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大埔三育中學

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2014

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FOREWORD

When our school's Publications team gave me a draft copy of this booklet, I read the contents in one go because I was unable to stop. From the youngest to the oldest, our students expressed themselves so appealingly in both Chinese and English. There was depth of thinking, creative ideas and analytical mental process. There was logical organization, beautiful vocabulary items and turns of phrase, and also unexpected endings. My heart was filled with professional joy and parental pride as I read the stories and articles. Thank you, members of the Publications team.

This booklet proves yet again that everyone is special, and every young person has God-given abilities and talents. In this school we understand that we are entrusted with the sacred responsibility of helping the young people discover their strengths and interests, and nurturing them so that they are on their way of realizing their potential. The academic year of 2012–2013 has been an outstanding one in terms of our students' performance in language arts as in all other areas. Congratulations, student writers of TPSY!

What a great job our language teachers have done in helping their students put their thoughts on to paper. Lesson after lesson they highlight to their classes the features and functions of different text types and styles. Day by day they demonstrate to them the power of words to inform, entertain and touch. But even more admirable than this is how our teachers motivate those who are not naturally blessed with the writing skill to persevere until they too get into the habit and write with joy. Congratulations, language teachers of TPSY!

I am sure that our students, the artists that you are, will view and re-view these productions and receive much pleasure from them. So sit back, relax and enjoy reading.

I also invite you, parents and friends, to read every piece of writing in this booklet. I am confident that you will not only find enjoyment but also catch a glimpse of a bright future – every young person an avid reader and prolific writer, and also bilingually proficient. Progress towards a masterly use of language, both in the mother tongue and the world's second language, is a key indicator of our young people performing to their utmost potential for the good of the community and the glory of our gracious Lord.

Thank you for your continued support.

Dr. Lawrence Yu
Principal

序言

這時代的家

這是個精彩卻虛空的年代。

中、西、韓、日五光十色，指頭一動、一個按鈕，甚麼聲音影像都蜂擁而至。然而，來時急遽去亦無端，無法回味，更遑論回憶，最終甚麼都沒有留下，真正屬於自己的東西少之有少。《大學》云：「知止而後有定，定而後能靜，靜而後能安，安而後能慮，慮而後能得。」因為不是自己所創造，缺乏成功的滿足感，即使擁有更多也只是霎時興奮，不能在心裏留下甚麼。

這是為甚麼仍須堅持寫作，《育苗》仍有出版的價值。

畢竟只有文字能讓人安靜下來，沉澱自己的情感，更細膩地窺見真實的自己，從慢慢思考文字的運用走到細緻思考生活中的點滴人事。英國著名室內設計師Emily Chalmers說：「心所在的地方，就是家(Home is where the heart is)。」

寫作，就是人類心靈的家——表達每一個「我」對生活的獨特看法，在這心靈的「家」裏頭，充滿自己的愛憎悲喜，或感恩或悔悟，都是真實而自然的。

那是一個主人可以回味，而作為讀者的客人也可以了解的家。

大埔三育中學中文系系主任

李桂瑩

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一點一滴看生命

3H 吳雅玲 (文學之星 初中組冠軍)



「離離原上草，一歲一枯榮。野火燒不盡，春風吹又生。」是的，生命，就應該如此頑強！

「滄桑」，不是衰敗的理由。

奶奶逝世之前，曾經告訴過我，如果能耐下性子養活她花園裏的一株花，會得到奶奶最寶貴的財富。園子荒廢已久，花盆中的泥土大多數都撒掉了，枝幹無精打采地低頭搭拉著。枝上沒有多少綠葉，稀稀拉拉地掛在枝頭，顯得弱不禁風。面對毫無生氣的荒園，我氣餒了，這不可能種得起來。

一個寒冬過去了。我抱著遺憾回到那個園子。迎面的是一片荒蕪的園子，忽然瞥見綻放著粉白花朵的那株植物。天哪！那竟是梅花！一株被人遺忘的梅花樹竟然在如此惡劣的情況下綻放，看那一朵朵白中泛紅的花朵悄然掛在枝頭，幽幽地傳來縷縷的梅花香味，我深深地被傲然自立的梅花震撼了。誰會知道它的花苞要在寒風中經過多大的努力，才能帶傷綻放？看那枯瘦的枝條，誰又能相信它能哺育出俏麗的梅花？

奶奶最引以為傲的寶貴財富，就是這不畏寒風徹骨，依然傲立雪中，堅忍不拔的生命力吧！「梅花香自苦寒來」，飽受凜冽寒風過後，屹立自傲的梅花，是那樣芳香馥鬱，雍容典雅。

「創傷」，壓抑不了想飛的欲望。

三年前，我養了一隻小鳥。我發現牠的時候，牠渾身是水，狼狽不堪的出現在樹幹下，牠仰望著樹樑，張開嘴吃力的叫喚。牠的翅膀萎縮了，不能回到自己的窩上，我看得出牠對遙遠的天空充滿渴望的眼神。

我把牠帶回了家，我悉心照料牠，牠卻不領情，每每撞開籠子，似欲要歸家。每次我都很煩躁，我不解，為何要如此費力做一件不討好的事？

一天回家，籠子早已不見了鳥兒的蹤影。那一剎那，我驚愕：「難道牠高飛在藍天白雲上了？」如此脆弱的生命，宛如轉眼即逝，牠失去了飛翔的能力，從此活在仰望同伴的低處。難道牠不覺得自己是那麼的幼小，卻堅信能達到同伴的高度？難道牠不願瑟縮在地上，而要執意打破注定失敗的命運？

「殘缺」，造就了生命力的境界。

邵麗華，兩歲便失去了聽力和語言能力。從此，她進入了無聲的世界，但她堅信總會有一個熠熠生輝的舞臺等著她。於是，她開始苦練跳舞，嘗試與人溝通交流。終於，迎來了她夢寐以求的舞臺。站在隊伍最前的她表演「千手觀音」，讓每一個觀眾怦然心動，她身後十幾對手自然而有節奏地晃動，彷彿出自一個再世觀音，她贏得了無數掌聲和最深的感動。她用自己的信念，展現了殘缺的身體也可以精彩動人。

生命經過嚴冬抵達暖春，變得豐滿和充實，透過自身的堅強，找到屬於自己閃耀的舞臺。

也許，你從出生到現在便一直在失敗中掙扎，屢次的挫折讓你失去堅強的資本，繼而放棄你的信念。然而，也許當你放棄的那一剎那，成功已經離你不遠了，只要再堅持一會兒，就會迎來自己生命中的春天。

最後，我在樓下看到了鳥兒安靜地躺在草地上。我微笑地捧起牠，我相信牠用生命最後的一分力完成了自己的信念，展現了牠生命的堅韌，驕傲地飛出一段離天空不遠的高度。

「多情山鳥不須啼，桃李無言，下自成蹊」，頑強的生命，終究收穫命運！

一點一滴看成長

3H 鄧雪童 (文學之星 初中組亞軍)



一隻小小的雛鳥，膽怯地縮在巢中，眨著好奇的雙眼望著外面隨風搖曳的鮮花，沙沙作響的大樹，和那開闊美麗的藍天，我們如同雛鳥，嘗試去伸展屬於自己的翅膀，希望飛上心中的那一片天。只有通過點點滴滴的生命累積，才能讓生命的羽翼成長。

如今羽毛稍稍豐碩的我，回想一點一滴的過去。

中一時，班主任和班裏的同學選了我負責班裏的壁報，我沒多想就答應了下來，誰知道，隨之而來卻是如山一般的責任，加上學習越來越繁重，如雛鳥一般怯懦的我，對自己能否在出壁報的同時兼顧好學習產生懷疑，便萌生辭退職責的念頭。

期末考試的日子臨近，壁報比賽的時間也快到了，我越來越焦躁，對自己展開翅膀飛向藍天感到懊惱，辭職的念頭在我心中閃現的頻率越來越密。

「這樣下去，我的考試成績會很難看的，而且我也沒有能力去勝任這個壁報職位，我還是辭了它好了。」我心中不禁響起這個聲音。

我沮喪地坐在課室裏呆看著班長忙碌的背影，突然覺得自己放棄太不負責任了！為甚麼班長可以兼顧班務和學習，我就不可以呢？我想到這裏，心中驅除了辭退的念頭，為了班級的利益和挑戰自我，咬緊牙關堅持下去，努力在繁忙的學習中抽出時間來排版，繪圖，上色，安排同學製作和跟進。我逐漸在忙碌和充實的生活中品到堅持與負責的滋味。

我知道，在那一刻，我成長了。

雛鳥在溫暖的陽光中嘗試去張開翅膀，在巢中掙扎，盼望著在美麗的藍天展翅高飛。

中二，因為我要參加學校的長跑比賽，所以在賽前兩周進行艱苦訓練。在體育老師嚴格的訓練下，我望著似乎永遠也跑不完的跑道，在毒辣的太陽下喘著粗氣，似雛鳥掙扎的翅膀漸漸乏力，幾次想要垂下，放棄飛翔。但是老師和同學微笑地望著我，那是充滿鼓勵的眼神啊，似乎給我的翅膀注入了無窮無盡的動力！我堅持了下來，懷著希望迎接比賽。在多次困難的阻礙下，我學會了堅持，我如同雛鳥，努力去學習飛翔，讓堅持成為習慣。

在那一刻，我又成長了。

中二下學期，老師推薦我和同學參加科技大賽，每天中午都要留在悶熱的教室裏寫論文。在研究問題上，我和同學產生了很多分歧，也弄得有些不快，這時，我想到了堅持，雛鳥不是也在堅持中才能飛向藍天嗎？我努力地 and 同學溝通，互相表達自己的意見和彼此瞭解，共同努力，共同承擔，盡力完善論文，最終獲得銀獎。

雛鳥在堅持中終於飛向了理想的藍天，雖然飛得歪歪斜斜，但它卻是飛出了生命的色彩，自豪地在藍天畫出一個成長的弧度。

當堅持成為我的習慣，我就真正的成長了。雛鳥學飛的過程中有許多的困阻，但是，沒有挫折就沒有成功，在一點一滴的經驗積累中，逐漸蛻變成一隻羽翼豐滿的小鳥，飛向理想的高空。

一點一滴看花開

3H 洪東楠 (文學之星 初中組季軍)



翻轉沙漏，塵沙流落。光陰輕放，不驚不擾，沒有多餘，沒有差毫。正好，花開一朵，風華正茂。

人總有稚嫩時光，還記得，白裙翩翩，歌聲清亮。

三年級的學生，還是無拘無束的歲月，總是不懂得什麼是機會，什麼是把握。偶然一次，我有幸在學校禮堂裡獻歌，依稀記得是首悠長頓挫的月亮船，短短的一首，卻含盡了心意無數。數次練習，老師叮嚀，只是為了在自己心上留下那幾分鐘。雖然在表演之前發生了小意外，頭髮被泡沫淋濕，我急忙地跟著老師去清洗髮絲。水沖落的一刻，仿佛時間從手中流失無蹤，沒有一絲餘地。

還好，趕上了。儘管髮梢未乾，水珠低垂。依舊是一襲白衣，隨著歌聲中的月亮船飄飄蕩蕩。

三年後，是小學的最後一年。同學們在試卷中看著沉浮的歲月，在壓力中無奈的強顏歡笑。東郊少年郎，豆蔻女兒家，隨著西風已去。慢慢變得成熟的人兒，已漸漸明白時間成不了滄海桑田，個個都想緊抓不放，怎奈韶華難求。儘管如此，生活不也還是要繼續麼？

我開始嘗試微笑，嘗試放淡眼光，嘗試擺低心態。嘗試的第一步，都是艱辛，在壓抑的氛圍中，我的樂觀好像格格不入，隱隱帶著一點荒誕。即使開始「豁達」的我，也想過隨波逐流，可是我發現，困難的開頭過了之後，成果更加顯著。畢業的考試，也並不那麼讓人厭煩了。我們彼此談笑，互相

幫助，陰霾很短，友誼更長。機會很少，努力更多。揭榜的那天，事實便是最好的嘉獎。

又是三年，中三的我有能力，亦有意識去把握機會。初中與高中只是一字之差，而這一個字，又是怎樣的付出？孜孜不倦，挑燈勤學，這是我們的義務，也是一個對得起自己的機會。處於青春的分岔線上，往事走馬游龍，選擇多之又多，但是，沒有接住生命拋出的綠枝，又怎麼會有迎風的繁花？既然青春已至，就好好的享受吧。不管以前有過多少傷口，有沒有應不應該的原則，自己的歸宿都在自己手中。「後悔」不是青春的代名詞，「把握機會」是人生的序言。

生命，是一朵花開的時間。須知花開一季，得需三季的等待，我的一季便是三年。三年又三年，誰可知，下一季的自己，又是如何？在每朵花苞裏，好好汲取經驗，好好看透自己。把握每次的花開，把握每次的綻放，趁此，留下一抹緋色年華。所謂「人養玉，玉養人」，生命如花，花似人生；我們造就了習慣，習慣造就了我們；把握好了機會，機會鋪好了未來。

別待到風華淒淒，方知時光荏苒。

學會欣賞

1H 邱韻丹 (文學之星 初中組優異)



學會欣賞不需多麼高深的藝術水平，我很認同這句話。因為我自己就是那一類沒有很高的藝術水平，卻學會了欣賞別人，欣賞自己，欣賞一抹獨特的風景的人。

放學了，背上書包就低著頭往外走，「邱韻丹，你等等我啊！」聲音是從身後傳過來的，我回頭一看，好朋友正急忙收拾好書包，拉上書包就向我跑來。我心想她不是又要跟我說那些八卦了吧？我推著自行車漫不經心地踢著地下的碎石頭，每天都是這樣過，煩死了。

一直跟在身邊的朋友見我不說話。

「你是不是心情不好呀？」她問。

「對呀，你不覺得每天都重複著昨天，這樣子很無趣麼？」我有點不好意思地問她，因為我有點後悔把那句話說出去了，有點傻的感覺。

沒想到她居然很認真的跟我說，那樣子完全不像是以前總是嘻嘻哈哈的她，可是那短短的幾句話，確讓我學會了欣賞。

「每天都重複著昨天？哈哈，那是因為地下的石頭不會開花吧？」

「你……」我被她這句話氣的不淺，明顯的在笑我嘛。

不等我說下去，她又繼續說道：「你每天都只看著地下的石頭當然每天都一樣啦！學校池塘裡有魚，這個你有注意到麼？別這樣看著我，昨天學校裡的工人才把魚放進去的啦。你家大門口的樹，每一棵都是一種動物哦！這些你都沒留心觀察，沒有去欣賞它們，那麼你現在抬起頭，看到的是什麼？你會說那只是雲吧！其實，那個有點像兩個路標哦！你自己學會欣賞一下吧！」

她認真的說著，我認真的想，我每天都會看到的樹，居然會像小動物？我又抬頭看著天空，有兩朵雲，不像其他的雲，仔細看，會發現那是指著兩個方向的箭頭，一個指著我家，一個指著她家，還真有趣呢！

就是從那個時候開始，我向着有一條叫做「欣賞」的路走着，沿途我見了一直一動不動的「小動物」，它們也許是在等着人們去欣賞吧。

我發現，當我們學會欣賞了以後，就一定不是懷着着急的心情的趕路人，而是心情愉快的行路人。

有些時候，欣賞一個人也是對她的鼓勵。

有一次，班裏的語文課代表主動向老師提出他不想當課代表了，老師很不理解為什麼，我很明白老師為什麼不理解她要辭去職務，因為她真的是個很優秀很負責的一個人。

我也很清楚她為什麼會這樣做。我敲了一下老師辦公室的門，看了一眼課代表對老師說：「老師我可以跟她說幾句話嗎？」老師點了點頭。

我把她往門外拉了幾步，就開口說：「為什麼不當課代表啦？你知道嗎，我一直很欣賞你的責任心呢，欣賞你有一顆堅強，永不屈服的心，可是你現在卻要放棄，這樣可是非常有損你在我心目中的形象的哦！」這些話我半認真半開玩笑似的說着。

她有點不相信地說「你……你不是也很想當課代表嗎？」

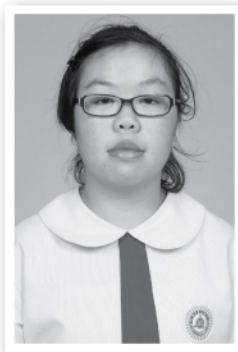
「哎呀，你還不明白麼？我不欣賞你，就不會投給你那一票啦！我相信你可以做的比我好！加油！快去跟老師說你還要當課代表啊！」

不一會兒，她出來了，對我說：「謝謝你的鼓勵。」我眨了一下眼睛，笑到：「我真欣賞你。」

常常欣賞身邊的風景和人事，真的能帶給我們生活無窮的樂趣和鼓勵！

留點慷慨給自己

2H 鍾嘉穎 (文學之星 初中組優異)



「您好！小姐，請您買張旗吧。小姐……」

我一手推開那個擋着我去路的賣旗生，「真是麻煩！」我心想：「難道要我花一元買一個破貼紙嗎？」「聰明」的我悟出了一個買旗是浪費金錢的「大道理」來。可是同學的一個小小的請求卻令我的大道理破滅了。

那是一個炎熱的星期五的放學時候，我的同班同學，也是好朋友——小林，跑過來請我替她明天早上去賣旗，因她有急事而不能去。起初，我有一萬個不願意，可是我不能拒絕她答應給我做的蘋果批，所以我便不情願地答應了。

星期六當天，我帶着一個空無一物的旗袋，離開社區中心出發了。首先我來到馬路旁的樹蔭邊，雖然那時才早上八時半，一群精神奕奕的老公公和老婆婆已聚集在一起做運動了。我走上前去，他們上下打量了我一秒，便立即知道我的來意，各人便從口袋裏掏出一枚小小的一元硬幣，投進我的旗袋內，並拿走一張貼紙，還輕聲對我說：「您真有善心呀！」。謝過他們後，我便紅着臉轉身離開了。

接着我便來到人來人往的商店街，那兒有很多靠在玻璃櫥窗外興高采烈地談天的青少年，我立刻走上前去叫他們買旗。他們不但沒有買，更把我無情地喝走。我心裡嘟囔著：不買便算了，何須這樣對待人，太沒禮貌了！我雖然有些洩氣，仍提起精神繼續「工作」。過了好不久，好不容易把五張旗賣掉。

這次我走到一位太太身邊，我又如常地邀請她賣旗，怎料她二話不說把汗流浹背的我推開，讓我險些摔倒在地上。我辛辛苦苦地賣旗，也算是做公益啊！她憑甚麼把我推開？一股怒氣不由自主地冒了出來，彷彿間，腦海裏突然出現一幅從前的影像，眼前的不就是以前的我嗎？那時的我與這位太太對賣旗生的「處理手法」，如同出一轍呀！我頓時為「以前自私的我」感到內疚和慚愧。

從那天起，我不會再像以前般冷漠地對待賣旗生，而會帶着微笑把那一元硬幣投入旗袋，並和他們說：「辛苦了！」

賣旗買旗，似乎是香港人在星期六常見的街頭活動畫面。多虧那次不情願地接受了同學的托付，讓我身體力行做善事，也讓我重新調整行善的心態——別人付出時間和體力，我也付出一點金錢和欣賞。

給大自然塗上一抹色彩

6D 黎智軒 (文學之星 高中組冠軍)



把沾滿顏料的畫筆在畫板上輕輕一壓，色彩便悄悄地從一絲絲的筆毛間滲出，畫板便被塗上一抹色彩，成為油畫上的角落。然而，顏料有一種特性，就是淺淡的色調會被深濃的色調蓋過，表面看來一點痕跡也不留下。相反，在深濃的色調上塗淺淡的色調，卻蓋不著原本那色調。也許，萬千世界儼如一幅油畫，但色調的運用卻是不容有失。

油畫上有一塊綠油油的角落。那是被晴朗的紅日體貼的呵護、散落的雨滴清涼的滋潤樹林。樹林的一草一木是大自然的靈魂，也是我們一切的煩惱，也是拋諸腦後的天堂。然而，這一切卻要在今天被一片灰沉的色調所摧毀。人類，能否細聽這一顆樹木的哀鳴？在森林的遠處，他只聽見一陣陣陰沉而駭人的齒輪聲，猶如嘲笑着無知的他竟還未察覺到自己的命運。齒輪的聲音越來越清晰，而眼前的樹木也被一把灰色的電鋸無情地割開。他的恐懼徐徐地浮現，但那灰色的電鋸卻只看到樹木是為着維持糊口的木頭。當齒輪的聲音不再矇矓，他只能合上雙眼，與今天的噩耗首肯。此刻，命運使他的存在成為過去，但卻只是那無情的機械為着生產、為着金錢、為着利益的行為，更是人類發展城市的習慣。也許，大自然的命運被人類的行為悲哀的操控。

現在，油畫那片綠油油的角落已變成灰色。然而，人類的欲望卻再要塗上一層深濃的黑色。餘下的是你這隻本生活在樹林的飛鳥，逐漸被城市發展趕絕的故事。當你飛到十字街口旁的一道街燈上，一棵棵筆直的林木竟換成

一幢幢高聳入雲的摩天大廈，似在訴說人類無窮無盡的欲望。舊日地上盛放的草木竟被一層層的石屎蓋過，更可怕的是那馬路上的汽車如猛獸般奔馳。忽然，陣陣的廢氣籠罩着身邊的一切，你奮力地拍翼逃脫，飛向那看似熟悉的藍天。可是，在半空盤旋的你卻走進了似幻而真的迷陣，摩天大廈裡竟出現另一隻飛鳥的身影，你好奇地飛進這神秘的空間，虛幻的表面卻瞬間的破碎，使你狠狠地撞到大廈上去。可憐的你解開了迷陣的真相，卻不情願地負傷墮下。那悲哀的墮落好像大自然的心逃不過破裂的命運，但路過的城市人卻習慣性的封閉對大自然關愛的心。難道人類已習慣了大自然悲哀的命運？

把沾滿深黑的畫筆在畫板上輕輕一壓，污黑的色彩便悄悄地從一絲絲的筆毛間滲出，畫板便被塗上一抹黑色，成為油畫中人類的領土。然而，在濃厚的污黑底層卻有無數生命被蓋著，留下一行行污黑的淚溝。也許，人類在不知不覺間，真的習慣了大自然悲哀的命運。然而，我們的習慣能一點一滴的摧毀大自然，同時何不嘗試以一點一滴的習慣挽回大自然悲哀的命運呢？

不可或缺的感恩之心

6H 王 儒 (文學之星 高中組亞軍)



失去甜味，是因為甜品沒有加糖，還是品它的人，失去了感受甜的能力？

婚後的生活是淡而無味的。女人家境一般，在外人看來，她的母親是為了男方的豐厚聘禮而把她賣過去的。丈夫疼她，愛她，應許給她從未有過的好日子。但女人不甘心就此在家相夫教子，她野心勃勃地想要自己幹出一番事業，於是丈夫走親訪友的借錢盤下了一間店面，讓她開了一間酒吧。

丈夫太愛她了，為了能讓她安心工作，他包攬了所有家務，有了孩子以後，丈夫更是當上了「家庭主夫」。女人日復一日的去上班，酒吧從傍晚營業到深夜。與孩子的唯一交流就是做運動——每日孩子的幼稚園放學後，她都愛和孩子踩一陣子單車，教兒子幾句英文。每一個下午，丈夫都會望著這其樂融融的一幕直至女人走了，方才走上前對孩子說：「兒子真棒，今天你又把媽媽逗笑了。」丈夫和兒子疼惜這個女人，仿佛在她的人生裡無止境地，不求回報地添糖，人們都說，女人的下半輩子都要在蜜罐裡過了，只是她並未嘗到那甜。

女人不愛笑，呆在酒吧的大半天時間裡她在看書，但她看書從不看第二遍，因為她已經知曉裏面的內容便覺得無謂享受了。她永遠盼望著新鮮的故事情節；看完書女人常常會冥想，有時思緒像杯子裡色彩繽紛的酒般鮮活，紛沓而來的念頭又如同酒的苦澀在喉頭久久散不開去。原來再名貴的酒，也有喝膩的一天，她一直盼望著茶的甘甜；

張愛玲說過：「駐顏有術的女人有三個特點：1身體健康，2生活安定，3心裡不安定。」

女人還是日復一日的陪兒子踩單車去，就像默默為自己跟孩子的生活中播種一樣。上班路上，長長的河濱似乎沒有盡頭。直到她以為是彩虹的他出現——她遇見了他。他是個事業有成，談吐優雅的男人，他顛覆了女人對婚姻生活的最後一絲堅持。女人要與他遠走高飛，她動了離婚的念頭。命運交響曲轟轟烈烈地掀開另一個樂章。

那日黃昏，西斜的太陽慵懶地灑在水面上，金燦燦的水波讓她想起蜂蜜的顏色。男人用豪華的轎車載著她回家，她決定了要憑豐厚的經濟背景與丈夫爭取兒子的撫養權。忽然，遠遠的，她望見兩個一大一小的身影推著單車在河畔上走，寂寥的背影在地上拉出狹長的影子。轎車駛近了，原來是丈夫和兒子。

「兒子，媽媽不是教會你踩單車了嗎？怎麼今天不踩了？」

「沒有媽媽在，我不敢一個人踩。」兒子抬頭看了一眼停在路旁的轎車，怯生生地回答道。

「爸爸不是在嘛，傻孩子。」丈夫與她四目相對，須臾間又挪開了目光。

「爸爸？爸爸都沒有帶單車下樓，而且，我從沒有跟爸爸踩過單車。我一直習慣只跟媽媽一塊兒去的。」

從沒有？女人心裡重重的一沉，眸子裡一片晶瑩。從前與孩子歡樂的每一個下午剎那間猶如放電影般，在腦中一一閃掠。原來，丈夫一直在為她保留著她對這個家最後的一個習慣，她終於明白，這個滿滿是愛的小習慣，早就在她心裡發芽，成了是生活中一枝帶着的甜味的玫瑰，這淡淡的甜喚起了一片感恩之心，從麻木中醒過來。

女人的故事就此告一段落了，甜膩而溫馨的習慣引領著她回到一切的原點。想必她的書會一本比一本有意思，她的酒也會一杯比一杯耐人尋味，她的生活更會一日比一日甘甜。但是反觀自己，同樣幸運的我們啊，我們何曾缺乏過愛，父母的一碗湯、朋友的一臂之力、愛人一個肯定的眼神，那些我全部都太習慣了，以至於我的味蕾也如同故事中的她一樣不知不覺地遲鈍了，對於甜得捕捉也再不敏銳了。

其實生活中類似的例子遠不止這一件，就好比人們買東西，往往都是抱著喜新厭舊的態度，為了新鮮感而買。舊的手提包或許一點沒有損壞，舊的衣裳可能只穿過一兩次，問你現在最流行的手機的型號，已經不敢肯定了……變舊了的小玩意兒，早在房間的角落裡大概堆得是一天世界了。我們厭惡故事裡女人的不忠，我們何嘗不是跟她一樣，對舊物的甜味，因嚐不出味來而棄之如敝履？

人對於事物的麻木，快的不可思議。「它過時了」，「它已經舊了」，條條是理頭頭是道，總之一切都賴在對方頭上。但是，又為何有些人可以樂此不彼地永遠在重複一件事？為何有些相愛的人可以一輩子相濡以沫？他們為何沒有厭倦過？

那並不是個費解的問題，只是因為他們能從平常的習慣中播下甜蜜的種子，並以一份感恩之心品出生活中點滴的愛罷了，於是，他們的命運仿佛都比我們的好啊。

不可或缺的誠信

6D 吳家豪 (文學之星 高中組季軍)



俗語說：「三歲定八十。」一個人從小就必須養成良好習慣，無論是行為，品格，思想等各方面。尤其是品格方面，當中「誠信」是人生中最不可或缺的品格。「誠信」包括真誠與信用，它能使個人變得可靠，使團隊變得合作，使社會變得公義……

一個人擁有「誠信」，那麼他在應徵工作的時候，成功率也比較大，例如應徵警員。要成為一名警員，除了讀書成績好之外，最重要還是自己的功過記錄，因為功過記錄能從中表現出自己的可信程度，這是當警務人員的最重要條件之一。一位警員以真誠態度和公平的精神去服務社會，那樣才會受大眾敬佩，又能維護到社會的公義。

其實在現今社會，無論是政府機構，大型企業，或者是普通商戶等，當他們在聘請員工時，首先便是考慮應徵者的操行，瞭解應徵者的可靠度，再考慮其它因素，才決定是否聘用。因此，個人從小養成誠信習慣，有助於個人更容易投身社會工作，或者取得上司的欣賞。

「誠信」有利於個人，也有利於團隊。當誠信存在於團隊合作之間，就會變成一種無形承諾，每一個人都奉獻出自己的一份力量，同時也會相信別人會作出付出，合作的時候默契增加，做起事來通常都能事半功倍，就好像拔河比賽一樣。

拔河，需要凝聚每一位參賽者的力量，從而獲取一股強大的力量擊敗對方。但是如果其中有一個隊員這樣想著「有其它人的力量就足夠了，自己可以不需要付出，坐享其成。」那麼他便失守了對其他隊員們的承諾，使得其它隊員的負擔增加，使比賽變得更加艱難，更有可能失去勝利的機會。所以，團隊間要有承諾，更要守信用，這樣才有助提升團隊合作精神，甚至為團隊取得勝利。

由此可見，培養一個人的誠信，有利於個人就業，也幫助團隊合作。因此「誠信」也可以促進社會的和諧。

社會是由人與人相處形成的，當人與人互相真心相待，互相守信用，那便構成一個有「誠信」的社會，大家都能和睦相處，互惠互利。例如香港的商鋪「正」貨商標計畫，它能保證客戶購買的貨品品質，也能提升商鋪的聲譽，從而吸引更多的新客戶，令商鋪的交易量增加，直接刺激地區的經濟增長，正是一舉三得。

不可或缺的理智

5T 李雪柔 (文學之星 高中組優異)



德國作家海因里希說過：「理智是人的最高天賦，是人本質上區別於低級動物的特徵。」

我認為當人們生活在這個世界上，一生中會遇上許多形形色色的人與事，而在處理每一件事情時，我們都必須與理性伴隨左右。我們需要理性地沉著地去面對每個人或每一件大小事。如果控制不了自己的情緒，從而造成「非理性」行為，不但解決不了根本的問題，還甚至會使事情惡化。當然，不排除在特殊情況下需要用「非理性」的方式去表達，例如遇到壞人時，我們就不能去勸他們改邪歸正，而只能嘗試去制服劫匪或者逃避，保證自己的安全。

古羅馬的作家西塞羅說：「理智可以說是生命的光和燈」也同樣表達出生命中不可以沒有理智，而理智將猶如燈火一般照耀我們前方的路。如果人們處理事情時選擇了不理智，會導致怎樣的後果呢？就拿近日被鬧得轟轟烈烈的釣魚台事件為例，內地以反日發起了遊行示威，希望以這次的抗議告訴世界：「釣魚島是中國的！」原來一場以愛國口號發起的運動最終卻事與願違，變成了一場「暴亂」，在遊行示威中，不斷有人義憤填膺打破同胞的日本汽車，日資商場及店舖，甚至使在華日本人的安全也嚴重受到威脅。更有愛國者冒自家的日本車也燒了，除此之外，在一輪「遊行」之後，剩下的只有被掀翻的汽車，冒煙的街頭，不理智的人們暴戾的表情……那些施暴的人們最終仍因為他們那不理智的行為承擔應受的責任，而冷靜下來想想，燒日本車，傷同胞，是否真正能解決兩國間的歷史遺留問題。而這些所謂的愛國，同仇敵愾抵制日貨，是否做到了保衛國家的利益和民族尊嚴，而並非做一些使日本人幸災樂禍的事。一句話，人的不理智造成了如今的結果，累及無辜，是我們想要看到的嗎？

言歸正傳，有人說過：「沒有甚麼一個人的舉止行為天能暴露他自己。」還有句話說：「不要在生氣的時候作決定。」理智，在得們的生活中不可或缺理智，讓我們能在生活中恪守道德標準。

不可或缺的堅持

5T 何旻謙 (文學之星 高中組優異)



堅持，就是將一種狀態，一種心情，一種信念或是一種精神堅強而不动摇、堅定而不猶豫、堅韌而不妥協、堅毅而不屈服地進行到底。假如人們無法將堅持這種態度放在每件事上，即使遇上挫折及失敗卻只會選擇逃避、放棄。有些人在堅持和命運中選擇了堅持，在堅持中獲得轉機，贏得希望的青睞。

堅持能讓你成就夢想，以「光纖之父」高錕為例，他曾於四十多年前已提出一條比頭髮稍粗的纖維材料可傳送資訊的言論，但當時卻無人願意相信。

縱使大家都笑他痴心妄想，但他並沒有輕易放棄夢想，仍然堅持信念，一直孜孜不倦、努力不懈地研究，深信終有一天能夠研究成功。直至高錕發表有關光波通訊的基礎理論，令光纖通訊得以成功研發。此後，人類科技發展進入新里程，亦因為高錕的堅持，令人與人之間的聯繫更為緊密。

堅持能讓你在逆境中依舊挺立，發揮潛力，曾獲得曾蔭權讚揚，指她的堅持值得尊敬與學習的人——黃蘊瑤。她曾於亞運會決賽期間發生意外，被多輛單車輾過，導致肋骨碎裂。但經過多番治療，她堅持繼續訓練自己，重新踏上單車，克服心理障礙，最終能夠再次參加亞運會，被稱為「女版黃金寶」。

「堅持能讓你看到最後的結果，嚐到成功的果實。偉大的發明家愛迪生，發明世界上第一個電燈泡之前，曾經歷上千次的實驗失敗。如果他沒有堅持到底，我們現在恐怕連電燈是甚麼也不知道。」

堅持，未必一定成功，但放棄則永不可能成功！堅持就是成功的奧秘，不可或缺的堅持便是勝利。

茶樓眾生相

3H 洪東楠 (校內徵文 初中組冠軍)



晨露還掛在葉尖上，鵲鳥驚枝撲進了雲朵。風光激盪，教人好生愉悅。說書看客，檀香焚燒，茶樓的茶香便由此嫋嫋升起。

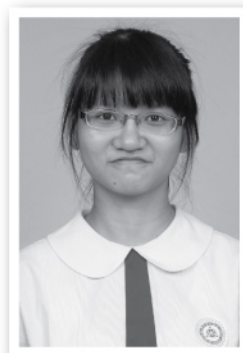
清早人煙稀疏，沒有平日裡繁榮的車水馬龍。綠蔭下斑斑駁駁的晨曦灑落在地上，帶來一絲暖意。鶴髮童顏的老人們已經聚集在茶樓外，拿著號碼牌，你來我往的談笑風生。別岸的垂柳絲條拂過江面，春風習習，江南的茶館便是此等風情。

茶樓開門前，侍應們、廚師們掀開布簾，推著小推車把食材運到廚房裡，鍋碗瓢盆、擀面皮的麵粉、韭菜葉兒、菜苗兒、魚蝦肉各式各樣一應俱全，滿滿的堆滿了廚房，好不熱鬧。前臺那兒早已站滿了人，候桌號數逐一漸升，約莫排到了二三百。人多是非自然也多，唧唧喳喳的各種流言蜚語從口中露出。世道變故難測，難保今天嚼舌根的，明日便成了市井討論的物件。

茶樓一聲開業，便引來了多少老主顧。遍目望去，座無虛席，或偶有空桌也在咫尺之內，讓等候許久的人家坐了去。而那些初來乍到的旅客們，只能拿著號碼牌，在人潮裡擠著，不時張望著茶樓內的情況，偶爾發發牢騷，追問著前臺人員。所幸這種冗長的等待並沒有持續太久，處事圓滑的經理早已為他們預備好了。

年宵市場一景

3H 梁雯君 (校內徵文 初中組亞軍)



鮮紅色的紙碎在「呼呼呼」的響聲中撒滿了整個世界，新年的鐘聲回蕩還繞在耳旁，大家迫不及待的準備去買招待客人的糖果、瓜子等吃、喝、玩、看的小東小西。

年宵市場無疑是最佳的火拼場地。於是，大清早，天微微亮，床頭邊仿佛還能抓到一把新鮮空氣的時候，我就被人拽了起來——洗刷、打扮，關門、出發。

年宵市場的門口，不出所料，人潮湧湧。我和姐姐，媽媽是小魚在人海中浮沉，耳邊不時響起「唉！我的腳。」「啊，我快跌倒了。」可是也只是一時，因為那聲音一波蓋過一波，最後只剩下了嗡嗡……的聲音了。

趁着她們買東西的檔兒，我找了個位置，可觀望人山人海的位置。很快，我的目光被兩個人抓住了——一個手牽身穿陳舊棉襖的樸素的老伯伯。老伯伯的臉上洋溢着新春來到的歡喜，雖然身穿的衣裳並非華貴富氣，手裏還攢着一把破舊的零碎散錢，另一隻手則緊握小女孩的小手。大手包小手，溫暖非常。我凝望着他們穿過一個一個的攤位，在一家賣糖果的地方，稍稍停了一下——我甚至可以看到小女孩的渴望後，在一家賣孩童冬衣的地方，選購了一件較便宜的，便又轉身踱步，回到甜蜜蜜的糖果店張望，也僅僅只是張望。

突然，想起了自己曾對夢想，無可奈何，雖渴望，仍只能痴痴張望的自己。雖然我最終將夢想變成了現實。但我不能想像，如果，如果，我放棄了呢？只是個假設，但我仍恐怕那個假設會出現。假設我沒經歷風的刺痛，花的誘惑，假設我沒攀過山的峻險，沒堅持遊過海的廣闊。甚至沒踏出過朝夢想前進的第一步。那麼一切一切都會改變；沒有為夢想不顧一切的我，亦沒有完成夢想後，狂喜的我。當看到小女孩的渴望卻無奈時，仿佛這一幕亦成了一幅畫，刻在我的心底。當看到年宵市場的熱鬧與小女孩和老伯伯格格不入時，心裏也溢出了酸苦的滋味。

姐姐和媽媽回來後，我給予小女孩一份甜蜜蜜的糖果，一份鼓勵追求夢想的心。也給予自己一份對未來——新的一年，充滿憧憬，希望的心。

茶樓的生意總是紅火。侍應們拿著餐單，一邊介紹茶樓的招牌小吃，一邊記下餐點，急促的語速可見人多如海，應接不暇。剛出籠的小籠包皮薄汁多，蝦餃澄亮飽滿，佐上爽口小菜，乃為一絕，可知這老字型大小茶樓為何這般受歡迎了。小孩子吃得大快朵頤，一手指著精美點心，一邊嘟囔著叫媽媽夾起來，看起來憨態可掬。大人們則是看著油墨未乾的報紙，是不是品幾口清茶，愜意非常，只是有時候總會忘記指上的油墨，一不小心，臉上變多了幾道「鬍鬚」，成了「花臉貓」。

不止如此，茶樓內還有專門的茶藝師傅。檀木枱上有紫檀瓦壺作烹茶之用，師傅將一節西湖龍井茶苗置入波光燙水內，便浮起一圈泡沫。趁著茶還未好，說書人一搖紙扇，驚木擲桌，那志怪奇談，如畫皮、還魂等，或古今同談的奇人異事講得讓人不禁拍案叫絕。再回首，茶已煮成，只見瓷白茶盞中一片碧色，雖是悠然飲畢，卻是餘香猶存。

正所謂年復一年，茶也需煮過三回：初無味，複微澀，終回甘。人生得失難免，若是待到悲歡飲盡，便是苦盡甘來。茶樓茶香環繞，說書的人還在說「下回分解」。眾生聚於茶樓，講的是浮生，品的亦是浮生。

重遊舊地有感

2H 黃依彤 (校內徵文 初中組季軍)



那時我正厭惡著秋天乾燥的天氣，白雲看起來極遠，扁平而冰冷。

我束了束領口，輕輕推開門，被鐵鏽侵蝕的門禁不住似的尖叫起來，秋季裡的山茶花豔麗驕橫，希望在枯萎前博得眾人駐足觀望，遠處旗杆上的紅旗飄揚，我還記得剛成為少先隊員時的心情，壓抑又呼之欲出，可日子一天天過去，原本當成寶貝的紅領巾只能獨自逗留在記憶裡，它總是狂叫著不公，我視若無睹，當沒看見。

別人時常說我笑臉迎人，我都無言以對，笑臉不過是偽善堆成的假面，就像這滿牆的小人，很容易看出是幼童所畫，歪曲的圓臉，扭曲的線條，幾顆牙孤零零地掛在嘴上，嬉皮笑臉，對比現在，真是說不出的諷刺，人之初，性本善，每個人都擁有過無邪，變化的始終是人心，乒乓球檯上面坑坑窪窪，經歷的年歲不得而知，老樟樹活了大半個世紀，它們之間存在著一種聯繫，默默緩緩，就連空氣的流動都是那樣和諧，你坐在那石台上才發覺，原來這就叫返璞歸真，自己也像是那樹的一部份，溫和地伸展樹枝，被它擁入懷。

五樓的走廊迴響著空蕩，音樂室的大門緊閉，我把耳朵放在上面，裡面悄然傳出了鋼琴聲，歌聲和低沉的細語，我努力聽清，果然，一瞬間所有東西都消失了，思緒被硬生生地扯回來。眼睛空洞地望著前方，這原來不是我們的宿舍麼？我還沒和可可爭論誰更聰明呢！恐怕是真的回不去了，當時我們樂在其中，一副不管不顧的模樣，現在才徹底明白甚麼叫永遠不見，說來的確矯情，明明是那樣痛恨，卻莫名地淪陷其中，挽救也顯得蒼白至極。

莎士比亞說：「時間會刺破青春的華美精緻，會把平行線刻上美人的額角，沒有什麼能逃過他橫掃的鐮刀」。時間如那極晝一般，好像擁有著永久的光明，但不論是之前還是之後都要用黑暗的極夜來補償，但黑暗不是長久的，光明一直在等待……因為我們擁有比誰都要多的明天。

重遊舊地有感

2D 陳藹琳 (校內徵文 初中組優異)



時間匆匆過去，不知不覺來香港已有一年多了，上星期接到小靜的電話，約了這個星期六回小學看看。而我亦有興奮、亦有憂慮。興奮的是可以看見昔日的小學，憂慮的是昔日的小學情景在我腦海裡已模糊不清，對老師，對同學的身影亦是朦朧。而我帶著這些心情踏上回小學的路。

星期六的這一天，我約好與小靜在小學門口等。當我站在遠處望着這已經在我腦海裡模糊不清的小學。剎時間，腦海裡有股力量衝了出來，被塵封的記憶亦也開起。慢慢地，小學的記憶湧了上來如海浪般猛湧地拍打著岸邊。站了一小會，一個熟悉的身影出現在我的視線裡——小靜。我的眼睛蒙上白白的霧，模糊不清了。不知過了多久，當我回神時，小靜已站在我的面前。幾年不見，小靜也變得亭亭玉立。我挽上了小靜的手，笑而不語。小靜也懂我，真是知我者，小靜也。

當我和小靜走近學校，才發覺學校變得更大，更科技化，更美麗了。一入校門，映入眼簾的是一個大型的足球場。有一個校工伯伯在足球場上割草，有幾個小孩子在操場上嬉戲，有一些老教師在跑道上跑步，訴說著他們曾經的青春。

我的思緒又飄到以前，記得以前足球場上的草沒有人修理，雜草叢生。那時的小靜和我在草地上奔跑，玩耍，訴說著友誼，談論大家長大後，各自擁有的家庭，直至夕陽落下才戀戀不捨地離開。跑道已不是從前的沙地，而是標準的塑膠跑道。記得在以前的跑道上，我經常摔倒。每次摔倒身邊都少不了小靜，每回都是被小靜扶去老校醫那裡，我已經成了醫療室的老顧客。

而現在，都變了。我以後再摔倒，也沒有人再扶我了，沒有人再為我處理傷口時唱歌給我聽了。現在只剩我一個人了，回不到以前，心中不免有些傷感，更多的是孤寂。

不怕

1H 邱韵丹 (校內徵文 初中組優異)



今天，我們聆聽一個故事。故事的名字叫作「不怕」，故事裡的小主人公是小虎子。

黃昏已到，太陽慢慢地落下山，把最後一縷陽光撒在大地上。遠處傳來一陣歌聲，一個小男孩一蹦一跳地朝這邊跑來，嘴上還哼著小曲。

「哎哎哎…… 小伙子等等！」一位老婆婆迎面向小虎子走來，衝著他揮了揮手，也許是怕小虎子跑著跳著聽不見她說話，所以老婆婆大老遠的就把小虎子叫住了。「老婆婆我有什麼可以幫到你嗎？」小虎子停了下來也不再哼著歌了，笑瞇瞇地對老婆婆說。老婆婆揮了揮手上的紙，把背上的包袱往上提了提，走近小虎子了些，「哎喲，可累死我了，我這一把老骨頭快散了！對啦，小伙子，這紙上的地址怎麼走呀？」老婆婆用她那像乾枯了的樹枝似的手指，指指信封上的地址，還不停的大口喘氣，看樣子她走了很久的路。

小虎子看了看信上的地址，心想：「這不就是在學校旁邊嗎？」現在太陽都快下山了，如果我把老婆婆送到那裡，那麼天就黑了！可是老婆婆那麼老了，她又不認識路，我到底是送，還是不送她呢？」小虎子還在糾結的時候，老婆婆打斷了他的思路，老婆婆笑著告訴小虎子，讓他告訴她路怎麼走就行了，因為老婆婆看著小虎子發呆，所以早就猜到小虎子在想什麼。沒想到小虎子馬上說說：「老婆婆，我送你去吧！」

一路上，小虎子跟老婆婆有說有笑，夕陽的餘暉撒在他們的身上，把兩個背影拉的長長的。小虎子把老婆婆送到了信上的地方，接老婆婆的是一個中年男人，是老婆婆的兒子，他留下小虎子下來住，眼睛流露出了感謝之情，小虎子拒絕了，然後飛快地往家的方向跑。

夜幕降臨，跑在路上的小虎子心怦怦地跳，吱吱吱——也許是夜晚沒有人的原因，一個人奔跑的小虎子什麼都聽得到了，於是，小虎子就邊喊「我不怕」一個勁兒往家裡衝。隨著一聲「我不怕」小虎子衝進了家門，這可把媽媽嚇壞了，「你不怕什麼呀？又瘋玩去了吧？看你滿頭大汗。」小虎子拉起媽媽的手說「天啊！我做了一件有意義的事，我什麼都不怕了！」

說到醫療室，記得醫療室後面有一棵老榕樹，我就拉著小靜，按著之前的記憶，跑到那棵老榕樹。原來，這棵老榕樹還在這裡，沒有被移走。我的心中有些開心，更多的是幸福，這棵老榕樹伴隨了我在小學六年的時光，在我的心中它是傾訴者，一位和藹的老爺爺。仰望著老榕樹，撫摸他的樹根、樹枝。它比原來更加的茂盛，也滄桑了許多。

記得夏天時，我和小靜最喜歡在這裡乘涼。現在，做不到了。很多的事情已經回不到從前，又何必強求這些不切實際的事情。雖然這棵老榕樹依舊屹立在這裡，可昔日的情意已不復存在，現在更多的是一絲絲的憐愛在此。

我和小靜靜靜地走了，不再打擾這一處寧靜。而老榕樹也繼續它的孤寂。

不知不覺我和小靜走到之前的小花園。原來的小花園，有一座小涼亭座落在假山水池中，水池裡有幾條小魚在嬉戲，充滿了濃濃的畫意，有著讓人身心平靜的魔力。可惜，這美麗的景像已消失。這小花園變成了一座壇。這座壇寫著金光閃閃的大字「學海明珠」，在周圍有無數朵色彩繽紛均小花點綴著。微風吹過，這些花兒翩翩起舞，婀娜多姿。雖然這景色很美，也讓我沉醉其中。但我的最愛還是那昔日的小花園，懷念之前我和小靜在涼亭下，學著古人作詩的樣子。

可小花園不在了，以前的嬉戲也跟著消失，剩下的只有回憶罷了。慢慢地我和小靜已經在學校走了一圈。時間也過得飛快，夕陽已經落下，我和小靜也在校門口說再見了。

走出校門，深深地望著學校。轉身走了，不再回頭。下次回來，也不知道是幾時了。嘆了口氣，深呼吸，微笑著向前走。再見了，我的母校。你已存在我深深的腦海裡，已不再模糊不清了。

兄弟

4D 曾德毅 (校內徵文 高中組冠軍)



我無法想像這一切是否真實，然而弟弟那不屑的神情卻在告訴我這一切是真的，我沒在意友人對於我這異常的行為有什麼想法，踏出難以邁進的腳步，一步步地向「現實」走去……

那10多米的距離，都不記得花了多少時間我才蹭到了商店的門口，在那無盡的過程中，我的腦海曾浮現數以萬計的應對方法，妄想一切能轉眼抹去，然而現實的是在商店門口不知所措的我、和因為我的出現變得呆若木雞的弟弟。時間終究不會因為我倆的呆滯而停下，商店老闆看到我和弟弟的神態，也知道了個大概，便懊惱地吼道：「這是你同學？哪學校的？什麼名字？小小年紀居然幹起高賣的勾當，長大還得了？我必須要告訴你們老師！好好嚴治這樣的孩子！」我深深望著眼前這副那麼熟悉卻變得越加陌生的臉，想做的並非是責罵，也並非是維護。只是現在這位「我的弟弟」是什麼時候竟成為一個做出一些我萬不可想到的行為的人，是因為與家庭缺少溝通而變得叛逆？抑或是受到什麼人或事的誘惑而不惜高賣？此時此刻，我多想讓他告訴我種種因由！但作為他的兄長，我知道我首要的是阻遏事態趨向嚴重的發展，因為他是我的弟弟！我是他的哥哥！

我跨前了一步，大概是與弟弟的距離太遠（無論是站位的距離還是心靈的距離），使我甩向弟弟的那一巴掌幾乎是撲著過去的，隨著這深沉沉的一巴掌，這冷卻的場景恨恨地裂得粉碎！道路上趕著工作的、在商店門口圍觀的、驚滯的途人，愕然的商店老闆、還有淚水開始亂竄的弟弟；一切的一切都被這「一掌」而全部付於動態。

看著弟弟那止不住的淚水，老闆像是軟了心，那氣得扭曲的臉逐漸變得平和，而我死死盯著我那顫抖的手，再轉看弟弟那被打得不成模樣的臉，連甩出那巴掌的我都不禁嚇得有些驚慌失措。然而我深信著，正是這一掌讓弟弟明白自己的錯誤！正是這一掌，讓哥哥明白自己的失責！多虧了這一掌，讓我們兄弟拉回無間的距離……

猛然發現，自己不自覺得也哭得不成模樣，然後不自主得磕在了地上，用著那因哭涕而模糊不清的語言向著那逐漸平和的老闆的臉說：「大叔！很抱歉我的弟弟居然做出本該無法原諒的錯行，但請您給他一個機會！讓他能以自己的行動來認知自己的錯誤，懇求您給我們兄弟那麼一個機會！」說完我轉向弟弟，緊緊地抱著那變得陌生卻開始熟悉的人，深深的說：「我是你的哥哥！我是你的哥哥！我是你的哥哥！」正因我是他的哥哥，我該相信我的弟弟，所以不去追問原由。正因我是他的哥哥我該扇下那一巴掌，讓我和他都明白這教訓。正因我是他的哥哥，我該跪下來為他請求，因為他是我的弟弟……

我也不記清那時的場景是如何，只記得在我和弟弟抱著哭泣的時候，那平和的臉上勾勒出深深的嘴角……

我想，「兄弟」就是打從弟弟一出生，我便拉起他的尾指默默許下的一個承諾吧！哪怕我們因年齡的增長、抑或一些事物的變遷，我們不經意的迷失了各自回家的路……然而在我們內心深處緊緊勾住的尾指，總會讓我們再次找回彼此。就好像這次的事情，無論多遠的距離，我也一定會追上弟弟的身影——這便是「兄弟」！

一位值得我尊重的人

5H 梁偉杰 (校內徵文 高中組亞軍)



「我只是怔怔地望着你的腳步，給你我最後的祝福」。

——題記

人世間總有一些不起眼的人和事，當你注意到他時，就很難再忘記。

每次換座位，他總會坐在離我不遠處，不知是老師的刻意安排，還是純屬巧合。因此當我換上新位置後，都會回過頭用下巴跟他示意，同時不壞好意地對他笑了。他的表情也跟我向他打招呼的方式一樣，從不改變。

他身高並不矮，與我一般高，臉形略圓，皮膚很白，剪著小平頭，這種相貌的人很容易被人欺負。他還習慣性地仰著頭，仰著頭上課，仰著頭看人。他做事很認真，有時說話講到一半，別人早已轉身不理他，他還會堅持把話講完。另外，他有口吃。

他是生物科長，只因開學時他一個舉手就當上了，但他成績並不好。每天收作業，他都會親自去找每一位沒交功課的同學，一副十分認真、很著急的表情，「你，你的作業交了沒有？」而平時並不願多理他的我們此時總會跟他沒完沒了地聊天，「你都來找我，還問我交了沒有？」他收妥作業後，總會再清點一遍才交給老師，還特意買了一支紫色的筆來核對，我們常常拿這來開玩笑，班上沒有誰會用紫色筆，而他的那支，一學期已經不見了無數次。

他喜歡踢球，無他，教足球的老師人很好，很耐心地教導他，所以每天我們都會看到穿著籃球鞋的他在草地上踢球，一個人踢球得很開心，滿頭大汗。我通常路過都會駐足觀看，他只要發現有人望著他，就會馬上把頭仰起來看人，然後踢得更起勁。

第二天他一定會找我講他昨天練習情況，我佩服他在無數冷眼之下依舊保持樂觀，他還會跟教師足球隊的班主任分享，白白的臉上常帶笑容。

他有太多的與別不同了，我們同班的都會經常把他特殊行徑拍下，甚至做成專輯，我總是笑個不停，回到家還給父母看。

經過那一節作文課後，我不再笑他了。

我平時上課經常回頭看他，發現除了他聽不懂的數學和物理課外，其餘的課他都仰著頭迫切地舉手回答每一個問題，特別是在作文課時。

但那一節課不同，他很安靜，神情的變化，我看出他今天的異樣。

放學後，我拿到了他那篇文章，他說起自己三歲才會說話，六歲才會走路，而他的爸媽，對於如今的他，已感十分欣慰的了，他更寫到了他奶奶每次見他時開心的神情……

那天我沒去足球場。

我開始回顧，回顧我所取笑他的片段，我少有的不把他收好的作業弄亂，我忽然發現我做錯了很多。

當天與朋友吃飯聊到他時，我並沒有笑，考慮是否把我所知道的告訴別人時，我猶豫了。

第二學期，他轉校了，沒有人知道他去了哪，老師也不肯說。

其實，他只是比常人能力稍遜，但他仍努力奮鬥，認真做好每件事，樂觀面對明天。

他因愛仰頭被人稱為自信，也有人喚他「傻子」，但其實，在他的角度看，其他人何嘗不是自大狂妄，那到底誰才是真正的「傻子」呢？

一位值得我敬愛的人

5K 李玉雅 (校內徵文 高中組季軍)



愛，有許多種，但我未必每一種愛都能夠感受到當中的甜蜜，反而帶了點傷感……幸好，有她的彌補，令我深深感受到當中的一點光、一份愛。

她就是我敬愛的奶奶，她從小已經很疼愛我，她不論男女都很疼愛，所以我很敬愛她。奶奶，年事已高，但卻精神飽滿，並且中氣十足，但是亦有一些毛病，就是她的眼睛有白內障，視力較模糊，而且雙腳很容易疲累、關節也不好，所以我亦很幫助她，幫她提行李，提東西等。但她總是說：「不用幫我！我還有力量。」儘管她這樣說，我仍然會幫她、照顧她。

她從小便照顧我和弟弟，原本我們都是在大陸出生的，其後因父母相繼移民香港，而他們亦很少時間回來，所以大部份的時間都是奶奶來照顧我們的。她把我們照顧得很好，她的廚藝無與倫比，非常美味！將我們養得肥肥白白，而她卻經常吃我們吃剩的食物，永遠將最好的，留給我們。

我非常敬愛她，她總會把我們照顧得無微不至，並且願花時間、花金錢在我們的身上，不會吝嗇她的一分一毫，當我們是她的親子女般疼愛。

還記得小時候，有一次我被單車撞到，左腳痛得不得了，並且流了許多血，奶奶非常擔心立即抱我回家，進行急救——由於當時醫療科技並不發達，如要找醫院，便要坐很久的車程才能到達，所以每家每戶都會儲備急救用品，以備不時之需。其後，她每天都悉心地照顧我，而這件事不單讓我留下傷口和痕跡，也成了我永遠最溫暖的回憶，永不磨滅……

兩年前，爺爺和爸爸在一年間相繼去世，當然，奶奶面對自己的丈夫和兒子去世，情緒一定有很大的波動，並且在這一年她每天都很擔心，我和家人也很擔心奶奶會一時想歪做傻事，所以在這兩年我們都很關心她，令她忘記這些事，重新面對新的生活。

幸好，她安然無事地渡過了，我覺得她是一個勇敢、堅強和賢良淑德的一位好婦人，甘心為這個家庭付出一生，願意一生留在這裡陪我們渡過剩下的餘生，她永遠是我非常值得敬愛的人，她如何地疼愛着我，我也願意永遠愛惜她、尊敬她。

一位值得我瞭解的人

5H 平曉欣 (校內徵文 高中組優異)



「實現中華民族的偉大復興！」他說完最後一句話，踏步走出，向台下深深地鞠了三個躬，台下掌聲雷動。這一刻的我，面對電視螢幕的臉上閃閃暗暗，我想，至少這一刻，我是百分之百地瞭解了這位三鞠躬的老者——溫家寶。

2004年的那一天，溫家寶總理在紅旗的印證下接過了權力的交接棒。他和藹的長者面容為他贏得了許多人的好感，但是隨著時間的推移，這和藹的面容漸漸剝落了鮮艷的彩衣，彩色殼子下的，仿佛是望不到底的黑暗。有人說，溫家寶是最親民的總理，他走訪雲南貧困地區，毫不介意地坐在農民那破爛不堪的坑上對其噓寒問暖；有人說，溫家寶是最會演戲的演員，他親和的臉孔下是虛偽的真身，依靠著謙和的笑和貌似溫和的面容助長民心，實則是貪官污吏的代名詞。剛開始聽到類似的言論，我還不以為然，但漸漸的，越來越多有關他的負面事跡傳出，讓我摘下了私自加在他頭上的光環，開始用另一種眼光看待這個「和藹」的長者。我心裡是好奇的，總想看透這個人，始終不願承認這個笑的溫和的領導人竟有如此偽善的一面。

2012年12月份，溫家寶家族斂巨財數十億元人民幣的消息被新聞刊登了出來，一時間人言四起，如此鐵證就似一把劍，先是挑破了溫家寶總理臉上的面具，再刺中了我的心。所有的條件直指其貪官的事實，讓我心寒。這個和藹的老者果真靠著善良的笑容，卻做下了偽善之事嗎？這一刻，我是真的無法瞭解這個日日以親民姿態出現的男子，這一刻，我好想剝開他的財庫，看看是否真的如外界所說的那般欺人。溫家寶究竟是不是一個值得我瞭解的人？

在憤怒中煎熬的我越發看不透他，但因此也越發地想瞭解他，就這樣，直到我在網上瀏覽到一則舊帖子。

鬧市剪影

4D 叶光胜 (校內徵文 高中組優異)



剛入住新家，就遇上了大麻煩。由於新居位處鬧市之上，曾一度令我困苦不堪，嘈吵聲如刀一樣，一刀一刀割在我心上，使我的心總無法靜下來……但後來卻成為我難忘的回憶。

中午吃完飯，由於閒著無聊，便想下樓出去走一走。走進鬧市，攤上擺滿了各式各樣的東西，人們來去匆匆，街上的行人絡繹不絕、川流不息。攤主們利用各種手法去吸引顧客，有的擺出商品向行人展示，有的掛著大減價招牌，還有的向路過行人派發傳單。由於大多數的酒店並沒有開門作生意，所以行人主要為買衣著服飾為主。因此白天來逛鬧市的人十有八九是女士。

入夜，晚上的鬧市與白天的鬧市截然不同，各式的酒店開門營業，美食的氣息從樓下飄散入我的鼻中勾起我的食欲，使我忍不住下樓品味其中。

步入街市，只見眼前人山人海，街上擺滿了食桌，人們圍食桌而坐，盡心交談，一片歡聲笑語，一陣美食之味，由此散發向天空。街道上，店舖裡都擠滿了人，連一隻小貓也難以竄行其間。

走進街的另一則，清脆的聲音引起我的注意，原來是賣流行音樂碟的音樂店。一張張碟片掛在架上，如壁畫一般美麗、整齊，加上天籟的歌聲，讓人仿佛有位處仙境的感覺。

走到街的盡頭，如走進了奇妙的藝術空間，一些民間的藝人在此賣自己的傑作，有捏面團的，一個小小的麵粉團，在他手中如被釋魔法般神奇，竟能變成各式各樣的歷史人物。還有人用細沙作畫，這是最吸引我的表演，一團團的沙粒在他的手下竟能被繪成一幅少女畫像。

晚上的鬧市充滿歡呼聲，充滿樂趣，與白天相比，更顯熱鬧，更顯繁華，更重要的是晚上的鬧市更溫馨，不像白天那麼單調。

長久以後，我竟有了晚上逛鬧市的習慣，熱鬧的街頭，不知不覺成為我生活的一部份。如今居住香港，當日的熱鬧街頭已遠離了我，有的只是對它的無限回憶。

這是一則2008年的帖子，帖子上的是四川8.2級大地震後的圖片。我一張圖一張圖地瀏覽，腦海裡回想起了那時的心情。這張圖片就在此時印入了我的眼簾——溫家寶帶著安全帽指向天空，他的臉上沒有表情，只有深遠的眼睛，看著手指的地方。瞬間，我回憶起2008年的四川地震後，他毫不猶豫立即飛往前線安定民心的事件。也許人們都忘記了，這是一個年過花甲的老者，在隨時都會發生餘震的危難關頭撲身災區，這需要的不僅僅是個人的演技而已，他是真的以身犯險，在為這國家的子民拼命。

這一刻，我又被他的行徑而感動，照片上的他個頭矮小，頭也小小的，以至於安全帽在他頭上仿佛蓋了三分之二，遮擋了他的額頭，這時的我心中搖擺不定，他的行徑顯示了他的負責，但他家族斂財是不可爭辯的事實。這一刻，我似乎瞭解了他，卻又似乎瞭解不了他。

2013年，歷任兩屆的溫家寶到了卸下重擔的日子，電視上的他穿著西裝，卻依然遮掩不了他瘦弱的骨架。他望向台下的人大代表，開口發表他最後一次的講話。我看著台上的這個老人，經歷了兩屆政府總理，經受了諸多洗禮的他又老了。記憶中的那個年過半白頭髮灰黑的男子現在已經白髮滿頭，再難找出一片完整的黝黑。想起了他對日本侵犯釣魚島時毫不示弱的言論；想起了他走訪農村時的不介意，想起了他極慢的語速；想起了他有嚴重聽力缺陷的右耳；想起了他在四川地震的照片。這一刻，我想起的，竟都是他的好，揮之不去的，是他頭戴安全帽，望向天空的眼睛，那是他唯一一張沒有表情的照片。

電視上的男子就要結束他的講話：「新一代領導班子，我堅信可以引領著中國，實現中華民族的偉大復興！」他說完最後一句話，向台下深鞠了三個躬，掌聲雷動。我想，他是值得我瞭解的，是值得的。

學會欣賞

1D 葉子維



就在那天，我學會了欣賞。

每天早上，我都忙著上學。趕著上班、上學的更有一大群。看著他們急促的腳步，似乎沒有人會留意身邊的環境。

今天，我又故意放慢腳步，看看那很少人會注意的別一個「世界」。看那棵高大的木棉樹的花開得多大，橘紅的花朵，燦爛地開向藍天，花朵們都張開了，好像在歡呼。這個月木棉花的葉也特別綠，木棉花在綠葉的襯托下顯得特別的美麗。我隱約聞到那種花香，也顯得木棉樹強壯又茂盛。大樹還有數朵開得正燦爛的鮮紅小花，被風一吹，好像穿了紅袍的小姑娘在跳舞，旁邊的小草也為花的舞姿揮手鼓掌。彷彿只有我一個人欣賞這美麗的風景。我看看手錶，噢！快要遲到了，我的腳步又開始快起來，剛剛的情景彷彿就像做了一場美夢。

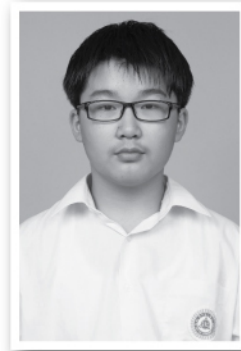
聽啊，課室窗外那對小鳥的歌聲多麼美妙動聽，他們一唱一和，就像在開演唱會。我坐在課室欣賞著小鳥的演唱會，大自然的歌聲，這真是一種享受。面對著每天一大堆的功課，偶然聽一下大自然的歌聲，平常繁重的心情頓時輕鬆了起來，那美妙的歌聲在我心裡徘徊。正在我聽得陶醉時，突然沒聲了，那對小鳥就飛走了，我還想多欣賞一下這美妙的音樂啊！

看，那風紀每天來我班，負責午飯時間的秩序，多辛苦。我真欣賞他那堅毅不屈的精神，每天都陪伴著我們這群「搗蛋鬼」。雖然我們常常令他十分生氣，但無論「搗蛋鬼」有多嘈吵，都是他在陪伴著我們。他彷彿是一個保母般照顧著我們，很多時我們遇到功課的問題，他都樂意為我們解答。將有小測的時候，他也付出小息的時間，留在班裡和我們一起溫習課文。

就在那天，我學會了欣賞。我們往往會忽略了一些美好的事物，但我們只要放下平常急促的腳步，就會發現這些美，這一切只在乎你是否願意付出少許的時間去欣賞世界美好的一面。

學會欣賞

1D 吳英瑞



「欣賞」這個詞語很多人都明白它的意思，雖然不是很深奧，而且在日常對話中，它也時常出現，但是能夠做到「欣賞」的人又有多少呢？

有三件事令我可以真真正正地明白到究竟甚麼是「欣賞」。

一次的中文課，同學們都一聲不發地坐着位子上專注地聆聽老師講課。過一會兒，老師停了下來，本來課室只有老師的聲音，現在她停了下來，整個課室變得鴉雀無聲。這個時候，老師派發了同學的練筆本和一張文字材料，我們沒有像以前那樣焦急地立即翻開練筆本，看看自己的寫作怎樣，老師給了你甚麼的評語，反而好奇地去看那一張文字材料。那張紙上有不少很好的範文，而且都是同學寫的，老師說他們的文章都描寫細緻，能捕捉到美麗的一瞬。我回家後一直在欣賞這些美文，想不到同學描寫人物能有那麼多的角度和措辭，我決定要向他們好好學習，有可能有一天我也會得到老師的欣賞。

每天上學，我都會經過那條通向火車站的小路，那是我的必經之路。但每次都沒怎麼理會它。有一次我來太和玩，不像往常般趕時間，當我經過那條熟悉的小路，想起老師提醒我們要學習欣賞身邊的一事一物，包括一花一草。我放慢了腳步，邊走邊看，風吹草動，小路分單車徑和行人路兩邊，中間種著一排整齊的鳳凰木，看著隨風飄蕩的如鳳凰羽毛般的，細細碎碎的樹葉，我心裡頓時感到一種悠閒。那是第一次發現那條小路是那麼美麗。我索性坐在長椅上，盡情享受這片美麗的風景。

又有一次，我看到我們學校的一個同學為外國人指路，那時是學校課外活動後的時間，已經很晚了，大約是六點半後。但是那個同學還在努力地為陌生人指路，可能是語言問題，那個外國人好像不太明白怎樣走，所以便請他帶路。同學並沒有一副不願意的樣子，卻很樂意帶那外國人上路，直到目的地，那恰好是我家的附近。同學的熱心助人的表現這令我很感動。

原來放慢腳步，用欣賞的眼光注意身邊的事物，世界就更美麗了！就是這樣，令我不知不覺地學會了真正的「欣賞」。

留點快樂給自己

2H 陳凱欣



在我還小時，生活簡單，幾乎每天都很快樂，一天到晚嘻嘻哈哈的，在操場上你追我趕毫無煩惱，就連測驗考試也是笑著面對。但當我慢慢長大，才發現快樂離我愈來愈遠。

在我們慢慢長大時，壓力愈來愈大，煩惱愈來愈多。聽說有些上班族甚至覺得自己近月來都沒快樂過。我也曾聽過媽媽的朋友向她「吐苦水」，不停抱怨工作辛苦、工作不順利、老是被上司責備、做了十年都沒升職等等。也聽過身邊朋友說上學好累、好辛苦。但在一個月前，我找到了快樂。

那天，我的一個朋友要來我家玩。那時是下午三時，我正在車站附近等候前來我家的朋友。我估計她沒那麼快到，於是買了些零食邊吃邊等消磨時間。零食吃完了，我站在原地，時而看手錶，時而致電問她在哪，完全沒注意前方已站了一個女人。她急切地問我：「您好，請問能幫我看一下行李嗎？我要去拿一下東西，我在趕時間！」

我無意識地點了頭，她就拋下一句「謝謝」，便匆匆忙忙跑開了。我很後悔！我為什麼答應了？我朋友也應該快到了。更重要的是她是否在騙我，會不會一去不回呢？

等了約十分鐘，已經到了的朋友，她也不停抱怨我的多事。正當我準備一走了之時，她喘著大氣跑回來了，還不停向我道謝。

原來她不小心把車票落在了某個店鋪的桌子上，她在趕時間，要是趕不到這班車的話，她奶奶會擔心的，因為她早已和奶奶約好了。

我突然覺得：我沒走開真是太好了！

同時，心裏也覺得快樂，因為我幫助了人。助人對我來說是很稀有的事。我頓時明白了「助人為樂」的意思。

自從經過這事之後，我漸漸開始變得樂於幫助別人。每次幫助人後都覺得很高興。不知不覺中已成習慣，所以我幾乎每天都很快樂。後來幾天，朋友向我訴苦，聽著聽著，我就聽煩了，於是下定決心要令她變得樂觀、快樂起來。

在六月中旬，是學校終期考試。我們放學後留在圖書館溫習，將書本的所有重點記下；有不懂的就問對方，大家都不懂的就問老師。於是在接下來的考試我們都輕鬆帶過了。

考卷對分當天，她也得到了相應的分數，這就是她努力的成果。她非常高興。當天晚上我就收到了她的電話，她說她父母請她吃了一頓美食，還送了她禮物。她說她好久沒這麼高興過了。

快樂，其實就在我們身邊，只是看你有沒有抓住它罷了！

留點快樂給自己！試看由自己控制命運！

留點信心給自己

2T 林文慈



眾所周知，「信心」對於每一位運動員或參加各樣比賽的參賽者來說是一件最重要的寶物。而我這人生中最需要改善的就是「信心」，曾經我錯過了很多次可以令我提升我信心的機會，而令我最深刻的一次，就是我參加跆拳道比賽的那一天。

那天風和日麗，我一大早懷着興奮的心情來到比賽地點，比賽的地點很遠，在澳門某體育館裡進行比賽，我的比賽編排在後半段，所以我便覺得應可以有很多時間能給我做熱身、練習。其實，我在比賽的前幾天已經苦練了一段時間，覺得應該可以得到冠軍的。

第一場比賽開始了，一開始是女子三十六公斤級別的比賽，裁判的的聲音一響起，雙方便爭戰起來，選手身材十分嬌小，但速度、力量都很強，這時作為觀眾的我感到冠軍越來越遠了，我的自信漸漸下降，一直去到第二場、第三場、第四場，我的信心好像已經消失了。

終於輪到我的比賽了，我的對手身材比我小，但我十分緊張。因為害怕輸，上半場打拼一分鐘後，中場休息三十秒時，我回場邊得到教練的鼓勵，再繼續打下半場，剛聽完教練的話，我不想讓他和爸媽失望，所以我終於願意主動出手，但因我浪費了上半場的時間，下半場雖只贏得三比零的分數，我很後悔當初的害怕，沒自信，我這時憤怒得哭了出來，對手比我個子小，我卻只贏得三比零的分數，雖然我贏了她，但我輸給我自己，輸了教練對我的期望，以及爸媽對我的信心。

經過這次的教訓，我明白到信心的重要，明白沒有信心就會浪費了你之前做練習的、所苦練的時間，即是等於前功盡廢，以後的比賽不可以再這樣了。

留點時間給自己

2D 葉俊嘉



時間，一直在流逝着，時間，在你不知覺的時候，它不停的過去，你這一生，有沒有珍惜過時間呢？你有沒有好好運用時間呢？

一出世，我的計時器就開始運作，父母養育我，照顧我，教我懂得禮貌；他們花很多時間在我身上，他們非常珍惜時間，用盡一分一秒教育我。

在我不知情的時候，時間突然加快了，它沒有等我，把我帶到小學一年級，我對學校非常陌生，總是做錯事，我利用很多時間去適應學校的新生活。

父母不想我浪費時間，他們給我補習、英語班等的多個課程，當時也是呆呆的去上課。

直到二年級要搬家了，由觀塘搬到新界，還做了插班生。

時間沒有停止，我已經四年級了，開始不願意服從父母的命令，總是浪費時間，把時間用在電腦上，遊玩上，上課總在發白日夢。就算要去補習社，我還是跟這些「打機友」一起聊天、吃零食。

正當我在浪費光陰時時候，已經是六年級了。功課多了，測驗多了，考試也多了，但我不太在意，只把它放在最後。直到放榜的那天，同學們都派到很好的中學，不停的歡呼，而我只在埋怨自己、埋怨時間，為何時間過得這麼快。

花了九牛二虎之力，父母把工作丟下，花了多天的時間，總算有一間中學取錄了我。

升上中學，功課少了，假期多了，我總在家中睡覺，但從沒有留過時間給自己，直到一天，我認識了一個人，他是我的補習老師，他常常教我如何去運用時間，總跟我說小時候的事情，令我明白時間是不等人的。

現在的我，總會給時間自己去反思、溫習、休息，我懂得孝順父母，運用時間，現在的我不會浪費時間，我更要填補曾經浪費過的時間。

我希望我的「打機友」、同學、家人及所有人都可以好好運用和珍惜，請留點時間給自己！

留點健康給自己

2D 何 姍



在都市人匆匆的步伐中，我們是否遺忘了「健康」？

小時候，因一次發燒發現我有先天性心臟病。以為不是什麼大病，但父母卻總是在擔心。我在生病時每次都會聽到醫生問我是否有心臟病。這似乎成了一種習慣。

直到動手術那天，其實我是害怕的，但我沒表現出來。因為「手術」這個名詞，每每在催淚的電視劇中是經常出現的，而一般電視劇中的「手術」都代表著死亡。雖然父母告訴我說不要害怕，這只是一場手術，很快就好。他們在說這句話時，表情是飄浮不定的。所以到底有多擔心也只有他們自己明白，畢竟是心臟啊！

做完手術直到現在，每次生病看醫生的時候，媽媽總會習慣性地問醫生：「我女兒的心臟還有什麼問題嗎？」當醫生回答沒有時，媽媽就很高興地抱著我說：「好了，好了！不用再擔心了！」過了這麼多年，依舊如此，對於我父母來說，這病過去了，他們便安心了。

我的爸爸很喜歡喝啤酒，也因為他這個喜歡，讓他得了痛風症。這個病一年總會讓爸爸痛上一兩個月。奶奶、我和媽媽都非常擔心，在這一兩個月裏，我們認真地注意爸爸的飲食。每天都習慣性地問一句：「好一些了嗎？」而作為爸爸的母親，就是比我和媽媽還要擔心多兩倍，就算病好了，也經常囑咐媽媽要注意爸爸的飲食。

健康多重要啊！每個父母最希望的就是自己的孩子健健康康的。什麼是健康？從科學的角度來說，是指一個人生理機能正常，沒有缺陷和疾病。從父母的角度來說，心理，身體一切健康。健康真的很重要！在我動完手術後，什麼都要麻煩父母，讓我感到很無力。在爸爸生病時他也極度懊惱，因為不管他要幹什麼都必須有人攙扶，不然就躺在床上動不了。

當一個人生病時，麻煩的總是身邊的人，讓人擔心的，也還是身邊的人。但是，不管你是否讓身邊的人麻煩了、擔心了，重要的還是身體健康。因為健康了，自然也免去這些了。可是這個年代因為工作、趕時間、學習，人們開始忽略細節，飲食不規律、吸煙，這些都是把健康拋之度外的人。只有經歷過病痛的人，才能明白健康究竟有多麼重要。

讓我們留點健康給自己吧！

留點健康給自己

2K 楊嘉欣



人生最大的財富是甚麼呢？金錢？還是財寶？不，都不是！有一樣東西是用金錢也都買不回來的，那就是健康。

現今，許多的都市人都在為生活而奔波勞碌，然而卻忽略了健康。他們沒有維持良好的生活習慣，比如是經常熬夜至凌晨，作息不定時；經常吃一些垃圾食品，也不愛吃蔬果；缺乏運動，常常坐著上網……這一些都是我們經常會犯的壞習慣。

再加上現今的科技越來越發達，人們的生活素質提升，很多小孩均是不喜歡吃健康的食物，而是美味卻對身體不好的垃圾食品，以滿足味覺上的需求。但是，他們卻忽略了自己身體上的需要，垃圾食品固然是美味，但卻沒有益處，還令到身體變差。這難到不是「賠了夫人，又折兵」嗎？

漢堡包、汽水、炸豬排、洋芋片……一些食物對身體都會帶來負擔，我們應該盡量少吃。長期吃大量這些垃圾食品，會令我們患上各種病，例如有痴肥、熱氣等等。平日我們應該要多吃蔬果，這不但有營養價值，還能將我們的腸胃「清潔」，幫助我們排毒。

健康是我們一生的財富，我們應好好珍惜，不要抱著「我還年輕」的心態，健康是靠一些好習慣和累積才有的，要是等到了已經不能回轉的地方才後悔，那時已經為時已晚！

一點一滴看化蝶

3H 周曼



「繭」是痛苦，是磨難，是阻礙。「蝶」是快樂，是美麗，是成功。

毛蟲，把自己封藏在千絲萬縷中。從沉睡中開始蘇醒的牠，面對無止盡的黑暗，沒有陽光的明媚，沒有綠樹紅花。此刻的雙眸閃現著堅毅的光芒，因為牠想看到外面明亮的世界，於是開始了牠的嘗試擺脫——黑暗。

蛻變的痛苦焦灼著牠的身體，身幹的每個部位不斷地向大腦傳遞疼痛。牠想掙脫，掙脫這個牢籠。牠一次次的嘗試衝破厚厚的蠶蛹。一次、兩次、十次……每次的蠕動反而增強了體格，磨練了意志。終於，一束陽光透進蠶蛹。沁人心脾的空氣散播開來。牠衝出蠶蛹，在空中飛舞。

「哇哇哇……」一個稚嫩的哭聲從產房中傳來，那剛出生的我，也是一個新生的繭，展開了我破繭的人生。

幼時的我，在倍受外公外婆疼愛中長大。他們每天接送我上下學，每次都把我當成寶似的抱在懷中，讓我在溫暖中安隱入睡。我甚至不需要記得回家的路，一次，媽媽要求外公外婆讓我自己回家，我心裡很害怕與錯愕。我滿含心酸的望著外公外婆，可媽媽還是鐵了心要我自己上學。我只能背著書包，硬著頭皮獨自上學去了。一路上，害怕、恐懼侵入腦海，我只能憑著模糊的片段摸索到校。那是第一次嘗試後獲得的成功感。自此，我不需要大人的陪伴，自己上學。

小學時的我，嘴饞，自告奮勇的報了廚藝興趣班。十指不沾陽春水的我，怎會自己做菜呢？第一堂是煎蛋課，經過老師的示範後，我嘗試著自己拿著鏟子，把油放進鍋裡。那一瞬間是「嗞啦嗞啦」的聲音，我並不害怕。第一次，黑乎乎的蛋；第二次半黑不熟的蛋；第三次.....一次一次的嘗試後，終於，一次泛著黃金色的荷包蛋出鍋了。再一次，我心中增添了一絲成功感。

現在的我，剛從海南島來到一個陌生甚至是語言不一樣的地方——香港。我感到些許害怕，面對一無所知的粵語，我好似被打敗了。學不來，真是學不來，難聽的聲音從我口中發出。我就好像嬰兒學說話一樣，一句話一句話開始學著說，不標準又不好聽。我甚至不敢到麥當勞點餐，一直憋在家中不出去，不敢面對外面陌生的世界。

有幸的是，我加入了一個和我面對同樣問題的義工小組。那次是我第一次當義工，是一個嘉年華遊戲小攤位。我開始嘗試用粵語和一群小朋友和大人交流。起初我說的粵語夾雜著普通話，還要說好幾遍他們才聽得懂。漸漸的一兩次他們就能聽明白了，我也開始不緊張、不害怕說粵語了！

著名的籃球員林書豪曾說：「你從不去嘗試，你就永遠不會知道自己有多大的潛質。」毛蟲一次次的嘗試破繭，終能翩翩起舞。我一次次的嘗試，終嘗得成功的甘甜。一點一滴累積的成功感，增添了我的自信，我努力地學飛，終有一天我會像蝴蝶一樣飛舞，發放屬於我的光芒！

思念

5K 杜德明



緩緩的風輕輕的吹向我，

點點的雨粉往我臉上打，

世界彷彿在這刻停頓，

你的腳步聲，愈走愈遠，

就讓風雨一直延續下去，

叫無止境的風雨，

填滿我空洞的內心。

給生活塗上一抹色彩

5K 鍾思雪



對你而言，生活是什麼？

對於我來說，生活只是如此，一連五天的上學天，然後來一個瘋狂的週末。不斷地循環，但人生最可憐莫過於生活平淡乏味，沒有任何色調，只有黑與白。

有天我從互聯網上看到一篇真人真事的報道，事件是發生於美國首都華盛頓，那時有一位男士在火車站演奏小提琴，當時約二千人經過那車站，大多數都是上班族。而當他演奏時，卻有數位途人稍為站一會兒看一下，也有一位男孩和母親經過，但男孩可能被吸引着，愈走愈慢，母親連忙拉著他走。

看了報道的末段，原來那位男士是一位著名的小提琴家，他當天是拉著價值三百五十萬美元的小提琴。看完這報道後，我覺得生活其實不是想像中的淡而無味，只要我們嘗試看多些和感受多些，在任何地方也能發掘趣事，為生活塗上一抹色彩。

其實生活的色彩由自己抹上，要人生更加色彩豐富，就要活到老學到老，把一生想做的事都給完成，那就無憾。所以想做就去吧，想說的都去說吧！我也想把生活所感的都記錄下來，因為感覺只有一丁點兒時間，用不同角度，不同角色去生活，那種的感覺也會截然不同。所以，不要被時間的空洞感或其他因素而剝奪你整個人生的色彩。

在這條路上，我與火相遇

6H 王 儒



小時候的火，不是天上遙遠灼熱的太陽，也不是冬天鋪滿路的紅楓，而是祖母家灶臺上跳躍的微藍的火簇，以至於很長一段時間，我都在對它的嚮往中度過。

爐火對於小孩來說，是危險而神秘的，大人們在廚房忙活的時候是絕不允許有孩子來打擾的。所以直至七歲那年，我才有機會接觸火——雖然只是下下湯圓，煮煮餃子，但足已使我欣喜萬分。從小到大，我都是熱愛烹飪的，且不說味道如何，我單純地只是喜歡做菜的過程。待我長高到可以在灶台上工作的時候，祖母開始教我做菜，從最簡單的煎荷包蛋，到番茄炒蛋，蛋花湯。等到我懂得控制火候的時候，祖母又教我做葷菜，雞塊、蒸魚、排骨年糕。一步一腳印地學，對爐灶上的火，也更鍾情了。

在祖母身邊待了十年，烹飪與爐火不過是童年的一部份，更是祖母教我的東西的很少一部份，她教我更多是做人的道理，她不過是個當了幾十年家庭主婦的女人，但對我的影響，卻甚於每一個老師。就好比炒壞了一鍋菜，燒焦了一鍋粥，她總能氣定神閑地說：「你心中有火，自然無法控制火了，重做！」故鄉的火和祖母的慈愛領著我走過童年，卻突然在通往青春的車站消失不見。

長大了，也離鄉別井，就算是自己做的同一道菜，也吃不出故鄉的味道。於是長大了的火，變成了大城市的路燈，明明滅滅中溫暖我寂寞的心。



近兩年忙碌幾乎填滿了我整個生活，晚歸走夜路似乎已是一種習慣。時常在太陽猛烈的時候走進圖書館，而出來的時候，天空已整個換了一個顏色。香港的天空是沉重的，從這一頭望到那一頭，天空都是一樣的，像是有人潑了一層灰色的墨，我分不清那是沒有雲，還是太多雲。每次抬頭望見這一片天，我就特別渴望路燈的出現，它仿佛是一束微小而溫柔的火，告訴我不要害怕。

每天的必經路上，有路燈立滿整條街。綿長的燈光緩慢地淋在磚路上，澆到了我的視線裡，影子拉得我好長；失望有時，悲傷有時，無論怎樣也回不到過去的我，在黑暗中，突然無比真實地感覺得火的溫度和光，它好像喃喃地說，接下來的路，我領著你走。

今晨很早的時候，刮起一陣風，我驚喜地看見雲在天上的流動，緩緩飄向山巒。我想起了兒時，祖母家的煙囪，也會湧出會飄向山的灰煙，就像是，迫不及待想要歸家的人。



這兒少了一種顏色

6H 王 儒



作為一個中國女人，我第一次穿旗袍，居然是在澳洲。

那年我十歲，去探望住在澳洲的姐姐，正逢她要參加一個美術比賽，便想讓我當她的油畫對象，為了突出她作品的主题，我們特地去唐人街挑了一件紫紅色的旗袍。於是，我便擁有了我人生第一件傳統中式服裝。

旗袍，保守而高調，烘雲托月將女性輪廓曲曲勾出，在我看來沒有哪裡的女人穿上旗袍比中國女人更得體美麗的了。東方美的神韻就在這絲絨盤扣鑲滾中體現出來。西方的旗袍店生意一直很好，來光顧的大多是洋人，她們雖身材高挑勻稱，但看起來總覺得別扭。

那次回國後，我便一直有意尋找旗袍店，想去看看真正的中國裁縫做的旗袍，令人驚奇的是每家店生意都不算好，冷冷清清只有幾個熟客，老裁縫也很少出來做，大多數客人都只買成品，那些掛在牆上筆挺的旗袍不太像一件衣服，而像一縷詩魂。

一縷寂寞，無人問津的中國靈魂。

旗袍從清末開始一直是中國女人對於美的追求，漸漸隨着西式服裝的引入，繁複而保守的傳統服飾開始式微，沒有人願意花時間去訂做，反而在國外，越來越多人對中國文化感興趣，他們研究《論語》，做中國料理，穿起了唐裝旗袍；反而在國外，我看到了中國的顏色。

如果說我們丟失了服裝的傳統無傷大雅，那麼丟失了我們上千年為人的道德思想呢？



中國人讀書以仁為要旨，更提倡「百行孝為先」，子女從父母哪裡承傳血脈和家訓，就應以孝道回饋他們。而人之行孝，不能離開敬，孝敬不單只是對家裡的長輩，更應對所有你有能力幫助的老者。然而，在最重視孝道的國家裡長大的我們，將老人放在了哪裡？中國的地鐵裡，一個車廂幾十上百人，坐着的清一色是塞着耳機的年輕人，隆隆行駛的列車中或許有兩鬢落滿霜花的老人，沒有人願意起身讓座，年輕人可能過於沉浸在自己的世界裡，也可能覺得自己享受着一席座位是理所當然。

那麼且不說對外，你知道你祖父母的名字嗎？知道他們的過往嗎？你可曾親自為他們燒過一頓晚餐，按過他們負重累累的肩？

我們大概是最慷慨的民族了，將自己最優秀的精神價值送去了西方。西方並沒有所謂的「孝」，那只不過是對老人的格外尊敬，把他們當成知心朋友，或有着淵博學問的老師。他們不太喜歡把老人丟進養老院，而是置於在自己的可照顧範圍之內。現在的洋人用不着我們去教他們何為孝，他們已經可以動輒引用《論語》了，他們正把我們的民族精神融匯貫通。

姐姐的那幅油畫成功獲得了金獎，畫上一個身穿紫紅色旗袍的女孩饒有興趣地盯着眼前的地球儀。中國精神該是什麼顏色的？如同旗袍般熠熠生輝嗎？一定不是，不然怎麼事隔多年，我的旗袍回到中國後儘管顏色依然鮮艷，我卻早已看不見中國的本色了。



不怕

IT 唐曉蕾



金黃色的「月餅」漸漸從天空中消失了。美麗的夜姑娘靜靜地來了，日小子也就要下班了。夜幕也降臨了。在路上，有一個年輕小伙子。他圓圓的臉蛋上，印着兩顆明亮的星星，加一對月亮般的眉毛。他的名子叫做小虎子，正在回家的路上。

他走着走着，看了看頭頂的月亮。心想，「多麼美麗的月亮啊！」皎潔的月光印在他圓圓的臉蛋上。「我終於可以回家了。」他看着皎潔的月亮說。突然，他停了下來。一位頭上披着白毛巾，手裡提著大包袱的老爺爺。緊鎖雙眉，就像被膠水黏在一起一樣，分也分不開。爺爺的臉，就像暴風雨前一樣，烏雲瀰漫，見不到一點光明。爺爺向小虎子揮了揮手，然後向小虎子走來。把一張寫着地址的信遞給他看，並急忙問道；「小朋友，我到兒子家去探親，卻迷了路，你知道怎麼去嗎？」小虎子接過地址看了看。哎呀！路還遠着呢！他看了看皎潔的月亮，正在十字路口中徘徊，不知該不該送走老爺爺，但當他看到老爺爺焦急的神情時，便決定先送老爺爺回家。走了一個小時，終於到了老爺爺的家。這時，天已經黑了。老爺爺的兒子說：「我送你吧！」小虎子笑着搖了搖頭，就大步地向回家的方向走去。

大路上，連一個人影都沒有，只有皎潔的月亮陪伴着小虎子回家。小虎子看了看周圍，一點聲音也沒有。在小虎子眼裏，明月也開始變得陰森森的。他開始有些害怕。心怦怦地跳動。他加快了腳步，頭上的汗就像雨一樣下個不停。他的心又「咚咚」跳了起來，小虎子跑了起來，邊跑邊說「我不怕！我不怕！」……

小虎子終於到家了，推開門，衝了進去。媽媽急忙問他怎麼了。

他只笑笑說——我長大了，我不怕！

這件事令我對他刮目相看

1H 胡柏汶



樂於助人是從小到大都要學習的東西。在巴士上讓座給有需要的人是應有的禮貌。今天，在巴士上的經歷，令我對一個人刮目相看。

今天，我如常乘搭巴士上學。因為是繁忙時間，所以座位已給乘客坐滿了，車廂也十分擠迫。當我上了巴士後，我嗅到一陣異味。原來是由一位衣著奇怪的老伯伯身上傳來的。其他人也投以討厭的目光看著他。我也希望他快點下車，以免我也沾上他的臭味。

當座位已被坐滿時，有一位拿著柺杖的老婆婆上了車。她站得不隱，也沒有人願意讓座給她，只有那位傳出怪味的老伯伯站起來。我以為他正想下車，原來他是讓座給老婆婆的。我當時十分驚訝，因為一個衣著奇怪的人竟然比那些衣著端正的人更懂得樂於助人。

今天過後，我學會了不應以貌取人，因為對一個人的第一個感觀可能不是最真實，正如那位老伯伯一樣，人的內心比外表更重要。

我的一位好鄰友

2D 陳藹琳



回憶老家中那段快樂的日子，我身邊都少不了一些伙伴，當然，我最好的伙伴是住在我家的旁邊，我的一位好鄰友——李文靜。

我和文靜從小玩到大，我們倆的情感，可謂是，天地可見，日月作證。文靜年紀雖大我一些，可是我並沒有叫她姐姐，而是以朋友稱呼。她有著一對烏黑大眼睛，看起來年紀雖小，可足足高我一個頭，讓我時常覺得自己十分矮小。她身上總是透出大家閨秀、溫文爾雅的氣質，可誰又知道，她也有調皮的時候。記得有一次，我和她，在池塘裡嬉戲，覺得很無趣。文靜提議說：「不如玩踢球吧。」我一聽是踢球，渾身上下充電一樣。我說：「好。」我們兩個女孩子在大地上踢球，充滿著歡笑聲。可文靜這一踢，把李大爺的窗戶給踢破了，聽到那窗戶，那破碎聲，我們躲起來，李大爺就怒氣沖沖的出來，吆喝幾聲，沒見人影，就怒氣沖沖地回家去。我和文靜相互一看，突然大笑起來。

夕陽西下，我和文靜也獨自走回家。童年也因文靜變得快樂起來。還記得小學時，我和文靜經常一起回校又回家。

有一次，我的成績不及格，被老師罰到六點才回家，文靜也一直等我，文靜知道我的成績不及格，就說幫我溫習。有文靜這樣好文采的「老師」，我當然很開心，就是猛點頭的答應。所以每到放學，文靜就留下來幫我溫習各個科目，把重點講給我聽，我也細心去聆聽這些知識。後來，我的成績慢慢的開始好轉，漸漸考試考到高分，真的是名師出高徒。我要感謝文靜一直幫助，給予快樂給我。文靜是我人生中不可缺少的鄰友，現在我仍跟她保持聯繫，這份友誼情感只會增不會減。

這就是我的一位好鄰友。她非常聰明和善良，感謝上帝賜我一位這麼好的鄰友。

故友重逢

3D 呂小強



在這個車水馬龍的都市中，人們時刻都扮演著不同的角色，例如老師回家便成了忙碌的父母，去購物又成為了消費者……這些多變的差異，時常圍繞於我們每個人的身邊。

允行，這個同年出生的夥伴，讓我待人有了新的看法！

還記得那次在南華工廠上撞見他時，他正在低著頭一個勁兒的做著手操式電子元件。當他做完那似乎永遠做不完的工作時，他一抬頭，我便認出那是我兒時要好的玩伴允行！他也一眼認出了我，在午息時我告訴他我是打暑期工，當我看向他時，見他身上的衣服打著許多補丁，我能從那條已經用得褪色的藍褲上，看出他在這應該一段日子了。唯一能吸引我的地方，便是他那清爽乾淨及濃密烏黑的中分頭。

就像我觀察著他時，我的腦海中不知不覺地浮現出童年時在村中玩樂的場景。那時的允行，長瓜子臉，像一粒小瓜子倒過來似的，若將他與三角形相比，或許都比不上允行的下巴尖。當時我們村中人人家庭經濟都不好，自然沒電子產品嬉玩，不過我們鄉下孩子卻有獨自的玩法，像雪中挖坑捉鳥、溪中用手指拉螃蟹等。有次印象最深刻，那次我們猜拳決定誰用手指拉螃蟹，結果是允行實施「計畫」，他極不情願地要求重猜，可誰肯呢？他只好無奈地把手指放入溪水中的小洞中，突然，他大叫一聲成功了，誰料一扯出來竟是一條小水蛇！我們都嚇呆了，連忙將他手上的蛇打掉，跑回家中，幸好蛇無毒，經醫生看過無大礙，我們卻各自被父母大罵一頓，自此也不玩這遊戲了。如今想起允行痛楚的樣子，我還會抿起嘴角傻笑呢！

再看看如今的他，淪落於工廠打工，我不免有點失落。正當我們要進廠時，他卻說留電話要走了，在我驚訝他為何能擅離職守之時，一輛車開來，直到這輛車載允行遠去時，我才回過神來，原來允行是工廠廠長的兒子，也就是說以往那個窮困潦倒的允行父親做了廠長！允行是來磨鍊的！那一天晚上，我在床上輾轉反側，久久不能入眠，最後是隨晨光出現才進入夢鄉。

我在故友允行的重遇中，學到了「士別三日，即當刮目相看！」

故友重逢

3H 鄧雪童



这天风和日丽，我漫无目的地在商场裡閒逛，有时拿起精緻的商品瞧瞧，有时站在拐角處呆望著人山人海的大賣場。

突然，一隻手搭上了我的肩，我嚇得跳了起來，轉身一看，竟是闊別多年的故友葉一心！

一心笑意盈盈的看著我，我愣了幾秒，遲疑的說了聲：「一心？」

她馬上高興的抱住我，歡快的說：「嗯！我回來了！」

一心是我小學同學，小學六年來，我從未與她疏離過。記得當時一年級時，我們剛成為了好朋友，就學著電視劇中的情節，兩隻小手指鈎在一起，用稚嫩的聲音高聲說：「我發誓，我們永遠是好朋友！」兩道聲音重合在一起，讓我難以忘懷。

「真的很久沒見了！算起來大概有三年了吧？」我數了手指，坐在咖啡店裡捧起熱氣騰騰的咖啡說。

「是啊！三年前我家搬來香港，就很難和你聯絡了，兩年前你也搬來香港，但是我又剛好到英國讀書去了，真是不巧啊！」一心鬱悶地攪拌著咖啡說。

以前我和一心經常到對方的家玩，有時玩捉迷藏，有時玩「過家家」，一心可是捉迷藏的強手呢！她藏的地方經常令人意想不到，很難找到她，有一次，她還縮到衣櫃裡去！

「記得你以前十分好動的，滿腦子古靈精怪的鬼主意！」我看著一心說，她現在戴上了一副黑框眼睛，衣著也是深灰色和黑色，不似當年張揚的如同彩虹一樣的顏色。

「那是！人總是要變的嘛！」她衝着我做了個鬼臉。

「唉，你骨子裏的那股調皮勁兒是變不了的啦！」我看着她笑了起來。

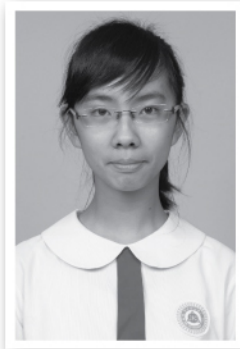
「啊！看我使出秘技——搔癢癢！看你還說不說我！」她把臉一沉，魔爪向我伸來，眼角是飛揚的笑意，如同燦爛的陽光碎片……

我與一心告別後，心裏有些失落，但是，想起下次見面的約定，空落的心飽滿起來，期待着下一次到來。

我在商場內不再漫無目的地走，而是堅定向明天邁出腳步。

海灘的反思

4T 李旻珈



昨晚發生的事，令我明白生命很脆弱。我以後要好好珍惜身邊的親人和朋友。這件事也告訴了我，看似長久的生命，可以是很短暫，像流星般，光輝一瞬間便逝去。

看著桌上的時鐘，時間一秒一秒地過去了。又看看窗外的太陽，心想「天為甚麼還是這麼藍？為甚麼還要放晴？」再看看椅子上的一疊又一疊的報紙，互聯網上一則又一則海難的新聞，或是最新的情況和死亡的人數。這全都令我的心傷透了，不但是我的心，更是每一個關心香港人的心。

報紙上一篇篇的講述海難的新聞，電視上一則則海難的報道，或許令到了無數的香港人流下了悲傷的眼淚，寫下了無數張給死難者家屬的安慰卡。可是，在事件過後，人們還會記得去珍惜生命，以及自己所擁有的嗎？

生命，無疑是短暫的，甚至可說是一個「未知數」，因為沒有人會知道即將所發生的事情，無人知道它的危害以及所帶來的驚與喜，悲與哀。在這次海難中，無人能預計得到從歡樂聲中離開家中去慶祝國慶，卻在悲哭聲中回到一個骨肉分離的家。誰又能估計到這一切的發生呢？但在這個「未知數」未發生前，珍惜自己，珍惜身邊的人，更要活出有意義的生命和才是最重要的。因為沒有人知道，你在甚麼時候可能會失去他們。一個無情的大海便帶走了三十九個香港人脆弱的生命，帶走了一些人的摯愛，父母、兒女、良師、好友。又有誰會知道下一場災難在甚麼時候發生？海難事件讓我有警覺，生命會隨時失去，我們要緊握已擁有的，不再貪心去求擁有更多了。珍惜這得來不易的一切，因為若你失去了，可能一輩子也不能尋回，只能從記憶中回望思念那些已成灰燼的人和事。

短暫，脆弱的生命是十分可貴的，可以去珍惜的機會不多，懂得去珍惜的心也不多。這次的海難，給予我們一個難得的機會去反思自己生命的價值。讓我們去回想我們到底有沒有去珍惜自己所擁有的，自己曾活過的。然後繼續活一個精彩、無悔的生命。

我懷念的

5K 羅夢蘅



我懷念的，
是比母親矮半個身，
牽着她的手，向她仰望的，
瞬間。

我懷念的，
是我青春裡一道道華麗的淺痕，
那些陪我走過每一步青春年華的十三人。

我懷念的，
是中年的我牽着老邁母親的手。
沙沙的樹葉搖曳，落下一個秋天，
紛飛的白雪，融滿了一頭白髮，
我終究在黑夜的星晨，記憶的蜿行，
落下了不捨之淚。

當我第一次來到這地方

2T 趙凱晴



每一次，當我因成績煩惱時，我都會想起那一個地方，在暖洋洋的陽光下，七彩繽紛的花兒在陽光努力展開美麗的一面。而清新的空氣混着一些花兒獨有的清香，令你什麼煩惱都好像不翼而飛了。

那一年，我因放假而和家人一起回老鄉了。老鄉那裡因春天的來臨，四周都長出綠油油的樹和草，在綠油油的草地上或樹上，有很多七彩顏色的苞蕾等待展開，有些已經在展現它們自己的美麗了。這一切是多麼美好有動力。但是在我眼裡它們都是在跟我作對，我討厭它們。原因是我考試不合格，放假後就要補考。所以我把習作帶來溫習，而家人他們因天氣好的關係每天都出去遊玩，只有我在家裡溫習。

假期一天一天地過去了，我心裡的煩惱害怕就一天一天地增加了。假期最後的兩天，早上叔叔來到溫習中的我面前說道：「凱晴，我知道你因補考事情而緊張，不如讓叔叔帶你去一個令你會變得愉快的地方吧！」就這樣，我跟著叔叔到了一個叫「千金公園」的地方。

金光閃閃的「千金公園」這四個字第一時間映入我的眼裡，然後兩棵高大的樹像侍衛一樣站在門口兩旁。走了入去，兩旁都種滿小樹，一排排的就像小兵在迎接我。沿着彎彎曲曲的小路走，不時會看到巧奪天工的雕像。然後我進了一個彎口，到了一個一片的大草地，草地上的花兒都在爭先推後地展示着自己新的衣裳。如烈焰的紅，淡雅的淡黃，高雄的淡紫，純潔的白……顏色多不勝數，就連太陽伯伯也感染了它們的好動氣氛，展開了金燦燦的陽光，不是刺烈的而是暖暖，暖得快融化我的心。金燦燦的陽光為千嬌百媚的花兒們添上了一層薄薄的金沙，簡直是錦上添花，美不勝收。微風過處，送來縷縷清香。看着眼前的美景，吸着清香淡雅的氣息，我的煩惱和害怕好像不翼而飛了。

看著眼前被微風吹過的花兒，就像在為我煩惱消失而歡欣跳舞，為我加油打氣。

自然美景給了我面對考試的勇氣。

這是個美好的地方

2K 楊嘉欣



世界上有着許許多多的不同地方，而這些地方給每一個人的感受也不一樣。要是說到我認為美好的一個地方，莫過於外婆的家了。

外婆的家是在貴州的一個小鎮上，要是想去探望外婆，還得坐上幾天的車程才能到達。為甚麼我會認為這是個美好的地方呢？這還要聽我慢慢說來。

上一年的秋天，我去到了外婆的住所探望她。外婆的家裏不算十分富裕，卻帶給我溫馨的感覺。走出了客廳，是個拿來擺放一些雜物的空間，牆壁上到處都畫着兒時的「傑作」，有些殘舊的門上刻着我小時候的身高，不禁勾起了我童年那段快樂的回憶。

走出門口，兩旁的街道種滿了高大的樹，一眼看去盡是一片金黃的美麗風景。微風輕輕地吹過，好比母親般輕撫臉龐。被風吹下的樹葉猶如舞女優雅的舞姿，輕輕地落在地面上。然而對面的街道是一對夫婦，他們正在辛勤地工作，男的正在幫別人修理車子，而女的便幫他擦汗和拿所需的工具。雖然他們工作得汗流浹背，但是臉上卻帶着了那發自內心的純樸笑容，絲毫不造作。

有許多的都市人看不起村鎮的人，因為都市人都認為自己讀書多，卻變得十分的現實，終日為金錢而奔波勞碌。但是我們都沒有村鎮人那一份純樸，也許他們讀書不多，但是他們的品格卻是值得我們欣賞的。

當我第一次來到這地方

2D 周雪儀



當我第一次來到這地，我愛上了這裏。

自小，我就是一個很缺乏安全感的孩子，我很喜歡被人抱住。那不僅是舒服，而是安全，是很溫暖的懷抱。我喜歡看海，只是一直沒能去成，在上一個月，我看見了也愛上了。

那天是很普通的一天，可是我卻看到不普通的美景，我的好朋友在那天說帶我去海邊，我答應了。到了那裡，我看到的是熱鬧的海，碧藍的海不時湧來一陣陣波浪，我安靜地坐在赤熱的沙灘上感受著海風，那些穿過我耳朵的沙沙聲，就像海媽媽給沙妹妹洗澡，人們在海中不停翻滾，用不同的姿勢來享受海的擁抱，仿佛在和人們和諧地跳出優美的舞步。整個氣氛都在上升，我試着走進「它」，他像在招待我，冷冷海水在我腳又來又退，仿佛在說話，我與朋友玩起了堆沙，我堆出了一雙手，張開懷抱的人，就跟大海一樣的親切。而對美景，我真捨不得眨眼。

朋友帶我去了附近的許願塔，電梯慢慢地升上塔的高處，我漸漸看到了那一望無際的海與沙灘在融合，好美，真的好美！真希望我能一直看著這「世外桃源」。

我愛這地方，如斯美景總算是第一次看到。

當我第一次來到這地方

2D 章伯軒



每一個人的一生之中，一定有許許小小的第一次，第一次吃飯；第一次旅遊；第一次自己洗衣服，甚至第一次感受到死亡。「第一次」是人生旅途的必經之路。而我則第一次來到這美麗的地方——貢嘎雪山。

貢嘎雪山位於四川省。記得那年寒假，我和弟弟、大媽等人一起去。到了雪山下面，我們便坐大型旅遊巴士上山，一路上望著遠處白茫茫的雪，心情豁然開朗起來，還有山下的小溪，在冰與冰之間流動，而車也是轉了許多彎，真是山路十八彎啊！

到了半山腰，車不能再走上去，我們便坐纜車上到三千多米高的地方。我心情激動，抓了一把雪朝弟弟扔去，正好砸中了他，他也不甘示弱，朝我扔雪球，一場雪球戰展開了，你扔我，我扔你，亂成一團。最後玩得累了，我便隨地一躺，下面鬆鬆軟軟的雪撫摸著我的後背，雖然有一層羽絨服，但還是非常舒服。我躺著，看到的是一望無際的藍天，心情就更舒暢了。再看看遠處那一個個雪峰，白白的，我感覺自己好像身處人間仙境一般，潔白、神聖而不可侵犯。我起身，我們往下面的冰川走去，腳下踩著鬆軟的雪，配上咯吱咯吱的聲音，那和諧的旋律就像是一首美妙的鋼琴曲。我們一步一個腳印地走到了冰川，這裡簡直是個世外桃源！抬頭看看雪峰，頂峰上有一層薄薄的霧籠罩。還有腳下的冰，凸起來的像個房屋，而「簷」下結滿了冰柱，地上的雪也是純天然的，可以吃。但在這麼美麗的地方也藏著危險，冰川下面的冰洞據說淺的有幾十米，高的有幾百米深，不小心摔下去肯定是粉身碎骨。我真想多呆在這這一會啊！可惜弟弟有高原反應，只好回去了。

這是我第一次來貢嘎雪山，我的感覺就是太美了，美得無法形容。如果你有時間就去看看吧，如果住在那裏我相信一定能長命百歲。如果有機會的話，我會再去那裡旅遊，到那如詩如畫般的地方。

當我第一次來到這地方

2H 黃依彤



踏入這古樓，空氣中瀰漫著舊書和檀木的暗香，我貪婪地將這味道全部吸入肺裡，細細的刺激穿筋入骨，吸食了鴉片一般，徒留詭譎在屋裡尖叫。

從幼時起，我對於古宅或遺跡就有著莫名其妙的喜愛，可能是我心底的陰暗面在作祟，但當我第一次步入這名為岳陽樓的地方時，仍舊有些詫異，人群熙熙攘攘，木門高大莊嚴，隱隱還透着點暗紅，門上的青瓷白瓦早以禁不住歲月的啃噬，殘敗不一，可表面的紋路倒是漂亮，一深一淺的線條勾勒出驚艷，真叫人欲罷不能，一轉眼，我就看到了那座鼎，暗綠色的青銅質地，沉重的氣勢襲來，令我有點站不住腳，我把手輕輕放在上面，凹凸的質感很有規律，緩緩地還有股銅鏽味跑入我的鼻腔裏，叫你避之不及，只得匆匆走開。跨過門欄，據說這是書房，仔細瞧瞧，書還真不少，多得快要把那木架子給壓爛，對於古文沒有興趣的我果斷轉向看那幅畫，雖然我不懂，但這幅必定出自佳人之手，這是一株蘭花，花朵柔弱地低著頭，像見到情郎即害羞的姑娘，黯淡的色彩可以看出這畫已經歷了許多年歲，但這細膩的筆觸，溫潤的線條著實令人驚嘆。

走出書房，天空下起了小雨，遠處霧濛濛的，空氣有些濕冷，不過為這古樓增添了不少詩意，想着以前肯定會有兩人蓄起長髮，坐在亭院裡把酒吟詩，感嘆月亮圓缺，又低頭吟誦美人如水，真是說不出的逍遙自在，似個活神仙。

雨漸漸停了下來，瓦上滴落的水珠順著長青竹的葉子掛在尖頭，飽滿得快破繭而出，隨著微不可聞的一聲消失在土壤裏，輕快而又濃稠的在我眼裡暈開，一眨眼，思緒被拉回到了現實，感嘆著滿足不就是如此嗎？

樂遊桂林

3D 張宇碩



常聽說桂林「山水甲天下。」

小時候，我經常想像那裡的美景，可我從來沒有去過，只是聽說而已，我真的很想去看看……

暑假的到來，不但沒有讓我放輕鬆，卻更加緊張起來，因為作業增加，讓我越來越喘不過氣來。整天沉浸在緊張與壓抑中。一天，我正在房裡寫功課，媽媽敲了敲門進來說：「那麼累，出去走走吧！」我隨口「哦」了一聲。「去桂林吧！」媽媽的話讓我很驚訝，「真的嗎？」媽媽點點頭笑了。

就這樣，我滿懷著期待踏上了去桂林的旅途，在車上，我興奮得睡不著覺，欣賞著沿途的風光。

終於到了！我們陸續下車，我迫不及待地一個人跑了出來，「哇！」首先映入眼簾的是一片美麗的大草原，我聞到了嫩草的味道，那一種清新與純淨，已經讓我那顆浮躁的心沉靜下來。可是，桂林不是山和水嗎？「媽，怎麼沒有山，連水也沒有啊？」「你看你急得，穿過這片林就是了。」

聽後，我拉着媽媽走進對面的那片樹林。樹木茂盛，似乎有上百年的歷史，樹葉相互交叉著，留下了很多小縫線，陽光像小孩子一樣，頑皮得從小縫裡鑽了進來，一絲絲光線照在我身上，讓我感到很溫暖。我還聽到了小鳥兒的歌聲，動聽而婉轉。不一會兒，我們就穿過了這片的樹林，到達了我最想看的的地方，這裡有山有水，偶而也有幾隻小鳥飛過，這裡的山坡有的很大，有的小山，只有我那麼高，我扶著媽媽站到了一個山頭上，感受著那份超脫世俗的寧靜，聆聽著細細的流水聲，原來這也是一種享受。突然間，我明白了，一個真諦，讓心快樂，不一定要很複雜，其實簡簡單單就很好，就是一種不用尋找的享受。

這一次的旅途不但讓我見識了桂林的真實美，也讓我感受到了真正的快樂！更給我的心接受了一次洗禮。

樂遊塵世美

3H 郭海嵐



不知過了多少時間，火車巨大的轟隆聲終於緩緩地安靜下來，窗外不停地飄著雪花。

我輕移步履慢慢地走進冰冷潔白的雪地中。雪，真美！飄雪隨風從天空中落下，腳下踏著軟如棉的雪地。我伸出雙手，輕如鵝毛般的雪花落在手掌裡，瞬間便融化了。心裡不期然撲通撲通地亂跳起來，難掩一絲絲興奮，情不自禁地輕呼起來，那境像美極了！感覺如墮夢中，又仿如仙境，不知何時，突然被一陣巨大的轟隆聲驚醒，從虛幻中回到現實。火車向著遠處風馳電掣般奔去，漸漸在我的眼簾中消失。回頭一看，雪地留下了深深的腳印，像在印證我曾經踏足這片土地。

雪愈下愈大，天色也漸漸昏暗。此地實在不宜久留，抖擻精神要盡快離開。放眼遠處，一些充滿歐陸色彩的小房屋，依山而建，錯落有致。看似近在眼前，但卻又遙不可及。萬家燈火，在雪地裡特別耀眼，像明燈一樣帶領著我。雪地上舉步維艱，需要有堅忍毅力，才能熬過難關。走近了，只見屋頂上鋪著厚厚的積雪，環境優美而恬靜，彷彿童話故事裡的仙境，給人們驚喜和歡樂，大自然威力真是懾人心靈。

走進村莊，傳來陣陣誘人的美食香味，肚子不爭氣，竟然咕嚕咕嚕地叫起來，叫人難為情的，但這倒也難怪，原來已很久沒有進食了。我得盡快找個地方借宿。其中一個房子，感覺很特別，我也說不出原因。儘管眼前的房子應該經歷了不少寒冬，但仍難掩它的氣質。最特別之處是那厚厚深啡色的大木門，配上一對古銅色鑄有獅子形象的門環。看似古舊，卻充滿著現代藝術感，教人喜愛，大門隱若傳來檀木的香味，散發著古典復刻的氣息，頓時心情興奮莫明。我輕輕把門環一扣，不一會兒，大門應聲而開。眼前的是一位長得胖胖的老婆婆，她的頭髮斑白，臉頰紅潤，臉上掛著一副圓圓鏡框的眼鏡。她滿臉笑容地問：「年輕人，有甚麼需要幫忙呢？」我連忙彎彎腰回答：「老婆婆，您好，不知可否讓我借宿一宵呢？」不待我把話說完，她已熱情地邀請我內進。

這時，環顧屋內，暖意從牆身裡燃燒木頭的壁爐傳來，寒意盡消。牆身潔白清雅，一張深啡色美滑而帶有原始氣息的長木桌，木椅上配上淺黃色的印花布坐墊，高身鑲有木扶手的印花布藝梳化，設計別緻獨特的小茶几，另一旁放有古典圖案的矮櫃，上面放滿富有特色的收藏品，牆上掛有抽象名畫，別具氣派。天花上掛著簡單清雅的吊燈，傢俬佈置極具品味，應該花了不少心思，使人置身甚中，舒適愜意，真有「雅室何須大」的感覺。

老婆婆邀請我與她和孫女共進晚餐，真是求之不得。因為飢餓難忍，我卻之不恭，不知是否飢餓的緣故，這頓晚餐特別美味可口，真是不能言喻！孫女是一位六歲的可愛小女孩，由於父母忙碌，因而與祖母共住。閒談間才得知老婆婆的丈夫生前是位頗有名氣的建築師，這間房子的一磚一木都是出自他的手筆，整間屋都是難忘的回憶和溫情。怪不得遠處看來已覺得像童話故事裏的仙境。她說：「這裡地方僻遠，與世無爭，大家守望相助，民風淳樸、熱情好客。」短短的時間，我全部都感受得到。

她安頓我在客房中休息，便回到客廳的壁爐前擁著孫女說故事。寧靜的環境，加上壁爐中木頭的燃燒聲襯托著老婆婆動聽生動的聲音，爐火把兩人的臉烘得紅紅的，煞是好看，實在是一個溫馨場景。

折騰了一整天，倦極而睡。早上醒來，走出屋外，村民們早已忙碌地各自工作。純真的小孩正在追逐嬉戲，笑聲不絕，又會互相扔雪球。婆婆讓我認識他們，得到大家熱情的招待。小孩們總愛把我團團地圍著，逗著玩耍。各人的臉上總帶著微笑，和藹可親，一臉淳樸氣息。

雖然在物質上，他們比城市人擁有得較少，但村莊擁有城市人沒有的珍貴資源，這裏沒有現代電力化，環境沒有被污染。他們的生活雖然簡單，但全都是自供自足的。這裏只有真誠，沒有猜忌；只有互助，沒有自私；只有歡樂，沒有悲哀。其實他們比城市人擁有得多。旅程中，我被他們的歡樂有所感染，心裏頭總是甜絲絲的，向他們告別後，便展開新的旅程了。

茶樓眾生相

3H 鄧雪童



「服務員！給我來一籠糯米雞！」

「好！」服務員高聲應到。

又是一個星期六早晨，我如往常一樣和我的爺爺奶奶、爸爸媽媽到茶樓喝茶。

服務員在擁擠的茶桌間靈敏的穿梭，應茶客的要求忙前忙後，沒有一丁點的鬆懈，一條長長的隊伍在候位區等待著，茶客在候位時與前前後後的人聊開了，一個胖胖的紅衣婆婆一面和一群老人談養生之道，一面逗著自家的小孫兒，氣氛好不融洽。

「一百七十五號！一百七十五號的客人請入座！」

終於輪到我們了，本來開始等得不耐煩的心情一下拋到九霄雲外，我和家人邁著輕快的步伐走向上一桌客人剛離開的桌子，桌子上杯碟狼藉，剩下的點心靜靜的躺在碟上。一個服務員快步走來，以迅雷不及掩耳之勢整理乾淨桌子，鋪上雪白的桌布，擺上潔白的杯碗碟。

坐下後，我環顧四周，一陣陣的包子香味撲面而來，勾得我肚子裏的饞蟲蠢蠢欲動，在茶樓溫暖的米黃色燈光中，服務員手中托盤上色澤金黃的鳳爪顯得極為吸引。我耐不住饞蟲的叫喚，立刻喚來服務員點了幾個我至愛的點心。

在等待點心的時候，我捧起盛著清茶的白瓷杯，細細的抿了一口，茶的甘甜味在我的口舌中久久不散。突然，我發現，在如此熱鬧的氣氛中，有一張小小的桌子顯得與世隔絕，那麼寂寞，那麼孤獨，一個白髮蒼蒼的老人佝僂著身子，一手翻著報紙，一手拿著茶杯，茶桌上只有一份包子，那包子似乎很涼，沒有絲絲熱氣，就如那位老人，沒有了生活的熱力，只餘枯槁的軀體，無限悲涼。

我不禁為這位孤苦無依的老人所感嘆，心裏不住唏噓。

「媽媽！我要吃！我要吃南瓜餅！」一個小女孩對著她的媽媽嚷嚷，「不可以啦！吃太多會生病的。」媽媽皺眉拒絕道，「我要嘛！我要嘛！」小女孩不住的向媽媽撒嬌，在女兒的軟泡硬磨之下，媽媽妥協了，「只可以吃一半啊！」媽媽寵溺的望著自家女兒。真好，我心裏想，童年真好啊！可以向媽媽撒嬌，可以無憂無慮的吃南瓜餅，沒有沉重的煩惱憂慮，童年，真是人生中最美好的時光啊！

「您點的奶黃包來了。」服務員的聲音在我的耳邊響起，我雀躍起來，熱騰騰的包子奶香四溢，讓我食指大動，立刻不容氣的夾了一個包子就往嘴裏送。

茶樓，匯聚了香港形形色色的人，也匯聚了香港的特有文化。每一次我來茶樓，都能深切體會到香港的茶樓文化。

茶樓，匯聚眾生百態。

原來窗外是這樣美

4T 馮悅



清晨，像往常一樣來到學校，坐在教室的窗前發呆。我大概處於無意識的狀態，兩眼不覺神遊到了窗外，今天的天氣不像平日那樣晴朗，可是我忽然覺得今日的校園更像在霧中穿着輕紗般的舞者，若隱若現，呈現出一種朦朧的景象，讓人抓不着，摸不到，這時腦裏蹦出了一句話「只可遠觀而不可褻玩焉。」透過薄薄的霧氣看操場，好像是在天空中的殿堂，充滿了仙氣，那薄薄的霧就好像天空中的雲，而操場旁邊走向禮堂那長長的階梯，是通向空中殿堂的道路，而階級旁邊許多穿着粉色的花仙子，踏着雲霧翩翩起舞，美麗極了！

越過學校，望向那遠處的山峰，如邊關的勇士般屹立不倒，薄薄的霧氣遮掩不住山中的村屋，可遺憾的是並沒有古代詩中的炊煙的瀟灑，而連綿不絕的山峰隨着霧氣好似在移動，這些山峰呈深綠色，過了大約一節課的時間，再次望向窗外，這時的景象完全變了，陽光把霧氣射穿了一個大窟窿，這時山峰因陽光的照射而換了新衣，山頂閃耀着金色，閃到了我的眼睛裡，山腰由深綠色逐漸變成青綠色，給人生機煥發的感覺；山腰下面帶着嫩綠的顏色，點綴着整個連綿不絕的山峰，富有生氣。

造物主是大自然的作家，用它的畫筆完成了一幅巨作，透過雲霧看，這幅山畫是那樣的真實，可是它又是真實的存在；它又是會變幻的魔術，一會一個樣，給我帶來驚喜。大自然是造物主送給我們的禮物，只要你細心看，便能享有這份禮物。

原來海濱公園是這樣美

4T 張和加



「海濱公園很美的，不信你去瞧瞧。」朋友背上書包，獨自離去。我在原地陷入了沉思，說來慚愧，在大埔已經住了快一年，但一直不願出外走走，更不知道有海濱公園這個地方，回家後上網搜尋了一下海濱公園，大概摸清了它的位置，心中獨自暗想：好，明天就去見識一下海濱公園。

晨曦透過玻璃，將溫暖灑在我臉上，像和藹的祖母叫喚她可愛的孫子一樣，我揉了揉惺忪的眼睛，一臉睡態，再望一眼牆壁上的鐘；六點二十分。洗刷完畢後，我便出門了。

經過不斷地向途人問路後，終於到達海濱公園。

公園給我的第一感覺是美。可不是嗎？草兒青青，連綿成片，這難道不就是內蒙古高原嗎？草兒正努力朝向太陽母親，投向她的懷抱。風起，綠潮便在湧動、孩子喜了，高呼著：「風箏飛了，風箏飛了！」老人在草坪上隨風而動，耍起中國武林的精髓。走過草坪，便來到花之世界。眾花齊放，爭相鬥豔。紅得似火的，是玫瑰；白得似雪的，是雪蓮；黃得似金的，是黃菊。它們在爭妍鬥麗，以取得遊人的歡心。風起，陣陣花香撲鼻而來，勝似花露，卻勝於花露，它來得更自然，更清新，整個人仿佛置身於花之浴室般，陶醉極了。遊過花海，便來到中央水景。花形的佈景，四周的噴泉齊射於中央核心帶，再透過扇形的出口送到梯級以下，孩子們「隨波逐流」，嘻嘻哈哈。在陽光的映照下，水光粼粼，與孩子們的笑臉相互協調著，綻放出一朵朵夢幻般的水仙。

公園給我的第二感覺是真。可不是嗎？近了，越來越近了，清脆的歌聲正在呼喚我。我加緊步伐，邁向那鳥之樂園：樹木枝纏藤繞，密不分株，在這片沉甸甸的綠意中，包裹著一群可愛的小精靈，它們時而昂著高歌，唱起貝多芬式的第七交響曲，時而活潑跳動，哼起卡門式的愉悅；時而振翅而飛，在陽光的躍動下，五顏六色，宛如彩虹……這一切的一切，難道就沒有一種「桃花庵裡桃花仙」的味道嗎？

公園給我的第三感覺是——壯麗。走累了，在陰涼處休息。眺望著大海，不禁陷入激動。太陽的萬丈光芒與大海映照著，海面躍金，這就是吐露港啊！海鷗展開潔白的翅膀，翱翔於大海之上，偶有快艇經過，劃開層層海波，直向天際……

原來海濱公園是這樣美，我為之驚嘆，為之歡喜。

原來雨天是這樣美

4T 洪美芬



「嘀答，嘀答……」，才剛從一天的繁忙學校生活中逃出，又遇到了煩悶的下雨天，襪子在走路時還不慎濺到髒兮兮的水，簡直是「雪上加霜」，心想，如果能只用一步之力便能回到家中，那有多好。

突然，有一顆已熟了的果實直撲我的雨傘上，我抬頭一望，看見一棵棵高大如士兵一樣豎立著的樹木，它們與雨水互相襯托著，猶如歡迎著秋雨公主的到來，而秋雨公主則用她的雨水來洗漂著士兵衣裳的塵埃，那是多麼地美好、澈底。

離開「士兵」的擁抱後，我登上了巴士，並坐在上層巴士第一個位置——那也是我從小到大的習慣。巴士在十字路口停下，等待綠燈。路上，四面八方的行人同時在馬路上移動，在高處望下去，有五花八門，色彩繽紛的雨傘，這時，雨傘變成了大舞臺，雨水就如純熟的芭蕾舞者，在這亮麗的舞臺中一獻舞技，有節奏地彈跳，旋轉，搖擺那柔軟的身姿，每一小節也不放過，每一跳都煽動人心。

忽然，行人綠燈閃了，路人匆匆離開斑馬線，一切就如乘時光機回到初始一樣，那麼地無聲，迅速。只不過是我的巴士開始動，等候綠燈的人換新批罷了。

是啊！人生不就是如此嗎？我們人生道路上有數之不盡的挫折或難關，但也有許多人陪伴著你或擦身而過，只要我們勇敢面對，細心觀察，也可發掘出耀眼的光輝，正如在陰天中的「晴天」一樣。

雨漸漸小了，太陽公公隱隱約約地露出頭頂，秋雨公主和芭蕾舞者走了，她們並沒說再見，但她們帶走了我的煩惱，憂慮，而知道我們還能再相見。

雨停了，陰沉的氣氛散了，我背著開始變輕的書包和乾透了的襪子下車，我的希望彷彿「出來」了。

原來雨天可以是這樣美。

原來小學的校園是這樣美

4T 李旻珈



天正下着朦朦細雨，滿眼均是霜白的霧氣，我又一次回到我小學的校園。

走進校園，經過了那一道笨重而巨大的黑色閘門，看見一片綠油油的草地。草地上，長滿了嫩綠的幼芽，幼芽上滿佈一滴滴的露珠。霧中的校園實在十分神秘、十分美麗，為何從前我不曾發覺，不懂欣賞？

從前，我只會抱怨草地上那蹦蹦跳的草蜢、嗡嗡叫的蜜蜂、神出鬼沒的蛇，或是那烏鴉的「嘎嘎」叫聲，實在令人討厭。春天的霧氣、夏天的炎熱，秋天的乾燥和冬天的北風、實在是令人那麼容易便可分辨出那動人的四季。但對於我來說，有甚麼特別呢？我實在找不到。

今天，回來了。四周雖然被霧氣包圍，但我仍能從記憶中找到了一塊又一塊熟悉的拼圖。小徑旁的樹，樹下的長椅，還記得自己在那裏跳來跳去，更把繩子索在樹樹幹上做成一個鞦韆。那時，淘氣的我，把自己「倒吊」在那棵松樹上。小時候的我還真像一個頑皮的男孩子，沒像女孩子的樣。

春天，鳳凰木掉下了一朵朵美麗的火紅；爆仗花也不甘示弱，綻放出一串串如煙花般閃亮的嫣紅；而路旁的小黃花，亦悄悄地戴上金黃色的冠冕；在潮濕的天氣裡，蘑菇會偷偷地從土裏鑽出來，露露臉。夏天，雨水急不及待來湊熱鬧，沒頭沒腦地從天上倒下來，把整個校園沖刷一新。秋天，樹葉累了，輕輕地溜到草地上安靜地睡着。冬天，北風颯颯讓人不願離開那溫暖的房間，然而，走到室外，那颯颯的寒風卻會令人精神一振。這一切實在令人十分緬懷、回望。

但是否要等到人長大了，才會懂得去珍惜自己所有的呢？看來，也是這樣吧！從前，只會怪父母為甚麼要我大老遠到西貢去上學，要我那麼早便要起來，冬天的時候人家會想多睡一會兒嘛，可是現在，我後悔了，我後悔沒有把握時間去觀看，欣賞這一片美麗的地方。原來小學的校園是這樣美。

農曆新年的一件小事

5H 平曉欣



今年的春節對我來說與以往不同，在這個象徵團圓的日子裡，我卻在地球的另一端，操著他國的語言，遠離父母度過。

時間：2013年2月10日早上6:00

事件：除夕夜、春節

地點：美國洛杉磯

因為在美國，所以此時的上午六時正好是香港晚上十二時，視頻中的母親與家人守在電腦前，往日此時我們應該接收利是，並圍在大圓桌前吃團圓飯，但今年唯有面對電腦，送上祝福。

退出電腦後跟隨學校去了位於美國的教會過年，與想像中的冷清不同，美國的街上也到處洋溢着新年的氣氛，紅色的吉祥掛飾滿街的掛着，沒由來的就給了我們這些學子一股溫暖的感覺，到街邊的超市購物，結帳後，老外也會帶著笑容說一聲“Happy new year”，雖是他國言語，卻也足夠溫暖人心。

教會中有不少華人，我們一起聚餐，一起談天，華人中有不少中文並不流利，但個個都會互相恭祝着吉祥話。與眾人不同的是，一名穿著洋裝的中國女子在穿著華人服飾的教會人員中尤顯突出，更令我吃驚的是她與另一個女子的談話，對話中她誇張而又厭惡地說了一句“Chinese new year? sounds weird”(中國新年？聽起來很怪)如果此時我的面前有黑板，我一定用滿牆的粉筆給這位女士普及一下中國新年，遺憾的是，我面前是一盤菜，香味撲鼻，還十分誘人，在這與人分享的節日裡聽到這樣一番說話無疑是挺殺風景的一件事，面對今日國人大批移民他國，追求的不外乎是更優質的生活



品質及下一代的教育，但我們可曾想過，教育會改變一個人的根本呢？聽到一個黃皮膚，黑頭髮的國人說着洋文以表達對自己國家文化的質疑，更多的是一種無奈的心情湧上心頭。外國人也會友好地說一聲新年快樂，中國人卻以冷淡對之，此時的我心中有民國作家憤恨崇洋的滔天情懷。

正當我暗自慨嘆社會涼薄嗎？洋裝女子早已坐定，與其他人一起樂融融地享受年夜飯了。看着說說笑笑的一桌子人，突然間，我卻又覺得那女子與背景合為一體，與眾人又沒有甚麼不同了。仔細一看，她腳下長出了幾條根鬚，細而長，延伸下去，我想此時的中國某地一定也有塊地方，正緩緩向上伸出嫩芽，雖看不見，但也足夠顯眼。

多大的改變也不會動搖根基，再大的厭惡也終究化為了一句新年快樂，洋溢在圓桌的各個角落。



不可或缺的公德心

4T 彭嘉偉



作為一個人，除了要懂尊重別人，還需要有公德心，然而公德心卻是需要從小長久培養，並非一朝一夕可做到的。

人類被稱為萬物之靈，皆因與一般生物有相異之處，就是懂得何謂公德。沒有公德心的人，只會令人厭惡、遭人施以冷眼，甚至責罵，亦會影響身邊的人。

早幾天，我在回家途中，如常在車站候車，有一位小孩說話聲音很大，引起我對他的注意。火車到站，才剛開門，車上乘客還未下車，小孩便從那不到一尺的門衝進去，期間穿過幾名成年人，就像欖球賽中亞洲球員對上美洲球員般，以敏捷身手穿過人牆。進去後，小孩用他整個身體橫躺於椅上，他的家長只笑著說了句「真羞家，竟然這樣」便繼續他們的話題。旁邊極多人感不滿，從他們臉上及眼神可看到，但卻不是向著那小孩，而是向著那家長。

沒有公德心的確令人厭惡，而且影響其他人。

近日，中日因釣魚島主權鬧至水火不容，民間亦有不少人因此而上街，並爆發騷亂。國內幾個大城市，到處被人破壞，我相信當中必定是有人在混水摸魚，借機會從中得利。他們一邊聲稱抵制日貨，卻到日本百貨公司搶劫，不少由中國人所開的店亦成為事件中的代罪羔羊，事件令中國政府蒙羞，令國家聲譽受損。

然而國內仍有人認同事件，到底他們的公德心何在呢？他們的做法無恥，想法更無知。就如禽獸般只是為自己的利益打算，不為大局著想，事件的發生只會令晚輩有樣學樣。從前中國自封為禮儀之邦，稱周邊民族為蠻子，現今將變為歐洲人為禮儀之邦，中國人將變為蠻子。

公德心是需要培養的，只有靠長輩們以身作則教導後輩，否則「九一八」永遠都是中國的「國恥日」。

不可或缺的忍耐力

4T 洪詩慧



「女孩，去到社會之後，就別啥事都和別人說，你說的是實話，別人聽著是笑話。」對，說得很對。到了社會上，沒有人會理你，因為沒有人「認識」你。

人生面臨著不同的困難，到處充滿不同的痛苦，每個人都有自己的難處。但值得驕傲的是，我們都走過來了。是誰引領著我們？朋友？老師？家人？不是，都不是。是我們自己，我們與生俱來的忍耐力。

你不是一個人，世界不是為你一人而創造，不是所有人都應當去猜透你心裡的「詭計」。世界上七十億人，你只不過是其中的一分子。說得難聽些，你以為你是誰？在這個弱肉強食的世界，你不忍耐，誰忍耐你？那麼多的挑戰、那麼多的冷嘲熱諷，你以為你一哭別人就會妥協？抱歉，你出局了。

現今社會科技越來越發達，對人的要求越來越高，無能力的，下場很慘；沒經驗的，進度總是拖拖拉拉。老一輩的人士批評現今青年經驗不足，無上進心，一吃苦就叫停；受人鄙視只會發脾氣、辭職。呵，的確，不被鄙視才怪。

忍耐，忍耐。人生不好過，事情總不如意。你說你在哭，有的人淚已經流乾了；你說你感到絕望，有人在死亡邊緣；你說你孤單，有人已經一人行走幾十年。我們不是小孩子，不如意的事情要自己解決，被人欺負只能忍耐，苦要自己承擔，只有忍耐才能熬出頭，你要喜怒不形於色，因為沒有人能幫你。

忍耐使人鎮定，有冷靜的性格，在忍耐的過程中我們會找到出路，找到更多的新方法。學會忍耐，你會覺得一切都變得非常簡單，忍耐的過程中你會發現更多美好的東西。退一步，海闊天空。如果勾踐不忍耐，越國能勝利嗎？

要有所成就，忍耐力不可少。只有小孩子才會半途就放棄，才會因為雞毛蒜皮的小事鬧脾氣。

學會忍耐吧！

不可或缺的責任心

4T 譚麗媚



我認為責任心是做好自己應做的本份。何謂本份？本份是基於一個身份，就有那個身份應盡的義務、責任，完成那責任，就是盡本份。

在校，作為一個學生，讀書是我們的責任，做功課是我們的責任，遵守校規亦是我們的責任。作為一個學生要明白自身的責任，例如，每天將當天所學的知識重溫和預習新課程，主動學習，為何要這樣做？因為這是身為一個學生的責任。

在家，作為一個兒女，孝順父母是我們做兒女的責任，為父母分擔家務是我們的責任，有人會問：「為甚麼要我做？」因為這是你的責任，我們有否想過父母為甚麼要供養我們？為甚麼要滿足我們衣食住行，因為那是自己的兒女，除此之外，他們也知道這是他們對兒女的責任，假如父母將剛出生的你丟在一邊，沒有供養的話，會不會有今天的你呢？

責任心是人不可或缺的東西，對個人、對家庭、對社會亦有深遠影響。

作為一個市民，應做的事，就是要遵守市民的責任，例如：不亂闖紅燈，這是作為一個市民基本的責任。



在火車上，有「不可飲食」的規定，遵守規定那就是你應盡的責任，在公共場合隨便大聲說話毫不尊重他人，隨便丟垃圾在街道上，受影響的最終是我們，這個社區亦不再是適宜居住的社區。

責任心逐漸形成習慣，習慣了每天應做的事，責任心便產生了。

有人會說：「那我們豈不是天天背負着無數的責任，如何活得精彩和輕鬆？」但如果你養成責任心的習慣，習慣成自然，把每天應做的事完成，盡到責任，心情更愉快，何樂而不為呢？

責任不是一個甜美的字眼，但卻是我們人生中不可或缺的東西，盡到個人責任，體驗個人的良好素質，盡到家中責任，令家庭更和睦，盡到社會責任，社會多一份美好，讓責任心成為習慣，攜帶在人生的道路上，讓人生散發出金子般的光輝。



習慣如何改變命運- 給弱勢社群塗上一抹色彩

5K 李玉雅



色彩——可以斑斕奪目，也可以暗淡無光。每個人都有屬於自己的色彩，但亦有些人則需要幫助，為他們塗上繽紛的色彩。

其實，色彩能反映每個人的生活過得怎樣的。例如：弱勢社群，他們的生活很困苦，可能沒有三餐的溫飽，亦沒有較好的地方生活。因為他們多數住在天橋下、板間房或鐵皮屋等，所以他們的色彩則是較暗淡無光、平平無奇的。

為了那些弱勢社群，政府和志願機構亦為他們雪中送炭，有時候會送上食物、禦寒衣物、厚被子等，這便會令他們感受到其實人間都有溫暖。原本自己的色彩是暗淡無光的，但是靠着別人的幫助，而抹上了繽紛的色彩。

除了政府及志願機構能幫助弱勢社群外，我們每一個人都能幫助他們的，可以參加義工服務或賣旗活動等。義工服務當中包括有探訪老人，幫助行動不便的老人家清潔家居，令他們有整潔的居住地方，從而令身心靈健康，縱使他們知道雖然沒有子女的陪伴，但仍然有我們這群義工送上溫暖。這亦令老人家們添上了繽紛的色彩，而且亦會令到自己在從中得到歡樂的色彩。

其實在任何時候，都可以為他人抹上色彩。最簡單的是從生活開始，許多時候，同學問功課又或是行人問路，都可以幫助他們，這是很重要的事。

習慣如何影響命運- 不可或缺的誠信

5K 陳嘉琪

人的一生中，誠信，是最重要的。

誠信為甚麼那麼重要？因為一旦你失去了誠信，別人就很難相信你了。

我曾經聽過一個故事，講述的是一個外國的小伙子高學歷但不獲錄用。小伙子心裏就納悶了，怎麼想也想不明白。直到有一次去面試的時候，他就問面試官：「為甚麼我的學歷那麼高，居然沒有一家公司肯錄用我呢？」



面試官聽後就說：「你自己犯了錯誤也不清楚嗎？你還否記得你在搭乘公交車的時候逃過票？而且還不止一次，這一行為嚴重的影響了你的誠信問題。我們不能錄用一個沒有誠信的人！」

小伙子聽完面試官的話後很驚訝，他原本以為只是逃票而已，不會有其他人知道的，更不會因為逃票而影響到他找工作。

這個故事告訴我們一個道理，人一但失去了誠信，那麼他的命運將被改寫。

在我們的生活中，若你與朋友相約去玩，朋友到了，你晚了許多仍未到，那麼你就對朋友失去了誠信；若你與父母交待好出去玩而不會太晚回家，而你卻徹夜未歸，那麼你對父母失去了誠信，或許以後父母就不會讓你出去玩了；若你與老師商量好功課晚一天再交，而一天後你卻未交，那麼你就對老師失去了誠信，或許以後你的老師不會再同意你延遲交功課了。

誠信，真的很重要。

有人認為在母親節作為兒女的 應該有所表示，有人認為這些行為 只是助長消費主義，與孝心並無 直接關係，試談談你的看法。

5H 周文熙

我認為這兩種說法均為不當。孝乃日積月累之事。

首先，若真的作為孝子，就不會僅在母親節中有所表示。所謂孝，有善事父母的意思，孝養、孝順、孝敬和孝承均做到，方為真正的孝。



孝養，乃是供養父母之意，即行孝的基本要求；物質所需外，心情感受亦要顧及；孝順，即順從父母之意，從《孝經·諫諍章》明確指出，子女需要聽從教導，奉父母之命立身行事，以達至孝順一詞，而只有在父母犯錯時才可作出規勸，不得盲從，否則有違孝心；孝敬，則是敬重父母，且發自內心地盡孝，否則只是掛羊頭賣狗肉，所作之事只會使父母甚為不悅；孝承則是以下承上，作為子女要承接父母的意志、事業，以及傳承家族之血統，從「不孝有三，無後為大」中可看出，傳承乃是最重要的一環。

為何談到孝之實意呢？因只要明確瞭解後，便能知道，若平日不能盡孝，只有在母親節父親節當日有所表示，實則孝只是名存實亡，若平日無法做到四孝，即使當日有何表示，亦與孝心毫無關連，反達至虛假一面，這乃是父母可感受到的事情。只有四孝中無一缺乏才算得上孝，而非在節日時才去作出平日應有的孝，甚至隨便地以一禮物去當作以表孝心。



若談到有所表示則等於助長消費主義，這亦為不妥。有所表示並不代表必定以錢財物品以達到有所表示之意。以四孝為例，孝養中強調善體親心，即使當天沒有準備物質上的禮物，但以顧及、體諒、關愛父母的心及行為去陪伴，仍然是對父母的有所表示，這甚至比物質上的「孝」好上千萬倍，臺灣一知名男歌手亦有一曲曾唱出「母親要的不是六百大元，而是一個細心的陪伴。」

另外，即使以物質表示，亦可以手製勞作作為孝敬父母的禮物。送禮一事重心不重金，若能夠以真心製作一份禮物或一份驚喜，即使多微薄的東西，亦能夠表達出濃厚的愛與孝。民間所言道「貧窮家庭甚為溫暖，」這並非無所依據，富有家庭以為隨便以貴重物質即可表達所謂「孝」，而貧窮家庭即著重於心，以平日的陪伴和關愛及細心製造的小禮品，即使可能只用到十塊五毛的價錢，亦達至重於千金的心意，這與富人的送禮省事及無暇陪伴有極大的差異。

以我立場所言，孝乃日積月累，由心所出之心意，並非一朝一夕、以物質表示即可的事。唯有能夠保持平日以四孝禮待父母，才是對父母最大的報答，以及孝心真正的表現。題目中所指出的，反而使人著重於表面的造作，而沒有真正深入地思考至「孝」道之真意。



有人認為在母親節作為兒女的應該有所表示，有人認為這些行為只是助長消費主義，與孝心並無直接關係，試談談你的看法。

5H 平曉欣



又到了一年一度康乃馨漲價的日子了，康乃馨寓意母親的愛與尊重，隨著康乃馨的突然走俏，母親節也自然呼之欲出。很多人都認為母親節做兒女的必須有所表示，彰顯孝心，可正因如此，不少商家就利用百姓的傳統觀念趁火打劫，有關母親的物品紛紛漲價，子女卻依然心甘情願為母消費，唯恐「不肖子」的名頭落在自己身上。此情此景，讓我不禁疑惑，「母親節」何時變成了「消費節」？我認為子女對母親表孝心是天經地義的，但這些所謂孝子孝女的行為卻只是助長了消費主義，與表孝心無直接關係。

古人們所描述的「孝」有「善事父母」的意思，即行孝的行為。現今中國社會也依然將善事父母當作表孝心的途徑。人們之所以會選擇在母親節對母親有所表示，無非是為了能夠彰顯自己對母親好，已經做到了善事父母這一基本條件。然而我卻認為，表孝心在無時無刻都可以做，本不應局限於由國家所訂下的那一個固定的「節日」，孝敬父母本不應該挑選日子，應時常保持對母親的尊重，選擇性地向母親表孝心已經可被視為「不孝」。古時子夏向孔子問孝，孔子曰：「色難！有事，弟子服其勞，有酒食，先生饌，曾是以為孝乎」。我們可通過孔子的回答發現，古人認為子女對父母應該時常保持和顏悅色，但世人卻忽略了這一點，選擇只在母親節對父母有所表示。若果真如此，那麼做子女的孝敬的並非是自己的母親，而是自己的面子。

除了孝敬父母外，人們選擇在母親節對母親有所表示還受到了消費主義的影響，如今傳播訊息的媒介甚多，電視廣告，網絡訊息等都時刻傳遞新消息於眾人。故此在母親節時，不少商人都看準商機，大肆宣揚孝順父母應由購買其產品開始，大有不購物則不孝順之意。一些廣告語直接了當指出觀眾



們的「不孝」。如某知名餅店的廣告其中一句為「最好的，給媽咪」，表孝心以送餅來彰顯真是聞所未聞，令人哭笑不得。電視前的觀眾唯恐自己成為不孝子女，連忙購買大量補品，禮物就為了呼應「母親節」這種從眾的心態，正好對準商人們的槍口，無形中助長了消費風氣。

當母親成為了商人們推銷貨物的噱頭時，原本節日的意義便變得索然無味。母親節時子女理應陪伴在母親兩側照顧母親，古人云：「父母唯其疾之憂」即為人子女者要負起供養父母之責，做到讓父母只擔憂子女的健康而無須作衣食之慮。孝養父母被認為是行孝的基本要求。然而現今社會壓力下，子女多需外出工作，時常要加班，出差，大多都沒有時間陪伴父母。母親在家中除了要擔憂子女的身體，還要考慮子女的人身安全，婚姻大事等等。試想，若在母親節時，陪伴母親的只剩下了包裝精美的禮品，子女都不見踪影，沒能陪伴左右，同樣無法表示自己的孝心。

有首老歌說的好，「常回家看看」，如果子女連孝敬父母最基本的孝養都無法做到，那麼在母親節時對母親說再多好話，買再多禮品也只會委屈自己腰間荷包，與孝心則無半點關係，還助長了消費主義。

其實，母親節理應對母親有所表示，但無需從物質入手，給母親最大的禮物就是子女本身。子女的陪伴是母親最好的慰藉，不過在現今資本主義盛行，消費名目繁多的世界，母親節的所謂「表示」，成了用金錢堆成的禮品，也不知是滿足了母親還是商人，抑或是自己那張臉。還是那句話，母親節作兒女的理應表示，但這些行為卻變成了助長消費主義的歪風，令原本的節日索然無味，與孝心更是無直接關係。其實對母之孝言語已然足夠，再精美的康乃馨也敵不過一句「母親，我愛你」。



不可或缺的堅持

5H 李汶沛



遇上挫折時，曾想過放棄嗎？遇上困難時，曾令你感到崩潰嗎？堅持——在你的人生裏可曾出現過呢？堅持並不是每個人都能做得到的，也許這「堅持」在人生裏是不可或缺的。

有時候，這堅持會在無形中出現在你的生活裏。或許在你失意時，在你遇到挑戰時，在你面臨恐懼時，它便會在旁，默默提醒你，幫助你，讓你繼續「走下去」。

農夫耕作，在春天播種，每天為農作物灌溉，施肥料，加以悉心的照料和細心的栽培，才能培育出茁壯的幼苗。但天氣反覆不定，面對着風雨交加、雷鳴電閃的日子，幼苗飽歷風霜的折磨。到了秋天收成時，有的已被霸道的狂風吹得連根拔起，有時被無情的大雨淹斃了，有的被泥土淹沒了。只有小部分的還可能奇蹟地生存下來，逆境中自強不息，這頑強的生命，與這堅守信念的精神，令人敬佩。

堅，堅持、堅守。持，持續，持之以恆。堅持這兩個字看似簡單，但深層意義非淺。每個人在偶然中遇上失敗，都總會想到放棄，在堅持與放棄之間，總有大部分人會選擇放棄，這是因為他們的意志並不堅定，未能堅持自己的目標和理想，才毅然放棄。

人，有時就像幼苗一樣。心靈和身軀本是脆弱的，有時候面對逆境，卻曾經不起考驗，令自己失去了方向和目標，迷失了自己的人生和未來。相反，一旦人能在逆境之中，守着這一份堅持，守着永不言敗、鍥而不捨的精神和毅力，就必定能像幼苗一樣，即使飽受風吹雨打，日曬雨淋的日子，仍能茁壯成長，長成了通天大樹，令人讚歎不已。

任何時候，做任何事，付出也是缺一不可的。坐以待斃是不可取的，若要成功，不單只是靠堅持，更需取決有沒有付出努力和汗水，以及積極正面的態度。堅持、付出與積極，若這三方面能夠互相配合與修補，才能發揮出優越的效果。

不可或缺的決心

6H 陳健頤



「你為什麼要交白卷？」

「我為什麼不交白卷？」

於是我又像木頭似的，罰站在教室門前。

這次我放棄了一篇作文。誰叫老師在動筆之先就說開首不好，不改；轉折不好，重寫。先別說好的轉折，就是好的開首就不容易。

壞習慣要改，很難。

結果，我又交了白卷。

「陳同學，你知不知道這是一篇會影響你中期成績的作文，連這個也逃避，文憑試你會怎樣面對？」對於老師的嘮叨，我無言以對。

老實說，不止她一個苦口婆心。

中五那年，有次測驗，我貴人善忘，沒有準備，空手上陣。接過測驗，我連打量題目都沒有就把它反上。拿起筆轉了數分鐘，那張紙就離我而去，跑到老師的手裏，像是告發我的逃避。

「你為什麼要交白卷？」

「我為什麼不交白卷？」對於她第二次的發問，我作了習慣性的反問。過去所回答的無數次相類似的問題中，唯獨那次，我無言以對。

中三我因病而減少划艇練習，技術生疏，毅然放棄，說是快到高中，得準備做個書呆子。畢竟，運動很辛苦。

「你還要逃避到何時呢？」那年，教練是這樣跟我道別。

「你還要放棄多幾次？」今天，老師是這樣跟我道別。

異常寂靜深夜，那萬家燈火令伴月的繁星消失得無影無蹤。天空，只剩下黑幔和月亮。如果月亮會思考，它會否感到孤單，又會否放棄？

曉風輕拂，把迷途的螞蟻送到我的桌子，小不點走到作文紙上，尋找着回家的路，我不斷把牠東移西放，牠卻未曾停下，或是在筆尖，或是在桌邊，又或在我的指尖上，牠都未曾停下，連半步也沒有。

小小的螞蟻尚且如此，我呢？

這時手電響起來，她又找我了。

「你認為自己能考進大學麼？」

「為什麼不可能？」話音剛落，我就動筆在那潔白如雪的作文紙上寫下了第一筆。

我，決定重新嘗試。

The Very Very Very Special Football Game

1H De Guzman Aaron Jared Zuniga



It was a nice day outside. A group of boys were trying to decide what to do for fun.

“Hey! Let’s play with Henry’s football,” said Jeff.

“That’s a great idea, Jeff.” Mark started smiling at his friends.

So Jeff, Mark and the rest of the group decided to go to a nearby park. They started playing. Everyone was having a lot of fun. But suddenly, Henry kicked the football so hard that Jeff could not catch it. And it flew into some bushes.

Jeff said, “I’ll get it.”

“I’ll come with you. I’m the one who kicked it so hard,” replied Henry.

So Jeff and Henry tried to get the ball back from inside the bushes. Suddenly, a wild wolf jumped out of the bushes and tried to attack the boys. They were very frightened.

“Let’s get out of here!” screamed Henry.

“Run!” shouted Jeff.

“We need to go!” yelled Mark.

All the boys started running towards the hill behind the playground.

The boys were running as fast as they could. Then they saw a shadow of something from the hill. The boys were even more frightened. Was it another wolf? The boys kept running up the hill. Then they saw that it was a park ranger!

All the boys screamed together, “Help! Help! Help! There is a wolf trying to eat us!!! Help us!”

The park ranger rushed to help them. He quickly scared away the wolf and made sure that it never came back. But the boys were so scared that they never went to that park again.

A Brave Act

1H Tam Lorraine Sze Wing



Golden sunlight streaked through the skies. A group of boys dribbled a ball around, being extremely bored. Laughter echoed around and each boy fought to get the ball. Using too much strength, Jared sent the ball flying with his powerful kick.

The ball soared through the air and found its target. A dog reared its head and growls came out of his mouth.

“Waaah!” The group of boys screamed. They all started to make a mad attempt to run away. But not Jared.

Grabbing an umbrella, Jared stomped his way towards the dog. The others held their breath, waiting for Jared to fight the “final boss.” Before either Jared or the dog could make a move, thunder rumbled in the sky and the menacing dog whimpered and scampered away.

Noticing the clouds gathering in the sky, the boys thanked their lucky stars for chasing the dog away. Before they could start another match, raindrops fell from the sky and the boys ran towards home. After just a few metres, they were drenched so the boys vowed to play football somewhere else from then on.

Jack

2H Chan Hoi Yan, Berry



There was a boy who was very lonely in class. He was called Jack. He was lonely in the classroom because he was older than his classmates. He had mid-length hair and wore black clothes. No one liked to talk to him because he was older than they were and they thought he was rather silly.

One day, Jack's teacher came into the classroom with a big, angry face. She was angry because her son did not come home last night. All the students in the classroom clearly knew that the teacher was very angry, so they were very quiet that day.

The teacher sat on a chair and read the textbook very loudly. Suddenly, she stopped reading. She walked to Jack's desk. Everyone looked at Jack because the teacher asked him a very difficult question. It was so difficult that most of the students did not know the answer.

Jack stood up. He answered the question correctly. Everyone was very shocked.

The next day, everyone came to talk with Jack. Many students made friends with him. Jack was very happy but another person was not. That was Mary. Before Jack came, Mary was top of the class. But now, Jack was the top and also had a lot of friends while fewer and fewer played with Mary.

Mary was very angry about the situation. When Jack heard about everything, he wanted to talk to Mary. So one day at lunch time, he went to her seat. He said, "I want to be friends with you, OK?" Suddenly, Mary's heart was touched. They became good friends and everyone was happy.

Peter

2H Man Hok Yin, Witty



Once upon a time, there was a man called Peter. He was tall with curly hair. He went to university to study but when he got there the teacher was sick. There was no one to teach the students so everyone was very bored. Everyone was trying to figure out what to do without the teacher. One man even stood up and said, "I don't want to stay here. I'm going to a restaurant and have dinner." Then he stood up and walked out.

Peter sat at his desk and watched the other students. All the students started doing their own thing. Some fell asleep, some did their homework, some were snacking, and some were doing their own reading. Peter turned and looked out the window. He started to daydream. He had so many different creative dreams. He wanted to be famous and people would call his name. He wanted to become rich and help people. He dreamt he was very handsome and all the girls loved him. He wanted to run a company and have a beautiful house. Maybe he could even find a nice girl and marry her. He thought about many different and sometimes impossible things.

Next to Peter was a man called John. He was daydreaming too. He wanted all the same things that Peter did. But he thought about how he didn't want to do anything. He wanted to have a lot of money — but he didn't want to work. He wanted to become successful but he did not want to be in school. He was really thinking impossible things!

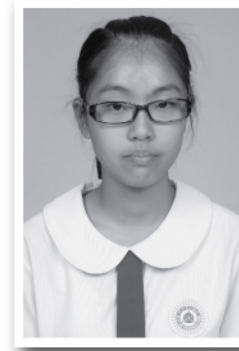
All the students thought about different things as they waited for class time to end.

The next day, the teacher came back and asked the students what they had done yesterday. Almost everyone said they did nothing but sleeping or dreaming about their future. The teacher said, "How can you have a future if you don't study hard? Dreaming won't help you! You have to work hard." So the teacher gave everyone homework and said, "Write about your dreams. Also write about what you can do to get them."

Peter thought this was a good assignment because he wanted many things. So he started to write and did not dream again in class.

Jenny

2H Ng Cheuk Ying, Cherry



Once upon a time, there was a girl called Jenny. Her mother had died when she was ten years old. She felt very sad and she always thought about her mother. Her mother had been her teacher when she was in primary school. Her mother was very clever and very kind so everybody loved her very much.

One day, Jenny came to school feeling very happy. She played with her friends and laughed very loudly. She was having a great day. After recess, she sat on her seat. Everybody was very quiet and they all waited for the teacher to come. The teacher came and everyone was prepared to learn.

The teacher started the lesson, which was on writing. The teacher told the students to write about their favourite person. When Jenny heard this, she thought about her mother. Her mother was her favourite person. She wanted to cry because she remembered her mother playing with her when she was young, and how her mother would sing with her. She remembered going shopping with her mother. She wished she could do that again. Jenny's mother died in a car accident so Jenny was very sad. Jenny thought about her father because now he had to take care of her by himself. At that point, Jenny really wanted to cry.

Jenny started crying and wanted to leave the school very quickly. But she couldn't leave because she was a student and had to study in school until four o'clock. So she started to draw a mind-map. She thought about her mother's favourite things: her favourite food, place and job. She mapped a lot of things about her mother and started to write.

The teacher knew that Jenny was very unhappy. She wanted to know more about Jenny's mother so that she could talk to Jenny and take care of her. So she asked Jenny to talk to her about her mother. Jenny was happy to talk. She thought that her teacher was very nice. She knew that the class teacher cared about her and wanted to help her. So she told her about her mother. Jenny became happy again because she thought about her mother. She started writing and continued doing so. She was still a little sad because she missed her mother but she knew that her mother loved her. And then her class teacher was being very nice to her. She even visited her and her father after school. The teacher took good care of her. So Jenny was happier.

My Life at Secondary School

1H Kwok Yik Sung, Kirin



My name is Kirin Kwok. I am twelve years old and I live in Tai Po Wonderland. I live with my parents, elder sister and younger brother. I have a dog. I like swimming and table tennis.

My new school is Tai Po Sam Yuk Secondary school. It is in a big white building with six levels. At recess, I always chat with my friends in the classroom. At lunchtime, I sometimes finish homework in the classroom and play Wii in the English Corner.

One of my new friends is Jackie Wu. She is twelve years old and she lives in Tai Po with her parents. She has three dogs. She's funny—she always makes jokes. She's also cheerful; whatever we say, she just smiles at us. She is also very friendly, so she likes to talk with new classmates. She enjoys singing and playing the drum but she doesn't like drawing.

I like my secondary school so far. I hope I don't get too much homework, though!

My Life at Secondary School

1H Mak Cheuk Kan, Kenny



My name is Mak Cheuk Kan, but people call me Kenny. I am twelve years old. I live in Sheung Shui Tsui Lai Garden. My interests are playing football, drawing and playing the piano. All three are so fun and interesting. I have no pets but I like to feed dogs. There are so cute!

My new school is Tai Po Sam Yuk Secondary School. I like it very much. My classmates are fun and friendly. In the school, I like the Tuck Shop because it sells food that is very delicious. I love to go to the playground at recess. At lunchtime, I always watch inter-class soccer matches there. The games are so amazing! The classmates get along and play very well.

One of my friends is Jack Yeung. He is twelve years old. He lives in Sheung Shui Ching Ho Estate. He has four family members: father, mother, brother and him. He loves his family very much. He has one pet – a dog. He always plays with it. Jack also likes playing sports, especially running. He is smart and friendly. I like playing with him. Yes, Jack Yeung is my best friend.

I am happy in Tai Po Sam Yuk Secondary School because the teachers and classmates are nice. I am glad to be in this school. This is all I can write about my life at my new school.

The Puppy that changed My Life

3H Tong Ka Wing, Tommy



It was a sunny day. Bradley and I were walking along a path after playing football. Suddenly, we heard something crying behind the woods. It sounded as if it were desperate. We then decided to see what was going on. It was a sick puppy! The puppy was lying on the ground, barking for help. Bradley suggested that we should send it to the Hong Kong Dog Rescue (HKDR) as soon as possible. I picked up the puppy and we ran straight to the office of the HKDR.

When we got there, luckily there was a vet. We handed the puppy to him and asked him for help. After the examination, the vet said the puppy was not only safe but also sound. He told us not to worry at all. It was a huge relief when we found out the puppy would be just fine.

As we were leaving, we saw many volunteers working in the HKDR. Some were brushing the hair of dogs. Others were playing with dogs while others were cleaning the cages. Suddenly, an idea popped into my head. I suggested to Bradley that we become volunteers at the HKDR. I knew that we both loved dogs and there were still a lot of them that need to be taken care of. He gave me an instant agreement, so we signed up for volunteer work before we left the building! The people there were grateful to us. I'm sure the dogs were too.

That was the day when rescuing a puppy changed my life, and it helped me decide to become a volunteer.

A Public Shame

4H Ngai Ming Yin, Oscar



On public transport nowadays, fewer and fewer passengers, including students, are offering their seats to needy people such as individuals with disabilities, pregnant women, etc. This is becoming a big problem and a public shame.

Why don't people give up their seats to needy passengers? Because many adults and students, after a busy day at work or school are tired, so they don't want to do this, no matter how needy the other person is. Or maybe they think those passengers don't need the seat, so they don't give it away.

How do they avoid giving up their seat to a needy passenger? Easy. There are common ways to avoid it. People might act like they are asleep, or they will use headphones to listen to music. They ignore the people around them so they will not need to give up their seat.

I think that all of us should think about what would happen if we didn't give up seats to needy passengers. What would happen?

If we don't give up a seat to a pregnant woman, it could be dangerous. If such a woman gets hurt because the bus stops too quickly, maybe the baby inside her will die. If we don't give up seats to old grandparents, they could also get hurt for the same reason. They may be seriously injured, and we don't want to see that happen.

In conclusion, I think no matter what reason, people should offer their seat to needy passengers, so no one will get hurt; everyone will be safe and it will be a happy ending for all.

Giving Our City a Bad Name

4H Tsang Pak Hang, Donald



Recently, I realized that there are fewer and fewer passengers on public transportation giving up their seats to people who need them, like disabled individuals or pregnant women. Even the media has mentioned this problem, which is giving our city a bad name.

Why don't people give up their seats to needy passengers? I think it is because we didn't educate young people about morality when they were in primary school. Some people might only think of themselves, and when they see a needy person, they just pretend they don't see them, or they continue playing on their mobile phones.

To encourage people to give up their seats, the government, schools and citizens should take responsibility.

What can the government do? It can promote morality by making a series of educational advertisements to raise public awareness about helping people in need. These advertisements will include posters about giving up seats to a needy person on public transport.

Second, education is an important tool. Schools should educate children to be responsible people and to encourage students to help others. For example, there must be lessons to teach students to be responsible and helpful citizens. Another option for schools' intervention is to plan activities for students to join as volunteers. This will teach them how to help people with their actions.

Lastly, citizens – which means all of us – should take action to help people. Not only should we emphasize giving up a seat to a needy person, but we can also help other people by joining volunteer activities and other charitable organizations.

If all the work mentioned above is done, I believe that our city will be better one day.

People Are Getting More Selfish

4T Samuel Castro



Nowadays, you can see that a lot of people in the community, especially teenagers, are less concerned about helping needy people, especially on public transport. For instance, once I saw one elderly woman entering the train and without a doubt, everyone saw that she was barely able to stand. However, nobody sitting down would stand up to give her a seat. The worst thing was that almost all the people sitting down were strong and fit teenagers.

I think that people don't give their seats to needy passengers because they are very selfish. These types of people are only thinking about themselves. The other reason some people don't give up their seats is that, maybe, they are thinking that another person will suddenly stand up and offer his or her seat. They are very shy about standing up, just because the majority of people are not doing anything.

Many people try different ways to avoid giving up their seat. For example, when a disabled or needy person walks onto the train or bus, people pretend that they don't even see the person who just walked in and they simply ignore them. Also, in my opinion, they just pretend to be asleep so they don't have to give up their seat.

I think that schools should encourage and teach children and teenagers to be helpful and considerate towards needy people. I think it is our job as human beings to help one another. We shouldn't just care about ourselves. We should also be role models when we are on public transport and stand up to help disabled or needy individuals.

In conclusion, I think that many people should stop caring only about themselves and start changing their ways to be of greater help to others.

Locked In

5H Cheung Shing Ho, Johnny



As some of you have read or heard from the news, two teens from our school were trapped in a shopping centre for a night; I was one of them. The experience was quite horrific and terrible.

It was August 8. My friend Peter and I went to the shopping centre to buy my brother a gift for his birthday. We started off looking in a few shops to find something worthy for my brother, but nothing caught our eyes, so began our hunt for the perfect gift through numerous shops and boutiques. In a blink of an eye, it was 9:50pm already and still nothing. Disappointed, we both decided to visit the washroom to fresher ourselves before jumping on the bus for the long ride home.

Peter sat in the cubicle longer than anticipated. It seemed his fast food dinner was giving him grief. I heard the rolling of the shuttle doors as shop workers closed down for the day. Finally, Peter came out. We exited the toilet into blackness. Darkness engulfed the whole building, which a few minutes earlier was packed with busy shoppers. As our eyes adjusted, we could make out shadows around us giving the place an eerie feel.

Panic stricken, we ran as fast as our under-exercised legs could carry towards the nearest entrance. The doors were shut tight, the exit light flickered above the doors in a mocking fashion. Our legs were rooted to the ground as we processed our situation. Our minds filled with fear as the realisation that we were trapped sank in. Our hearts screamed for help and beat so loudly that the noise echoed in the empty mall.

Peter was shivering and his teeth chattered uncontrollably. "H-h-how are . . . are . . . we going to . . . to leave this p-p-place?" he asked nervously.

Silence was my reply as my brain worked itself mad figuring a way out.

No. We were not afraid of the dark. Nor, were we afraid of being trapped alone in the mall. It is the mall itself. Of all malls to be trapped in, we had to be in this mall.

As we stood fixed to the floor gasping at what to do, we felt the presence of something behind us: something not human, something gigantic, fearsome, something that no one wanted to meet.

Adrenaline kicked in. I grabbed Peter by the hand and tugged him along as I ran full speed away from that spot. Away from that ominous presence. The faint moonlight shining through the tall skylights was the only source of light in that dark, shadowy maze.

As we ran, loud, gigantic footsteps with an ear-shattering screeching rushed after us, gaining on us. At one point, I swear I could see long pale arms swinging right beside me as it ran after us. We made a quick u-turn at a junction in the mall and hid behind a counter. Holding our breath, we froze in our hiding spot.

The loud chasing footsteps stopped. In its place a slower tapping of feet resonated in the quiet mall. The tapping feet came to the conjunction and casually turned towards us. Each slow step louder as it approached our hiding place. Screech, tap . . . tap . . . tap . . . then it stopped. Silence.

For minutes nothing happened. Just silence. We waited. Still nothing happened. Just to be safe we kept still and hid for at least an hour. Still nothing. Perhaps we were imagining it all. Perhaps our imagination had gotten the better of us. I looked at Peter. He gave me a ridiculous smirk. I let out a sigh of relief and Peter started to laugh.

Screech, tap . . . tap . . . tap . . . a long slender leg appeared right next to the counter followed by another. It was waiting for us. Waiting for us all this time. Our head followed the long pale legs up to meet the horrific full figure of this gruesome figure: long, slender, pale feet that were about ten feet long were met by a neat black slacks and a matching jacket, probably taken from one of the men's boutique in the mall, a bloody silk tie wrapped loosely around its neck, long arms were hanging out of the sleeves and dragged on the floor, and rooted at the top was a small shrunken head with no features, no eyes, no mouth, nothing. Blood was splattered all over its faceless head and dripping slowly covering the suit and tie. As it stood there, the blood started to drip to the floor into a dark red pool. The worst part of this creature was its claws. Yes, the hands had sharp nails that protruded like curved swords and made a loud screeching on the floor. Paley lit by the soft moonlight, it seemed to glow with an evil aura.

It flipped the counter over easily with one of its long arms and grabbed us each by the neck. It stared at us with its eyeless face. It stared deeply into our hearts until we felt chills that we had never felt before and started to shake uncontrollably. Its claws dug under our skin while its strong hands were suffocating us. The pain was overwhelming and finally, our vision became blurred.

When we woke up, it was morning. The mall was opened and workers were entering to set up for the day. We were back in the toilet confused and dazed. Looking at Peter's inflamed neck was all the proof for me to believe that what we went through was real, even if others will not believe it. All the time I had laughed at the stories of other people being trapped and meeting a monster in this mall, dismissing the stories as an urban legend. Now I have my own proof and first-hand experience. You may not believe my story, but I swear, every word I have written is the truth. So be careful, and don't get trapped in a mall, because you never know what may be lurking in the shadows.

Amazing Sport

5H Ken Ho



I like every sport I have played. But my favourite one is badminton. This sport requires rackets and a shuttlecock (also known as a birdie). You can play badminton just by taking turns hitting the shuttlecock back and forth on any flat surface. But for those who are more competitive, there are two ways to enjoy this sport on the court: two players (singles), and four players (doubles).

The goal in badminton is to not let the ball fall on the ground or land out of bounds. If one of these two things happens, your opponent will score a point. Competitive badminton is an indoor sport. It cannot be played outdoors because even a light wind can affect the direction of the shuttlecock. As a matter of fact, the weather itself can affect the speed of the shuttlecock.

I like this sport because it is exciting and requires skill, power, speed, energy, and a calm mind. In addition, it requires a quick response rate. Skill and power is important to control the speed and position of the shuttlecock. Speed and energy are required to chase the shuttlecock all over the court so that it doesn't fall on the ground. The shuttlecock is hit back and forth in less than a second so a player needs to move quickly around the court with no rest. A calm mind and quick reaction help to anticipate where the shuttlecock will be hit by your opponent, and find weak spots in your opponent's court. Knowing where your opponent will hit the shuttlecock will increase your chances to save many smashes from your opponents and thus prevent kills.

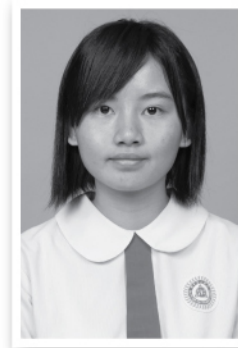
Most people think that badminton is slow and easy to play, but competitive badminton is a complex sport, because many skills are needed to be learned, such as learning to drop, strike and fake. The world record of striking a badminton shuttlecock is 400 km per hour. At that speed, it is almost impossible with the naked human eye to see it flying by, which is why it is exciting to anticipate where the shuttlecock will end up and trying to catch it and hit it back with your racket. From this standpoint, one might say badminton requires superhuman reaction time.

The game itself has very few rules. You cannot hit the net and you cannot start by hitting the shuttlecock over your hip. There are three rounds in a game with 21 points each round. Then from here it is a matter of keeping the shuttlecock off the floor on your side, and trying to make it drop on your opponent's side.

To sum up, it is a safe sport to try out for people who do not know much about sports because it doesn't require body contact and is fun. Hope you try badminton and enjoy it.

International Sports Competition— Is It Worth the Spending?

6D Li Hoi Kei



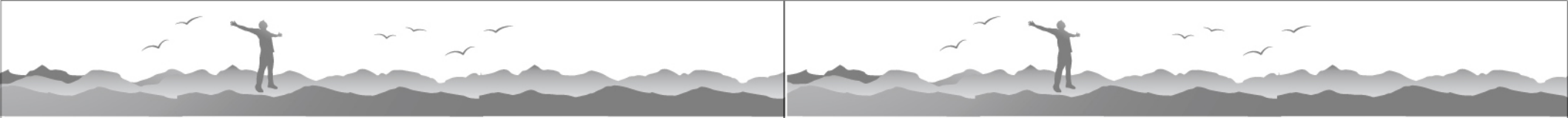
More and more international sports competitions are being held every year. To quote a few examples, there are the Olympic Games, the World Cup, and the Asian Games. Some people believe that these international sports events are good for tourism and international investment. Yet, some perceive that the costly competitions will bring society more problems than benefits. As the topic was sparked heated debate, I will look into the issue and explain why it is worth spending money on organizing international sports competitions in this article.

To start with, some residents believe that hosting such large-scale events is not justifiable due to the high cost of building the arenas or stadiums which cost millions of dollars. It is much wiser and important to spend the money directly on the under-privileged rather than the sports infrastructures. For example, China is still a developing country with millions who are deprived of basic education. If the money used in the Beijing Olympics could have been given to the illiterate, many could have had a chance to change their lives, which would have been more meaningful.

While there is some merit in this argument, we cannot disregard the benefits of holding international sports events. For the short term effect, job opportunities will be increased as a result of infrastructure projects. During the competition period, tourism can derive great profit, along with the retail market. In short, the economy can be boosted in a short time. For the long term benefits, international competitions can enhance the reputation of the host country or city. Take the South African World Cup as an example, South Africa used to be an awful country with criminals operating almost at will. The government, however, maintained an excellent social order during the World Cup. The country's image has been rebuilt positively since then.

As for the infrastructure, the brand new stadium or arena can provide a world-class facility not only to the local athletes in order to have better training, but they can also benefit people in general for a long time. Another example is the new railway and the upgraded transportation system in China during the Beijing Olympics. Besides, as every host country will advertise the sports and games inside its borders, it will not only enrich people's exposure to the importance of doing sports, but also arouse their interest in it. This has such an awesome side effect of people living healthier lives.

To conclude, with careful planning, I believe international sports competitions do more good than harm. The host country and its general public and economy can reap numerous major advantages from holding the huge events. All in all, it is beyond question that organizing international competitions is a worthwhile investment.



Write a postcard to Sammy, describing a place you went during your Chinese New Year holiday

1H De Guzman Aaron Jared Zuniga



Hi Sammy,

How are you? We arrived in Seoul yesterday. This is a very beautiful city. It is full of big bright lights and the people are very nice.

We checked into our hotel yesterday, put down our bags and then we went out for a midnight snack. We went to a local street vendor. She had a lot of interesting foods like ddokbokki and odang.

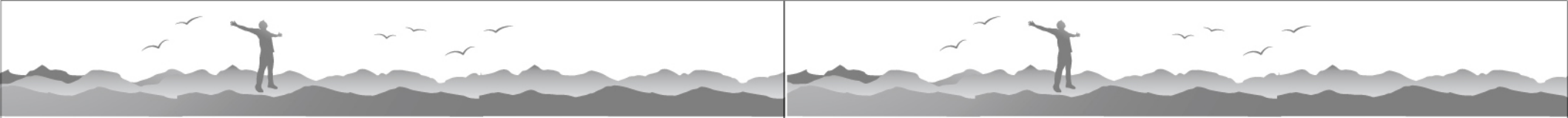
This morning, we went to Namsan Tower. This is the tallest tower in South Korea. It is also famous for the Gate of Love, which is a gate where couples can buy locks and engrave them, and then they lock them back onto the gate.

Remember, I told you about ddokbokki? Well I just tried mul ddokbokki! It is an extremely spicy type of ddokbokki. It is so spicy that when I tried just one piece, I finished my whole bottle of water. I can't wait to try something else!

I'm having a great time here. See you soon!

Bye for now and with love,

Moses



Write a postcard to Ms. Yeung and tell her about your Japan trip

1H Lam Hei Tung, Venus



Dear Ms. Yeung,

My family and I are in Tokyo for our holiday. We have done many things here, such as playing lots of games, visiting various places and taking so many photos.

Yesterday was very cold in Tokyo and also cloudy. We went to Palette Town. It is very famous in Tokyo. It looks like Ocean Park and Disneyland in Hong Kong. There are many games and exciting rides. There, you can have lots of fun. I played in a bowling alley and also computer games. It was so fun!

Today, we went to Ginza. It is one of Tokyo's most popular shopping areas. We went there at 11 a.m. There were large supermarkets where we could taste all kinds of Japanese snacks. There were souvenir shops too. We bought a lot of souvenirs. I bought one for you. There were also comic book shops. My brother bought some comics because they were cheap. There were hundreds of clothes shops selling the latest fashions. They were nice to look at.

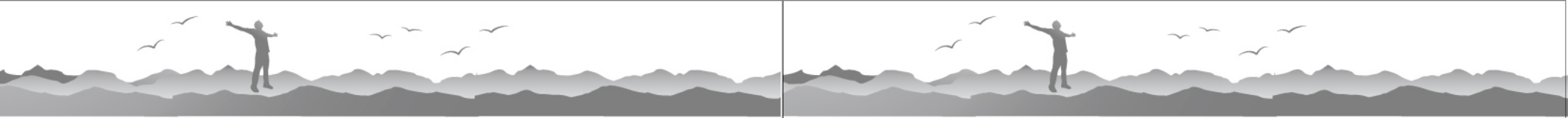
Then, we went to Ueno Park. There was so much to see and do at Ueno Park. We saw a wide range of animals at the zoo. I took photos with them. And of course, we took lots of photos of the beautiful cherry blossoms. We also visited museums and then took a walk around the gardens.

Tomorrow, we will go to Mount Fuji. The spectacular views of this mountain Fuji are a must-see for visitors but it is very cold. And after Mount Fuji, we will go to the Food Theme Park and Ice-cream City. We will eat a lot of different kinds of ice cream.

I hope you can come to Tokyo too.

Bye for now,

Susan



Write a postcard to your friend, describing your holiday in Tokyo

1H Ng King Wang, Brian



Dear Anthony,

How are you? I am in Tokyo, Japan. I am all by myself. I feel free and happy.

As I write this postcard to you, I see the huge Tokyo Tower. I am in front of it. The weather here is a little overcast and there is a bit of a shower too.

I have been to the Disneyland in Japan. There are a lot of rides there. I'm into roller coasters because they are so exciting. There are a large number of people screaming as they ride on them.

I plan to visit Mt. Fuji because I want to go hiking. Also, I hope to go to a sushi shop because I want to try the local taste of sushi. I feel nervous about my plan.

When I get back, I will tell you all about my experiences of this trip.

Bye for now,

Brian

Write a letter to Matt and tell him about favourite tourist attractions (sites) in Hong Kong

1H Ng King Wang, Brian



Dear Matt,

I know you are coming to visit me this summer. I am excited and I want to tell you about some of the attractions in Hong Kong.

First, I want to introduce you to the Peak. From the Peak, you can see thousands of buildings and also some mountains. That's not all. You can also buy many types of souvenirs and other stuff from Hong Kong. You can choose different ways to go up to the Peak such as up the hill on the Peak tram or by road such as bus, taxi or private car.

Second, I want to tell you about the Avenue of Stars. If you are interested in TV shows and stars, you should go to the Avenue of Stars because there are lots of statues of famous actors, actresses and singers. You can take some shots with them and that will be amazing. There are also footprints everywhere! There are some of the actors', actresses' and singers' footprints that you can step into. From the Avenue of Stars, you can take in the view of Central — fantastic and beautiful, especially at night. You have so much to look at and there are a lot of things to buy too.

The last one I want to tell you about is Ocean Park. Almost every Hong Kong person has been to Ocean Park at least once. I have. There are lots of sea creatures to see there, such as jellyfish and sharks. There are things there that you won't see in the wild anymore. The aquarium is so large that it can store a lot of fish. You can also see the Giant Panda and some raccoons in Ocean Park. You can go on many different types of rides. They are so exciting, and they will make you scream a lot!

These are the three attractions that I want to introduce to you. I will tell you more when you come. Wish you a peaceful flight.

Your friend,

Rover



Write a postcard to your friend, describing your holiday in Tokyo

1H Tam Lorraine Sze Wing



Dear Amy,

How are you doing? I never imagined that Tokyo would be such a beautiful place. I'm here with my parents and I'm currently in a café, enjoying Japanese green tea.

The café is decorated western-style and the green tea gives out a scent of Jasmine. The cakes sitting beside my cup are dripping with chocolate sauce and I really can't bear to eat them. Snow piles up outside the café and I'm greeted by a winter wonderland when I wake up every morning.

Recently, Tokyo Tower has been a frequent place for my wanderings. When I'm bored, I look at the view of Tokyo. Mt. Fuji stands tall and I'm amazed at how tiny the people down in the streets are.

I'm planning to visit Universal Studios or fly out to Hokkaido tomorrow. Hokkaido is well known for its milk treats and I'm thinking of buying a box of food for you. You still like milk chocolate, right? If so, then you're in for a treat.

I'm coming back to Hong Kong this week and will be bringing boxes of souvenirs back.

Bye for now,

Jacqueline



Write a postcard to Ms. Yeung and tell her about your Japan

1H Wu Pak Man, Jackie



Hi Ms. Yeung,

How are you? We're having a great time here in Tokyo, Japan. There are many things to see and do. It's wonderful!

Right now, I'm writing this postcard at Ueno Park. The weather is cloudy and the temperature is 20 degrees Celsius. My friend and I are taking photos with different animals.

Yesterday, we went to Sanrio Puroland. I took some photos with my favourite character, Hello Kitty. We also watched a show featuring Hello Kitty and friends. This morning we went to Mount Fuji and the views were great.

Tomorrow, we will go to Ginza because I can taste all kinds of Japanese snacks. We can do a lot of shopping because there are many souvenir shops, comic shops and clothing stores.

See you soon. I have bought some souvenirs for you. I'm sure you will like my small gifts.

Bye for now,

Susan

Write a reply email to Matt and recommend him a film

2H Cheng Ka Kwan Gary

To: *superivan@hotmail.com*

From: *matt01071998@yahoo.com.uk*



Hi Ivan

How're you doing? Hope all is well!

My parents are being really strict to me lately. They think I spent too much money last two weeks, so they ask me to stay at home at weekends for a month! I guess I'll be bored to death. I remember you are a big fan of films. Are there any films suitable for me? Well, I don't like romance or horror films. They are just too boring! I prefer comedies which make me laugh.

Please recommend me one film and tell me briefly what it is about. I'll then go to the DVD shop downstairs to have a look. Thanks mate!

Matt

To: *matt01071998@yahoo.com.uk*

From: *superivan@hotmail.com*

Hi Matt

How are you? I have already read your email. And I know you are bored so I found a film that I think is very interesting. I think you will really like this film. I strongly recommend it to you.

The film is called Kung Fu Panda. It is a cartoon film. It is very funny and interesting. The film is about a panda named Paul. He lives in a village with his family. He also is a Chinese kung fu fan. He has wanted to learn kung fu for a long time but he has to help with his father's work every day. So he thinks that learning it is only a dream. One day, he starts to learn Chinese kung fu and he meets some other animals and they become friends. Later, the enemy comes and Paul knows he has to protect everybody by fighting this enemy. Finally, he wins and he protects the village. He becomes a hero.

This is a very interesting film and also very meaningful. The film teaches me that everyone has their own strengths and weaknesses. So don't mind your shortcomings and maybe someday, you can have your opportunity. Kung Fu Panda is very good. I am sure you will like it and you won't feel bored.

Your best friend,

Ivan

Write a reply email to Matt and recommend him a film

2H Chung Ka Wing Amy

To: *superivan@hotmail.com*

From: *matt01071998@yahoo.com.uk*



Hi Ivan

How're you doing? Hope all is well!

My parents are being really strict to me lately. They think I spent too much money last two weeks, so they ask me to stay at home at weekends for a month! I guess I'll be bored to death. I remember you are a big fan of films. Are there any films suitable for me? Well, I don't like romance or horror films. They are just too boring! I prefer comedies which make me laugh.

Please recommend me one film and tell me briefly what it is about. I'll then go to the DVD shop downstairs to have a look. Thanks mate!

Matt

To: *matt01071998@yahoo.com.uk*

From: *superivan@hotmail.com*

Dear Matt

You said you love films so I would like to recommend to you a film called Up.

This film is about an old man named Carl. He wants to finish his wife's dream: to move their house to the Jungle. He wants to do this because his wife had died. A little boy named Russell wants to help him. When they arrive in the jungle, they meet a bird. She has lost her way and her baby birds are waiting for food. Russell wants to help the mother bird get back to her home. But a man named Muntz wants it. He captures the bird, Russell and Carl. Russell and Carl escape but the bird cannot. Russell is sad about that and decides to help. He follows Muntz and wants to save the bird. Carl helps him. At last, they save the mother bird and send her home. The bird, Russell and Carl are happy and become best friends.

I like the friendship between the bird, Russell and Carl. They help each other and all of them finally reach their goal. The film is touching and entertaining. So I would like to recommend Up to you.

Your friend,

Ivan

Write a reply email to Matt and recommend him a film

2H Florece Cherry Wayne B.



To: *superivan@hotmail.com*

From: *matt01071998@yahoo.com.uk*

Hi Ivan

How're you doing? Hope all is well!

My parents are being really strict to me lately. They think I spent too much money last two weeks, so they ask me to stay at home at weekends for a month! I guess I'll be bored to death. I remember you are a big fan of films. Are there any films suitable for me? Well, I don't like romance or horror films. They are just too boring! I prefer comedies which make me laugh

Please recommend me one film and tell me briefly what it is about. I'll then go to the DVD shop downstairs to have a look. Thanks mate!

Matt

To: *matt01071998@yahoo.com.uk*

From: *superivan@hotmail.com*

Hi Matt,

I'm very fine here. Hope you are too!

You want me to recommend you one film? I think Mr. Bean's Holiday is very suitable for you. The story is about a man named Mr. Bean. He has won a prize to go to Italy. So he prepares all of his things for the trip. He is very excited. After that, he meets a child at the train station and the boy can't find his father. Mr. Bean tries hard to help the boy. On their way, they face a lot of problems that will really make you laugh. For example, they have to dance on the street; Mr. Bean has lost his wallet, passport and the train ticket; and they are kicked off the train with nothing. Then they are chased by a director because Mr. Bean has ruined the movie. I am sure you will really laugh a lot when you watch it.

I think Mr. Bean's Holiday is very funny and touching because at the same time that you are laughing, you will realize people can be so nice to you. A person who you don't know will do anything just to help you find your father. It reminds me of my friends. They always help me when I am sad and when I have trouble. So I recommend Mr. Bean's Holiday to you.

I hope you will enjoy the film and agree that my suggestion is a good one. Take care!

Your buddy,

Ivan

Write a reply email to Matt and recommend him a film

2H Luo Shiqing Kidy



To: *superivan@hotmail.com*

From: *matt01071998@yahoo.com.uk*

Hi Ivan

How're you doing? Hope all is well!

My parents are being really strict to me lately. They think I spent too much money last two weeks, so they ask me to stay at home at weekends for a month! I guess I'll be bored to death. I remember you are a big fan of films. Are there any films suitable for me? Well, I don't like romance or horror films. They are just too boring! I prefer comedies which make me laugh.

Please recommend me one film and tell me briefly what it is about. I'll then go to the DVD shop downstairs to have a look. Thanks mate!

Matt

To: *matt01071998@yahoo.com.uk*

From: *superivan@hotmail.com*

Hi Matt

How are you? I miss you so much. I am so happy to recommend a film to you. I think Mr. Bean's Holiday is really suitable for you. It is really funny and entertaining.

I like the plot of this film very much. Mr. Bean has won a lucky draw in a game for a holiday. He goes to Paris by himself. But as he is enjoying his holiday, very unluckily, he has lost his money and passport. And then he meets a boy who has lost his father at the train station. Finally, they start to find the boy's father together. The process of looking for the boy's father is very difficult but really interesting. In the end, they find the boy's father.

I also like the leading character in the film, Mr. Bean. He is really hilarious. I always laugh because of his funny faces.

This movie teaches me that whenever we meet difficult problems, we should not give up. We should be brave and solve the problems, just like Mr. Bean and the boy. I like this movie very much and I hope you will like it too. I wish you a good time.

Best wishes,

Ivan

Write a reply email to Matt and recommend him a film

2H Yu Miriam



To: *superivan@hotmail.com*

From: *matt01071998@yahoo.com.uk*

Hi Ivan

How're you doing? Hope all is well!

My parents are being really strict to me lately. They think I spent too much money last two weeks, so they ask me to stay at home at weekends for a month! I guess I'll be bored to death. I remember you are a big fan of films. Are there any films suitable for me? Well, I don't like romance or horror films. They are just too boring! I prefer comedies which make me laugh.

Please recommend me one film and tell me briefly what it is about. I'll then go to the DVD shop downstairs to have a look. Thanks mate!

Matt

To: *matt01071998@yahoo.com.uk*

From: *superivan@hotmail.com*

Hey Matt

What's going on there? I hope you are keeping well.

You asked if I could recommend a film to you. I would love to. It is called Up. It is a cartoon produced by Disney.

The film is about an old man named Carl who wants to fulfill his dead wife's wish. He uses many balloons to carry his house to South America, which is the darkest place in the world. There is a child called Russell who goes with him too. Russell is born in a broken family. He lives with his father but his father always goes to work early and comes home late.

So, Russell and Carl go on this trip. While they are travelling, they try to solve each challenge that they face. Plus, a lot of funny things happen too.

I like this film because it is funny and at the same time meaningful. Although the old man and the child do not have a good or a complete family, they try to live as happily as they can. They try to forget the sad things that happened in the past. I admire this attitude very much.

I hope you will enjoy this movie and that you won't spend too much money. I wish I could go out and play with you.

Bye for now, because I have to finish all my homework.

Hope to see you soon,

Ivan

Write Harry a letter of advice

3H Tong Ka Wing, Tommy



Dear Harry,

I feel extremely sorry for the problems you have. But don't be fearful because I am going to help you get through it.

In the letter you said that you did not have a place to study. Well, there is no need for you to be worried about it because I have a suggestion. You can work in the library if you want to. The library is a wonderful place for studying—there are so many books that you can look up and you can get a lot of information there. What's more, a library's biggest and best characteristic is that it is completely silent. No one will disturb you there.

But if you don't want to go to the library, it's fine. If you want to study at home, you can make it work. If the only table is taken by your elder brother, you should share the table with him. I'm sure your brother will understand. Ask him. But, just in case your brother doesn't want to share the table with you, remember that you can go somewhere else.

As for your money situation, I know how to help. Not having enough money is a very common problem. You should stop asking for money from your family and earn it yourself. That's right, I suggest you get a job. A good way to earn money, for example, is being a paper boy. If you have a job, you can get as much money as you need.

Now, I want to say, please be fearless. Don't let embarrassment be your biggest fear. I strongly suggest that you explain the situation to your friend when you see them the very next time.

Anyway, if you do what I have advised, I will be so happy. Hope my advice can help you get through all your problems. Just remember, be fearless. Good Luck!

Yours sincerely,

Martin

Write a reply to Adam with your thoughts on the lyrics of the song

4T Ng Suvina



Dear Adam,

How are you doing?

I have just gone through the lyrics to the song, 'Who Knew' by Pink. I have to say a big thank you for sending them to me.

I have always been a fan of Pink because her songs have always had a way of touching my heart.

I have read through the lyrics many times. I have even sung them with the song playing on the radio. Overall, I love the song because the lyrics are not just words to me; they are my very own experience. I love the words because they are engaging and talk about a young girl who has total belief in her boyfriend. She does not question his love and she owes him everything. It talks about how the boy, 'Took my hands and showed me how' indicating that he has taught her a lot. At the same time, it shows her strong trust in him as the lyrics talk about how, 'You promised you would be around,' and how, 'I took your words and believed in everything you said to me.' I love it because it shows how fresh love is when it is innocent and trusting.

However, I do not like one aspect of the song. The lyrics suggest that the boy eventually left the girl and now she continues to wait for his return to this day. The song mentions:

'If someone said three years from now
You'd be long gone
I'd stand up and punch them out
Cause they're all wrong
I know better
Cause you said forever.'

These lines indicate that people around her warned her that he would one day leave but she did not believe it. Also, she continues to wait. The lyrics vividly mention, 'I will keep you locked in my head until we meet again.' For me this is sad, because she loves him so much even though he does not. She is willing to wait for him although he left her.

I must thank you for sending me the lyrics of this song. In return, I would like to introduce you to the lyrics of the song 'We are the Champions' by Queen. The song is inspiring and a great motivation for me, especially when I feel depressed or want to give up. I hope you love it as much as I do.

I have to go now. Do keep in contact and write to me telling me your thoughts about the song I have attached to this email. And please send me another song if you have time.

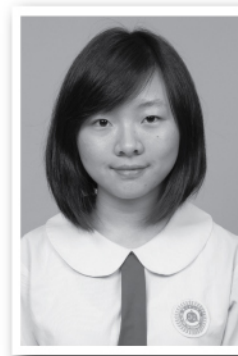
Write back soon.

Your dearest friend,

Nicky

Write a letter to the editor

6H Ruby Wong



Dear Editor,

I am writing to reply to the problem of the severe lack of social services for the elderly, which was pointed out by Daniel Chan on the Sunday issue of your paper. Hong Kong is a society which cares and respects the elderly. The government should vanquish this obstacle as soon as possible. Here are some suggestions of actions that the government should take to look after the elderly in a better way.

To begin with, the aging population nowadays is large, and many of them are under-privileged. Adult children are working outside day and night and leaving their old parents at home alone. Some are even too selfish to provide food to them. They do not give money and adequate daily needs to the aged parents. This leads to the situation where many elderly are still facing food and clothing problems. However, the government must take care of these poor elderly on behalf of their selfish sons and daughters who evade their responsibilities. I suggest that the money offered to the elderly every month should be increased. The so-called 'fruit money' is not enough for them to even buy the actual fruit on a regular basis. This may enhance the quality of life of the elderly, because they will at least not suffer from hunger.

Besides the economic perspective, the mental health of the elderly is also of paramount importance. As I mentioned before, a large number of elderly are living alone in a bleak flat. Their families may be far away from them and especially with some being reluctant to visit their parents or grandparents, the elderly will be lonely and isolated. The government should, however high the cost, hire more counsellors to visit and talk to lonely elderly more regularly. Counsellors can give them company in their homes for a while longer just to talk with them. It is vital for the elderly to have someone who is willing to listen to them, communicate with them and bring warmth to them. I believe this approach can definitely make life more colourful for the elderly.

Last, but not least, the government can hold various activities for the elderly. The interaction between same-age people is of significant importance when it comes to enhancing the life quality for them. Everyone needs friends, so do the elderly. Charity bazaars or old opera shows which are free for the elderly are good platforms for them to build relationships. As they have friends to chat with, they may not feel lonely anymore. This is the simplest way for the betterment of elderly care.

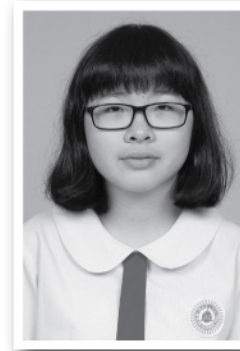
To conclude, I would like to emphasize that not only the government officials but also students need proper education so we all can try our best to take care of the elderly. I hope these suggestions will bring about changes in how we treat our elderly and ultimately, their lives will be improved. I am sure that is what we all want.

Yours faithfully,

Chris Wong

Reading Report on The Hunger Games

3H Kwok Hoi Laam Chloe



Book Title: The Hunger Games

Author: Suzanne Collins

Summary

In a nation called Panem which exists in the land once known as North America, there are 12 districts. There were 13 districts, but because of a revolt against the Capital, District 13 was eliminated. Because of the attempted revolt, the Capitol holds annual Hunger Games.

The Hunger Games are literally a fight to the death. Each of the 12 districts sends two tributes, one male and one female, to the Capital. Entering the Hunger Games can mean either fame and fortune or unavoidable death.

Katniss Everdeen is a brave girl from District 12 who volunteers as a tribute when her little sister Prim's name is chosen at the Reaping. Katniss is good with a bow. The male tribute from District 12 is Peeta Mellark, Katniss's classmate. Katniss and Peeta must fight in the Hunger Games against other "professional tributes." In the end, after many difficulties, Katniss and Peeta break the rules and become the only tribute couple in history to survive the same Hunger Games.

Reflection

I watched this movie during a flight and have also read the Chinese version of the book. I'm in love with the story. You could say that I'm obsessed with it. I think this novel is full of suspense and action. It is highly interesting. After the first chapter, the novel moves at a fast pace which helps the reader's attention and wanting even more. It tells a great story and will hold the reader entertained. It is likely that a reader will want to stay up until midnight to finish the book.

I believe the author, Suzanne Collins, did a very good job with the plot and characters. She has an extraordinary imagination. I think her imaginary world reflects the cruel world we live in and I really admire how brave and strong Katniss becomes. I'm looking forward to reading the rest of the series.

Reading Report on a World Leader

3H Kwok Hoi Laam Chloe



Book Title: Barack Obama
Author: Jane Rollason

Summary

Barack Obama is the 44th President of the United States of America and the first African-American to become president of the world's richest and strongest country. The first three chapters of this book talk about Barack's childhood and family. Since his mother Anna and father Barack both remarried to other people, Barack has five brothers and two sisters.

He studied in both Hawaii and Indonesia. Barack always wanted to be the president. When he was young he would help his friends and look after the smaller ones. One of his teachers saw him as a future leader, even back then. This was the beginning of Obama's journey to becoming the president of the United States of American.

Reflection

I think everyone knows Barack Obama's name and face, but not everyone knows his story and the hard work he did to make him a success. It's good to read and learn the stories of famous, successful people. For example, we can learn honesty from the story of George Washington who cut down his father's favourite cherry tree or the "never-give-up spirit" from the story of Thomas Edison, who experimented so many times and invented so many different things.

I admire the hard work and the never-give-up spirit of Barack. Even though he went to Indonesia with his mother and life was a little bit worse and more difficult, he still studied very hard. On the other hand, his mother Anna, built a great knowledge base for him. She gave him English lessons for three hours each day before school in the early mornings. She was a great, patient and responsible mother and that is one of the reasons that Barack Obama becomes a successful person today.

Movie Review on Green Lantern

3H Kwok Hoi Laam Chloe



Title: Green Lantern
Director: Martin Campbell
Cast: Ryan Reynolds, Blake Lively, Peter Sarsgaard,
Mark Strong, Angela Bassett, Tim Robbins

Summary

This movie is based on the characters from the DC Comic Book series Green Lantern. The film's plot starts billions of years ago; a race of immortals harnessed the most powerful force in existence, the emerald energy of willpower. These immortals are the guardians of the universe. They built a world from which they could watch over all existence, the planet Oa. In the movie, a ring powered by the energy of will was sent to every sector of the universe to select a recruit. In order to be chosen by the ring, it was said an individual must be without fear. Together these recruits form an inter-galactic peacekeeping unit known as The Green Lantern Core.

The greatest threat to The Core was Parallax. He was an entity which fed on the yellow power of fear. After Parallax defeated The Core's finest warrior, a search for a successor started. For the first time, the ring chose a human

Reflection

After watching this movie, I didn't just feel entertained but also learned something from it. My favourite line in the movie is, "The ring didn't see that you were fearless. It saw that you had the ability to overcome fear. It saw that you were courageous." I think this actually has some parallels to the Christian life, especially the concepts of overcoming fear. The Bible says in II Timothy 1:7, "For God has not given us a spirit of fear, but of power and of love and of a sound mind" (NKJV). Human willpower is not almighty. It is only by God's power that we can truly overcome selfishness, fear, etc. I think that's the lesson we should learn from this movie and not just be entertained by it.

What true love is

4K Ruby Lee



During this long school holiday, I found a meaningful short story which I think is worth spending 5-10 minutes to read. The title of the story is 'The Gift of the Magi'. It is a love story which happened at Christmas in the USA. It is about a couple called Jim and Della.

Jim and Della each possesses only one thing which can make them feel proud of themselves – Della's long and shiny beautiful hair, and Jim's gold watch which has been his father's and grandfather's.

At Christmas Eve, Della wants to buy Jim a Christmas gift but she only gets \$1.87 in her hands. Therefore, she decides to sell her hair for \$20 and she buys Jim a silver chain for his watch.

When Jim arrives home, he is shocked because he doesn't know what has happened to Della's hair. But when he knows the reason, he is surprised because he has also sold his watch to get some money to purchase a set of combs which Della has wanted desperately for long.

Next, let me tell you what I think about these characters of this story. I think Della is a brave person because she is willing to cut her long hair. Many of my female friends cherish their long and beautiful hair. It really needs a lot of courage for a girl to have her beautiful long hair cut.

For Jim, I think he is a considerate person because when he finds out Della has cut her hair short, he doesn't care about it. He still loves her as always. At this point, I think he is a reliable husband as well.

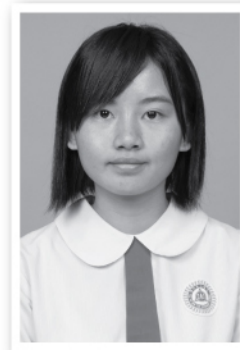
In my opinion, the story teaches us what true love is about. Jim and Della are willing to sacrifice their most valuable thing because they really love each other. From there, we can conclude that true love is all about sacrifice and we should unconditionally love our family, friends and even people in need.

On the other hand, I learned from the story that love is stronger than any gift. It does not depend on how expensive and how valuable the gift is, but on your heart.

To sum up, I find this story touching and meaningful. I highly recommend it to you.

International Sports Competition— Sports Week Speech

6D Li Hoi Kei



Good morning Principal, teachers and schoolmates.

My name is Chris Wong and I am happy to stand before you today as the chairperson of our school's Sports Society. As you know, today is the first day of this year's sports week. In the upcoming days, you will not only learn more about various sports, but also take part in interesting sport activities that are designed for everyone!

To start with, let me introduce the aim of sports week briefly. The aim is just as the slogan says, 'Explore the joy in sports!' This is particularly true for Hong Kong teenagers who spend little or no time doing sports, yet enjoy spending time with the computer or loitering in shopping malls. In fact, it is advisable for students to engage in aerobic exercise, such as running, swimming or volleyball for 30 minutes every three to four days. In order to encourage students to build good sporting habits, you should first understand that exercise can be fun and relaxing. Besides maintaining physical well-being, preventing mental illness and releasing stress are also a noticeable benefit stemming from doing sports. When working out, we can also meet new people with the same interest or even enhance our team spirit. So doing sports is no doubt a wonderful method for teenagers to release stress under the enormous pressure from schoolwork and helps expand social networks.

During sports week, we have designed a series of activities for you to choose from. I will highlight two activities today. The first is the inter-class ping-pong match. Unlike basketball and football competitions, ping pong is suitable for both genders. It can, hopefully, turn around the situation that boys monopolize all the sports competitions in school. We want everyone to have a chance to enjoy the sports week.



The second event I would like to introduce is for both elite sports players and beginners. This is an inter-class mini relay race. Competitors are required to run through our school campus including the canteen, stairs, playground, etc. Each student will run for a half of a loop. In the race, schoolmates can show their teamwork and skills while dashing through our school happily.

To sum up, the sports society has arranged a series of events which aims to boost your interest in sports. Every activity is arranged for everyone. I promise there will be at least one activity to suit everyone's needs. Never say you are too busy to start exercising. You should view exercise as an investment in your long-term mental and physical health. We hope you like the sports week.

Thank you.



My new gadget design

2D Lam Sheung Hang



Good morning everyone. My name is Joe. Today, I would like to tell you about my new gadget design. It is a smart phone called "World Phone". It is a combination of NDS and PSP with the function of a smart phone. The device is very stylish and handy. I would like to recommend it to everyone.

First, let me tell you what this new smart phone looks like. World Phone measures 130x80x10 mm. Although it looks a bit thick and bulky, it is light and easy to carry. One can put it inside the bag easily. The phone comes in red or orange colour. Personally, I prefer the red colour because it looks chic and cool. On the back of the phone is a PSP and NDS control so one can play games or call people with it.

Second, I would like to talk about the gadget's special features. One feature is that the phone can play PSP and NDS game. It means that I can download different games apps from the world store. Then I can send the game to my friend through whatsapp, and play the game with my friend online.

In conclusion, the new phone is stylish, smart and multi-functional. I would like to recommend World Phone to everyone.



Shopping Centre in Hong Kong – Festival Walk

2H Lo Chak Yin James



The shopping centre I'm going to write about is called Festival Walk. It is located in Yau Yat Chuen. It is also very close to the Kowloon Tong MTR station. It is about a 2-minute walk from the MTR station to Festival Walk, so it is very convenient for shoppers.

Festival Walk contains over 200 shops, 27 restaurants, a multiplex cinema and an ice-skating rink. Shops include famous brands like Nike, Nautica, Toys 'R' Us and many more! You can find all the latest fashion items there, but the downside to all the features is, things are quite expensive in this mall.

In conclusion, Festival Walk is a wonderful and fantastic place for shopping, because of all the features and shops it has to offer and also because it is such a convenient location.

Television – A Friend

3H Kwok Hoi Laam Chloe



Almost every family has at least one television set at home nowadays. Some people think that TV is such a bad thing because programmes shown on it are often so addictive and many send wrong ideas which encourage violence. However, in my opinion, I believe that TV can be really useful and advantageous.

First of all, to a certain extent, TV is convenient, educational and informative. Think about it. We can actually learn many different things from TV. We can even discover the world while we sit on a couch at home. However, it depends on what kind of TV programmes we are watching. For example, we can learn the international and local news from news programmes. Or, we can watch travel programmes and learn more about different countries' cultures and tourist attractions. We may even improve our English by watching English programmes.

Furthermore, TV is entertaining. We can relax from stress while watching interesting programmes like sitcoms, soap operas or game shows. It is not that I don't encourage reading, but sometimes watching a funny TV programme is more interesting than reading a book after a long day of studying or working. That's why I think it depends on how much time we spend using this entertainment outlet. We need to know how to control the time we use to watch TV so we will not become addicted to it.

In conclusion, I really think that watching TV actually has many positive benefits. It's convenient, educational and informative. We can learn from it and it is entertaining and relaxing. Therefore, I believe TV can be good or bad, depending on how we use it. Television can be our friend.

Television – A Friend

3H Tong Ka Wing, Tommy



Television has become an extremely important part of our lives. Although there are many bad things about it, I believe that the TV can still be useful to us. It means that television has a lot of advantages. I do believe that it can be a sort of friend. In this essay, I will discuss the advantages and tell you how TV can be a friend.

First of all, TV can be an excellent educator. Many people get a lot of information from the television. So, TV can be really informative and educational. For example, there are a lot of programmes which can teach us new things. We can learn about current issues from news programmes. We can learn about nature, cultures or other new things from documentaries. We can even learn how to cook! The reason why TV is an excellent educator is that it can teach us many useful things.

Another good thing about television is that it can be a superb entertainer. Watching TV means relaxing. In fact, there are many programmes that can bring about a totally stress-free atmosphere. For instance, a sitcom can help us unwind by making us laugh. A drama can help unburden us by giving our mind something else to think about. All in all, television gives us plenty of entertainment.

In conclusion, television can act as a friend because it can teach us new things. We learn from it like we learn from each other. It can also be a friend by helping us relax from a hard day at school or work. So yes, I believe that the television can be very good for our lives.



校長、三位副校及英文系老師



校長、三位副校及中文系老師



封面設計者與視藝科指導老師合照