

VARSIITY'S CHOICE

Alarm Clock Revolution

Couldn't get up on time for work? Missed the school bus because you went back to sleep after pressing the snooze button on your alarm clock? Here, *Varsity* presents: "athletics alarm clocks" that'll keep you awake.

Athletics alarm clocks wake people up by making them exercise. Different types of alarm clocks work for different target groups.

The *Dumbbell Alarm Clock* is just the thing for frequent gym-goers. It is no different from a dumbbell, except it weighs less and comes with a liquid crystal display (LCD). Once the alarm goes off in the morning, you will have to lift the 660-gram clock 30 times in order to turn off the repeating buzz.

As for the *Clocky Alarm Clock on Wheels*, this clock has two big wheels attached to it. When the alarm goes off, the motor in the clock drives the wheels, causing the clock to run in all directions. You will then have to look for the clock every morning.

If you dislike aerobic exercises, try the *Laser Target Alarm Clock*. This type of athletics alarm clock has two components, a laser gun and a shooting target. To stop the alarm clock from buzzing nonstop, achieving a direct hit on the target with the laser gun will do the job. Bear in mind that you will have to be wide awake in order to do so!

Varsity has tried out the *Dumbbell Alarm Clock* and found the soft and relatively low-pitched alarm has several advantages over the loud and annoying buzzing sound of the traditional ones. It enables people to wake up without frustration and does not disturb family members and roommates.

In addition, the LCD shows you the remaining number of times you have to lift the dumbbell to stop the alarm buzzing. The number shown on the LCD is big and bold, so even short-sighted people can see it clearly from a distance.

The athletics alarm clocks are now available in city'super and LOG-ON stores in Hong Kong, selling at prices of about HK\$200. *Oneal Li* ▼



Sail Back in Time



COURTESY OF DYMOND TAI

After sailing the waters around our shores for more than 30 years, Duk Ling has become one of the last vestiges of old Hong Kong.

It was noon and the third tour of the day when *Varsity* visited Hong Kong's signature junk. Skipper Mr Ip made sure all the tourists were on board before he signalled Duk Ling to leave Tsim Sha Tsui Pier for a one-hour ride in Victoria Harbour.

Duk Ling, which was built in 1955, is the last authentic sailing junk in Hong Kong. It had served as a fishing junk for 20 years before a foreigner bought it and started using it for tourism purposes.

In recent years, the Hong Kong Tourism Board (HKTB) has been promoting regular one-hour rides on the junk for tourists every Thursday and Saturday. The sailings run from 10 a.m. to 2 p.m. All you need to do is present a foreign passport and a boarding fee of just HK\$50.

Although locals are not eligible for the regular rides offered by the HKTB, for those who want a unique experience on the junk, Dymond Tai, Operation Manager of Detours Limited, said Duk Ling is available for private charters. "Locals can hire the junk for personal uses or business parties, it can take up to 40 people at a time," said Tai.

Since 2006, Duk Ling has been available as a legal wedding venue. "There was an English couple who decided to get married on the junk and made their friends wear traditional Chinese outfits," Mr Ip recalled

Despite Duk Ling's makeover into a leisure junk, traces of the past can still be seen on board; for instance, from the position of the cooking area and washroom. The superstitious Chinese fishermen believe that the left side is lucky and would cook on the left side at the back of the junk whilst the toilets are built on the right side, as that implies misfortune.

Most people would have sailed across Victoria Harbour on a Star Ferry before, but sailing on Duk Ling is a totally different experience. During the one-hour tour on the authentic junk, you feel like you are living through history.

Christine Fung ▼