗的剪影，已經可以拼出整本相冊，回想起爸爸小時候與我的種種回憶，心中對舊時的那段愛情不禁感到有些失落……心中的「聖誕結」又再次播起。

回家後，心中如同最愛的人被奪去了一般，空落落的，有一種說不出的失落。那時他們也早已回到房間，正當我想單獨找媽媽哭訴時，無意聽到叔叔對媽媽說：「辛苦了，早點兒睡，休息休息。」我也意識到媽媽或許真的累了便走回房間。這是我忽然意識到，原來在我心中一直播放的「聖誕結」早已告訴了我答案。那晚，狂歡的笑聲像哀悼的音樂，祝福卻不知該給誰，但明日燈飾必須拆下，而歡呼聲也不過一剎。

在爸媽的愛情裏我明白「人有聚散離合，月有陰晴圓缺」我們身在河邊，不是跳進湍急的水流，而是懂得「人生無常如流水，河畔楊柳何須愁」的道理。人生就如開往春天的地鐵，地鐵上的每一個人都有自己的路程，無論上車或下車，都沒有一段路要走，而路上我們或許會遇到挫折，可是爸爸媽媽早已教會我將一切事情，一切挫折都只當作是一段經歷。在成長中或是在不斷地變化，如流水般，無法預測，而我就如岸邊的楊柳，不需要愁惱。

最後，耳機裏的「聖誕結」偶爾會在我的生命中響起幾段旋律，可是那天我亦早早為他們的愛情，媽媽艷麗婚紗下的笑容，用力鼓掌。



陽光與陰影

5 G H 林雅悅

人生如畫，得意時是光，失意時是影。光與影，相輔相成，點綴人生的畫卷。

那年盛夏，我們帶著學校的榮耀，去參加一年一度的精英盃。我和隊友紛紛換上了紅色戰袍，沐浴在陽光下，摩拳擦掌，身上都散發著絢麗的光。我們聲勢浩大地上場，看著對面實力相當的橙隊，做著無聲的較量。

嘿——我率先上前，擋住他們的步伐，趁機奪球……你一球，我一球，局勢打得難舍難分。汗水從臉頰上流下，我眼神堅定的握著手中這關鍵的一球，縱身一躍，一個假動作，在空中換了個方向，成功躲過前面的阻攔，看到他臉上的震驚，心里一陣快意。球在空中劃出一道漂亮的拋物線，咣當一聲入籃，頓時全場歡呼不斷，響徹雲霄。我和隊友碰了碰肩膀，眼中閃爍著耀眼的光，意氣風發。「幹的不錯，兄弟。」耳邊是隊友不假思索的誇獎，我回以一個燦爛的笑。

我被鮮花與掌聲簇擁著，內心如孔雀開屏般得意，每個細胞都在愉悅的節拍中舞蹈。世界彷彿被一層金色的光輝環繞，溫暖而明亮。

好景不長，我們下一輪抽到的對手，讓所有人都倒吸了口涼氣，周遭瞬間鴉雀無聲。對手個個都人高馬大，入場時，地面都跟著顫了顫，碰，碰，碰……我緊張的手冒冷汗，握緊拳頭，不斷的給自己打氣：你可以的！你可以的！

隨著哨聲響起，敵方發起了猛烈的進攻。他們烏壓壓的一團向我湧來，將我團團包圍，我嚴防死守，與他們周旋。在密不透風的陰影里，突然有一道光照了進來，我抓住這個空隙，將球拋向隊友。不料又是一暗，一個黑影，從旁竄了出來，將球截胡，緊接一個漂亮的三分球，領先我方。

八分鐘後，零比六，真是個令人絕望的數字。我方隊友各個表情凝重，頭上像頂著一朵烏雲，整個人被陰影所籠罩著。對方的高大的身影，擋去了所有的陽光，留我們在陰影里掙扎、嘶吼，無濟於事。每次看到一點曙光，下一秒又無情的奪去，這種無力感，壓的人喘不過氣。——我們好像成為了他們的影子，無論如何都無法逃出他們的陰影。

這場比賽我們毫無疑問，慘敗。夕陽西下，影子被拉的很長，我們垂頭喪氣的走出球場。暖陽輕撫我的臉龐，安撫我受傷的心靈。一轉頭，重振士氣的橙隊，我看著之前那個滿眼震驚的小夥子，用了被我詐了一次的假動作，奪下了一分。球不僅落在了欄中，也落進了我心中，激起層層漣漪……

我們什麼時候忘記了，陰影的另一面是陽光；我們什麼時候又忘記了，得意與失意，不過都是人生的過程。

雖然陽光的溫暖，令人向往，陰影的寒冷，令人不振，但影隨光動，我們可以在陰影里窺見成功的秘訣，正所謂「不經一番寒徹骨，焉得梅花撲鼻香」。

人不能只看到自己的失敗與不堪，將自己困於無盡深淵。我們應該在失敗中學習，觀察對方的閃光點，學以致用，查漏補缺，成就更好的自己。

我握緊手中的球，眼中有熊熊烈火，調整好狀態，開始新的對決，我們先下手為強，用對方的策略將他們困住……

有得的地方必有失，有失的地方也必定有得。塞翁失馬，焉知非福。無論得失，皆是過程，在過程中行走，在過程中反思，在過程中突破，才是人生的真諦。



自此以後，我終於解開心結

5 CH 吳海蕾

看着烏雲密佈的天空，連綿不斷的雨不斷打在旅遊車的玻璃上，滴滴答答。旅遊車在路上奔馳，我沿着回鄉的路，回想外公獨自回鄉的心情。那個我始終沒能兌現的承諾，像是揮之不去的後悔糾纏在我心頭。

外公離開了。數月前我還信誓旦旦地說自己今年一定跟着外公回鄉，沒料此刻我已然沒法兌現諾言。家鄉是個遙遠而陌生的國度，只有普通應付生活的傢俬，荒蕪的田原，還有總記不起稱呼的親人。然而外公卻總愛回鄉探親，說那裏才是他的家，常常打量着我什麼時間可以跟他回鄉。我多是唯唯諾諾，說下次有機會必定同行，只是排山倒海的日程令我每次約定總是不了了之。外公離開之後，我才對回鄉一事上心起來。這個遺憾像是一條堅實的繩索，牢固地勒住我的心。後悔之情如潮湧至，席捲全身，在心中不斷激起浪花，在腦海中掀起軒然大波。曾想解開此心結，繩索與浪花已成千絲萬縷的線，糾纏我的思緒，多少淚水都沖不走內疚之情，多少反省都彌補不了心中愧疚。

此刻為了外公首次回鄉，或許也是一種遲來的補償。我握着外婆的手，看着窗外的風景，只渴望眼前這一幕可以倒帶，回到我還能兌現承諾的時候。也許只有如此，才能解開心中的繩結。

走進家鄉的土地，通往祖屋的道路平坦，四周均是未有耕種的土地。迎面只見幾個小孩熱情揮手，奔跑過來把我抱緊。我從外婆口中得知，他們是我家的孩子。孩子們天真爛漫的笑容把表情冰冷的我溶化了。小孩們的熱烈歡迎令我心頭一暖。我跟隨他們的身影，終於來到祖屋。

家裏的裝潢簡陋，親戚們卻以各式各樣的土產、茶點招待我們。他們安慰着外婆，言談間又說到外公的往事。原來外公回鄉多年，除了探親之外，還以自己辛辛苦苦攢來的錢回報家鄉。除了在附近建造小路方便出入，還建立了一所學校，讓村內的孩子們可以接受更好的教育。

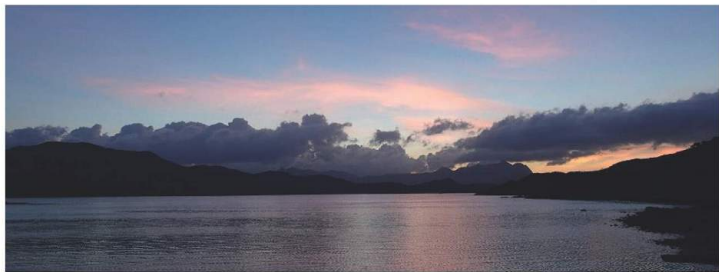
我坐在祖屋的一角，後悔自己多次失信於外公，沒有與他一起實現願景，只能從他人口中了解外公的另一面。心中的枷鎖似乎又沉重了些，一直以來的憂鬱和內疚難以舒解。外公的失落之情纏繞我心頭，令我慚愧至極，淚水不自覺流下，濕透領口。

一位姨姨坐在我身旁，溫柔地安慰着我，甚至給我一個擁抱。原來她是在外公學校裏的老師，常聽外公談及我。她拿出一張外公在學校和孩子們的合照向我娓娓道來外公平日對她分享的話。我這才知道，外公常與孩子們提及我，說自己的外孫品學兼優，以我為榮。外公從來沒有抱怨我忘記了回鄉的事，反而體諒我課業繁重，總在家鄉眾人面前誇讚我，還說將來一定要請我回校當「客座講師」。我聽罷只感到失落無比，手中握緊老師給我的照片，反覆思忖着該如何回報外的期望，如何補償自己的漫不經心。

思考了數秒，我便答應老師每年暑假回校幫忙準備教材，為孩子們張羅興趣課程。雖然這個承諾令我增添不少壓力，但是卻把我心中積壓已久的內疚解鎖。外公留下的心願，就讓我來延續下去以後的故事。當初未能實現的諾言，終於讓我以另一種形式來實現。一直以來的心結漸漸找到了開解的方法。我開始接受外公的離開，以及種種的遺憾釋懷。

生活中總有不少遺憾，有不少來不及完成的事。過去不能復返，但未來卻可期。與其自暴自棄、悔不當初，不如以另一種方式實現初心，不辜負疼愛我們的人。隨着外公回到故鄉，他的故事也化為了我成長的養分，解開了我的心結，在無形之中鼓勵我繼續追尋自己的未來。

時間匆匆流逝，我學會了珍惜當下，珍惜眼前所有。自此回鄉，我決定放下過去，重新出發。自此之後，我終於解開了心結。



軌跡

5 CH 董然

小時接觸自行車的經歷，是有些逗人發笑的。猶記得家裏兩輛山地自行車，便暗暗覺得自己是運動健將的後人，讓父母也給我買輛自行車，於是從四輪到三輪，躍躍欲試地將最後一個輪子拆了，卻再沒敢去過。

哥哥最愛冒險，每天要在樓下練習自行車，騎到泥地裏，騎到池水旁，留下一道彎曲的軌跡和著急追趕的母親。我則看著他身上大大小小的傷痕、形狀不一的葉子和棕色的襯衣，暗下決心再也不會嘗試兩輪自行車。

後來跟一個鄰居的女兒玩得好，她不常住我家附近，有時出國，有時住別地，但每次回來都給我分享她的所見所聞和零食。我大概已經習慣了等她，在沒有通訊設備的年齡，就坐在小區門口的椅子旁等；坐在她家樓下的台階旁等；坐在她家門口的地墊旁等。

有天真的很熱，是在她家門口坐著，看著電梯一層一層地上升著，突然停下，開門後是她的面孔，來不及欣喜，她拉著我的手放了些糖果，又匆忙下去了。我踩著樓梯也往下趕，好像要抓緊什麼一樣，抓得糖果在手裏融化了，流出指縫，留下一地的痕跡。

最終也沒看見她，只在小區門口看見她家的車向外駛去，不知沾上什麼，亦留下兩道淺淺的軌跡，揚長而去。

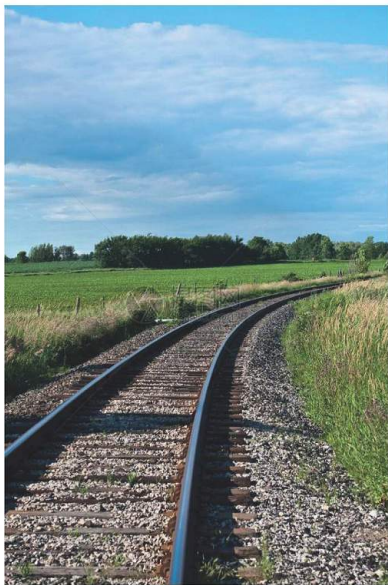
後知後覺地，那兩道軌跡轉印到我的臉上，媽媽在旁安慰道：「那是她的人生軌跡，只要妳們相遇過並感到快樂就好了。」我怔怔點頭，哪怕不知意思，也知道車已經越開越遠了。

再大些，在外讀書時收到媽媽的訊息，說外公突發中風，從樓梯摔下。顧不得其他，和老師請假後回家，坐車也不安穩，總想這車能不能再快一點？走路時雙腿都開始感到疼痛，亦不敢放慢速度。

怎料回家後映入眼簾的就是外公樂呵呵的笑臉，招呼著我坐下，只不過他坐著的輪椅還在提醒著我的病重，於是眼淚混著茶水喝下。媽媽說既然回家了不如陪外公下樓散散心，於是我推著輪椅和外公閒逛起來，外公輕輕地說：「不要怕，到我這把年紀，生離死別都已經見過太多，只希望你別傷心。」而我乍然發現，那輪椅的軌跡，是如此平穩且沉重。

我還是去學了自行車，我想，總要留下痕跡的話，我希望是趕往家人的軌跡。

誠然，軌以車為旁，當然是車印下才叫軌跡，可彎曲的軌跡亦是童年那「初生之犢不怕虎」的氣勢印下的軌跡；可淺淺的軌跡亦是對感情的珍惜，離別時留下的軌跡；可平穩的軌跡亦是在經歷悲歡離合後，學識、見識及年齡的增長留下的軌跡。於此，我也終於明白媽媽所說的「人生的軌跡」。





軌跡

5 GL 林政達

「軌跡」是千變萬化的，有直線前行，風雨無阻的；也有時高時低，曲婉纏進的。更有那一時飛上天際，忽爾又跌落泥濘的「軌跡」路線，就是女子的地位和處境，就是沿著這樣一條「奇怪」的軌跡，行走在千百年來積澱而成的陽光大道上，這是血的代價，注定不平坦，但卻終能「撥得雲開見月明」。

回溯原始部落時期女子被列入「物品」的行列中，部落的男子會形容自己的女人為「我的東西」。在最原始的石器時代，男子負責打殺，爭奪食物與土地，而女子則作為生育的物品，此處即為女子地位的原點，父權社會的萌芽。

當文明逐漸得到開創，文化也在以一種肉眼可見的速度飛漲，人不再是野蠻人，而女子的地位也在逐步提高，它的軌跡也出現了微妙的變化。部落文明結束，王國時代拉開序幕，各種「紅顏禍水」，「妖女誤國」的污點開始跟隨她們，地位的大幅提升並不能為其帶來安穩，反而將她們推入了另一個深淵。如商朝的蘇妲己，褒姒便被指「妖女人人得而誅之」，紂王為博妲己歡心，生挖忠臣比干之心；周幽王為令褒姒開懷歡喜，則不惜點起烽火台的烽火，召集諸侯，而後嘲笑他們的狼狽，以此讓寵妃高興，這便是史上著名的「烽火戲諸侯」事件，最後因點烽火而無人援助，而致受外族襲擊，周幽王與褒姒雙雙慘死。後世將王國之過錯歸於女人，可若是君主真聖明何以會受女人左右，致江山不穩，社稷不寧呢？因此女子在此時大多成為了歷史王朝過錯的替罪羊，而君主唯一的錯誤便是誤信妖女而非不賢，實是諷刺。後來的唐玄宗為博楊貴妃歡心，命人千里送荔枝，跑死好幾匹馬，只因楊玉環喜歡，因此荔枝也被稱作「妃子笑」。此處並無不妥，一個男人對一個女人好，玉環也並沒有指使君主行殘殺、戲弄朝臣之事，可結局依然是妖妃誤國，在逃亡路上被殺以平眾怒，何為？只因前期玄宗勵精圖治，開創盛世，而晚年則寵愛玉環，耽於逸樂，於是人們便將一切憤怒與錯失推在她的身上。這也是經典的「明皇楊妃」的故事。可見無論罪名是否屬實，一切的污點必須有人背負，那總不會是地位尊崇的男人，那就只能是「紅顏」了。皇宮妃子尚且如此，民間草根平民家的女子豈非更慘？這時候或許有人要問

上一問，莫非歷史上的女子都如這般卑賤到底？自然不是，女子地位的這條軌跡在某一個時間節點裡將猶如炸鍋的熱氣一樣蹶得非常高，只是那並非永久。

眾所周知，女子古時並沒有機會接受教育，這才導致「生女孩無用」的說辭出現，而各處賣女、棄女的事件頻頻發生。而恰恰在這種情況下，女子地位的驟升才顯得驚世駭俗。於魏晉南北朝時期，出了一名女子叫陸令萱，此人是北齊幼主高緯的奶媽，深受君主信任，於是他成為了北齊政權實際意義上的掌權者，史記中記載他受封「太姬」意同太后，在當時正居一品，可謂隻手遮天。也正正因為她，整個北齊走向滅亡，擁有影響政權興衰的女人，此時可謂是開創了女子為政的先河，令這條軌跡非比尋常的直衝雲霄。

再到後來的武則天成為史上第一位女皇帝，黃袍加身，創新字，殺伐果決，一切也顯得沒那麼難以接受。而女子地位因為這些個別的事例影響也在逐漸上升，如此後的各朝各代均設有內宮女官之職，有食俸。如東漢鄧太后之師班昭即為四品女史，寫《漢書》，參與朝政，那也是一代女傑。此時或可見得女子未必無法受教育，只是如果想讓女子得以與男子同朝為官的平等局面出現，還為時尚早。此時的女子地位得到很大的提升，也不再像物品一樣可供隨意變賣、丟棄，大家族中也不乏學習四書五經、品香插花的女才子，只不過他們縱使滿腹經綸，有經天緯地之才能也只能在閨幃之中操持家事，無法科考，為國效力。這條「軌跡」看似穩定上升中，但實際上卻走起了下坡路。

清朝的封建程度，一樁樁、一件件加諸在女性身上的枷鎖，甚至傷害都是駭人聽聞的。如當時標榜「三寸金蓮」才是女人的美，許多大家族為了追求變態風潮，紛紛將小女娃的腳骨砸斷，然後拿布裹起來，往後每長大一分，那雙腳就會滲血，痛苦不堪。像這種「裹小腳」就是一把名為封建的利劍，狠狠地刺入了「女子地位」的心臟，改變了不斷平穩前行的軌跡。不過好在「山窮水復疑無路，柳暗花明又一村」，一切的黑暗並非永恆，陽光大道逐漸初見形態，軌跡也在那一天徹底改變。

隨著歷時千年，根深蒂固的滿清王朝被推翻，平權的思想猶如曙光一般撒向了每一位女子所踏足的每一寸土地，像是鑲上了一條條金絲帶在他們的鞋子上，我們看見的是大而平整的帆布鞋，而非三寸金蓮。再到後來，五四運動中女子自發性組織起來，參與到爭取國家主權，內除國賊，揚我國威的行列之中，這是第一次群體性的女性運動出現在政治上，也是女性地位的飛躍。此時他們走在了陽光大道上，歷史對於女子的迫害將不復存在，它的軌跡也將從此定性，持續地穩定向前。

回到現代，我們能得悉歷史上的各個為我們熟知的女性名字，如文化大革命中的江青，便是「四人幫」的政治領袖。再近些則是張桂梅校長的事跡，她受每一位中國人的尊敬，身為女子卻被尊稱「先生」。她靠自己一力創建免費女子高中，拖著病體站在講台上，僅靠一根繩子支撐也要為他們上課，他改變了無數大山女娃的命運。

這條軌跡的過程中總存在著風雨交加、驚濤駭浪的時候，千變萬化便是命運的「軌跡」，她們尚且可以走出積極向上的軌跡，我們每個人也都能踏上自己的陽光大道，走自己的軌跡。



熱鬧過後，我卻感到失落

5 L C 余駿揚

窗外，雨滴爭先恐後地筆直降落，墮入落下那無邊無際的黑暗中，它們消逝得是如此迅速，以致於形成一道水幕。我坐在沙發上，聆聽著咆哮般的雨聲和電視裡演唱會的聲音。這一個奇妙的合奏喚起了我中學時的回憶。思緒如同雨水般浸濕了我的腦袋。

「踏踏踏……」匆忙的腳步聲不絕於耳，所有人都在為明天一年一度的歌唱比賽作最後準備。對我來說，這一年的比賽格外有意義。作為我最後一年在中學參與的歌唱比賽，看著師弟妹們忙於準備的樣子、熟悉的佈景及場地，腦海中忽然浮現了中一時的歌唱比賽，彷彿一切發生在昨天。如今離別之際，一切也將不復存在。「可以了，就這樣吧，希望明天一切順利。」我帶著些許顫抖的聲音跟學弟妹說道。

第二天中午，學生老師魚貫入場。交談聲不絕於耳，入場人數絡繹不絕，螢光棒閃閃發亮。空氣中流露一股熱鬧的氣味。忽爾，燈光一暗，第一位參賽者粉墨登場。隨即而來的是觀眾的歡呼聲，聲音之大，連地板亦為之顫抖。首曲唱罷，又是一陣的聲音風暴相送。有時，激昂的旋律令人熱血沸騰；哀傷的曲調使人餘味無窮；歡快的音律使人翩翩起舞。全場被熱鬧的氣氛帶動情緒，而我亦不例外，時而天堂，時而地獄。

終於，最後一個參賽者亦表演完畢，而我卻感覺只過了一會，是我意猶未盡。忽然，人群中傳出一個聲音，大叫「安可」。然後就是全場「安可」的聲音如海浪般巨大，此起彼伏。時間只有這麼多，叫「安可」會否太天真太傻？奇怪的是，被周圍氣氛感染，我也跟著叫起「安可」。原因無他，臨尾只想再「拖一拖」。每一聲的「安可」都是我的熱烈請求，歌唱比賽可否不要那麼快完結？中學生涯可否不要那麼快完結？隨著「安可」歌曲旋律的流出，全場的氣氛亦被推到最高潮，我的心亦隨著這股澎湃而震動。

熱鬧過後，我跟隨人潮返回課室。回頭望去幾步外，身後的中一新生在歡聲笑語中漫步而行，轉頭面對的，是中學生涯的盡頭。原來兩者之差，不過數步。那麼，中學生涯可否「安可」，從頭開始過呢？一股因不捨而產生的失落感油然而生。比賽的結尾「安可」或許對所有人來說是一種驚訝之喜，但對我來說卻是一種離別之哀。不奢求時間重新開始，但求臨尾能夠再把時間「拖一拖」。

回到課室，三年的同窗有的在拍照，有的在打鬧，我坐在座位上，平靜地看著這一切。談不上悲傷，只有一陣淡然的失落感。同學上前向我搭話，要求合照，我也是笑語相迎，試著忽視那平淡如水的失落，可心不在焉的態度與強擠出來的笑容卻出賣了我。或許「天下無不散之筵席」，所有相逢都伴隨著離別。想到這裡，我心中失落更甚，所散發出來的氣息與周圍的人格格不入。我不禁嘆了一口氣，而嘆氣聲被淹沒在歡聲笑語中。

「同學們先安靜。」老師說罷便全場都鴉雀無聲了。她接著說：「離別之際，傷心不捨在所難免，亦是人之常情。過了文憑試，你們或許成為某種老朋友，或會延續友誼，繼續有交集，但我希望你們不要過於執著現在的離別，今日的離別也許是為了來日的重逢。聖經亦有說：『忘記背後，努力面前的，向著標竿直跑。』希望這能成為你們的人生態度，著眼未來。」

老師的話如醍醐灌頂。我忽然想起赫拉克利特的一句話：「世上唯一不變的，便是改變。」誠然，面對變化與時間的洪流，渺小如人類無法做到些什麼。能做的，除了無奈，只有在洪流中活著，拼命無恙，以求來日再重聚，好好地「安可」。

戛然而止的雨聲把我的思緒拉了回來，世界又回到了平靜，除了電視機的聲音外。我望向窗外，也許此時的我們都早已離座，在世上的不同角落，但仍拼命無恙、死去活來地活著，相信著來年的「安可」。

足印

5 NC 嚴巧兒

橘黃的夕陽在海的那端散發着和暖的柔光，為沙灘上每一粒細沙都鍍上點點燦爛。潮水拍打岸邊，帶走破碎的貝殼和石子，轉眼又送來另一批新的海洋造物，為廣闊的沙灘添上幾分點綴。我坐在不遠處的石級上，托腮觀察着眼前景象。海風夾裹着蟬鳴和波浪而來，潮濕而鹹澀。在我目之所及處，有三道側影，二長一短，在近海的沙灘邊上散步。

只見，走在中間的小女孩，唧唧呀呀地揮動着短胖的手臂，若有所思地，轉身指着他們留下的一串蜿蜒的足印。濕潤的沙子上出現深淺不一的凹印，標示著三人已經走過的距離。在美景和歡聲笑語之中，每一步皆是回憶。

我有些走神。腦中像是被潮水拍打着，一波接一波，送來思維角落裏難以被覺察的存在。

常言道「一步一腳印」，我們在千百年前，便為腳掌與大地接觸而留下的痕跡賦予種種意義。當森林裏的泥土上平白多了數道非人的足印，同伴們皆屏氣凝神，遁着方向去追尋，必能有所收穫；又或者是在茂密的樹林裏失了方向，面對烏雲蓋日，叫天不應、叫地不靈的境況時，若是低頭看見了熟悉的足印，緊隨其後，便可回到令人安心的部落。

足印能將你我帶到同類身邊，為你我指明回家的路。在許久之前踏出的每一步，都成了路，記載着你我走到如今的過程；亦是努力的印記，象徵着你腳踏實地地，走了多遠。

等到最後一絲霞光消失在天際盡頭，夜晚便逐漸攀升、佔據人的全部視線。伴隨夜晚而來的，還有

潮汐。海浪逐點逐點蠶食著沙灘，每一下都拍得比上一次高，終於，以沙子和貝殼作交換，帶走了三人留下的足印。面對足印被洗刷，復歸於無，小女孩停了下來，哇哇地叫喚着，像是有些許疑惑。失去了足印後，只剩下三道渺小的身影，像是一座孤島般，突兀地停留在沙灘的一角，分不清去路和歸途。

如果說足印在千萬年前的作用是辨別、留下痕跡，助你找到回家的路；那麼，在現今社會，我們用水泥及鞋履隔絕了土地，沾了泥污的鞋子在人造的地面上留下令人眼花撩亂的紋路，從四面八方而來，自四面八方而去，早已不再自然，亦教人無法分辨。

土地似乎不再憐愛我們，人存在的痕跡也如足印般輕易消逝。差不多的人會在差不多的沙灘上，留下差不多大小的足印，被吞下金黃夕陽的海浪冲刷後，不復存在。待後人在差不多的時間，重踏那片土地，赤腳下溫熱的白沙，能否使其感受到屬於過往足跡的溫度？

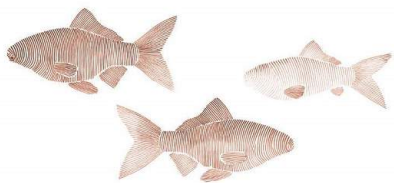
在思緒翻滾之間，我竟想起了幼時飼養過的一隻貓。當時少不更事，我稀里糊塗、不成系統地養着牠，又看着牠不出一個月便無故死亡，從此我再沒養過寵物。到現在，除了我的愧疚使牠偶爾在我腦海中走動，留下依稀的影和足印，又有誰會想起這隻沒有名字的貓？更別提，牠的足印在如潮水的時間的擊打下，已日趨模糊。

我們常說道生命的死亡在於遺忘，但等到百餘年後，最後一個與我們有社會關係的人都煙消雲散。身為普通人，來世上走一遭，還會剩下甚麼？走過的路沒有留下記載，擁有的回憶和感情會隨着肉體的消亡而散盡，宛如一場大夢。從古至今，從來如此。可如果遲早都會消散，那生命的意義何在？

我有點低落。潮水拍岸，卷起如雪般的白沫。然而，與我不同的是，那個小女孩沉吟片刻後，忽然掙開家人牽着的手，邊高興地笑着邊跑了起來。她的父母見狀，無奈地一笑，也追在她的身後。三人不再在乎身後的足印，而是向前奔跑、追逐著，偶爾碰到了彼此，便無拘無束地大笑起來。

我看著看着，突然釋懷地笑了。正所謂「大江東去浪淘盡」，沒有生靈能夠抵禦如潮水般拍打、消耗

着生命的時間。貝殼會換，足印會散，甚至沙灘遲早有一天都會消逝，像是世上總會有新的生命頂替老去的存在，繼續攙起世界的運轉。平凡人的存在好比歷史車輪前滾滾飛揚的塵土，轉眼便如足印般消逝，直至舊時代被永遠封印在史書裏。時間會沖走所有生命的痕跡。



在學習他人當中找到快樂

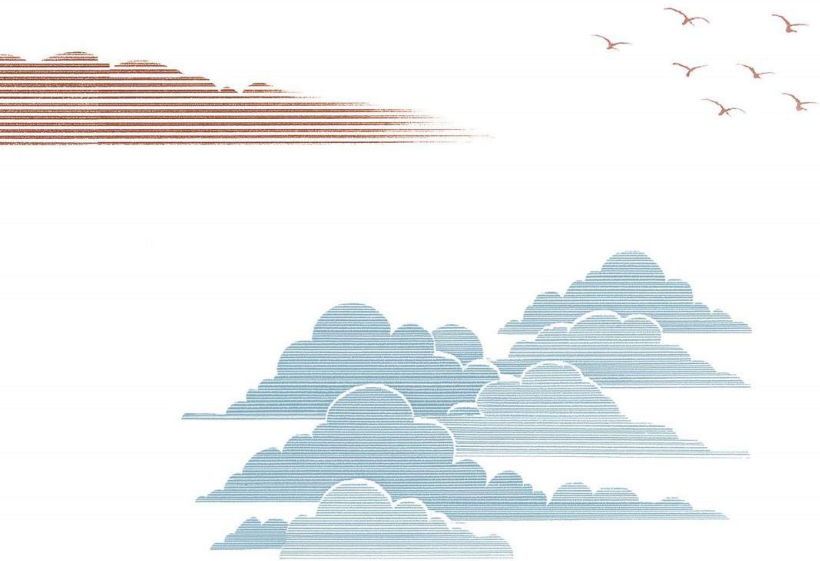
5 L C 朱恩延

壓下按鈕，音符從音箱飛奔而出，一躍高空，於皚白雲層間四處跳蕩，地板追趕著明快節奏而起伏震動。偌大寬廣的操場上，一群孩童頂著赤炎烈陽，挺起幼小身板，齊整劃一地擺動四肢。我定定盯著前方舞動的身影，笨拙遲緩地模仿眼前人的一舉一動。眼見自己學到有板有眼，不禁一陣竊喜，擋不住笑意，露出幾顆零落皓齒，猶如皮鞋前頭裂開了針線。透過跟隨他人的動作，我慢慢與大家步伐一致，最後輕鬆完成體操訓練。從迷茫摸索再到清晰掌握，年幼的我首次體驗到那種純粹的成功愉快感，教我刻骨銘心。

就這樣，我尚在懵懂無知的年紀便深曉「學習他人，成就自己」的道理。每當自己陷入茫然失措之時，總飛快地左顧右盼、環遊四周一番，在人群中照葫蘆畫瓢，跟上進度後，不禁喜形於色。我明白完成某些能力並非能一蹴而就，而是需要透過不斷的學習和反思來培養，故我很樂於以學習他人去協助自己達到目標，而它所帶來那一份達至成就的滿足感是無可取替的。

除了贈與你進步的階梯，學習他人更賦予你欣賞事物的能力，看見平凡生活中的百般色彩。因為往往在學習他人的過程，你同時在欣賞別人的閃光點，去發掘存於萬物美感的過程。國中的時候，文件夾裡總塞滿佳詞佳作的印刷範本，飽含著老師一番美意：從他人身上學習寫作，吸收文章精華之最。我因課業考試重複翻閱範本，每每打開細看，不得不驚嘆連連。作家的鬼斧神工、文人的匠心獨具，墨客的妙筆生花都叫我五體投地。配合上出神入化的修辭運用，僅是寥寥文字已經勾勒出一幅又一幅生動畫面，使人有感同身歷其境，投入其中。我立刻感受到觀看文藝作品的魅力所在，亦更體會到「觀賞」的「賞」字所帶的賞心悅目意味。漸漸地，學習他人成了一種怡情悅性的享受自娛，它把我推向更多元化、更高雅的審美目光，是觸發我發現美好事物的契機。而我沉醉於感受被美麗觸動吸引的瞬間，喜不自勝，在創作藝術中不由得興致勃勃，恣意揮灑。

學習他人亦可以叫我得著心態上的舒適愜意。向他人學習時，我必須要虛心接納他人勸諫，方能悟



得當中窅妙，同時亦意味著我要接納自身不足，放下身段請教。這種自我心態調整卻是在社會激烈殘酷的競爭環境中不多得的喘息空間，讓事事追求完美的我承認自己的極限，順服於生命，學會和自己放鬆自然相處，享受內心安寧。「謙卑君子，卑以自牧。」學習他人於我而言更是人格的修養，透過低頭向人求學來塑造寬宏大量的心胸，思想境界提升，擺脫得失比較的俗套觀念，方能無懼挫敗，在紛擾亂世屹立不倒。有感受到內在品質的提升，我擁有了心靈上的富足和自由，日子也過得怡然自得。

人一生是離不開學習，學習都是為自己蛻變成長、更上一層樓做準備。世界總向我灌輸達至完美人生的目標代表真正快樂，潛移默化地我亦認同，並掙扎於不見盡頭的成敗榮辱泥沼中。但我漸漸發現在追求完美過程中，所見的沿途風景也是我真正快樂泉源。透過學習他人，我學會了接受自己並不完美，滿足我找人幫忙的需要，並肯定並發掘出不恥下問的價值，找尋到非流俗、獨屬自己的歡愉。所以說，學習他人是我累積幸福的方式。

傳統與創新

5 L C 張恩瑜

傳統總是窒礙創新之念之舉，使人固步自封，停滯不前。大至中華悠悠五千年，小至你我蜉蝣一世，我們總不自覺間依循了前人的步伐行走，或是生活上所習慣，閱讀傳統的紙本畫籍，或是社會上所適應的思想、習俗。的確，傳統行之有效，當可持盈保泰。然而，其中使人安於現狀而難以突破，甚至排斥創新，你又是是否知曉？

個人而言，傳統使人有於固有、滿於現況而滯於創新。俄國作家高爾基說過：「保守是舒服的產物。」的確，傳統自前人累積而來，已歷遍時光之考驗，與充滿未知之數、自零而建的創新相比，可謂坦途一片。置身舒適區有如舟子行於緩河，無風無浪，安定而遊。就是這樣，我們樂於守成，循傳統而為。試問，誰會不希望無憂無慮、安穩度日呢？在這樣遼闊而平緩的生活之中，真的能毅然一咬牙關，駛向創新之激流嗎？顯然，多數人都會猶豫。可是，在這瞬息萬變的社會之中，前路不會永遠風平浪靜，只是尚未可見而已。科技使電子化、線上化、人工智能化席捲全球，傳統的生活方式已大為變更，麥當勞早於二零一五年已在港設自動點餐機，改變了已行千百年的人工點餐模式，加快效率。試問，若拘於已有的人工點餐，使顧客要等候良久，與講求速度的快餐序旨背道而馳，便難以擴大市場。正是因固守傳統而固化自我，不能創新而停滯不前。

哪怕自身可突破傳統的束縛，也難以掙脫外界因傳統形成的舊思想，遭受排斥。昔宋神宗熙寧二年王安石變法，至一八九八年維新運動，橫跨幾百年，守舊派的言語竟一字不差——祖宗之法不可變。維新新政主張「小變不可，必當全變」；設議院以通下情，設制度局以立新章、廢八股以育人才、予專利以勉創見……於今天的目光看來，這些新政無不是創新救時之務，習西法而去糟粕。可是，守舊士大夫自幼習三綱五常，口口聲聲「之乎者也」，視科技為奇技淫巧，視民權為洪水猛獸，甚至聲言「寧可亡國，不可變法」。他們固守傳統紀綱，嚴斥一切創新之政，地方官員視新政諭令如無物，西太后罷免維新首領翁同龢，更發動戊戌政變，維新卒百日而終。如此，腐敗吏治得以永續，冗員冗兵得以留任，迂腐

士子得以重用，託傳統士大夫之福，才有這一片政通人和、國富民強的休明之世！清之末世，並非沒有可跳脫框架之輩，卻因傳統的桎梏而受打壓，消聲匿跡，清也不免積弱而亡了。

往往有人主張，盲目遵守傳統確為不可，卻該以傳統為基石創新，融會貫通。此話不假，傳統自古人經驗而來，乃集前人之成，可以為借鑑。然而，傳統真的還切合當世嗎？又真可與創新相融嗎？有說伊斯蘭教禁教徒吃豬肉是因昔日衛生條件不足，故不安全。那麼，此危機於今世早已不成立了，只餘宗教意義，可見傳統往往會過時，不合於用。至於以為基底，呈不聞洋務運動之敗？洋務派主張「以中國倫常名教為根本，附以堵國富強之村」，艦隊、洋槍隊、兵工廠、鐵路紛紛而建，正是不易紀綱法度而習「船堅炮利」。終在甲午一役，決決大圓敗於島國日本，昭示洋務運動的失敗。反觀日本，於明治維新中大刀闊釜改革，行君主立憲、廢武士制，於顛覆固有，得以富強。創新應當果敢徹底，而非汲流忘源，安有以牛為頭而以豬為身者？傳統束縛創新，實不可取。

實業家約翰·洛克菲勒說：「如果你要成功，你應該朝新的道路前進，不要跟隨被踩爛了的成功之路。」一味持盈守成，走在前人的腳印上，終不能留下自己的足印。真正的創新，是摒棄傳統的條框，勇於敢為，走出屬於自己道路。



熱鬧過後，我卻感到失落

5 L C 蕭曉彤

熱鬧過後，我卻感到失落。


隨着夜色迫近，四處都人山人海，幸好我提早了些，出來佔位置，站在維多利亞港的圍欄前。維多利亞港的海面依舊平靜，彷彿並不知道接下來會發生的事情。我身後站着許多人，每個人的目的都是來看維多利亞港的，卻沒有人正視前方平靜的海面。我的身旁並沒有任何的路燈，卻滿是從熒幕發出來的藍光，假如從對岸看過來的話，會是一片淡藍色的海洋嗎？

這個假設的結論我已無從得知，因為我的思緒、眼球正被那天天空綻放的花朵奪去了。李碧華曾在《吃眼睛的女人》中寫道：「花在凋謝之前最美麗」，看着墜下來的點點星塵，夜空回復到暗沉裏，短短三秒的花朵，卻被那無盡的黑夜反襯出它的美。我回味着那煙火，聽不到那放炮的聲音，我不禁有點失落。身旁的人們也好像被奪過神了，從藍色的屏幕中，奪回主導權。

被喚醒的人們開始爭先恐後地，想更靠近那與他們天各一方的夜空。我的背後感覺到人們的郁動，我本能性地護着掛在脖子上的黑色相機，我才回想起這才是我來到這裏的目的，用那捕夢網捕捉那瞬間的花火，讓它永遠能在相機中展現最美的一刻。

我拿着相機，從相機的鏡片看出去，隔着一片鏡片的世界，彷彿又更遙遠了一些。煙火的聲音又再次響起，蓋過了人們的嘈雜聲，唯獨能聽到「哇——」的擬聲詞。我按著快門，生怕會錯過那一瞬間的美麗，從鏡片中看出去那份美更不現實。

音樂停下來，象徵着第二幕的煙火完結了，人們把頭移回來，父母把孩子從肩膀上抱下來。有些厭倦了等待的人們，便走到旁邊的攤檔買了一些小食，這裏的氣息又回復過來了。我放下這副沉重的黑



色眼鏡，翻看着剛剛拍攝的煙花照片，每一幅都依舊燦爛，就如明信片般，卻好像少了什麼。失落的天空，與照片中永存的花火，我好像更珍惜那短短三秒的享受，因短暫的存在令其美麗更為寶貴。

音樂又再次響起，我不忿氣的拿起相機，手不小心碰到旁邊的人，才發現身旁的一排都是拿着相機的人們，許久沒有看過這樣的場景了。他們專注地用相機看着對岸，手指不停地按下快門，我耳旁響起的是接連不斷的「喀嚓、喀嚓」，他們全神貫注地調着各種角度，拿着鏡頭與煙火的距離，用這樣來看煙火是會看得清晰，但真的能感受到它的美嗎？煙火在天空上爆發着自己的小宇宙，人們正享受着在他們所看到的夢境中。

音樂又再次停頓，隨即響起的是主持人的聲音，他用跌宕起伏的聲音宣布着，再過一分鐘新的一年便會到來。身旁的人們開始倒數着，一秒一秒地流逝。來到最後十秒，維多利亞港的上空出現了無人機，他們有序地組成各種數字，帶領着民眾倒數着。「三、二、一」煙花適時地



再次出現於上空，緊接而來的還有一句又一句的「新年快樂」。這一刻，煙花代替他們把內心的激動演繹出來，那種喜悅、盼望、期待和對未知的興奮，一浪接一浪的浮現出來。

煙火盛放的時間總是很短，隨着主持人宣佈着活動的結束，人們也漸漸地散去，回到日常生活當中。我就這樣站在維多利亞港旁，看着曾繁盛的花兒的隕落軌跡，零星的火光，還能在天空看到它的軌跡。平靜的維多利亞港說着那熱鬧的場景早已「散場」，唯獨只有平凡日常才能作為日常的主宰，那熱鬧的場景只不過是一場意外。

我看着地上被人遺留的垃圾，冷清的街道，人們的熱誠總是不能持續。明天這裏又會重回正常的海邊，依舊沉溺在昨天的人是瘋子。這裏不會再是人們的首選之地，也不會是煙花盛放之地，只是維多利亞港。新的一年，我們還不是像上年一樣說着自己的期盼，看着它的隕落，再重新看到新的盼望。我們忙着從別人的眼中看自己的處境，就像拿着相機，隔着了世界與我，無法體會那份喜悅。我們總是忙着東顧西顧，又有多少會欣賞平凡的日常。「花在凋謝之前最美麗，人卻在離別一刻才多情」，再見了，那如夢境般的時間。



上鎖的抽屜

5 NC 杜梓燁

灰暗的雜物房有一個佈滿塵埃的櫃子。這個櫃子看起來已經一把年紀了，它的身上佈滿了歲月的痕跡，但真正吸引我的是那上了鎖的抽屜。我走出了雜物房，用期待的眼神問父親：「可以打開這個抽屜，看看這裏面的東西嗎？」父親拿出了鑰匙，示意我去打開它。

不知不覺才發現，原來自我出生起這個抽屜便一直上了鎖，至今為止我從未真正見識到。每當我問起關於他的事情時，父親都會用開玩笑的語氣說：「以後才告訴你。」這也更加令我感到好奇。這一年五歲的我終於鼓起勇氣在全屋進行大搜查，務求找到那一條鑰匙。於是我便在家中玩起了尋寶遊戲，而父親只是靜靜地坐在旁邊觀察著我。可惜，最後還是事與願違，在家中翻天覆地後還是沒有找到，於是我便用可憐的眼神哀求父親給我點提示，但他卻表示當你有需要時，我自然會給你打開。

那年我八歲，還處於懵懂的時候，對學習十分迷惘，不知道該如何是好。而我的父親擔起了成為我補習老師的責任，在他每天忙碌完工作上的事務後，便會投入於我的學習中，不時的提點我，為我定立明確的方向。我就像一棵幼苗，盡情吸收著豐富的營養。正因如此，我的成績終於步入正軌，最終也在期終考試中取得了佳績。於是我便問父親能不能得到鑰匙，但是他還是那句話：「當你有需要時，我自然會給你打開。」

青春期的到來總令人改變，不管是態度、心境，或是目標，而我的自我管制能力十分差。看著身邊三五成群的同學，我內心十分渴望與他們成為好友。但對比起那些結伴同行的知己，他們卻是豬朋狗友。在學校，他們無所不為，玩手機、糾纏橫行。他們就像惡魔一樣，引誘我去模仿他們的行為，而我的心也慢慢地被他們侵蝕了。慢慢地，我的初心改變了，和家人的關係也漸漸疏離。平常與父親聊天這般

唾手可得的機會，也變得少之又少，好像我們只是住在同一個屋檐下的鄰居，互不打擾。

有一天，我徹夜沒有回家，當回家的時候已經是清晨五時，正當我打算一頭栽進床上時，才看見父親還是一如既往地準備出門工作，我輕輕地用膽小的眼神眺望他，而他卻默不作聲地從口袋拿出了那一條鑰匙。我瞬間露出了期待的眼神，但卻被父親的氣場所震懾。「去吧！」父親說。終於我打開了那個抽屜。在那裏有一疊疊照片，照片裏都是我和父親的合照。每一張照片都是他自己曬出來的。他不懂得表達，所以在每一張照片後都寫出了自己的心聲，例如對我的鼓勵、對我的期望和對我的失望。看著一個個不同時期的我，再看看現在這個令父親愁眉苦臉的我，我實在是太失敗了。拿出照片走到了客廳，擁抱著父親，不斷唸著對不起。而他還是一如既往地說：「當你需要時，我自然會給你打開。」而我也明白是時候拿著這份幫助去報答父親了。那一年我十七歲。

在那堆密密麻麻的照片中，我挑選了一張父親年輕時的照片放進我的錢包裏，父親的臉上帶一點羞澀地問我：「為甚麼？」而我回答他：「因為我需要你呀！」

文學創作



今天晚上 很好的月光

5 LC 張恩瑜

幾乎是每個夜晚，當我完成首場補習，吞著饅頭、埋首唸著詩文趕往別處時，我都會遇上這樣一個怪人：他眉毛花白，肩背卻挺得甚直，雙目微彎，總是我匆匆路過時緩緩道，「同學，慢慢走，今天晚上，月光很好。」

這句話可說是在我耳邊掠過的，與我步行時帶起的風一同。偶爾，有一兩次稍閒時，我也曾思考之，可我一抬頭，只見重重方格框起，黑夜成了一個五顏六色光影下的狹窄方格。不見月，更無夜，如何慢？「叮叮叮」的提示聲提醒著我，綠燈已至，下一場補習將至，月亮不至。

月亮，是團圓、美好的代名詞，我踮一踮足，眺望西洋菜街的盡頭，或許在摩肩接踵過後，逃出了這井，就能慢慢賞月吧。

日日如一，直至今夜，我帶領的辯論隊在初賽中慘敗。結束了這場使人無地自容的鬧劇，我忽地不知所措，佇立在白領擦身而過，男女興高采烈和綠燈的催促前，到哪裏去呢？當失去計畫，我就失去了行走的能力。

在眼前奔流不息的西洋菜街，霓虹燈牌五光十色映耀，我轉過身，向後方落寞的山坡走去。山坡卻出現怪人的身影，他似乎毫不驚訝我出現，「同學，陪我慢慢走一下？今天晚上，很好的月光。」我仰頭尋找，月光在哪？只見高樓蔽日。許是習慣了被人推著走，一如已往如何聽從長輩，我點了點頭，與怪人步入深林。

這山坡本就不高，山內亦不難走——說到底，這只是鬧市旁的一個小公園，可是，鼎沸人聲和石油氣氣味卻漸漸地淡了，婆婆樹木重重地隔開外圍，我漸陷入蟬鳴不住，縷縷桂花香輕送。雞蛋花落了，在泥土中覆了一半，我蹲下，輕撫她嬌柔的皮膚問道：「這雞蛋花是何時開的？落得這樣早。」

「在你不覺意的時候。」

我呢喃著這答案無意義，一隻甲蟲又爬入我的視線。牠的甲殼上反射著銀白的光。我心中一動，站起身來，一輪明月早已懸在眼前，原來我們已步上山頂，不再有樹木、樓宇覆蓋。銀白的光曬滿眼前，甲蟲、貓兒、水灘都閃動著，鍍上了一層銀色。

老人的聲音被山頂涼風灌注到我耳邊：「月色很好，是吧？」

月色之妙不假，可站在山頂俯視，又見那稠密的水泥之林，素淡、肅穆的月照不進耀眼的燈牌之下。今晚，我可以逃離，可十五日後，無月的初一，我又可到哪去？我又低下頭，「日月忽其不淹兮……」，苦笑一聲，「吾獨窮困乎此時也。」

老人沒有說話，只是望向西面，我隨之一視，月亮已不知何時挪到偏西，似乎離落下也不遠了。



銀白變得慘淡，照得老人的眉毛蒼白，就像一場的美都有時限，雞蛋花落，桂花將謝，蟬亦——

「蟬貼不知春秋。」老人好像讀到我心中話語，接道。可他所指卻全然不一，「月落之後，會到哪裏去？到地球的另一端升起而已，既然如此，世上哪有無月的時間？」

我似懂非懂地點點頭，跟在老人身後，看看他下山時，竟變得駝了背，眉毛越白，顫著步下了山。

眼前的西洋菜街好像不再肩背相接，人依舊多，我卻可昂首闊步，人流沒有推著我前行。

驀然回首，月光平鋪在我走過的每一步上，每個凹陷都格外輝煌。我慢慢地走，欣賞著月光和來路輝映，月光哪會落下呢？

一個男人手執電腦匆匆而過，我笑一笑，「先生，慢慢走，今天晚上，很好的月光。」



今天晚上 很好的月光


5 L C 朱恩延

從腹中開始，我注定和姐姐成為一屋簷下的共生競爭者。我們被強行擁有相等、平均的資源，每個人卻無比渴望打破天秤的平衡，在數次爭奪中遍體鱗傷，卻在黏起傷口時意識大家的命運被綁為一體。就如同我們曾為得到近窗的床位大打出手，但很快又明白我們始終被擠在一間房間，床位都是差不多的。

自我懂事起，每一入夜身旁都有道人影。當初和這位室友爭床位爭得個臉紅耳赤，自此之後我倆的關係猶如餘煙盈繞的舊火柴，有任何風吹草動，怒火便重燃，頃刻間可成星火燎原。她睡在靠門口方向的床位，我想到廁所時要經歷一番戰戰兢兢，窗外的月光是冒險家手中的電筒，照清了前方的兇峻險惡，我特工似的在漆黑間數道稀疏月影中細細摸索，提防著喚醒昏沉入睡的猛獸，張開血盆大口，在一聲咆哮覆沒。那段時間夜晚可是勾心鬥角，小心翼翼，難自在自如。因此我記恨上月光，它的出現意味著一場腥風血雨即將來襲。

我以為和姊姊渡過的夜都是學習容忍的歷練，天邊的月都是見證退讓的徽章。直至一次父母的痛責拉緊我們共存的羈絆。因為功課的延緩，我推遲了入睡的時間，鋪天蓋地的責罵灌至耳朵，嚇破了膽子，荒落逃至房間，怎料落入對手的眼目，淚光一下子在眼眶耀動，劃過臉頰。未等來冷諷熱嘲，臉上卻傳來輕柔的觸感，衛生紙下掃，是她倔強的撇頭。自此以後，我們不再兵戎相對、相拔刀劍，而是靜靜地躺臥在雲間噴瀉的朦朧月光下，交換了埋藏心中的情感，交織著少女的幻夢，共享房間肝膽相照的安寧。那段寧靜歲月不悄意溜走，我卻未曾在意。

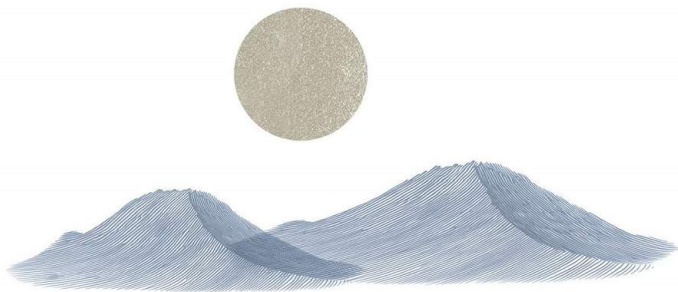
這般柔情光景只是維持到新房間的裝修，我終於搬離了小時候擠擁的空間，嚐到獨享私有的甜蜜，我想姐姐也和我共抱著相同的心境，數年的深交談心在那刻是抵不過自立作主的萬分雀躍。我們默契地不常敲響對方的房門，在各自的空間中挑燈苦讀，埋頭工作，偶爾傳來半句歡聲笑語，為各自的人生規劃努力着、獨力奮鬥著，夜幕來臨，月光映照著，卻照無眠，空虛頻生。



我記不清自己多少次輾轉反側，一夜無眠了。是因為聽見姊姊到國外唸書的訊息嗎？是多年孤軍作戰的寂寥作祟嗎？今天晚上，我再一次失眠了。我道不清失眠背後原因，只知道自己又一次被內心巨大的空洞吞噬了，心中缺失了一塊。但我自認生活過得滋潤，工作有成，心中的不完整從何而來。月光冷清，不近人情，照不出我內心的空缺，卻教人夜不能寐，或許我需要一個枕邊人領我走進夢鄉。思緒中浮現了這熟悉的臉兒，是姐姐的。我猛地記起了那些月下嬉戲遊玩的日子，記起那些夜裏浮想聯翩的時刻。淚簌簌而下，我大概知道是我想念過往了。原來這份空虛在我搬進這間便籠罩不散，可惜這可能是落花有情，流水無意，或許她獨自活得瀟灑，姊姊和我望向相隔萬里的月亮時意念相通嗎？

電話響起，我接聽電話，是姐姐：「今夜難得的圓月你看了嗎？」原來我們的情感並非環境分隔而消失，只是一直寄藏於月光中，我們觀看的千里共嬋娟是相同的。

「我看過了，今天晚上，真是很好的月光。」



被我撕去的一頁

5 NC 黃綺欣

(二)

九月三十日（日）陰雨

他們果然翻看過我那本日記。今日下午，母親站在書桌前，托著那本色彩繽紛、畫滿笑臉的日記翻頁，一邊讀一邊點頭，嘴角還微微上揚，無非是些對美好校園生活的記錄、對父母的歌頌，卻正中母親下懷。

母親翻著翻著，母親停下了動作，把我喊了過去，我見母親皺著眉，盯著兩頁之間剩下一小角的紙，她指著那小角問我：「好端端的，為什麼撕了一頁？是不是背著我有什麼秘密？」明明已經盡量用直尺撕乾淨了，不曾想還是漏了眼，留下了一角。

我沉默不語，母親盯著我，我依舊沉默，眼睛卻不由自主地打轉，那一頁實在羞於展示在眾人面前，甚至是母親、父親都不能。母親見我眼神閃躲，心中自有分曉，她蹲了下來，將書桌旁桶中的垃圾盡數倒出，紙團散落一地，被母親一個個剖開，算草紙、草稿紙、練習工作紙、閱讀材料……逐份比對，始終不見那缺失的一頁。當然，它並沒有被我扔在這如此顯眼的地方。母親停下了動作，身旁是一張張皺巴巴，被母親攤開的紙，她手中拿著最後一個紙團，剛被剖開。那是一份收據——「惠民超市……薯片一包」母親抬頭，我看著她的眼神更是飄忽，我緊緊扯著自己的衣角，心中的無頭蒼蠅在亂撞，找著一個解釋的理由。還是算漏了母親會翻垃圾桶，翻出那份收據。

「我……我前些天與英秀放學回家，經過超市，她實在餓得很，但錢包卻遺留在學校，於是我替她付了錢……」辯解的聲音漸弱，母親凌厲的眼神盯著我，漸漸柔和了下來。「嘶——」她將收據三兩

下撕成碎片，撒落回它原來所在的垃圾桶內，「我家一心最乖了，果然不是買了自己吃，你少與英秀來往了，粗心大意還吃這種不健康食品，少與她玩，可不能變得跟她一般蠢的。不過一心，你沒有吃她的薯片，對吧？」母親湊近了我，凝視著我，用她那雙烏黑的雙眼凝視著，我看著深淵回應：「沒有……當然沒有……」母親聽到我的回應，方才笑了笑，站直身，轉身離去，隱隱聽到她口中唸唸道：「還是我們家一心最乖……」

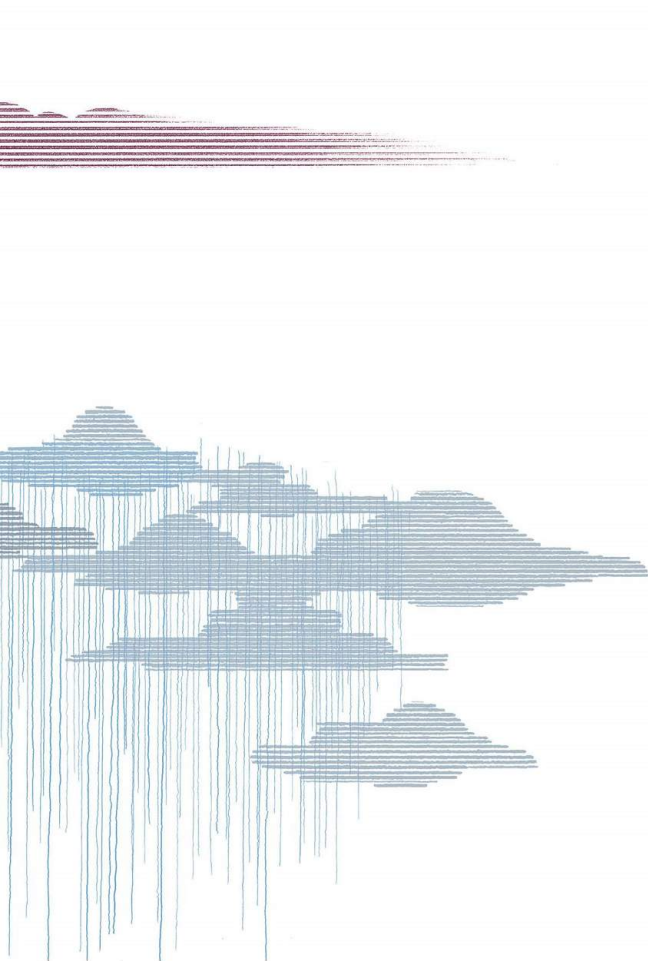
晚餐飽飯過後，父親在房中盯著我寫練習題，他的口袋脹鼓鼓的，收著我的手機，手中拿著我的平板電腦，手指在屏幕上滑動著……滑動著……我瞥了眼，他在翻看著我的瀏覽記錄。父親瞧見我轉頭，馬上怒斥：「偷看什麼？還不好好學？辛辛苦苦給你交學費，不是要你看平板……」「找到了！」母親的叫喊打斷了老古板的訓話。我與他走了過去，母親拿著一張濕透的紙，上面的墨水已經花了，但仍能看出：「九月二十九日（六）晴，母親今日早起為我煮早餐，我真的很愛母親，謝謝母親。」紙上畫滿了黑色的笑臉，一個個化開了，像是在笑，又像是在滴淚，一個個花了、線條無力的微笑。

「一心日記撕下那一頁，找到了。我就說，我家一心最乖了，哪會藏什麼小秘密。」母親滿手污漬卻笑得燦爛，更要來擁抱我，父親笑著附和：「是不是過於肉麻，不敢留在日記裡啊？沒關係，說出來也不肉麻的。」我微微一笑，母親緊緊抱著我，手掌壓在了我後背的瘀青上，自己純白的衣服上留下了一灘鮮紅的醬汁，我輕聲在母親耳邊擠出那一句：「媽媽……我愛你。」

幸好，他們還是沒找到那一頁。

(1)

窗外雨聲漸漸，從外面看屋內，冷光燈下一家樂融融的畫面略顯詭異。雨水，那本是大自然的恩賜，



卻一滴滴打在草叢中的幼苗上，打得她彎下腰來。草叢中的泥土，露出一角紙，清潔工撿起它一看，上面的墨水有少許化開，仍能看出字跡：「九月二十九日（六），昨日英秀扯著我的書包，把我拉到超市，呼喝著讓我給她買點薯片，交下保護費，見我不情願的樣子，還從後踢了我一腳。今日後背還隱隱作痛，母親見我躺在床上卻把我叫起來一頓訓，欲哭無淚，淚都不敢滴出來，何時解脫？」紙上的小人嘴角向下，化開的墨水，隨著雨水浸濕，再度化開。「可憐啊孩子」。清潔工人輕歎了句，將紙隨手丟入垃圾桶，有著蠅臭蟲附在紙上，啃咬著這份腐爛。