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the last

Tainted vision?

Redefining race discrimination to protect mainland immigrants stirs contention

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NEWS







Our last issue captured historic moments from class boycott, Occupy Central to umbrella movement by offering a variety of stories.

Letter from the Editor

¬ODAY, as this November issue goes to press on 19th November, marks day 53 of the Umbrella Revolution. While public attention seemed to be all on the development of the movement, the government was initiating public consultation on different legislations.

In this November issue, our cover story features the review of Race Discrimination Ordinance - whether the scope of the ordinance should be extended to outlaw discrimination towards mainlanders, who belong to the same ethnic group as Hongkongers.

Following are features of different issues in society, including the pitfall of the government's project to revitalise old buildings into artists' workshops, the career prospect of retired athletes and how a smartphone became an investment product.

Coming next, we have one of the seven organ transplant coordinators in the city to share the moving stories at her career, and an online political cartoonist to talk about the inspirations

behind his successful series "The Boiling Frog".

We ought not to overlook health issues, even with much political happenings in the background. With Chungking Mansions being a popular choice of accommodation among tourists from the Ebola-affected countries, we look at the threat of the deadly disease to the building, and eventually the whole city. Our team also brings you an international sport that has taken over different corners of our city - street workout.

We end this issue with a photo essay of the occupied sites in Admiralty, looking at how the protesters have been walking through the movement. As the protesters and the government could not reach to compromise following the open conversation in late October, the movement continues and our team will continue to cover the latest developments. Please stay tuned to our Facebook page and Twitter for timely updates.

> Carain Yeung Editor



Editor Carain Yeuna

Deputy Editors Alpha Chan Karen Lee Steven Wang

Copy Editors Joyce Wong Karen Leung **Tsau Jin Cheng**

Web Editors Aska Cheong Katrina Yau

Art Directors Shirley Chan Tiffany Ng Vicky Wan

Public Relation Officer Josie Wong

Distribution Officer Alice Wan

Advisers CK Lau **Robin Ewing**

Design Adviser Wade Chan

Publisher Alice Lee

Printer Department of Journalism School of Communication Hong Kong Baptist University Printer address Dept of Journalism, HK Baptist University, Kowloon Tong, Kln

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> EMAIL tyr1415@ g m a i . c o m FACEBOOK tyrmag WEBSIT V r. h

The Young Reporter the_young_reporter The Young Reporter

Yanis Chan

Section Editors Annie Lee James Zhang Lokie Wong Natalie Leung Nikki Wu Rainbow Li Stephen Leung Tiffany Lee Yupina Ng Reporters Airis Lin

Amie Cheng Anne Lau **Catherine** Chen **Christy Leung** Cora Chan Crystal Tse Harry Ng Hilary Wu Iverson Ng Jackson Ho Jane Cheung Jennie Tang Jo Lee Joanna Wong Joanne Lee Joey Hung Kumiko Lau Kyle Sun Mari Chow Nathaniel Suen Natasha Fernandes ShanShan Kao Thomas Chan **Tina Cheung** Tsui See Au Yeung Viola Zhou

4. FRONT One Moment

-11-

IAGET

Pro-democracy protesters raise their umbrellas for 87 seconds at the Admiralty occupy site to protest against the 87 canisters of tear gas fired by police to disperse unarmed protesters on September 28 and to commemorate the one-month-old Umbrella Movement.

By The Young Reporter Photo by Carain Yeung

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COVER STORY

Proposed changes to racial discrimination law stir contention

MANY parents would take their children to parks to have some fun. But Ah-kiu (not her real name), a 43-year-old mother, is afraid to do so as she and her children have been called "locusts" with spite in a park twice.

Locust is a pejorative term that some locals use in referring to immigrants or visitors from the Mainland. In their minds, the mainlanders have encroached on Hong Kong's resources like pests.

Ah-kiu came to Hong Kong from the Mainland in 2008 to reunite with her family. On one occasion, a woman scolded her as a "locust" when Ah-kiu asked her to move aside of a slide so that her daughter could play on it. On another occasion, Ah-kiu and a friend went to a park with their children, and a man passing by mumbled: "Those locusts give birth to so many children."

The Equal Opportunities Commission, Hong Kong's statutory body responsible for enforcing antidiscrimination laws, sees a need to combat the kind of discrimination that Ah-kiu has suffered by legislation.

In July, the commission started a consultation exercise to gauge public opinion on whether the scope of the Race Discrimination Ordinance should also outlaw discrimination on the grounds of "nationality, citizenship, residency or



Mr York Chow Yat-ngok says the EOC has tried its best to promote the consultation, including translating the documents into other languages. The commission also rejects criticisms of its deliberately conducting g the consultation when most people are focusing on the Occupy Movement. related status" so as to cover mainlanders, mainland would become "the privileged".

even though they are ethnically the same as Hong Kong people.

At the public forums held by the commission, some locals strongly opposed the proposed amendment. They were worried that people from the In an article published in the Chinese language newspaper Ming Pao in

October, Mr Fan Kwok-wai, a Legislative Council member who launched a prolocals campaign called Hong Kong First, says the proposed amendment would





The consultation period had been extended and would end on October 31. Mr York Chow Tak-ngok said they were still receiving opinions and it would take time for analysis before they make recommendations to the government.

strip the permanent residents of their priority over new immigrants, and thus cause a fierce competition for public resources between the two groups.

But Mr York Chow Yat-ngok, Chairman of the Equal Opportunities Commission, has countered that including newcomers or visitors from the Mainland under the Race Discrimination Ordinance will not give them social welfare or political rights enjoyed by Hong Kong permanent residents.

In an article also published in Ming Pao, Mr Chow says amending the law would protect both groups from discrimination. Referring to media reports about Hong Kong people allegedly not getting proper service at some shops in Tsim Sha Tsui selling luxury goods, he says amending the Race Discrimination Ordinance would benefit Hong Kong people as this kind of conduct would be an infringement of the amended law.

Miss Sze Lai-shan is a social worker of the Society for Community Organisation, a human rights group promoting equality among community members. She believes the amended law would provide a legal foundation for protecting the rights of mainland immigrants.

Miss Sze's organisation conducted a

survey in September of newcomers from the mainland. It found that middle-aged female immigrants with low education faced severe discrimination in both the workplace and in their daily lives. Some were rejected for a job or scolded by

"There is currently no legal channel to lodge complaints about those discriminatory acts."

said Ms Sze.

vegetable vendors just because of their mainland origin, according to the survey.

"There is currently no legal channel to lodge complaints about those discriminatory acts," said Miss Sze. She believes that people would continue to insult the new immigrants if there was no change in the law.

She said she had also encountered hostilities when she helped mainland immigrants, like being yelled at, with people telling her to "go to hell", at public sessions about the law review.

However, Mr Lee Tsz-king, Chairman of the Liberal Party Youth Committee, does not feel it necessary for the Equal Opportunities Commission to make everyone equal. "The Chinese word for discrimination literally means to see people differently. As every individual is different, what's wrong to see everyone differently?" asked Mr Lee.

The Liberty Party has long been opposing stricter anti-discrimination legislation. It is against amending the Race Discrimination Ordinance and laws that would expand the legal definition of marriage.

Mr Lee believes that exposing the new immigrants to the mainstream society is more helpful than setting them apart or protecting them by law. "They need to learn how to deal with discrimination instead of being given privileges," he said.

Write to us. We will publish your letters in the magazine and on our website.

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The Young Reporter run by HKBU journalism students since 1969

POLITICS

Rising rents at factory buildings are pushing artists out

TWO ageing thespians dressed head to toe in black gesture to the audience in one swift move. Their leveled voices project across the theatre, echoing faintly.

Black box production "Occupy San Po Kong" is playing in the humble but creative community of San Po Kong in New Kowloon. Performing are members of We Draman, a drama group funded by the Hong Kong Arts and Development Council.

The play centers on two new hotel buildings in the neighbourhood and paints an apprehensive and hopeless picture of artists fearing their creative sanctuary would soon become a commercialised district.

The play highlights dissatisfaction with real-life 2010 policy measures to redevelop and convert old industrial buildings, resulting in rent increases and forced removal of artists and art groups.

The government plans to pull the plug and withdraw the policy in 2016, according to an announcement by the Secretary for Development Mr Paul Chan Mo-po in November last year.

The revitalisation plan came about because an increasing number of artists were illegally running studios out of industrial buildings.

The HKADC called for the amendment of the revitalization policy, hoping to include art creation under the category "industrial usage" to enable local artists to keep their studios legally.

Four years have passed and 90 revitalization cases have successfully been approved by the Land Department, yet the amendment is still in limbo.

In hindsight, the local art community thinks little of the revitalization plan and believes the policy didn't help the arts and culture sector much.

"I could say it's a total mess," said Mr Honkaz Fung Hing-

keung, a freelance artist and creative director. Mr Fung recalls renting a 1,000 square foot apartment that has doubled in rent over the past eight years. "The policy had good intentions, but it didn't help, and instead left us in a bigger struggle," he added.

At Midland Industrial, real estate agent Mr Wong Siuwai also reported the same rental increase among industrial buildings in the San Po Kong district.

Hong Kong was once dependent on industrial development in the 1970s and 1980s, but as it transformed into an international and commercial city, old industrial buildings clustered in San Po Kong, Fo Tan and Kwun Tong districts are abandoned.

A 200 net square foot unit in the Wong King Industrial Building in San Po Kong rents at \$2,900 a month. District councilor of San Po Kong, Mr Lee Tat-yan said the price is "unreasonably high".

Mr Lee and district councilors in Kwun Tong say the revitalization plan ineffective and didn't support it from the beginning. Mr Lee also said it is a skewed policy that favors corporations rather than small enterprises and hopes the government would "stop messing around with the art sector."

Mr Fung has been running his studio "One By One Studio" in Fo Tan for eight years, and said he has witnessed how the policy has altered the ecosystem of the art community and has stirred quite a storm among the group.

"I just wish the government would leave us alone. It would be the greatest help they could offer," said Mr Fung, now speaking about the withdrawal of the policy. He sees little hope that rent hikes would be alleviated in the near future.

"I just wish the government would leave us alone, it would be the greatest help they could offer."

Mr Honkaz Fung Hing-keung, a well-known freelance artist and a member of the Industrial Building Artists Concern Group



SOCIETY

Retiring atheletes go back to school



"Financial support is short-term. Money will be used up one day, education can offer a smoother transition for retired athletes."

windsurfing champion, Mr Chan King-yin THREE years ago Mr Chan King-yin decided to retire. He was only 28.

Having already won two gold medals at the Asian Games and with a 3-yearold son at home, Hong Kong windsurfing champion Mr Chan decided not to train for the London Olympics.

He was immediately granted two scholarships to study for an undergraduate degree in Physical Education and Recreation Management at Hong Kong Baptist University.

Mr Chan set three goals when he was an athlete: to compete in the Olympic Games, to get married and have a happy family and to be a university graduate. Now, all three have been accomplished.

Now 31, Mr Chan is a coach for the Hong Kong national windsurfing team. He hopes his team members achieve their dreams, just like he managed to do not long ago.

"The life of a sportsman is rather flat. It's about training and hard work," he said. "My advice for serving athletes is to be prepared for retirement, planning what should be and will be done



All sportsmen will sooner or later leave the professional stage.

afterwards."

For young athletes still in their prime, retirement is not a far-fetched idea.

Mr Angus Ng Ka-long, 20, a Hong Kong national badminton team member, said he is worried about retirement.

"I think I will return to school because I am not interested in coaching work," said the athlete, ranked 43 in the world.

Two years ago, Mr Ng had a chance to be admitted by local universities through the Outstanding Sportsmen Recommendation Scheme.

"I didn't take that path. I need to concentrate on my training, and there is no other way but to practise hard," he said.

In 2008, the Sports Federation & Olympic Committee of Hong Kong, China launched the Hong Kong Athletes Career & Education Programme. The programme, third of its kind in Asia, supports athetes through career development, education and life skills training.

Head of Office of the Hong Kong Athletes Career and Education Programme, Mr Sam Wong Tak-sum, said that injuries, deselection, and ageing are the three major factors that bring a sportsman's career to an end.

Mr Wong, who is a retired athlete himself, said, "Retired athletes may then go to work, coaching, start a business or pick up textbooks again.

Athletes must re-adapt to the education system, for example the university application procedure and admission requirements, he added

"Now, our programme covers 44 national sports associations and more than 300 athletes. I would say our performance is satisfactory, but we still have a lot to do. We want to reach more athletes." he said.

Through the School Sports Programme Coordinator Pilot Scheme, retired athletes have alternate job opportunities. But the catch is that only 15 slots are available and the scheme will end next September.

The Hong Kong Sports Institute started the Athletes Integrated Educational and Vocational Development Programme in 2008. As of this April among 1257 elite athletes who took part 144 had plans to retire soon.

Athlete Retirement Assistant Grant provides funds on enrolling education programmes, vocational training as well as receiving medical treatment for sports injuries rehabilitation.

While financial support and onthe-job training may be crucial, Hong Kong Baptist University physical education Associate Professor Dr Lobo Louie Hung-tak described education as "the momentum for striving upward social mobility".

"Instead of attending universities or other tertiary institutions, these fulltime sportsmen had devoted most of their time to training and playing games," he said.

"Knowledge can transform the life of these talented athletes. The government can allocate more publicly funded university places for them," he added.

"Give a man a fish or teach a man to fish. We all know the answer," Dr Lobo said.



BUSINESS

Hong Kong's Grey Market for iPhone 6

A new iPhone is a lot more than an ordinary smartphone, it's also an investment to some buyers. After reserving the limited offering of iPhone 6 online every morning, some customers resell it to other private users and shop owners in Mong Kok and Shenzhen to earn the price difference.

More than 10 million new iPhones were sold over the first three days after entering the market on September 19. But it is still soaring high after a month's sale.

At 8 sharp every morning, customers scramble to make online reservations for the limited offering of iPhone 6 or 6 Plus. At 8.04 am, the reservations are usually fully occupied.

"IReserve (iPhone online booking system) makes me feel frustrated," said Mr Mark Chan, a bank clerk who bought his iPhone 6 from Sincere Podium, a shopping mall that mainly sells mobile phones. "I like the new iPhone very much and I don't mind paying \$400 more as I have to pay thousands of dollars for it."

It is not easy for normal customers to order an iPhone online and this situation stimulates the grey market.

Eason Tsang, a university student, is one of the skilled reservation makers surviving in the reselling market. "My friend started to resell iPhones on the first day of sale and he earned a lot, so I decided to join the reselling army," said Eason, who resold more than 20 new iPhones and earned \$15,000 since then.

Each phone number or credential number used to reserve an iPhone can only buy two phones, so he uses personal information from his friends to make the



A reseller is counting money while the box next to him says "Here are new iPhones for sale."



"The Hong Kong version of iPhone 6 is slightly different from Chinese version and is cheaper. **Demand in** mainland is always larger than supply so there will still be people coming here to buy."

Mr Lo Lau mobile phone seller online reservations. After picking up the phones in Apple store, he resells them to shop owners in Sincere Podium in Mong Kok according to the reference price in Hong Kong Golden Forum.

The price of iPhone has been fluctuating. In his biggest deal, Eason earned \$2600 after selling a golden iPhone 6 on September 21. He once lost \$500 when he bought and sold a Japanese iPhone 6 in the grey market.

But he said he cannot earn as much as the first few days now. " I would be satisfied to earn \$200 for one iPhone 6 at the moment."

While part-time resellers like Eason can always make profits, shop owners of phones suffered from hundreds of thousands of loss during the first few days of sale.

"I lost \$3000 per iPhone on 19 September", said Mr Lo Lau, the owner of G•World Mobile at Sincere Podium. "Under unclear circumstances on that day, the prices were raised so high that I could not sell phones out after I bought them with high prices."

He gave \$300 to \$500 more than official price to part-time resellers for iPhone 6 and \$800 to \$1000 for iPhone 6 Plus. Mr Lau said he always ask for \$100 to \$200 more when he sold them to customers.

He pointed out that part-time resellers selling iPhones directly to buyers for private use might be one of the reasons contributing to the fluctuating price. But resellers with large amount of iPhones sitting around Apple stores or the surroundings of the Podium were those who blew them the most. "They do not have to pay rents! So they can offer higher price to buy in and charge less to sell out," Mr Lau complained.

Since China officially launched the sale of iPhone only until October 17, mainland Apple fans were another main targets for scalpers.

Smugglers were eager to try different methods, including wearing more than one underpants to carry iPhones through the customs to Huaqiang North, which is a district known as a huge electronic components and mobile phones market in Shenzhen.

According to the from 54th announcement made by general administration of customs of China in 2010, people should pay 10 per cent of the price of cell phone as tax when they try to enter the country with phones.

People who bring too many iPhones to be taken as "for private use "with them, may face imprisonment and fines for tax evasion and smuggling. Shenzhen Customs have ferreted out thousands of new iPhones brought in illegally within a week.

Even though new iPhones were launched in China now, Mr Lau said the reselling market would not decay. "The Hong Kong version of iPhone 6 is slightly different from Chinese version and is cheaper. Demand in mainland is always larger than supply so there will still be people coming here to buy," Said Mr Lau.

A bridge between life and death

"Sometimes just being a companion is enough. They need someone to be there with them."

Ms Tong Yuen-fan

I MAGINE leaving your family behind on New Year's Eve to tell somebody that their beloved one just died. Adding fuel to the flame, you ask the relatives to donate the organs of the dead, allowing little time for them to come to terms with the death. For Ms Tong Yuen-fan, one of the seven organ transplant coordinators in Hong Kong, her job means a constant confrontation with death day and night.

"It is essentially a 24-hour task because death has no schedule," said Ms Tong. When she receives a call from the Prince of Wales Hospital informing her of a potential donor, she will need to talk to the relatives about their choices as soon as possible.

Time is a critical factor in organ transplant because the organs will start to deteriorate rapidly once the heart stops. How to convey the imminence of this matter to the grief-stricken families without causing antipathy is a question with no definite answer.

"I would say something in condolence with the family. I would not bring up the topic if I feel that they are not ready to accept the death of their loved ones," she said. For instance, people would demand the doctors to resuscitate the patient even after he or she was declared brain-dead.

Ms Tong added that it is important for the family to understand what brain death means and how an organ transplant is carried out. The mother of a donor kept asking every doctor she visited whether her son's death was real. It is hard to accept the death of your beloved ones when you can still feel the warmth of the body. But they are gone, together with the neural responses and brain functions.

"Sometimes just being a companion is enough. They need someone to be there with them," she said.

Will the procedure be painful to the donor? Will it wreck the body and affect the funeral? The answer to both questions is no. The doctors take good care of the donor and make sure the appearance of the donor remains intact.

More than 3000 patients are waiting for organ transplant now in Hong Kong. Sadly, most of them may not be able to have a second chance at life. Ms Tong has seen patients suffer from chronic kidney disease doing dialysis on a daily basis and patients with liver failure eventually die because they could not receive a liver transplant.

Ms Tong had worked in the inten-

sive care unit before she joined the transplant coordinating team 16 years ago. She was happy to see the patients being discharged from the hospital and yet there were those whose injuries were so severe that despite the best efforts of the medical staff could not survive. She felt she could do more — by helping the families cope with the pain and helplessness when their beloved one dies.

She recalls a case in which a man in his twenties died of serious injuries sustained in a traffic accident. His relative was a hospital staff and the family made the decision to donate his organs. Rows of people rose and stood in silence when they took him into the operating room.

"He was the little brother in the

family and it was so sad," Ms Tong said. "But it also makes you realise the essential goodness of human nature, that people can still make a decision like that even under immense pain and despair."

The parents of a 12-year-old boy who died in a traffic accident decided to donate all of the child's available organs. They were hesitant at first but they thought their child was so young and had not yet served the community, this might be the last thing they could do for him and for the society.

"He's got beautiful eyes. It is comforting to know that he is still able to see this whole extraordinary world," said the mother.

Death is still a harrowing and uneasy

subject to many. People seldom discuss how they want to handle their remains with families. Not surprisingly, they may only know the deceased's desire to donate organs by discovering the organ donation card at the last moment. Prospective organ donors should make their wishes clear to their families. With the Centralised Organ Donation Register implemented in 2008, citizens can sign up easily online or through the post.

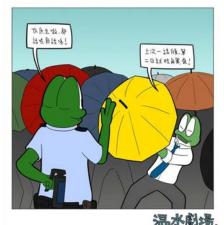
"The passing away of a person may become the key to saving another," said Ms Tong.

> By Hilary Wu Edited by Stephen Leung

"Boiling Frog" cartoonist sees bleak future for Hong Kong

"The nature of political comics is not easily accepted by society."

Mr White Water, Political cartoonist



It is ironic that the government's decision to clear the protest site at mongkok right after promising a conversation with student representatives.



活動では It mocks Bejijng of erasing the history of Tiannanmen Square massacre and vigils have been held for 25 years in Hong Kong. **T** is another ordinary night for the toy designer sitting in the Mong Kok occupy site with his pen, iPad and notebook, which is filled with sketches and astonishing soundbites and scenes.

Mr White Water, the artist's alias, designs toys that bring children and adults into a dreamy world. But he is more well-known for confronting reality through his online political comics "Boiling Frog" that went viral among netizens in 2011.

Published on Facebook, his humourous and sarcastic comics against the Hong Kong government and the mainland have become very popular, but the 33-year-old political cartoonist says he faced struggles.

Working as a full-time toy designer and part-time political cartoonist, he says it is hard as he has limited time to create and could barely make a living through his artwork.

"The nature of political comics is not easily accepted by society," he said.

His brainchild springs from the parable of the boiled frog, the idea that if water is heated slowly enough a frog will boil to death without even noticing. This described Hong Kong's situation three years ago, he said.

The comics depicts his inner struggles towards political issues through portraying the life of two frogs debating current affairs.

"The brown one reflects my true feelings while the green one symbolises the inner cynic in me who justifies things with scepticism," he said.

By using metaphors commonly used in ordinary life, he expresses his ideas in the four-frame comic strip using a minimal style.

What prompts him to use lively comics to express weighty political issues are his friends, he says. They have detached themselves from reality and seldom read the news. His comics have touched on significant moments in Hong Kong such as the umbrella movement and the anti-national education protest.

"I try to bring them back to earth with my comics," he said.

The political cartoonist is often verbally attacked for the sensitivie content of his works, but he says he is used to it and doesn't fear physical attack.

In early September, he announced he was going to quit after a mainland Chinese website criticised him for publishing comics that encouraged people to boycott products made in the mainland and revealed his personal information, which he saw as a threat to his safety.

On his Facebook site, he published an article that suggested he was quitting, saying "I fear. I misjudge. I regret." The article was written in a style similar to the one by the founder of online newspaper House News, Mr Tony Tsoi Tung-ho, in announcing the media's sudden closure.

One hour later, however, he clarified that it was a joke. He then published a comic strip asking people to join in a creative non-cooperation movement against oppression.

"The best way to deal with those who take advantage of me is to make some fun of their action," he says with a laugh.

Despite facing online attacks, he says the comic series about artists and political concerns are still on Facebook. Readers cannot zoom in on his artwork in Instagram and Weibo as they are heavily censored by the mainland authorities, he says.

The Internet offers platforms for artists to share their artwork without having to labour as an apprentice as it was the case in the old days, he says, but he is still daunted by difficulties ahead. He laments over the lack of a comprehensive database for local comics.

"Online comics in Hong Kong started appearing only a few years ago. We are all just feeling the stones," he says.

The bleak future of Hong Kong is upseting, said Mr Water, and he is preparing his third book with a collection of black humor jokes that mock Hong Kong's status quo.

'I have proof-read it for more than 50 times," he says. "What I sense is that Hong Kong is deteriorating and I feel sadder whenever I read it.'







(Left) Sir Robert Ho Tung, an influential businessman, stood in front of his residence. The photo was taken in 1947 by LIFE Magazine. (Right) Mr Victor Liu Ka-chung brought "Idlewild", commonly known as The Red House nowadays, to life.



(Left) The photo was taken at Hang Seng Ngan Ho in 1947, two years after the Japanese occupation of Hong Kong.

(Right) Second lives were given to the building and people, colourised by Mr Victor Liu Ka-chung.

TH just a click, photographers can freeze a moment of history.

But before 1960, that moment was probaly in black-and-white. Colour film didn't become the norm until the 60s and 70s when prices came down and amateurs could afford it.

But with today's technology, colourising pictures can be done with a few clicks on a computer and those frozen black-and-white moments gain new life.

Mr Victor Liu Ka-chung, a university student who is passionate about colourising Hong Kong historical black-andwhite photos, says "colour brings new life and perspective to the photos."

By adding colours to the images, Mr Liu rediscovers Hong Kong's yesteryears. He hopes his work will draw public attention to protecting historical elements in the city.

Ms Tiffany Chan chooses to preserve historical moments by drawing. The idea is simple: to record faces and the human stories behind them. With paper and pencils, the illustrator sketches major historical events in Hong Kong, such as the Umbrella Movement.

The free-of-charge service takes 10 minutes to produce a portrait. While having their portraits painted, people tell their personal stories to Ms Chan. Unlike photography, drawing doesn't freeze the moment. It gives time to let the stories flow, she says.

"A 70-year-old lady told me that she has been staying overnight for the protest," Ms Chan said. The personal stories move the pencil as they touches her heart, she said. The artist seals emotions, stories, expressions and people in the images on the papers.

However, spending 10 minutes to re-



Ms Tiffany Chan sketch protesters for free upon request in Admiralty, captured by Mr Ryan Chan.

"Colour brings new life and perspective to the photos."

Mr Victor Liu Ka-chung colouriser of historical photos

cord one person in history is impractical, says Mr Ryan Chan, a photographer. He spends his time capturing complex ideas and emotions with the speed of light on film.

"Photographing with film allows me to think," Mr Chan said. With limited frames, he has to spend time observing the moment before adjusting the lenses, shutter speed and aperture. "I feel more connected to the subject and people in front of me," he said.

Mr Chan's captured nearly 4,000 people in his photo album, "The sorrowful faces of Hong Kong People". The photos feature the aftermath of tear gas and pepper spray on September 28. Tension, pain, confusion, helplessness, anger, and frustration of the protesters and police were all captured on the film through his lens.

"Use a picture. It's worth a thousand words," news editor Arthur Brisbane wrote in 1911, when photography began to boom. These artists grant spirit to the images by blending details, personal stories and feelings and they are evidence of our history.



Chungking Mansions has become the centre of the Ebola fright after a Nigerian man was suspected of carrying the deadly disease in August.

CHUNGKING Mansions, a building complex popular with Africans living and working in Hong Kong, was at the center of an Ebola scare here in August.

Though the Nigerian man rushed to the hospital with symptoms of the virus tested negative, shop owners and residents have made contingency plans just in case.

The 17-storey building in Tsim Sha Tsui sees thousands of people a day from all over the world, with many from South Asia, Africa and the Middle East. It houses inexpensive guesthouses, restaurants, retail shops and foreign exchange offices.

Ebola has claimed close to 5,000 lives this year in West Africa, according to the World Health Organization. The disease is spread by direct contact with blood or other bodily fluids and indirect contact with environments contaminated with such fluids. Outside Africa, 17 cases were treated and four deaths were caused.

Peter Piot, director of the London School of Hygiene and Tropical Medicine and the first to identify the virus, said that the chance of the virus spreading to Hong Kong is small.

Despite the reassurances, the Hong



"Indians are not afraid of this contagious disease because the herbs and curry in our food can help us stay strong,"

Sangh, the owner of an Indian restaurant at Chungking Mansions.



Mr. Diallo M. Ali, president of African Community Hong Kong said African offices and gathering spots are now prepared with steriliser like alcohol sponges.

Kong Department of Health held four meetings to discuss plans with members of the Incorporated Owners of Chungking Mansions and representatives of the nearby Miramar Shopping Centre.

Most participants at the meetings are guesthouse owners, whose businesses are most susceptible to Ebola.

"Those who clean the place and take out the trash from the guesthouses have the highest risk of being infected, as they are most likely to have direct contact with bodily fluids from the customers," said Mr Dennis Cheung Ka-yuen, a member of the Incorporated Owners of Chungking Mansions.

"The workload increased and I am afraid of the disease but I have to do this for a living," said at a cleaner New Brother's guesthouse in Cuingking Mansion

The Incorporated Owners of Chungking Mansions said it bought two sets of protective clothing for sanitary workers to use when cleaning vomit or blood.

The managing office also said it disseminated health department leaflets on Ebola. "It is very basic information but we think it is enough for now," said Mr Cheung.

According to the managing office's cleaning guidelines, garbage or any abandoned materials in the common area should be cleared every day, while lift lobbies, entrance lobbies, passageways and any places that stored rubbish should be cleaned at least once a week.

"I bought this bottle of alcohol because of the Ebola crisis and clean the place more frequently than before," said Mr. Joseph M.W. Poon, the owner of a travel agency in Chungking Mansions.

There are concerns that Ebola is resulting in discrimination of Africans, especially in Chungking Mansions, though many have been living and working there for years.

A few people were treated unfairly after the suspected Ebola case in August, said, which is a nonprofit organisation providing consulting services and information of Ebola to Africans in Hong Kong through social media.

"People are getting scared of every African they see, they tend to run away from you," he said. "Even now when I come in to this building, some people don't want to go in to the same lift with me," said Mr Diallo M. Ali, president of African Community Hong Kong

Mr Ali added that the organisation refers people suffering anxiety from Ebola to counseling service centers.

"I think one good thing about the suspected infection is that people are more aware of the disease in Hong Kong," he said.

Take your power to the street

T is 2pm and scorching in Tin Sau Road Park, Tin Shui Wai. In a playground dominated by kids, a group of young adults, who call themselves "Barkids", are doing push-ups on bars.

They are not playing but doing street workout: a sporting activity performed outdoors that athletes say helps build muscles and confidence.

The World Street Workout and Calisthenics Federation, a Latvia-based non-profit, started the fitness craze that aims to improve people's health and quality of life. Its website describes the sport as "a social movement and a democratic sporting activity".

Mr Simon Lee Cheuk-ming, 28, a trainer and founder of "Barkids", says: "I hope I can help promote street workout in the community."

"Street workout is free, not restricted by rules, and at the same time, a spectator sport," says Mr Lee.

Mr Ken Lai Kai-jib is an 18-yearold street workout enthusiast who triumphed in the Hong Kong Street Workout Championship 2014. He then represented Hong Kong in the Street Workout Championship held in Russia.

"It's a challenge and target for myself," he says. "I gain a sense of satisfaction when I complete a move."

Mr Lai says he got interested in the sport on seeing someone doing it three years ago, and then went on YouTube to look for its training videos.

He started by doing basic physical training like push-ups. Then he pushed his boundaries by practicing the "human flag" – a static and continuous hold.

But experts have cautioned against relying solely on online tutorials to learn the sport.





Dr. Lobo Louie Hung-tak, a professor at the Department of Physical Education of Hong Kong Baptist University, is worried that young people without proper training might hurt their muscles in doing street workout.

"There's a possibility that training a single move might affect the fitness of muscles," he says, resulting in strained muscles and ligament injuries.

He suggests the athletes train stepby-step as it takes around four to six weeks for muscles to metabolise.

Athletes performing moves should wear tight-fitting clothes to avoid falling from the bars, he adds.

Dr Louie recognises the value of street workout, as muscle is the only tissue that grows while training. However, he is not optimistic about future development of street workout.

"It may not be able to sustain over the long term, since what is fashionable among young people is always changing," he said.

Back at the park, athletes shout out their slogans while training: "This is not about power; this is an attitude."

They keep their fingers crossed on the growth of this sport.

"It's development will go hand in hand with people's physical and spiritual demands," says Mr Lee.

By Joanne Lee Edited by Yupina Ng

"It's a challenge and target for myself, I gain a sense of satisfaction when I complete a move."

Mr Ken Lai Kai-jib , a 18-year-old street workout buff



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Tim W



Ruth's Chris Steak House RUTH'S CHRIS STEAK HOUSE

Admiralty C2 金鐘C2 Legislative Council Complex 立法會 綜合一個

Government Headquarters East Wing Square 香港人的 公民廣場!!

PHOTO ESSAY **Umbrella Square** Occupy Central protesters have turned a major thoroughfare into a mini-city

Tim Mei Av

1B Conna

THOUSANDS of protestors are still camping out in Admiralty as the occupation movement that started on September 28 and aims to put pressure on the government to revise the framework for electing future chief executives shows no signs of ending.

Instead, the occupants have transformed the area, which they name Umbrella Square, into a mini-city complete with facilities that cater to their daily needs. They include food stalls, study areas, first aid stations, bathrooms, shower rooms, and spaces for public lectures and yoga classes. Even a guerilla garden for growing vegetables has sprung up.

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The transformation dates back to October 10, when Mr Joshua Wong Chifung, convener of Scholarism, called on protestors to step up their occupation activites at sections of Connaught Road and Harcourt Road between Central and Admiralty. The two roads have since been named Expressway to Democracy and Resistance Road respectively. As a sarcastic way of expressing their dismay towards property hegemony, some protestors have given fancy names and addresses to their tents, such as "Umbrella Mansion" and "1 Resistance Road".

傘廣

常力站

"Fighting for democracy in Hong Kong is miserable. Protesters staying in Admiralty want to find joy amidst hardship, so they gather to hold activities to improve the quality of life in the occupied sites," said a student from Hong Kong Polytechnic University who would only be identified as Mr Tsang. He has been staying in Admiralty since September 26.

Although order has largely been good at Umbrella Square, critics are worried that the original intentions of the occupy movement – striving for true democracy by means of civil disobedience and self-sacrifice – are getting lost in the uncanny, peaceful atmosphere.

GNC - Admiralty Mtr Admiralty Station GNC - 余鐘港總全鐘站

PIAGET

By Jane Cheung

Edited by Vicky Wan

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E M A I L tyr1415@ gmail.com FACEBOOK tyrmag WEBSITE tyr.hk