FASHION

Do you know the meaning of the word "Fashion"? Some of you may think that it only belongs to slim models and some even think that buying expensive designers' clothes and bags mean you are fashionable. In fact, fashion is all about 'trend' and 'style'. Take Hong Kong as an example. People like to follow others when they see someone wearing a beautiful skirt or boots. When many people follow others to do the same thing, a trend is said to develop. I think following a current trend is not a bad thing as you can find out what best suits yourself through trial and error. That's your personal style!

In order to develop a fashion sense, you can read more magazines and books about fashion and arts. There is no standard equation in fashion. However, I believe that it is not a matter of what you put on outside because inner beauty is a great deal more valuable.

Co-editor 6B Shirley

CLOTHING

• Nowadays, bags are increasingly becoming one of the important parts of teen fashion. Girls like to carry pretty or elegant bags. Big bags are fashionable now and many people are also carrying more and more with them.

• Most people tend to wear their strap on the same side every day, which causes the body to adjust in order to rebalance the weight. A common side effect is one shoulder becoming slightly higher than the other. To prevent this problem from happening, we have to clean our bag regularly to reduce the weight of the bag. Upper body strengthening, stretching and warm baths with Epsom salts can help bag pain sufferers.

Art & Design 6B Florence

SPORTS

When doing exercise, you are advised to have casual wear like jackets and a pair of loose trousers. If it is too hot, we should wear shirts of lighter colour like white instead of darker ones as shirts of darker colour absorb radiation more easily.

PARTIES

As you may need to play games with your friends of parties, you shouldn't wear clothes which make you feel uncomfortable. In fact, it is more suitable for you to wear casual T-shirts and jeans instead.

WEDDING CELEBRATIONS

If you want to show your happiness to the wedding couples, you should wear some clothes or dresses with sharp colours like yellow, pink or even red! This can help give a fresh image to your friends.

If you want to have a grand and elegant look, you are recommended to wear black or white clothes. This can also show your respect to the wedding couples. Some sparkling jewelleries on your body can also help to give an attractive image to others.
The healthy way of keeping fit

Frankly speaking, I believe the adverse effects of the advertisements of keep-fit companies seem to have spread widely among young people. A myriad of students would like to have a slim and well-proportional body.

Choosing food carefully
- Uses: get a healthy and balanced diet
- Don'ts:
  - High calorie snack fast food
  - Super-sizing meal
  - Soda, fruit drink
  - Overeating
  - Consuming sugar
  - Keep temptation food

Dos
- Eat as healthily as possible
- Have a balanced diet
- If you must snack at night, make it fruit.
- Drink more water
- Include more dietary fiber

Doing adequate exercise
- Uses: Keeps you healthy and stabilises weight
- Don'ts:
  - Do exercise incorrectly
  - Not being active enough
  - Take the bus instead of walking to school
  - Take elevators instead of taking the stairs

Dos
- Let action speak louder than words
- Choose activities that are fun
- Do them on your own and with your friends
- Ride your bike
- Tidy up and clean the house yourself
- 15-40 minutes each day for regular exercise
- Take a walk after meals

Lowering down the eating speed
- Uses: absorb nutrients completely and be able to tell when you are full
- How?
  - Munch slowly
  - Put in small quantities only

Keeping records of daily diet
- Uses: develops healthy habits by checking the record
- Don'ts:
  - Starving for a long period of time
  - Have bedtime snack

Dos
- Implement your own workout routine
- Keep a daily actual record of what you eat

On average, an adult needs at least 800-1000kcal daily for all the organs to function properly. If there is not enough supply of energy, the body metabolic rate will decrease. The burning of fat will take place at a slow rate. Therefore, don't ever try going on a diet to keep yourself fit.

As a teenager, you are becoming more mature and more independent. You are starting to make more choices about your life. Some of the biggest choices that you face are those about your health rather than your fitness. We should strike a balance between them.

Editor 6B Bonnie Chan (4)

Students' comments

I am fond of fruit such as apples rather than junk food because I realize that unhealthy food damages our health and is not worthwhile. I do like getting enough exercise. I go hiking, swimming and love playing badminton with my family.

1A Apple Kwok (17)

I would like to have a slimmer body by making an effort to eat less than before. I also do more gym exercise in order to lose weight.

3D Rita Lee (21)

I don't believe the advertisements of slimming companies as I think they deceive people. I keep my body healthy by getting rid of oily food.

4C Yuli Lau (21)

Too much accumulated fat will lead to diseases like coronary heart disease, diabetes and high blood pressure. Please don't confuse keeping fit with keeping 'slim'!
Online Education

Online Education refers to the use of computers as a key component of the educational environment. While this can refer to the use of computers in a classroom, the term more broadly refers to a structured environment in which computers are used for teaching purposes. The concept is generally seen as being distinct from the use of computers in ways where learning is at least a peripheral element of the experience.

Developments in Internet and multimedia technologies are the basic enabler of e-learning, with content, technologies and services being identified as the three key sectors of the e-learning industry. Regardless of the research conclusions, there is agreement that the crafting of an online course is important to student success.

Advantages

The most notable advantages of e-learning are flexibility, convenience and the ability to work at your own pace. E-classes are asynchronous which allows learners to participate and complete coursework in accordance with their daily commitments. This makes an e-learning education a viable option for those that have other commitments such as family or work.

Other advantages of e-learning include the ability to communicate with fellow classmates from around the country, a greater adaptability to learner's needs, more variety in learning experience with the use of multimedia and the non-verbal presentation of teaching material. Video instruction provides visual and audio learning that can be reviewed as often as needed. For organizations with distributed and constantly changing learners (e.g. restaurant staff), e-learning has huge benefits when compared with organizing classroom training.

Disadvantages

Disadvantages of e-learning include the lack of face-to-face interaction with a teacher. Critics of e-learning argue that the process is no longer "educational" in the highest philosophical sense. This criticism is largely unfounded, as human interactions can readily be encouraged through audio or video-based web-conferencing programs.

Second, the feeling of isolation experienced by distance learning students is also often cited, although discussion forums and other computer-based communication can in fact help ameliorate this and in particular can often encourage students to meet face-to-face and form self-help groups. Discussion groups can also be formed online. Human interaction, faculty-to-student as well as student-to-student, should be encouraged in any form.

Furthermore, the development of adaptive materials is also much more time-consuming than that of non-adaptive ones. Consequently, some of the cost is often forwarded to the students as online college courses tend to cost more than traditional courses.

Change Your Life With Higher Learning Through Online Education

A good education can make all the difference. Having a higher degree qualifies you for better jobs, higher salary, and opportunities to have a whole new range of experiences unavailable to others. Yet, for various reasons, not everyone is able to get a higher education on a traditional schedule. Financial, familial, military and health-related circumstances are just a few of the obstacles that can get in the way of immediately going to college after high school. Not too long ago, people who desired to go back to school and earn a Bachelor's degree, or a Master's degree, had very few options before them. The problems of lost income, an inability to easily travel to a college or university, or simple hesitation about returning to a classroom after so many years out of one, could prove to be impossible to surmount. Today, however, online education opens up doors for people looking to improve their lives but who cannot commit, for whatever reason.
A VISIT OF A NAVAL WARSHIP

It was really my great pleasure to be invited to have a tour of USS Kitty Hawk. It was a valuable chance to go there. Frankly speaking, I am not a member of the English Club or that of the Catholic Society. Nevertheless, I was given an opportunity to join the tour. I would like to thank Ms Kim Wong. We took a ‘Water taxi’ at the Fenwick Pier in Wan Chai to the U.S. Naval Ship Tour. In the boat trip, I totally feel dizzy. Though, I was entirely willing to visit the Naval Ship. In order to get rid of the uncomfortable feeling, I tried to fall asleep and reduce the awareness of the bad feeling.

The Naval Ship is actually the oldest active War Ship of U.S. Navy. It is forty-five years and now. It is still kept in good condition. It is called The Kitty Hawk. Almost all the workers there were tall and handsome men. All of them spoke in English. We were forced to speak in English so as to communicate and know more about them and their job and duties. 

By BB Bonnie Chan

Going on a naval warship? That’s what I have always dreamt about. Being attracted by the marvellous flying techniques and the handsome looks of Tom Cruise in <Top Gun> and Ben Affleck in <Pearl Harbour>, I have long wanted to meet the men in blue.

It took us nearly 30 minutes to commute from the Fenwick Pier to the US warship by water taxi. I didn’t feel quite comfortable when I was in the water taxi. It vibrated so much!

‘Oh my gosh! It is such a tremendous size! That was my first impression of the USS Kitty Hawk. It was 61m high and 325m long. We were all amazed at its size. The tour guide for our trip was one of the ship’s pilots. He had been working on Kitty Hawk for more than 5 years. In these years, he had never been back to his own town. After introducing himself, he took us to have a quick look over the ship. There is about 5000 crew of service men and women, 7 doctors, 5 dentists, 2 lawyers and 5 chaplains on the ship. As well there are also some retail stores, barber shops, a post office, etc. In fact, it is virtually a moving city on the sea.

Though some of the crew has to stay for a long time on the ship, they can still get up-to-date information. There were 3500 telephone and 1500 computers provided for them to check up the news and keep contact with their families and friends. They were not isolated at all.

Similar to what I’ve seen in the movies, there were a lot of aircrafts on the ship. It was my first time to see a real fighters. Among those 75 aircrafts, one in green with a hawk printed on one side made a strong impression on me as the most outstanding aircraft on Kitty Hawk.

After the quick visit, it was time for us to leave. While we were waiting for the water taxi, we had a short chat with the crew. Michael, the pilot, said he loved his job very much. He told me that it was exciting to penetrate the clouds with his plane. He definitely loves being a pilot and I enjoyed listening. Not many people are so lucky as to get a job they are interested in.

Last but not least, I think joining this event helped me to climb high, see wide. I would not have learnt so much about the navy if I hadn’t joined this tour. It absolutely helped us to acquire knowledge through experience of the world around us. 

By BB Kristy Wung

Honestly, it was really an honour to be invited to visit the USS NAVY Kitty Hawk because all the visitors were invited by the U.S.

After a briefly introduction of the ship, which was given by a pilot, we went to take a look at different types of aircrafts. I really couldn’t believe that rows and rows of aircrafts which I thought it would only affect on the TV, were actually in front of my eyes. I was really quite amazed and astonished.

After that, we were welcomed to ask the pilots and service men and women some questions. During the conversation, I realized that they were really nice and very enthusiastic about their jobs.

By BB Esther Li

Do you have any exciting seafaring experience? For me, it should be the chance to board America’s oldest active warship, the USS Kitty Hawk. It is not a boat, ferry, sailboat, or cruise liner for tourist. It is a warship with very tight security. To tour it, it was a great opportunity for me to climb high and see wide.

The first thing which amazed me was that were so many fighters, attack aircrafts and helicopters which are not the common passenger-carrying aircraft. Although we can always see such strike fighter on film, it was unbelievable to see so many real ones in front of my eyes.

The other surprising thing was that the pilots and officers in the navy were very friendly and nice, not serious and solemn as I had assumed. During the trip, the tour guides introduced the navy to us in an amiable way and answered our questions willingly. When we asked them to take photos with us, they were willing to do so, even other navy officer who were not responsible for the tour.

By BB Barbara Ku
《曙光》編委名單

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副編的話

相隔數月，第二輯《曙光》終於能夠跟大家見面了！我們今次除了希望大家開心之外，還創意地把義工的經驗及社區事務進及合作發展。

今期內容包括從個人身份發展後的日常生活經歷及個人事務。第一期詳細介紹各職業的發展活動、義工活動採訪，以及個別
體會的個人分享。內容充實精彩。

同時感謝各位老師和同學的協助及合作。尤其是羅鶴超老師、杜麗麗老師，以及每位教導義工合作和付出實在
有目共睹，真是感激不尽！

『義』不容辭

德親中學一直以“義”為教育理念，而義工就是傳揚愛的最佳途徑。每一次的義工活動都受到同學的大力支持，踊躍參加。老師及同學希望透過
這次機會和大家分享當義工的經驗和感受。

義工是什麼？

義工即義務工作，做沒有金錢及禮品（物質性）酬勞的事情。

義工沒有物質性的酬勞，那麼參加義工工作有什麼好處？

1. 獻愛社會：社會上有很多人需要幫助的人得到協助，例如：老人家、兒童、流浪者、病患者、殘障人士、精神病人等等。
2. 獻愛社會：可以了解到社會中還有很多其他層次，因為當我們幫助他們之前，是需要搜集資料才能提供服務和協助的。

何海玲老師

何海玲老師猶如義工大家庭的媽媽。

「德親及民辦教育組每年都舉辦不同類的義工活動如賽詩，探訪老人家等。同學可透過義工活動
認識社會，幫助社會上的弱勢社群，通過接觸不同的社會層面，知道幸福非並永遠，好好珍惜身邊一
切，並學會分享和幫助。」

義工的身體力行和專研的精神：從事義工

義工的身體力行和專研的精神：從事義工
「我認為是次敬老院送暖義工活動很有意義。雖然路程遙遠，慰问禮品沉重，過程艱辛，但看見老人家快樂滿足的笑容時，不禁覺得那點兒勞動也是值得的！

而這次義工的過程，我學會了與人溝通的技巧和關懷他人的重要。我們會要讓出時間陪老人，為免
傷及對方的傷痛，便會盡力常從旁的角度思考，以溫柔婉轉的語言來安慰，這樣也增進我們的溝通技巧。」

義工的歷程使我想起以前更關注時事，也專心研究，重新審視自己並計劃未來。另外，還要多孝敬父母，
珍惜當下所擁有的一切。」

義工有這麼好處，我怎樣才能成為義工呢？

要成為一個義工，簡單來說有以下的途徑：

1. 可查詢社區中心：當你進入社區中心後，找當值的社工，他們了解你

2. 加入社區中心的義工團：義工團是由一班志同道合的朋友組成而成的

3. 學校的活動：在學校裏也有一些類似義工性質的學會，例如：公益少

以這段時間為例，哪一位義工讓你印象深刻，又

義工的身體力行和專研的精神：從事義工

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義工的身體力行和專研的精神：從事義工
國情之旅 向北京出發

復活節假期間，中六級方珮瑤同學和袁佩儀同學代表學校到北京參加國情教育課程，度過一個既充實又愉快的假期，讓她在這裡與我們分享一下。

方珮瑤：

「北京的天氣現在仍是冰冷。」

你是否也想看看北京的風景？

「北京的天氣現在仍是冰冷。」

方珮瑤：

「我參加的交流團名為『京港同心慶歸家迎奧』，希望藉此讓京港學生交流和參觀，加強我們對國情的認識。」

空間的時間，你會做甚麼呢？北京學生的答案卻讓我大吃一驚！他們會花費一分一秒，把全部精神和時間投放到學習上，以至於自己的目標奮鬥，那孜孜不倦的學習態度實在值得我們學習，反觀我們有時抱着得過且過的心態求學，令我感到十分慚愧。

記得來京那天，我們三時半才起床，到達天安門時，天空還是不見烏雲。我們站在最前排，與國旗相距二十步米。看著國旗在國歌的伴奏下緩緩升起，一股豪情不禁在我心中回蕩，升旗儀式的情景震撼至今。

參觀奧運場館是我最期待的活動，可惜的是部分場館仍未建成，不能入內參觀。我只能於場館外看看，想像明年奧運舉行時群星奪目的場景，但已使我興奮不已！

離家五天，知道自己在家裏有多幸福，我們有選擇權，又有機會去享受，有家人的陪伴，因此我們更要珍惜擁有的東西，否則失去時才會悔莫及。

袁佩儀：

你知道參加的手勢代表甚麼嗎？那是代表我們屬第十七屆。

你容易失控嗎?

淹沒在龐大的工作量、沉重的壓力裡，各位會否妥妥用盡難過，或者有時會摔撲提著、摔破玻璃杯，甚至摔破家中價值連城的古董花瓶的衝動嗎？當精神體力透支，壓力無處宣洩時，人們往往容易失控。現在就讓我們一起檢視你「你容易失控的指數」。

【分類】
甲型：9題「是」/10題或以上
乙型：8題「是」/10題
丙型：7題「是」/10題
丁型：6題「是」/10題

【甲型：容易失控指數100%】
你絕對不會承認自己是容易失控的，因為外面的輕搖好友其實早就受不了你的歇斯底裡。恨你不立刻解除你的情緒爆開，建議你在別人的立場思考，不要老是做一些無理且過份的要求，以避免常被潑冷水的下場。

【乙型：容易失控指數70%】
你嘗試被激怒、抗壓性低，如果稍受刺激，就會有行徑過的狀況發生，而且還會控制無力，講不相干的人也被你拖進去。十分不合理，建議你每次找到適合自己的正常舒緩壓力管道，避免演變成常態性的失控行為。

【丙型：容易失控指數40%】
你稍微有情緒的時時，但幸好仍是在正常值的範圍內。除非你受到來自外界的壓力，否則你不會因爲環境的困難而情緒低落，你的情緒管理尚算良好，只要注意在情緒和過度的需求下。

【丁型：容易失控指數10%】
你的修養很好，就算天要塌下來，你還是能安之若素。在你的心中自有一套人生哲學，內心平靜的樂趣是你的追求的境界，不會被他人無端的情緒起起伏伏，也更不被常的出乎意料。
營養之道

時下青少年常被詬病吃多西，飲食不均衡。事實真的是這樣嗎？我們來看一見斑駁重複簡單的飲食步調。食品有怎麼樣？

記：你們是在學校訂購午餐嗎？

金緞謗：我們的午餐是學校發放為標準的，十分注重營養，米飯加入了紅米和糙米，加上一份蔬菜和水果。

又說：我和王風鴻也是在學校訂購午餐的，為了符合大家口胃，午餐供應商提供的食物比較偏向多肉少菜，所以晚餐時我們會多吃些蔬菜。

王風鴻：我們也這樣認為。我跟學校的校長講了不要自己做菜，我們會少吃外面用，貴的飯、辣的飯和油炸品，我們會選取自己動手少外出用餐。

記：你們會吃早餐和吃宵夜嗎？

金緞謗：我會吃早餐和宵夜，大部分都是為了搭配早餐和晚餐，但我會少吃，宵夜便會很少吃。

王風鴻：我每天會吃早餐和宵夜，大部分都是為了搭配早餐和晚餐，但我會少吃，宵夜便會很少吃。

記：你有進食習慣和飲食習慣？

金緞謗：我每餐會吃早餐和宵夜，大部分都是為了搭配早餐和晚餐，但我會少吃，宵夜便會很少吃。

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記：你有特別進食習慣和飲食習慣？

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「鏡頭20」之身體力行

為了讓同學了解學前學生所舉辦的「鏡頭20」活動，我們特別邀請了學生會工作人員（主席賴宛芝同學及劍員陳寶傑同學）及參加者劉震華同學及林明珈同學分享其經驗。先由本報記者（記）對學生會工作人員（學）進行訪問。

記：在籌備過程中遇到什麼問題？
學：我們想面對的挑戰是如何拍攝參加者，必須考慮到同學的需要以及活動的意義。在拍攝過程中，我們遇到不少困難，例如如何平衡參與者的利益與活動的表現。

記：活動前有什麼準備工作？
學：我們設計了遊戲，製作宣傳，邀請同學準備一些拍照道具，並於活動場地恢復鏡頭20的代表。

記：曾有沒有遇到什麼問題？
學：我們設計的遊戲很大一部分取決於參加者，但我們也遇到了一些預期之外的問題，例如活動時間過長或參與者數量不足。此外，我們也遇到了一些技術問題，如相機的設定問題。

記：活動當天的感覺如何？
學：當天的氛圍非常熱烈，參與者的熱情令人印象深刻。透過鏡頭20的活動，我們不僅為學校帶來新的活力，也增強了同学们的凝聚力。