



Aglow

**Tung Wah Group of Hospitals
Lee Ching Dea Memorial College**

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Shirley

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Dance Circle

Dance Circle Vs Dance Battle

- Dance battle is very popular in the USA. And "The Street" is one example of it. It is a one-on-one competition between two dancers of similar style. There is a shuffle of music. What dancers have to do is to show their dancing skills, techniques and style according to the music. And there are experienced dancers judging who is better than another. Then a champion will be chosen.
- Dance circle is totally different from a competition. It is more like a performance. Dancers will dance freely with music, there is nobody competing with you.

Why is it called Dance Circle?

Numerous people form a circle and the dancers will go inside the circle and dance. There is no limitation, no pressure, no judgment and no memorization of steps. Dancers only share their skills and their passion for dance.

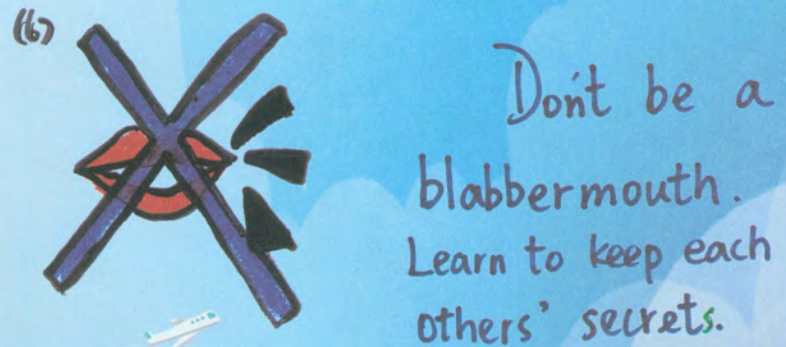
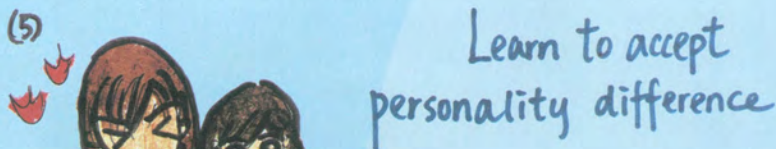
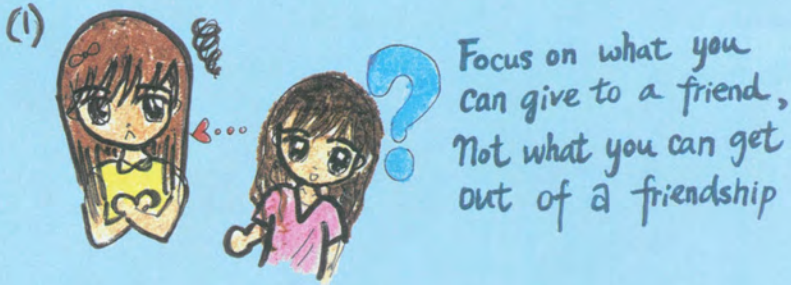
Dance Circle is for the solo performance. It is a good way to show your style and personality! And you will find relaxation and happiness because everyone is yelling and you can release all your stress through free dancing.

Feel the music!

Feel free to the music!!



6 points to maintain Friendship



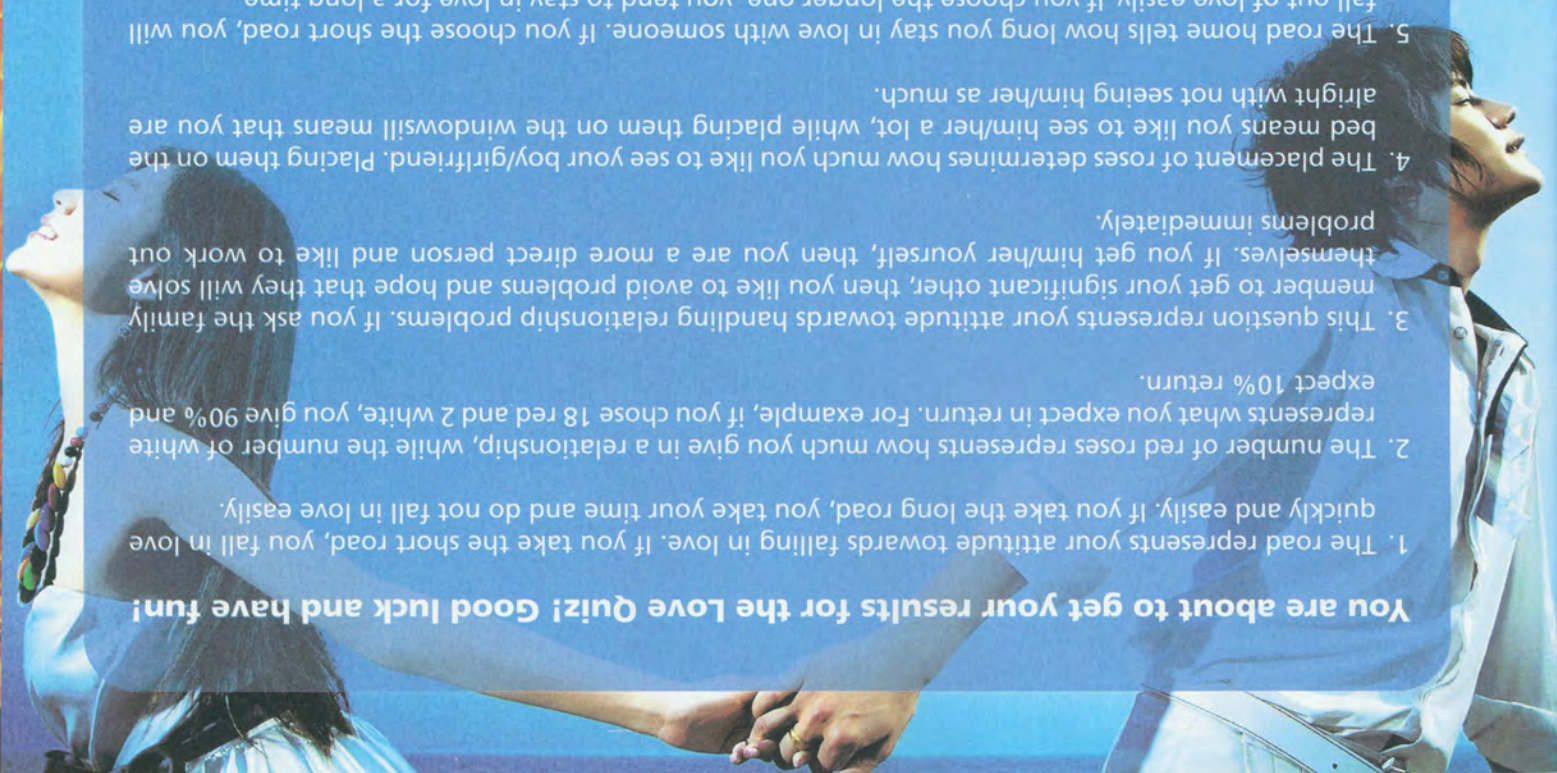
Your attitude towards Love

Answer the following questions honestly to test your attitude towards a relationship.

1. You are walking to your boy/girlfriend's house. There are two roads to get there. One is a straight path to take you there quickly, but is very plain and boring. The other is significantly longer but is full of wonderful sights and interesting things. Which one do you take to get to your boyfriend's/girlfriend's house, short or long?
2. On the way you see 2 rose bushes, one is full of red roses, the other full of white. You decide to pick 20 roses for your boy/girlfriend, of any color combination. What number of white and red do you pick? (you can pick all of one or any combination of the two)
3. You finally get to the house. A family member answers the door. You can have them get your boy/girlfriend or go get him/her yourself. Which do you do?
4. You go up to your boy/girlfriend's room, but nobody is there. You decide to leave the roses. Do you leave them by the windowsill or on the bed?
5. Now it's time to go back home. Do you take the short, plain road or the longer, more interesting road?

You are about to get your results for the Love Quiz! Good luck and have fun!

1. The road represents your attitude towards falling in love. If you take the short road, you fall in love quickly and easily. If you take the long road, you take your time and do not fall in love easily.
2. The number of red roses represents how much you give in a relationship, while the number of white represents what you expect in return. For example, if you chose 18 red and 2 white, you give 90% and expect 10% return.
3. This question represents your attitude towards handling relationship problems. If you ask the family member to get your significant other, then you like to avoid problems and hope that they will solve themselves. If you get him/her yourself, then you are a more direct person and like to work out problems immediately.
4. The placement of roses determines how much you like to see your boy/girlfriend. Placing them on the bed means you like to see him/her a lot, while placing them on the windowsill means that you are alright with not seeing him/her as much.
5. The road home tells how long you stay in love with someone. If you choose the short road, you will fall out of love easily. If you choose the longer one, you tend to stay in love for a long time.





Making Friends

by
Andrew Matthews

"Making Friends" helps us to get along with people. The book is divided into 6 chapters and they are mainly about how to treat others and how we can enjoy human relationships more.

I've learnt three lessons from the book.

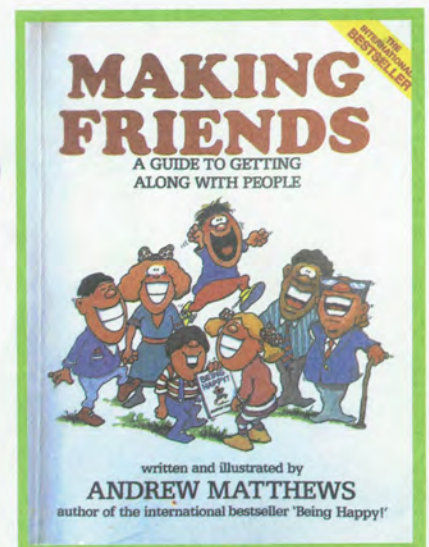
First of all, we should voice our feelings appropriately. We always share our happiness and sadness with our friends, but most of us are taught that it's not nice to get angry as it may embarrass others. So, very often we choose not to show our displeasure. However, in our everyday life, people do sometimes frustrate us. Actually we can express our feelings rationally to ease our mental burdens.

Secondly, the writer encourages us to be good listeners. We can be a good listener and lend a patient ear to our friends when they need one. Sometimes, we may feel annoyed with our friends' non-stop complaints, but we need to show our understanding by listening instead of ignoring them. By this, we practise tolerance.

Thirdly, we should have self-criticism. For instance, from time to time we should think about our own responsibility before blaming others. Moreover, we should admit our mistakes, review and learn from them.

"Making Friends" is definitely a fun read. The writer's advice is practical and his superb cartoon illustrations make his points vivid. He reminds us that life is all about people. We need to be flexible to get along with different kinds of people. I recommend the book to all of you who want to have a better relationship with other people.

6A - Ng Wing



Departures

About the Film

Daigo Kobayashi is a devoted cellist who has played in a professional orchestra. Unfortunately, the orchestra is dissolved and he finds himself without a job. Daigo sells his cello and returns to his old hometown looking for a new job. He answers a classified ad entitled "Departures", thinking it is a job advertisement for a tour guide. The job turns out to be an "encoffiner", a funeral professional who prepares deceased bodies for burial. While his wife and others despise the job, Daigo takes pride in his work. The film won the Best Foreign Language Film in the 81st Oscar Awards.

“ I respect Daigo and his boss as they are so devoted to their work. They have a heart to serve other people. Though being an undertaker isn't a respectable job in most people's eyes, they don't care about others' discrimination and prejudice.”

Chiu Hiu Kwan 6A



“I think about the meaning of life and death for the first time....”

Tracy Cai 6A



“ There are many people around us: parents, relatives, friends, colleagues.... We should treasure our relationship with each one of them.”

Wing Yau 6A



“I can't help thinking about the meaning of life and death. A lot of people avoid the topic and they don't want to face it. They think they have got all the time living in this world. We should be aware of our limits and our existence is precious. We should cherish every day and live each day to the full.”

Shirley Chiu 6A





“We should treasure what we have. We can't take everything for granted.”
Vivian Chan 6A



“Parents are important in the hearts of their children. We should treasure the time spent with our parents and love them as much as we can.”
Tricia Cot 6A



“The film tells me that love between parents and their children is eternal.”
Marco Jim 6S



“Traditionally, death is a taboo and is seldom discussed in the Chinese society. A career which deals with the deceased is disgusting and many view it with scorn. After watching the film, I've changed my mind totally.”
Gordon Miu 6S



“I found the sentence meaningful: Death is a door, not an end point.”
Angel Lee 6S



“You can feel the power of love between parents and their children.”
Rex Tong 6S



“The film is obviously very touching and also enlightening. It tells me what forgiveness is.”
Norelle Wong 6S



Something

you might not know



Eggs should not be washed by water. The reason is that there are many bacteria adhered on the surface of eggs. After washing, bacteria reach the tiny holes of the egg easily. They grow there and speed up the deterioration of the egg. Also, the rough surface indicates that the egg is fresh. On the contrary, smooth surface indicates that egg isn't fresh!



Ears of the grasshoppers are located at the knee-joints of their front legs. We can get an approximate value of the temperature from the number of chirps grasshoppers make. First we divide the number by 2 again, then plus 9, and finally divide it by 2. The answer is the temperature. Try it yourself.



Fish will feel thirst! Scientists have found that fish drink water, however it is different from human. Fish in the sea drink water by swallowing, while fish in the river drink water by their gills.

Why do frogs like to sing after raining? Frogs are amphibians. They live near water, also they possess lots of secretive cells to keep their skin wet. The humidity is very high after raining, frogs feel very comfortable, so they sing. Interestingly, only male frogs can sing.



All polar bears are left-handed. Their left hand is stronger!

Drink to Your Health

In an affluent city like Hong Kong, we often eat more than we need. So, it's good for our health if our bodies can take a rest from time to time. Fasting is a way to allow our digestive system to take a break. We would like to introduce a fasting program and a homemade juice to you.



Functions

- Day 1-2 : Cleanse your intestines
- Day 3 : Burn fat
- Day 4-6 : Repair and recover body cells

Duration: 1 week

- No carbohydrate, protein, fat
- Only water, fruit and vegetable juice
- Start to consume some soup, porridge after Day 4 and gradually increase the amount per day

Ingredients

Green apple	2
Carrot	1 or 2
Cucumber	1/2
Tomato	1
Celery	small amount
Pear	1



- Mix the fruits and vegetables to make this juice. Only consume the juice but not its residue.
- For people suffering from high blood pressure, use a larger amount of celery.
- No celery for anemia.
- For people suffering lung and liver problems, it is suggested to add some bitter gourd.

Where to eat around Tin Hau?

Tin Hau is one of our fellow students' favourite spots for eating out. Do you know that there are some nice places for having lunch? We've visited a few restaurants and food stalls and tried their food. We hope to give you some ideas to have a hearty meal.

Aunt Sweetie (Tim EE) Dessert Home



Thick Toast
Price: \$14
Taste:
Sweet sugary taste
Score: 6/10



Pork Chop Bun
Price: \$15
Taste: It is quite hard to eat but its taste is appetizing
Score: 4/10



Siu Mai
Price: \$10
Taste:
A delicious traditional snack, fish lovers will like it
Score: 6/10



Ah Wong mango iced rice-ball
Price: \$25
Taste: A great dessert
Score: 8/10

Tak Cheong Noodles



Menu of Tak Cheong



Jumbo set
Price: \$33 only (with drinks)
Taste:
The set is cheap but filling
Score: 8/10



Fishball noodles
Price: \$18
Taste:
A must for fishball noodle lovers
Score: 7/10

The environment of this restaurant is fine. The shop is quite small but still looks clean. The food tastes good, but maybe a little bit expensive for our students.

The environment of Tak Choeng is quite good, it's clean and tidy. Of course, the food is tasty.

Yin Lok Kui Dessert Home



Summer!

Price:\$18

Taste: Sweet and tasty

Score: 6/10



Crab Roe Salad

Price:\$13

Taste: Fresh, nutritious salad

Score: 8/10

QQ



Fish Ball

Price:\$5

Taste: A treat for
spicy food lovers

Score: 8/10



Chicken Soft Bone

Price:\$8

Taste: Delicious and
succulent

Score: 8/10

Though it is a bit cozy, the environment of Yiu Lok Hui is quite good.
The prices are reasonable and the food is yummy!

Though there are no seats for customers, it reflects the local flavor of Hong Kong.
The food is a bit expensive but delicious!

WOW! After reading this article, have you come up with a decision on where to go for lunch? Come on, let's count the marks of the above places in order to reach a perfect decision.

Final score sheet

Places	Aunt Sweetie	Tak Cheong	Yiu Lok Kui	QQ
Marks (on average)	6	7.75	7	8

Winner!!!



Let us interview **Mr. Tam** our principal

Our principal Mr. Tam, always with a shining smile on his face, has been our school leader since 2005. We thank him for his leadership and his effort to our school. Every morning, he stands at the school gate, greeting students with a warm smile.

How much do you know about our principal?
Perhaps, many of you know very little about him.

Many students want to know more about you, can we ask you a few questions?

Which secondary school and university did you attend?

Secondary School : Ying Wa College (1961-1968)

University : The University of Hong Kong (BA & MEd)

Did any special events happen in your school life?

Fruitful school life:

I was a prefect and chairman of the literacy writing club, I wrote essays and short stories and they were published in local student magazines. In addition, I acted in an English play (acting as a bad guy), joined the debate team (represented my school in a debate on an ATV show) and played basketball. I also played mahjong in my leisure time, but now I think it's a waste of time.

A little secret:

I was left-handed before, but my primary teacher changed my habit. And now I use my right hand to write.

Wow....You were very active at school, how were your academic results?

I did very well in the science subjects in secondary school, but my English was not good. Before Form 5, I studied Science at cert level but I was in the Arts stream in Form 6.

PRINCIPAL

Do you think that English is the most important subject? Can you teach us how to improve our English?

Yes, English is very important.

Listen more and speak more. Speaking and listening are the first two things you learn from your mum. You can watch movies and see how foreigners speak, this is the same for learning Putonghua. And then you should read extensively to see how paragraphs are structured. Finally, you have to read more and write more to expand your vocabulary and learn more correct English. It's easy to master the alphabet but difficult to write well.

Do you mind telling us your HKCEE results?

I remember that I got B grade in Chinese, C grade in Mathematics and D grade in English. I got more than 14 marks. After passing the HKCEE, I studied UE, History, Chinese Literature, Chinese History and English Literature for the Advanced level.

Which subject did you take in university?

Chinese Language, since I got an A in Chinese Literature.

Wow...How can you balance your ECA and academic work?

The key to success is self-control, you have to be disciplined and have good time management. It's true, you can do a lot in 24 hours if you have good time management. It's good for you to design your own timetable.

After graduating from the University of Hong Kong, Mr. Tam started his teaching career.

Career:

Started his teaching career in LCDMC in 1971.

He had been teaching for 26 years and was then transferred to another T.W. school to be the principal. After eight years, he returned to LCD. He is the first teacher in LCD who has taken up the post of principal at LCD.

Mr. Tam: I am honored to have this chance to serve in LCD and I find myself having a heavy work load in this school. It's because I am representing the school and need to keep the school improving. I have my responsibility and duties.

I like the teachers and students here and I am very happy to be here.

Hobbies and interest

What are your hobbies?

I love reading; I would like to know more about the origin of China and her civilization. My interest is also in the I-Ching, poetry, historical records, and the forming of the Chinese characters.





How can we choose a good book?

It's up to your own interests and choose what you think is interesting. Before reading a book, you can check the content first to see if the item interests you or not. In order to read more books, you don't need to read the book from the first page to the last page.

What do you usually do on weekends?

I have already worked 6 days a week and I have to take a break, so I sleep on weekends. I sometimes go to book stores to see if some new books are published. When you read, you can know more about your own feelings.

Have you written any books?

Yes. I wrote one book in 1990, it's a collection of short stories; you can borrow it from the school library.

Expectations

We know that you are going to retire soon, after leaving LCD, what are you planning to do? Will you go traveling?

Yes, I will retire in 2010 but I am not going to travel. I have already been to a lot of places in China, but I am not interested in visiting places outside China and I don't like to travel long-distances.

What are your expectations of our students? Do you have anything to share with our students or encourage them?

I hope that F.6&F.4 students will give a gift (90% passing rate) to LCD for the 40th anniversary. I hope our students can try to do something that achieves the goal.

Thank you very much for sharing with us!

Meeting Ko Ho Ching

Mr Ko Ho Ching came to our school on 6th March for a Christian Fellowship gathering. We are so happy that we got a chance to interview him. He shared with us his life of being an artist and a Christian.



After being an artist, how have you changed?

- Earning money is not easy, but I find that there are a lot of people I don't know. Also, being an artist is not as easy as people may expect. There are a lot of things I need to learn in the entertainment industry. There are not any books telling you how to earn money and how to build up a relationship with other artists.
- So you need to learn everything at the beginning, you need to put in a lot of effort to build up a relationship with others. Many people said the entertainment industry has many different kinds of people, but I will say there are always some good and bad people around us and I believe the same happens in every field.
- Being an artist gives me a chance to know more people and this enriches my life.

Have you experienced any low points in your career? What motivates you to stay in the entertainment industry?

- There's a lot! I haven't earned a lot of money and I don't have a lot of jobs. I had been disrespected by the reporters when I took photos with another more popular artist. I have come across different kinds of situations, but I won't treat them as "low points" in my career as I think a lot of people will have the same kind of experience. Life is just like jewels, you need to polish them before they shine brightly.

Apart from being an artist, what other jobs do you want to take up?

- I want to be a missionary in China, because there are about thirteen hundred million people in China but nearly twelve hundred million of them do not have a chance to know about our God. I want to tell them there is LOVE in the world.
- Many people are materialistic, they just care about money and hence they have lost the most valuable traditional Chinese values.



Do you miss your school life? What do you cherish most about it?

- I cherish the relationship with my friends. It is pure. When I was still studying, I had a lot of free time to build up the relationship with my friends. I advise all of you to keep all your good friends. All my best friends now are my secondary school friends, I am sure they will accompany me until I die. So treasure your valuable friendship.
- When you go to university or start working, it is difficult to make real friends and develop pure relationships with them.

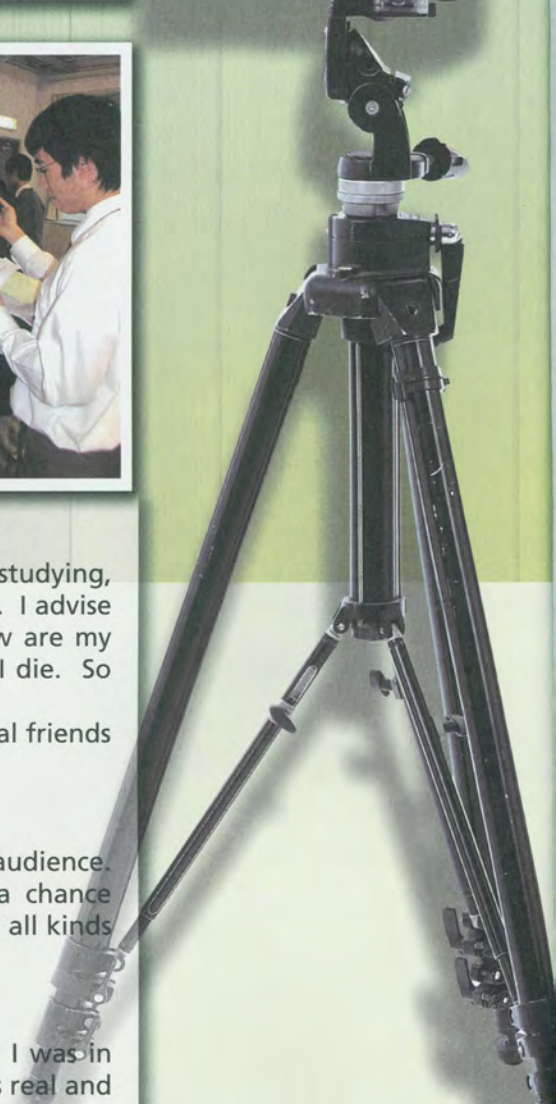
Which do you like most, singing, acting or taking up an MC job?

- I like all of them because I like face-to-face communication with the audience. When you see me on TV, the feeling is not "real". But when I have a chance to face the audience, I can really communicate with them. So I like all kinds of jobs which encourage direct communication with the audience.

What drives you to become a Christian?

- There are a lot of factors. I knew about different religions when I was in secondary school. I studied philosophy in university. I realize God is real and there really exists a God in the world.
- Also I have experienced God. When I follow what He does, He keeps His promise. He shows His love to me through different people, and He changes the way I look at things and life. For example, I had a lot of bad habits in the past, but God gave me the strength to face my problems and courage to correct them. After giving up all my bad habits, I have become free. I just don't want to indulge in any bad habits again. This is a big difference.
- Also God enables me to build up a good relationship with my family and friends, because Jesus is there. He makes us love each other.

Many thanks to Ko Ho Ching for sharing with us his inner feelings.



The Super Fashion Designer

Michelle Chow 2A

He's a fashion designer,
His name is Andy Hop.
Perhaps you've seen his designs
In his newly opened shop.

He lives in Hong Kong
Designing clothes for us especially.
If you wonder what's in style,
He'll tell you immediately.

Flared skirts and denim jeans are out,
They have been for a while.
Leather jacket is cool, he thought,
And it is coming back in style.

Miniskirts are cool on lady
Leggings and belts are too.
Knee-high platform shoes are trendy
If in a shade of blue.

If you have no idea
Go and ask Andy Hop,
And look out for his designs
In a designer's shop.

Fashion in my class

Tom Lee 2A

Frankie likes deep, deep, deep V,
Anson loves checked-tee.
Sammy's keen on turtle neck,
Howard wears an LV handbag.
Ivan hates patterned knit-hats,
Oscar doesn't like shoulder pads, and
Nobody wears clothes like mum and dad!



Is inclusive education good for the disabled?

Gordon Miu 6S

Chris Wong is a young boy with a slight mental illness. He cannot communicate properly, nor can he behave normally. He is bound to go to a school which is described by the public as an abnormal school for disabled people. What his parents desire is that he is no longer ostracized by the public but provided with a chance to receive a normal education. What is more, Chris Wong is not the only one whose parents are eager to send him to a normal local school. Alongside him are a myriad of impaired children whose situation is similar to his. The calls of the parents have captured the attention of the public and led to the discussion whether children with special educational needs should be allowed to study in an ordinary local school.

In such a civilised city as Hong Kong, there is not supposed to be have prejudice about people who need special care. We, theoretically, prefer equal opportunity rather than discrimination. If the policy can successfully pass through the Legislative Council, the ones with a disability can go to normal schools, and thus we can fulfil the dream of unity. In addition, the reputation of Hong Kong can also accordingly be enhanced as people may see the Hong Kong Government put great emphasis on equal human rights.

As far as disabled people are concerned, setting up a standard learning environment can be advantageous to them. Imagine what they will encounter in that environment, where they are given chances to communicate easily with others as well as living compatibly with others. Gradually, they will adapt to normal life and learn a lot of daily manners, albeit slowly, through imitation and, most importantly, communication. It is undeniable that there are real cases in which people who are slightly mentally impaired can recuperate and lead a normal life as we do.

Drawbacks exist though. It is patently obvious that people with disabilities may in all likelihood be discriminated against, if not bullied, by their fellows at schools. It is not surprising to find disabled students being attacked by bullies at schools as they are usually blunt in reaction. They are also impressionable people who may be cheated by gangs to commit crimes such as smuggling illegal drugs and cigarettes. These may, to some extent, spoil their lives.

Last but not least, it is predictable that teachers are more likely to be burdened by those who require more special care. Imagine the case when students with great discrepancy in terms of intelligence are put together in the same class room having hectic scheduled lessons, it is indisputable that teachers have to repeatedly introduce knowledge to the ones with much weaker ability. Even worse, teachers' resting time may be restricted due to having extra lessons. It can also be much more difficult for teachers to handle physically disabled students who have great difficulties in going to the toilet. Not only are teachers annoyed, but also the students who have to endure such a slow process of learning.

Sadly, I am not in favour of the notion of giving disabled students places in normal local schools. After all, a huge amount of resources, on one hand, has to be invested to recruit experienced teachers, launch relevant programmes to train teachers as well as, most importantly, build disabled-friendly facilities at schools. But on the other hand, there are only a handful of benefits, which cannot make up for the costs.

In order to retain Hong Kong's competitive edge by nurturing elites, there is no choice but to separate the able and the disabled so as to maintain efficiency at the expense of the lives of the disabled. Cruel though the fact is, I think we still have to submissively accept it as this is a trend which nothing can change.

Chris Wong, of course, deserves a better learning environment. But is simply sending him to a mainstream school a good solution? I doubt it.