



# We See

## What We See Changes Who We Are

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## A Bite of China

By WITNESS Youth Staff

The most popular Chinese food in Guyana is Chowmein and Fried Rice. But do you know that there are many types of food that originate from different regions of China?

There are Four Great Traditions of the Chinese cuisine: Szechuan, Cantonese Shandong and the Jiangsu cuisine.

The Szechuan cuisine is from southwest China, which is called 'Si Chuan.' The main ingredient in the Szechuan cuisine is pepper. Most of the Szechuan cuisine is spicy. When it is winter, people who live in the south-western part of China serve 'hot chilli.' The hot chilli keeps people warm and they don't get sick very often.

The Cantonese cuisine is from southern China, which is called 'Guangdong.' This is the region that I am from. The Cantonese cuisines are light and tasty. They use fresh vegetables to cook and their food is not hot or spicy like the Szechuan cuisine.

The Shandong cuisine can be found in the region of China called 'Shandong,' and coastal providence of China. There are many ways to make Shandong cuisines.

The Jiangsu cuisine is like the Cantonese cuisine: light and tasty. The Jiangsu cuisine

is from the region called 'Nanjing,' and the cities near them. The Jiangsu cuisines are cooked by the native people who are living in that area, and those are the most original because they know the art of cooking these cuisines.

These are the four great traditions of the Chinese Cuisine.

I am a Cantonese; I ate Cantonese cuisine when I was small. My Mother cooks very good Cantonese cuisine. I still remember what she cooked when I was sick! I was sick a lot when I was small, and my mother cooked the Chinese porridge for me. The Chinese porridge is a part of the Cantonese cuisine, usually the Cantonese from China eat that as their breakfast, and it's very popular in every Cantonese daily meal. It is light and tasty, doesn't have much flavour, and that is why I call it 'light and tasty'! But I don't mean that the porridge had no taste. The porridge has seasoning, like salt.

Cuisines are amazing, it's just like magic! By adding the seasoning and fresh ingredients, nothing is better than our healthy dishes; the foods from nature are the best.

## We are so Different!

By WITNESS Youth Staff

The day I met him, I knew he was the one. The way he looked at me, his smile, his personality, yes! They all drove me crazy!!!

But why...? Why did we have to be so different? We have a different race, religion and even views.

I know it's hard to believe, but I'm half of a person. By my side, he completes me. He is everything I'm not. He is... He is nothing short of my everything!

People believe love is pure and divine. But love like that doesn't exist in a hateful time. My father hates him. I guess Plato's caste system and legacy still impacts the world today.

Would I be selfish not to care?

My life has been nothing but a hole. Without him, I feel like a lake without its water... Useless! He took away all my aches and pains; he made me smile in my darkest moment. He

made me believe in "forever" love.

Love has no boundaries! It doesn't matter: young or old we all fall in love. It's not that love doesn't see colour, religion and personalities. It's just that... Love knows how to pick and chose.

"I hate you guys for discriminating against us!"

We all try to explain what love is. If I was given the chance, I would scream out to those abominable and bigoted zombies out there. That love is a drink! A drink that is made of a bit of intimacy, a bit of passion and a lot of commitment, and to flavor it, a pinch of compassion, a teaspoon of hope, a tablespoon of faith and a cup of charity.

Having you in my life is the most wonderful and exciting feeling I've ever experienced. And I would never trade you for money, gold, diamonds or even someone else!

## What makes me sad

By WITNESS Youth Staff

I feel very sad to not see my father  
But I see him sometimes  
I just feel very sad

I want to cry everyday  
It makes me angry  
But my father comes on Sunday

He works out of town everyday  
My best friend asked me where my father is and I say "He is at work."  
I wish he was living with me.  
I miss him.

## It's Not Cool Being a WITNESS

By WITNESS Youth Staff

One Friday afternoon, I joined a speeding minibus as I made my way to my friend Jane's house. I noticed her younger sister, still dressed in uniform, in the same bus, but holding hands and hugging the bus conductor. She was unaware of my presence. As we approached the bus stop near Jane's house, she noticed me, but made no effort to acknowledge what I saw; instead she smiled and waved before rushing off to her home. As I entered their house, I rushed to Jane's room and informed her of what I saw on the bus.

The family met for dinner and right after, Jane and I resumed our chat in the privacy of her room. She was too upset to eat, but managed to remain calm the whole time.

Later that night I became thirsty, so I went to the kitchen where I had a glass of water, and then became aware of a noise I heard coming from the window. As I raced back to the bedroom I realized the sound was coming from Mary's room. Jane's sister, little Mary, was apparently running off that night, with the very bus conductor.

The noise woke up the father, who then became aware of what was going on, and woke up everyone. Later on when Mary returned, she called for Jane to let her in

the house, since the father had closed the window.

The father and the rest of the family were patiently awaiting Mary's return. Upon her return her father shouted, 'Mary, come here!' Without listening to what Mary had to say, he immediately grabbed a belt and started beating her all over her body. I wanted to stop him; since she was young and had obviously made a mistake. But there was nothing I could do. He hit her over and over again with the buckle of the belt as she screamed for mercy and eventually fell and hit her head. The mother and Jane finally managed to stop him, and rushed Mary to the hospital. She was treated and kept for a while, to heal. I later learned that the father was arrested.

Mary now has marks to last her a lifetime and her scarred and wounded feet where she received the most blows is now a permanent reminder of that one mistake she made.

During this incident I was very scared and frightened. I was helpless and didn't want to interfere in the family matters. But I was a witness. If only I had known how to help Mary... All I'm left with is 'fear' and 'if only.' I hope no other young girl will have to face such abuse, for any mistake made.

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"What we see changes who we are" JR

Are you a witness or victim of violence? You are not alone. Make your anonymous call to Help & Shelter today and speak with a live counselor on 227-3454 or 225-4731.