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編者的話

第十一期《青苗創作集》出版了！本創作集收錄了本校同學在二零一四至二零一五年度中英文作品和美藝創作。今期的封面選了6C鍾曉彤同學的一幅題為「自然」的塑膠彩紙本，主角有魚也有蝦。剛好校園本學年增添了一個露天魚池和三個水族箱，飼養了各種魚類蝦類，確實有助紓緩緊張而又充實的學校生活。

有人認為魚蝦所以美麗全因牠們身上的色彩，本校精心挑選的各種魚類蝦類也是色彩繽紛，引人注目的。假如各位同學想為學校生活加添色彩和樂趣，其中一個好方法，就是把你的創作和感受與別人分享。無論是校內校外的徵文或標語創作比賽、平時的中英文寫作練習和讀書報告，還是各式各樣的美藝作品，只要是你的用心之作，都會有機會在校內壁報板展出，也會有機會在本文集刊登。希望各位同學在六年的中學生涯裏，也能留下一點色彩和印記，讓自己和身邊的人欣賞、回味。

最後，衷心感謝一直支持出版本文集的梁達衡校長及家長教師會各位委員，亦感謝各位老師悉心栽培本校的「青苗」，使他們能夠更有信心穩步前行，繼續努力創作，藉以答謝歷年來關心和愛護本校的人士。

《青苗創作集》編輯

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阮偉樑老師 余江河老師

2015年5月31日

Foreword

Another year, another collection of great prose, poetry, fiction and debate speech on various social issues from across our school. Please spend time to look over the great variety of work our students have produced. A lot of extra time and effort has gone into producing all this original work before it goes into print. English teachers each select the most original work from their students before the best is selected for you to read. It comes from all age ranges and abilities from Form 1 to Form 6.

This year the standard has been particularly high and more entries have been received than ever before. In fact, it could have been possible to produce two volumes.

Anyway, read on and enjoy this collection of the best that Helen Liang Memorial Secondary School has to offer you. Enjoy!

Editors of

The Creative Collection of Budding Writers

Ms. Mok Lai-fong, Marisze

Mr. Tsang Chun-ngai, Jonathan

Mr. Andrew Monks

Mr. Cheng Hoo Keung, Raymond

Miss Li Shu-kai, Shirley

Mr. Law Kai-hang, Gobbel

Mr. Fung Shun Sung, Thomas

Mr. Kan Man-fai, Ken

Mr. Yeung Ho-quen, Matthew

1st June, 2015



閱 書 報 告

在天堂遇見的五個人

1D 陳嘉詠

作者：米奇·艾爾邦

出版社：大塊文化出版股份有限公司

這故事是寫一個叫艾迪的人，是露比碼頭遊樂場的維修員。他的生活蒼白、無趣，他認為自己這一生都是他爸爸害的。

在艾迪八十三歲生日的那一天，遊樂場發生了意外。艾迪為了拯救一名小女孩而不幸喪命。當他醒來後，遇見了一個他認為沒見過的人，那個叫約瑟夫·柯維齊克。他的死亡是因艾迪而起的，並告訴他死亡的經過和告訴艾迪他會在天堂遇見五個人，而約瑟夫·柯維齊克是第一個。第二個艾迪在天堂遇見的人是他年輕時上戰場的隊長，但小隊長的死不是艾迪害的。小隊長是為艾迪和其他同伴不要誤踩地雷而死亡。如果當時小隊長沒有開槍，艾迪會死在大火中；如果當時艾迪沒有中槍，離開過程是小隊長先到前方探路，艾迪便會導致誤踩地雷而死亡。

艾迪在天堂遇見的第三個人是露比，她是遊樂場創辦人的妻子，並認識艾迪的父親。她告訴艾迪，其實艾迪的父親很愛他和家人，只是他不擅長表達他的關心。第四個是艾迪的妻子，她對艾迪的愛永遠不變，依然深愛着他。最後他遇到的是被艾迪活活燒死的女孩塔拉，但塔拉並不怨恨艾迪，並告訴艾迪，是她把艾迪拉到天堂。

看完這本書後，我一定會推薦給大家，在這本書裏我學會了犧牲，學會了去愛親人。在這故事完結前，艾迪說出他在五個人的故事裏領悟到的道理；原來，自己的生命裏一直都有別人的生命；而別人的故事與自己的故事，會在最無法預料的時空裏產生交集。

作者用不同顏色來描繪每一種有可能的天堂，在這故事裏最重要的是要告訴讀者；每一個生命都會碰觸到另一個生命；你所付出的愛，絕對不會白費。希望大家明白這本書所帶出的道理。

衛斯理傳奇之天書

2A 李穎詩

作者：倪匡

出版社：風雲時代出版股份有限公司

這本《衛斯理傳奇書》分了兩部份：第一部份是天書，第二部份則為迷藏，當中比較吸引我的部份是「天書」。其實我是被「天書」的簡介吸引着，它的簡介述一個可愛的墨西哥小女孩姬娜，她在神秘失蹤十年之後，竟然出現在荷蘭，而且還寄給衛斯理一本不明文字的神秘稿件。衛斯理為了追查姬娜的下落來到了圭亞那，卻發現她十年來竟然生活在當地的原始叢林中……，這真是戲劇化呢！

它的簡介當中講到的一本不明文字的神秘稿件當然就是「天書」，但是當讀者閱讀這本書到一半的時候，便會發現一個特別之處。姬娜不是自願寫和寄「天書」的，而是有一位「外星人」控制她的，那個「外星人」是來自跟地球相反方向的不知名星球。那個人利用一枚紅寶石戒指影響姬娜的思維，控制她寫下那本「天書」。當姬娜在寫「天書」的同時，知道自己會因為救回衛斯理的生命而死亡，但是她依然願意去救他。其實發生在地球上的所有事情，幾年前曾在那個不知名星球發生過。

在這本書當中，我最喜歡的情節是第七章。姬娜駕著飛車前去拯救衛斯理，也是整本書最感人的章節，姬娜是死在原始叢林中，所以衛斯理只好把她埋在其中一個山洞中。

讀完這本書後，啟發我可以利用倪匡的寫作技巧，吸引讀者的好奇心，增加讀者的興趣。而且姬娜為了救自己從小的朋友而丟了性命的態度也值得學習，雖然不用丟掉性命，但是盡自己能力救人，這是值得學習的。書中的佳句是：無窮的宇宙，無盡的時空，無限的可能，與無常的人生之間的永恆矛盾，從倪匡這顆腦袋中編織出來。如果有機會，我會將這本書介紹給我的朋友，因為我覺得他們會喜歡這本書。

給自己一個like

2A 靳曉薇

作者：蔣慧瑜

在社交網站給個「like」，只是動一動指頭的事，空閒時給別人十幾二十個「like」，有多難？但放到自己身上，我們卻常常一個「like」都嫌多。作者化身為親切的大姐姐，提醒大家要讚讚自己。

為何要將自己與別人比較？每個人都有獨特的地方值得讚賞。例如一個蘋果又如何跟一個橙比較呢？為甚麼我們不可以欣賞蘋果的爽脆，同時又喜愛橙的甜美呢？成長的路上，雖然會跌跌碰碰，每個人都一定有錯，但只要讚一讚自己，提醒自己不是獨個兒在走。

這本書最大的特色是，作者運用了不同的孤獨故事，提醒讀者永遠也不是自己一個，很多時候，我們都要獨自做某些事情，但我們一樣可以自得其樂，不會感到寂寞。

書中其中的一個小故事是關於小恩，她是家中的獨生女，在小學六年級的時候，媽媽由全職主婦變成職業女性，於是她要開始過沒媽媽陪伴的日子。每天小恩放學回家後，便自己一個人在家做功課，一個人在家玩遊戲機，一個人看電視，一個人在家吃飯，直到爸爸媽媽放工回家。小恩發現自己並不喜歡這種生活，她感到很寂寞，她不喜歡現在這個冷清的家，也不喜歡爸爸媽媽去上班，留下自己一個在家中。小恩一直習慣有媽媽陪伴，因此當她媽媽重投職場後，她倍感寂寞，也不習慣一天大部份時間要自己一個人生活。

作者以一句話：「孤獨但不寂寞。」提醒我們，雖然有很多時候我們都要獨自做很多事情，但自己也可以過得很開心，作者做社工時，總喜歡與同事一起吃飯，談天說地。不過有時因為工作關係，作者須提早吃飯。作者發現獨自吃飯也有好處，可以隨意挑選自己愛吃的餐廳，而且一個人找座位也較容易。

總括而言，我欣賞作者的例子用得很好，比喻得很貼切，更容易令讀者記入腦海。

四百米終點線

2B 黎宣宜

作者：天航

我們的人生就如田徑場上的健兒一樣，不停地比賽，不進則退。

這本書講述一位中二的男孩子，他從小就不多做運動，體質也比其他同年的男孩子弱，因此經常被人欺負。他在中二的陸運會比賽中跌倒，雖然被同學們取笑，但是在醫療室認識了一位學姐，也是他的女神，算是不幸之中的大幸。某一天，這位學姐邀請他加入田徑隊，雖然他自己的體育很差勁，但為了學姐，他踏出了第一步，加入了田徑隊。一星期三次訓練，每次他訓練完都會全身痠痛。他在田徑隊認識了一位朋友，就是鄰班的同學。雖然他們加入田徑隊的原因都不同，一個為了取悅別人，一個為了減肥，但兩人仍能互相鼓勵。經過一個學期的練習，他在體育科的成績進步了不少，班上的體育達人知道後便挑戰他，可是他卻不能好好發揮所學所練的，結果也是敗在這同學手上，再一次被同學取笑。但他沒有感到氣餒，而是感到不服氣，於是他便更加努力地苦練田徑，希望有一天可以反敗為勝。每天放學後他都會和鄰班的女同學一起去田徑場練習，只希望完成自己的目標。每一次到在田徑場上都會遇上一位老伯圍着田徑場不停地跑，這位老伯比他們早到，還比他們晚離開。一次練習中無意發現這位老伯原來是香港田徑隊的教練，於是他們便苦苦哀求老伯收他們為徒。可是老伯總不願意收他們為徒，一次老伯被他們的誠意打動了，願意收他們為徒，每晚都教他跑步的技巧，風雨不改，即使遇上颱風也照常練習。半年後，中三的陸運會上他因為腳傷，當快到終點時跌倒，他狼狽地爬到終點。當他以為自己又要被同學取笑時，全場為他歡呼——沒錯，是為他而歡呼。

這本書有許多鼓勵人的說話，例如：「所謂強者，都是由弱者變成的。」「夢想，就是永不言棄的終點線。」「極限是為突破而存在。」這些話都大大鼓勵我要更加努力去面对將來迎面而來的挑戰和難關。書中的主角憑着不放棄和夢想突破了自己，完成自己從未想過能完成的事。就算失敗了又如何，因失敗被人取笑又如何？只需要做得更好，給取笑你的人看；別忘記你其實勝過沒參賽的人，因為他們連參加和輸的勇氣也沒有，所以更要給他們知道你的能力，讓他們後悔！

洞穴奇案的十四種判決

2C 黃丹妮

作者：彼得·薩伯 (Peter Suber)

出版社：商務印書館

我從小就有一個夢想，那便是成為一位律師。日常生活中，我很喜歡買許多關於法律的書籍，而這本，更加是修法律的學生必讀的書籍。

它是講述一宗法律虛構案件，以不同角度去分析。案中是說四個探索家被困山洞，他們缺水缺糧，最後一致決定以猜拳方式去犧牲一個人的生命而換取其他人的生命。最終三人以吃掉那猜拳輸掉的人維生，直至得救。

這時便衍生了一個大問題，到底那些人應該受到法律的制裁嗎？法典的規定眾所周知：「任何人故意剝奪了他人的生命都必須被判處死刑。」儘管同情心會促使我們體諒這些人當時所處的悲慘境地，但法律條文不允許有任何例外。如果飢餓不能成為偷食物的正當理由，怎麼能成為殺人並以之為食物的正當理由呢？但從別的方面想想，若你是那三個人，你會怎麼做，在與死神擦身而過的那一刻，你還會考慮自己的做法是否犯法嗎？所以，我們該怪責那三個人嗎？法律是否真的如此不近人情？這本書裏有許多問題都很值得我們去思考和反省。它也觸發到我對許多事情的感慨。法律確是用來判決那些壞人的，那麼又是什麼來界定壞人與好人呢？那三個人在如此迫不得已的情況下，進行了這些行為後，是否應該被社會遺棄？他們有做錯嗎？這些問題的確很值得我們深究，它除了教導我們法律的知識外，更引導了我們批判性思考。無可否認這是一本實至名歸的好書，又是選修法律系學生「必捨的金」。

能將本來沉悶的理論書籍，用一個既生動又不失道理性的方式去呈現的法律書，真的不多了，這是一本值得我反復思考及珍藏的書本。我相信這些看似凌亂的各種問題對我將來選擇成為律師的道路是很有幫助的。人情人性與法則之間，你的選擇又會是什麼呢？

虛竹的人生哲學

2C 楊銓仲

作者：黎山曉

出版社：生智文化事業有限公司

談及武俠小說，金庸的鉅著可謂街知巷聞、不可或缺，是經典中的經典。當中《天龍八部》講述虛竹、喬峰和段譽結拜兄弟的故事，《虛竹的人生哲學》給虛竹一生分析論述。

虛竹的一生充滿奇幻大事，先是破解珍瓏棋局，後是奮救童姥，決戰遼軍，喬峰在這戰役中因內心掙扎而自殺，故事也沒了下文。

書中指出虛竹性格可用一個「憨」字形容，但也要配很多字才配上他，例如憨迂、憨直、憨實、憨誠、憨拙等。這「憨」字是又單純又豐富，而且是因時因地因情因境的相異而呈現各種不同的憨性。

虛竹本是少林等僧人，是方丈玄慈和葉二娘的私生子。在蕭遠山的復仇計劃下，使虛竹不得與父母相認，更慘的是他自幼已失去家庭溫暖。這也可能促成他的憨性。

作為僧人的虛竹應六慾皆空，但遇上童姥後，他沾了葷腥破了情慾。而他情慾的宿主是一位青春姑娘，但他們素未謀面，只互相稱呼夢郎夢姑。夢姑是唯一令虛竹神迷顛倒的人。童姥帶走夢姑後，虛竹清醒了，他意識到自己破戒甚多，立即把頭猛撞在冰上。他這樣的行為也令他意識自己的本性難受「戒」所限，也體驗還俗生活。

我沒看過金庸或其他作者的武俠小說，但我十分欣賞有關武俠題材的遊戲，所以吸引我選擇這書。這書內容頗淺則意義頗深。談到很多正面正氣的觀念，但虛竹也是人，有七情六慾，即使他口說着後悔，心中仍是忘不了。是道德與人性間的取捨，而虛竹正處於灰色地帶。

假如虛竹來到現實世界，他會是最難生存的人之一。他憨，跟不上社會；他不願不擇手段，永遠做着職界的草食者；他表裏如一，防不着小人的陰險。然而他卻有一身好武功，也只是用於救人。也許就是這種品格真誠，令到肉食獸也臣服於他之下，不過以理服人、以情感人已無人欣賞，大家志在是否有利可圖。

低等生物

3A 張舒婷

作者：孤泣

出版社：真源有限公司

「低等生物」，一本愛情、懸疑的小說。充滿了幻想和吸引力，同時反映了現代這個文明的社會。「人類」這種生物擁有無窮無盡的知識、百折不撓的精神和研精覃思的頭腦。但是有誰會知道這種自認為高等生物的會成為一種低等生物，甚至可能連「蟑螂」、「螞蟻」等生物都不如的生物。

「人類」擁有高科技，甚至能夠登陸月球，但在「低等生物」這本書，又有誰會猜到人類就因為擁有高科技而滅了自己的種族，成為了低等生物。

鄔月一在二百年前被冷藏了，二百年後被解放，成為人類最後的希望。人類因為好奇心，不停地進行實驗，並將人類和其他生物結合，形成「新生物」，而這種新生物卻毀了人類的一生，可說是人類親手摧毀了自己才對。小說中新生物代替了人類的地位；有知識、有思維、有藝術等，甚至有寵物、美食等。可怕的是這都不是普通的寵物和美食，而是我們的同類——「人類」，可見「人類」是多麼的低等。

看這本書的時候可以令我們反思：我們到底是如何對待其他生物的呢？我們的寵物是甚麼來的？牠們有什麼感受？而我們口中的美食也是什麼來的？從這本書中，我卻不得不親歷其境，看着自己的同類成為寵物和美食，那一種痛真是難以形容。

《低等生物》這本書，很適合給我們反思。雖然內容有血腥和凶殘成份，但却是一本讓人類深刻反思的好書：試問我們身處的現實世界不是充滿血腥和凶殘嗎？

心田甘露

3A 羅曉琳

作者：何權峰

出版社：全力圖書有限公司

這本書名為「心田甘露」，它是一本有六十二篇散文的圖書。這本書一共有二百一十六頁，全部都是文字，就連一小幅的圖畫也沒有啊！這本書主要是利用文字的力量激勵人，我認為它是專為一些需要幫助的人或情緒上控制得不太理想的人而寫的。

這本書有一個或以上的主題，例如有「問題都是上天恩賜」、「快樂痛苦由你選擇」等主題。每個主題的形成都有它們的意思，因為根本上每個主題都會教曉你一些生活中的道理。首先，我想說一說「問題都是上天恩賜」這主題，這主題是說明其實人們遇到的挫折或問題都是老天爺一早為我們安排的。所有事的發生都一定有它的原因，而不會無緣無故發生。真正的原因是上天想你能遇到更多事情，讓你懂得如何去面對，而又不曾抱着一種逃避的心態。而作者又舉了一些例子，分析人們面對問題時的心態，並鼓勵我們要堅強地勇往直前，不要因為一顆絆腳石而停下來。可見人的未來是靠自己創造的，不是要別人來決定自己的未來是好或是壞，一切全看自己是否為自己活得快樂而努力。

我想說的第二個例子是「快樂痛苦由你選擇」。這主題說出了其實即使自己一個人也可以很快樂，因為一切快樂或傷心都是由自己主宰的，其他人不應該、也沒有權利去阻礙你感受快樂。每個人都必須活得快樂，否則，最後苦的只有自己。還有，我們要為自己的目標而努力，有目標的人一定會比沒訂目標的人快樂。

讀完這本書後，我感到自己好像懂事了許多和成熟了許多，因為我明白了很多人生道理。我很喜歡這本書，因為它能把我由情緒谷底帶出來，並激勵我奮鬥，叫我堅持。此外，我認為這本書很適合青年人和成年人閱讀，因為看這本書能幫助讀者減輕思想上的壓力。但我認為如果能夠把這本書的事例拍成電影的話，一定更有感染力。我會推介這本書給朋友欣賞，並且鼓勵他們為了追尋快樂的人生而活。

小故事大道理故事（成功觀念篇）

3C 葉芷晴

作者：柯鈞

出版社：達觀出版事業有限公司

這本書記述了不同的小故事，而每個小小的故事中都包含了一個或多個的道理，離不開教導我們待人處事的態度和一些在面對困難時應有的態度和做法。書裏的小故事有很多都是引用日常生活的例子，從而能令我們更加深入了解當中的道理，不會令我們覺得苦悶。

其中便有一個故事是講述一位世界級吉他大師，七歲時便隨父母移居美國。由於他的英語水平太差，一開始時在學校的功課總是一團糟。有一天，他的美術老師把他叫到教員室對他說：「你來美國以後，各科成績不是在及格邊緣就是不及格，但你的美術成績卻很優秀，我看得出你有繪畫的天分，而且我還看得出你是個音樂天才。如果你想成為藝術家，那麼我可以帶你到舊金山的美術學院去參觀，這樣你就可以知道你所面臨的挑戰了。」幾天後，老師真的把全班同學都帶到舊金山美術學院參觀。他看到了別人是如何作畫的，深切地感到自己與他們的巨大差距。他的老師告訴他：「心不在焉、不求進取的人根本進不了這裏。你應該要拿出一百五十分努力，不管你做什麼或想做什麼，都要這樣。」

看完這個故事後，令我明白到成功是不容易獲得的。不管在做什麼或想做什麼，都要付出雙倍的努力，才能令自己處於領先的水平。若只是口頭上說要努力，卻沒有任何實際行動去兌現努力的話，是絕不會成功的。堅持亦是成功的另一個重要因素。許多人失敗不是因為能力不足、運氣不佳，而是他們過早放棄。多付出一次努力、多堅持一會、多想想辦法，多嘗試一下，就可能找到克服困難的契機。只有意志堅強的人才能穿越急流險灘，到達成功的彼岸；只有意志堅強的人才能在跌倒後再爬起來，迎着目標勇往直前。

愈放下，愈自在

3D 吳珊珊

作者：林慶昭

出版社：出色文化

捨得，顧名思義就是有捨才有得。生活不是件容易的事，反而十分艱苦。要經歷眾多的酸甜苦辣。許多人不學如何放下身邊的一切，有人為了養活家人起早貪黑；有人為了名利汲汲營取；有人活得庸庸碌碌，也有人活得自由自在，當然還有人失去了活下去的信念，不知道該如何活下去。

這讓我不禁想問：人活著到底為了甚麼？為了錢財、為了勢力、還是為了朋友？或者說，是為了讓自己舒舒服服地過日子，有一個更好的未來。忙碌的生活，總是讓人變得庸俗，更有可能改變一個人的本質，有時雖然賺了不少錢，但內心卻空虛不已。我覺得金錢雖然很重要，但是放下一切讓自己快樂更重要。

書裡有一篇故事：有個著名漫畫家，他有一段很長的時間，幾乎把所有的生活重心都放在工作上，忙到生活變得乏味無趣，甚至忙到忘了自己的家人、朋友，只把自己當成工作的機器。他雖然賺了許多金錢，但內心卻十分空虛，笑容也慢慢遠離了他。後來，他的妻子看出他無法自拔，便試著把他拉回來。重新過生活後，雖然他的作品沒有以前多，工作量也沒有以前大，但生活卻過得富足快樂多了。回首過去，他簡直不敢相信，自己曾經那麼可怕的虐待自己！

由此可知，賺錢雖然很重要，但如何讓自己活得快樂就更重要，不斷的追求金錢、名利，卻忽略了自己和身邊的人，豈不是虧大了。況且金錢也不是萬能的，它買不到真正的快樂和感情。如果連一個最簡單的快樂也失去，每天行屍走肉似的活着，那生活就沒有任何意義呢！

作家肯桃說：「安於自己的生活，別和他人的生活比較。」因為那並不是你所想擁有的生活，假如你跟隨他人的腳步、喜好他人的生活，而不自己追求你所想要的，那只會讓自己活在痛苦中。如果每次都羨慕他人，那只會增加自己的痛苦，給自己壓力。其實有時候，我們也該捫心自問，你想要過甚麼生活？

我們一定要學會放下，愈放下，愈自在，看似消極，實質卻是積極的生活態度。在人生的旅途中，我們每個人都要學會放棄人生道路上遭遇上的不幸、挫折、孤獨等，當你放下這一切時，你就能夠感受到生活的美好、心靈的愉悅。在該放下的時候放下，不要想太多，多用樂觀來代替悲觀，多用積極來取代消極。心情放輕鬆，懂得知足與感恩，誰說你不能無憂無慮地過日子？其實你也可以。放下，是人生中最困難的關卡。唯有放下，才能獲得真正的快樂！希望我們都可以明白放下這兩個字的意義，讓自己的心越變越輕盈，讓自己越變越快樂，讓自己的生活越來越美好。

廖智：感謝生命的美意

3D 蘇子姍

作者：廖智

出版社：香港中和出版有限公司

廖智，一位熱愛跳舞的女孩，希望成為優秀的舞蹈老師，一家人生活在平凡的小鎮上。然而，在七年前的汶川大地震，一夜之間改寫了她的命運。被活埋二十六個小時的她，失去了女兒、失去了雙腿、失去了婚姻……

作者在書中自述了自己被活埋以及女兒在婆婆懷中離去的感受，字裡行間，每個字都狠狠的敲擊著我內心柔軟之處。在廢墟裡，她兩條腿是分開的，左腿在上面，右腿在下面，就好像玩具一樣被拉成特別扭曲的姿勢，韌帶被拉伸在那裡，整條腿都麻木了。而且右腿的腳底板被鋼筋刺穿了，一直穿到小腿肚裡面。我無法想像這是怎樣的痛，她又是如何熬過去的。

失去女兒，婆婆的離去，更是她最大的痛，當她在廢墟中伸手湊近婆婆的鼻子，感到婆婆沒有了呼吸；再探出手去尋找女兒的身軀，觸碰到的卻是早已變得冰冷的小胳膊，她的心一下子就涼透了。當時她是想著隨女兒（蟲蟲）和婆婆一起離去，可她聽到外面父親不斷的在呼喊她的名字，父親堅信她是不會死去的，無論救護人員怎樣勸說，他仍然死守著。因為父親的堅定信念，她重新燃起了必須活下來的念頭，為了要跟父親說聲謝謝，她憑著驚人的意志力挺過來了！

雙腿，是舞者最重要的本錢。因為雙腿已經萎縮，所以一定要截肢才能活下去，她選擇了存活，親自簽署手術同意書。手術後，她的痛並沒有減少，全身佈滿大大小小的傷口，尤其是截肢的位置，連翻身這麼簡單的動作都需要父親和「前夫」的幫忙。

裝上義肢後，廖智的生活比以前更精彩，更有意義。她信了主，成為了基督徒，去爬山、學游泳、還嘗試了攀岩——用自己的方式活出了生命的美麗，用自己的故事和舞蹈去鼓勵其他人，希望人們能從傷痛中走出來，令不少人留下深刻的印象。她能用雲淡風輕的語氣講述自己的過去，知道所有的傷痛都能夠克服，能夠迎向更美好的未來。廖智曾在一個節目上用她清脆嘹亮的歌聲去告訴我們，現在的她是那樣的自信和美麗。

曾經有句話：「人生就像茶葉蛋，有裂痕才有味道。」當挫折與困難蜂擁來襲，廖智用她自信的笑容、樂觀的性格去綻放生命的美麗，用舞蹈跳出人生的意義。

人生可能擁有很多的明天，可是有誰能真正把握每一個明天的每分每秒呢？有些人喜歡盯著過去；有些人則是展望未來，往往人們只重視「過去」與「未來」，忽視了「現在」。可能這一秒我們還在歡聲笑語當中，下一秒所有的災難和不幸就突然來襲。我們不知道下一秒會發生什麼，遇到什麼，所以我們更要珍惜身邊的人，身邊的一切。

快樂在今天

4A 池俊杰

作者：安德魯·馬修斯

出版社：貝殼出版社

「快樂在今天」是我最近接觸的一本最大得著說理散文，這本書的作者是一位澳大利亞籍演講家安德魯·馬修斯。他除了是一名深受世界各地人士歡迎的演講家外，同時也是著名的漫畫家。這本書由貝殼出版社於2005年出版。

這本書每個小故事都有一段人生語錄，第一章節名為「每天活得快樂」。當中有兩篇令我最為深刻——「心理健康」和「耐心」。「心理健康」是說心理的健康和人的身體健康一樣，運動可以鍛煉我們的肌肉，就如我們的思維一樣，面對問題也可以鍛煉我們的腦筋去解決問題。它的人生語錄：舒適的生活並不一定使你快樂。往往，快樂是來自艱苦的經驗，說得一點也沒有錯。有時我們的生活就是過得太舒適，反而更難得到快樂；相反我們在艱苦的生活裏更加容易滿足，小小的甜頭就能使我們快樂。

「耐心」是說一場音樂會完畢後，一位女士向偉大的小提琴家費茲·奇士拿說：「奇士拿先生，我願意付出我的生命來換取你的演奏技術！」奇士拿微笑向她說：「這正是我所做的事。」故事說到奇士拿的演奏令人想用生命來換取他的技術，但別人沒有想到奇士拿正是用他的生命換取得他現在所擁有的。人生語錄：要成功，你需要以下的素質（按重要性排列）一、耐心和毅力，二、天才。成功並不能只靠天才，天才也需要耐心和毅力才能成功的，不然就算你是個多麼利害的天才，沒有耐心和毅力，最後也變回庸才。

快樂不是呆等的到臨，快樂需要我們去尋找和製造出來的。愈快樂的人，他過去面對的坎坷都比其它人多，我想這就是先苦後甜，苦盡甘來吧！在渡過最艱苦的時刻後得到的快樂才是最甜美，而且這種快樂都會記在我們的心上。讀書也是如此，我們在求學時期需要付出的時間和精神是為了增進我們的知識，充實自我，去確保我們以後的生活不艱苦，也令我們的父母有更好的生活，這種快樂就是透過自己去製造出來的。

第二章節名為「生命的規律」。我們身邊為甚麼經常有人提醒我們要訂

立目標：當我們立下目標去做生意，參加馬拉松賽跑，拿一個大學學位，爭取更高的職位，當你達成目標時，你也同時變成一個截然不同的人，正因我們訂立的目標不同，才令我們成為一個怎樣的人。它的人生語錄是「訂立目標並不是為了得到甚麼，而是為了我們要變成甚麼樣的人。」目標真正的意義是在達標的過程裏，它令我們有了變化，變得如此用心去達到目標而不是從前那個只得一張口地說要達到目標。當然你的目標也要設定適當的高度，不然放得太高而沒有這個能力和機會，你根本爬不上去，也不要訂立不切實際的目標去滿足自己的幻想。

最後的一章是「朋友和家人」。在宗教教條裏寬恕別人是一件好事，寬恕是神聖和屬靈的一回事，不要將假若我們不原諒別人，受苦的一定會是他們這種想法放在心上。有這種想法應該都是笨蛋，你沒有想到原來受苦的正是自己，將對別人的恨一直擺在心上，每一次碰面都要生氣一次。根據一項研究證實，消極的態度令人患上心臟病、癌症和糖尿病的機會增加一倍，怨恨和敵意是自己折磨自己，被人記恨的人並沒有損失。人生語錄「寬恕是一件容易的事嗎？通常不是。但是你寬恕別人並不是為讓他們得益。你寬恕別人是為了讓自己得益。」要寬恕別人並不是他們的行為沒有令人怨恨，你只是需要下決心讓自己的生活過得好一點。寬恕令自己變得容易快樂。

原來我們一生的快樂都是得來不易。我們的快樂都需要由生活開始，不斷學習和磨煉自己，即使遇見問題也不須害怕，反而我們應該感謝遇上不同的問題，因為這些問題同時能夠讓我們得到快樂，前提是你能一一解決這些問題。這樣才能豐富我們的人生。

一個人是一生行為總和

4A 黃 暉

作者：李怡

出版社：天地圖書有限公司

這本書分為兩個部份，前半部份是生命的散章，後半部份是名言筆記，到了作者那個年紀，他不在意別人怎麼看他，怎麼說他。他說最重要的是自己怎麼看自己。一個人是他一生行為的總和。一生行為，總有對與錯，總和來看是不是忠於自己。書名叫「一個人是一生行為總和」並不是他自己說的，而是馬爾維說的「一個人是他一生行為的總和；他所做的，和他能做的」。這才是作者回顧一生的總結。

這本書的每個章節，每個社會上的真人履歷，都帶出了人生的感悟和真理。政治上的風雲人物。韓國女總統朴槿惠，受盡指罵，受盡冷眼。所謂人生，並不是與他人的鬥爭，而是與自己的鬥爭。她認為要獲得勝利，最重要的是內心必須堅定，控制自己的感情和慾望，堅定地走過這花花世界。現代社會的慾望、責任、使命對於我們來說都太沉重，對着它們不能自拔。我們要克服的方法其實並不難，要不斷地與自己內心對話、進行冥想，回顧自身，恢復了自己內心的平靜，使自己的人生變得正直，把人生的苦難成為激勵我們的夥伴，戰勝自己也就戰勝了我們的人生。人一生的行為總和雖說起來很玄，但若回顧自己走過的路，有好有壞，有對有錯，有想做卻因為種種原因而沒有做的事，人的一生行為總和也不過如此而已。

是的，或許現在我年齡還太小，思想也不夠前端，不懂書中提及的政治手法和黑暗，也沒遇過韓國女總統那麼痛苦的經歷。書中其中一節叫《政治語言都是謊言》，裏面提到英國作家奧威爾的一句名言：「政治語言，就是讓謊言聽來真實，讓謀殺人尊敬，讓純粹的空談顯得無懈可擊的語言。」雖然這描述的是當時的社會，思想自由是一種死罪，獨立自主的個人最終必被消滅。但現代社會，我覺得思想自由開放也是一種罪但不致死。十年前梁錦松偷步買車事發，第二天就辭職。他本來自己也很富有，應該不會貪小便宜偷步買車。他自己也說是無心之失，但不是他自己覺得怎樣，而是公眾覺得怎樣。做政治人物必須要公眾肯定自己。現代人思想已經開放了，人言可

畏，阻止不了，獲取不了公眾的信任，所以自動請辭。或許這種被他人認定為錯的事也是他一生行為的總和之一。要獲取公眾們的信任真的很難，政治上的黑幕太多，暗地裏互相競爭，我們這些第三者是不可能知道的。獲取他人的肯定，這也難以量度。

當我翻開書本到一篇叫「尊敬一事無成的自己。」我頓時有了些感觸，這說的其中一個主角應該有我份。我在這個世界中真的太渺小了，能做的事情不多，毫無成就的我，容易自卑地被他人輕蔑。可是德國哲學家尼采早已預言了這個時代早晚會變化：「當外在的世界愈變強大，人的自覺就愈來愈渺小。人覺得自己在大環境，大世界中太渺小了，覺得能做的事情不多，但沒有關係。只要不菲薄，不放棄，尊敬今天還沒有成就的自己，就總會得到突破。永遠不要捨棄靈魂中那個心高氣傲的英雄。」對於自暴自棄許久的人來說，要保持這種心態很難做到，但尊敬自己必能成就後來的我。這種肯定自己的思想應該也是我一生行為的總和之一：這是我應當做的事。

其實這本書內容不是太深奧，作者以客觀的態度來評論；而且行文簡潔明瞭，內容點到即止，條理都十分清晰。只要我們再加以深入地去了解，必能自身地感受這文章的深入之處，而且這書中的一大堆道理不是我們平日能經常接觸到的。這本書亦可以培養讀者的洞視創見，增強對事理的認知能力。作者只是一個中學畢業的人，但也可以秉持忠於自己、質疑權貴、就事論事、不怕獨特異見的原則地成為作家，經過各種風風雨雨，最終還能成為一個出色的作家，寫下這本不怕他人抨擊的小說。「一個人是一生行為的總和」這標題表面看來很玄，但其實內容見解非常獨到，也能引起讀者的共鳴。

當下，把心放下

4A 黃慧心

作者：何權峰

出版社：英屬維京群島商高寶出版有限公司

我們都習慣到遙不可及的天邊去追逐幸福，卻沒有發現，其實幸福就在自己的身邊。過去、現在、未來，過去的事會令你感到懊悔；未來的事會讓你感到憂心，只有活在當下，忘記過去、忘記未來，才能得到快樂。這本書用一些小故事來指出得到幸福不難，讓我們積極地追求與學習幸福之道，以正確的態度去面對過去與未來，享受活在當下的人生。

其中一個章節——〈快樂就這麼簡單〉中提到有些人說：「唯有賺到一千萬，我才能幸福」、「除非通過考試，那才快樂」。作者指出達成願望以前，其實也能得到快樂，只是後來我們為快樂定下了條件，而導致不快樂。讓我想到為甚麼人會痛苦？因為放不下金錢、地位、感情。無法直接摧毀痛苦，就必須先找出它的根源。而痛苦就是源自永遠不能被滿足的慾望。當滿足了你一個慾望，新的慾望又會隨即產生。這無窮、永不止息的慾望，又怎能使人快樂呢？擁有爸爸、媽媽，一個完整而幸福的家庭，雖然過着平凡的日子，卻是人生最美好的回憶。現實中，少年人總是將父母的關懷視作理所當然，甚至感到厭煩。冬天時媽媽總叫孩子多穿衣服別着涼感冒，太晚了媽媽會提醒孩子早點睡，說早睡早起身體好，別捱壞身子。其實這些溫暖的問候，更勝於世間萬物。可惜年輕人不懂這些寶藏的珍貴，卻追求買名牌手袋、華麗的衣服，昂貴的鑽石戒指等物質的滿足，事實上你已經很幸福了，因為你擁有這世上萬物無法取替，唯一的真愛。

另外一個小故事：有一個官員到一家精神病院參觀，護士長逐一解說每一個患者的情況，有一位病人握着一張照片，一邊哭一邊用頭撞牆。後來官員得知他曾經深愛一個女人——就是他手裏一直握着的照片上的女人。他雖然很愛她，但她卻嫁了給別人，他才會變瘋的。假如那名病人當初沒有愛上她，也許就能改變結果嗎？但是這世上並沒有後悔藥，也沒有多啦A夢的時光機，既然選擇了就應該努力向前走。「早知道……，我就……」、「要是那時……」、「我當時若……就好了？」這都是藉口。沒有任何事情能預先

知道，不是嗎？浪費時間做錯的事，然後又浪費時間去後悔，後悔又錯過了現在應該做的事，這只會不斷循環，永遠在黑洞裏，終生也不能看見陽光。說甚麼後悔，其實毫無意義的；往後看，除了增添傷悲，還有別的麼？過去無法改變，只能活在當下，汲取過去的教訓，不要重蹈覆轍，依然能再次找到幸福。「留得青山在，哪怕無柴燒」，為了一個女人的背叛，而誤了一生，值得嗎？

還有一個小故事：從前有一個人很喜歡跟別人比較，儘管他各方面條件也不錯，但是跟別人比較時總是黯然失色，導致經常對自己不滿意，無法享受人生。例如，你的男朋友買了一枚頗大的鑽石戒指向你求婚，當時你高興不已，但聽聞別人收到的鑽石戒指比自己的大好幾倍，所有的喜悅便頓時消失了，為甚麼會這樣呢？是因為作出了比較，就失去原本的快樂；如果不去比較，你會認為自己是多麼幸福呢！「山外青山樓外樓，比來比去何日休？」這世上總會有人比自己聰明、幸福等，那豈不是永遠也得不到快樂嗎？當跟別人比較，就無法欣賞當下所擁有的一切。其實比較的真正意思、意念是希望通過與別人的比較，發覺自己的不足之處，加以改善，又或者是以別人的成就作為目標，努力進發；而不是因比較，認為自己總是比別人差而感自卑，無法欣賞當下。

「你總是看着遠方的星光，卻遺忘了眼前的燈光；總是憧憬着未來的美好，卻忽略當下的幸福。」通常我們認為微不足道的幸福，只有在失去之後，才會發現它的可貴之處。但難道我們真的要等它失去時，才懂得珍惜嗎？不，只要用心去感受那些不被歸納為幸福的「幸福」，你就不難發現：幸福一直在你身邊。生命的路途就如同一次旅行，如果把每階段的「是非得失」全都扛在肩上，今後的路要如何走啊？忘記過去，珍惜現在，放眼未來，這才是快樂人生啊！

十八歲留學日記

4A 顏漢釗

作者：于日辰

出版社：點子出版

今日我要介紹的書是十八歲留學日記，是一位香港的網絡作家于日辰所寫的小說。作者以個人經歷、過去作為文章內容，提及作者過去在留學時期，沒有智能手機、亦不是一個科技十分發達的時代。作者透過書信、會面等方式去聯絡，通過書信去聯絡，了解對方的近況，通過會面加深彼此的友情，日子就一天一天的流逝，作者與朋友即使分隔兩地，但兩人的友情仍然十分牢固。再跟時下的年青人作對比，諷刺時下的年青人機不離手，透過手機去娛樂、通訊，手機的功能包羅萬有，幾乎可以滿足人們的欲望。而發明手機是為了方便人類，令人類的生活更為方便快捷，而不是讓手機去主宰人類的生活，在科技的洪流中幾乎沒有一個人能逃出手機的魔掌。每個人手中都有一部，而作者的文章就是想向大眾宣泄對這個現況的不滿。

科學家發明科技的原意是為了方便生活，令科技有進一步的發展，但當科技落到我們手上時，我們反而不是用來方便自己，而是用來玩樂、沉迷於手機內的虛擬世界當中，手機就如毒品一樣吸引我們，使我們無法自拔。同時，作者亦表達當有了這些方便通訊的工具出現時，我們可以隨時隨地發送一個訊息給朋友去了解他們在做什麼，最近發生什麼事。在過去的年代，人們不知多渴望有這種東西以解相思之苦，但他們沒有，時空阻隔了他們的感動。偏偏我們這一代在獲得這種科技後，關係變得愈來愈疏離，感情慢慢變淡，現在的年青人即使相約一起吃飯，但他們只會對着手機，大家都不會互相傾談自己的近況，了解彼此，只會你有你玩手机、我有我發送信息。那是科技太昌明的錯，還是我們人類不懂自我控制的錯？明顯的是我們不懂自我控制的錯，而我們就需要在這最根本的問題上改變，亦是作者在書中表達希望我們反思及改過的一點。

沉迷手機的人被稱為「低頭一族」，其實大部份青年人都是「低頭一族」，而我亦不例外。為何會被稱為低頭一族？因為他們都是低著頭看着自己的手機，做自己的工作。人們都機不離手，甚至上癮，每隔幾分鐘便查看

手機一次，這些都是我們沒有自我控制能力的表現。手機為我們帶來的是福還是禍？我認為兩者都有，只不過禍所佔的比例較福多。福是手機真的方便了我們生活，一部手機可以通訊、拍攝、分享給其他人，亦可當地圖之用，可以在各方面提供一些方便給我們。而禍的一方面主要是我們沒有足夠的自我控制能力而造成，例如一些車禍，近年部份的車禍都是與手機有關，人們只顧看着自己的手機，而不去理會路面交通情況；路人看着手機過馬路，不知道有車經過而走出馬路，造成車禍。另一方面，手機在無形之間令朋友的關係變得疏離，他們只顧用手機玩樂，沉迷虛擬世界，令人們減少了溝通，才會形成時下的「宅男」和「宅女」。

我看完這本書後，深深明白到作者想表達的意思：科技是一種輔助性的工具，我們不應過份依賴它，亦不應該受到手機的控制，而是當我們有需要時，適當地運用手機，不要在科技的洪流中迷失自我。另一個重要的思考是我們應好好加強自我控制能力，假如自己不能，便尋找他人協助，在身邊提醒你；我們也應製作時間表管理好自己的時間，別浪費時間在一些沒有用的東西。最後一點，人與人之間的感情需要互相的關心，慢慢培養起來，而信任亦要長時間才能做到，不是單單一部手機，發送一個訊息就能維繫彼此之間的感情。我們曾經有多少個朋友因為手機而感情變得疏遠，又因疏遠而失去友情？所以我希望看完這本書的人能好好反思一下，手機的重要性真是大過感情嗎？我們應好好利用手機，不應再沉迷，嘗試自我管理，管好自己，成為在科技洪流中走正確道路的人。

一切皆有可能

4B 岑寶欣

作者：葛雋

出版社：天地圖書有限公司

讀完這本書後，我覺得文中的內容簡淺易明，而且具啟發性。這本書大約說這個世界，充滿了傷痛和苦難。有的人在煩惱，有的人在哭泣。面對命運，人應當擁抱痛苦笑對人生，而不只是與之苦鬥。任何苦難都必須勇敢面對，如果贏了，則贏了；如果輸了，就是輸了。一切皆有可能，永遠都不要說不可能。

人生的際遇往往出人意料，有時「苦盡」不保證「甘來」，可是「失敗乃成功之母」。凡事留守信念，勇敢嘗試，無論結果如何，只要我們為自己努力過，從中汲取了經驗，豐富了人生，也是一種勝利。

但當然在勇敢面對的時候，都需要爭氣，在假期前，我在戲院看了一部叫《爭氣》的電影，在電影中一間社企邀請了八十位來自次等中學的學生參與一套音樂劇，期間記錄了他們的綵排經驗，見證這群學生的成長蛻變。電影中主要採訪了多位不同背景的學生作主角，包括邊緣少年、新移民、缺乏信心和害怕辛苦的人，所有人都看不起他們，包括他們身邊的家人和朋友。但通過各學生的成長過程，可以看到他們雖然來自次等學校，但本質並不差，只要有人願意花時間對其循循善誘，以亦師亦友的方式去作出教導，結果他們從所有人眼中看起來的壞學生，蛻變成成熟獨立有自信的學生。

從這部電影中，我更加認同這本書的主題「一切皆有可能」。無論這人的本質如何或遇到甚麼困難，只要有人從中指導，他們一定會走出黑暗，尋找到一條光明道路。生命本身就是一個奇蹟，每個人的心中都蘊藏着無限的潛力；只要用心去做，一切皆有可能。

這本書分了五個主題，包括「智慧就是力量」、「愛的兩面」、「小行動、大感動」、「只要有信念」和「種甚麼因，得甚麼果」。每個主題都有十幾個有關一切皆有可能的小故事，總共有五十三個小故事。每個故事都十分值得人反思。

而我就最喜歡其中這個故事——生的希望。這個故事是講述，不久以

前，內地某大城市為了開闢新的街道，於是市政局拆除了很多陳舊的樓，但因欠缺資金，許多道路和樓房久久未能動工，任憑日曬雨淋、風吹雨打。有一天，一群自然科學專家來這裏考察，他們驚喜地發現，在這一片多年未見天的地基上，竟然有一片不知名的野花和野草。奇怪的是，其中有很多品種在中國從沒有見過，它們通常只是生長在太平洋沿岸的一些島國，屬熱帶植物。它們被壓在沉重的水泥、石頭下，一天又一天，一年又一年，幾乎已經完全喪失了生存機會。然而感到意外的是，一旦他們見到了陽光，便立即恢復了朝氣勃勃，展現出自己的美麗，綻開了一朵又一朵艷麗的鮮花。一顆種子，它會膨脹、發芽，然後鑽出地面，不斷地向上生長，最終成了一朵鮮花或一顆大樹。因為種子裏面潛藏着一股永遠向上的生命力，它有靈魂，它能抗拒地球的萬有引力，不斷向上延伸。自然界所有的生物都有這種向上生長和跳躍的力量，而且沒有人知道這種力量究竟有多大。一顆小小的種子，即使被埋沒數百年，依然蘊藏着生的希望；對於一個人而言，我們處於困境和逆境時，當然也能勇敢面對，生命力頑強，只要我們有信念，便能有動力去完成。

其中一個句子令我很感動，「我們活在當下確實會很艱難，一旦要承受外部種種的壓力，同時也要面對內心的困惑，在苦苦的掙扎中，如果有人向你投以理解的目光，你會感到一種生命的暖意，雖然只是那短暫的一瞥，卻足以使人興奮不已。」

就如作者所說，人生是充滿困境和傷痛的，但只要勇敢面對，走出困境和艱辛。無論多大的苦難，只要心中懷着一顆信念的種子，終有一天，一定能夠順利走出困難。這本書的小故事能啟發人們，從中悟出一些道理，讓我們這些繁忙的都市人汲取經驗。看完這本書後，我感到只要抱着「一切皆有可能」的信念，便能面對所有困難，永不放棄。

別相信任何人

4B 彭嘉熙

作者：S.J.華森

出版社：寂寞出版股份有限公司

每一天醒來，克莉絲汀都身處一個她認為陌生的房間，她不知道身旁的男人是誰，直至那名男子跟克莉絲汀說他是班恩，是她的丈夫，他們於一九九九年結婚，二十年前的一次意外令她的記憶受損。她每次就像一個小孩要由廁所鏡子下的備忘紙和丈夫提醒她已是一個結了婚的女人。有一次，有名叫奈許的醫生致電給她告訴她一切有關她的事，叮囑她別跟班恩說她和醫生之間的事，她曾有一本日記本，裡面有她寫的日記。所以她每天除了看班恩的備忘紙外，還靠着一本日記幫她拼湊回自己的記憶。

一頁又一頁，書中大部分都是克莉絲汀的日記，我彷彿變成故事中的她正在閱讀日記，不禁對某些事件上產生了懷疑，當她跟奈許探訪以前住過的房子時，回想起曾經在餐廳用打字機寫她的第二部小說，但她問班恩她是否曾是一位作家，班恩只說她是位秘書；當她回憶起曾在年輕時參加一場派對上的一位朋友，雖然想不起她的名字，卻感覺她是一輩子的好友，但班恩卻告訴她從來沒有這樣的人。我頓時感到困惑，但克莉絲汀與班恩的說詞都極具說服力。

在奈許醫師的協助下，終於找到克莉絲汀一直想見的好友，她叫克萊兒。她們互相聊天，出現轉捩點，她們談到班恩、樣貌與大家所見的有出入，克萊兒令克莉絲汀甚至我都感到害怕：我在想真正的班恩是克萊兒口中的還是克莉絲汀眼見的班恩呢？

原來克莉絲汀所看到的「班恩」是假的，「班恩」的真正身份是麥可。麥可在一次爭吵中毆打克莉絲汀，打至鼻青臉腫，更因此二十年都過着失憶生活。她最後與麥可理論，更把旅館燒起來，把麥可燒死。最後克萊兒幫忙聯繫上真正的班恩和兒子，他們一同趕到醫院，陪在克莉絲汀身邊，後來她想回了一切，包括她與丈夫的婚禮、婚姻、生活、工作，知道自己已經康復，便笑着睡了。

看完這本書，我像跟主角一起查案，身歷其境。隨着故事情節，心情也

跟着起起落落，直到最後一刻都十分緊張。作者不斷引導讀者向錯誤的方向推理，但結局又能把所有事件串通，這種手法讓我又愛又恨。一不小心便中了作者的圈套，認為奈許醫生才是令克莉絲汀失憶的人。不過，這樣的確能確保故事不會有悶場。故事中途探討一個議題：如果你每日醒來都會忘記昨天的事，每日都無法隨着記憶累積而有所進步，這樣的人生到底有沒有意義。現在的我們都被煩惱、負面情緒所影響，渴望能像克莉絲汀一樣沒有東西要苦惱，更不會被昨日的情緒所影響。但是相反克莉絲汀卻不想被自己的失憶症影響自己的記憶，當我們像她一樣每天失憶一次是否也選擇擁有這些記憶，而不是把負面情緒，甚至自己也都忘掉呢？

我的選擇會像克莉絲汀一樣珍惜記憶，設法去解決困難、問題，而不是把問題越積越多。

本書分為兩個部分，班恩所說的事；奈許醫生叫克莉絲汀看所寫的日記；克莉絲汀要在三個人中找出正確的路。作者以第一人稱的手法描述，將主角的感受灌輸給我，使我能感同身受。這是一本很棒的小說，令我完全地投入書中。作者告訴我當自己陷入困境時，可以接受其他人的幫助來擺脫這處境，但也不能完全接收，因為幫助你的人有可能只是利用你來達到自己的慾望。這本書令我的價值觀有所改變，別把一切的事看得理所當然。不要設限把自己束縛著，並稱這些為現實。我的看法就如書名般「別相信任何人」，只有自己才能真正幫到自己。

駱駝祥子

4B 溫凱旋

作者：老舍

出版社：人民文學出版社

讀了《駱駝祥子》這本書後，我從中了解到在當時混亂的社會裏，人們過着怎麼樣的生活。

主人公祥子是三十年代的一位年輕車夫，他長得高大，又跑得快，他有一個理想：買一輛專屬自己的車，自己給自己打工。他辛苦了三年，終於買上了自己的車。可是，在混亂的時代，他被兵抓去打雜，還被搶走了自己的車。而劉四爺的女兒虎妞因太潑辣而沒找到婆家，她看上了祥子，覺得祥子很老實、很忠厚。但祥子並不喜歡她，可是最後還是跟虎妞結婚，還用虎妞的積蓄買了一輛車，但虎妞的去世不得不變賣剛買來的車給虎妞辦喪事。

虎妞死後，鄰居家的女兒小福子願意嫁給祥子，可是祥子一無所有，沒法娶她過門。於是，祥子努力奮鬥、努力賺錢，可是，有一天祥子去到小福子家發現沒有人。原來小福子因家裏貧窮，被她父親賣到了妓院。祥子簡直不敢相信，就算小福子是妓女，他也願意娶她，但當他飛奔趕到時，小福子因受不了折磨，最後上吊自殺了。

經歷這麼多的風風雨雨，祥子十分傷心，他覺得所有的希望都破滅了，他喪失了對自己的信心。從此，祥子沒有了對人生的規劃，也沒有了追求。原來堅強的祥子，卻墮落成了一具行屍走肉。他每天游手好閑，甚至去作出一些不被人尊重的事。他從一個有夢想有追求的洋車夫，淪落到一個狡猾、懶惰、好占小便宜的人，他的精神徹底地崩潰，每天都是吃喝嫖賭，還出賣朋友……

通過祥子和小福子這兩個人物，我了解到他們是被殘酷的社會現實逼上了絕路，以致墮落、自殺……

人是有思想的動物，應該有自己的理想和目標。但是要因人而異，因社會而異。如果總是無法實現理想，那麼就有可能變成「祥子」，墮落、衰敗、壓惡生活。畢竟能夠一生都堅韌不拔的人是少數。追求本身就是一個不斷改變的過程，然而這一個過程會很複雜，人很容易失去自我，失去自我就

會迷失方向，甚至墮落。

生活中最需要的其實就是希望，有了希望，就有前進的動力，有了希望，就有了可能步向成功的路。祥子是生活在一個腐朽的社會，一開始不斷經歷挫折，又每次都是從哪裏跌倒，就從哪裏爬起。但是，受當時社會的影響，祥子最終還是沒能扛得過社會的黑暗，但如果他生在如今的社會呢？一定會有所作為的，正是祥子心中的希望和他的不懈努力支撐着他走過了很多的道路。

我們現在在學校，在生活中，一定要有堅定的信念和努力，應該學習祥子身上的一種精神，他可以為着自己心中埋下的理想，而向着一個目標去實現。我們也可以給自己心中種下一片希望，但是不經歷風雨，怎麼能見彩虹？要勇於克服一切困難，才能看見我們的希望：抽枝、發芽、茁壯成長、結出果實。祥子雖然最後還是漸漸墮落，但是我們的社會和他的不一樣，我們的條件很好，完全可以通過自己的付出，去讓心中的願望實現。一道難題，我們可以通過努力去解決，在人生道路上跌倒，我們可以憑着自己的力量站起來，繼續勇往直前！

在社會的黑暗與金錢的誘惑下，祥子沒有了骨氣，但最起碼我們應該學習他奮發圖強的精神。我依然堅信，命運是掌握在我們自己手中的！挫折面前、失敗面前、風雨面前，對手不是敵人，而是自己。我們要把一切困難看成一種精神財富來珍惜，不要為一時的痛苦、失敗而蒙閉了自己的雙眼，而要將自己的命運交給自己來安排，努力找回自己的出路，努力是給了自己，我們才有能力面對失敗，相信我們手中握着希望，就能握住明天！

惡作劇2吻

4C 何雪微

作者：徐玉樺樺

出版社：台灣麥田出版

惡作劇2吻——相信這個名字大家一定不會感到陌生，這部曾經轟動一時的電視劇，被編寫為電視小說。看過這劇集的人們一定知道這是惡作劇之吻的續集，惡作劇2吻的故事是由男女主角結婚後開始寫起的。

「女追男的愛情故事修成正果，但是美麗的童話故事可沒因此畫下句點。」故事中的女主角袁湘琴是一個超級笨蛋，她做過的蠢事只能用「罄竹難書」這句成語來形容。當中最蠢的一件事，莫過於她竟然寫信給男主角江直樹表白，所有人都覺得她一定瘋了。為什麼？因為他是江直樹呀！智商二百、長得超帥，外加十項全能的超級天才。而袁湘琴？一個長相普通、身材不佳、智商不高，又成事不足，敗事有餘的笨蛋妹。當大家都在嘲笑袁湘琴的不自量力時，她卻沒有放棄過。結果大家都跌破眼鏡，她真的如願以償地嫁給了江直樹。

小說的第一章是講述他們的蜜月之旅，他們的蜜月之旅的地點在美國的關島。原本他們應該抱着興奮的心情，但是袁湘琴又幹了一件事而令直樹期待的心情幻滅。皆因袁湘琴希望可以跟同班機的旅客一起分享他們新婚的喜悅和甜蜜，才會「拜託」空中服務員在飛機上播放他們結婚的影片。雖然婚禮當天下大雨，直樹身上的禮服又濕又重地黏着他身上的樣子是真的有點狼狽。由於直樹認為那天是他這輩子最丟臉的一天，所以他才臭着臉。湘琴安慰他說：「對不起啦！那些乘客看過應該就忘了，大家打發時間，不會有人記得的啦！」可是天公不做美，話才說完，就有幾名同機的女乘客上前說道：「你們的婚禮好可愛唷！要是我再嫁一次，我也要穿西裝。把大篷裙給老公穿，妳老公穿女裝真性感唷！」

在蜜月旅程中，有一個女生叫瑪麗，她有一個未婚夫叫阿巧，但她仍黏着直樹，害到湘琴吃醋，更差點釀成意外。話說有一天晚上，直樹和湘琴在吃晚飯，阿巧敲門跟他們說瑪麗的肚子痛。由於直樹是讀醫科的，故此希望直樹能幫瑪麗看一看。直樹希望摸一下瑪麗的肚子，可能找到原因，但湘琴

卻不准，直樹沒有理會，並對她說了一段頗重的話，他說：「別胡鬧，妳嫁的是將來要當醫生的人，如果你那麼容易吃醋，我們可能無法在一起了。」說完，他就叫湘琴去幫忙買藥，但湘琴沒有把他的話聽完就轉頭快步離開，沒過多久她就發現迷路了。以湘琴的英文實力，她可能真的出意外，幸好直樹能找到她。蜜月往後的日程也十分順利和快樂，時間過得很快，他們要離開美麗的關島了，將要回復到日常的生活中。

故事中的轉捩點莫過於書中的第五章——人生目標。時光流轉，湘琴的大學生涯正式進入了最後一學期。原本湘琴以為自己鐵定可以畢業，沒想到她因為算錯了學分，無法如期畢業。她向直樹哭訴，但直樹完全沒有安慰湘琴的打算。原本湘琴的情緒已經低落，被直樹一說，心情更是惡劣，湘琴氣的要離家出走。可是直樹不但沒有安慰她，還惡言相向，於是湘琴真的走了。她沒有回娘家，在朋友家住了一晚，就覺得不好意思，於是就騙她們要回家了。湘琴在一家餐館裡放雜物的小房間暫住。沒過了多久，直樹便找到湘琴。湘琴跟他說：「離開你的這段時間，我才發現，我太天真而且太依賴你了，所以我想了很久，我想再回學校唸一年書。自從你決定要當醫生後，其實我真的希望能成為一個護士。我想趁這年好好準備，嘗試勝任這工作。」亦因為有直樹的幫忙，她成功通過學校的轉系試，踏出成為白衣天使的第一步。

看完這本書，其實我真的很佩服湘琴的勇氣和毅力。湘琴原本是幼兒護理系的學生，與護士沒有一絲關連，但她卻為直樹，轉到護理系。即使她知道面前的難關重重，仍不放棄。她的努力克服不敢打針的問題，雖然在實習剛開始時，被罵到狗血淋頭，但她願意花多一倍時間努力做好自己本分，最終才正式成為一個合格的護士。正所謂「台上一分鐘，台下十年功。」湘琴在背後負出的努力和心酸，我們絕對能從書中想像得到。她那堅持和毅力並不是每個人都能咬緊牙關去維持的。「一分耕耘，一分收穫。」這句可以說是湘琴做人的宗旨，也使我明白到我們應該好好學習堅毅不屈的精神，努力達成自己的目標和夢想。

等一個人咖啡

4C 趙泳儀

作 家：九把刀

這次介紹的書本是《等一個人咖啡》，在二零零四年出版，是作家九把刀的第一本小說。這個故事亦有電影版，是在二零一四年上映的愛情電影，完全是改編自這本小說。

這本書講述大學新鮮人思螢為了能夠時常見到暗戀的對象，來到「等一個人」咖啡店打工。她的暗戀對象喜歡坐在固定的座位，看似身邊女友不斷的澤于。她也結識了咖啡沖調技術高超，任何客人點的特調咖啡都能得到的超酷拉子——阿不思。她在咖啡店認識了每天都看似無所事事的神秘美麗老闆娘，在大學裡擁有許多離奇傳說的學長阿拓和一群好友到「等一個人」喝咖啡。很有正義感的思螢看不慣阿拓被好友們嘲笑而大罵對方，並且和阿拓結為好友。開朗的阿拓熱血又真誠，為了完成去環遊世界的夢想到處打工，因此不斷的延遲畢業時間而成為校園中的傳奇老學長。也因為打工認識了看似黑道大哥但其實曾是電影導演的熱炒店老闆暴哥，以及擁有一身驚人廚藝的洗衣店老闆娘金刀孀。深深被思螢的正義感吸引的阿拓，常常介紹他那些有趣的好朋友給思螢認識，思螢的生活也因為阿拓而變得多姿多彩。思螢一直暗戀澤于而只是把阿拓當成無話不談的好朋友，直到阿拓決定要離開台灣，出國去實現理想時，思螢才明白原來她所等的人不是澤于，而是阿拓。

故事一開始的時候，思螢不太喜歡阿拓，因為他性格古怪，看上去瘋瘋癲癲。不過很巧合地，很多時候，他們都會很巧合地遇見。思螢慢慢也習慣了有阿拓在旁的的生活。及後澤于告訴思螢原來他與「等一個人」咖啡店的老闆娘有一段感人的故事。在他們高中的時候發生了許多事情，高中畢業後澤于與老闆娘買下了一間咖啡店，這就是現在的「等一個人」咖啡店，但當時澤于因發生交通意外而離開了人間。換言之，思螢一直所見的是澤于的靈魂，他一直在等待一個能看見自己的人。他希望拜託思螢幫自己再沖一杯名為「老闆娘特調」的咖啡給每天悶悶不樂的老闆娘。這杯咖啡是澤于當年為老闆娘特別製作的一杯咖啡，因為她很喜歡聞咖啡的香味，但喝咖啡便會出

現胃痛等苦楚。思螢答應了幫他這個忙，也在澤于當年留下的記事本中剪出某些單字，拼砌成他一直想對老闆娘說的話。同時，澤于也發現思螢的尾指與阿拓都綁着一條緣份的紅線。原來每次思螢和阿拓的「巧合遇見」都是澤于給他們所製造的機會。於是她決定一直在「等一個人」打工，等待阿拓的歸來。數年後，阿拓終於歸來，兩人亦終於可以在一起過着幸福的日子了。

看完這本書後，這個故事帶給我不少感觸。聽說每個人出生的時候都只帶着一半的自己，我們一生努力就是為了尋找另一半的自己。所以一看到這本書的名字時，我便豪不猶疑地把目光停留在它上面，因為它激發起我的好奇心。看完這本書後，令我明白到這個世界每天都會出現各種意外，所以我們要珍惜與愛的人相處的每一分、每一秒。在我們的生活中可能會出現很多過客，很多在你的生命中途退出你的生活的人，只有少數人會真正的陪伴你到最後。所以寧願嘗試也不要錯過。這個世界上根本沒有像澤于這樣的人會為自己製造機會，幫助自己尋找到真愛，所以只能靠着自己的努力和堅持。

總括來說，滿滿的劇情雖然人物和枝節繁多，但敘述起來井然有序，除了初段要介紹一籃子角色而令內容顯得有些微鬆散外，之後笑料連篇，幾乎沒有悶場。整個閱讀過程我都是樂在其中，並且也被結局深深地打動。

杏林小記

4D 李浩汶

作者：杏林子

出版社：九歌出版社有限公司

生、老、病和死都是人生一定會經過的階段。杏林子長年累月與病魔抗戰，換了是我，我一早已經放棄了生命。但杏林子沒有，她勇敢、樂觀面對，並寫了很多篇關於自己的短文，而這本書就選取了六十七篇小品文，全部都是關於杏林子「抗戰」期間的苦與樂，當中有的笑中帶淚，亦有的淚中有笑。

相信大家都試過打針吧，有人覺得很痛苦、生不如死；有人覺得很舒服、輕鬆；有人就不以為然、沒有感覺，但大家有沒有試被戳了二十多次？換了是我，我想我被戳了第三次我就會逃跑。但杏林子沒有，她在《針痕》裡提到當那位實習醫生一針又一針的「失敗」、信心全失、緊張得滿頭大汗的時候，她還可以倒過來安慰他，叫他慢慢來，而且當醫生完成廿三個針痕想請杏林子吃東西時，她仍能笑着說應該是她請醫生。她這種樂觀的性格是非常值得我們學習。有樂觀的心，我相信很多事情我們都能笑着過。

「第一特獎」這個詞語，很多人都聯想到豐富的獎金、獎品，都是一些很正面的東西。杏林子將自己患上的病(類風濕關節炎)跟「第一特獎」聯上。這篇小品文也是叫《第一特獎》，是講述自己患上的病是非常罕見，真是像中了第一特獎一樣，還講了它的病還是「特別大獎」，比其他患有相同的病的人特殊。如杏林子沒有用中獎來寫這個病的罕見性，我想很多人都會覺得很悲慘、沉重，但她用了「獎品」這些正面的詞語就令我失去了一份沉重的心情，令這件情成為一個「有笑有淚」的傷心事。看完這篇短文讓我知傷心的事也有能「笑」的地方，讓傷心的事減去一份沉重。

你甚麼時候會向人撒嬌呢？開心的時候？傷心的時候？或是軟弱的時候？當我感到痛苦、孤單、心力交瘁的時候，我就會撒嬌，希望得到幫助、安慰。當杏林子醫院被醫生弄得體無完膚的時候也向母親撒嬌。看完《不要撒嬌》這小品文之後，我明白到人生雖然充滿困難。很多風風雨雨，但我們都要負起該盡的責任，咬緊牙關、勇往前行、不要抱怨、向別人訴苦，即

使是父母也要警惕，不要將自己原本能盡到的責任推卸給他們。這些歷練可以讓我們成為一個對自己及別人負責的人。

「糊塗」二字可說是我的寫照，例如我能夠將文具一次又一次的弄丟，又忘記一些物件擺放的位置，甚至能夠忘記上一秒自己正在做的事。我一直認為這是我的絆腳石，害我浪費無謂的金錢，害我被別人罵，害我浪費無謂的時間回想我忘了的東西，而《無心之人》這篇文章雖也寫了「無心」的害處，但杏林子就說其實糊塗至少還有一利，因為有這樣「好」的記性才能忘記疾病帶給她的痛苦，令她的生活過得挺快樂。原來「糊塗」給我的是「百利而無一害」，它可以令我忘記自己的辛苦、不快、傷心，令我的人生更加快樂。

「一個人如果懂得自嘲的藝術，不僅能化解許多困惑尷尬的場面，更能將我們的人生境界提升，超越了生命中不幸悲慘的一面……」，杏林子的爸爸在新年的時候也要到醫院「辦年貨」，去拿一份藥備用，碰到一位也是常來醫院的老人，問候一句：「辦年貨啊？」，說完大家都會心大笑。我們應該學習這種自嘲的技術，令我們的生命中更有趣、快樂。

當我遇到一些跟我有同樣遭遇的人，我會有一種「同病相憐」的感覺，感覺大家都可憐。但《同病相憐》告訴我「同病」也可以「相知」、「相惜」。我們看到同樣遭遇的人，我們都知道彼此的心情，大家可以互相安慰、關心，像杏林子一樣，當她遇到同樣有「類風濕」的病人，她會有遇到親人一樣的心情，能組織一個俱樂部，互相安慰，傾談一些醫療方法；而不是互相可憐、同情。這樣我除了可以認識一些有相同經歷的事的朋友外，還可以令我們的生活過得更豐盛、有趣。

杏林子雖然要跟病魔抗戰八十年，但她仍能寫出這麼多有趣而有意義的小文章，去告訴其他人其實患難、艱苦、悲傷並不可怕。看完這本《杏林小記》之後，我想像到杏林子與病魔抗戰的時候的情況有多悲慘、辛苦，但我更領會到應該用怎樣的心態去經歷、渡過這些難關。我們應該用樂觀的心態去面對，還要對自己負責任，不要依賴、爭取別人的同情。我還學會怎樣令自己的人生過得精彩、快樂，將生、老、病、死過程中的老、病和死變得愉快。

病魔

4D 孫靖怡

作者：阿爾貝托·巴雷拉·蒂斯卡

出版社：人民文學出版社

在這個世界上，每一天都涉及到死亡的發生：因為意外導致失血過多而死、老人家達到一定歲數、生病，然後面帶微笑，安詳地去世、少年因考試成績退步或未能入讀大學而輕生自殺、貧窮國家的貧苦家庭和兒童因為多天沒有進食而活活餓死、人們因感染迅速蔓延和擴散的病毒例如H3N2和H7N9而死亡……雖然死亡每天都發生，生生不息、永不停止，可是每個人對死亡這個沉重可怕的詞彙的看法和接受程度都不同。有的人認為死亡是人生必經的階段，人必須經歷生、老、病和死這四個階段，而死亡只是其中的一個階段，是為自己輝煌燦爛、名成利就的一生，又或是平平凡凡、平平無奇的一生畫上一個完美的句號的一個儀式，一個程序。亦是另一個生命準備降生的開始，故能安然地、勇敢地接受。亦有人認為死亡是世上最可怕的事，因為它搶奪自己的性命，令自己無法再繼續做想做的事，無法達成想完成、達到的夢想、目標，不能再見到自己深愛的家人、朋友，再不能擁有屬於自己的意識，無法再張開眼睛飽覽這個廣闊無邊、多姿多彩的世界、無法再聽到親友們和藹動聽的聲音、無法再品嚐令人垂涎三尺的美食，因而逃避關於它的話題。當真正要面對它時便不知所措，於是自暴自棄、痛苦地等待死亡到臨。我本來是那群害怕死亡的人的其中之一，可是在看完《病魔》這本書後，我得到了一些啟發，以致我對生命的看法得以改變。

這本書包含兩個情節：安德烈斯·米蘭是一位醫生，他主張醫者和患者關係透明，即是對病人毫無保留，實話實說。可是有位患了絕症的病人卻令他掙扎是否應該對他實話實說——那病人就是他的爸爸哈維爾·米蘭達。作為一位醫生，醫學道德以及嚴肅認真的科學態度不容許他向爸爸隱瞞其病情，但面對着自己的爸爸，確實難以啟齒。最後他鼓起勇氣向父親說出真相——他的父親患上了癌症，並已到了末期階段，不能痊癒。另外有一位沒有病的「病人」埃內斯托·杜蘭總是懷疑自己患上絕症，屢次向安德烈斯求醫。安德烈斯已多次告知杜蘭他的身體一切正常，卻不能令杜蘭安心，因

而選擇逃避他：不接聽內電、不回覆信件、不接見他，並向他的秘書卡麗娜說：只要是他，我就永遠不在。杜蘭對安德烈斯的行為和冷漠感到失望，但最後亦選擇原諒他。

這個故事想帶出的主題為「生是偶然，死是必然」這一個自然定律。作者以安德烈斯的父親哈維爾的心路歷程帶出此重點。哈維爾在得知自己的病情後驚恐不已，心情久久未能平復，但他最後亦明白「生是偶然，死是必然」此道理，於是坦然面對即將來臨的死亡。現在的我雖然只是十五歲，但我已經在擔憂着死亡。我十分害怕死亡，因為死了我便不能報答、孝順對我有養育之恩的父母，無法實現我想成為一個能拯救生命的醫生的夢想……還記得從前有無數個晚上，我因此而落淚，並徹夜難眠。現在回想起的確覺得可笑。在看完這本小說後，我能更深切明白到所有生物都會有死亡的一天，無論是你、是我、還是他人。所以，我要珍惜生命。從前的我總是認為，現在我的不全心全意孝敬父母，待我長大才以物質生活來報答他們對自己的養育之恩是可以的；從前的我總是認為，現在的我付出所有精神所有時間去溫書，留待我中五時才努力亦是可行的；從前的我總是認為，我現在還小，不積極關注香港政治及參與社會活動亦是可行的。到現在我才發現，在不經不覺間，我已虛渡了不少光陰，浪費了許多寶貴的時間，糟蹋了我部份的生命。我認為現在的最應該做的事，是懷着一顆感恩的心，做好自己身為女兒的本份；做好自己身為學生的本份；做好自己作為香港公民及社會一份子的本份，以珍惜及活用生命，使將來的自己不會後悔。

「生者為過客，死者為歸人。」這句佳言乃是出自我國唐代大詩人李白的筆中。人生在世，活著的時候，恰似過客腳步匆匆，死亡則是最後的回歸。既然死亡乃是必定的事，那麼我們定必要珍惜以及活用生命。如能實踐，也必當無愧。

「應當學會活着，應當珍惜生命，只有充滿信心地為自己活着，並且幫助他人活着，你才會有戰勝病魔的力量和勇氣，你才會在有限的生命中盡享人類生活之樂趣。」此番話是譯者王軍寧認為作者希望通過這本書帶給他人的道理，亦是我在看完這本書後所得到的啟發及見解。

謙遜

4D 楊日勤

作者：Kim Hee Soo

出版社：東雨文化事業有限公司

《謙遜》，顧名思義，是一本關於人生哲學的書籍。作者目前擔任三星等企業的顧問，在他職場上不同及多年來的經驗，發現出成功的共通點，就是謙遜。他認為謙遜是每個人都必需擁有的性格，故此寫出《謙遜》一書來提醒着不同的人。

《謙遜》以一個職場上的故事來表達出主題，書中用了第三人稱的角度來敘述了一個男人在工作上如何從傲慢，逐漸變成謙遜，由失敗到成功，慢慢深入民心到令人尊敬的人的過程。

一本好書，不只是給予我們得着及體會，還能夠給予我們智慧，悟出人生的大道理。當然，這是一本我認為令人讚不絕口的書，幾乎每一章，每一頁，每一句，甚至某一些詞語都能令人反省。先談談書本的結構，本書內分為五章，不但每一章都在紀錄主角不同時候的性格、待人接物的態度的改變，令書本的內容條理分明，而且每一章的標題都隱藏着巨大的意義，是一本好書不能缺少的部份，就像一篇文章不能沒有過渡段一樣。其中的兩個例子是第一章及第五章的標題，分別是「傲慢，是失敗的另外一個名字」及「謙遜，世上最美的名字」，它們造成強大的對比。我認為這本書唯一美中不足的是書名：只看書名，可能會令人誤解書中的內容都在介紹謙遜，就像說明文一樣，可能會給予人沉悶的感覺。依我的愚見，應該改作「一個謙遜的故事」。幸好，它剛好被我看中，不然我又錯過了一本好書。

在我細緻品嚐它時，我有了不同的得着及體會。首先，是不同的寫作技巧，就例如剛才提到的首尾呼應及襯托，同時描述兩個不同的人，來突出他的性格。其次，是一些佳句、發人深省的句子，現在已成為我的座右銘。以整個故事來看，有幾句是我最喜歡的——彎下腰，不一定會讓別人看見你，但卻能看清你將要走的路。這句提醒我做事不一定要高調、持着傲慢的態度，這樣反而令我們滿於現狀、自大，就像抬起頭，雖然能讓人能夠看清你，但同時可能被地上的石頭絆倒，隨時一跌不能重新振作。第二句

是——如果說能力是一把刀，那麼謙遜就是刀套。它又提醒我，如果人的能力愈大，而不懂謙遜的話，便會傷害到別人。它又令我回想起我有位小學同學，因為他曾嚴重自滿於自身的成績，不斷傷害自己身邊的朋友的自尊心，最終他的朋友一個一個離他而去。相信大部份人都喜歡有朋友吧，所以一定要謙遜。其次是幾段對話，從對話中，我能概括、明白謙遜的其中一個意思，就是要放低身段，放低身段就是放下內心的虛榮。我們就把虛榮比喻氣球：若有人想攻擊你，就像一枝針，你的虛榮愈大，氣球就愈容易破，當氣球接近破了時，你會為保護氣球而貶低他人，破口大罵。當你放下你心內的虛榮時，無論其他人怎麼刺都刺不穿，因為根本無氣球的存在。當下次我再有數學、物理的問題時，我就會不恥下問，不會害羞，不會再逞強，才有進步的空間。書本當中又提及過謙遜的五大原則，當中一項令我最印象深刻，就是「不要只想搭電梯而不願走樓梯」。提醒着我不要希望不勞而獲，而要腳踏實地。印象深刻是因為就跟我們做數一樣，要慢慢拆解，一些跳步驟、貪「快」的行為都屬「傲慢」的一種，最終也會算錯。同時「世上沒有一己之力就可以成就之事」也是原則之一，雖然我們學生經常埋怨老師為何要分組做專題研習，其實都是為了訓練大家的團隊精神，不要我行我素。回想以前，我也是埋怨的一份子，現在不禁慚愧起來，因為自問自己都不太著重團隊合作。

望着鏡子，我曾認為自己做到了謙遜，其實是多麼可笑，因為安於現況也是一種傲慢。咀嚼《謙遜》後，得着實在是太多了。噢！剛才那句不正是傲慢嗎？可見要做到謙遜有多難，我能做的不是成為謙遜，而是減少傲慢的次數，沒有最好，只有更好。你又有多謙遜呢？不妨嘗嘗它吧！味道不敢說是最好，但是肯定值得一試的！



作文比賽

與葆琳一起走過的日子

(中一級冠軍)

1A 羅芷楹 (紫社)

還記得那天，是我小學四年級的開學日。我穿上潔白的校服上學了。我被編進四年級D班，老師把我編在一位名叫曾葆琳的同學旁邊的位置。我與她不曾相識，但我是一顆活潑好動，同時也十分喜愛說話的「開心果」，所以我主動跟她聊了起來。得知她跟我是住同一個屋苑，我便邀請她每天一起上學及放學回家。我們漸漸地成了一對很友好的朋友。

有一次，一位很嚴厲的老師以為我做了一些惡作劇，他十分生氣，氣得臉色由白色轉成了紅色。我，並沒有做過！但是，他堅稱有，還要記我一個小過。那時候，我急得哭了起來，而我認識的朋友中，沒有一個肯為我出頭，因為如果她們幫我說好話，有機會被牽連受罰，所以他們都不敢作聲。除了我的好友——她就是葆琳了。她勇敢地向老師說她可以作證，我並沒有弄惡作劇，她說：「我們做甚麼都一起，我沒有看見她弄惡作劇；而且，她的操行一向很好，我不相信她會做這些事情。」她用堅定的語氣說出來。我十分感動。不知為甚麼，老師相信了她的話，這件事便告一段落。經過此事，我們的友誼更加深厚，令我們更加重視對方為最重要的好友。

時間過得很快，我們升上五年級了。可悲的是我們被編進不同的班別，只有小息和放學才能見面了。不過我們的友誼沒有變，我們一同報名參加了學生會和當風紀。等呀等，等呀等……終於等到了公佈結果的日子了。結果我們都做了風紀，但參與學生會的，只有一個——那就是我，她沒有表現不快，還替我開心，但我知道她只是強顏歡笑，因為她不想我傷心……

升上六年級，再次有學生會選舉，我和葆琳也有參加。這次我和她都入選了，而因為我們都是六年級學生，可以選會長。我們也想做學生會會長，所以我們成了競爭對手，但她毫不介意，還默默為我打氣。由於是由同學投票的，所以各候選人都努力拉票，而我卻沒有。葆琳見我形勢落後，立即替我拉票，反而沒有為自己拉票，我知道後覺得自己很對不起她，所以盡力為她宣傳。最後投票結果公佈了，當會長的是另一位同學，但我成了副會長，而她卻……落選了。她一臉不介意的樣子，還恭喜我成為副會長。當時我開

心得跳了起來，沒有顧及葆琳的感受，但她沒有因此而生氣。我覺得自己又做了一些對不起她的事，她卻一次又一次寬恕我……

葆琳，謝謝你，你教了我人生的道理。我生氣，你任由我發泄；我高興，你替我高興……我不會忘記與你一起走過的日子！

時間就如流水一樣，過得很快，轉眼間，我們都要升上中一了。「升上中一後，我們要保持聯絡。」「好，我們約定了。」

與爺爺一起走過的日子

(中二級冠軍)

2C 黃丹妮 (紅社)

爺爺是我這一輩子最重要的人，也是我最愛的人。可惜……他已經離開了我，離開了這世界。

依稀記得在我小時候，我們家並不富有，爸爸媽媽都在外打工，所以平日都是由爺爺照顧我的。那時候爺爺開了一間小麵館，雖然規模不大，但也足以撐起我們的日常開支。每天早上天還沒亮，爺爺便起床準備食材；而我，則是個小跟屁蟲，每天尾隨着他。在麵館裡，處處都是我與爺爺的身影與足跡。我偶爾也去幫爺爺洗洗碗、摘摘菜。我還記得他曾經對我說過：我的笑容，便是他最大的工作動力。每當館子關了，爺爺或是帶我去遊樂園，或是帶我去小溪邊戲水，每次都玩得樂而忘返。

而在我腦海裡，我對他最深刻的回憶便是在我兩歲的時候……那時候的我，不小心打破了一個碗，當家人準備出來責罵我的時候，爺爺卻攔在他們面前，說碗是他打破的，不要責備我。那時候的我還未懂事，不知道他們說的是什麼意思，只知道爺爺為我扛下了我應該負的責任。這件事情在他人看來也許微不足道，更不值一提，但這段回憶卻一直埋在我心底，成為了我和爺爺的獨家記憶。

在爺爺病危期間，病魔也一直沒有離開過我。就在爺爺去世的那一夜，我也因為一直持續發燒而無法見他最後一面。這件事就此成了我一生中最大的遺憾。多年之後待我懂事了，媽媽爸爸才告訴我，爺爺臨終前的一句話，是叫喚我的名字。我頓時嚎啕大哭，戳破了自爺爺去世以後所偽裝的堅強。哭完後，我擦乾眼淚，告訴自己，從此之後要堅強，不能再輕易流淚——不為什麼，只為爺爺喜歡我笑。

十年過去了，對於爺爺的去世，我還是無法放下那份傷痛。記得曾經有一位名人說過，人最痛苦的記憶，最多只會維持七年，因為人透過每天腦細胞的更新，以往的記憶將會漸漸被遺忘；而爺爺，卻是一個美麗的例外。將來不管發生什麼事，爺爺都會長存在我的心裡，成為我的支柱，默默陪伴我走過人生中的每一步。

風箏與線

（中三級冠軍）

3A 周穎妍（紅社）

我像一隻風箏，父母則是將我束縛的線，我的一生彷彿注定受到線的束縛，而線也好像因我而存在。

初飛的我，對這鮮艷亮麗的世界充滿好奇，想要飛到更高的地方俯瞰世界；線卻將我輕輕扯回，溫柔地告訴我：「你還稚嫩，不懂怎樣控制飛的方向。」聽罷，繼續任由線帶我飽覽這純真美好的世界。線很保護風箏，在風大的時候緊緊拽著不放；天晴時候，線一直牽引風箏朝高處飛……

可是到後來，風箏逐漸開始厭惡線的束縛。全因勒得太緊，會很疼痛。風箏漸漸不聽線的話，跟著逆風在天空中胡亂翱翔，有時甚至向佈滿荊棘的地方撞去，身體開始有了些傷疤。線受傷了，線與風箏連接的地方有些不明顯的裂痕，若不好好注意，一不小心可能出現更大的傷痕，線終有一天會徹底斷開，那時候風箏就必定向下墜落。

經過多次任性亂闖，風箏終於明白到若自己盲目地飛，最後自己和線都會傷亡。因此，風箏慢慢學懂找到適合自己的飛行高度，仍然由線作為牽引，但也讓線能看到未曾見過的風景。線也給予風箏更多的信任，盡力做到收放自如，使得一切都那樣和諧美好。風箏與線的默契彼此都能心領神會，路人看到高懸的風箏，想必也要發出會心微笑。

放風箏就是發放理想，發放希望，而我就是父母的理想和希望。他們總是付出了最多時間伴我飛翔。彼此有過不滿、有過爭執，幸好每次都能冷靜解決。在我找到適合自己的高度時，他們會祝福我、鼓勵我。我終於明白線是對風箏最寵溺、最疼愛的存在。

我並不討厭線的束縛，有時還只願依賴着線，我清楚知道我也是因線而存在的。因此，我會盡我所能讓線看到我的未來——我的未來是那麼高而遠大，我也希望帶着線去欣賞自己看到的美好壯闊的景色……

成熟

(中四級冠軍)

4C 陳芷晴 (綠社)

成熟是一種在成長過程中獲得的心態。成熟的人從外表是看不出來的，但他的行為、處事態度和待人接物都跟其他人不一樣。大多數的成年人都因經歷過歲月的洗禮而變得成熟。成熟並不代表虛偽，只是學懂婉轉地說話，以避免開罪別人。

愈經歷多人和事，人就愈成熟。攝取了以前的經歷，人便會漸漸地避免犯同一樣的錯誤，就如以前曾被取笑或被責罵時，總會反駁，但卻因這些小事失去一位朋友或開罪別人。現在，只會默默接受，不是因為懶於反駁，而是成熟了，清楚明白到爭吵雄辯大多沒有好結果。

成熟的人不會到處宣揚自己的美德，反而會在背後把事情做好。他們成熟得已經無須別人讚美，並不是因為不想被稱讚，而是因為害怕嫉妒的聲音傳入自己的耳朵。每個人的性格都不一樣，並非人人都認同他的美德，也許有喜歡他的人，但同時也有討厭他的人。

遇到抱怨的事，成熟的人了解即使抱怨了，還是要接受，也許他們也討厭或想抱怨，但成熟的人，總會放棄這個抱怨的權利。他們小時候已接受了許多不公平的事，抱怨了，最終仍然要接受，既然如此，又何苦埋怨呢？現實並非事事如意，但既然發生了，倒不如順其自然接受這些不如意的事吧。

成熟的人並非難以親近，反而他們對着別人的缺點可以設法包容。脾氣品性再差的人，他們都已經接觸過，況且成熟的人，本來是不喜歡惹事生非，所以他們只會忍受。不用在那人前面直接批評他，他們懂得如何婉轉地與他們對話。所以成熟的人不輕易與他人爭執。

總的來說，成熟不是懶，不是虛偽，只是經歷過很多不同的挫折或磨練後知所避忌。處事成熟的人很有吸引力，像任何事都可以輕易解決，但其他人看不見他們以前所經歷過的困難。由此可見，成熟是被時間強逼訓練出來的，不是天賦，也不是想擁有就可以得到的。

路與行

（中五級冠軍）

5C 戴嘉瑜（28/紅社）

烈日當空，我走在一條頗為荒蕪的路上，汗流浹背。極微小的沙粒和碎石在我的鞋底下喀嚓作響，偶爾有幾塊較大的石塊把已經倦極的我絆倒數遍。我重新站起來繼續走着，一輛又一輛的汽車在我身邊呼嘯而過，對我視若無睹。汗水慢慢滑落在因跌倒而擦傷的傷口上，刺痛得我皺眉。這時天空漸漸收起太陽，一陣比一陣強的風吹拂着我的前額和盡被汗水濕透的頭髮。天空突然下起傾盆大雨，我快步跑到路邊一個涼亭裡，讓自己歇一口氣。

我覺得自己正走在一條儼如人生的道路上。

你看，那一塊又一塊的石頭，不就是人生裏的挫折麼？那一輛輛的汽車，不就是走在捷徑還對你不屑一顧的人麼？那涼快的陣風，不就是在你成功以後在巔峰所能享受到的愜意麼？那傾盆大雨，不就是在你春風得意的時候再讓你狠狠跌落谷底的挫敗麼？

每個人的理想和目標也不一樣，走的路也絕不相同。可是每個人的人生路上也會一樣——總要有自己孤身上路的時候，總是有遇上挫折跌倒而遍體鱗傷的時候，也總會有成功的時候。

人生難免會有無法選擇或是選擇錯誤的時候，當你走過一條沒有很多人走過的路上，遇到的挫折和難關一定比走在一條康莊大道上的多。一塊塊絆倒你的石頭，那一片弄傷你的凹凸不平的路面，多少也能讓你記着受挫折的痛苦。站起來繼續走着，不走就沒路，沒路你就永遠也達不到目標。一輛輛在你身邊掠過的汽車，就像貪快走捷徑還對你橫眉冷眼的人們。他們也許會搖下車窗嘲笑你，也許給你一個閃着紅燈的背影，取笑你的執拗、你的執着、你的倔強。可是你並沒有躲在車裡，你沒有被車廂裡的空調吹得頭痛；你問心無愧，你光明磊落，所以你能享受自然涼風帶給你的愜意。你繼續走你的路，不管過程中有多少苦與樂，你也會盡情享受，因為這是一條真正屬於你自己的路。只要你的目標最後能夠達到，你途中遇到的和嘗到的一切，回想起來也是甜美的。

魯迅先生說過：「這世界本來沒有路，路是由人走出來的。」沒有人知道：走錯路的人有多少，開新路的人有多少，在路上跌倒碰釘子的人有多少，獨自孤身上路的人又有多少。人的一生，來的時候和走的時候也是孑然一身，能真正陪伴着你走過旅程的人也不過數根手指頭就能數得出來。真正能體會、享受和走完這人生路的最後也只有你自己一個。明白這道理的人，不管路途再孤單再難過，也能走下去。

我這樣對自己說着，坐着涼亭外飄散的雨絲逐漸變小直至完全消失，看着烏雲一點一點的散去，太陽再次發出耀眼的光芒，照亮我的前路。我挺直身子站了起來，拍拍身上的塵土，走出涼亭，深呼吸了一口氣，抖擻精神，再次邁步朝着我的目的地走去。

路與行

（中六級冠軍）

6C 葉嘉彬（紅社）

「千里之行，始於足下。」自嬰兒呱呱落地開始，我們就開始踏上人生路，開啟屬於每個人的不同路途。面對不同的抉擇，人人都想要走上理想的「康莊大道」。路與行的微妙關係如影隨行，只要能夠隨心而行，樂在途中，活得自在，就可以全程無悔無憾。

魯迅說過：「也許世上本沒有路，走的人多了，也便成了路。」路，是人走出來的，一步一腳印。前人踏平了崎嶇，跨過了泥濘，磕掉了陡峭，創造了我們。然而，所謂的「大路」、「捷徑」……是否就是我們應當嚮往的大道？芸芸眾生，那水泄不通的路排滿了趨之若鶩的人們。「醫生」、「律師」、「銀行家」……，從小孩幼稚的口中源源不絕地傾泄出來，那隻巨大的無形之手推使着他們，也使得這條路變成了理所應當的「前途不可限量」。殊不知名利之外，不被翻滾的潮流所同化才能活出真我。君不見陶淵明歸園田居，隱居自然的悠然自得，周敦頤「出污泥而不染」的高貴品質，范仲淹「不以物喜，不以己悲」的豁達開朗？他們能在時代潮流奔騰的衝擊下獨善其身，做到淡泊名利而不被世俗凡塵所惑所動。「乘風破浪會有時」，追求自我，「但使願無違」，走屬於自己的路，沒有一點前人的軌跡。一步一斟酌，年少的我們就應該要細細品味腳邊草兒迎來的招呼，花兒招展向你的微笑，溫暖的風兒輕聲細語地迎着我們前進……路在腳下，路是人走出來的，走自己的路，懂得欣賞沿途的風光，才能樂在途中。

「路，在前方？」不！路，也許就在你身後。人要放眼的是遠方的美景，燃燒着心中的信念和夢想，不懼眼前的荊棘和不被旁人的哄鬧所阻擋。活得自在，只要向着心中的太陽，擁有夸父般的毅力和堅持，堅守自己的人生目標。世俗的渲染總把人影響得浮游不定，我們要勇敢地向着目標前行。路，是沒有盡頭的。有時候，停下來，再回首。回顧路程，回望足跡，一切都是美好的。過去的苦，今後笑着說出來，這更能夠讓我們堅信應該行走屬於我們的道路。行走在路上時，總是戰戰兢兢的，略一低頭，一分心，我們便會偏離最初的目標，動搖自己的信念，從而迷失在路上。莊子寧願選擇

逍遙自在，過着物質清貧的生活，也不願入朝為官，不為五斗米而折腰，而要繼續實踐自己的信念和追求自己的莊周夢。他雖然清貧，但精神上是富有的。浪漫，神奇，博學精深，這就是他的生活。在路上，如何行一條屬於自己的路，取決於我們自己的態度和理想。

人有高潮低谷，路也有上山下坡。有的喜歡享受挑戰高峰，越過峻嶺的長征式人生路，享受皮膚上擠出閃亮的汗珠，帶走你的一切疲勞，享受登上高峰那種一覽眾山小的氣概和一份莫名的孤清。然而，日落西山，人總有走上下坡路的時候。在夕陽斜照下，被拉得深長的身影，往下坡走去。那麼，就應該由自己的孩子繼續接力嗎？應否以此引導孩子們走上和父輩一樣的路呢？不，孩子啊，請不要輕易捨棄你們難得的純真無邪，堅決走自己的路；大人們啊，請不要重蹈覆轍，強迫孩子走上一條不屬於他們的路。孩子不是扯線的風箏，斷了線的風箏也許不是漫無目的地漂流，他們也許能夠駕馭風兒。遠航，請不要抹殺掉他們探索自由，追求自我的權利和本性。闖蕩，他們也許能夠為這世上創造出數之不盡的路。

路與行就是人生的過程，殊途同歸。照着心中的夢想，隨心所欲，樂在途中，活得自在。每一步，每一個選擇都決定着我們的命運和生活。每個人的夢想都是不一樣的，但是只要勇敢地、堅定地、快樂地走下去，並且從行走的過程中找到意義和獲得滿足，那麼，我們的人生路可還有遺憾可言嗎？



文
海
探
勝

與媽媽走過的日子

1A 呂浚達

我和媽媽一起走過很多日子。

小時候，我經常發脾氣，但媽媽從來也沒有罵我。當我要買玩具時，她一定會買給我。當我要看電視時，就算我未做完功課，她也會讓我看完電視，才再做功課。當我感到肚餓時，只要我說一聲：「我有點點肚餓。」就算我們幾分鐘後就要和朋友吃飯，她也會馬上下車買一些零食給我吃。

有一次，我在媽媽的車上玩耍的時候，不小心把耳朵弄傷了，結果臉上全是血，把媽媽嚇壞了！她立即將我送去醫院。在路上，她一直罵我：「我已經對和你說了十萬次，告訴你不要在車上玩，你就是不聽話。好了！你現在這樣，開心嗎？」她一直罵我，但淚水直流。看見媽媽為我流下眼淚，我被感動了。

還有一次，我生病了，不斷嘔吐，只能無力的坐在床上，不想吃任何東西，就算爸爸親自下廚，我也不想吃。之後，媽媽馬上把我送到醫院。到達醫院後，醫生要我留院觀察，但媽媽不能留下來陪伴我。當她要離開時，我就哭了起來。最後，我哭累了，便睡起來。當我醒來後，我已經看見媽媽在我床邊，準備接我出院。

媽媽和我一起走過了許多日子。媽媽，我長大後，一定會報答你。

夢遊幻想世界

1A 林樂蓓

今天，我吃了午飯後，便躺在床上看書，看著看著，我沉沉的睡著了，但我卻不知道，危險正悄悄向我靠近……

「咦，這裏是哪裏？」睜開眼睛，看到的不是我熟悉的床，而是在一片森林裡，「為什麼我會在這裏？」

「你是誰？」一把聲音從後方傳來，我聞聲一看，看到一個青年。

「我叫林樂蓓，你是……」我回答道。

「別問了，我們一起走吧。」他拖著我的手，向森林深處走去。

我們走著走著，看到了許多的動植物和死物，他興奮地向我介紹：「這是蛇罐，女孩子啊，那是蠟燭姐弟，牠是蜜蜂弟弟，老是想到旁邊太陽花姐姐的花園去……」但我只看見一堆蛇在罐子裏，兩枝蠟燭，一隻蜜蜂和太陽花。

他跟我說：「想像有一隻小兔子在你手中。」我試了試，成功了？

不知怎麼了，有一種非常熟悉的感覺……

突然，他說：「快天亮了，一起看太陽升起來吧。」我們走著走著，突然面前景物變遷一片模糊。

隱約中，我看見他的背後出現了一對黑色的翅膀，他抱著我，說：「地震…走……我……以撒……」

我聽得不太清楚，他把一個東西塞到我手中，我眼前一片白……

我睜開眼睛，眼前是我的房間。

「我的手裏拿著一片黑色的羽毛。」我自言自語地說。

以撒，我們，見過面了嗎？

一些封塵的記憶，漸漸記起……

我的母親

1A 莫子琳

母親是偉大的，是值得疼愛的，因為……

還記得有一次，我數學考試不理想，只得四十八分。我怕媽媽責罵，所以遲遲也不敢向媽媽說出這個分數。但在晚上時，媽媽握著我的小手說：「女兒，考試不合格對吧！你的數學老師跟我說了。你不用失望，下次再次努力就行了！」此時，媽媽的眼眶充滿著眼淚。這番話，這個畫面，令我整晚睡不著。這時，我聽到媽媽在房間內說話，於是走到房間門外聽一下。媽媽在跟我的補習老師談電話，談著我的成績不好，還談到增加補習的次數……唉，費用大了，負擔也大了。聽到這裡，我已非常慚愧。

所以說，媽媽有多麼偉大，「一寸光陰，一寸金」，媽媽花了她寶貴的時間來照顧我們，我們也應該花我們寶貴的時間來讀書，做個成功的人，來報答她。

運動帶給我快樂

1A 戴愛茹

相信絕大部分人都覺得做運動只能帶給我們健康或只能保持身段，但是我覺得運動其實可以帶給我快樂。

運動為甚麼可以帶給我快樂呢？第一，打羽毛球的時候一定要兩個人才能打，「那個人」可能是朋友、家人或同學。一起打完羽毛球後就會一起回家，回家時一定會談天甚麼的，就會增進感情，也會感到快樂。

第二，在打籃球或跑步的時候一定會有一個人給你打氣，那個人就是一——媽媽。只要有人給你喊「加油」，你心裏就會覺得要做得好些，然後拿了獎就會感到快樂和開心。

第三，可以約一些小學或幼兒園的同學一起去游泳池，我們可以在游泳池裏游泳或玩水。在游泳的時候，可以互相請教游泳的技巧。在玩水的時候可以借用大家的「武器」來射水。如果我們這樣做的話，可以讓大家的感情更進一步，會覺得快樂。

以上就是為甚麼我覺得運動可以帶給我快樂的原因，希望你們看完這篇文章後也會覺得運動可以帶給你們快樂。

與媽媽一起走過的日子

1A 鍾晞琳

媽媽，是十分重要、偉大的角色。她是無微不至的，你有任何困難，她都會主動幫你，可說是小孩的「救星」。

我的媽媽生下我後，就患了心臟病，她為了我令自己受苦。當我從奶奶口中得知媽媽為了我患上心臟病，我的眼淚就流了出來，心想：「媽媽真是偉大，為甚麼她只是為了我——這一條小小的生命呢？」

當我慢慢長大，我終於明白了。因為她一直以來都想有一個小孩，但是結婚後多年，還是沒有，到了第九年，她有了我這個胎兒，她十分開心。但是在懷孕九個月時，不幸心臟出了一些毛病，醫生建議媽媽：「太太，不如你放棄這個胎兒吧，如你不放棄，你的胎兒有百分之八十五的機會患有先天性心臟病的！」但是媽媽十分堅持，最後竟然是我的病毒染到媽媽的身體裏，奇怪的是，我的心臟完全是健康的。

這十幾年來，媽媽受了很多很多苦。有一次，我們一家三口到餐廳吃晚飯，媽媽突然心臟病發，我和爸爸立刻打「九九九」求助，那天晚上，我整夜發惡夢，一時夢見媽媽辛苦地叫喊，一時夢見媽媽在急救，一時夢見媽媽死了……

現在的媽媽，她康復了很多，整個人開朗了，我十分開心，看見媽媽微笑時，我的心充滿暖意。

這麼多年來，都是我照顧媽媽的，但是無論有多辛苦，我總有一份滿足感。媽媽，謝謝你！

很想跟你說的話

1A 羅芷楹

親愛的吳老師：

升上中學後，很久不見了，你最近好嗎？我很好。

吳老師，你還記得你第一天認識我的時候嗎？那天，是我升上小學的第一天，由於我是個子十分小的女孩，所以一些高大的男孩便來欺負我，還替我改花名，叫我作「矮冬瓜」，我當時是一位膽小如鼠的女孩，急起來便哇哇大哭，幸好你在當值，聽到「哇哇」的哭聲便立即過來看看發生甚麼事。當你了解事情的始末，便上前教訓他們，也教導我不要因自己的身高而覺得自卑，以及要學習堅強。這件事使你在在我心中留下深刻的印象。

到了四年級的時候，你問我想不想試試當一名小記者，我當時猶疑不決，你見我猶疑不決的樣子，便說：「你回家好好考慮吧！明天才答覆我。」我那晚考慮了很久，最終做了一個決定……「吳老師，我想試試做一名小記者。」「好，那你之後在星期五的課外活動時間到305室吧！」之後，經過你的指導後，我成為了一名出色的英文小記者，而且在一次小記者比賽中得獎。如果不是有你的幫助和鼓勵，我一定不會拿獎的。

真的要謝謝你！吳老師我一有空便會回學校探望你的。真的謝謝你！

祝
身體健康

學生
芷楹敬上
二零一四年十月十六日

我的朋友趙紫柔

1B 林綽穎

上星期六，我跟三位朋友一起去打排球，我們帶著既開心又期待的心情往源禾路體育館走去。可是在途中，紫柔突然抱著排球停下了腳步。

我們看見她停下了腳步，便跟著她一起停下來。她看著一個正在掩著眼睛哭泣的小孩，好像迷路了，紫柔便上前向著小孩方向走。其中一位朋友卓瑤拉着她，叫她不要理會那孩子。我心想紫柔的性格一定不會屈服的。果然，她跟我想的一樣，不理卓瑤說的話，便衝過去安慰那小男孩。看見紫柔溫柔地安慰小男孩，此時的我也被她的行為所感動了，我便連忙去附近的一間便利店買一支甜筒給小男孩。他接過甜筒，向我們展出那天使般的笑容。紫柔還不忙叫我們先去場地，免得我們被人搶先用了那場所，而她自己就去帶小男孩去聯絡他的家人。

經過此事之後，我真的很佩服她，她能這麼有愛心地去幫助一個陌生的迷路小朋友，就算自己朋友說不要幫他，她也不放棄，真的太棒了！我們訂好了排球場，她也先叫我們先去場地，這些事情已能夠突顯她的樂於助人、充滿愛心的性格，我非常敬佩和欣賞她，能交上這樣的一位好朋友，我感到很自豪！

夢遊新「大陸」

1B 張正霖

「很感動啊！」我正在看最新一集的《鬥羅大陸》，書中說著主角橫霸天下的事情，突然「呼 ----」

「啊？」昏昏迷迷的我突然見到一個全新世界，心想：啥？不是吧？？我穿越了！……

清醒後，發現我竟然穿越到了《鬥羅大陸》書中的世界，咳咳！我先介紹自己，我是張正霖，而這個世界沒武功，沒魔法，只有魂力，魂力是一種類似力量的東西，魂力高代表自己力量大，而提升魂力就是要用冥想的方法，也就是「閉上眼坐在地上」。

熟悉了一下周圍地方後，我就開始冥想了……我發現自己本身魂力已經是一千多了，書中主角的能力也只是二千多啊！難道天也要助我？我心想我至少也是這大陸上數一數二的高手吧！

於是……我的稱霸行程開始了，不久後我便交了幾個朋友，或者說是「兄弟」。有沐白、榮榮、念冰、天痕，而後來的行程便成為了增加我們感情的橋樑了。當我們稱霸天下後，我們見到了神，傳說中神無所不能，而神便告知我他可以把我把送回原本的世界，但是卻要用我兄弟們的生命作祭品，我當然不願意了，可是當兄弟知道我不屬於這大陸後，竟然一起決定把我送回原來的世界，連自己的命都不要！於是……

「正霖起牀了！」啊！原來一切都只是一個夢，我又再過上平凡無趣的生活了，可是我心中對那些兄弟的懷念依然不改，彷彿一切依然是真的。

這個夢教會了我，世上有很多情感，最重要的是愛情、親情和友情，世界上絕對沒有人可以拋棄七情六慾。每一種情發揮到極致後，你將會為他或他們付出一切，連生命都沒有價值，哪怕是死，心中依然懷著那份情。

與外祖母一起走過的日子

1B 張正霖

她走了！可是她的一道身影彷彿在我面前，即使人會死，記憶會消失，愛卻會留下。

雖然我和她相處只有短短的幾年，但她在我心中的地位卻是甚高的。

曾經，她拖着我的手，揹着我所度過的日子，我曾經不懂珍惜，但當我後悔卻太遲了。

早上，起床後，嗅到的是一陣陣的香味，是外祖母所做的早餐。飽餐一頓後，她便揹着我上學。或許在別人眼中，這些只是一些毫不起眼的事，但你錯了，這可是她為我而奉獻出的愛啊！

就這樣日復一日，直至有一件事打破了沉默。

就在一個早上，媽媽告訴我，外祖母已是癌症末期了，那一刻我的心像被千萬個原子彈攻擊一樣。當時我立刻跟隨媽媽去到醫院。當看到外祖母時，我立刻抓住她那已經虛弱的手。此時只見她指了一指旁邊的一籃水果說：「這是你的。」便去世了。在那一刻她還如此掛念我，可見她對我的愛是多麼深的。

她走了，而我吃着那一籃水果，心中有着說不出的悲哀、傷痛。

我相信即使她不在，但她的愛還會永遠長存，這刻，我還看到她那慈祥的笑臉呢！

這一件刻骨銘心的事使我明白到，愛是存在的。有人曾懷疑這世上有愛嗎？現在我感受到愛了。人會死，但愛卻永不滅，當你真正愛一個人時，你會為他付出一切；即使生命結束了，還會遺愛人間！

運動帶給我快樂

1B 梁晉鴻

運動有很多種，而我最喜歡的就是籃球，籃球教導我：堅持、正面態度、有自信……凡此種種，成為我成長的方向。每一個打籃球的小伙子都想長大後做一個出色的球員，我也不例外。我知道在香港這個繁華的城市講夢想有點不切實際，但我相信有付出就會有收穫，這就是籃球帶給我的快樂！

我相信「路」是自己走出來的。只有過程裏堅持走下去，「路」往往是成為了通往未來的通道。籃球這個運動見證着很多的小朋友快樂地成長。籃球不單單是普通的運動，它也是人與人之間交流的「平台」，例如我進入梁文燕紀念中學後，很快就進入了籃球校隊，認識很多朋友，我很感謝他們接納我、包容我。所以這就是籃球吸引人的地方！

記得有一次比賽，我代表南華體育會，那一場比賽是我打得最好和最開心的一場，我拿了十四分，到了最後的一分鐘我還射進了兩球三分球，幫助球會取得勝利。當時我興奮到沒有辦法形容，我的隊友也跑過來為我喝采。這就是運動帶給我無法形容的快樂！

籃球就是我的夢想！「夢想」這兩個字永遠在我的心裏、腦裏和行動裏！夢想雖然有時是大得誇張，但那樣才會有令人努力去實踐的動力！夢想往往蘊藏在每個人的心中，唯有付諸行動才能實現。正所謂：「吃得苦中苦，方為人上人。」我對運動的堅持使我的未來充滿了光明！運動帶給我的知識和快樂太多了，促使我每天都去追求和實現夢想！

談談學生的苦與樂

2A 方 信

學校是一個讓人學習知識，為社會的未來主人翁搭建出路的地方，但當中的苦與樂，應該只有學生才會明白。

學生經常要承受很大的壓力，但在家長眼中卻不是一回事。學生往往向父母抱怨在學校的不快，換來的卻是一陣唾罵，這已經是一種苦。其次，學生常見的問題必然是一大堆的抄寫、算術、語文等各種不同的功課，對學習能力較弱的學生來說更是一場災難。要面對一大堆根本看不懂的功課，真有一種不知所措的感覺。

不能準時交功課的後果，就是留堂，這不但會挫了學生的銳氣，還會受父母的責罵。這是對學生的雙重打擊。

學生要面對的終極關卡，考試必然是令學生如坐針氈的一大難關。學生經常為取得可觀的成績，為得到父母的稱讚，日以繼夜的溫習，硬生生的把大量公式、歷史、課文全數塞進腦袋。學生雖因此得到好的成績，但卻令自己身心疲累，精神不振；若得不到可觀的成績，更是令人絕望。

雖然如此，做學生的樂也不少，你能在學校結識到一些能逗你笑的人，能與你共同進退，同甘共苦；也能遇到能傾訴心中不快的良友。有了他們的存在，雖不能中和一切不快，但也能與你一起分擔。

不但如此，你能與你的知心好友一起，發掘不同的興趣，發展潛能。盡管你感到上課平淡乏味，也總有一兩科是你會有興趣的。

做一個學生雖有不少的苦，但也有相應的樂。當學生的苦與樂，只有學生才明白。

我的鄰居

2A 王綽琳

我有一戶鄰居，他們令人非常討厭。每當遇到他們，整個屋苑的住客，都避開他們或送給他們一個鄙視和厭惡的眼神。他們更被評為整個屋苑最討厭的住客。

我的鄰居是一對老夫婦。他們與普通老人家沒有甚麼特別：女的，滿頭白髮，經常帶着一副老花眼鏡和衣着樸素；男的，光頭，臉上有很多皺紋、帶着助聽器和老花眼鏡。

我的鄰居平常沒甚麼，但當有事情不合於他們心意就會判若兩人。他們每次都是大聲說話，甚至說一些粗言穢語，將別人責備得狗血淋頭，體無完膚。我記得有一天，住在他們樓上的年輕夫婦上街，忘記了收回掛在晾衣架的衣服，因為這件衣服要滴乾，所以水就滴濕他們的衣服。經過一小時，年輕夫婦回到家門外，我的鄰居立刻衝上去，對年輕夫婦說：「你們有沒有腦袋的，把我們的衣服都弄髒……」不久，他們怒氣沖沖地離去。我聽到這對夫婦一邊哭，一邊回家。自此，不斷發生相同的事情，每次都涉及他們。自此以後，他們變得令人討厭。

我的鄰居的行為亦相當討厭。某年冬天，整個屋苑的住客都患了傷風和感冒。我的家人也生病了。所以，我就到家附近商場的餐廳買早餐。買完後，我就回家。途中，我碰到我的鄰居，突然，我聽到一聲「卡吐」。我就中了「飛劍」。真是令人厭惡。他們常常會對着別人咳嗽和打噴嚏而不掩口。結果，所有中了攻擊的人都生病了。而且他們帶寵物散步時，亦讓牠隨處小便，把地方弄得十分骯髒。

我非常討厭他們，成為他們的鄰居，真是「幸運」呀！

昨晚我造了一個噩夢

2A 李耀昇

我忍住痛慢慢從地上爬上來，捂着頭，回想起昨晚那場悲劇。那時正在郵輪和舞女郎跳着探戈舞，忽然聽到一聲巨響，郵輪和冰山發生碰撞，船身穿了一個巨洞，海水不斷湧入。乘客不由自主地在驚呼，在逃跑……

醒回的時候，自己已經躺在沙灘上。這是一個荒島，四周沒有甚麼，只有一大片樹林、海洋、高山和天然生成的洞窟。我用手撐起自己龐大的身軀，平時也不怎麼覺得自己很重，但現在卻怎麼覺得這身軀是負擔。起身後，肚子響了起來，「咕嚕咕嚕」的，很像在提醒我是時候填飽無盡的胃口了。可能腳扭傷了，迫不得已要一拐一拐地走路。走到樹林裏，發現了幾棵蘋果樹，我用地上檢來樹枝把樹上的蘋果摘下來，幾個蘋果就輕易地給摘下來。我毫不猶豫地把整個蘋果「吞嚥」掉。可能是蘋果的特別功效吧！我覺得整個人也回復體力，腳和頭也不痛了，還有一股力量從手部湧進，簡直能夠徒手伐樹。

我用盡力氣把整棵樹連根拔起，心不由地想我還不是世界霸主？突然，我背後有一個女人在不斷在拍打我背部。我痛得趴在地上，不敢輕舉妄動，只敢輕輕搖頭看一看她。她是個面容猙獰的野人，當她想咬我頸部時……

我從床上起來，只見我媽媽在床邊坐着。原來她在叫我起床，難道她是女野人，哈哈！然後我看一看鬧鐘，快遲到了，這才是我的「噩夢」開始了！

令我印象深刻的老師

2A 張淑雯

我遇過很多老師，但我覺得最特別的還是她——招綠怡老師。她是我小五至小六的班主任。她有時像老師、有時像朋友、有時候像媽媽。

她戴黑色眼鏡，看起來很兇惡、很可怕、很嚴厲。但真相並不是這回事。雖然她對我們的學習成績有要求，但是她在暗中幫了我們不少。她是一個會把自己的假期犧牲，然後幫我們補課的老師。她任教英文科、聖經科、音樂科。每次臨考試前，她都會替我們補課。補課時，她會把弄好的小食帶回來和我們分享。這時候她像一個老師。

很少老師願意把自己手提電話號碼給學生。有甚麼問題、困難、煩惱，都可以打給她。她空閒時也會主動打給你關心一下你的近況。她是一位基督徒，常鼓勵我們參與教會的團契和崇拜，也曾和我分享見證。她會在社交網站留意我們的一舉一動。這時候她像一個媽媽。

每次考完試、打完仗，她知道我們考呈分試很辛苦，也會請我們吃一頓慶功宴。我知道她也很辛苦。畢業時，她在謝師宴說：「我當了你們兩年班主任，看見一屆又一屆的同學畢業。但最捨不得就是你們。」看見她哭，我們也哭了，因為我們快將要和一位好朋友分別。

以前嫌她嘮叨，現在很懷念了。大家都認為，她是一位好老師、好朋友、好媽媽。到現在，她還很關心我們的近況，我們都很喜歡這位亦師亦友的老師。偶爾也會去小學探望她。願主保佑她。

爺爺笑了

2A 靳曉薇

「叮噹……叮噹。爺爺我們來了。」爺爺扶着拐杖慢慢地走過來幫我們開門。爺爺一臉嚴肅的應了我們一句。「哦，你們來了？」可能平時很少跟爺爺接觸，所以爺爺給我的印象就是陌生、嚴肅及「不會笑」。

小時候，每一次來探望爺爺，他只是坐在椅子上安靜地看電視，根本不會跟我聊天，所以我和爺爺不太親近。可能爺爺很少跟人談心事，所以把所有事都放在心裏，令自己的心情煩躁。因為我小時候比較頑皮，每次去爺爺家都會打破玻璃，因而被爺爺罵，令我覺得爺爺是難以相處的。

我踏入爺爺家中，看見爺爺往洗手間的方向走去。突然從洗手間傳來一聲巨響，我馬上飛奔過去看看發生甚麼事，原來爺爺摔倒了，因為爺爺在多年前中風，引致半邊身子行動不便，需依靠拐杖扶持身子。我馬上扶起爺爺，爺爺看我一臉擔憂的樣子，露出了安慰的笑容。我扶起他坐在椅子上，然後開始了我和他的第一次聊天。

爺爺跟我說了令他笑的原因。「以前我對你嚴肅是想看看你是否成長了。剛才看你那麼擔心我，我就知道你終於成長了。你小時候只懂吃喝玩樂，現在終於懂得關心爺爺，令我覺得我的孫女長大了，我深感安慰。」爺爺說，我聽了這番說話後，我哭了。原來爺爺一直在觀察我的成長過程。從小到大，我都沒有看過爺爺這麼親切的一面。他的說話令我很感動。以後我會關心，照顧爺爺多一些。

燈的聯想

2B 庄易豪

在漆黑的海上
輪船孤獨無助
突然遠方一閃
原來是燈塔
輪船終於靠岸了
讓船員重回安穩的陸地吧！

在無人的郊野裡
萬籟俱寂
令人迷茫孤單
遠處突然一閃
原來是村落的燈光
迷途者走出荒野
重返文明！

在凌晨的時候
窗外陣陣涼風
淒冷孤零
對面樓層一閃
原來我不是孤單一個
在考試前夕，我有同道中人
讓我們一起挑燈夜讀吧！

運動帶給我健康

2B 何樂琦

曾經有人說過：「生命在於運動」。運動帶給我們健康，帶給我們喜悅，更會帶給我們正能量。

運動是人體生命中其中一種不可缺少的部分。如果人類長期不做運動，會引致很多毛病出現。但如果經常保持運動，身心一定會保持健康。

在我十歲那年，我因為一次感冒而入了醫院。那次本來只是因為感冒而去醫院求醫，但醫生說我的抵抗力很差，因為我常常不做運動，所以要我留院觀察。

留院期間，我每天都要服用抗生素，留院期間的生活非常沉悶，所以我立志出院後每星期最少做兩次運動，因為我不想再住醫院。

做運動可以給人正能量、提升自信、學習團體精神、令人大開眼界。在校園裡，我們也有很多體育活動，例如：羽毛球、籃球、足球及攀石等等。運動令我們可以學習團體精神，增進友誼，亦可強身健體。

我有一個男同學，開學時他的身體非常虛弱，朋友亦不多，經常因生病而缺席。幸好，他很喜歡打籃球。每天早上、小息和午膳的時候，他也會打籃球，後來他加入了籃球隊。現在，他不但有很多朋友，而且身體越來越強壯，我再沒有聽聞他因生病而請假。

運動帶給我們很多益處，我們每天做運動，對個人或社會都是好的，希望各位都加入運動的行列。

一盞小燈

2B 吳書健

在深山的黑洞內，
環境黑暗，
天氣冰冷，
清晰的雨聲，令人感到一份莫名的恐懼。
忽然，一絲光芒閃耀眼前，
是一盞小燈
這一刻我感到溫暖。

在寒冷的極地中，
冰天雪地，
島上只有冰和水，
在上面走着走着，
我摔倒了，
沒有力再前進。
正當我要放棄時，
我看到了光芒，
這個光芒令我找到希望，
是一盞小小的油燈。

在停電的大廈內，
沒有光芒，沒有笑聲，
只有黑暗和小孩的哭聲。
一支火柴點燃了油燈，
令人感到安全溫暖，
令人恐懼一掃而空。

燈，是一樣帶給人希望的東西，
帶給人光芒，帶給人溫暖……

運動帶給我的友誼

2B 林旭然

今天，經過了一年半的磨合，我們終於獲得了沙田區田賽四乘一百米接力比賽冠軍，那份喜悅感是無法形容的。回想起當日，如果不是老師選上我的話……

中一時，因剛升上中學，我不習慣學校生活，變得不合群。我和其他人格格不入，學校規定每人最少要參加一個學會，我選了一個既可以單獨練習，又可以單獨比賽的學會——田徑學會。

一開始時，我非常享受跑步。因為我是一個不合群的人，贏的時候我能一個人享受那種榮譽感，輸的時候又不會連累別人，非常自在。但是，在一次沙田區比賽中，校隊因欠一人才能參加四乘一百米接力比賽，在迫不得已的情況下，我參加這個隊際比賽。我最不想發生的事竟然發生了！比賽時，我隊中負責第四棒的隊友在途中突然跌倒。正因這個失誤，令我隊被淘汰出局。

賽後，我不斷責罵他，甚至因為這件事而缺席訓練達兩星期。直至有一天，負責的體育老師來問個究竟，我便跟她說明一切。她教導我團隊精神的功課，我才再次重返練習場，我和隊友一起討論如何合作和應戰。如是者，經過了一年半的磨合後，我們終於成功了！在這段訓練時間裡，我和我的同伴之間的友誼增長了不少呢！

風箏與線

2B 邱敬中

每個人都應該放過風箏，不管當時他們是用怎樣的心情來注視那飛翔的風箏，我們就是正在飛翔的風箏，而我們的父母則是那條長長的線。

在我們年幼的時候，父母希望我們能健健康康地成長，快樂地生活，父母保護我們，這時候的線就是一條牢固的鎖鏈，把我們鎖在父母身邊，令父母可以好好的保護我們。

在我們升中之後，父母期望我們能得到好成績，那麼未來我們就能有更好的生活。雖然線還是鎖在我們的身上，但是至少我們已經不是籠中的小鳥，我們已得到更多自由。

長大後，我們開始踏入社會，並在父母那裡得到了自行管理金錢的自由，明白理財之道；又可以自行分配時間，事事擁有自主權。父母的牽引在這時變成了線，只在引導我們的方向。

我們長大之後，父母年紀漸老，但是他們仍希望處處幫助我們，希望我們不要迷路，他們用人生道理及經驗引導我們。這條本來管束我們的線變成了一條虛線，但卻能指引我們立身處世的方向。

信任

2C 吳媛婷

有一次，我和「閨蜜」吵架了，是因為甚麼事呢？同學以訛傳訛說她在背後中傷我，傳到我的耳邊，我誤信了這個傳言，怒髮衝冠地找她談判。她卻只是冷靜地淡淡地解釋這只是有些人在信口雌黃。我不相信，這件事後我們就變成了沒有來往的陌生人。

偶然我在網上看到一篇文章，內容是說明朋友之間的信任。「信任就像一條線無形地把你和你的朋友綁在一起，當信任消失時……」這句話勾起了我的回憶，挑動了我的神經，靜止了我的思考，我才知道信任在友情間擔當了一個不可或缺的角色啊！忽然回想起我和「閨蜜」吵架的一刻。這一幕在我眼中活靈活現，完全地展出。我感到內疚，心裡彷彿被一塊大石壓著透不過氣來。

我想過數之不盡的補救方法，但也只能修補表面的關係，到底如何能恢復舊時密切的關係？信任啊！你是多麼的重要，我去討她歡喜，送她喜歡的。

過了幾天，我邀請她來我家吃飯，我和她便說起了「正事」：「我沒有怪你啊！」我聽說這句，心裡更加愧疚，因為這都是客氣話。這刻，已知道從那件事起我們的關係只是朋友，不是「閨蜜」，我知道已經無法彌補我們的關係，而這都是我一手造成。我還希求什麼呢？笑容遮掩不到我內心的沉重。

信任是友情間的「媒人」，一旦失去信任，你們的友情也會接著失去。

豬

2C 岑海琳

小時候，豬在我的印象中不是那麼好——髒兮兮的。我一向來很討厭豬，看啊，牠們整天不是吃就是睡，不是睡就是吃。聽吧，牠們打的呼嚕比雷還要響。可是，自從我回老家看了豬之後，我就對豬的看法大有改變。

那一年回老家，看到一只肥肥實實，走起路來搖搖擺擺，傻裡傻氣，嘴裏喘着粗氣。這傢伙是什麼？豬！一歲小孩都認識的東西。的確，豬在人們頭腦裏印象往往是又笨又懶又髒，我也曾經這樣以為。當我第一次在外婆家看到一頭大肥豬，牠有圓圓的頭，大大的耳朵，兩粒黑寶石似的眼睛，胖胖的身子，還有短短的尾巴。牠已經有了豬寶寶，一只是黑色的，一只是白色的，還有一只是黑白相間的。三只小豬肥肥的，像三個小皮球！可以說是可愛。當小豬餓了時，牠們就會發出叫聲，這時母豬便會躺在小豬的面前，讓牠們喝奶。吃飽喝足後，小豬們便開始嬉戲，互相打鬧，跑來跑去，開心極了！母豬就在旁看着牠們，場面非常溫馨。

我發現豬吃食的樣子更有趣。牠們常常先用大鼻子嗅食物，然後大口大口地吃起來，直到把食物吃到一干二淨，才安心回窩睡覺。在豬的心目中只有吃和睡兩個字。你說牠們笨？才不是，牠們聰明得很。有一次，外婆提着一個裝滿剩飯的大桶，走到豬圈外面，才打開柵門，豬就嗅到食物的味道，馬上飛奔過來，發出嗷嗷的叫聲。豬渾身是寶，豬肉可以吃，豬皮可以美容，豬毛可以做刷子，就連豬的糞便，也可以當肥料。從那時起，我覺得豬也並不是一無是處，也挺可愛的！豬是一種會感恩的動物、懂得親情的動物。

豬，求人甚少，給人甚多。儘管吃草吃糠，生存環境不好，但奉獻的信念有增無減，這就是牠的可貴精神所在。

像企鵝的童年

2C 林泳欣

我有一個像企鵝般的童年。企鵝分為很多種，最為人所周知的，就不能不數皇帝企鵝了。電視上也經常播放有關企鵝的紀錄片。紀錄片中，我們可以看到企鵝走路時，像不倒翁一樣，左搖右擺的。特別的是，企鵝媽媽誕下小寶寶後，便會留下爸爸和寶寶，然後覓食的工作就由媽媽去完成！

當我每次看到有關企鵝的紀錄片時，我就會想起小時候……

我還在學走路的時候，爸爸媽媽帶我去出席宴會，我變成了一隻小企鵝，走路搖搖擺擺的，爸爸拖着我的小手掌，媽媽幫我拿食物，讓我一邊走，一邊吃，一邊玩。不論去到哪裏，我都好像電影《荒失失奇兵》裏，在動物園裏揮手微笑的企鵝。最像企鵝的一次，就是那次與家人去旅行。臨走的一天，下雪了！我口齒不清地說了句：「天啊！你竟然下雪了！」企鵝回到老家了，我先是慢慢走，然後急步，最後跑了去雪堆！「欣欣向榮」的花草樹木顯示出冬天的冷酷。但在小時候，一切也是歡樂的，完全不會理會別人的眼光。

可是現在長大了，一切也不同了……

我很想回到從前，對着人們揮手微笑，不會換來敷衍的回覆和手機遊戲邀請；我很想回到從前，不用理會別人的眼光，跑去雪堆，人們只會對你「刮目相看」；我很想回到從前，像企鵝一樣的從前——那個像企鵝般的童年。

與母親一起走過的日子

2C 洪智健

自有記憶以來，我的母親就是我關係最親密，同時，也是傷害得我最深的人。

從小開始，我便是一個佻皮搗蛋的頑童，母親一直用她滿腔的熱血，沉甸甸的愛來栽培我、呵護我。我仍清晰地記得我的「豐功偉績」……

有一次搗蛋，我剪斷了電風扇的電線，整間屋頓時停電。我嚇得慌了，生怕母親責備我。出乎意料的是，母親只問了一句：「有事嗎？沒事就進房。」我知道，母親這種冷淡的語氣並不是無情，而是母親懂得權衡輕重，令我改變。試問那位母親不愛自己的孩子呢？而這種「愛」並不是「溺愛」，而是給予我改錯的機會。

數年來，一次次的犯錯、一次次的機會，而這並沒有令一位母親對孩子的愛麻木……

有一次，我與另一個孩子起爭執，甚至出手。校方請來了雙方家長，當晚回到家時，母親非常生氣的罵了我一頓，甚至還憤怒地甩了我一巴掌！不久，母親就坐在客廳裏默默地、默默地流淚。當時，我的心不知為何莫名地疼痛、鼻子也酸了。淚，就自然而然地落下來了。

再不停地犯錯後，我知道，在母親流乾淚之前，我必須醒悟。令我醒悟全歸功於我的母親。若不是她那一句句春風化雨的話一直在我心中迴盪，若不是母親孜孜不倦地教導，我也不會有今天。

與母親一起走過的每一段日子，每分每刻在我心中蕩漾，亘古不逝。

名字

2C 陶梓豐

每年暑假，我都會回到媽媽的故鄉——重慶去看望公公婆婆，然後去他們那高大的房子住上幾個星期。當然，他們並不是住在城市裡的高樓大廈，而是住在鄉村裡的龐大舊屋。

在這大房子中一直在做功課的我，看著密密麻麻的文字，感到十分無奈——為甚麼功課好像天上的星星一樣，怎麼數也數不完，怎麼做也做不完呢？我為了重新打起精神，走出屋外。我四處張望：路是用一塊塊不同的大石砌成的，路面凹凸不平，長滿苔蘚，四周放滿不同的雜物：有柴枝、雞籠、曬乾的穀物……我回頭看看公公婆婆的房子，大門開著，可以直接由門外看見房子裡的時鐘……我突然發現，我竟用了半個小時來四處「參觀」！我馬上坐上椅子，繼續做我的功課。

到傍晚，路面變成橙紅色，在重慶，我們吃飯的時候通常是在傍晚。我拿了一張椅子放在門外，然後又從廚房裡端來一碗麵，坐下來。在我準備要吃麵的時候，我看見幾個和我年紀差不多的孩子在追逐。毫無疑問，他們正在玩我最喜歡的遊戲——「捉人」。我心中想玩的心情蓋過我的飢餓感。我放下食物，趕上那些孩子。懷著戰戰兢兢的心情走上那橙紅色的大街……

一位紮馬尾的女孩和我介紹她的朋友，不知道是因為我不留心聽，還是她那奇異的口音，我只聽到一個人的名字，但究竟是甚麼名字卻摸不著頭腦。

我們去了許多地方玩，有一次，他們為了要我留下美好的回憶而帶我去捉蜻蜓。但我總是幫不上忙，只能幫他們拿著捉來的蜻蜓；那是模仿他們的拿捏方法——按住翅膀蜻蜓就不會逃走。由於手指一直拿著蜻蜓而感到累，所以我想用一隻手同時拿著兩隻蜻蜓，讓另外一隻手放鬆放鬆，結果，由於其中一隻蜻蜓咬到了我的手，所以在混亂中，全部蜻蜓都飛走了！他們回來知道後竟沒有責怪我，令我十分感動。因為我知道捉蜻蜓是一件很困難的事情，何況只是徒手捉呢？

我離開後，回重慶由每年一次變成兩年一次，兩年又變三年，三年又變四年……現在我也有四年沒有回去了。所以到現在，我還是不知道那些跟我一起玩的孩子的名字。

時間匆匆的過去，重慶的發展也是一日千里，我是否再也沒有機會去問他們的名字呢？

姑姑的故事

2C 黃丹妮

姑姑是一位我最敬佩的女士，她一生中有許多苦難，但她卻一一破解了。

說起敬佩，你或許會想起國父孫中山先生，或許會想起你的偶像，或許會想起一位名人……但我所敬佩的，正是那位我每天都能見到的，甚至可以說是一位很平凡的女子。她是誰？沒錯，她就是我的姑姑。姑姑是奶奶生下的長女，她還有三位弟弟，也就是我的兩位伯伯和爸爸。從姑姑小時候開始，便要包攬起家裡的各種家務事。由於奶奶一直抱有「重男輕女」的觀念，因此姑姑並沒有機會上學，這也是她畢生的遺憾。從小到大奶奶都待她不好，親朋好友所給姑姑的錢，都一律給奶奶沒收了。有幾次，她連買衛生巾的錢都沒有，每天只懂得埋頭苦幹著奶奶分配給她的家務事。

直到有一天，她結識了一名男子，也就是後來我的姑丈。他們結婚了，姑丈待姑姑很好，一切也都看似很美好。可惜，好景不常，在他們誕下我表哥的第二年，姑丈便患病去世了。在病危的時候，姑丈的家人並沒有來看望姑丈，甚至連姑丈葬禮的一切費用，也都是姑姑向別人借來的。是的，在姑姑最不知所措，最傷心的那一刻，並沒有得到家人的慰問與溫暖。從此以後，她靠著一份微薄的工錢，獨自把表哥撫養成人。這是多麼的不容易啊！一個女人在痛失丈夫和沒有家人的關愛下，自力更生，想哭，卻流不出淚。姑丈的家人都以為姑姑會改嫁，所以不曾給她一分一毫，可姑姑不怨他們，只是從此與他們一刀兩斷。她把所有的希望都寄託在表哥的身上，可就在表哥高三的那一年因為打架，被學校趕了出校。姑姑很生氣，狠心地把表哥打了一頓。最後表哥忍著痛，平靜地說了一句：「我只是不想別人取笑我是個沒有爸爸的孩子。」那刻，姑姑放聲痛哭，就好像把多年以來深藏的淚水傾瀉出來。她知道，哭過，就該好好地過，生活還得繼續，她要為兒子好好活下去。

奶奶年紀也漸漸大了，體力開始衰退，生活無法自理，只能由子女輪流照顧。由於伯伯們和爸爸大部分時間都要上班，而姑姑已退休，所以很多時都由姑姑來照顧奶奶。但奶奶始終不懂得感激；相反，她只會對外人強調兒子們有多麼多麼的好，卻從不提起她的女兒。這些事情，我都一一看在眼裡。

多年後，姑姑向我訴說的時候，已是非常平靜，只是偶爾會擦擦眼淚。我記得她說過：「難過之後的平靜，叫做認命。我誰都不怨，開開心心過好以後的日子，就好了。」那一刻開始，我暗自對自己說：一定要好好讀書，以後掙好多好多錢來報答姑姑，讓她下半生過好日子，讓她明白，還有家人一直在陪伴她，她並不是獨自一人的。

這就是姑姑的故事。就算命運坎坷，她也不曾放棄生存的機會，反而用她的頑強告訴命運，她並沒有屈服。我也會學習姑姑的堅強，將來做一個不屈不撓的女孩子，為我自己的人生譜寫美好的一頁。

我的老師

2D 馬 雪

陳老師——是我小學六年級的班主任。她是一個令我難以忘懷、敬畏和喜愛的老師。

「你！起來罰站！」陳老師大聲地斥罵著一個同學。老師在同學眼中時而兇悍、時而平靜、時而和藹。當然，我的班主任也是如此。她的臉上常常掛著淺淺的微笑，長著一張溫柔的臉孔，身上散發著一鼓慈愛和藹的氣息。

陳老師是教數學的，每逢班上有些跟不上進度的同學，她都會擠出時間指導我們，而犧牲自己的休息時間。每教完一個單元，她都會給一個「小小測驗」我們做。在教員室裏，萬籟俱寂的夜裏，陳老師的手還是不肯停歇地批改那一堆堆的作業、一堆堆的測驗。隔天，陳老師的臉上掛著歡喜的笑容，含著希望和讚賞。她開口說：「這次測驗，全班合格。」她那真誠的歡笑聲，讓我深深地感受到：她跟我們一起是快樂的。

我們這班同學快要升中了，大家都非常緊張、非常緊張。她看見同學都很擔憂，怕適應不到新環境。她每晚也會幫我們搜集資料，隔天就給我們，也給我們意見。陳老師的和風細雨的指點，頓時讓我們恍然大悟。經過陳老師的講解後，同學們都放心多了。

陳老師的手就像一面揮動的旗幟，為我們加油鼓勁；當我們失敗傷心時，她的手就像一把大掃帚，掃去我們心中的灰塵；當我們遇到煩心事的時候，她的手就像一台熨斗，熨平我們心中的皺褶……她是一個無私奉獻的園丁，更像一個和藹的母親教育自己的子女。我對她的感激之情、敬佩之心無以言表……她就是一個讓我如此敬佩的老師。她就是一位百變老師！

照相機

2D 郭穎嵐

照相機，簡稱相機，是一種利用光學成像原理形成影像，並使用底片記錄影像的設備。很多可以記錄影像設備都具備照相機的特徵。醫學成像設備、天文觀測設備 照相機的結構複雜，是一種結合了不同技術精密而複雜的產品。

照相機能捕捉一剎那的風景，使這美好的一幕永遠永遠地記錄下來。對焦、按下快門，簡單的幾個動作，能使你眼前這一幕永遠記錄下來，使這美好的一幕停止，留在照相機的記憶卡內，也留在你的心內、你的腦海內，和朋友、同學、家人愉快的美好時光，利用照相機，將它們一一記下。利用照相機，把自己和重要的人相處的時刻變成影像，好好保存這些能令人回到過去、回到青春，回到童年的零碎片段當中的圖片。

今天，你和你的最愛一起度過了人生中最充實、最美好的一天，你用照相機拍下了這平凡而幸福的一幕。十年後、二十年後或三十年後，你還會記得這一天嗎？這時候，請你找出那一張能令你回到過去、回到那段平凡但幸福的時光的照片，閉上眼睛，讓它帶你回到那充滿童真及笑聲的時光。

照相機能把你帶到過去，像時光機一樣。但它不是萬能的，有時候，趕不到按下快門，便會錯過了。所以，要抓緊每一次機會，每一分、每一秒，時光飛逝，請好好利用你的照相機記錄一切值得記下的事和物，好好珍惜所有不同的時光。因為時光一去不返，到了最後，才懂得珍惜、學會抓緊時，時光已經離開了，只會剩下遺憾。

到老了，才明白一去不返這個道理，已經太遲，因為一切已經離我們而去。

家鄉的銀杏樹

2D 黃俊文

清晨，晨曦把籠罩在天地間的灰褐色帷幕拉開。一陣清涼的晨風，帶來無比快意。我抬頭向家鄉的方向望去。朦朧中，那高大、重重疊疊的高樓大廈擋住我的視線，但我那思念家鄉的深切情懷，那能擋得住呢？

家鄉的一草一木都像電影似的一幕幕呈現在我眼前，特別是那棵高大的銀杏樹，好像越長越高，越長越大，高大的直入雲天。它正迎着噴薄而出的紅日，舒展它那美麗的身姿……

它生長在我們坪上最顯眼的地方。兩塊巨石猶如兩只巨掌，將它托起。它那粗壯筆直灰色的身軀，高大挺拔，活像一把巨傘，直入雲霄。

爺爺經常搬來搖椅在這棵「大傘」下乘涼，而我就經常與爺爺一起出來，靠坐在銀杏樹下玩耍。它那美麗的葉子，就像一柄柄梅花型的小傘，翠綠嫩黃，就是這樣的葉子，庇護着我的家鄉。

夏天，樹葉變得更加濃密。那正是銀杏的開花季節。想看它的花有些麻煩，你得等到半夜時。漆黑的夜晚，它偷偷地開花了：潔白的花如同滿天的星，耀眼發光，那難得的奇麗景象，很少有人看到，因此也就抬高了它的身價，使人感到珍奇。

銀杏樹木質細膩，結實，誰見了都喜愛。它象徵着健康長壽，希望在鄉下的親人都像這銀杏樹一樣健康長壽！

啊！家鄉！你與那銀杏樹，我都不會忘記！

現代西遊記

3A 區頌旼

話說地球天氣一天比一天熱，極地冰山溶化，全球水位上升，各地天氣反常。唐僧居住的小島正面臨被淹沒的危機，如果情況越來越嚴重的話，就會連其他環境清幽的小島都會被淹沒。加上天災頻繁，人們生活在水深火熱之中。如果要化解今次的危機，人們必須改變他們的自私、貪婪和浪費的心。但是，人們總是不聽信唐僧的說話，一直自私、貪婪和浪費下去。而唐僧不想這個地球消失，所以下定決心要去找能改變人心的方法。他聽聞西天有一位智者懂得改變人心的方法，於是唐僧決定帶他的三個徒弟孫悟空、豬八戒和沙僧同行，向智者請教。

他們四人一同來都了一個甚麼都沒有的荒野。他們在荒野中遇到一個中年男人，他是由自私精變成的。他把一個自私蘋果交給他們，他們的腦裏不由自主地想着自己一個獨佔蘋果，但是唐僧成功克服了自己的自私心，並把蘋果分成四份，分給大家享用。最後他們的心神回復過來，孫悟空用火眼金睛看穿了自私精的所作所為，並把這隻害人的妖精一棒打死了。

接着，他們來到了一個有很多珠寶的王國，他們受到國王尊貴的款待，而那時孫悟空已看穿國王不是真的，他是由貪婪精變成。經過上次的教訓，他們沒有墮進他的陷阱，合力設法把他消滅，還把真的國王救出來。

他們經歷這兩次劫難後，終於來到西天智者的所在地。他們經過一條村，村裏有一個浪費食物的人，原來他也是妖精。他想令到唐僧四人都浪費食物。但是他們不斷唸佛經克服了誘惑，最終成功找到了智者。

見到智者後，智者被唐僧師徒的誠意感動，並傳授他們能改變人心的秘訣。讓他們引導世人向善，很快地球便回復昔日的美麗，人們亦得以安居樂業。

寬容與縱容

3A 張舒婷

世上有些人懂得寬容，而有些人只懂得縱容。到底兩者有何差別？寬容和縱容不都是一樣道理的嗎？不是；寬容和縱容雖然都是接納他人，但寬容的接納是和諧和包容的，而縱容的接納只是一種寵壞和包庇的行為。

寬容是正面的。例如當一個人因無心之失而做錯了事，那是值得寬容的，並應加以鼓勵改善，是一種正面的支持。但過度寬容會有什麼後果？過度寬容就等同於縱容，情況會由正面變成負面。所以無論如何寬容，也是有一個限度。擁有寬容之心的人是一個善解人意的人，得到寬容對待的人應該要反思自己的過錯。所以寬容可以說是一種有力的支持。

縱容是負面的。例如一個小朋友有意破壞一事物，而你卻縱容他，那只會令他不知自己的過錯，以致是非不分。這可能令小孩的思想變歪，分不清好壞對錯。縱容只是一種寵壞的行為，我們不應該擁有縱容之心。這對他人不好之餘，對自己也是一樣有害無利。

寬容和縱容雖然一樣都是接納，但可見它們之間卻有天淵之別。就像教導小朋友一樣：他做錯了事，應該寬容鼓勵他改過遷善，而不是縱容他繼續犯錯，任由他我行我素，變得是非善惡不分。

總括而言，我認為寬容才是人們應該擁有的品質。一顆善解人意和懂得包容的心是最美麗的。而寵壞他人，讓人是非善惡不分的心是最醜陋的。這兩個詞語雖然看似相近，但原來擁有那麼大的差別。我們也應要深入了解這兩個詞語的真正含意，致力學會寬容別人，切勿由寬容而變成縱容呢！

我不再是小孩

3B 紀舜曦

這一天，我獨個兒在家中，家中都因為有要事出了門。家裏只剩我一個人，十分無聊。於是我躺在沙發上，看着那白茫茫的天花板。突然間，手機響起了，原來只是多餘的信息罷了。我看着那電話，然後，默默地回想起，回想起了那一天的經歷。

那一年，我還是小學三年級的時候。還記得那天我和媽媽由深圳返回香港。我們乘車到了羅湖口岸，正當準備通過海關的時候，我和媽媽發生了一些爭吵。於是我便拿着證件，自己獨個兒走到櫃台辦「過關」手續。

我排着隊，一邊想着媽媽過了關嗎？亦一邊想着，甚麼時候才到我？而這個時候，我頓時發現，我前面已經沒有人了！我十分緊張。於是我便像一個機器人般的上前並遞上證件。（這是我第一次獨自過海關！）那位職員叔叔問我：「小朋友，你叫甚麼名字？你的家人呢？」「陳家豪。（那時候，我還未曾改名換姓）我的媽媽在另一邊等我……」我終於鬆了一口氣，接過證件後，我便匆匆忙忙的走了。

按照和媽媽的約定，我們應該是會在火車站的閘口外等。可是我只等了幾分鐘，便入閘了，因為我以為媽媽已經走在我的前面。

我自作聰明的走上了火車，在沙田火車站轉乘巴士回家。

我無奈地上了巴士，過一會兒，我旁邊坐下了一位姐姐。由於到這裏也沒看見媽媽，於是我便鼓起勇氣，向身旁剛談完電話的姐姐借電話。幸好，那位姐姐也十分好心，願意借電話給我。

想到這裏，才發現自己亦曾經有這麼一次勇敢的嘗試。這刻我亦應該去嘗試為自己做一頓飯，不斷的挑戰自己。

談自由

3B 黃嘉歡

現在經常會聽到很多人談自由、論自由，但是自由的意思卻並不是很多人懂得。人們常常認為自由便是依照着自己的意慾去做事情，可以為所欲為地做任何事情。但實質上，所有的事物和人都會有限制的，你並不能任何事情都可以做到。而自由就是做你可以做到的事情。

金斯伯格曾經說過：「自由是在束縛之中的。沒有堤壩，何來江河？」凡是任何事情都會有限制的，就像江河，大海無論它是多大，多長、多寬、多闊，但它還是有盡頭的。鳥兒看似自由自在，可以任意飛翔，但它亦有它不可飛去的地方，那就是海，只要它飛進海中，便會淹死。而它的自由便是可以任意在陸地天空上飛翔。而人亦是如此，人類可以做到很多事情，但他們亦會有很多的限制，例如不能像有翅膀的鳥兒那樣自由的在天空飛翔。

孟德斯鳩曾說：「自由是做法律上許可的事的一切權利。」若人人都不遵從法律，去做自己的事，任意妄為。這個世界便會出現很多的殺人案、縱火案、強姦案。若人人都是如此，這樣的自由便會形成災難，這樣的自由便會對人們造成困擾，這樣的自由便會為世界帶來毀滅。因為無限的自由會帶來毀滅，所以社會才會出現法律、規則和限制，而自由便是做法律、規則和限制裏許可的事情。

為什麼學校要有校規呢？因為不想學生學壞，去做壞事。若一所學校沒有了校規，學校便會出現很多染髮、打架、吸煙的學生。那時這所學校會變差，而學生則會做出很多違反法律的事。學校的校規便是要防止這些事的發生，學生的自由就是做校規許可的事。

世間萬物都會有不能做的事，不能違反的定律，不能離開的軌道。人亦是一樣的。無論再怎樣聰明、厲害亦會有不能做到的事。而所謂的自由就是做限制裏所許可的事。這便是自由。

談態度

3B 廖志穎

我們不能改變過去，但可以改變將來；我們不能改變別人，但可以改變自己。如果希望能事事順心，就要從自己的態度開始，調整一個良好的心境，去面對任何事情。

甲老師視老師為一切責任，盡心去教導學生；相反，乙老師視老師為一份工作，只求獲得工資，得過且過。兩者同樣為老師，但雙方對老師都存有不同的態度，往往這種態度就會成為他們決定性的分別。處理事情的時候，無論事情的重要性大與小，我們都需要保持認真的態度面對，只要能用認真的態度，你所面對的事情就必有所成，就算失敗也於心無愧。

相信大家都遇過以下的情況：碰到困難的事情，總會用藉口去逃避；懶於赴約，就會用藉口去推搪。其實以上情況你有能力去完成，但因為態度問題出現不同的結果。如果事事不去面對，久而久之就會變成習慣。好與壞只是一線之差，態度好與壞也是一線之差。好的態度當然能為你呈現一個美好的人生；相反，壞的態度會腐蝕你的一生，影響你的人生。

學業成就取決於你的學習態度；工作成就取決於你的工作態度；人生成就取決於你的人生態度。我們不能忽視身邊的大事小事，都要對事情抱住良好的態度。人生只要用應有的態度面對，我們就能享受充實的生活。

談自由

3B 劉竑軒

自由，相信大多數人聽到這詞語，都會不其然產生一種憧憬。

現代，我們評論一個國家是否進步時，自由往往是其中一個主要的指標，我認為一個進步的社會，自由、民主及人權是不可或缺的一部分。而且，在人類的歷史進程中，我們也一直在尋求真正的自由，例如法國大革命，美國獨立等等，都充分顯示出人類對自由的渴求。

「生命誠可貴，愛情價更高；若為自由故，兩者皆可拋。」匈牙利詩人——裴多菲這樣說着。人與動物有一個明顯的分別，就是人會追求更好的生活，不惜一切代價去追尋。擁有自由的國家，不論在制度上，經濟上，都往往超越封建、獨裁的國家。

「人生來便應擁有人權和自由」——法蘭西人權宣言。然而，現今卻仍然有一些國家因種種理由而阻止人民享有自由。諷刺地，那些國家的人民卻認為他們已經擁有了自由。我記得一句話語是這樣說的——被困在籠中的鳥認為飛行是病態。

自由，讓人找到方向，讓人找到生命的意義。然而，卻有一些人因保障自身利益而阻止別人擁有自由……以近日的雨傘運動為例，當年輕人在街頭爭取應得的權利時，卻有一些人因個人利益去攻擊示威者，情況令人痛心。

我希望有一天，人類可放下利益為先的觀念，一起追求更民主、自由的社會，追求更好的將來。在此祝願地球上所有人，最終有一天能享受自由、民主的空氣。

談夢想

3B 鄭倩蕎

「你的夢想是甚麼？」「你長大做空姐好不好？」這些說話真的無處不在，可是真的懂「夢想」的人又有多少呢？

夢想對很多人來說就像是天上的星星太陽，根本是不可能觸碰到的；但如果在兩者間加上「行動」，那會不會更接近？哪個男孩女孩沒有做過天馬行空的夢啊，只不過在現實面前，很多人慢慢放棄了自己童年的夢想。曾經我躺在一大片的草地上對着天空發呆……我要做美若天仙的空姐、我要做一個大明星、我要做一個高貴的董事長夫人，我要……最後這些說話都成了「過去」。登上人生事業最高峰的人，都是曾經擁有偉大夢想的人。你不會睡醒起床就坐上總統的位子，也不會突然收到一億。一分耕耘一分收穫，若天下真的有不勞而獲的事，那農夫也不需插秧，乞丐也不會出現。

夢想也是一種力量。有了夢想，你就會眺望更高更遠的目標，不斷地超越自己，令自己更上進。以學習為例：當你想考得高分時，又努力學習，而你做的每一條題目你也懂得做，這樣你便會更自信地拿到一百分了。如果你下決心要實現夢想，那必定要做好準備，這樣便更加輕鬆。歌德曾說：「不要懷有渺小的夢想，它們無法打動人心。」人生原本就是一張白紙，若你想令它變成一本書，那必須要努力。雨果也花上十年八載才完成《孤星淚》。當你走在空無一人的沙漠中，必須要找出路，要不然結果只有「亡」。所以做人一定要堅強，不可以輕易被夢想打敗。哪個偉人誰不是經過個困難才成功？為甚麼他們能達到夢想而你不可以呢？

一個人要實現自己的夢想，最重要的是要具備以下兩個條件：行動和堅持。有了它們，才能說夢想。

回到三國時

3C 黎華昇

相信沒有人沒有看過《三國演義》吧！大多廣為人知的，是那神機妙算的諸葛亮、是那百戰百勝的呂布、是那老謀深算的曹操，但我最崇拜的，還是那樸素的三個人——劉備、關羽、張飛。

啊！那麼想回到三國，見識各路英雄，見見劉關張……一串串遐想從腦海閃過，強烈的欲望卻被現實束縛。我又執起看過無數遍的《三國演義》，安慰自己不能滿足的渴求。

甫打開，仍舊看見黃巾起義這一章，趣味猶在；再看到桃園結義，耳邊傳來一陣聲音：「華昇……華昇……」回頭一看，也沒有人；到目光投落書上時，一道白光把我扯走了！

眼睛張開，發現自己在床上，抬頭一看，見一中等身材，耳垂兩肩，相貌平平的男子，心想，不正是劉備嗎？我從心中湧出一股激動，立即躍下，熱淚盈眶的說：「劉備大哥，可盼得你苦了，終於能見上你一面了！」「快起快起！說的甚麼大哥，鄙人不敢！」我定過神來，理清思緒，問：「我為何在此呢？」「我也不清楚，一入臥室就看見你了。」我沉默了一會，想了想，心想：「看來我穿越了過去，不如趁此機會，認識一下劉關張。」

「敢問劉大哥心中是否對亂世不憤，想要復興漢室？」

「小兄弟果真明白吾之大志！」

「又敢問劉兄是否正為人手不足而煩惱？」

「果真如此，有何良策？」

「我認為，要先找兩員大將，必需智勇雙全，重視仁義，方為上將！」

「小兄弟真乃智者，冒昧一問，可否為吾當一軍師？」

我又想想，既然我也知道事態之後的發展了，就充當一下吧！

「好，我定當竭力為主效力！」我說。

「有汝助吾一臂之力，大業可成！以後汝之起居飲食，由吾包辦！」

只是短短幾句言語間，已體現劉大哥是個仁者了。他不問我出處，又信任我為他辦事，更包辦我的起居，我打從心底的感動。對着劉大哥這樣的仁者，誰能不為他「賣命」呢？

他又問我：「如何稱呼小兄弟？」

「華昇！」

「好名好名！」

「對了，是時候去招兵買馬了！事不宜遲。」

「不忙不忙，天色已晚，明早再出發吧！」

「也好！」

翌日早上，一到市集即看見有一彪形大漢，十分威猛，表演以拳頭粉碎一大石。說時遲那時快，大石已被碎成數十顆小石，眾人拍案叫絕，掌聲不斷。我與劉大哥對望，了解彼此心思，一起上前問該大漢，我問：「敢問大漢有否心意復興漢室，助劉大哥成大業？」他即刻答應：「好，我等這機會很久，終於有知音了！」

「兄弟怎稱呼？」

「吾姓張，名飛，字翼德」

「好，明日於桃園詳談，恭候兄弟！」

又走了一會，累了，走進一間酒館歇腳，鄰桌又有一紅臉長鬚的男子，相當正氣。又聽見他吟着：「東漢末年，國家變天，烽火連天不休。」聽後，感覺字句間流露出他不滿這亂世。

我又問：「兄弟想否復興漢室，助我劉大哥一臂之力？」

「正合我意！」

「那明天桃園詳談！」

如今，我認為人馬已齊，只欠士兵。

我跟劉大哥說：「大哥，有張飛、關羽兩員猛將，足矣！」

我又說：「大哥必先找一個叫諸葛亮的人，亦可找龐統。得二人，得天下！」

話語未畢，我卻被強光帶回到現代。

這次的相逢，畢生難忘！

有趣的猜皇帝

3C 阮國曜

你試過當皇帝沒有？我今天要介紹我兒時玩的玩意——「猜皇帝」。「猜皇帝」顧名思義，即是和「皇帝」猜包剪錘，贏了就可以做「皇帝」，輸了就重來。

我會先介紹「猜皇帝」的玩法，規則開始時，先決定一個皇帝，然後再決定其他大臣，即是保護皇帝的人們。挑戰者要猜勝所有大臣方可與皇帝對猜。難道視乎大臣的人數。如果挑戰者勝過皇帝，皇帝則要變成第一大員，其他大臣則要「退後一級」，例如原本地位最高的大臣，即原本站在皇帝身邊的就要變第二大的大臣，如此類推。最尾的大臣則要淪為挑戰者了。

猜皇帝的人數不限，大臣和挑戰者的人數越多、刺激性就越高，真是「萬玩不疲」呢！不論甚麼人、甚麼年齡，不認識的也可以一起玩，像我兒時玩猜皇帝所認識的朋友可真不少呢！所以，「猜皇帝」無疑是認識朋友的不俗途徑。此外，「猜皇帝」的場地也沒甚麼限制，不論甚麼地方都能玩，而我兒時的時候則是經常在課室玩，那時經常有人「毛遂自薦」當皇帝，我則是多數當大臣的份兒，我可是戰績彪炳，經常幫助皇帝把守最後一關，擊退「外敵」呢！遊戲「用具」也是很簡單，你只須要帶上你的腦子和你的手就行了，自由度非常的高。可是，隨着年齡的增長，我玩猜皇帝的「勇氣」日漸減少。雖然有想玩的心，可是卻會因為周遭的目光而卻步，不敢說出口——這就是大人嗎？

有時在校友日的時候，玩的遊戲也會成為敘舊的話題。「猜包剪錘」的技巧高，就有越多「花名」，例如猜拳王等等。

總括來說，「猜皇帝」是一種自由度極高的玩意，很多方面例如場地、玩法、人數也沒有限制，而且還能交到新朋友。如果在逛街的時候，看到小孩在玩「猜皇帝」，也可以試試加入呢！也許就是因為小孩「不知羞」的心態，才能獲得快樂呢！所以大人們只要敞開心扉，要得到快樂又何難？

回到石器時代時

3C 管瑞雯

「博士！我已經準備好了！」我說，現在是二零六四年，科技已經先進到可以穿越時空，我就是一位「時空穿越員」，而現在我就正在準備回到石器時代。「你可以進去了。」博士說，於是我就走進時光機。十秒之後，我就回到石器時代。

「有沒有人——有沒有人——」我大叫着，卻沒有回答，只見一些「小鳥」在天空飛翔，以及草食恐龍在進食。於是我就開始我的生活。

我先尋找一個可以住的山洞，但是山洞裏全是昆蟲，十分恐怖，於是我決定自己蓋一間木屋好了。我拾起一些樹枝樹葉，以及石頭，希望可以盡快完成木屋，可惜實在太難了，與未來對比，真是差天共地！最後我決定還是將就一下住進山洞好了。

之後，我開始肚餓了，於是我打算到樹林尋找一些果實。忽然，我見到死去的動物屍體，我馬上用石頭割下牠的皮和肉，可惜因為肉的氣味，一群速龍跑過來然後用眼睛瞪着我。我就拿着動物的肉和皮馬上逃走，速龍一直追着我，突然，有一個人影在揮手？我便馬上跑過去，然後那人就拉着我進入山洞，我便馬上跑過去。然後那人就拉着我進入山洞，他說：「巴巴巴！巴巴巴！」我完全聽不懂他說甚麼，只見他拿着一些動物皮造的衣服給我，我想他應該是想給我換衣服吧，我就領了他的心意，換了衣服。動物皮的衣服雖然粗糙，但卻十分保溫，而且還是免費的！如果是未來的，價錢一定十分昂貴。

接着，他一邊說着「古代語」一邊用樹枝刺進我手上拿着的肉，然後就把石頭和樹枝給我。完全不知道做甚麼的我看着他，只見他在做一個類似書卷但有些凹凸的手勢，就像耍「大電視」一樣，大概古代人是這樣溝通的吧！我想着…想着，原來是叫我生火！於是我就開始用石頭摩擦樹枝。過了數十分鐘還都是沒有起火，終於我在失意時卻能生火。我高興極了，然後就與他吃我第一餐的「石器」晚飯。之後，我就與他一起睡在樹葉上。

睡醒的時候，我發現我竟然回到實驗室？！「博士？你在哪裏？」我問。「你終於醒了！幸好你的手錶有自動穿越功能，否則你不能回來了。」博士說：「算了！博士來聽聽這次的故事吧！」我說。於是我的「穿越」工作就完成了。雖然石器時代好像很好玩，但我想我還是留在未來好了。

風箏與線

3C 許穎琳

風箏，一隻繫着線的風箏，像我的未來路向，接受不同的知識，向未來的路前進。

一隻繫着線的風箏，要它飛起來，是有難度的；但如果有其他東西協助！要飛？便變得容易了。我要用線來繫着風箏，因為它會隨風飛揚；同樣，我要家人的支持，來決定未來的路，也不能怕「它」會隨風飛揚，因為風便是我的老師，「風」會提供不同的知識，知識便決定了我的前途了。所以，風這個角色，是十分重要的——決定了風箏的路向，決定了我的前途。

當然，風箏是不能單靠風來飛起的，要風箏飛起，首先便要着持風箏的人的「造化」了。持風箏的人，心裏必須有一團「火」，要風箏飛起，然後須使勁地把風箏拋上天上，讓風抱着它；這就正如我要有夢想(心中的一團「火」)，要達成夢想，必先要靠「風」協助，即老師的知識。那麼風箏便會越飛越高。

風箏即使飛了起來，但也會遇到一些障礙物，阻它的路向；像人們一樣，都會經歷過一些挫折；但只要持風箏的人，拿着線，避開這些障礙物便行了。這跟我們一樣，要經歷一些挫折，做事才能成功。

風箏飛到遠處，飛過不同的地方，經歷不同的挫折，結識不同的風箏。未來的路，需要家人的支持，遇到不同的困難，也需要結識不同的朋友。

要自己的前途變得光明，有時也需要朋友的協助。但首先要結交一些好的「風箏」，但甚麼才算得是好的「風箏」？讓我告訴你吧！

好的風箏會一起分享自己的經歷；相反，壞的風箏會把線纏繞着你，所以選擇風箏必須借助線的力量，引導你的路向。

風箏要飛得很高，須靠着風去導航，靠着線去牽引，靠着好的風箏一起冒險。

未來的路，要解決困難，接收知識，得到家人的支持，才能成功。

黃昏

3D 李秋靈

夏日的黃昏，來得有點晚。夕陽西下，天邊一縷縷餘光下不再那麼耀眼，柔和地，溫暖地。只見一絲絲微光灑在波光粼粼的海面。

大海在黃昏裏顯得格外安靜，白天蜂擁的人潮早已退去。在這黃昏裏，我獨自一人在長廊上甩開手臂肆意邁步，風正好，溫和地卻帶點濕潤。海浪拍打礁石的聲音，一層又一層地沖上岸邊，這聲音也真有點吵耳。

在落日中抬起雙眸，我想起爺爺的臉。天邊均勻一抹淡黃。涼風輕輕掠過，海水的味道扑鼻而來，也溫柔地撫摸了我的髮絲。「夕陽無限好，只是近黃昏。」如此美好的黃昏卻只有短短一刻，真令人眷戀且悵然若失！

人的生命，就這樣被黃昏詮釋了，美好卻短暫，曇花一現。黃昏的盡頭在何方？海是否也有它的盡頭？願一切的憂愁化作炊煙，蒸發到雲間，連想念也一消即逝。黃昏過後便是黑夜，一天的光陰原來如此匆匆。仔細想想，還是別惋惜黃昏短暫，也別嘆惜夕陽西下，因大自然的規律便是如此，人生的軌跡也便如此。早晨、正午、下午、黃昏、夜晚……人生的生、老、病、死也是一樣的軌迹。同樣的開始，同樣的結局，不同的卻是那任人自由演繹的過程。

海浪拍打著礁石的聲音，啪啪啪……天黑了。今天是寧靜的，是寂靜的。微涼的海風，我也是時候離開了。

風箏與線

3D 周穎妍

我像一隻風箏，父母則是將我束縛的線，我的一生彷彿注定受到線的束縛，而線也好似因我而存在。

初飛的我，對這鮮艷亮麗的世界充滿好奇，想要飛到更高的地方俯瞰世界。線卻將我輕輕扯回，溫柔的告訴我：「你還稚嫩，不懂怎樣控制飛的方向。」聽罷，繼續由著線帶我飽覽這純真美好的世界。線很保護風箏，在風大的時候緊緊拽著不放，天晴時候，線一直牽引風箏朝高處飛……

可是到後來，風箏逐漸開始厭惡線的束縛。勒得太緊，會疼。風箏慢慢不聽線的話，跟著逆風在天空中胡亂翱翔，有時甚至向著佈滿荊棘的地方撞，身體開始有了些傷疤。線很受傷，線與風箏連接的地方有些不明顯的裂痕；若不好好注意，一不小心可能出現更大的痕，線也會終有一天會徹底斷開，風箏就此墜落。

經過多次任性亂闖，風箏終於明白到若自己盲目去飛最後受傷的是彼此，所以風箏慢慢找到適合自己的飛行高度，仍然由線作為牽引，但讓線也能看到未曾見過的風景。線也給予了風箏更多的信任，收放自如，一切都那樣和諧美好。風箏與線已建立默契，路人看到高懸的風箏想必會心一笑。

放風箏就是放飛理想，放飛希望，我就是父母的理想、希望。他們總是付出了最多時間伴我飛，有過不滿、有過爭執，僥倖每次都能冷靜解決。在我找到适合自己高度時，他們會祝福我、鼓勵我。線是對風箏最寵溺、最疼愛的存在。

我並不討厭線的束縛，有時還只願依賴著線，我也是因線而存在的，所以我會盡我所能讓線看到我的未來是高而遠大的，也希望帶著線去看壯闊美麗的景色……

風箏與線

3D 林宇善

小時候，總愛玩着風箏，總希望風箏可以透過自己手中的線，而飛得更更高更遠，一直停留在空中，不要掉下來。不錯，小時候只要可以使風箏一直飛舞，不要停下，就會很有滿足感，小時候我們是多麼容易滿足啊！

可是，當我們成長時，會開始有慾望，有夢想，會有一個屬於自己憧憬的未來。那時候的我們還會像小時候的我們那麼容易滿足嗎？不錯，那時候的我們不會像小時候般容易滿足，會希望未來是自己憧憬的未來。我們的未來其實是充滿着無數的變數，箇中的變數往往是我們無法想像無法隨心控制的，包括個人的喜怒哀樂、事情的成與敗、實現夢想時所遇上的挫敗……在通往未來的路上，從來沒有坦蕩如砥的路，因此，不必幻想自己的未來會像夢般美妙。唯有塑造良好的人生價值觀，來處理好個人與他人，個人與社會的關係以及為夢想加倍努力，才能將未來的人生道路演繹得完美。

「風箏」其實和我們的人生很相似。有時候會飛得很矮，左搖右擺，代表我們的人生正處於低潮，人生目標以及夢想也左搖右擺，沒有清晰的人生目標，但只要我們緊握手中的線，不要輕易放棄它，衝破了所有逆境，風箏就會飛得很高很遠，不再左搖右擺，更不會掉下來，代表我們的堅持得到了回報。我們的夢想開始一步步地實現，也開始一步步地接近我們憧憬的未來。

未來與天氣也是充滿着無限的變數，也是很難捉摸的，唯有握緊心中的夢想以及憧憬的未來，努力地實現，終會衝破全部逆境，才可前往或接近自己一直憧憬的未來；就算失敗了，也算為自己的人生道路盡了最大努力。這樣的人生才算演繹成功以及完美。

夏日黃昏的海濱

3D 陳敏詩

我一人赤腳走在海灘的幼沙上，眼見面前即將出現日落的「美景」，我隨便坐在帶些暖意的沙灘上，抬著頭欣賞日落西山的景色。

黃昏的太陽，黃得像個咸蛋黃。它散發出的光輝溢滿整個無邊無際的天空，我曾聽人說過：「黃昏的天空是最美麗的！」果然名不虛傳。那些帶著不同色彩的雲朵橙紫相間，它們從東邊高興地步向西邊，走向那遠遠的一方……突然，幾滴水滴在我臉上，鹹鹹腥腥。噢！原來是浪花。我把目光放在眼前的海面上，才發現海水也如此的美，金黃色的陽光灑在粼粼的海面上，海水頓時閃閃生輝。

這時，海濱的遠處傳來嬉笑聲。我把視線望向笑聲的來源，眯起眼睛想看清楚遠處：原來有一群孩子正在歡欣興奮地喊著：「咸蛋黃要走了，要走了！」臉上掛上了滿足的笑容，似乎都在為這個美景歡呼著。他們身後的樹林也迎著海風揮手歡送太陽。太陽知道有那麼多的「朋友」一起送別它，就開始朝著它的家——西山歸去。它慢慢地向著家的方向進發，還不時停頓回望它的「朋友」，露出依依不捨的表情。此刻，本來我期待觀賞日落的興奮心情，竟然消失得無影無蹤，只有一種負面情緒。我正為太陽的友人和它的「朋友」的分別而惋惜啊！奇怪的是太陽的「朋友」並沒有半點傷感，雲彩反而飄浮得更快，樹林的樹枝搖動得更加劇烈，像催促太陽「快回家吧！」太陽明白了便迅速地走向西邊。在最後一刻。它用盡了全身的力氣，發出最明亮、奪目的餘暉，便完全在天空中消失。此刻，海濱回復一片寧靜，天際全黑下來，只剩下微弱的光線。

我坐在沙灘上凝神細想了許久。「夕陽無限好，只是近黃昏。」為什麼美好的東西總是不能久存？夏日的黃昏是多麼的美好，同樣亦是多麼的短暫。雖然我眷戀夏日黃昏的海濱，但這時間已過去了！而我，只能在腦海深處留一個小寶箱，好好珍藏著這珍貴的一刻。

與老爸一起走過的日子

3D 劉佩華

「要懂事，孩子……」這是爸爸和我說的最後一句話。儘管爸已經走了八年，但他臨終時的情景我仍然記憶猶新。有時候無意間想起和爸爸相處的點點滴滴，一段段片段像電影在腦海播放……

有一次，小時候在大陸，爸爸一回到家就大聲吵鬧地問我：「你想呢？你看見她了嗎？你想她在哪？」我無奈地搖搖頭，表示不知道。然後爸爸拿起電話，打了一通又一通，一邊打一邊嘮叨著說：「都幾點了！還不回家！電話又打不通！你看看你姐！以後可別學她……」爸爸眼裏淨是著急、擔心。到了十二點，姐姐終於回來了。爸爸二話不說，一巴掌就打了過去，臉被氣得通紅了，眉頭皺緊著，而姐姐的眼淚就如開了水龍頭一樣，嘩啦嘩啦地流下來。媽在旁邊勸著，爸還是一言不發走到房裏。那是我看見爸爸第一次發怒。

剛到香港定居的時候，因為家比較偏僻，要走一段長路才到。爸爸用他總是有老繭的手拉著我的小手，一邊走一邊講故事。有時候，我走累了，他會揹著我，平穩地走，生怕跌著我。而現在，我長大了，也再也嘗不到這種特別座位了……

搬了新屋，本是一個好的開始，但爸爸卻病倒了。小時候我想過：「我寧願住在以前的屋子，這樣爸爸就可以揹著我，也不會生病。」爸爸躺在床上，吃、喝、睡在床上，臉上沒有半分氣色，昔日的慈祥也被蒼白的臉壓了下去。小時候不懂事，在他床上活蹦亂跳，精力彷彿永遠消耗不完，一跳就是一個小時。爸爸就看著我跳了一小時，一邊笑著，他竟然沒有責罵我，眼裏閃著淚光就說：「要懂事，孩子……」。曾經的我如此不懂事、不體貼，爸爸卻沒有責罵我。

爸爸搬進了醫院，我和姐姐跑著去醫院；去到的時候，爸爸已經過世了。當護士將白布蓋到爸爸頭上時，我知道爸爸不能再陪著我、不能再揹著我、不能再嘮叨……曾經的「能」變成「不能」。

一段段片段隨著蓋上的白布消失，回到現實。看著媽媽彎著身子在廚房做菜的身影，或許我要懂事了，不讓爸爸失望……

運動帶給我未來的路

3D 鄧家俊

運動，有人會當它是一樣紓緩壓力的工具，有人當它是生活的伙伴，而我，會當它是未來的一份職業。

運動的項目五花八門：有的人喜歡跑步，有的人喜歡打籃球，有的人喜歡乒乓球，有的人喜歡踢足球……

運動能帶給人健康的身體，碩大的肌肉；能提高人的名氣，成為別人的學習對象……

我最喜歡的運動就是乒乓球，它是我一生中的最愛，也就是我的靈魂；沒了它我就等於沒了信心，沒了感情。

在我幼稚園高班的時候，我在電視上看到奧運的運動員做運動的動作很帥氣，於是我就在電視上知曉了多項體育運動，百項全能；但唯獨對乒乓球情有獨鍾，有無法自拔的感覺。它的速度感，打球時發出「砰砰，碰碰」清脆的聲音，令我心無雜念，一切煩惱盡消。由此我就開始不斷借閱關於乒乓球的書籍，自學乒乓球。

直到我小學三年級的時候，小學開始有乒乓球校隊，這讓我可以更好地訓練。直到現在，我已參加多於六次比賽，一個章別考試，這令我有很大的成功感。因為我已拿過兩項比賽的冠軍，一個銅章的紀錄，因此我會更努力地去訓練，希望獲得更多的成就。

我現在中三了，我認識了一位好教練。他對我用心教導，悉心栽培，令我現在該算是校隊的精英球員之一了。

雖然偶然我們會在比賽中落敗，但他始終不會責罵我們的，反而會鼓勵我們輸不要緊，最重要是獲得經驗，下次能再努力。

由於我自小對乒乓球的興趣，加上我有這麼好的教練，所以我希望長大後可以做一個香港乒乓球代表隊的隊員，代表香港，為香港爭取榮耀；更可以成為小朋友的學習對象，像我般努力練習或將這努力用在其他方面，實現自己的理想。我退役會做一位教練，把自己的技術、經驗都傳授於學生身上，讓他們有拼勁去練球，用心去對待其他事物，做社會棟樑。

乒乓球帶給我小小的理想，帶給我目標，帶領我走向——未來的路。

夏日黃昏的街道

3D 蘇子姍

某天放學回家時，天空上出現的景觀及街道上的情景讓我難以忘懷。

夏日的黃昏，來得有點晚，肆虐了一天的太陽終於收起了耀眼的光輝，取而代之的是淡淡的橘紅，柔和的光線照耀著喧囂的大地。不禁讓我想起「夕陽無限好，只是近黃昏。」毋庸置疑：夕陽確實很美，但黃昏將止，使得夕陽太過短暫。

在黃昏下，一切顯得那麼朦朧，參差不齊的樹影，走動的行人，遠看就像山水畫般，有著朦朧美。我知道美麗的東西不會是永恆，正如夕陽一樣，曇花一現。

那天傍晚我正要趕去上舞蹈課，可天氣不似預期，已不再是那迷人的黃昏。

天色灰濛濛的，隨即下起了毛毛雨，心情一下子變得鬱悶了。街道被籠罩在迷濛細雨中，氤氳的水氣升騰，來往的行人打著傘。黃昏的路燈漸漸亮起，柔和的燈光照著昏暗的街道，一切恍如夢境。

我站在一棵高大挺拔的大榕樹下，等待著紅綠燈的轉換。地上的落葉靜靜地躺在雨中，很細緻美好的樣子。濕潤的空氣灌入我的胸腔，思緒不禁飄到七年前的下雨天，那時候的我總是在我後面跟著，叮囑我要小心。

但在七年後，那個如此熟悉的場景就在眼前，可是缺少了那慈愛的叮囑。記憶中的那張臉並沒有隨著時間而變得模糊，反倒愈來愈清晰。

若說白天代表茁壯，黃昏必定是衰敗，而夜晚則代表生命的凋落，人的生命就這樣被詮釋了。在這個黃昏，我才驚覺：一天的時間原來如此匆促，如此短暫，就如我們的人生！

大自然的規律不能改變的，人生的軌跡亦是如此。經過凌晨的出生，上午的茁壯，中午的蓬勃，終究迎來黑夜，面對衰老和死亡。若突然有一天，黃昏將至，那麼請在黃昏來到前，珍惜寶貴的光陰，也珍惜身邊的人。

走過從前

4A 方斯彤

人生路上，誰沒嘗過失敗、辛苦、無助或迷惘？多少人在這些過程中放棄自我，每天過着擔憂的日子？又有多少人能把悲憤、失敗、挫折化為動力，堅毅不屈又勇敢地面對這些難關呢？

曾經，我自己也是個容易放棄，經不起失敗又輸不起的人。當自己喜歡做的事被人看得一文不值時，心裏是有多個不憤、多少個問號。總是因別人的看法和說話打沉自己，總是因為別人的說話而委屈自己去改變。「失敗」這個詞，曾幾何時是我最介懷的一個詞。我介意自己失敗，因一場比賽能夠哭得出一個晚上，因一個名次心中充滿着難過不憤。在這些日子，亦認為自己沒有價值，被人看不起，認為身邊的人都不明白我。總覺得無助迷惘，找不到出口讓我遠離這個困局。

慢慢地，心中那堵牆逐漸打開了。得到朋友的關懷和家人的鼓勵，我開始明白一直都有很多人陪伴自己，我其實並不孤單。快樂，是自己尋找和自己製造的，無論日子怎樣，亦總要過。與其擔憂地過，倒不如把心中的不快和悲憤等化為動力。即使我有很多缺點、很多事情也做得不好，連自己喜歡做的事都被人嫌棄似的。那又如何？為甚麼總要活在別人的口裏呢？我還是那個我，不會再介意別人怎樣批評我，慢慢接受這些批評吧，讓它們推動我，促使我做得更好——永遠不要放棄就可以了。

未來的路，是自己走出來的，只要忠於自己的心就可以。不要總認為自己是最可憐的，更不要認為自己失敗。輸了並不要緊，輸了後不反思，不能虛心學習繼續做到最好才是最失敗的。就算做不好亦沒有甚麼大不了的，只要努力做到最好，失敗亦覺得無愧於心——因為我明白沒有人是完美的，失敗和挫折會使自己變得更好。

路與行

4A 吳煒瑩

「行路」——是人們重覆又無可避免的行為。看似基本，卻別有深意。

從字面解釋，「行」指走、行走；而「路」指往來通行的地方。兩者互相依存，就如母雞和雞蛋的關係般。無人步行就無人建築道路，無道路就無法讓人通過，兩者缺一不可。

就以人生路途為喻，在漫漫人生旅程中，人總會遇到挫折，感到挫敗，但是只要你堅毅不屈克服困難，總會跨過難關，迎接美好的將來。情況如人修築道路般，辛苦過後，得到各種便利一樣。

若然輕易放棄，則永遠停步於障礙和困難中，得不到快樂，也不能進步，只好渾渾噩噩地渡過此生。放棄容易，但你無心自問，你可對得起自己嗎？一個決定令到自己一生停步於此，你甘心嗎？我寧可吃點苦頭，辛勞修築道路，也不願停留於此看這乏味的風景，因為我愛自己，更希望將來的我可以看得更廣闊、看到更漂亮的風景。

新聞報章上，屢屢出現人們輕生的報道，我對此感到痛心，但更多的是瞧不起。輕生的人總愛以「無路可逃」為藉口，美化其逃避、不負責任的行為。在我眼中看來，這簡直是個笑話！這世界上的人有誰未嘗遇到過難關？但他們還是好好的繼續生存啊！別人做得到的事情，為何他們做不到。

路是由自己創的，只要堅毅不屈地克服困難，就算障礙多大，總有一天會成功跨過的。人生最重要的不是我們置身何處，而是我們將前往何處！你的未來你的路盡在你手中，要怎麼走下去，就只靠你自己的決定了。

「人生最重要的不是我們置身何處， 而是我們將前往何處。」

4A 陳家棋

有人說人生是一場夢，我希望我的夢是豐富，多姿多彩和充實的，我不願讓我的夢自然而然地成為惡夢或是一場無價值的夢。人生應該要抱著一種打不死的精神，因為好的價值觀會令事半功倍。因此我認為無論你置身於何處，都要懷着正面的心態，朝著你心目中的標杆直往，創造一個你值得擁有的夢。

人生總會經歷高山或低谷，每一個階段都會令你有所成長。假若你現在對生活感到乏味，對事業毫無上進心，對親人不聞不問，對國家都持著一種事不關己的心態，那心從現在起就要改變過來，快訂下一個目標，向著好的方向展望未來，不要再在十字路口苦苦思索。

古人常言道：「人往高處走，水往低處流。」這正好告訴我們不要只是安於現在，無論你的生活是安逸、貧窮或是富貴的，都應該為自己規劃出好的人生旅程，讓自己能夠朝著目標進發。在現實生活中，有不少人希望自己是個富二代或者希望自己能嫁個有錢人，這些代表了什麼？是否真的代表你日後的日子生活便無憂，能享盡榮華富貴，生活幸福美滿？我則認為這是時下香港人錯誤的價值觀，因為富二代從來都不願意受苦，比起願意拼搏的人，他們只會待到坐吃山空的日子。既然如此，為什麼要甘心安於現狀？何不努力走出一片天空，不靠他人，而靠自己爭取成功？成功雖難，但失敗乃成功之母，你盡力便可無悔，而你所賺取的經驗更是無價之寶。

人生又像是一條漫長的路，在這路途中我們會走過一個又一個的十字路口，盡頭那邊有我們的未來，每次選擇的方向都會改變你的未來。假若你現在的脾氣暴躁不受他人喜愛，過往習慣了撒謊欺騙他人令你的誠信破產，那麼就要下定決心，重新改過。坐而言不如起而行，計劃固然重要，但實踐才是最重要，不要等明天，因為沒有人知道自己明天會變成怎麼樣，我們甚至不知道有沒有明天。

未來不是全由命運決定的，我深信自己的命運應由自己掌握，好的態度給你好的未來，好的目標造就好的人生。

試記敘你曾面對的一次重大抉擇， 而這次經歷也讓你更瞭解自己。

4B 溫凱旋

抉擇，是即時的、充滿不可預知的選擇題，只要做了一個抉擇就可能後悔一輩子，但是做抉擇可以讓我們學到勇敢面對與負責的態度。一旦自己做了抉擇，就要勇敢的負責到底，這也是對自己的良心負責，能夠作出抉擇就已經是一種成長了。

還記得前年夏天，爸爸和我在鄉下搭公交車所發生的一件事。日上三竿，可惡的太陽肆無忌憚地鑽進了車裏，路邊的大樹也頓時失去了生機，車上的人們也彷彿吃了安眠藥似的，坐在座位上就進入了夢鄉。我就在那次做了一次重大的抉擇。

父親上車前對我說：「在車上，要小心自己的物品，不要被別人偷去，特別是在睡覺的時候。還有，在車上即使看見了小偷犯案，也要當作沒看見，否則小偷就會找上門來！」我極不情願地點點頭，然後我就找了一個後排的座位，坐在上面專心聽歌了。

不一會兒，車上的座位坐滿了，售票員就叫司機開車了，這是要開四小時的長途客車。沒過多久，整輛車上的人差不多都在睡覺，我卻睡不著，一邊看書一邊聽音樂。忽然，我發現坐在我前面的一位青年正在東張西望。記得父親說過：「越是道貌岸然的人，你越要提防。」這話沒錯，這位斯文的小青年正拿著刀片劃開前方一位爺爺的帆布包。

看到此景，我想起父親經常對我說的話：不要惹禍上身。於是，我就拍拍坐在旁邊的爸爸，讓他來做決定。然而他已呼呼大睡，嘴裏還流著唾液。我想，要不要我自己決定咳嗽數聲，把車上的人都吵醒呢？我猶豫。

一看那位青年割包成功，正在掏那位老爺爺的財物，到底說不說呢？我不能做抉擇，忽然腦海中卻浮現了爸爸一一對我說的那些話，我的思想劇烈地鬥爭。說吧，又怕全車人對我產生某種情緒，爸爸是要面子的人；不說吧，又怕老爺爺傷心。於是，我又看一看那青年，他已割開了老爺爺的帆布包。我更著急了一一老爺爺穿著顯得有些陳舊的夾克，破舊的褲子明顯有耕作時的那些泥土黏在上面，一看就不像當地人，這次到城裏肯定是有急事。

我見過有人因被偷了錢包而坐在街邊嚎啕大哭的情景，那一幕至今還印在腦海裏。現在，又讓我遇到這種事，我怎能不管？

再看見老爺爺那一頭被歲月侵蝕的白髮，不禁把心一橫——為了老爺爺，就充當一下病人吧。

做出了抉擇後，心裏一片輕鬆，裝得很像病人的咳嗽聲紛至沓來，以迅雷不及掩耳之勢進入全車人的耳朵，滿車的人都醒了過來，那老爺爺回頭看我時，青年不得不縮回那充滿罪惡的雙手。

夕陽西下，美麗的晚霞彷彿倒映著美好的心靈。抉擇改變了人的一生，在法律道德面前，我勇敢地抉擇打擊罪惡的雙手。助人為樂，何樂而不為呢？有很多時候，擔心都是多餘的。這次經歷讓我更清楚瞭解自己，領悟到勇敢面對比起擔心，對解決事情來說更有幫助。

「同行萬里」高中學生內地交流計劃

河南省鄭州及開封歷史文化與

黃河體驗之旅

(五天團2015年3月6日至3月10日)

4C 朱禮言

在這次交流團結束後，我感到很慶幸能夠參加到如此充實和有意義的活動。這次鄭州之旅令我嘗試了一些在香港沒機會的事，也看到了一些有趣的事和物，更重要的是令我增加了不少的中國歷史知識，對我正在修讀的中史科很有幫助，總之就是令我獲益良多。

第一天的下午到了鄭州後，去到黃河博物館參觀，接着便去花園口黃河遊覽區，在這兩處地方令我更了解黃河作為華夏文化發源地的歷史和發展，可惜的是在這時不是排水期，那裏看不到黃河水。第二天早上參觀開封的清明上河園，下午參觀在新鄉縣名叫劉莊的新型農村。前者仿照古時開封這個繁華都城的盛況而興建，雖然古時的攤檔變成了現代的店鋪，但由於遊園人數眾多，令到此處熱鬧非常，簡直像古時的情景重現在我眼前。在這裏我第一次騎驢，非常難忘。後者主要是說明共產主義的特點和精神。

在第三天我們去了雲台山的紅石峽景區參觀，這裏的自然景色很值得觀賞，例如有不少瀑布，氣勢非常雄偉。美中不足的是遊人實在太多，更有人插隊。其後我們遊覽雲台山另一處的景點潭瀑峽景區，在那裏的自然景色有很多很有特色的名字，例如千堆雪、金龍臥波、Y型瀑布等，各自也有其獨特吸引之處，可惜的是在途中下了毛毛細雨，弄得我們成了「落湯雞」。第四天我們去了看龍門石窟和小浪底水庫；最後一天則探訪了鄭州四十七中學。在龍門石窟我覺得很驚奇，我在想着那些石雕佛像究竟是怎樣在山上建成的？真是不可思議。至於水庫那長長的吊橋也很有特色，除了有趣外，可以令人在橋上觀賞兩旁優美的景色。最後一天的中學參觀，該校的高中學生給我們介紹他們的學校和學習生活，也有機會給我們互相交流。

《爭氣》這電影對我的啟發

4C 朱禮言

我覺得很幸運可以看到《爭氣》這齣電影，因為這套紀錄片啟發了我一些做人的道理，包括以下三方面：待人、處事、以及學習，真令我獲益良多。

首先是待人方面，令我學到的是不歧視別人，要接納不同的人，也要主動與人相處和對親人的態度要體諒包容。第一不歧視別人。自己無論面對任何人，包括身體有缺陷的人，切勿歧視他們。就如在電影裏其中一個角色阿恩與盲人聊天時，不會諷刺他們或以憐憫的眼光去看待他們。第二對親人的態度是與家人溝通時要多寬容，例如戲裏肥然在音樂劇後態度有重大的轉變，更與父親重修舊好。

至於處事方面，我分別學懂做事要三思而後行，要勇於承認自己的過錯，做甚麼事也要認真。做事三思而後行這點就如戲裏阿博與表哥第一次於營中食煙被發現一樣，他們應該在吸煙前先想清楚應不應該這樣做。而承認自己過錯也可以從上述例子看到，在電影裏阿博為吸煙事件向校長說對不起。最後要認真對待任何事，例如在電影裏失明的人雖然有殘缺，但也盡力去背好歌詞，不想拖累大家。

最後是學習方面，我明白到凡事要多練習和重視團體合作，例如在戲裏Coby不斷練習唱歌，最終成功戒掉懶音。導演要求如果有一個人不認真，所有人也要受罰。我以前也認為這是不公平的，但現在我覺得很合情合理。

總而言之，無論待人、處事、以及學習方面，《爭氣》對我確實有所啟發。

感動人生

4C 陳雅琳

每一個人在成長過程中，經歷不少事情，當中有跌過傷過，有歡笑也有傷心失意之時。有人選擇逃避，也有人選擇勇敢面對。而《爭氣》這一部電影紀錄一班年青人因為參加一個大型音樂劇而改變了自己的人生和做人的態度，由消極負面變得積極正面。

在這一部電影當中，令我最印象深刻的人就是阿博。阿博剛開始參加這個音樂劇是因為想打發時間和認識女孩子，而阿博學校的校長怕他會累到別人和學校，所以很猶豫是否讓他參加，但最後校長決定給他一個機會。

阿博在介紹自己時說出自己的缺點：他對自己喜歡的事物就會很主動，不喜愛的事物便會懶散，他亦認為自己很自我，只需要自由。阿博在入營後，在宿舍的廁所內吸煙，被發現後，他有承認自己的過錯，而校長和負責導師亦決定給他一次機會改過。但阿博並沒有珍惜機會，再次在廁所吸煙，又再次被發現，負責老師決定暫時趕他出營。

阿博說出他以前曾經偷竊，被拘留期間沒有後悔，直至得知家人為自己奔波，才流下眼淚。阿博希望導師給自己一個機會，親自向導師道歉，表示很後悔自己所做過的錯事，不想再讓家人失望。阿博在返回劇組後，從新改過，從一個希望自己很「疊馬」和抱有英雄主義的阿博，經過訓練營的經歷，已懂得認錯。阿博現在已有很大的進步，不再像以前那麼任性，態度也從惡劣轉到被導師稱讚嘉許。

我十分感動，阿博的人生得到蛻變，能夠成功建立積極的生活態度，做事全力以赴，使到家人對他重拾信心，他真的很值得我向他學習。阿博的轉變，令我覺得一個人就算以前的生活如何糟糕，也可以改過自新成為一位眾人眼中的「乖乖仔」。

做個有修養的香港人

4D 孫靖怡

「隔壁黃太太的兒子待人既有禮貌、友善，又乖巧聰明，真是個有修養的好孩子。」「今天在地鐵內遇到一個十分沒修養的人，真討厭！」「不要搖腳，要做個有修養的女孩子！」常常聽到母親提及「修養」此詞，究竟甚麼是修養？我認為修養是人的綜合人格，包括文化、禮儀、學術知識以及良好的品德和待人處世態度。

長輩總是很在乎人是否有修養。他們認為修養直接影響人的學識及社交圈子。有修養或沒有修養，人們總是把他們分得十分清楚。或許修養的定義過於空泛，就讓我舉數個例子來說明有修養和沒有修養的分別吧！

我們在日常生活中常會遇到不同種類的人。我們平日到茶餐廳吃飯時，總會看到有些中年男子在搖腳，又或是大聲地說髒話、咒罵別人。又例如在地鐵等候車時，人們都表現得中規中矩，但當列車到步時，人們隨即變成「逃走的難民或馬兒」一樣，強行迫進車箱內，你推我撞、互不相讓。原本有秩序的隊伍瞬間消失。在車箱內，有的人會高談闊論，甚至夾雜着髒話。儘管其他乘客均露出厭惡的表情，他們亦不以為然，反而變本加厲，只活在自己的世界，以自己為中心，這類人的社交生活自然較差劣。

上述情況的人均被列為沒有修養。這類人已經得罪他人，惹人厭惡。有修養的人與這類人造成強大的對比。平日在進入車箱時總會有人在你推我撞，但有些人還是會彬彬有禮、耐心地等候而不會強行擠進車箱。在車箱內談話時，有修養的人會輕聲、斯文地說話，談話的內容也沒有帶半點髒話，反而充滿關懷愛意，讓人聽起來十分舒服而不刺耳。這類人，被列為有修養，謙遜有禮，給人良好的印象。人們十分樂意與他們交朋友，他們的社交圈子亦較廣闊。

相信在看完以上例子後，你們已經了解甚麼是修養。事實上，我舉出的例子只是佔了少部份，平日還是能發現到其他更多有修養和沒有修養的表現。不知道你們是屬於有修養，還是沒有修養的人呢？

如果你是屬於沒有修養的人，希望能立刻改善，從而擴展自己的社交圈子，以下倒是有數個方法可以助你成為有修養的人。

要改善自己的修養，便需要糾正日常生活的劣習。嘗試戒掉所有粗言穢

語、粗魯的口頭禪，多看一些文學知識的書籍、小說和百科全書。這些均能增進自己的學識，而修養的其中一部份亦是來自知識。此外，要成為有修養的人亦需要顧及別人的感受，待人友善親切，這樣自然受人歡迎，得人尊敬。久而久之，人們亦會欣賞你。

除了自己需要改善外，家長亦需要好好教導孩子。修養是從小練成的，與家長的管教有莫大的關係。樹立一個好榜樣給孩子，做個有修養的人，孩子自然模仿你的優點，做個同樣有品的好人了。

有修養的人，受人喜愛，得人尊敬。沒有修養的人，惹人厭惡，受人唾棄，你會做哪一個呢？

再見了

5B 陳雙儀

熾熱的微風，盛載着飄揚的花香，和暖的陽光正在翩翩起舞，映照在我那嘴角上揚的臉上。看着蔚藍的天空，微風傳來飛機的引擎聲，我知道，我們終於「再見」了。

家寶——顧名思義，家中的珍寶，也是我的珍寶，我的知己。可惜，在讀中學三年級那年她全家移民，我們被迫分離，從此建立了七年的友誼像大氣中的塵埃一樣，虛無縹緲。即使間中有幾次聯絡，但我倆都知道，昔日的友誼，已化作脆弱的泡沫，沒想到，她竟還記掛着我……

十年時光飛逝，帶走了多少青春？但歲月並沒有在她的臉上留下痕跡，只帶走了稚氣，換上成熟的韻味，反倒是我，「歲月不留人」這句話套在我身上再適合不過。

十年的空白，為我們的周圍添上一些尷尬的氛圍，相視而笑及問候後，氣氛降至冰點，一邊走，卻沒有人開口，這種氣氛，討厭極了。耳邊傳來一番家常的話：「不如去『老地方』坐坐吧，你先去，我待會再來。」我只有如搗蒜的點頭，確實滑稽得很。

所謂的老地方，其實只是我家附近的小公園，那裡麻雀雖小，卻五臟俱全。鞦韆、鋼架、滑梯……可惜，在她離開後，我便沒有再來了，怕觸景傷情，想起少一個伙伴的事實……

以為十年匆匆過去，改變的事物該不會很多，但「老地方」卻逃不過這個劫，鞦韆早已被拆去，換來一塊空地；鋼架上的油漆也已剝落得七七八八；昔日在旁的樹木，現今只剩下枯掉的樹幹，昔日青蔥的時光，早已消失於大氣中。

沒想到她還記得這裡，還帶着我最愛的多奶茶，向我露出青澀的笑容，或許，沒變的，只有她那純真的笑容……

我們坐在公園裡的椅子上，這裡充滿着童年的回憶，引誘着我們談起中學時的趣事，抄功課、惡作劇……再談起昔日的戀情，那些傷她心的壞男孩，最後談談她在外國讀書的事，那些我們錯過的時光。在這段平靜的時光，有哭有笑，令我們的友誼像鳳凰一樣重生，讓我們再次貼近彼此的心。

夜漸漸降臨，但家寶像是沒有要回家的念頭，我試探性地問了一句，卻

沒料到換來她的淚水，可憐地說着一些「外星語」，大概是與父母吵架，便偷偷回來，卻無家可歸，我二話不說地收留了她，不是因為她可憐，而是我知道，現在的她，最需要朋友的幫助和支持。

在「暫托」的這段時光，我們生活得如一對雙生胎，一起吃飯、一吃打電動、一起睡覺、一起購物……這讓我們的友誼，在短短幾天內，長成芬芳艷麗的玫瑰，散發着香甜快樂的氣味。

忘記了她那場父女鬧劇怎樣結束，只是感覺快樂的時光總是過得特別快，又是離別的一刻。雖然她答應了會再回來，可惜我的心卻在流淚，她抱了我一下，安慰地說道：「不要哭了，患難見真情，再見了，我的好友。」便轉身進入禁區，不帶走一片雲彩，飛回她的家。

風輕拂着我的臉，看着飛機的離去，眼淚才不爭氣地流下來，我明白「天下無不散之筵席」，思念會使我們「再見」，保重了，我的好友……

自知之明

5C 陳鎮棋

根據非正式統計，有一半以上學生曾經說過：「他跟我做了同樣的事，為什麼只有我挨罵？」如果你是被罵的那位，相信聽到這句話，就會覺得耳熟能詳，當然，你是罵人的那位也會耳熟能詳——因為這是由你不經大腦而吐出來的一句話。

人最重要的就是自知之明，不論是這句話還是驢子的故事中，都能看出來。驢子不知道自己有多少「斤兩」，最終使瓦片承受不了而粉碎，這就是缺乏自知之明的後果，但在現實中，粉碎的不是別的，正是你自己，我們統稱這羣人做笨蛋。在《道德經》中有句話：「知人者智，自知者明。」老子的這句話十分適合贈送給沒有自知之明的人，充分了解自己的實力，才是高明，而不是復乎乎的跟隨別人做自己做不來的事，你還要繼續當笨蛋嗎？

在驢子的故事中，猴子就是沒有被罵的人，為什麼他沒事？隨便想也有十幾個理由——他家權大勢大、財力雄厚、英俊，又或者他父親是李剛。這樣很不公平？抱歉，這就是現實世界，想要得到人道的對待，就要有自知之明。若你說，前法官的侄女掌摑警員，而且有前科，但法庭卻判無罪，襲警也不用坐牢，而你工作不順利或閒來無事也想去給他掌一巴，發洩一下——你想也別想！她是誰？你又是誰？看那警察也不敢再告她傷人罪，這前法官的侄女便算是猴子了。所謂知己知彼，百戰百勝，當你想要跟風時，看清楚你要跟的對象，他身份若不普通，你還是退後三步，隔岸觀火罷，因為最後很有可能你會被套上教唆罪名，然後自己一力承擔所有責任。

面對不公平的事，有的人選擇無視、有的人選擇逃避、有的人選擇附和——他們都是猴子，正因為他們有自知之明，正因為他們沒有實力，才會做出切合自己身份的事，這個世界太醜惡了？是的，十分醜惡，但若想在這個世界生存，別再自以為是，衝動的後果可不再僅僅是挨罵，有可能因此而掉了小命。

「石塊砸陶罐，倒霉的是陶罐；陶罐砸石塊，倒霉還是倒霉。」這是猶太人的名言，別做出不自量力的事，認清自己的實力，做出適合自己身份的事，別再妄想硬碰硬。你不是漫畫裡的主人公，他也不是大魔王，好好運用自己的腦袋。或許當你有一日變成了鑽石，倒霉的，就不再是你了。

成長

5D 易愛斯

成長，是一個令人既懼怕又深刻的一個過程。你還記得屬於你的「成長」是怎樣的嗎？「孩子不是等候被填滿的瓶子，而是盼望化作燃燒的火焰。」我對這句子有特別深刻的體會。因為現時的孩子是我們將來社會的棟樑，而現時對他們進行怎樣的管教方式，也直接造就一個怎樣的人。

很多人都認為東方國家大部分對孩子是進行「填鴨式」的教學方式，而大部分西方國家則是進行較自由的方式。我是其中一個接受「填鴨式」教育的孩子，所以對這種方式有很深的體會。我認為孩子不應該只是等待被填滿知識，反而要抱有求知慾，否則在成長的過程一定欠缺樂趣或者很難吸引很多知識。香港的中小學都規定學生要修讀一定的科目，如中文、英文、數學。以致大量的學生都只吸引相若的知識，而且很多課堂都欠缺給予學生足夠時間進行獨立思考，只專注於必教的部分。這不但會使他們學習的內容狹窄，也會令他們沒有獨立思考和多方位思考的習慣。另一方面，西方國家給予學生很大的自由度，讓他們為自己的前途作選擇和打算。有見及此，我覺得孩子不應是等待被填滿的瓶子，而應該給予他們足夠的自由度，讓他們可以愉快地成長。

此外，從報導中看到現時的香港小孩大部分都欠缺自理能力及自律。例如有很多孩子都不懂得綁鞋帶、不懂穿衣服等。這些報導令我很不解和震撼，疑惑他們到底受了什麼教育才會這樣。我認為造成這個現象的主因是長輩比以往更寵愛孩子，現時也有大量詞語形容過份管制孩子發展和保護他們的家長——「虎爸」、「虎媽」、「直昇機家長」、「怪獸家長」。這些家長只是太保護他們的孩子，即使遇到什麼困難都為他們解決，這不但使他們欠缺獨立解難的意識，也使他們根本沒有經歷過真正的「成長」才能使我們變成一團燃燒的火焰。因為自己去解決困難才能訓練出一個堅強的意志和獨立能力。

消除偏見

5D 梁洛維

偏見，是指先入為主的成見；對事物有不公平的判斷。其實，我們看見別人時，都會對他們有第一個印象，如我們偏偏會根據這個印象去決定如何對待他們，其實缺乏對他們深入的了解，這就是偏見。

媽媽一看見鄰居衣服帶有「污漬」，便指責他為人馬虎。由此可見，媽媽已經對她的鄰居有偏見了，只表面地聯想到他洗衣服時馬虎了事。

在社會上，偏見是無處不在的，例如一位女生抱著嬰兒，路人便認為她是壞女孩，這麼小就要當媽媽，於是女生便會被冷漠的眼神看著。但其實可能嬰兒只是女生的妹妹，她只是以姐姐的責任照顧她。由此可見，偏見的成因是基於對別人的第一個印象，只是取決於表面的認知。

偏見能消除嗎？當然可以。要消除偏見，我們就應擴闊自己的視野。只有淺陋的知識就像一隻井底之蛙一樣可憐。偏見是由無知所造成的，人們往往因自己見識淺薄而以偏概全，例如中國等國家都是以筷子為器具，印度則用雙手作為食具。若我們見識淺薄，便會嘲笑印度人的行為，甚至認為他們都是蠻人。由此可見，我們應多擴闊自己的眼光，接納他人和其他地區的文化，這便可消除偏見。

另外，要消除偏見便不應對他人妄下判斷。故事中的媽媽看見鄰居的衣服有污漬，便指責別人洗衣馬虎，卻沒有先自我審查，去檢查自己的窗戶。在日常生活中，人們做錯事往往都只會諉過於別人，認為都是他人的錯，卻不會審視自己。宋儒說過：「律己以嚴，待人以寬。」因此，我們應對自己的言行舉止嚴苛，對別人則寬容，這才可以消除偏見。

偏見是不知不覺地產生出來的，是很難被消除的，但我希望大家能「律己以嚴，待人以寬」，並擴闊自己的視野，從多角度思考，這才可消除偏見。

重生

6A 李家雯

人生總避不免有苦難，有些人視這些苦難是災禍，因此選擇逃避，甚至令自己變得絕望，往死胡同裡鑽；可不是，苦難是有益身心的，是使人生出現另一條起跑線，就是所謂的「苦難不是叫人絕望的死胡同，而是使人振作的起跑線。」

「那麼」，怎樣從苦難中獲得重生。

「首先」，解釋一下重生的意思。重生就是指「重新再活一次。」當然，人不是貓，大家都只有一次寶貴的生命，重生的意思不是指身體上再出生一次，我們追求的是心靈上的重生，在心靈上創造一個經過苦難重生振作的自己，而那個自己就叫重生。

你要獲得重生，必需先獲得苦難。你不必自己去尋找它，所謂「人生不如意事十常八九。」苦難在人生階段裡是必定會出現的。苦難的程度因人而異，有些人的苦難是小程度的，例如失去朋友、有些人的苦難的程度是人命關天的，霍金就是一個好例子。霍金十三四歲立志成為物理和天文學家，在成長路上，他考到自然科學的獎學金，入讀牛津大學，學士畢業轉到劍橋大學研究宇宙學，接近他的夢想。可能大家都會羨慕、妒忌和佩服他有一個成功的人生，可是，霍金不久之後患上了一種令醫生也束手無策的病——導致肌肉萎縮的盧伽雷病。這就是霍金的苦難。

在遇到苦難「後」，你必須振作，就如霍金一樣。他得知自己無藥可救，於是意志開始消沉，對於自己的人生開始迷茫，這一次的苦難迫使霍金有放棄理想，他對自己的人生感到很絕望，絕望得只有死胡同。大家可能覺得他該放棄或是他會放棄之時，霍金就在一片消沉的意志當中「脫穎而出」，重新振作起來了。

「於是」他實至名歸地獲得了重生。重生了的心情就像一粒細小的種子破芽而出，穿透過壓在他身上的重泥，接觸外面新鮮的空氣，面對着溫暖的太陽一樣，感受到這大地又有一個小生命出生了一樣美好。重生了的自己更堅強，多了知識和經驗，變得更成熟。

所以說，你不必去逃避苦難，也別往死胡同裡鑽，嘗試踏出第一步，再慢慢去接受重生對你的洗滌。你要領悟到，「苦難不是叫人絕望的死胡同；而是使人振作的起跑線。」

人物描寫：唐老師

6A 徐安兒

「叮……啣……」前方傳來零錢在地上滾動的聲音，原來是有人掉了零錢。我立即拾起地上的五毛錢來還給它的主人。這時候，一旁的英秀則取笑我連別人的五毛錢也要管，而我卻不這樣認為……

「喂！同學，讓我插隊吧！」初中的我總是喜歡插隊，而我一直不以為然。直至有一次被唐老師發現了。他是一位語文老師，臉上總掛着笑容，走路的時候給人一種從容的感覺。

對於一位如此溫文的老師，我從沒想過他也會插隊。當時我驚訝地看着他，他卻只是說了一句話：「喂！同學，讓我插一下隊吧！」我立即明白了他的用意，心虛地排到隊伍的最後。

自此以後，我便再也不敢這樣做了。在某一節課中，我追問他當時為何會這樣做。他亦只是說了一句：「勿以善小而不為，勿以惡小而為之。」然後便意味深長的看了我一眼便走了。當時的我恍然大悟，我還以為他只是為了維持秩序才把我趕走，原來背後蘊含如此巨大的信息。即使我只是做了一樣很微小的事，但也一定會影響到別人，對其他人造成不良的影響。

唐老師雖然是語文老師，但他對普通話卻一竅不通，因他小時候並沒有接受過普通話教育，而富上進心的他一直在自修普通話。一次在我經過走廊時，他突然問我一個聲母的正確發音。那一刻我感到我們的身份像交換似的，因為我成為了他的小老師。

解答完他的問題後，他向我道謝並說：「果然『三人行，必有我師焉』。」我頓時感到他對學習的熱誠，即使是面對自己教導的學生也能做到不恥下問，這種態度實在值得我們學習。

至今，我與唐老師已是亦師亦友的關係，互相會欣賞及尊重對方。唐老師充分的表示出中國文化的可貴，謙虛、大方、慷慨等。唐老師對我而言就如路上的明燈，為我燃點我的路，能讓我看清未來的方向。

「哈…哈…」英秀的笑聲把我拉回現實，他仍在取笑我為別人拾回五毛錢。無奈的我只好向他解釋：「你有聽過『勿以善小而不為，勿以惡小而為之』嗎？……」

己所不欲，勿施於人

6A 馬詠兒

出生於大家庭同時也是獨生女的我，不僅是父母的掌上明珠，更是集萬千寵愛在一身，無論我想要什麼，家人也會滿足我的要求，橫蠻的性格就是這樣形成的……

從小便受到母親的薰陶，喜愛參加不同的活動，十分外向；這次和同學一起參與觀察昆蟲的工作坊，卻使我明白到「己所不欲，勿施於人」的道理。

工作坊要求學生分成四人一組，並且選出小組長；於是，我對其餘三人說：「我要當組長！」像是告訴完畢後，我便自以為是地開始分派工作：「向華，你負責記錄；一心，你負責剪貼圖片。那麼……有容你就負責拍照吧！」攝影這工作一聽便知道是最辛苦的，不但要四處奔波拍下有用的昆蟲照片，自己更難以有「上鏡」的機會，因此我把這工作拋給了和自己不太熟悉的有容。「念慈，那你的工作是什麼？」一心問，「我？我就負責監察大家有沒有錯漏之處啊！」我嘻皮笑臉地回答說。

他們仨聽後面面相覷、半晌，異口同聲地說：「我們不要和你一起工作！」我十分愕然，向華說：「你真的太過份了！不但將自己最不想做的工作如燙手山芋般扔給別人，更只坐在這裏什麼也不做，難道你不知道『己所不欲，勿施於人』的道理麼？有容、一心，我們一同去拍攝吧！不要理會這種『大小姐』了！」他們站起來，轉身便離開了，只剩下一個被罵的我呆了坐在這裡。

「己所不欲，勿施於人」，這八字真言不斷地在我耳邊徘徊，我反覆地想了又想，我的確把自己不想接受的事強加了給別人，我這種橫蠻、不顧他人感受的性格實在太差勁了，向華罵得沒錯，我是一個不折不扣的「大小姐」……想到這裏，我的眼淚像斷了線的珠子一般，不受控地落下；朦朧中，視線內出現了幾雙鞋子，沒錯，他們折返回來了。

「有容……對不起……」我愧疚地說，有容笑着說：「不打緊啦！你懂得反省已經足夠了。」我破涕為笑，果然是「有容乃大」呢！

「己所不欲，勿施於人」這八字易說難做，特別是在現今的社會；若然每個人也將心比己，做到易地而處，社會紛爭和隔膜便能減少。我矢志改變以往自私的性格習慣，不再成為一位惹人討厭的「大小姐」，我希望可以以態度影響別人，甚至世界。

洋蔥

6B 馬俊威

小時候，我不喜歡媽媽，因為她不愛說話，也不愛打扮，平時穿着素衣，棉褲，身上還有菜味。在幼兒園放學的時候，看見別人的媽媽穿着花裙子，頭髮就像公主一樣，染得金黃，來的時候把孩子抱起來，伴着笑聲離去。而我媽媽則是繫了馬尾，衫角還有水跡，回去的時候只牽着我的小手，沿途只有身邊電車的「叮叮」聲。

媽媽愛吃洋蔥。我討厭洋蔥，因為吃完會口臭。有洋蔥的菜，我就只吃剩洋蔥，而每次媽媽都只吃洋蔥。長大後，我才明白原來媽媽跟洋蔥有很相似的地方。

這件事也是聽爸爸說才知道的。一次，當時我年紀很小，我在深夜哮喘發作。附近的診所都已關門，爸爸外出公幹，家裡只有媽媽。她找不到出租車，媽媽背着我跑了幾公里才找到一間二十四小時開放的診所。她不敢送我到政府醫院，她害怕我等太久，小命就不保了，她跑得汗流浹背，只管喘氣，也不願讓我多等一刻。

有一次，我看見不愛打扮的媽媽在床上拿起一件又一件的首飾，有閃閃發光的鑽石耳環，有翠綠光滑的玉鐲，還有一條金項鍊。那時我還以為她要去赴宴，後來才知道媽媽把首飾變賣了，那是她的嫁妝，都賣了！因為那時爸爸失業，而且經濟不好，而我唸小學需要交昂貴的學費，媽媽只好把婆婆給她的首飾賣掉。還好，陰霾很快就過去，爸爸找到了工作，他把媽媽的的首飾都贖回來了。

我唸中學的時候，一次，我把一份功課遺留在家裡，我偷偷打電話請媽媽把功課送過來。我撒謊說這份功課非常重要，果然功課很快就送到了。回家後，看見媽媽在洗菜，我問她怎麼早放工，她說她做得不開心辭職了。我那天晚上睡不着覺，心裡愧疚萬分。她為了我的一份功課，連工作都不要了，而且也沒有責備我或者抱怨。

回想起往日的片段，媽媽總是為我默默地付出。我吃進口裡，是甜美的洋蔥，但洋蔥要煮熟才甜。小時候，以為媽媽不常說話是因為不愛自己，其實她的教導就是生活。早上熱熱的鮮奶，可口的飯菜，她所做的一切都在訴說着母親的愛。要明白母親的愛，我要一層一層剝開片片洋蔥，一邊剝一

邊叫人流淚，剝到最後才發現裡面全都是媽媽滿滿的愛。

如今我愛吃洋蔥，因為一看見洋蔥就能想起媽媽，一層一層的洋蔥載滿了母親甜甜的愛。

必要的沉默

6C 戴盈盈

今天發生了一件事情，當時我曾經想力陳己見，最後選擇了沉默。我認為沉默是必要的。

黃昏五、六時正值人流高峰階段，天橋上、馬路邊、鐵路站、行人隧道等等都不難看見洶湧的人潮中，人們肩並肩、腳踩腳的情形。來往的人形形色式，有人一臉倦容，雙手插着口袋，匆忙地奔向自己的目的地；有人則挽着公事包，手拿手提電話，忘形地高談闊論；也有三五成群的在嬉戲打罵，互相調侃。

這個畫面每天定時定候地上演，我是其中的一個演員，也是少數的觀眾之一。

只是，今天上演的戲碼似乎有了些變化。

我走在回家必經的一條街道，發現今天的人比常的還要多，我不解地走上前，看到馬路口有一群人停留，看似是在圍觀什麼事。

我穿插着人群之間的空隙，好讓自己能看清楚發生什麼事。

馬路口的燈柱旁邊坐着一個穿着破舊衣服斷了一條腿的老伯，此時的他低着頭，凌亂的半長頭髮幾乎遮掩了他半邊臉，而他滿是皺摺的兩手不停地往臉上摸，好像在抹走什麼，但看上似乎不太成功。他的周圍散落了一個破碗和一些零錢，零錢數目不多，只有零零丁丁幾個一角、二角、一元、二元。站在他前面的，是一個穿着西裝革履的男人。他正在舉着他戴着金錶的手，指着老伯大聲地罵，罵得好不激動。

有人問道發生了什麼事，有個目睹整件事情經過的人說：「老伯在乞討的時候，那個男人被他的碗絆倒了，弄髒了西裝，於是他就開始在罵那位老伯。」

哦，原來如此。我暗自點點頭。

「我拜託你乞食就去別的地方啊！幹麼在這裡阻礙人！你知道我這身西裝多少錢嗎？你就算乞食一輩子都乞不到這麼多的錢！」那男人高聲地罵道。

人家乞食又不犯法，用得着你這麼罵他嗎？我皺着眉頭想，不滿他「狗眼看人低」。

這時，旁邊的一個女人站出來替老伯抱不平：「明明就是你自己走路不看路，偏偏還要去怪別人，為難一個乞丐，再好的西裝給你穿還不是浪費掉嗎！」看到終於有人個「人」站出來，我心裡也感到稍許欣慰。我張開嘴，打算附和，不料我還沒說話，那個西裝男人竟以更高亢的聲音用粗言穢語來「問候」她。我想說的話一時之間哽噎在喉嚨裡，不上不下，整個人也呆住了。

那男人仍在謾罵，而老伯卻悄悄伸出手，拉拉女人的褲管，我和她一同低下頭，看見老伯眼中的哀求時，我的心狠狠地跳了一下。

為什麼那男人看不到老伯的苦？難道他就不能稍為體諒老伯嗎？錯不在老伯身上，為什麼要惡人先告狀？

這些話我很想說出口，但我知道老伯他並不想我們這麼做，他只想讓這件事平息，讓男人離去，即使，錯的不是他自己。

可是，總不能讓男人永無止境地罵下去吧？

我看看四周，留意到散落一地的零錢。我蹲下身子，拾起地上的零錢放到破碗中。那男人看見我的動作，不由得停止了謾罵，驚訝地看着我。我將破碗放在老伯面前，站起來看着男人。我並沒有說什麼，只是沉默地看着他。圍觀的人受到我的感染，也逐一轉過頭看着他。那男人頓時變得慌張，他不斷看着周圍的人，口中呢喃着：「看什麼看！你在看什麼！神經病！」然後邁着凌亂的腳步離開。

我注視着男人的背影，想起魯迅曾說過：「不在沉默中爆發，就在沉默中滅亡。」老伯選擇沉默是因為他不想小事化大，所以以沉默逃避問題；圍觀的人因為事不關己，不想挑起事端，所以一同沉默。我沉默，是想以無聲來控訴，只有在沉默中，男人才可以聽清楚自己的說話，想清楚自己的作為。只有沉默，他才能發現自己的錯誤。

四周群眾逐漸離去，老伯向我道謝後亦一瘸一拐地走了，我想，我也應該沉默地回家了。

成熟

6C 葉曉峰

我，一個少年，曾經多麼的盼望自己擺脫孩童的幼嫩，蛻變成一個成熟的人：不被感情控制思考，能以處變不驚的態度面對困難，作出理性的選擇。但是成熟真的好嗎？

「趁著年輕，我想到外面的世界見識一下，我打算花一兩年時間，到外國一邊工作、一邊旅行。」這句說話有如刀鋒般劃過我的心臟。這是開玩笑嗎？為何有這個決定？要那麼久嗎？一個個的疑問浮現我腦海，難道你就沒有一點不捨嗎？

如果這句說話，是其他人來對我說，我一定會義無反顧地支持，但你是我的摯友，你就像我的親人一樣，我們曾一起打打鬧鬧，快快樂樂地度過歲月，一起通宵喝酒談心，有事的時候大家互相扶持鼓勵，考試時又鬥個你死我活。但現在你竟然對我說，要離開兩年。受不了！受不了！

雖然現代的科技發達，只要一個通話，幾個按鍵，世界各地彷彿都連接起來。但不在，就是不在。即使再先進的科技，也沒法把人的實體帶來，試想想要和一個親人分別數年，捨得嗎？不捨得。擔心嗎？當然，說不定旅途中會遇到壞人，說不定會不夠錢用，說不定有什麼意外……千千萬萬個說不定，令我擔憂摯友的安危，很想很想勸他留下來。像孩童不想心愛的布偶被搶走一樣，我不想摯友離開。

每當朋友談起他將去工作假期的事，我總會聽到「應該很好玩吧！」「真好，我也想不顧一切，拿起背包就走去旅行呢！」「有需要幫忙記得找我啊！」……一句句支持的說話似乎突顯我的擔心是多餘的。彷彿反對，就是一個幼稚的表現。

「成熟一點吧！」我在心裏暗叫。工作旅行是難得的經驗，只有青年人可以拋開一切，無拘無束地走自己想走的路。不夠錢就到農場摘蘋果，到餐廳做侍應；閒暇時就坐在樹下一邊享受著咖啡一邊看書；學識照顧自己，增廣見聞，不是說「讀萬卷書不如行萬里路」……種種的好處，把我已發到喉頭的反對的聲音硬生生嚥回來。支持，我的內心不願意；反對，我對不起他。我知道，我這個摯友的意見會左右他的決定。

作為一個成熟的少年，當然應義無反顧支持好友達成夢想，而且為他的

決定由衷的支持及高興，甚至我應以摯友的身份幫助他，包括收集資料，準備所需，考量著旅途需要什麼等。所以，我決定了一個人人都認為是成熟表現的決定——支持他，但違背了自己的心。我親手把我至愛的布偶送給了成熟。

但是，回心細想，這樣的成熟是真正的成熟嗎？真正的成熟，不應該是一個枷鎖，鎖住人的情感，也不應該為了令人覺得自己成熟而做一個大眾認為成熟的人應做的事。還是應該用自己的思想去判斷，做忠於自己的決定，才是真正的成熟。但我，似乎只能在這叫成熟的世界中隨波逐流……

梁文燕紀念中學（沙田）
「共閱齊讀在沙田」標語設計比賽（初中組）
閱讀組與中文科合辦
（沙田區議會 地區設施管理委員會 社區會堂及圖書館管理工作小組主辦）

班別	姓名	學號	參賽標語	名次
1A	*曾宇軒	15	閱讀開心又有益，增廣見聞添學識。 無限潛能隨意覓，錦繡前程齊編織。	中一級冠軍
1A	*莫子琳	31	共閱齊讀在沙田，你我閱讀樂綿綿。 增長知識齊得益，考試默書多個剔。	中一級亞軍
1B	曾思維	17	定時閱讀好多fun，人人讀書都有份， 爭取作文擺滿分，看到人人好開心。	中一級季軍
2A	盧頌衡	11	閱讀圖書增知識，考試高分好招積。 大人細路同得益，沙田共閱創奇蹟。	中二級冠軍
2B	關凱程	19	閱讀世界多麼繽紛， 多看圖書有益身心。	中二級亞軍
2C	*葉浩倫	03	閱讀圖書多樂趣，靈活腦筋不會退。	中二級季軍
3A	*陳佩琳	20	開心閱讀，獲益良多。 用心求知，分享切磋。	中三級冠軍
3B	鄭倩蕎	21	閱讀圖書樂趣多，人人也變小百科。	中三級亞軍
3D	劉佩華	22	齊齊閱讀樂融融，生活不會再平庸。	中三級季軍

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班別	姓名	學號	參賽標語	名次
4B	梁子晴	28	閱讀風氣從今助長，積極參與齊來鼓掌。	中四級冠軍
4A	李晴欣	23	閱讀風氣齊建立，開心喜悅在沙田。	中四級亞軍
4C	張錦峰	02	閱讀樂趣多，大家笑呵呵。	中四級季軍
5D	魏慈殷	29	閱讀知識吸收多？老少同步等甚麼？	中五級冠軍
5B	吳茵彤	27	沙田學生個個醒，每日閱讀本本精。 樂趣滿fun齊高興，獲取知識個個正。	中五級亞軍
5C	韋綺澄	28	閱讀世界廣無邊，齊來閱讀每一天。	中五級季軍
6B	*楊家銘	19	閱讀風氣共弘揚，增廣見聞齊翱翔。	中六級冠軍
6A	吳家進	09	享受閱讀樂趣，尋找人生之最。	中六級亞軍
6D	劉桂琪	19	閱讀洗滌心靈，知識給你光明。	中六級季軍

美藝作品

The background features a light blue and white color palette. It includes decorative elements such as dotted lines, floral motifs, and abstract shapes. A prominent green floral design is on the left, and a red sunburst-like shape is on the right. The overall aesthetic is clean and artistic.



2B黎宣宜及2D譚詠童藍印曬被



4A李晴欣及陳曉瑩藍印曬被



4C戴寶峰及吳浩龍藍印曬被



4D李鑄滢及林煜培藍印曬被



4D楊日勤及歐蒨藍印曬被



5A葉穎儀及4C朱禮言藍印曬被



6A馮紫晴 好玩



6A馮紫晴 愛



6A 甄仕祺 自由與約束



6A 甄仕祺 牢籠



6B李祉盈 空間無限



6B林彩園 時間



6B林彩園 孕育



6B林彩園 好玩



6B林彩園 愛



6B林彩園 夢



6B郭穎心 時間



6B郭穎心 愛



6B謝欣桐 韻律



6C石芝琳 自由與約束



6C石芝琳 流動的風景



6C胡湘怡 好玩



6C鍾曉彤 貧富懸殊



6C胡湘怡 大吃小



6D石樂瑤 另一個我



6D石樂瑤 控制



6D石樂瑤 壓力



6D石樂瑤 自由與約束



6D池樂希 另一個我



6D池樂希 好玩



6D石樂瑤 寵物與我



6D池樂希 自由與約束



6D池樂希 我的寵物



6D池樂希 流動的風景



英文作品

About Myself

1A Jodoca Law Tsz Ying



My name is Jodoca Law. I am eleven years old. I have a fringe and long straight hair. I always wear my hair in a ponytail.

I live with my parents, one younger sister and one younger brother. My younger sister is four years old and my younger brother is three years old. They are so cute.

Talking about my character, I am a friendly, pleasant, confident, creative and talkative person. When I was in primary school, I was in fact a good actress, a school reporter and Mistress of Ceremony!

After entering secondary school, my interest has changed. This year, I have joined different extra-curricular activities including the Badminton Club and School Choir. I am so keen on these because I can have more chances to do exercise and I can express how I feel while singing. In fact, I also like reading fiction stories in my spare time because of the opportunity they provide to enrich my vocabulary. As for subjects, I like Art and Music the most. It is because I am good at these two subjects and I have a great deal of interest in drawing and singing.



When I grow up, I want to be a professional singer, actress or a reporter. I will study hard to make my dream come true.

My Favourite Hong Kong Drink

1A Sammi Mok Tsz Lam

There are many wonderful drinks in Hong Kong and one of the best drinks that I love is “Fruit Punch”. I love drinking fruit punch because it makes me feel comfortable and cool in summer.

Fruit punch tastes sweet, just like ‘Fanta’. I usually buy it from different supermarkets or cafés. They are sold at around \$16.



If you think it is too expensive, you can make it at home by yourself..... What you need is just some fruits like pineapples, orange juice and some soft drinks. Here is how this kind of drink can be made. First, wash the fruit carefully. Next, chop the fruits into pieces. Then, put the fruit in a cup. After that, pour half a cup of orange juice into a cup followed by your favourite soft drink and it’s done!

Making fruit punch is easy, right? If you like it, don’t wait! Make a nice fruit punch by yourself today!



Book Report: A Dog for a Day

1B Agnes Lam

The book I have read is called A Dog for a Day. It is written by Wendy Douthwaite and is about animals. The story is about Mark and a hungry little dog.

One Saturday, Mark was going out. Without realising it, Mark found his feet turning towards the lorry park, which was next to the council rubbish dump. The lorry park was where Mark and Dan raced their bikes. It was their favourite place.



But today, the lorry park was deserted. Then Mark saw the dog. Its fur was in such a drab colour. It was the same colour as the ground and it didn't move. Mark took a few steps towards the dog and the dog was scared. Then, Mark asked the dog why it was there and the little dog looked at Mark with frightened eyes. After playing with

the little dog for a while, Wayne came along. He was older than Mark and he was a bully. Mark was afraid of him. Mark went away from the dog and Wayne was going to bully the dog. Mark saw it, and he was very angry at Wayne. He shouted at Wayne and went to hit him. Mark went on punching him angrily. Wayne was scared of him and went away quickly. Mark turned back towards the little dog and bought some food for it. Then he went to many places to find a new owner for the little dog. In the end, Mark's family decided to keep the dog and they were happy to accept it into their family.

My favourite character is Mark. It is because he was brave and kind. When he saw Wayne bullying the little dog, Mark saved the dog from naughty Wayne, so I think he is brave. Then, he took the dog to the pet shop to buy some food for the dog and helped the little dog to find a new owner so I think he is kind.

The part I found interesting is when the dog was tied to the wire fence. Mark had to check if the dog was still moving because it was the same colour as the ground. At last the dog raised his head wearily. He looked at Mark, dully, with sad

brown eyes. Mark then began to squat down to look at the dog. But Mark remembered his mother telling him not to touch a strange dog as it might bite you. The little dog put his head down on the floor again after seeing Mark. Mark slowly talked to the little dog in a kind voice. The little dog began to wave his tail to show he liked Mark. I felt unhappy when Wayne bullied the little dog because Wayne was so cruel to kick the dog and shout, 'I don't like dogs!' I also felt happy because Mark untied, cleaned, bathed and gave food to it. He took good care of the little dog.



I like this story book because it shows me how to love and care for animals like dogs, cats and birds. I have learnt not to bully any animals or people because they all have feelings. Also, we should care about the feelings of our parents and be obedient and listen to what they say or teach. It is because parents know what is best for their children, just like pet owners know what is best for their pets.

My school

1B Amy Keung Ka Yi



Let me tell you something about my secondary school. It has a very big campus and is a lot bigger than my primary school.

There is a hall on the first floor. Every Monday morning, my classmates and I go there for the morning assembly. We also have a gym. It is very bright and I hope we can have dancing competitions there in the future.

I sometimes go to the library. It has more than 4,000 books, so I can read books on different topics.

There are many co-curricular clubs, for example, the Basketball Club, Football Club, Badminton Club and Fencing Club. There is also a Computer Club, Drama Club, Chess Club and Home Economics Club. I have joined some of them and enjoyed the regular activities that they hold. They make my school life fun.

The teachers here are caring, patient and generous. I like to learn from them. Sometimes, I will even talk about my daily life with them.

I like my school so much that I see it as my second home. I hope you also enjoy your school life!



Forever Friends

1C Gobbie Chan Ching Lam

How do I help my friends and get along with them? If my friends have problems with their homework, I can teach them or discuss the answers with them. If they are unhappy, I will ask them why and listen to them. I find that if they can find a good listener who listens to them, they will think positively about their problems. Luckily, I can always think of some ways to solve their problems and give them solutions. Whenever they need me, I will try my best to help them.



I have a lot of friends because of my caring character. Some of them are Mary, Mandy, JoJo and Candy. They are all my dear friends. With them, I feel so delighted and do not feel lonely at all.

I think they will not betray me. Even if they really do so, I will forgive them because there must be a reason behind it. Hopefully, this will not happen.



Self-introduction

1D Grace Ho Man Wa

My name is Grace. I am twelve years old. I have black hair. I often wear a pony tail. My eyes are big and I have a little mouth. I am tall and slim. I always wear a dress and a head band.



I am a cheerful girl who loves smiling, and that's why people usually call me 'Sunshine Girl'. I like playing with friends and chatting with my family. As I have a friendly character, I have made a lot of friends at school. I am so glad that I can meet them.

At the weekend, I like to swim in the swimming pool near my home with my family. I know swimming is healthy and good for us. My family and I sometimes go hiking during long holidays. We enjoy the nice scenery at the countryside. We only do it during holidays because we can take a long rest after the hike. I also like cycling. My sister and I go cycling in the park twice a week. It is our common hobby.



Chinese New Year Eve

1D Anson Leung Ka Chun

Chinese New Year is the most popular festival in China, and it is the happiest time for Chinese families all over the world. A very important day for festival celebrations is the day before the Chinese New Year – the Chinese New Year Eve.



A few days before Chinese New Year, most families begin to clean or paint their houses. With this, it is believed that dirt and bad luck accumulated over the past year can be washed away. The busiest day is New Year's Eve where family members

gather to have reunion dinners together at home or in restaurants. The dinner is a feast where special food with meat, fish and vegetables are included. The dishes are all specially designed to bring good fortune and health for all family members.

After dinner, people like going to different flower markets. People usually buy flowers and potted tangerines which represent good fortune and happiness for them in the coming year. Every flower market is so crowded because many people look for pots of beautiful flowers. Besides flowers, visitors can buy food,



toys and accessories. Visitors who don't want to buy anything may just go there and walk around. In fact, many people like just basking in the joyful atmosphere in the crowded flower markets, especially the one in Victoria Park.

While some people are eager to go to flower markets, some families may be busy decorating the walls and doors of their houses with 'Fai Chun' for luck and safety. Some even gather to play games at home all through the night.

What would you do during Chinese New Year's Eve?

A Thank You Letter To My Grandma

1D Meko Mak

Dear Grandma,

How are you? I miss you so much. Although you passed away last year, I've never stopped thinking about you and I will never forget you.

Thank you for taking care of me for the past twelve years. You lived with me and I saw you every day. It was a happy time that I will always treasure. If I had any problem or when I was unhappy, you were always there to listen and talk to me. I remember the last time I saw you was on my birthday.

Every birthday, you would buy me a cake and give me some lucky money. But not anymore! Grandma, I really miss you. Can we go back in time? Can you please return to me?

Grandma, you will live in my heart and my memory forever.

Love,
Meko



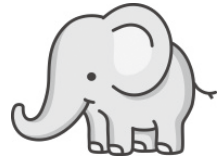
Book Report: Run!

The Elephant Weighs A Ton

2A Ho Man Hei

I want to introduce a book to you. The book is called Run! The Elephant Weighs a Ton. It was written by Adam Frost.

First, I want to introduce some main characters to you. Mr. Nightingale and Mrs. Nightingale are the zookeeper and chief vet of London Zoo respectively. Their children, Tom and Sophie stayed at the zoo and learned from their parents how to take care of the different kinds of animals, such as elephants.



Now let me tell you about the story. It is an animal adventure featuring the Nightingale family. The vet of another zoo, Whipsnade Zoo, caught chickenpox so the Nightingale family needed to help out and spend their summer there. The Nightingale family went to the zoo on their boat 'The Ark' with their pets, including a terrier, two cats and five stick insects. Tom and Sophie joined their mum at Whipsnade Zoo to help an elephant deliver its calf, and another exciting adventure began. At first, the elephant calf, Dirshani, struggled to survive as it did not eat well. With expert help and lots of care, the calf grew stronger, and Tom and Sophie had a new animal friend. During the next year, the young elephant was encouraged to take its place in the herd. Tom and Sophie dreamt that one day Dirshani would take part in the elephant demonstration. But there were a few hurdles for them to cross before that dream was realised in this thrilling animal adventure.

I like this book very much because it is interesting. I love the zoo very much. If I have a chance, I want to have the experience of visiting a zoo. I want to take care of the elephants or other exotic animals. I would recommend this book to my friends who like animals or adventure stories.

New Store – Super Clothing

2A Roy Ho Long Wai

SPECIAL
OFFER

Super Clothing offers range of clothing items in store and has some special offers for our customers on selected items.

Super Clothing has T-shirts, jeans, trainers, earrings, rings, bracelets, and so on. Whatever your body shape, we have a design for you. Our in-house designer designs the best clothes for all body types. Our bestseller, the trainers are especially comfortable and fit perfectly. You can run faster than dogs when you wear one.



In fact, our new store has a lot of discounts and special offers. The quickest way to get a discount is to apply for a loyalty card. Of course, you need to buy over \$1,000 before you can have the loyalty card. After you have got the card, a 20% discount will be given for future purchases.

For many items, you will be given a special offer of 'Buy Three, Get One Free'. There are lucky draws on different occasions, too.

Do come and support our store when you are free!

The Lost Memory

2B Johnny Lam Yuk Yin

Chris is a secondary school student. He loves all kinds of books. His school results are very good. He is a handsome boy and all the girls at school think that he is attractive.

This story started on a typical day. It was sunny but not too hot. After school, Chris went to the coffee shop near the school to have a cup of coffee as usual. While he was enjoying his coffee and reading a book,



a girl came up to him and asked if she could sit with him. Chris put down his book and looked up. He found that the girl was really beautiful. He let her sit with him. They started to chat and they had a good time. After finishing their drinks, the girl suggested taking a walk to the park. Chris agreed. At that time, there was no one in the park. It was strange but Chris did not see a problem because he was with a pretty girl.



Suddenly, the girl changed into to a zombie. Chris saw this and felt really scared. He ran as fast as he could but the zombie ran much faster. She got Chris and bit him on his neck. She then disappeared and left Chris lying on the ground. Chris got back on his feet and ran to the police station. He told a police officer what had happened but the police officer did not believe him. Chris

felt really disappointed.

Chris was very tired so he went home and went to bed right away. The next morning, when Chris looked in the mirror, he could not believe his eyes. He saw a monster in the mirror. His left eye had become red while the right one had become white.



He also had wings. He had become a monster. He knew that it was because he had been bitten by the zombie. Chris did not know what to do. He did not want to live like this. Suddenly, he remembered reading an article about zombies on

the Internet by a scientist called Dr. J. He thought that Dr. J might be able to help him. He sent him an email to tell him what had happened.

Receiving the email, Dr. J went to Chris's home as fast as he could. He asked Chris if he wanted to try the new medicine he had just invented. The medicine could help Chris become human again but it had not been tried out yet and Dr. J was not sure about the side effects. As Chris did not want to look like a monster, he decided to take the risk. He took the medicine. After a while, he felt that his whole body was on fire. He screamed in pain and kept rolling on the floor. Dr. J gave him a shot to put him to sleep. Three hours later, Chris woke up. His wings had disappeared and he had got his face back. When he saw Dr. J, he was shocked. He asked him why he, a strange looking old man, was at his home. Chris did not remember what had happened. Dr. J realised that amnesia was a side effect of the medicine. Dr. J thought that it would be better not to tell Chris the truth so he just left without saying anything. It would be better to let it go.

Charity Sale

2B Ken Ko Cheong Yung

Introduction

This year's charity sale will be held at New Town Plaza from 8 am to 5 pm on 1st June to 7th June. The money will go to The Red Cross. Do not miss this great chance to show your love and care. You may not have this chance so often!



Product One – 3310 or 8250 Mobile Phone

This mobile phone can never be broken and is surely durable. It is water-proof, too. It is priced at \$200 only, with a special offer 'Buy One, Get One Free'.

Product Two – Stationery Set

This stationery set contains different pens, pencils, rulers, etc. There is a discount of 40% for the first ten customers.

Other Activities

Apart from the charity sale, there are other activities on that day, like talent show and game booths. Do come and have fun! All your contributions can surely help those in need.



A (Bad) Visit to Disneyland

2C Thomas Chan King Lun

I went to Disneyland on a trip. As the final class activity of the year, my class teacher wanted to take us to a special place, Hong Kong Disneyland. Although I tried many things there and it was also my first time at the park, there were some things that ruined my day. It was an unforgettable day.

‘Woah! I’ve never seen this before! This is amazing!’ This was my first feeling when I looked at the fountain outside the entrance. First, we listened to my teacher’s instructions. ‘You all should work as a group, walk as a group and most importantly, eat lunch as a group.’ I was not really listening. My legs were itching to move and start exploring the huge park.



First we went to Autopia. It was a place where I could drive a car. I had to wait in a long queue, standing there and doing nothing. ‘How long is it until our turn? Why is it taking so long?’ one of my group members whispered. I kept muttering under my breath, ‘Just one minute...just one minute...’ After a long long wait, it was finally our turn. I thought the ride would be good, but then it was just driving on a boring track. It was not worth the wait.

After that, we returned to the main streets. We saw a trolley selling some snacks. ‘Why is everything so expensive? I don’t have much to spend,’ one of my group members said sadly. ‘Let’s go now.’ However, I actually had enough money. ‘Why don’t we share?’ I suggested. I bought a box of popcorn for ninety-five dollars. Yet it was all cold, not crunchy, and worst of all, expensive!

We tried to forget the bad experience and moved on to the next spot. I asked, ‘Where shall we go next – Space Mountain or Mystic Manor? They are both popular and exciting!’ No one gave me an answer. ‘Look! It’s Mickey over there!’ a girl suddenly screamed. Everyone in my group ran over to take photos with him. I had no idea



why they were so excited about seeing Mickey.

While we were taking photos, I suddenly realised that Jenny, one of our group members, was gone. We could not call her on the phone either. We hunted for her around the park and told our teacher that she was missing. When we arrived at Mystic Manor, we found Jenny. ‘Whoops! Didn’t I tell you guys I was heading here? You must have been too busy with Mickey,’ Jenny explained. Our teacher got very mad, but was glad that we could find her. We then went on a ride at Mystic Manor together. The exterior of the building was amazing as it looked like a haunted house with classic decorations. The adventure was exciting too.



Then it was time for us to eat. We all went to a burger shop, but we discovered that a set cost seventy five dollars! It was so expensive. We still had a burger each and went to the next spot – Space Mountain. It was a bad decision. After going on the twists and turns on the ride, I felt sick. I nearly vomited outside the exits!

I could summarise this trip in three words: boring, expensive and sickening. I would never want to go to Disney again after this poor experience!



Helicopter in the Sky

2C Tommy Yeung Chuen Chung

Flap! Flap! Engine's on,
All systems are already on.
Counting on to take off,
Make breezes and blow you off!

Every view is unique,
Treat them as a series of antiques.
Holy helicopter hovering in the sky,
Birds soar and hunting up high.



Viewing the scenery like a bird,
Never gonna be a nerd.
Hilly mountains and deep deep gaps,
Never showing on the maps!

Making such a noisy noise,
Louder than your screaming voice!
Why would I try it again?
Coz' it brings me lots of joy.



Anvil: A Story Written For S.2 English Week

*2C Zita Lam Wing Yan 2C Audrey Ng Wun Ting
2C Hilary Law Mei Yee 2C Pinky Law Hoi Kiu*

Once upon a time, there were some angels who were very kind and eager to help others. However, there were also some devils. They liked to cause trouble and destruction. They did not like each other, so they waged war. Finally, the angels used their skills and they won with their kindness. The angels suggested combining themselves together so that they could use their powers to help others. There would be no more angels, only ‘Anvils’ – a mix of angels and devils.



Once there was a child who had some family and social problems. He tried to use some foolish ways to solve these problems, such as taking drugs and drinking alcohol. Anvil called Zoe came to help this poor kid. The devil part of Zoe showed the child the results of using this approach to solve their problems. The angel told the child the best way to solve these problems and used a very kind voice to tell him about them. The child accepted Zoe’s love and advice and felt warmth in his heart. Finally, the child overcame his problems following Zoe’s advice. Zoe was a great success! The child and his family all appreciated his help.

He not only helped children but also adults. A lady had some problems with her relationship and she attempted suicide. Zoe went on a mission again! Zoe told the woman, ‘There’s no need to die for a worthless boy. There must be someone who truly loves you! Why do you need to end your life? Your family would be hurt badly if you died so young.’ The words from Zoe woke the girl up. After these, people gave Zoe a nickname – ‘100% Success’!



Zoe helped many people and they all liked him very much. One day, Anvil saw a girl crying. He asked, ‘Why are you crying?’ The girl said, ‘I have a lot of problems but no one could help me!’ Zoe said, ‘No worries! I can help you.’

The girl had two big problems. One was about her home. Her parents separated and she lived with her dad. However, he was an alcoholic. She was very poor. The angel part of Zoe knew what to do. She let the girl talk to her father. Zoe knew that he would listen to his daughter. He never drank alcohol again and her mother got back with her father again. Although the girl was happy again, there was still another problem. It was a problem at school. The angel part of Zoe did not know what to do. Suddenly, the devil part had an idea for the girl. The girl can ask the teacher or her friends to help. Finally, the girl lived happily forever. She could make more friends in class and score high marks in the exam.



After helping the girl, Zoe realized that angels and devils could work together. They became friends and helped others who have problems. People love them very much.

After this story, we know that 'Nothing is Impossible'. We need to actively face problems. Otherwise, there will never be any success.



Cupcake Man

2D Thomas Cheung Ho Laam

Once upon a time, there was a place called Cupcake Kingdom. All the people in Cupcake Kingdom loved to eat cupcakes, so there were many confectioners in the kingdom.



Jeff was a very famous confectioner in the kingdom. His cupcakes were very popular because many people said that Jeff's cupcakes were the most delicious in the kingdom. Not only could Jeff make delicious cupcakes,



he also had magic powers. The cupcakes he made would come to life if they were not eaten on the day they were made. But Jeff did not know that.

One day, Jeff made a new set of cupcakes. There was one cupcake left after tasting so Jeff put it in the refrigerator. The next day, Jeff totally forgot about the cupcake in the refrigerator. Something strange happened. The cupcake in the refrigerator came to life. It had two small eyes, a small mouth, two hands and two legs. It came up with a name for itself — Cupcake Man. He was afraid that he would be eaten so he always stayed in the refrigerator. He kept hiding in the refrigerator until one day, Jeff's daughter, Mary wanted to get something to eat. She opened the refrigerator and saw Cupcake Man. She wanted to eat him. Cupcake Man knew that he would die so he ran as quickly as he could. Unfortunately, he was caught by Mary. Cupcake Man asked Mary not to eat him. Mary thought that Cupcake Man was very special so she decided to keep him as her pet. Cupcake Man thought it was lucky that he did not have to die so he agreed to be Mary's pet.



A month later, Jeff took part in a competition. It was the largest cupcake competition in the kingdom, which was held once every five years. Jeff had prepared a cupcake he was very proud of for the competition. He was confident that he would win.

On the day of the competition, Jeff discovered that the cupcake he had prepared was gone and there was no time for him to make another one. At that moment, Mary knew that she was in trouble. That morning, Mary had seen the cupcake in the kitchen. It had looked so delicious and she was hungry, so she could not help but eat it. She did not know what she could do to help her father. Cupcake Man saw that. He wanted to help Mary. He volunteered to be Jeff's cupcake for the competition.

In the end, Jeff won the competition. What cupcake could be better than a cupcake that could move and speak, right?



Our Fantastic Hiking Trip

3B Choi Wing Shan

From my observation, hiking is a popular pastime. Why? It allows us to enjoy nature and to go to places that we seldom visit. Last week, I joined a hike to Ma On Shan organized by our Hiking Society. It aimed to help us relax and get in touch with nature.



All participants gathered at Tai Wai Railway Station at 9 a.m. on 15th March with the right footwear and proper hiking clothes. Before the hike, we bought some food, bottled water and a first aid kit at a supermarket. More importantly, we checked if the essential equipment like mobile phones and relevant maps was at hand.



After getting off at Chung On Railway Station, the fantastic journey started. With the help of a map and compass, we walked along the trail comfortably. During the hike, we could see the growth of the plants and insects under the beautiful scenery. Along the trail, some monkeys were spotted. Seeing us, they looked at us and ran away towards the trees immediately. In fact, I was a bit shocked at first because I had not seen wild animals up close before. I normally meet them only in TV documentaries. Maybe since it's the first time we see them face to face, we felt so excited. Shortly after this, we took a rest and enjoyed our lunch.

After the lunch break, we continued to walk up to the peak, while looking down at the beautiful view over the country park. Even more spectacular was the view of Tolo Harbour and Tai Po. As a result, lots and lots of photos were taken for future memories.



After all, it is surely an educational hiking trip. While we could enjoy the fresh air, beautiful scenery and wonderful nature and relax ourselves, we found the skills we learnt during Geography lessons in locating this and that during the trip very practical. It was good that we did not get lost on the hiking trail!

Precious Advice

3C Chloe Chan Jing Tong



A few weeks ago, we had the year-end activities at our school. The Student Union held a talent show called ‘Helen Liang’s Got Talent’. I joined the show with three of my friends. The reason we participated in the show was that we could play different kinds of musical instruments. Overall, we decided to join the contest as an ensemble. In the ensemble, I played the violin, and my friends played the harp, the cello and clarinet respectively.

We practised very hard for the performance. We spent most of our time having rehearsals. Time passed quickly. It was the day of the show. We did a final rehearsal before the performance. My friend advised me to check my strings again carefully so as to prevent accidents from happening during the performance. However, I ignored her advice as I thought that there would not be anything unexpected.

When the master of ceremony introduced our ensemble and we walked onto the stage in the school hall, I saw a huge audience and a few judges. Seeing them all staring at us, my heart raced.

After we were greeted with enthusiastic applause, we started our performance. Our quartet went off with a smooth start, and the four of us enjoyed ourselves in the wonderfully melodic and tuneful movements of the symphony. Suddenly, ‘Ding!’ The sound almost broke my eardrums. I found that one of my chord strings snapped into two. My mind went blank at that moment. My body was shaking and I was helpless. Fortunately, I had learnt to play the guitar when I was small. Consequently, I played my violin like a guitar using the three remaining strings and luckily finished the performance.



I was really pleased that we could finish the performance even though it was not perfect. After the show, I realized that listening to others' advice is for my own good. I understood how precious the advice was from my friends!

Wonderful Tokyo

3C Chloe Chan Jing Tong

A week ago, I went on a four-day trip to Tokyo with my family. I had a lot of fun there.



After a few hours of flight, we arrived in Tokyo. We checked into the hotel and started our journey. We went to Tokyo Tower for sightseeing. The view there was so beautiful. Almost the whole of Tokyo was visible from there. I am not afraid of heights. Therefore, I enjoyed staying on the tower. After sightseeing, I had sushi and sashimi for lunch. It was so delicious. When we finished our lunch, we headed to Senoji Temple. It was a Buddhist temple located in Asakusa.

On the second day, we left the hotel early to visit Mount Fuji. The mountain was so gorgeous. I had never seen this kind of view before in Hong Kong. Afterwards, we had an early lunch at a famous ramen restaurant. It was hard to resist. After lunch, we went to Edo-Tokyo



Museum. It was an excellent museum about Tokyo's history. The exhibits were worth seeing. Because we left the hotel early, we were tired and went back to the hotel. However, our day did not end. We rode on the Ferris Wheel at night, and we found that the night view was just awesome.

On the third day, we spent our whole day at Tokyo Disneyland. There were many thrill rides and exciting things for us. It was unforgettable. I rode on quite a lot of rides. It was much scarier than the ones in Hong Kong.

On the last day, we went to Ueno Park in the morning. It was a city park with multiple museums and a zoo. It was just amazing. I liked the animals there a lot. In the afternoon, we got on a flight and headed back to Hong Kong.

Although four days is not a long period of time, I've already fallen in love with this enchanting city. I miss Tokyo.

An Unforgettable Charity Event

3C Annie Tam Man Yi

I joined an activity with the school social service team one month ago. We visited some children who were in need and gave them daily products. Seeing them smile warmed my heart.

I still remember that morning. I was so excited about the activity that I got dressed quickly, brought the tiny gifts with me and went to school early.

We took a coach to Ronald McDonald House. The moment I walked in, I saw lots of children and every single one of them was so happy when they saw us.

Then I walked into the first room. There was a boy who was bald. My friends and I went to his side and greeted him.

He told me that he had lung cancer, and his parents were busy with their work and did not really have much time to



take care of him. He was from Spain and he could not speak Chinese and did not have many friends. These were the reasons why he was there.

We felt quite sad and sorry for the experiences he had. So, we comforted him and I gave him a handmade bracelet. He liked it very much. I felt so much better after seeing the big, beautiful smile on his face.



After that, I said goodbye to him and went to the next room. I saw a girl who was holding a picture. We walked into the room and I greeted her and asked, ‘Who are these people in that picture and why are you holding it?’ She answered sadly, ‘They’re my parents. We were going to Hong Kong from New Zealand by plane. But then the plane crashed and I was one of the people who survived. My parents died in that accident. I miss them very much and I feel closer to them while I’m holding this picture.’

My eyes were teary after listening to her story. So, I said, ‘I totally understand your feelings. And this is life – you always have to leave the ones you need and love. You’re still loved by them and I think they heard what you’ve said to me. They love you, and you’re always in their hearts.’ We talked for another

thirty minutes but then I realized that I had to go. So, I also gave her a bracelet that I had made and said goodbye to her.

While I was leaving, some children we talked to ran out and waved their tiny hands at us. I waved back and said a last goodbye to them.

That was an unbelievable and unforgettable activity. I realised that volunteering can really help others and bring happiness to them. I will keep being a volunteer and help others in the future.

A Trip To Macau

3C Annie Tam Man Yi

I went to Macau with my family last week and it was an amazing trip.

We took the ferry there and we upgraded our tickets to first class. We ate spaghetti on the ferry and the food on board was pretty tasty.

After we arrived in Macau, the first place we went to was Galaxy Macau. It is a popular casino hotel. We then went to a famous bakery and bought some phoenix eggrolls and almond cookies. The products there were quite expensive but they were worth buying.



Then we went to the Ruins of St. Paul's. That wall looked really unique and we took lots of photos there. After that, it was 5 p.m. so we went to the closest restaurant and had some local food. We ordered three pork chop buns, Portuguese chicken stew and three Portuguese egg tarts. We felt really full and the food in Macau was amazingly tasty!

After eating, we decided to travel to another place. So, we went to Macau Tower and got to the observation deck. The view of Macau at night was amazing, and we felt as if we were at the top of the world. We went back to our hotel and had a great night.



The next morning, we took the bus to Senate Square. We bought lots of things and souvenirs for our friends and family. They would be so happy! After shopping, we went back to Hong Kong by ferry.

The whole trip was awesome. I hope I can visit Macau again.

Stay Away From Drugs

4A John Wong King Chiu

Nowadays, the problem of drug abuse is serious among young people and has become more common. Drug abuse is dangerous and harmful. Why do teenagers take drugs?

Firstly, many young people take drugs out of curiosity. They want to try them and understand the different feelings they can have. Then, they want to fit in with their peers and friends. Moreover, they use drugs as a means to escape from reality and the disadvantaged environment they live in. Lastly, they take drugs as a rebellious act against their parents and some might even think taking drugs can help them keep fit.

There are some solutions to this problem. For example, more public and school education is needed to inform the teenagers how serious the effects of taking drugs are. Also, parents, teachers and social workers should be given more training to help them spot the teenagers who are with the wrong crowd and are more vulnerable to peer pressure. I suggest that the government do their best to cut off the drug supply and break down the triad activities to prevent the teenagers from taking drugs. Moreover, we can set up outreach programmes to seek 'hidden abusers', in order to help them.

Young people themselves, their families, the community and the government can do many things to tackle the growing problem of drug abuse among young people. For young people, they should understand that by taking drugs, their problems would not be solved and their unhappy feelings will not go away. Families should cooperate with schools and support the programmes and policies that help teenagers stay away from drugs.

For the community, all citizens should accept reformed drug abusers and offer them opportunities to start a new life. Also, companies should employ them for work. For the government, it should fund more rehabilitation programmes and set up special rehabilitation centres for young drug abusers.

To conclude, as drug abuse causes serious and harmful consequences, teenagers should stop abusing drugs, and stay away from them.

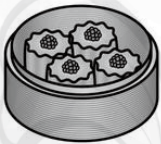
My Favourite Festival

4B Samantha Chan Hei Yi

There are so many festivals in a year and all of them have a special meaning. For example, Christmas is to commemorate the birth of Jesus. Easter is to commemorate the resurrection of Jesus and so on. I guess among all of them, there's at least one festival that means a lot to you. For me, it's Mother's Day. It is the most meaningful and enjoyable festival for me.



Mother's Day falls on the second Sunday of May every year. On 10 May 1908, Anna Jarvis, three years after her mum's death, held a memorial ceremony for her mom and other women who died at Andrew Church. Most of these women were nurses before they were all killed by the same murderer. After holding a memorial ceremony, the daughters and sons of the murdered women all requested the US government to set that day as Mother's Day so as to honour their mothers. Eventually, the US government agreed to do so.



On Mother's Day, most Hong Kongers love to go to 'Yum Cha' – enjoying breakfast or brunch in Chinese restaurants. People go to Chinese restaurants to have breakfast or brunch with their moms and enjoy 'Dim Sum', such as egg rolls and shrimp dumplings. Mother's Day is the day for us, the daughters and the sons, to show our gratitude to our mums. Mum is the person who gives birth to us, does anything for us but never asks for anything in return. They always stand by our side no matter how naughty, stubborn or foolish we are. We have all been carried around in their tummies for 9 months but do we know how much pain they had suffered? When they were giving birth to us, the pain which they experienced was indescribable. It is horrible, even inhumane for human beings to suffer and tolerate such pain but our mothers never grumbled one bit!

My mum is not a housewife. She has to work in an office from 8 a.m. to 6 p.m. In the past, she was a piano teacher. But after I was born, she gave up being a piano teacher and started her career in the tourism industry. She has already sacrificed so much for me. I really want to say ‘I love you’ and ‘thank you’ to her for a thousand times and give her a big hug every morning but as she works hard and seldom stays at home, I don’t see her too often. Therefore, every year, I write her a card and cook her a very good meal on Mother’s Day. That’s what I can do to make her feel happy now. I love my mum and she is the only one I promise to take good care of forever.



Mums give their best to their children but never ask for anything in return. What should we do to show our gratitude to them? Just write them a card, treat them to a meal, help them finish the housework and study hard. Then they will feel happy and satisfied. So, don’t feel embarrassed when you want to say ‘thank you’ or ‘I love you’ to your mothers. Mother’s Day can be an excellent occasion to remind us to thank our moms and that’s why it’s my favourite festival!

WORLD'S
BEST
MUM

My Superhero

4B Samantha Chan Hei Yi

What is the definition of superhero? How can one become a superhero? Must a superhero always save people from danger like in the movies? I think there is not a single definition what it is! What I believe is that everyone can be a superhero. So, who is mine?



Quincy is studying in the same school and in the same grade as I do. We have known each other for almost three years and she is my best friend. We have gone through many things together and every time I have a hard time or when I am feeling blue, she is always there and stands by my side. One day, something horrible happened and yet she was there as always. In fact, she even saved me from being turned into a newborn vampire.



On the first day of my secondary four school life, I found that all the pupils in my class were vampires. How did I know that? I could tell from their fangs, cloaks, and the bloodstains on their lips. I was just a normal human being with virgin blood. Unfortunately, that was why I got into trouble. When I stepped into my classroom, my classmates kept staring at me and I felt desperate and helpless. I had no idea who in the school could give me a helping hand at that moment.

Gosh! They were moving towards me. ‘What can I do now?’ I asked myself. At that moment, there were two options in my mind. One was to run for my life, and the other one was to pretend that I was calm and nothing was happening. I had no time, and I was almost within their grasp. Suddenly, Quincy came and gave me and the vampires a great shock. I didn’t even know she was a werewolf until she showed me her real identity, a werewolf with grey fur. ‘My god!’ I said to myself again. I didn’t know how Quincy could know

I was in danger. But then, I remembered that in 'Twilight', werewolves were very sensitive and would feel nervous when vampires were trying to hurt human beings.

As everyone knows, werewolves and vampires are enemies. Quincy and the vampires were no exceptions. They kept looking at each other and making sounds like 'hoola' and 'hoow'. After a while, they started to fight with each other. Quincy kept biting the vampires' heads and necks until they all died and fell on the floor. In just a few minutes, Quincy killed ten vampires but there were still a lot of them. The vampires tried to hurt Quincy with their fangs but they couldn't. They soon realized that Quincy had super powers. Those wounds on her body could heal in three seconds. The vampires were all shocked by Quincy's super powers but they still kept trying to hurt her. Fortunately, Quincy killed all of them with her super power eventually. She saved me from being a meal for the evil vampires and being turned into a newborn vampire.



Quincy is definitely my superhero. I'm just a normal and innocent human being but she is still willing to be my best friend and protect me. Also, when I was in danger, she didn't give up on saving me though she was fighting alone. If I were Quincy, I might not be so brave. That's why she is always my superhero and best friend.

My Views On Smart Cars

4C Chole Ho Suet Mei

Some people consider Smart cars to be the answer to all our transportation problems. While I believe that Smart cars do have some advantages, they are nevertheless highly overrated.

First of all, Smart cars are highly impractical. They are usually only 2.5 metres long, less than 1.5 metres wide and about 1.5 metres tall. Smart cars are smaller than normal cars. For this very reason, I strongly believe that they are not suitable for tall people. I can't imagine that if a man who is 180 cm tall or above driving Smart cars on the road. The car is just too small for him! His legs will be very stiff if he is to drive for more than half an hour.



Like the driver, the passengers feel like sardines packed into a tin. Normally Smart cars can accommodate no more than two people. I understand some people think Smart cars are more environmentally-friendly when compared to traditional cars, but obviously Smart cars are insufficient for big families with more than three members. Is it possible for a family of five to go out in a Smart car? Certainly not. Those who say 'yes' probably imply taking several trips. They need to drive back and forth four or five times to take everyone to the destination. It will waste a lot of precious time which can otherwise be used for more meaningful family activities.

What's more is that Smart cars are not designed for long-distance journeys. The battery capacity of a Smart car is not long-lasting enough for a lengthy ride. In other words, it needs to be recharged frequently. They cannot run for a long time. Therefore, Smart cars are not suitable for people who are always on the go either, because they



are busy. If travelling long distance and the battery is not fully charged, accidents may occur. It costs a lot of money and could even pose risks to the drivers and passengers' lives.

One more disadvantage is the high price of the Smart car. As it is still a new invention, they are very expensive. But some people might buy one just to show off how trendy or rich they are. It is too expensive and impractical for the average person.

In fact, the Smart car not only has a bad design, but is also unsafe. Its small size and design make it a death trap. It is totally different from traditional cars. With an unnoticeable size, Smart cars are easily overlooked on the road, putting the driver and passengers in great danger.

To sum up, Smart cars are impractical and should by no means be considered an answer to our environmental problems, as claimed by Smart car manufacturers. There is a long way before they become a viable alternative to traditional cars.

My Hero: Batman

4D Annette Suen



Some people's hero might be their parents, teachers or friends, but mine isn't. My hero is a member of Justice League. Who is he? He is Batman – the mysterious man.

I started watching the cartoon series of Justice League when I was small and I have always been a big fan of it. When I was watching the cartoon, Batman always caught my eyes. He catches criminals, saves people in Gotham City and helps his teammates when they are in great danger.

You may wonder why I don't admire other super heroes but only Batman. It is because he is different from others. The real name of Batman is Bruce Wayne, who was the first superhero who didn't have superpowers when he was born. Why did he become a superhero? In his childhood, Bruce and his parents, Dr. Thomas and Martha Wayne, were walking along the street one night. A thief called Joe Chill killed his parents with a gun. His parents died in front of Bruce and Bruce developed mental problems after their death. He became frustrated but did not give up on himself. He decided to seek revenge and hence turned his fear into strength in defeating criminals. Ten years after his parents' death, he started training himself in Europe. He joined the training of martial arts, criminal investigation and psychology, aiming to get ready for his future action. Finally, he became a superhero.



Bruce is an intelligent person. He has an abundance abundant of knowledge in science. His Batsuit is designed and made based on the scientific theories. Also, he is very brave, kind and full of courage when facing enemies! I love this character not only because of his intelligence, persistence, courage and charming

appearance, but also the inspiration that he gives me. He was not born with superpowers but he is still so successful.



There is a well-known saying of Edison, ‘A Genius needs one percent of inspiration and ninety-nine percent of perspiration.’ I totally agree with this. Even though Batman was not a superman when he was born, he has succeeded in bringing peace to Gotham City. Why can’t we? Even though I am not talented in some subjects but I know I will succeed one day if I put more effort into improving my weaknesses. That

is the inspiration that Batman gives me. Sometimes when I feel frustrated, I just think of this point and I’ll be happy again.

Some may think it is crazy to admire a comic character as my hero. I don't agree with this. He helps me a lot when I feel depressed, so I admire him as my hero. Indeed, he is a true hero.

Don't drink drive

4D Carol Au Sin



What possesses a person to get behind the driver's seat of a car and drive intoxicated is always asked when a drunk driver is involved in a drinking and driving accident. Many people drink and drive without thinking about the consequences. The majority of fatal car crashes are caused by alcohol related incidents. People drinking and driving not only put themselves in danger, but also the lives of the pedestrians, and our society as well.

Deaths in car accidents are often alcohol-related. People who drink and drive have a greater chance of getting hurt in accidents when they are sober. Not only do people risk their lives while drinking and driving, they also put other people's lives in danger, particularly with pedestrians. According to a survey released in 2011, more than ten thousand people died in drunk-driving crashes. That means, drink-driving can bring about disastrous consequences to victims, who have either been killed or seriously injured in accidents.



Drink-driving can be very disastrous. On crowded roads like the ones in Hong Kong, the consequences of drinking and driving will be very terrible because of the busy traffic. The security and stability of our society will be severely affected should there be any major accidents. In order to address the drink-driving issue, government should strengthen the law enforcement measures and urge drivers not to drink and drive through TV commercials. In fact, the minimum penalty for people who drink drive should be raised to at least one year of imprisonment.

If your friends or family have been drinking, you should persuade them not to drive so as to protect the life and future of all road users. Let's construct a safer Hong Kong!

Letter: My Dream Job

5A Lam Nok Kan

Dear Pat,

How are you? I have attended a talk about work experience at my school recently. Let me tell you what my dream job is.



Ever since I was young, I have wanted to become a pharmacist. It is my dream job because I can serve many people and earn a stable living at the same time. As I know, the starting salary for this job is about thirty thousand dollars and it provides good career prospects. It is enough for me and my family's expectations. That's all I want. Most people assume that it is not difficult to work in a drugstore. Let me tell you what a pharmacist is required to do. A pharmacist needs to understand the functions and side effects of different kinds of drugs or medicine, communicate with customers and patients, and provide appropriate advice and information to all enquiries. He or she must understand customers' needs thoroughly and follow prescriptions precisely. As a matter of fact, it is a very demanding job.

It is not easy to get a pharmacist's qualifications and complete the pharmacy courses. After finishing a bachelor's degree, I would need to complete an internship in a drugstore. Then I would have to pass all the examinations held by the PHARMACY & POISONS BOARD OF HONG KONG. Although getting qualified is very difficult, it is my dream career. I will try my very best to meet all the requirements and pass all the examinations.



My father works in a drugstore. He always tells me about a pharmacist's major responsibilities. I have learned a lot from him. In the future, before I obtain the qualification, I can help out in his drugstore. I might not get much of a salary

from my father, but I will be very glad to relieve some of his stress.

I think I am suitable for this job because I can remember most drugs' functions and effects after going through the descriptions labelled on the packaging. I am confident of completing the internship, and I am sure I will manage my job very well. I will make sure that I'll not make any mistakes when I am serving my customers and patients.

Helping and serving people is what I want to do, but I don't want to be a doctor as I faint when I see blood. If I can be a pharmacist to help sick people by dealing with prescriptions and managing a drugstore, I will be very glad and I will treasure the opportunity very much.



So, becoming a pharmacist is my dream. I will work hard and strive my best to be a good pharmacist. If I cannot be a pharmacist, it's still fine for me to have another job that helps others. So, maybe next time, you can tell me what your dream job is and describe it to me. See you then!

Yours,
Ken

Letter: My Dream Job

5A Florence Ng Uen Man

Dear Pat,

Hello, how are you? I haven't heard from you for a very long time! I recently attended a talk about work experience hosted by some students from my school. I got some ideas after the talk and started reflecting on my career plan.



I used to think that being a nurse was amazing. However, after listening to the talk, I realised that I couldn't bear the stress of looking after hundreds of patients at the same time. It may drive me insane! So, I started thinking about what I really want to do when I grow up. 'What do you want to do when you grow up?' is something that all primary school students have to write about, but I wasn't serious enough when I was young — every year I would tell my teachers a so-called new dream job, be it astronaut or teacher. Now, after careful consideration, I have made up my mind, and I want to become a news anchor when I grow up.

At first, I thought that being a news anchor was monotonous and bland, but after I did some research on this profession, I realized it is extraordinary and amazing! First, I'm going to tell you what I need to do after I become a news anchor. This is a job without boundaries. A news anchor may need to work around the clock and all over the world for some special reports or breaking news events. News anchors need to edit the news, report the news and comment on the news which they need to report. They are required to compete with time because news is a report of recent events, and it must be reported in due course!

Now, let me tell you about the requirements to be a news anchor. Basically, a news anchor must be punctual, patient and keen on exploring the truth. If a person can't fit these requirements, then he or she isn't cut for the profession. Apart from the qualities mentioned, it's necessary for news anchors to have a nice appearance with a natural affinity for people, and a clear, firm and well-articulated voice.

Besides, news anchors must be humble and confident and have the ability to work and cooperate with his or her crew and other people as well.

Although it seems that becoming a news anchor is really difficult and challenging, I am not afraid and I will not retreat, as I have made up my mind. I'm confident that I can face all the challenges and overcome all the obstacles lain in front of my career path.

To realize my dream, I will try to communicate with people from different walks of life. I will also try to widen my horizons by visiting different places. I believe that my wisdom and ability will grow and I can deal with any problems from now on. I hope that you can also think about what you want to be in the future because life without a goal is meaningless and we need a dream to fight for and live for!



Yours,
Florence

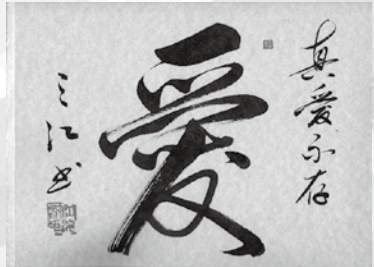
Debate Speech: ‘That Hong Kong should move to using Simplified Chinese’

5A Sunny Cheung Chui Yat

Good afternoon. I’m Sunny. The 2nd speaker on the negative side. Let me first respond to our opponent’s ideas.

The affirmative side claims that simplified Chinese could help with the problem of illiteracy. This might be true for rural areas in China, where many students find it difficult to even go to school. However, Hong Kong does not have this problem since there is a high school enrollment rate in Hong Kong with free education offered by the Hong Kong government. A figure from the Education Bureau states that nearly 100% of the people in Hong Kong have received basic formal education. We can see that illiteracy does not exist in Hong Kong, and there's no point for Hong Kong to move to using simplified Chinese from traditional characters.

Let me move on to build our side’s case. traditional Chinese characters are often used as the standard characters set in Chinese calligraphy in Hong Kong, Macau, Taiwan and overseas Chinese communities. It is also allowed for calligraphy in the People’s Republic of China, presumably because of its aesthetic value. A strong preference for the aesthetic of traditional characters among Mainland Chinese has resulted in their significant usage in artistic work, signage, advertising, and internet screen names. Simplified characters, such as ‘door’, look like the informal handwritten form, and they look as improper and out of place, as cursive would look in printed English.



Let’s also have a look at the bigger picture. The two SARs of Hong Kong and Macau are responsible for their domestic affairs which include their own cultural policies. The ‘One Country Two Systems’ principle exempts the SARs from

mainland laws, which mandates the use of simplified characters in publishing and Mandarin in public education and most broadcasting.

The principle is to address the fears of Hong Kongers and to give assurance



to them to build up their confidence in a post-handover Hong Kong. Based on the principle, Hong Kong can retain her established system for at least 50 years, which includes continuing the use of traditional Chinese characters and Cantonese, both of which are seen as an important part of Hong Kong's culture.

It reflects that Beijing understands that it is the will of Hong Kongers that the language and characters remain the ones that Hong Kongers are familiar and comfortable with. Yet, if Hong Kong were to follow what the affirmative side is proposing today, all that we have built up would be shattered.

We always ask ourselves – What are Hong Kong's core values? This, ladies and gentlemen, our unique identity and culture, is Hong Kong's core value. Our independent culture, and more importantly, our language, which is rooted deep in our heart and soul, reflects our identity. Should this be taken away, and be homogenized as just another ordinary city in China, Hong Kong, our beloved city, I would say, would cease to exist.

Incineration: To Build Or Not To Build?

5B Tracy Chan Sheung Yee

Incineration is a thermal treatment technology used to reduce the volume of waste. It is widely used around the world. But some do not support this idea because of the fact that an incinerator's construction and operating costs are very high. Also, it causes pollution.



First, we should have some insights into the benefits of building an incinerator. There is a great variety of merits to building one. First of all, from an environmental aspect, it eases the problem of landfill overload. Landfills in Hong Kong will be saturated in two years. With such a great amount of waste disposal, incineration technology can ease this problem. According to the website of the Environmental Protection Department, it reveals that incineration technology can typically reduce waste volume by over 90%. Even the residues after incinerating can be reused as building materials, which means that there will not be any waste going into the landfills.

Moreover, from an economic aspect, building the incinerator can boost tourism in the vicinity. According to the proposal, the government is going to invite some world-



renowned artists to decorate the façade of the incinerator. If it is unique and attractive enough, the building can become a tourist attraction and plenty of tourists will come and visit.

It increases the vibrancy of that place. Take the Spittelau, an incinerator in Vienna, as an example. It was designed by Frieden Hunderwasser, who went away from the traditional idea of an incinerator of being a serious functional building. He drew colourful, vibrant designs on the façade. It is like a wonderland out of a fantasy story. The view is also different when seen at day or at night. In the end, it has become a popular tourist spot and the attractiveness of Vienna has increased. From this, we can see that building an incinerator can generate income from tourists.

From a social aspect, it helps to relieve the unemployment problem. Building an incinerator can create a large number of employment opportunities. With more people employed, their quality of living can be improved.



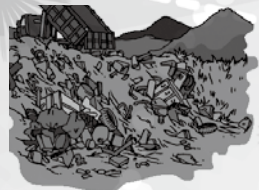
Nevertheless, there are ideas from the opposing side.



Let us get a glimpse of the numerous drawbacks of building an incinerator. First of all, from an economic aspect, there is the high cost with construction, operation and residue treatment. The government cannot spend the money on other aspects which are more worthwhile and pressing, like education and fighting poverty. Building an incinerator requires from about several up to ten billion dollars. According to Sina news, building the incinerator in Shek Kwu Chau needs about HKD 182.2 billion. Also, the processing costs and the operating costs are very high. According to the report from 1994 in Syracuse, processing one thousand tons of waste needs about HKD 130 million and the operating expenditure is HKD 350 million per year. It is a large expense for the government and taxpayers. Furthermore, the residue from the incinerator made is poisonous so it must be disposed before we reuse it. In Midwestern United States, the average cost of processing one metric ton of toxic waste is USD 210, but common waste only costs USD 23. The cost of processing the toxic waste is higher than the cost of processing common waste by about 10 times. With all the toxic residue that an incinerator produces, and all the operating costs, having an incinerator creates a large financial burden.

Moreover, considering the health of the people. An incinerator would affect the health of the whole society as it produces dioxin. Domestic waste is really complex and when broken down, it produces a lot of dioxin. According to a report, one kilogram of waste includes about 255 nanograms of dioxin. If the incineration temperature is too low, the dioxin will be released as carcinogens and it affects our health. The government would have to take steps to make sure that this would not happen.

For the people who approve the project, they only consider the environmental and economic benefits. The people who oppose the incinerator worry about the financial burden and the possible health problems. In the end, I believe that both sides have their merits. I suggest that the government needs to first consider whether there can be sustainable development before they decide whether to build it or not. I hope there could be better waste-management policies so that our society would become better with or without incinerators.

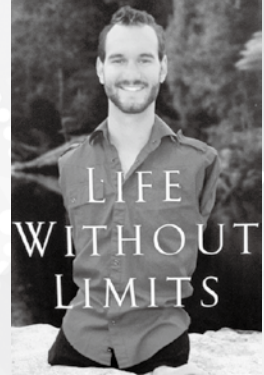


Book Report: Life Without Limits

5B Yvette Chan Wing Tung

This is a book report on *Life without Limits*, by Nick Vujicic. I started noticing this inspirational person after watching his video on YouTube. His perseverance excites me a lot, so I bought this book to know more about his life story.

This book is written by Nick, who was born without arms or legs. This is an autobiography about his life and how he encourages people who are dissatisfied with their lives.



Though born without arms or legs, Nick thinks that it is not a big problem. He used to blame himself as he thought he brought trouble to his family. He understood that he could not take care of himself like normal kids, and he needed to depend on his mother to look after him. But nowadays, he is more than willing to accept his defects and he even self-deprecates himself by calling his degenerated leg his 'little chicken-foot'. He uses this to carry out his daily tasks, like carrying things around. He can do things that you would not think possible, like writing and swimming.



He was always discriminated against by his schoolmates when he was small, just because he was a physically-handicapped person. He used to be sad about his defects but as he grew up, he accepted this fact to the point that he is able to make fun of it. He once stood in front of a shop mannequin to disguise himself as an underwear model. Once someone walked by, he would move himself to scare them. Other than enjoying his life, he also started giving speeches all over the world, encouraging people by telling them about his life story. He lives his life to the fullest.

This book is quite good. It is about a person who overcomes his disability with optimism and courage. It made me reflect on my life a lot. First, I believe we should tackle our problems head-on but not run away from them. In Nick's case, he took control of his life and conquered all the difficulties that he met. He managed to do many things that we would assume people with his physical ability would never accomplish, because he never gave up. Yet, to normal people like us, we always give up without even giving it a try. This is a big encouragement to us.

Second, we should always stay positive and strong. We often come across something that annoys us, or even have extreme thoughts. Some under huge pressure might even choose to end their lives. However, Nick tells us that life is precious. Once you end it, you will never have the chance to get it back. When faced with decisions like



this, we should try to imagine how hurt and sad our parents and friends would be. I often see some reports of teenagers committing suicide. They have sadly lost their chance to enjoy their life. There is always a bright side to everything, so we should never go to these extremes. Tackling our difficulties may be hard, but we should not choose to give up our precious life. There are many people in the world who are less fortunate than us, so we should face our troubles positively and embrace them just like Nick.

Third, we should be brave at all times. When we look at Nick, even with all his defects, he still gives speeches around the world bravely. He also overcame his low self-esteem when he was a kid and stands on stage confidently. He always tells us about how he overcomes his obstacles and faces them. We should be as brave as Nick. I used to be afraid of standing on stage and sharing my ideas with others, but now I am brave and confident even when talking with strangers.

I like this book a lot. I believe everyone will enjoy this book and Nick's inspirational story. I would highly recommend this book to my family and friends.

Letter: Summer Job Interview

5D Connie Ho Chui Yan

Dear Mary,

How are you? I'm so glad to receive your letter about your job seeking experience last time, but now I also want to tell you about mine. I feel so depressed about it.

I went on a summer job interview last week but it went badly and I failed to get the job. Last week, I went to an office in Central to have an interview for a receptionist. When I arrived, I saw a lot of people waiting for the interview. Most of them concentrated on studying the notes they had prepared. I was shocked at that moment as I had not prepared anything for the interview. I thought it was only a summer job and it wouldn't be difficult to get the position. Was I ever wrong! Another horrible thing was that I only wore a pair of jeans and a t-shirt while everyone was in formal wear. Seeing there was nothing I could do, I sat down in the corner of the waiting room and waited anxiously.



After waiting for an hour, I went into the interview room when someone called my name. I was so nervous that I forgot to knock the door before I entered. When I noticed that I would be interviewed by three people, I was so scared. I had not thought it would be so serious. Of course, I didn't do well in the interview at all. I spoke very softly and was too nervous to smile. I was not confident at all. So in the end, I didn't get the job.

It was an unforgettable experience. I only blamed myself after the interview. I was too relaxed and did nothing to prepare for the interview. After this experience, I came up with some possible ways to ensure that I would do better next time.

First of all, I should pay attention to my appearance. I should wear a formal skirt or dress in order to show that I am serious about the job. Second, I can find out more information about the company and the position that I am applying for beforehand. Furthermore, I should practice introducing myself in front of the mirror. Besides, I should state not only my personal information, but also my strengths to let them know why they should hire me.



Before the interview, I should tidy up not only my clothing, but also my hair. It would show my respect for the job and the interview. I should knock on the door and wait for a response before I go into the room and show confidence in myself. However, the most important thing is to smile more during the interview and make eye contact when they are speaking. It can show that I am friendly and amicable. Besides, I should speak louder so that others can hear me. Being confident is necessary in any interview.

I think if I can do all of the above, I will definitely do better next time. Do you agree with me?

It's time to stop now. I still haven't done all of my homework. I'm looking forward to receiving your email. Goodnight!

Best wishes,
Chris Wong

Letter to Editor: Animal Cruelty

5D Ethan Leung Lok Wei

Dear Editor,

My neighbours have recently adopted a few pets. It is supposed to be a great thing but they treat the pets badly and disdainfully. I feel worried about the pets' situation and their safety. I also do not want these pets and others to suffer from these horrible and immoral tortures again. So, I would like to express my concerns and provide details of some incidents of abuse I am aware of to raise public's awareness.



I am a person who love animals and never mistreat them. When I have learnt that my neighbours do not really care about their pets, I was so angry and went to stop them. But they ignored my concerns and continued as before despite the fact that I had warned them I would make a formal complaint. Last week, I walked by my neighbour's flat again and I saw that the pets were living in nasty cages which are extremely tiny. They could not get sufficient space to move freely. Some of them looked sick and exceedingly dirty. Their masters usually ignore them, no matter how loudly they shout. What unkind and awful masters they are! I wanted to help the pets but I was so helpless and not brave enough to save them on my own.



Moreover, I have seen some teenagers abandoning their pets in the street and tying them up. This is the meanest thing I have ever seen! Not only could they not find any food to eat, but also could not escape if there were dangers. For instance, when the weather becomes bad, they cannot go to find shelters to avoid getting wet. Even worse, they might be attacked by other animals and cannot run away because of the ropes.

These kinds of animal cruelties are bitterly common in our society. For the sake of reducing this phenomenon and alleviating the pain and suffering of those poor animals, I would like to suggest some plausible ways to solve this problem.

Our government should give out harsher punishment to people who mistreat their pets. In addition, more campaigns should be held to promote animal rights and that it is the owners' responsibility to treat their pets well. There is no denying that many unkind owners are still torturing and neglecting their pets. Therefore, the government must take actions as soon as possible before this situation gets out of control and more pets are tortured.



Yours faithfully,
Chris Wong

Overseas Study Trip

5D Gloria Yiu Chung Yan



Recently our school recently received a grant from the government and the Principal has decided to use the money on overseas trips for students. This seems like welcoming news for students who love to travel but are unable to afford the expenses while some have reservations about this usage. Is spending the grant on overseas study trip really a good way to use the money? In the following essay, I would like to discuss the advantages and the disadvantages of the decision.

One of the advantages of having overseas study trip is it can help enhance students' knowledge. Under globalization and with Hong Kong being a financial hub, we can easily have chances to communicate with people from all around the world. However, we don't really know much about other parts of their life and very often the information we get on the internet may not be entirely accurate. What is a better way to learn more than visit the real places and talk to the real people? Since most overseas study trips will arrange students to have home stay experience, students who join the trips can interact with local families and learn more about their culture. Therefore, having overseas study trips can help students to enhance and enrich their knowledge in an interesting way.



The second advantage is that these study trips can give students more opportunities to use English. It is said that the best way to improve your English is to live in an English-speaking country. In Hong Kong, most students will not speak much English in their

daily life except in English lessons. So, students are not used to speaking English all the time. However, having study trips in an English-speaking country will give students more chances to use English in an authentic environment. Besides, students will also have English lessons there, so they can learn English in a more comprehensive way. As a result, students can listen and speak English more.

The third advantage of study trip is that it can train students to be more independent. Due to the decrease in birth rate, more and more children in Hong Kong are becoming ‘spoilt children’. Most parents do everything for them and some of these children don’t even have basic life skills to care for themselves. Having overseas study trips can therefore help them become more independent. As parents will not be hovering over them, they will have to do simple chores like washing their clothes and cleaning their rooms. This may even help them enhance their problem solving and communication skills as they would have to cooperate with the host family.

Apart from the above advantages, there are also disadvantages that need to be considered before organizing these overseas study trips.

First, overseas study trips are expensive and not every student can afford it. Although we can use the fund from the government to sponsor them, an overseas study trip in an English-speaking country usually costs over twenty thousand dollars. As this fee only covers air ticket and accommodation, expenses like transportation and food may not be included. Consequently, even if students are subsidized by the government, they would still have to pay for part of the cost. The students from poor families will definitely not have a chance to take part. Then, how can all the students in our school benefit from overseas trips?

Second, overseas trips may disrupt our school’s learning schedule as they are sometimes held during normal school days. If many students from the same class joined these trips, some



teachers would not be able to follow their teaching schedules. Students who have joined the trips will also lag behind others. While in some cases, it would be the students who are affected as some teachers might have to accompany the students on the trips. As a result, overseas trips will disrupt both teachers and students' school lives.

All in all, overseas study trips have both advantages and disadvantages. I, however, think the advantages outweigh the disadvantages because overseas study trips are beneficial to student's future life and career. It may even increase the students' confidence in speaking English, especially for those who are weak and lack interest in the language. No matter what the final decision is, I would like to remind the school to think twice before making the final decision.



Letter: Back To Hong Kong

5D Queenie Lee Kwan Ting

Dear Peter,

How have you been? Is it nice and sunny in New Zealand today? I am finally back in Hong Kong after seven years and I am dying to tell you about the changes here after so many years.

As you know, I left Hong Kong in 2008 to study in New Zealand. At that time, Hong Kong was still a beautiful city. Full of trees and birds, but also people and cars. Though crowded as Hong Kong was, I still loved it because I was not new to this city. The city still belonged to me as lots of my friends and happy memories were here.



I have, however, changed my mind after returning to Hong Kong. I found that my beloved Hong Kong is gone. All the trees and birds have disappeared. All there's left is just the numerous crowds, countless cars, columns and columns of skyscrapers; the unclear sky, the dirty air and the rubbish that surrounds me wherever I go. I cannot help but wonder why Hong Kong has become like this. Maybe seven years cannot only change a person, but also a city.



When I left the airport, the first thing I did was call my best friend Kelly, because I miss her very much. When I met her at the restaurant where we often visited, I was very worried when I saw her. Kelly looked as if she had just got out of the hospital. Much of her face was obscured by a large mask. I asked her why and she told me that she was not sick at all. In

fact, she might even be the healthiest person in the city.

As many citizens are inhaling the heavily polluted air every day, lots of them are suffering from lung diseases and cannot work or function normally.

She also told me that the landfills have already been saturated. Unfortunately, incinerators could not be built in time to meet the demand, so the rubbish has to be placed next to the residential areas despite complaints from the public. Therefore, there was a nasty stench hanging over the city. How sad and ugly the rubbish moors are!



Before I got home, I went to a shop and bought a newspaper with a shocking headline – ‘Hong Kong – The Dying City’. I didn’t understand why at first until I read the front page story. It basically said that rich people, both locally and internationally, are not investing in Hong Kong anymore due to the bad environmental factors. Also, the economy has been seriously affected and Hong Kong is not a good place for business and investments anymore.



After I got home, my mother and father were just lying on the bed sleeping. I think they are really sick now because of the environment and the polluted air. Now, I am sick of Hong Kong’s environmental problems, what people are like here and the gloomy atmosphere in Hong Kong. The city is not the only thing that is dying; all of its citizens are also dying slowly. I feel so helpless about this. Peter, can you tell me what I can do here? Do I need to return to ‘your country’, or should I stay at ‘my country’? I see no way to stay healthy living here anymore. The only way to be healthy is just to run away to another country. Peter, I feel puzzled. What should I do?

My dearest friend, I hope you can write back soon. I’ll be waiting for your letter!

Love,
Chris Wong

Letter to Editor: The West Island Line

5D Alvin Yau Kwong Ming

Dear Editor,

Passenger service by the MTR West Island Line will commence in the following month. While some hold the belief that it brings a lot of advantages, it can also be detrimental to our society. As a resident of Sai Ying Pun, I would like to voice my opinions on the issue and the reasons why I think this will bring us drawbacks.



Firstly, one disadvantage is the severe pollution that the residents living in Western district has been suffering during the construction of the line. There have been two kinds of pollution brought about, one being air pollution, and the other noise pollution. As a resident living on the 20th floor in one of the buildings there, I find the situation overwhelmingly annoying. The construction work never stops on weekdays! When I go back home from work at 5 pm, I still find the workers at work. This would not have been a problem if the government had done something concrete to alleviate the situation, like building better soundproof facilities or put up some noise barriers. Yet, I have been hearing noises from the construction equipment and operations almost day and night even though the government had promised us they would take preventive actions. This in fact brings a lot of disturbance to us, as we always have to close all the windows in the house and cannot stay in the neighbourhood.

Many people are under the illusion that public transports like bus and minibus release much more pollutants than the MTR does. Thus, commencing MTR service in the West Island Line will be able to alleviate the pollution problem in an effective way as more trains are used instead of the buses. In reality,



the West Island Line is not really helping out as efficiently as we may think. There are varieties of public transports in Western District which have a large passenger capacity. Unlike what we think, not many pollutants are emitted by these transports. Nearly all cars in Hong Kong are installed with catalytic converters, which in fact help covert all the toxic gases like carbon monoxide and nitrogen monoxide to harmless gases. Besides, the fuel we use for driving cars is unleaded petrol and with less sulphur content. In other words, public transports like buses do not really release pollutants, and there is no need to have the MTR service in this area just for the sake of alleviating the air pollution problem. However, the pollution problem created during the construction process is something that cannot be avoided. Thus, the pollution problem can in no way be overcome.



Lastly, and being the major reason why I do not welcome the West Island Line is it will bring a new era for Western District. We all know that convenience is always the largest incentive for investment. With the new line being built, many investors are attracted to this area and the property prices are already escalating. Worse still, many small shop owners are not able to afford the heavy rent and thus have to close down. That is to say, many shops that is vital to the collective memory of the residents like ‘cha cheng tang’ will be closed. Large chain stores will take over instead and then the unique culture here will disappear altogether.

If I were not the one living in Western district, I might in all ways agree to the development of the new line. Yet, while I’m the one who is living under so many dilemmas because of the new line, I think the cons outweigh the pros to a large extent. Shouldn’t the residents of Sai Ying Pun be consulted before the government allowed its construction?

Yours faithfully,
Chris Wong

Debate Speech: ‘That non-residents should be banned from the secondary housing market’

5D Alvin Yau Kwong Ming

Good afternoon teachers and adjudicators,

Today our motion is ‘That non-residents should be banned from the secondary housing market’. As the first speaker from the affirmative side, I firmly believe that today's motion is under all circumstances justifiable.

To begin with, let's talk about some common cases in Hong Kong. Imagine that you are going to get married soon, but you still cannot try to own a flat with your partner. Or, let's say even if you are not planning for marriage, it is still impossible for you to get your own house even after working for many years. In fact, many Hong Kongers are facing this dilemma now.

Our side is proposing this solution to hopefully help Hong Kongers improve their prospects. We define the banning of secondary housing for non-residents as only a short-term policy, and it is to benefit the whole of Hong Kong, including the government and Hong Kong residents.

We believe this action will result in a decline of refugee capital, a kind of investment brought in by the non-residents, and thus lower property prices. Such a policy has already been implemented to curb the rise of property prices in some countries, such as Australia, Switzerland and Thailand. I'm going to start with the first point that this policy is conducive to the residents, particularly the middle class, and my team will continue with the rest.

The first and foremost benefit of this ban would be a decrease in the local property price. Foreigners would certainly be less interested in property-related



investments in Hong Kong, as many of them like to buy secondary properties for investment due to their lower price. However, when the secondary housing market is banned for foreigners, they are not able to buy them. The demand for secondary housing will drop, and the increase in housing prices will thus slow down, cooling down the whole market. This, in fact, is beneficial to especially the middle class. According to a survey done by the Chinese University of Hong Kong, 70% of middle class income is used on daily necessities, including housing. It indicates that it is hard for them to save sufficient money for buying their own flats, let alone deal with the rapidly increasing housing prices because of the foreign investments. When foreigners are banned from the secondary housing market, it will get easier for the middle class to have their own property.



We must bear in mind that housing is a basic need for all human beings, not a luxury. Trying to own a flat is definitely a cause of desperation to most people, as the middle class would have just the same headaches when renting a flat. They face problems like an unstable living place and the unreasonable rise in rents.

In addition, the Chinese mindset that men have to have their own place before marriage also made it a must for men to have a flat of their own. Therefore, it is preferable and essential for them to buy their own houses. You may say that they can buy primary houses, and by doing so, this policy could not help the middle class. However, many first-time house

owners tend to buy secondary flats instead, as the price for secondary housing is much lower and they are more affordable. It is therefore clear that a ban on the secondary market would help a lot of first-time house-owners in the middle class.

And now let me pose some queries to the opposition's stance.

In what ways do you suggest that people can fulfil their own housing need if this policy is not implemented? Remember – public housing is not an option for the middle class. Another thing is,



how can we cool down the housing market? Ultimately, in what ways can you improve the living standards of the middle class, a group that is often neglected by government policies?

After all, land resource in Hong Kong is scarce and the middle class cannot help but rent flats that are in a bad shape, and some even have to live in subdivided houses. Actions must be taken to let them have their own flats as soon as possible.

Based on the above reasons, it is apparent that today's motion must stand.

Love And Sacrifice

5D Alvin Yau Kwong Ming

‘Wish you all the best in England,’ I accepted the fact eventually and ended my last conversation with my older brother, Brian, at the airport last night.

The story started a few months ago.

My brother and I were still studying in the same college back then, and my mum came up with a decision that surprised both of us. ‘What do you two think about studying abroad? Dad and I had a long chat and we have decided to let you two finish your education in the UK.’ Her serious



tone shocked the two of us, as mum usually objected to spending money on any unnecessary things, let alone consuming almost the whole family fortune on our study. Realising that she worried about our future a lot and always tried to give us all the best, we felt very touched and at the same time grateful to have such a considerate mother.



We had been on cloud nine for days, until a piece of bad news made us come to our senses. ‘Kids, I’m so sorry to tell you that one of you has to stay behind,’ Mum used her serious tone again, with a hint of anxiety and depression this time. ‘Why?’ we asked immediately, feeling very disappointed. ‘The chronic heart problem your dad has is getting worse. We realised we couldn’t afford both of you studying overseas with the medical expenses. Dad needs to be well taken care of too and accompanied by us.’

Hearing this message, I was disappointed. That was not because only one of us could go study overseas, but for Dad’s health.

‘Mum, I don’t want to go anyway. I just wish to stay and look after Dad,’ Brian said without hesitation. Obviously, we were both worried about Dad’s situation.

‘And so do I,’ I told mum that I was giving up too.

She gave the two of us a sad smile, as if she was telling us how grateful she was for us to be so considerate and gentle.

Though Brian did say he wanted to stay, we all knew that he should go study in England to have a better education. His dream was to become a doctor and he had better academic results than I did.



More importantly, it was Dad’s wish to see him graduate at the medicine faculty of a famed university. He should really be the one to go overseas to fulfill both Dad’s and his own dreams.

‘Brian, do not waste this precious opportunity. We all want to see you graduate with brilliant results and to fulfill your dream eventually, most of all Dad. Don’t disappoint him and promise me to work hard! We all support you!’ Mum tried to persuade him to leave.

‘Go ahead! Don’t worry too much. Mum and I will take good care of dad. As for you, you should study hard and get a Medical Degree. That will be your responsibility,’ I concluded.

I saw my brother off with teary eyes. In spite of the fact that I wished to have a good education there, I could not be too selfish to only be concerned about myself, since ‘love’ is the cornerstone of life. In most cases, we have to make sacrifices, and even give up something that is quite invaluable to us. In my case, I had to give up a chance to study abroad, for my family. The first step of love is sacrifice.



Debate Speech:

‘That the proposed high density community at Sok Kwu Wan should be scrapped’

5D Danica Wong Man Kei

Good afternoon chairman, ladies and gentlemen,

The motion of our debate is ‘That the proposed high density community at Sok Kwu Wan should be scrapped’. We define the proposal in question as the community that the government has proposed to develop on Lamma Island. According to the proposal, this mix of residential and



commercial property would double the original population on the island, creating a high density population centre at Sok Kwu Wan. As the affirmative, we would argue that this high density proposal has to be scrapped. I will first talk about the problems that this proposal will bring and my team will continue with the rest.



Let me first introduce to the audience the details of the proposal. The overall development theme of this proposal is ‘Tourism and Housing’. Under this rationale, the government claims that this plan can help meet the imminent housing needs of Hong Kong. It sounds

quite nice to hear that the Hong Kong housing problem could be eased a bit, doesn't it? But in fact, there are some important issues that we must pay attention to, particularly the consequences of a large population, since the scale of the plan is too great.

As a matter of fact, the planned population doubles the current population of Lamma Island. This huge number of people will be an enormous burden on different sorts of supporting facilities, which our second speaker will talk about. It will bring people originally living on Lamma Island lots of inconvenience. In addition, the locals need a certain period of time to adapt to the new atmosphere and living environment as well.



Besides, there is only one means of external transport – the ferry. With such a big increase in population, it would create very serious traffic problems and people living there would be seriously troubled as ferries are infrequent and there is no overnight ferry service. With the current ferry schedule, there's only one round trip each hour, plus it'll take another 30 minutes travelling on the ferry. In Hong Kong, time is money. It is impossible for commuters who work on Hong Kong Island to wait that long. As a result, this situation will make people no longer want to reside on Lamma Island because of such huge inconvenience.

Let me pose some queries to the opposing side. Can the housing problem in Hong Kong be completely solved by providing a few thousand residences in that small area? Also, are the ferry services provided adequate for such a huge increase in residents and tourists?



All in all, our side would like to reiterate that we are not against the development, but a high density development. The high density community at Sok Kwu Wan should be scrapped, where a low to medium density community is more feasible. We strongly believe that the planned population should be cut from 5000 to 2500. It would be more appropriate and affordable for residents on Lamma Island. My team will go on and explain more about an alternative proposal. Based on the above reasons, it is apparent that today's motion must stand.

Debate Speech:

‘That globalisation is gradually destroying cultural diversity’

5D Gloria Yiu Chung Yan

Good afternoon chairman, ladies and gentlemen,

I'm the third speaker on the negative side, Gloria. Let me first respond to the affirmative side's argument. They claim that the death of language is a result of globalization. It is true that some foreign languages, like English, provide a social advantage to people who speak them. However, these people still use their mother tongue in their daily lives. Just look at the situation in Hong Kong. We have Cantonese as our local language, and English and Putonghua as the foreign, more dominant and widely used languages. Yet, it doesn't look like Hong Kong people are moving to adopting either of those languages as their mother tongue. We as Hong Kong people still identify ourselves through the unique language that we share in our community.



Let me first ask you a question: what is 1 + 1? As any kindergarten students could answer 'it is 2'! However, my dear audience, I would suggest that it equals to 3. Under globalization, with the clash of a local culture and a foreign culture, it would not be destruction of both cultures as our dear opponent suggests. As our second speaker mentioned, a hybridized culture can arise and we would end up with three distinct cultures.



Even if the affirmative side argues that there might not be a hybridized culture, our side strongly believes that both native culture and incoming culture can survive and co-exist. People are more accepting of foreign cultures and also have the urge to protect local cultures. This happens since people are more open-minded nowadays. And as the awareness of different cultures has increased, they are more



concerned about their traditional values. People are now defending and preserving their own cultures. There are many examples where native and foreign cultures co-exist. In Australia, there are the Australian aborigines. Although Australia was a colony of United Kingdom for many years, their culture was not destroyed because of this history. Instead, it has been preserved till now and they harmoniously exist with modern Australia.

Furthermore, as cultures co-exist, people are now learning to respect different cultures in the world as they know it is paramount to keeping different cultures alive and it is just personal preference as to which culture to follow. No one is going to judge your cultural preference. You can enjoy any culture you like. For instance, many Filipino maids came to Hong Kong for work. Yet, they can still have their own religion and go to worship God during weekends. Churches will kindly offer them an English mass instead of a Chinese one so that they can also have an opportunity to practice their own religion. From this example, we can see that people from different cultures can associate with others in a diverse society and still preserve their own culture.

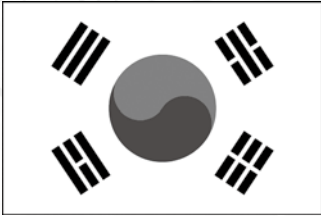
What's more, people get to appreciate different cultures through globalisation. By studying other cultures, people would realise that we are all human, and we all have our own opinions, habits and ways of life. True, differences do set us apart, but we forget one thing – we are all human and our personalities are unique, even within the same culture or family. People know that they should treat every culture fairly and in fact, they do respect different cultures right now.

To conclude, cultures can co-exist under globalization but not by replacing each other. As a result, cultures become more diverse under globalization, on both a macro and a micro scale. $1 + 1$, the local culture and a foreign culture, is equal to at least 3. Based on the above reasons, it is apparent that today's motion must not stand. Thank you.



Korean Popular Culture in Hong Kong

6A Rain Ma Wing Yee



Nowadays, many countries such as South Korea, Taiwan and Japan, have influenced Hong Kong's popular culture a lot. Among them, the most influential one should be Korea and it is affecting our popular culture in so many different ways. Sometimes, it seems as if Korean popular culture is

taking over Hong Kong.

One of the ways in which Korea has influenced Hong Kong's popular culture is through fashion. Many girls in Hong Kong love dressing like a Korean girl. Many of them use products which are from Korea because they think it is trendy. The common



products they buy are clothes, caps and cosmetics. I think Korea's influence on Hong Kong fashion is a good thing, because it can encourage trade between Hong Kong and Korea. Because of the demand, many Korean companies and brands come to Hong Kong and open their stores. We can always see Korean shops in different shopping malls or on the streets of Hong Kong. People in Hong Kong love buying Korean products.



Korean cuisine is also very popular in Hong Kong. A few years ago, Korean restaurants were mainly found in districts like Causeway Bay and Tsim Sha Tsui. Now, we can see that there are Korean restaurants almost everywhere in Hong Kong. These restaurants serve different kinds of Korean food including Korean

barbecue, kimchi and hotpot, and are very popular. In my opinion, the popularity of Korean cuisine in Hong Kong has a positive effect. It can teach us more about the culture of Korea such as what Koreans eat every day and their habits. It also provides more variety for Hong Kong people.



Korean drama series and other TV programmes are also very popular in Hong Kong, and Hong Kong's music scene has clear Korean influences. Perhaps the most obvious sign of Korea's pop culture is in the popularity of K-pop. Many Hong Kong teenagers are crazy about Korean pop stars like Super Junior, Big Bang and 2 PM. Some Hong Kong singers often emulate these Korean pop stars. One good example is Faith, a local boy band consisting of three young men.

Overall, I think Korea's influence on Hong Kong's popular culture is a good thing. Korean popular culture may now have the biggest influence on Hong Kong's cultural scene, but Hong Kong's popular culture has always been influenced by other countries. What makes Hong Kong such an exciting place is that it has a mix of influences from other countries, and Korea is just one of them.



Letter to Editor:

What Is The Poster Showing Us?

6B Marco Yau Ho Ming

Dear Editor,

I am writing in response to a poster I saw at school. The poster was put up by the school's Pet Owners' Club. It tells us not only how to become responsible and caring pet owners but also sensible animal-rights protectors.

Let me describe the poster to you. One of the pictures on the poster shows a small dog which is kept in a tiny fancy cage being carried around by an elegantly dressed middle-aged lady with a pair of oval-shaped sunglasses walking proudly in a prestigious shopping mall. In fact, the little dog and its cage are just like a small ornament to match the mean-looking lady's fashion style. Now then, is the cute little dog feeling happy and comfortable when it is being carried up and down while window-shopping in a shopping mall with its elegant master in a tiny cell? Is that really its desire? The answer is definitely no! No one should be treated like that, not even animals. Every living creature should have the right to walk around on this planet freely as long as it is not harming others or causing trouble or danger. They have the right to enjoy their lives happily. Some pet owners think that pets



are just toys or an accessory. This thought is inhumane and insane. All of us, especially pet owners, should consider the feelings of all pets and animals sensibly — no one likes cages, no one likes being kept and manipulated. We, including pets and animals, all like freedom!

Worse still, some pet owners and human beings are inconsiderate and cruel towards animals. They think they can relieve their anger

or depression by inflicting pain and torture on their pets or any stray dogs or cats. Recently, animal abuse has become a serious social issue in Hong Kong. Some bad pet owners or malicious people may physically or mentally abuse their pets or any defenseless animals, including scolding them, hitting them, starving them or ignoring them in order to vent their own anger or unhappiness or simply to feel happy. How cold-blooded they are! Unfortunately, the laws of Hong Kong regarding animal protection are too lenient. The highest punishment is just 3 months of imprisonment! This makes the situation even worse. Besides, for some reasons, the police department refuses to organize the 'Animal Police'. The 'Animal Police' is a special force set up to fight against animal abuse. What a shame on our city! After all, it means animal safety and welfare lies only in our kindness and moral consciousness. As responsible and caring pet owners and life protectors, we should stop any sort of abuse and set pets or animals free if they are suffering physical and mental pain. Tell everyone that animals have their rights to live safely and happily just like us.



STOP
cruelty
to
animals

These are the messages from the poster. We should build and provide a good environment to let people and animals live together peacefully. And remember, pets are not toys, and they are your best friends, family members and a commitment. So, please think twice before you get a pet.

Yours faithfully,
Marco Yau

Letter: My Drama Performance

6B Marco Yau Ho Ming



Dear Auntie Mable,

It is nice to write to you again. How are you? I have a piece of good news to tell you – my drama team has won a drama competition! What a piece of exciting news, right?

It is my honor to be the main character in this Inter-class Drama Competition. The title of our drama story is ‘Help me to find the first-aid box!’. My name in the drama is Malson. This story is about him and his only dear friend, Alan. They have known each other since they were in Primary one. Malson is a ‘born thief, born robber’ because of his family’s needy financial situation. He would do anything to make a living. However, Alan is not the same. He comes from a wealthy and well-educated family. He thinks justice is more important than his life, and that’s why, later in the play, he becomes a policeman when he grows up. One day, Malson’s mother has an emergency – brain cancer, and she needs a lot of money for an immediate and serious operation. Unfortunately, Malson is still very poor. There is only a ten-dollar note in his pocket. He has no money for his mother’s operation at all. So, Malson decides to rob a bank.

During the robbery, Malson meets Alan. Alan is in police uniform and patrolling somewhere near the bank. After a shot, ‘Bang’, Malson discovers he has shot his only dear friend. He tries to save him. All of a sudden, unexpectedly, Alan returns his shot. Then, immediately, he falls down and is arrested by the other policemen.



For the love of his best friend, Alan pays for Malson’s mother’s operation which saves her life. In order not to make her cry, Alan lies to her. He says Malson has gone to China on business.

I love this story and the character, Malson, very much. Robbing a bank is surely not a good way to save one’s mother or deal with an emergency. But for the



ones he love, Malson has no choice. So, he risks his life to rob a bank. He knows that it might get him killed, but he still does it. He is a good son but an unwise and terrible citizen, I would say.

Even though Malson is trying to work out a way to save his beloved mother, he would not be a hero in any society, especially as he shoots a cop with a real gun. He knows that he might kill someone, but he does not care. For me, Malson is a good boy, but also a cold-blooded criminal. I love the ending of this drama. Although Malson is bad, he eventually regains his moral consciousness and kindness, as he is touched by his best friend's unconditional love.

It was not easy for me to act this role. I had to play the role of a cold-blooded criminal and, eventually, turned into a sad heart-broken man. It was rather difficult.

I have to sign off now. Hope I have more time to talk about this play because it is so awesome.

Love,
Nicky

Letter: A Surprise Birthday Party

6C Vivian Ho Wing Sze

Dear Shelley,

Are you having a wonderful life in Canada? We had a special Sunday last week on mum's birthday. It was the most unbelievable and unforgettable birthday that she has ever had. Let me tell you what happened that day.



A few months ago, I wrote to the very well-known TV show 'Surprise of Your Life' telling them my idea for a surprise reunion birthday party for mum. Then two weeks before mum's birthday I got a reply from the TV station saying they loved my idea very much. You could imagine how excited I was when I heard the news! I immediately told them how I wanted the TV presenter and his crew to help organise the most memorable birthday party for mum. My idea for the reunion birthday party stemmed from mum's fond memories of her five best friends and their emigration that brought about her loss of contact with all of them. This year is also the 20th anniversary of their friendship and she really misses them and hopes to see them again one day. I just wanted to grant her wish for a gathering with her best friends from secondary school. Surprisingly, the TV presenter told me after a week that all five of mum's best friends from New York, England, Australia, Canada and New Zealand were willing to come back to Hong Kong to celebrate mum's birthday. I was so touched and happy for mum!

As every Sunday is our family day, we always go 'yum cha' in the morning and mum's birthday was no exception. When we arrived at the Chinese restaurant, we just did the same things as usual and no one said anything to mum. After finishing our food, I told mum that I had a project to do while dad said that he had to work. Meanwhile, dad and I planned to go to decorate the venue for mum's birthday party. Therefore, mum





had to go home alone. When she arrived home, she found that her key couldn't open the door. I left a note saying that the door lock had broken that morning and that she needed to go to the locksmith near the park to get a new lock. Of course that was a trick I played on her as I wanted her to go to the park to meet her best friends.

Ten minutes later, mum arrived at the park. She was shocked because five of her best friends ran up to her saying 'Happy Birthday my dear friend! Despite losing contact and not seeing you for almost 20 years, you are still just as pretty as before.' Mum couldn't stop crying since she couldn't imagine all her best friends would come and gather there to celebrate her birthday.

The most brilliant part was that the TV presenter and her team filmed the whole reunion and told us that it would be aired on the show. I asked mum if she minded being seen on TV. She laughed happily and said, 'I don't mind at all and I want to give a big hand to all of you for finding all my best friends to celebrate my birthday. It would be my pleasure to tell everyone watching that anything is possible when you have hope!'



Wasn't that a wonderful birthday present for mum? I wish you were here to see how happy and surprised mum was. Please write soon. Have a nice day!

With love,
Nicky

If I had 24 Hours Left

6D Nicole Chan Kiu Yu

Everyone has to go through birth, ageing, illness and death. As the proverb goes, 'life and death are arranged while wealth and poverty are destined'. Is there anything else which controls and constrains our lives? Do we have the right to decide our fate? These are, of course, irrelevant questions for you and me with healthy and strong bodies. Yet for terminal cancer patients, life and death seem like heaven and hell.



Recently, I attended a talk about cancer at school. This reminded me of the value of life and inspired me a lot. The speaker asked us a question, 'What would you do if you had 24 hours left?' I was shocked and my brain went blank. Then I thought about this question seriously. I realized that school results, money or even fame are not of paramount importance anymore. What I should do in these precious 24 hours is to seize the time and

cherish the people around me, especially family and friends.

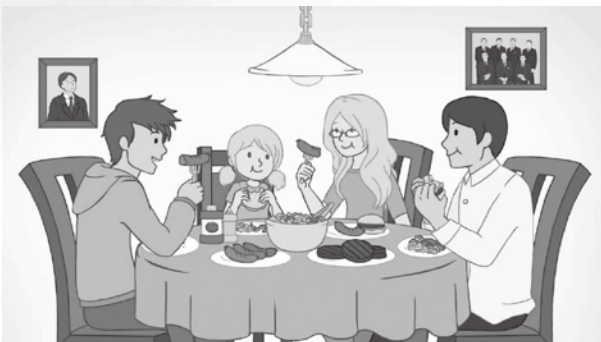
First and foremost, I believe that family is the most important thing in our life. Nothing can replace them. Not only will they give us love, but also educate us and instill in us the right attitude to life. They make every effort to work and exhaust every alternative to give us the best things. If I had only one day left, I would definitely spend most of the time with my family because I enjoy every



precious moment with them.

I would start my day by going ‘yum cha’ with my grandma in the morning. My grandma, who has a lot of wrinkles but the most beautiful smile in the world, is the most crucial person in my life. She is 85 years old now. I am so grateful that she is still healthy and energetic. It is my unshakable belief that I will remember all our unforgettable memories.

Added to the above is that I would spend time with my friends. They are the people who bring me happiness and encouragement, share my sadness and give me comfort when I am down. It doesn't matter



where we would go. I just want to spend time with them and take this window of opportunity to show them my love.

Last, but by no means least, I would have dinner with my family at home. I would cook for them by myself. No luxurious environment, no extravagant food, all I can give them is a meal prepared with my love.

All of these things seem simple and easy. Why should we wait until our last 24 hours to finish them? We should cherish the people around us, treasure what we own and seize our time! No one can ensure what will happen in the next moment. The stark fact, however, is that we will have regrets if we fail to do what we want. So, shouldn't you take action now?

It's Not As Easy As I Thought!

6D Gigi Lo Chi Ki

My mum always says that being a student was the happiest time in her whole life. She told me to treasure my brilliant school life because when I grow up and start to work, I will understand working isn't an easy thing. Now I realized what she said is true.

Last summer, I spent a week working in my Uncle John's company. It's a publishing company. At first, I was so excited because I had never worked before. I couldn't stop imagining how wonderful my summer job would be. But then, I found the work hard and it made me learn a lot.

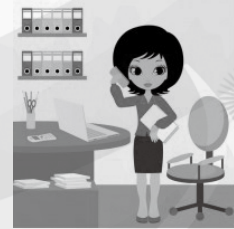


My working hours were from 8:30 a.m. to 8:30 p.m. On the day before my first day, I told myself, 'it's my first time going to work, I must arrive at the company earlier than the others.' Unfortunately, I was late on the first day.

I arrived at the company at 10:30 a.m. because I woke up late. When I walked in, everyone stared at me. Then I saw Uncle John. He shouted at me in front of all his employees. 'Jessica, what time is it now? Do you know how to manage your time? It's your first day at work!'

I felt embarrassed and my face was turning red. I also heard some of the staff jeering at me. At that moment, I was so ashamed. That was a really terrible beginning.

The following two days, most of the time, I just did nothing. I tried to ask the staff for something to do but no one answered me.



On the fourth day, I went to see Uncle John. 'Hello, Uncle John. Is there anything I can do to help?' I asked. 'Sure, here are some files. Can you help me to finish printing all these files? They are the draft of a new book we're going to publish. Today is the deadline. Please pass it to my secretary before 8:30 p.m.,' said Uncle John. 'Okay, no problem!' I replied. 'Are you sure you can finish all of them? If you can't, I can ask the others to help you.' Uncle John seemed a bit

worried. 'I'm sure I can. Please trust me!' I said confidently.

Wishing to impress Uncle John, I started to work right away. About 5 hours later, I was so tired so I decided to go out to have a break. I went shopping and bought a lot of things. Then I went home. I kept having a feeling that there was something that I should do but I couldn't remember what it was.



The next day, Amy, my uncle's secretary, came to me and told me that Uncle John wanted to see me for something really urgent. It was only at that time that I remembered I hadn't finished the job my uncle asked me to do. 'He must be very angry this time. I'm sure he will scold me and tell mum how terrible I am,' I thought.



When I saw Uncle John, I apologized immediately. But Uncle John didn't scold me. He just asked, 'Jessica, what do you think about your performance in the last few days?' I didn't answer because I knew I did very badly. Uncle John continued, 'it's your first time working in a company. You should be grateful that this is not a real job for you. You know, being punctual, conscientious and responsible are very important for a worker, but you don't have any one of these qualities.'

That night, when I was lying on my bed, I kept thinking about what my uncle said. Although it made me feel sad, I knew that a bitter mouth utters fine words. I realized how badly I did. I was careless. I wasn't punctual. I was irresponsible ...

Even though it was not a happy working experience, it really taught me a lot. At least, I know that if I want to be a good employee, there's still a long way to go. I should cherish my time being a student.

