

“ I think grooming is definitely undervalued by men. We all expect women to be fully groomed, which they do. But I also think it's just as important for a man to look fresh and clean. ”

*Lewis Hamilton*

## Are you wearing your uniform right?

Everyone wants to look unique and smart. That is the reason why school uniform is never a popular choice of **outfit** (\_\_\_\_\_). Given that everyone wears the same set of clothes to school all year long and it endorses years of dullness, you can actually give more thinking to it to make yourselves look different (in a good way) than your schoolmates. I am going to tell you some tips. Here we go!

First of all, it is about your waist up. You have to make sure your shirt is clean and pressed. This is the very first step. Then, wear a shirt that fits you the best. Many go for a loose fit

uniform because it feels more **comfortable** (\_\_\_\_\_) in it. Some do so because of the cool image projected by hip-hop stars. However, loose fit shirts rarely fit a **regular** (\_\_\_\_\_) person unless one is extraordinarily bulky. If you hit the gym often and you consider yourself muscular, you should go for a large size in regular fit. Loose fit shirt is the last item you should go for to show your hard work.

Also, wear your shirt in a proper way. I mean tuck in your shirts at all times! That is about neatness and tidiness. However, tucking your shirt all in may make you look dumb;

therefore, I usually make it loose around the waist to cover part of my belt on school days. Nonetheless, tucking it all in is necessary on some serious occasions like business meetings to show formality because on these occasions, waistcoats are worn.

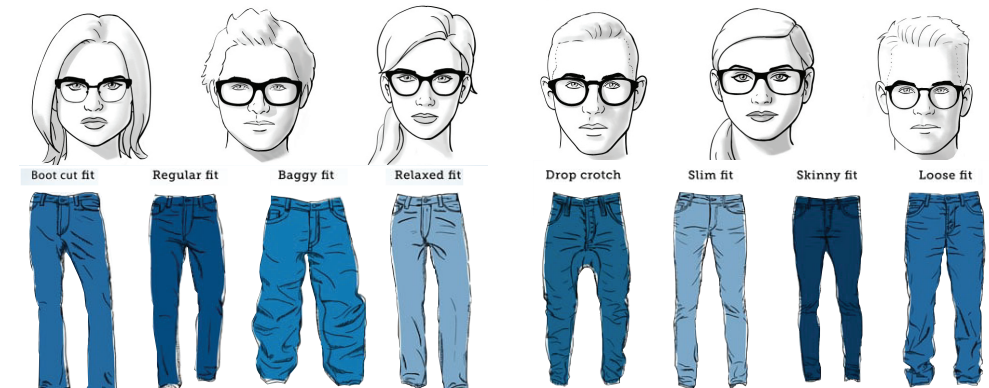
Secondly, it is about your pants. I strongly suggest you buy a tight-fitting one this time. Tight pants would always make you look thinner and taller. Plus, it is tough to carry wide leg pants in school uniform. Also, do not buy **excessively** (\_\_\_\_\_) long pants. The definition of excessive length is if you put them on and it covers part of your shoes. Those pants make you look old-fashioned. So, if you have a pair of these, be generous and give them to any cowboy friends you happen to know. All in all, my suggestion is to go for a fitting pants which cling to your legs. It helps to make you look tall and smart.

Accessories are crucial too. Since no rings, necklaces or brooches are allowed in school,

your glasses are the few permitted accessories on your body in both summer and winter uniforms. Make sure the frame's width is appropriate. It should fit your face just right. Also, know your face shape so that you can pick a matching frame. In short, round frames go better with square faces while rectangular frames work best with round faces.

Finally, pick a pair of leather shoes carefully. Our famous alumnus, Aaron Kwok, once said that shoes are the most important clothing item to him. Pointy-toed shoes help you look taller. If you are not sure which style of shoes to pick, go for these. Do not forget to polish them often. Ask a scout if you want professional **advice** (\_\_\_\_\_).

That is all for my tips. To me, a school uniform helps promote unity in schools. As part of the Salesian family, we should take up the responsibility of wearing our uniform properly on all school days.



Images: <https://www.blitzresults.com/en/pants-size/> <https://www.coastal.com/thelook/glasses-for-face-shape/>

## Quarantine exercise tips

Jeffrey Liu 4C

The pandemic has changed the lifestyles of all walks of life. While the virus has been a big threat to public health (causing over 1.6 million of deaths worldwide), it has also raised the public awareness of health.

In fact, some personal gym trainers have gained popularity during the spread of pandemic despite the closure of gym centres. They posed videos of workout demonstrations on the Internet for their learners and the public to follow. Also, thanks to the work-from-home policy adopted by many enterprises during the lockdown due to the pandemic, many spend more time attending these online lessons. People are trying to stay healthy to fight against the virus. For people who have less worry about their health, **they** are more than happy to take advantage of the WFH policy to improve

their body strength during this time.

Looking at Dwayne Johnson (The Rock), it is not uncommon that many perceive bodybuilding a long and winding road littered with obstacles. Their worries hinder them from working out. Some of them may say they cannot afford those overpriced equipment or courses; or since they are as busy as beavers, they do not have the time for such a luxury. Apart from that, some just never see exercising as one of their hobbies. They generally lack understanding of relevant knowledge. According to those opinions I heard from, I have summarized 3 work-out exercises which people can do on their own at home. **They** do not give you Dwayne's body, but they can help you get in shape quickly. After all, Rome is not built in one day.

### PUSH-UP



Push-ups require strength and engagement from many different parts of your body that challenge our pecs, triceps and require a good understanding of core, hip stability as well. How to do a correct push-up? For beginners, I suggest you can try knee push-ups. Get into a push-up position. Support your body or your knees instead of your hands and forefeet. Remember your hands should be a little wider than shoulder-width apart. Push-ups target your chest, shoulders, core and triceps. Eventually it trains your whole upper body.

### Activity:

Look at the bold words and answer the following questions.

What does 'it' in Paragraph 1 refer to?

What does 'they' in Paragraph 2 refer to?

What does 'They' in Paragraph 3 refer to?

Images: <https://www.bosshunting.com.au/hustle/how-dwayne-the-rock-johnson-spends-his-millions/>

## Hairstyles

Dominic Tsui 6C

We have always been taught to take note of others' inner beauty instead of their shell since we were small. However, in reality, the importance of one's look cannot be underestimated. There are studies showing that good-looking people enjoy privileges which unattractive people do not. In Hong Kong, it is the same considering the common saying, 'your face your fate', which is believed to appear first on a popular Internet forum - LIHKG.

Appearance is important to both males and females. Therefore, there are no fewer things a gent should care himself for than a woman. In fact, a man has more body hair than a woman has. Therefore, it should not be surprising that a man should spend more time tending their body hair than a woman.

The part that costs a gent most is his hairstyle. A nice and matching hairstyle really can help one's social life. :) There are a number of hairstyles that look trendy while not being too pretentious.

### SQUAT



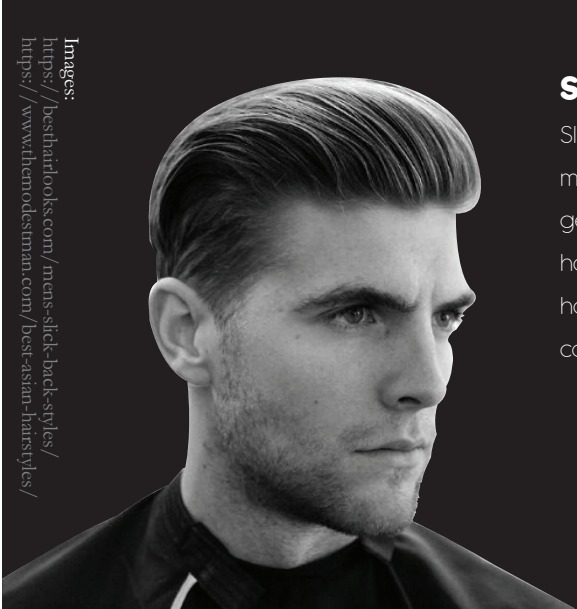
Squat is a lower body exercise which mainly targets your thighs and the glutes. It can strengthen your legs, glutes, core, ankle, back muscles and other muscles involved. In addition, it can improve your lower body mobility, and keep your bones joints healthy. If you have seen improvement to your body, you are ready for some squat jumps! Remember never skip leg day and say goodbye to your chicken legs.

### V-UPS



V-ups target your rectus abdominis, external obliques, internal obliques, hip flexors while improving core strength balance and hip balance. So how to do it? First, lie down on a mat. Then start with your legs straight. After that, come up and touch your toes. Let your torso fall back down and bring your legs up into the air and touch your toes again.

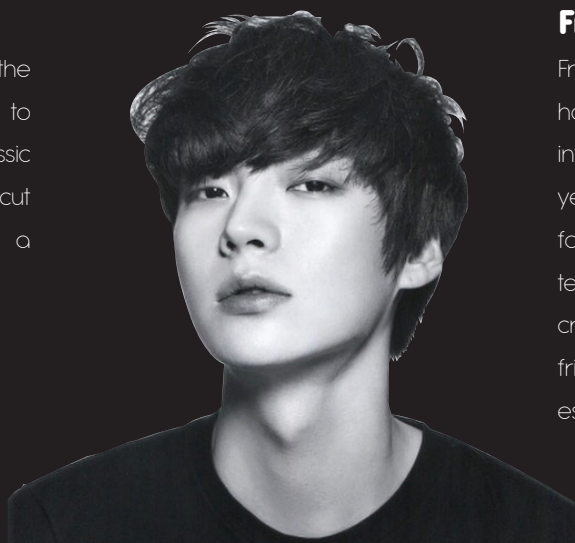




Images: <https://besthairlooks.com/mens-slick-back-styles/>  
<https://www.hairnodes.com/best-asian-hairstyles/>

### Slick Back

Slick back hair remains one of the most popular men's haircuts to get. And like many other classic hairstyles, the slick back haircut has reemerged to become a cool modern style for men.



### Fringe

Fringe is one of the most popular hairstyles for men. Transitioning into different styles over the years, there are endless choices for every type of man, hair texture and length. From French crops to long bangs, there is a fringe style that perfectly matches you and your needs.



#### Teachers-in-Charge

MR. KWAN CHEUK YIN

MS. WONG KAI SZE

MS. CHUNG TING YIN

#### Guest Writers

4C20 LIU PAK KIU JEFFREY

6C24 TSUI WAI CHEUK DOMINIC

#### Senior Editor

4B04 CHAN HOI CHING HARRY

#### Editors

1A10 HO LAI SIN

1A30 WONG CHUN MING

1B12 LEE SHUN CHIT AERON

3E08 LAM SING YU

# CAMPUS CORNER STUDENTS' WORK

While we are enduring the winter chill, people from the Southern Hemisphere are enjoying the warm oceanic summer breeze. Under the current travel ban, there is still some time before we can escape from this cold weather. Nonetheless, Paul Isaac has brought us some warmth in his writing. While we hope for this pandemic to be over soon, let's see which travel spot he has brought to us.

## Cebu, the unexpected paradise

What's best for summer? Sandy beaches, good weather or **scrump-tious** food? Why not all! While most people may immediately think I'm going to talk about touristy spots like Thailand or Hawaii, I must say Cebu should indeed be your next destination when you look for a slightly different choice! Last summer, my family and I went to Cebu to spend our vacation, and I left my heart there...

When we arrived, it was very crowded. With all the traffic and busy people, I first thought it's a busy city just like Hong Kong. However, despite the hectic lifestyle, the local people gave us a very warm welcome by introducing us to a popular restaurant called Rico's Lechon when we were **starving** on the street.



"Lechon" means roasted pig cut into

many pieces. It was delicious! The pork is roasted in a perfectly designed container and cooked in its own juice. The crispy skin keeps everything inside while the fat adds savoury juice to the meat. That's why every part you eat is absolutely delicious whether it's the foot or the belly fat (no one can resist that. Dip it in some vinegar, soya sauce or chillies and you'll find it even harder to resist!)



Afterwards, we went to Bantayan Island by a fishing boat. The island had completely wowed us! The crystal-clear water, soft sand and the sunny day simply brought us to heaven, that's why people call it "paradise beach". It is a peaceful place for everyone to enjoy the beauty of nature and **serenity**. There aren't a lot of activities to do other than swimming and eating, but what more do you want when you are in paradise?

By Cheung Paul Isaac 5D

The resort we stayed in offered us the best location to everywhere for three days. Along the beach, there are a number of small and low-key resorts and some open-air restaurants which offered great yet affordable food such as the famous "sisig" and other mouthwatering seafood. Sisig (pig head) is a special dish served with special ingredients. Yeah, I know it may sound too exotic for some of you, so I'll leave this hidden gem to some of our **adventurous** readers here.

In general, it was an unbelievable experience, with so much to explore and be surprised at! You wouldn't feel it just by looking at the photos, so you should definitely feel it yourself, and I'll definitely come back for more surprises!

Finally, one special note: transportation in Cebu can be difficult to find, and a ferry ticket may not necessarily allow you to get on a ferry, so please be there early or else you'll be drowned by the crowd!

### adventurous

willing to try new or difficult things

### dare

to be brave enough to do something difficult or dangerous

### mess

something or someone that looks dirty or untidy

### nauseous

feeling as if you might vomit

### scrumptious

tasting extremely good

### serenity

the quality of being peaceful and calm

### sickening

extremely unpleasant and causing you to feel shock and anger

### starving

dying because of not having enough food

## GLOSSARY



## ABC CANTEEN



OPENING HOURS:

07:00 - 18:00

PRICE RANGE:

\$5 - \$30

TYPES OF FOOD:

snacks, freshments

2.4

Taste ★★★★★  
Environment ★  
Service ★★  
Price ★★★★★

## REVIEW

Kong Hiu Yu 1B

I am still in love with the stirred noodles and the spicy sauce, but at the same time I still remember the rude cashier and the **sickening** hygiene.

When I went into the canteen, I saw shabby walls and a dirty floor with chicken bones on it. It made me feel **nauseous**. I also saw clouds of dust under the table. How come no one cleaned up the **mess**? The condition was awful!!! Also, the seats were too packed that no one could walk through. The service wasn't up to standard for a good restaurant. There were no waiters.

Besides, the cashier was rude and they even **dared** to short-change my money. I was so pissed. That said, their service was fast even though there were many people lining up. So if you want a quick lunch, this is a suitable option for you. In addition, the canteen has a small bar full of tableware, so you don't need to bring your own.

On the upside, there were some tasty snacks and refreshments offered including chips and sweets. There were also some yummy fish balls and hot chicken wings. The photo here shows the most delicious dish in ABC canteen: stirred noodles, a.k.a. 'Lo Mien' in Cantonese. It tasted so good. The fish balls were chewy and they must be the best fish balls I have ever eaten. The hot chicken wings looked good and were so luscious. The stirred noodles were savoury and spicy. I will recommend it and the hot chicken wings to everyone who likes spicy food.

Although the service and the environment were terrible, the food was fantastic. I will recommend the ABC canteen to people who prefer quick and value-for-money food.