

師牛

第二十七卷 • 2016-2017

堅毅



嶺南鍾葉光博士紀念中學

編者的話

堅毅是什麼？我認為這是人生中不可缺少的一個重要元素。面對人生種種的困難，我們內心會出現很多掙扎，有時會想過放棄，有時會堅持下去。只有懷着堅毅信念的人，才能勇敢地克服困難，邁向成功之路。

這是我第一次接觸《師牛》的編輯工作。作為主編，我不僅要付出時間審閱文章，更重要的是能夠欣賞其他同學優秀的作品。另一方面，在搜集資料時，讓我加深了對中國文化的認識，從而體會到中華民族的優良傳統。因此，這次編輯實在令我獲益良多。

我深深明白到堅毅的重要。在編輯過程中我要面對不少的難題，幸而最終能夠順利出版，這足以證明，「只要肯堅持，一定會成功」。

6A 馬樂兒

2016-2017 年度 師牛編輯委員會名單 (排名不分先後)

顧問老師：陳德華老師 梁惠如老師
Miss Jennifer Leheny
周小程小姐

總編輯：6A 馬樂兒

專題版：1B 卓琳欣 1B 程欣怡 6A 馬樂兒
6A 林汶山 6A 吳詠欣

文藝版：6A 馬樂兒

英文版：5B 陳恩濬 5C 楊嘉慧 5D 馮韻姿
3A 許浩進 3A 梁宏瑋 3B 彭梓蔭

鳴謝：張敬煒先生 張麗婷老師
1B 劉天慧同學 1C 葉雅怡同學
3A 丘凱怡同學 5C 林建為同學
6A 陳思善同學 6A 洪寶瑩同學
6A 黎慰婷同學

目錄

P.1 專題版：舊生專訪—張敬煒先生

P.2-3 專題版：老師專訪—張麗婷老師

P.4 專題版：堅毅—名人雋語

P.5-6 專題版：名人故事

P.7-8 文藝版：2016-2017 初中散文即席揮毫
比賽優勝作品

P.9-14 文藝版：佳作園地

P.15 文化版：韓國文化有感

P.16-21 English section:

-Life of Pi

-Treasure Island

-Life without Limits

-Who moved my cheese

-The hidden driver of excellence

-My tips on reading

舊生張敬偉專訪



人生格言：I give everything but I won't give up.

永不言敗，永不放棄，迎難而上，必有所成

優秀單車運動員之路

童年：喜歡踏單車

中學階段：就讀中四時自資購買第一部單車

2001 年 參加香港康體發展局（康體局）舉辦的
「體壇明日之星甄選計劃」

2002 年 加入港隊作全職訓練

2006 年 多哈亞運會男子 40 公里場地記分賽金牌

2006 年 榮獲香港傑出運動員

2007 年 獲香港特區政府頒發榮譽勳章（MH）

2008 年 第三屆環滬港國際公路賽分站冠軍

2010 年 廣州亞運男子團體追逐賽銀牌



人生要有明確的目標，因應自己的興趣和能力，發揮所長。遇到挫折時，要咬緊牙關去克服，並且進行深切的反思，調節應對的策略去提升自己的能耐。人生充滿希望，願師弟师妹為自己的理想努力不懈地奮鬥，直至成功，共勉之。



懷念母校，感謝師長循循善誘的教導。

視藝科張麗婷老師個人專訪：

你對本校的學生有甚麼印象？



不少學生在視藝方面都很有創意，想法也很有趣。在立體創作方面，學生有不少佳作：陶瓷、紙糊工。我勉勵同學在學習過程中縱然遇到失敗，但也要抱持堅毅的態度，嘗試從不同的角度構思較完善的解決方法。

你最欣賞哪位藝術家？



夏卡爾的作品別緻有趣、色彩豐富，別具童真和夢幻之感。



你有甚麼興趣？



讀大學時，我曾參加義工服務團。透過這項有意義的活動可以結識不少海外的朋友，認識各地的文化風俗。我喜歡住宿青年旅舍，跟不同國籍的年青人溝通，藉此擴闊人生的閱歷。



旅行日誌：



去了三次雲南，梯田壯觀遼闊的美景，令我嘆為觀止。

去西藏必定要品嚐當地的酥油茶，濃烈的羊奶味令人回味。（旅行小知識：慎防高山反應）

此外，我曾遊歷過亞洲、非洲和歐洲，正計劃去南美洲、波利維亞等地方，終極目標當然是環遊世界。

行山記趣：



以不放棄的精神，一步一步汗流浹背地登上山頂。以居高臨下的姿態遠眺開闊的景色，令我心曠神怡，既感寫意又舒服。

中三級佳作

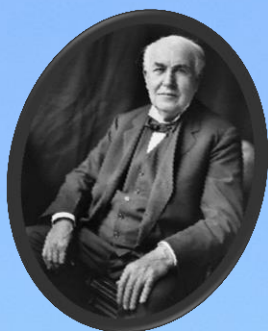


名人雋語——堅毅



「古之成大事者，不惟有超世之才，亦有堅忍不拔之志！」

蘇軾《晁錯論》



偉大人物的最明顯標誌，就是他堅強的意志，
不管環境變換到何種地步，他的初衷與希望
仍不會有絲毫的改變，而終於克服障礙，
以達到期望的目的。——愛迪生

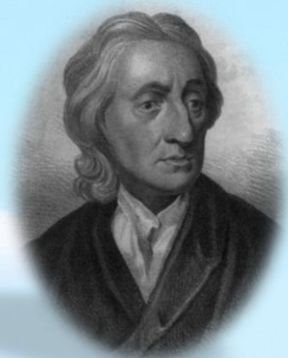
勇敢堅毅真正之才智乃剛毅之志向。 ——拿破崙

達到重要目標有二個途徑——勢力與毅力，
勢力只是少數人所有，但堅韌不拔的毅力
則多數人均可擁有。它沉默的力量隨著時間發展
而至無可抵抗。——拿破崙



即使慢，馳而不息，縱會落後，縱會失敗，
但一定可以達到他所向的目標。——魯迅

鍥而舍之，朽木不折；
鍥而不捨，金石可鏤。——荀況



真正的堅忍是當一個人無論遇到甚麼災禍或危險的時候，
他都能夠鎮定自處，盡責不輟。——洛克

名人故事

德蘭修女

德蘭修女曾說過：「窮人給我們，遠多於我們給他們的，窮人堅毅無比，縱使沒有食物，日子依舊地過，他們不怨天，不尤人，我們不配同情他們，我們要向他們學習的地方還有多得很呢！」

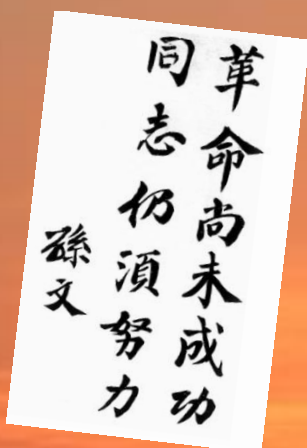
德蘭修女與我們一樣，出身自普通的家庭。機緣巧合下，參加了學校的天主教學生會，其後決意到外國傳教。然而，這並非所有人能堅持的行為。這種無私奉獻的生活注入了不少的勇氣和毅力。德蘭修女卻把這使命成為她的終身事業。在面對無助的人時，即使當時以色列國防軍與巴勒斯坦游擊隊交戰中，德蘭修女仍毫不猶豫地走進戰場，更游說雙方暫時停火。她順利救走了三十七名孩童。這份勇氣及堅持值得我們敬佩。

她曾經救助當時衛生惡劣而且貧窮的印度，街上滿是麻瘋病人、乞丐。她本著要為窮人服務的心，幫助貧困而無助的病人，讓他們得到醫治。之後她更設立收容院，可見她充滿愛心及同情心。

她無私的奉獻，以及一直堅持的信念令我們折服，也值得我們仿效，她真是一個女中豪傑。

孫中山

孫中山先生是清末民初的革命家。在政治方面有其獨特的見解。他因愛國愛民而發起了多次革命運動。他用一生的時間投身於革命事業。雖然革命道路艱辛，他面對著無數的失敗，其十次起義均是失敗告終，他甚至因起義失敗而遠赴日本避難。但他仍然堅持著，直至武昌起義，終於成功推翻清朝，建立中華民國。他更成為中華民國臨時大總統，達成了推翻清朝的志願。



岳飛



岳飛從小對金兵非常憎恨，因為他親眼目睹金兵掠奪南宋的土地。直到十歲，宋朝已經變得腐敗無能，因而增強他從軍的決心。可惜，在岳飛從軍不久，父親卻去世了。

在金兵再次踏足宋國疆土時，岳飛已參軍，他更讓母親在他的背上刻了「精忠報國」四個字。他忍受着繡花針所帶來的痛楚，堅持自己的信念，踏上保家衛國之路。

他屢次擊敗金兵，威名遠播，但卻引來奸臣秦檜等人的仇恨。岳飛即便被奸臣所害，但他仍能夠堅持信念，以身報國，無悔無憾，他是我們值得學習的人。

刀片跑手

世界上有一種人，他們的身體並不健全，而且行動甚為不便。但他們的意志不遜於健全人士，因為他們堅毅不屈的意志折服了我們，這種人便是——刀片跑手。

這些刀片跑手很多曾經都是健全的人，然而不幸因為某種意外而失去腿部。可是人殘志不殘，他們不但沒有因此而灰心、放棄，反而裝上「刀片義肢」，走出屬於自己獨特的路，並勇敢地去追隨自己的目標和興趣。如：香港馬拉松跑手梁文禮和慎思捷，雖然他們分別失去左腿和右腿，但他們沒有放棄自己熱愛的運動，甚至勇於挑戰馬拉松賽事。

刀片跑手身體雖然有缺陷，但是他們卻沒有因此而對世界失去信心。這份堅毅的精神，你們又能做到嗎？



柏拉圖：成功的唯一秘訣是堅持到最後一分鐘

佳作園地

2016-2017 年度初中散文即席揮毫比賽

《路》

初中冠軍

如果有很多種的路給你選擇，你會選擇哪一條路呢？有一條路是繁花盛開的，有一條路鋪滿凋謝了的楓葉，而另一條路則是平凡而單調，只有黑色和白色。大概每一個人都會選擇開滿繁盛花朵的路，但我卻選擇那平凡單調的路。其實每一條路都別具特色，有它特別的意義。這就是人生的道路。

人生的道路——現在讀着這篇文章的你，認為是什麼呢？有時候我覺得人生的道路就像玫瑰一樣，佈滿了刺，困難重重。待你老了，你回頭想一想，這全部都是充實和美好的。老人家都說在年輕時總會有一件事情讓你在八十歲時想起，嘴角會微微地抿起。而我認為在人生路上的每一件事都無法忘記。

就像那些陪你度過無數風雨，陪你哭，陪你的兄弟、朋友們，因為他們讓我有更多的動力，讓我的路上增添更多色彩，其實每一段戀情也是路上的一個故事。小時候對愛情懵懂，待到初情生澀，慢慢地就找到生命中的真命天子。

但有些人卻經不起路上的困難而慢慢地跌倒，慢慢跌倒……真想問他們三個字，為……甚麼……麼？他們很自私，其實這條路是先苦後甜，只要你經過難關，你的路會更見豐富。

其實人生的道路不一定要光彩四射，有時平平凡凡做人也是不錯的選擇，越光彩的人往往是最辛苦的。當然你也可以大膽地去追求自己的夢想。

1B 劉天慧

（文章曾作出刪改）



初中亞軍

人生走過許多不同的路，有分岔，有死胡同。當你走錯路時，不妨抬頭欣賞風景和回顧以前走過的路。人生總是兜兜轉轉，憑着經驗和堅毅，就算走錯都會找到終點。

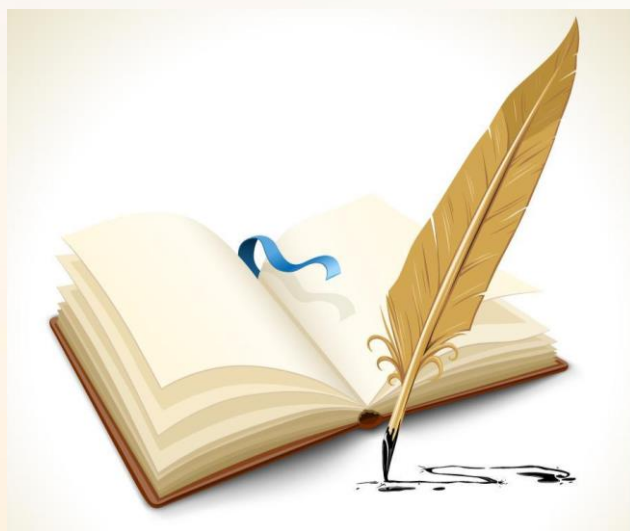
我在黑漆漆的環境裏，聽到一聲聲「孩子，孩子。」當我去尋找聲源，只看見一條看不到終點的路。我疑慮的踏上這條路，開始我的人生歷程。「哇——」我的啼哭聲響起，父母激動得流眼淚。在父母的懷抱裏，我由蹣跚走路到牙牙學語，人生的第一個階段悄然無聲地度過。這條路有父母無微不至的照顧，也有路旁燦爛的花朵，以及暖和的晨光。

我曾在這條路跌跌撞撞過無數次。走在路上，突然下起傾盆大雨，我傷心得哭起來。第一次上學，即使外面風平浪靜，太陽高照，但我卻認為烏雲密布，狂風海嘯。「不，我不要上學，我要回家！」我的手倚在牆上，任他們拉動也是無動於衷，我仍是聲嘶力竭的哭着，沒有停止的趨勢。突然一隻胖乎乎的小手遞了一張紙巾，眉頭緊鎖，圓汪汪的眼睛看著我說：「別哭了，我給你糖吧。」像變魔術地從口袋拿出幾粒糖果，拉住我的手給我糖果。這是一件平淡無奇的事情，但我和那個小女孩已有八年深厚的友誼，我和她經常形影不離。這條童年的路多了不少朋友。長滿花的路多了笑聲，多了一棵枝繁茂密的樹。烏雲密布，狂風海嘯都隨之晴朗。

人生總有離別。升上初中時，面對的不是熟悉的同學和老師，讓我們在六年級剩下的幾天更珍惜時光。我們一遍又一遍唱著校歌，一次又一次走過校園的每個角落，終於到了離別時刻，拿著成績表和同學拉著手向老師感謝，熱淚盈眶地走出我最依戀的學校。現在我已是青少年，在書海中溫習，只為了一個夢想。

人生這條路有哭聲，笑聲，數不清的喜怒哀樂。不要沉溺在悲傷中，抬頭欣賞風景吧！當你的人生走得遠，走得好，你一定為這條路着迷。如果是漫無目的地前進，這條路你怎樣都不會找到終點，所以要有目標，朝著目的地走，就算有分岔、死胡同，你都會走完這條有意義的路。

1C 葉雅怡
(文章曾作出刪改)



初中季軍

晚上，我睡不著覺，在床上輾轉反側。我聽不到任何聲音，就連平時隔壁屋一直煩擾着我睡覺的貓也沒再叫了，今夜真的是格外寧靜。十二時了，沒有辦法，我實在睡不着，難道是因為今天老師叫我們考慮自己的未來而煩惱？可是至今我也沒有認真思考過。聽過的都變成了「耳邊風」，如今怎麼可能突然認真為自己思索呢！

我決定了，走出家門到附近的公園走走。這個城市的前途真的一片光明，就算是夜闌人靜的時候都能如此亮眼。我跟守門的阿姨打了聲招呼便悠閒地走向公園。路上一片光明，走到公園便暗了起來，不比剛才的白燈，這裏的黃燈更能實現夜深人靜的感覺。我沿着公園的路徑散步，誰知正巧碰見和我同齡的朋友。她坐在那長凳上，表情迷惘。我走上前問她，她說正在為未來作打算，她想成為一名程序員，可是父母卻讓她做醫生，她正在為此而感到煩惱。心想她是多麼有夢想的孩子。我跟她不同，從來未想過將來的事，一直等着時間到來，再作決定。我心裏暗暗欣賞她。跟她道別後，我繼續散步——尋夢，可能是我走得太慢，似乎走也走不完。

再走一會，看見正在努力工作的鄰居叔叔，這位叔叔平日待我不薄，我也很歡喜他，所以便走過去跟他打個招呼，叔叔說會安排他升職，所以他要努力拼搏地工作。一會兒他的愛人帶着熟睡的小寶寶下樓來找他。我看見女人手上還拿着一張毯子給叔叔。我與他們道別後，心想我將來也會嫁給別人，那時候我能和丈夫如此相愛嗎？家庭會幸福嗎？

又一段路了，我看見一位老婆婆，她的腰已彎，頭髮蒼白，臉上還印着皺紋，她在公園裏的垃圾桶找東西，也許是想找些回收品拿去賣錢吧。我本不想理會，但是她突然對我說：「小妹妹，能把你手中的易拉罐給我嗎？」我便點點頭，遞給她，從家裏帶出來的現在也喝完了，何必不給她呢？本想轉頭回家，她又問我多少歲。我如實的回答了她，她便說：「你和我的孫女同年，可惜她的母親不會帶她來見我，我們很少見面。我收集易拉罐來維生。」這樣的情景讓我心生憐憫，於是我便與那婆婆聊了幾句。離開後，我在想，若我年老了，也不想孤獨終老。如此這般，我該如何是好？

回家後，我便爬上床，看着床邊桌上那些畫、紙和筆。雖說算不上很好看，但也是我努力的成果。我突然想通了，雖然光陰似箭，但我還有時間，我可以繼續摸索自己的未來。我想成為一名畫師，不要待在分叉路上。我還不如相信自己的直覺，不在乎別人的眼光，走自己想走的路，做自己想做的夢。

3A 丘凱怡

（文章曾作出刪改）

《求求你，最後一次》

上癮也許是一種辛苦難受的事，又或者是一種沉迷，令到身心都感到開心快樂的事情，亦會令身體產生一種依賴和抒懷的事情。

鬧鐘的嘈吵聲令我從睡夢中醒過來，一邊打呵欠，一邊伸展肢體，接着把窗簾打開，璀璨的晨光令我睜不開眼睛。我打開了電視，便看見在電視的左側出示了一句「發出了紅色暴雨警告訊號」，本來我應該為了這個紅色暴雨警告，不用上課而感到高興，但是我今天回到學校是為了辦退學手續的，所以我仍需要回到學校。

下著暴風雨期間，亦有其他人跟我一樣撐着雨傘上班或外出。他們的步伐十分慢，好像被暴風雨拉扯着。幾經辛苦後，我終於看到學校，相距學校只有一條直路，我頓時感到百感交集，不知所措。因為一想到要離開相處六年的學校，感到十分徬徨。我有一種「這麼近，那麼遠」的感覺，好像走了很久才到達學校門口，可能也只是被強風拉扯着。接着，我把學生證交給站在學校門口的老師，他批准我進入學校。然後，我懷着害怕的心情去找訓導主任，我在教員室外拍門呼叫老師時，我的嘴巴也是顫抖着。訓導主任出來時，已經拿着準備好的退學手續紙遞給我。

我拿着這張退學紙，不禁問自己為甚麼會犯下如此嚴重的錯誤？這時我便回想起在中一的時候……一開始初來中學，人生路不熟。有一天有三個同班同學要跟我結交朋友，而沒有朋友的我，也很樂意跟他們結交朋友。在中學的初中期間，我每天都與他們玩耍，大家不知不覺已經成為了好朋友。在某一次卡拉 OK 活動，我隱約聽到他們在說：「這裏有『K 仔』，你要嘗嘗嗎？」我聽到後，感到不知所措，正當我打算離開房間時，忽然被我的好朋友叫停了，我心想：「這次糟糕了。」他開始跟我說：「這裏有一些毒品，你要嘗嘗嗎？」我說：「不了。」他說：「這些東西可以令人舒緩情緒，放鬆心情。」我開始時做出把毒品推給他的動作，但他把毒品硬生生地塞進我的口裏，試圖讓我吞下去，最後我一時大意，不小心吞了那些毒品，這讓我後悔莫及。從此，我染上了毒癮，最深刻的記憶是在學校的洗手間裏吸毒。突然有一位老師拍門，但我堅決不開門，他強行把門拉開。我被發現吸毒。我雖然開始想辦法戒毒，但最後學校仍是堅決要我退學。忽然，學校的鐘聲令我回過神來，我對着訓導主任說：「求求你，能不能給我最後一次機會，讓我留在學校裏過着愉快的校園生活？」

最後，天氣並沒有好轉，反而比剛才下得更大雨，天色一片灰沉，就如我的心情一樣灰暗和心痛。回家途中，強風把我的雨傘吹破了，我心想：「為什麼我竟會這麼倒楣。」回家後，我躺在床上，希望可以用睡覺來麻醉自己，想着剛才一連串的事情，我不自覺地沉睡於夢中。

5C 林建為
(文章曾作出刪改)

《意想不到的禮物》

今天回家的時候，我拿着這份意想不到的禮物，雖然它不重，但我的心卻是沉甸甸的。

這份禮物對我來說是別具意義，是我需要極之愛惜。雖然這份禮物不像千斤重的石頭般重，但卻因為是「意想不到的禮物」，使我的心情好像在海裏被人用鐵板綁住雙腳，整個身心都是沉甸甸的。那是甚麼禮物？竟然是一隻小狗。

對我而言，牠不僅只是「它」。牠不僅只是一份禮物，而是我需要傾盡一生給予承諾，需要愛護的東西。牠，極像我曾經的牠。牠同樣是擁有一雙水汪汪的大眼睛，身上的毛色亦極為相似，都是淺咖啡色中帶點淡雅，令我不禁回想起昔日與「牠」的日子。

以前我也曾飼養過與這份「禮物」相似的小狗。而牠卻在我十歲那年離開了我，留下的，僅僅只有回憶。牠陪伴我經歷過不少秋與冬，更建立了不少屬於我們的點滴。當年的我年少無知，我沒想過生命會有結束的一天，甚至離別的日子會出現。正因為如此，我並沒有珍惜與牠一起的時光，反而只顧自樂。直到牠離世的一刻，我也沒有看牠最後一眼，反而強忍淚水，我選擇逃避。

直到今天，我拿着這份意想不到的禮物，雖然「牠」不重，但我的心卻是沉甸甸的，這份禮物勾起我無數的回憶。

我抱着新的牠，看看牠的眼神，好像在向我訴說着：「我認定你是我的主人了。」牠身型嬌小，抱起來簡直不費吹灰之力。抱着牠的時候，我想着：「飼養牠並不是一時的好奇和滿足，而是一生的責任。」我想到這裏，心裏非常不安和緊張，因為我又要在不久的將來經歷生離死別，難道我又要重蹈覆轍嗎？

轉眼間已是中午時份，滿腦子都是在想有關責任與回憶的問題，現在我的心已被沉重的沙石所填滿，我不知道應該將往事抹去，珍惜眼前所擁有；還是將往事作參考好好照顧新的「牠」，不再有遺憾呢？

我覺得今天的天氣與我的心情互相映襯着，我抬頭向窗外望，窗前的倒影映着她與牠。她的臉上沒有一絲笑容，只有愁眉苦臉，甚至比陰天更沒有神采。

收到禮物固然是喜悅的，但過往的經歷使我的心情沉重。也許明天會更好，但願醒來後我的心情會舒暢一點，也許我該重新出發，坦然面對生命的無奈。

6A 洪寶瑩
(文章曾作出刪改)

《意想不到的禮物》

我依稀記得當年媽媽手中那個天真無邪的小寶寶，她從媽媽溫暖的懷抱中得到了安全、保護、疼愛、喜悅。這無數個懷抱是她最舒適的床。她眼中只有最尊敬的媽媽，伴隨着她健康地成長的是母愛。

從小時候到現在長大成人，我對任何一個小寶寶的笑容、呆呆的模樣、吵鬧的哭聲都感到傾城，我對小寶寶的熱愛並不能用三言兩語表達，猶如母親抱着初生小寶寶的那份奇妙感覺，是難以形容的。

朋友們形容我這份熱愛過份了。他們對於我經常觀看一些生育片段而斷定我對生育存在妄想症，我亦不妨坦白向他們表示我渴望生小寶寶的慾望。許多朋友都對生育產生恐懼，對於一些血淋淋的場景感到驚惶，但我對這情景已經是司空見慣。每次跟朋友談到這話題，他們都會以開槍的速度迅速打斷。無奈地他們人多勢眾，我這弱質女子只好合上嘴唇，表面假裝融入了他們的陣營，心裏只好偷偷地幻想自己未來的小寶寶來望梅止渴。但我心中知道，允行對於我們未來的小寶寶的熱誠是和我一致的。

慶幸地丘比特的愛神之箭射在我和允行身上，我們盡力鍛鍊健康的體魄來迎接最好的禮物。但回想起當天到醫院領取身體檢查報告的情景，這種世界末日的打擊，上帝的作弄，粉碎了我的夢想，以致我如今也不敢回想太多。

我和允行帶着輕鬆的心情，敲敲門，進入醫生的房間，毫無壓力下向醫生領取報告，醫生並沒有即時向我派發，他請我們細心聆聽。我那份輕鬆被緊張磨滅，我看出醫生臉上帶有一絲沉重，加上他這句「尤其是我」，我意識到問題就在我身上，為了不讓允行憂心，我強行把緊張的心情換上輕鬆的面具，接着聆聽我不願接受的事實。

「陳小姐，請你冷靜聆聽，由於你子宮運作系統比一般女性差，卵巢的運作出現問題，所以你的生育機率只剩兩成……」醫生十分鐘的分析，我卻只接收到這幾句，特別是「只剩下兩成」。我沉默著，回家後只是向允行說一句我想休息，我沒有望著允行，我沒有勇氣面對一個視我為掌上明珠，對於我們的未來充滿熱誠的男人，要他面對一個沒有自己親生寶寶的將來，此刻的沉默，有多大的壓力、痛苦、打擊。

「親愛的，兩成的機會也是有可能吧，只要有百分之一的機率也是有可能……」允行在我耳邊不停灌輸樂觀的說話，配合他溫柔的擁抱，我應感到溫暖，但失落掩蓋着我，我不得不承認我是個失敗的女人。此時此刻我知道我的未來越走越遠……

五年過去了，我和允行嘗試製造我們的未來，但不曾成功，我渴望我的肚子一天比一天大，

我的肚皮一天比一天鬆弛，我的未來一天比一天地接近，我們無數次求醫，但希望在遙遠的那方。

突然有一天，我嘔吐得快要暈過去，我心想上天為何要如此作弄我，難道要我病死才可以安心？由於情況太嚴重，我必須到醫院求診，醫生協助我進行詳細的檢查。我也要住院數天，我只求這次檢查的結果不要扼殺我那兩成的機會。

結果出來了，那份緊張又走到我的臉上，這次我看不出醫生的臉色，他說：「恭喜你，你懷孕了。」我呆了一會兒，驚訝地問：「甚麼？」醫生說：「你有喜了！」我並不相信這結果，我打開報告看見「懷孕」這兩個字，我的喜悅不禁湧了上來，我再三確定醫生的診斷，他也再三確定這是千真萬確。他勸告我這是第一胎，凡事也要小心……

回家的路上，我拿着這份輕而不重的紙，但心中帶着萬分喜悅，感激上天再次為我製造未來。

6A 陳恩善
(文章曾作出刪改)

《意想不到的禮物》

今天回家的時候，我拿著這份意想不到的禮品物，雖然它不重，但我的心卻是沉甸甸的。

還記得清早時份，躺在床上耍賴的我被一道金黃色的晨光從窗簾的裂縫中照射在我的臉頰上。那耀眼的光芒仿似要把我的眼睛吞沒，刺痛得我想流下淚珠；我的軀殼沉重，心傷痛。

一如往常，爸爸一早趕乘擠滿螻蟻的交通工具，匆匆忙忙地上班。我看著時鐘對媽媽笑言：「爸，現在一定到達了永遠上不到列車的那個站了！」可是，媽媽並沒有回應，也沒有陪我說笑，只是繼續做早餐。那時我還以為她沒有用心聽。當時她一定很煎熬了。我走到院子裏把窗打開，好讓陽光可以射進屋內，不必在窗外偷看我們。滿園春色，花兒們忙著爭豔鬥麗，色彩繽紛的景象為我帶來好心情。

整頓了衣飾，媽媽走來跟我說要為我梳整髮型，我不禁泛起微笑，連忙答好。上一次媽媽為我梳理頭髮大概是在小學二年級，但那時候我嫌棄她的手藝不如別人的媽媽好，髮型只有沉實的馬尾。時至今日，馬尾已是我的常妝了。它不只是一種習慣，我喜歡它的沉實，不花巧，但又整潔端莊，就好像媽媽。人長大了，想法也改變了，大概我們經歷過太多事後，才發現平淡是難得的東西。不消一會，媽媽已替我弄好髮飾，而我亦拿起背包準備上學。就在我推門時，媽媽拋下一句：「放學時在校門外等你。」我竊竊偷笑便上學去了。

終於等到放學，今天的時間好像雨後屋簷的雨滴般，慢慢一點一滴的跳下來，我恨不得時間如流水般轉眼就過。踏出校門後，每個學生都如脫疆的野馬，橫衝四撞。而我就四周張望尋找媽媽的身影。原來她縮在一角，纖瘦的手提著一個圓柱體的盒子，盒子還有一對蝴蝶結，好像爸媽般一雙一對。我按不著內心的興奮，一支箭衝去媽媽面前，因為我知道她記得今天是我的生日。不過奇怪的是，媽媽並沒有展開微笑，而是一臉愁容，我不敢想下去，我想逃避，我只希望我心想的都不會發生。

我拉著那被化學劑洗禮過破損處處的手，手上的痕跡彷彿在提醒光陰偷走了她的歲月，正確來說，是我跟爸爸拿走了她最想要的歲月。在回家的路上，媽媽跟我說了一番話，梨花灑雨，我的手就是這樣被甩開。呆在行人路上的我未及反應，她就這樣離去了。我看著她消瘦的背影，並沒有挽留她，因為我心知她一定掙扎過很長的時間，內心是極之痛苦。整個過程很短，但又漫長，回家的路只有微黃的燈光，手拿著不重的禮物，但我的心卻是沉甸甸的。

回到家門前，感覺不同了，就好像眼前的家已經不再熟悉了。畢竟家裏從此便少了一個人。推門後，我發覺爸爸早已回來了，他煮了一頓豐富的餸菜，但不發一言。我把手上的禮物放在桌子上，換了套衣束便跟爸爸一起晚餐。在吃晚飯的過程中，爸爸表現得異常冷靜，跟平日無異，我本想跟他說媽媽的事，但又不忍心要他再傷痛多一次，我心知他是知道的，我不願再揭起他的傷口。事實上，我們只是在演一場戲，演一場我們不想面對事實而偽裝的戲。

半夜時分，一早躲在房間裏哭的我，記起那份「意想不到的禮物」仍放在桌子上，我踏出房門打算好好安置它。途經爸爸的房間，我看到他半門虛掩，我本想為他鎖好房門，不過讓我意外發現到爸爸坐在床頭上，默默流下男兒淚。他那個樣子，是我從未見過的，大概由我有記憶以來也未見過。從他的面部表情，我感受到那刻骨銘心的痛，他整天都抑壓住自己的情緒不想在我面前表現出來，畢竟他是個男人，又是一家之主。

我走到客廳，打開那個盒子，裏頭的是個雪白的蛋糕。不過可能我擺放的時間太久，蛋糕已溶掉一半，生日牌上的祝福語也溶化了。這一刻我的心情就如這個蛋糕般，沒法再為我的生日感到一絲開心。媽媽就在她受難的日子，拋下我和爸爸。我走到院子前，打開窗戶，街道上只有幾盞微黃的燈光照著那花海。不過在黑夜下，我也看不到花開的豔麗。只是在燈光照耀下，看見它們寂靜地睡覺。

我想爸爸是記得我的生日，只是在這樣的環境下，大家也不願慶祝。我想媽媽是愛我的，不然又怎會留下這份意想不到的禮物給我呢！

那夜，伴隨我睡覺的不只是黑夜，還有爸爸的哭聲。

6A 黎慰婷
(文章曾作出刪改)

韓國文化

香港的「搭枱」文化十分普遍，茶餐廳、茶樓等地都會有數個陌生人同桌用膳。香港人都接受及習慣「搭枱」，不會特別在意。受到中國傳統習俗影響，人們用膳需要提起飯碗，這被視為一種禮儀。如果沒有提起飯碗用膳，會被認為是沒有禮貌，並會受到長輩批評。

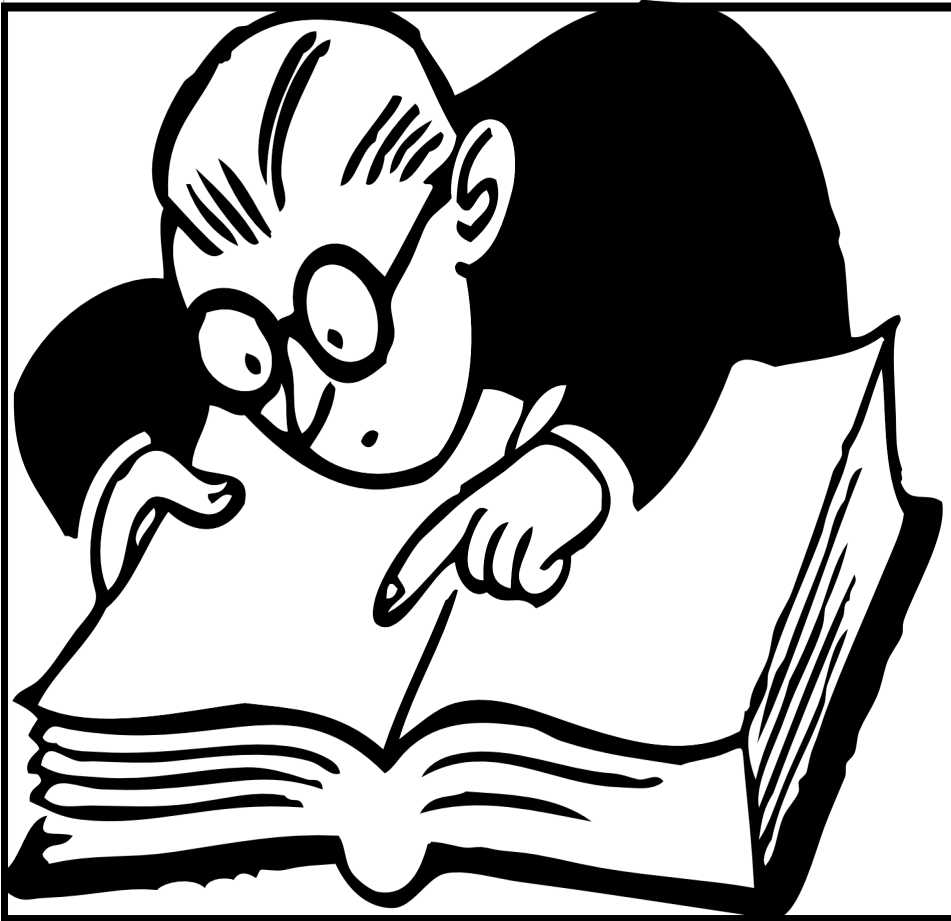


相反地，韓國甚少出現「搭枱」的情況，因為韓國人十分重視私人空間，「搭枱」會使他們感到不便。因此，即使餐廳已經滿座，亦不會有「搭枱」的情況，他們會選擇等候或到另一店鋪用膳。此外，韓國人用膳是不會提起飯碗，因為他們認為提起飯碗用膳像乞丐。

香港人對長輩的尊重大多以行動表示，例如：雙手向長輩端茶，以表示尊敬；吃飯時，讓長輩先享用；慶祝節日會到訪長輩家。此外，香港人甚少會下跪，特別是男性，因為港人有一個概念就是「男兒膝下有黃金」，因此，香港人並不會輕易下跪。



韓國對長輩的尊重會利用行動及語言來表示，例如：韓國人對長輩會行大禮跪謝，特別在重要的節日，子女均會向父母行大禮。此外，後輩必需向長輩說一些敬語，因此，在初次見面時，韓國人會詢問對方的年齡。相反，下跪這個動作對韓國人沒有特別的意義。



The Joy of Reading

Editor: Chan Yan Chun 5B

Writers: Hui Ho Chun Yasuo 3A

Leung Wang Wai Marco 3A

Pang Chi Yam Eden 3B

Chan Yan Chun 5B

Yeung Ka Wai Winnie 5C

Fung Wan Chi GiGi 5D

Contents

Yasuo17

Marco17

Winnie18

Yan Chun19

Eden20

Gigi21

YASUO—LIFE OF PI

I would like to introduce a book called *Life of Pi*. It was written by Yann Martel. It is an exciting and miraculous story about an Indian teenager called Pi. He got into a lot of trouble during his travels to Canada with his family when something amazing but terrible happened to them.

One day, Pi and his parents planned to sell all of their animals to Canada. Those animals included a tiger called Parker, a hyena, a zebra, and an orangutan. Most of them ate meat. The next day, they set off to Canada on a cargo ship. After a few days, there was a huge rainstorm in the sea. Their ship sank. Pi's parents fell into the sea while Pi fainted. When Pi woke up, the only things he could see were the animals travelling with him. They were on a raft.

Suddenly, the hyena bit the zebra and the orangutan to death. Pi was frightened. He escaped the raft and held on to an empty plastic bucket in the sea. Parker woke up and ate the hyena. After many attempts, Pi managed to tame him. Finally, Pi and Parker stayed together and were rescued.

I love this story because the plot is so clever. I especially enjoyed the daily life of Pi and Parker. Pi knew that Parker would feel dizzy if the boat shook. When there was no food on the boat, Parker wanted to eat Pi. Every time Parker tried to eat him, Pi rocked the boat to stop him. Pi found food and water for him, so he never ate Pi.

I learned something meaningful in this story. In society, if we are too kind, like the zebra, the orangutan, and the hyena, some people will take advantage of us. They may even bully us. All of those animals died because they were not brave or strong enough to fight against Parker. However, if we are strong and brave but too impulsive, like Parker, our weaknesses may be exposed. Then, other people may use our weaknesses to control us. However, if we are level-headed, we can analyse each situation and deal with the difficulties easily. Just like Pi, he noticed Parker's weakness, which was seasickness, so he could control Parker. Therefore, we must try to be like Pi and be level-headed.

I think the message conveyed in *Life of Pi* is deep. That's why I recommend this book to all of you.

MARCO—TREASURE ISLAND

I would like to share a book called 'Treasure Island'. It is an adventure written by Robert Louis Stevenson. The story is about Jim Hawkins' quest to find treasure. Jim was 17 years old. His father owned an inn. One day, an old seaman went to the inn and died suddenly. Billy, a drunk man, told Jim about the contents in the seaman's chest. Jim unlocked the chest and found a map. He showed it to Dr. Livesey, who guessed that the map was an island. They bought a ship and went to find the treasure with Trelawney and other seamen. Trelawney also invited Silver to travel with them. After some time, Jim heard that Silver and most of the other seamen were pirates and planned to betray Livesey. When they arrived on the island, one of the crew members was killed by Silver because he refused to help him. Then Silver and the other crew members showed their true colours. After many battles with Livesey and Trelawney, Silver escaped. Finally, Jim and Livesey found the treasure and shared it.

I like this book because the plot is exciting and the ending is unexpected. Also, I have learnt so much from the characters. My favourite character is Jim Hawkins. I really admire his courage. In the story, he was just a 17-year-old boy, but he chose to go on a dangerous journey without any experience. It was so hard. If I were him, I would rather give up the treasure. Jim's acts showed his bravery and strong character, which are very inspiring. As he did all that at such a young age, I am very impressed by him and want to be like him. From his experience, I have learnt that I can do great things though I'm still young. I know that whenever we face difficulties, as long as we persevere, we can overcome them. In short, our willpower is vital for success.

I dislike Silver because he betrayed Livesey and killed those who refused to help him. His acts were evil. If he hadn't existed, no one would have been killed. The ending of this story is very different from that of traditional endings. Usually villains are punished in the end. But Silver, who did many wicked things, got away with his crimes. It was very unfair although the moral characters could finally get the treasure that they deserved. This is what often happens in real life. Bad people are not always punished. Just like in school, some students bully the weak and timid, but they don't get serious punishment. They just get a mild telling off by the teachers. It is not fair, but life is not always fair. However, I still believe in justice, so I will still stand firm in my beliefs.

WINNIE—LIFE WITHOUT LIMITS

"I do believe my life has no limits! I want you to feel the same way about your life, no matter what your challenges may be. As we begin our journey together, please take a moment to think about any limitations you've placed on your life or that you've allowed others to place on it. Now think about what it would be like to be free of those limitations. What would your life be if anything were possible?"

I would like to share a book called "Life Without Limits" written by Nick Vujicic.

Have you ever had a problem that has made you so desperate that it feels like you're doomed? If you have, you'll be impressed by Nick's positive and inspiring life attitude. Nick is an Australian Christian evangelist and motivational speaker born without arms and legs.

When he was a child, he was bullied by his classmates because of his disability. He suffered difficult emotional battles as a child, a teen and a young adult. Can you imagine how challenging it was for him? He overcame the darkest hour of his earlier life and then his faith brought him light and purpose. In his book, he shares how faith has changed him and supported him in every challenge. He finally found his purpose, to inspire and help people who are suffering from their difficulties to live a more peaceful and fulfilling life. Nick has inspired many people from around the world. He has proved to the world that nothing is impossible and there are no limitations that can stop us from becoming better people.

Nick's book has inspired me a lot. I have learnt to keep going no matter how hard life is. As a F.5 student, who will sit the DSE exam next year, I often doubt if I have the ability and perseverance to go that far. I often ask myself questions like 'Am I capable of finishing my high school study?', 'No matter how hard I try, I still cannot get a satisfactory result. Should I give up now?'. However, after I read Nick's story, I realised how fortunate I am. If Nick can do it, I can do it too!

Besides working hard for my study, I started to help others. Whenever I

am free, I do voluntary work and I find it really rewarding because the help is mutual. I remember when I visited an elderly person in a hospital where I volunteered, we had a long chat. The nice old patient had been in hospital for a long time because he was suffering from serious a illness. When we first met, he looked so desperate and depressed. There was no hope in his eyes. He told me that he was so afraid of dying. He shared a lot of things about his life with me, both good and bad. He became so emotional that he cried because the more wonderful things he remembered, the more worried he was.

Then, I told him the book about Nick and shared some of my favourite quotes with him. I tried to help him have hope again. Since then, whenever I visit him, I talk to him and cheer him up with jokes and funny things which have happened at school. I can see hope in his eyes now and luckily, he's getting better. I cannot explain how moved I was when I realised that I had helped him overcome his despair.

Nick's book doesn't just inspire me to live a better life, but it also inspires me to help people. I highly recommend this book as it is truly inspiring. To conclude, I would like to share with you my favourite words from Nick:

"I do believe my life has no limits! I want you to feel the same way about your life, no matter what your challenges may be. As we begin our journey together, please take a moment to think about any limitations you've placed on your life or that you've allowed others to place on it. Now think about what it would be like to be free of those limitations. What would your life be if anything were possible?"

Who Moved My Cheese? SPENCER JOHNSON

YAN CHUN-WHO MOVED MY CHEESE?

I would like to share my thoughts about a book, titled Who Moved My Cheese?.

Who Moved My Cheese? is a book by Dr. Spencer Johnson. Written in 1998, it is a story about change and how to adapt to it.

The story is about two mice, Sniff and Scurry, and two little humans, Hem and Haw. The four live in a gigantic maze and run in it every day, searching for cheese. Initially, the four do not have cheese, but they eventually come across Cheese Station C, an area filled with a lot of cheese. Overjoyed at the fact that they found cheese, the humans begin to develop a routine life, not aware of the changes in Cheese Station C.

One day, Sniff and Scurry find out that the cheese in Cheese Station C has run out. Having anticipated the eventual outcome, they set off to look for more cheese. Hem and Haw, who thought the cheese could never run out, are convinced that someone has moved the cheese and start to blame each other for it. Haw suggests looking for cheese, but Hem refuses.

Haw eventually leaves to look for cheese. After trekking the maze for a long time, carving words onto the wall to help him find his way, Haw comes across some small bits of cheese in an empty cheese station. Realizing that the cheese ran out only because they ate it all, he takes the bits of cheese back to Hem.

Hem still refuses to go with Haw to search for cheese. Haw leaves again, continuing his search. He eventually finds Cheese Station N, which is bigger than Cheese Station C, and discovers that Sniff and Scurry found it earlier. The three now enjoy the cheese and also monitor the changes and look for cheese in case Cheese Station N runs out too. Reflecting on what he has learned on his way, Haw hopes that Hem will join him. A sudden movement in the maze seems to answer his prayers, and the story ends with an open ending.

I found this book to be very interesting. The way the four characters act when the cheese runs out reflects how people react to change. Anyone who wants to adapt to change can learn from this story. Sniff and Scurry are symbolic of those who know what to do if change happens. Sniff sniffs out the changes and monitors them, whilst Scurry scurries to find new chances. These two qualities are the ones that all successful adaptors to change have: The ability to see changes and the ability to act when necessary. There is nothing more devastating than not being able to adapt to a situation. Hem represents that fact. He refuses to accept the fact that the cheese is gone and isn't coming back, and thus he misses out on the cheese at Cheese Station N.

Haw is the one that the reader can relate to most, as we often find ourselves in his shoes when facing change; first we are shocked, then we find solutions and finally we find a way out and learn from our mistakes. It's inspirational and has been one of my favourites for a long time. I cannot emphasise how much I recommend this book to everyone who wishes to be adaptable.

EDEN—FOCUS : THE HIDDEN DRIVER OF EXCELLENCE

I would like to share a book called “Focus: The Hidden Driver of Excellence” written by Daniel Goleman.

Why is focus so important in our daily lives? Goleman may be able to answer this question. “The more our focus gets disrupted, the worse we do,” he states in his book.

Goleman is a psychologist, a science journalist and the author of “Emotional Intelligence”, which was published in 1995. He discusses how focus is important in making us successful regardless of our IQ or social background. He uses cases and personal experiences to explain how focus affects us in every aspect of life. He explores focus in terms of concentration, attention and awareness. He uses examples like how a doctor focuses on medical procedures by controlling his emotions and how a gamer focuses on challenges in a game. His concept and techniques of focus can be used in all walks of life, business, education, sports and even personal life.

You may have noticed that focus and attention are what many of us lack nowadays as in this modern world, there are so many distractions that deter us from focusing on tasks that need focus. I’m sure you have experienced the following situation: When you are studying for a test, a WhatsApp message comes and you can’t stop yourself from reading and replying to the message. Distractions like smart phones lead to us dividing our attention in daily life, so we have to double our focus. For me, I try to know my distractions and avoid them. Although it is hard, I’m seeing progress.

I believe that we, as modern students, can live a better school life and do well in our studies if we learn how to focus ourselves by applying Goleman’s concept of focus. His book is inspiring for us because we have to learn to resist the temptations and distractions. It sounds easy, but it’s not. We have to activate our executive attention to thrive in our daily tasks, just like what Goleman says “Executive attention holds the key to self-management” which means we must hold strong to our opinions so that we can control ourselves and focus on one thing.

GIGI— MY TIPS ON READING

Many people see reading books as boring, even though we should read because it helps improve our English. Some people want to improve their English, so they do so by choosing a book to read. They do not know how to choose a suitable book, however, so they get bored by the book. Therefore, I am going to tell you a few steps you can take to choose a good book that you will enjoy reading.

Step 1: Choose a book about your favourite theme. Choosing something you like is important, otherwise it may be very boring to you and you will not be able to finish the book. Choose books from your favourite genre. Do you like fantasy, sci-fi or adventure stories? Or do you prefer non-fiction books?

Step 2: See if the book is deep in meaning or if it is simple in meaning. Both deep and simple books have their good points and their bad points. A simple book needs less effort to read and can be quite enjoyable, but it does not offer a good lesson. A deep book can be hard to understand, but the lessons it offers can be invaluable to you. I suggest that you get a few deep books and a few simple books, so that you can read a simple book when you are tired and read a deep book if you want to challenge yourself and gain more out of reading. That way, you can read whenever you want!

Step 3: Go to the library to borrow a book or go to a shop to buy one. You might think that books are expensive and don't want to spend money on them. In that case, you can borrow one you want to read from the library instead. It's easy enough and doesn't require you to pay, so you can read whichever books you like without having to pay for them. If you really want to read a book again and again, however, then I suggest you go and buy it.

Step 4: Start reading. Just buying and borrowing books won't improve your English, but reading definitely will. You may find that reading can be hard, but once you get started, you will find that it becomes easier with practice.

Finally, and this is not a step, read for the fun and enjoyment of it. If you want to make sure you understand everything you read then, by all means, use a dictionary to help you with unfamiliar vocabulary. However, remember that you do not have to understand every word. Reading does not always have to be a test of your understanding. If you think of reading as a hobby which is enjoyable and relaxing, I'm sure you will find it even more pleasurable.

Let's all enjoy the fun of reading together!

這些事你要殷勤去做，
並要在此專心，
使眾人看出你的長進來。

《聖經》提摩太前書 4:15

上天給人一份困難時，同時也給人一份智慧。

雨果

