

NEIGHBORS

WHAT'S UP NEXT DOOR AND AROUND THE CORNER



WEST HEMPSTEAD RESIDENT KIM NEDELKA completes her crunches while Michael Patrick, 8 months, watches with a smile on his face.



VERA AMICO, center, works out her abdominal muscles on March 29, with help from her husband, Al, and Elizabeth Waltrich.

Exercising to improve the lives of children

Dozens of women took to the mats on March 29 at the Lady of America gym in West Hempstead to participate in the Fitness Station's Ab Crunch Challenge. For one hour, participants exercised their abdominal muscles by doing crunches, with hopes that they will help to raise \$1 million for St. Jude Children's Research Hospital. The 20 participants raised \$225 by completing 96,000 crunches in total.



ELIZABETH WALTRICH cheers on the participants at the challenge.

WEST HEMPSTEAD'S LADY OF AMERICA owner, Vera Zefiro, gives a few pointers to the crowd before the challenge begins.

