

MODEL CITIZENS

LONG ISLAND

ANNUAL SWIMSUIT ISSUE

MODELCITIZENSMAGAZINE.COM

June 2020

FREEDOM VS. SAFETY

MODEL CITIZENS TACKLE THE DEBATE ON WHICH IS MORE IMPORTANT, OUR FREEDOM OR OUR SAFETY. WHAT'S THE LESSER OF THE TWO EVILS, ECONOMIC HARDSHIP OR RISK MORE LIVES? THE CHOICE IS NOT SO EASY FOR MANY TO MAKE.

MODEL CITIZENS BARE IT ALL FOR CHARITY

JUNE 2020 MODEL CITIZENS BARE IT ALL FOR CHARITY



JASON MARTELLO

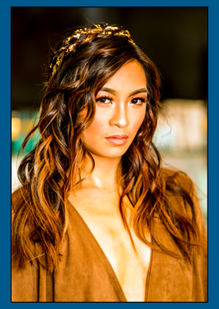
Model Citizen Jason Martello is the founder and CEO of the startup M&M SOCIAL MEDIA that is totally crushing the social media world with Jaoson innovative ideas and creative thinking. When not networking, Jason is very engaged with paying it forward.

TODD MIRANDA



Financial advisor, entrprenuer, promotoer, and father, Todd Miranda is a networking guru with top level clients and contacts. Todd is active with many charities including his passion for giving. Todd shares his experiences with conquering diabetes in this issue of Model Citizens Magazine.

AMANDA LE



Amanda Le is the daughter of two vientnamese foster children who emigrated to the USA and have built a life of their dreams while supporting Amanda's desire to become a model and a model Citizen.

LISE WASSERMAN

A mother of four and a hopeless romantic, Lise Wasserman shares her quest for love with Love Guru John Joseph Dowling Jr.





https://namiqn.org/

RACHEL GRANT

Traveling the world for film and TV Former Bond Girl, model, international travelor and model citizen cover girls shares her story of life on the road. Letting the Model Citizens Community know that she always comes home to Long Island.





SAL FERRO ALURE HOME IMPROVMENTS

Model Citizen and Alure Home Improvement's CEO Sal Ferro shares what the state of construction is on Long Island, What to Expect, and What's next.



KRYSTAL KOHLES

Even from a place of pain and loss our model citizens find courage to transform that pain into love. Krystal is such an amazing transformer.







RICHARD BEDROSIAN

Iconic CLub Promoter and Resteraruntor Richard Bedrosian makes raising money for charity easy even though he often helps behind the scenes. Richard shares his passion and amazing history of promoting Long Island.

AMANDA COLANDRO

Model Citizen Amanda Colandro is also a NURSE PRACTICIONER who volunteered at the Huntington Hosptial in the midst of the Corona Virus putting her life at risk for others.



JAMES MANICONE

Model Citizen Margreit Jupp McInnis shares her story about her first of three novels Runaway At sea. A story about her own family heritage and survival at sea.





BOB POLICASTRO

Model Citizne and Angel's House Founder and CEO shares why he has a passion for giving and helping those in need.





AUTUMN BEHM

Model Citizen and single mom Autumn Behm spends her free time giving to every charity on Long Island. Making Giving a lifestyle. Why is Autumn so passionate about the Leukemia and Lymphoma Society's Man & Woman of The Year Campaign. Read on to find out.

ERIKA DUGAS

Model Citizen Erika Dugus is a NURSE and Cargiver who puts her clients first risking her life for others. From Lithuania with LOVE.

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LYDIANE INTERDONATO

FEATURED STORIES JUNE 2020

John: What charity are you supporting?

Lydiane: The charity I am supporting is NAMI The National Alliance on Mental Illness. Being a child of two parents with severe mental health disorders is the catalyst of my commitment to the organization. NAMI provides a plethora of services to educate, and support families and indidvual's struggling with a mental health disorder. I actively involve myself in the organization. I run a monthly support group at Nassau University Medical Center that provides families of loved ones a place to seek support, and full anonymity. Co-existing as a child with two parents with schizophrenia is an arduous existence. It pleasures me to be able to provide others with comparable situations a safe place to disclose their personal struggles, giving them a safe place to cope with the outgrowth of adversity mental illness creates.

MODELMAGAZINE CITIZENS JUNE 2020

LYDIANE INTERDONATO



LIFTING THE STIGMA OF MENTAL ILLNESS

John: Can you explain in further depth what happened to your mom?

Lydiane: I lost my mother to schizophrenia at the age of 15. My mother's schizophrenia plagued us all quite rapidly. The onset of her blistering psychosis would be the embarkment of many years of affliction and ultimately the loss and degeneration of my mother.

In an unfruitful attempt by my family to hospitalize my mother (there were several), she was diagnosed with paranoid schizophrenia. She refutably denied her diagnosis and refused taking medication, as a result it was the commencement of full mental degeneration of my mother's mental state and her ability to live life functionally. Her mental sanity became irrevocable, resulting in the loss of her family, friends, work, and ability to parent. Her illness resulted in her full estrangement from her own children; she lived a life of homelessness and isolation.

John: Just Heartbreaking Lydiane.

Lydiane: It has been close to 24 years since I have seen or heard from my mother, her whereabouts are unknown.

Forcibly I mourned the loss of mother like a death, she was no longer existent, an entity in my life, and she was taken from me. The affliction of mental illness is pervasive, demoralizing, and all encompassing. My experiences have greatly defined my character and my perceptions on all areas of my life. Those experiences have dictated my conceptualizations, my choices, interests, my passions, and every facet of who I am.

John: Is it uncomfortable for you to openly speak about your family story?

Lydiane: There is always an underlining discomfort in sharing my family's mental health diagnoses especially since the stigmatization is so pervasive and faulty. I am not the child of just one parent with mental illness; I am the child of two parents with schizophrenia, which can make the scrutiny even more permeable. That discomfort for me has greatly dissipated over the years as I worked rigorously to cultivate the person I am. I refuse to live shamefully, or in a self-imprisonment of fear of how people may internalize or perceive my loved ones or myself. I had lived my entire childhood with the unspoken clandestine truth of my parents schizophrenia. It was tormenting and isolating.

LYDIANE INTERDONATO

LIFTING THE STIGMA OF MENTAL ILLNESS

MODELMAGAZINE CITIZENS JUNE 2020

That surreptitiousness with harboring what pains you just aids in a perpetuation of more pain. It feels so much better to be in full acceptance of who I am with no regard of outward judgment, it's freeing.

John: You make much reference to breaking the stigma of mental illness?

Lydiane: Mental Illness has become a more mainstream topic in recent years. One in 5 people will be diagnosed with a mental health disorder of some kind. Schizophrenia affects 1 in 100 people.

That prevalence is extremely ubiquitous, yet despite its prevalence the more severe mental health diagnoses are still not being spoken about openly. Not only does this silence harbor pain for the families of loved ones with mental health impairments it creates a perpetuating cycle of those suffering to refute acceptance of their mental illness, and intern it creates an impediment in the success rate of treatment, willingness to take medication and seek the resources a person needs to live successfully. My father is living proof you can live successfully with schizophrenia.

With mental fortitude, a person with a severe diagnosis can live a very functional life. We need to hear more success stories not the faulty, convoluted stories on mental illness that continue a perpetuation of stigmization.

John: You mention your father having a positive outcome?

Lydiane: My dad was diagnosed with paranoid schizophrenia in his early 20's. He's an exemplification of mental fortitude, a person of extreme willfulness, who decidedly chose to live his life in acceptance of his diagnosis. He's a father, grandfather, and dog owner, homeowner just like anyone else. He sustains his mental health working moiling hours, which he finds to quiet his mind, he takes his required medication daily, and in his limited leisure time he engulfs himself in his deep fondness of art.

https://namiqn.org/



Model Citizen Sal Ferro and Molly Perrotta Ferro

As with many businesses all non-essential construction was shut down, except emergency construction, (e.g. a project necessary to protect health and safety of the occupants, or to continue a project if it would be unsafe to allow to remain undone, but only to the point that it is safe to suspend work). The only construction that was allowed to continue was defined as Essential Construction and that included the following regulations:

Construction for, or your business provides necessary support for construction projects involving, roads, bridges, transit facilities, utilities, hospitals or healthcare facilities, homeless shelters, or public or private schools;

Construction for affordable housing, as defined as construction work where either (i) a minimum of 20% of the residential units are or will be deemed affordable and are or will be subject to a regulatory agreement and/or a declaration from a local, state, or federal government agency or (ii) where the project is being undertaken by, or on behalf of, a public housing authority;

Construction necessary to protect the health and safety of occupants of a structure;

Construction necessary to continue a project if allowing the project to remain undone would be unsafe, provided that the construction must be shut down when it is safe to do so;

Construction for existing (i.e. currently underway) projects of an essential business; or



construction work that is being completed by a single worker who is the sole employee/worker on the job site. At every site, it is required that the personnel working on the site maintain an appropriate social distance, including for purposes of elevators/-meals/entry and exits. Sites that cannot maintain appropriate social distancing, as well as cleaning/disinfecting protocols must close. Enforcement will be conducted by state and local governments, including fines up to $10,000 per violation. Construction was allowed to continue solely with respect to those employees that must be present at the business location/construction site in support of essential business activities. No other employees/personnel shall be permitted to work in-person at the business location/construction site. Any other business activities being completed that were not essential are still subject to the restrictions provided by Executive Order 202.

As noted above, local governments, including municipalities and school districts, are allowed to continue construction projects at this time as government entities are exempt from these essential business restrictions. However, to the greatest extent possible, local governments should postpone any non-essential projects and only proceed with essential projects when they can implement appropriate social distancing and cleaning/disinfecting protocols. Essential projects should be considered those that have a nexus to health and safety of the building occupants or to support the broader essential services that are required to fulfill the critical operations of government or the emergency response to the COVID-19 public health crisis.

SAL FERRO

Virtual Showrooms and Construction During The Coronavirus

Model Citizen Sal Ferro
Alure Home Improvements CEO

As of May 22nd. Governor Cuomo says that, "Both Nassau and Suffolk can reopen this week. In anticipation of that, we're going to allow construction staging — Phase 1 construction begins," the governor said. "Before you can begin construction, you have to stage, the construction with materials on-site, and safety precautions have to be on site. So we're going to allow that construction staging." The first businesses to be allowed to reopen will be those reviewed as most essential, with the lowest risk. Phase 1 includes construction, manufacturing and wholesale supply chain businesses, along with select retail stores with curbside pickup.

CONSTRUCTION DURING CORONAVIRUS

For those who have put off construction because of the coronavirus, the industry does expect to see some pent up demand from homeowners who have been confined to their homes for the past few months, and are now even more eager than before to make some upgrades, as many expect to spend even more time at home as we move forward and restrictions and loosened. Homeowners may want to modify and enhance their living areas for home schooling, and spending more time working from home, which seems to be the new norm for a least a few industries. This is also a great opportunity to revitalize eating areas, backyards, decks, and to do the necessary maintenance as interest rates have never been this low before. Doing so will also be assisting the recovery and getting people back to work at the same time. Our number one priority has always been the safety of our customers, our staff and our community. From day one of this pandemic, Alure has taken great effort to implement and adhere to all of the rules, regulations and recommendations as put forth by the Governor and the CDC, so that we can continue to safely serve the needs of our customers. We immediately adjusted our business model to provide virtual consultations, providing homeowners the opportunity to get their process started by meeting virtually over the computer with one of our designers, and while we couldn't start every project until the restrictions were lifted, we found that homeowners were incredibly appreciative that they could at least get a head start on the design and selection process for their desired projects. For some projects, we even have the technology that enables a homeowner to take pictures of their home, upload them to an app, which we are then able to gather measurements from, and in turn provide them with estimates and visual ideas, without even having to the visit the home. Homeowners were not only receptive to this shift, but very appreciative of it.

So while it's about safety first, we've always to made sure to continue to provide a tremendous amount of value to our customers while maintaining the highest level of customer support and service. There are many great contractors out there, and unfortunately not every business will survive the shutdown period. For homeowners eager to get projects started after a few month delay, it's important to still do your due diligence and make sure to hire a licensed and insured contractor, who can demonstrate that they are following all of the necessary protocols to ensure the safety of both your family and their staff, throughout the duration of your project

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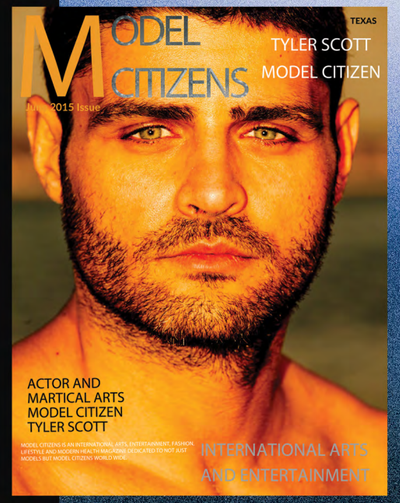

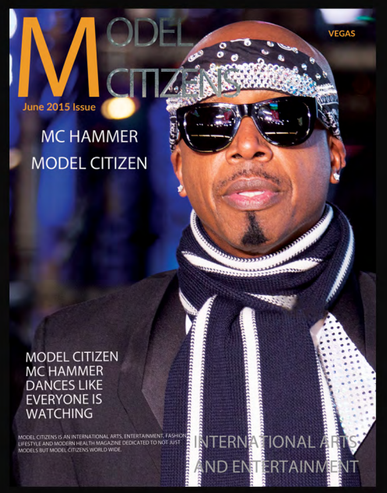

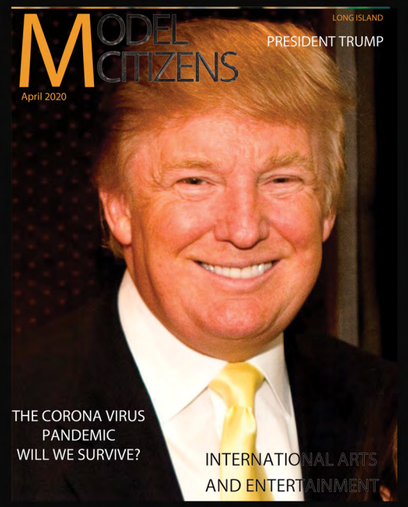









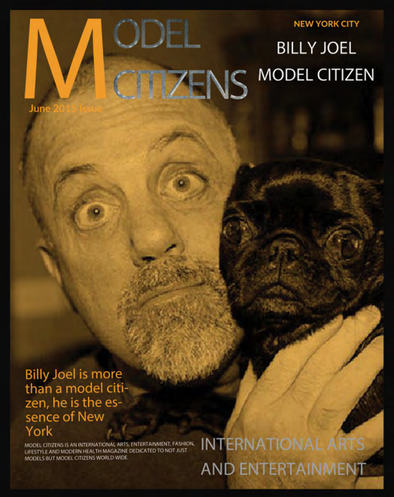



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Model Citizens Magazine is published world wide with content that was developed over three decades. With both photographs and videos spanning from the 1980's to the present! Model citizens magazine is an interactive experience with full episodes of branded series embedded along with video clips, inteviews, and behind the scenes stories and phototographs. Model Citizens Magazine has many geotarged editions and is always including new cities and countries in its publications. These are real model citizens and as such their stories are timeless. Model Citizens Magazine is distrubted via viral email as it is compressed but high quality and very shareable.

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Model Citizen Krystal Kohles



Sports and staying active was always a big part of my childhood and my life today. I was always very active as a child. I started dance at the age of 2 where I spent 18 years of my life competing in both dance competitions and modeling patents. Through junior high and high school in addition to dance and modeling , I also was a part of the Gymnastic team and Cheerleading squad. After graduating from Connetquot HS in 2001, I went to Suffolk Community College then moved on to Hofstra. I left college to work with my parents company , bartend out at Claudios and also coach cheerleading. My parents got divorced and the company was sold. However, in 2009 the owners defaulted on their loan and I took back the company. Building it over from the beginning and also growing it into all of Long Island , 5 borrows and New Jersey. Also starting at Judicial Title as one of their Sales Reps on Long Island and started my career in Real Estate.





From being married at a young age, divorced at a young age and all the guys in between I had finally found my match. Jesse Torborg and I had graduated in the same class and had always been friends in High School. Jesse was the man everyone wanted to be. With his big blue eyes, bubbly personality and extreme nact for sports, he was very admirable. Jesse was an outstanding athlete. His strong suit was football however, he hit them out of the park in baseball. So much so that he got drafted to both the Phillies and the Diamondbacks. After being released, Jesse came back home to NY where he joined the Labors Union. After years of dating Jesse found me in 2013. He found out I was single and contacted me right away. From the first day we met we were inseparable. We spent endless nights talking, singing and dancing, traveling the country and enjoying each other's company. It was just easy. The man absolutely adored me.He was my big teddy bear.. my gentle giant. He was my best friend.

https://www.gofundme.com/f/jesse-torborgs-field-of-dreams-scholarship

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Krystal Kohles Model Citizen

MODEL CITIZENS BARE IT ALL FOR CHARITY

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https://www.gofundme.com/f/jesse-torborgs-field-of-dreams-scholarship

Jesse past away suddenly November 9th 2018. I will never forget that day. I had missed his call the night before and tried to call him when I woke up. No answer... Although he had always picked up my calls, I thought he was just busy at work and would call back. I was on my way to a meeting with my client and got the phone call from his best friend Ed. Thinking Ed was calling me back from the day before I answered all spunky and to my surprise he had told me Jesse was gone. That moment by far was the worst day of my life. Jesse had got injured and turned to alternative forms of medication in a desperate attempt to find comfort from his sports injuries. Unfortunately in New York 80 percent of deaths involve opioids. It's a terrible epidemic and it needs to get more attention. However, I wanted to create our Foundation on who Jesse was as a person and what he bought to the world and not how he past.

Being that Jesse was such an inspiration to a lot of people and most athletes I decided to create a Foundation and scholarship fund in his name. 33 was his number so I came up with 33andMe- the Jesse Torborg Field of Dreams Scholarship. Not only did it keep me busy and focused but it helped his parents out tremendously. The concept of the Foundation was to help seniors that are going to further their love for the sport in college. They had to write an essay, have a certain grade point average and get letters of recommendation. I also adopted a portion of Nichols Road where his name is placed. Once a month we have to clean the highway and it benefits the environment. His picture is also placed in Applebee's in Bohemia where we all spent many nights there as kids..

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MODEL CITIZEN KRYSTAL KOHLES

MODEL CITIZENS BARE IT ALL FOR CHARITY



https://www.gofundme.com/f/jesse-torborgs-field-of-dreams-scholarship

That January 27th on his birthday we had our first fundraiser. We blew it out of the park. The place was packed and we raised over 10 thousand dollars. We bought the baseball team equipment for the season and also all of their T-shirts for practice. We then gave a scholarship to one of the seniors going to college to continue their love for baseball. This year before this pandemic hit we decided we would have a scholarship for both football and baseball . Unfortunately, the baseball team did not get to have a season so we decided that the seniors that wrote essays would get a certain amount for their effort and to give the rest of the seniors an amount because that was the fair thing to do. During this pandemic our foundation has supplied food for Options for Community living and bought Crome books for children in need of learning. As you grow older, you will discover that you have two hands- one for helping yourself, and the other for helping others. I am so blessed to be able to help other people and give back to my community. It is a different sense of rewarding. Jesse will live on through our actions and is always watching over me from above.

Hero’s get remembered but legends never die.

MODEL CITIZENS MAGAZINE JUNE 2020 DANTE PAGANINI IN MEMORIAM







Today is a time to Reflect and pay tribute to our dear friend, Dante Paganini, a man who touched every Long Islander through his craft as an Icon in the Hospitality Industry.

Today is a time to reflect on the stories that bring a Smile and a Luagh. Stories thtat soothe and comfort. Stories that pay tribute to a man that given so much to so many and asked for little in return.

Today we celebrate a life that was lived to the fullest. A life that indelibly etched its mark on each of our souls and on the landscape of Long Island Hospitality.

A life committed to the common values of strength, pride, Honor, Courage, and Purpose. Above all, A life committed to the love of Friends, Family, Country and the Hospitality Industry.

Dante's Life may be defined by the countless aquaintances he served as the Maestro, the artist creating social spaces that dominate the landscape of Long Islands Hospitality Industry. Spaces that offer guests a comfortable place to seit and dine with others. Spaces that give us time to be alone. Spaces that extend informal invitations to laugh together and dance together with other strngers until they are strangers no longer.

Dante made everyone feel important. He set the stage and the table for the rust of us to celebrate, Runinate, Negotiate, Commiserate, and share our living histories.

Somewhere Dante is smiling down upon us with a tape measure in hand creating a new space. Just close your eyes.... you will see his infectious smile, hear his gravelly voice and controlled laugh.

Never forgotten..... Forever Missed
Until we meet again
The LIHB and entire Hospitality Industry celebrate your life.

DANTE PAGANINI

MODEL CITIZENS IN MEMORIAM

MODEL CITIZEN DR. JULIA QUINLAN

MENTAL HEALTH AND ADDICTION AMONGST THE COVID-19 WORLD HEALTH CRISIS



COVID-19 is an unprecedented event that has affected not only the United States but the entire world. These unique times have had a significant impact on the lives of many through the effects of social distancing. New York State was placed on "pause" by New York Governor, Cuomo, effective 3-22-20. This "pause" was absolutely essential to "flatten" the curve," or more simply put, to reduce the number of persons infected with COVID-19 by enforcing conditions (i.e., social distancing), that would reduce transmission of the virus.

Since the mandatory "pause" was enacted there is also a standing mandate that New Yorkers wear a face mask in all public places. Wearing a face mask has become our "new normal." The COVID-19 pandemic is the first pandemic of a significant magnitude since the Spanish Flu Pandemic in 1918.

Social distancing, although a necessary means to reduce infections, has had a significant effect on the mental health of our society. This is further highlighted by the American Psychiatric Association's (APA's) press release on March 25, 2020 that provided results of a survey that found that "more than one-third of Americans say the pandemic is having a 'serious impact' on their mental health."

The poll further found that "Nearly half of Americans (48%) are anxious about the possibility of getting coronavirus, COVID-19, and nearly four in ten Americans (40%) are anxious about becoming seriously ill or dying from coronavirus, but far more Americans (62%) are anxious about the possibility of family and loved ones getting coronavirus.

More than half of those surveyed felt that coronavirus is having a serious impact on their day-to-day lives, 57% are worried about the serious negative impact on their finances, and two-thirds of Americans (68%) fear about the long-lasting impact that coronavirus will have on our economy.

As a physician, I have heard first-hand and witnessed the increased levels of anxiety, depression, and heightened level of stress that social distancing and the uncertainties have caused. Lack of access to healthy activities such as exercise (gyms closed, etc.) have resulted in a more sedentary lifestyle. These factors, which include a loss of normal routines, boredom, stress, and other factors, has led to some Americans gaining weight. Increased levels of stress, anxiety, fear, helplessness, depression, use of drugs and alcohol are just a few examples of the sequelae from the myriad of negative social ramifications from COVID-19.

Those with a pre-existing mental illness such as depression and other disorders have a higher risk of worsening symptoms and suicidal behavior. History shows that the Great Depression of the 1930s, one of the most catastrophic events in America resulted in an "experiential trauma" by the population at that time. I fear that we will see similar reactions such as an increase in the rate of suicides, depression, anxiety, insomnia, PTSD, and drug and alcohol use.



JULIA D. QUINLAN, DO, FASAM
BOARD CERTIFIED IN PSYCHIATRY AND ADDICTION MEDICINE

Model Citizen Dr. Julia Quinlan

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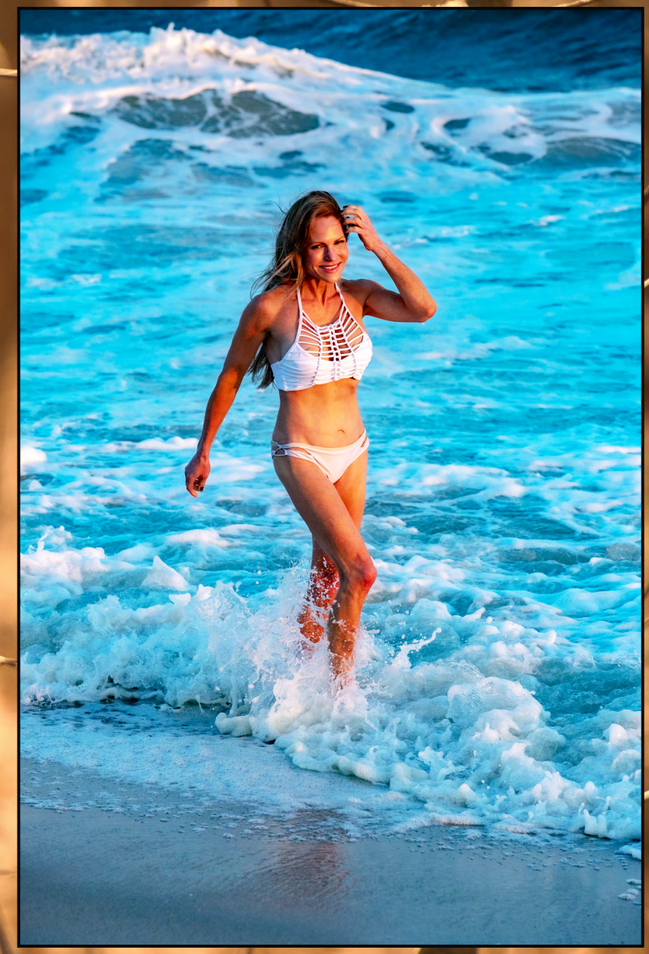
This photo: Alex M. Wolff



Addiction continues to have a huge stigma in our society. The American Society of Addiction Medicine has classified opioid use disorder as a brain disorder. This suggests that addiction is analogous, in a sense, to other chronic medical conditions such as hypertension or diabetes. It further proclaims that addiction is a "treatable, chronic medical disease involving complex interactions among brain circuits, genetics, and the environment." 5

On March 20, 2020, the American Society of Addiction Medicine (ASAM) released updated national practice guidelines for treating Opioid Use Disorder.5 Even prior to the COVID-19 health crisis, opioid misuse was a known increased risk of mortality and morbidity. For example, in 2018, an estimated 10.3 million people in the United States misused opioids. In 2017, while more than 70,200 people in the United States died from a drug overdose; 47,600 of those overdose deaths involved an opiate. One of the biggest contributing factors to such a sharp increase in overdose deaths is the addition of Fentanyl to heroin on the street.

Fentanyl is a very potent opiate that is at least 100 times more potent than heroin. I am a strong advocate for the distribution of Naloxone Rescue Kits (Narcan) which can temporarily reverse an opiate overdose. However, even if Narcan is administered, 911 should still be called immediately as the reversal is only temporary, especially with a long acting potent opiate, such as Fentanyl. Naloxone Rescue kits are now available in more than 2,600 pharmacies in New York State.

For more information please refer to The New York State's Opioid Overdose Prevention Program (www.health.ny.gov). On April 1, 2006, a law was enacted in the State of New York making it legal for a non-medical person to reverse an overdose by the administration of Narcan.

I am also a huge advocate for awareness of treatment of substance use disorders. There are evidence -based treatments for opioid use disorder which can be lifesaving. Although further discussion of these treatments is beyond the scope of this article,

I highly encourage anyone who is struggling with an addiction to seek out treatment from a Board Certified physician who specializes in Addiction Medicine. If you or a loved one is in immediate need of medical care, it is imperative that you seek treatment at the closest emergency department. The highly trained clinicians at the emergency department can then enlist counselors trained in substance use disorders, stabilize emergent medical conditions, and make appropriate referrals. Lastly, I would like to focus on some important methods of self-care and mental health hygiene, commonly known as "Psychological First Aid" during these difficult times and emotional distress. It is important to maintain as many normal routines as possible, to include sleep, exercise, and reducing use of drugs and alcohol as a means of "dealing with stress."3 Merely going for a walk and enjoying the outdoors (while maintaining appropriate social distancing) are important in maintaining both physical and mental health. In addition to exercise I frequently recommend mindfulness as a way of dealing with stress.

There is a free downloadable mobile app at www.ptsd.va.gov-/appvid/mobile entitled "Mindfulness Coach."4 Mindfulness is a term that means staying focused in the moment. Benefits of mindfulness are:
Improved overall well-being
Improved ability to relax and sleep. Reduced impact of stress
Improved coping skills and reduction of negative thoughts, emotions, chronic pain and chronic health problems. Improved blood pressure and immune functioning.

In closing, there are many other ways to reduce stress and better cope with this stressful time. Meditation, deep breathing and prayer, rather than turning to a "temporary fix" such as alcohol or drugs are powerful tools that can effectively be used to reduce stress. National Suicide Hotline Number: 1-800-273-8255
For emergencies, call 911, or go to your closest emergency department. Stony Brook University has a Comprehensive Psychiatric Emergency Program (CPEP) which is open 24/7 and may be reached at 1-631-444-6050.

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LIFTING THE STIGMA OF MENTAL ILLNESS

He didn't have an effortless path to success; there were copious amounts of hospitalizations, psychotic breaks, for a lengthy decade if not more after his onset of schizophrenia. The major struggle was finding the right medication to stabilize him and circumventing situational factors that would trigger his illness. He's works menial jobs as a result to diminish angst and stressors that trigger his mental illness.

MODEL CITIZEN

Christina Lentini

The Coronavirus pandemic has changed our world in many different ways and has created one of the most severe global economic crises in human history. The pandemic has had a profound impact on the insurance industry too. However, the most immediate concern for insurers is protecting the health and safety of employees and their distribution partners in the agent/broker community as they strive to maintain business continuity. Like the commercial policyholders we serve, insurers are being challenged to review and update their crisis management plans and take steps to continue operations with a minimum of disruption to clients.



If they haven't already done so, insurers should consider establishing cross-functional, emergency decision-making teams to coordinate the organization's response, set new safety protocols, and assure quicker action as conditions continue to evolve.

A comprehensive communications system should also be in place to keep employees, distributors, and clients fully informed about the status of business continuity plans and instructions on how to remain personally safe.

One of the biggest challenges that we could be facing is enabling alternative work arrangements for insurance company employees if needed to protect staff and adapt to possible office access restrictions, all while assuring business continuity. COVID-19 could also disrupt an insurer's client service, starting with its distributors.

Agents, brokers, and financial advisors will likely face many of the same risk management and logistical challenges as those being addressed by their carriers, especially since many may also have to work from home. Meanwhile, face-to-face meetings with prospects and clients have been avoided until the risk of exposure passes. Under these circumstances, insurers that have invested in advancing their digital capabilities will likely be better positioned in the short term to maintain a connection to their distribution partners, who, in turn, should be able to offer faster and more comprehensive services to their clients.

MODEL CITIZEN CHRISTINA LENTINI

MODELMAGAZINE CITIZENS JUNE 2020



EquityFirstFoundation.org

Once this outbreak has passed, each insurer's risk management team should assess how quickly and effectively they were able to respond. They should also determine any additional steps that may need to be taken to adapt their organizations and make them more resilient if faced with future pandemic events.

All types of businesses have been impacted due to COVID-19, but we must remain strong together in order to flatten the curve. Times like these help to show us how precious life can be, and the importance of having a good support system around all of us. We will rise above this and come out even stronger than before although the world as we knew it may look different.

While many beleive that this may not be the time to be philonthropic it is just the opposite. How else will we help those desperate familes in need? All of those families struggling just to put food on the table for their children? That is why I am so passionate about the EquityFirstFoundation.com and why I work with Rhonda as often as possible to give back and help all of those in immediate need.

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MODELCITIZEN JASON MARTELLO

MODELMAGAZINE CITIZENS JUNE 2020









John: Jason you have been nominated for the June issue of Model Citizens Magazine for all the charity work you do, and the things you do every day to assist people, so they have better lives.

Jason: Thank you John, I do my best to contribute to as many charities as possible. I started giving when I was an accountant and my passion grew from there.

John: Of all of the charities which is the one that you are most passionate about?

Jason: The Lymphoma, Leukemia Society Man of the Year charity.

John: Why that particular charity?

Jason: Well I saw that about two years ago there were a ton of people supporting the charity and I thought why not jump on board and help. Everyone's passion became my passion. I know so many people who suffer from Cancer, even my girlfriend was significantly affected by breast cancer, so I just wanted to do something for cancer and this seemed like a great fit.

John: Well I also donated time to that same charity starting about the same year you did and I know that we broke a ton of records that year.

Jason: Yes we did but now it is going to be much harder with social distancing and not being able to have real world events. James Manicone sure has his work cut out for him this year and I intend on helping as much as humanly possible.

John: I am assuming that you will continue to support by assisting the social media of these efforts via M&M Social Media.

Jason Martello MODEL CITIZEN



John: When you're not working JamHandy, you are very passionate about your career in social media.

Jason: Yes, definitely. I started M&M about a decade ago and our boutique team serves both mom and pop businesses as well as fortune 500 organization now.

John: You run quite a few companies Jason, where did it all begin?

Jason: I started doing accounting about 14 years ago, then transitioned from that to finding a passion in networking and meeting new people every day.

John: What does M&M Social Media Stand for?

Jason: M&M Social Media is an abbreviation for Martello and Martello Social Media and it was named for myself and my mom even though she does not have an active role in M&M any longer.

John: That's beautiful Jason. So what are M&M Social Media's specialities?

Jason: We make sure that we communicate and stay hands on. Every one of our clients has my cell # and we communicate with them daily to make sure they are happy and satisfied.

Compare that to the big box companies that you can't get a hold of on a Saturday or Sunday. We are available all the time, very hands on with our clients.

John: So you also have a twenty four seven policy?

Jason: Yes our clients can call us twenty four hours a day seven days a week. Many of our clients need to respond to current events on a real time basis so we provide that kind of service that you just do not see with the big box companies. Not now not ever. We are uniquely qualified to respond real time.

Model Citizen Jason Martello

John: What are M&M's specialities Jason?

Jason: Our specialties are SEO and content creation. I have some of the best people around who went to school for graphic design, some for SEO. We are all educated and ensure we are updated daily to stay on top of what is changing in the world, as opposed to someone in high school or without experience who doesn't have that information. We are constantly on top of what is current.

John: How has the coronavirus affected your business?

Jason: Unfortunately, most of our clients are restaurants and hair salons, and they are either closed down or some have passed away. So it is affecting the business, but we are staying strong. We have been able to sign up some big corporations at the same time with 500+ employees and that activity is keeping us afloat right now.

John: I also know you like your toys. It is not unusual any given day for myself or our mutual friends to look at your profile and see you building something; a boat, car, motorcycle, maybe even a tricycle. You are quite a handy guy. What is the JAM Handy list stuff?

Jason: The passion I have for building I learned from my dad. He taught me how to build all the stuff I know how to build. I really started it in high school.

MODEL CITIZEN JASON MARTELLO

M&M SOCIAL MEDIA FOUNDER AND CEO

Jason: J-A-M Handy stands for Jason Adam Martello. That's my handy man business I do. We do anything, that is our slogan. The passion I have is for building things is mostly with engines, motorcycles, dirt bike, quads. Even RC stuff JAM Handy is just me, in a whole, doing what I like to do. Whether that is power washing or sheetrock repair, I do whatever people need. They call me and I get it done.

John: Yes you have an extraordinary reputation for putting things back together lol. Where do you get yoru love for the water?

Jason: I got that from my grandfather. He always loved the water and had boats his whole life in New York. He was the commodore of the Freeport Yacht Club, then moved to Florida. I got my boating passion from him. He had lots of nice toys and played on the water. Unfortunately, we never got to go on the water together, but I carry on that passion now. That's is who I named my boat after, the "CIAO FOR NOW".

John: So how do potential clients get in touch with you Jason?

Jason: Potential clients can readh me the same way my clients do by my cell phone: 631-484-5887 For those who would like to learn more about us they can go to our website: www.mnmsocialmedia.com



BUILDING YOUR BRAND IN A VIRTUAL WORLD

MODEL CITIZEN RICHARD BEDROSIAN

MODEL MAGAZINE CITIZENS JUNE 2020

John: Congratulations on being nominated model citizen for the June issue of Model Citizens Magazine Richard.

Richard: Thank you John. Fortunately I was in a position to be involved with some of the biggest clubs on Long Island. With those big venues it gave me great opportunities to put thousands of people in a room and raise money for good causes. Over the years we've raised money for the American Heart Association, the American Cancer Association, and some of the local causes in the neighborhoods we were in.

John: Like the Carol Baldwin Foundation, and Stonybrook, right?

Richard: Yes, The Carol Baldwin Foundation and yes, the Stony Brook Hospital. We've been involved with some of the doctors who have been doing the cancer research at Stony Brook for many years. We like to raise money for local charities that support Long Islanders and research done right here. That's what we liked about the Carol Baldwin Foundation.

We were raising money for the American Cancer Association, but about 5 years ago we switched to the Carol Baldwin Foundation because we wanted to keep the research on Long Island.

John: You've made a lot of progress right? Especially for breast cancer, I understand they no longer need chemo for breast cancer because of that research is that right?

Richard: Every little step that they make goes a long way to saving lives, and better treatment means better results, so we are proud of that. When 9/11 happened, we raised money for that like many others, for the first responders. Throughout the years, going back over thirty-five years, when the Hospitality Ball started. It used to be called the Bartenders Ball, and at that time we were raising money for American Heart Association It sort of lost momentum for a lot of reasons. Then after 7-8 years, we started up again as the Hospitality Ball.

John: Thousands of people attend the hospitality ball now even celebrities like Alec Baldwin.

Richard: Yes, once we hooked up with the Carol Baldwin Foundation, we raise each year about $300,000-$400,000 so it was enough to get the Grand Poopa, Alec Baldwin, to put it in his calendar and make an appearance. There have been times when he wasn't able to, but then all 3 brothers show up to support their mothers charity. It is not for the status of the celebrity, but to raise money in honor of their mother, who is a breast cancer survivor herself, Carol Baldwin.

John: Where did the newer version of the Hospitality ball begin?

Richard: We started at the Carlisle on the Green the first year which held 1,500 people and it was over booked and crowded. From that first year we looked for another venue and the biggest we could find was the Crest-hollow.

John : Now you are a restaurateur, when you're not raising money for charities.

Richard : Yes, I've developed into a restauranteur in the last 6 years. I started off, by opening up a burger bar in Massapequa and today I have three with Babylon and Commack.

John : The one in Commack in relatively new is that right?

Richard: Yes, we opened that up in November.

John: Couldn't have been a tougher time to open up.

Richard: At that time, we thought it was great, until March hit and now with the coronavirus and the epidemic, the restaurant industry got hurt all over the country, but we are working through it.

John: I don't think it's been worse anywhere else but in NY especially Suffolk County. We got hit the hardest.

Richard: Depending on what time of the year you're talking about yes, New York City got hit hardest. Right now, Long Island still has a lot of new cases then in New York City. Everyone wants to get open. I understand that but it very well may be too soon.

John: What do you think about these rallies going on?





Richard: You know, I can only speak for restaurant industry. Right now, for the people who had takeout programs already in place we were able to adapt to the situation. By no means are we are doing well, but we are doing better than some other folks, because we had the takeout in place already.

John: I know you are feeding a lot of people that can't afford it, off the record.

Richard: We started donating food to the frontline workers, to the doctors and nurses hospitals and good Samaritan, South Side in Bayshore, St. Francis. I have a friend Dante that was in a nursing home and rehab center and those people got hit the hardest. Dante lost his life to Covid.

John: I know Richard and you were friends with Dante for many years. I hope the small memorial we added to this issue reminds everyone of just how much he influenced design, nightclubs, and restaurants on LI for decades.

“4 months after opening and coronavirus”

Model Citizen Richard Bedrosian



John: Please continue.

Richard: Each community we were in, we reached out to the Mom groups that were very active in the community. We got in touch with the principals and PTA’s, there a lot of people, single parents, having trouble feeding their kids. It came to my attention from some of my employees who talked to me about their neighbors. So we quickly went to the local people in our communities. It’s tough because people in this position are embarrassed so it was a challenge to get the help to the people without anyone else knowing that we are helping. So we do it on the downlow. We get it out to them, very quickly, take out and delivery, we stop at their house and no one knows for the worse whether they are paying or not. We have been able to get to the people who need through the principals and PTA’s mom groups on social media. They reach out to us. We can’t afford to feed the entire neighborhood, but we do as much as we can.

John : I know you are taking care of most of them, it’s beautiful.

RIchard: Most of the info we get, we try to help as many as we can. On a daily basis we are sending out meals to people’s houses and we are glad to do it, we can afford to do it. Single parents – you see it on the news those kids that have been getting two meals a day at the school, now they’re not at the school and sitting home, moms are asking, “How am I going to feed my kids?”

house and no one knows for the worse whether they are paying or not. We have been able to get to the people who need through the principals and PTA’s mom groups on social media. They reach out to us. We can’t afford to feed the entire neighborhood, but we do as much as we can.

John : I know you are taking care of most of them, it’s a beautiful thing.

John: Yes, when they can barely pay rent.

Richard: Yes, so we came up with a family meal that gives them plenty of food and they do so much appreciate it.



AUTUMN

This year my primary charity and focus is Leukemia and Lymphoma Society's Man & Woman of The Year Campaign. A few years ago I was informed my father lost his battle with cancer within a month of his diagnosis he was immediately put on morphine and was gone within the month. Not bring able to say goodbye or knowing the type of cancer he fought has been soul crushing.

To know that there are those who have shared similar experiences with a loved one, a child, a friend has been agonizing. So Dear Friends, regardless of the Coronavirus challenges we face today which threatens us in ways we could not imagine a year ago. Many are worried about their health, their family, their careers and more. We are impacted emotionally, financially and spiritually.

I am grateful for all that I have, and I have been looking for ways that I can contribute to others who have been impacted. Know that a population that is dear to me and does not have much of a voice right now, are those that are fighting cancer. Many patients have been forced to choose between risking exposure to the virus or delaying treatment. That delay means their cancer is given the opportunity to spread.

Consequently, patient calls to the Leukemia and Lymphoma Society (LLS) have surged in recent months as patients seek guidance on how to make the best decision. This also coincides at a time where volunteers who raise money to fund LLS's mission are impacted themselves.

To ensure LLS' mission thrives in the face of challenges today, I have chosen to participate in the Leukemia & Lymphoma Society's 2020 Man & Woman of the Year campaign. Our team, CureDevotion, have come together at the request of my good friend James Manicone in honor of his childhood friend Jonathan who lost his battle to cancer January 4th 1987.

AUTUMN BEHM

MODEL MAGAZINE CITIZENS JUNE 2020



Our goal is to create a community of individuals that can raise $500,000 by July 30, for this important mission, and offer a bright spot of hope to cancer patients and their families during this unprecedented time.

I am asking you to join me in this campaign by making a meaningful donation that you are comfortable with. Know that whether you donate $50, $100, $500 or $1,000, you will ensure that patients get what they need. Our efforts will also demonstrate powerful support of the many healthcare workers on the front lines as we do our part to create a bright future for us all.

To make it easy for you to send your contribution (payable to: The Leukemia & Lymphoma Society). Please include my name on the memo line of the check. Or, if you prefer, you can go to my personal fundraising page to make your contribution there: https://pages.lls.org/mwoy/li/-li20/abehm

Finally, I ask you to reach out to others you know and ask them to do the same.

I have found that so many of the people I talk to have a connection to blood cancer and want to support our efforts. Encourage people to support, because only together will we be able to find a cure for blood cancers.

Wishing you a lifetime of health and prosperity! I'm humbly thank you for any donation you can provide as it's truly being given to a worthy cause!

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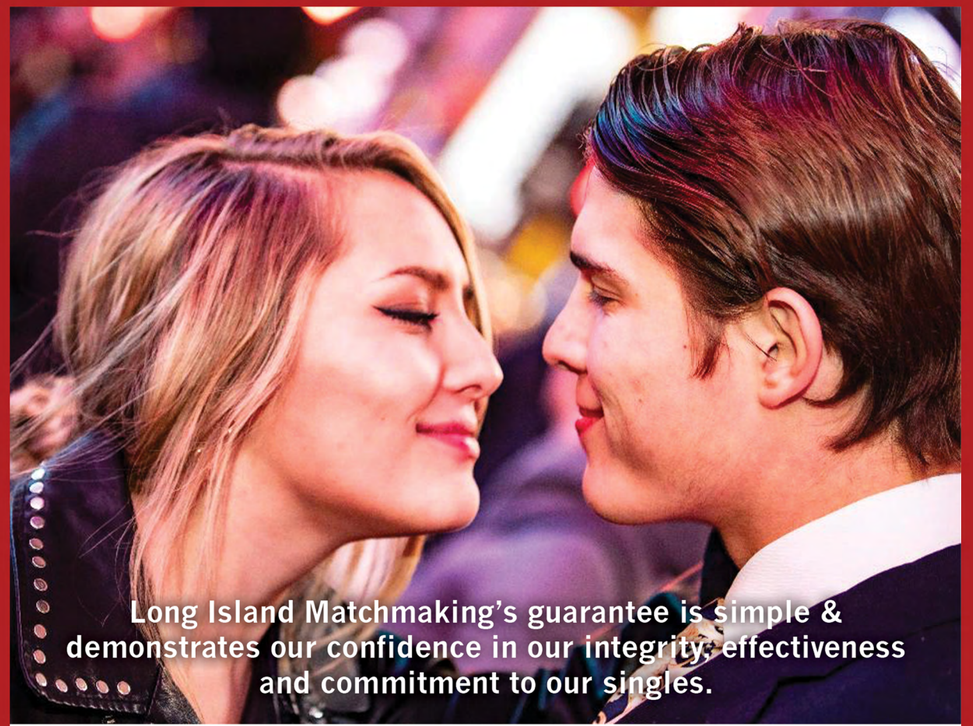

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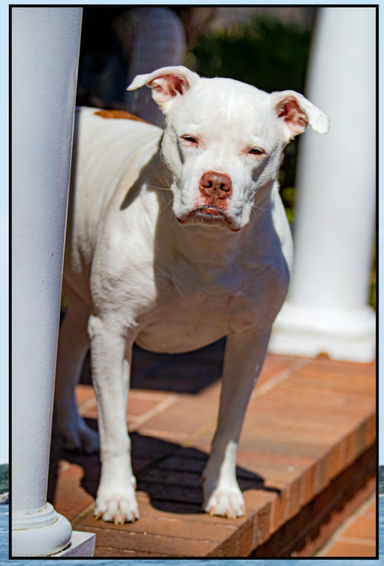
Richard Bedrosian MODEL CITIZEN





John: What are you looking forward to most now that we are on the verge of opening up.

Richard: Getting back to normalcy, what everyone is fighting about now is, yes we are going to open up on Long Island in phase 3, by the time that comes around, earliest mid-June to July 1.

John: Everyone is terrified to go out to eat.

Richard: Yes, everyone is terrified there was quote from JFK once said, 'it is not about the republican way, or the democrat way, it's about American way'. What's good for America? Safety has to come first. If you want to open your business open it up, but why open when the public is not going to come to your business. The real question is are people going to feel safe coming to sit in crowded restaurants?

John: Speaking of promotions because if most people don't know, but you are legendary on LI you've been in promos all you life. And I remember being 18 and going down Hempstead Tpke. and going to Uncle Sam's. Going every night since first time I went. Didn't you open Uncle Sams with Tony Greco?

Richard: Yes Tony and I came to Long Island, in 1978, and we opened up Uncle Sam's nightclub and turned into Spit. Monday and Wednesday nights. A couple of years after that Tony had the vision to open Malibu nightclub in Long Beach and asked me to come into that with him, and I did. Malibu was world famous, new wave and right on the beach. It was huge. After Malibu I started getting hired for nightclub promotions for many different clubs on Long Island and I saw a new opportunity instead of staying at one night club, I opened up Long Island Promotion Group and once I did that I was promoting and operating 2, 3, 4 night clubs at the same time. I spent decades building one club and event after the other.

John: What do you think about all of the stimulus and debt?

Richard: To me, the problem started way before this. Taxes are out of control, especially on Long Island. Why are people living week to week? Because of the living situations. People were under water before this pandemic. As soon as paychecks stop, they are in trouble.

John: The government should have been moderating taxes decades ago. Until we can find a way to change the taxes and make things affordable. Give people an affordable way of life. It has nothing to do with what the government is doing now it has everything to do with taxes being out of control for decades.

John: So I understand that our ten year Hospitality Ball Charity Event will be postponed to 2021?

Richard: Yes the hospitality industry was hit hard, harder and longer than most and we just feel that with all that is going on and the sacrifices we are already making that it is best to postpone this years 10th year celebration of giving until next June. This way everyone will be back on their feet.

John: What are you hoping for upon opening of restaurants?

Richard: When the time comes that we completely open, I hope people will respect the social distancing protocols so this country does not go back into a relapse and we would have to start this process from the beginning. At the same time if we do respect others space, then I know there is a safe opportunity to people to enjoy the camaraderie of getting together and enjoying the new norm.

MODEL CITIZENS LONG ISLAND

ADAM SCHWAM



PHOTOGRAPH ALEX M. WOLFF

John: I am here with Adam Schwam, the CEO and founder of Sandwire Corporation because you have been nominated to Model Citizen Magazine for the June 2020 issue for all the work you do for charity. Most recently the Long Island Fight for Charity, where I hear you put on quite a show.

Adam: Thank you very much. That was a lot of fun.

John: For our readers and viewers can you tell us what has motivated and inspired you to do so much work for charity?

Adam: I was part of Long Island Fight for Charity for 16 years, I boxed in 2004, and have been helping to produce it ever since. I also have great vendors like Kaseya and clients who are always willing to support my philanthropic causes.

John: Is that what inspired you to do so much?

Adam: I've been involved with the Long Island Elite Networking Group for a long time now and over the years the people I have met have been great. The charter of the group is to help and serve the community. I've met so many different people over the years and been introduced to some great charities. I love all the events from the Dancing For Charity, Scaling a Building for Charity, and the Fight for Charity. Who would have ever thought that giving could be so much fun?

John: Who would have ever thought that with all the challenges with your health, you would be able to do all those things? Can you share with our viewers and readers what happened to you because when I heard about it, I was amazed at your recovery?

Adam: In 1987, I got into a little scooter accident. I shattered my leg, arm, face, neck.

John: That's more than a little scooter accident.

Adam: Well it was major. It put me in the hospital for a very long time. They had to do a tracheotomy in the street. I broke my jaw and orbital bones. It took a handful of years to recover, but my leg never healed properly. Over the years there were lots of challenges because of it, lots of medication to keep things in check. I guess I was feeling better in 1998-1999 and I was at that point in life, and that is when I met Jeff Cohen. He asked me if I wanted to fight for charity and I thought it was crazy, but in 2004 I said okay. It was a big stretch for me, fortunately I wasn't beaten up too badly. After that I wanted to continue being in good shape, but I was going downhill and having a lot of trouble with my leg and my back. I almost came to the point where I couldn't walk. At the same time, I was taking all these medications for different things related to the accident, for pain and inflammation. About 3 years ago, I made a real effort to get off all medications as I

Continued on Page 82

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Why I am supporting Island Harvest!

Model Citizen Margreit McInnis Bare's it all for Charity in the June issue of Model Citizens Magazine and shares with us her passion for ***Island Harvest.*** Margreits Charity of Choice and why she is baring it all. A great read and passionate model citizen.

John Joseph Dowling Jr.

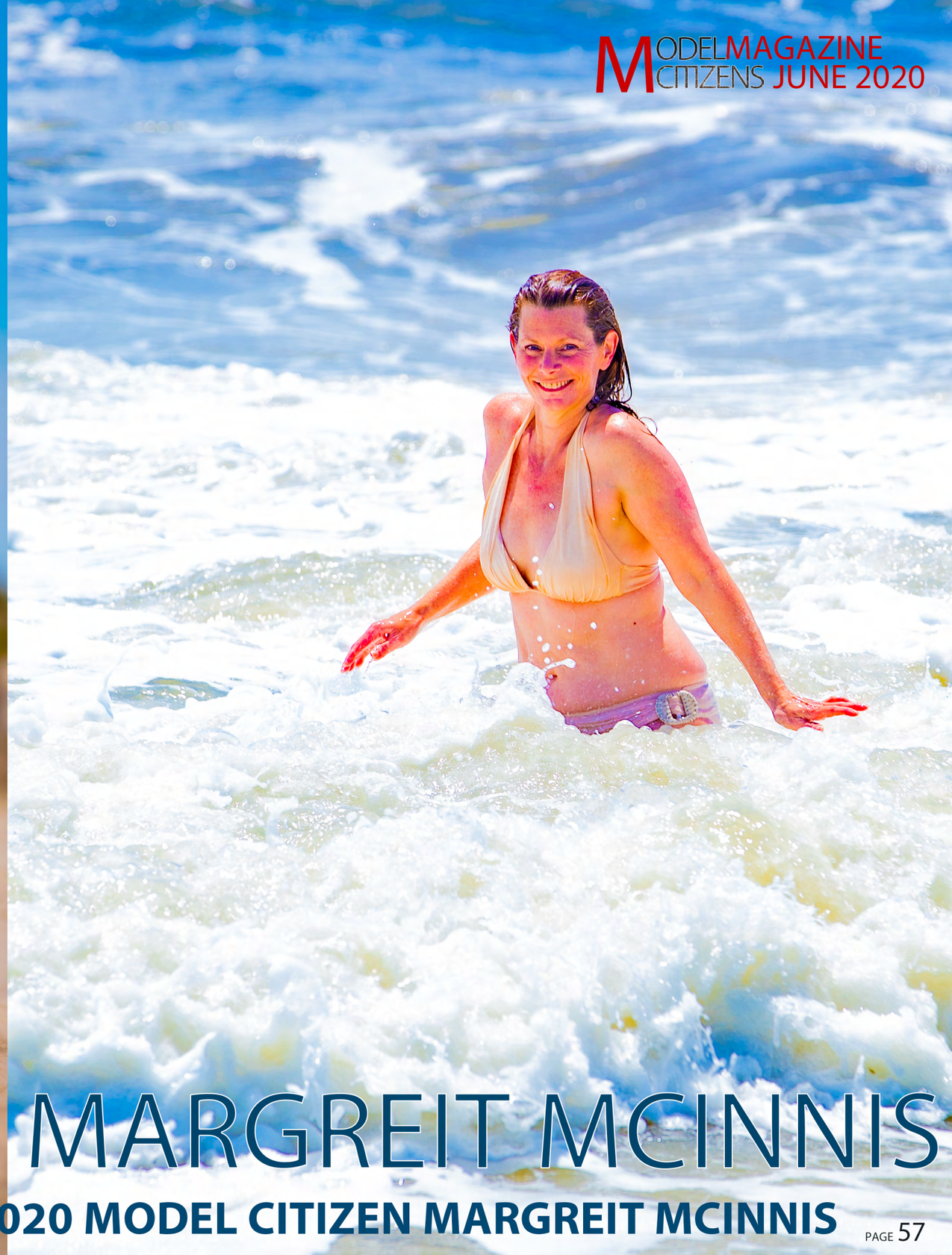


Food and water, a pretty basic staple of life wouldn't you say? It is something most of us don't think about and may actually take for granted. Open the fridge and choose something to eat. Turn on the faucet and drink, wash, or cook. But what if you couldn't do that? What if your cabinets were bare all of the time? What if your water was contaminated? This is the fate of hundreds of millions across the planet. An estimated 660 million without access to clean water and 815 million in a state of malnutrition.

With these numbers it seems like it is a problem that is insurmountable, made decidedly worse in 2020 by a worldwide pandemic that has literally closed the world, forcing businesses to shutter and tens of millions to squeeze their budgets to the very brink.

In the United States the numbers are daunting; 37 million people are struggling with hunger and 200 million Americans are exposed to toxic drinking water. Adding to the concern is the recent rollback of federal laws protecting our food supply from toxic substances and clean water standards.

This reduction in oversight is of grave concern, as an already polluted baseline of water and soil can only get worse, not better, without strict and required standards of behavior for our corporate leaders. Dialing in closer to home on Long Island, there are an estimated 300,000 people that are hungry, without adequate nutrition and not able to provide food for their families, about 35% of those are children. As a lifetime Long Islander, learning about these statistics is heartbreaking. Most of us know there is a problem in the country, and in our own neighborhoods, with many people barely able



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MODEL CITIZEN TODD MIRANDA

I have had a very strong affinity to help a charity, near and dear to my heart.. The National Cancer Research Foundation (NCRF) located in Pt Jefferson Station, is a NPO who is all about curing disease, many forms of Cancer, along with dozens of other diseases, ALL HOMEOPATHICALLY, ALL NATURAL.

I had met the Founder of NCRF, Fred Eichhorn about 20 years ago, and when I learned about how they have helped cure many types of Cancer, I was completely skeptical.. I would have given it a 5% chance of being legit at that point.. Over those next 7 years, I had learned that 5 of my clients and friends had all learned of NCRF, and their Holistic Formula, called CELLECT.

All 5 of them had varying stages, including 2 who were told by conventional Doctors that they were Terminal.. Upon learning that all 5 of them had taken the CELLECT protocol, which is 172 minerals & vitamins in specific proportions that the Human body needs to help heal itself, by creating healthy cells..

Enough about that.. After being a major skeptic to becoming a believer, I personally vowed that if anything ever happened to me or my sons, or other loved ones, I would speak and meet with Fred before any typical Western Doctors..

11 years ago, I was diagnosed with Diabetes, with Glucose level of 485.. The Endocrinologist told me that my body ad stopped producing Insulin, and that I would have to take Insulin shots in my stomach, twice a day, for the rest of my life.. I told him that was NOT in my plans, and I would be seeing Fred at NCRF as soon as possible.

I saw Fred 4 days later and started taking CELLECT daily.. I went back to the Endocrinologist 3 weeks later and my Glucose level was down to 130.. The Doctor told me that in over 30 years he had never seen results that impressive that quick, and without fasting, dieting or really altering my diet.. He was completely astonished .. Yet, he would not look at any information about NCRF that I brought for him, since it now jeopardized his entire livelihood..

MODEL CITIZEN Todd Miranda

For years now, I have taken CELLECT (a powder to make a Shake) and it has enabled me to eat as I like, lose 40 lbs in the first 2 years (and never put any lbs back on), and most importantly, I've avoided any INSULIN SHOTS as prescribed..

In 2011, when my Mom and Stepdad were both diagnosed with Pancreatic Cancer (Mom) and Non-Hodgkins Lymphoma (Stepdad) the same week, I immediately reached out to Fred Eichhorn and asked for his help with my Parents.. Fred drove 2 hours from Pt Jefferson to Staten Island on a Saturday afternoon, arrived at 4pm and answered every question that my entire family (Grandmother, Dad, Mom, Stepdad, Aunts, Siblings, my Sons, and more) could ever think of (as all mostly huge skeptics)..He spent 8 hours with my family, then drove another 2 hours to get home, for a 12bhour day to help my family (& he wouldn't take $1.!!) L. My incredible 97 year old little Italian Grandmother had Macular Degeneration for the previous 4 years.. She followed Fred's advice and Fred explained to my Stepdad that if he took the Chemo his Doctor was advising, that his heart would not be able to withstand it, and he would most definitively Die of a heart attack.. Fred advised my Mom (who was given 6-12 months to live - both were only 63 Years old) that if she took the Chemo her Doctors at Sloan Kettering Hospital were advising, she would not make it past a month or 2..

Unfortunately, both my Mom and Stepdad followed their Sloan Kettering Doctors advice and both started their Chemo 2 weeks after meeting with Fred.. My Mom never left her bed and Passed away 3 weeks later..!! Without ever giving CELLECT a chance..!! The next day, my Stepdad was getting ready to leave for my Mom's wake with us, had severe chest Pains, was taken in an Ambulance to the hospital, where he passed away from a major Heart Attack, just as Fred told him would happen..

I have been an avid believer (firsthand) in NCRF and their approach, their Bioscience behind it, and their only motive, to help CURE anyone (and everyone Open minded enough to investigate) from all types of disease.. NCRF has cured 1000's of individuals over the past few decades.. This is why I am SUPPORTING MCRF, The National Cancer Research Foundation... Thanks for reading.. Please check out and help support : www.ncrf.org



The main results of our study showed that romantic rejection is like withdrawing from cocaine! It also is like being in great physical pain. Importantly, unconscious brain systems are working at evaluating the situation and starting to build a "new you."

The brain studies showed that romantic rejection hurts just like physical pain and it is like cocaine addiction. We have to treat it like an addiction and think of it like a broken bone. It will heal with time. It may even benefit from aspirin and other anti-inflammatory medicines! It's important to go "cold turkey" and have nothing to do with the person who rejected us.
Rejected lovers showed activity in the ventral tegmental area (VTA), the brain region directly linked with feelings of passionate romantic love. These lovers were still very much in love. We also found activity in the ventral pallidum, a brain region linked with feelings of deep attachment. What a bad deal. You've just been dumped and you still feel intense romantic passion and [illegible] extreme connection with your [illegible] love.

Moreover, love hurts. Scientists found activity in the anterior insula, a brain region linked not only with the distress that accompanies physical pain, but with physical pain itself. Rejected lovers are in pain.

George Floyd protests spread nationwide

THIS IS MURDER!

There is no question in anyone's mind that George Floyd was murdered by a rogue police officer and that officer deserves to spend his life in prison for his crime. Police officers are supposed to keep us safe, safe from others, safe from criminals, and safe from ourselves if and when that is the type of support needed.

Law enforcement is not supposed to use unnecessary violence to restrain any of us, under most any circumstance other than protecting your own life should anyone restrain another by intentionally strangling them with any part of their body never mind a knee across your windpipe.

This is a great example why so many American's have had enough of the abuse of power and as it appears the continued racism by certain groups in certain areas. I know here on Long Island and New York City we do not see colors, we see hearts and minds. Well at least that is what I thought until I saw demonstrations in New York City and throughout Long Island as well.

While I am a firm believer in anyones right to protest and to speak out against any repression, never mind murder and the very slow response of the legal community to condemn the actions of the extremely criminal,there is not excuse for this.



The officer who murdered George Floyd and his accomplices who did nothing to protect George knowing that he would die, are guilty. I do not believe that rioting and looting is making a case for action. I believe that the rioting and looting is just another example of why people are so racist in many cases to begin with. What would Martin Luther King think today of violent demonstrations where crimes are being committed in the name of a martyr who's memory is being lost in the mayhem Personally I do believe that this is ridiculous. I believe that the looting and crimes being committed are destroying our ability to protest and gain momentum in our causes.

These riots do not honor the memory of George Floyd and they should be put down immediately. Where is the logic? Let's see I am going to protest crimes being committed against our community by destroying communities of others? Where is the sense in that? That type of behavior is what is going to put fuel on the fire and make those who are racist, further justify for decades why they are racist and use it as evidence that racism exists for a good cause.

I am a crayon and I do not feel that any of us are anything more than different crayons, just like dogs, we are all just different breeds of dogs, humans, different but the same, dogs. We are judged by our actions and our actions as groups determine how people are viewed by others. In this case all of the criminal looters and rioters should be put in jail or have to serve community service in order to pay back the establishments that were hurt during these riots. Anyone caught on camera, should be prosecuted and any politician who makes excuses for this type of behavior should be thrown out of office. Peaceful demonstrations of size always get results in the USA. Crimes do not.



While many are focusing on the riots and looting, the news media especially "profiteering" off of the mayhem, we should be focusing on the reasons why George Floyd was murdered! How can our society allow criminals who are racists and obviously out of their mind be part of the police force? Every single police officer should have been put through a comprehensive psychological review when they became police officers and they should be monitored over and over. So why? Why are we allowing police officers attack our fellow civilians? And why in God's NAME would 3 other police officers just allow this to happen? They should all go to jail for a long time to think about it, as anyone who watches another human being murder another is just as guilty for being complacent as the murderer themselves.

Is this the type of behavior that is going on throughout the USA? Is this why so many Black Americans are protesting? Or is there something more going on here? What has happened to American Freedom? Where is Justice!

Peaceful protesting would have brought this issue to the forefront of American politics and now the gangs, rioters, chaos, and opportunist. Now we have the politicians attempting to politicize this issue by blaming the liberal democrats for these issues. Blaming the generations of children failed by the "liberal" cities from failing lower income citizens decade after decade. Now we have anarchists who believe that causing chaos is going to benefit their political objectives.

Many even say that struggling democratic run states who have not received federal funds are allowing this to happen as a means to pressure the feds to pay the stimulus packages the "government employees" and their political puppets want. After all it is the sweetheart pensions and compensation packages that are bankrupting many democratic lead states.

Doesn't matter what it is but it seems as if no matter what happens now we all feel that our tax dollars are being wasted, and that whether it is a pandemic or a riot local governments and Federal governments can not protect us and we will have to make future decisions based on the overwhelming failure of all our government officials in defending our communities from these anarchists, the corrupt police officers who commit crimes in broad daylight, and the politicians who are allowing these violent protests to continue in

ADVOCATE AND MODEL CITIZEN

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MODEL MAGAZINE CITIZENS JUNE 2020

LYDIANE





John: When you are not giving to charity what do you do?

Lydiane: I am a mother of two boys Baron and Princeton and dog owner to Ciel our adorable Pomeranian puppy who loves us up so much everyday. My family is the pivotal motivation to everything I do.

Ultimately they give me the most joy and fulfillment and everything I do is to provide them with stability and love.

LIFTING THE STIGMA OF MENTAL ILLNESS

RHONDA KLCH

MODEL MAGAZINE CITIZENS JUNE 2020

THE MIDDLE CLASS DIVIDE:

If you had asked me to describe the socio economics of Long Island before the COVID –19 hit, I may have broken it down into the At Risk, lower income, middle income, upper middle and privileged. It reminds me of the days when you reflect back to high school and think of the different kinds of groups such as the jocks, the burn-outs, the nerds and the goth kids. It is easy to see that we are a society that thrives on making assumptions about people and more importantly about their income. We are a nosy, greedy society that thrives on others people's business until now.

In the last 2 months I have received an entirely new education on the Long Island economic community. COVID-19 has brought an amazing amount of family disruption, financial disaster and emotional fear about the uncertainty of our future but it has also created new communities created by good neighbors. The borders and stereotypes do not live in this new sector. It is a community for all.

The truth is, according to the SBDC website, small business make up 99.8 percent of all New York business and they employ over 4 million people, or 50.2% of the private sector, so if you do the math, that means most of us know a small business that is suffering. Drive down any road in any given town, each sign on the door, each building you pass each has a trickle down financial disaster attached. These small business are waiting on PPP approvals, unemployment checks, stimulus checks and other available resources in order to keep their doors open. Many won't re-open at all. In times like these, leaders are born and the goodness in people come out. Disasters like these give people new meaning, create new opportunities for friendships and collaborations.

I have watched first hand how making small steps can impact the lives of so many. Equity First Foundation has been on the front line since the inception, starting with our Grab & Go 3000 event at Indigo in Patchogue. This was the first sign that families were scared, people came out for their free meals, gracious and thankful for our efforts.

That event was followed up by the Grab & Go breakfast, then the backpack give-away for children home schooling.

For 6 weeks, we collaborated with Strathmore Bagel of Mt. Sinai and we were able to support our front line workers and made deliveries daily to St. Charles, Mather and Stony Brook Medical Center.

We also partnered with a group of Allstate offices to raise money for PPE equipment (supplied over 2000 masks) and then handed out Snack baskets to the emergency rooms and nursing homes. State Farm of Rocky Point partnered with us to do over 100 Easter Baskets for children and then again for the Memorial Day "Fun bags" event we did for CHI

RHONDA KLCH

I THINK THE PURPOSE BEHIND THIS ARTICLE IS THAT WE UNDERSTAND THAT THIS VIRUS HAS HIT US ALL AND WE CAN OVERCOME

homeless shelters. Once that dust settled, we did a food drive immediately followed by the Mother's Day Surprise event. We donated more than 300 goodie bags for the children's birthday parades and donated new toys to a local organization (Angela's House). We helped the Michael Magro foundation with a donation for their blessing bags and of course the daily phone calls and advise to families and small business in need. It has been an endless game of tag with several organizations, I pick up/they drop off and together we have been helping as many long island families as we can.

On this beautiful Sunday as I reflect, I am just coming back from participating with the Angels of Long Island Grab & Go event, hundreds of people waiting in line to get free groceries and essentials, only made possible by the volunteers, contributors and most importantly the people of Long Island.

I think the purpose behind this article is that we understand that this virus has hit us all, in one form or another and together as a community we can come overcome. The people that were in line to get their groceries, middle class people whom lost their income. They have been incredibly humbled and with great courage step out of their comfort zone to ask for help. Acknowledgment of your circumstances goes a long way to healing.

THE MIDDLE CLASS DIVIDE



Our children follow our footsteps and this time has allowed many families to learn to love and respect one another, spend time getting to know each other (not via social media) and develop new bonds. I myself have watched my children play, build forts in the yard, ride their bikes and look for fun new hobbies (like we did as kids). Children have received their own education about needs and wants and parents are realizing that it is OK to say "no" to their children for things that are not necessary if it is not within their budgets.

Most importantly I want to acknowledge that all the success' of our foundation could not have been possible if it were not for the people in our communities who were able to support our campaigns. Each family that gave up a few dollars and contributed allowed for us to orchestrate these wonderful chain of events. I speak on behalf of myself and other organizations that I speak with, the support of the community members that have NOT been effected has been beyond overwhelming. Those families that have the funds have become large supporters and ambassadors to not only my brand but to other brands as well.

These are the days that will help shape and mold your future, hold on because the ride is not over but the people you have been meeting along the way are happy to take the journey with you. So in this issue of Model Citizens Magazine where we are baring it all for charity, know that I am on the front lines of poverty helping those most in need. Many of those who have never had to ask for help before are learning that asking is the first step in acknowledging just how challenging times like this are, not only for the people who are used to being poor or who struggle, but for this whole new class of Long Islander's who are in the middle class, now the working poor middle class.

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Richard Bedrosian MODEL CITIZEN

John: Let's sequay back to clubs and promoting for a moment. Tell us more about your career as a promotor. Didn't you have something to do with Reds and Decameron?

Richard: Yes, I was contacted by Decameron, he wanted to get into the new wave market and so we opened up Reds.

John: I remember Modern English, you booked their world premier there

Richard: Oh yeah, we did a lot of world premieres.

John: There were so many more clubs weren't there?

Richard: Around this time I was brought in to assist with SPIT to help develop and grow the SPIT nightclub concept where Uncle Sams was still operating. After Malibu Paul Camata from Metro 700 called me up, and I went to talk with him and then went to work for him for four years. We opened up multiple nightclubs under one roof. Every night of the week was a different club. We switched the signs out in the parking lot, 4x8 piece of plexiglass, we slipped it out and put in, Tuesday was Ocean, Wednesday was Hot Rocks, the rock and roll night. Thursday was 007, that was the new wave club.

John: Those were pretty big I remember them.

RIchard: They were very big. WLIR live broadcasts, it was huge .Actually, I left Long Island for two years and went to South Beach. There I opened up a massive night club called the OVO at the Warsow Ballroom. We did the world premiere of Don Johnson's music video down there. Miami Vice was the big TV show back then and we actually filmed about four or five episodes inside of the club.



John: Coa Coa's was a great place, I lived right over there.

Richard: Danfords called so we went out to Port Jeff and did the Danfords nightclub. Then I worked to open Wall Street in Hauppauge, with Gerard and Glen Martin there was four owners. I worked for Jerry at Hephron's. Then I met a guy called John Smyth.

John: Wow you just filled in a big gap for me.

Richard: John Smyth contacted me because I had Long Island Promotion Group singles nights, and I used to have a different singles night on five different nights of the week. It was for the 30+ crowd. John Smyth called me and said 'I am tired of competing with you, why don't we join up?' So I made a deal with him to get involved with him and found out very quickly what a gentlemen and great guy he was. We had the idea to open Siberia nightclub on Route 110. I helped him design open and promote that club then.

John: Wow what about the Long Island Saloon? I know you had to be involved with that one.



Richard: Yes, that's another one I did, the Long Island Saloon, with Larry Torterreci. I also went to work on the Savoy nightclub, doing Sunday and Tuesday nights there. Again, I don't remember them all, there were so many. If I sat down and really think about it. At Long Island Promotion Group I did multiple places during the same week, in the same timespan. I was doing the Savoy, multiple clubs, multiple nights.

John: Didn't you also build a nightclub in East Meadow by Eisenhower Park?

Richard: So first I opened Siberia, John Smyth asked me a question about the location for Sprats On Land. It was Gadgets location, a prime location in East Meadow.

John: I remember, I grew up in East Meadow.

Richard: When Phil bought it he changed it into Sprats and then he passed away. The bank took it over and John asked me what I thought about that location. I told him, sell everything, mortgage everything because that's going to be one of the best and biggest locations Long Island will ever have in my opinion.
I knew someone in charge of the locations for the Friday's corporation and so I had a lot of information about it. They opened one block away, and that was the number 1 TGIF Friday's in the country. It still is a top turner as far as I know. I knew that location was dynamite and I said 'John if you have an opportunity, it will be the biggest club Long Island will ever see'. John bought the property from the bank and turned it into Mirage.

John: I remember you called me up one day and said get down here with the camera. I said what for 'what for?' You said, 'just come down here.'
I get there and you have the whole cast of the Soprano's there doing a charity event.

Richard: I have a friend of mine who worked with the cast and crew. He told me they wanted to do a charity event, so I said saw the opportunity and said we have the venue. We threw a phenomenal party that night. James Galdolfino and Edie Falco were there. Everyone was there.

John: What about Body English and those great themed parties?

Richard: Tony and Victor Scotto called me up, the Scotto Brothers. They had a place, Chateau Briand. They built this beautiful multi-million 12,000 square foot oasis. Outside, all outside. They built it for their cocktail parties before weddings and he was telling me about it so I wanted to take a look at it. When I saw it, my jaw hit the floor. He had reflection pools, waterfalls, firepits. NO ONE DOES THAT!

John: Your little Black Dress and White parties are still Legendary.

Richard: So, from the opening night we set the stage and here we are a decade later. We used to do it every Tuesday night from Memorial Day through the summer, but after seven or eight years, you get a run, we were known for the theme parties. We had the White Party, the Little Black Dress Party, the Mardi Gras and then Hawaiian Luau Party. Now we continue these two events, The White Party and Little Black Dress Party, and we will continue to have them as long as we continue to pack the place every season.

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AMANDA LE

MODEL MAGAZINE CITIZENS JUNE 2020



John Dowling: This is John Dowling and I'm with Amanda Le. Amanda has been nominated as a model citizen for the June issue of Model Citizens Magazine for all the work all she does for charity and her amazing story. A story about a family of immigrants who came to the United States and made a life for themselves. Congratulations on your nomination, Amanda.

Amanda Le: Thanks John, thanks for having me. It's an honor to be nominated.

John Dowling: Very well deserved. First if you would, can you share with our readers your background and a little bit about your family?

Amanda Le: Sure! My parents are Vietnam War refugees that came to the US 1980's, went through the foster care system in New York and I was born in West Islip in 1992. Born and raise on Long Island.

John Dowling: What was life like for your parents in Vietnam during the Vietnam War and the aftermath?

Amanda Le: They didn't talk about it often but she does share stories of they would fear loud bombings and gun fire in front of the homes and they would have to hide under their bed. They then escaped South Vietnam by boat that sent them to refugee camps in Thailand and Cambodia before they came to the United States. They've been in New York ever since and we've lived all over Long Island.



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ERIKA DUGAS

Model Citizen

MODEL MAGAZINE CITIZENS JUNE 2020

I first met Erika online when somehow we became friends on social media. What i First noticed about Erika is her beautiful eyes and later found out that the rest of Erika is just as beautiful. Erika like many imigrants to the US is a caregiver and spends the majority of her life taking care of others. Back in Lithuania before Erika came to the US she was a nurse practicioner. Erika became a US citizen in 2012 and loves the people, the culture, and will always call the US home.

Often Erika becomes part of the family for those she cares for and up and above her nursing efforts she becomes a campanion for those who are elderly and need assistance in addition to some social interactions. Erika loves her job and although she does not make the type of money she made back in Lithuania comparitively. For Erika it is all the same caring for people and helping them through the most challenging health emergencies they can face in life, including facing old age, and the time in peoples lives when they need to think of thier own mortality.

Outside of her day to day life of caring for others even while putting her self at risk, Erika loves hiking, the beach, reading and cooking. Erika is a great cook and she loves preparing both traditional European recipes and experimenting with the more unique modern cousine.

Erika is a mom and misses her family terribly but the opportunities in the US allow Erika to support her entire extended family back in Lithuania. She gives as much as humanly possible every month.

But now after so many years of giving to help her parents and her family, Erika is stepping out of her comfort zone and once again opeing her heart to a chapter of love. Erika is single for the first time in a long time and knows there is a new chapter of love out there just waiting for her. She is looking for a best friend and soulmate to spend her time with especially now with the quarenteen lifting across Long Island.





MODELMAGAZINE CITIZENS JUNE 2020

MODEL CIITIZEN

ADAM SCHWAM

PHOTOGRAPH ALEX M. WOLFF





prepared for massive surgery to rebuild my leg from the ground up. Then Jeff said, "do you want to fight in the fight for charity again?" I thought it was crazy, but 1 year after the surgery, I fixed everything up and went out there and fought. I really think everyone should be involved with this event in some way.

John: But you've done it twice.

Adam: Yeah, I did in 2004 and then when I was starting to get on this motivation trek, and my friend Jeff Cohen asked me, I committed to it. Training became part of my journey. I had a one-year deadline.

But I can tell you the best part was making that film.

John: Yeah that was a great film and Todd Miranda's son Tyler did that?

Adam: Yup, Tyler Miranda directed the film and hit it out of the park. It was one of the greatest experiences of my life, writing and producing short film called, 'What Are A Few Pinches Worth?', A Rocky inspired comedy/drama about the Long Island Fight For Charity and what it takes to get there. It was the coolest thing to actually fill theater and see something that I wrote and starred in on the big screen.

I also need to add how awesome it was boxing in front of about 2,000 people and punching my friend Bert Lurch in the face. Also taking a few hits a well but we won't talk about that. I also need to mention that we raised $65,000 which was actually the best part.

John: Very talented. I am big fan of Tyler's. You know this is the issue where we all reach out for charity. Baring it all for charity, which is a play on words, as we are really baring our hearts. I was taken aback, amazed when I heard you were first going into surgery and then made another fight part of your recovery. I was just speechless. Matt Silver introduced me to Fight for Charity around the same time, and I've been shooting it ever since. I just could not believe that you were going to take on that challenge, with everything else you were going through. Tell me more about ballroom dancing thing.

Adam: Oh, that was for the CCAN, The Coalition Against Child Abuse and Neglect. They had had an event that was similar to Dancing With the Stars called 'Dancing for Charity. You have to train for 6 months and this is the way I look at it, I always limped so I had a challenge anyway and someone always has get eliminated first, and I took that position with dignity and honor. I proudly received the 'Most Entertaining' award.

So, I got all that, now what is what is the scaling of a building.

Adam: That was for 'Over the Edge for Charity', another Jeff Cohen venture. It could have been 2005 or 2006. You had to repel down the side of a building, not scale but repel for charity.

John: That's terrifying for most of us.

Adam: A little, all my friends were doing and how cool, we all got to live a kids dream, be like GI Joe and repel down a building.

John: How high was the building?

You know the Ruth Chris Steak House? At 600 Old Country Road? That's the building. How great is that, repel down a building and then grab a steak with your friends.

John: So what charity are you supporting and why?

Adam: The Long Island Elite Networking Group.

John: Can you share with us why you are choosing the LIE?

Adam: The Long Island Elite Networking Group was the group that brought us all together and taught me all about charitable giving.

MODELCITIZEN
Adam Schwam





PHOTOGRAPH ALEX M. WOLFF

As I said earlier, the groups charter is about serving the community and giving. During this crazy time on Long Island this group has been my rock. We've been meeting three times a week, online with different breakout sessions. It has been our good for me professionally and keeping me sane and truly motivated when we all needed it most. I would say it helped us to know that we are going to come out of this with positive changes.
We Zoom every Friday for happy hour at 4pm. We've had not just had the breakout sessions to keep focused, we've also still had our monthly meetings online.

The group has never been tighter than right now. I can tell you that this is exactly why we built this group. If you can think of one time in life when you've needed glue to keep it together, the Long Island Elite Networking Group has been that glue for us and will now do it for the community.

John: What charities does the LIE support?

Adam: Everything from the Long Island Alzheimer's and Dementia Foundation, ACLD, Family Residences and Essential Enterprises, The National Foundation for Human Potential, Long Island Reach and many more.

John: You guys are great. I have volunteered a few times and see you've raised a tremendous amount, how much has been raised over the years, do you know?

Adam: In excess of $1,000,000.

John: Amazing Adam, now more than ever with the corona virus people are afraid of the future, why now more than ever should people give to the Long Island Elite?

Adam: Everyone in our group are not just business owners, they also work at many different charities. This is how we get the inside track of what people really need. So, its not just one charity or another, we have members in the Long Island Alzheimer's Foundation, actually it's the Long Island Dementia Foundation, which is one of the charities that I support.

John: Can you tell us what you do for a living?

Adam: I own Sandwire is a technology company that supports networks for our clients. Hardware and software, yes. Also, cloud implementation, networking, email, anything tech related. Even though our focus is on maintaining and managing our client's network, email and software packages, we also support everything technology related because that is the core of any business.

As a matter of fact, we sit on the management team of every one of our clients because, at the end of the day, it is Sandwire's responsibility to make sure that every employee, for every one of our clients, is productive and efficient all day long.

John: You're like an outsourced CIO.

Adam: Completely, it is our responsibility to make sure everything runs smoothly that they are all producing all day, every day in this unique time, where the last thing they need is to have computer issue. By the way, many people think, "oh yeah, you can just work remotely!" and it's not that simple. Most people that are administrative or receptionists are not trained to work remotely.I consider my staff heroes, they are "front line" people, we have had to dispatch to go out there and get it done.

to afford basic needs, but it doesn't make hearing the numbers any easier. It is particularly heart wrenching to think about those who may have to choose between food and health care in any given month. Many of us make donations, but perhaps are unaware of the truly dire need.

During this pandemic and subsequent shutdown of our island economy the hunger crisis has gotten quite worse. Demand at Long Island food banks has more than tripled and donations by supermarkets have been reduced because of a delay in the supply chain and shopper demand. This is all compounded by school closures which has left many children without the one to two necessary meals they previously received at school.



Looking at this mountainous issue can make anyone feel a bit helpless. Where do we begin to solve this problem which transcends any political interests or ideology? Who in their right mind would hand another human, much less a child, a glass of water laden with toxic waste? Who would allow anyone to go hungry on purpose? No one, but at the same time everyone. Without any evil purpose by our neighbors or ourselves, it is happening. It is an ugly truth. So now what?

Continued from page 56 Model Citizen Margreit McGinnis Why I am passioant about Island Harvest

Model Citizen

MARGREIT MCINNIS

A.K.A. Margreit Maitland (pen name)

The good news is that the spotlight is on our hunger crisis. We can take this opportunity to capitalize on the knowledge and use our existing, or even a renewed sense of community spirit, to make a difference. Everyone can be a local hero. I have seen this happening firsthand as more and more organizations have either connected with a local neighborhood, gathered and delivered donations or are cooking for veterans and soup kitchens. Examples include the collaboration of PinkTie.org and Late Night Chauffeurs to collect and deliver food donations to local food banks, Equity First Foundation getting and assembling food donations and gift bags along with local community centers to assist shelters in Suffolk County, the Burger Bar coordinating with schools and PTA's to deliver food to community members in need, and Cooking for Long Island Veterans organizing menu's, cooking and delivery to pre-registered veterans in need in Nassau and Suffolk Counties. I hope these local hero examples inspire you to join in the community spirit.

There are easy ways you can help as a volunteer to cook, pick up and/or deliver donations to collection centers or give monetary funds or supermarket gift cards that allow organizers to purchase food and pantry supplies.

With this June issue I am highlighting an amazing organization, Island Harvest. They have been fighting the hunger crisis since 1992 and have an effective and systematic infrastructure which connects with over 400 community partners to get donations where they are needed most.

If you would be so kind as to help me, help them, please click the link below to make a donation. No amount is too small, and it just might end up at your neighbor's house down the street. We never know who is struggling and needs our help. You can help our local hero's right now by being one yourself. If we work together, we can make a difference, even if it is one family, one child at a time. Whatever it takes!

The COVID pandemic crisis has highlighted a few not so great truths about our society. The first is that most Americans do not have enough savings to get through a month, or maybe even a week, without an income. The second is that a large percentage of our population is not able to put healthy food on the table. On Long Island specifically, we have seen the demand at food banks and soup kitchens grow waste that leaked into the ground, and the lack of laws protecting us from indiscriminate dumping into our waterways which always makes it into our food supply. Always! There is no exception to this rule. Unfortunately, the wind that blows air pollution and the run-off from toxic pollution knows no state boundary. Nor does it magically disappear or clean itself.

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EDITORIAL CALENDAR



MODEL CITIZENS

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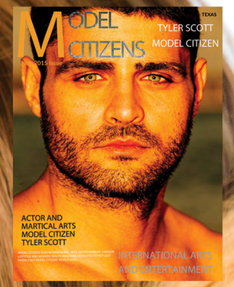













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AMAND A



John Dowling: There's a lot of people who question these wars the Korean War, the Vietnam War. We were fighting extremism communism and in these countries were we not and now we have kind of in some ways a resurgence of people in the United States that are thinking that Socialism or communism is a way of life that we should be adopting. Which to me, is absurd because you know I grew up looking at the aftermath of these wars- do you have any opinion about people like AOC as they call her or other people that are town and communism and socialism as a way in life?

Amanda Le: I actually look up to Alexandra Ocasio-Cortez and we have pretty similar backgrounds. Her parents were immigrants themselves, she grew up with a single mom after her father passed and she's just a middle class citizen fighting adversity to become a leader and role-model for women. I am proud to see her as the youngest woman in congress. As I lived in Elmhurst, Queens in 2018- a district she represents, I can really tell she cares about middle class minorities like myself. So I see the value in her beliefs and I think communism to describe them is a bit extreme but that's what the media does.

John Dowling: By the way, I'm not saying there's anything wrong with thinking we should all share. As many people think, socialism is one step away from communism. If you look what happens to a society that throughout history that becomes socialistic or communistic, people lose their motivation and then the countries don't do well and then they become dictatorships.

Amanda Le: Sometimes it can be traumatizing for my parents to still to talk about their experiences. As for me I am just as much an American as anyone else.

MODEL CITIZEN Amanda Le

John Dowling: I was wondering if your parents had a view on it. With regards to some of the civil liberties that have been restricted, you see there's some demonstrations going on this month.

Amanda Le: Wow John! You've got some loaded questions here! Although he hasn't always been my favorite person, I believe NY State Governor Andrew Cuomo has done a better job at being a leader than President 45 during CO-VID 19. The tri-state area has been hit the hardest and it's really nice to see a leader implement regulations so that the people's safety is the number one priority. It's very obvious to me that opening New York back up prematurely is about prospering the economy and not about the jeopardy of the people's lives. Not only is it important to social distance for safety but as an Asian-American, it's important for me to acknowledge that my race is not a virus. During this pandemic, I've seen numerous videos of hate crimes against Asians in their communities across the U.S. and I think the best way to eliminate that, is to focus everyone's safety.



John Dowling: Okay, let's stay with some simple things. So your parents came here and made a life for themselves.

Amanda Le: Yes! They came here as adolescents and my mom came here with some of her siblings. She's very close with her siblings and they were lucky to end up in the same foster homes. My parents met in the refugee camp and were able to remain contact while growing up on Long Island. My mom graduated high school and went on to college to be a chemist. My father did not and my father became a carpenter. However, they've worked all sorts of jobs to provide a life for themselves. My parents married in 1991 and I was born in 1992. By the age of thirteen, my parents split and my mom became a single mom identify. I identity myself with my mom being my main caregiver and my mom truly being a single mom.

John Dowling: So you grew up on Long Island.

Amanda Le: Born at Good Sam Hospital in West Islip and raised all over Long Island!

John Dowling: And what was life like for you as a young person on Long Island? Because I would think Long Island was very segregated at that point going back to the 80s. I think it was- Long Island was still very white, very Caucasian for the most part, no?

Amanda Le: Because my parents struggled with finances we moved around a lot from apartment to apartment. So I went to school in a lot of school districts including Hicksville, Central Islip, Sachem, East Islip and the fondest memories that I have are from Islip, which I graduated from.

Model Citizen Amanda Le

MODEL MAGAZINE
CITIZENS JUNE 2020

I went to Islip School District for about 5 years. In every school district that I went to, I was the minority as an Asian-American. I would say maybe there is a handful of Asian students in the whole entire School District.



John Dowling: Were kids kind or were they mean?

Amanda Le: I think everybody has their own story of being bullied or just being different but of course kids were mean. I would say that the one negative thing that came from that was it made me be ashamed of my Asian culture. I definitely grew up with a culture-clash. At home, we ate with chopsticks and rice bowls and in school, I ate differently. A lot of the neighborhoods, I grew in grew up in work mainly Italian so they were all eating pasta and sausage and mozzarella. It was just different. So growing up, sure, the kids were mean and I was being more influenced by contemporary American culture.

John Dowling: When did you start modeling?

Amanda Le: I started modeling when I graduated college in 2015. I graduated from SUNY New Paltz with a degree in sociology and a minor in Communications.

John Dowling: You must have been approached all through college to model, I'm sure.

Amanda Le: I did. I was approached at the college dining hall by a photographer that worked on campus. I was once a hair model on a Pix 11 news segment for hair extensions. And the first shoot I ever did was in Upstate New York, New Paltz and we did a photoshoot in front of a waterfall. That was my first experience! Dealing with challenges such as wind in the waterfall and you know, not showing that I was cold through my facial expressions.

John Dowling: A little like today in the freezing water.

Amanda Le: Yes! It was a challenge but I liked it. I wanted to do it more because the shots that were taken were so rewarding.

John Dowling: Because we've shot together many times and every time we shoot, you're the hardest working model on set.

Amanda Le: Thank you, John.

John Dowling: Even today, what an amazing job you did.

Amanda: Thank you. So yes, that was a taste in college. Once I received my degree in sociology, I didn't want to continue school. I struggled in academics to the point that I had been academically kicked out of university. I wrote a phenomenal appeal letter, did the damn thing and graduating felt like a huge accomplishment for me. So here I am unsure of how to get my adult life started. I had an acquaintance that worked for the Hart Agency. With that little taste of modeling in college, I ultimately wanted be what is known as an import model- the models that walk around the car shows, because I loved people. Yet, I knew that I had to build some sort of portfolio towards this type of modeling where I wanted to be.

Promotional modeling was the main type of modeling to Hart agency provided as a service and that acquaintance had got me an interview and ever since 2015, I've been working for the Hart Agency. I've been working for them for 5 years now and I mostly work on-premise promotions for today's top liquor and spirits. I've had so much fun going to the biggest bar towns on Long Island and promoting, building a brand that everyone at the venue wanted to enjoy. It made people happy. Who doesn't love free giveaways? And I've loved it ever since.

John Dowling: Now you've modeled for Anthony DeFranco hair salon, we've shot before many times and now you're modeling for my match-making company- Long Island Match-making, you model for Model Citizens Magazine. And of course, you've been nominated as a model citizen. And one of the reasons why you were [illegible] because you're very pri- [illegible] about on some of the shoots we did, you shared with me that you had some surgeries that were pretty intense. Then you showed me the scars which were hidden well, but still show that you went through a lot. Can you share with everybody what you had to deal with, and how that was like dealing with?

Amanda Le: Absolutely, as I mentioned before, my parents divorced when I was thirteen. The day the divorce finalized, I had gotten a scoliosis fusion in my back. I grew up as a child with scoliosis and by the time I was pre teenager the curve of my spine had gotten worse that I needed a correction surgery and so I went through an operation. There is a scar on my spine that is about 13 inches long from the top of my spine to about most of the way down.

John Dowling: Well, you're petite so it's basically your whole back. What did they have to do? Was that hard to go through?

Amanda Le: They screwed metal rods into my vertebrae to correct the straightness of my spine. I was so young that I didn't really realize how intense it was. One of my fondest memories is my homeschool teachers had brought me cards when I came home from the hospital. It was a card signed by all my classmates and that attention made me happy. I was sad being at home and not in school with my friends. In terms of emotions, that's really what I remember.

Amanda Le Model Citizen

John Dowling: What charity you most passionate about? Would it be the Carolyn Baldwin Breast Cancer Fund?

Amanda Le: Hands down.

John Dowling: And we not having it this year because of everything going on but next year we'll do the 10-year anniversary.

Amanda Le: Which is exciting! I'm very looking forward to that. It's for charity and a greater cause but it also promotes the Long Island hospitality industry. And Long Island's hospitality is an industry that's suffered from COVID-19. It's really sad and I can't wait for next year, the 10-year anniversary, where all the biggest restaurants in Long Island's hospitality are back together to just kind of celebrate a big rebirth.

John Dowling: I recall you do corporate America?

Amanda Le: Yes, I'm a traveling sales rep for a laminate manufacturer. So I show decorative laminate designs to architects and interior designers that design commercial buildings- whether that's hospitality, healthcare, retail, corporate offices, tradeshow booths and transportation interiors. I get to work with designers on projects and influence them on the latest trends and designs, hoping that my patterns of decorative laminate enhance and showcase their interior spaces that they design. My passion for interiors, started with my family business in remodeling kitchens and baths after I graduated college. Besides part-time modeling at the time, I learned a lot from the family business and doing sales in kitchen and bath design.

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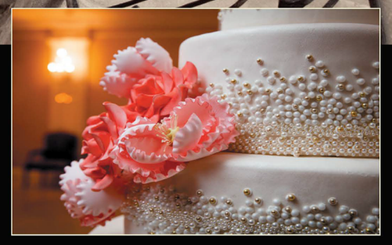







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MODEL MAGAZINE CITIZENS JUNE2020



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9 hrs ·

Processing tough news from my doctor giving me a death sentence 😥🙏❤️

Love journey update - Embracing Lung Cancer Stage 4
❤️
What do you do when your doctor tells you not to expect to live that long? My last doctor appointment gave me some tough news that were quite confusing and rather traumatic. I needed some weeks to process it and get myself to a point where I didn't break down crying with guilt of letting my daughter down and with the initial moving stress on top it became too much and I got sick and just ended up retreating for a bit. We are now staying put for awhile and I can breathe again and I finally feel better and in the right frame of mind. I said to the doctor, that I signed up for being a miracle and I respect what he is saying but, I will absolutely not accept it!!! Too many people are told they do not have long to live, even way less time than me and still find a way to survive or prolong their lives significantly beyond doctors understanding.
❤️
I have no choice but to believe I too can be a miracle. 🌟 That everything I know about combining the natural healing world and healing of deep rooted traumas in our bodies and cells with infusions of the right nutrients, enzymes and oxygen together with a positive, loving and open mind in alignment with the highest universal energy can heal and sometimes even reverse the toughest illnesses.
❤️
I always knew that the medical world can only take you so far and by treating the whole body (Body, mind and soul) at one of the leading natural and holistic Cancer Clinics, I might stand a fighting chance to actually survive or control my cancer to an extend that I can actually see my daughter grow up. Next week I will do my scans to see where my spread is at if the chemo has worked and if I should start the pills right away or wait a few weeks and do one more last chemo. I will keep you updated next week.
❤️
And to all of you supporting through kind words, prayers, thoughts and calls, I thank you so much as I would be lost without it. ❤️🙏❤️ Pls. watch the video for all the current details of what is happening and I hope to maintain this energy so I can keep you all updated much more frequently and make our quarantine experience way more enjoyable.

I Love you all
Annijamila ❤️



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MODEL CITIZEN

Rachel Grant

MODEL CITIZENS MAGAZINE JUNE 2020

Rachel Grant is a British, Philippine-born actress, TV host, organization and packing expert, travel writer, award-winning digital producer and social entrepreneur. She is notable for her role as Peaceful in the James Bond film Die Another Day and was the Tour Guide in Bravo's Tour Group. Rachel first appeared on SyFy UK as horror host Nina in their hugely popular Friday night strand Sci-Fright! In 2018 she was made the first Ambassador of Navarrenx and the Béarn region of France.

Rachel has travelled to more than 70 countries and has shared her packing and organization tips on the Rachael Ray Show, Bravo.TV, Hallmark's Home and Family, Today.com, Biaggi.com and is author of the book "Making a difference" - a collection of stories on inspirational people she has met on her travels. Her award-winning viral video "How to Pack Over 100 items into a Carry-On" was covered by 200+ websites, aired across the globe, was featured on several national TV shows and shared by

Oprah, Ashton Kutcher and EllenTube. To date, Rachel's organization and travel videos have accumulating over 100 million views! Rachel played Bond girl Peaceful Fountains of Desire opposite Pierce Brosnan in the James Bond film Die Another Day. One of her first TV roles was on SyFy as horror hostess Nina in Friday night's Sci-fright, becoming SyFy UK's most watched TV slot. She also appeared as Professor Myang Li in Sky One's popular Brainiac: Science Abuse.

MODEL CITIZENS COVER MODEL 2015 FEATURE STORY

MODEL CITIZEN RACHEL GRANT

She has had roles in theatre and on British TV shows including Emmerdale, Murder in Suburbia, Blue Murder, Star Hyke and Casualty. Other roles include Maria Ronson in the film Until Death with Jean Claude Van Damme and Stephen Rea, and in The Purifiers with Dominic Monaghan.

As a seasoned traveller, Rachel has hosted travel shows onboard Cathy Pacific Airways and is the Tour Guide/Host of TV show Tour Group on Bravo USA. She has written travel articles for various magazines and is a regular contributor of Bravo.TV

In 2012, she was part of the exploration team that "discovered" the uncharted "Angel Cave" in Bani, Philippines. In 2014, Rachel's personal Angel Cave photos went viral and were brought to the attention of the Philippine Department of Environment and Natural Resources (DENR). Angel Cave has since been declared as a Class 1 Cave and is now protected. In 2016, Rachel returned to Angel Cave with a small film crew as part of her 12-part digital series "Fun in the Philippines" which launched in January 2018 on Storia.

In August 2016, Rachel became a viral star after sharing her space-saving tips. She made a 2-minute home video for Shark Tank company Biaggi which featured her own organization methods.

RACHEL GRANT

MODEL CITIZENS MAGAZINE JUNE 2020



"How To Pack Over 100 Items into a Carry-on" was viewed millions of times on release, featured on tv stations across the globe, covered by over 200 websites and was shared by Aston Kutcher, Oprah and TIME magazine. Dubbed "packing queen", Rachel has since won a Shorty Award and has guest-hosted on various TV shows including the Emmy-winning Rachael Ray Show and Hallmark's Home & Family Show.

Grant is an aficionado of the martial arts, studying with Grandmaster Dan Inosanto, a renowned student of Bruce Lee. She has appeared on covers of international magazines, filmed demonstrations on historic Asian weaponry, performed stunts in movies and worked as a body double for Angelina Jolie in Lara Croft: Tomb Raider.

Compassionate about good causes around the world, Rachel authored the book "Making a Difference" about positive ventures and do-gooders she has encountered on her travels. She dedicates herself to projects with disadvantaged in the Philippines through The Padua Charitable Fund which was co-founded by her mother in 2016. She volunteered in the tragic aftermath of Typhoon Haiyan and recently completed the building of a school and typhoon shelter in Bani, Pangasinan, to serve a rural community of 600 typhoon victims.

In 2012 she was invited by Hillary Clinton to Washington DC to attend a private function with the President of the Philippines in recognition of her charity work and achievements.

Grant also serves as global ambassador for the Philippines' leading social enterprise Human Nature cosmetics, creating jobs within underprivileged communities in the Philippines. In 2012, inspired by the works of Human Nature, Rachel launched her own eco-friendly pet products line, Furry Kind, in partnership with the firm, promoting good works and good will to animals, humans and the environment. In addition, she designs travel bags for Biaggi luggage who have donated hundreds of bags to needy communities in the Philippines. Her bag designs won her finalist awards at the Home & Housewares's Global Innovation Awards in 2016 and 2017.

RACHEL GRANT

MODEL CITIZEN

Rachel continues to seek new adventures and pursue novel opportunities that combine her zeal for exploring with her generosity of spirit. Rachel and I have worked together several times before including events at the Garden City Hotel, Former Model Citizens Magazine Cover Modeling, and editorial photo shoots for several magazines and publications. We have yet to work together on film but that could change as Chapters of Love goes into production. Rachel is truly a model citizen and a successful actress and entrepreneur who encompasses all that Model Citizens Magazine stands for and we hope she has continued success both with her family and her career.

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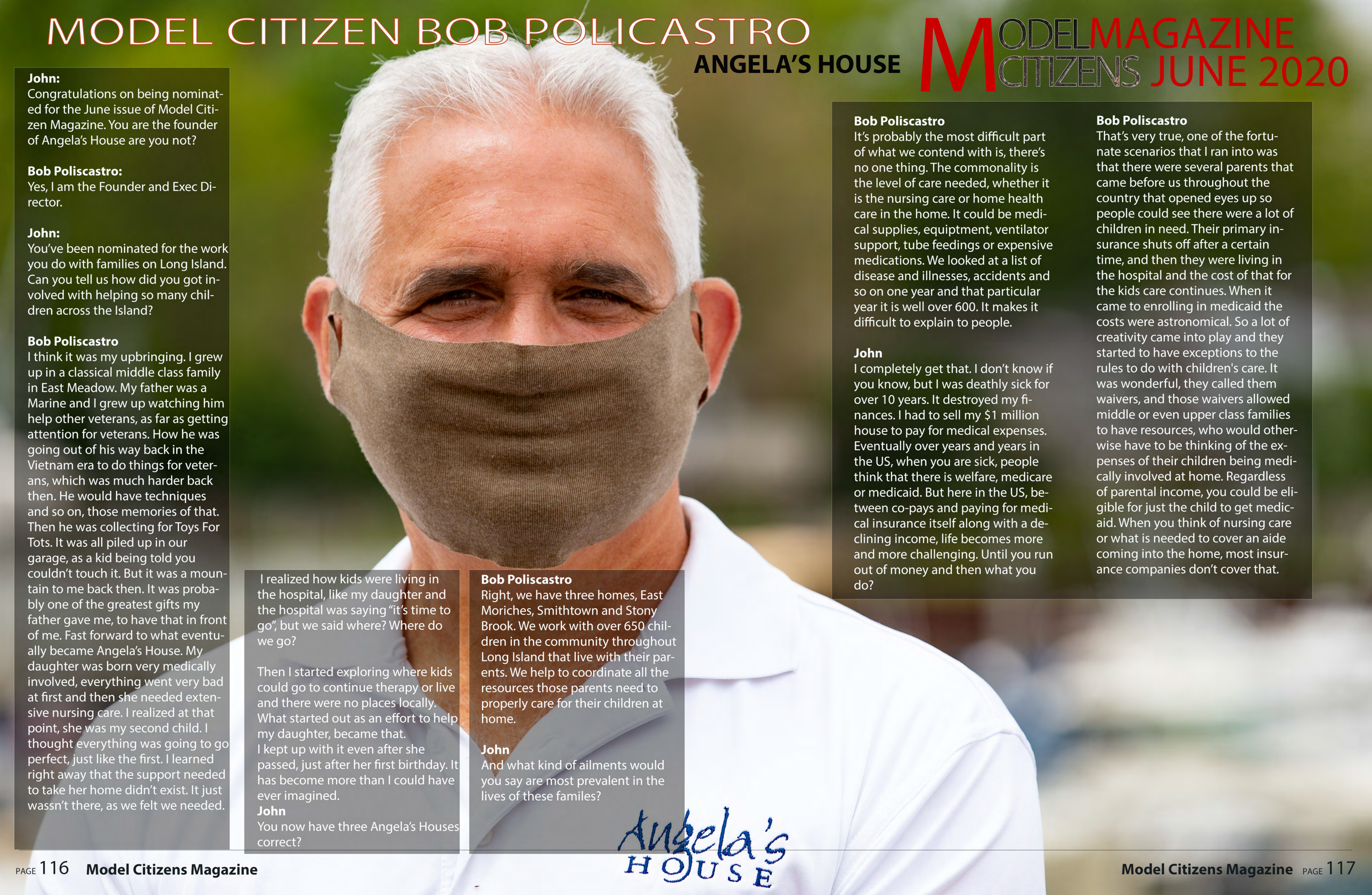
MODEL CITIZEN BOB POLICASTRO

ANGELA'S HOUSE

MODEL CITIZENS MAGAZINE JUNE 2020



John:
Congratulations on being nominated for the June issue of Model Citizen Magazine. You are the founder of Angela's House are you not?

Bob Poliscastro:
Yes, I am the Founder and Exec Director.

John:
You've been nominated for the work you do with families on Long Island. Can you tell us how did you got involved with helping so many children across the Island?

Bob Poliscastro
I think it was my upbringing. I grew up in a classical middle class family in East Meadow. My father was a Marine and I grew up watching him help other veterans, as far as getting attention for veterans. How he was going out of his way back in the Vietnam era to do things for veterans, which was much harder back then. He would have techniques and so on, those memories of that. Then he was collecting for Toys For Tots. It was all piled up in our garage, as a kid being told you couldn't touch it. But it was a mountain to me back then. It was probably one of the greatest gifts my father gave me, to have that in front of me. Fast forward to what eventually became Angela's House. My daughter was born very medically involved, everything went very bad at first and then she needed extensive nursing care. I realized at that point, she was my second child. I thought everything was going to go perfect, just like the first. I learned right away that the support needed to take her home didn't exist. It just wassn't there, as we felt we needed.

I realized how kids were living in the hospital, like my daughter and the hospital was saying "it's time to go", but we said where? Where do we go?

Then I started exploring where kids could go to continue therapy or live and there were no places locally. What started out as an effort to help my daughter, became that.
I kept up with it even after she passed, just after her first birthday. It has become more than I could have ever imagined.

John
You now have three Angela's Houses correct?

Bob Poliscastro
Right, we have three homes, East Moriches, Smithtown and Stony Brook. We work with over 650 children in the community throughout Long Island that live with their parents. We help to coordinate all the resources those parents need to properly care for their children at home.

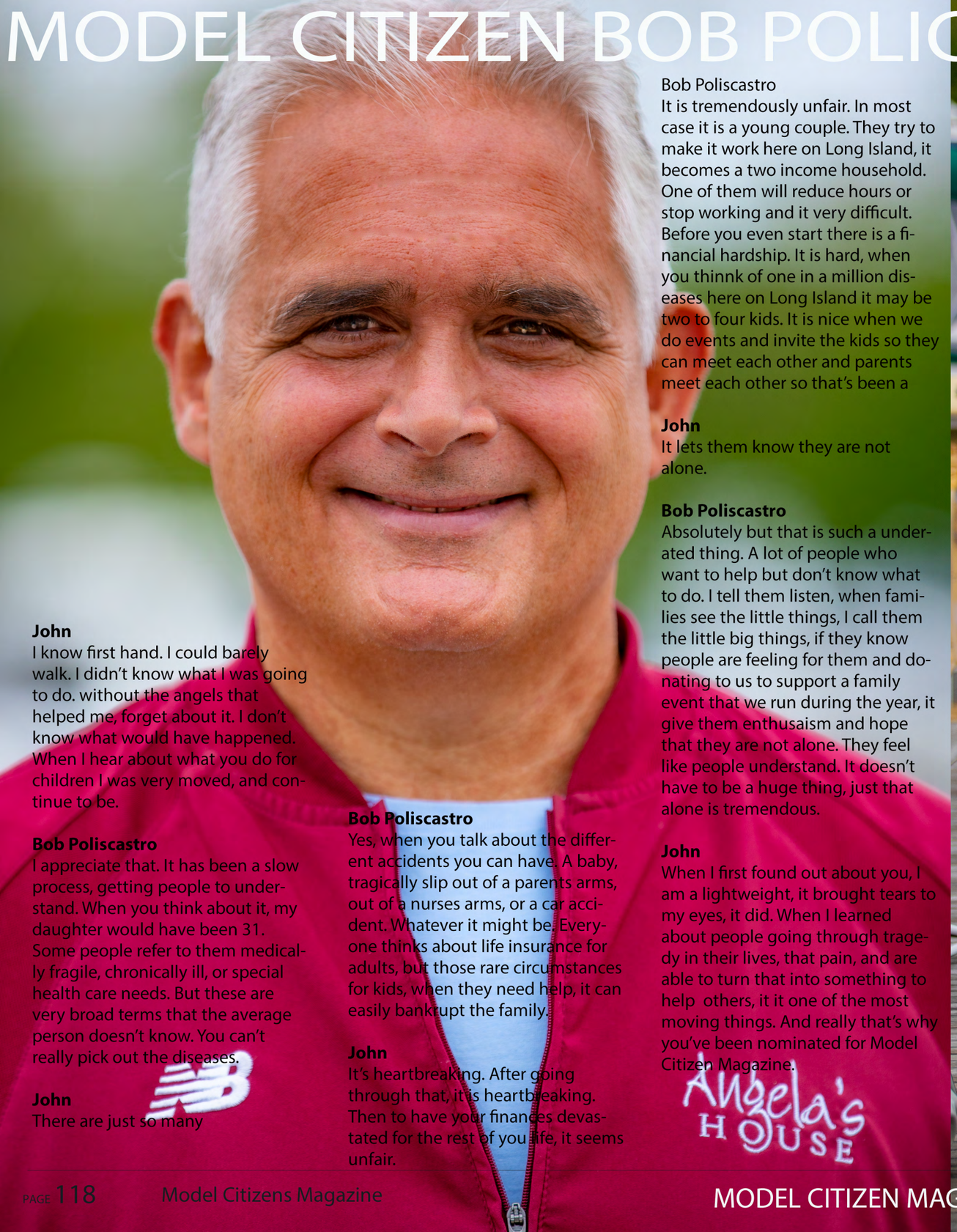
John
And what kind of ailments would you say are most prevalent in the lives of these familes?

Bob Poliscastro
It's probably the most difficult part of what we contend with is, there's no one thing. The commonality is the level of care needed, whether it is the nursing care or home health care in the home. It could be medical supplies, equiptment, ventilator support, tube feedings or expensive medications. We looked at a list of disease and illnesses, accidents and so on one year and that particular year it is well over 600. It makes it difficult to explain to people.

John
I completely get that. I don't know if you know, but I was deathly sick for over 10 years. It destroyed my finances. I had to sell my $1 million house to pay for medical expenses. Eventually over years and years in the US, when you are sick, people think that there is welfare, medicare or medicaid. But here in the US, between co-pays and paying for medical insurance itself along with a declining income, life becomes more and more challenging. Until you run out of money and then what you do?

Bob Poliscastro
That's very true, one of the fortunate scenarios that I ran into was that there were several parents that came before us throughout the country that opened eyes up so people could see there were a lot of children in need. Their primary insurance shuts off after a certain time, and then they were living in the hospital and the cost of that for the kids care continues. When it came to enrolling in medicaid the costs were astronomical. So a lot of creativity came into play and they started to have exceptions to the rules to do with children's care. It was wonderful, they called them waivers, and those waivers allowed middle or even upper class families to have resources, who would otherwise have to be thinking of the expenses of their children being medically involved at home. Regardless of parental income, you could be eligible for just the child to get medicaid. When you think of nursing care or what is needed to cover an aide coming into the home, most insurance companies don't cover that.

MODEL CITIZEN BOB POLICASTRO



John
I know first hand. I could barely walk. I didn't know what I was going to do. without the angels that helped me, forget about it. I don't know what would have happened. When I hear about what you do for children I was very moved, and continue to be.

Bob Poliscastro
I appreciate that. It has been a slow process, getting people to understand. When you think about it, my daughter would have been 31. Some people refer to them medically fragile, chronically ill, or special health care needs. But these are very broad terms that the average person doesn't know. You can't really pick out the diseases.

John
There are just so many

Bob Poliscastro
Yes, when you talk about the different accidents you can have. A baby, tragically slip out of a parents arms, out of a nurses arms, or a car accident. Whatever it might be. Everyone thinks about life insurance for adults, but those rare circumstances for kids, when they need help, it can easily bankrupt the family.

John
It's heartbreaking. After going through that, it is heartbreaking. Then to have your finances devastated for the rest of you life, it seems unfair.

Bob Poliscastro
It is tremendously unfair. In most case it is a young couple. They try to make it work here on Long Island, it becomes a two income household. One of them will reduce hours or stop working and it very difficult. Before you even start there is a financial hardship. It is hard, when you thinnk of one in a million diseases here on Long Island it may be two to four kids. It is nice when we do events and invite the kids so they can meet each other and parents meet each other so that's been a

John
It lets them know they are not alone.

Bob Poliscastro
Absolutely but that is such a underated thing. A lot of people who want to help but don't know what to do. I tell them listen, when families see the little things, I call them the little big things, if they know people are feeling for them and donating to us to support a family event that we run during the year, it give them enthusaism and hope that they are not alone. They feel like people understand. It doesn't have to be a huge thing, just that alone is tremendous.

John
When I first found out about you, I am a lightweight, it brought tears to my eyes, it did. When I learned about people going through tragedy in their lives, that pain, and are able to turn that into something to help others, it it one of the most moving things. And really that's why you've been nominated for Model Citizen Magazine.

Bob Poliscastro
Thank you. I tell you, for me personally, it is often a lot mixed emtions. Because I am not one that needs attention. I am a quiet person. I realized, when it comes to this, that you have to be in the forefront and do these things that call attention. I try to explain to people, I know it is not about me.

John
I didn't even know you existed, I was so surprised. When I found out that you were the guy, because you are such a soft spoken guy, in the background, letting everyone else take the acolades. That is heartwarming. I do want to ask how is this coronavirus affecting you and these children? It must be making life hard for a lot of people.

MODEL CITIZEN BOB POLICASTRO



We were insanely nervous in the beginning. We were getting a lot of medical data from Asas and Europe and before, myself like everyone else, we thought it would be small and contained. When we started to get the data of what was going on, we were we just petrified at the thought of what could happen to our children.

We responded faster than any state agency. We closed off all three homes immediately. This proved to be a great move for us. It allowed us to have that two week window and once it passed, and kids were still doing well in our homes, that was very heartwarming. Then we explained to our staff that we had to cut every service and delivery. Every mission driven, fun thing to do with the kids outside of the house, we had to stop. It was hard, but parents agreed with us and were supportive.

The only way anything was going to happen was if if someone picks COVID up inadvertently, while they are leaving home or out in the community. Last week we had a tremendous scare. One of the staff got COVID, thank God at this point, the kids seem to be doing well. We have had to isolate kids, every precaution you can imagine we have taken.
Suffolk County Emergnecy Service has stepped up. When hospitals were running short on masks, and we were desperate trying to get additional ones, they stepped up and that was critcal. At each point we have tried to step up

John
How do you think the government response was to this?

Bob Poliscastro
I think that especially right now when you can think of how many other times things come up, but it never hits like this. I can't blame them for the initial response. But I am disappointed that the coordination at different levels with nursing homes, like ours, didn't pick up faster. For me, this is something no one has ever planned for, this extreme. It is hard to put blame someone because it's extraordinary. I am 60 and I could have never imagined in my lifetime that I would have ever seen this.

John
Other than Bill Gates putting out a video Ted Talk, and there's a lot of Ted Talks, saying it was a matter of time. A when not if. No one took it to heart, not the administration, no one.

Bob Poliscastro
I think we are going to learn that here in New York, it was actually in our community earlier than we even know. Which is why I am thankful that we made decision early. I am also amazed at how well the parents in the community have handled it. Those that have shut down their homes, even shut down home care. Trying to get their kids home schooling, while trying to take care of their other children. Miraculously the kids across Long Island have fared extremely well. Some of the nationwide groups we are a part of, the response was phenomenal.
We were on top of it. The moves we made and information we got out to each other was tremendous.
I give them credit because anything at the time, we were trying to learn what was happening in Washington State and Italy. There were a lot of people at first who thought we were overreacting, but now everyone says, no you were right on target.

John
One of the last things I wanted to ask one more ques. There are 26 million Americans that are out of work right now, I am not sure how we are going to support that. What are your feelings on the econmoy because you are a business leader outside of what you do with Angela's House. Can you share what you do personally and your business career?

Bob Policastro
I started out in the airline industry. It was a time frame when things were transitioning into a lot of what we see today with a lot of individual airlines merging and affiliating with each other. I learned a lot from that. I could probably talk more about the not-for-profit sector. What I learned about the big carriers with them forming affiliations with smaller ones is that it ended up being a great move for both of them. Affiliations allow small non-profits how to survive. I am all about Angela's House and everything else just supports those efforts. Thank you for the honor of being nominated as a model citizen, truly an honor.

ROBERT ZABBIA
Model Citizen

What ever happened to Democracy in the United States?

MODELMAGAZINE CITIZENS JUNE 2020





The coronavirus pandemic has put the mute button on the 2020 presidential election. The presidential primary elections have all but been drowned out by the addiction and fascination with the reality show president "Donald Trump" dominating the headlines with his daily coronavirus campaign updates, the Democratic national convention has been postponed and campaigns are frozen in time. Now we have the tragedy in Minneapolis with an out of control police officer needlessly taking a man's life, and radical anarchists sparking riots that are spreading across the country.

All of which raises the question: will the 2020 presidential election truly survive? The presidential vote is due to take place on November 3rd 2020 and that date cannot be changed as it is a federal law that the election be held on that date. It does not appear at least at first site that POTUS can create an executive order to change that date, as that would require legislation by congress and a presidential signature and that simply is never going to happen. Then again things we never thought could happen in the past are happening right now and who knows what will be in six months.

In a way we are in completely uncharted waters as no one really knows what is going to happen after the economy is opened and the "Play - Pause" button is pushed on society. By November the country might be completely unrecognizable.

Some are suggesting that the election shouldn't happen as scheduled. There's talk out there about postponing it or changing it to a mail-in only election. Something that POTUS is dead set against.
The profound uncertainty has upended political campaigns like nothing else in living memory. It was just months ago that the former vice-president Joe Biden won 10 states on Super Tuesday. Who would have thought that was even possible after the dismal initial performance? On the biggest day in the primary calendar Biden the underdog took over the Democratic ticket and socialist Bernie Sanders and Elizabeth Warren dropped out of the race almost immediately after.

President Trump, meanwhile, was holding regular campaign rallies in ultra-packed arenas. It seems that you either love POTUS or you despite him, there is no middle ground. Even people who despise him at times loves what he has done for the US taking on every existing agreement and making them more US friendly, even taking on China.

Now, Candidate Biden finds himself campaigning from his basement in Wilmington, Delaware, struggling to break into the national conversation through TV interviews and virtual campaign events. Even now that President Trump has been denied the lifeblood of rallies, he switched to his other favorite medium television, leveraging the daily coronavirus Taskforce briefings and impromptu news conferences to blatantly campaign for his re-election. Probably not in the best interest of the US entirely as then every future president will be able to use Government platforms for personal campaigning. I often wonder how legal is this?

Media coverage that would normally be all about the race for the White House is dominated instead by an extraordinary public health and economic crisis, police brutality, protests and riots and with the COVID-19 death toll hitting 100,000 and expected to go even higher. It seems that Trump and Biden continue to work on the assumption that, come November, the worst of the pandemic will be over. The US held midterm elections in 1918 even in the grip of the Spanish flu that killed 675,000 people nationwide, so why would it not now?





ELECTION 2020

June will now be a bumper month, with nearly 700 delegates up for grabs in 10 states and the District of Columbia, assuming the primaries can go ahead. The Democratic National Committee announced it was delaying the presidential nominating convention in Milwaukee by a month until the week of 17 August. But changing general election day would be much more difficult. Faced with the inconsistency of states voting on different dates, Congress passed a law in 1845 that stipulated federal elections must be held on the Tuesday after the first Monday in November (the day and time of year were chosen to suit farmers).

Congress would have to pass a new law to postpone the 2020 election and even then would run into constitutional hurdles stating the new Congress must be sworn in on 3 January and the new president's term must begin on 20 January. The inauguration date was set in 1933 when the 20th amendment to the constitution was ratified. There have only been 27 amendments in all. To make another, revising the inauguration date, would require approval by a two-thirds majority of both the House of Representatives and Senate, then ratification by three-quarters of the states. Something that is unlikely going to happen in our divided nation.

If the election does go ahead as expected on 3 November, states that already allow early and absentee voting will be well placed. Washington state, for example, has carried out elections by mail for years and its primary last month went ahead as planned.

ROBERT ZABBIA
Model Citizen

Still at least 17 states require an "Excuse" for requesting an absentee ballot. Many would need to change their rules at huge cost to run a mail-only election.

To move to a mail in only ballot with such a short time to prepare will lend itself to too many uncertainties. A major challenge is the United States Postal Service is economically unstable, so vote by mail may not be as simple or secure as one would want for such a crucial election. Such logistical problems could fuel concerns over the result in what is expected to be another very close election. We could end up with concerns about the legitimacy of the election. Last time it was only 10,000 votes in Michigan. It's not hard to think we might have votes misdirected or "return to sender." Do we need a 2020 version of "hanging chads"?

You also have to ask yourself with everything going on in our country right now, is anyone really paying attention to the election? In polling many of the model citizens from previous issues and the current issue it appears that they have for the most part made up their minds. From what I could gather this is not an election confronting the ideologies of capitalism versus socialism, economic reform, prudent fiscal spending, this is an election that is a referendum on President Trump, his morality, ethics, and his disposition when he takes on those that oppose him and if Biden is up to the job or not.

Most people who oppose Trump whom I speak to do not seem to care about his policies as much as his temper, and his crudeness. Many simply think he is not fit for the job of president especially all of those conspiracy theory democrats who impeached POTUS on what appears to be many baseless accusations. After all, three years of trials and reports and zero laws seemed to have been broken by POTUS and no Russian collusion.

If that was any other American you would think it was a huge witch hunt. But politics are not fair and you seem to be guilty in the US just because of the media before you are even tried. As I see it, we have tremendous growing pains and we are still a democracy in its infancy. We also seem to still be in a political social war despite the fact trillions of dollars bailed out both Wall Street and Main Street over the last few years.

All in all no one seems to care about the election and what is going to happen to us as a country, everyone right now is fighting for their own economic and real survival. We only have so much bandwidth and we can only believe a fraction of what we hear on the polarized news media. Much of which we have all learned is bought and paid for by some political party or some billionaire somewhere behind the scenes. Now we need to vote based on our gut.

So which old guy are we going to vote for? Don't ask a millennial as they cannot believe we have two men who are older than many of their grandfathers and out of touch with their realities running for president. Every one of them would rather see a younger more in touch entrepreneur run for president but with the costs of running skyrocketing to hundreds of millions of dollars, that just does not seem likely. The state of our union is certainly in trouble as is the election.

Many would ask themselves "What election"? I never would have suggested either candidate for president and I am amazed that at this point in my life we are looking at candidates who are neither morally or ethically in line what I would want for my children to look up to every day. Where are the Ronald Reagan's, John F Kennedy's, Abraham Lincoln's out there? We have to have better choices for future elections, plain and simple. In two election cycles I keep asking myself are these the best two we can come up with? There is very little doubt in my mind that POTUS will be re-elected but there are a ton of unhappy people out there so there could be an upset. Certainly, we have learned that even the best capitalistic societies need to have government programs and spend trillions of dollars to bail out the entire country, when it is bleeding. Even in normal times, and I use that term loosely, what do we do about the small segment of our population who truly need help?

What do we do to heal the racial wounds caused by a rogue police officer, a history of injustice, and racial disparities? We haven't had a leader yet who can bring us together. It seems the parties want to pit us against each other to either gain or retain power. Years of one party rule in many communities has proven to keep the divisions strong, and don't lift people out of poverty. That goes for communities on both sides of the aisle. We need to get rid of the political class that has blossomed in recent history and go back to the vision of our founders of citizens serving their communities, and then leaving politics to go back to their farms, businesses and civilian lives. As long as politicians don't have to suffer under the laws or conditions they create, we will continue to get more of the same. God Bless America and hopefully these elections will take place and enough accurate information shared that we can make a viable choice.

What happened to Democracy in the USA?

MODEL CITIZEN Lidia Szczepanowski

MODEL MAGAZINE CITIZENS JUNE 2020



As Founder and President of the National Organization for Women's Safety Awareness, Inc. (NOWSA), a 501(c)(3) not for profit, I want to thank John J. Dowling. Jr., Publisher, for giving me the opportunity to "Bare it all for Charity" in this edition of Model Citizen's Magazine to help raise awareness about the prevalence of violence and harassment against women and teens and share information about the NOWSA's mission.

When I was 13, I was the victim of a sexual assault by a relative. I did not tell anyone for years and I remember feeling unbelievably embarrassed and ashamed. I lived my teenage years covering up my body and "uglying" myself up because I did not want to feel like I was "asking for it". It was not until I walked out onto a stage in a swimsuit at the age of 41 that I was finally able to let go of all the guilt, fear and shame. To my absolute surprise, I won the title of Mrs. New York America 2006 and on that day, I fell in love with all my imperfection and decided to celebrate instead of hide everything about myself including my body. This ideology set the framework for my desire to create the NOWSA.

Lidia Szczepanowski

Lidia Szczepanowski Model Citizen



Since 2007, the NOWSA's mission has been to raise awareness about the frequency of sexual assault and other forms of violence and harassment against women and teens in our society and our goal is to stop it. We do this by focusing on education and advocating for social change through educational outreach programs and awareness

The NOWSA reaches out to individuals, civic and corporate partners, schools, universities, public safety departments, government agencies and other organizations and encourages them to share the powerful message of co-equality and mutual respect of all individuals. We advance the message that violence against women and teens and

and their harassment must not be tolerated and we inspire all people to speak up about this often down played and concealed topic. The foundation also helps keep women and teens safer while building confidence and self-esteem through speaking engagements, informational website and blogs, seminars and safety initiatives such as

"Stylish Safety®" Women's Safety Awareness and Personal Protection Seminars where attendees learn efficient and practical methods of avoiding and defending against attacks. Through the NOWSA, we have not only raised awareness of the problem of gender-based violence and harassment, but we are providing viable solutions that are allowing

women to live safer lives. For example, with assistance from several local elected officials, the NOWSA established November 1 - 7 as "Teen Personal Safety Awareness Week" in the State of New York. This annual campaign helps educate teens in middle and high schools about what they can do to live safer lives.

Lidia Szczepanowski Model Citizen

MODEL MAGAZINE CITIZENS JUNE 2020





As part of this campaign, NOWSA also launched the "Covers For A Cause" safety awareness campaign, which combines youthful contemporary art with relevant safety tips, reminders, information and messages on visually appealing book covers. Other safety initiatives include the "Listen for the Whistle" campaign featuring the "Stylish Safety® DIVAS Crystal Whistle™ as its fashionable yet functional symbol, and the "I B SAFE" silicone slap bracelet personal safety awareness campaign that highlights a trendy and stylish black or white silicone slap bracelet with the acronym "I B SAFE" imprinted directly on on top of the bracelet. Each bracelet comes with an educational "I B SAFE" card which identifies and explains the acronym "S.A.F.E.". The NOWSA also gives victims of sexual assault, violence, and harassment a forum where they can share their personal stories of tragedy and triumph in an effort to help build confidence and self-esteem in themselves and others while being a part of our "Voices For A Cause®" movement. "Voices For A Cause®" events have included collaborations with colleges such as Hofstra and St. John's Universities, other not for profits, including the Coalition Against Child Abuse and Neglect, Operation Safe Child, Girl Scouts, Project Safe Neighborhoods, New York Veteran Police Association, women's organizations and businesses including Ms. World, Ms. US World and Ms. Australia World Pageants and Tori Belle Cosmetics, fashion designers, local businesses, golf events, comedy shows, and many others.

Although achievements addressing violence, harassment and sexual misconduct against women and teens have been forthcoming, these efforts are not nearly enough.

I believe that by focusing on education and by raising awareness about these issues, we are going to make the most substantial impact. I am proud and encouraged that the NOWSA is making great strides to develop prevention strategies and engage all persons within our communities including individuals, corporations, men and boys, parents, and victims, as active participants in this work. Albert Einstein once said, "the world is a dangerous place to live; not because of the people who are evil but because of the people who do nothing about it." I urge you to never to look on and do nothing.

I encourage you to get involved, speak up and "Be a Voice" for the sake of our daughter, mothers, sisters and all the women in the world. Please join our "Voices for a Cause®" movement by doing the following:

1.) Make a donation in any amount on the NOWSA's website (www.TheNOWSA.org) so that the NOWSA can continue to help keep women and teens safer through its personal safety and violence prevention initiatives;

2.) Show support by Liking and Following the NOWSA on Facebook, Instagram and Twitter;

3.) Purchase a Stylish Safety® DIVAS Crystal Whistle™ through the NOWSA's website and then share images on social media using the hashtags #VoicesForACause, #BeAVoice, #ListenForTheWhistle and #TheNOWSA.

Thank you for your consideration and be safe.



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LYDIANNE INTERDONATO MODEL CITIZEN

LIFTING THE STIGMA OF MENTAL ILLNESS

MODEL MAGAZINE CITIZENS JUNE 2020



John: What about your career?

Lydiane: I founded Stellar Interiors a modern contemporary design company that specializes in full comprehensive construction base projects. I create design implementations for both commercial and residential spaces. All material sections are personally selected from a rudimentary construction base phase. to bring a design plan to fruition. In conjunction to selection of all materials I will design and hand select furnishings to after construction phases are finalized. The true passion for me is in the evolution, I seek the most joy the transformation from an unfavorable state to one that's pleasurable and harmonious for my clients to live or work productively.

John: What is your design philosophy?

Lydiane: My design philosophy is designing spaces with the care and consideration of incorporating the fundamental elements that are representative to my clients while adhering to my personal design aesthetic. When implementing a design plan I always consider the family, style, brand, product, or purpose of the utilization of the space. My design aesthetic is modern, contemporary designs integrated with classic timeless elements. I integrate the latest trends in kitchen, bathroom, office and residential design. I have a penchant for clean lines, symmetry, and minimalism, which I couple with essential factors such as functionality, and harmoniousness.

Most importantly creating livableness to a residential or commercial space is what I strive for. Creating a space that feels representative to the client I am working with ensures the design is successful and properly implemented.

I love the duality of mixing textures; the usage of monochromatic colors for my baseline palette while infusing more audacious colors in accents. I love to pair the unexpected. The polarity of two opposing elements coming together in unison to create the unexpected compliment is immensely visually rewarding. The evolution of creating the transformation of a dilapidated space to overall enhance that space to what would be unforeseen is the most pleasurable.

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JOHN JOSEPH DOWLING JR.

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MODEL CITIZEN AMANDA COLANDRO

John:
Amanda, You've been nominated for the Model Citizen Magazine for the help you give people for charity and your daily job where you help people with their health. You friends nominated you and even showed me pictures of you in your hazmat suit at work. What is that like helping people with the Coronavirus?

Amanda Colandro:
I stepped out of my regular office responsibilities to go to the hospital to help physicians with the Coronavirus. I was fearful at first, I didn't know what to expect, but once I got there, what was such an amazing team, I was working with at Huntington Hospital. They guided me and helped me get what was going on with the situation.

The virus is attacking the body and it reacts very differently with different people. Patients with that had risk factors for diseases previously like diabetes, heart disease or had a compromised immune system, things like that, were more severely sick. It was very difficult at times. It was almost like a system in the body that would unravel, and it would be okay for a few days, we would think as providers that patients were getting better, so we would downgrade them. Then after a few days they would have difficulty breathing or develop clots and then would go back to square one

John:
Or even worse.

Amanda Colandro:
Or even worse from where they started from. Some of the patients I did see were on ventilators and were taken off the incubator, then they developed problems. They were unable to breath, they coded and went back on a ventilator, most of them passed away.

It was very difficult to see that and speaking with family members to explain to them because they were not allowed in hospital, so providers are eyes and ears for the family. You would speak with them daily and give them update about what's going on with patient. It's very sad, some patients left the hospital, we discharged over 600, and for a small community hospital that is amazing. But some patients did pass away.

John:
It is really hard for a family to not be able to see their loved one as they are leaving this world. That's a lot of responsibility for a doctor, or in your case a nurse practitioner. It must have been hard emotionally.

Amanda Colandro:
Before I was a Nurse Practitioner, I was a nurse in the Oncology Unit and as a nurse in oncology you do see a lot of patients pass and a lot of death and family members too. So this situation kind of brought me back there in a sense, but it is never easy to tell anyone

John:
It's never easy to tell anybody that they have lost anyone. How long did you spend at Huntington Hospital? That was big of you to volunteer to do that.

Amanda Colandro
i was there for about a month and half, so when the census dropped and now i am back in my office.

John:
Long Island and particularly Suffolk County got hit really hard, I think we are the second highest in New York after New York City, maybe New York, Queens, and Suffolk County were hardest hit. Do you think it will come back with the lifting of social distancing restrictions?

Amanda Colandro
i do

John:
So do I. Are you concerned for your own health?

Amanda Colandro
No.

John:
Do you take anything preventive?

Amanda Colandro
I take vitamins daily, vitamin C, zinc, B12 and vitamin D. I am big believer in keeping my immune system strong

John:
I take all of those myself. How much vitamin C do you take?

Amanda Colandro
Over 1,000 mg/day

John:
Does it make you nauseous?

Amanda Colandro:
No

John:
Do you take it all at once?

Amanda Colandro:
Yes, I take it all at once.

John:
I know people who had covid who said they've never been through anything like that in their life. Another friend I know had it bad, his whole body was shaking badly for hours.

Amanda Colandro:
So this is a virus that we've never seen before in the healthcare industry. Because most of our diseases process presents in the same way, the symptoms in the same way.



John
it's completely different in everybody, it makes it so difficult to treat. Even with vitamins. They still don't really have a treatment. Did you have any experience with hydroxychloroquine?

JOHN DOWLING JR

FREEDOM VERSUS SAFETY

MODEL MAGAZINE CITIZENS JUNE 2020



America Debates the Hard Choices and life is getting more and more political every day that goes by. Clearly POTUS and the Republican's want to put the pressure on states and governors to open up the economy. At the same time POTUS has passed the responsibility of protecting lives versus rebooting the economy onto states. A great political move but now POTUS is actually urging on protesters who claim that American civil liberties are at stake. With protests for liberties ending on one front and new more rebellious protests "Black Lives Matter" engulfing America, we must come together again as one community!

Are we not supposed to all work together to make sure, absolutely sure that we are doing everything in our power to protect those around us who are most vulnerable? Or are we all going to stand up to our government and tell them that we have had enough? That it is time to give us our lives back and we will use our best judgment as individuals and citizens who are free to protect ourselves? This is the now new debate that seems to be more important to many than continuing to fight the corona virus as a whole. For many as we have just seen, a free and safe America for all is paramount.

Now more than ever we see people clearly telling our government officials to "FUCK OFF" and that we have the right to do anything we want. That our constitution is what protects our civil liberties not what Governor's tell us to do. We now even see those who are conscientious objectors speaking out, working anyway, opening their shops and hair salons, against the executive orders of governors and the government nation wide. But is that the best choice?

What about what happened in 1917 when twenty-million Americans lost their lives after the reboot of society after the pandemic of that time? Would they have been saved if people continued to respect the stay at home, pause, and follow the new social distancing rules? History repeats itself time and time again and I do believe those of us who tend to be more conservative and live a more "safe" life believe that we are heading for disaster, as do the scientists if we re-open and re-engage too soon. By the looks of the numbers we never know what can happen as everyone knows the numbers are completely skewed. How many real cases there are is a question. How many cases their ever were is at question. How many real deaths from the actual corona virus are at question. There are those who are completely infuriated that their businesses and livelihoods were ever put at risk claiming now that our government used FEAR to control and manipulate us into giving up our constitutional rights. They are furious that people are going into the hospital and leaving their families behind never knowing if they will ever see each other again, and at times, saying goodbye without being able to support those we love, even while they say goodbye to this world.

Then you have the first responders who are dying faster and more than any other group of people outside of the victims from nursing homes and assisted living facilities. They want as much safety as possible and they are urging everyone to stay at home. They are putting their lives at risk and they do not want visitors who can spread this pandemic around further exposed to the corona virus. So where? Where do we draw the line? Do we allow our friends and family members to gather in groups without masks and protest or do we avoid them like the plague knowing that they are making the choice to put themselves at risk? And not just those protesting for freedom. Those protesting to save their lives!

And do we socialize with them again or do we avoid them knowing they may very well be carriers themselves without symptoms by having put themselves in harms way? Who among us would put their mothers, children, friends, family, grandmothers, aunts, uncles, even acquaintances at risk of losing their lives to reboot our financial and economic needs maybe too soon? Would you for Black Lives Matter? This issue of Model Citizens Magazine is the "Model Citizens Bare it All for Charity Issue" and every one of our model citizens is baring their own heartfelt stories of courage and adversity and what brought them to bare it all for charity.

While we are celebrating our new found Freedom's and the restoring of our society, there is none among us that are not concerned about what is going to happen. Not only with he coronavirus but with all of the rioting.

Will the corona virus be a minimal impact on our society now that the curve has been flattened? Or will we see a worse outbreak ten times worse than the original? Who will live and who will die will greatly be effected (as we see from all of the data) by the individuals financial ability to quarantine themselves and by our societies willingness to work together to protect our neighbors and families. But is the loss of our civil liberties and the giving of power to our local and state governments worth it? There are some of us who believe that giving our government any more power than it already has is foolish. That our government is too big, too strong, too intrusive, and too heavy handed to begin with and this is making it even worse. They feel that no matter what the loss of life, no matter who is at risk, that our civil liberties and freedom are more important than what we lose if we give up this power to our government. Allowing our governments to tell us we can not work, we can not socialize, we can not use our beaches and nature preserves, that our schools must stay closed, and our children can not have the traditions we had, because of the overwhelming risk.

Well this debate of safety versus freedom is not going to be won in a day, or a week, or a month as we do not know what will happen. If there is a mega resurgence of the corona virus and people die, many more people die, then those who supported the re-opening of our economies and counties will be the losers. If we do not open and people continue to be fed up without a resurgence then those that fight for our immediate freedom and civil liberties will look like heroes. But are they? What if it gets worse?

JOHN DOWLING JR

FREEDOM VERSUS SAFETY

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There is a great deal riding on the presidential election and there are those that believe POTUS took way too long to start to take action, especially the democrats of course who have tried to impeach trump and harass him since before he was in office, and those who think the economic cost is more than the cost we can bare. People die during wars even though we do not want to think about that. Millions of people will die around the world because of the corona virus. We do not know who will die, or even if we ourselves will get a bad case of the corona virus. All of those grieving families just makes me terrified.

I myself am at risk because of my previous battles for life and death with my health. I am not afraid to die but I am very happy with my life and as always, want more, and more time. I do not know if I could ever look in the mirror at myself again the same way if I advocated to open the economy completely and to put my children, sisters, mother, nephews, and nieces at greater risk. But then again I myself have never been about money, I have always been about life experiences and sharing the love. I hope we make the right choice and know that this election is going to be a mess of "He said - She said" by both parties.

Overall it seems that almost everyone I have polled, especially the model citizens from the last few issues feel that we have done everything we reasonably can do to flatter the curve.

People need their lives back and we will honor those we lose to this WAR with the corona virus but we will take our lives back one way or the other. I will continue to shoot at safe distances and to wear a mask around others. If not for my own safety, for the safety of those I love. And as far as the civil liberties behind fought for all over the country, and justice, well that's altogeher a longer story.

Unfortunately this is one of those situations that no matter what we do as individuals we know is not going to keep our loved ones safe from the corona virus or corrupt police officers. It is what we choose to do as a collective society that really will count in the end. Freedom versus economic freedom and protecting our constitutional rights is a huge issue. Especially for those of us who have found ourselves the victom of some sort of goverment abuse of power. Maybe we have all been the vicitims of goverment abuse of power. Maybe the whole world has been succerred into believing that the corona virus is worse than it really is.

In the end we only know what we are force fed by the media and the political parties positioning for a power grab each election cycle. It seems as if we are all getting our news from either a right leaning Repubican supported news newtork or we are getting our news from the left leaning news media. We do not seem to have an unbiased medai any longer in the United States. It just seems as if every position on almost every topic is baught and paid for by someone and it is only the boutique publishers like Model Citizens Magazine that allows for both sides of issues to be debated without retrobution or attacks.

It doesn't seem to take more than your Facebook account or Instagram account to be taken down to realize that there is a ton of censorship over what we can say as American's on social media before we are censored. I wonder if this story itself will be taken for what it is, an opinion, my opinion nothing more and nothing less. I feel for everyone of us who is going through this pandemic and the social restrictions we have chosen, but there is no doubt in my mind that it is self imposed and that we control our own country. We will never stand for government tyranny or loss of our constitutional rights long term, ever. Peaceful Protests yes, hopefully socially

MODEL CITIZEN AMANDA COLANDRO

Amanda Colandro:
They said it would be better to be given that before you had any symptoms, maybe first

John:
Do you think President Trump did the right thing by taking it?

Amanda Colandro:
Ummm that was his choice.

John:
Would you take it?

Amanda Colandro:
I wouldn't recommend it for my family or friends.

John:
Me neither. It's pretty risky. When I saw him today, I thought something was wrong with him. When he was saluting, he was shaking and having trouble standing and he was trying to find his balance. Something is off with the President, I think we will find out soon enough.

I agree i think it will come back because history repeats itself and in 1917 i think it was 5 million affected by the last pandemic, and then life went back to normalcy, and then 20 million were affected

When do you think, just a guess, I know you're not a scientist, but you're in the field, do you think it will come back quickly or at different times and different states? Already seeing a resurgence in the states that opened up

Amanda Colandro:
i think it will come back in the fall when the flu season starts for us. A Lot of people do get sick with the change of seasons. Also I could see that coming back. I feel I like at that point i hope that our country is running at least 90%

John:
So you think that with flu season and people being more susceptible between seasons it will reduce the immune system. make them more vulnerable? If people are then not practicing social distancing, with that combination, that combination is going to make it for a worse renewal for this pandemic.

Amanda Colandro
Yes

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John:
Are you going to change anything in your lifestyle, and are you going to continue to volunteer in high risk situations?

Amanda Colandro
Yes, I will continue to volunteer, 100%

John:
Why do you volunteer? People always ask themselves why firemen run into burning buildings? Why do police officers help protect people from being shot or hurt or killed? Why do people put themselves in harm's way if they don't have to?

Amanda Colandro
Personally I think that is who my mom raised me to be

John:
Who did your mom raise you to be? A hero?

Amanda Colandro
I don't consider myself to be a hero.

John:
Everybody else does. I do. You run into a burning building, saving lives, knowing you could lose your own life.

Amanda Colandro
You just don't see things that way. You see helping someone else over what could affect us.

John:
So you'd rather help as many lives as you can and risk yourself to save as many lives as you can, than be safe?

Amanda Colandro
100%

John
That's a hero to me and it warms my heart to hear that. Although I think many people like you gravitate to being doctors and nurses and caregivers. What do you think about the government's response to the pandemic in the beginning and through the crisis?

Amanda Colandro
I almost wish they had shut down things sooner.

John
I agree. Not playing politics we don't play politics with the coronavirus. This is life..

Amanda Colandro
I think they should have shut things down sooner. I think people should already have been cleaning homes and washing hands, doing this always. Hopefully this will be a reawakening and people will take more initiative to live a healthier lifestyle

John
What do you think of the people not wearing makse, not socially distancing? Not following the rules? We are 6 feet apart right now as we do this interview, the windows are open. What do you think of those not adhering?

Amanda Colandro
I feel like to an extent, it depends what you're doing, if you're outside you have airflow.

MODEL CITIZEN AMANDA COLANDRO

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You have to remember with a surgical mask, or a bandana that people are using, the virus is so small, the surgical mask don't prevent you from getting the virus, it is so small it can go through the mask.

John:
Do you think we should be getting back to life as normal? Should the isolation go on longer? It's only a few more months, we are talking about people's lives, maybe we need to find a new way to live for a while?

Amanda Colandro
I think things should start back slowly because we need to have purpose in our lives. Even when people are working in a restaurant they had purpose.

John:
We are social beings

John:
If a really hot guy thought that you were the bomb, and reached out to you would you go on a date with him?

Amanda Colandro
Yes, with that said where would that date be? So I recently go out with someone, and we met up at a park and walked around the park.

John:
That's what I tell my clients

Amanda Colandro
I also did a facetime date and that was enjoyable. There are different ways of dating in this time period.

John:
What about that hot kiss at the end of the date?

Amanda Colandro
Well, that will have to wait a bit

John:
I understand through some friends that you recently became single for the first time in a long time and are looking for a romantic interlude.

Amanda Colandro
Yes

John:
So what are you looking for in a man?

Amanda Colandro
I would say I am looking for somebody very similar to myself; compassionate, I want someone thoughtful, career orientated. I want them to have goals in mind, not only within themselves but within their family too. Someone who is highly engaged with family and friends.

John
Are you highly engaged with your family and friends?

Amanda Colandro
Yes

John
Tell me about your family

Amanda Colandro
My mom lives 6 minutes away. Before the virus, Ii would see her 1-2 times a week. I tell my mom everything. We have an open relationship. Maybe more for me than her, maybe she doesn't want to hear it all, but it helps me because she is my little angel.

John
So have you ever been married? Do you have any children? Do you want to get married? Tell me the whole scoop. Let me pick your brain.

Amanda Colandro
I was married to my high school sweetheart for 15 years.

John
That's a very successful chapter of love.

Amanda Colandro
We have two children, I have twins that are 19 years old.

John
No, you have 19 year olds? No that's impossible, you must have been really young.

Amanda Colandro
Well I married my highschool sweetheart. So my daughter is going to Binghamton for a degree in psychology, my son is a professional fortnight player in Virginia right now.

John
Oh I hear they make good money doing that and have fun doing it.

Amanda Colandro
Yes, he's living the dream.

John
That's the dream job

Amanda Colandro
Yes, the dream job.

John
Tell us about the dream guy.

Amanda Colandro
Well of course. I am 5' 5", so I would like someone at least 5' 8", so I can wear heels. I do like to wear heels when I go out. Around age 34-49. I prefer darker hair, but i'm not going to say lighter hair is bad, just what you're attracted to. And of course what woman doesn't want romance and to be wined and dined a bit?

Model Citizen James R. Manicone of JM2 Architecture

MODEL MAGAZINE CITIZENS JUNE 2020

I am so profoundly honored to be included in the June issue of Model Citizen's baring it all. I have a very personal interest in being a part of the Leukemia & Lymphoma Society. 33 years ago I lost a very dear childhood friend, Jonathan Gamsey to bone cancer. As a nominee for the 2020 LLS Man of the Year award, I am committed to continuing the mission of fundraising for this very worthy cause and this incredible organization. Now more than ever it is imperative we continue with our fight against cancer and continue to lend a voice to those who are

LEUKEMIA & LYMPHOMA SOCIETY | MAN & WOMAN OF THE YEAR

Model Citizen James R. Manicone of JM2 Architecture

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battling this deadly disease. The Coronavirus has challenged us in ways we could have never imagined. Many people battling cancer are worried about their health and whether they are at greater risk of contracting the virus by being in a hospital to receive their treatments. This is the time when those of us who have the ability to take action, have the responsibility to take action and amidst this pandemic, that is what I intend to do for everyone battling cancer. I am proud to be a nominee for this years Man & Woman of the Year award and I will not rest until we have finally found a cure.



JM2 ARCHITECTURE PC
LEUKEMIA & LYMPHOMA SOCIETY
MAN & WOMAN OF THE YEAR

MODEL CITIZEN JAMES MANICONE

MODEL MAGAZINE
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JM2 ARCHITECTURE PC

Dear Family & Friends,

I was very fortunate to grow up in a neighborhood with many other children. As a boy, my friends and I would play various sports in the streets of our neighborhood. However, no sport was played more often than baseball-morning noon and night! The year was 1985 and the New York Mets were contenders...My friend Jonathan Gamsey and I, along with others would gather in the street to play baseball. A friend since kindergarten, Jonathan, lived only two blocks from me, and was typically a fixture on our field of asphalt. One Saturday morning, I knocked at his door to see if he was ready to play ball, but he said that he couldn't because his parents were taking him to the doctor. He told me that he had a pain in his arm that wouldn't subside. A few days passed and when I went to check on him, I could tell that he was upset. I asked how he was feeling and what the doctor had said about the pain in his arm. Jonathan told me that he had been diagnosed with Ewings Sarcoma, a very rare form of bone cancer. Despite learning this, he had every intention of striking it out.

Even at the young age of 15, Jonathan was a very determined, spiritual person. Filled with love and compassion, his ambition in life was to become a pastor. After a lengthy surgery to replace the cancerous bone in his arm with a bone from his leg, the cancer was in remission. Jonathan came back the following baseball season, still a big hitter with a powerful swing. With the game on the line, Jonathan came to the plate. He took a mighty swing and knocked in the game winning run! Afterwards in the dugout, he told his parents that his arm hurt again in the same place as before. Unfortunately the cancer had returned, and was now in the new bone from his leg.

While there was much support from family and friends, one prominent organization rallied to his side-the New York Mets!! They provided tickets to various games and access to the tunnel just outside the locker room. Jonathan's face lit up when players such as Gary Carter, Clint Hurdle, Howard Johnson and others emerged-our heroes!! So generous with their time, they gave him bats, balls and hats-all signed! Little did I know, however, that the real hero was Jonathan himself. In the fight of his life, he was brave, always upbeat and determined to once again return to the diamond. Sadly, Jonathan lost his battle with cancer on January 4th, 1987. When thinking about my childhood, Jonathan is always with me; he had a big smile and an even bigger heart. This is why I am so profoundly honored to accept this nomination, not only to celebrate his life, his courage, and his strength, but to raise money and awareness so that no other friend has their precious life cut short because of this disease. The LLS is funding research for cures and helping patient's everyday like Jonathan and their families. This remarkable organization is making incredible strides with the money it raises and I am so proud to be even a small part of this effort. A cure for pediatric blood cancer can be found and I ask that you join me in this ambitious campaign by making a tax-deductible donation. I have until July 30, 2020 to reach my goal of $500,000. I cannot do this alone and I ask for your support.

Sincerely,
James Manicone
2020 MOTY Nominee

LEUKEMIA & LYMPHOMA SOCIETY
MAN & WOMAN OF THE YEAR