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舊生變身新老師

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無忘校恩 以愛還愛

李達才

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歲月無阻璀璨夢

林珍真

逆流而上折桂蕊

翱翔書山啟鵬程

陳翺洋

BREADWINNERS

JODY LAM

DELIVERING HOPE AGAINST ODDS

DR LOUIS CHAN

JOURNEY TO THE CENTER OF AN ACCOUNTANT

JOHNSON KONG



主席的話

歲月如詩，轉瞬已是我在學生報的最後一個春秋。還記得初入學報時，採訪時生澀的提問，如今那些青澀都化作了筆下流淌的文字。這些年在採訪校友時，總被他們眼中閃爍的光芒觸動。無論是事業有成的企業家，還是忙碌的職場新人，談起聖記時光時都如數家珍。一位校友曾說：「後來才明白，最珍貴的不是獎杯，而是那些一起哭過笑過的日子。」這讓我漸漸懂得，「聖記情」是遊子對家的牽掛，是時光沖不淡的印記。

說來奇妙，若告訴當初的自己會如此依戀這個要守規矩、還要熬夜趕功課的地方，她定會難以置信。可當倒計時開始，那些平凡的日常突然鍍上了金邊：清晨在校園裡咬著麵包狂奔的狼狽，午後在課室與同學嬉笑打鬧的片刻愜意，傍晚從圖書館走出來時偶遇的絢爛晚霞……這些碎片，終將成為我最捨不得的青春印記。直到看見一屆屆中六生簽寫校服、互相擁抱，才驚覺下一次便輪到自己。

人生就是這般奇妙——當沙漏中的餘沙愈少，我們反而愈想堵住漏口，讓時光走得再慢些。「珍惜」二字，總是在倒數開始時才懂得它的分量。

親愛的同學們，當我們還在為課業煩憂、抱怨紀律嚴格時，不妨想想：這些看似尋常的校園時光，終將成為最珍貴的青春典藏。願我們都能用心感受當下，珍惜在聖記的每一頁故事，讓這些日子成為生命中最溫暖的篇章。



子衿編輯部

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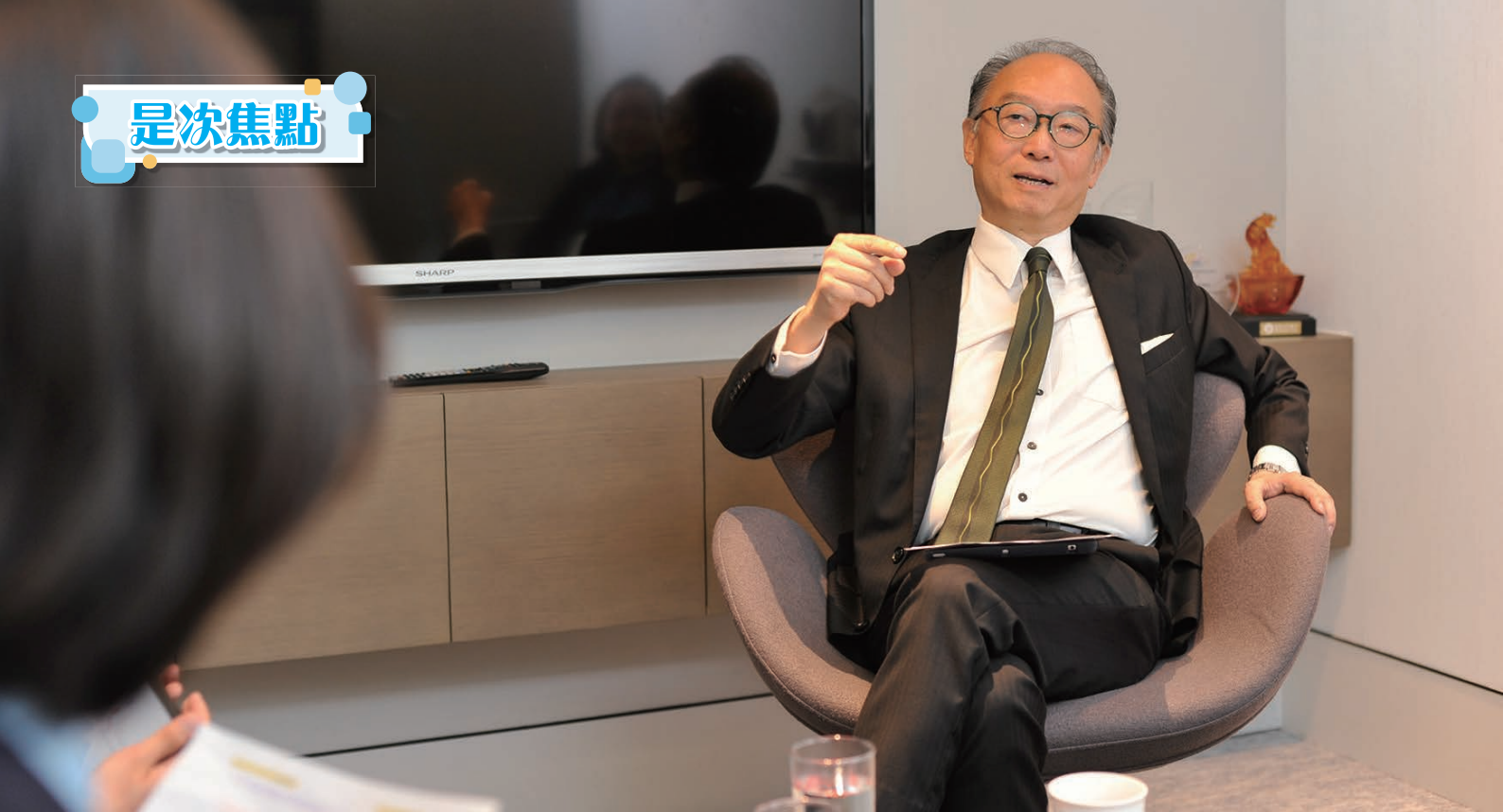
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妙趣橫生



Journey to the Center of an Accountant - The Lasting Legacy of Johnson Kong

Lincoln Chan, Taeyang Wan & Sherry Xiong

Navigating a successful career in accounting while actively contributing to community initiatives is indeed complex. Recently, we had the privilege of interviewing Mr Johnson Kong, a distinguished accountant renowned for his integrity and unwavering commitment to excellence in the financial sector. As the Managing Director of BDO Limited in Hong Kong, President of St. Stephen's College Alumni Association, Non-executive director of Securities and Futures Commission and Past President of Hong Kong Institute of Certified Public Accountants, Mr Kong exemplifies professional success and community dedication.

Echoes of Youth

Mr Kong was a student at SSC from 1972 to 1977. While reminiscing about the cherished memories he made as a boarder, he highlighted how this period deeply affected him. "The first thing I said to my roommate was, 'Could you be friends with me?' " said Mr Kong. That initial act of bravery snowballed into a great friendship, and the interpersonal skills he developed continued to benefit him later in life. This journey of personal growth was further enhanced by his experience living away from home, where he was compelled to detach himself from the nest he grew up in and enter a new world on his own. "Being independent forces you to depend on yourself; if you face any problems, you cannot expect others to solve them for you," he said.

Boarding life was over in the blink of an eye; what felt like forever is now a funny memory to share over tea. "Before the Christmas break, a whole lot of East Wing kids came together with their instruments and went door-to-door caroling for teachers. We also used this opportunity to eat a lot of their food," he joked.

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love for what you are doing or learning to do." — Pelé

When Mr Kong was in Form 1, he placed twelve in the entire class of 40. As he got older, his rank fell lower and lower, but everything changed when he reached Form 4. "I sat in Ng Wah Hall that Speech Day, admiring the people who got up on stage to receive their prizes. I told myself, 'Next year, I have to be the one on stage with an award.' " In Form 4, he ranked first in the Art class. Mr Kong explained that by setting a clear target for himself and putting in effort and perseverance, he was able to achieve his goal.



A Path Well-Trodden

Mr Kong left SSC in 1977 at the age of 17 and moved to Liverpool, Britain, to further his studies before entering the accounting profession. He returned to Hong Kong in 1987, reflecting, "I was very fortunate, considering the time I went there."

During his ten years abroad, Mr Kong was accompanied by his mother. They traveled to Britain together, where he stayed for academic reasons while she remained there on a tourist visa initially. They chose Liverpool for its lower living costs and sizable Chinese community.

"We were from the grassroots, and my father passed away when I was really young, so we had to be incredibly mindful of our expenditures," said Mr Kong.



Given that his mother's visa was not permanent and to further support their stay, Mr Kong took his mother to the immigration division of the Home Office in Croydon within a month of their arrival, seeking assistance with their immigration issues. There, he successfully resolved these issues and secured their permanent residency. However, they were required to invest as a stepping stone to remain in the UK. They acquired a fish and chip shop as a means to establish a business. At first, they hired employees to manage the work shifts, but the employees constantly stole money from the till. Finally, he and his mother decided to rely on just their own two pairs of hands.

"I had to work every day for five years from 4 PM to 12 AM while balancing my studies. I averaged five hours of sleep per day, and my books were soaked in oil."

Life was hard for Mr Kong during those years; he had little time for schoolwork and studying. However, during his third year in college, a minor fire broke out in his shop which was closed for business for a short period. Despite this setback, he managed to catch up on everything within the final months and graduated from university. From that momentary fish and chip shop, he earned lasting skills in self-discipline, interpersonal relationships and business.

Guiding Lights

Mr Kong returned to Hong Kong in 1987, a time when many talented individuals were leaving the city resulting in an acute brain drain problem. "Everyone was just going out, and I was one of the few who came back," he pointed out. "This created many opportunities for me." Upon joining BDO in 1989, which had only around 40 professional employees, Mr Kong began his journey there as the youngest of five partners.

"We originally only provided traditional services, such as audit, tax, bookkeeping and company secretarial, which other CPA firms also provided. We needed to stand out from them," Mr Kong said. He then proposed and introduced a variety of advisory services, such as insolvency, corporate finance, valuation, due diligence, financial investigation, risk advisory, forensic and litigation support, and more. Over the years, the firm has grown significantly to over 1,000 staff members today. Mr Kong noted that he is the only one left among the original partners who helped strengthen the company during its early days.

This growth and success would not have been possible without hard work and dedication. "You have to be willing to invest all your effort to make something happen and enter a state of utmost focus," Mr Kong shared. "In the business world, you often have to deal with concrete deadlines and a large workload. It is absolutely necessary to satisfy the requirements of clients while completing the work on time." He continued, "Hard work also empowers you to grow and improve."



However, Mr Kong emphasized the importance of integrity, stating, "Integrity reflects the quality of a person and their strength to resist temptation. Each leader must display integrity to guide their team, and each teammate should embody it to foster collective growth. By building a reputation based on high moral standards, integrity opens doors to opportunities for growth and success." He added, "With the right mindset and principled heart, integrity can propel you towards an honest life. Together, hard work and integrity serve as the backbone of success and the bedrock of growth, acting as game changers in people's lives. By embracing these principles, you can truly thrive in various circumstances."



Wisdom's Whisper



With the rise of artificial intelligence, many students are worried about the job market being dominated by AI. However, Mr Kong reassured us, saying, "We need not fret. Forty years ago, it was the dawn of the computer age, and people feared that repetitive jobs, such as bookkeeping, would be computerized. While that did happen, jobs change, markets change, and most importantly, people change. Nowadays, almost everyone uses computers, yet we still have jobs because the nature of those jobs has transformed. For instance, we used to keep books and records manually, but now we program everything with computers. What we need to do," he emphasized, "is move forward."

Mr Kong also believed that accounting careers should increasingly align with the IT industry rather than stick to outdated materials. "We must train the next generation of accountants with a new foundation in technology," he explained. This could lead to two distinct focuses: computer science specialists with accounting knowledge or accountants with computer science expertise. Personally, he prefers the former, as he believed that in the context of 'moving forward,' the IT sector is likely to dominate the field.

What about the future of work? He confirmed that lower-level jobs would indeed be replaced by AI. While AI currently has flaws and limitations, its advantages are clear: it can memorize vast amounts of information and process it much faster than a human can. An AI can provide answers in seconds, while a person may take minutes, hours, or even days. However, Mr Kong insisted that AI cannot replace high-level jobs. For example, in the field of insolvency, an AI could never take on the role of an insolvency practitioner; it must be a natural person who faces stakeholders and creditors, applies skills, and calms their emotions. 'You can't simply find an AI to go to court for you as an expert witness,' he joked.

"There is no doubt that AI is a powerful tool, and the roles of many repetitive tasks will indeed be threatened by it. However, AI cannot replace us all; we humans created AI, and our jobs evolve alongside the technology we develop. We all need to adapt, learn, and grow with innovation. Ultimately, AI should be seen as a tool for growth rather than a threat."

As Mr Kong's journey shows, success is built on hard work, perseverance, and integrity—qualities that no machine can replicate. By embracing these timeless values, alongside a willingness to adapt to change, we can continue to thrive in an ever-changing world.



Mr Kong is also a great singer!



Mr Kong has been very supportive of alumni activities

Delivering Hope Against Odds: A Doctor's Lesson in Perseverance and Precision

Alicia Chong, Sophia Mou & Matthew Ng

Dr Louis Chan, one of our alumni from the Class of 1988, is an exceptional doctor of gynaecology and obstetrics. He currently works in reproductive medicine at a private practice in Hong Kong. He is also actively teaching as an adjunct associate professor at the Chinese University and Education University of Hong Kong, for the JC school of public health and primary care and department of health and physical education respectively. Additionally, he is an adjunct senior lecturer of the department of obstetrics and gynaecology at the Monash University in Australia.

Dr Chan embodies the belief that "naughtiest students are the smartest," a comment made by then-deputy principal Mrs Chung. Like many of us, he wasn't exactly the best behaved student at school. But despite this, he worked hard and was able to excel into the professional he is today. He serves as an inspiration to our students, to make breakthroughs at school and beyond.



Secondary School Life

Dr Chan spent his early secondary years at St Stephen's College and left Hong Kong to study his final two years of high school in Sydney, Australia.

During his years at SSC, Dr Chan was one of the clarinet players in the college orchestra. One of the most memorable moments for Dr Chan was participating in the annual Inter-House Cross Country Competition. He recalled eagerly participating every year and stated that it trains a person to have endurance and resilience, even

when on the verge of giving up. After moving to Australia, Dr Chan continued cross country as a frequent sport. When asked about how SSC has shaped him into the person he is today, he shared about how the college has provided him with the solid foundation to adapt to even the harshest boarding school conditions, and the opportunity to communicate regularly with fellow students while in boarding school. It helped him significantly when he moved to Sydney to further his studies, and eventually pursue the role of a doctor.

The Path of Becoming a Doctor

The road to being a doctor was a long process and needed immense effort. For the first 4 years, medical students were required to learn about theories, and practical work only began in the last 2 years. During his years in specialty training, Dr Chan experienced one of the hardest exams he has ever taken, in fact, only 3 out of 28 candidates passed. He recalled how cultural differences posed a huge challenge for him as the exam was set in the UK. At that time, access to the internet was limited, making him struggle to find enough resources for his preparation. This experience led him to reflect on the current advancements and changes in women's health care, which he views as a double-edged sword. Dr Chan recounted the time when the first test tube baby was born, noting the initial success rate was incredibly low. However, with the rise of technology, this rate improved immensely, until a point where further advancements in the future have become difficult to achieve.





Dr Chan remembers during his first month of practical work, his task was to successfully deliver a baby from a mother's womb. He found the practical work rather bloody, but very rewarding at the same time. It was that exact moment when he realised he wanted to work in the field of obstetrics and gynaecology.

One of the most memorable cases that created a significant impact in Dr Chan's career was when he came across a man who was struggling to have his own kid. He was told that his sperm count was critically low and that the chances of conception were nearly impossible. However, Dr Chan, under such extreme circumstances, decided to cut open his testicles so as to not

give up on his patient, in which he was able to find eight living sperm cells that were available for fertilization. He added that his determination were qualities that SSC equipped him with, and just like a cross country race, you never know what you could achieve until you persevere till the end.

Tips for SSC's Aspiring Doctors

Medicine is known for being a rather demanding profession, with its long hours of work, and maintaining a work-life balance in such a field can be quite challenging. Dr Chan took example of his previous experience as a water ski coach, to emphasize the prioritizing of leisure time in a hectic schedule. He believes that we should take advantage of our school years to develop our hobbies and interests through extra curricular activities, for which one day we may be able to easily strike a balance between work and life.

Regarding the difficulty of his work, Dr Chan pointed out that the first few years of practice can be particularly difficult as new doctors have to put in much effort to accumulate experience and navigate the complexities of the field as newcomers. Though, he reassured us that it does eventually improve as one gains competence in their practice.

For our young aspiring doctors at SSC, Dr Chan stressed the importance of understanding the profession itself. He explained that medicine requires a significant amount of face-to-face communication as doctors have to interact with patients on a daily basis. Other than that, clinical research has also become a significant part of a doctor's job to aid the advancement of medicine, which is why having an inquisitive and curious mind is also extremely important in the field. In fact, Dr Chan himself has published over 70 research papers on reproductive health and embryology.

The journey to becoming a doctor is long and vigorous, so it's crucial for students to ensure they have a genuine interest in their chosen path. Dr Chan also encourages our students to learn and gain insights of what medicine really is, through internships with practitioners, to understand what the field entails. His advice for us is to carefully make decisions about our careers, and to consider different factors before embarking on the journey to become a doctor like himself.



Breadwinners - Interview with + Bread's Jody Lam

Selina Lau, Ariana Li, Sheryl Ma, Isis Ng, Alexis Tam, Valery Sham

A scintilla of freshly baked bread from +bread roamed across the streets of Prince Edward, attracting the attention of all nearby walking citizens. +bread is a place where locals can enjoy a slice of warmth and connection, and today, we are honoured to have invited our old girl, Jody, to share with us her insightful and inspiring journey regarding her family and hers' shop, +bread.

When asked why Jody opened a bread shop, we learned that the story behind +Bread is deeply rooted in family. It began with her sister, who started baking in Spain, where she met her husband, a Spanish native. Together, they aimed to create a unique blend of Asian and European bread. They noticed the prevalence of chemical substances in everyday baked goods and wanted to offer a healthier alternative, launching a line of daily foods that prioritize quality ingredients.

Regarding how they differentiate themselves from others in the area, the answer is that at +Bread, they take pride in their unique fusion of Asian and European flavours. Their goal is to create bread that is not only delicious but also healthy. With the use of less sugar, salt, butter, and cream in their recipes, they offer products that are sugar-free, oil-free, and vegan. Currently, they are collaborating with a university to develop a healthier line of bread specifically for people with diabetes, which in their belief sets them apart in their community.

Concerning the steps taken to set up the bread shop, it is clarified that starting +Bread was more about taking the plunge than overthinking the process. They believe in just starting it. They began their journey online two years ago, initially focusing on building our brand and product line before opening physical locations. They officially started their business online, during which they held events to engage with customers. Their first physical shop opened in Prince Edward, followed by their second location in Langham.

As to the identities of Jody's biggest supporters, her sister, brother-in-law, and parents are named. Since this is a family-run bakery, they work closely and have tight bonds together. Their encouragement and collaboration have been invaluable throughout this journey.

In the baking industry, Kadoorie Bakery is greatly admired by Jodie. They have played a pivotal role in bringing Hong Kong-style bread to a broader market and have hosted events in places like Korea and Japan. Their innovative approach has helped showcase the bakery industry in Hong Kong to the world, making them a significant inspiration for her.

In dealing with challenges, Jody finds that engaging in sports really helps her cope with stress and clears her mind. Maintaining a healthy body is crucial, especially in the food and beverage industry, which demands both physical and mental strength. One of the most gratifying pieces of feedback comes from customers who travel from far and wide just to enjoy their bread. Knowing that they make a special trip to visit +Bread reinforces their commitment to quality and customer satisfaction.

Finally, regarding their signature product, plain toast is something they take great pride in. Achieving its bounciness and fluffiness without relying on additives or chemicals is a testament to the baking methods of +Bread. They are thrilled that our plain toast stands out in a market where many rely on artificial enhancers.



Jody has been supporting the school, and we love her breads.

During Jody's time at St Stephen's College, Jody engaged in a variety of extracurricular activities that significantly enriched her experience in opening a bread shop. In St Stephen's College, she was an active member of the Red Cross, participated in the Heritage Trail, and served as a librarian. These roles not only allowed her to volunteer and contribute to major school events like Sports Day and the Swimming Gala, but they also helped her develop essential communication skills.

As a Heritage Trail member, Jody enjoyed guiding tours, which enhanced her ability to convey information effectively. Moreover, she really enjoyed the cozy and comforting space in the library and her role as a librarian fostered her love for reading which deeply influenced her academic life.

Reflecting on her teachers, Jody identifies two who left a lasting impression on her journey at SSC. Ms. Jenny Tse, her piano teacher, made music enjoyable and sparked Jody's passion for the arts. In addition, Miss Wong Kit, her form one class teacher, provided invaluable support and encouragement, motivating her to pursue her interests and aspirations. These teachers played crucial roles in shaping her academic and professional trajectory.

To current students studying at St. Stephen's College, Jody offers heartfelt advice: take full advantage of the opportunities available at St Stephen's College. She emphasizes the supportive environment and encourages students to explore their interests passionately. "You only experience student life once," she reminds them, urging them to embrace every moment and make the most of their academic journey.

Managing a business requires dedication, commitment and indefinitely hard work. Managing a successful business however, inevitably acquires some talent.

Even so, Jody humbly thinks that she doesn't have any specific specialties that makes her stand out in the crowd, but she mentions that she does have a strength, which is cooperation and unity. As the saying goes, 'teamwork makes the dream work', Jody believes that the most vital element to success is teamwork.

'Everyone is a part of the team, even staff. We have weekly meetings to understand and listen to what they think should be improved and the contributions that they (staff) believe they're going to make.'

Jody ensures that all voices of her team are heard and all their worries and comments will be considered and looked into, enabling everyone to feel included and that their opinions are deeply valued.

Jody also added that her fearlessness and boldness has allowed her to succeed in the industry. She is wildly determined and is fueled by her goals. 'If I have an aim, I will always find a way to achieve it.' Giving credit to her diligence and courageousness that has powered her to achieve the success that she now has.

We asked Jody about her mottos in life. She gave us her personal quote "live an ordinary and extraordinary life", which was her Facebook motto. It was important to her as it set 2 goals for her, to be humble and down to earth, like sticking to the ground with herself and taking it step by step. And secondly living her fullest and see what impacts she could bring to others around her. This motto has helped her through work by reminding her to continue to be humble and work hard. This motto has stayed true to her since secondary school and helped her a lot since then.

Jody admits she doesn't have a dream that led to her aspiration to assist in starting the bakery, but her primary motivation came from an internship in the food and beverage industry. She enjoys the immediate feedback from customers, which brings her immense satisfaction, and that fulfilment became her incentive for the business. She and her sister's initial dream was to start a café, which unfortunately was unsuccessful in obtaining a considerable profit. However they didn't give up just then. After a long while of brainstorming, her sister suggested dabbling in bread and cake making, which eventually led them to embark on the victorious journey of +Bread.



Jody's current dream regarding +bread would be to come up with more healthy varieties of bread, as numerous customers would inquire about suitable breads for elderly or people with illnesses like diabetes.

Jody's story reminds us that success is not solely achieved through experience, but by taking risks and believing in yourself. She shared some wise words of hers that she believes is the final key to success, which is 'Hold on to your dreams'. She encourages us to follow our heart and to fight and grip on to every single opportunity that is given to us, inspiring us to chase our ambition and do everything we can to make our dreams possible. So let's not let our doubts hold us back and let's all bravely chase our dreams!

無忘校恩 以愛還愛

——專訪前舊生會主席李達才先生

楊林僖、葉柏寧、馮逸帆

母校，是青春的搖籃，是夢想的起點。當年的少年在此汲取養分，如今的他們已在社會上熠熠生輝。然而，無論走得有多遠，總有一根無形的線，牽繫着遊子的心——那是對聖記的眷戀，是對師長的感恩，是對同窗情誼的珍視。其中一位心繫母校的校友便是李達才先生，他曾三度擔任校友會主席，以熱忱與行動凝聚散落的聖記人，更與泰國校友保持緊密聯繫。今天，讓我們走近這位視聖記為家的師兄，聆聽他的故事，感受那份歷久彌新的赤子之情。

「樂」在其中

回憶聖記歲月，李師兄的眼中仍閃爍着當年的光彩。葉校長在任時，積極推動多元培育，其中一個面向是音樂。當時校園裏處處躍動着音樂的靈魂，並在音樂科唐少偉老師熏陶、指導下，不同音樂單位冒起，同學亦隨之不斷創造佳績。75年，童聲合唱團（Treble Choir）初試啼聲，便一鳴驚人，奪得比賽桂冠；同年，學校首開小提琴班，李師兄擔任第二小提琴（Second Violin Leader），與第一小提琴首席黃偉文及一眾隊友並肩作戰，在校際音樂節上摘得殊榮。

其中一件讓他難忘的事，是香港電台60週年校際音樂節特輯的拍攝。鏡頭前，聖記學子在伍華堂即興讀譜演奏，琴弦顫動的瞬間，音符如清泉流淌。沒有排練，卻有默契；沒有預演，卻有驚喜。

為了追求音樂上更卓越的表現，他的中學生活幾乎與音樂融為一體。放學後練琴至夜幕低垂，是家常便飯；暑假時主動返校集訓，甚至參加音樂營，與李安生、何崇志等營友交流、切磋，只為讓指尖的技藝更臻純熟。

多彩多藝

音樂之外，他的身影活躍於不同課外活動——英文朗誦、話劇社、越野跑等等，可謂是不折不扣的大忙人，但他卻從不淺嘗輒止，而是全力以赴。話劇比賽中，他與隊友橫掃南區賽場，不僅奪得團體冠軍，更包攬最佳男主角、最佳編劇等個人獎項；運動場上，他隨越野跑隊屢創佳績，謙遜地將功勞歸於隊友。李師兄稱自己透過課外活動不僅學會更多技能，也與朋友建立深厚的感情。這些年少時締結的友誼，歷經歲月洗禮，至今仍如陳釀般醇厚。

聖記的校園生活，為李師兄編織了許多同齡人難以企及的獨特經歷。在那個香港影視黃金年代，校園與片場的界線竟奇妙地交融——他的同窗中，有一位邵氏導演之子，這個特殊的緣分為他打開了通往光影世界的大門。當導演想召集學生參與電影拍攝時，李師兄有幸獲選出演《鼓手》，在片中飾演張國榮的同學，他因而與這位未來的天王巨星結下友誼。回憶這段往事，李師兄眼中仍閃動著當年的驚喜。

走出課室

在追憶青蔥歲月時，李達才師兄特別感謝當年的葉校長。葉校長躬行「篤信多能」校訓，積極推動全人發展。在課業上，他鼓勵學生開展研習匯報，參加聯校科展，讓促進知識交流；在課堂外，他推行「一動一靜」的課外活動制度，讓學生有多元學習。說到課外活動，李師兄憶述當年的攝影學會門庭若市，學校不僅配備專業器材，更設立一間「黑房」，讓同學有充足實踐所學的機會與條件。此外，葉校長亦注重學生體能，比如越野跑賽季來臨，他召集所有學會和社團的領袖生，督促同學加緊練習。再者，葉校長也注重同學的創意培養，安排年級表演，給予學生充分自主，讓同學自行決定表演內容，當時有的同學把廣告進行二次創作，創意紛呈。

葉校長不希望學生只是坐在課室吸收知識，希望學生能在學習以外挖掘到自己潛藏的才能。李師兄很慶幸遇上葉校長，讓他不僅沉醉於音樂之美，更在田徑場和泳池中鍛造了強健體魄——這份饋贈，讓他在日後經歷重大手術時仍能堅韌支撐。李師兄認為在聖記豐富多彩的校園生活中，學生的表達能力與日俱增，也訓練出屬於聖記人獨特的自信與魅力。

「留」下回憶

中學的生活豐富多彩，但當中也有酸澀，李師兄不由地憶起中學生涯中兩次留班的經歷。當時訓練與比賽交織成密集的網，他沒時間細想，只是朝著有興趣之事努力奔赴，導致一整個學期都沒怎麼上課，終致留班。第一次留班時，他對此沒太大感受，只是感到有些尷尬。但到第二次留班時，他的感到挫敗與迷茫，他坦白當時他有嘗試找其他學校，但他的契媽——當時在校任教的鍾太，以及一群知心的同窗，鼓勵他留在聖記繼續唸下去，而他也很喜愛這給予他成長空間的校園，所以他還是選擇留下。如今回首，他坦言這兩次留班既是遺憾，也是人生的獨特印記。如果能重來，他會在追逐興趣的同時，更努力地平衡學業。這些「留」下的時光，讓李師兄更懂得如何取捨與珍惜。



以校為家

對李師兄而言，「家」這個字的定義，在聖記校園裡被重新書寫。為了音樂訓練和各種活動，他留宿學校，鮮少回家。在這裡，他與師長同學相處的時間，遠比與家人相聚的時光來得綿長。「聖記才更像我的『家』」，他說時眼中帶著溫暖的笑意。這個「家」給予他的不僅是知識與技藝的滋養，更有一份如親情般的溫暖守護。他的契媽鍾太，當年就住在學校的員工宿舍，她那裡永遠敞開的大門和總是裝得滿滿的冰箱，成了同學溫暖的避風港。鍾太總掛念著正在發育期的孩子們會餓著肚子，於是她的冰箱成了公共糧倉，同學早已習慣自然地「覓食」其中。李師兄回憶起一個令人莞爾的畫面：某天鍾先生打開冰箱時忍不住抱怨：「昨天才塞得滿滿的，怎麼今天又空了？」當時正值音樂會籌備的關鍵時刻，一群「化骨龍」般的少年，在飢腸轆轆時就不約而同地「掃蕩」鍾太的冰箱。這份溫情正是聖記這個「家」最動人的日常風景。

有一年，李師兄與同學因宿位緊張而要「搬家」，這為他們帶來一段意想不到的成長歷程。身為風紀的他們，主動將宿舍讓給中一新生，集體搬進了赤柱友榮樓（Buddy餐廳旁）租賃的兩個單位。他們在這個臨時的「男生宿舍」裡，開啟了半獨立的生活。李師兄指同學很喜歡下廚請客，而他的廚藝也就是在那個時候訓練出來的。這段特殊的群居生活，讓這他們在不知不覺中培養出責任任與自律性，更收穫了終生難忘的兄弟情誼。

薪火相傳

李師兄擔任三屆舊生會會長期間，儘管工作繁忙，他仍精心籌劃十五個不同類型的小組，只為凝聚更多的聖記人，加強彼此的聯誼。在他心中，舊生會不僅是聯誼組織，更是維繫聖記精神的溫暖紐帶。

李師兄在任時經歷過不少溫馨的時刻。當年聖記龍舟隊勇奪冠軍的英姿，連政府禁毒處都邀隊員拍攝宣傳片。畢業後，李師兄輾轉聯繫時任會長陶榮（現聖士提反書院附屬小學校董會主席）。陶校監不僅一口答應重組，更率先捐資贊助，其他校友聞訊亦紛紛解囊。這份自發的支援，正是聖記人情誼的最佳見證。

為讓外國歸來的校友重溫校園時光，李師兄與幹事親力親為：從房間分配、日用品準備到指示張貼，每個細節都用心預備、辦理。他憶述校友攜家帶眷入住宿舍、享受校園的情景，讓他很滿足，成為他眼中一道道動人的風景。

生命影響生命

李師兄與校友用實際行動詮釋了「以生命影響生命」的深刻意義，他們帶同聖記學生進行義工服務，希望讓在同學心靈播下為善的種子。

當年與霍達生學長共同策劃的義工活動中，他們邀請聾啞朋友來到聖記廣闊的操場與同學盡情踢球。當汗水與笑容在綠茵場上綻放，語言不再是交流的障礙。此外，他們也邀請過不同團體來校參觀，其中參觀者的回饋讓他意識到來自新界或偏遠地區的群體，竟從未有機會踏足港島這片土地，這也讓他更想讓更多朋友也感受百年學府的氣息和美好。

說到難忘的事，李師兄憶起在赤柱公屋探訪時，一位割去聲帶，靠麥克風發聲的老人，給年輕學子上了最震撼的一課。看著老人費力地透過機器表達，學生們忍不住在狹小的公屋單位裡落淚。這次經歷讓李師兄深刻體悟到公益不是單方面的施予，而是心與心的對訪。從此，舊生會在探訪前會舉辦一個簡介會，讓同學們先理解受助者的處境，避免善意造成無心的傷害。

另一件難忘的事則與捐贈活動有關。校友黃家德經營玩具公司，慷慨捐贈精美玩具予舊生會義工服務。但李師兄後來在玩具攤位發現三尺高的超人玩偶無人問津，他滿心疑惑為什麼如此精緻而免費的玩偶竟沒有人要。及後經過細心了解他才明白：孩童不是不想要，而是不敢要——他們的家小得連夢想都裝不下。這個發現讓舊生會重新思考捐助的本質，轉而準備小巧的鐵皮車、手掌大的芭比，讓溫暖能真正走進狹窄的生存空間。

這些點滴累積的服務經驗，讓他、幹事，乃至同學深刻體會：真正的公益不在於活動規模，而在於能否「以對方的需要為需要」。當校友出錢出力時，他們傳承的不只是活動形式，更是那份懂得彎下腰來傾聽的謙卑，以及願意為他人多想一步的溫柔。



李師兄在2010年陪同泰國聖士提反書院舊生會主席陳立師兄訪問另一師兄陳裕財（中）。陳裕財師兄於1983至2000年間先後兩度擔任泰國副總理



學校於1978年在香港大會堂音樂廳舉辦創校75周年音樂會。是次活動亦是學校管弦樂團首次公開演出。指揮魏豪洲先生跟首席小提琴手黃偉文師兄握手。而李師兄就是第二小提琴。在魏師兄背後

海外傳承

不少聖記人在畢業後到外國發展，但空間隔閡不到聖記人的情誼，李達才師兄分享的泰國校友故事，正是這份跨國情誼最動人的見證。

在泰國有一群特殊的聖記人——他們多是泰國貴族子弟，當年在聖記完成中學學習後回到泰國，但依然心繫學校，滿懷著對學校的愛。他每月安排固定聚會，是由第63屆的Chana Ratanaphol及Kanpon Tansachan用心籌辦的。聚會時這些兩鬢漸白的校友總會重溫學生時代的點滴，他們始終渴望與母校保持聯繫，期待著李先生為他們帶來書院的消息。李師兄赴泰時，為校友帶來最新校刊和鐵校徽，校友為之欣悅珍視，並拿之與五、六十年代校刊對照，這又牽起了不少聖記故事的回顧。

由鍾太和楊校長帶領的聖記交流團訪泰時，當地校友聽聞母校師生來訪，他們親自接待，十分熱情，只為讓年輕學弟妹體會最地道的泰國文化。這正是「聖記一家」精神最純粹的體現——無論相隔多少年歲、多遠距離，那份對母校的愛與責任，永遠鮮活如初。

其中一位與李師兄感情深厚的泰國校友，是曾為泰國副總理、民主黨主席、皇室顧問的校友陳裕財(Bhichai Rattakul)。陳先生曾親身經歷過日本侵華時期在校園的殺戮。每當憶及這位在日軍屠殺中殉難的恩師凱薩琳·馬田太太(Mrs. Kathleen L. Martin)，陳先生都不禁哽咽。這位曾予以悉心教導的老師，以她的身體擋在學生前面，為學生爭取生機。被日軍囚禁兩晝夜後，他與其他同學獲釋。當時他僅穿著單薄衣衫，雙手緊緊護著兩件珍寶：在校內贏得的獎牌，和Hymn book（聖詩集）。回到泰國後，陳先生把這些聖記遺物珍藏在獨立的櫃內，一方面讓寄存對馬田女士的懷緬，也寄託對聖記的情誼。陳先生未曾忘記母校對自己的栽培、恩情，多次邀請楊校長與學弟妹到宅邸作客。及至2017年，陳先生辭世後，其家屬遍尋不獲那本珍貴的Hymn book，最終在李師兄指引下才找到詩集，足見兩人深厚的情誼。而家屬最後選擇把這本見證師生情誼的詩集回歸聖記校園，安放在博物館內。

李師兄在聖記這片土壤吸取豐富的營養，與豐盛的愛，及至成長後，他積極回饋母校栽培之恩，並用心連繫不同聖記舊生，讓聖記的精神、情誼不斷延續下去。李師兄希望師弟妹能珍惜聖記賦予的一切，學會尊師重道，努力增長知識，建立友誼，並善用校園，鍛煉身體。李師兄的祝福寄託了他對每個聖記人的關愛。在李師兄身上，我們可見聖記留給同學最珍貴的，是那份代代相傳，守望相助的諾言與精神。



學校童聲合唱團於1975-76年首奪校際音樂及朗誦節冠軍。相中穿白褲捧盃的是李師兄，而灰色長褲的是黃意誠(Lobo Chan)，黃曾於荷里活大電影金剛中飾演Choy這角色



後記：

李師兄雖然是在百忙之中抽空接受我們的訪問，卻專門跑到了元朗去購買懷舊餅食，只為讓我們嚐上一口他童年的味道。我想，這種校友之間的連接和友善也正正是李師兄在訪問中多次提到並強調的——對聖記人的珍視與愛惜。承蒙李師兄的祝福，願我們都能像他一樣享受與同窗的情誼，享受聖士提反書院的教育，並享受在這美好的校園裏的點點滴滴。

銅臭未染赤子心

歲月無阻璀璨夢

——校友林珍真師姐訪問

張梓畝、葉柏寧、楊林僖、鞠家祺

在香港劇場的舞台上，她獨自一人在聚光燈下揮灑自如、把控著觀眾的情緒，演繹著不同女性的悲喜人生，是當之無愧的「獨腳戲女王」；在聖士提反書院黑盒戲劇內，她跟本校英文戲劇社的同學們打成一片，在歡聲笑語中教導同學們戲劇表演的技巧。她就是本校知名校友——香港獨立劇團「一舊飯團」的藝術總監林珍真師姐（Jen Lam）。林師姐在大學畢業後，曾從事高級品牌公關長達七年，後毅然放棄「麵包」，投入戲劇世界、勇敢追夢，成立獨立劇團，並以表演自編自導自演的女生獨腳戲為主。近年作品《我們很快樂》、《#女與兒》、《親愛的，請留言》等作品大受好評，是本地獨樹一幟的女性表演藝術導演、編劇、演員。究竟林師姐是如何踏上戲劇路？她為何有勇氣棄「商」從「戲」？經營獨立劇團有何苦樂？讓我們通過訪問瞭解師姐的人生路向吧！

戲劇啟蒙時

回憶起對戲劇產生興趣的節點，林師姐坦言自己本身喜愛跳舞，常常看舞蹈演出，有時也會涉獵音樂劇和戲劇，直到中四看了法國舞台劇《情人的衣服》後，徹底對戲劇產生了濃厚的興趣。據林師姐形容，這部劇只有兩個演員，並且全程以法文呈現，但令人意外的是，這部劇深深地觸動了她，語言不通並沒有阻礙情感表達，而是讓她感受到了戲劇的魅力。從此以後，她便愛上了劇場的藝術模式，開始學習表演。

不久後，林師姐作為社長，準備在學生日與其他社長共同籌備一個有趣的活動，一改一貫開設攤位的傳統，他們在學生活動中心（SC）搭建一個鬼屋。她聊起那段經歷時眉飛色舞，「我們用紙板在房間里建了一個迷宮，設計不同的場景，邀請朋友們扮鬼，並為他們搭配裝扮。」功夫不負有心人，學生日當天，他們籌辦的「鬼屋」大受歡迎，排隊的人從學生活動中心（SC）排到教學大樓（CR）。「我們的鬼屋大受好評，看到自己親力親為的作品被欣賞，得到的成就感是任何事都無法比擬的。」這間鬼屋是林師姐人生中搭建的首個沉浸式劇場，是全新的嘗試，不僅讓她完成了一件很想做的事，更讓她體驗到到處找人力、資源為完成這件事所帶來的快感，鼓勵著她未來繼續做新的嘗試。

初嘗戲劇甜

到了中六，當身邊人為大學選科感到困惑、猶豫時，林師姐毅然決然地選擇了赴美修讀戲劇。她將自己形容為任性的人，但我們認為林師姐身上有著追夢的熱血以及行動的決心，知行合一，才幫助她成就夢想。

在美國深造時，林師姐為了賺取生活費必須半工半讀，打兩份工的同時還要兼顧繁忙的學業，十分艱辛。她當時每天早上5點出門上班，在咖啡館兼職到上午9點便趕到學校上課，下午6點下課後再馬不停蹄地飛奔到餐廳做侍應，直到晚上9點才拖著疲倦的身軀下班，日復日，月復月，能停歇下來的日子可謂少之又少。在我們感嘆她的辛苦時，她卻從另一個角度看待這件事。她認為正是她豐富的打工經歷，給予了她創作的養分，因為她每天能接觸形形色色的人，見證人生百態，瞭解生活的真實模樣，幫助自己日後創作出更能引發讀者共鳴的作品。可見人的每一段經歷都會給自己養分，為日後成就夢想作準備，也讓自己成為更好的自己。





林師姐於2019年在壽臣劇場公演我們很快樂

林師姐人生中第一次正式創作戲劇是在大學時。大一時，林師姐常去的教會需要構思一個節目，於是便邀請她創作一套約40分鐘的戲劇演出。沒有任何創作經驗的她硬著頭皮包攬了整個節目，創作了話劇《讓我愛一次》，講述一個男生在尋找真愛的過程中遇到了一個女生，她告訴他真愛無須尋找，因為真愛在神那裡。從一詞一句創作劇本，再到逐個找演員演出，構造出完整的作品，與戲劇有關的每個步驟都讓她獲得難以言喻的滿足感和成就感。自從第一次嘗到創作舞台所帶來的甜頭後，她日後更加想要在戲劇中投入時間和精力，通過舞台向觀眾分享個人對生活的看法。

棄「商」從「戲」 劇場築夢（葉）

林師姐在大學畢業以後，曾從事高級品牌公關7年之久。這份光鮮亮麗的工作給她帶來穩定的收入和優渥的工作環境，可她逐漸覺得乏味，認為這樣的人生毫無意義，只是一味地讓顧客消費，卻找不到自己真正的價值。而且她當時想，若以後她的孩子問她這一生都做了甚麼，她只能說做了二三十年公關，不能給出一個令自己滿意的答案，她也不會甘心。那一刻，她對人生有了清晰的目標，她不想平凡過度一生，想繼續探索人生其他可能性。林師姐說自己是一個沒有計劃的人，但她會鼓勵自己嘗試一切事物，抱著不怕輸的心態，每時每刻都去做自己想做的事情，不給人生留遺憾。於是年輕氣盛的她果斷「裸辭」——幾乎是上午剛起念頭，下午便呈交辭職信，十分有魄力，完全沒考慮生計問題。

林師姐說自己對金錢不是很看重，錢總能賺到，只要足以維持生計便可。但她也給自己設定了三年期限，若不能成功築夢，便重回職場。她明白追夢是有代價的，你不知道投資進去的时间、青春、金錢會不會有回報，若輸了，只能笑著面對。也是這份樂觀的心態，支持她在逐夢路上繼續走下去。

好在皇天不負有心人，在林師姐辭職不久，就遇見了她十分欽佩的林奕華導演的劇團正在招募演員。抱著試一試的心態，她一路過五關斬六將，最終成功應聘，開始了連自己都未曾料到的長達十年餘的劇團之旅。這一路上，她也後悔過，尤其是有時衣著樸素地走在滿是白領麗人的中環街頭，回想起自己光鮮亮麗的公關經歷，她也會反問自己這麼做是不是真的適合追夢。可她很快便調整好心態，告訴自己「選擇是自己做的，所以後果都要自己承擔」，繼續硬著頭皮做下去。

追夢期間，她亦面試過許多其他劇團，但都被拒絕了。那時她也曾迷茫，也曾氣餒，懷疑自己是否真的不適合做演員。可她又不服氣，憑甚麼自己要被人選擇，不是她選別人，於是便開啟了自己的獨立創作之路。林師姐說就算在十年後想起當時的經歷，仍會想退縮，因為尤其在藝術行業，每一個新劇本都要面對觀眾全新的反應，她也會擔心劇本不夠有趣，吸引不了觀眾，在演出前想臨陣脫逃，還一度為票房擔憂。有次她的新作《#女與兒》因為題材小眾，吸引不到觀眾，賣不出去票，瀕臨崩潰。可她也有著樂觀豁達的心態，很快便安慰自己「看戲就像做飯一樣，總有人不喜歡」，隨後也不那麼介意票房的問題，認為隨緣就好。正是這份豁達灑脫與積極向上成功織就了她的逐夢之路，讓她的人生不留遺憾。

劇團經營 挑戰重重

在藝術環境並不算濃厚的當下，林師姐選擇走出舒適圈，創立屬於自己的小型劇團，這條路充滿挑戰，例如劇團收支平衡並不容易，但她卻堅定地走了下來。在沒有政府資助的情況下，劇團的經營格外艱難。不過她也坦言，因為自己多數創作的是獨角戲，成本相對較低，票房收入勉強能支撐基本運作，壓力也不算過大。而林師姐也提到這種「獨立」的矛盾——如果接受政府資助，創作可能會受到限制，甚至不得不做一些自己不願意做的事情。幸運的是，家人的支持讓她得以追求這條藝術路，但她也提醒熱愛藝術的人：「這並不是一條能輕易賺錢的路，假如為了生存，就不要做了。」





創作上，生活的點滴成為了林師姐最大的靈感來源。她提到一段特別的經歷：在度蜜月時，她的愛犬突然離世，這次突如其來的失去成為她創作關於「遺憾」題材劇本的契機。對於創作瓶頸，林師姐認為，情感的抒發往往來自對生活的細膩觀察。林師姐喜歡捕捉身邊的細節，將感受到的情緒融入作品中，讓劇場成為觀眾與創作者情感交匯的空間。

而在追求藝術夢的路上，林師姐最感激的人便是她的丈夫。林師姐的丈夫作為一個理性而又有規劃的人，不僅幫助她在迷茫中找到方向，也在她面對創作壓力時最孤獨、絕望的時候帶來了信心與支持。林師姐笑言，自己的性格比較衝動、不理性，猶如「火車頭」一樣一味向前衝，她跟丈夫截然不同的特質卻成為了互補的基石。這段長達27年的感情，從中學時期開始延續至今，見證了彼此的成長，也承載了她的創作夢。「他是一個真正懂我、支持我的人。」林師姐說，這份陪伴讓她在藝術的孤獨旅程中，堅持地走了下去。藝術之路並不平坦，但林師姐的經歷證明了夢想與現實之間的平衡可以通過熱愛、努力以及來自身邊人的支持去實現。劇場的燈光下每個瞬間，是她對生活的感受與堅持，照亮了每一個走進劇場的觀眾。

關於戲劇創作

林師姐坦言在全職投入戲劇創作之初，資金不足的確是她選擇以自編、自導、自演的女生獨角戲，以便繼續逐夢之路的原因。但在聚光燈下無數次與觀眾建起共鳴的橋樑的瞬間，讓她認定以這種擁有強烈感染力的表演形式為歸宿的決心。當偌大的舞台上只有一個單薄的身影，色彩各異的角色之切換、表演則需要靠觀眾的想像來汲取養分，像在閱讀一本小說一般，讀者從始至終都是以自己的視角去看待書中的人物，因此一千個觀眾眼中便有一千個哈姆雷特。通過獨一無二的個人理解和每個人故事世界的構建，人物便在不知不覺中在他們心裏扎根生長，這種「留白」催化出的帶入感在林師姐眼中勝過一般群體戲。同時，舞台劇對於林師姐來說是個容不得半點敷衍的熱愛，她的原則使她無法出演質量未達到她理想標準的演出。因此，她常常選擇自由度較高的獨角戲。自始至終都由她操刀的劇本才能更好地表達她想傳遞的信息，這也是林師姐當初投身戲劇行業的初心所在。



獨角戲的苦與甜

對於林師姐來說，表演女生獨角戲時最困難和最令她滿足的都是「一個人要面對所有事情」。一方面，獨角戲讓她在舞台上獨自肩負著觀眾的喜怒哀樂的擔子，她的表現往往直接跟觀眾的觀賞體驗掛勾。只要她的表現稍有差池，都可能會給觀眾帶來不好的體驗，這樣的低容錯率令她倍感壓力。另一方面，對喜歡與觀眾通過舞台劇產生情感連接的林師姐而言，獨角戲的吸引之處莫過於獨角戲演員與觀眾產生的情感連接往往比一般舞台劇演員更加緊密。因為觀眾在整場演出的注意力都集中於一個演員，演員細膩的心路歷程在時間打磨下更容易被體察。同時，觀眾也不只是扮演旁觀者的角色，他們的心跟隨著演員情感的高低起伏，如同朋友一般陪著她走過一段段不平凡的故事。當不同的靈魂因獨角戲而產生的共鳴契合的那一剎那，觀眾便成為了角色生命的一部分。因此，「獨角戲」的演出從來都不是孤獨的，林師姐與觀眾彼此心靈貼近的過程又何嘗不算是一場盛大的演出？

贈言

站在「夢想」與「麵包」抉擇的路口，很多人都曾有躊躇不前的時刻。而身為過來人的林師姐認為，破局的關鍵便在於尋找夢想與麵包的「交叉點」。她鼓勵我們在保證「麵包」的同時，積極尋找任何觸及夢想的可能性。因為我們的每一份經歷都會給自己養分，為日後會成就夢想作準備，讓自己成為更好的自己。以她自身的經歷為例，在做高級品牌公關的七年裏，林師姐依舊堅持每一年都進行一場獨角戲演出，以揮灑她對戲劇的熱愛，這便是屬於她的「交叉點」。她堅信我們不應對人生設限，持著一顆顆對夢想滾燙的心，終會讓兩條截然不同的平行道路融為一條夢與現實交織的繁花大道，在塵世的喧囂中通往屬於自己的那片淨土。

而對於那些懷揣著濃厚戲劇夢想的同學，她特別希望他們能享受和把握當下每一次表演的機會，就像林師姐的作品《我們很快樂》中Noel Tsang說的那樣：「機會一旦浮現在眼前，便要主動出擊把它抓住。」因為在下次演出來臨前，當下的表現都有可能是最後一舞。她相信舞台是夢想的載體，不應被悔恨遮擋了光輝。



後記

回首數十年逐夢之旅，戲劇早已成為林師姐生命一塊不可割捨的拼圖。無論是18歲的林師姐毅然遠赴美國修讀表演藝術及戲劇，還是工作了7年後的她為了全身心投入戲劇創作果斷「裸辭」掉體面的公關工作，那顆熱愛戲劇的滾燙心靈和那份忠於自己內心的灑脫與勇氣在歲月的洗刷下都未曾褪色半分。在追求「麵包」為主流的社會中，她大膽扎根在舞台上，執著地輾轉於劇本書寫和演技鑽研中。當她穿著樸素，在地鐵上看見無數個自己曾經光鮮亮麗的影子時，她說：「追夢有代價，選擇是自己做的，不管怎樣都不能後悔。與其跟別人攀比，不如專注自己。」可見，不管台上台下，她都是一名出色的獨角戲演員，專注於自己故事的書寫。「銅臭未染赤子心，歲月無阻璀璨夢」，相信在往後的歲月裏，林師姐將永葆那顆熾熱的赤子之心，在黑夜中一如既往地綻放戲劇璀璨奪目的花火。至此，祝願一舊飯團劇團蒸蒸日上，將獨角戲的魅力帶給每一個懷揣著夢想的我們。



逆流而上折桂蕊

翱翔書山啟鵬程

——專訪 2024 年度 IB 狀元陳翹洋師兄

葉柏寧、王澤鎧、林毅

聖記有不少出類拔萃的學子，其中如去年畢業的陳翹洋師兄，他在國際文憑課程考試考獲滿分，以狀元身份成功考入英國布里斯托大學的醫學系。據陳師兄所述，他在初中時成績並不非常亮麗，曾徘徊於中下之遊，他是怎樣讓自己蛻變的？他又為什麼以醫生為志向呢？這期就讓小編帶領大家深入瞭解陳師兄的成長歷程與成功之道吧。

求學之路

陳師兄初中之時並非名列前茅之輩，他也經歷過「低迷期」、「瓶頸期」。陳師兄所唸的小學是以中文為主要教學語言的，剛升上中學時，他便覺得荊棘塞途。他作答時受限於用詞表達，闡述不夠詳盡到位，由是成績大受影響。他憶述自己中一學習通識一科時，上課的內容似乎都聽得懂，測驗卻在20分裏只取得4分，而不及格的情況的反覆出現，這讓他意識到問題的嚴重性。他醒悟自己要比其他同學努力才能追上一般同學的進度，於是他增加了溫習時間，多操卷，多積累，努力提升答題技巧，最終皇天不負有心人，他的堅持讓他在一次次的測驗、考試中收窄與他人的差距，漸入佳境。

成功秘訣

升上高中，面對的挑戰更多、更難，陳師兄是如何攀越高牆，奪得桂冠的？除了努力以外，陳師兄還跟我們分享了三個竅門：其一是休息充足。陳師兄指在科學上，人有充足睡眠，大腦才能釋放較高水平的生長激素，這有助記憶力的形成與鞏固。而不少同學會做功課直至凌晨，或因為第二天的測驗而溫習至深夜，但當身體過勞，縱使許多知識似乎被「硬記」下來，也因沒有精神而無法妥善使用出來。陳師兄每天會睡8個小時，特別是考試期間，他指欠缺充足休息，在面對高壓的考試時，發揮一定受限制。

陳師兄亦提出良好心理質素的重要性。他提到自己升上高中後中文成績一直無法提升，徘徊於中下游，他嘗試用不同方法處對，但結果不如理想。每遇挫敗他都會堅持自我鼓勵，告訴自己「總有一天會成功的」，並積極檢討問題，再嘗試其他方式提升水平。「不要被昨天的結果影響到今天的發揮」，不理想的成績已經成為了事實，與其在負面情緒中徘徊，陳師兄認為更應該思考怎樣改變、進步、走下去。他回憶自己於自修階段消耗了一半的時間在應對中文科，但表現仍是不穩定，在最後奮鬥階段是很考驗考生心理質素的，那時他選擇堅定信念，全力以赴，「無論結果如何，起碼自己盡力了，那就不要留下任何遺憾」，他不斷地練習論文寫作，並提交給老師批改，而他最終不只打倒昨日的我，更創下了成績上的高峰。

其三，旁人的鼓勵也很重要。陳師兄提到在應付英國醫科入學試UCAT時，他操練考驗邏輯思維能力的卷別，表現屢屢不如理想，他感到要比應對ib考試壓力更大。他在跟一位身在海外的師兄交流、傾訴時，師兄給予他鼓勵，讓他重新振作。他又分享到自己提交論文練習給中文科鄒老師後，老師會向他提出改善建議，在多次一來一往的交流，反覆修正的操練過程中，他感受到老師不只語言上，也在行動上表達對他的支持鼓勵。而在做各科IA時，每遇困疑，只要他提出，老師也會耐心地解答他的疑問。在奔跑的路上，因著不同人在旁的打氣、陪伴，大家的言語和行動化為了他無形的前進的動力，讓他堅守不放棄，這也讓他明白要成功達成目標必須有團隊合作，他認為最後得到的成果是大家共同努力成就的。



滿載而歸

陳師兄憶述自己選讀聖士提反書院除了因為校園的環境和配套以外，他還是奔著IB課程而來的。說到3年IB課程的得著，他說自己得著的不只是知識上的，也包括技巧上、態度上的。他分享道IB課程著重訓練學生的自主性與自學能力，這為大學學習提前作好了鋪墊。以IB課程內部考核項目(IA)為例，就會著重訓練同學的研究技巧，讓學生自行設定研究方向，挖掘研究價值。此外，IB課程強調拓寬學習領域，學生不能只習慣吸收老師課上所教，還須自行吸納相關知識並整合拓展，才足以應付學習、考核。陳師兄認為這課程能調動學生的自主性，讓學生成為知識的主人，探索知識海洋的深度與廣度，也訓練學生更獨立、主動處事。

IB課程也提升了陳師兄的時間管理能力。他指國際文憑課程中有大大小小不同的研究項目，學生在遞交期限之前須自行設置階段性「死線」，並自我監督，否則，會把研究項目搞砸，影響成績。他以研究論文為例，選擇以科學為研究類別的話，同學要自行規劃何時租用實驗室做研究，遇上問題要主動向論文老師請教，也需要積極找尋不同的解決方法，如沒有好好的規劃，研究會流於表面。

問到「狀元」是否也算一種得著時，他笑言取得滿分，成為狀元固然開心，也是意料之外的事，可他卻覺得最大的得著並非成績，而是學會了「管理」之道。如之前所言，同學在處理內部考評與研究論文時需自行規劃進度，常常檢視表現，發現問題時要思考如何改善，他認為這種「反思」與「應變」的訓練有利於個人的未來發展，畢竟他日在職場上，也是要自我檢討問題與拆解，以臻於至善的。陳學長自言他很享受學習IB課程，可以感受到學習知識的快樂，還讓他明白處事之道，令他得益匪淺。



減壓之法

鞭策自勉的陳師兄在應試期間也是會有壓力的，他是如何減壓的呢？他認為要在學習與玩樂之間取得平衡點，側重其一，都不是好事。在自修期間，他每天都會雷打不動地按自己制定的時間表溫習，每天五點之後便是自由時間，他便會做一些令自己開心的事，如看網上視頻、做運動等。他認為若只是一味勉強自己溫習，不給大腦放鬆空間，只會讓大腦認為這片苦海永無止境，容易讓人氣餒。正是這點到即止、懂得自我約束的行事風格，配合堅持不懈的學習態度，讓陳師兄的成績更上一層樓。

另一種「學習」

說到學習以外的經歷，陳師兄指自己擔任的校內崗位數量雖然不多，但他認為聖士提反書院給予他不同的練就，學到許多無法在課堂上學習到的技能，其中最大得著便是提升溝通及解難能力。比如他在擔當風紀領袖生時，需要和不認識的同學合作，這時就很考驗他的溝通能力，學習如何與人建立關係。許多工作不是「動動嘴巴」就能解決的，籌劃及解難能力也十分重要。他憶述當時須在中一新生面試日協助維持秩序，在活動進行前他需要先清楚瞭解活動細節，並思考可能會出現問題的地方，例如中一家長車輛進出路線、家長等候區位置等，構思如何讓安排方便而可行。隨後便要與組員一起協商，並解答組員提出的各種疑難。事後大家會檢討活動成效，以求進步。這些經歷強化了他的責任感，同時使他做事更加細心。



讓他印象最深刻的是一次舉辦科學科意粉橋承重創意比賽的經歷，有同學取巧，直接將意粉鋪平，用膠水粘在一起，意圖取勝。陳學長當時認為那同學並未運用到科學原理，製作方式亦無任何創意元素，雖最能負重，卻不符合活動宗旨，如讓他勝利，便是對其他遵守規則的同學不公。作為科學學會幹事的他，當下就拍下了相關影片及相片為證，並提出己見，予負責老師審批。他指這類的經歷雖然令他感「意外」，卻能訓練應對、解難及溝通等綜合能力。

聖記生活

歲月匆匆，六年中學生涯完結，陳師兄很感恩自己是在聖士提反書院度過的，他指自己在遇到了許多良師益友，他覺得自己尤其幸運。他指自己在不同年級遇到了不同好老師，如鄒老師、Mrs de Vries、Ms Silver Chan、Ms Gregory、Ms Tsoi、Ms Tsui等。以Ms Gregory為例，她會給予學生壓力，鞭策學生進步。他指教導自己的老師都很歡迎學生提問，並盡力協助同學解決困難。而身邊的同輩也很友善，關係密切，建立一種共同奮鬥，又互相勉勵、嬉戲的氛圍。他笑言身邊的好兄弟並不會像女同學一樣正面地給予對方鼓勵，而會以「串嘴」的方式，調侃對方，又會自嘲，他笑指這是男生的減壓方式。雖然大家學習的科目不同，但給予對方的力量並不會因此減弱。正是因為彼此的相互支持，才能夠一同進步。

回顧這六年在聖士提反書院的生活，他以「逆境自強」來形容。他認為學習上是充滿挑戰的，但他也一次次的以「自強」迎戰。而不同的「逆境」也讓他明白要應對的不應只是眼前的困境，應該把眼光放遠一點，為未來籌謀，才能更好的裝備自己，減少障礙。比如他中三選科時會開始思考自己的未來，在一番資料搜集後，他確定了目標為英國醫學系。中四、五時，他便開始為目標做準備，除了要兼顧校內的大小測驗、考試外，還預備校外的IGCSE、UCAT考試。只有早作預備，才有更多的勝算、籌碼。他指自己有這種前瞻性思維跟父母的教育息息相關。他父母從事教育相關行業，會跟他分享現時年青人的情況，那時他便明白，如過不做好準備，可能會錯失機會，枉費時光。

走上醫道

取獲佳績的陳師兄選擇走上學醫之路，他為什麼那麼堅決要成為醫生？陳師兄小時候雖然已對生物、化學非常感興趣，但說到從醫這志願真正萌芽就要追溯到他疫情期間在加拿大的經歷。當時他還是中一生，而疫情剛好正在肆虐，於是他返回加拿大「避疫」，與公公一起生活。然而，疫情很快就「殺」到加拿大，公公不幸感染。他親眼目睹爺爺患病期間呼吸困難，飽受病痛折磨的情狀，他當時很擔心，卻無能為力，很希望自己有充足的醫學知識，能夠幫助爺爺，這讓他開始產生了學醫的念頭。及後，他嘗試瞭解有關醫科的課程，還找到了實習的機會。通過實習，他真正瞭解到了醫生工作的情況，目睹患者被醫治後的喜悅，明白了醫生這職業的意義與價值，他便更堅定了自己的目標。確定自己的理想專業後，他便開始著手準備。除了考UCAT和IGCSE之外，他還聯絡在英國讀書的師兄師姐，向他們瞭解英國升學的各種要求，和英國的醫療制度，並分析哪間大學最適合自己。他說夢想不要只是「想」，還要將它變成計畫，並實踐出來，這樣才有機會成真。

陳師兄這六年中學生活並非一帆風順，其中遇到了不少挫折與壓力。除了老師、同學、父母的幫助和開導外，自身持之以恆的毅力和良好的心態也尤為重要。「學習」不僅是認識書本知識，更是學會如何建立目標，制定計劃；如何管理時間，以達到勞逸結合；如何遇挫折而不言敗，迅速調整心態。當我們長大後，不一定會用到書本上的知識，但一顆熱愛學習的心和自強不息的精神，卻是畢生受用的。如果人生是一場馬拉松，那「學習」便是貫穿整場馬拉松的道路，而這條道路只能由我們自己走完。若果已經精疲力盡，也請重整旗鼓，並告訴自己再多堅持一會兒，因為你會發現之後的旅途也許越來越精彩，會有意料之外的收穫。願各位同學都堅持奔跑，成為自己人生中的「狀元」。



在我們的校園中，有一群年青幹勁的老師，孜孜不倦教導我們，但曾幾何時，他們卻在這求學，現在學有所成，重返母校薪火相傳。現在我們先認識其中一位——陳昱宏老師吧。

同一個校園不一樣的角色

陳昱宏老師訪問

陳芷茱、謝恩錫、周再瞳



陳老師於2014年畢業，中學時的選修科目為物理、經濟學及M2，亦是田徑隊以及羽毛球的成員，代表學校參加學界比賽，也是攝影組成員及圖書管理員，可謂動靜皆宜，文武兼備。

滿腔的熱誠

陳老師分享最令他印象深刻的是，當時攝影隊人數較少，但許多成員都是「死線戰士」(Deadline Fighter)。有一次，他突然發現明天就是攝影隊完成工作的截止日期，但負責的學長卻沒有指示，他只好自己聯絡其他同學一起留校解決問題。從這教訓中，他學習到不會將事情留到最後一刻才完成，學會凡事都要計劃周詳，有效管理時間。現在他無時無刻提醒自己要預留足夠時間面對突發事情。

陳老師對數理以及電腦都非常感興趣，因此選讀電子工程。畢業後，發現自己能從教導學生解答問題中獲得巨大的成功感，以及自己也是一個有耐心的人，於是投身教育行業，開設補習社。過程中，他意識到教導學生時不可只重視成績，也要關心學生的情緒。這份熱誠促使他重返母校任教。

陳老師表示讀書時自己成績平平，口齒不伶俐，不擅表達自己，甚至被人取笑。這番經歷使他更懂得如何關心同學，明白「遇到不擅長表達自己的同學，會盡力從旁提點他們，讓他們懂得表達自我，我想這是老師的責任」。

臻善的更變

陳老師時隔11年重返校園任教，如今已兩年。談及轉變，他表示最明顯的是在學校對於資源利用的提升。與學生時期相比，如今資歷較深的老師與資歷淺的老師合作無間，求同存異，共同塑造一個良好的工作環境，令他感到非常寬心。學校也提供了更多資源供同學在不同的方面發揮所長，例如新增了射箭隊、劍擊隊等，他又補充說：「以往，雖然學校也實行全面發展的教育理念，但有些成績稍遜的同學仍會被忽略，現在同學可在不同的課外活動發揮所長，有利成長，這是一個非常好的轉變」。

壓力的面對

曾當補習導師的陳老師非常清楚學生的壓力源自學業，對此，他用個人經歷作例子，分享一下減壓之法，他表示上了高中後，面對不擅長的文科而感壓力時，會向老師討教，或補習作彌補。同時，他也會參與學校活動，與朋友分享想法，以建立自信。如今成為老師，他期望有需要的學生可以主動找他溝通，他強調「其實最重要的是直面壓力的態度，打開視角，其實很多人都樂於幫助『你』的」。他自覺幫助同學舒緩壓力是自己職責的一部分。

人工智能(AI)的誕生

隨着科技的急速發展，AI已成為現代生活中不可或缺的一部分，「ChatGPT」，「poe」已無人不曉。AI作為一個新的工具，對學生的學習已帶來變化。身為ICT老師，他「相信AI在未來可以針對學習的疑問，提供正確引導，即時提供全面又準確的反饋。」幫助同學更有效學習。陳老師表示會在課上向同學滲透AI的知識，希望藉此教導學生怎樣正確使用AI，讓他們的認知增加廣度和深度，避免形成「機器人腦」的問題。



CIT的出路

陳老師提及他的大學教授曾說：「資訊科或與IT有關的產業已經佔全球高達40%的GDP。」這一數據清楚顯示出CIT這個行業在當今社會極具影響力。可見CIT課程可說是「與時俱進」的科目。陳老師認為修讀CIT可讓同學對現代科技的發展更為了解，掌握新的資訊工具的能力也會大大提升，從而對未來的職業生涯打下堅實的基礎。

問及隨著AI的普及，傳統程序員職位可能被取代，這是否影響修讀ICT同學未來的就業前景？陳老師坦言相信事實並非如此簡單。在不同的時代，人類面臨的挑戰和問題各有不同，關鍵在於靈活變通。所謂「取代」，通常針對較低技術或重複性較高的工作，而人的思維及創造力始終在不斷進步。新科技的出現，雖然會取代某些行業，但同時也會促使某些新職業的產生。

未來也難免有變數，但這不意味著危機，而是機遇。陳老師也堅信AI的出現對我們帶來的正面影響將超越其帶來的挑戰，也預示一個充滿潛力的新時代的出現，同學要不斷學習及成長，才能立足於新時代的洪流之中。



“

後記

在本次採訪中，我們可以看到陳老師從學生到老師的變化，反映了他的努力與付出。他從自己經驗出發體諒學生的困難，他對人工智能見解增長我們的知識。相信他能在工作中找到自己的成功感，找到自己的位置。在此祝願老師在母校工作愉快、順利！

”

離去重回的使命

崔浩謙老師訪問

陳諾、蔣家綺、宋佩雯、陳至洲



百年風華，育英無數。莘莘學子從聖士提反書院畢業後，如同桃李千枝競放，在不同的行業領域發熱發光。母校對於他們而言，不僅承載了數年難忘而美好的時光，更是給予他們成長的方向，使他們在職業生涯的道路上走得更加順暢。今日，我們有幸訪問經濟科崔浩謙老師，談談他的讀書與教學經歷。

母校的變化 師生的溫情

崔老師畢業於2019年，隨後升讀科技大學。大學期間，他參與了許多小組項目，這些經歷提升了他的人際交往技巧和合作能力。他表示這些技能對將來的職業生涯，影響十分重要。

談到母校的變化，崔老師指出變得很快、好大，比如鄧肇堅運動場草地、黑盒劇場和大禮堂，都為學生提供更好的學習設施和活動空間。在教育理念上，學校注重學生的全面發展，「讀」、「玩」共備，他認為這些都是學校保持優良傳統的重要原因。



談及學生時代的難忘經歷，她憶述有一次的聖誕聯歡會，與班主任李振聲老師一起玩旅行麻雀的情境，既歡樂又溫馨，展現了師生間的親密關係。同時，他又提到，中五中六期間，在大學選科時感到迷惘，幸好，鄧老師（現為助理校長）提供了不少的寶貴意見，幫助他根據自身的能力和分數做出明智的選擇。這種關懷和指導，讓他倍感敬佩，也深刻體會到老師在學生成長中的重要角色。



身份的轉變 情懷的傳承

昔日是學生，今日是老師，這一身份的轉變不僅是職業的變化，更是情感與使命的升華。崔老師深知教育不僅關乎知識的傳遞，更是對學生心靈的滋養與引導。他認為對於聖士提反書院的同學來說，選擇重返母校工作，一定會有很強的歸屬感，不僅是對母校的情感寄託，也是對母校文化的認同。崔老師表示很榮幸能夠回到母校工作，能在這所美麗的校園傳承知識，令他倍感珍惜。因為，這不僅在於知識的傳授，更在於情感的傳遞與責任的承載。

全面的發展 良好的規劃

談及本校同學如何裝備自己，才能立足社會？崔老師認為本校同學，尤其是高中的同學，一定要做好生涯規劃，例如大學想讀什麼學系，要懂得根據目標做好學業上的規劃。這樣才能實現理想，將來才有條件立足社會。他認為面對未來的挑戰，同學要培養良好的學習態度，成為能夠獨立思考和解決問題的人。

崔老師以「聰明」、「靈活」、「友善」、「全面發展」形容本校同學。他認為同學重視多元發展，思考靈活，做到博學多能。這些特質亦影響他的個人教學風格，在任教經濟科和人文社科時，可以嘗試多元的教學方法，平時亦能不拘束地與同學相處，建立亦師亦友的關係。



後記

聽完崔老師的分享，讓我受益匪淺，路上遇到絆腳石是難免的事，沒有人的路可以從頭到尾都平平整整，總會有些磕磕絆絆，只要自己一步一個腳印努力向好的方向前進，相信總有一天功夫不負有心人。希望崔老師在未來的日子，在母校追求自己的理想，成就更加精彩的人生，祝老師工作愉快、順利！



回到母校播種的師姐

阮文樂老師訪問

朱智和、黃茜雯、林子淇

動靜皆宜的學生

阮文樂老師在我校讀書時，選修生物、化學、經濟、數學M1，於文憑成功考上香港大學生物化學系。學生時代的阮老師不僅只重讀書，還參與文物學會及合唱團、田徑隊和中文學會等課外活動，是名副其實的All Round Student。

大學畢業後，阮老師選擇重返母校任教，成為一名科學科老師，將她的所學傳播給更多人。現在，讓我們一同回顧她學生時代的經歷，了解她的過往。



循循善誘的老師

談到學生時代的老師，阮老師表示有幾位曾經給她解惑指點的老師，如中文科黎婉慧老師和郭佩貞老師、化學科張吳碧雲老師、通識科廖月華老師及經濟科黃家麟老師。他們在她的求學經歷中給予莫大的幫助，令自己獲益良多，也為自己身為老師的模範。阮老師還分享在那時，還會與同學在宿舍打邊爐、在數學堂與老師一起玩德國橋牌，從中學習概率。這些經驗讓她深刻地瞭解了知識，也促進了師生感情。

這些美好的回憶和經歷成為了阮老師重返母校任教的原因之一，另外一個原因是學校優美的自然環境可以成為教授生態環境時的自然資源。阮老師又表示，衷心感謝老師們的關心和幫助，令她很快適應教學環境，刻感受到的母校的溫暖。



主見多多的同學

談及對聖記的同學的印象，阮老師直言「當我步入大學後，我發覺聖記的學生有種獨特的特質——也就是『有主見』！」聖記同學們的思維方式顯著不同，而這種「有主見」的特質，歸功於學校所營造的自由氣氛：教師們在課堂上鼓勵學生積極表達個人意見，從而有效促進了思維的碰撞與深入討論。此外，聖記獨有的導賞團為同學提供了思維和說話的訓練，向外界人士演說的機會，培養表達與溝通的能力。另外值得一提的是，阮老師表示比起當年的學生，現在的同學更懂得表達自己的想法，尤其是在學生會以及其他學會自主舉辦活動方面。阮老師還強調，「有主見」不僅是聖記同學的標誌與傳統，更是一種值得持續保留的寶貴特質。

暖意滿滿的贈言

訪問期間，問到阮老師在職業選擇方面對同學有什麼建議時？阮老師說，首先要知道自己的能力及擅長的事。這裏所指的能力不僅指成績，同時也指個人的性格與特質。阮老師還特別提到有時同學可能「當局者迷」，不知自己強弱項，這時可以借助一些線上資源，測試自己的性格特徵，此外，又可詢問身邊老師、同學的意見，因為他們較熟悉你的為人。同時，阮老師還表示大家應遵從內心的喜好，以興趣為先。如果實在迷惘，猶疑不決時，可以運用「排除法」：排除你最不喜歡的工作，收窄選擇的範圍，這能幫助同學更容易找出適合自己的方向，接受你稍稍不喜歡的工作。至於面對大學選科的高年級同學，老師建議大家積極參與大學的諮詢日，以更深入瞭解不同學科的教學內容與發展方向。



對於本校同學要怎樣裝備自己才能立足社會，阮老師主要提出了兩點。由於時代在飛速發展，社會在不斷進步，她認為最重要是懂得怎樣去「學習新事物」。在新時代背景下，大家都是社會環境變化的見證者與參與者，所以我們更應時刻保持學習及汲取新知識，做到與時俱進。除了知識外，其次就是一些軟技能（soft skills），如與人溝通的技巧。阮老師表示現在很多工作都是需要與人合作的，所以這些技能將會很有必要。她更笑言這些技能雖不一定能在課堂上學到，但是卻可以在小組作業或者課外活動學到，有時候，這些能力比「讀書」更重要。

最後，阮老師向同學贈言：隨時做好準備，因為機遇是不知道什麼時候就會來的，機遇總是留給有準備的人的，只要你最好了充足的準備，它來的時候便不會白白地流失。



後記

訪問期間，阮老師一邊憶述自己在聖記的往事，一邊為我們打開更多思路，讓人覺得她很真實的與我們站在一起，寫屬於自己的精彩篇章，祝願老師在母校工作愉快、順利！



前言

在聖士提反書院內，常常見到一個衣著打扮時髦的中年男子，他身強體壯，精神矍鑠，總是提著大包小包重物，穿梭於校園內外，為師生們傳送重要的文件。這個神秘人物就是本校校工——陳天玄師傅。為何我們尊稱他為「師傅」？因為他除了是我們學校的校工，更是精通武藝、身手不凡，身懷「舞獅」的高超技藝，更是道派宗師第四代傳人，可謂深藏不露。而舞獅，是香港非物質文化遺產之一，是民間演藝家留下的文化瑰寶。天玄師傅致力於傳承舞獅，向不同年齡層推廣舞獅文化，更成立長者獅隊「樂齡耆獅」，義務教授長者舞獅技藝，這種精神實在令人敬佩！為何天玄師傅身懷絕技，卻甘願留在我們學校當校工？他為何如此熱愛舞獅文化？請各位跟隨小編深入認識天玄師傅吧！



與「獅」結緣

天玄師傅自幼熱愛舞獅運動，曾在訪談中笑稱自己身上留著舞獅的血。那到底他如何與舞獅結下「不解之緣」呢？

原來天玄師傅的家族居住在香港仔，是漁村的水陸居民。作為漁村村民，他們通常信奉道教，以供奉天后為主。過去，上契的習俗盛行，因此天玄師傅出生時便認天后娘娘為乾媽，並取名天玄。舞獅也與道教習俗息息相關。而天玄師傅的父親是一位業餘演武家。在天玄師傅年少時，常常跟隨父親到圍村觀看傳統的舞獅表演，並學習舞獅的歷史。在耳濡目染下，他對舞獅產生了濃厚的興趣，隨著時間的推移，逐漸演變成了愛好，自此與舞獅結下不解之緣。長大後，天玄師傅的父親發現他在舞獅方面頗有天賦，於是讓他到元朗圍村正式拜師學藝。大約在中一時，天玄師傅正是式開啟了他的舞獅之旅，成為道派舞獅陳斗的第四代傳人。

那麼醒獅有甚麼魅力能吸引如此多的愛好者呢？首先，醒獅是傳統武術及音樂的結合，十分有魅力，醒獅的音樂輕快，鑼鼓震天，氣勢磅礴，而鮮豔的獅子外表更能讓人心情愉悅。其次，舞獅是情感與個性的表達，通過舞獅表演，表演者能抒發個人情感，展示每個人獨特的性格和情感。正如書法中「字如其人」，舞獅中「獅如其人」，每位表演者都有他自己獨特的風格。舞獅藝術以其獨特魅力吸引了不少年輕人學習，其中不乏年青女孩，舞獅成為了一種她們表達自我的途徑。

舞獅文化

舞獅，是中國傳統武術與音樂相結合的一種藝術表演形式，歷史悠久，承載了豐富的文化內涵與底蘊。但舞獅具體的出處卻眾說紛紜，在例如有人說這是源自古代民間表演藝術家向帝王獻技的傳統，如京劇、皮影戲、雜耍等表演藝術般，舞獅也是其中之一；也有人認為舞獅的原型為獨角獸，後人將其形象以紙紮形式呈現，逐漸演變成了如今的舞獅；也有另一種說法是獅子是由西域傳入中原，人們以紙紮的方式來模仿與描繪獅子的形象，經過多年的傳播、推廣，逐漸演變成了舞獅這項表演藝術。

儘管關於舞獅的起源說法不一，但天玄師傅並不執著於此，他認為我們並非生於古代，難以考究傳說的真偽。但有一點是能肯定的——舞獅是傳統功夫的其中一種表現形式，正如民間習武之人會靈活運用身邊的事物，例如擔挑、鋤頭、板凳等作為兵器，以施展他們的功夫，人們在習武的基礎上，套上獅子威武的外型進行表演。舞獅的表演充滿了武術的精神和技巧。正因如此，舞獅不僅僅是一種藝術表演，更是一種對傳統武術的傳承與發揚。

在南方醒獅中，分為佛山獅和鶴山獅兩大派別：佛山獅以其大而圓的獅頭、寬額而聞名，我們熟知的電影《黃飛鴻》中的舞獅便是佛山獅；而鶴山獅則是由佛山獅演化而來。在十九世紀末，來自鶴山的馮庚長師傅對佛山獅的結構、尺寸和款式進行了改造，以更好地配合自己的舞獅表演，由此創造了鶴山獅。馮長師傅更提升了舞獅技術的層次，成為開山立派的「一代宗師」。現今鶴山獅的獅頭相對較扁而長，形狀如似青蛙，嘴部突出，形似鴨嘴，這種設計使得鶴山獅在表演時對比佛山獅顯得更為靈動和小巧。

在技術方面，兩派也有不小的區別。佛山獅強調「硬橋硬馬」——要求馬步穩固，注重下盤的穩定性；而鶴山獅則結合了「北獅」，也就是金色獅子的風格，表現出更多的跳躍動作。並展示較為全面的傳統地面功夫。使得鶴山獅在表演時有更大的空間去展示功夫技巧，而不局限於跳橋或其他空中表演。



舞獅技藝學習

天玄師傅學習舞獅已經30多年。初學藝時，天玄師傅需要先學習音樂和節奏感，為學習舞獅之路打好堅實的地基。師傅大概在兩到三個星期之內便熟悉了舞獅的節奏感。熟悉舞獅的音樂後，就到下一階段——將功夫融入舞獅中。他把獅子當作是功夫中的兵器，而人則需要融入適當的力道、巧勁去控制獅子。在這個階段，最難的是把傳統功夫的發力與獅子融為一體，把獅子舞得虎虎生風、栩栩如生。表演者需要清楚知道不同的動作需要用到不同的發力位置 and 不同程度的力量，例如表演某個動作時需要以全身力道，表演另一個動作可能只需要以手臂向上推的力量，這便是將功夫與舞獅結合的學問。那何時該用哪種力道呢？這就需要靠無數次的訓練、累積經驗練就肌肉記憶，才能將獅子舞得有美感、靈動。天玄師傅認為學習傳統舞獅大概要到三十歲才容易技藝成熟。天玄師傅坦言，二十多歲時，自己的舞獅往往追求力道，一味跳躍。只有到一定年齡後，透過個人的鑽研，以及向前輩請教，才學會力學分工和適當的發力方法，從而表現出獅子的情緒。而與音樂結合也是表現出獅

子情緒的方式，例如將拍子與心率結合。舞獅需要做到有動有靜，找到其中的平衡，舞獅技巧才能更上一層樓。

樂齡耆獅

天玄師傅致力於傳承舞獅，他更抽空義務教導對舞獅感興趣的小朋友及銀髮族舞獅。這兩年來，天玄師傅帶領一班老當益壯的長者們到我們學校表演，更讓我們記憶猶新、嘆為觀止。原來天玄師傅這幾年在小西灣路德會長者服務單位成立「長者獅隊」，義務教社區內長者們舞獅。

為何會成立長者獅隊呢？這源自於天玄師傅到社區表演時，長者觀眾們表示「要是能摸著獅子的頭拍照就好了」、「平時難以接觸獅子的內部結構，因而對此十分好奇」，更有長者想親自學習這門傳統表演技藝，感受醒獅藝術的博大精深。有感於此，天玄師傅在社區成立長者舞獅隊。支持他奉獻自己寶貴時間的主要原因是，天玄師傅希望社區內的獨居長者們可以走出家門，多踏足社區、多運動、多社交、多鍛鍊身體，這樣一來長者們能夠有美好的精神寄託，更能夠接觸更多的人群，拓寬社交圈子。長者們不但能有健康的消閒方式，他們也不再感到孤獨，為自己的晚年生活添一抹色彩。

天玄師傅如今在本校擔任校工，對於正值壯年的他而言，可謂有些「大材小用」。其實，以他的資歷，肯定有機會找到薪水更優厚、工作條件更優越的工作，又或是全心投入到教授舞獅或舉辦不同的舞獅表演，宣傳醒獅文化。為何師傅能心甘情願「屈就」在本校當校工？天玄師傅認為能夠在聖士提反工作，其實是再好不過的選擇。因為在本校工作，每天大約三點多就能下班，能夠兼顧教授舞獅、幫助長者。平時天玄師傅會在下班後，立刻前往小西灣社區教導長者們，晚上更不時有舞獅小課呢。這樣一來天玄師傅可以妥善平衡工作與個人的興趣、理想。另一方面，本校環境優美舒適，令人心曠神怡，觸目可見的海景也十分吸引，學校也真誠地表示需要天玄師傅這位男性校工處理學校的工作，所以天玄師傅為了夢想、為了興趣、也為了我們學校，選擇留在聖士提反書院工作。

舞獅的傳承與創新

談起「醒獅」這項非物質文化遺產的傳承，天玄師傅表示慶幸自己能夠成為道派宗師陳斗第四代傳人，隨後熱烈地談到自己的初衷：「我的目標是推廣舞獅，發展為健體運動，達至區區都有舞獅！」他笑了笑，像那些在熱血漫畫中的主角，懷著夢想，立下宏圖，聽完他的故事，小編們覺得他做到了。

鑼鼓喧天，彩獅躍動，那天玄師傅到底怎樣傳承「舞獅文化」，讓這項技藝能較為現代人所接受呢？方法就是他在傳承中創新，在創新中傳承。他改良了傳統，以新方法教老人家舞獅。可他的方法也曾遭到師傅的質疑，師傅認為「傳統便需要堅持」、「傳統舞獅的音符不能變啊！」天玄師傅靈機一觸，「那我就簡化音樂，將拍子稍作改動」，他侃侃而談道。除此之外，他在動作上亦略有革新，如減少跳躍動作，將動作要點放在上半身，以適應長者學習的需要。對此他感嘆道鶴山獅的發力點能夠分開，十分切合長者的學習需要，可謂是「天作之合」。而樂器上，天玄師傅的獅隊不再受傳統所限，為了讓更多長者投入其中，他將4至5副樂器增至10副左右，擺脫了傳統獅隊的桎梏，讓更多長者能參與舞獅表演。他為「舊藝」穿上「新衣」，為這份響徹了兩百多年的非遺文化，增添了新的音符，上至獅隊88歲的老人，下至各個地區的學生，都親臨體會這首新篇章。這是文化的傳遞，也是醒獅文化的另一種「新生」。

讓醒獅煥發「新生」後，不少年輕人在社交媒體上留意到天玄師傅的創舉，便慕名而來拜師學藝，中小學生及大學生紛紛前來學習舞獅，有人甚至遠在汕頭也前來斟茶拜師。不僅如此，現在大約

有百分之二十的中小學開設了舞獅隊作為課外活動，舞獅在年輕一代的視野裡嶄露頭角，天玄師傅談起這事時是興奮的，是驕傲的，小編在聆聽時亦能感受到那份來自文化復興的激動。這條路他走了這麼些年，一步一步，儘管常遇挫折，如香港昂貴的租金限制、練習舞獅的音量限制、難以找到地方教學，可這些風霜並未吹散他堅定的足跡，他留下的腳印是舞獅文化的歷史，抬頭放眼望去是革新後的新生，那份在快節奏時代裡落灰的非遺，被天玄師傅小心翼翼的擦拭乾淨，帶到了我們每一個面前。

舞獅對年輕人的價值

天玄師傅帶領著許多的年青人和長者們學習舞獅。那舞獅對年青人來說有甚麼價值呢？首先，舞獅可以讓年青人學會互相合作、相處。例如我們在觀看表演時通常較少關注的獅尾，其實是個無名英雄，需與獅頭緊密配合，十分辛苦；又比如舞獅的樂隊，其中包含鼓手一人，鑼四到五人，還有大鑼。因此舞獅中的合作無處不在，從獅頭與獅尾，到樂隊的內部配合，再到樂隊與獅子的配合，年青人學習舞獅時，能從中學到團隊合作精神，更能學會欣賞別人的優點，彼此尊重。此外，舞獅表演需要強健的身體，以及高超的控制力，對於現在部分整天窩居在家中的年青人來說，也不失為一種強身健體的好機會。

贈言

天玄師傅作為醒獅文化界的前輩上，他勉勵同學們能夠在勇敢追夢的同時，學會精益求精、靈活變通。同學們趁著自己年少，不妨帶著滿腔熱血去追求自己的理想。與此同時，天玄師傅鼓勵年輕人要求自己盡善盡美、精益求精。機會無比難得，若是有機會，那務必多花些心思將它做到最好。無論是興趣愛好也好，進德修業也罷，都需要要求自己追求完美。

另一方面，年輕人不該浪費自己多元、多彩的想法，有時毋需墨守成規，若是一直照搬前輩傳統，有時未必能讓人進步。他常對年輕一代說：「要學會靈活變通。」因此，在打好基本功的情況下，盡情展現個人風格，按照當代情況做一些變通，讓「老樹」長「新枝」。天玄師傅真誠地期盼年輕人能夠在各個方面追求卓越，盡情追逐理想，不為自己留下遺憾。「舞獅也一樣，做人也一樣」天玄師傅說道。

後記

循著長達三十年的腳印，我們走進了天玄師傅與舞獅的旅途裡，輕輕捧起掛滿霜寒的沙石，試圖將這段風霜篆刻，但天玄師傅便是那樣一個人，他會讓我們打量手心的沙石，仔細一瞧，原來在前人的步履蹣跚下，沙石早已光滑，可風霜依舊，那該如何是好？「那我便帶著理想，走一條不同的路。」想必他會如此答道。他承載著那份文化的厚重，那份使命的蓬勃，那份震耳欲聾卻又在歷史長河裡逐漸沈默的舞獅文化，他未走前人的路，亦或者說他開闢了一條新的路，那條路上有老人，有學生，他們雖不是流著「舞獅血」的傳人，卻都是富有「舞獅魂」的人們。

這群普通人加入了這份特別的文化，讓傳統脫掉一份厚重，穿上一層「新衣」，讓文化賡續，使歷史的頌歌以新的方式鳴唱，無論是改拍子、增樂器、變動作，這份星火已然燎原，帶來從未觸摸的溫度，是情，是文化，是照亮前方的「陽燧之火」。「燈生陽燧火，散鯉魚風」，這份溫度將一路延續，鯉魚之風將吹拂眼前的路，弦歌不綴，亦與時偕行，正如天玄師傅所期待那般：「技藝復興，指日可待。」



——專訪楊林僖學姐

林韋軒、薄睿華、陳綽瑤、黎悅加



在聖士提反書院裏，有一位讀DSE的中五學姐，她不只名列前茅，而且文武雙全，動靜皆宜，球技了得之餘，又寫得一手好文章，在學生報連任兩屆主席。她是誰？她就是楊林僖學姐。她是如何能妥善兼顧學習，與不同課外活動的呢？她在初中時學習表現不太突出，她是怎樣一步步攀上高峰，最終獨佔鰲頭的？她在聖記又有什麼難忘的經歷呢？今天我們就讓小編帶大家來多了解一下楊學姐吧！

享受在港學習

楊學姐為跨境學生，她認為內地和香港教育制度各有好處，前者較重視實的知識根基培育，後者較重視學生的多元化發展，而較活潑好動的她選擇了在香港學習，她認為這裡的學習模式較適合自己。她以聖記為例，指學校強制初中同學參加一項運動、一項藝術相關的課外活動，並為同學提供豐富的課外活動選擇，她認為這不僅令同學更健康，有利於發育成長，而且也能提升同學的社交技巧，有助開拓圈子。參與籃球隊的她，因外出比賽、交流，令她認識到很多志同道合的朋友。



楊同學也欣賞香港公開試的評核模式，認為這種考核制度重視考生知識的運用，而且評分準則較為靈活，如歷史科，沒有一套限定性的標準答案，而只是根據考生的取證、闡述是否到位充份而評分的。這種考核考驗考生臨場審題與應對，發揮空間也較大。

「級一」秘訣

初中毫不起眼的楊學姐是怎樣攀上「級一」的位置的？她有何成功之道？楊學姐察覺在許多人眼中「學習」仿如一條充滿荊棘的「障礙賽」，其中一個關鍵是他們因為家長、朋輩的壓力而讀書的，是為他人而讀，老是在被迫完成任務，「學習」便很容易變成令人厭惡的事。她認為每個人要知道自己學習的目的，比如是想達成自己的目標、期望，成就自己的夢想等，有為自己奮鬥的「目標」、



「原因」才能讓人在心情低落，甚至打算放棄的時候，支持着自己繼續投入學習，甚至會享受學習。楊學姐自言自己中一、二讀書不太好，曾位居一百五十多名，在中三時她知道選科影響高中發展，開始著緊課業，而她又是個好勝心強的人，更不希望輕易認輸，所以她設下挑戰自己的目標，並為此奮力一搏，而她的努力終令她創下佳績，成為了「級一」。

除了找出自己學習的原因外，她認為上課專心聽課也是很重要的。她回顧中一、二時，上課沒有投入其中，考試前才把各科教授的知識點重新整理，要把百多天的學習內容濃縮到兩、三星期整理及背誦好，面對如此龐大的工作量是很痛苦的事，一方面會感受自己已落後於人，另一方面要承受追趕進度的壓力。她認為老師在授課前已整理好知識點，課上按部就班、由淺入深地傳授，如自己能在課上專注聽懂學習重點，吸納知識，課後就不用再花時間慢慢梳理。再者，課上有不懂可以直接向老師詢問，這不僅便捷，妥善解決疑問，而且能令印象深刻。養成專心聽課的習慣可以令溫習效率提升，有更多空閒的時間去做自己喜歡的事，不只令人更自由，也令人更快樂。

面對挑戰

學習的路途會遇到種種挑戰，學習調整面對挫敗的心理是很重要的，不要讓自己過度內耗。去年考獲「級一」佳績的她，會不時檢視今年各科功課、小測的表現，每每看到自己不是最高分，或不及自己預期時，就會質疑自己去年能取佳績會否只是幸運，懷疑自己的能力是否退步了，由是會陷入「內耗」。遇上這類挫折時，她坦言自己也不是可以立馬調整心態，也是會低落一陣子，然後強迫自己不要再糾纏於「失敗」，告訴自己「失敗乃成功之母」，讓自己重新回到學習的軌道上，再次努力。自我勉勵不代表逃避問題，因楊同學之後還是會正視問題，找到自己在試卷犯下的錯誤的地方，想辦法修正的。

課外之樂

說到課外活動，楊師姐認為自己在學生報得著頗大，但原來她與學生報一開始的緣份只是無心插柳。楊學姐因為協助拍攝學生報的宣傳片，認識並加入學生報的，當初她對寫作和訪問他人並沒有什麼興趣，但在學習、體驗的過程中，她慢慢開始享受寫作和採訪的樂趣，她認為興趣有時是需要時間浸淫及挖掘的。





言自己在整個訪問中不時成為「焦點」，好不尷尬。她事後檢討，反思到自己的失儀，認為自己不只在代表學生報，也代表現時的「聖記」學生，自己的言行也許會影響校友對母校的觀感。為此，她學習如何更有禮貌地回應他人，而她及後在多次訪問的表現也獲得不同老師的讚賞。

平衡之道

楊師姐除了處理課業，還參加籃球隊，又是數學學會和學生報的主席，她是如何平衡各個範疇的呢？楊師姐認為最關鍵的是要懂得取捨。首先要審視自己當下重視、需要的是什麼，如你要「取」學業上成績優異，就可能要「捨去」一些職位，不要包攬太多。而如果在學習與課外活動也兼得，就要割捨自己的私人時間，包括作息時間，自己須衡量這「取捨」是否最為適合。

此外，她也跟我們分享其減壓之道。她指壓力很多時來自於擔心、恐懼自己能否準時、有效地完成所有要做的事，最好的減壓之道就是先列出要做的所有事，然後按須完成的期限、事情的重要性，排先後次序，再編排進自己的時間表，這樣就能讓自己意識到只要按部就班地——完成，問題便會迎刃而解，不會讓自己在無形的恐懼中持續「內耗」。

住宿生活

聖士提反書院除了為同學提供多元化學習以外，還提供住宿生活，楊師姐作為其中一個宿生，她表示很滿意這裡的住宿生活，亦覺得學校對跨境學生的照顧十分周全。新冠疫情期間，香港封關，不少像她這樣的跨境學生滯留香港，學校因應情況，讓她們週末留宿，並安排宿舍和飯堂職員上班，看管、照料好同學，宿監也親自關心同學需要。及後疫情持續，聖誕長假也未許返回內地，學校宗教科鍾老師主動為同學於港島區尋找並預訂合適而便宜的酒店，讓同學有安身之所，楊師姐十分感激鍾老師的付出。假期之間，鍾老師也曾帶教會朋友前來探訪，特意關心學生，讓同學留在異鄉也感受到絲絲溫暖。

楊師姐表示宿舍生活是讓她成長的其中一個重要元素。她分享中一的她頗為頑皮，當時她因疫情關係週末留宿，曾於凌晨一點躲到浴室打平板電腦，及後因遊戲聲音驚動巡邏的宿監，結果被宿監收走平板電腦。當時的她較叛逆，總喜歡和宿舍主任唱反調，不願輕易順服，平板電腦被收走了使用手機，這樣的情況重複發生，結果因欠缺通話工具，讓父母有一段時間不容易聯絡得上自己。直至中二時楊同學開始改變，慢慢明白自己的行為影響自己，也影響他人，也就調整自己，改變作息時間了。

宿舍生活少不了要學習和別人的磨合，楊師姐這五年也學會了不少待人接物技巧。她說今年很慶幸遇上兩位好姊妹（陳映竹同學、陳穎心同學）同房住宿，讓她得著更豐盛。她指兩人不但自理能力強，還帶動了學習風氣，令她更加享受學習。她分享道兩位姊妹讀的學科跟她不同，她有時會拋出一些問題，兩位姊妹會就其學術知識所知回應她，在這輕鬆溝通的過程，讓她增進了不同領域的認知，豐富對世界的了解。此外，大家也很信賴對方，壓力大或成績不好時也一起傾談，或做運動減壓；自修時，偶爾閒聊兩句，說說笑話，放鬆一下，又再投入學習，讓學習的過程不會過於平白，或過於緊繃。她希望借學生報這報導，表達對兩位文武雙全的姊妹的欣賞，並向兩位同伴表達深深的謝意與濃濃的愛意。

我看聖記

歲月匆匆，轉眼楊師姐已在此度過了四年多了，回望點滴，她想以兩組詞語形容學校。第一個是「鬆弛」，因為學校提供了不同的課外活動，讓同學在學習以外，也有空間、機會接觸不同人、事，在娛樂的同時了解自己，認識世界，這可讓同學更享受求學的階段。第二組則是「包容」，她表示她在低年級時「臭名昭著」，被老師、主任記缺點，及至中三時她希望「改過自身」，老師也不會以刻板印象視之，而是給予機會，全力幫助她進步。以學報為例，即使她不小心冒犯了受訪者，學報老師也沒剝奪她之後的採訪機會，而是教導她如何得體地應對，引導她在不同訪問中成長。

從楊師姐的分享，我們看到她在學業，乃至待人處事上的成長，她讓我們知道每一個平凡的同学其實也可以蛻變，也可以成長，關鍵是我們是否願意嘗試投入學習，乃至校園生活，和認真反思。願大家以楊師姐為榜樣，學習她為自己找尋學習的目的與目標，嘗試為之付出，並積極投入校園生活，享受學校賦予我們美好的一切，像楊師姐一樣享受學習，也享受校園。



Ink-tellectual's Insight – an interview with Head Girl Ashere Cheung

Selina Lau, Ariana Li, Sherlyn Ma, Isis Ng, Valery Sham & Alexis Tam

"The best way to understand people is to listen to them." is a quote by Ralph Nichols, and it is a quote everyone should adhere to. To understand others' experiences, one should listen to their words. We had the opportunity to conduct an interview with Ashere Cheung, Head Girl of the school year 2023-2024. Known for her academic achievements, diligence and dedicated leadership, she is a role model admired by numerous people. This interview was insightful for all of us as Ashere gave us an in-depth introduction to the life of a Head Prefect and the struggles and difficulties she faced during her tenure.

Motivations to Lead and Inspire

Ashere expressed her desire to become Head Girl by mentioning the many opportunities our school has provided her, including roles such as Vice President of the Student Association and Assistant Head of the College Ambassadors. She feels it's now her turn to give back to the community that has supported her development.

Ashere's greatest inspiration to lead and support others are her parents, crediting them with teaching her the importance of leading by example. They have consistently provided her with valuable advice and support during challenging times, helping her navigate various obstacles in her life.

The Enlightening Experience of being Head Girl

Ashere credits her success as a Head Girl to her efforts in being humble, emphasising the importance of listening to different people's opinions and advice and reflecting and improving on those ideas. As a person in a role of leadership, she believes one should be an exceptional team leader and player at the same time, helping others while communicating with team members. Being Head Girl has also made her more empathetic. The role has taught her to listen better and understand what others need. Now, she thinks more about other people's perspectives, which has helped her connect with her peers.



Ashere was a core member of the College Ambassadors



Ashere believes her experience as Head Girl will be crucial for her future. She knows that teamwork is essential in any career, as most jobs involve working with diverse teams. Her time as Head Girl has made her a better leader and a strong team player, preparing herself sufficiently for her future.

Ashere hopes to leave behind a legacy where she creates a supportive school environment where students remain humble and open to learning from others. She emphasizes the importance of listening to diverse advice and ideas, regardless of one's leadership status, and highlights the need for mutual respect and collaboration by recognizing each person's unique strengths and weaknesses.

Struggles Endured and Challenges Faced

Ashere regards the high standards set by others as the most strenuous part of her position. Being required to perform her best both within and outside of school, it's often taxing for her to maintain the image of a good role model to others, though she is grateful for the support her peers and teachers given throughout the school year.



When it comes to overcoming stress, Ashere acknowledges that she struggled with this in her earlier years. However, she has learned that while we cannot change the past, we can shape our future. This mindset helps her transform stress into motivation, and she believes that reaching out to parents and friends is crucial when feelings become overwhelming.

To balance her academic responsibilities with her duties as Head Girl isn't a walk in the park either. Ashere emphasizes the importance of time management. She believes in planning ahead, creating calendars, and avoiding procrastination. Additionally, she collaborates with other prefect leaders to evenly distribute their workloads, ensuring that everyone can manage their responsibilities effectively.

Towards students aspiring to become future leaders, Ashere once again stresses the significance of humility and cherishing any given opportunities no matter how negligible they seem, as they pave one's way up to roles like head prefect and house captain. Finally, she reminds students to do their very best and serve whole-heartedly and seriously.

Insight into Ashere's Likes, Interests and Opinions

One of Ashere's most unforgettable moments occurred when she was given the opportunity to host the New Students Orientation Camp (NSOC) for nearly 200 new form one students. She mentioned that she was initially unprepared for the heavy responsibility at the start, but with the immense support and encouragement of Dorothy, former Head of College Ambassadors, Ashere felt more confident and optimistic in face of the duty. She credits her successful event to the excellent teammates who rallied her and teacher-in-charge, Mr Yeung for offering invaluable advice and guidance throughout the process, navigating the team through various challenges. The event has allowed Ashere to understand the importance of teamwork, cooperation and hard work. She learnt that with a dedicated team, anything is possible, there will always be someone to back you up when needed.

Ashere's favourite part of school is the Canteen next to the Student's Centre. She spends quality time with her friends there. It serves as a place to eat meals together, vent about stresses and share about the happiness and experience in their lives. Ashere believes that everyone experiences obstacles at times, but having companions around can provide comfort and reassurance, allowing them to steer along the road of challenges together.



Leading a super team in St Stephen's

she still values her leisure time. When asked about her favorite movie, she mentions Zootopia. She loves how it teaches the importance of perseverance. The film encourages her to keep going, even when faced with challenges, and it aligns with the values she aims to uphold as a leader.

After much consideration, Ashere said that she would choose an octopus as the mascot representing SSC. She mentioned that the octopus symbolised the great ability to multitask, as its many tentacles allow it to manage multiple tasks simultaneously. SSC students are all very multi-talented, and adapt well at handling numerous challenges and responsibilities, just like an octopus.

Conclusion

While us and the student body look up to Ashere immensely for her contributions to SSC, an important thing to remember is that she's just like everyone else, a student who has her own roadblocks to face and overcome. She has faced challenges head-on with inspiring perseverance and diligently served and committed to SSC. Through this interview, we hope readers gain an understanding of a Head Prefect's role and how to be a leader that pioneers change yet serves their community.



Farewell, Ms Gloria Shum!

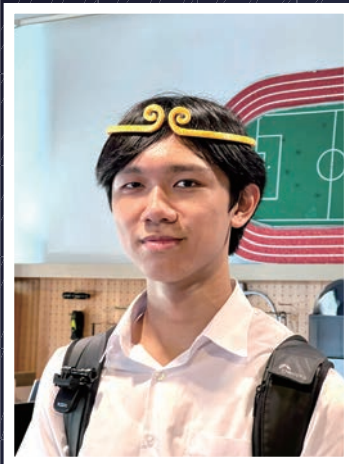


Behind the Lens and Stage – an interview with Ryan Yeung

Zeth Hon, Brandon Lai & Chris Wong

The significance and popularity of photography and media is growing all around the world, and at St Stephen's College it's no exception. We interviewed Ryan Yeung, founding chair of our school's Media Team and the current chair of the Photography Team to understand his experiences in photography and media and what they mean to him and to every one of us.

Ryan's journey in photography and media began in his primary school years. He was part of his school's Campus TV Team, which sparked his interest in film production. In his spare time, he watched online gaming videos, but "I was actually interested in their video editing and photography skills rather than their gameplay," he laughed.



Ryan thinks what makes photography and media so special and captivating is being able to record memories. "A lot of time, students aren't able to record some memories because they pass by too quickly or we aren't allowed to take out our mobile phones during school days," he says. As a photographer of the school, Ryan is able to help his classmates record valuable

memories and take iconic photos, which he finds very meaningful and self-fulfilling.

Ryan recalls his story behind joining the photography team as very funny and interesting. "I saw the application form and I wanted to join, but I didn't have any photos for the team to review, so I told my dad that I joined without actually joining and he bought me a camera so that I could finally take some pictures to submit to the team!" he said with a laugh. After successfully joining the team, Ryan has set his eyes on being the chairperson of the team. After working hard for many years to prove his abilities and show his competency as a photographer, Ryan successfully became the chairperson of the photography team at Form 5.

On a side note, we also asked Ryan what it feels like being the main photographer for whole-school photos in school events. He describes it as very interesting, as he is always the only person missing from the photos. He has no regrets in taking the photo though, as "It is rewarding, as to see that the school has entrusted me with such an important duty of taking pictures for the whole school." However, during his remaining years at SSC, he plans on taking part in more photos and giving new photographers chances to take over. "I would also like to have some photographs of myself in the school's photo library."

Compared to his experiences in the photography team, Ryan's journey of founding and running the Media Team was much more challenging and difficult. Back then, Ryan was



the photographer for the Music Society, and he was asked to help with their video editing as well. Later, he was invited to join the Music Production Team, the Music Society's very own production and editing team. He gradually became one of the most active members of the team, and he was selected as the chairperson.

The original purpose of the Music Production Team was to edit, sync and mix audio and videos for Music Teams to send to online competitions during COVID-19, as well as producing recap, promotion and music videos (MV's) for the Music Department. After COVID, the demand for music production dropped, which limited the development of the team. At the same time, video was becoming a rising trend in this generation, but there wasn't a platform at school for students to learn about and exhibit their filmmaking and videography skills since the Photography Team stopped recording videos in 2021. Ryan saw the huge potential of the team, and suggested shifting the focus of the team from producing music to videography and media production. In the end, the Music Production Team transformed into the Media Production Team in 2023.

Starting up a new team is no doubt a big challenge. Ryan recalls that during the early days of the Media Team, it was hard to establish them as a team and cement themselves among SSC societies. For example, there were many societies in SSC that focused on leadership, but it was hard to find leaders for the team that were also equipped with



photography skills because photographers usually aren't very outgoing. It was difficult to gain credibility for the team, because even teachers were skeptical that students were able to do videography and produce school promotion videos on their own. Training and attracting new members as well as securing enough funding and resources for the team was also a large struggle.

To combat these challenges, Ryan focused on two things. Firstly, he focused on getting the work out. He and the team worked hard to create videos for the school to gain people's trust. Secondly, he trained up leadership. He and his team invited new photographers as well as people with leadership skills into the team, and offered them a good position. He then trained them up by boosting their confidence through public speaking and helping them learn how to be a successful leader of a team. Nowadays, the Media Production Team, which was renamed the Media Team in , has gained its reputation and receives a lot more recognition, resources and opportunities than before.



Leaders of a team often face different opinions from team members, especially in the field of media, where opinions on each piece of work can be very subjective.

Ryan said that the Media Team has a very democratic structure to deal with these issues. "In the first year, we didn't even officially have a chairperson, instead we had a committee which was in charge of the team," he said. The committee decided and voted on every team matter, and every committee member was encouraged to voice their opinions, suggest innovative ideas, (and even defy orders if necessary). Disagreements happen sometimes but are often resolved quite quickly by having frequent meetings and trying to understand the problem from everyone's perspective. Everyone is held accountable to the same standards, so they are all able to know about, understand and offer their ideas on every problem in the team.

What if some people are really stubborn about their own skills? Ryan says, "I have met some people who really should show more humility about their skills, but there are also people who are sensitive towards other people's opinions." Ryan stresses that proper communication is the most important and "at the end of the day, everyone is here to learn." "I try to strike a balance between the two and discuss with them how they can improve, then I let them slowly explore and discover more on their own learning journey," he said.

The advancement of technology and artificial intelligence has brought benefits to our lives, but it is also replacing some skills and techniques of humans. What does technology bring towards the field of photography and media? Ryan thinks that technology does help them a lot. For example, technology helps them sort through photos and also fix unclear photos that were taken in low light environments. Ryan is also collaborating with the IT department to use videos and photos to create a 3D model of SSC using photogrammetry, which is 3D scanning of massive space

and dealing with spatial data. However, Ryan emphasizes that photography and media is an art, and artificial intelligence lacks the creativity that humans possess. Many photographers still prefer to edit photos themselves instead of relying on technology. "Technology and AI can help us improve our skills and make better photos but they will not replace us."

Looking forward, Ryan talks about his aspirations for the future of the Media Team. He thinks that the Media Team is a relatively new team so they should innovate more and try new things. "I hope that the Media Team will be able to be part of the School Development committee, so that we can contribute more on school promotion in the future." Ryan also wants to leave a lasting legacy for the team. He hopes that team members will learn from mistakes and remember the challenges faced when striving for different opportunities during the beginning of the team, and understand that nothing comes easy. He also hopes to inspire team members to be more ambitious with their goals, and that they should treasure and grasp arising opportunities before they are gone, which to him personally is his greatest lesson learned from being a leader.

Ryan has also been in charge of the campus TV team's production of the school's yearly year-end video for the past few years. This cherished tradition concludes the year with moments of laughter, nostalgia, and joy. He soon realised that the video was more than just a montage, it was a time capsule of our school's journey, and what had begun as a hobby of filming and editing quickly turned into a passion project. 'I remember making the end of year video every year for primary school which was also the inspiration for me creating the year in review 2024' he added. With endless hours of event footage, unscripted conversations, and meticulous editing, Ryan makes sure every video accurately captures the year's successes and setbacks. Motivated by the idea that a community is bound together by its memories, Ryan's work has grown to be a priceless gift to the school.



Just like all of us, Ryan is a student, and he faces the same problem many SSCers encounter - managing time between ECAs and academic work. Ryan agrees that it is difficult to strike a balance between the two. He says, "I have a general rule for myself which is that if I have photography team duty on a day, I complete it during school hours," so that he can spend more time on his academic work outside of school hours. Also, Ryan makes use of calendars to manage his time. "Personally, I am addicted and obsessed with the

efficiency of these management systems, and also different ways of managing my time," he laughed. However, no matter what they do, Ryan believes that they should always put in their full effort.

"A lot of students are really willing to invest a lot of time into events, but mostly they just sit there and don't put in all of their effort and contribution," he remarked.

Ryan also has some words for students who are interested in pursuing media no matter as an interest or a career. "SSCers don't have financial problems, but they have a time problem." Ryan sees that a lot of SSCers struggle with having enough time for themselves, and that is a problem for media people, as learning good photography or media skills takes a long time. These skills cannot be simply learnt through taking lessons and reading books. Instead, students need to train their skills by applying them in real life. "At first, you may find yourself at a steep learning curve because other people seem to have so much more experience than you, but sooner or later, you will find the fun out of it."



Aside from his roles in the Photography and Media team, Ryan is also the lead software engineer for the ROV (Remote Operated Vehicles) team, responsible for building robots and bringing them underwater for competitions. Ryan also works on side IT projects by himself. He is working on a website that will allow students to design

their own lighting for the upcoming singing competition. These different roles and experiences allow him to learn new skills, learn what he is interested in, and to make informed choices for his future career.

Ryan is thankful that the school has given a lot of support to media and IT development, which includes improvement of infrastructure and resources as well as monetary and staff support. This encourages students to learn more about IT and use the school as a testing ground. For example, the



Beacon tracker system for Cross-Country competitions and registration system for school events like Admission Talk are both student initiated projects. Additionally, the newly built IT and Innovation Rooms also allows students to explore and learn how to solve problems by themselves. He foresees that the future job market would be mainly about applying and developing technology, and he is glad that the school is willing to invest in this purpose and encourage students.

Although Ryan does not plan on studying media or photography related subjects in university, his photography and media journey has still taught him valuable lessons. "I have learned a lot of leadership skills and also learned how to learn, and how to learn and understand things quickly. I have trained myself to be more confident when working with large groups of people and learning new tools." He is glad that these experiences have prepared him for his future career in computer science or cyber security.

Ryan's creativity and commitment have made the school's Photography Team and Media Team an essential part of the campus narrative. His efforts behind the camera have allowed teachers and students to relive their most treasured moments. Beyond the well-produced films and eye-catching images, however, is a more profound lesson: passion and perseverance can have a profound effect. His story serves as an encouraging reminder to everyone: with enough effort, any skill, no matter how minor at first, can grow into something extraordinary.



聖記食堂背後

徐頡、王庸其、趙晞彤、鍾沐嵐

一次次八達通付款機「嘟嘟」的旋律、一個個冒著熱氣的食物杯、一口口繞上醬油的美味小吃，都是聖記學生熟悉的「生活日常」，這熟悉的一切來自學校小賣部。而為我們供應食物不只是小賣部，還有學校飯堂，他們都是為食物供應商泛亞飲食有限公司服務的。無論旭日東昇的早晨、烈日當頭的正午，還是夕陽西下的傍晚，泛亞一直是學生和老師感到溫馨和便利的存在。這次小編帶大家來了解一下我們學校的食物供應商泛亞吧～

聖記「小食」部

說到食物供應商，不能不提「食物」了。小編進行了一個「小賣部最受歡迎小食調查」，亦訪問了個別中六同學和小賣部負責人強哥，受訪同學表示他們最喜歡買的都是燒賣，是因為價錢非常便宜。劉同學表示6顆燒賣只售8元，性價比高。強哥也笑言最受歡迎的是魚蛋和燒賣，這些小食符合大眾口味，也如同學所言，價錢相對便宜。

學校小賣部由強哥接手後，經營模式在不斷革新，加入了更多食品種類，例如在去年開始小賣部售賣不同口味的牛角包，偶爾推出季節限定小食，例如炸朱古力湯圓。小賣部商品多樣化，為的是讓學生和老師有了更多的選擇。

受訪者中六生劉同學認為「小賣部」的存在讓他與朋友有更好的連結，他小息時會跟朋友去買不同的零食或小吃，然後一同分享，一起談天，這也成了他聖記生涯的其中一個回憶。

鮮為人知的「難受」

我們每天在學校享用到不同美味的食物，背後不能不提及小賣部、飯堂員工辛勞的付出。每當赤日炎炎之時，學生總成群結隊地到小賣部購買雪糕、冷飲等以消暑，吃完就快速逃到空調房內，而小賣部員工則整天站在悶熱的場地汗如雨下地工作。那為什麼小賣部不安裝空調？那是因為學校歷史悠久，部分建築存在結構性限制，無法安裝空調，小賣部就是其中一個例子。雖然工作並不容易，但他們仍竭盡所能的為師生服務著。受訪者柏同學表示很欣賞小賣部「叔叔姐姐」的付出，見過他們盛夏時節在沒有空調的小賣部工作，既要照顧走讀生，也要照顧宿生，整天都沒空閒，把早午晚不同食材預備好，他希望同學可以善待「叔叔姐姐」，並主動清理好用膳時弄髒之處，不要為「叔叔姐姐」添加麻煩。

此外，在滂沱大雨下，小賣部「叔叔姐姐」會冒著風雨，把泡麵、飯盒一一送到同學手上，同學安坐課室便能食用溫暖的食物。受訪者賈同學表示，他也目睹過在黑雨警告生效時，「叔叔姐姐」很勞碌地將熱水及食物送至各個教室的情景，他很感謝「叔叔姐姐」的付出。

攜手合作 風雨同行

泛亞在學校的營運越發順利、向好，食物亦越發多元化，這是因學校與泛亞建立了良好而緊密的合作關係。學校和泛亞在互相尊重的前提下，進行密切的溝通、合作。校方會欣賞泛亞的用心，並在條件許可的情況下，尊重他們的食物建議方案；同時，學校定期跟泛亞代表，在價錢、食物質素、菜式選擇等不同方面作檢討，直接提出有需要改善的地方。學校也會安排學生、家長出席會議，給予意見，讓泛亞瞭解自己的發展及進步空間。而泛亞也嘗試回應校方、家長、同學的訴求，作出調整、改善。



小食部負責人強哥

在惡劣天氣下，我們學校要處理膳食安排所面對的挑戰比一般學校來得艱鉅——學校有多座教學樓而彼此沒有相連而有蓋的通道，在風雨下發放食物變得異常困難。學校跟泛亞、家校會、宿舍部多次溝通、協商後，制定出相對完善的機制。如上課期間的午膳時間懸掛黑色暴雨警告，學校會為走讀生提供杯麵，這些杯麵都是由家校會捐贈的；宿生則會獲得學校飯盒，由泛亞製作。學校都跟不同部門、單位多番溝通、調改，在杯麵存倉、運送熱水等安排上，力臻至善。最終令同學即使在暴雨下仍可安坐課室之中，等待小賣部「叔叔姐姐」把溫熱的午餐送到不同班房。這在風雨下送來的「溫暖」其實得來不易，一份看似普通的午膳見證了多方的同心協力。

為了慰勞老師的付出，學校跟小賣部協商，每逢星期五，小賣部會給老師提供「靚湯」。不少老師表示經過一星期的辛勤工作，星期五喝上一口溫熱的湯，覺得很窩心。問及湯水安排時，強哥嘴上說這些努力不算什麼，但其實他們為了準備這些「靚湯」，要提早到學校預備，也增長了工作時間。泛亞的「叔叔姐姐」就是那樣一直秉持用心的態度，默默做好本份，服務他人。

為感謝泛亞的用心服務，學校也在一些特殊節日如中秋、新年為泛亞員工送上小小心意，雖然只是微薄的禮物，卻也體現出學校對員工的感謝和顧念。

對聖記有情

在訪問期間，不少同學表示他們不只感受到小賣部「叔叔姐姐」的用心服務，也感受到他們對同學的關愛。其中馬同學分享道，有一次她去小賣部買雞蛋三明治，她喜歡雞蛋不熟透的口感，然而「姐姐」則因天氣寒冷的關係，熱心地替她將麵包加熱，馬同學一再婉拒，而「姐姐」又一再強調不會很麻煩的，很快就好，拿著那份熱騰騰的三明治馬同學哭笑不得，但她心裡明白「姐姐」的一番好意。

服務學校那麼多年的他們其實是怎樣看聖記學生的呢？強哥在學校服務了十餘年，他認為從前的學生較為活潑外向，而現在的同學們則更為文靜內斂。他憶起之前的宿生會在吃完自己桌上的食物後「轉戰」其他桌，跟其他同學邊吃邊聊，關係融洽。他又提及以往若有一宿生生日，整個飯堂的同学都會為那壽星翁唱生日歌，非常熱鬧。如今同學們相處也融洽，但略為拘束。強哥希望同學能更投入宿舍的生活，主動溝通、表達及參與，相信這會讓同學獲益更多。從強哥之言，不難發現他對同學的關愛之心。

強哥和其他泛亞員工其實也喜歡跟同學互動。強哥說偶爾會有同學跟他聊天，甚至跟他開玩笑，對此他並不介意，他表示很享受彼此互動的過程。受訪者柏同學、賈同學表示小賣部「叔叔姐姐」其實很友善，見到面會關心他讀書的情況，也因他們的姐姐是這裡的舊生，「叔叔姐姐」也會主動問起他姊姊在外國學習的情況。柏同學以「朋友」形容彼此的關係，作為中六生的賈同學也表示自己畢業後會掛念這裡的小吃和「叔叔姐姐」的。

「叔叔姐姐」原來並不只是平日工作，據蘇sir表示，在風球懸掛時，飯堂員工因考慮到學生、職員的需要，主動表示願意回來上班，為師生提供服務。這豈只是盡職責而已，顯然是對學校有情，愛惜聖記人，才會願意冒著風雨回來，希望大家也好好珍惜這為我們服務，默默努力的一群。

作為學生的我們，很常習慣以「消費者」的角度看事物，會諸多挑剔，甚至認為「做得好是本份」，但其實在校園內建立友愛的氛圍人人有責，而且有時一句肯定或讚賞可以為他人帶來更多動力、進步，願大家有見欣賞之處，不要吝嗇，主動讚好。此外，也希望同學在排隊買食物時保持守規有禮，讓大家也能盡快享受到美食。在採訪過程，我們感受到了泛亞如何融入我們的校園生活，賦予師生溫暖，我們感謝泛亞的付出，讓我們共同珍惜這份美好。下次我們在校園內遇上泛亞「叔叔姐姐」時，也可主動跟他們打招呼、聊聊天吧。



排檔特色花園街 傳統餅藝奇趣店

陳諾 林子淇

漫步在香港旺角花園街，唐樓廊簷下的煙火氣裹挾時着光的褶皺撲面而來。這條南北貫通的街道如同香港的時光隧道，被切割成鮮明的時代切片。南段「波鞋街」的霓虹燈箱映照著限量球鞋，展現消費主義的魅力。而北段排檔充滿著叫賣聲與糖香交織，服裝攤檔像一本攤開的城市經濟史，處處體現著新舊交替的市井氣息。

一應俱全的服裝

花園街最引人注目的是各種服裝攤位。圍巾、毛巾直接掛在鐵架上，厚實保暖的靴褲堆成一座座小山。提起花園街，人人都想起便價的市服，原因是70、80年代，香港還是製衣王國時，商販從廠家取貨，攤位上堆滿本地生產的牛仔褲、圍巾和靴褲，——貼著「香港製造」，並以廉價出售，於是吸引普羅市民前來購物，時至今日，花園街最受外籍女傭的愛戴，貨品則以旅行衣褲、雪褲最廣為人歡迎。隨著香港製衣業的式微，商販亦轉向北取貨，如今攤位貨品大多來自廣州從，這種轉變，正反映香港產業結構的轉型軌跡。

幸運滿滿的吉祥物



我們遊訪正值新年，許多排檔應節售賣新年吉祥物，充滿了節日氣氛。紅金色的吊墜、各種圖案的平安符，還有春聯、招財貓和福字掛飾。這些帶有民間信仰的祈福物件象徵著好運、財富和幸福，吸引了許多顧客前來選購。過了這段時間，商販便會轉賣其他商品，例如手鐲、玉器。當日已觀察不少市民站在一個排檔前挑選玉器。這些玉器不及大型金鋪的貨品動輒幾千以至幾萬才有交易，這裏少幾十元至幾百元就能買到心頭好。他們買玉不會計較價錢的高低，只重視直覺感受（眼緣），小小價錢的貨品也令人滿心歡喜。

豐儉由人的水果

在花園街的遊訪中，我們見到了幾家賣水果的檔口。檔口攤位上擺滿了各種時令水果，紅蘋果、黃香蕉、紫葡萄、綠西瓜，色彩豐富、香氣誘人，種類之多使人目不暇接。每種水果都分類擺放，並清晰地標上了價格，以此方便顧客挑選比較。這些檔口的水果，在保證品質的同時價格實惠，因此吸引了許多工人姊姊和周圍生活區的民眾前來選購。在這樣高人流的街道，我們也找到了兩家高價水果店。和剛才平民價的果檔相比，這裡的水果大多是進口商品，擺盤和包裝更加精緻、果實更加光澤飽滿。我們了解到，這兩家店鋪均有20多年的歷史，主要售賣來自韓國、日本等地的進口高價水果，這迎合了部分香港人對日韓潮流追求的心態，也滿足了部分消費者對高品質水果的需求。雖然這類店鋪數量不多，只有兩家，但勝在定位精準，吸引了特定的消費群體，因此它們的生意和收入也非常可觀。



五味爽口的小食

在遊訪的過程中，我們走進了一家傳統小食店，門店的招牌已有些許褪色，卻依然醒目。店面不大，空間稍顯擁擠，牆上貼滿了菜單和推薦菜品，店員忙碌地穿梭於廚房和顧客之間，熱情洋溢。我們點了碗仔翅、魚肉生菜和煎釀三寶。碗仔翅色澤金黃，濃稠適中，加入些許胡椒粉調味，湯羹鮮美濃郁；爽脆的木耳、滑嫩的粉絲，二者混合搭配使得口感豐富多層。魚肉生菜看似寡淡，實則鮮甜，魚滑彈牙、青菜爽口，不需要很多調料輔佐，淋上些許醬油提鮮，便成了一道清爽可口的小食。煎釀三寶是釀茄子、釀青椒和釀豆腐。三款小食於70、80年代起，開始流行，經過數十年的時間，已成為膾炙人口的美食，下至街邊小店，上至高檔酒樓，都能見到它們的踪影。

在快節奏而繁忙熱鬧的街道中，這樣簡單而樸實的食店充滿了濃厚的人情味和歷史感。店裡的食物不僅承載著香港的飲食傳統和風味，亦承載著人們對生活的記憶與情感，為行色匆匆的都市人帶來唇齒之香，也為他們帶去一份溫暖。傳統小食店將人們的記憶、情感和文化串聯在一起，使得顧客在品嚐的同時，亦能感受到香港美食文化的深厚底蘊。



隱世奇趣的餅店

轉入花園街135號，便是白底紅字的「奇趣餅家」招牌，也是這次專題訪問重點拜訪的商店。當日我們訪問了負責人張先生。張先生表示這家1984年開幕的老店已傳承至第二代，店主每日沿用父輩的木製模具，手工製作紅豆燒餅、雞仔餅等傳統糕點。訪問期間，我們發現這店四度（2018-2020年、2024年）獲得米芝蓮推薦，來頭可謂不少。張先生強調店仍保持最傳統的模样——用油紙包裹點心，二十年未漲價，堅持現金交易，人手寫的價錢牌。他表示面對同行競爭，層出不窮新式點心的挑戰，「守住老味道就是我們的創新」。

張先生在餅店幫手了大約15年，期間他接待了無數的顧客。這些顧客來自不同的年齡層、不同的地方，也擁有不同的身份。其中不少大陸遊客慕名而來，「許多來買餅的遊客會與餅店輪流合照，這是一道有趣的風景線。」張先生向我們分享道。



另外，張先生表示在新冠疫情以前，經常會有母親帶著放學的小朋友來買餅吃。疫情爆發之後，他明顯感到這一批顧客少了許多。但與此同時，也有源源不斷的年輕顧客來光顧餅店，因為周圍賣衣服的鋪子吸引了許多年輕人來到花園街，在經過餅店的時候，他們便會順便買一兩個餅帶回去，為餅店增添了新的客源。當然，餅的美味與正宗，也使得不少熟客回頭惠顧餅店。

問到如今許多新興的連鎖糕餅店應運而生，面對這樣激烈的競爭形勢如何應對，張先生向我們解釋，當人們仍然重視傳統時，奇趣餅家就不需要盲目跟隨潮流，從而放棄自己「傳統」的優勢。他認為在其他餅店為了吸引顧客而在糕餅中加入五花八門的餡料時，奇趣餅店只需要專注「有紅豆」和「沒紅豆」兩種味道就足矣。只要自己的糕餅做得好，自然會受到顧客的青睞，其他都只是表面工夫。「潮流永遠在改變，但是傳統不會改變。」在日新月異的時代裏，潮流短暫而不斷變化，依賴新鮮感來維持存在，而傳統則

真正經過了時間的沉澱，歷久常新，受人們喜愛。因此，已有幾十年歷史的奇趣餅家只需要保持傳統的餡料和製作工藝，將傳統糕餅做得「好」，便能在競爭中脫穎而出，正如張先生所說：「維持傳統就是我們的最大優勢。」多麼自信的一句話！

奇趣餅家屹立花園街四十餘年，歷「沙士」、「新冠」兩大衝擊，依然不變，見證花園街的演變，正如負責人張先生所言：「這些糕點不只是生意，更是回憶」。當暮色降臨，剩餘的光酥餅泛著油光，與波鞋街的球鞋廣告形成奇妙呼應——一邊追趕潮流，一邊封存著老香港的街市溫度。



不堪回首的傷痕

2011年，花園街排檔曾經發生一場火災，造成多人傷亡。從網上新聞可知11月30日凌晨4時40分，188和189號的小販排檔發生四級大火，大火波及2座唐樓，火災造成9死，34傷，是九七回歸以來最多人死亡的火災。

感想

遊走花園街，你不會找到大型商場的潮流玩意，只有平民的生必需品。它是一條樸素無華的排檔街，滿載市井平民的氣息，也是香港碩果僅存的特色街道。偶爾，當你去慣銅鑼灣、中環、深圳的大型商場，不妨逛逛這些舊式的街道，也許會有另一番體會，好像吃慣日式刺身，不妨食碗雲吞麵，人生也有不一樣的趣味。或者，這些多元的體驗造就是人生的意義。

Are you growing apart from your friends?

Jocelyne Chan, Alyson Ling, Ivany To



Have you ever unintentionally drifted apart from a dear friend who has switched to another school, or moved abroad to study in another country or continent? (Or perhaps you are the friend who left your old school, and felt your connection with your old classmates weaken?) It's sometimes sad to think of how you and one of your close pals have grown apart because you are no longer schoolmates or even in the same country.

There are many reasons for a friendship to change like this.

Perhaps you've both grown busy as the school year progressed, and because you're in different schools, your schedules have become mismatched and spending time together is harder; perhaps the workload from school has become heavier, and you're more prone to accidentally ignoring your friend due to schoolwork; perhaps your friend's formed new bonds in their new environment, and don't have as much time to spend with you.

These reasons, and perhaps geographical differences may lead to less face-to-face meetings between friends, leading to a friendship feeling less authentic due to the decrease in quality time shared with each other.

While it's natural for friends to drift apart over time, is it inevitable for buddies to stop being friends when they 'separate' by going to different schools or going abroad? Are there ways for these friendships to be maintained?

1st personal experience from one of the writers:

I've had a few struggles of my own with maintaining relations with a friend that had gone to another school.

They used to be in the same classes and dormitory as me, so I was accustomed to seeing them quite often – I didn't struggle with finding them or thinking about common topics to bring up in conversation, as we were in such similar environments and close proximity. I was comfortable with putting little effort into our friendship and took it for granted, as spending most of my time with them became the norm.

However, this quickly took a turn for the worse when they decided to switch schools. I underestimated the challenges this would create – with different schedules, increased proximity and disparate friend circles, I felt lost while attempting to navigate our friendship. It contrasted our old friendship, and I quickly realised that I could not converse with them the same way I did before. As they were not next to me at all times, along with maintaining other friendships and tackling assignments, I neglected to contact them frequently and this resulted in numerous arguments. I realised I was often forgetful and needed reminders to keep up with a certain schedule. After including "contact my friends" as a task, I found that our friendship improved marginally. We understood that we both had hectic schedules, but taking around 5 minutes to talk about each others' days helped us be in the know about each other. I found that having different friends did not have to be a barrier, but could instead be an intriguing topic to discuss. Slowly, we no longer felt disconnected and were able to sustain our friendship.



I learned that friendship requires effort from both parties in order to succeed. Taking time to learn about your friend is a choice you have to make, and it may feel frustrating at times to do so after a tireless day. However, friends are people that stay through thick and thin and are one of the most important aspects of life – it is important to sustain relations with people you care about.

2nd personal experience from one of the writers:

I've also had a similar experience of a friend that went studying abroad, but I've come to a different conclusion. We've known each other since Form 1, and shared the same dorm room for 2 years. At first, we were able to keep in contact via messages and would even occasionally call on Saturday nights. But then as the assignments piled up, I had to prioritize my academic work first. I think they were quite busy too, given we were both senior form students and had the pressure of the upcoming exams.

Gradually, we texted each other less. Besides having other priorities, I think being in different time zones contributed to this too. It took a longer time to receive a response for both sides, and we had less common topics to chat about. Then, they finally came back during Christmas and we hung out with our group of friends: watching movies, eating hotpot, going to the Christmas Ball, etc. The face to face interactions gave us a boost, and I preferred listening to them share about their experiences in the other country in real life.

Now, they've gone to school and won't be back until summer. Our texting frequency increased after Christmas, but it died down again after a while. Given the busy schedule and heavy pressure on the both of us, I understand we have other priorities to attend to. Moreover, I've come to realise that it's rather difficult to maintain the same degree of closeness we've had before just through virtual methods. I believe people prefer different ways to 'keep' a friendship, and we've reached a consensus to catch up in real life.

Therefore, for me, I've set my goals for concentrating on my academic work and the assessments right now, so that hopefully there will be more time to spend with them over the coming summer.

Some tips from us

So, how can you and your friend keep your friendship going strong after you no longer study in the same school or country? Here are some tips from us based on personal experiences:

1. Try reminding yourself to contact your friends and check up on them every now and then; a 5 minute chat may not take up a lot of time, but you will still be able to keep each other up to date on what's going on in your new lives.
2. When there's a holiday and you've got more free time on your hands, try taking the time to make plans for things that both you and your pal can enjoy — indulging in your mutual hobbies and shared interests, perhaps through means such as watching a TV show together, can help you rebuild a bond between the two of you.
3. Sometimes, it can feel awkward to meet your friend after not seeing them for some time. There are many topics which you can discuss, for instance, how your day has gone so far, anything interesting or dramatic that's happened in your life recently, how your academic life's been going, or even how you've been feeling recently. Friends will want to know bits about each other's lives no matter how insignificant, as they can continue to understand you and your life well. Occasionally, you'll have to take the initiative to start the conversation and not wait for them to come find you passively.

You and your friend do not necessarily have to remain glued to the hip for the rest of your lives in order to maintain your friendship. As time passes, we may go through personal and environmental changes, and develop different personalities. People change as they grow, and not every friendship has to last permanently — there are friends for a reason, friends for a season, and friends for a lifetime. You and your friend will likely still value your friendship while it lasts, and cherish the memories you've had with each other. No matter what, we wish the best for you and your friends!





Beyond the Volcano: A Reflection on the Japanese Study Tour

Wincy Yang

I never thought that first glance at the yellow poster promoting the Japan Study Tour could bring me so much joy, growth, and beautiful memories. Departing from the airport on a grey, cloudy day, we flew to Kumamoto. After stepping through airport security and a dozen procedures, we finally met our tour guide, Ms Shimizu.

As we are studying volcanoes, earthquakes, and other topics in geography, visiting the amazing landforms we learned about in the classroom was invaluable. Beyond the spectacular geographical sites, we learned a lot about the people on the tour through shared stories and our collective awe.

This experience led me to contemplate the duality of truths surrounding volcanoes. To us humans, they are undeniably dangerous, capable of causing loss of life, destroying economies, infrastructure, and natural habitats. These effects are often measured in statistics: affected regions, death tolls, financial losses. Yet, another truth exists: behind each number is someone's daughter, son, sister, brother, mother, or father lost, their grief too immense for media quantification. Nevertheless, nature provides a balance, offering geothermal power and

rejuvenating hot springs. While the destruction might be a lighthearted topic among experts, the inherent tension reflects broader questions, like whether life is short or long. Truths, I realized, exist in multitudes.

Visiting Mount Aso and its museum was a humbling experience. Seeing models of magma and lava, then witnessing the vast caldera firsthand, made us feel like ants on the edge of a rice bowl. The colourful layers along the crater rim, formed by countless eruptions, spoke volumes about the Earth's deep history – each eruption marking an era. I was also stunned by the teal-coloured lake within the crater. Although my nose suffered from the emitted sulphur dioxide, the visuals were astounding. It recalled lines from Emily Dickinson's poem: 'Before I got my eye put out - I liked as well to see..... The Meadows - mine - The Mountains - mine - All Forests - Stintless Stars.....' My research explained the colour: due to impurities and temperatures exceeding 100°C, the highly acidic water (likely containing hydrogen sulphide and sulphur dioxide) appears light turquoise, often shrouded in gaseous clouds. Standing within this active caldera, we were acutely aware that these forces could easily, and at any moment, be lethal.



This highlights how humans strive to prevent the loss of life and all we hold dear. Warning systems at the entrance alert visitors when to evacuate, and emergency shelters stand ready if escape is impossible. We also visited Takachiho Gorge near Mount Aso. Formed 90,000 years ago by extruded molten basalt, its towering hexagonal columns resulted from the rock's slow cooling and contraction. As explained by sources like Arizona State University, well-mixed molten rock contracts evenly as it cools (changing from orange to black), cracking into regular polygons. Erosive processes like hydraulic action further shape these formations.

The hot springs we visited offered diverse experiences – "blood," "ocean," "crocodile," and "clay" pools – far surpassing any digital image. I immersed myself in the experience: feeling the pools' heat, sinking my face into the steam, and closely examining the springs. Drinking from one pool tasted like warm, steamy foot bath water. Observing the local economy around these features was intriguing. Vendors sold buns, puddings, and eggs steamed in the springs, alongside natural remedies and merchandise. Interestingly, tourists often spent more time on food and souvenirs than contemplating the misty pools themselves.

Later, we visited a soap factory, Eco-town, and a museum, shifting focus from natural wonders to resource protection and life preservation. Eco-town, built on reclaimed land, specializes in recycling trash and preserving endangered species. The most fascinating part was observing the machinery, powered by solar panels, meticulously sorting silica, aluminium, and plastic into boxes – materials ready for rebirth. The soap factory was my favourite stop. The warm, honeycomb-like scent upon entering was profoundly different from artificial floral cleansers. Learning that its glycerin-rich formula protects skin moisture, takes longer to make, and even provides a food source for marine life when washed to sea, made me appreciate how everyday choices can aid the environment. Watching the soap being made was also delightful.

The hazard center was crucial learning, essential knowledge for anyone in Japan. We learned about fire, earthquake, flood, and typhoon preparedness. For visitors, virtual reality equipment vividly simulated hazards, moving beyond textbook descriptions. Despite our initial excitement, the gravity of these real and constant threats to Japanese lives was sobering. This experience, often remote for those in safer regions, was invaluable. Throughout the trip, I grew to appreciate Japanese culture and worldview. Accustomed to natural disasters, they excel in preparation and evacuation. Ms Shimizu spoke of their deep sense of responsibility, meticulous attention to detail, and trustworthiness. I admired their dedication to consumer convenience and delight, their disciplined garbage sorting (structuring schedules around it), and their willingness to go the extra mile for something more important than cheap convenience: a better world for the next generation. This ethos is worth emulating globally. I hope China can adopt such practices someday, and I aspire to contribute to that change.

I felt fortunate to experience this geologically through a study tour. The academic perspective means the experience and knowledge will stay with me in a deeper form, not just as another phone picture among many.

This leads to my thoughts on tourism. Since the internet's rise in the 21st century, the wondrous, spherical Earth has gradually flattened. Anyone with a device can peek into

distant worlds, diminishing mystery. We live with a kind of digital schizophrenia gifted by globalization. So, why travel? One impact is attracting more people, who record and share, further globalizing attractions digitally and expanding visitor numbers. This boosts local economies and infrastructure development. However, it harms the environment through plane emissions and resource extraction for merchandise. Over time, our view of tourism has changed. I sometimes think of it as "tourism" without the essence – like decaffeinated coffee.

Tourism involves temporarily visiting a place for leisure, study, business, etc. In the 1500s, only colonizers and pirates traveled globally. Explorers like Charles Darwin spent years studying flora and fauna. Later, the nobility traveled, and eventually, the experience democratized. Now, tourism often resembles collecting experiences like stamps (some attractions literally offer them). We take pictures for the internet, rush to buy souvenirs, yet seldom talk deeply with locals, reflect on our travels, or simply gaze without reaching for our phones. Ultimately, many trips follow the same template, leaving us feeling similar afterwards, just burdened with more stuff and pictures. I don't claim to know what "real" tourism is, but this trip offered insights. I befriended classmates I rarely spoke to, learned about Japan's geography, history, worldview, and habits (though my knowledge remains limited). Most importantly, while I won't recall every sight, fact, meal, or purchase, I will remember the human interactions, the feelings they evoked, and how they shaped me. It's like a good book: I may forget the plot details, but I remember the feeling and the lessons learned – another mosaic piece of myself. Without that depth, a trip loses its core value. That said, I did buy souvenirs and take pictures, enjoying both these activities and connecting with the landscapes. These activities are integral to the local economy. Yet, I believe tourism should contain meaning and evoke deep, vulnerable feelings – the "caffeine" that gives it its essential kick.



To close, I am profoundly grateful to everyone who made this trip possible. Thank you to our tour guide Ms Shimizu, driver Mr Makiyara, and our teachers – your guidance and tireless efforts in facilitating our itinerary were deeply appreciated. Thank you, Mr So, for the snacks and knowledge sharing. Thank you, Ms Wong and Ms Tsui. Thank you to those who subsidized this trip. I will

cherish these memories and remember the week spent learning alongside lovely people.

作為聖士提反的一份子，我們每天在這富歐陸風情而廣闊的校園嬉戲、漫步、聊天，享受美好的校園生活，但又有誰仔細欣賞過校園裡美好的自然風光？校園內其實栽種了很多植物，也因著紅花綠葉的點綴，讓我們這校園洋溢生氣和詩情畫意，可以說聖士提反除了是一所環境優美的學校，也是一個令人心曠神怡的植物公園。就讓我帶大家略為了解校園內的草木，窺探這滿載寶藏的一角吧。

從學校正門沿斜坡走，看到小賣部後右拐，再一路往上爬，在分歧口的右邊是一片小草地，這是大家去小賣部的必經之路。大家每天來來回回走那麼多回，可有發現那兒除了長有幾棵參天大樹外，還長了幾株茂盛的小樹。其實那一棵棵的小樹可不是普通的樹，而是能吃的果樹。其中一株是芒果樹，樹幹高大挺拔，遠看像一把大傘子，而葉子形狀修長，呈深綠色，光滑且富有光澤。湊進觀察，便會看到一簇簇鵝黃色的芒果花。每朵花都有五、六片葉子包圍，簇擁，長於葉子頂端，猶如一個個穿著歐式宮廷服的清麗舞者。

與芒果樹相比，旁邊的楊桃樹又是另一番風景。楊桃樹的葉子是小巧的，呈卵形，葉末端較尖，顏色亦比較蒼翠。我們放暑假的時間正是它們豐收的季節，所以我們平常只看到樹上少量外形宛如五角星、青色的楊桃孤伶伶地掛在枝頭。剛開學的9月，如果你經過小草地時細心看看，許會見到遍地都是掉下而熟透了的黃色楊桃，近嗅一下，會聞到清新的楊桃果香。這些果子沒被人發現而「屍橫遍野」，怪可惜的。



此外，在校務處與教學樓之間的小道斜坡位置，長了一株枇杷樹。枇杷樹樹幹深棕色，粗壯堅硬，觸感凹凸不平。不少樹枝從樹幹伸展出來，驟然看像是一隻隻女巫乾枯的手，手上掛著既厚實又相當大的橢圓形綠色葉子。待到3月，大家便能看到白中帶黃的枇杷小花朵盛開的樣子，6月份枇杷成熟便能採摘！



欣賞完這些果樹後，朝中央廣場走，在東翼和西翼建築中間又是一片小草地，在那母與子的雕塑後面，放著一個個黑色正方形的種植盆，大家也許會猜當中種的是些花花草草，但其實那兒種著的是一些對健康很有益處的蔬菜。從左到右的順序是冰菜、薑和九層塔。冰菜的葉子呈鮮亮的綠色，葉片卷卷的，表面像是覆蓋一層晶瑩剔透的水珠冰晶，因而得名。據說冰菜營養價值豐富，能有助控制血糖，和協助清除細胞中的自由基，以預防癌症等。

旁邊的薑和九層塔因擺得太近而互相依偎著。薑葉長得很高，葉子外皮粗糙，分明且狹長，頂端布滿白色點點，像一把把鋒利而帶滄桑感的劍。薑是長在泥土裡的，待10個月後可見收成。薑除了如冰菜般可降低血糖、預防癌症外，還有助治療傷風感冒、舒緩疼痛等。

九層塔則與薑截然不同，它長得矮小，葉子是對生的，多分枝，長得茂密。如果大家蹲下來仔細地觀察，便會發現九層塔的葉子並不是表面上看起來那麼平滑無害，相反，它的邊緣是帶鋒利的鋸齒形狀的。很多人以為九層塔只是香草，但其實它的營養價值好比藥材，不只能增強免疫系統，還能明目、抗老、消炎等。



再往右移一兩步，會看見種在長方形花盆裡面的薄荷，靠近的時候，一股清涼氣息直衝頭頂，把疲憊的心情一掃而空，跟平時吃的薄荷糖那提神效果毫無二致。除此之外，隔壁還有西芹、番茄、快菜等等蔬果，應有盡有，這裡可以說是一片小農場。



此外，矮矮的石梯上面還擺列着引人矚目的羅馬紫孔雀和白蘿蔔。紫孔雀顧名思義，是紫紅色的，再加上葉瓣的排列和形狀如同孔雀優美地開屏一樣，才有這個別稱。不過，他們並不是一開始長的時候就是紅色，而是慢慢地從綠變紅，再經過陽光長時間曝曬後才形成這種顏色。這種植物可以採收嫩葉食用，也可以作為盆栽觀賞。

在紫孔雀的下方，有長得茂盛和富有層次感的白蘿蔔。白蘿蔔葉子呈淺綠色、寬大，參差不齊，邊緣如波浪起伏，風吹過時，如一根根大羽毛在輕輕搖曳。走近看看，在土壤中，隱隱約約可見潔白圓潤的蘿蔔根部，我能想像收成後，烹煮出來的蘿蔔會有多鮮甜軟脆。



這些蔬果能茁壯成長，除了因學校擁有良好的天然優勢外，學校的有機大使也是功不可沒的。我偶爾能看見他們頂著大太陽，拿著一個口細嘴長的水壺，為植物一個個澆水，確保他們有足夠的水分；又耐心地觀察植物的葉子和莖幹是否有蟲害和病斑，悉心打理它們，給予恰切的跟進。

我們學校除了種有不少果樹、蔬果後，當然也有不少花卉。朝著校務處與教學樓之間的小道走，會看見兩條分岔路，右邊是往後山，而左邊的水泥小路是通往學校文物館的。

沿著斜坡一直走，會看到一所紅色屋頂的屋子，屋子前面是一片遼闊的、錯落有致、生機勃勃的草地，這裡是由我校一位退休英文教師Mr.Pun悉心打理的。在草地角落有盛開的紫色聖羅勒花朵，花小而精緻，排列成穗狀，顏色從深紫漸變到淺紫，還有些是白色和淺綠色相間交替的。另外，附近還種有山茶花、薔薇、緋寒櫻等，驟然看像一幅五彩斑斕的畫卷，讓人忍不住沉浸在這美好之中。

校園內的植物何止以上，同學可曾留意到其他不同的植物？它們不僅為我們提供清新的空氣、新鮮的食物和藥材，更以獨特的形態裝飾著校園，幫助我們舒緩壓力。學校裡藏著大自然賦予我們的寶藏，發現它們的美並不難，更不需要特意去尋找，只是同學們學業繁重，鈴聲一響便匆匆離開，根本沒時間去留意身邊的事物，錯過了許多物外之趣。其實，我們有時候不妨放下手中的書卷，放緩一下腳步，認真地觀察一下四周，欣賞一下身邊的事物，就可以讓繁忙的生活節奏得以舒緩，讓疲累的心靈得以生息，讓枯燥的生活變得美好，願同學好好珍惜及欣賞這隱世桃源。



弈外

鄧瑤

今天是圍棋世界大賽靈感杯決賽第二輪，我興致勃勃地看著場內情況。第一局，以半氏飛刀始，跌宕起伏。最終以何捷勝結束。第二局必會擦出新火花。「雙方棋手正進行激烈的搏鬥，不過形勢的天平在向八冠王何捷倒去，不愧是八冠王，果然棋高一著！」我心想。突然，我注意到，何捷邊上的一顆被吃掉的棋子。它讓我想起去年12月我在圍棋協會提出新賽規的事。

當時，我是棋協的成員之一，我提出了新增吃掉的棋子必須放在棋蓋盒裡的賽規，這將影響勝負。違規的懲罰很嚴苛，我已經準備好迎接其他成員的質詢，沒想到我的建議被全票通過。「看來不只我一個身在局中啊！」我想。早前就跟我聯絡過、想新增賽規的選手卡向易發來消息，「辦得很順利對嗎？我都打點過了。接下來是搞定其他裁判，你是裁判長，更好操作。我們有錢，你懂的。」我心中瞭然，便找上了其他裁判。

「啪！」落子的聲音把我拉回棋局上。何捷九段已經大大領先。行動！我默念。便走進賽場用去年十二月我提出並落實的新賽規對何捷進行判罰。我悠閒地喝著咖啡，盯著何捷的一舉一動，我就不信他能在短短的時間內改掉習慣。

我賭對了，何捷第二次因新賽規而判罰的時刻，還是到來。我給他判了負。觀眾頓時噓聲一片，「太嚴苛的判罰啦！」「盆外招！」放心，有我在，明天還有人會重施故技幫助卡向易。

第三局，何捷心態受到影響，初開局就出現大失誤。不過後來他破釜沉舟，在下法上置之死地而後生，最終還是令卡向易毫無招架之力，30多分鐘還想不出個所以然來。卡向易這個不濟事的，還是要我開金手指！我下場暫停比賽，利用何捷兩個小時前沒把棋子放入蓋子的「失誤」給他判罰。是！他把棋子放進去了，可是沒立刻放。這沒寫在規則是我的謬誤，但我是裁判，對此有決定權。講解判罰時我沒遵守暫停比賽時要的封手規則，等於在給卡向易加時間。何捷便怒道：「你怎能用他的時間呢？這樣不公平，應該要重賽。」但可惜，決定權在我手上，我就是堅決說「不」。一番爭論之後，以何捷退賽為比賽的最終結果。正好，我們目的達到了。

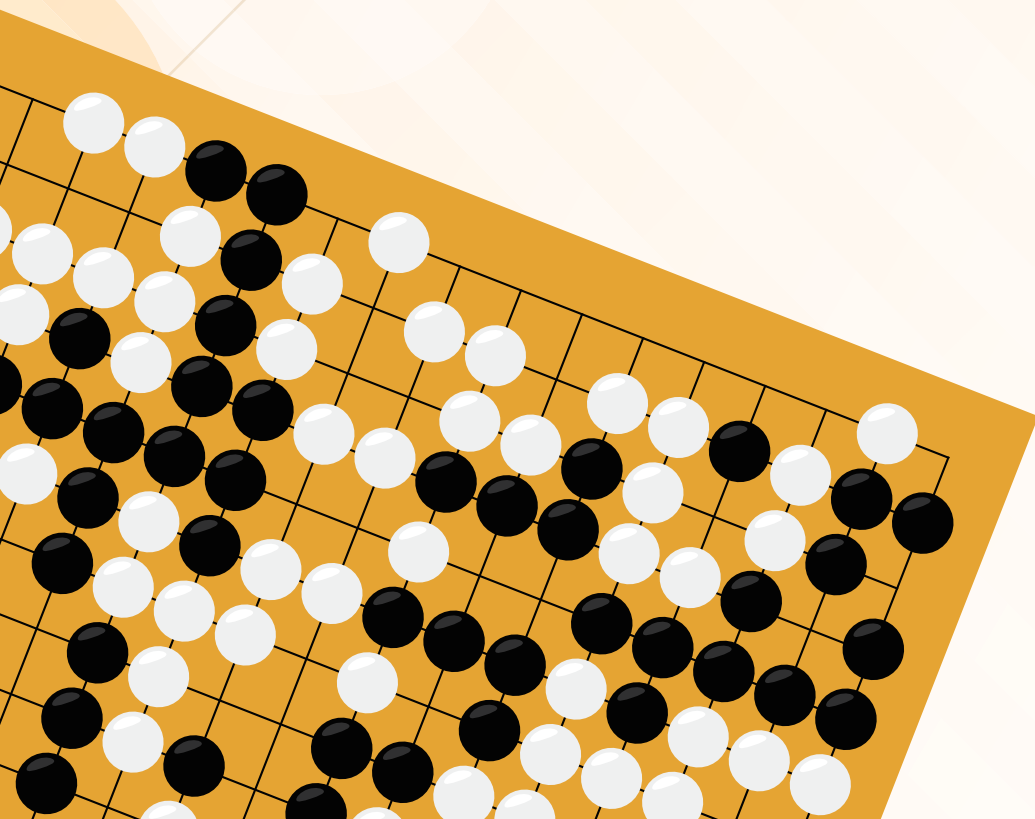
「二比一」的大字亮起，何捷輸了，我的個人帳戶也到帳1000萬。

「請發表獲獎感言。」我道。卡向易拿著獎盃，緩緩開口：「我很感謝很多人，在幕後支持著我。」哼，我冷笑，那可是我們的支持。

比賽結束後，我回家安躺在床上，想著我那1000萬，美滋滋地睡著了。一早醒來，網友譴責的聲音響徹天際。他們紛紛安慰何捷，罵我們有黑幕、暗箱操作。我開始留意日漸發酵的輿論。「我也想不到事態會這麼嚴重，得多放炸裂的信息了，讓幾個明星場房也行，絕對要壓下事件！」卡向易在群裡發來了短信。而此時此刻，我正瞄著何捷的採訪。

視頻裡的他淚眼汪汪的哭訴事情的經過，尋求公義。更道「絕不妥協！何捷，絕不妥協！」看到他的堅定，我不屑的笑了笑。我們對輿論的控制超乎想像，還沒開始行動呢。有棋協支持，我們必勝。公義，在利益面前又算什麼？它只是供人踐踏的玩物罷了。只要能把人們的嘴縫上，我們就能決定所有。

（由真實事件改編而成）



男權社會

陳善一

一百年前的中國是男權社會，男人在社會中享有最高權力，人們相信男人可以帶領社會走向頂峰，但是女人在他們眼裡只能生孩子。

沐悟塵是一個家庭裡的男人，家庭富裕，管理著一家企業，是其他人眼中的成功人士。可是企業的對立面亦有一家企業，由他的一生之敵陳平川管理。

「沐悟塵！你又輸了喔！」

「陳平川！我不服輸！」

「沐悟塵，願賭服輸喔！」

「哼！」

沐悟塵緩緩走到一個女孩身旁，在她的耳邊輕語——我喜歡妳。女孩臉頰微紅，害羞地低過了頭。

「抱歉，我不喜歡你。」

「哈哈！」

躲在一邊的陳平川不禁大笑起來，沐悟塵伸起拳頭一拳打在他的臉上。

「別！」

漸漸地，他們從小時候一直打鬧到大企業，兩人的事業蒸蒸日上，可卻從未停止過爭鬥，誰也不服誰，哪怕他們都已經三十歲。

可是，他們都有些疲憊了。

沐悟塵想要一名男娃來繼承他的產業，繼續與陳平川爭鬥，可是他妻子生下的卻一直是女娃。沐悟塵瘋了，他納了無數名小妾，迫切地想要一名男娃。

「老爺！出來了出來了！」

沐悟塵興奮地跑去了接生房，一夜沒閉的眼神中充滿了期待。

「是不是男的？」

「不是。」

接生婆把裹著毛巾的女娃交給了沐悟塵，接著便小跑著回去接生房照顧剛剛生完孩子的女人。

沐悟塵看著手裡的女娃，臉瞬間黑了下來，好似有烏雲覆蓋在他的臉上。

沐悟塵看著手中正在哭鬧的孩子，大吼了一聲「安靜！」，可孩子卻越哭越大聲。沐悟塵無奈，只能把孩子交給旁邊的傭人，接著轉身離去。

「女娃……女娃……怎麼又是女娃！」

書房裡的沐悟塵好似發瘋了地大叫著，彷彿是在質問著上天為何要待他如此不公。

接下來的幾年，沐悟塵一直深陷在名為「女娃」的漩渦，無法自拔。他所管理的企業也越來越差，直到企業宣布了破產為止。

沐悟塵不信邪，他覺得以他的能力肯定能東山再起的，他便賣了所有的家產，準備再拚搏一次，像年輕時一樣，可是他老了，他再也不能像年輕時一樣日理萬機了。不出所料，他失敗了，漂泊大雨中的他無助地趴在地上，彷彿一條喪家之犬般，沒人陪，沒人愛。

陳平川撐著紙傘一步步走到他的面前。

「你知道你為什麼失敗嗎？」

「因為運氣不好唄！真是的，幾十個娃裡全是女娃！」

「你覺得這可能嗎？」

沐悟塵勉強睜開他的雙眼，看著眼前的老對手陳平川，終於放下了防備，敞開了心肺。

「就是因為覺得不可能，才接著生唄！只可惜……唉……」

「你的孩子並不是全是女娃。」

「怎麼可能？我親眼所見她們都是個女娃啊？」

「真的是親眼所見嗎？如果是親眼所見，現在失敗的應該是我才對啊。」

「什麼意思？」

「我花錢收買了你的傭人，讓他們說你生的孩子全都是女娃，如果你真的看過他們，又怎麼會不知道他們不是女娃呢？」

「陳平川！你……你卑鄙！」

「沐悟塵，正是因為你目中無人！又因為你看不起女娃，才導致的你的失敗！女娃怎麼了？女娃也可以做男娃做的事！女娃也可以有才，女娃也可以打理企業啊！」

「怎麼可能？女娃永遠都做不了男娃做的事！尤其是打理公司！」

「沐悟塵，我就不懂了，女娃怎麼了？女娃怎麼就不能打理公司了？就憑她們力氣沒有男娃大，體格沒有男娃壯？沐悟塵啊沐悟塵，我看你也是老糊塗了，打理公司是個技術活，關身體什麼事？再說了，憑什麼女娃一輩子就只能繡衣服，做家務呢？是上輩子欠你的嗎？」

「可是女娃注定是要嫁出去的啊……」

「嫁出去怎麼了？如果你平時有好好教育她們的話，她們應該會愛著你才對啊！我跟你說啊，我家那幾個女娃，就算嫁出去了，年年春節也回來孝敬我。你再看看你？你從來沒有照顧過你的孩子，沒有給過他們錢，沒有給予他們教育，甚至是愛！一丁點的愛！」

沐悟塵不語，大雨浸濕了他破破爛爛的衣物好像一個將死之人般。

「陳平川，你說得對，我這個父親當的是真失敗啊！」

沐悟塵翻過身，任雨滴隨意踐踏在他的臉上。

「我輸了……」



認識論至康德的發展史

蔣思成

本體論起源於古希臘時期，這並非一個理論，而是對一系列問題的探究，例如從追問世界的本質到尋求世界為什麼而存在。古希臘哲學家們認為世界萬物是獨立於人的意識而客觀存在的，人在認識世界的時候是在尋求一個至高、不變的真理，希望以一種普遍必然的形式認識並把握世界，然世間萬物流變不羈，追問的性質決定我們注定無法追求到所謂的本質、原初。於是乎為了避免無窮追問導致的無意義，古希臘哲學家們預設了一個「最高實體」，並規定它不可再被質詢。然，他們並不能合理的解釋這普遍必然存在為什麼如是，以及人為什麼能認識它。



人認識世界的一切途徑不過感官，可就連三歲稚童都知曉感官並不可靠。這說明我們所認識的一切都是存疑的，我們無法通過從感官途徑得到的知識認識真正的客觀實在。因此，為了解決古希臘哲學家「預設最高實體」的錯誤，則必須從我們的認識能力開始反思。此時，笛卡兒用理性的邏輯思考對以往的所有知識進行了徹底的懷疑，除了「我正在懷疑」這個行為之外，一切都是存疑的，這就是笛卡兒的著名格言「我思故我在」的由來，以此開啟了西哲從本體論到認識論的轉向。（笛卡兒認為普遍必然的知識一定是以絕對理性和數理邏輯推導出的不可懷疑的結論，發展出了理性主義的萌芽。）從本體論到理性主義的發展，是哲學家開始反思自己認識能力的壯舉。然而，雖然我們可以通過理性思考證明自身的存在，但也僅此而已。我們獲得知識的途徑依然無法脫離感知，如果我們不再使用從感知外界所得來的信息，我們便無法思考，因為一切事物的概念在最初時都是我們從外界感受到的，所以如果質疑所有從感官來源獲得的知識，那麼我們將一無所知。對此，洛克提出了白板論，促使了英國經驗主義的誕生。所謂「白板論」，就是指人生來就是一塊白板，我們通過並且只能通過感知外界信息來獲得知識並形成概念。這是一種通過歸納法總結所獲信息以得到普遍必然性知識的學說，即我們的知識只是來自於歸納總結我們的經驗，而理性主義與經驗主義的交融共同產生了認識論哲學——即「我們為何得以認識世界」、「我們如何認識世界」諸如此類的問題。

正如任何學說一般，認識論哲學也被懷疑主義的陰影所籠罩過。休謨通過摧毀因果律顛覆了理性主義，同時通過瓦解歸納法的可靠性粉碎了經驗主義。在休謨之前，人們將因果律視為獨立於人的意志而客觀存在的普遍必然規律，它是理性和邏輯推論得以成立的前提。可當休謨說出「一塊石頭變燙與他一直在太陽底下曬沒有關係，所謂因果只是人的臆想，只要一個人有意圖，那麼他可以論證任何事物的因果性並將之合理化」後，理性主義已然不復存在。而歸納法只是一個不斷向外吸收信息的過程，其永遠無法達到一個結果。正如「所有天鵝都是白色的」這個知識是建立於人們「沒有見過黑色的天鵝」的基礎上，我們沒有理由於任何時刻假定我們總結的知識已經完善並具備普遍必然性，故此經驗主義的合理性亦已被動搖。認識論哲學在休謨的質疑下轟然倒塌，直到康德的出現。

康德指出，如果人是一塊白板，可以吸收來自外界的信息，這不是已經說明了我們並非一無所知，而是具有一種與生俱來的「接受信息的能力」了嗎？為了接受外部經驗性的信息，我們必然具備某種先於經驗的使我們得以認識客體的條件，這條件便是「先天認識形式」。先天認識形式獨立於理性和經驗，潛藏於每個人的內心，是我們認識世界的前提。其包括了「先天形式」與「先天概念」。先天形式即是時間與空間這先於經驗的世界基礎形式，因為它們的存在我們的認識才得以成立，確立了普遍必然性知識的合理性；而先天概念則是人認識世界的規則，他包含了「量、質、關係、模態」四組形式，康德在此基礎上推演出了十二組邏輯範疇，人類所有的知識都包含在這十二組範疇之中，而離開這十二組範疇的任何知識都是不可能的。人類的認識能力即是由人類認識世界的主觀性前提與人類認識世界的規則統合出的「先天綜合判斷」。回到休謨的問題，康德指出因果律是我們人類對於事物的先天認識形式，我們只能通過確立事物的因果關係來認識它們之間的聯繫，「因果性與依存性」正屬於關係形式的邏輯範疇之一，故此重新確立了因果律的普遍必然性的合理性。而有關歸納法，康德指出人類對事物感知後形成的經驗並非不可靠，而是不能確定經驗本身具備哪些規定性，康德的十二邏輯範疇亦重新確立了經驗的合理性。

今天，陳光語一如既往地來到了工位，可是，他的屏幕上有一行數字。

「71:59:59」

「小黃！你能看見這上面的數字嗎？」

「看不見。」

「你呢？」

「我也是，你有什麼事嗎？」

「喔喔！我沒事。」

陳光語看著屏幕上的數字一秒一秒的流逝，心裡越發感到不安，他想起了小說裡的情節——死亡倒計時。一旦到了時間，就會因為某種事情而死。

「醫生？真的沒事嗎？」

「身體並無大礙，只是肝脂肪有點高而已。您特別提及的眼睛也沒有問題。平時堅持運動就好了。」

「謝謝醫生。」

回到家後，他的女朋友徐柏惠靠了過來。

「喂老公，家裡沒吃的了，出去買點吃的啊？」

「好啊好啊！」

來到菜市場，陳光語看著他活潑可愛的女友到處挑選食物，嘴角不禁上揚，如果不是時間不夠，他真的想把他的一生全部奉獻給她。

回去的路上，他仰望著天空，時間在一點點的流逝，可他卻還有很多事情沒做，彷彿一生的遺憾都在此刻匯聚，不安感越演越烈。

「老婆？」

「嗯？怎麼啦？」

「你說，如果有一天我走了，你會怎麼樣啊？」

「哼！笨蛋，才不會讓你走呢！」

「哎唷認真點！」

「我當然不會讓你走啦！你想想，我們還沒有結婚，沒有生孩子，沒有買房買車對了，幫我拿這點！」

徐柏惠把幾袋裝著食物的袋子交給了陳光語，兩人接著走著回去的路。

「你看，我們這樣子多像結婚多年的老夫老妻啊！」

陳光語不語，只是一味的看著她，在陽光的襯托下，她的臉一黑一亮，眼睛彷彿有了神采般，紮著高馬尾的她充滿了青春活力。陳光語看的出神，連到家了都不知道。

「哼！笨蛋！」

三天時間轉瞬即逝，期間，他們一起逛街，一起吃飯，一起旅遊，做了好多他們之前沒有做的事情。由於陳光語是個經理，常常要打理公司，很少像這樣般陪著她了。

「20:25:32」

陳光語拿著筆，寫著信，像是在處理後事一樣：

「老婆。嗨！當你看到這封信的時候我應該已經走遠了吧。我很遺憾，沒能和心愛的你結婚，生孩子了，我的時間已經不多了。前幾天，我的生命已經被掛上倒計時，再也沒法和您！」

情到深處，再堅強的他也無法阻擋心中所想了，淚水滴在信封上，形成了「水印」，像思念一樣久久也不散去。

「00:59:59」

「只剩一個小時了嗎？」

兩人走在公園裡，手牽手，活脫脫的像對夫妻。

「秋天的樹葉又開始發黃了。」

「00:30:00」

「老婆？」

「咋了？」

徐柏惠左手牽著他，右手還拿著沒喝完的奶茶，看著她這副模樣，原本堅定的心又開始動搖了。

「不行，不能讓她看到我這副模樣。」

「公司突然有急事，我得回去一趟。」

「能不去嗎？」

徐柏惠的眼睛可憐巴巴地盯著他，他的眼神裡充滿著猶豫。

「不行。」

「好吧，走之前，能抱一下嗎？」

話還沒說完，陳光語就一把抱了上去。

「再見！」

「再見！」

不知為何，這兩個字異常沉重。

「00:10:09」

雙手插著口袋的他很快發現了口袋裏的異樣，是一封信：

「老公！謝謝你這段時間的照顧，我真的非常喜歡你，非常的喜歡你。只可惜，我的時間不多了，在寫這封信的時候也只剩一天了呢，我真的好恨啊，沒能和你結婚，希望今後的你幸福，帶著我的牽掛活下去。」

看到這裡，陳光語好像收到了什麼暗號似的，不顧一切的向著反方向走去。

「00:00:59」

他看見她的臉了，她也在用盡全力奔跑著想著彼此趕去。

「00:00:30」

他看著她的臉，終於知道了「暗號」是什麼了。它是一份執著，想要守護、相愛的一份牽掛，它能使本不相愛的兩人掛念著彼此；能使本不相識的兩人相互暗戀。可，這個「暗號」，總要有接收的一方，有的人還沒發出，就覺得對方收不到；有的人接收不到，對方卻還在苦苦等待。這個「暗號」是沒有理由的，硬要說的話，就是「愛」吧。

「00:00:10」

兩人向著彼此跑去。

「00:00:05」

兩人向彼此伸出了手。

「00:00:01」

兩人緊緊的擁抱在一起，貪婪的呼吸著彼此身上的氣息。

「哪怕只剩最後一秒，我也想和我的愛人，在擁抱中度過。」

《時光列車》

莫君揚

鐵路上的火車迅速掠過，
只搖動了一堆灰塵，
如同記憶中模糊的笑聲，
在時間的河流中漸漸消散。

地面上的火箭瞬間飛躍，
只遺漏了一絲濃煙，
如同夢想中的燦爛瞬間，
在現實的天空中悄然隕落。

賽道上的賽車一剎駛過，
只驚動了一陣火種，
彷彿生命的脈搏在狂奔，
卻不知何時會停下腳步。

它們高速向前行駛，

不知跨過了多少時代，
如同星辰在夜空中璀璨閃爍，
卻又渺小如塵埃。

我站在車廂內，
融化在
熱鬧的人群中，
似廣闊天空平凡的流星，
似無盡海面平庸的沙粒，
似浩瀚宇宙微弱的回音。

寫到一半的我，被迫趕下
永恆的列車。
而這班列車，
才剛達到第一個車站……



解說：

主題：人生的短暫，渺小。

從火車、火箭、賽車為意象群，象徵時光快過去。

灰塵、濃煙、火種為意象群，象徵渺小。

運用意象的對比，以永恆寫短暫。

頭三段類似結構，重複，鞏固意象。

「我」能夠典型代表眾人，從而對人作抒情。

流星、沙粒、回音為意象群，象徵我在世界上根本不重要。

尾段顯示我被趕下車，暗示人生很快結束，而省略號含蓄流露我對人生短暫，微不足道的慨嘆。



《滾石》

曾世宇

山腰上
坐著顆
滾石
我
推其向上
它滑落
我
推其向上
它摔落

我
推其向上
它墜落
我奮力地
推其向上
這次
它觸碰到了頂峰
我聳立於山頂之上
仰望著這片無盡的星河

解釋：

《滾石》一詩講述了我在努力拼搏的故事。當中「滾石」象征著我在學習的過程中所遇到的障礙。雖說它們壓得我喘不過氣、也使我一次次失敗，但我依舊奮往直前，屢敗屢戰。我堅信，總有一天，我的願景終將實現。

A Teddy Bear's Nightmare

Valery Shum

After a busy day at school, I plopped on my bed, enjoying the comfort of my room, when I noticed something strange happening with my teddy bear. At first, it was just a little odd, but soon I couldn't believe my eyes as my teddy bear started to grow bigger. My heart raced, and I rubbed my eyes, wondering if I was dreaming. Within moments, the bear became huge, like a giant! With a loud crash, it broke a hole in my ceiling, sending bits of debris falling like confetti.

Panic hit me like a lightning bolt, making me feel scared and confused. I ran out of my bedroom, and my safe home suddenly felt terrifying. I needed to warn my parents, who had no idea what was happening just a few feet away.

Suddenly, I felt a strange tug on my hair. I turned around, filled with fear, and saw a big, furry hand lifting me off the ground. My heart raced as I screamed, but it was too late. Its grip was unbearable, I tried to nudge myself out, but it only made me feel more pain. The bear's stitched mouth opened wide, revealing a dark tongue that seemed to pull me in. It let go, and I fell into a dark abyss, fear gripping my insides. There was no way to escape.

In an instant, I tumbled through the air, surrounded by darkness. Fear clawed at me, and I felt trapped. Everything around me faded into nothingness, and I was left alone in this strange place. What had started as a simple moment of nostalgia had turned into a nightmare, and I wondered what awaited me in this dark realm.

I walked around but no matter which direction I went to, I couldn't find an end. I felt like I was stuck in a dark hole and it was boundless. Hope started to fade away. I sat in despair, wondering if this was how my life would end, maybe I would starve and die from hunger or maybe I would die from dehydration? I tried to scream from the top of my lungs but it was no use, I don't think anyone could hear me. Feeling helpless I dozed off.

'Hey, hey, can you hear me??'

I blinked, my vision still blurry, but I could make out a reassuring silhouette. My heart raced with a mix of hope and disbelief.

"Is that... Mum?"



Finding Hope in Difficult Times

Sherlyn Ma

Why Is "It" Here?

You might look around and see your peers having the time of their lives without that "weight" you carry every day, and think they have it all together. But beneath the surface, we're all so different, yet we are all connected by stress itself. We face different kinds of stress differently in our daily lives. Some can cling to us for long periods of time; some can be more draining than the rest, and some can sneak up on you when you least expect it. There are various forms of stress, and if not treated properly, it can gradually wear you out more and more until it sucks the life out of you, leaving you in a vast nothingness, unable to help yourself out of this suffocating spot. Life may start to feel meaningless as everyday tasks become harder, the burden you carry grows heavier, and the path ahead seems steeper. It's really common and nothing you should be ashamed of. We need to deal with many things on a daily basis, and it is normal to feel this way.

The Weight I Carry

Life is an emotional rollercoaster. I'm grateful that I don't have strict parents or toxic friends, I'm always surrounded by really nice and supportive people and have been living in a really comfortable environment. But even though things might seem fine on a surface level, deep down I was struggling. I have really high expectations for myself but I'm always not motivated or skilled enough to execute my goal, leaving me feeling devastated. This is also the reason why I'm facing all this stress. Like everyone else, things don't always go smoothly. Because of that, it has negatively affected the way I think and act, it makes me think that I always need to be the best version of myself no matter what but that just adds an extra layer of burden and self-sabotage in my life.

"Why am I always overlooked even after doing so much?"

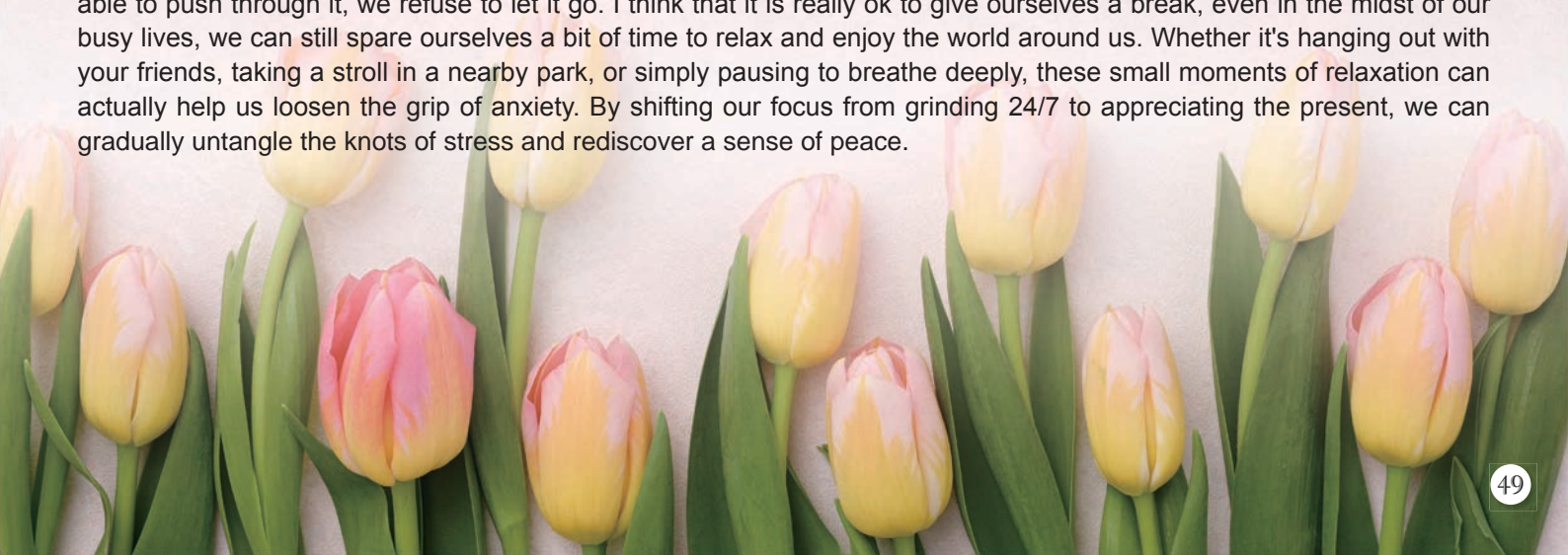
"It only takes a bit of time and effort to achieve it, why am I still so hesitant about it?"

"Why am I doing worse than before when I trained so much for it?"

In those moments, stress feels like ropes wrapped inescapably tightly around me, squeezing my every movement tighter and tighter, burning my skin as I long to break free from this suffocating spot. Each knot on the rope represents a painful reminder of every attempt of my inability to escape. The tighter they grip, the more frantic I become in trying to untangle them, yet each effort only tightens the knots further, leaving me feeling devastated and trapped in an endless loop of frustration and agony. I can feel the ropes digging in, painfully reminding me of my limitations, as I struggle against them, craving for just a brief moment of freedom in my confinement. It's a suffocating sensation, a constant reminder that no matter how hard I try, I remain imprisoned, yearning for the freedom to move freely from my self-made prison.

How Can We Find the "Light" in Such Difficult Times?

As I mentioned, things can get really out of control and daunting, but we must remember that there is always a solution to a problem. It is completely normal to not be able to get out of it quickly since our minds tend to continue to hold onto pressures and expectations that can feel overwhelming and defeating. We may be caught in a cycle of self-doubt and frustration, where every setback makes us question our abilities and worth. In those moments, it's crucial to acknowledge that feeling that way is part of the human experience and is experienced by everyone. Recognizing these feelings is the first step toward finding the "light" we seek. The knots represent not just the stress we feel but also each failed attempt to escape from them. The reason why we keep on failing to free ourselves from it is because we believe that we are able to push through it, we refuse to let it go. I think that it is really ok to give ourselves a break, even in the midst of our busy lives, we can still spare ourselves a bit of time to relax and enjoy the world around us. Whether it's hanging out with your friends, taking a stroll in a nearby park, or simply pausing to breathe deeply, these small moments of relaxation can actually help us loosen the grip of anxiety. By shifting our focus from grinding 24/7 to appreciating the present, we can gradually untangle the knots of stress and rediscover a sense of peace.



HOW POP CULTURE INFLUENCES TEENAGE COMMUNICATION

Selina Lau

It is no secret that teenagers these days are hooked on pop music, from One Direction's heart-melting harmonies to Taylor Swift's chart-topping anthems, pop tunes dominate the teenage soundscape. However, the trend of pop culture isn't only providing background soundtracks for teenagers' entertainment, it actually shapes the mindsets of teenagers and influences the way they communicate with each other.

Let's start with the language. The most direct effect of pop music is how teenagers may adapt to the speaking styles and slang found in the lyrics that may eventually clout their speaking patterns. The casual and argot terms have seemed to have invaded teenage speech, teenagers hungrily gulp down the 'advanced' and 'fresh' vocabulary. Acquiring firsthand experience of the slang "No cap," "Slay," and "Yeet," constantly appearing in daily conversations with my friends and I, I cannot agree more with the fact that the new lingo from pop music is enough to make my head spin for ages, the definitions never seem to make actual sense. And the way my classmates manage to construct sentences? It's as if they forgot the mere existence of proper grammar and punctuation. I'd like to say their sentence structure is simply chaotic and disintegrated. My friend once said to me, "Me and Lily was like, headed to McDonald's but gotta get them donuts too, you feel me?" I apologise but unfortunately, I do not 'feel' you at all. All I was able to register at that moment was, wow, what on earth was that kind of gibberish?

The impact of pop music goes beyond the limits of just vocabulary and grammar. Pop music's emphasis on the values of relationships, heartbreak, social issues, and over-exaggeration of expressions of emotions oozes its way into how teenagers discuss and view their lives. Teenagers rely on song lyrics to analyse every social interaction or crush they have through the lens of pop music, such as the sleuthing for the perfect Olivia Rodrigo quote to sum up their feelings, they often use pop music as a magnifying glass for every single aspect of their life. Teenagers depend heavily on emotional expression and curate the trend of 'aesthetic' of one's life to match the dramatic ups and downs of current pop hits. The most hilarious thing I've ever heard from my fellow schoolmate Megan was, "Heartbroken? Listen to Adele! Have a crush? Listen to Taylor Swift! Feel like you're in love? Bruno Mars is definitely the thing for you!"

Furthermore, the discussions between teenagers usually revolve around the topics of the newest pop culture rather than more fundamental issues. Instead of diving into the depths of societal concern, current events, or hopes and dreams for the future, teenagers are likely to seem more interested in the gossip of the latest drama in pop music or scrutinising the hidden meanings of Sabrina Carpenter's song lyrics. Pop culture has become the core of social interaction.

The persuasiveness of pop music on teenagers is undeniably strong, from the use of language and sentence structuring to emotional impacts and lastly the discussion of topics. The ongoing dynamic of pop music has an extremely shaping effect on teenage interaction nowadays. It is a loop that is unlikely to be broken anytime soon. As pop music's total takeover of the world of communication, the next thing you might notice is that teenagers are going to solely communicate through emojis or a single alphabet. Hopefully by the time of such 'language disaster', we would still all be able to fully understand what the teenagers are saying.



The Interwoven Threads of Ambitions, Dreams and Life

Isis Ng

Ambition is a double-edged sword. With it, it's plausible to accomplish anything one intends to achieve, to soar high without the chains of earthly limitations. Yet, it's just as simple to allow ambition to cloud your judgment and blind yourself to the moral path, especially if the darkness and depravity croons to choose easy over right. Ambition has forged empires and kingdoms from nothing. Nevertheless, it has razed each one and reduced those almighty civilisations to rubble, leaving only ash behind. Ambition is cultivated by motivation and nourished by hope, but permitting it to run rampant would be a mistake.

Dreams are a purer concept, and lack the negative connotation ambition dons like a mantle it can't seem to shake off. Dreams evoke imagery of 'sunshine and rainbows', perfect and idealistic. At first, they seem as unreachable as the lofty sky lording over the earth, but with sufficient effort, it's possible for one to ascend to the pinnacle of their aspirations. Everyone values dreams as their beacon, their lighthouse amidst a thunderous storm, a guiding light to rescue and escort them out of the darkness. But what if one's dreams were the catalyst of someone's descent into corruption, into sin?

What if someone's aspiration seems righteous and noble, but they're completely willing to forsake morality and sacrifice integrity for it? Does that make their dream reprehensible, condemnable? Or is the dream still virtuous, and only the actions done in its name a crime? Though in the end, if someone's goal is to cause hurt and suffering, then it's no better than ambition voluntarily saturated with malice.

Both dreams and ambitions aren't fundamentally malevolent, but the actions perpetrated to bring it into reality can certainly be dubbed a sin. Would it be prudent to cease dreaming, smother the ambitions? Without these, surely there would be less incentive in the world to sow agony and harm to innocents.

However, without dreams, without ambitions, what meaning does one's life have?

Existing without a goal is just surviving without truly living, mindlessly and apathetically going through the motions. It's drifting aimlessly like a boat lacking a rudder, allowing the turbulent seas and unforgiving waves to do as they please. Life without dreams is a monochrome world, aspiration and determination being the colours already snuffed out.

Dreams and ambitions are necessary because they guide us to be better, challenge ourselves to overcome our fears. In the face of uncertainty, they're that optimistic whisper in your ear urging you to move forward. They cause life to be worth living, provide you with a reason to live.

There's no point in remaining stationary in life, witnessing its ups and downs flashing before our eyes. Who would yearn to become an outsider, a bystander, unable to partake in life's joys? Tagging alongside dreams may be failure and misery, but its other passengers are fulfilment, improvement, and bliss.

It's not a gruelling choice to make. A monotonous world, void of anguish but also elation? Or an existence flush with joyous highs and melancholy lows, teeming with possibilities? Most, if not everyone, would select the latter.

Because a reason for existence is something countless seek in life, and isn't that what dreams and ambitions are?



The Rise of a Global Phenomenon: K-Pop

Alexis Tam

K-Pop is a dazzling and exciting global sensation that has won the hearts of millions of people around the world. This music genre originated from South Korea and started in the early 1990s. It has grown into a huge entertainment industry, mixing catchy songs, amazing choreography, and colourful visuals. Its quick emergence is due to smart marketing, the power of social media, and the incredible talent of its artists.

K-Pop began with influences from Western pop, rock, and hip-hop. Famous groups like H.O.T. and S.E.S. debuted in the mid-90s, paving the way for this new cultural trend. These artists brought a fresh sound and lively performances that appealed to younger audiences. It is believed that the South Korean government provided support for K-Pop so that young people had a way to express themselves and flex their muscles, rather than engaging in political movements like those seen in the 70s and 80s. Over time, K-Pop became more refined and surpassed the once highly popular J-Pop, thanks to major companies like SM Entertainment, YG Entertainment, and JYP Entertainment that focused on training and nurturing talent.

The big change for K-Pop happened in the 2000s with the inception of the internet and social media. Websites like YouTube allowed K-Pop artists to share their music and performances with the world. The catchy song "Gangnam Style" by PSY in 2012 made K-Pop explode in popularity. At first, people found PSY hilarious — or embarrassing, depending on how you look at it — with his quirky horse-riding dance skills, and may have even wanted to mock him. However, they eventually accepted his unique style. PSY's viral hit showed everyone how much potential K-Pop had, opening doors for many other artists.

As K-Pop grew in popularity, it attracted fans not just because of the catchy music, but also because of the stunning visuals in music videos. These videos often feature high-quality production, amazing sound arrangements, impressive dance routines, and stylish outfits, making them a treat to watch. Groups like BTS, BLACKPINK, STRAY KIDS, AESPA, LE SSERAFIM and NEW JEANS have set new standards for performances and have become global stars.

The vibrant fan culture in K-Pop has significantly contributed to its success. Fans are incredibly enthusiastic and frequently create clubs to support their favourite artists. Social media platforms like Twitter, Instagram, and TikTok allow fans connect with their idols, share contents, and organize streaming parties to help boost their favourite songs on the charts. This sense of community helps create a loyal fanbase that supports their stars.

However, even with all its popularity, K-Pop faces challenges. Issues like plastic surgeries, mental health, fierce competition, and the struggle with losing weight are real concerns, along with the pressures of fame. Artists often train hard for years in their teenage before they debut, which can be very demanding. This rigorous training typically involves long hours of practice in singing, dancing, and even learning new languages. Many trainees live away from their families and face intense competition, as only a few will make it to the stage. The pressure to excel and perfect their skills can lead to physical and mental exhaustion, making the journey to becoming a K-Pop star both challenging and stressful. There are also controversies about how some artists are treated by their management companies and the pressure to be skinny and look perfect, showing that there is a complicated side to this glamorous world.

It is widely recognized that the rise of K-Pop shows how powerful music can be as a universal language. Its mix of talent, visual excitement, and dedicated fans has created a phenomenon that keeps growing. As new groups form and established artists keep pushing creative limits, K-Pop is likely to remain a major force in the global music scene for years to come. The story of K-Pop is one of cultural exchange and artistic innovation that resonates with many people around the world.



Valentine's Day

Myron Wong



Roses, heart-shaped chocolates, cupids—the romantic thought of Valentine's Day immediately comes to mind. But like every other holiday, it comes with an origin story. Who could have expected that a holiday filled with love and joy would have one of the darkest stories yet?

In 269 AD, the Roman civilization was thriving. The Roman Emperor Claudius II found that single soldiers were much more effective and stronger than those with wives and children. With this information in hand, he enacted a law that made marriage illegal for young men. A priest named St. Valentine, also known as the Bishop of Terni, disapproved of this decree and defied the emperor by performing marriages for young couples in secret.

Not long after this defiance, while performing another marriage ceremony for a young couple, Valentine was caught red-handed by Roman soldiers and jailed by Claudius. He was imprisoned in the same place as Christians, who were harshly persecuted by the Roman Empire. The Roman authorities showed no mercy—these poor souls were beaten, tortured, and eventually beheaded. It would take someone with congenital analgesia (a condition in which one cannot feel pain) to endure such brutal punishment, let alone a group of targeted individuals. Yet, they continued to persevere through these inhumane acts.

On one fateful day, a brave priest risked his life to help several Christians escape the torment that awaited them. He stayed behind, knowing the risks. At this point, you might be wondering: Where's the love in this story? Isn't this the exact opposite of love, with its depressing and violent tone? Well, here's the part of the story I haven't told you yet.

While imprisoned, Valentine formed a relationship in the most unlikely place and with the most unlikely person: his jailer's blind daughter. He miraculously healed her blindness and converted her entire family to Christianity. Valentine would write letters to the jailer's daughter, signing them with a unique closing: "Your Valentine."

His head went rolling on the 14th of February.

Meanwhile, ancient Rome had a mid-February fertility festival called Lupercalia, which some believe was a precursor to Valentine's Day. During this festival, men would sacrifice a goat and a dog and whip women with the blood of the animals they had just slain, believing it would promote fertility. Women would also be paired off with men "by lottery."

When Pope Gelasius came to power in the late fifth century, he put an end to Lupercalia. Soon after, the Catholic Church declared February 14 a day of feasts to celebrate the martyred Saint Valentine.

It wasn't until nearly a thousand years later, with the writing of the poem *Parlement of Foules* by Geoffrey Chaucer, that Valentine's Day became linked to romance. *Parlement of Foules*, also known as *Parliament of Birds*, tells the story of birds searching for partners on St. Valentine's Day under the guidance of Lady Nature. Chaucer's masterpiece explored themes of free will and love, inspiring people to write poems—known as valentines—to their lovers. Over time, Valentine's Day became officially recognized as a romantic celebration.

From being the day a priest was martyred, to a bloody and abusive festival, to a celebration of love, Valentine's Day has truly undergone the ultimate glow-up. As we celebrate this holiday, let us reflect on its gory origins and be grateful that we're buying cards from stationery shops instead of sacrificial lambs from butcher shops.

What is a school?

Wincy Yang



It's 8:20 am, you are probably not quite awake and you are sitting in a classroom with people your age, and a schedule of when you are going to each lesson to acquire new knowledge in each subject. Who do you have to thank for this? The ancient Mesopotamians for establishing formal schools? The ancient Chinese civilisation for inventing the first merit based examination system? The ancient Greeks for contributing to grammar, math, and science? Rather, let's examine the more recent changes to how humans have schooled their young, in 19th century Massachusetts where an educational model very similar to the ones we have worldwide today was formed. Moreover, we will tackle what it means to be a student and what is "school".

Prior to the 19th century, the schools were constantly changing, but it was only until the turn of the century that modern schools like the ones we know today were created. Schools were less formal, unstandardised and not free to the public. Education was strongly tied with religious institutions or accessed through tutors for the upper-class. Needless to say, education was rarely prioritised for girls, and socially and economically marginalised families.

In 1839, the 47 year old Horace Mann helped set up the first teacher-training school, to elevate the standard in which teachers are taught and make the training more affordable so that more people could become teachers. The goal of this was to raise the quality of education as well as making education free and owned by the state. He believed that this was crucial for a society of good citizens with democratic principles and participation, therefore reducing the socio-economic and gender inequality created by the previously private institutions for education.

In great contrast to his ideals, Horace Mann himself did not receive a formal education growing up on a poverty-ridden farm. But with the help of a tutor who taught him Greek and Latin, and resources from a local library, he was able to attend Brown University at the age of 20. After graduation, he pursued his legal career and eventually ended up being a key figure in the Common School Movement that happened from 1830 to 1872.

The Common School Movement laid the foundation for the American public school system and influenced other education systems overseas. It is established on the principle of free and inclusive schooling for children regardless of their background. This movement advocated for schools to teach their students based on a standardised curriculum in subjects such as reading, writing, math, and science in addition to instilling moral values in them. Hence, as education became more accessible to students, more students were enrolled in school. Efficiency was key to coordinating the knowledge acquired.

According to a paper from Princeton University on the History of Education testing, "Since their earliest administration[the Common School Movement] in the mid-19th century, standardised tests have been used to assess student learning[and]hold schools accountable for results". It may seem normal now that schools have a list of things teachers should teach their students for each subject and test them on it during quizzes and exams. This rigidly constructed take on education provides a good framework for pupils and instructors alike to get the knowledge that they need in order to progress to the next year level.

This structure of schooling is the most recognised in common institutions and reaps qualifications for students, which is undoubtedly efficient. So is acquiring knowledge just memorising and understanding a list of things prescribed to you by the Education Bureau? Certainly not. While learning the basic skills and information of a subject area builds your foundation, but it influences how we see so-called knowledge altogether— like what is an education?

In school, we receive an "education" i.e. learning off a syllabus, and acquire the social skills from interactions with our school mates. One can argue that learning can happen anywhere nowadays, whether it is from digital resources or hiring a private tutor. It is also not difficult to get social stimulation in public areas or your local community. So what is so special and irreplaceable about schools?

For one, it is an institutionalised and regulated community. Schools are one of the "institutions of regulation" according to the French philosopher Michel Foucault. It internalises a certain discipline for individuals who participate in it and introduces a power dynamic similar to those in the "real society". There are certain things one needs to learn, shape and conform their thinking in a certain way, speak and act in a certain way. It is why there are rules, so most schools can nurture what is called a docile individual.

In contrast to the argument that education and socialising can be accessed elsewhere, it is easy to argue that schools are the most accessible way to get those experiences. One cannot make long-term friendships in the park or find a stable community in their local library. Schools are a place of regulation, yes, but it is also where we build who we are, make sense of the world around us. These structures may be imperfect, but it is also a common nest from which we grow.

So what is not school? It is not a place where an individual goes to and their progress remains stagnant. School is so different for everyone regarding their social standing, economic background, academic ability and participation. And because so much happens within these institutions, it is nearly impossible for a student to go in and come out exactly the same as before. Besides from the superficial level of acquiring knowledge, there are also social lessons, moral and ethical values, and a diversified(or hopefully not homogenised) perspective into looking at the world. Therefore, I would argue that school is not a place without progress.

From the Common School Movement to the changes it brought to forming the minds of the future adult generation, education had a revolution and structure and standards were brought to the table. Personally, there is an essence to school which makes it so crucial for civilisations, and it is the commonplace community centred around education, and creating unity through a matrix of shared values.

Our Hearts Are Young Our Ideals High

Complete the crossword puzzle below with words from our College Song

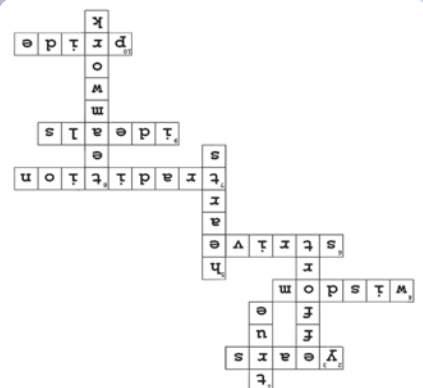


Across

2. Time passing as we gain wisdom and grow stronger
4. Growing knowledge and experience gained over the years
6. To work hard and make great efforts
7. The customs and values laid down before us
9. High standards or principles we aim to achieve
10. A feeling of deep satisfaction or honor, carried in our hearts for our school

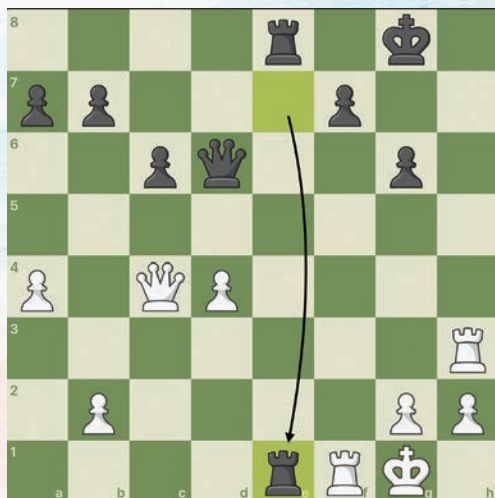
Down

1. Staying honest and faithful in everything we do or say
3. What is required to play life's game well
5. The organ often associated with emotions
8. Working together to achieve a common goal



Get to Checkmate

Rules: You are White. As shown from the below image, Black's Bishop went from E7 – E1, you must find the right path to win using only one turn with only one chess piece to get checkmate.



腦筋大考驗

歇後語

1. 王太太指責玉太太 ()
2. 矮子騎大馬 ()
3. 腳踏西瓜皮 ()
4. 釘頭碰釘子 ()
5. 黃牛追兔子 ()
6. 驢唇不對馬嘴 ()
7. 茶杯裡的風波 ()
8. 到火神廟求雨 ()

想像大考驗

看圖畫，填詩句



揮手自茲去，
_____。



人生在世不稱意，
明朝_____。



借問酒家何處有，
牧童_____。



楓葉荻花秋瑟瑟，
主人_____。

想像大考驗 看圖畫，填詩句答案：

1. 蕭蕭班馬鳴
2. 明朝散髮弄扁舟
3. 牧童遙指杏花村
4. 主人下馬客在船

1. 還差了一點兒
2. 上下兩難
3. 滑到哪裡是哪裡
4. 硬碰硬
5. 有勁兒使不上
6. 答非所問
7. 大不了
8. 找錯了門

腦筋大考驗 歇後語答案：



by moving your queen from C4 – F7 diagonally, you not only take Black's pawn, but also remove the chess piece. Not only that, there is no pieces in the board that can attack your queen in the next turn, leaving the king wide open for checkmate.

Get to Checkmate Answer:

