



Cooking Up Love

Ceres Community Project mentors teens, enriches the soul and aids the needy.

by *Columbia Shafer*

SEBASTOPOL, CA - If you walk into the Ceres kitchen, located in downtown Sebastopol, you will find it full of chefs slicing and dicing, stirring soups and roasting vegetables. However, these chefs aren't adults cooking as a job, they are teens volunteering for a cause.

The Ceres Community Project brings teens from all over Sonoma County into the kitchen to work side by side with experienced adult mentor chefs and learn how to cook. The teens learn culinary skills and nutrition by preparing healthy and nourishing meals on a weekly basis. Then, the free meals are delivered directly to the homes of individuals and families facing life-threatening illnesses, mostly cancer.

As a teen working in the kitchen I've been able to see first hand the positive influence Ceres has on everyone

involved. Not only are we teens taught the valuable skill of cooking, we also get to make an impact on our community. I've found it isn't always easy to bring about change in our society, but working with Ceres makes it easy and enjoyable to affect the community beneficially.

Sometimes a client who has been receiving food will come into the kitchen to speak to us. One woman who had received food while her husband was sick, told us that getting the food deliveries every week was "like Christmas," and was the one thing she could depend on while everything else was so unstable. Another client told the teens that she was sure the food was the reason she had re-

Ceres' Community Project Vision:
We see a world of heart-centered, vibrant communities in which we live with an understanding that humans are deeply interconnected with all life, where we care for one another and our earth, and where everyone has access to beautiful, delicious and healthy food.



Columbia Shafer preparing the next tasty meal

covered from the cancer and she said to us "You saved my life!"

Being able to hear this makes me remember exactly why I want to come into the kitchen every week, and it makes the mountains of onions that I cut and the piles of dishes I wash completely worth it. I know that I'm not the only teen here who feels this way. We are thrilled that we are getting to

learn a great skill while also making the world a better place and having fun too. From what I've seen of Ceres, every single person who is involved is touched by it's goodness.

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Young Rapper puts Fun into Earth Awareness

by *Sarah Wilkinson*

Cardell Hopkins, aka Lil Peppi, has his sights set on saving the planet. And at just eleven years old, the Florida-based rapping prodigy is doing a king-size job at making himself heard, emceeing an inspiring message to protect the Earth and gathering quite a fan base in the process.

"When I saw the film *Happy Feet*, it made me understand more about saving the environment," he explained. "And I also heard about global warming on the Discovery channel. All this information made me decide to do something."

Lil Peppi however, is not your average schoolboy rapper. He has been writing songs since he was just three. Eight years on and his matured up-beat, Latin-fused hip-hop rhythms and catchy but level-headed environmental lyrics have turned him into an internet sensation. This has led to several awards, as well as earning him serious eco-rapper recognition.

Peppi has performed live in front of audiences across the US, once opening in Miami for DJ Jazzy Jeff, who rose to fame alongside Will Smith in *The Fresh Prince of Bel-Air*.

“ I’m bringing attention to the planet through my music... I’m just one little boy but I will work hard to continue to spread the climate message one ear at a time. ”

"He'd love to appear in the UK," declared proud dad, Anthony Hopkins. "Performing in London is a real dream of his. As time passes, I am very hopeful he'll get that opportunity."

Not yet a teen, Peppi is already the new face of urban eco-activism, with a stage presence of someone three times his age. Recognizing his potential to capture the world's attention, he was recently flown to New York City, VIP-style,

to film his part in the environmental series 'Whole Earth Generation'. His efforts have also seen him named a Hero by The United Nations Environmental Programme and a Super Hero by the eco-valiant cartoon character, Captain Planet.

"Climate change is a real issue that is facing us all," Peppi told Positive News. "I am hoping Prime Minister Cameron, President Obama and other world leaders will charge forward towards solving our climate problems. But all the countries of the world will have to pull together to really solve climate change," he added. "I'm not worried because I know we will all pull together – all the kids and adults from all over the world... We will save Mother Nature!"

To listen to Peppi's inspiring music visit:
www.lilpeppi.com
 Story from Positive News UK



Above and right: 11 year-old Lil Peppi

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