

## **Celebrating 55 Years Of Buddhist Tai Hung College**

### **(by Chan Ching Yu F.1D)**

The 55<sup>th</sup> anniversary of Buddhist Tai Hung College is a special occasion not only to commemorate its establishment but also to recognize over five decades of educating and nurturing students. Since its establishment in 1969, our school has committed itself to delivering a high-quality education and preparing students with the necessary skills for success. This anniversary is not just a time to reflect on the past; it is also an opportunity to look toward the future and envision how the school will continue to support its students and the community.

During the 55<sup>th</sup> anniversary celebrations, there were numerous events for us to participate in. One highlight was the School Open Day, which featured many engaging booths that offered fun and interesting activities.

Another memorable event was the “Poon Choi” banquet held in December, which was my favourite part of the celebration. This traditional dish, composed of various layers of ingredients served in large metal basins, united BTHC alumni, teachers, and staff from different generations. With over 800 attendees, the evening was truly unforgettable.

I feel fortunate to be studying at this school. I am committed to working hard to give back to both my school and the community in the future.

## **Inside Out Is Back!**

### **(by Lai Wing Yiu F.2D)**

The best film series I have ever seen is back! *Inside Out 2* is a 2024 American 3D computer-animated film directed by Kelsey Mann and written by Meg LeFauve.

*Inside Out 2* tells the story of the different emotions that control the main character, Riley. After experiencing various situations, she feels out of control. However, she must learn to maintain a balance of her emotions in order to overcome the obstacles in her life.

I have two reasons why I like this movie so much. Firstly, some of the scenes are truly impressive. For example, when anxiety takes over during Riley's time at camp, it affects all her emotions, and I feel a deep sympathy for her. I realize that Anxiety just wants Riley to have a better future, even if it is out of her control. This film does an amazing job of making the audience feel a wide range of emotions, and I find myself really cheering for Riley in the end.

Secondly, I believe this film conveys an important message. Anxiety emerges because Riley is going through puberty and experiencing unstable emotions. When Joy finally finds the key memory, she says, "I don't know how to stop Anxiety. Maybe this is what happens when you grow up. You feel less joy." This line highlights the mental health concerns that affect teenagers. Teens need more support to help them navigate these challenges and manage their changing emotions.

In conclusion, I love this film not only for its high-quality animation that draws you into the story but also for its inspirational message. If you like the first *Inside Out* or enjoy emotional movies, I highly recommend watching *Inside Out 2*.

## **When Our School Turned Off The Internet**

### **(by Chan Vincent Jack F.3D)**

On Wednesday morning, our school decided to turn off the Internet for the students since many of us were always glued to our iPads, phones and computers.

In the classroom, we were all engrossed in our digital screens, watching various things such as online comics, movies and videos, when suddenly the Internet shut down for everyone. Initially, we thought it was a malfunction, so we tried to reconnect to the network, but it just wouldn't work. We sat there in silence. Then, our first lesson began. When the teacher arrived, some students immediately asked, "Ms Young, do you know what happened to the Internet?"

Ms Young replied, "I have no idea what happened to the Internet, but this is a good opportunity for us to focus in class instead of on our screens."

As we listened to the lessons, we felt very bored and began staring out the window, struggling to stay awake.

Just when our brains were about to shut down, the bell rang. We all said goodbye to our teacher and dashed out of the classroom like a bolt of lightning to the playground. We were thrilled to escape the confines of the classroom. We played games such as basketball, chatted with friends, and enjoyed our toys. Suddenly, we noticed a group of students gathered around something. When we approached the crowd, we discovered an all-out brawl between two students. I asked one of the bystanders what had happened, and she told

me that one of the boys had regained access to the Internet while the other had not. In an attempt to snatch the iPad away from him, a fight broke out.

When my friends heard this, they quickly informed a teacher, who intervened to break up the fight. Then, the school announcer explained that the Internet had been turned off for the day to give us a break and encourage us to appreciate the world around us. We all learned a valuable lesson that day and became less captivated by our digital screens.

# **The Impact Of AI And Technology In The 21<sup>st</sup> Century**

## **(by Lam Uen Ching F.4B)**

“AI” and “technology” are the defining trends of the 21<sup>st</sup> century, significantly transforming our world. For instance, ChatGPT is an artificial intelligence that can quickly provide accurate answers to your questions. In the past, we relied on TV or newspapers to gather information. Nowadays, with just a click of a keyboard, ChatGPT can deliver a wealth of information at our fingertips. However, how will technology affect us in the future? I will discuss this through various aspects: health, work, and privacy.

First, the progress of healthcare will be significantly enhanced by technological advancements. In the future, technology will play a crucial role in medical applications. For example, AI can help develop medications to cure diseases such as cancer and strokes. While these diseases remain challenging in the 21<sup>st</sup> century, AI promises groundbreaking innovations in medicine and healthcare. Not only can technology assist in drug manufacturing, but it can also enhance healthcare devices. Imagine being a patient: future healthcare systems could diagnose your symptoms quickly and accurately. Wouldn't you feel a profound sense of satisfaction and calm knowing that your chances of survival could be improved?

Second, work efficiency will be enhanced through technological advancements. For example, Canva allows us to easily design attractive PowerPoint presentations. ChatGPT assists in gathering the information we need. As a result, we can achieve higher efficiency and effectiveness in our work. Moreover, technology can foster creative ideas. Recently, AI-generated art has gained popularity. While the technology may still have some limitations, bugs can be resolved with time. Additionally, the diverse and vivid ideas generated by AI will help users boost their work efficiency,

ultimately leading to improved collaboration and innovation systems.

Last but not least, privacy will become more personal and secure due to technological advancements. In the future, technology may provide enhanced methods to protect our privacy effectively. Photos and personal information could be safeguarded by apps designed to prevent hacker attacks. This would allow you to use social media securely and share your life without fear.

Undeniably, technology will positively change our lives, and we can anticipate numerous benefits. However, it is a double-edged sword. If people become overly reliant on technology, there is a risk that humans could be replaced by AI in the future. Therefore, it is essential to view technology as a support system while recognizing that we must continue to strive for our own success.

## **Adopting Unmanned Methods To Take Orders**

**(by Wu Jiaman F.5B)**

Recently, there has been a growing debate over whether all restaurants should adopt unmanned systems for taking orders. In fact, numerous provinces in mainland China have already implemented this approach. In this essay, I will explain why I believe using unmanned methods is beneficial for both employees and customers.

To begin with, unmanned methods can attract more foreigners to travel to Hong Kong and dine in local restaurants. These methods allow customers to place orders directly using their phones, helping to overcome language barriers where staff may struggle to communicate effectively in English. If all restaurants adopt unmanned methods, foreigners will be able to use their phones to order food. Even if a restaurant's website does not provide an English menu, customers can still use translation apps for assistance. For example, Shenzhen, one of the most appealing provinces for foreign tourists, experienced a 39% increase in the number of foreigners dining and spending money after restaurants adopted unmanned methods, according to a survey by the Census and Statistics Department. Both the frequency and volume of consumption surged. Thus, unmanned methods can effectively assist foreigners in ordering food and prevent misunderstandings between staff and customers.

Moreover, unmanned methods can provide convenience and efficiency for all customers when ordering food. In popular destinations like Ocean Park, restaurants often struggle to accommodate customers due to limited seating and staff shortages. By providing a code for customers to scan and place orders, restaurants can enable quicker service, allowing patrons to



order without having to wave down a waiter. This system saves time for both customers and those waiting outside for a table. Additionally, it can help prevent frustration with staff due to extended waiting times. Therefore, unmanned methods are a significant benefit for us.

Some naysayers may argue that unmanned methods could create difficulties for the elderly, who may not know how to use their phones to scan codes and place orders. While this concern has some validity, it is fundamentally flawed. Although some elderly individuals may struggle with technology, staff will still be available in the restaurant to assist them. The elderly can ask for help, or staff members can take their orders directly.

Considering all these points, we can draw an unshakable conclusion: all restaurants should adopt unmanned methods, as they effectively assist both staff and customers. It is believed that public interest in dining out will surge once all restaurants implement these methods. Furthermore, unmanned systems can represent Hong Kong restaurants, helping to revive our economy by increasing restaurant revenues and attracting more tourists and locals to dine out.

## **Stay Active And Stop Lying Flat!**

**(by Tam Hoi Yan F.6A)**

Dear Mark,

How's it going? I know you've been feeling down lately, and I'm really concerned about you. I heard that you're adopting a passive lifestyle after the tragic loss of your parents, and I can only imagine how tough it must be to navigate life as an orphan. However, I believe that this "lying flat" attitude isn't the right choice for you. Instead of staying at home and doing nothing, I encourage you to step out of your comfort zone, let the past go, and begin living more freely.

Many young adults choose this lifestyle because they struggle with self-esteem and lack direction after graduation. However, doing nothing isn't beneficial for you either. You'll miss out on all the joys life has to offer! You deserve to live a fulfilling life, not just passively exist. Being isolated from society drains your confidence and hinders your ability to connect with others. I remember when you were full of cheer and optimism; you feel so different now from the Mark I used to know. While you might feel you have more personal freedom, it often leads to a bland and uninteresting life. I bet that as you grow older, you'll regret not making the most of your time. But it's not too late to change and become active again. Here are some suggestions that may help.

First and foremost, I think it's time for you to start a job. You once told me you wanted to become a millionaire, but relying on your parents' savings won't get you there. It's important to be mature and independent. Achieving financial success requires hard work and dedication. Now that you've

graduated from university, you should pursue a career. With your major in language and literature, your fantastic imagination and writing skills could make you an amazing author. I recently learned about a publishing company looking for new talent, and since you graduated with honours, I'd love to recommend you. Even if you prefer to work part-time, it's a great way to start earning and gaining experience. Don't let your talents go to waste.

Secondly, I've noticed that you've distanced yourself from our social circle. It's been months since we've seen each other, and everyone has been asking about you. Why not reconnect with your old friends? It's really lonely without your presence. You should consider joining clubs, attending parties, or simply hanging out with me to become more active and positive again. We are social beings, and we need each other for support. Remember, you're not alone, Mark. I'm always here for you, and I'll help you get back in touch with everyone. We all miss sharing our lives with you, and I know you love to laugh with us. When you encounter challenges, feel free to lean on me; there's no need to go through it alone.

Lastly, I encourage you to explore new hobbies and develop interests. Life is filled with amazing experiences waiting for you. You once mentioned your desire to visit Australia, so why not work hard, save money, and plan a trip there? Traveling offers a vibrant change of scenery and countless opportunities for exploration. Additionally, you've expressed an interest in pottery and cooking. Now is the perfect time to delve into these passions. Exploring what you love can enhance your problem-solving skills and enrich your life. It's a far better use of your time than remaining idle at home.

Ultimately, the decision about your life is yours to make. However, I believe

that being active and engaged is the best approach for your future. Life is about creating experiences and memories. If you continue to stay at home doing nothing, you risk becoming emotionally numb. I want to leave you with a quote: “Life is short. Make the most out of it.” Time passes quickly, and being active can improve your financial, social, and emotional well-being. I strongly urge you to open up and reconsider this lying flat lifestyle. Let me know your thoughts.

Best regards,  
Chris