

Life's Kitchen News Update

Q&A WITH TRAINEE GISELLE



We recently sat down with the very spunky, very spectacular, dear to our hearts, amazingly wonderful miss Giselle (Gez), a 16 year old trainee at Life's Kitchen. Here's what she had to say...

LK: Why did you decide to join Life's Kitchen?

GEZ: I came to Life's Kitchen because I wanted to start a new life.

LK: What's your favorite thing to make in the kitchen?

GEZ: The stew for Interfaith because it shows me all the kitchen things at once. It has cutting involved, so knife skills, plus all the ingredients, so like math and following the recipe, and I'm learning how to cut meat. I like to do multiple things during a recipe.

LK: What's in it?

GEZ: Basil, beef base, steak, potato, lentils, garlic powder, onion powder, celery, onion, carrot... there's a lot of things in there.

LK: Do you want to be a chef?

GEZ: Oh yeah. I love doing the art on the plate and serving and I love watching people eat my food. I love that. That's my favorite thing.

LK: What's the hardest thing you've had to do so far?

GEZ: Listening. It might be crazy but, yeah, listening. I'm a person who listened to myself only and no one else. I've been let down a lot. That's why I'm a fighter. I had to be. But I've learned it's not bad to relax and try to let others know you. It makes you a lot happier instead of just wanting to fight everyone in the whole entire world.

LK: Tell me about life before Life's Kitchen.

GEZ: I used to be wild. I just partied, I drank, when I was 14 I got into hardcore drugs. I got kicked out of three schools. I got in fights a lot, I did street fighting. I didn't listen to anyone, not my parents or anyone, I was barely home. I was a runaway. When I was in school, ever since I was in first grade, I was always fighting with the teachers and in trouble and getting suspended. And getting kicked out because the school couldn't handle me anymore.

I also hung out with really bad kids. Other kids who were wild too. My rock bottom was when I was arrested because of my friends and they didn't care. They didn't care about me at all. They were just using me.

Everything in my life was bad. It wasn't worth it at all. I was unhappy, very unhappy. It was hard.

LK: And now?

GEZ: Outside of Life's Kitchen, people judge me because of the person I used to be and Life's Kitchen doesn't do that, they actually support me. And they accept the way I am and they help me become better.

LK: Major accomplishments you're really proud of?

GEZ: I got a job. I'm working at Idaho Pizza. I had an interview and they hired me on the spot.

LK: What is your favorite thing to do at Life's Kitchen?

GEZ: The dish pit because I love the power hose. Other trainees complain about the dish pit but I don't know why. They just don't know what fun is apparently.

LK: What do you think of the life skills classes?

GEZ: I enjoy life skills a lot. I love the people who come in to teach because they explain things really well and help us find the bank accounts that we need and help us for the future and everything. I really like that because a lot of people just put me down, they don't actually try to help they're just like '*oh, you're not going to understand this anyways*' you know. They put me down to the ground, under the bus. But that's why I love Life's Kitchen so much because you guys are helping me get above the bus, like where you guys are.

LK: You've been studying for your GED, right? How's that going?

GEZ: I finished my Math test which was the hardest one for me. I almost passed the Science and the Language Arts ones, I was just a couple of points away, but I'm going to keep working on them. I've been working with the tutors here every week.

LK: Let's say three years go by and you haven't really been in contact with Life's Kitchen, you're not sure who's still here, do you feel like you could walk in and get help if you needed it?

GEZ: Yeah. Yeah, I know I could definitely come here if I needed a job or something. I can count on you guys.

LK: Future plans?

GEZ: I want to stay with Idaho Pizza Company, and I'm starting the Idaho Youth Challenge Academy in January. Eventually, I want to go to CWI and do the firefighting program. I'm really excited for my future right now.

LK: What's the most important thing you've learned at Life's Kitchen?

GEZ: That's it's not all about me. You have to care about other people, you have to help other people and everything. You have to be a team player. You have to communicate well. Life's Kitchen has been awesome. I'm changing a lot. I'm listening. I'm being a team player. It feels like I've been dealt a second life.



MORE GOOD NEWS FROM THE KITCHEN

Fall 2017 Graduation

Mark your calendar! Come down to the cafe Monday at 4 pm and help us celebrate three graduating trainees. Nicole, Jasper, and Giselle worked their tails off while in the program, learned a lot of kitchen and life skills and had fun while doing it all! We can't wait to recognize these young ladies in front of friends, family, and LK supporters like you!



Your Support Changes Lives

Today, there are ten trainees in the program at Life's Kitchen-ten lives working to overcome adversity and begin anew. At Life's Kitchen, we know that so many youth in our community face disadvantages including abuse, poverty, addiction, and social and mental obstacles. We know that high school drop outs and youth with a juvenile record are 3.5 times more likely to be incarcerated. We also know that change is possible, and with the right environment, with a new beginning and a foundation for future development and growth, at-risk youth can transform their lives.

From trainees like Giselle who fought with every single staff member and fellow trainee during the first weeks of her program and then laughed and cried and hugged every single staff member and fellow trainee during her final weeks, to the trainees still out there, angry and struggling and alone, we know that they are counting on us. There's still so much Life's Kitchen needs to do. We as a community cannot overlook those who need us to provide them with the necessary tools to fuel their growth and lead them to future success. The trainees at Life's Kitchen are counting on all of us.

We depend on the generosity of donors to continue to provide much-needed services to young adults in our community who are in need of a second chance. Please consider making a donation to support the work of Life's Kitchen. No donation is too small- any gift will be greatly appreciated. Your gifts help restore broken lives.

Thank you so much for your help.

Sincerely,

Our chefs, tutors, mentors, staff, and board of directors- everyone here who works to serve our trainees thanks you for your generous support.

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11/10/2017

Q&A with Trainee Gez!

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