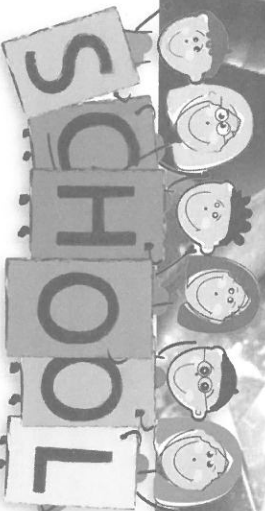


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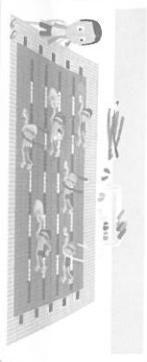
RESONANCE

If you had a magic wand and could change anything about the school, what changes would you like to make?



Barua Shangjuty 4E

I think if I could change anything about the school, I would definitely add an indoor swimming pool. Wouldn't it be a great idea if we had swimming lessons in school? It would be so cool for us to swim during the hot weather and we can try some water sports like water polo or water aerobics. Plus it would be so much fun to hold the annual Swimming Gala in our school!



Lo Yau Nam 3A

If I had a magic wand, I would like to build a huge study room which is organized, furnished and decorated in a way that allows us to feel comfortable and productive with least distractions distractions. I am pretty sure my fellow students would like to read, study and relax in this cozy room. We can even form a study group to prepare for the exams here!



Lee Yu Lin 5C

If I had a magic wand, I would like to create a computerized library for my classmates to enjoy a harmonious learning environment. They can utilize the e-books to search some useful learning materials and information. Compared to the traditional library, computerized library would surely help us develop good reading habit and thus broadening our horizons.



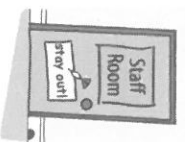
Ms. Au Yuk Han

I would make the school building taller if I had a magic wand as our school is not spacious enough. With larger school campus, there could be more facilities provided for teachers and students and they can enjoy a better teaching and learning environment. At the same time, that can beautify our school!



Ms Chan Yan Yan

For me, I would like to make the teacher staff room bigger. Somehow it is a bit crowded when teachers and students are put in the staff room at the same time. I think we might need more spaces to place loads of our students' assignments and exercise books, that's why a larger staff room is required.



Mr Poon Man Tsan

I would like to improve our school facilities! Improving the speed of the lift would definitely help foster teachers' efficiency to reach their destination. Besides, I would also lower the price of the food from the tuck shop. More customers would be attracted there.



An Fai Yu 4E

If I had a magic wand, I would open the school rooftop to my fellow students, so that we could study together or have lunch gathering there. It could provide us a comfortable place to relax during our free time. It might also act as a platform to release our pressure.



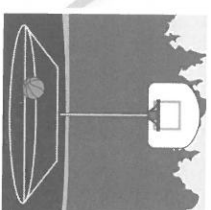
4A Chan Mei Yi

I would like to make some improvement for the girl's washroom on the first floor if I had a magic wand. Some classmates may feel scared of going in, because it is quite dark inside. It would be much better if we could brighten the washroom by adding more lights.



Ms. Wong Sze Man

Physical and mental health is really crucial to adolescents' personal development, so I would like to build one more outdoor playground for students in order to promote a healthier lifestyle. Doing exercise can help release students' pressure, so it is important to provide more space for their workout.



Chocolate the Saviour

2A Ng Pak Wing

'The project is so boring!' Scott grumbled to John as he yawned and stretched at the same time. They had been working hard on the science project in the canteen after school for the whole week.

John said to Scott, 'I want to grab some chocolate bars. I'm running on empty.'

'Aren't you on diet?' Scott murmured.

John rolled his eyes at Scott, and he said impatiently, 'Chocolate gives me'

Scott suddenly interrupted John by covering his mouth with his hands. Something was glowing and blinking in the playground far away.

Scott held John's wrist and rushed to the playground. John was confused yet he couldn't say a word because Scott's hands were still covering his mouth. Scott went toward and John followed him.

'John, look! Scott shouted as he stopped walking. John was annoyed. He stomped on the ground because he had no idea what Scott was doing and his mother would be mad if he went back home late. However, what John saw was very surprising or even mysterious there was an unknown thing with blue fur and big eyes! Scott smiled strangely at John and exclaimed, 'It's an alien! Wonderful!' John was helpless. He knew his friend was totally crazy about strange things, especially aliens.

Abruptly, the blue alien jumped up and screamed. Startling, John sat on the ground, nearly fainted. 'Hi! My name's Greg,' said the alien in a loud voice. Scott was very excited as he tried to talk back. Greg then told them that there was a war on the Alien Planet and he was too scared so he escaped to the earth. Greg actually looked very frightened. 'Please help me! I don't want to join the war,' he begged in a shaking voice.

John was scared of Greg. He tried to walk away but Scott stopped him and held his hand tightly. 'We'll help him, right?'. John had no choice but nodded his head anxiously.

At the same time, there were a blue, flashing lightning and a purple, shiny light in the sky. Two spaceships landed on the center of the playground. They were blue and purple respectively. The doors of both spaceships were opened and lots of blue and purple aliens came out. Greg was much fearful now, so he hid behind Scott. There was a blue alien with a crown on its head. Obviously, he was the king of the blue aliens. He proclaimed in a powerful voice, 'Today's your day to die, nasty purple aliens!'

Meanwhile, something dropped out from John's pocket. It was a chocolate bar and it caught the attention of the aliens. John could feel Scott's and those aliens' eyes narrowing upon him. 'What is it?' the king asked curiously. John tried to calm down, he answered, 'Food . . . of human.'

The king picked up the chocolate bar, 'it looks tasty,' he said. He opened the package and sniffed with his tiny nose. Then, he tasted a bit. 'This is incredibly . . . nice!' he said with his eyes wide open. At the same time, some purple aliens also came up to him and tasted the bar. They all looked pleased. It seemed that they had forgotten the war.

'How about the fight?' one blue alien shouted rudely.

The king teased, 'This isn't important anymore. There are many fantastic things in the world that I have never tried, just like this,' as he held the chocolate bar on his hand. Then, the king and all the other aliens went back to the spaceships and flew away. They were all in a good mood.

'John, you're right. Chocolate brings a soothing effect,' Scott continued, and these aliens are much sensitive to it.'

John rubbed his eyes and said, 'This is ridiculous!' Scott looked down and giggled. 'My chocolate bar has saved the earth!'

Honesty is the best policy

3A Fan Yeung Ching

Are you honest? Have you ever cheated anybody? I think most people are honest most of the time, but sometimes we just choose to be dishonest. When we are honest, we build strength of character that will allow us to bring trust and good impressions.

As a student, being honest is a basic personal quality and a sign of good conduct. This is also one of the responsibilities and being a student also means we are educated. My parents and teachers have also instilled the importance of being honest in my personal growth.

It is true that honesty can help create peace of mind and self-respect and promote relationships of trust. People believe in each other, which creates a harmonious society. Likewise in a company, if everyone, including the boss and staff, is honest to each other, they will trust each other, which allow better cooperation and greater productivity.

But if we can benefit from being "dishonest", why do we place such importance on being "honest"? Only a small proportion of people choose to act dishonestly because they are selfish; the others may behave untruthfully only out of their kind intentions. As the saying goes, 'A white lie is out of kindness.' I will not be critical enough to tell if one is honest or not without knowing the whole picture. Having said that, even being dishonest would be easier or more useful in some circumstances, telling the truth is always the best course of action. Honesty is still the best policy.

Meaningful student volunteering

3B Li Jun

In March, over 100 students took part in the Feast for the Elderly organized by the Students' Union to show our love and care to the old in our living district. We enjoyed

meaningful experience!

My duty was to sit with a group of the elderly, chat and listen to them. It sounded very boring but actually it was out of my expectation. Surprisingly, some of them shared their interesting "stories" with me. They talked about the big differences between the past and present Wong Tai Sin. I listened to them with rapt attention. Among them, one shared his failure as a student and taught me the lesson of hard work. This has made me comprehend the truth of diligence. 'An idle youth, a needy age.' Some old men did not like to speak but they did smile and were responsive. When I served them a cup of tea, they would say "thank you" whole-heartedly. I was delighted too because making someone who lacked love and care smile is a joy. I thought I was in a big and warm family.

Not only the good feeling, but also I got many benefits from participating in the service. Firstly, I have understood the society more. By meeting the elderly, I know that there are many lonely old men in Hong Kong. Some of them are forced to live in very small subdivided flats with high rents. This obviously is one of the current social problems in Hong Kong and I could personally realize the impact of it. Secondly, volunteering has helped me develop a good character and quality. When we were talking to the elderly, we had to be very patient and empathetic in order to respect and accept them.

So fellow students, what are you waiting for? Help the people in need as soon as possible. You can join different volunteer groups or organizations in society. If you don't have enough spare time, you can simply donate money or help them by little things in your life, such as helping an elderly cross the road. Helping others is equal to helping yourself!

Youth's Future

5C Yeung Cho Tak

A brighter future doesn't mean how wealthy you are or how much achievement you have made, but it is directly proportional to how happy you are and how you enjoy life. Living your own way, your future will be bright and splendid.

In Hong Kong, whenever we speak of social status, what immediately comes to mind is owning a house. A house is a safe and comfortable shelter for people to stay, which is intertwined with our daily life. Most Hong Kong people, if not all, dream of having their own houses. However, it is difficult, if not impossible, to purchase a private house in Hong Kong due to the continuous rise in housing prices and limited living spaces. People's dreams of owning a house become farfetched and ludicrous nowadays.

However, is buying a house a better way for youths to have a brighter future? It seems like a contradiction unfortunately.

In view of high consumer price index in Hong Kong, many people have to work their fingers to the bone, with the hope of making both ends meet. Only when people are willing to save half of their monthly income and to be frugal on daily consumption for twenty years can they have a chance to purchase a tiny flat. Is it worth doing so?

Before being able to purchase a house, people have to toil over their work over twenty years without any entertainment or leisure. Living like slaves that is hard to endure, will their future be brighter? Absolutely not!

Some may argue that purchasing a house gives young people a better future as it is an achievement to prove that they are brilliant. It is preposterous and it ruins our social atmosphere gravely, misleading the public with rumors that purchasing a house should be put in the first place.

If a youngster really owns a house, but before owning it, he/she gives up his/her health, interpersonal relationship and love. Most importantly, he/she loses life directions. The cost is too high and it will be a mistake for youngsters to pay dearly and make such a huge sacrifice.

Owning a house shouldn't be prioritized. It is much more important for youngsters to cherish their aspiration with the hope of fulfilling their goals such as living in a way they like and contribute to society.

Life drawing, drawing a life

5D Chan Tsz Chung

Life is just like a picture, it will not be monotonous and dull only if you spend time and effort to create colourful images on it. For me, working holiday would be one of the greatest images in my life. So I guess it would be a great idea to seize the opportunity to broaden my horizons in order to beautify my life picture. I believe that I would gain a lot of fruitful experiences if I go on a working holiday.

Having an authentic touch of the local culture is probably one of the major reasons why I would consider going on a working holiday. To paint a colourful picture of my life, I need various elements. So, how can I get in touch with those elements? Going on a working holiday can undoubtedly inspire my mind. The extraordinary experience would give me a precious opportunity to learn new skills, meet amazing people and most importantly find the purpose of my life.

However, drawing a stunning picture of my life may not be an easy task. Before going on a working holiday, I have to make important decisions. For example, I probably need to figure out what job I would like to take up during the working holiday. Do I want to work on a farm where I will have to work hard until sun down? Do I want to pick fruit to make money? Or do I want to work on a sailing boat? For me, interest would be the major factor that I have to consider. Otherwise, I may end up getting a job which gives me money but no satisfaction.

After all, I think having determination is one of the prerequisites if you want to draw a wonderful picture of our life. There are thousands of things that you may want

If I had 7 days left living in the world

5E Kwan Chun Wang

What would you do if you had 7 days left?

As a young secondary school student, it is definitely a thought-provoking philosophical question to me. Reviewing my past 17 years, I admit that I have not treasured my time very well. Therefore, I would do something "unique" to mark a glorious farewell to my life.

First, I would fly to England to visit my favourite professional sports team, Liverpool Football Club, a professional football team which is dominating in Premier League, with brilliant achievements. Its playing style and spirit have inspired me a lot. Its miraculous performance against AC Milan in the 2005 UEFA Champions League Final feels like it just happened yesterday. The team slogan, "You'll never walk alone" has always been my mental support when I face harsh failure in life. It's true that I have become more powerful and perseverant since I became a die-hard fan of Liverpool. I would watch a fabulous match played by my loved team at Anfield with some amazing goals scored by Mohamed Salah, the greatest Egyptian football player ever actively playing for Liverpool. I know, the trip would cost so much money, but until the very last moment of life, it wouldn't be a matter to me, would it? What "team" from the trip would be priceless.

As a sports lover, I would spend two days playing basketball and table tennis all day long with my best teammates, after flying back from England. These two sports have always been my best-loved hobbies in my spare time. They have helped me a lot to release my academic stress in secondary life. The joy, excitement and satisfaction of doing sports are something irreplaceable to me. I would play with my team mates, until I lose all my energy in these two days. On the fifth day, I would visit an orphanage. I would share my experience with the children and teach them to treasure their life for every second. This could be my last chance to contribute something for the society.

Then, I would spend my last two days as usual, as what I have done in my 17 years, being a student. I would go to school and attend lessons as normal. I would thank all the teachers for making me a better person. They have been so patient to teach me as a comparatively slow learner. I would also stay with my schoolmates, who experience laughter and tears with me. I would write a "thank you" card to all of them, showing my love and gratitude to them. Being a member in the family of school has been my honour in my life.

Finally, I would spend my last night and meal with my family at home. This could be said as both the most "usual" and "unusual" thing. They are the ones that I treasure the most. All I long to have at my last moment, would be with them. No word can ever express my genuine feelings and heartfelt thanks to them, except my physical companion.

So what is your answer? What would you do if you had 7 days left living in the world? It is not a ridiculous question to ask yourself in life.

Videos go viral

5E Jazlyn

In this day and age, the digital world has taken us by a storm of information that is processed through text, photo and video. The internet is used globally, with thousands, if not millions, of users interacting with it at every moment. There is a phenomenon taking place in this world, often from a collective interest of a singular entity, which accumulates views in a vicious cycle filled with trends and infatuation of the subject. This singular entity is often a video on a website called YouTube, and with a rising number of views going up by the millions in a span of days, it can be deemed as a viral video.

In my opinion, what makes a viral video is a common knowledge of it projected internationally. Things pop up unexpectedly, tanking up millions of hits without any formal base of interest. There can be videos on the internet gaining millions of views in hours, but only because of their massive gathering beforehand (a fanbase), and I don't think of it as viral mainly because it is focused on an already created base of interest. A viral video is made when the video gets a significant amount of views while its fanbase is non-existent or very low compared to the viewership number. A viral video could become a part of mainstream culture. It gets parodied to leech off the extensive views. Everybody would use the video as a topic of small talk.

From my experience, viral videos are shared because of its humor, music, or emotion. Back then, I vividly remember many people talking about a video called 'Charlie bit my finger' and it having millions of views. Many were amused by a child's reaction when his infant brother bit his finger. There was the trend of videos following the theme called the "Harlem Shake", where people in a crowd would dance mundanely until a point in the song when everyone would go ham in the video. Thousands of videos were made as a parody or reiteration of the original video, all in an effort to gain popularity or to follow the trends. Then there was "Gangnam Style", a video I'm sure everybody and their grandmothers have heard about. This viral video was the first to attain a billion views, with culture being transformed that year to feature the same dance move and music. At this point, small videos of humor can only reach millions but not break into trending or viral. Music has taken the stage as YouTube became the prominent platform for it. A music video in tribute to a famed actor's death rose in popularity and beat out Gangnam Style in the acceleration of views. This was called "See You Again", and it made debut with an international movie, and took many by heartbeat.

Viral videos have continuously made records. Just when you think a video may have reached the pinnacle of the platform, a new one comes around and overtakes in blazing record time. It makes us think, "What's next in store from humanity? What's going to go viral and be talked about for weeks?" It truly is a wonder to behold that there would be a collective audience gaining the most unusual thing.

Are these careers you desire most?

Calligraphy

Calligraphy is the form of art about producing beautiful writing. Modern calligraphers use special pens or brushes such as dip pens, fountain pens or ink brushes to create the special lettering.

It has existed for many thousand years in different parts of the world. Nowadays, the demand for learning this kind of art is on the rise. Many people are interested in calligraphy as they love the mesmerizing handwriting. It seems that more and more Hongkongers are also interested in it as it involves skills and the finalized products are unique. That's why calligraphy becomes an occupation for those who have a passion for such art.

How do these calligraphers earn money by turning a hobby into a full-time profession?

First of all, most of them love sharing their artworks with others on social networking sites, which is a form of free advertising. They do not simply show their calligraphy on a piece of paper. Since they want to convince the audience that calligraphy can be integrated into one's daily life, the lettering can appear on objects like the tabs that go with key chains or greeting cards. Sometime, quotes or proverbs can be found as well.

It is attractive that some calligraphers even offer the service of personalizing perfume bottles by engraving the customer's name on them! These products are then sold online or in stores.

It is known that some calligraphers run workshops for teaching people how to write as skillfully and beautifully as the tutors. An average cost of one calligraphy class is around HKD\$ 700-950. Though it sounds a bit costly, you can learn some basic skills of calligraphy with the help of an experienced tutor, instead of wasting time exploring that online. More importantly, it gives you the satisfaction of doing it yourself!

If you want to be a professional calligrapher, you do not need to have a bachelor degree specializing in it. All you need is the skills and the passion for learning it.



D.I.Y Makers

What gift will you prepare for your friend if it is his/her birthday? Do you run out of ideas? Maybe D.I.Y. makers can help you!

You should find the term 'Do It Yourself (D.I.Y.)' familiar. Yet, you may wonder how making handicrafts could become an occupation. Here are some examples showing it is possible.

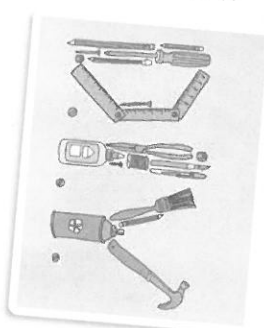
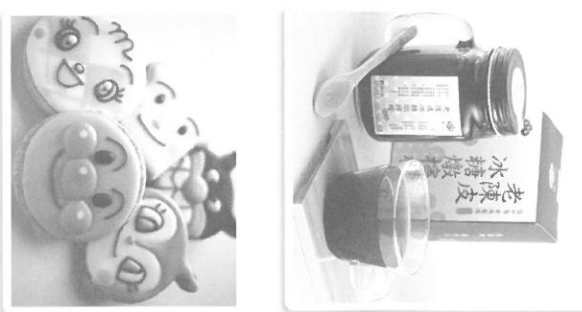
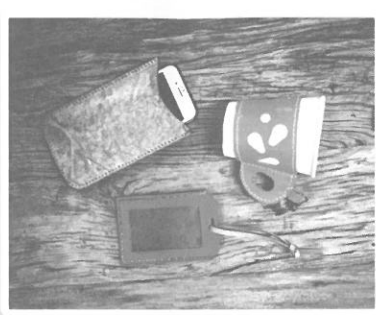
Food

These D.I.Y. makers are experts making cakes, cookies, candies or desserts. One outstanding example is a Hongkonger called Ms. Kwan. She used to be a teacher but later on she made a drink for soothing sore throat and cough at home. Lemon with old tangerine peel and rock sugar are the simple ingredients but the drink can significantly improve the mentioned problems. The reason why Ms. Kwan pursues this as a career is that she does not like a boring lifestyle of staying in the office all day long but wants to make use of her interest to make her life interesting. She now owns a company producing this special drink which is popular among busy Hongkongers.

Products

There are different types of products which are also handmade, for example, leather goods and organic skin care products. Some of the D.I.Y. makers run workshops to teach participants how to make different kinds of products such as candle holders or key holders. After enrolling in a course, being able to take away the finished product is guaranteed. It becomes a way for our busy citizens to relieve their stress, which does not take them too much time. Of course, you can simply place an order for the products you are fond of.

If you enjoy and love the satisfaction of making something yourself and you have such skills, you should consider joining this industry.



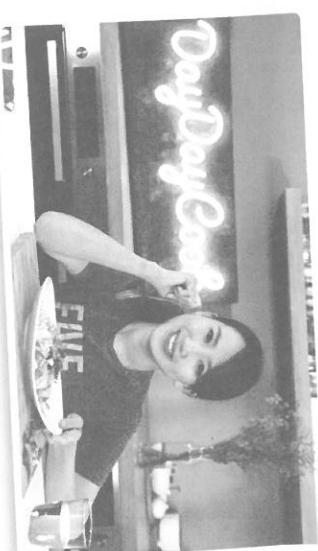
YouTube

YouTube probably is one of the cheapest and most convenient forms of entertainment for numerous people in recent years. The reason is simple--different kinds of videos can found be on the platform. Have you ever thought about being a YouTube as your occupation?

A YouTuber is a person who produces and uploads videos on the video-sharing website called YouTube. He or she usually appears in the videos produced. You may be interested in knowing how they earn a living through it. In general, YouTubers charge around \$10,000 per 100,000 views. They share their experiences and feelings in their videos.

Bomba Production is a production team that consists of 4 people. A wide variety of topics including dating etiquette, friendship, video games, dining habits and fitness are covered in their videos. It is produced in Cantonese and is very popular among Hongkongers. It is able to generate a lot of money from its online advertising for it has more than 450,000 subscribers and 27 million views.

Cooking is one of the most popular categories as it offers visual demonstrations to those who are as good as Jamie Oliver or those who fail to make a pan-fried egg. A successful YouTuber in Hong Kong is called Norma Chu Ka Yin. 6 years ago, she quit her job as a private equity analyst and started making online videos and local culinary website 'Day Day Cook'. The site gets 1.5 million page views per month.



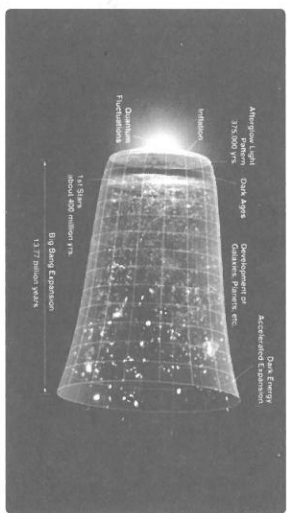
Science Park

Dark Matter and Dark Energy Mystery of the universe

The earth, the sun, your mobile phone, you and the paper you are reading right now are matters. Despite the huge amount of items exist on earth, compared to the whole universe, it only accounts for 5% of all universe matters. But what are the remaining matters? You may have heard of them before, it's called dark matter and dark energy. But what exactly are they?

First of all, let's talk about dark matter. Dark matter accounts for 25% of all the matter in the universe. So far, scientists haven't got a single

clue of what dark matter really is, how they work and the concept behind it. But we see their effects clearly. You see, normal matter isn't strong enough to hold stars in a galaxy or some kind of a large structure. If the universe contains only the matter we know, stars will probably be scattered rather than bonding to each other. Therefore there must be something, which we cannot observe, that holds the stars strongly. It's also known that dark matter affects gravity, as light will be bent in the area with high concentration of dark matter.



Now let's talk about dark energy. They account for 75% of all matter in the universe. They dominate the whole universe. They are similar to dark matter and we can also see how they affect the universe clearly. Scientists discover that the expanding speed of the universe has been accelerating drastically. Therefore new space is created constantly everywhere. If there is nothing that interferes with the expanding speed of the universe, the speed will not accelerate. Scientists believe that dark energy is responsible for filling new space and it increases the speed of expansion of the universe. Since there is new space created every second, dark energy is created and it fills them. More dark energy means new space is created faster and faster. This explains why the expansion of the universe is accelerating.

Our universe is truly mysterious and fascinating. We have made much progress so far, from knowing that we are not the center of the universe, to

AI - Are we going to lose jobs?

Young Kai Chun Fan

Artificial Intelligence (AI) has been a hot topic among the globe. In 2018-2019 Budget Speech, Hong Kong government reserves 10 billion Hong Kong dollars for developing artificial intelligence. It seems that the world is stepping into a new intelligence age.



According to a 2013 study, 50% of the jobs in the USA will be replaced by robots. They do their jobs more efficiently. Take Google as an example. In 2002, there are 16805 employees working in Google and the total revenue of the company in that year is 0.4 billion US dollars. However in 2017, 88110 employees work in Google, and the revenue is 109 billion US dollars. The number of employees has increased by 5 times, but the revenue has increased by 200 times. This is because automation increases productivity a lot.

AI is starting to take our jobs slowly. It affects not only Google but also other companies such as Netflix. AI learns how to work with complex jobs by gathering and analyzing big data. This is called 'Deep Learning'. Data such as medical records, weather information are constantly collected. Such a large amount of data allows AI machines to analyze and learn. As a result, they are able to do intelligent tasks such as medical diagnosis, financial investment and even chess game playing.

Nowadays smartphones are handy. Users can login using safer methods like fingerprint recognition and face detection. We can even input data by voice recognition like Siri from Apple and Bixby from Samsung. It seems that machines know our speech and our face better than humans do.



睡眠的迷思

你瞭解自己的睡眠品質嗎？每天晚上當我們的身心開始沉沉休息、調養能量的時候，肌膚細胞也開始進行重要的重建與修護的動作，有人稱這段奇妙的過程為「美容覺」時間。要如何知道你的「美容覺」時間是具有品質的，是可以讓你愈睡愈美麗呢？先來做做測驗吧！

RESONANCE

立聲

非賣品

靛色園主辦
可立中學學生報

第六十二期

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答案多數是A的人：

你的睡眠不但充足，且睡眠品質很差。睡不好最容易出現的感覺就是疲勞、倦怠，花太多心思擔心生活瑣事絕對會讓你睡不著。如果你躺在床上腦筋仍轉個不停，試試下面這個方法：閉上眼睛，把注意力放在你的呼吸頻率，每次吸氣的時候，想像你正吸入晴朗藍天的光影，並告訴自己「我要吸入藍天的氣息」。每次吐氣的時候，想像你把體內的灰煙穢氣吐出，並告訴自己「我要去睡了」，一段時間後你會發現自己開始胡思亂想，這很正常，當你發現自己開始胡思亂想的時候，將注意力拉回你的呼吸，藍光進、灰煙出，「呼吸…我要睡了…」。

答案多數是B的人：

你多半睡得不錯，但偶爾睡眠不足，你可以培養固定的睡眠習慣來改善。臥室要安靜，燈光不要太亮、通風要良好。每天在固定時間起床、睡覺（假日也一樣），規律的作息能穩定睡眠習慣。睡前3-4小時避免飲用咖啡、茶、可樂、藥物等含咖啡因的刺激物質。

答案多數是C的人：

恭喜你睡得很好！但睡得再好的人偶爾也會有睡不著的困擾。舉例來說，過度飽足的晚餐影響你的睡眠，為什麼呢？當你平躺在床上，你的腸胃卻還在消化蠕動，這會影響你的睡眠品質。避免太晚吃晚餐或吃太多，這都可能導致消化不良，讓你無法入睡的原因。

1 脖子到「後背」與到「肩膀」的距離不一

如果側躺時，用了跟正躺一樣高度的枕頭，就會太低了。這會導致頭歪向一邊，容易落枕。所以側躺時，枕頭要較高。

2 雙腳不平行

側躺時，上面那隻腳會往下偏，令腰部變歪。所以側躺時需要在膝頭中間夾一個枕頭撐住上面的腳。

臥睡：在趴睡時，頭一定要轉向某一邊，會令脖子單側特別緊繃，甚至令頸椎某幾節旋轉錯位，亦有落枕危機。

【睡眠常識知多少】

1 如果你每天睡6~7小時，活到80歲，你這一生總共會做多少個夢？

答案是超過10萬個夢。看到這數字，你可能会想怎麼可能！我一星期都做不到一次夢，不論怎麼算，到80歲都不可能做這麼多夢。美國睡眠障礙協會創辦人彼德·郝依(Peter Hauri)博士指出，現代腦科學及睡眠醫學證實，我們每天睡覺時都在做梦，一個晚上平均出現4~5個夢，只是有時候你並不一定「感覺」夢出現，早上醒來，也不記得曾做過夢。但有些人卻比較容易察覺自己在做梦，甚至因為多夢，醒來覺得疲憊不已，抱怨一直做梦讓他們睡不好。

2 睡覺發夢是否壞事？經常發惡夢應該怎麼辦？

香港大學腦內科教授張德輝表示，發夢為人體的生理現象，反映睡眠循環周期正常，海外研究指有發夢人士睡眠質素較佳。噩夢則反映現實生活有壓抑、不開心的負面情緒，宜正面克服恐懼的人和事，避免夢魘追擊。

3 為什麼會發惡夢？

導致發惡夢的因素有很多：例如生活上的壓力、負面的情緒、白天受到驚嚇或恐嚇等等。這些畫面的殘留到了晚上就成為惡夢了。另外，睡姿不良也會做惡夢，譬如睡覺時，雙手放在胸部或是棉被過重壓到胸部，這樣會影響呼吸和心臟的跳動，這種情形也會做惡夢。

4 為什麼打鼾只出現在夜晚入睡時？為什麼會打鼾？

台灣長庚紀念醫院李學禹醫師表示，打鼾是因夜晚入睡時，全身肌肉放鬆，連呼吸道的肌肉也不例外，軟顎、舌根處一旦放鬆就會塌陷，因此呼吸道的空間變小，限制了氣體的流量與氣流的通暢，無法維持白天肌肉張力，因此當氣流經過比較狹窄的呼吸道空間時，氣流加速，部分阻塞呼吸道者，就會發出打鼾聲。而嚴重者的呼吸道若是完全阻塞，就可能引發呼吸中止。

5 為什麼睡覺與肥胖有關？

一項針對美國人進行的大規模普及性健康調查(NHANES)發現每天睡不足7小時的人，肥胖的機率就大幅增加。另有多篇研究也都發現睡眠不足會造成肥胖風險。因此我們可初步下個結論：睡眠不足會增加肥胖的風險，或反過來說，想減肥就應該要睡飽。每天至少要睡足7小時，但沒有明確證據顯示睡到9小時或更長時間能有效幫助減肥。

6 何謂「美容覺」？

「美容覺」，的時間是晚上的10時至翌日凌晨2時，這段時間稱為

整內部最好的時間，所以一定要珍惜這段時間，不要去熬夜。

7 螢幕的藍光會造成睡眠障礙嗎？

會。根據《華盛頓郵報》報導，大腦中的松果體會入睡前幾小時開始釋放褪黑激素，這種夜間賀爾蒙不是睡眠藥物，但它確實會減少人的警覺性，為我們提供較好的睡眠品質。但是光，特別是藍光，會抑制松果體釋放褪黑激素，抵擋睡意。不需要直接盯著電視或電腦螢幕，只要周圍有足夠的藍光刺激到眼睛，松果體就會停止釋放褪黑激素。所以睡前看平板或電腦會較難擁有好眠。藍光對青少年影響更大，紐約倫斯勒理工學院研究員 Mariana Figuero 發現，成人接觸藍光約兩小時，褪黑激素就會開始降低，而青少年受藍光刺激的量只要成人的十分之一，就會比成人抑制更多褪黑激素。

【解夢猜猜看】

以下是六個最常見的夢境，你知道這些夢境的意思嗎？試試將夢境(1-6)和提供的解釋(A-F)進行配對。

夢境1： 突然墜落（ ）	夢境2： 你在公眾地方全身赤裸（ ）	夢境3： 你突然用牙（ ）
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夢境4： 你成為總統、皇帝或任何領袖（ ）	夢境5： 你夢見現實生活中的一個情境（ ）	夢境6： 你被追趕（ ）
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A 解釋：現實生活中，你常覺得自己被制肘，感到自己沒能力、沒權力、不能幹大事。這樣的夢跟時間的轉變或生活中的過度期有關。

B 解釋：出現這個情境通常反映你受不了，及對不能掌握周遭事情的無奈，亦有可能跟得不到支持而產生不安的感覺有關。

C 解釋：這個夢境通常是與尷尬及恥辱有關，也可能是跟生活中所受到的責難或被揭穿犯錯的經驗有關。不過，如果你在夢中不感絲毫尷尬，則有相反的解釋：你可能表演欲旺盛，想獲稱讚、希望得到別人重視。

D 解釋：這是現實生活的殘留記憶，出現在夢境之中的往往是前一天所發生的事物。夢境的思想感受及視覺影像，通常建於白天的生活。

E 解釋：表面看來，這樣的夢境看似雄心壯志，不過，通常在夢中達至權力高峰的人，在現實生活中往往相反。有時，我們會用夢境補償、安慰自己或掩飾自己無權無勢的不安。

F 解釋：這個夢境反映你在現實生活中承受了很大的壓力，例如工作、感情、經濟方面的問題，令你透不過氣來，這種壓力在睡夢

【優質睡眠小秘訣】

1 平日做適量運動

運動能加強心肺功能，每星期做至少3次帶氧運動，每次維持20-30分鐘，能幫助人體進入更舒適的睡眠狀態；但切忌在臨睡前做運動，令身體受刺激而難以入睡。

2 保持固定的作息時間

一般人的睡眠時間長短由6-8小時不等，無論你需要睡多少，在平日或不用上班的週末，也應保持有規律和固定的睡眠時間，因為固定的作息時間能令身體機能保持穩定，配合睡眠。有規律的清醒時間也包括不賴床，因為賴床只會降低睡眠質素，醒來精神渙散；另外，也應盡量減少午睡的時間，若真的要睡，也應少於一小時。

3 改善睡房環境

保持一個良好的睡房環境能幫助我們快速入睡。一間舒適的睡房應有流通的空氣、柔和的燈光、室溫保持在19° C - 20° C和不受噪音滋擾。睡眠配套方面，要選軟硬和高度適中的床褥和枕頭，適合冷或暖天氣的被鋪，也要經常更換床單和被鋪，並保持床床整潔。

4 睡前做好準備功夫

睡前泡個熱水浴，浴後馬上擦上潤膚露按摩，並收聽一些柔和的音樂，能讓腦部和肌肉得到放鬆，準備進入睡眠狀態。

5 別強迫自己入睡

若躺在床上30分鐘仍未能入睡，不要強迫自己，因為這樣只會增加入睡時的壓力，可嘗試躺在床上做腹式呼吸15-20次，幫助平定情緒和生理狀態。

【睡姿】

睡姿林林總總，不過主要分為三類：正躺、側躺和趴睡。

正躺：一般來說，正躺是最放鬆的。因為身體能躺直，脊椎兩側的肌肉也不用特別出力，不過仍然有些地方需要注意：

1 枕頭一定要墊到脖子

假如只墊到後腦勺，脖子會懸空，一整晚都無法放鬆，越睡越緊張。

2 枕頭高度要舒適

從側面來看，適中高度或微微偏高的枕頭能讓脖子呈現一個水平線，令脖子能放鬆。

3 床不能太軟

床太軟的話，身體會陷進去，令脊椎彎彎，容易造成椎間盤凸出以及令脊椎兩側肌肉緊繃。過硬的床也不健康，因為會令身體呈現反折。

側躺：「站如松，睡如弓」，古人認為側睡是健康的。但以肌肉骨骼的角度來分析，其實側躺反而令身體更疲憊。原因是：



原來屁都可以變成玫瑰味道？！

科技發達令人類可以改變屁的味道，但要改變屁的味道之前，應先了解屁的成因。正常人每天會放屁5至10次，大約會排出500毫升左右的氣體，所以其實放屁是很正常。不要再說美女是不會放屁了！

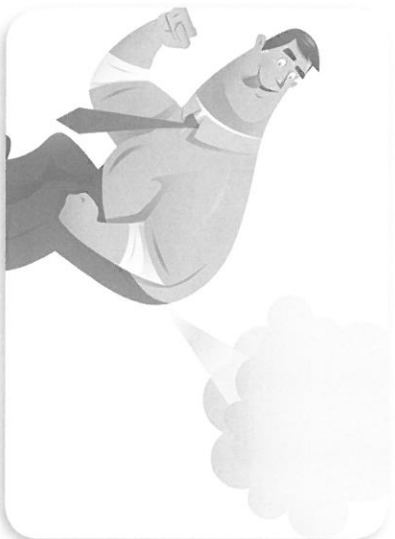
那麼屁入面的氣體是來自那裡？當中主要來源有兩個：

1. 進食時吞入的空氣
2. 大腸與直腸內細菌發酵食物渣滓而產生的氣體

雖然放屁是正常的，但屁臭是否也正常？如果食物蛋白質（如肉類）含量較高，屁中硫化氫（Hydrogen Sulphide）、吲哚（Indole，芳香雜環有機化合物）和糞臭素（Skatole，吲哚的一種衍生物）會升高，屁都會有明顯的臭味。如果食物澱粉（如薯類：含有氯化酶，在胃酸的作用下容易產生大量的二氧化碳氣體。）含量較高，屁中二氧化碳含量升高，屁量就會明顯增多。

但如果有異常味道便要留意自己的身體！

1. 無味：攝取較多植物性蛋白，造成屁味清淡。
2. 酸腐味：算是正常的屁。
3. 臭雞蛋味：過多未被消化的食物進入結腸，需注意飲食習慣。
4. 糞臭味：蛋白質肉類吃多了，多吃蔬果可改善。
5. 排水溝味：腸道內有細菌感染，若肚子會絞痛須就醫。
6. 魚腥味：可能為消化道出血，或體內有惡性腫瘤。
7. 腐肉臭味：可能有阿米巴痢疾、潰瘍性結腸炎等疾病。



不過現在就算屁臭也不用怕！有位法國發明家Christian Porcheval在2007年發明出一種可以改變屁味的純天然藥丸，而且獲得法國健康部門批准，可以當作膳食補充劑在網上售賣。使用後，你放出來的屁可以有玫瑰味、紫羅蘭味、薑味和朱古力味4種味道！快叫你身邊朋友的屁王、屁聖去團購這種膳食補充劑吧！

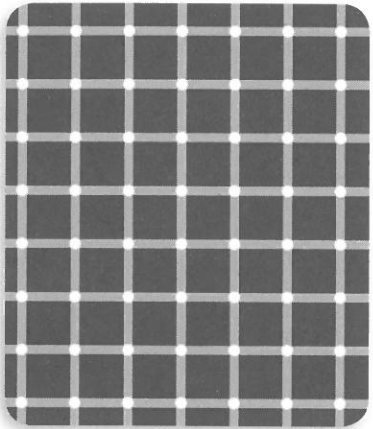


什麼是視錯覺（Optical Illusion）？

生理錯覺（Physiological visual illusions）

生理錯覺主要來自人體的視覺適應現象，人的感覺器官在接受過久的刺激後會鈍化，也就造成了補色及視覺暫留的生理錯覺。由於白光是由不同波長的色光所組成的，所以任何兩種色光加在一起可成為白光者，這兩色就互為補色。

而視網膜上的細胞受某種色光刺激後，會對該色產生疲勞，所以在視線離開該色後，該部分的細胞暫無法作用，而未受刺激的另一部分細胞開始活動，因而產生另一種視感，也就是補色的殘像。



另外還有因為視覺疲勞而產生的視覺暫留現象也是，視覺暫留現象就是現今動畫的原理。

認知錯覺（Cognitive illusions）

有人說，看見鴨子的人男性特質較多，看見兔子的人女性特質多。也有人說，男性是偏覺動物，比較重視結果，所以常常只能看見鴨子，不太能看見兔子；而女人善於觀察，比男人更重視細節，所以看見鴨子後，很快又會看見兔子。

但其實，這跟左右腦功能有關。右腦管理圖像記憶，左視野的圖像（看左邊、逆時針）比右視野（看右邊、順時針）更快進入右腦的圖像解析中心。又因為我們的右腦主導圖像思考，於是左視野的圖（鴨子）比起右視野的圖（兔子）更快被注意。



由於人類對於已知物體的認知來自於特徵及主要輪廓的記憶，人腦會自動的將和腦中印象相似的形狀及物件做比對來判斷並當與圖像的意義，所以只要該圖具有人腦中對該物的主要形象就會做出判斷，在不破壞主要認知特徵的情況下再加上另一個特徵，就會造成大腦的誤判。

女性在月經期間真的會變得情緒化？

相信有不少人對女性月經來臨時，是否真的會因此而變得情緒化存在疑惑。

事實上不少女性在月經前1-2周便會有明顯的心情起伏，這便是因經前症候群（Premenstrual syndrome）而出現。頭痛、腰痛、倦怠感、情緒起伏、行為變化是常見經前症候群的症狀。每個月症狀不盡相同，有時也可能毫無症狀，不同女性的經前症候群症狀也各有不同。

而經前症候群的發生主要導因於荷爾蒙變化，多數女性在月經前兩周會出現各類不適症狀。各類經前症候群症狀會在月經來時消退，直到下次月經前兩周左右又會出現，一般而言，經前症候群會從排卵期到月經來潮的這段時間內規律性出現。

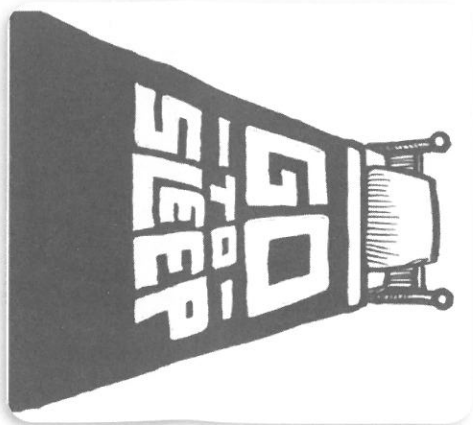
而在月經期間，不同女性會有不同程度的腰痛、腰痛及其他身體不適。在這段時間，女性的休息及精神狀態不好，嚴重的可能會伴隨著失眠、多夢等症狀。女性在受這些負面影響的同時，還要維持正常工作或學習，難免會有情緒波動。

所以，當知道身邊的女性親友處於這段時期，我們應多包容和體諒她們，讓她們能在較為平穩的環境下渡過這段時間。

人可以不睡覺嗎？

人一生有36 %的時間都花在睡覺上。正所謂「一寸光陰一寸金」，醒著的時間貌似不夠用，你們是否想過一直不睡覺以騰空時間？美國一名高中生創下了連續十一天不睡覺的紀錄，聽起來很威風，但是事實上長期不睡覺對身體絕對是有害無益。

古希臘哲學家亞里斯多德發現睡眠能幫助身體組織進行修補，原來腦內部分擁有修復功能的基因只有在睡眠期間才會活動，促進組織更新及新陳代謝，意味著長期不睡覺不但會使身體損傷得不到恢復、限制發育速度，甚至增加患長期病患如心臟病的風險。



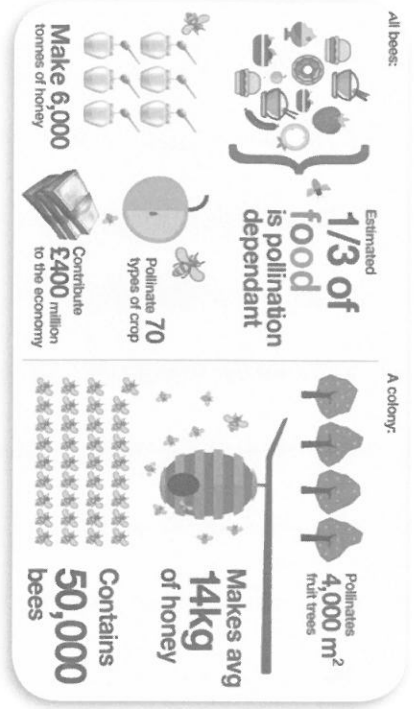
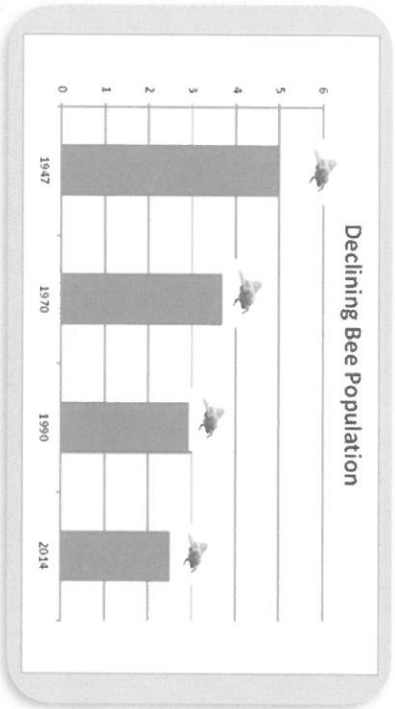
此外，睡覺會協助大腦運作，增強重要的神經突觸連結，幫助記憶。所以如果你打算學習某一課題而不睡覺，那麼你學習的能力就毀了，上課也很難集中精神。簡單來寫，長期不睡覺會使你疲倦而容易生病，大腦也不能正常記憶及運作，對於學生來說實在是噩耗。

如果有一天沒有了蜜蜂……

「嗡嗡……」

也許你會覺得蜜蜂很討厭，甚或害怕它們，但你有想過嗎，原來蜜蜂一旦滅絕，將會危及我們下一代的生存！

愛因斯坦曾預言，「如果蜜蜂從地球上消失，人類將活不過四年。」其實，從一九九零年起，養蜂人早已發現工蜂陸續在冬天消失。從此，世界上便有紀錄大概有四千個品種的蜜蜂大量死亡，於零六年正式命名為蜂群崩潰混亂症，這正意味著它們正迅速走向滅絕。



必須隨著增加化肥的使用，這將導致大面積的水體污染，最終污染我們的食物和生存環境。



生物科技實驗室



有些同學更利用舌頭做實驗，令人捧腹大笑！

這次的生物實驗，又有趣、又有學習價值，期望下年亦能再次參與。

English Tuesday



很多同學參與了活動，提升了英語能力之餘，豐富獎品亦令學習多了一分動力呢？

學校資訊日



很多小六學生體驗了，可立人的生活，奮力地向中學生活邁進呢！

他們學會了如何測量自己的心跳，務求更了解自己的健康！

英文辯論比賽



可立在这次對九龍真光學校的辯論比賽中，皇天不負有心人，終於成功獲勝！

水運會



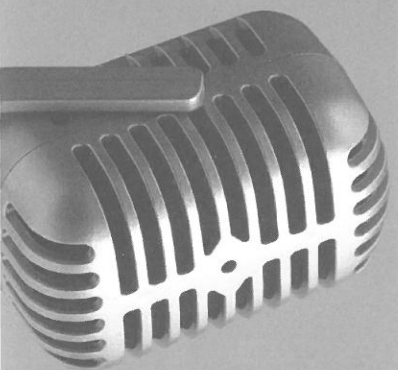
老少同歡 慶元宵



義工們都樂在其中。

不單同學，老師亦參與其中，中樂團的同學用心地為

綠社的健兒們在游泳池中發揮所長，亦成為四社之冠，可喜可賀！



老師訪問

劉靜雯老師

小時候，我已經決定當一個好老師，希望教導出一群好學生、希望他們將來能有所成就，對社會有貢獻，能夠做社會上的棟樑。小時候我也有過其他夢想，想環遊世界，去擴闊自己的眼界。加入可立後，我覺得學生都十分乖，當然也有些同學不太留心，儘管如此，我也很高興看見學生有進步。當然，最後我也希望不聽課的同學也變乖，用心上課，力求佳績。

戴燕娜老師

加入可立後，我覺得這裏的同學都十分熱情，班上面同學相處得好好，大家會互相關心，融洽和諧，同學間感情也十分好。而且同學也很專心上課，遇到不懂的地方也會主動請教，亦十分勤奮，有上进心。另外，同學們對老師亦十分有禮，和老師關係很好，和他們相處就好像是朋友一樣，令我更了解他們。希望他們能夠繼續努力，做得更好，來報答老師用心良苦的教導。



梁婉薇老師

加入可立一年多了，我發現可立的同學用心學習，他們會很用心，經常向我請教，十分向學，同學之間感情十分友好。我也感受到同學之間感情深厚，對老師亦很關愛，大家都很用功，這是我十分欣慰的地方。另外我也希望同學能夠多參與課外活動，從多方面發展，可以找到自己不同的能力，從而作多方面訓練及發展，以應付各方面帶來的衝擊，並且能夠找些方法，例如做運動，去舒緩學習上的壓力。

傅皓皓老師

從大學畢業開始，我已經決定成為一位老師，希望好好的教導學生。小時候也曾經希望成為博士，讓自己的知識更上一層樓。同學們也是十分勤奮，用心學習，沒有辜負老師對他們的期望。而同學亦對老師十分有心，曾經令我最感動的是，幾乎所有中六畢業生他們在畢業旅行回來都會送一份手信給我。希望同學繼續努力學習，去為自己的未來打算一下。

李綺婷老師

加入可立後，我發現同學們都各有所長，有的在運動方面，有的在藝術上，有的則在學習方面，同學亦懂得運用自己的長處，發揮得很好，令我覺得他們是很有能力，能夠迎接不同的挑戰。而且同學們懂得在班上互相交流，互相了解，大家在做團隊工作時，會能夠互相合作，令工作能夠更順利，更快速完成，而且同學在學習上態度積極，大家都會很認真地努力學習，遇到問題也不恥下問，這讓我十分欣慰。作為老師，當然希望同學努力讀書，但同時亦希望同學能夠珍惜六年中學生活，和朋友好好相處的時光，亦要好好裝備自己去迎接文憑試的挑戰。

校報編委會名單17-18

【我想我寫】：	陳健龍	甄永謙
【校園活動】：	李偉龍	朱家怡
【專題介紹】：	丘月明	畢書怡
【科學園地】：	鍾玉珊	黃淑鈴
	何詩雅	何綺晴
		黎靜
		鍾可澄
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		劉雅妍老師

我上了寶貴的一課

一甲 鄧銳聰

升上中一後，媽媽和我一起整理小學的書本，在收拾的過程中，我發現了一張已經皺巴巴的英文小測卷，這讓我想起了那次小測失敗的事，那時我的記憶真是「太好」了！

小學四年級的某天，英文老師宣佈明天將會有小測，由於內容很深，老師呼籲同學好好溫習，我卻不把它當作一回事，因為那時的我，不論是默書、小測大多是「臨急抱佛腳」，而且英文成績一向出色，所以我認為明天的小測並不會對我構成任何威脅。媽媽雖然囑我好好溫習，但我只是隨口回應，並沒有任何行動。

第二天，班上的同學都抓緊書本，爭分奪秒地作最後的準備，但我只是隨便地翻一翻書本。讓我感到意外的是，因為轉換課堂的緣故，所以第一節是英文課。老師剛進入課室，便叫大家把書本收起。我那時還沒有把文法背熟，也只好把書本收起。當小測卷傳到我手上時，我腦袋竟一片空白，連剛剛不太熟悉的內容也彷彿消失了一樣。我只好的亂作答，顯得很慌張，只可使著頭皮去作答，而其他同學卻顯得很輕鬆似的。

過了兩天，結果出爐了。除了我，其他同學都通過了。我直盯著小測卷上的分數，顯得很失落、無話可說……

回家後，我一直都不敢拿試卷出來，於是把小測卷藏在功課袋內，後來因為塞了許多不同功課，使小測卷變得皺巴巴的。

「兒子，你把書本收拾好了嗎？」媽媽的呼喚聲把我召回。我閉上眼睛，決心一定要在中一改掉「臨急抱佛腳」的心態，努力溫習，好好應付每一次的小測考試。

中秋夜

陳文瀚28

今天是中秋節，一個熱鬧、為人民帶來歡樂團圓的節日。我們一家人吃過團圓飯後便到九龍公園歡度中秋佳節。

晚上九時許，我們到達九龍公園，駐足於公園大門前，只見人山人海，人潮如洪流般向我湧來。站於公園內，觀看公園內的人生百態倒令我頗為樂事。公園內有許多活潑可愛的小孩子，他們手提各款色彩艷麗、造工精細的電子燈籠四處奔跑，孩童的歡笑聲和家人細心的叮囑交織於一起，彷彿這是世界上最美妙的交響樂。老公公，老婆婆臉上流露著歲月流逝、滄海桑田的表情，慢悠悠地走，不是看著孩子們手上的燈籠表情疑惑，彷彿在問他們曾經的童年回憶——那些自製的燈籠為何煥然一新？然而我更喜歡蠟燭燈籠那令人敬佩的精神，它們生命雖短，卻仍把握生命中的每一分秒，把光明帶給人們，默默地耕耘，最後生命消逝。在公園的中心地段，數家人坐在野餐墊上吃月餅，邊賞月，邊談天說地，一片和諧。我們一家人找到了一處「有利位置」在鋪上野餐墊，拿出準備好的月餅，大快朵頤，我一邊和家人談天，邊舉首仰望天際，八月十五，圓月高高掛在漆黑的夜空中，光芒直灑人間，要為大地的每一個人都帶來祝福。月亮上幾塊陰影處，應該是嫦娥和月兔在月宮之中玩耍吧？

在皎潔的月光照耀之下，一對情侶偶爾細語，情意綿綿，對身旁眾多孩子的喧鬧聲置之不理。噫！有點旁若無人，然而天際中的月亮卻好像很高興，連天空中僅餘的幾朵烏雲都被驅散了，彷彿在祝福他們白頭偕老。中秋夜像是訂立海誓山盟的最佳時刻。

時鐘的分秒針一直前進著，踏入午夜，人潮開始減退，玩累了的孩子終於於放下手中的燈籠嚷著要睡覺，在他們母親溫馨的搖籃曲之下，有幾個可愛的小孩子依偎在母親的懷抱之中睡著了，老人們也慢悠悠地踱步回家了，情侶們也手牽手地漫步離開剩下的只留下滿地被拋棄的燈籠及螢光棒，明天一早可苦了清潔工人，為何他們不自覺地收拾好自己製造的垃圾呢？

今晚的中秋節令我看到香港人的人生百態，大家都在歡度中秋的同時，又有沒有為那些仍在為我們貢獻的火車長、警察和售貨員著想？正是他們一直以來的默默耕耘和奉獻才使香港得以從一個落後的漁村小鎮蛻變成如今那全球矚目的國際化大都市，正是各人盡忠職守，互相幫助和堅毅不屈的「獅子山下精神」，才會鬧出這樣的新香港！身為年青的新一代，我們與其皺眉看著新聞，倒不如大步跨過障礙，踏上成功之路。

這就是中秋節的香港，香港的中秋節！

有你，真的很幸福

3C 鍾詩琳

因為有你，我很幸福；因為有你，我很快樂；因為有你，我不再孤單；因為有你的照料，才有我的存在。你是世界上最平凡不過的人，可你卻擔任著最重要、最偉大的工作——你就是我的母親。

好早啊，待我充滿能量地回校上課。可能很多人覺得這是母親該做的，但對我來說，要每天天未起床，甚至在我忘記帶東西時，你總會細意叮囑我，就連晚上你也是最後一個才休息。你為了我們一家人有舒適的生活，付出可真多呢！

還記得你對我從小到大所說的「美麗謊言」嗎？在我喜歡的食物之前，你總是說：「別以為是你喜歡才給你吃，我才不喜歡呢，快拿開！」還用了許多我會相信的理由，總把最好的給我。

在我生病的時候，你陪我看醫生，臉上總掛著一張緊張的神情，嘴裏卻說：「就叫你穿多點衣服，別老是吃一些不健康的食物，你就是不聽，現在生病了吧，你再不聽我的勸告，我就不理你了。」儘管你每次都這樣說，可是每次卻在我需要你之時，總是會一次又一次地伸出援手，讓我可舒服一點！

母親，謝謝你的出現使我變得幸福。從你肚子裡出生、到牙牙學語、再到開始學習新事物，一直到現在，你都一直陪伴著我。我的叛逆，我的任性，每一次你都選擇原諒我。你就像海上的船兒一樣，經歷了很多的風風雨雨，但依然竭力保護著船上的人兒。即使你在外辛苦工作，面對很大的壓力，但回到家裏，你卻放下一切，把我抱在你溫暖的懷抱內，使我滿有幸福的感覺。

最後，回想著母親你為我所做的一切，讓我想起幾句歌詞：「時光走慢些吧，不要讓你變老，我願用一切換你歲月留長……」在我長大的這段時間，我忘了歲月給你帶來的痕跡，你開始看不清、頭髮也逐漸變白，但你對我的愛卻沒有因歲月而流走，反而一天比一天更深厚。母親，謝謝你把這輩子的青春和愛全都給予我，待我長大，我必定會好好報答你。若有來世，我希望不是繼續做你的女兒，而是做你的母親，把你這輩子所給我的，加倍回饋給你，讓你過著比我還要幸福的日子。

錯過了

陳美怡：4A

還記得那年的除夕夜，爺爺還在，家還完整。隨著過年的氣氛越來越濃烈，家家戶戶都貼上喜慶的揮春。大街上的車輛川流不息，塞滿整條馬路。百貨公司的人流也不遑多讓，萬人空巷，寸步難行。每個人的臉上都洋溢幸福的微笑，嘴裏都說著討喜的祝賀詞。

「祝大家新年快樂！」電視裏正播著如火如荼的春晚節目，熱鬧非凡，座無虛席。我坐在房間角落拿著手機和朋友熱火朝天地傳訊息，討論八卦。剛好爺爺來叫我去吃飯，出於本能地，我下意識就把手機鎖屏，不希望讓爺爺看到。「哎！爺爺就不能敲下門嗎？」我無奈叫道。

「放心吧。」爺爺見狀，笑著說：「爺爺老花，看不見。」聞言，就不知道為什麼心臟像被一隻手緊握不放，久久不能喘過氣來。

當親友們吃飽後，大家都很自然地拿出手機低頭看，孩子們圍繞電視機坐在一起看卡通，就連爸媽也坐在一起滑手機，家裏死寂的氣氛和電視的熱鬧形成強烈對比。其實並不意外，很多親友也只是能在每年吃年飯聚到一起，生疏又尷尬，看手機也許是大家想化解尷尬氣氛的靈丹妙藥。

爺爺奶奶年紀大動作慢，所以飯桌上只有他們還在夾著剩菜，低下頭不發一言地吃著，這是我抬頭看到令人鼻酸的一幕，心裏沉澱藏的是，於是，我隨便編了個話題，問道：「爺爺，院子樹上新的鳥屋是你做的嗎？好漂亮啊，我還看到有小鳥飛進去了。」。爺爺好像一開始沒注意到是對他說話，先是呆了一下，再回過思緒來，說道：「是啊！那些木材都是從不要的舊家具拆下來做的，既不浪費又能配合現今提倡的環保意識。」

關於木工的話題一旦開始，喜愛木工手作的爺爺好像流水般話不停，奶奶也在旁邊笑著附和。漸漸地親友們也開始加入話題，大家都被爺爺的木工所吸引，都笑得一團和氣，終於不是為了應付而坐在一起，而是開始重新接上聯絡。

我總覺得爺爺奶奶想說話很久了，但只是他們不知道該怎麼啟。

後來，爺爺離世，奶奶去了外國，回想起來還是很不真實，理解很容易，接受卻很難。在這個極需彼此溝通，人與人距離越來越遠的時代，如果在過年期間放下手機，好好陪老人家聊天，也許後悔便不會來覺得那麼快而強烈。多麼希望，能重新再回去一次，放下手上操控人的玩意，只願爺爺仍未老，仍健壯，仍能拉著我聊他引以為傲的木工，仍能替我遮風擋雨，給我一個安全港。

夜幕逐漸低垂，一盞又一盞的路燈亮起這座城市。現今看來，沒有數以萬計的燈火，沒有熙來攘往的人流，沒有絡繹不絕的車輛，沒有照耀大地的暖陽，只有那天上閃耀的星星，像是何時都會為我留燈的那個人。

原來，這些年，隔著榮華，隔著距離，隔著流年，我竟錯過了那麼多。

讓感恩成為一種習慣

4C林子力

人生路上有苦有甜，免不了碰到困難，遇上挫折，品嘗失敗的滋味。你因面愁眉苦臉，因而憤怒滿腔，你是否埋怨過誰，指責過甚麼？

我願每個人都學會感恩，讓感恩成為一種習慣，成為冬日裏的一抹陽光，暖人心扉；成為黑暗中的一盞明燈，喚醒希望。

感恩父母親恩，「哀哀父母，生我劬勞。」父母恩你深知，你從課本文章上看見，你從他人口中聽聞，你學過《二十四孝故事》，你背誦《燕詩》，你能列出古今中外感謝親恩的例子，但你是否用行动回報過甚麼？一天的學業結束，你回到家中，繁重的習作和測考讓你情緒低落，你於是把自己關在臥室裏，不理會父母關懷擔憂的說話，即使你看見父親臉上的疲憊，母親眼裏的辛勞；即使你發現父親多了幾根白髮，即使你瞧見母親眼角的細紋，你知道，你明白他們的勞苦都是因你，可是你卻無動於衷。是甚麼燃點你連一句感謝都難以啟齒？是甚麼讓你對親恩感到理所當然？或許要待到某天你忽然發現父母已老去，才開始思考，思考曾經自己的行為，頓時醒悟，於是你紅著突然襲來的情緒，喉嚨哽咽，聲音開始顫抖，終於感悟到親恩比天高比海深，但已是太遲，太遲了……「獨有反哺之義，羊知跪乳之恩。」更何況你我。我願你學會感恩，心裏常懷感謝，別等失去了才醒悟。

感恩朋友陪伴在側，一路以來的關懷和鼓勵。當你決心踏上路程，他們聽在你的身旁；當你迷茫不知所措，他們都為你指引向前；當你終於有所成就，在眾人目光下登上頒獎台，他們必定衷心祝福，獻上掌聲。在日常生活中總能預見各種各樣的人，你們可以使交心的知己，可以使相熟的朋友，或者只是平日的點頭之交，但他們都讓你的生活變得精彩，變得有趣，與朋友相處時，有歡樂也有爭吵，但這都會是你最珍貴的回憶。「天下無不散之筵席。」終有一天，你們會各散東西，走向各自的人生道路，所以我願你及時感恩，感謝朋友的陪伴，珍惜你們相處的時光。

感恩世上的美好，身邊的每一個人都值得我們感謝。人生路上有苦有樂，為美好和快樂感恩，為困苦的難難感恩，因它激勵你的鬥志，促使你的進步。時常感恩，讓感恩成為一種習慣。

再寒冷的冬季也有暖意

(5E 卓妙麗)

北風呼嘯，帶走生機。我攤緊衣領，垂頭喪氣地拖長步伐，頭頂是一行行光禿的枝桠，樹下是陣陣歎息——回到家，意味著又要體驗帶着立立的滋味。站在家門，打量因無人關窗而被風吹得狼藉一片的家，肚子落井下石般「咕咕」嘲笑，使我的心無比沉重。風鑽入衣領的縫隙，冷得我不由自主地顫抖。我踩一蹶不振闖上門，跑去奶奶家尋求慰藉。

「奶奶……」奶奶見我站在門口，喜得皺紋比平常多了一倍。聽見我氣若游絲的呼喚，驚得連門門都比平常快幾分。我一個箭步竄到客廳，張開五指圍著暖氣，從心底發出讚歎。奶奶追在我身後嘮叨，嘴上說著數落我的話，手上卻拿著溫熱的飯菜在桌上張羅。我坐定起筷，奶奶就坐在一旁慈祥地注視我。為了不驚醒熟睡的爺爺，她輕聲詢問我的學業情況，我正留意新聞，心不在焉地回應。不久，氣氛漸漸沉寂，我毫不察覺。新聞播送完畢，我放下碗筷，赫然發現奶奶正坐在沙發上打盹。

奶奶近年老耄，臉上盡是歲月的痕跡，但她也有顆時髦的心，短而卷的髮型常使我低眉嬉笑。她身體瘦小，卻有寬厚的肩膀和雙手，每當牽起她的手、與她並肩行走，我便充滿力量。因為奶奶正是用她的肩膀和雙手，與爺爺一同撐起這個家，撫養伯父、姑媽和爸爸成人。甚至在子女忙於工作時主動承擔照顧孫兒的責任。我便是在奶奶的養育下茁壯成長的小草苗之一。回頭看電視機旁的照片，那是年輕時的奶奶抱著嬰兒時期的我，笑容燦爛，對新生命傾注了全部的愛。在我的記憶中，到處是奶奶的身影……陪我買玩具、吃宵夜、在我闖禍後狠狠責難……雖然點點滴滴都是生活瑣事，但平凡不正是最大的不平凡麼？正因我的生活與奶奶緊貼相連，我才能盡力牢記與她相處的每分每秒。我十分感激奶奶陪伴我由牙牙學語的孩提成長為少年，因為這段時光在人生中必定無可取代，也必定最容易從中提取溫暖，度過漫長歲月的無數嚴寒。

我喝了一口早已冷卻的湯，心底卻有陣陣熱流湧現。奶奶被爺爺的咳嗽驚醒，我凝視奶奶說道：「奶奶，你要等我賺錢，我帶你環遊世界去。」

她喜笑顏開，口卻說著拒絕的話：「等你賺錢，奶奶已經走不動了……」

「那我就背著你環遊世界去。」奶奶和爺爺都笑了，連聲說好。

狂風依舊呼嘯，回到家的我此刻毫不懼怕，因為我深知自己永遠不再是一伶仃一人。