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# Long Island Parent

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## Junior League Hosts Healthy Living Event for Kids in Amityville»

The Junior League of Long Island, a nonprofit organization of women volunteers, joined the battle to help end childhood obesity on Long Island by hosting Kids in the Kitchen, an educational and fitness-themed event, on March 9. Fifty students from Park Avenue Memorial Elementary School in Amityville and their families enjoyed an action-packed, fun-filled day learning good eating habits, exercise options, and the importance of establishing healthy habits at an early age.

“The Junior League has always been about improving the lives of children, and our Kids in the Kitchen initiative empowers Long Island children to adopt healthy habits,” says president Kelly Morgano. “Educating children is the key to reducing the obesity trend in our nation and its associated health issues, such as diabetes and heart disease.”

The event addressed the urgent issues surrounding childhood obesity on Long Island through interactive, hands-on activities and demonstrations from local nutrition and fitness experts. The fourth-, fifth-, and sixth-grade students enjoyed instructional sessions led by Keren Gilbert of Decision Nutrition; Yousef Alawadhi, D.D.S.; staff from Yoga Rocks; fitness instructors Dean and Bernadette Bourazeris; and Myachi instructor Cody Hatch. Party Train DJs and DJ Jonathon Page provided music throughout the day.

Kids in the Kitchen was made possible by donations from many local businesses, including Microsoft at the Walt Whitman Mall, American Girl, Smoothie King of Carle Place, Giovanni’s of Massapequa, Matteo’s of Roslyn, and Park Avenue Grill of Huntington.

For more information on the Junior League of Long Island and its initiatives, visit [jlli.org](http://jlli.org).



Members of the Junior League of Long Island share the spotlight with SpongeBob SquarePants at the organization’s Kids in the Kitchen event.

*Courtesy JLLI*

## A Sweet Show of Support» By Kaitlin Ahern

### Cookie sale spotlights Autism Awareness Month

The ELIJA School and Foundation, a nonprofit organization dedicated to improving the quality of education and intervention services for individuals with autism in the Long Island and New York City areas, has teamed up with Brooklyn’s Runner & Stone Bakery and Restaurant to host a special campaign throughout April, in honor of Autism Awareness Month.

The Champions of Hope Cookie Campaign features 11 customized shortbread cookies and cookie cutters, each of which represents an ELIJA student. Runner & Stone’s head baker Peter Endriss will create the cookies, and then each will be individually packaged with its corresponding cookie cutter, a copy of Endriss’s own brown sugar shortbread cookie recipe, and a description about why the shape was selected for a particular child. For example, a seagull represents Anthony because he is easy-going and free-spirited, and a butterfly represents Gianna, whose parents selected the shape for its whimsical beauty.

“All of ELIJA’s students have unique personalities that make them special, and this is what ELIJA hopes to highlight during this campaign, with the help of Chef Peter,” says Debora Thivierge, ELIJA School founder and executive director.

Cookies will be available for purchase through The ELIJA School and at Runner & Stone Bakery for the month of April. All proceeds from cookie sales will directly benefit The ELIJA School, its students, and community outreach services, including the new parental counseling group initiative planned for later this year.



Each of the 11 cookies included in the Champions of Hope Cookie Campaign represents a child with autism.

“Since we just opened in December, this April is Runner & Stone’s first Autism Awareness Month and we are thrilled to be supporting an organization as wonderful as The ELIJA School and Foundation,” Endriss says. “ELIJA does amazing work with the children at the school and their outreach services for Long Island and New York City are crucial.”

For more information about the ELIJA School and Foundation and the Champions of Hope Cookie Campaign, visit [elija.org](http://elija.org).

*Courtesy The ELIJA School and Foundation*