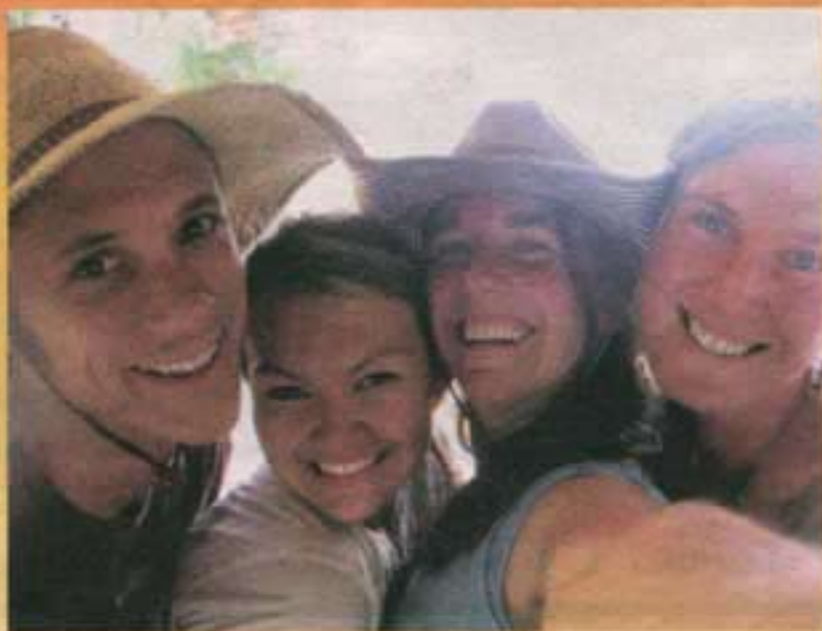




FAMILY

BEST PLACE TO FIND YOUR TEENAGER AFTER SCHOOL

The 3 o'clock bell has rung. Where are your kids? Parents wait for the check-in, those texts or phone calls that let them know where to find their



KIM STUFFELBEAM

offspring. Try Main Street in Sebastopol, at the small white Victorian that is home to the **Ceres Community Project**. In the well-organized kitchen, a half-dozen teens from schools throughout Sonoma County annually create and package thousands of healthy, gourmet meals for people with cancer and other life-threatening illnesses. Under the tutelage of professional chefs and nutritionists, volunteers learn basic cooking skills, nutritional information and how to work together as a team. From recipe to cleanup, students discover what making a healthy meal entails. But even more importantly, they learn the value of giving to individuals, the community and ultimately, themselves. The hands-on experience also counts as credits toward community service, a necessary part of college applications, and as a reference for job applications. And hopefully, they'll bring those cooking skills home, and give mom or dad a break in the kitchen. 330 S. Main St., Sebastopol. Contact volunteer coordinator Margaret Howe, 707.829.5833, ext. 2.—S.D.