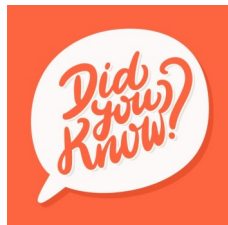


# What's UP?

STFA LKKC ENGLISH NEWSPAPER

# 5<sup>th</sup>

ISSUE



## P.1-2

Goodbye, LKKC!

- F6 Leaving

## P.2-5

More about teachers

- The Descendants
- Fun facts about our teachers

## P.6

Recent Festivals

- Justice for All Valentines!

## P.7-8

Ways to relax

- Let's Chill with ASMR

## FOCUS

### **F6 Leaving**

**5D Jimmy Fung**

Time flies. 6 years have gone past like a gust of wind. Friends, teachers, classmates, colleagues, and all characters in LKKC are the ones whom our F6 students have to say goodbye to. Knowing that our F6 students must have created a lot of treasurable memories during these 6 years, we invited a few students to take a nostalgic look into their fruitful school life.

**Ivan Wong (17-18 Head Prefect):**

*The most memorable experience in LKKC has to be the Inter-class Performing Arts Competition. This competition is definitely the most highlighted event in the year when you can work with your classmates to perform an entertaining show. Best of all, we can invite teachers to participate in the competition which makes the drama more hilarious. All of our classmates have also built up a more solid friendship throughout the cooperating process. This is the most unforgettable experience.*

**Justin Hom (17-18 SU President):**

*Being the President of the Student Union is definitely the most memorable experience I have had in my school life. This job is very meaningful to myself and all students in the school because I was learning to cope with the expectations of all of them. Although handling SU affairs and other duties at school (like writing articles for What's Up...) can be exhausting, I still enjoyed being in the SU because I had a lot of opportunities to get in touch with so many schoolmates that I had never met. It is a valuable memory and experience.*

Here are some messages from our teachers, who are always supportive to our DSE fighters.

**Miss Leung Pui Sin:**

*Hard-earned success tastes especially sweet.*

**Mr Lam Chun Wing:**

*“Choose your friends with caution, plan your future with purpose, and frame your life with faith. Be bold, be courageous, be your best.”*

**Mr Mok Siu Cho:**

*“Diligence, luck and flexibility are all important for work, but only putting first things first is the way to success. Identify the significance and urgency of things that we have to do. Giving first priority to the important things and doing your utmost to finish them is the key of personal management.”. Wish all F6 students can make good use of their study leave to strive for the best to prepare for the DSE!*

**Mr Kwok Ka Ho:**

*“Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it a present.” – Bill Keane.*

Enjoy every day of yours, especially the present. All the best to every one of you!

Best wishes to all F6 students! Hope all of you can do your best for the DSE and have a bright future!

## **The Descendants**

### **4C Sapphire Wong, 5C Robbie Cheung**

Teachers in our school have been treating us like their children. We are delighted to share some joyful news, also about children, as some of our teachers have welcomed or are welcoming new members to the family.

#### **New Babies Arrival**

*5C Robbie Cheung*

*Miss Tang, who teaches Home Economics and Liberal Studies, welcomed her second child last year. After nearly one year, she shared her thrilling experience.*

**T: Miss Tang, R: Robbie**

R: Good afternoon, Miss Tang. Wish you much happiness to your second baby!

T: Thank you so much!



R: Can you share with us the most challenging issue to deal with?

T: The need to attend simultaneously to work and family. Time management is often troublesome, as teachers need to hold meetings and grade work. The workload is heavy, and you can see it obviously after our staff meeting. As this is my second baby, more time and effort are now needed to attend to my family.

R: Returning to LKKC once again, what do you wish for your future path of life?

T: I always enjoy my weekends with my family. It would be refreshing to take a slight rest during the holidays, and of course being able to strike a balance

*Miss Chiu, who teaches Chinese, has introduced a new member to her family. With her delighted smile, she proudly shared some of her most valuable memory in her life.*

**C: Miss Chiu, R: Robbie**

R: Good afternoon, Miss Chiu. Best wishes to you and your family! How do you feel about your pregnancy and postnatal experience?

C: I am drained of energy. It is never easy to be a working mom. Most midnights, my husband and I have to wake up to take care of our child, such as feeding or changing diapers. This is our first child, and it takes time to adapt to such living habits.



R: What is the most difficult thing to deal with between work and family?

C: Staying up late is the most difficult thing. As I teach Chinese, I need

between my family and my work.

R: Wish you a working mom life without a hitch! What do you expect for your second child?

T: I hope my baby grows healthy and sound. It is important to be optimistic and well-balanced, too. I hope my baby would honor me and my husband with love, in other words "filial piety" in the Chinese community!

R: Thank you for your genuine sharing. Wish your family love and every success in your work!

T: Thank you so much, bless you too!

to mark a lot of writings and assignments. It consumes a lot of time after work. Meanwhile, I need to look after my baby after work.

R: Such problem would be even harder for a teacher, wouldn't it?

C: Certainly. Without sufficient sleep but getting up very early, I have trouble getting some good rest, and often only sleep for a few hours at night.

R: I think all fellow schoolmates and teachers would show understanding to such a difficult situation. What do you expect for your baby?

C: My baby was quite light and tiny, and I was worried at the beginning. It was a true joy to witness the early growth process. I hope my baby grows fast and healthily.

R: Thanks for your precious time. Wish beautiful memories will be created in your family with the addition of your new baby!

C: Thank you, and you are welcome!

**Babies Coming Soon**

*4C Sapphire Wong*

*Another good news from our teacher: Miss Dian, who teaches English, is expecting her first baby. Here is a brief interview, as she sat down and talked about her indescribable feeling.*

**D: Miss Dian, S: Sapphire**

S: Good afternoon, Miss Dian. We are glad to hear that you are going to have a new baby, congratulations!

D: Thanks for your blessings!

S: What were your feelings when you were told that you were pregnant?

D: Unbelievable, in complete shock, and absolutely exhilarated! It actually took days and a few more pregnancy tests to believe that we are really having a baby, even though we planned it.

S: Do you face any difficulties while balancing work and pregnancy?

D: Yes! And actually a LOT. During the first trimester, it was a struggle already to just get up and walk, let alone to work. Every moment awake was of dizziness and nausea. My husband would constantly check on me and one day my reply made him stop: " I've forgotten what it feels like to be normal." So, it was tough. I had days when it was impossible to simply get up. Then I could only take the days off.

S: That sounds tough. What have you prepared for the new member in the family?

D: I've hired a domestic helper and I've been receiving hand-me-downs from friends and relatives. I haven't got the time to really think about what to buy yet. So, pretty lousy arrangement so far.

S: Having a domestic helper can definitely shoulder the burden. What do you expect for your new baby?

D: I would want him to be a gentleman of integrity who has both the heart and ability to care about people around him and the world. Also, an attractive appearance wouldn't hurt, haha!

S: That's sweet. Thanks for letting us know more about your new baby. We wish all the best to you and your family.

D: You are welcome!

**Fun Facts About Our Teachers 5B Selby Ho, 5D Winnie Ho, Vincent Lau**

Fashion Tips from Fashion Queen

5B Selby Ho

Fine feathers make fine birds, good looking clothes can make your day.

With different kinds of gorgeous clothes, a charming person with such condition can always catch our eyes. While in LKCC, there is a teacher who can always attract our sight ...

With a tight schedule, she only goes shopping on her way back home. Walking along a street of dazzling boutiques, she stops whenever she sees the clothes that capture her heart. Under organised financial management, she would only spend one-third of her salary on daily expenses. But how come she is wearing different clothes every day and without repetition, no matter in summer or winter?

Here are some very practical tips about grooming from Ms Mak:

1. *You can make different fashion combinations using your old clothes, so as to give others a fresh new image. And at the same time, you can reduce the waste of clothing.*
2. *Always remember to pair and iron the clothes to be worn for the next day the day before, as it would be a rush for you to get all of this stuff ready within an hour, especially when you are still sleepy in the morning.*

In 2019, some things of yours would stay with you into the new year and some may be leaving you. To make a good start, we could try to follow the steps of staying trendy and become a hipster. (To give a small hint, plaids in 2019 are still a hit.)

### Mr. Chung Was On TV!

5D Winnie Ho

Some of you may have heard a rumor that Mr. Chung Ming Long knows an actress from TVB. It's true! Crystal Fung was his classmate in university! Also, do you know Mr. Chung had once appeared on a TV program too? When he was studying in university, he was invited by his professor to participate in an investigation which is about stale food. And the investigation was presented on a TV program called "Hong Kong Connection" (鏗鏘集). Mr. Chung



was asked to try different plates of instant noodles, and state their differences in taste. He was interviewed about it on TV. Funnily, he couldn't taste any differences between the stale noodles and the normal noodles. Coincidentally, the TV program was broadcast during the Lunar New Year. It made him bashful when he went visiting his relatives. Up to now, when his parents find some stale food, they will still say to Mr. Chung that, "It's ok. You had tried before!"

### Teacher with great virtue - Mr Ho Ka Lok

5D Vincent Lau

Have you ever fancied being a police officer? We all know that they are muscular, wise and of high virtue. But do you know one of our teachers, Mr Ho Ka Lok was an auxiliary policeman. Auxiliary policeman were like 'part-time policeman', they only work during holidays and weekends. The most unforgettable experience for him was the training days with other students, who come from all walks of life but had a common goal. They went through hard and intense training together, marching and practicing shooting. During work, Mr Ho had caught a pickpocket and charged drivers with illicit parking.

## **Justice for All Valentines!**

**5C Andy Chow**

Happy Valentine's Day to everyone! Did you have a great time with your Valentine? If you did, that's really awesome! Valentine's Day is all about spreading love to the world. But when it comes to love and romance, this becomes very subjective and there are people in some places of the world that can't express their love to their partners for various reasons. How about I show you some of them and let you be the judge to see if they are unjust.

Let's start off with religion. There are some religions that perceive love as taboo. Just as the Romans outlawing marriages and making it punishable by death, the Muslims have a problem when it comes to celebrating love and romance. Year after year, Valentine's Day had gotten a lot of hatred from the Indonesians, as their Muslim ideologies have clashed with Valentine's day traditions. Indonesian authorities had carried out raids just to stop people from giving gifts! There were students protesting against Valentine's day, chanting, "Say no to Valentine's now!" and "Sorry Valentine's Day, I am Muslim". They insisted that the tradition of giving chocolates and flowers are promotions of western decadence, and whoever celebrated them is a sinner.

For me, it is ridiculous to brutally suppress the ideas and traditions of Valentine's Day. If your ideology and some of the festival's traditions don't match, it is totally fine for you to reject celebrating it. However, we shouldn't judge or discriminate other people for embracing traditions you don't like. They shouldn't be called a bad person for it.

Meanwhile, in some countries like India, it is difficult to find a partner. Why? That's because people need to marry with their parents' permission. This is why marriages in India are usually arranged by parents. And those who got married outside the caste system and religion would face severe punishments. Similarly, in Saudi Arabia, the women would have a male guardian that will make life decisions for them, and that, of course, include marriages.

Come to think of it, is this true love at all? People in those countries are not able to find their ideal partner because they are stuck with a partner that their parents choose. Though our parents' saying matters when it comes to our partners and relationships, as they are one of the most important aspects of our lives, parents should not have free reign over everything in our relationships. We should have the right to handle our lives.

Lastly, we will take a look at same-sex relationships, one of the more controversial topics. In some countries like the aforementioned country, Saudi Arabia, prohibits homosexual acts and it's even punishable by death! These problems are not just happening in third world countries. In developed countries like Singapore, same-sex relationships are not formally being recognised, same-sex acts can land you a trip to jail for up to 2 years. Even in Hong Kong, we are happy to embrace Valentine's Day. But Hong-Kongers are actually far from having an agreement on LGBT issues. Though LGBT communities in Hong Kong don't need to face legal problems, they are more likely to deal with discrimination in everyday societies.

Why discrimination still prevails in Hong Kong when it comes to LGBT communities? Maybe non-LGBT people had not been well educated on this matter. So people tend to perceive them as dangerous, creepy or weird people, degrading them to a level lower than themselves. However, that is far from the truth. People in the community are all normal citizens living their lives like you and me. We should respect these people for rallying up to fight for their own rights.

In the end, everyone has their own opinions on love. No matter who your lover is, no one should judge you for it. So next year, go up to that special someone and ask him/her to be your Valentine. Wish you bachelors a happy Valentine's Day next year!

# Let's chill with ASMR! CALM DOWN!

4A Jeanny Lam

Have you ever lain on your bed for hours, and even counting sheep doesn't help you sleep? You tried reading books and working out, hoping that you'll get tired and drift off to sleep eventually. Luckily, today I'm introducing a current trend for all of you who struggles to have a good rest.

DDADDA~ ASMR!

Let's start with a brief introduction. To explain it in simple terms, ASMR (Autonomous Sensory Meridian Response), it's simply some certain sounds created in some certain ways that give you tingles all over. These videos created to trigger ASMR are surging in popularity. It's not yet confirmed why people (some of them) feel relaxed listening to these sound effects. Neurologists are still working on it. Some examples of the sounds are crumpling papers, whispering and tapping on things. In this article I'm going to mention a few popular types of ASMR, and I hope this recommendation can help with your sleeping problems and you can discover a new way to relieve stress.

Popular ASMR methods

## 1. MUKBANG

Origin: This term comes from the Korean word 먹는 방송 (Eating broadcast). It became a viral trend in Korea back in 2010, but now some ASMR artists create videos using this method.

Procedures: The person films him/herself eating various kinds of food, chewing on the food and record the eating sounds using a microphone. Like the jjeop jjeop sounds. Some of them will whisper things that they want to deliver to the viewers while some just do no-talking videos.

Things they use? All kinds of food. Examples: mochi and rice cakes for chewy sounds, deep fried food for crispy sounds, aloe vera and honeycomb for sticky sounds, etc.



Fun and special mukbangs: Some people would feed their pets food, record the sounds, and pretend that they are filming a food review video, by adding fake subtitles.

Disadvantages?? Personally, I would be super tempted to grab some yummy snacks when I watch these. So if you're on a diet, do reconsider before clicking into one of these clips...

## 2. SCRATCHING, CRUSHING AND TAPPING

Procedures: Basically just using things like brushes, rocks, slime, chalk, soap, etc. Anything in daily life will do! Or touching things with different textures to create the oddly satisfying sounds.

Things they use? As mentioned above.

Special videos: Some of the youtubers out there dress themselves in costumes and do cosplay and acting scenes. They will add them in the ASMR randomly throughout the video. Sometimes these are pretty entertaining to watch.

Disadvantages?? Like the soap cutting videos, after the soap has completed its mission, some people would just dump it without trying to re-use it by melting it and use it again. That's quite not environmentally friendly.



3. WHISPERING

Procedures: Is there anything left to explain? Just joking. It's really just whispering into the microphones, from every angle, making the listeners feel like it's surrounding them. They speak very gently to help you relax and give you tingles. (Doesn't necessarily work on everyone)

Things they use: Their vocal cords, a microphone and an extremely quiet and silent space to film the videos.

Disadvantages: Can't really call it a bad thing. It's just if you're afraid of the dark or ghosts, and you're watching the videos at night... It can get creepy sometimes...

My thoughts on ASMR

Sometimes when I'm tense and feeling stressed, I stop by YouTube to check some of the videos. As it's not a complicated thing and doesn't require any thinking, it's quite relaxing to watch these youtubers out there tapping on random things or eating delicious-looking food. But like I mentioned above, some of us may not like the certain sounds and may get uncomfortable. If you don't find it nice to watch and it's irritating, quit. Most importantly do not take the videos too seriously...yet as the method is yet to be confirmed to be effective. And not all the videos on the internet are done by professionals, some people simply did the videos for fun or are following the trend.

After reading this article, maybe you can try watching one when you go home tonight! Don't forget to wear earphones to get the best experience!

**Phrase of the day**

Since the beginning of the programme this year, how many phrases have you heard? See how many blanks you can fill in!

- A. *things will start to look up*      B. *I don't know what to day*
- C. *You shouldn't have*              D. *find*      E. *let's ball*      F. *to have a ball*

A: Hi, B. You look so happy!  
 B: Yes, I (1) at the party last night. I didn't want it to end. But why do you look so down?  
 A: Oh, my parents forgot my birthday this morning.  
 B: Oh, I'm sure they're planning a surprise for you later. Don't worry, (2) Here, I got you a present! Happy birthday!  
 A: Oh! (3) I love Hello Kitty. I've been looking for this wallet for weeks! I thought it was all sold out! How did you (4) one?  
 B: Haha. I bought it a few months ago because I knew it would sell out quickly.

Answers:  
 1 F (had a ball) 2 A 3 B/C 4 D 5 B/C 6 E

**What's UP? Committee**

- Chief Editor:** 5B Ho Lok Ka
- Deputy Editors:** 4D Chik Hei Yin
- Senior Technical editor:** 5C Lau Chun Hei
- Senior Photographic Editor:** 5C Cheung Min Hong
- Senior Editors:** 4A Lam Ching Yi  
 4C Wong Ching  
 5C Chow Sing Hei  
 5C Cheung Min Hong  
 5D Fung Pak Wai  
 5D Ho Wan In  
 5D Lau Chun Lam
- Teacher Advisers:** Ms. Jesuszette de Guzman  
 Ms. Leung Pui Sin