

Alcoholic Addiction – A Devil That Should Be Eradicated

(by Kwan Ka Wing F.4A)

Alcoholic addiction is a common phenomenon among teenagers. A recent report released by Hong Kong Youth Federation shows that there has been a sharp increase in the number of adolescents involved in alcohol abuse over the past decade. Teenagers are obsessed with alcohol because they want to escape from reality or they are under the influence of peer pressure. Undoubtedly, alcoholic addiction brings about numerous problems. In this article, I would like to discuss three problems that alcoholic addiction leads to and some tips to stay away from it.

To begin with, alcoholic addiction will lead to a series of health problems. Considering physical health, you are likely to have some chronic diseases. For instance, you may have hypertension, strokes or liver disease. If the situation is getting worse, you are likely to have memory problems and your immune system will be weakened. Then you will get sick easily, which is not good for your physical health in the long run. For mental health, your nerve system may be damaged since alcohol affects brain communication pathways. Then, it will be harder for you to think or speak clearly. Worse still, you can hardly make any sensible decisions because your mind is under the control of alcoholic contents. The worse situation is that you may suffer from anxiety as alcohol only gives a short-lived feeling of relaxation. This feeling disappears quickly. Then, you start relying on alcohol again to reduce anxiety. Your dependence on alcoholic drinks will never end.

Additionally, adolescents will become more likely to earn money in an illegal way. When they make drinking alcohol as a frequent habit, they cannot leave it even though they do not have any money. They then start

taking some irreversible actions. At first, they will skip lunch to save money to buy alcohol. If the situation is getting worse, they tend to commit crimes, such as shoplifting or robbery in order to get more money. These actions will further result in serious consequences, including prosecution and imprisonment.

Moreover, students will have an interference with their studies if they are addicted to alcohol. Since binge drinking will cause memory problems, students are likely to have difficulty in concentrating. They cannot engage themselves in lessons or catch up with their learning progress. As a result, they will have bad academic results. An authentic experience to share is that my classmate, Chris, was a good student initially. However, since he got addicted to alcohol, his academic result has been adversely affected. Eventually, he quit school.

It is clear that alcoholic addiction brings about various problems. Let me share some tips to stay away from alcohol addiction. First, you should not be affected by your friends. When you are tempted by your peers to drink, turn down their invitation. Second, you should not regard drinking alcohol as a way to release your stress. Although drinking alcohol can give you a temporary feeling of relaxation, it also leads to many undesirable consequences. Therefore, you should choose appropriate ways to release stress, including listening to music, playing musical instruments, chatting with friends and family. Last but not least, you should not make drinking alcohol as a frequent habit. You should join interest classes instead, for instance, brewing coffee and cooking. These good habits are beneficial to both your physical and mental health. It is also a great opportunity to equip yourself.

In conclusion, alcohol addiction brings about a series of problems in different aspects, including health, academic performance and financial burden. Undeniably, it poses adverse effects on adolescents. Those undesirable consequences can be unimaginable in both the short and long runs. I hope you can understand the drawbacks of alcohol addiction. To stay healthy, let's stay away from alcoholism!

Zombie Fighters

(by Chan Ho Lung F. 5B)

Zombies, one of the most special, disgusting and creepy creatures in the world, would never die unless you punch straight at their heads. How do I know that? It's because I tried it before.

Two years ago, I was just a nighttime cleaner at the airport. Luckily, my friend was on the last flight back from New York, so I was thinking I could see him after many years. But suddenly, everything went wrong. When the flight landed at the Chek Lap Kok International Airport, my life totally changed. Innumerable zombies were running out of the plane, chasing people who had not been bitten by them, and one of them was my friend, Peter. We didn't even have a second to talk and he told me to run. After a long life-saving run, the zombies stopped chasing us. At that time, we could finally have a short break. I asked Peter what had happened on the plane. He freaked out, shaking as if he was very cold. He then told me that a famous scientist was having a DNA test at the business-class cabin for a rat. Suddenly, the rat escaped out of the cage during the test, starting to bite the passengers on the plane. Luckily, Peter had already hidden in the washroom at that moment so he wasn't attacked by the zombies.

After some time, Peter asked me, 'What should we do now?'

I said firmly, 'We fight!'

We quickly left the airport and went to a weapon shop to grab lots of guns and shields to make sure that the zombies couldn't hurt us. Then, we called the police to get some backup for us. Although the police kept telling us to stay away from the danger, we chose to ignore them because if the

police arrived late, the zombies would go to the city and further spread the virus. We immediately thought of a plan. First, we threw some grenades to kill the zombies when they were approaching us. We were also armed with guns and ready to shoot them to death. At the beginning, the plan was going well as we used the grenades to kill a number of zombies. However, we were soon running out of grenades, we could only use guns to kill them. All of a sudden, two thousand zombies were coming near us. Not long after, the worst thing happened! My gun ran out of bullets, so I decided to risk my life, fighting against the zombies with a long iron rod. At first, I was totally scared to get near them, but I figured out that their weakness was their head, so I screamed out loudly to tell Peter. He quickly tried and it worked. Then we were like playing VR battle games, killing the zombies one by one. After a long battle, the police finally arrived at the scene but the only thing they could see was Peter and I, who were just catching our breath back after the fight!

A couple of months later, we were thanked and praised by the President. A special unit has been formed and will be led by Peter and me called “The Zombie Fighters”. Although there might not be any more zombies, when they come again, we will be here!

A Cashless Era

(by Sham Matthew F.6A)

With the advancement of technology, human beings' quality of life has improved tremendously. Needless to say, modern technology brings numerous benefits to us. Electric vehicles, smartphones, emails - you name it, bring convenience to all of us. How about electronic payment? This cashless payment method has recently revolutionized business transactions around the world. Seemingly, more people opt to complete transactions on their phones while cash is rarely used. So, how does it attract and benefit us in this cashless era? Are there any drawbacks of going cashless?

First and foremost, electronic payment can break down geographic restrictions and thus it brings convenience. Under globalization, you can take advantage of the commodity trading and purchase digital CDs, vinyl records or merchandise from online stores. Instead of flying overseas, what you just need to do is to sit back and visit online stores, select your favourite items and then complete the transactions by credit cards or Apple Pay. With electronic payment, you can own worldwide products at the click of a mouse since geographical distance is no longer a concern.

Additionally, going cashless can greatly reduce the risk of monetary loss originated from crimes such as thefts and burglaries. If you want to purchase an expensive handbag at Hermes, it would be rather ridiculous to complete the transaction with piles of banknotes. Indeed, carrying a large amount of cash can be deemed as an invitation to criminals as money is tempting to most human beings and some may desperately want it at all costs. Banknotes are often not accepted in shops of luxury brands given that these stores have already adopted mobile payment methods. Therefore, going cashless would probably benefit both shops and customers in terms of monetary safety.

Having said that, there are still some potential shortcomings of it. Using electronic payment may involuntarily lead to the disclosure of personal information. Whenever you settle an online payment, your personal information such as date of birth, home address and credit card numbers will be recorded for further uses. Take Facebook as an example, the company has the rights to sell users' personal information to other companies. That is what many stores are doing with the customers' personal information. They can sell your personal information or use it for marketing or advertising purposes. Without a doubt, such disclosure can pose a serious threat to your safety. Going cashless is not entirely trouble-free because your personal information could be exposed or misused without your consent.

Besides, there are some limitations regarding electronic payment. The most common one is probably the unstable network. If you are in urgency of ordering takeaway through Food Panda or Deliveroo, but what comes to you is an "Access Decline" notice. What will you do then? Will you wait and refresh the page until you are granted access? Or would you prefer ordering in an actual restaurant in order to save time? Apparently, there are many other restrictions like the complicated installation procedure and age restrictions, to name a few. They are real obstacles that may lower the feasibility of achieving a cashless world.

All in all, electronic payment has its own drawbacks that may hinder its development and make it less favourable to human beings. However, believe it or not, adopting electronic payment is an inevitable trend in this new technology era. So, how can human beings embrace the merits of living in a cashless world while minimizing the potential risks? Perhaps, stricter controls on Internet security and clearer guidelines could help us gradually adapt to the challenges.