The Reasons for Longevity

Generally speaking, people live longer nowadays. In the past, only a few people could live to eighty and lots of people died between sixty and seventy years of age. Now, people can live to be eighty years old or older. There are some reasons for this phenomenon.

First and foremost, advanced technology is one of the reasons why people today enjoy a longer life. Thanks to technological advancements, the quality of medicine has improved. Many scientists have invented powerful and useful medicines to cure illnesses such as heart disease or diabetes. People can fully recover by taking the medicine. Also, the breakthrough in technology can help operations become more successful. Humans make mistakes. Doctors are not infallible even though they are thoroughly trained and experienced. With the help of technology devices, doctors can perform more complex surgeries in a more accurate way. It is no wonder more and more people can remain healthy in old age.

Another reason for longevity is that people have a better quality of life. At present, people can live better, sleep better, and eat better. For instance, nowadays there are different varieties of food from all over the world. Therefore, people can have a balanced diet. What's more, people can stay healthy not only physically but

also mentally. People can have various forms of entertainment for relaxation, such as listening to music, watching TV and going shopping. According to some experts, happiness can help people live longer. A better life quality does bring happiness and longevity

Last but not least, education is also a factor of a longer life. Due to education, people can get knowledge about how to stay healthy. Students are taught on issues related to personal and public health at school. They learn how to prevent illness and the best exercises in order to stay fit. People fully realize the detrimental consequences of an unhealthy diet and an inactive lifestyle. Hence, education is another key element for longevity

In conclusion, people are living longer now because of technological advancements, a better quality of life and education.



Growing together at Chang Put Chung Memorial School and beyond....



I have now come to the conclusion of my precious secondary school life. The past six years at Chang Pui Chung Memorial School have been hugely enjoyable and enormously rewarding in many respects. On reflection, I am grateful to our school for transforming me from a little boy into a young man brimming with confidence. The school provides an excellent learning environment for students to flourish here. It also has a pastoral care system in place to ensure students are happy and well supported at school. For me, it is a home from home.

Our school offers a curriculum with breadth and depth. Yet, our academic endeavours do not end here. Our school always places strong emphasis on generating new perspectives through synthesis. It is undoubtedly conducive to our lifelong learning. With a creative mind, we formulate new ideas by synthesizing the content learned. This approach raises the level of our thinking skills across subjects, including the most intellectually demanding ones. Our teachers aim to stretch us beyond

theoretical understanding through practical application in a wide variety of activities. The diversity of the activities leads to a deeper appreciation of the synthesizing process.

Furthermore, our teachers drive us to keep trying so as to achieve a thorough understanding. Classes are designed to develop our critical thinking, while nurturing a passion for learning of the subject matter. We are encouraged to participate actively inside and outside the classroom. In addition, our teachers are more than highly qualified, dedicated professionals. They foster good relationships with us in our thriving community. From my observation, they often sacrifice their family time conducting tutorials and supervising extra-curricular activities for students' benefit. In January this year, for example, they joined us in operating a stall in a Lunar New Year Fair. While we eagerly embraced the opportunity to gain experience in doing business. they missed the festive time together with their families. Our teachers' kindness will remain with us for the rest of our lives.

Apart from our exemplary teachers, I must also thank my schoolmates for their continual support. We share memories of tears and laughter in our journey. I think our beautiful friendship will go beyond the sporadic encounters allowed by our demanding careers. Undaunted by the uncertainties and challenges ahead, we believe our ethos of "lifelong quest for success with an indomitable spirit" is embedded in each of us. When we graduate, these same enduring values will continue to shape us into future generations of successful and responsible

I sincerely wish all my schoolmates every success!

S.6 Kwong Ka Kit



I think technology does hinder us when it comes to keeping fit. Nowadays it is so easy to shop or do things online, without leaving the comfort of our own home. This means we need not walk much and have become very lazy. We spend a lot of time on our phones and laptops, playing games or surfing the Net instead of getting outside and moving our bodies – all thanks to our 'great' technology!



S. 5 Wai Yin Ting

Many of us are busy. We put convenience at the top of our list when planning things to do. Technology can surely bring such convenience to our lives. Imagine that we can exercise at home with the use of DVD. YouTube videos and apps on our phones. Furthermore, these apps can be used outside so we can exercise outdoors too on our way to and from work or school. Besides, technology can also help us record our exercise results and this allows us to improve our performance and measure our success. So, technology is so convenient that can undoubtedly help us to keep fit.



S.5 Zeno

Doing exercise can be as simple as putting on a pair of shoes and going for a walk. However, some people still need more motivation or stimulus to exercise. Gadgets and digital devices can be helpful to them. There are simple applications which can track their progress and update their status on social media at the same time so their friends can see how active and healthy their lifestyles are. Active video games have been proved to be popular among people who are not keen on real sports. Studies have shown that many of the vigorous games can boost their fitness levels. In fact, it has been reported that playing some active video games requires the same energy as running or swimming. Therefore, technology is great for helping us to keep fit.



S.5 Benny Lam



Technology has been really useful in helping us to keep fit. Nowadays, lots of people in Hong Kong have incredibly busy schedules and have very little time to do the things they enjoy. such as play sports or go hiking. There are many apps which can help us to track our steps and movements, and some alert us that it is time to move. There are also computer games which encourage us to be more active. Have you ever heard of Xbox, VR System and Wii? They have sports inspired games with controls which require us to move our whole body. So I think technology certainly helps us when we try to keep fit.



Modern technology brings us a variety of devices that can help us keep fit and healthy. We can use pedometers to sense our body movement and count the number of steps we take in a day. They are useful for goal setting and also promote motivation for people to beat their previous results. Moreover, there are plenty of games such as Wii, Kinect, Play Station Move, etc. which not only provide us entertainment but also encourage us to keep active at the same time. I strongly believe that technology enables people to exercise more and keep an

S.5 Lee Lam Wai







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Preface

them to confidently bring their skills to a higher level. Hence, we are proud to present another wonderful opportunity - VOICES to our students and YOU.

VOICES is a collection of students' writing, of course,

We have a dream - our students will develop a but it is also a platform for students to demonstrate passion for English language that will remain with their analytical mind and creativity in the literary world. them for all the years to come. For this reason, we It has been most rewarding for us to see the students' stimulate their critical thinking, equip them with the devotion to VOICES, though we have to apologize that knowledge of literacy and open up opportunities for we cannot publish all the well-written pieces as space is limited. It is our hope that all the aspirations they have expressed with us all these years will come to fruition. For now, let's simply hear their voices in **VOICES**.

Editorial Board

New Menu for Our School Canteen

I have got some ideas about creating three new food and drink items for our contains different vitamins

The first one is Cheese Seaweed Sandwich. The ingredients needed are only three cheese, dried seaweed and bread. This sandwich is very easy to make. It benefits our health. Cheese and seaweed are rich in calcium which can strengthen our bones. Therefore, it is a good dish for our students.

The next item on the menu is a drink - Purple Sweet Potato Milkshake. The ingredients include purple sweet potatoes and milk. First, we steam the purple sweet potatoes for fifteen minutes. Then, we cut them into small pieces. After that, we put them all in a blender and add some milk. I suggest this drink because it contains a lot of fibre which can help improve our digestive system.

The last dish is Coffee Banana Pancake. It is a dessert. The ingredients we need are bananas, coffee powder, flour, eggs and cream. It is very tasty. It essential for proper body

How can we promote this menu to our students? We can put up posters in different parts of the school so that everyone can know

about it. Also, we can set up a food and drink tasting booth at the canteen

during lunchtime. I hope our students will enjoy this healthy menu.

S.1 Kwok Tsz Ying

An unforgettable birthday party

It was Good Friday, as well as Dad's birthday last Friday. We had a great time together.

In the morning, Mum asked me to buy a birthday cake for Dad. She also told my sister to tidy the house. Then, she bought some snacks and drinks at the supermarket.

In the afternoon, my uncles and aunts, my cousins together with my grandparents came to my house. They said, 'Wow! The cake is beautiful and colourful!' Then, my mum said, 'Thank you!' Suddenly, I heard my dad's footsteps outside. He knocked at the door. We then opened the door and said merrily, 'Happy birthday, Dad!'

After that, we ate the delicious food and drank some tea. We also played games together. We had great fun. Finally, we sang a birthday song to Dad and he cut the birthday cake happily. The party was filled with joy and laughter.

It was the first time I organized a surprise birthday party for Dad. I hope we can celebrate his birthday every year

S1 Yuen Ching Tung



If I could choose any animal as a class pet, I would choose a rabbit without doubt. It is mainly because of its gentle character. We can play with it happily and safely. Moreover, rabbits do not bark. They are always quiet and mild. They will not disturb the lessons.

Another reason for keeping a rabbit is that it is small in of keeping a rabbit is not high. Each student only needs for example cleaning its body and feeding it. It helps us

Last but not least, rabbits are very adorable. They often form

at break time, talking to and petting them.

size. It does not need too much space. Also, the cost to pay a little. We can learn how to take care of it. develop a sense of responsibility.

very close bonds with their owners. We can interact with them

Once we have decided to keep a rabbit as a class pet, we must be committed to provide it with the best environment and care.







If you could invent something, what would it be?

I always get tíred easíly after a whole day of school. It seems that taking 🧪 to Anywhere". a long journey home is gruelling and tedious for me! If I could invent something, it would be a door to anywhere. Try to imagine, there is a magic door in front of you. You think of a place in your head when you open the door, then, on the other side of the door is exactly where you want to go. How

The "Door to Anywhere" brings lots of benefits to school kids. For the students who oversleep and worry about being late, the Door can bring them to school in a second. Therefore, the students would not miss any important lessons in the morning. The Door plays an important role in teaching and learning. Take Chinese History lesson as an example. We can only refer to the textbook pictures when the teacher talks about the Great Wall. However, with the Door, the teacher can bring the students to the Great Wall during the lesson. For the Geography lesson, students can also travel to a volcano or the Sahara desert for on-site study - just by turning the knob of the "Door

The "Door to Anywhere" can also save lives. If there is a traffic accident, the rescuers can arrive at the spot immediately without the trouble of passing through the car congestion. Therefore, the victims can get immediate help and their chances to live will be enhanced. The elderly also have problems of telling others that they need help. If they were suffering from a critical illness, they could open the "Door to Anywhere" and get access to a hospital

If I could invent something it would be the "Door to Anywhere" I hope I can be an inventor when I

S.2 Lee Lok Yi



M9/SHINING/ROLE/MODEL



model is Liu Xiang. He was born in 1983 and is 33 years old now. He is a popular athlete all over the world, and I have a lot of respect

Liu Xiang first won the Olympic gold medal for the 110-metre hurdles event in 2004. In 2007, he won another gold medal in the World Hurdle Championship in Osaka. Everybody thought he would win again in the 2008 Olympics in Beijing. However, he wasn't able to run because he hurt his foot badly. After that, people said that he was finished,

but he came back, winning a gold medal in the 2010 Asian Games.

Liu Xiang is my role model because of his indomitable spirit. Every time I see him running in the tracks and shouting wildly after the races, I find myself full of motivation to succeed. His spirit of sportsmanship inspires me a lot in my life and in my studies. He has set the best example by making every effort to develop his sports career and break so many records. I will work as hard as him to make more progress in my life.

I hope I can be someone like him when I grow up!

S.2 Ann Lau Wai In

My Pocket Monster

Hello guys, I am Oscar. Today, I will show you my pocket monster, Carny! He is a monster that has two tiny horns on his head. His body is covered with hard scales. He has sharp fangs and two of them are extra-large. He has sharp claws too, but he is like a cat. The claws only show when he feels threatened.

Carny's favourite food is kind of weird. He likes eating metal. Maybe that's why his scales and claws are as hard as metal. His favourite metal is silver. That's why his whole body is that shiny. In his free time, Carny likes to walk around to find something to play with. He particularly likes a ball with a bell in it. He finds it fun pushing the ball around so it makes noises.

When Carny is in danger, he will show his sharp claws to scare the enemy away. If the enemy comes any closer, he will create a shockwave from his mouth. The

shockwave is super loud and it makes objects nearby bounce back in one second. If the enemy still does not give up, Carny will attack the enemy with his sharp claws until it loses the ability to fight. However, if you are not aggressive, Carny won't attack you at all.

Believe it or not, Carny's horns also create another form of shockwave. Under his horns, there is a little bag which stores lightning power. He can shoot lightning easily but the range is not long and he can't store much power at a time.

Is my pocket monster powerful? How about your pocket monster?

S.2 Lee Shing Him

Young People Volunteering for our Community

People usually think young people should study around the clock and help build up a good society i future. But what can young people actually do to help those in need in our community now?

You may first ask who will need help from the young people. They are those who encounter difficulties in life, such as the poor, the sick, the mentally-disabled or even the elderly. The next question you may as young people can help them. They can be volunteers raising funds, selling flags, visiting elderly ho

Being a volunteer is a very meaningful thing. Young people can not only help the needy but also themselves a lot. They can learn something that they cannot learn from textbooks, like empathy. Moreove can gain invaluable experiences which are useful for their future.

Some young people may find it difficult to spare time to take part in voluntary activities. To make it si they can donate money or used items directly to charities. There must be some way for you to show your empate

To better yourself and the society, do something for the community today.

Would you like to be famous one day?

Becoming famous may be the dream a lot of people are chasing after. There is no doubt that many people like to be paid attention to or they want to enjoy a celebrity's life of luxury. However, the cost of being famous may be greater than we imagine. I would rather be an ordinary girl than become a well-known person.

First of all, freedom is very important in my life. Undoubtedly, a lot of than fame and be surrounded by opportunists. celebrities have been deprived of an ordinary living. Paparazzi and their cameras and drones will be following their every move. It is hard to imagine how a celebrity could endure a life closely watched every day. I do not want to spend my whole life worrying about my privacy. Freedom is the main thing I am concerned about.

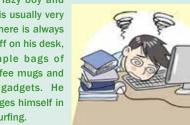
Secondly, it is not that easy to be perfect in the public eye. I do not want to bear a lot of social responsibilities. Being famous means I should act like a role model all the time. The general public will see me like an "educational tool". If I write any negative comments on social media, I will be criticised for setting a bad example for teenagers. In other words, once you become well-known, you are not supposed to make any mistakes. Famous people are living under great pressure. Their behaviour and manners are being observed and criticized. As a result, they can't be true to themselves.

Thirdly, I believe it is hard for famous people to meet true friends. People may take advantage of you just because of your fame. The more famous I am, the higher the probability that I will become someone's target. Indeed, it is pathetic that a celebrity should not trust the people around him or her. I would rather have genuine friends

All in all, there is a great cost for being famous. Therefore, I do not want to be famous to satisfy my vanity. I can still live happily even though I am just an ordinary person. I do not care whether I am known by people all over the world. I just care whether I am known and loved by the people I love and care about.



Paul is a lazy boy and his room is usually very messy. There is always lots of stuff on his desk, for example bags of chips, coffee mugs and different gadgets. He also indulges himself in Internet surfing.



Last Sunday, while Paul

was watching music videos on his computer, his mum went to his bedroom. She yelled at Paul, 'Tidy up your room now!' However, Paul was watching music videos with his headphones on so he didn't hear her. She was very angry and left the room.

Suddenly, the things on Paul's desk disappeared without a single trace. After a few seconds, Paul saw that room and was shocked to see Paul on the screen. She heard him shouting for help. She felt very confused.

She looked around and tried to keep calm. Soon she came up with an idea to save Paul. She thought of a way to download the music video to help her son return to the real world. Thanks to Paul's mum, he escaped from the

After this incident, Paul promised not to spend too much time surfing the Internet. He also realized that if someone is addicted to Internet surfing, they will get trapped in the virtual world.

S.3 Ng Ching Ting



A BETTER ME



Our school life is packed with precious memories. Blessed with inspiring teachers and very supportive schoolmates, we dare to dream and develop our talents in different fields. Our school will always have a special place in our hearts. During the past six years, the school has shaped us into independent young men and women with passion for learning, courage to weather adversity, and readiness to help others. All of these make us proud to be part of our school's family. Now, we are ready to graduate and continue to write our own story in this demanding world.

Secondary school life is always remarkably fruitful. Without a shadow of a doubt, all-round development is of paramount importance to everyone. Apart from academic excellence, important as it is, learning experiences beyond the classroom are also fundamental to all students. Hence, our school provides us with a rich variety of extra-curricular activities, including a modern version of the Six Arts. How readily our school helps us reach our potential! You have made me a better student. You have made me a better person.

My dear schoolmates, do you enjoy your school life? What is your favourite moment at school? As I am about to bid farewell to our alma mater, and part with many of you, I must say how much I have been touched by your friendship over the years. We would go for lunch as a group, after competing against each other in handball games. Even when we were burning the midnight oil for exams the following day, we still cheered each other up via WhatsApp messages.

My dear schoolmates, let us dream of life's limitless opportunities, whilst showing remarkable determination to succeed. Let us always remember to challenge our limits, learn new things, and be well-equipped to rise to the occasion at every opportunity. At the same time, let us develop noble character traits such as love, justice and integrity. Let us remind ourselves, also, that we should not show partiality to the poor or favouritism to the great, but treat everyone fairly. May all these remain our lifelong values!

Finally, I would like to say a big 'thank you' to the school. Thanks to your unflagging support. I have overcome many obstacles along the way. I count myself fortunate to have studied at a school which strives to bring the best out of everyone - not just the finest among its student body. In the same spirit I will approach the future with confidence and I hope all of you will do the same. I wish everyone all the very best in the years to come.

S.6 Kwan Chun Yin

A Saviour in my Life

Seven years ago, I was a shy student with no confidence. Even Timidity was my arch-enemy. Nevertheless, Ms. Chu bailed me though I was fond of English, it kept eluding me. If she had not told out of bashfulness one step at a time. During the English lesson, me that participating in the English Drama Club was a fabulous she encouraged me to speak more in front of the class. Initially, I gateway to making great progress, I would still see English as 📉 was embarrassed and panicky, primarily because my classmates nothing but gibberish. If it hadn't been for my English teacher, my were looking at me. However, the more I practised, the faster my passion for learning English would definitely have been lost. Today, 📉 shyness began to vanish. On stage, Ms. Chu also gave me a I would like to introduce a person that I respect deeply, my former unmber of chances to become the male leading actor. I was not as primary school drama and English teacher, Ms. Chu.

You know what? My academic results in English were far from ideal in primary school. However, in spite of my failing every exam, Ms. Chu never gave up on me. To help me improve my language skills, she highly recommended that I join the English Drama Club. Amazingly, after going through the scripts dozens of times, I started to familiarise myself with more complicated sentence patterns and a my writing afterwards. Furthermore, Ms. Chu tried to give me ample opportunity to portray a wide variety of characters. I remember that once I acted as a prince from the United Kingdom. After that, I was able to develop a British accent through regular practice with Ms. Chu. The ways which she suggested I use to improve my English were undoubtedly practical and effective. Rather than spending time on tedious recitations, Ms. Chu's method was highly motivating and my new skills and knowledge were quickly engraved on my mind. That's one of the many reasons why I respect her so much.

Just as I said above, I was very shy when I was in primary school.

reticent as before after the performances. Thus, Ms. Chu managed to enhance my confidence wondrously. This is why I am a talkative

Last but not least, Ms Chu was also my life coach, teaching me how to cope with in failure, I will just see this experience as one more step towards success. I will always owe Ms. Chu a debt of gratitude for teaching me to adopt such positive attitude whenever I face challenges.

What more can I say but that Ms. Chu is my angel, who has helped me so much, believing that I could reach my potential and develop my talents. Ms. Chu, I owe you a big

S5 Suen Ka Chun

Travel Solo VS Group Travel

travellers like to travel with a companion while some prefer travelling alone. People seem to have different opinions, and it can be a difficult decision. As far as I am concerned though, enjoying my vacation with someone else is more enjoyable. Why do I want to travel with my family and friends? In this article, I would like to share my opinions about travelling with companions.

First of all, a travel buddy is a person who can ensure my safety. During the journey, there will always be some unexpected incidents, for instance, traffic accidents, flight delays, etc. After all, getting lost in a big city or boarding the wrong train can be nerve-wracking when you are alone. However, it can be an exciting adventure when such incident happens with friends. A companion means that there is someone to stay beside me in bad times and we can deal with problems together. Travelling alone may be more dangerous. If any unfortunate things happen during the trip, a travel partner can offer a helping hand.

In addition, a travel partner can make my trip more enjoyable. Travelling to a new place is such a memorable experience, your travel buddies are the ones who can share your stories and reminisce about one of the most memorable journeys in my life. the pleasant events that happened in the trip. If I travel alone, I will inevitably feel bored. Besides, there will be no one to share the amazing moments that are always part of a trip. Imagine when you are ambling alone down the corridors of a museum, it is not fun at all as you are unable to share your

Travelling is a very pleasant activity. Some feeling and opinions of the exhibits. What's more, when you encounter any extraordinary things, you cannot share the excitement with the people around you. Travelling with someone you like will definitely double the happiness in your journey.

> However, why do some people prefer solo travel? It is indeed a great chance to discover oneself when you are alone in a strange place. You can enjoy complete freedom and you are the only decision-maker of your trip. You can choose what you want to do and where you want to go without going through tedious explanations or negotiations. Therefore, your adventure can be filled with lots of new and exciting opportunities. People who enjoy solo travel value the importance of independence and exploration along their journey. There is no doubt that they gain more self-confidence and inspiration after travelling

All in all, both ways of travelling provide excellent yet different experiences. It depends on your own personality and types of trip that you are looking for. I hope that after sitting for the DSE I can go for a graduation trip with my dear friends. I believe 'It doesn't matter where you are going, it's who you have beside you that matters!' It will definitely be

S.5 Yeung Yiu Chung

