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Food Review - A popular dessert in Hong Kong

By Yan Heung Ching, Viann (F.1A)

The Most Heavenly Dessert in Hong Kong

In Cantonese cuisine, dessert serves as the perfect ending to a full feast or even just a quick dim sum meal. And the local cuisine in Hong Kong is nothing, if not varied. Egg tart is a well-loved dessert in Hong Kong. It won the hearts of Hong Kong people a long time ago. This shows that egg tarts are really delicious. Therefore, I tried one in a bakery in Sheung Shui last week.

It is a Hong Kong sweet staple. The buttery pastry crust of an egg tart paired with its creamy egg custard filling is a heavenly combo. It looks very interesting. The tastiest part is in the middle. The yellow part in the middle looks just like jelly. It makes me want to touch it. It tastes like honey. The pastry of the egg tart is very crispy. When I was chewing the yellow custard in the middle, it tasted like a steamed egg. It was sweet but not too much.

The best thing about it was that it was eggy. It is good for the people who don't like some desserts which are too sweet. It emits a faint scent, attracting customers to buy and eat it.

However, it would have been better if the pastry hadn't fallen off because it made my hand dirty. Also, I think there was too much oil in it, so the chef could make it less oily.

It is quite cheap. You just need to pay \$4 to buy one. I would recommend it because it was tasty and wasn't too sweet.

Picture Story - The importance of pet training

By Lam Ching Kiu, Julia (F.1B)

Joe and Buddy

One night, Joe saw a skinny stray dog which was shivering in the cold on the street. He thought the dog looked miserable, therefore, he took it home and named it, 'Buddy'. However, Joe never ever imagined that it was the start of a nightmare

One day, when Joe was taking Buddy for a walk, Buddy was ecstatic and tried to run away. Joe went mad and yelled at Buddy, 'Bad dog! Come back!'

When Joe was cooking after walk. Buddy followed him to the kitchen. Buddy attempted to grab the food from the table. Joe thought Buddy was annoying.

A few days later, Joe took Buddy to a Pet Expert to seek professional advise. 'My dog doesn't obey me.' Joe said angrily. 'Pet training is necessary,' said the expert. During the course, Joe quickly learned some training skills and went home afterwards to train Buddy.

Originally, Buddy didn't listen to his orders. Joe was really annoyed. Suddenly, the hints from the expert came to Joe's mind. He took out Buddy's favourite sausage. Buddy ran back to Joe immediately when he smelled it. Then, Joe instructed Buddy to sit before treating him food. In the end, Joe realized that Buddy likes respect and appreciation. He no longer shouted at Buddy and Buddy has become more obedient than before.

Diary Entry - An unlucky day

By So Sum Yiu (F.1C)

30th October, 2020

Rainy

Dear Diary,

Today was a bad day. I've had enough!

After having breakfast, my brother and I went to school together. We were walking to school as usual when suddenly someone poured a basin of dirty water on us from above. I was soaking wet, from my hair, my clothes, all the way to my socks and feet! But my brother was alright. He laughed and made fun of me. I felt very angry.

I thought that was bad enough, yet my classmates played a prank on me when we were going home after school together. All of a sudden, they pushed me, then I tumbled down the stairs and almost sprained my ankle. One of them immediately grabbed at me and said, 'I'm sorry. I just wanted to play a trick on you. I didn't expect this to happen.' I felt really bad.

After getting home, I told my best friend how unhappy I was today. Then, she gave me a bottle of coke to comfort me. When I opened the drink, my brother came over and knocked over my cola. I spilled drink over my whole body. At that moment, I would have liked to give him a punch. I was very depressed.

What an unlucky day! Why do bad things always happen to me? I hope they will leave me alone. Phew, we have to believe that the sun will come out tomorrow. Good night, diary.

Food Review - A popular dessert in Hong Kong

By Wong Yung Tung , Vanus (F.1D)

A Well-Loved Dessert – Fruit and Ice cream with Shaved Ice

Fruit and ice cream with shaved ice is a well-loved dessert in Hong Kong. It is very attractive and the colour presented is quite pleasing. I had it in a restaurant.

It looked colourful. It was served with fruit and ice cream. Also, the dessert was beautifully presented piled up with chewy toppings. Smoothed over by the drizzle of condense milk, the texture of the dessert was pleasant. It was cold but it was sweet. Also, there were many flavours such as strawberry, lemon, honeydew and so on. Many people think that a beautiful appearance does not necessarily mean it tastes good, but this shaved ice was the best. The shaved ice has a soft and light texture and it looks like snowflakes. Also, when shaved ice is eaten with fruit, there is a sweet taste, so mixing it with shaved ice was a perfect match. You may choose to have it in the small or large size. People use a shaved ice machine to break up the ice cubes, then add fruit and ice cream on top of it.

It smelt sweet and nice. The best thing about it was when the fruit was combined with ice cream and shaved ice. Therefore, the taste was very novel. However, it would have been better if there was more syrup so that then it could be perfect.

It only costs HK\$40 so it is cheap. I would recommend it because it tastes good and the best thing about it is that you can go to a restaurant to enjoy it during the hot summer. As soon as the ice is put in your mouth, your teeth will feel sore, your eyes will widen and you will raise your eyebrows too. You will feel good.

Personal Profile - My New Classmate

By Chan Yan Ki, Dora (F.1E)

Name: Ella Suen

Height: 1.60 cm

Weight: 40 kg

Age: 12

Nickname: Angel

Ella Suen is the angel of our class. She always helps me with my homework. She is a clever girl. She is as beautiful as a flower. A lot of boys like her so she is the most popular girl in our class.

She likes eating. She is actually Japanese. She loves tonkotsu ramen (pork noodles). She is a ramen gourmet. She said, 'The soup of ramen is very important.' Although she eats a lot, she never gets overweight.

Ella is a kind and friendly girl. She always donates her pocket money to people in need. She always helps me too. When I am blue, she will say, 'Loosen up! It's not worth getting upset.' She is very nice! I love her very much!

Ella has a cat too and its name is Mocha. It is a grey cat. Mocha is very cute. Ella and her family love it very much. Ella has two sisters. They like ramen too. No wonder they are a close family.

She wants to be a fashion designer when she grows up. It's quite cool! She said, 'I will work hard to be a famous fashion designer.' Ella is also very considerate. She wants to be a fashion designer because she wants to design clothes for poor people. She likes drawing in her free time. We all think she is a great painter. I like her drawings.

I like Ella very much and she is my best friend now. I hope we can be best friends forever.

Paxton: The Clever Helper

Whether you are living alone, have no time to do your housework or just want to be lazy, we - the Young Investors Club - have some good news for you! Let me introduce our latest AI domestic servant robot, Paxton. Read on to know more.

Rationale of Design

Paxton is designed for Hong Kong people, especially those who live alone and have a busy work life. Many of them have no time to do housework because of their long work hours. Thus, we wanted to invent this robot, Paxton, to help them out a little bit.

Functions

Many customers may ask, “What can this robot do? Is it really useful?” Well, our latest robot, Paxton, has many useful functions. I will now introduce the most epoch-making mode – Emotional Catting.

This special function allows Paxton’s AI system to chat with you with emotion, just like a human does. Paxton feels happy when its owner has a good day, and sad when you are hurt. If you live alone and feel lonely all the time, try it out! You will surely become addicted.

In addition, Paxton is also designed for domestic work. Sweeping the floors, cleaning the windows - you name it, we have it! Just sit back and enjoy a movie and Paxton will take care of the rest.

Safety Rules

Apart from the functions above, the most important information you have to know is the safety rules. Please read the following rules carefully. Improper usage may lead to accidents.

Firstly, please make sure that Paxton is switched off when you are away for a long time, such as when you are sleeping or hanging out. Treat Paxton like any other everyday electrical appliance in your home.

Secondly, maintenance checks are needed. We offer a free warranty for 3 years for your Paxton. We suggest you bring Paxton to us for a regular maintenance check once a year. Prevention is always better than cure! Always be safe !

In conclusion, if you want to live a better life, don’t wait! Buy Paxton today and enjoy a care-free life. If you buy this model before June 15th, you can get a 10% early-bird discount! Find a new life with Paxton!

Blog Entry - Writing a blog entry about a trip

By Wang Wing Yan (F.2B)

Four seasons are like spring in Malaysia!

Sunday, 18th October

Eating, Shopping, Playing and Snorkelling in Malaysia

Day 1

On the first day, we started from Hong Kong and took a plane to Malaysia. When we arrived at the airport, the plane was delayed. We waited for a long time in the airport. In the evening, the plane finally took off. After flying for more than four hours, the plane finally arrived in Malaysia. It was very late when we arrived in Malaysia. We took a taxi and went to the hotel we had already reserved. After having a buffet in the hotel, we went back to our room to have a rest. To my surprise, we went there during the winter solstice holiday, but it was very warm there. I checked the Internet and found that Malaysia is as warm as our spring in all seasons. So, when we go there, it is like springtime.

Day 2

On the second day, we went to the Sanrio Hello Kitty Town in Persiaran Puteri Selatan, Puteri Harbour. I like this place because everything there is so cute. It's all pink. There is a Hello Kitty house, with her in the living room, bedroom, bathroom and kitchen. Also, we can play a lot of funny games and make exquisite commemorative handicrafts.

On the next floor, there are restaurants and boutiques with the theme of Hello Kitty. I bought a pancake with Hello Kitty's face and pink strawberry jam on it. It was delicious.

At the "Purrfect" stage, we enjoyed a wonderful performance of Kitty and her friends on the stage. I could make souvenirs by myself in the Wishful Studio.

I think Black Miracle is a must-do! During this activity, we save Kitty and Daniel from the little devil, Koromi.

Day 3

On the third day, we went to the Kapalai by car. There is a very good villa with sea views, so we could see the sea by opening our windows inside the villa. Kapalai Island has crystal clear sea water and beautiful underwater landscapes. We went snorkelling here and saw great coral reefs, turtles and all kinds of colourful fish. The dining room was located on the first deck and had a panoramic view of the marine life down below. I took a lot of pictures of the sea. The natural scenery was so beautiful. My mom and dad liked it very much.

Day 4

Good times always go by quickly. In the morning of the fourth day, we got up early. The local people took us to eat famous local food. We rushed to the airport and found that the plane was not delayed, but we were reluctant to return home. It was really an unforgettable trip. Because of this trip, I had my first snorkelling experience. How many first-time experiences have I had in my life? We should try different things so that our life will be more fulfilling.

I think the prices in Malaysia are much cheaper than those in China, so they are very cost-effective. I hope we can go there again next time. Perhaps I will go with my friends as we can go shopping together.

A Kind Christmas

Our school Christmas party is coming soon. We usually have a lot of interesting activities at the party, but we also produce a lot of rubbish at the same time. Therefore, I have some ideas to make our Christmas party more kind and Earth-friendly.

We often prepare a lot of delicious food and drinks but usually we cannot finish them all. Most leftover food is disposed of in landfills, and it cannot be decomposed. To solve this problem, I think we should order the right portion size. We should prepare only the amount we need. This method can help reduce food waste and the burden on landfills.

We also produce a lot of plastic waste at the party such as plastic spoons, plastic forks and straws. These plastic items will not decompose, either. Worse still, they contain toxic chemicals. When the plastic materials are exposed to the sun for a long time, toxic substances will be released, which can exacerbate the green house effect and cause air pollution. To save our Earth, I think the most effective solution is that we should bring our own reusable cutlery and bottles.

By Man Cheuk Ting, Elliott (F.2D)

Besides, as you know, because we drink a lot of juice or soda at the party, many cartons or cans are discarded. Although aluminum cans can be recycled, they are not truly eco-friendly as they can increase carbon emissions in the atmosphere and cause damage to our environment. The chemical process of separating aluminum from bauxite leaves behind a toxic red mud. Therefore, to reduce this kind of rubbish, my suggestion is that we should bring our own bottled water to reduce the amount of soda or juice we consume. Drinking plenty of water with your own water bottle is not only environmentally friendly but also good for our health.

Finally, try to be kind to our planet every day. It is very meaningful to have an eco-friendly Christmas party at school. We can protect our environment and have fun at the same time!

26th May, 2021

Dear Sir/Madam,

I am going to complain about your poor customer service, a wrong delivery and the poor quality of wireless Bluetooth headphones from your shop. When I got my Bluetooth headphones from your online shop, I felt very dissatisfied because there were so many problems.

First, I ordered the blue colour wireless Bluetooth headphones, but your shop gave me the pink ones. Also, you gave me the wrong sized headphones, so the small sized headphones made me very uncomfortable when I wore the Bluetooth headphones. I wanted to return the wireless Bluetooth headphones to change the colour to the blue ones and to have the right size for me.

One time my brother borrowed my Bluetooth headphone set and used it. After using them, he told me that the quality of the headphones was very bad. He charged the headphones all day but he could only just use them for one hour. He was very angry and he thought I had damaged them. I told him I had not used them a lot and I had just used them for an online lesson. Also, he thought the sound volume was very low.

A Taker or a Giver?

After he told me about these problems, I phoned the customer service hotline. I asked the assistant about the problems with the headphones. The assistant was impolite. The customer service operator just gave me a cold reply and ignored me. Your customer service staff still haven't given me a reply. These things made me very disappointed with this company.

Please be polite when answering questions from customers who use your online shop. I have never experienced a staff member responding to customers with such a bad attitude. Please use polite words to answer customer questions. Before sending the goods out, you should carefully check whether there is any omission or error.

I hope your store will send me a new wireless Bluetooth headphone set. I will give you some time, but if you do not respond to me, your company will receive a letter. If you want to reply to my questions, please send an email to me at eric123@gmail.com.hk. Thank you!

Yours faithfully,

Eric

Eric

The outbreak of a pandemic brings a lot of changes to the world. It not only changes the ways human beings live, but also changes the relationships among people. Some people will lose their lives, some will lose their jobs and some will lose their family members. Every day the news reports state the number of deaths and newly infected cases. The numbers make life miserable. There is not much for ordinary people like me to do, except to stay at home hoping for a better future. Fortunately, there are people who are willing to spread positive energy and show their care and love to others. Their acts of kindness are infectious. The story of Long Suk is one of the hundreds and thousands of stories which have happened during these tough times.

Rain could still clearly remember what happened last week when he was buying some snacks at a convenience store. Rain was thinking which kind of potato chips he should pick. Suddenly, someone shouted, 'That old man is stealing food!' The old man was so scared and quickly tried to run away. A young shop assistant called Yin Jai caught him swiftly.

"Sorry. Sorry. Sorry."

The grey-haired man with wrinkled skin was too frightened to say anything but kept repeating the same word. He then explained to Yin Jai that he had no money and he was starving. He had no choice but to take the risk.

The guy was called Long Suk. Actually, he was a middle-aged man. Before the pandemic, he ran a small business with his partner. But a few months after the outbreak of the pandemic, his partner disappeared and left him tons of debt.

He tried whatever means he could to solve the problem but the amount of money was so huge and impossible for Long Suk to pay off. Therefore, he went bankrupt. As the loan sharks kept hassling his wife and children, his wife decided to divorce him and they left. Since then, Long Suk had lost contact with them. The poor man became homeless and penniless. During the daytime, he now wanders around the streets and eats leftovers.

After hearing the range of ill-fated events which happened to Long Suk, the sympathetic shop assistant felt sorry for him. He decided not to call the police, sought approval from the shop manager, and gave him some food, daily necessities and masks instead.

The poor man, who had such a pitiful story, felt moved and shed a few tears. Rain couldn't help weeping at that moment too. 'Right! I know what I can do,' he thought. He approached the old guy and offered him a pack of tissues. There were some words printed on the cover. It was an address for a newly established NGO which provides both mental and financial support for people affected by the pandemic.

One morning when Rain once more walked past the convenience store, he heard someone shouting from the store. He then realised that it was Long Suk. After that incident, the manager offered him a part-time position at the shop. In addition, the NGO provided him with temporary shelter. The man who had suffered a good deal of misfortune over the past few months felt that at last he could see the light at the end of the tunnel. During his free time, Long Suk now helps the NGO with voluntary services, such as distributing lunch boxes and hygiene and pandemic safety supplies to the needy. Long Suk believes that it's better to give than to receive. He thinks that as long as he can maintain his basic needs, he can spare the rest of his good fortune to help others in need.

Writing a letter to the editor expressing opinions

By Woo Hoi Shan (F.3A)

Dear Editor,

Nowadays, the use of e-wallets is becoming more prevalent among people. Therefore, I am writing to express my opinion regarding cashless transactions.

Firstly, using an e-wallet is convenient and time saving in various circumstances. If we use an e-wallet for payment, we can merely scan a QR code, and it takes approximately ten seconds to make payment. Furthermore, we do not need to find and count physical money. Also, we do not need to wait for the change. It is time saving.

Moreover, e-wallet apps help us monitor how much we have spent. We can check our transaction record on our phones round-the-clock in order to check if we have overspent. Lately, a virtual bank called Welab Bank is widely used. We can set the limit of our spending amount through the app. Therefore, using an e-wallet cleverly is beneficial for saving money.

Using an e-wallet is advantageous to our lives. Nevertheless, e-wallets are a double-edged sword. If we do not use our e-wallet in a cautious way, it will lead to some perilous problems.

A cashless society is impossible as not all citizens can adapt to a cashless society. Firstly, not all shops and restaurants would like to provide a cashless service, as cashless transactions may be charged which will increase their burden. In addition, it is difficult for the elderly to adapt to a cash-free society as they may not know how to use smartphones. Moreover, some cashless systems need customers to connect their bank accounts with their e-wallet. Therefore, it is not suitable for students to use these systems. To sum up, there are a great deal of limitations regarding the global use of e-wallets.

Finally, there are serious security risks when using an e-wallet. Remittance is dangerous. If our accounts are hacked, money will be lost through money transfers. There have been a number of cases of where money was lost using e-payment. For example, 9.7 million bank deposits were transferred from an Alipay account opened in the name of the victim, but the account was fake. Therefore, users should pay attention to the risks of using it.

In order to solve the problems, it is vital that you will not give your account information to people easily, namely your ID number, phone number, and bank account. In addition, it is essential that the government and schools offer some courses to citizens, especially the elderly and students. In order to educate citizens about the appropriate means of using an e-wallet, it is essential that the government and schools offer some courses. This will help raise public awareness of the risks of using an e-wallet.

Letter of Invitation - Charity fundraising

By Lau Tze Ching (F.3B)

In conclusion, although using an e-wallet does more good than harm, it is important to pay attention to the security risks. Protecting and encrypting our personal information on our phone is a 'must'.

Yours faithfully,

Chris Wong

Chris Wong

Dear parents and guardians of Class 3B,

Have you ever thought of helping the needy while having a fun day? Come and join us on July 15th at our charity concert. We are sure that the funds raised will be used to benefit a lot of third-world people in need, particularly, disabled poor children and the elderly. They live a hard life of hunger because they don't have enough food.

Concerning the charities' backgrounds, 'Doctors without Borders' travels to the poorest countries to help people in need. In addition, the Red Cross was established in 1863. Our Social Service Club was established in 2004. We are a non-profit organization which aims to help people.

We are holding our charity concert in Tsim Sha Tsui and we have invited outstanding artists and musicians to perform a range of popular songs and music. At the same time, you can both enjoy the show and you can raise funds to help people in need.

Letter of Advice

By Zhuang Xi Yu (F.3C)

I hope you will have a wonderful evening. Just wear what you like to attend. The deadline for registration is July 6th. Participants please register on our club website at www.hkssc.com. For any enquires, you may also email to ask any questions about the event. We look forward to your participation.

Yours faithfully,

Jovi Chan

Chairperson

Social Service Club

Dear Mandy,

Thank you for your letter. I am so sorry to hear about your problems. I hope I can give you some valuable advice.

You mentioned that you feel extremely tired because of attending cram classes every day. Why don't you confide your difficulties with others who can help? If I were you, I would confide to my parents about my troubles and struggles such as the pressures from cram classes. Your parents are supportive listeners. Besides, you ought to communicate with your friends who can also give a helping hand with your homework! Don't worry! Things will get better!

You also said that you had no free time for activities and meeting friends. Have you thought about managing your time better? You must set a reasonable schedule to strike a good balance between work and play. On top of that, you should take the initiative to make friends with others as good relationships start with good communication. Come on! Be brave!

**Letter of Invitation - Inviting parents to join a fundraising event,
Walk for Water**

By Cheung Wai Yan (F.3D)

As for your weight issues, you mentioned that you could stop eating snacks. I understand your worries and stress. Perhaps you can eat more low-calorie food which can help keep you physically healthy. You can eat green salads, nuts or zero-sugar coke. In addition, if you exercise regularly, you will lose weight and reduces the stress on your self-image. Yet I want to tell you that regardless, beauty comes from your heart.

I hope this advice is helpful and valuable. You need to remember that the sun will come out tomorrow. Please write to me again if you need more help.

Best regards,
Chris

Dear parents and guardians,

If you want to exercise and help people in need, don't miss this golden chance to join the "Walk for Water" walkathon held by the Social Service Club! Read on to know more!

Founded in 2018, Water for Life is a charity that seeks to provide clean water for people in need. Nowadays, millions of people in different parts of the world are suffering from drought or have no access to clean water. To date, they have built more than 50,000 wells worldwide. If you also want to help, please join our walkathon in order to raise money for people in need.

The event will take place from Po Leung Kuk Ma Kam Ming College in Fanling. The event will be held on Monday, February 25th, from 7:30 a.m. to 10:30 a.m. Participants will walk a 15km route from Fan Ling to Tai Po.

Two-sided argumentative essay — Waste charging system in Hong Kong

By Lam Wai Man (F.3E)

If you are interested in our event, please register online at <http://www.plkmkmc.edu.hk>. If you have any questions, please email us at ssclub@plkmkmc.edu.hk.

We look forward to seeing you at the event. See you soon!

Yours faithfully,

Chris Wong

Chris Wong

Chairperson

Social Service Club

Should Hong Kong Introduce a Waste Charging System?

With the booming development of Hong Kong these days, our lives have become more convenient. In the meantime, more and more problems are emerging. Too much garbage is one of them. A total of 9,500 tonnes of waste are sent to landfills every day. Furthermore, it is estimated that three existing landfills will be full by 2020. In this essay, I will share both the advantages and disadvantages to the proposal of introducing waste charging in Hong Kong.

On the plus side, a waste charging system effectively discourages household waste disposal. In Taipei, rubbish bins have been removed since 2000. Citizens have to use special garbage bags purchased from the city's Department of Environmental Protection, which are later collected by designated trucks. Under this policy, residents know how much waste they produce, so they can try to reduce the amount of waste. It is shown in statistics that this system reduced domestic waste disposal per person from 1.1 kg per day in 2000 to 0.39 kg per day in 2011, a reduction of nearly 60%.

**Speech - How sports and exercise helps students become well -
rounded**

By Lo Ching (F.4A)

Another advantage of introducing a waste charging system in Hong Kong is that it can be fair if it is quantity-based. With reference to Switzerland, household rubbish is taxed and each bag of rubbish has to carry a special sticker showing that the tax has been paid. This is a fair system as it helps to ensure that everyone is equally charged. It also effectively reduces household waste. Despite a 4% increase in the population, the volume of waste disposal has decreased by 10% in Switzerland over the past decade.

However, every coin has two sides. While waste charging brings plenty of benefits, there are also several drawbacks. Take South Korea as an example. Having to weigh household waste has caused inconvenience to the public. In order to comply with the new policy, families have started using all edible parts of vegetables and straining liquid from food waste to reduce its weight. Some people have said that this adds extra work. In Switzerland, the measures are imperfect. Trash produced outside one's home will not be charged, so more and more Swiss are eating on the go. The fact that the use of takeaways boxes has increased is not a good phenomenon.

In conclusion, there is no doubt that a waste charging system will bring different kinds of inconvenience to Hong Kong people. Nevertheless, we cannot ignore the issue of global environmental protection simply for our own convenience. There is no perfect thing in the world but any measure that can help reduce harm to the environment is always the best choice.

Good morning, Principal, teachers and fellow schoolmates.

Let me introduce myself. My name is Chris Wong and I'm a sports news reporter for an online youth magazine. I'm here this morning to speak to you about how sports and exercise help you to become a well-rounded individual. We always focus on our work and forget to look after ourselves. Yet, it is vital for us to make ourselves better. So that's why I'm here.

First of all, what is well-rounded? For me, 'well-rounded' means that you can take care of yourself, maintain a good relationship with others and handle all your work at the same time. How can we achieve this? The success of this lies in having stable emotions. In fact, doing exercise and sports can improve our mental health as they are mood-enhancing. When you're exercising, your body will release a hormone which makes you feel less nervous but more relaxed. This helps you forget the struggles that you are having for a short period of time. While doing sports, sweating is like throwing all our worries away. That's what I've call, 'taking good care of yourself.' Doing sports allows you to relieve stress. If you're too tired but you don't let yourself have a break, you are torturing yourself. Doing sports acts as a distraction from worries and stops you from torturing yourself, making you feel better.

Speaking of maintaining a good relationship with others, I'd like to highlight that doing sports boosts your soft skills. Many sports are team sports, such as basketball and football. You need to learn how to cooperate with others and get on with your teammates in order to keep your team motivated. If you are having a fight with a team member you can't see eye to eye with, it will affect the overall atmosphere and morale of the team. As part of the team, you don't want this to happen, right? Also, everyone has different personalities.

So, you'll have to learn different appropriate techniques to communicate with different types of people. Take myself as an example. I was captain of the basketball team. I had to control my emotions and stop myself from getting irritated when I saw my teammates do something wrong during matches. I had to stay calm and communicate with them in a friendly way without being judgemental. As you can see, doing sports can make you a better team player and communicator.

As students, academic performance is of great significance to you all. To juggle between studies and sports pursuits, sportspeople need to be extremely organized, disciplined and efficient with their time. With self-discipline, you can easily stick to your schedule, banish procrastination and focus on your studies in order to attend sports training. These transferable skills can be further applied to creating a balanced, well-rounded lifestyle.

In conclusion, doing sports and exercising really helps you to be a well-rounded individual. So why don't you try to do some sports and get all the benefits that sport can give you? I wish you every success in becoming a well-rounded individual.

Thank you.

How can reading help you?

Nowadays, mobile phones are widely used in our daily life. Therefore, students seldom get into the habit of reading. I have tried reading for a month recently and I found a number of benefits which have surprised me a lot. I learned that reading helps me in many different ways. Let me tell you about some of the benefits of reading.

In the first place, reading improves focus and concentration, because when you read, you will have your full attention on what you are reading. When you immerse yourself in reading, you will get lost in the story as you try to extract every detail from it. This helps train your attention span and thus helps you focus more on your studies in the future. Moreover, in terms of English fluency, reading a lot of books will improve your grammar and therefore your writing skills and equip you with enough ideas for the content. As long as you keep reading for some time, you will notice the power of reading in helping people to become more focused.

Secondly, reading can help reduce stress and anxiety. Not only does reading every day benefit our concentration, but it also helps us to relieve stress, because reading can enrich your imagination and take you away from your pressures. Students face a lot of stress nowadays. Thus, reading is a good way to give your body and mind a break. Take myself as an example; reading an interesting novel will definitely help me relax during a busy day. When you relax once in a while, it will improve your study efficiency. Besides, you will be in the right frame of mind when it comes to an important test or examination. Therefore, reading can really help students calm down and find ways to deal with stress and anxiety.

After explaining some benefits of reading, I will give you some suggestions for how to develop a good reading habit. You can spend 15 to 20 minutes a day reading something that interests you. For example, fiction, science books, magazines, newspapers and so on. This will improve your concentration. By reading, students can expand their vocabulary too. You can borrow books from your local libraries. It is a low-budget entertainment. The public libraries have huge inventories of everything you can think of. There is no shortage of reading materials.

To conclude, reading can improve concentration, improve your fluency and reduce stress. By having a habit of reading every day, you will gain a lot. Please develop the habit of reading, stick with it for the long haul, and you will reap many unexpected benefits.

All Students Need to Read!

The Internet and social media become more popular with each passing day. Our daily lives have become more accessible and convenient. However, while social media is gaining in popularity, reading is becoming less popular.

Stress Reduction

Students have many different kinds of stress from studying, personal relationships or other issues in daily life. Reading can help stress slip away. Why? Because reading a well-written novel can transfer our attention to another realm. Likewise, engaging articles can distract people from their personal stress and engage them in bigger, real-world issues. Thus, reading can help their tension drain away and allow them to relax.

Lifetime Wealth – Knowledge

Through reading, we can acquire new knowledge. We can learn a lot from books, including, but not limited to, books about history, biography, and fantasy. The knowledge learnt can never be taken away from us even in dire circumstances in which we lose our jobs, possessions or health. Also, nobody knows when the new knowledge acquired will come in handy. The more knowledge you have, the better equipped you are to tackle future challenges.

Improving focus and concentration

Recent studies show that teenagers' attention span is lower than before. They usually cannot focus on their work or studies when technological progress has been so rapid over the recent years in modern society. They are addicted to social media and games in which focus quickly shifts from one tab to another.

However, when we read, we need to focus our attention on the one story and immerse ourselves in every fine detail taken in the book. Therefore, if you can spend 15-20 minutes reading before work, it can improve your concentration at work.

Read widely

Reading is a good habit. School is the best place for encouraging students to read widely because students spend most of their time at school which accounts for most of their everyday life. Schools can recommend some good books to them and what's more, school can arrange a 10-to-20-minute reading period in the morning or after lunch in order to help students and teachers cultivate the habit of reading.

In conclusion, I hope all students can develop a habit of reading for the sake of a healthy, educated and more fruitful future.

A reply to an invitation letter—The importance of a positive attitude

By Leung Hoi Ching (F.4D)

Dear Mr Lai,

Thank you for your invitation to talk to some of your students about motivation. I am very pleased to confirm that I will accept the invitation. I will talk about the importance of a positive attitude and seeking help. Personally speaking, these are absolutely crucial to success, especially for troubled teens.

First and foremost, a positive attitude is vital for wellbeing and in my opinion, a positive attitude has numerous benefits. A positive attitude can help us enlarge our social circle. In other words, you can make more friends with a positive personality, and friends are important in our personal life. They can help us solve and overcome difficulties. From my perspective, a positive attitude can also enhance efficiency. Try to imagine that you are facing some troubles right now, but you still have a positive attitude. In this situation, you will have a better mind to face different problems, and won't have to waste time being frustrated or depressed. There is no doubt that a positive attitude is beneficial to troubled teens too.

Secondly, seeking help for problems which teens face is undoubtedly essential. Teens should try to tell their friends and family about the troubles they are facing. Even though these support networks might not help troubled teens to solve every problem, they can provide some handy advice and suggestions.

I believe that this will more or less help teens reduce their pressure and communicate better with others. If teens don't seek help and remain silent, they might feel helpless and eventually become depressed. So it is important for teens to understand the significance of seeking help.

Thank you for your invitation to the talk. I will be delighted and look forward to meeting your students and sharing ideas with them.

Yours sincerely,

Chris Wong

Chris Wong

A reply to an invitation letter - The importance of a positive attitude

By Leung Kwok Ho, Peter (F.4E)

Dear Mr Lai,

Thanks very much for your invitation. I am very pleased to confirm that I will be attending the aforesaid event.

There are two topics concerning the importance of a positive attitude that I would like to cover in the talk. The first one is, 'A positive attitude is what you need'. The reason why I have chosen this topic is that Hong Kong students are under immense pressure and tend to be gloomy about their future. These problems are by no means insignificant. Despite the fact that Hong Kong is a highly competitive society and a financial hub in the Asia-Pacific region, career options are limited. Students need to cope with tremendous stress in an elitist education system which determines their career paths. Worse still, parents in Hong Kong want their children to win at the starting line and have a high expectation of their children's academic performance. If students cannot fulfil their parents' dreams, they will feel guilty and give up, thinking that they will not be successful. In some extreme cases, students may commit suicide. Therefore, students undoubtedly need to have a positive attitude.

With a more positive attitude, students can come up with different solutions to the problems they are facing. They will be more willing to be resilient in the face of setbacks. More importantly, they will be more motivated to embrace challenges, overcome limitations and achieve success.

The second topic is, 'Having a strong desire to achieve more'. Students tend to become lazy in an affluent city like Hong Kong. They give up on things too easily. Due to their low motivation and self-esteem, they have no targets to fight for. However, this part of the talk can inspire them to meet challenges and go beyond their limit. Students will be encouraged to do whatever it takes to create the results without fearing failure. They will also learn the importance of seeking help. Seeking help does not mean exposing weaknesses to others. Instead, it is an important step towards achieving goals.

I am honored by your request and will do my best to motivate troubled students in the talk. Please do not hesitate to contact me if you have any opinions regarding the two main topics. I look forward to sharing my ideas with your students.

Yours sincerely,

Chris Wong

Chris Wong

Suggestion Form

By Tsang Wing Shan (F.5A)

Suggestion Form

The organising committee of the proposed neighbourhood watch group would like to know your suggestions in the following areas:

i) What crime(s) should be focused on and why

I think the Group should focus on burglaries. Because of the lack of anti-theft locks and closed-circuit televisions, the residents' belongings and properties in Chung Way Mansion are always targeted by thieves in this community. However, it is difficult for the victims to lodge complaints since there is not enough evidence. According to records, there were ten reported cases of theft in our building but the perpetrators were not prosecuted as there were no witnesses.

Besides, I think the Group should also focus on the crime of graffiti. Many young people like to doodle on this building, including painting some creative work as well as some foul language and indecent patterns. According to the results of the questionnaire, more than 70% of the residents want to ban graffiti and think that graffiti will give other people a bad impression.

ii) How such crime(s) can be prevented

I suggest that the neighbourhood watch group improve the security system to reduce crime. For example, we can install closed-circuit televisions and anti-theft locks and hire security guards. This can help prevent giving thieves an opportunity to sneak into our building. I also suggest that we should set up feasible policies for graffiti. Meaningful graffiti is worth keeping. We should contact people who are talented at graffiti and provide them with opportunities to paint more graffiti. I think this can establish a friendly connection and communication between graffiti artists and residents. We can have a win-win relationship rather than a confrontational one.

iii) Any other matters

- Training courses:

I wonder if the representatives, members of the functional group and the watch group members should equip themselves with some self-defence skills and learn how to deal with emergencies. After selecting suitable volunteers to join the watch group, I think a training class should be organized for them to improve their personal safety.

- The safety of the watch group:

As a resident, I am very grateful to see your efforts in keeping us safe. That is why I mentioned the safety of the watch group. I think you can take a walkie-talkie with you while patrolling so that you can keep communicating with other members. Some signs and flyers can also be put up to remind residents to stay alert and let them know more about your duties.

Leaflet - Teenage Problem

By Leung Tsz Yu (F.5B)

Addiction to Mobile Phones

Teenagers are among the biggest users of social media like Facebook, Instagram, Twitter and other social platforms. Using social media can be a great way for teens to connect with the world. However, if social media is used inappropriately, it may cause some problems. For example, using mobile phones is time-consuming from a parent's points of view. Perhaps, they may think teens are wasting time. Nowadays, teenagers always argue with parents about their excessive obsession with social media, which may even lead to a broken relationship between them.

To balance your life, try to limit your daily online time. I recommend teenagers prioritize their activities. Obviously, spending time with family is more important. Besides, you should have a face-to-face interaction instead of virtual communication.

Emotional problems

When you feel depressed, what will you do? Instead of thinking pessimistically, why not cheer up and do something that you are passionate about?

The key is to face problems bravely. Teenagers nowadays are under too much stress which may cause anxiety or depression problems, so it is advised that they should seek help from counsellors.

Memo - Unacceptable behaviour in our company

By Law Sau Fong (F.5C)

To: All Sales Department members

From: Manager of Sales Department

Date: 4 January 2021

Subject: Unacceptable behaviour in our company

Recently, we have received several complaints from department members about the loss of their personal items in the workplace, the misuse of company's property and attending to personal matters during office hours. Needless to say, these breaches of the code of conduct in our company have been a great cause of concern. In view of this, there is a pressing need to warn those colleagues who have made mistakes and stop the problems from getting worse. Therefore, I am writing to inform you why these kinds of behaviour are unacceptable and the relevant corresponding consequences.

To begin with, it is unacceptable to attend to personal matters during office hours. For example, some colleagues spent excessive amount of time browsing social media and visiting websites that are not work-related. When superiors assigned jobs to them, they still spent the whole day texting their friends with instant messaging devices instead of dealing with their jobs. It is conceivable that they will make others feel dissatisfied because they slow down the efficiency of the whole company. Also, some colleagues may sometimes need to search the Internet for information to accomplish their jobs, but they take the opportunity to visit inappropriate websites like the online shopping sites and YouTube. There is no doubt that this behaviour will ruin the working atmosphere of the company and slow down the operation of the company.

In addition, the second kind of an acceptable behaviour is the misuse of company's property. Some workmates used the company's assets for personal use and convenience. In order not to waste their money and time, they used the company's printer to print and copy their personal stuff and constantly borrow company's stationery without permission. Imagine that you are in a hurry to use the company's paper, but you cannot find any as it has been overused by some selfish workmates. It goes without saying that there will be a lot of workmates competing for the office supplies, leading to the lack of resources available. Moreover, it is no exaggeration to say that some workmates may even be unwilling to return the office supplies like papers and pens, which exploits the company's resources and gradually increases the expense of the company.

Thirdly, it is unacceptable to steal colleagues' personal items. Perhaps some co-workers just accidentally lost their personal items and other members happened to pick up them. However, if they do not voluntarily return the lost property to the owners, this can also be regarded as theft. Also, they even took others' items like snacks and wallets directly from their drawers when nobody noticed. Think about how you feel if someone takes the property from your drawers. Needless to say, you must be enraged. Thus, the relationships between workmates will certainly become awkward if the offenders continue to act this way. Not to mention that this kind of unacceptable behaviour can also affect the company's reputation.

Last but not least, it is necessary to punish the offenders in order to prevent these kinds of behaviour from happening again. For the first-time offenders, we may only issue warning letters to them. It goes without saying that they will be dismissed if they make the same mistakes again. For example, they constantly attend to their personal mattress during office hours. Besides, we will punish them depending on the seriousness of the incidents. Under no circumstances should we take away the personal items of others without their permission as it is already a criminal offence. Therefore, we will terminate their contracts immediately and they will be dealt with by the police if they are suspected of stealing.

In conclusion, we would like to emphasise that it is undesirable to misuse the company's property, attend to personal matters during office hours and steal co-workers' personal items. Also, it is hoped that you can take your work seriously and stop making these mistakes. To recognise the efforts of our hardworking staff members, they will be rewarded if they perform outstandingly in the company.

Debate Speech - Binge - watching

By Yim Hiu Tung (F.5D)

Good morning judges, principal, teachers and fellow students,

The motion for today is, 'Binge-watching does more good than harm to teenagers.' Binge-watching is defined as watching TV for a prolonged period of time. I am on the opposing side because I strongly believe that binge-watching affects the physical and mental health of teenagers as well as their relationships with family members and friends.

To begin with, there is no doubt that binge-watching affects the physical health of teenagers. It can damage their eyesight because watching TV for a long time can put their vision at risk, resulting in severe myopia. Moreover, teenagers will sleep less if they spend too much time watching TV programs. When they are obsessed with this habit, they don't want to go to bed and they will stay up late every night. Staying up late can affect your digestive system and can lead to various health issues such as sleep disorders, lethargy and decreased immunity. In short, they will easily fall sick and become susceptible to various diseases.

Secondly, binge-watching affects the mental health of teenagers. Teenagers may imitate what they see in the movies or on drama series. For example, they may imagine that they will fall in love like the main characters in romantic drama series. They may find it hard to concentrate in lessons and think of romantic issues all the time. Worse still, some of them could be influenced by violent scenes in movies, which may lead to more aggressive behaviour to solve problems. Therefore, teenagers' mental growth will be adversely affected if they cannot control their viewing habits.

In addition, binge-watching can affect the relationships teens have with their family members and friends. Teenagers may argue with their parents because they are addicted to binge-watching. If they don't want to sleep or study, their parents will give them pressure as fathers and mothers are always worried about the future of their kids. Of course, parents are also worried about their children's health. However, stopping their children from binge-watching TV always results in conflict among family members. It has been reported that over 75% of teenagers have disputes with their parents because of their addiction. Besides, teenagers' relationships with their friends will also go from bad to worse as many of them are unwilling to go out or socialise because they prefer binge-watching TV.

Some people claim that binge-watching can help teenagers release their pressure. They think this form of entertainment can help teens forget their worries or have a good rest while binge-watching. However, the fact is that teenagers may neglect to do their homework or revision, then they will feel more stressed when their exam is coming. The worst case is that they only know how to enjoy their life and won't care about study. They will not know how to cope with stress and will face a lot of setbacks in the future.

To sum up, it is clear that binge-watching affects the physical and mental health of teenagers. Their relationships with family members and friends may also be adversely affected. Therefore, I am against the motion that 'Binge-watching does more good than harm to teenagers.' Thank you.

Debate Speech - Binge - watching

By Tsang Pui Sang (F.5E)

Chairman, judges, teachers and fellow students,

Good morning. Today's motion is that "Binge-watching does more good than harm to teenagers." Binge-watching is universally known as watching several episodes of a TV series for a long period of time. Our team believes that today's motion should stand. In the following, I will explain my viewpoint.

First and foremost, binge-watching helps us take a glance at the world beyond our reach. In this day and age, teenagers have to burn the midnight oil studying numerous textbooks because of the high-stakes DSE exams. However, some TV programmes like "Man vs. Wild" capture the beauty of the Earth's landscapes and wild animals; "Sherlock Holmes", a detective drama series, trains students in critical thinking. Do you think youngsters can learn these things from textbooks? The answer might very likely be, "No".

Apart from broadening our horizons, binge-watching also helps us to boost our English proficiency. Hong Kong is known as a regional hub for international business. English proficiency is indispensable for communication with foreigners. Thanks to advanced technology, English TV channels have become more omnipresent. For instance, the Pearl and Netflix channels both produce excellent English TV programmes that can benefit different English learners in Hong Kong.

However, my opponent contends that binge-watching not only harms our eyesight, but also exposes us to watching soap opera dramas that can influence vulnerable youngsters. These claims seem reasonable at first glance, but after investigating comprehensively, the argument is fundamentally flawed.

Admittedly, the blue light emitted from TV screens can harm our eyesight. However, with sufficient preventive methods, our eyesight can be protected. According to the HKSAR Student Health Service statistics, it is suggested that students should take a 20-second break after gazing at a screen for 20 minutes. Sufficient light in the TV room is also crucial for the sake of our eyesight. In other words, if we exercise our self-restraint by taking regular breaks from the screen, our eyesight can be protected.

On top of our physical health, we can avoid watching poorly produced soap dramas if we utilize TV channels properly. We can gauge the reputation of each TV program from online forums, where various TV programmes are widely discussed. By doing this, teenagers will be able to discover TV programmes that are conducive to a broad education.

Judging from the above arguments, it is reasonable for teenagers to cultivate a binge-watching habit. Not only does it help us get a glimpse of the tremendous world around us but can also improve our language skills. Therefore, today's motion must stand.

Before I pass time to my teammate, I'd like to reiterate that binge-watching is not detrimental to us as long as we exercise our self-control. It is also a great form of relaxation. Therefore, today's motion must stand. Thank you.

**Feature Article - Writing a feature article about a 50-year-old
restaurant**

By Mak Kwan Wai (F.6A)

The Early Days of the Ha Ha Cha Chaan Teng

Have you ever heard about the Ha Ha Cha Chaan Teng? Ha Ha Cha Chaan Teng, which has been in Fanling since 1970, is a colonial-style Chinese restaurant. Needless to say, there are a wide range of special features in this unique restaurant! It is a post-war, Grade I historical building. Its precious historical value attracted an influx of customers when it first opened, and its glamorous past is still in the collective memory of most Hong Kongers. Yet, this kind of iconic Cantonese Café culture is gradually fading out in this vibrant, bustling city.

What is Ha Ha Cha Chaan Teng Famous For?

It goes without saying that Ha Ha Cha Chaan Teng is renowned for its cuisine, service and interior designs. Talking about its cuisine, buttery pineapple buns and smooth silk-stockings milk tea are the two most popular items. When you look at the pineapple bun, you will be first attracted by its quirky shape which looks like the Hong Kong Space Museum. Then, you can feel the crunchy and fluffy texture of its outer layer and inner layer. The happiness you derive after tasting the bun will make you feel as if you are in heaven! Hong Kong-style milk tea is one of the city's highlights which you should never miss. You can feel its warmth by holding it in your hands and then letting its smooth texture stimulate your taste buds with joy again and again. The warm-hearted service of this restaurant must be mentioned. The food provided in this shop is cheap but tasty because the owner's aim is to help the grassroots people of Fanling.

The elites in Hong Kong may sip \$10,000 bottles of champagne every day, but many less fortunate people are still surviving on \$100 a day, living a hand-to-mouth existence. Moreover, the interior design is attractive too. The retro tiles, vintage ceiling fans and old paintings tell the long story of the Ha Ha Cha Chaan Teng.

Time for Ha Ha Cha Chaan Teng to Close

Although Ha Ha Cha Chaan Teng is a vital part of Hong Kong history, it is going to close on 31st December due to an urban renewal programme and the reluctance of the younger generation to take over the business. We cannot change the inevitable transformation of our city. What we can do is to seize the chance to cherish and visit this kind of mom-and-pop shop more frequently. Let's go to Ha Ha Cha Chaan Teng this weekend to capture it in our collective memories again before it disappears!

Letter of Advice

By Mak Ka Po (F.6B)

Dear Peter,

How are you? How's life treating you? I've heard that you're planning to give up studying medicine in order to work for a youth drama group instead. I'm glad that you've found your dream, but I'm also worried about how your decision could change your life. You may need to live from hand to mouth because you have chosen to work for a drama group with an unstable income. Needless to say, it may lead to many problems. Let me tell you about the bad effects of working for a youth drama group and give you some advice.

First things first, there is no doubt that you may earn very little money if you work for a drama group. Your future life will be very poor. I understand that your parents are getting on in years. When you enter society, you need to provide for them. Without a doubt, the income from the drama club may not be enough to cover your daily living expenses, let alone support your parents. I know you are a dutiful son and you certainly don't want them to live a life of extreme poverty in their old age. Doctors, on the other hand, have a fairly stable income. The longer you practice medicine, the higher your income will be. Therefore, you can provide your parents with a better quality of life and repay them for your upbringing. I know you are probably worried about the high cost of studying medicine, but you can apply for student financial aid and that will solve your tuition fee problem.

In addition, it's universally acknowledged that the chance of becoming a successful actor is slim. The number of theatre venues available in Hong Kong is very limited. In contrast, the career prospects of doctors are much better. Doctors in Hong Kong are always in short supply. Even in foreign countries, it is no exaggeration to say that the demand for doctors is always huge. So as long as you can graduate successfully, you are guaranteed to find a job. And the longer you work, the more regular patients you will accumulate. The more patients you cure, the more money you will earn. You can also enjoy a better quality of life. Thus, I think that a career path in medicine will be brighter for you.

Furthermore, doctors can make a great contribution to society. It's crystal clear that being a doctor is a sacred profession. They exist like an angel and save lives one by one. Doctors not only gain everyone's respect, but they also achieve a high degree of self-worth and satisfaction. Don't you think that's glorious? In contrast, drama only brings mere entertainment and joy to a few audience members. An actor's contribution to society is nothing compared with that of a doctor. Don't you want to be a great doctor?

Letter of Advice

By Fan Sze Ching (F.6C)

Peter, I know you're reluctant to give up your dream. But considering the reality and your family, I think you should put it aside. If you choose to go for your drama dream first, it will be very difficult for you to come back later to complete the medical course. So I suggest you finish your medical course and get your diploma first, and then you can aim to achieve your acting dream. Maybe there is even a drama club at your university? You can join the drama club to fulfil your wish for the time being. That way, you can kill two birds with one stone.

To sum up, I hope my suggestions can help you. If you have any questions, please feel free to contact me. I'm looking forward to your reply.

Best wishes,

Chris

Dear Peter,

Thank you for your letter. I have heard that you're planning to give up studying medicine so as to pursue your dream and work for a youth drama group. I know that you are in a dilemma and don't know what to do. Here is some advice I hope will be useful to you.

First, if I were you, I would not give up studying medicine. Actually, I know that working for a drama group is your dream job, but why don't you keep studying medicine and pursue your dream later? Anyway, you are halfway through your medical course, so it might be a waste of your past efforts to give up right now.

Also, imagine how many students can only just dream of studying this competitive subject. Being a doctor seems to be a highly desirable job offering a better future in terms of salary and social status. I know you put a lot of effort and time into getting top results and eventually got into Medical School, so, it would be a pity if you give it up midway through the course. Also, think about the future. With a high salary, you will be able to improve your living standard. What's more, university degrees are vital to enable you to compete in this competitive job market.

In contrast, partaking in drama cannot offer you a stable income and you will earn a much lower prestige. In fact, you pursue your acting dream at the cost of your job stability. You might gain fame overnight, but it may vanish easily too, because fame doesn't last long.

An email of reply to a friend - Giving advice on whether to continue studying medicine or start working in a youth drama group

By Yeung Man Hei (F.6D)

Therefore, if I were you, I would focus on finishing your medical course now and only pursue your acting interest later on in life. I know that this is a difficult situation. I hope you can figure out a path that suits your goals the best.

Best wishes,
Chris

Dear Peter,

I'm glad to hear your news and I know that you have been struggling about whether to give up studying medicine to work in a youth drama group or to go on with your studies. I remember that your dream job was to be a doctor as you think it's very meaningful but I also know that you have had a strong desire to perform on stage since you were in high school. I bet that was a very difficult decision to make. As a friend of yours, I'd like to advise you to continue your medical degree for the following reasons.

First of all, it's inappropriate to give up what you have chosen. You told me you want to help others and that's why you'd like to be a doctor. Since you made your choice four years ago, you should keep fighting for your goal and never look back. Also, if you can easily give up your medical studies, you may also give up your acting career later too. I understand that you love acting. I believe that there should be a way to balance both your acting needs and your studies. Even if it's hard to achieve, you still have to strive for your goal. I'm sure you can learn something from the journey.

If I were you, I'd balance medical studies and youth drama group during my leisure time. To fulfil your desire to perform, you could join the drama group during evenings or weekends instead of working. By doing so, you can gain more experience of working in drama and at the same time complete your studies. With good time management, I think you could manage both.

A 50-year-old restaurant

The Early Days of Ming Kee

A nostalgic design and rusty, vintage ceiling fans – these are the symbols of Ming Kee restaurant. This long-established restaurant is one of the legacies of our city. In the old days, this restaurant was a popular rendezvous among Sheung Shui residents. For over 50 years, the lingering smells of dim sum, the waiters' dirty uniforms and never-ending chatting sounds have been in the collective memories of people from the community about Ming Kee restaurant. Even though people often need to sit shoulder to shoulder, it is always a hotspot for family gatherings. These scenes are actually familiar sights every day.

What Ming Kee is Famous For

First and foremost, Ming Kee restaurant's old-fashioned design is one of the reasons for its popularity. With smoked mirrors and booth-style tables, this unique design has become a rare sight nowadays. Furthermore, dim sum there is out-of-the-league good. Just through observation, you can see that the outer layer of siu mai is so well done as if it was as thin as silk. The golden-yellow colour of the outer layer of siu mai makes people hardly resist the temptation to order one more dish. Besides the appetising food filling diners' taste buds with joy, the generosity of waiters in Ming Kee restaurant is also widely acknowledged throughout the territory. They often give free food to homeless people as well as offer them a seat in their restaurant. Their generosity and kindness are another element to Ming Kee restaurant's fame.

Practically speaking, the income from working in a drama group won't compare to that of being a doctor. You must weigh up the costs and benefits of giving up studying medicine with working in a youth drama group. You're a Year-4 medical student now; if you give up the course, you won't get your doctor's qualification, and you may have to start all over again if you want to resume your studies later on. Also, the income from working in a drama group may not be stable enough to support your lifestyle. But if you continue your studies and graduate as expected, you may support your drama interests with a stable and rewarding income. This should be something long-lasting. I'm looking forward to seeing a good friend of mine realise his dream of being a doctor and fulfilling his interest in artistic pursuits by getting involved in drama.

Giving up something may be easy, but you should always remember why you started studying medicine. We're all adults, so we have to be responsible for making our own choices. The above is my advice, however, as a good friend of yours, no matter which decision you make, I'll always support you. Cheers! Write back soon.

Best wishes,

Chris

Time for Ming Kee to Close

Unfortunately, Ming Kee restaurant is about to close as they cannot afford the skyrocketing rent. On top of that, western fast-food culture is also increasingly commonplace in the city which competes with old-styled Cha Chaan Teng for customers. Needless to say, Ming Kee restaurant is also losing its popularity due to the arrival of e-commerce. Rapid changes and development in technology can provide citizens with a wider range of selection of restaurants. Therefore, common shops and restaurants in old Hong Kong such as open-air food stalls and markets are, sadly, fading out. However, when you enter the Ming Kee restaurant again now, you can have peace of mind.