

Teacher advisor: G.H Randy

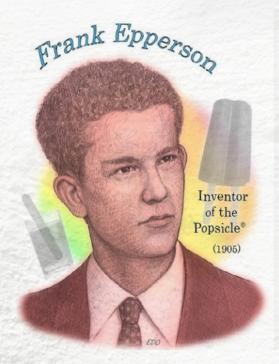
Bulletin team members: Victor Yam (2A), Hilda Chan (5A)

Cover art: Ellen Guo (3A)

# My Favourite Snacks

Alice, Yang Chi Kit (2A) 2022-2023

My favourite snacks are ice cream and popsicles. In ancient China, some people used rice to make so-called "ice cream," but it wasn't really the typical ice cream that we eat today.



Popsicles were invented by a little boy named Frank Epperson by accident. On a cold winter night in 1905, he left a mixture of soda water in a cup with a stirring stick outside, and the soda froze around the stick. When the boy grew up, he called his discovery the "eppsicle". But later, his children started calling it a "popsicle" and that's how the popsicle was invented.

Ice cream can be in lots of shapes, but the ones that we often see are swirled or in a strange shape. Popsicles can also be different in shape, and they are often seen as cylinders. I usually eat it with a cone, which I can hold with my hands. Sometimes, I will have a scoop of ice cream on a cup of hot chocolate.

Although ice cream and popsicles are delicious, we should only eat a little since they both contain lots of sugar and fat. They belong at the top of the food pyramid, which is the food that we should eat less. We can get it almost everywhere - from grocery stores near the streets to shopping malls.

Nowadays, ice cream and popsicles are sold at different prices, and there are various flavours, too, for example, lemon and pineapple just to name but a few.

I recommend ice cream and popsicles to my classmates because they are the best snacks to have if they are feeling hot. Almost everyone can find their favourite flavour. It's great!





# A Lesson to Learn

Victor, Yam Chun Hon (1A) 2022-2023

#### Introduction

Once upon a time in an average secondary school, there were two students. Jack and Eric. Jack was more or less your average high school bully, but he's more easily aggravated and a bit more violent. He wears a cap all the time and has blue eyes. Eric, on the other hand, was quite bookish, leading to others calling him a 'nerd". He has brown hair and black eyes. He was also quite popular in class, which made Jack jealous.

## Chapter 1: The calm before the storm

It seemed like another ordinary day. It was recess time and the students were chatting, studying and getting bullied – wait, what? As it turned out, Jack was bullying people again with his 'followers". This time his target was the quiet kid in class, Kevin. As Jack walked towards him menacingly, Eric, who was standing in the corner, already knew what was up. He was either going to take his homework, mock him or call him a "nerd". Kevin was also quite bookish, too bookish even. The only real friend he had was Eric. He was also bullied for being an orphan, which made Eric feel bad for him even more. "He's only human after all." Eric thought about Jack as he approached, hoping to resolve this peacefully.

#### Chapter 2: The Confrontation

"Hey man, could you like give me your homework? Jack asked.

Look, you have two choices. The first is to give up your homework, and the second is..."

"No!" Kevin shouted loudly, interrupting Jack's speech.

"I'm tired of this; just stop. No matter what I do, I still get bullied! Just Stop!" Kevin velled.

"Well, I guess it's the second option." Jack murmured as he held his fist and lunged at Kevin.

"No, this can't be happening." Eric thought as he rushed in to save his friend.

### Chapter 3: Into the eye of the storm

Kevin closed his eyes, but nothing happened. He slowly opened his eyes and saw that Eric blocked Jack's attack. "Run! I'll handle him!" Eric shouted as Kevin was still in shock. Kevin ran away as quickly as he could. "He's a pathetic coward..." Jack taunted.



"What do you mean pathetic? He lost his parents due to an irresponsible driver and just likes reading books, and yet you continue to bully him. Who's pathetic now?" Eric shouted furiously. He never met someone so ignorant and pretentious before.

Jack did not respond. He threw a barrage of punches, each punch hitting very hard. Eric then responded with a faster barrage of punches, though not nearly as powerful; but it was enough to hold Jack off. Seeing the barrage failing, Eric followed the barrage up with an uppercut, and it successfully landed, as Jack was too slow to react. Eric then followed up with a barrage of punches, which ended with a few punches and one last kick, knocking him back. Eric stared at the defeated Jack, scaring him away.

"Good grief. Hopefully, he will learn his lesson." Eric said to himself as he walked back into his classroom since the recess was ending.

## Chapter 4: The Aftermath

Later, Eric and Jack were both punished because they were fighting at school. Eric accepted the punishment, and so did Jack. Ever since that event, Jack stopped bullying others. His followers left him, and he became quieter.



Artwork by Victor yam

"Perhaps this was the best result from that event? No, it couldn't possibly be. However, only time will tell." Eric said to himself as he stared into the distant sunset as the school had just ended.

# Downsides of Biohacking

Ocean, Cheuk Kwan Hoi (4A) 2022 - 2023

Biohacking means embedding chips in our bodies so as to enhance automation. Recently, biohacking has become increasingly accessible, and some companies are starting to apply it widely. Can you imagine employees signing into work without using a pen and paper or plastic cards? Checking attendance only takes a wave of a hand. It seems attractive, doesn't it? However, an off-putting but veracious fact is that biohacking is overall detrimental to our daily lives despite its apparent benefits.

A major concern is that biohacking deprives us of our basic living skills. To begin with, let's imagine a man living in the future who cannot open a door manually with a doorknob. That is too ridiculous to imagine for us, but it is perfectly what would happen after biohacking becomes prevalent. As intelligent beings, we tend to replace manual work with automation due to our lazy nature. So, if even basic living skills like opening a door are replaced by biohacking, we will gradually lose our skills and eventually become completely reliant on biohacking.



Also, our valuable properties like money or identification documents are more easily damaged if accidents happen. Programming errors, inferior chip quality are just a few examples that can pose as a problem if we put chips into our bodies. There are a bunch of bad things that may happen that are unimaginable, let alone solve. If they happen, we have no guarantee that those lost properties can be retrieved and our significant possessions can be damaged.

Besides, our bodies are also prone to damage. There is no guarantee that the chip could co-exist with our body perfectly, and it is perplexing to estimate what happens after a repelling reaction. It might start as an irritation, but it could also very well be a serious inflammation. Our bodies will get damaged if biohacking is employed. Would you take the risk just because you are too lazy to open a door?



Another concern is that biohacking debilitates our security and privacy by making them more reachable. In terms of security, scamming could be as easy as a wave of hand if our wallets are embedded in our bodies. If we could develop such a method to pay, why couldn't the scammers develop such a method to steal? Accessibility also means exposure to danger. Consequently, biohacking makes scamming easier. In terms of privacy, our personal information is more easily obtainable. It is also easier to be stolen or duplicated by scammers, and our top secrets will be easily open to the public. As a result, security and privacy are weakened by biohacking.

To conclude, biohacking deprives us of our survival abilities and puts our privacy and security at risk. Overall, living a basic life would be very difficult and the benefits of biohacking is completely outweighed. Let's protect ourselves from being taken over by biohacking and, more importantly, laziness!

## The Story of Romeo and Juliet. Continued......

Hilda, Chan Wing Tung (4A) 2022 - 2023

"Lady Capulet, I am so sorry for your loss. Miss Juliet was the sweetest lady I've ever met. Her death was truly a tragedy. But I hope you'll understand that Romeo and Juliet's death was caused by the long-lasting bad blood between the Montague's and your family. The Montague's and your husband expressed their regrets and agreed that they would end the feud peacefully. So, please consider resolving the conflicts." Lady Capulet recalled.

She sank into the armchair in grief and stared at the glass of wine on the table. It was scarlet, like the blood on Juliet's chest, when her body was discovered. She gulped down the glass of cold wine. She thought the coldness would put out the burning flame in her heart, but instead, the flame of anger grew, and it became too strong to be stopped. She could hear her heart cracking, breaking into pieces. At that moment, she could feel nothing but the darkness and numbness. She could think of nothing else, not even the pain of losing her beloved daughter, but one thing – revenge.

"End the feud? Never! The Montague's killed my daughter. She would've been alive if it weren't for that Romeo. He must've bewitched my dear Juliet. He was a demon! He was just trying to end my daughter's life! I will take my revenge on the Montague's! I swear! They have to pay for Juliet's death!" exclaimed Lady Capulet as she threw the wine glass onto the floor. "My goodness! Is everything alright, my lady?" The nurse peeked through the curtains to ask lady Capulet. "I'm fine." Lady Capulet chuckled and smirked as she heard the nurse's footsteps fading. She

stared into the dark, gloomy corner of the room. She was flooded with vengeance, as she slowly sank into the darkness.

As the years passed, the Montagues' and the Capulets' alliance grew, and so did Lady Capulet's anger. One day, the two families decided to hold a festival to honour Romeo and Juliet and to celebrate their union.

"It's going to be a happy day, right, my love? Juliet would be happy to see that our families are finally united!" Lord Capulet hugged his wife and laughed. Lady Capulet whispered in his ear with a nearly invisible grin, "Yes. All of us will never forget this day." The party was held in the Montague's village. The town was unusually bright and lively. Musicians were playing the lute and singing joyfully. The rest of them danced and cheered. Despite the chilly weather, everyone wasn't cold at all. The street was surprisingly warm.

"Oh! I still can't believe that we're friends now! It's amazing!" Lord Montague raised a toast to Lord Capulet. "Amazing, huh? Want to see something more amazing?" Lady Capulet shouted as she grabbed a torch from the side of the street. The flame of the torch reflected in her eyes. It was like hellfire, an eternal flame that could never be extinguished. "Montague! It's time for you to suffer a long and painful death!" She walked towards the haystack near the wooden cottage and dropped the torch.

Boom! A white flame shimmered through fierce yellow and into bright orange as it licked the stack of hay. The smell of burnt grass filled the air, choking everyone, including Lady Capulet herself.

"Darling! W-what are y-you doing...!" Lord Capulet mumbled. She ignored him. She couldn't take her eyes off the wildly spreading fire. Soon, the whole street was in a sea of fire. The dark blue night sky was set ablaze. A blanket of black smoke covered the town. She couldn't see a thing. She could only hear the sound of the flickering flame and the screams of the people. She, too, was coughing, just like everyone else, but she enjoyed the sadistic pleasure. The furious continued its journey. everything scorching in its path. "Lady Capulet! Don't get overwhelmed by your pain and hate! Juliet wouldn't want this! Just stop! Please!"

Lady Capulet's eyes narrowed. "No! I will not stop! This is for my daughter! Romeo was the one who caused her death! All of you will pay for thi-."



Lady Capulet ~ Artwork by Hilda Chan

"Mother! Stop it!" A sweet voice interrupted her. "Wha- Juliet? Juliet! Is that you?" All of a sudden, Lady Capulet's hate and anger vanished. The cruelty in her eyes was flushed away by tears.

"Mother! It's me! Juliet!" The voice was too dreamy to be real, but Lady Capulet couldn't think clearly. She believed that it was really Juliet. A foggy image of a young girl in a gown appeared in the dense smoke.

"Oh! Juliet! I've missed you! Darling, look! It's Juliet!" she shouted, pointing at the smoke. Little did she know that there was nothing in the smoke. It was all in her head.

"My dear Juliet! Don't go! Don't leave me again!" She rushed into the fire before Lord Capulet could stop her. As she stepped

into the fire, her gown burned. Her skin turned red and was being torn apart. It was supposed to be painful. However, she did not scream. She did not cry for help. She was finally at peace in her heart. At that moment, she could feel the nothingness. There was no joy, no sadness, no anger, and no vengeance. Slowly, she lost her consciousness. "I'm sorry. Please forgive me..." she murmured as she closed her eyes and fell into an eternal sleep with a genuine smile.

When the fire was put out, Lady Capulet's body was gone. Her clothes were gone. Her bones were gone. The only thing left was a golden necklace with a portrait of Juliet and Lady Capulet and a sentence carved into the back of the necklace – "I love you, Juliet."