

After-school group offers youth a chance to cook up something good

By Lori Bledsoe

FOR THE ALPINE SUN

ALPINE - There is great news for teens who want to retreat from the noisy reality of life and spend some quality time with homework, studying, or just reading a favorite book.

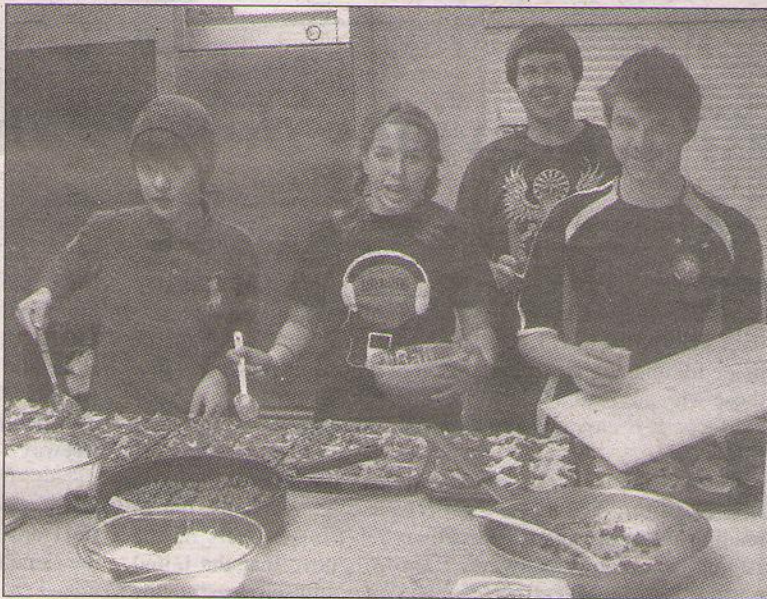
The Alpine community church Youth Night has grown to encompass a homework/study time beginning at 3:30 p.m. on Wednesday afternoons. This is an hour and a half of quiet time to work on whatever needs done before an instructional meal preparation and dinner takes place at 5 p.m. before the Youth Group Meeting that begins at 6:30 p.m. and lasts until 8 p.m.

The idea of study time for teens was cultivated to allow for an escape from electronic media such as television, radio, internet and personal media devices, as well as the opportunity to find quiet time to concentrate on lessons and homework. Chris Wiley is one of the people who offer adult supervision during this hour and a half not only to ensure proper behavior and safety, but also to lend a helping hand on lessons.

The chance for quiet time away from the distractions of everyday

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The ACC teens make supper at Youth Night. The kids create meals from scratch in the community church kitchen.



Youth

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Above, the finished product, Lasagna Cupcakes made from scratch. Below, the teens get to enjoy the fruits of their labor with a tasty supper.



life is almost a luxury today. Even the library, though it is quiet and has all the reference materials a student could need, has the distraction of the computers and the internet. This weekly event offers a quiet place to work with the promise of interaction later in the evening.

When the homework/quiet time has ended, the Meal Preparation/and Dinner time begins. Susan Manis offers her cooking skills and cheerful disposition to help teens prepare dinner and dessert.

These recipes offer teens the chance to take part in real food preparation. This means that they clean, peel, chop, slice, dice ingredients and make their recipes from scratch. Many youths and teens have never participated in meal preparation, and often when they do, they use only pre-prepared boxes and cans. The Meal Preparation also includes setting the table, serving the food, and cleaning up. It's a great time for friends to spend together finding out how fun food preparation can be, not to mention how tasty!

The Youth Group Meeting officially begins at 6:30 p.m. and offers a chance for youths to discuss religion, their faith and other issues of importance in their lives. Derek and Helen Davis are the Youth Group leaders, while Flora Thompson is in charge of volunteers. The Youth Group also takes part in several activities throughout the year such as beach trips in the summer, a trip out to the Borrego Desert, a ski trip, and they participate in the Relay for Life Cancer Walk.

For more information on how your youth can participate in this program contact the Alpine Community Church, 2225 West Victoria Drive, Alpine, Alpine, 445-2110.