

Cover story:

Dreams

We don't need to learn how to dream. But do you know what your dreams mean?
The issue of the Salesian what your dreams are about, and what other dreams there are.

Types of Dreams - Alson Kwok

Everyone of us has dreams. being a typical "dreamer", I dream very often, about 4-5 times a week (daydream doesn't count). "Dream" seems to be a casual thing to us, but it's actually a mystery to scientists and psychoanalysts, since our understanding of dreams is little.

Some dreams are memorable, or even unforgettable. I had a dream of falling off from rooftop, it absolutely freaked me out. There's not much we know about dream and how they are formed, but here are some general types of dreams:

Nightmares

A nightmare is a disturbing dream that makes you feel startled from your dream and feel frightened or even anxious. Things that we fear the most will usually appear in our nightmares. Scientific researches shows that nightmares are directly relevant to peoples' own experiences, like children who experienced a family member or a close friend's death have nightmares more frequently than those who only have stress from daily life.

Progressive Dreams

Progressive dreams occur when you have a sequence of dreams that continue over several nights. The dream continues where you left off the previous night. Such dreams are known as 'problem solving dreams' which help you to explore different options and various approaches to a problem or situation.

False Awakening Dreams

Have you ever waken up and gone about your daily morning routine: getting up, brushing your teeth, eating breakfast and getting ready to go to school, only to wake up "again" and to realise that what just happened is just a dream. This sensation is known as a false awakening.

Recurring Dreams

Recurring dreams repeat themselves with little variation in story or theme. These dreams recur as their plots are the same, and maybe it's caused by the problem or conflict in the reality remaining unsolved. Once you have found the solution to the problem, your recurring dreams will stop.

Epic Dreams

Epic dreams are so compelling and vivid that you cannot ignore them. Those who had the epic dreams say they will never forget the dreams as it's "extremely vivid and unforgettable", or even give them an unexplainable life change. When you wake up from such a dream, you feel that you have discovered something amazing about yourself or about the world. It feels like giving you a new way of looking into your life and everything around you.



Movie of Dream - Inception

- Willy Lee

Does the name Christopher Nolan ring a bell in your mind? Alright, how about 'Inception', an Oscar-winning movie which features Leonardo DiCarpio as the leading actor? Christopher is the very director of the movie. In fact, he also directed the 'Batman' series.

The idea of inception that Christopher was trying to propose in his movie is about hacking into someone's mind in order to retrieve, terminate or plant memories in their subconscious. Cobb (Leonardo DiCarpio) who was an 'extractor', was hired to hack into a young entrepreneur's mind. He teamed up with Arthur (Joseph Gordon) and Ariadne (Ellen Page), who helped him to implant maze in their target's mind.

Satio (Ken Watanabe), a client of Cobb, wanted to dissolve his competitor's company in order to make his the leading corporation in the market. In exchange, he offered Cobb the chance to clear his murder charge and have a reunion with his son. Cobb accepted the offer and decided to deceive his target, Fischer, into thinking that his father wanted him to build his own enterprise. So he would break up the company to fulfil his father's wish. The end was an open story because Cobb didn't know whether he was in reality or a dream as he himself decided not to know after spinning a totem.



Inception is no doubt one of the most popular and well-received dream-related movies. There are also some other recommendations by our editor including, The Wizard of Oz, Total Recall and Spirited Away.

Teachers' Dreams - Carlson Chan

Ms. Emily Leung:

I had a meaningful dream when I was young. The dream was about me getting into the lift of my building. When I was in it alone, it lost control and came loose after a few jerks. When the door opened, I saw a different place which was definitely not any floors in that building. I thought sometimes we might lose direction in our life, but our belief would take us back home.

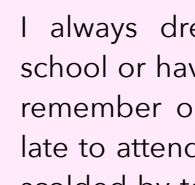


Ms. Nathalie To:



This is a funny dream. One night, I was eating a baked fish for dinner. That night, it so happened in my dream that my hamster become half-fish, half-hamster.

Mr. Kelvin Leung:



I always dream about being late to school or having to rush to school. I still remember once I dreamt about being late to attend class in school, and being scolded by teacher, and at that moment I became the teacher who shouted at myself! I think this has to do with my subconscious self.



Déjà vu - Ken Wong

When you are chatting with your friends or maybe just wandering on the street, you might experience something that seems familiar to you. You think you have seen it before, but you just can't recall when or how it happened.

That's called Déjà vu. It is not a word in English but in French. It describes a strong sensation of "already seen".

Déjà vu, which can easily be encountered in daily life, has always been a mystery for scientists. The earliest case on record appeared in the 1890's. Louis, a 34-year-old who had recovered from a brain sickness, claimed that he could recognise newspaper articles that he had read previously. Most interestingly, he even remembered a funeral of a man who he had never met before.

For myself, although it is not as strange as Louis's case, but I also have experienced Déjà vu. It was an every-day situation in which I was having lunch in the school canteen. A schoolmate was walking towards me and accidentally spilled a can of coca cola on his white shirt. It's very common, isn't it? I believe everyone made this kind of mistake before. But somehow, I truly think I've seen this before in an exactly identical circumstance.

In this decade, even after many great advancements of science, scientists still couldn't reach a reasonable consensus on the working principle of Déjà vu. Some suggested that it is caused by unconscious linkage between similar old and new memories in our brain.

However, because of the lack of solid scientific support, we may still need to wait longer to witness the truth behind Déjà vu'.



Word of the issue

dream | dri:m |

verb 1 to experience a series of images, events and feelings in your mind while you are asleep **2** to imagine and think about sth that you like to happen

noun 1 [C] a series of images, events and feelings that happen in your mind while you sleep **2 [C]** a wish to have or be sth, especially one that seems difficult to achieve **3 [sing.]** a state of mind or a situation in which things do not seem real or part of normal life

Campus corner



The school year has finally come to an end! It should be the time for you to reflect on what you have done, and of course also to plan ahead for the summer holiday!

DB200 Writing Competition

To celebrate the Bicentenary of Don Bosco's birth, a series of events have been held, and Salesian boys are certainly part of it! The DB200 Writing Competition has attracted hundreds of entries with meaningful and creative ideas which have shown the thorough understanding and reflection of Salesian boys on the Salesian spirit. Let's congratulate the winners and take a look at their outstanding works!

Winners of the DB200 Writing Competition

Question A and B

1st: **1A Henry Chan**
2nd: **3C Andy Lo**
3rd: **1A Furqan Raheem**
4th: **1E Ng Wan Tin**

Question C and D

1st: **5E Michael Leung**
2nd: **3B Matthew Tong**
3rd: **5E Steven Lo**
4th: **3B Jacky Cheung**

Senior form Champion!

How Don Bosco and the Salesian spirit have made me a different person - 5E Michael Leung

I see the Salesian spirit as the virtue for our younger schoolmates and to be a good Christian that is full of mercy, repent and patriotic. The Salesian spirit also shows the sincereness to the neighbourhood and respect to teacher and parents.

The Thanks-giving Day has inspired me a lot. This annual event has run for more than ten years in our school. This event reflects the Salesian spirit, as the activities are organised to give thanks to our teachers for their teaching and inspiration. Other than that, this event has a lot of touching moments, like form six students would say their thankful words to the teacher whom have taught them through their secondary school life, some students are selected to play games with our dearest teacher and every class will find their class or subject teachers to take photos. These activities inspired me that our school is like a family,

every students are like children and out teachers are parents. Also, it shows that our school is full of love, care, respect and thankfulness. The major changes that I have gone through is that I changed from a person who was very selfish, careless, loveless and lazy, to a pupil that is active in the school, graceful, hardworking and sincere to others, these changes are because of the education of our school, our teacher and out classmates. They changed me a lot by being my role models and correcting my bad habits. Therefore, Salesian spirit is embedded in my mind, hence I really want to give thanks to them.

I will make good use at these changes to improve my relationship between parents, friends and my family members. I will make use of my sincerity to make new friends and make use of my politeness to improve my relationship with the neighbourhood.



Don Bosco's lesson to us - Henry Chan 1A

Then Don Bosco shouted 'Stop! Stop!' at the man. Since he saw the man hitting the boy, he wanted to stop him and rescue the boy.

However, the man didn't listen to him and shouted 'I punished my son because he didn't listen to me to go to but things but went to the park to play football!' Bosco expressed to understand the man's situation but he belived violence cannot be accepted in any circumstance. He tried to persuade the man not to punish the boy by hitting him.

But the man still didn't listen to him. The bot was very scared and cried loudly. Suddenly, Bosco thought of an idea. He invited the man to have a running competition. If the man lost, he should go to the church every week. Otherwise, Bosco should leave there.

Since Bosco was good at sport, he won the competition easily. Since then Bosco saw the man in the church every week and listen to his education. So the man stopped hitting the boy.

From this, we can learn that violence cannot be acceptable from Don Bosco.

Letter to the Editor - Hokin Poon

RE "Urban Legends" [Issue 8]: Have you ever seen UFO or aliens? Do you believe they exist in this world? Most legends are only rumours, we could hardly place trust in those cases. However, with the improvement of technology, videos can be easily taken nowadays, providing important and immediate evidence for the existence of the UFO and the ET. Nevertheless, it is quite disappointing that up to 90% are surreal made up by special effects by computers, but the rest are unsolved. Those maybe caused by the refraction of light through clouds or kites, nothing we need to be afraid of but there might still be a chance to be UFO.

There was a well-known UFO case in Tsuen Wan in 1984, a policeman and some residents witnessed an UFO, moving as fast as an aircraft, with fire jet at its tail but with unbelievable silence. A helicopter began a search but it worked to no avail.



Another case in 1987 happening in Wah Fu Estate, which up till now has been a mystery and it was recorded by the government. Some residents living there had spotted an unknown flying object above their head with an enormous size of 6 football fields wide, it was black in colour and had dazzling light at the bottom. Residents were waken up by the loud noise and were shocked seeing this spectacular and incredible scene. However, shortly after half a minute, it vanished without trace. They reported to the police and helicopter was sent for the search, unluckily there was no discovery.

Tsui Lap-chee, the former vice-chancellor of the University of Hong Kong, while staying at Dunhuang in January 2011, saw a remarkable flying object that impressed him the possibility of UFO and alien life. Within a split second it was moving zigzagged and made a 90 degree turn very sharply.

Anything is possible, even those beyond imagination. To have a scientific mind, we need to be open-minded but not being biased by our limited knowledge of this universe. At this moment, we don't know much of the outer space, now it's too early to talk about the discovery of alien but I know some days later we will find out the answer.



Oxfam Funfair - Matthew Ho

Speaking of poverty, what can you think of? Poor homeless men picking up recyclables in the streets? Skinny children living on the mountain top?

On the 5-6/3 2015, there was a fun fair held by a charity called Oxfam. Oxfam aims to help the poor by raising funds to buy necessities for them!

This charity event was organised because those poor children could not even afford to buy necessities, not to mention luxuries. Do you feel aching in your heart after hearing their poor condition? No worries. On that day, many of us had made a donation to help them to turn the situation around!

Many students were eager to participate in this event. It was not only because it was meaningful, nor the exciting activities. It is because of its objective. In the opening, there was a lion dance show in the badminton court, followed by some exciting games such as 'Shoot the Target' or 'Guess What is Inside the Dark Box'. At the end, there was a prize winning competition. How exciting!

If you have missed this year's Funfair, you can join it in the coming year.

Teachers-in-charge: Ms. Cynthia Tong,
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Editors:	Matthew Ho	2B
	Roy Fung	3A
	Turbo Chan	3A
	Carlson Chan	3B
	Willy Lee	3B
	Alson Kwok	5C
	Ken Wong	5E

Summer Plan - Steven Lo

The summer holiday is coming in a week! No one can resist the temptation in a long holiday. So as to make good use of those days and avoid wasting time, we ought to think about what to do and set an achievable goal!

Create a timetable and follow it through

The advantage of drawing up a timetable is that you can plan your time wisely. You can split your time into three domains such as studying, fun and rest.



Revise

As a secondary school student, especially from the senior form, it is necessary to have some revision time to consolidate your knowledge and get yourself ready for the HKDSE!



Learn something new

Learn more new things by joining different activities such as overnight camps or even exchange programmes; as they can broaden your horizon and expand your social network. Meeting more people helps you know more about the world. It could be a coup to have a helping hand from the friendships you built!



Have fun

Having fun and rest are also important to release stress and become healthy. Find yourself a sport which you love and try to do it regularly and allow yourself enough time to sleep. Doing exercise does not only improve your health with a better body shape, but gives you passion in life and you are able to focus on your study easily.



Homework

Last but not least, a friendly reminder, remember to finish your summer holiday homework as well!



Talents Wanted We want YOU!

Ready for a big challenge? Find Mr. Kwan,
Ms. Wong or Ms. Tong at Room 509.
Talents never go unnoticed!