

M MARCH 2021 MODEL CITIZENS MAGAZINE



RHONDA KLCH
MODEL CITIZENS
MAGAZINE
WOMAN OF THE
YEAR 2020

MODEL CITIZEN
CHRISTINA
LENTINI 2020
SURVIVOR OF
THE YEAR

COVER MODEL
RACHEL GRANT
& HER NEWBORN
MAYA GRANT

LLS MAN
OF THE YEAR
JESSE
GIORDANO

LIVE IN GRATITUDE. PAY IT FORWARD. CHERISH YOUR CHAPTERS OF LOVE

MODEL CITIZENS MAGAZINE ANNUAL FITNESS MODEL ISSUE



MODEL CITIZENS MAGAZINE

RHONDA KLCH
MODEL CITIZENS MAGAZINE
WOMAN OF THE YEAR 2020

CHRISTINA LENTINI
2020 SURVIVOR OF THE YEAR

JESSE GIORDANO
2020 MAN OF THE YEAR

RACHEL GRANT & HER NEWBORN MAYA GRANT

DIRIT HODARKOVSKY

LIVE IN GRATITUDE. PAY IT FORWARD. CHERISH YOUR CHAPTERS OF LOVE

**MODEL CITIZENS MAGAZINE
WOMAN OF THE YEAR 2020
RHONDA KLCH**

Model Citizens Magazine Woman of the year 2020 Rhonda Klch shares her story of starting with philanthropy as a child with her mom, and eventually starting the Equity First Foundation, The Angel Awards, and Holiday Dreams. Take a closer look at the woman of the year in this in depth interview by publisher John Dowling Jr.

FEATURED CONTENT

MODEL CITIZEN JOSEPH FRAZETTA

MODEL CITIZENS MAGAZINE

JOHN DOWLING INTERVIEWS

MODEL CITIZENS CHRISTINE, ASHLEY, & KAYLYNN

QB PRO

MODEL CITIZENS MAGAZINE.COM

INDIVIDUAL TICKETS FOR THE ANNUAL MODEL CITIZENS MAGAZINE AWARD CEREMONY ARE AVAILABLE ONLINE AT MODEL CITIZENS MAGAZINE.COM. PLEASE EMAIL OUR ADMIN: ADMIN@MODEL CITIZENS MAGAZINE.COM

ANNUAL AWARD CEREMONY

Model Citizens Couple of the Year
Sal and Mandy Ferris

Model Citizens Man of the Year
Robert Zambra

Model Citizens Woman of the Year
Rhonda Klch

Admin@ModelCitizensMagazine.com
Call: (310) 497-3203

MARCH 2021

MODEL CITIZENS MAGAZINE LONG ISLAND

JOHN DOWLING INTERVIEWS



I do not know if anyone really knows this about me but I am truly a fine artist at heart. While I have a passion for writing and people, my true love is the human figure. More specifically the female body. Yes it started like most men with my obsession for love and romance but over time I have been so fortunate to photograph such incredible "specimens" of the female figure that I have come to appreciate "God" and "Mother Nature" as true artists. While I was taught as a young boy that there is nothing wrong with nudity, I also learned young that the human figure itself is a work of art. Truly the most beautiful sculpture God made in his own image. With that said there is nothing more beautiful than a mother and her newborn child. In this case former cover model and model citizen Rachel Grant is with her newborn daughter Maya for their first professional photo shoot.

MODEL CITIZENS
MAGAZINE LONG ISLAND



Rachel is one of the original Model Citizens as well as a world renowned actress and reality show series host. Rachel is also a former bond girl, but I must say I have never seen Rachel so happy. Watching her model with Maya is heartwarming and truly a miracle. While Rachel is an incredible fitness model, she is also no spring chicken.

MODEL CITIZEN RACHEL GRANT

JOHN DOWLING INTERVIEWS

While I will not chat about Rachel's age any more than that, just know that Rachel is a world class athlete and fitness model who truly takes care of her self. In addition to be organically beautiful, Rachel is also truly an authentic individual who has been featured in Model Citizens Magazine several times. Rachel lives and breathes philanthropy from her love for people from around the world to her plethora of charitable causes. As not only a photographer who has shot with Rachel on several occasions but also as her friend, I can share with you that Rachel is one of those who just cares, and she is very skilled at marketing and promoting her causes. That being said, it is truly beautiful to see Rachel and Maya together as you can see the bonds and the love between them as if they were twins. Look at Maya's eyes in this shot just looking right into Rachel's. Just beautiful.

MODEL CITIZENS
MAGAZINE

MODEL CITIZEN RACHEL GRANT

Coming January 2021!

THELONGISLANDJOURNAL.COM



A VISUAL GUIDE TO REAL ESTATE ON LONG ISLAND

The Long Island Journal creates content in 3 dimensions from world class feature film quality drone shots to fine art photography. Working with state of the art cameras and feature film quality lenses our artists pair up with creative writers and DP's to share your stories, homes, offices, construction projects, designs, and business value through your stories! If you are in the real estate market or want to know more about Long Island Real Estate professionals, TheLongIslandJournal.com is your source of information for a closer look at the industry as a whole.

Email us for our Media Kit

Admin@TheLongIslandJournal.com

THE LONG ISLAND JOURNAL

Everything You Ever Wanted to Know about real estate On Long Island

Publisher of Model Citizens Magazine **John Dowling Jr.** and co-publisher **Robert Zabbia** bring you the most beautiful look at Long Island you will ever see. Gorgeous home walk through's, town reviews, short featurettes on the industry, and of course a world class pictorial guide to the industry professionals who know Long Island better than anyone, those who live and build here. Whether your flipping a home or investing in your first, TheLongIslandJournal.com is the bible of the Long Island Real Estate market.

Explore Long Island one family, One Home, and One Community at a time.

<p>Northport New York</p> <p>Northport Village on Long Island's Gold Coast is a historic fishing village all grown up. From local entrepreneurs to world renown artists Northport has a plethora of culture. Nestled between Fort Stonga and Centerport, Northport is an All American community great for raising your children with an amazing down town and ample parks and waterfront play areas. The sunsets in Northport are legendary as are the abundance of bayside restaurants and shops. The schools are amazing and Northport students typically excel at sports and in the world class theatrical venues of Northport High School.</p>	<p>Huntington New York</p> <p>Huntington Village homes are legendary for their country feel in a thriving downtown Long Island community. Huntington has more restaurants and pubs than any other Long Island community so much so it is both a local gem and a tourist destination for anyone coming to Long Island! The design, architecture, bayfront beaches and four season habitat is legendary for four seasons of beauty. Nightlife is unparalleled as many performers who come to perform in NYC make a second stop on Long Island in Huntington.</p>	<p>Centerport New York</p> <p>Centerport makes up the truly pristine organic habitat as it does not have a commercial marina or harbor. The entire town could be considered a bird sanctuary as it is one of those communities that hosts mated pairs of American Bald Eagles. Bald Eagles are not the only sign of patriotism in Centerport as the entire community engages with its youth student base and sports team to create one of the most sought after Gold Coast town in the country to raise a family.</p>

January 2021



LLS MAN OF THE YEAR

JESSE GIORDANO

John: I am here today with Jesse Giordano who has been nominated as a Model Citizen for the February issue of Model Citizens Magazine. Jesse is a philanthropist and also a Financial Advisor and Principal with Opal Wealth Advisors in Jericho, New York. Jesse, I've just learned that you're a cancer survivor and I'm wondering if you can share your story with us.

Jesse: Sure, I was seven years old, just before my eighth birthday, and I was playing Little League baseball. I was at the plate and my mom was sitting in the stands watching me and from her seat, I guess it is a parent's instinct, noticed something on my neck and it worried her. When I came off the field, she looked at my neck and asked what the lump was. She seemed a little panicked. I remember that she asked me if it hurt and if I hurt myself. My dad came to look as well and the next thing I knew I was in my pediatrician's office.

John: I am sure it was surreal.

Jesse: They ran several tests and ultimately confirmed that I had Hodgkin's Lymphoma. I had to do chemotherapy for about eight months. The chemotherapy was definitely the hardest part.

John: I watched my father's treatments, and the chemotherapy he went through was the worst thing I ever witnessed in my life. Cancer just devastated him.

From Great Adversity to paying it forward as a way of life

DYNAMIC TECHNOLOGY THAT FUELS YOUR SUCCESS



SANDWIRE IS A COMPANY DEDICATED TO ALL THINGS TECHNOLOGY



Managed IT Solutions

Keeping up with the intricacies of network improvements can cost you time, money, and hassle.



Data Backup

Sandwire has developed a reliable backup design that protects your data and allows for quick recovery when hard-drive failure rears its ugly head.



Network Services

The policies and provisions that Sandwire has adopted to prevent and monitor unauthorized misuse, modification, or access are unparalleled.



Business Continuity & Disaster Prevention

Sandwire can lead you in the right direction when it comes to paving the perfect road to optimized administration and application use.



Cloud Hosting & Email

Cloud Computing can permit your company to get up and running more quickly and efficiently.



Cyber Security

The security of your private and confidential information is always at risk. Sandwire can work with you to create a cyber security plan that will keep your information and data safe for you and your clients.

Engaging a managed IT company is a major decision. This contractor will become familiar with every member of your business team, from the lowest-level administrative employee to the highest rung of management. It will have its finger on the pulse of how your business operates and will possess the ability to recognize deficiencies first — and make recommendations, based upon this intelligence. Does your Managed IT company do this? If not, it's time you advance to Sandwire. Sandwire is a full service IT partner, offering innovative and effective technology solutions for businesses with up to 100 employees. Your IT infrastructure should generate profits, rather than increase your expenses. So, Sandwire works with you to create a customized IT plan that leverages the technical aspects of your business, while developing long-term solutions that fit your business's needs. Their Managed IT program takes a proactive approach that improves processes and prevents incidents before they happen, saving your business time and money. Throughout the years, Sandwire's services have helped its clients save tens of thousands of dollars per year, while improving operations and increasing service, network uptime, security and system reliability. Their dedicated team of specialists is available to help you throughout the process, offering 24/7 support for emergencies.

20 Hempstead Turnpike Farmingdale, NY 11735

p: 516.861.3000
f: 516.861.3001
e: info@sandwire.com

MODEL

CITIZEN

JOSEPH

FRAZETTA

MODEL CITIZENS
MAGAZINE
LONG ISLAND

John: This is John Dowling I am the publisher of both Models Citizens Magazine and Long Island Journal and I have with me Joe Frazetta, an old friend from East Meadow High school...

Joe: Yes! How long has it been? 35 years? Wow! We had some great times back then.

John: I started to get to know you in Junior high school. We may have had each other in shop or gym?

Joe: We did know each other at Mc' Cleary junior high school but we took a shop class in high school and that's when we became friends.

John: As we have reconnected on social media, I nominated you as a Model citizen because, just like when we were younger, I see you're still a good guy. I remember doing sports together when we were younger, but because with my heart condition, I can't do that anymore so obviously watching you run and do all these things

posted online, I'm living vicariously through you. How's life been for you since high school?

Joe: Life has been good! I am blessed to be healthy and active. After high school I started working at Marriott, first out here on Long Island and then later in NYC. I really loved living in Manhattan. I met so many interesting people and eventually I met my wife. So I've just been really happy.

John: How did you eventually get into the different types of fitness you're doing now?

Joe: At first, I really focused on weight training until my late twenties. Then I found an in line skating group, which led me to speed skating. That's when I caught the racing bug. I started taking on other aerobic sports like running, cycling, open water swimming and eventually Ironman triathlons. Running is definitely my favorite especially marathons. Right now I'm doing a combination of CrossFit and running. I actually turned my garage into a mini gym so I can keep doing my strength training.

MODEL CITIZEN JENNIFER VARTANOV



John Dowling: Hello Jennifer, congratulations on your nomination as a feature in this month's Model Citizen Magazine. Tell me a little more about yourself - share with our readers who Jennifer Vartanov is.

Jennifer Vartanov: Well, I'm 39 years old, I live on Long Island. I've been a lifelong resident on Long Island, where I chose to raise my three children, my wonderful husband, and our two four-legged friends. I'm a dog person - I love animals. While it's definitely a lot of work, it's totally worth it. I'm also a businesswoman. I have been in the business world for nearly two-decades. Professionally, I'm the co-Founder of Merchant Industry and Swipe4Free. In the community, I am well known as the co-Founder of the Concerned Jericho Parents, one of Oyster Bay's largest civic groups.

John: You're an entrepreneur, actually, aren't you? Tell us a little more about your entrepreneurial efforts - I know you and your husband work together - which could be challenging as we all know - but you both have seemed to do it very well.

Jennifer: Yes, my husband and I are both entrepreneurs. Over the years, like anything, there have been challenges - but, like all couples, we have learned how to deal with it. There's an interesting dynamic in the workplace because we are partners as well as husband and wife. At the same time, though, I have learned so much about working with my husband over the years and I think it has been a wonderful thing. If you have the opportunity to be a husband-and-wife team, it's important to know that your roles change in the workplace. At home, you are spouses, at work, you are there to run a business. People are relying on you; you have responsibilities, you have employees. You have to recognize that you are wearing different hats at different times, and being able to have those two roles and work together, side-by-side, is a really special thing.

MODEL CITIZEN

ORIT HODARKOVSKY

John Dowling: Congratulations on being nominated as a Model Citizen for this month's issue of Model Citizens Magazine.

Orit Hodarkovsky: Thank you, it's an honor.

John: Please tell us a bit about yourself.

Orit: Well, I am a mother of two amazing children. I work for an investment firm and am also very involved in my community. I am now working on an amazing line of clothing called I GOT Vaxxed Apparel where the proceeds are going to support children and families who have been hardest hit by the COVID-19 pandemic. So I am now also an entrepreneur!



I can not even begin to imagine just how many humans I have photographed while walking never mind how many dogs. If we were to seriously look at the population of the world and the impact humans make, we would also have to look at the impact dogs make. I guarantee you no matter what the cost, its worth it. I do believe most everyone would agree that we simply love dogs. Doesn't really matter what breed they are as they are all incredibly beautiful in one way or another and they are all loving, even the pit bulls despite their reputation are lovable creatures.

I remember every dog my family ever had from Skippy when I was just a young boy to my last dog, Hunter who was an incredible golden retriever. Dogs simply become family over time, maybe even from the first moment you just know that you are going to adopt or rescue a particular dog, you fall in love with that beast. Now as science and functional MRI's have shown us, that beast falls in love with you as well. Yes dogs and humans feel genuine love for each other and have for millenium.

MUST LOVE DOGS



MODEL CITIZEN JOSEPH FRAZETTA



MODEL CITIZENS
MAGAZINE LONG ISLAND
FEBRUARY-MARCH 2021

John: To see you doing this at an older age, reminds me a little bit of my father when he was younger. For years and years he was smoking, drinking and partying until I was 15 when I challenged him to a race around the block. During that run, he had a heart attack and from then on he never had another cigarette in his life. He started running marathons, 50 and 100 mile races and he became the president of the Long Island road runners club.

Joe: I remember that he was president!

John: So like I said I can't do these things anymore but I can watch you and yell, Go Joe! Go Joe! What is your favorite Marathon?...

Joe: The New York City marathon is my all-time favorite. I've done many marathons over the years throughout the US, but nothing compares to NYC.

John: How many times have you done the NYC Marathon?...

Joe: I've actually done it 16 times!

John: Wow 16 times! I did the NYC marathon once...

Joe: You did?

John: Yes, but I did it weird. My father started at the beginning. I had taken the bus back to Central Park and when the gun went off at the start I ran the course backwards from the finish line to surprise my father at the 13 mile marker.

Joe: Wow!

John: As I was running backwards through the stanchions and all the police barricades, people started to gather. They didn't know which direction the runners in the race would be coming from. So as I ran through this crowd of millions of people they all started clapping for me like I was the leader!

Joe: Absolutely! The crowd support is phenomenal! That's what makes NYC Marathon so great. To see the course lined with spectators from the beginning to end, it really helps to keep you motivated.

John: I made it to the 13th mile marker, met my father and ran with him all the way back to the finish line. I never got the credit for it, but it was an amazing father son experience.

Joe: What a great story!

John: What was your best time?

MODEL CITIZENS MAGAZINE MODEL & ARTIST SARA CONCA



Sara Conca is one of our very first model citizens. When we first started publishing I had already produced a short documentary about Sara so writing about her and her art was a no brainer. Before I go any further, note that the Incredible image to the right is one of Sara's very own masterpieces.

Artists will sometimes gift a negative or a digital negative of an original to another artist as a thank you. In this case this amazing work of art "Aqua Lung" has been on my wall ever since. Yes I printed up a life size print of this amazing piece and I cherish it. Not only because my friend

Sara created it, but because I truly love it. Sara is as you can see also a fitness model and we have worked together many times. Sara moved down South and she loves it. Although Sara does not hang her hat in the big apple anymore, I hope to interview and photograph her again soon.



MODEL CITIZEN JENNIFER VARTANOV



John: You and your husband, as well as your team, have grown your entrepreneurial effort into pretty substantial business now, haven't you?

Jennifer: Yes, it is. We have about fifty employees and about two hundred and fifty salespeople all across the nation. We have been in business for 13 years now. We started working together from nothing - a small office in the back of store - and we have grown to around 15,000 customers who are their own independent merchants. We do really high volume for what could be considered a "small-sized business," processing billions of dollars a year in credit card processing.

John: So, it seems like a very exciting business to be in, but at the same time a difficult business. People who are not business owners might not particularly know what a credit card processing company does. Would you say it's very service oriented?

Jennifer: It is - and that is one of the areas that we completely differ from the mega companies providing similar services. We make sure that our services is backed by live, caring, intelligent, well trained, and capable support personnel. We also make sure our customers are always happy - for example, being able to pick up the phone when they call, inside of business hours, outside of business hours, nights and weekends. Our customers' businesses do not sleep - business in general does not sleep - so we are ready at any-and-all times.

MODEL CITIZEN JENNIFER VARTANOV



John: So it seems like you are a 24/7 business. While you might have a large team, you and your husband are accessible to any client in need of assistance?

Jennifer: Yes, It's our competitive advantage that the owners, co-Founders, and C-Suite Executives are involved in all of the operations - even the day-to-day. It's not just that we pay a manager to run our business - we are hands on by nature. We always know what is going on in our business and we are in touch with our clients and customers, always making sure our service is evolving with changes in the industry to meet new needs of our loyal customer base. We have a reputation to uphold - one that is well respected across the areas in which we operate - and we are always building off of that, making workflow better, we innovate with technology and we are always on the forefront of service offerings - because advancement in the field of credit card processing is constantly improving and changing.

JOHN BOWLING INTERVIEWS



I do not think I have ever seen Rachel so happy and frankly for a newborn, Maya seems pretty happy herself as she did not cry much if at all the entire time. Yes she did pee and puke all over Rachel but what newborn doesn't puke and pee on their parents? As a very hands on single father I can tell you that babies, nieces, and nephews all take their turn at peeing and puking on you. All the same as mommy and me newborn shoots go, Maya was a dream shoot. Same with Rachel really as she is truly a pro. Really it is quite the honor to be able to share Rachel and Maya's first photo shoot with all of the rest of our model citizens and our model citizen family.



MODEL CITIZENS
MAGAZINE

MODEL CITIZEN RACHEL GRANT

ALAN J. SCHWARTZ ESQUIRE



The Law Offices of Alan J. Schwartz, P.C. is a small, full service law firm, engaging in the general practice of law, serving a wide range of clients from individuals to small and medium-sized corporations and businesses, as well as lenders, for whom the Firm serves as closing attorneys.

Geographically, although the bulk of the Firm's practice is in Nassau and Suffolk counties, we frequent the entire metropolitan area and certain parts of upstate New York as well.

The Firm currently maintains offices conveniently located in the heart of Garden City, to meet the growing and diverse needs of our clients.

The Law Offices of Alan J. Schwartz, P.C. prides itself in its specific commitment to service, excellence, producing results and the establishment of a special and personal relationship with each of its clients. The underlying philosophy at the Law Offices of Alan J. Schwartz, P.C., the small law firm that "thinks outside the box", is that it's the people that matter, a philosophy which is the guiding principle in every endeavor in which the Firm engages.

- Criminal Defense
- Real Estate
- Vehicle and Traffic Violations
- Personal Injury and Negligence Litigation, Medical and Dental Malpractice
- Matrimonial and Family Law
- General Civil and Commercial Litigation
- Business and Corporate Law
- Trusts and Estate
- Labor & Employment
- Construction Law
- Collection and Credit Matters
- Client Rights and Responsibilities

LAW OFFICES OF ALAN J. SCHWARTZ, P.C.
840 Franklin Avenue
Garden City, New York 11530-2900

alan@ajslaw.com

MODEL CITIZENS MAGAZINE

MY DREAM TEAM



M MODEL CITIZENS MAGAZINE

MY DREAM TEAM

Being in business for over 20 years, I have had many people working on my team, helping my customers. Over the years, I have had many different personalities, lots of success, and just as many failures at building my team. What I have found is that the success of any business is based on many factors and varies by industry. But the one common denominator is building the dream team.

A dream team will have many different looks, and it is based on the culture of the business. The types of team members who I find out work best for me, won't necessarily be a great fit at many other insurance agencies, much less in many other businesses. My team is built on the vision that my father and I have developed in establishing our agency and are deeply ingrained in our family values.

The key things that are important to be a good fit on my dream team are very much dependent on being part of the family and treating people with respect. We are in a service business, that our competitors are constantly trying to make it seem like that price is the only thing that matters. But Superstorm Sandy has shown many people how who is helping you with your insurance is much more important than how much you are paying. A few dollars a month in savings can cost tens of thousands of dollars in a claim that is either underpaid or denied.

Being a Model Citizen of the Year, I have to acknowledge the contribution the members of my team have made in order for me to be able to spend so much time working with my community, help the not for profits, and being so involved in so many things, while building a growing business. My team shares my vision of giving, and they also have their own charities and programs that they work with in their personal time.

Model Citizen Robert Zabbia and his DREAM TEAM

MODEL CITIZEN JOSEPH FRAZETTA



MODEL CITIZENS
MAGAZINE LONG ISLAND

Joe: My best time was 3 hours and 28 minutes.

John: That's slightly under an 8 minute mile, right? That's an amazing time! How about now? What's your pace now?

Joe: Right now my race pace for a 5k is about a 7:20 mile and for a 10k, about a 7:45 pace, but I'm hoping to bring those numbers down. A few years ago, I took a little break from the longer distance running and I've been focusing mostly on Spartan races. In fact I've gotten my brothers involved. They live in PA so I've been coaching them online and via text. My brother Mike and I have done the Citi field stadium race twice and the Spartan Beast which is 14 miles with obstacles. The 3 of us recently did the Spartan PNC stadium race in Pittsburgh together. Mike placed 3rd in his age group and it was Sandy's first race. I am super proud of both of them. It was a great opportunity to share my training with them, which I love doing.

John: Like a runner's high!

Joe: I live for the runners high!

John: So where did you move to, you left Long Island, moved to the city...

Joe: When I left Long Island and moved to Queens then eventually I moved into Manhattan where I met my wife. We got married and we lived in Astoria for a while and then we bought a house out in Colonia NJ about 2 years ago.

John: Wow, now you live in the woods

which is change from the city. What are the differences between NJ and Long Island?

Joe: Yes, we live in a nice suburban neighborhood, with lots of outdoor activities nearby. It's actually very similar to Long Island. Lots of beautiful parks, places to hike, sandy beaches and friendly people. Our local parish is very involved with the community which allows my wife and me opportunities to do volunteer work. This pandemic has been a challenge to do things in person so we joined a neighborhood newsletter and found some of our home bound neighbors needed help shoveling snow from their driveway. It was so satisfying! But best of all we have a great big backyard that our dog Molly loves. Being a rescue, the city was quite stressful for her so since moving out here it has really helped reduce her anxieties.

John: What does the future hold for you and how does fitness play a role?

Joe: I plan on keeping active in some capacity until the day I die. Thankfully for me, my wife, who is a personal trainer, also loves to keep fit. Every day we take Molly for long walks and we enjoy doing things together like kayaking, rock climbing and hiking. Recently we've learned archery and golf. If the snow holds out we plan on going cross country skiing in our local park. You can say fitness is our way of life but I love training and racing. It makes me feel so alive!

John: Your 57, you're in great shape. You look amazing! You filled out well. I haven't seen you in years and yet it seems like yesterday we were hanging out.

Joe: I still think about those days! Some of the things you did back then, still has me laughing out loud today! I'm so looking forward to reading your book, "Chapters of Love".

John: Joe, thank you for coming out and visiting. I appreciate your story and it's like going back in time. Congratulations on being nominated as a model citizen.

Joe: It's been such a pleasure John, thank you for having me.

**RHONDA KLCH
MODEL CITIZENS
MAGAZINE
WOMAN OF THE
YEAR 2020**



John: I am here today with Rhonda Klch. Rhonda you have been nominated as the Model Citizen Woman of the Year for 2020 for all the philanthropic work you do, congratulations!

Rhonda: Thank you.

John: Would you mind sharing with our readers and your fans what it is that inspired you to get involved with paying it forward and giving so much to the community?

Rhonda: I think it started when I was a little girl. My mother was very philanthropic and to her that did not mean cutting a big check to a company or an organization. Instead, she thought it was being a good neighbor and responsible to the people that are within your community.

John: How do you go about accomplishing that?

Rhonda: I first look for causes that are near and dear to me. Sometimes people will reach out and ask me if I can help. I then become a person that people feel they can count on because when I commit to an event or fundraising, they know I will see it through with them and together we can overcome any challenge.

John: I know you have several charities that you spearhead and the one that I know best and that you are most known for is the Equity First Foundation. But you also do the Angel Awards and Holiday Dreams. For those of our readers who may not know, can you tell us about the Angel Awards and why did you start that?

Rhonda: Absolutely. The Angel Awards was started a little over five years ago. We just had our five-year anniversary of the passing of my mom on January 11th. I started Angel Awards as a kind of self-therapy. It was a way to pay tribute to my mother and her memory every year by congratulating and acknowledging and empowering women on Long Island who are under recognized for the philanthropic work that they do.



M MODEL CITIZENS
MAGAZINE LONG ISLAND

MODEL CITIZENS MAGAZINE 2020 WOMAN OF THE YEAR

**Your family
is just starting.**



Protecting their future should too.
We never outgrow protecting them, no matter how big our kids get. Let me help you protect those you love most, with life insurance you can afford now. Call me today.

ROBERT ZABBIA
516-799-6900
847 N BROADWAY STE 101
MASSAPEQUA
robertzabbi@allstate.com



Have any other coverage needs? Call anytime!

Life insurance offered through Allstate Life Insurance Company and Allstate Assurance Co., 2075 Sanders Road, Northbrook, IL 60062, and American Heritage Life Insurance Co., 1275 American Heritage Life Drive, Jacksonville, FL 32224. In New York, life insurance offered through Allstate Life Insurance Co. of New York, Hempstead, NY. ©2020 Allstate Insurance Co.



**WE CREATED TWO
TASTY BURGERS!**



**SARGE'S
REUBEN BURGER**

Box of our proprietary blend topped with Sarge's pastrami, Swiss cheese, sauerkraut, thousand island dressing on a pretzel.



**SARGE'S
PASTRAMI BURGER**

Box of our proprietary blend topped with Sarge's pastrami, Swiss cheese, pickles, mustard on a challah bun.



Model Citizen Robert Zabbia and his DREAM TEAM

I get to spend so much time out of the agency because they all know what their roles are in our mission. That mission is to provide our clients with more value than they pay for their insurance. We provide many services to them outside of the insurance that we sell to help make their lives easier. Whether it is providing the defensive driving and safe boating courses at a significant discount to help them save money on their insurance, or providing DMV services so they don't have to make the trip to the DMV themselves, we are always looking to go that extra mile.

The team has this ingrained in their personalities, and they are always looking to do that one more thing. That allows us to have great relationships with our customers, and we become their trusted advisors when it comes to all the things that relate to their insurance.

Denise Milito started out with our agency, being new to the industry when she joined us, and has risen to become the office manager. She really runs the day to day operations, understands our vision of putting people's needs first, and taking care of our customers. She leads the team to make sure we are hitting our shared goals of growing the agency and taking care of our team members like they are family. Throughout the COVID nightmare many of us had to endure, she has made sure that our team members are safe, keeping those at home who are at risk, while keeping our customers taken care of.

Denise is also an active member of our community, being involved with the Girl Scouts while her daughter was growing up right here in the area and helping coach her softball team. The Girl Scout troop even helped us with our volunteer efforts with our book drive for the Book Fairies, and a women's supply drive for the Yes Community Center. When I'm serving on our Chamber Board, and when I ran for The Leukemia & Lymphoma Man of the Year, Denise was the back bone of the team, and made sure that we were still able to accomplish our business goals, and keep our customer satisfaction level at such a high level that we have been recognized by the company.

We have several other members of the team who have done fundraising and volunteer efforts. They all have many reasons for doing what they do and give of their personal time to feel that satisfaction of giving back. They all had some type of involvement before coming to join our team, but we encourage them to get involved, and even help promote these efforts.

I must start with Mary, as she has the most compelling story, and is one of the reasons why I ran for Leukemia & Lymphoma Man of the year. Mary lost her daughter to lymphoblastic lymphoma before she started working for our agency. Her daughter Victoria was only 15 when she lost her battle to cancer in less than 3 months. Before she even knew she had lymphoma, Victoria was doing a fundraiser in school for the Leukemia & Lymphoma Society.

Mary started Team Victoria with the Light the Night Fundraiser and helps raise money to fight the blood cancers in her daughter's memory. When I ran for Man of the year, I ran in Victoria's name, and we raised over \$189000 in 10 weeks to help in the fight. Every year our team comes together to help her, and it is a great team building opportunity for us. Mary is one of our Customer Service Licensed Agents, and works with our current customers to make sure that their policies

MODEL CITIZENS MAGAZINE

MY DREAM TEAM

The Long Island Fight for Charity is an event that is run by a friend and client of mine, so we have been supporters for a few years. At one of their events, Shannon, one of my leading sales agents was there, and said she wanted to fight! I couldn't believe it. She had some boxing experience and wanted to get in the ring to help raise money for Charity. Our agency came together and helped her raise close to \$10,000 and the money went to the Fight for Charity and Momma's House. Momma's house is a great program that works with single and pregnant moms who need housing. They are a great organization and need as much local support as they can get. It was a great event, and Shannon did great.

Another great charity we work with is the Long Island Golden Retriever Rescue. Christine in our agency has been volunteering with them for quite some time and has two rescue Golden Retrievers that she adopted. Every year she is involved in helping place Golden Retrievers in new homes, and even rescuing them from far off lands. We help them raise funds through the Allstate Hands in the Community Grants and support them at the Columbus Lodge Feast and Festival and the Chamber of Commerce Festival every year.

Many people ask me how I can spend so much time with my fundraising, serving as Vice President of The Massapequa Chamber of Commerce, coaching and being involved with my kids' sports teams, helping local not for profits, and still run a growing business. If it weren't for my team, I couldn't do it. A big part of that team is my support group. Victoria, Lori and Maria aren't licensed agents, like the rest of my team, but they are the first to put together baskets for raffles, help customers with basic transactions that don't require a license, and even calling them after a claim, just to check in on them.

Model Citizen Robert Zabbia and his DREAM TEAM

MODEL CITIZENS MAGAZINE 2020 WOMAN OF THE YEAR

John: Recognizing philanthropic women is a beautiful gesture. I guess we both do that don't we?

Rhonda: Yes, we do.

John: Many of those philanthropic women who pay it forward all the time are people I have met, and they always have such wonderful things to say about you. I already know this about you, but it's nice to hear it over and over again. You seem to change a lot of people's lives.

Rhonda: It's not necessarily intentional. I think when you surround yourself with good and awesome people who are like-minded, I guess it's the power of numbers and collaboration which helps everybody get to the next level.

John: I do know many of those women who have won the Angel Award and they all deserve the recognition. I want to spend a few minutes to call attention to the Holiday Dreams event you run every year. Not this past year because of Covid, but last year I attended and photographed it. You helped hundreds of families with gifts for Christmas that they otherwise wouldn't have had. It really was extraordinary, and it moved me and touched my heart. Could you share a little bit about Holiday Dreams and what that is?



MODEL CITIZENS
MAGAZINE
LONG ISLAND
FEBRUARY/MARCH 2021

**RHONDA KLCH
MODEL CITIZENS
MAGAZINE
WOMAN OF THE
YEAR 2020**

MTHE HISTORY OFODEL CITIZENS MAGAZINE LONG ISLAND

Orit: I live in Cold Spring Harbor and absolutely love it. One thing that I enjoy doing is walking the nature trails near us. I bring along my two dogs and some friends, and we have a great time. Something that makes me unique is that I was born and raised in Israel.

John: When did you come to the United States?

Orit: I moved to the U.S. in 1987 when I was 9 years old with my family - we moved to Cherry Hill, New Jersey - which is where I grew up.

John: What made your family decide to come to the US?

Orit: What brought my family here is actually a very interesting story and something I think that relates closely to the work I am doing with I Got Vaxxed Apparel. My father was a chemist in Russia and in Israel. He specialized in heat resistant polymers and has about 130 patents in this field. My dad created the insulation material that was used by Russian astronauts and the Russian Space program way back in the day. Pretty cool, right? The United States Government offered him the opportunity to open up a factory in New Jersey to manufacture one of his patented materials. This particular patent was going to be utilized to produce insulation material for U.S. army tanks. My parents were excited to live in America and we moved. They were risk takers, and I am too. I see the opportunity to help end COVID-19 and I am doing it!



MODEL CITIZEN ORIT HODARKOVSKY

MAGAZINE MODEL CITIZENS MAGAZINE LONG ISLAND

MODEL CITIZEN

ORIT HODARKOVSKY

John: When did you decide to call Long Island, home?

Orit: I came to Long Island six years ago. After living in Manhattan for about 15 years, I thought it would be a great place to raise a family and join a really great community. When I discovered Cold Spring Harbor, I fell in love with the small town charm but big town energy, the little shops in town, the farms and nurseries, the harbor and of course, the entire community.

John: I couldn't agree with you more. Now you have a cool little business, don't you?

Orit: Yes! I Got Vaxxed Apparel is the name of my clothing line. And it's very timely. So as you might guess it has to do with getting vaccinated and beating COVID-19. It is a line of hoodies, baseball caps, masks, and t-shirts. Very stylish kind of streetwear inspired by brands like Supreme and Kith, and reasonably priced.

There are two collections: the first is a #GETVAXXED Collection and the second is the #IGOTVAXXED Collection. People who have been vaccinated love the second collection because they can wear my clothes and let people know they've been vaccinated. The purpose of both collections is to really raise awareness for the importance of the vaccine so we can begin to turn the page on this pandemic, put the pandemic behind us, and get back to normal. So really at the heart of



ALLS MAN OF THE YEAR JESSE GIORDANO

Jesse: My first chemotherapy treatment was on my mom's 33rd birthday. My parents are the same age, so they were 33 at the time. It was a difficult eight months. I can still remember the burning, vomiting, and nausea. It went on for several months and fortunately once the treatment was over, I never had an issue ever again. It certainly left a mark on my childhood. I think if there is any remarkable or positive outcome from my illness, and this is difficult to imagine and I hesitate to say this because it may sound insensitive to those who are going through chemotherapy today, but I am grateful that I went through it because it gave me an appreciation of my own vulnerabilities. Not in the sense of having something to be afraid of, but I was most moved by and can remember clearly, even though I was only seven or eight, the care from nurses and doctors, my family, and the students in my school.

John: Is that what motivated you to raise money for the Leukemia and Lymphoma Society Man of the Year competition?

Jesse: Well, I did not talk about my cancer until maybe my junior or senior year of high school which was about 15 years later. I started off with a wonderful woman in my high school who ran the Community Service Program. Her name was Julia Salat. She gave us a lot of opportunities to get involved on in philanthropic efforts in our community.

There was one Doctor, Dr. Weinblatt, who is still practicing today as a matter of fact, and he was one of the gentlest and caring human beings I've ever met in my life. I still remember vividly one time when I only had three or four treatments left. I was crying because they stuck me about 15 times trying to find a vein for the IV. He came in with a Mickey Mouse Yamaka, olive corduroy pants, and a yellow and brown striped shirt. He took my hand and asked me why I was crying. I said I did not want to do this anymore. I just wanted to go home, and he said to me 'don't worry I got you'. He knelt on the floor and he just sat with me and on the next attempt they got a vein. This man was head of the pediatric oncology unit and he was responsible for every child on that floor, but the most important thing to him at that moment was to just be with me.

John: I'm a firm believer that doctors and nurses are God's angels on earth. I spent months in the hospital myself and I never would have made it without them. They are miracle workers.

Did all these experiences lead you to the Man of the Year competition? You raised such an extraordinary amount of money, setting records. Everybody talks about you. You are a legend whether you know it or not.

While it is still not widely known, dogs can love each other and they also love their human. So when you are snuggling with your dog just know that snuggle back means more than scratch my stomach... Your pup considers you as much family as you do your pup.

I would think that anyone who is a dog person already knows this and has ever since their first pet dog. But even a cat person who spends time with dogs knows that cats are much more independent than dogs and while your cat may adore you, so far I do not hear of any evidence that cat's love their humans like I have with dogs. Maybe they do, and I certainly have had my share of cats as well.

I must say however, I never felt the same way about my cats as I did about my dogs. Maybe that is why I consider myself a dog person even though I truly love both. Makes me think though when I am shooting and a dog crosses my path, they just seem more fun and they also seem to truly love to take photos as well.



I am sure that everyone has heard that dogs tell a great deal about their human, maybe that is true but dogs do seem to have their own independent sixth sense when it comes to us humans.

For instance despite the fact I am a complete stranger to many of the dogs I photograph while walking, most of them immediately get very excited when I crouch down to get to their eye level. They think on this is going to be fun. As soon as a human goes down to their level they know that means affection, attention, and something good. So when I start shooting and I crouch down, they are right with me ready to go.

I would say most of my favorite pet portraits are of dogs that I met for the first time taking photographs spontaneously. Sometimes at the beach, any given street, or for that matter on hikes. Especially on hikes where dogs are allowed to run and come say hello, I like to get them right on their way to me for the first time. Always a thrill to see a big sloppy wet dog running full speed barking at me.

MUST LOVE DOGS



MARGREIT MCINNIS

What do \$10,000 and lasagna have in common?

The age-old question of...what do I do with \$10,000? I am sure you've all had the thought. As a financial professional I have been asked this question numerous times and the right answer, at least to me, is not what you might think.

When asked this at perhaps a party or networking event, the first thing that comes to mind is, how do I answer this and have it be really impactful and positively affect this person's thought process? This is where my writing talent and passion can cross over into my more analytical life in financial planning. Do I use a food analogy? Perhaps something in nature? Or maybe construction? This decision, which must happen quickly while I'm in the moment, really depends on who asks the question. For the purposes of this column, I am going with food. Lasagna to be exact. So here goes...

We all know that lasagna is layered. That is what makes it soooo delicious. But what if you just threw everything in with no plan, no structure. What if you lumped it all in a pyrex and put it in the oven, would it cook? Yes. Would it be actual lasagna? No, it would be a pile of mushy soup. You wouldn't really reach your goal if you chose the quick and easy route, right?

So, we have \$10,000, correct? What do we do with it? Well, there is a layer that first needs to be taken care of. This is the one that will help give you a base, something to hold onto. Without which you put yourself in lasagna soup land if a tree falls through your roof, or your car breaks down, or you need an emergency dental procedure and it's not covered. This is the ever sexy and often under-rated cash reserve, three to six months in cash, not at risk in an investment. This is our first layer of noodles. Big, thick, and reliable.

Next, we have the sauce. In order to make it hearty, like a Bolognese, your financial picture should have as little non-tax-deductible debt as possible. In more direct terms, if you have \$5,000 on a credit card that could be charging as much as 15% or more of interest, then it seems silly to try to put excess funds anywhere else.

Now, I am not sure if you like a layer of vegetables in your lasagna, but I am a vegetable fan and so here we are. As in any balanced meal, you should have some vegetables. Without such a source of vitamins, you are short-changing your recipe. For argument's sake let us call our next layer of vegetables the nourishing one. I imagine you are on the edge of your seat wanting to know how this relates to financial planning. Here it comes. Protection! Many people are afraid to talk about insurance. It still is "taboo" to discuss it in some circles because it might mean you are a dreaded insurance salesperson. In reality, it is an absolute necessity. I have seen far too many examples of people who were not insured properly. What follows is not only grief from losing a loved one but now financial devastation to go with it. So, what kind of vegetable and how many servings are needed? Well, that is different for everyone and the reason why real planning is individualized and tailored, not cookie cutter.

So, we finish our layers, another with noodles, sauce with meat in it, vegetables, and the final layer of pasta. Sprinkle on the cheese and put it in the oven. It is delicious once it is done, as long as no steps were missed in the recipe.

Exclusively for Model Citizens

Model Citizens Magazine now offers high quality / archival prints up to 3 feet by 6 feet on a variety of museum quality glossy, matte, and canvas mediums for those featured in Model Citizens Magazine.



Model Citizens Magazine Re-Prints on fine art glossy, matt, and canvas archival papers.

MODEL CITIZENS MAGAZINE 2020 WOMAN OF THE YEAR

Rhonda: Sure. Holiday Dreams is an event I started 11 years ago. I have a consulting company, Equity First, and I thought it would be nice to help some families in our community. So, I put together an advertisement and sent it out to my vendors and clients and some other people that I did networking with promoting the notion of coming together to support a local shelter. So that first year we did that, and in another year, we did a school district, then a few group homes. It didn't take long to realize that each year grabbed more traction.

**RHONDA KLCH
MODEL CITIZENS
MAGAZINE
WOMAN OF THE
YEAR 2020**



Then we started to get more phone calls from our community from local churches, local political people who are in office because they heard what we were doing and asked if we could add a few more families. So over these last eleven years we have grown Holiday Dreams and now service a little more than 500 people a year. Again, our goal is not to only provide a few gifts that many other organizations do. Instead, what we do in our program is if we accept a family into enrollment then every child gets at least 10 items with the minimum value of at least \$100. This is so the family could know that the burden of paying for holiday gifts is behind them and they can focus on their budget or their current situation.

MODEL CITIZENS
MAGAZINE
LONG ISLAND

TEENS COVID CHALLENGES



Social distancing and the continued threats the spread of COVID-19 can generate is especially hard for teens, who may feel cut off from their friends and the social life teens are most accustomed to.

Many also face big letdowns as graduations, proms, sports seasons, college visits and other long-planned events are cancelled or postponed.

Here are a few ways you can help your teen through this difficult time.

Stick to a schedule that works with online learning. Set a time to wake up, exercise, shower, get dressed, have breakfast, or whatever they need to start the "school day." If it helps, allow your teen to sleep in a little later than normal. Like they would be in class, phones should be off while doing schoolwork. Keep the TV off during school hours, too, and limit time watching the news. Plan mini breaks and a 1-hour lunch break.

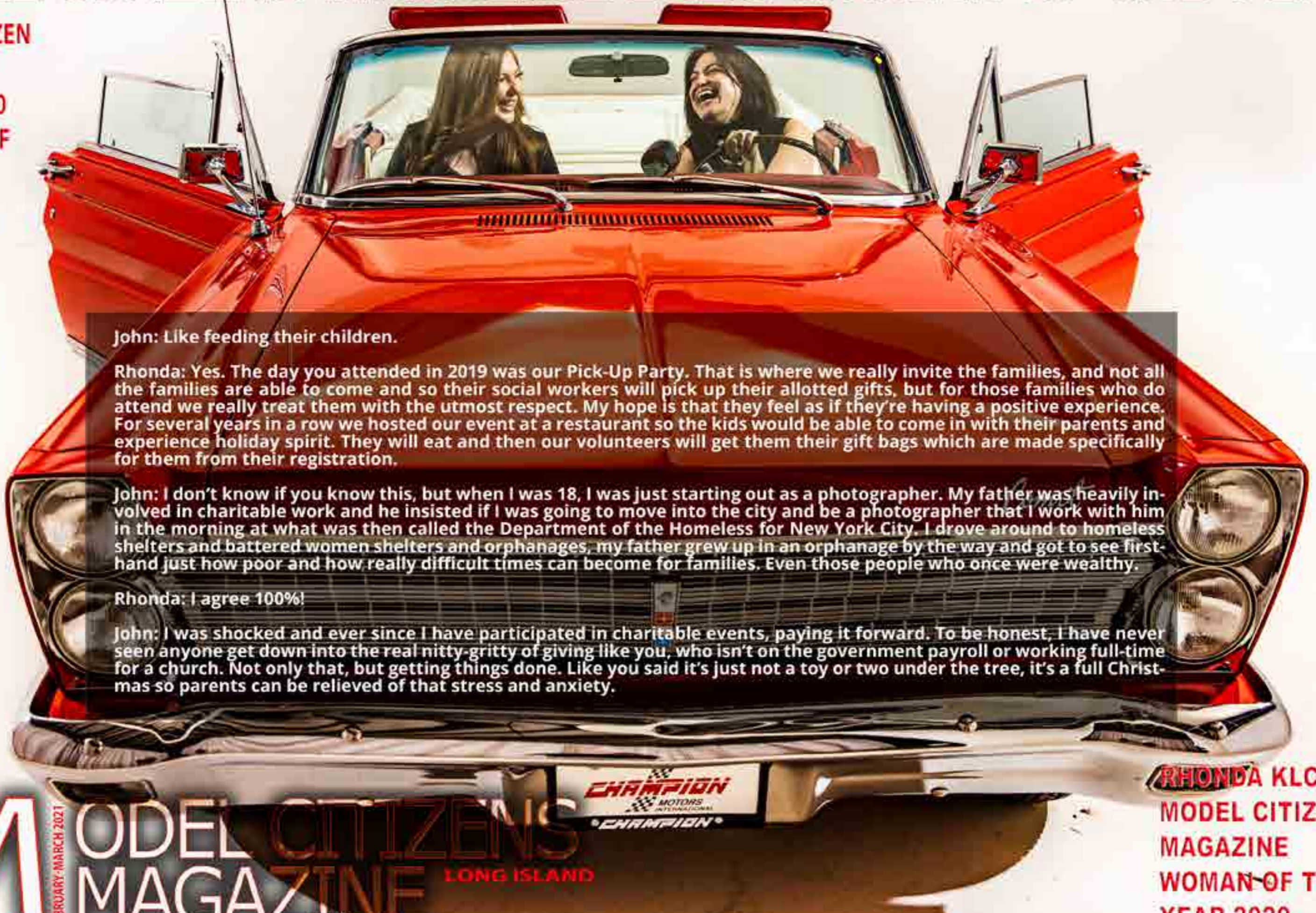


Make dinner a transition time between the "school day" and the evening. Dinner is a great time to gather the whole family together to talk and share a meal. Try fun conversation starters, such as, "My favorite part of today was..." or "Today I am grateful for..." This may be the time your family may choose to observe a quiet moment together. Help them keep their usual sleep time routine so they are ready for learning each day.

TEENS & COVID CHALLENGES

MODEL CITIZENS MAGAZINE 2020 WOMAN OF THE YEAR

MODEL CITIZEN
CHRISTINA
LENTINI 2020
SURVIVOR OF
THE YEAR



John: Like feeding their children.

Rhonda: Yes. The day you attended in 2019 was our Pick-Up Party. That is where we really invite the families, and not all the families are able to come and so their social workers will pick up their allotted gifts, but for those families who do attend we really treat them with the utmost respect. My hope is that they feel as if they're having a positive experience. For several years in a row we hosted our event at a restaurant so the kids would be able to come in with their parents and experience holiday spirit. They will eat and then our volunteers will get them their gift bags which are made specifically for them from their registration.

John: I don't know if you know this, but when I was 18, I was just starting out as a photographer. My father was heavily involved in charitable work and he insisted if I was going to move into the city and be a photographer that I work with him in the morning at what was then called the Department of the Homeless for New York City. I drove around to homeless shelters and battered women shelters and orphanages, my father grew up in an orphanage by the way and got to see first-hand just how poor and how really difficult times can become for families. Even those people who once were wealthy.

Rhonda: I agree 100%!

John: I was shocked and ever since I have participated in charitable events, paying it forward. To be honest, I have never seen anyone get down into the real nitty-gritty of giving like you, who isn't on the government payroll or working full-time for a church. Not only that, but getting things done. Like you said it's just not a toy or two under the tree, it's a full Christmas so parents can be relieved of that stress and anxiety.

MODEL CITIZENS
MAGAZINE
LONG ISLAND
FEBRUARY-MARCH 2021

RHONDA KLCH
MODEL CITIZENS
MAGAZINE
WOMAN OF THE
YEAR 2020

Allow "down time." It's normal for teens to crave more privacy from their family. Give them space for some quiet time, creative time, music time, or to virtually hang out with friends. This can help ease any feelings of being isolated from their friends or difficulties with routine-change.

Share information about what is happening in a calm and factual way to help ease their concerns about the virus. Discuss facts about COVID-19 and correct misinformation when you hear it. Reinforce the basics, like the importance of frequent hand washing and avoiding touching their face.

Stress that staying home saves lives. Talk about how social distancing is an important way they are helping slow the spread of the virus and protecting those most at risk. Have a strict "no cheating" rule and stress that it is NOT okay to hang out with friends in person or play outdoor sports like basketball and softball.

Talk with your teen about how they're feeling during the pandemic. Watch for signs they are struggling and may need more support, or if they show any signs of increased suicide risk. Don't hesitate to contact your pediatrician with concerns.

TEENS & COVID CHALLENGES



JOHN DOWLING INTERVIEWS

MODEL CITIZENS
MAGAZINE LONG ISLAND



Christine: We all complement each other with our strengths. As a team, we can provide superior levels of service 24/7 and we both support and train our clients as a team.

Kaylynn: Christine and I both worked on our own, and it is hard-wearing all the hats that are needed to be successful. Thinking of everything that needs to be done and doing everything that needs to be done all the time 24/7 is exhausting. Things that Christine loves to do are the things that I prefer not to, having a partner that loves doing the things that I don't is a game-changer. Just like any team, sometimes when you work together you find ways to create more value by specializing.

Ashley: I saw right away that both Christine and Kaylynn are very talented and have a strong work ethic that matched mine. I also noticed that they were so busy successfully delivering the product to our customers that they needed somebody to run the behind-the-scenes tasks to support them to keep up with the demand and grow.

John: So, as a team, you departmentalize your task based on your skill sets. Christine, it sounds like you are operating the day-to-day of the company, Kaylynn, you are managing the finances, and Ashley, you are handling the marketing, web development, and communications. How did you all meet?

In honor of Women's History Month and women's entrepreneurialship, QBO Help a new entrepreneurial bookkeeping and management consulting partnership is being recognized as a Model Citizen Partnership. Three women who gave up their corporate lives for a company of their own. Despite the risk and covid19, these veterans of bookkeeping and management consulting bring complimentary strengths and experience to provide the best service offering in the industry. Hands down, great value. But why with Covid19 and so much uncertainty would three corporate executives leave their positions to start a new company?

A few reasons, first off they felt the largest providers of services in the industry are not making the grade, they are simply not providing the level of professional service that they are all used to providing. That means that there are clients out there across the country who need help, and that there are few companies who provide virtual services quite as good as this team of women. Christine Cooper the Chief Operating Officer and Managing partner and her CFO/CPA Partner Kaylynn Dalebout as well as their Chief Marketing Officer & EVP of Real Time Service Ashley Smith.

"We are three women who came together to build something better! We saw that there was a need and we decided to build our own team to offer a better quality of service not available anywhere else, virtually". CHRISTINE COOPER COO FOUNDER

John: Christine, what is the name of this company?

Christine: QBO Help

John: What made you decide to work together?

MODEL CITIZENS CHRISTINE, ASHLEY, & KAYLYNN





Kaylynn: November 2019, Ashley and I met on a 7-day mission trip to Ocotol, Nicaragua with Get Strong Ministries. During our seven days in Ocotol, we were able to serve at a women's shelter, pray with the locals, do home visits, create relationships, and have Bible studies with those interested!

Ashley: Kaylynn then invited me out to Wyoming to see Yellowstone, and I couldn't pass it up! Since then, we have been in touch.

Kaylynn: December 2019, I got hired on at Intuit, where I met Christine. We worked together for 14 months. During our time at Intuit, we saw that there was a need and opportunity to provide high-level customer service supporting QuickBooks. So after 14 months, we both quit and started QBO Help.

Christine: Many big companies these days struggle to provide quality customer service, and customers get lost in the crowd. It is nice to call and speak to someone about your problem and know that you are getting the help you need when you need it from an expert that has 35 plus years experience.

John: Tell me about your family

Kaylynn: I am a single mom of four kids, including a set of twins. I also have two dogs, two cats, and a hamster while running my Clockwork Accounting & Financial Services firm in Wyoming.

Ashley: Two years ago, we sold our house in California, bought our dream 5th wheel, and moved to Texas, where my husband currently goes to school full time. During my husband's school breaks, we travel. We have 3 dogs and just welcomed our first child in Feb 2021.

Christine: I have 2 children, 39 and 36 years old. I have been married to my husband for 10 years and currently building our dream home in Waxhaw, North Carolina.

John: Heartwarming... All very heartwarming...Where do you see the company a year from now?

Kaylynn: Honestly, I believe we will double in size from what we are right now.

John: Ashley, what is your role in helping the company grow?

Ashley: I am responsible for making our clients feel like they are our only client. I follow up with each client after a training/bookkeeping session, reschedule any clients that need assistance or have canceled. I also reach out to our clients for reviews and explain our referral rewards program, along with handling all our social media and customer service. Customer happiness is my main priority.

John: Tell me more about the scope of QBO Help. For example, do you help businesses with their accounts receivable?

JOHN DOWLING INTERVIEWS



Personally, I think Maya has a career ahead of her in the entertainment industry. Not that I am one for predictions but both mama and Maya are both naturals in front of the camera. Thier chemistry is heartwarming and I could totally see where Rachel and Maya could have a reality series. Well I know that Rachel has something in her imagination and we will all find out soon how Rachel might incorporate Maya into her career. Until then I hope to be sharing more about Rachel and Maya right here. And yes by the way, there is a Mr. Rachel Grant lol, who is both an entprenuer and gentleman who was kind enough to carry my gear in and out for me. Such a good guy. Truly a model citizen family.



MODEL CITIZENS
MAGAZINE

MODEL CITIZEN RACHEL GRANT

MODEL CITIZENS MAGAZINE 2020 WOMAN OF THE YEAR

Rhonda: Well, this year was incredibly challenging, but believe it or not, it was probably one of our best years yet.

John: That's amazing

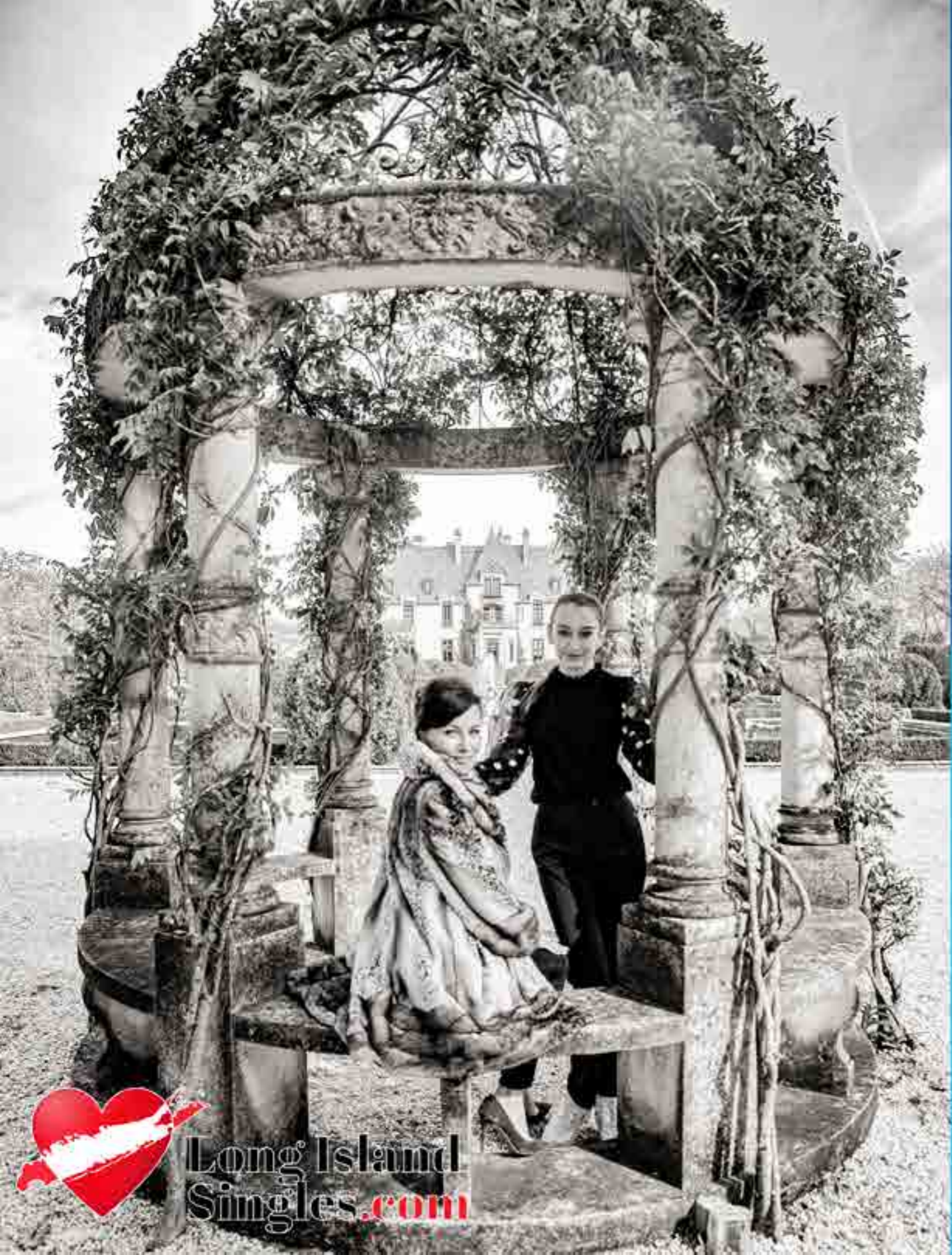
Rhonda: People that had the ability to give, gave. It is really fulfilling for me to see how many people came out in support of the community. It wasn't about the money, it was the amount of people that reached out to us this year. Many were new donors and wanted to pay it forward to families in need.

John: Outside of your philanthropic world, you are a successful real estate investor and entrepreneur. You also have a very exciting new project that you're starting. Can you talk to us about Champion?

Rhonda: Yes. Champion Professional Partners is a project that we have not yet revealed to the public. We are utilizing this publication for our launch so we can let people know about my new venture. Some people may know Champion Motorsports and they may also know Gary Brustein. Gary is the visionary behind Champion Professional Partners, and I have been asked to come on and lead their team of very skilled and diverse consulting professionals. It is a new arena for me and is exciting because it is a different demographic with new people for me to meet and work with. It's really what I would consider the next level.

Also, Champion is nationwide. Where although I have always been able to offer my consulting services nationally, most of my business is done predominately on Long Island. With Champion, we are spearheading a team and we will be in all 50 states probably within the next year.

**RHONDA KLCH
MODEL CITIZENS
MAGAZINE
WOMAN OF THE
YEAR 2020**



+



Bundle and save



With my expertise as an Allstate agent, I can help get you comprehensive coverage at a competitive rate. I can bundle your car and home insurance together so you can save while protecting the things that matter most. Call me or stop by today.

ROBERT ZABBIA
516-799-6900
847 N BROADWAY STE 101
MASSAPEQUA
robertzabbia@allstate.com

Call me anytime for any of your coverage needs.



Allstate
You're In good hands.



Long Island
Singles.com

In over 3 decades of photographing dogs this way, I have never had one negative experience. No biting nothing only a happy dog looking to make a new friend. Even the tiny ones come to me, well except for Gunner but I am working on that (my friends new mini doberman mix).

This portrait of Blue for instance was taken within a few minutes of meeting him for the first time. I went out back to catch sun rays and Blue was just sitting there. Blue is big and at his size could easily take down a few of us humans. But no, he just looked at me and posed. Sometimes its not an all out charge, its just a formidable pose. In Blue's case he looked a bit royal and almost bear like.

While I often see the resemblance to wolves where all dogs have been bred from, sometimes like with Blue I can see the resemblance to Bear. Blue is totally a hybrid looking much like both a bear and a wolf in one.

Dogs descended from an ancient, extinct wolf, with the modern wolf being the dog's nearest living relative. The dog was the first species to be domesticated by hunter-gatherers more than 15,000 years ago, prior to the development of agriculture. Dogs long association with humans has led dogs to be uniquely attuned to human behavior, enabling an abundant cosmopolitan distribution, and to be able to thrive on a starch-rich diet that would be inadequate for other animals.

The dog has been selectively bred over millennium for various behaviors, sensory capabilities and physical attributes. Dogs are sub-classified into breeds, which vary widely in shape, size and color. They perform many roles for humans, such as hunting, herding, pulling loads, protection, assisting police and the military, companionship, therapy, and aiding disabled people. This influence on human society has given them the nickname of "man's best friend."



MUST LOVE DOGS

So what about Man's best friend and the current pandemic? Some coronaviruses that infect animals can be spread to people and then spread between people, but this is rare. This is what happened with SARS-CoV-2, which likely originated in bats. The first reported infections were linked to a live animal market, but the virus is now spreading from person to person.

SARS-CoV-2 spreads mainly from person to person through respiratory droplets from coughing, sneezing, and talking. At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19. Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. More studies are needed to understand if and how different animals could be affected by COVID-19.

MUST LOVE DOGS

TEEN & COVID CHALLENGES



MODEL CITIZENS
MAGAZINE LONG ISLAND



Reach out virtually. Allow your teen to stay connected to friends and loved ones during social distancing by phone, text, video chat, or social media. (Remind them to check their privacy settings so they are not posting too much personal information online.) Playing games online with friends can also be relaxing and enjoyable for your teen. But be sure to agree on screen time during school days.

Help others connect. Many teens have expertise in using technology and can teach parents or grandparents how to video chat or use social media. This is also an opportunity for them to bring you into their virtual world.

MUST LOVE DOGS



We are still learning about this virus, but it appears that it can spread from people to animals in some situations, especially after close contact with a person with COVID-19. We know that cats, dogs, and some other mammals can be infected with SARS-CoV-2, but we don't yet know all of the animals that can get infected. There have been reports of animals being infected with the virus worldwide.

A small number of pet cats and dogs have been reported to be infected with SARS-CoV-2 in several countries, including the United States. One ferret was reported positive for SARS-CoV-2 in Slovenia. Most of these pets became sick after contact with people with COVID-19.

Several animals in zoological facilities have tested positive for SARS-CoV-2, including large cats and great apes. Several lions and tigers in a New York zoo, a puma in South Africa, tigers in a Tennessee zoo, snow leopard in a Kentucky zoo, and gorillas in a California zoo tested positive for SARS-CoV-2 after showing signs of illness. A cougar and tiger at a Texas facility that exhibits wild animals also tested positive for SARS-CoV-2. It is suspected that these animals became sick after being exposed to employees with COVID-19, despite the staff following COVID-19 precautions.

JOHN DOWLING INTERVIEWS



Christine: If a business owner has a pain point such as accounts receivable and it is something that they need assistance with, then we can provide that service for them.

John: Is there a specific company/industry you work with?

Christine: Within the past 25 years of bookkeeping, I have been able to gain a WIDE range of experience. If there is an industry that I am unfamiliar with, there is a big chance that Kaylynn has experience within that industry. There is uniqueness within each industry and we LOVE the opportunity to add new industries/companies to our profile.

John: Why would someone go to QBO Help, instead of QuickBooks?

Kaylynn: That is a great question! When customers connect with a Certified Advanced ProAdvisor from QBO Help, they get a live representative who exceeds their expectations in terms of value, customer service, and solutions to their problems every time!

Christine: We provide customized financial solutions and services beyond just bookkeeping that allows the company to grow financially. Our knowledge and customer service are what sets us apart from other companies. We build a relationship with our customers and help them use the information we provide monthly to develop their business throughout the year rather than only being able to help them around tax time!

QBO Help provides a CFO-level service within our bookkeeping service, which allows companies to grow and reach their short and long-term goals. While we are currently focusing on bookkeeping we all have extensive experience with management consulting so when companies need to grow, retool, downsize, fix lost data situations, or vendor errors that are catastrophic issues, QB PRO LLC goes well beyond the bookkeeping to service your company under most any circumstance.

John: Thank you for sharing with me today the passion that QBO Help has for helping your customers achieve their financial goals. As far as model citizens magazine is concerned we know that this team is excellent as we have already referred them to many clients and they always get rave reviews.

We hope to continue to share QBO Help's story and wish you all continued success with this 100% FEMALE OWNED partnership.

Christine: Thank you we are honored to be recognized as model citizens especially during women's history month.

Kaylynn: Thank you John we are honored on the nomination.

Ashley: Thank you.

MODEL CITIZENS CHRISTINE, ASHLEY, & KAYLYNN



MODEL CITIZENS MAGAZINE



MODEL CITIZENS
MAGAZINE LONG ISLAND

Model Citizen Robert Zabbia and his DREAM TEAM

MY DREAM TEAM



If it weren't for the support of the team in general, I couldn't do any of this all by myself. Watching my dad be a successful insurance agent growing up made me realize how important having a strong team around you really is. My mom would help my dad with some basic help, and he did have a receptionist that Allstate provided, but he had to do the rest. When I agreed to open a new agency with him, the first thing we did was to bring on our first employee. Vicki was with us for close to 20 years and was truly part of the family. We keep in touch, and we wouldn't be where we are today if she didn't help us lay the foundation to build such a great team and train the team that we have in place today.

What makes a good team member for The Zabbia Insurance agency? Great question. First, integrity is the most important trait. We are here for our customers and protecting their most important assets and their families takes trust. I only bring on team members who will put the needs of the customer in front of all else. We need to be here for them when some of the most trying things happen to them. Fires, hurricanes, and even the loss of a loved one takes a caring, honest person to walk people through these situations. We only add people who really care about people and helping them. I guess that is one of the reasons why giving is such a big part of what we do.

MODEL CITIZENS MEDIA KIT EDITORIAL CALENDAR

APRIL 2020

MODEL CITIZENS MAGAZINE CORONA VIRUS ISSUE. THE NEW NORMAL

MAY 2020

THE CITY THAT NEVER SLEEPS TAKES A TIME-OUT. THE CORONAVIRUS PANDEMIC, HOW WILL WE SURVIVE?

JUNE 2020

MODEL CITIZENS MAGAZINE ANNUAL SWIM-SUIT ISSUE. MODEL CITIZENS TACKLE THE DEBATE N WHICH IS MORE IMPORANT OUR FREEDOM OR SAFETY.

JULY 2020

MODEL CITIZENS MAGAZINE FINE ART PHOTOGRAPHY ISSUE. READY SET GO THE ECONOMY REBOOTS.

AUGUST 2020

MODEL CITIZENS MAGAZINE ANNUAL ROMANCE ISSUE. TEENS AND COLLEGE STUDENTS TRAPPED IN COVIDS BROAD NET.

SEPTEMBER 2020

MODEL CITIZENS MAGAZINE HOW TO START YOUR LIFE OVER AFTER A CRISIS ISSUE

OCTOBER 2020

MODEL CITIZENS ANNUAL ELECTION ISSUE WITH OUR VERY OWN COSTUME PARTY

NOVEMBER 2020

MODEL CITIZENS MAGAZINE ANNUAL POLITICAL RESULTS ISSUE

DECEMBER 2020

MODEL CITIZENS ANNUAL HOLIDAY AND NEW YEARS ISSUE

JANUARY 2021

MODEL CITIZENS ANNUAL FASHION ISSUE

FEBRUARY 2021

MODEL CITIZENS ANNUAL FITNESS AND HEALTH ISSUE

MARCH 2021

MODEL CITIZENS ANNUAL GALA AND MODEL CITIZENS OF THE YEAR CONTEST RESULTS

M MODEL MEDIA KIT MAGAZINE CITIZENS EDITORIAL CALENDAR

For Advertising
Call: (310) 497- 3203

ADMIN@MODEL.CITIZENSMAGAZINE.COM





ANNUAL AWARD CEREMONY

WINNERS 2020 MODEL CITIZENS OF THE YEAR



Model Citizens Couple of the Year
Sal and Molly Ferro



Model Citizens Man of the Year
Robert Zabbia



Model Citizens Woman of the Year
Rhonda Kich



TICKETS ARE AVAILABLE ALL YEAR LONG
PROM ADVANCE ON A FIRST COME FIRST SERVE
BASIS UNTIL THE SEATS ARE COMPLETELY SOLD OUT.
NO EXCEPTIONS

ADMIN@MODEL CITIZENS MAGAZINE.COM
Call: (310) 497- 3203

MARCH 2021



Around the world, canines are being trained to detect the whiff of COVID-19 infections. Dog trainers are claiming extraordinary results — in some cases, they say that dogs can detect the virus with almost perfect accuracy. Scientists involved with the efforts suggest that canines could help to control the pandemic because they can screen hundreds of people an hour in busy places such as airports or sports stadiums, and are cheaper to run than conventional testing methods such as the RNA-amplification technique PCR.

But most of these findings have not yet been peer reviewed or published, making it hard for the wider scientific community to evaluate the claims. Researchers working on more conventional viral tests say that initial results from dog groups are intriguing and show promise. But some question whether the process can be scaled up to a level that would allow the animals to make a meaningful impact.

On 3 November, groups working with the animals met in an online workshop called International K9 Team to share preliminary results from experiments and to improve how their research is coordinated.

M FEBRUARY-MARCH 2021 ODEL CITIZENS MAGAZINE LONG ISLAND



RHONDA KLCH MODEL CITIZENS MAGAZINE WOMAN OF THE YEAR 2020

John: For those who do not know what you do, can you share a little bit about the actual process and service that you will be providing to these customers?

Rhonda: Many people know I am a consultant, but it is true they are not sure what that translates to. Champion Professional Partners is a financial solutions center. The best way to understand what that means is to explain that we will be working on financial solutions for high-net-worth individuals who may have had what we can refer to as a hiccup. These are clients that are highly successful entrepreneurs and don't work the standard 9 to 5. They are out and about making things happen and because of that they generally may lose track of some financial matters, they may have credit problems or some sort of a business problem.

John: It could be someone like myself who is so busy servicing clients they can't even look at their account's receivables.

Rhonda: Exactly. What we do is put together a solid team of industry experts and professionals, and there are several other partners at Champion, with the goal of making sure our clients' wealth is protected. This includes ensuring the right insurance products are in place, the accounts receivables, as you just mentioned, are in place and their bills are being paid. We want to make sure they are taking more control of their finances with more accountability. So when they need to make decisions for themselves, their families and their businesses there is no shock, no surprises. Unfortunately, the clients that are coming to us already have something going on in their lives, but we are there to help them.

MODEL CITIZENS MAGAZINE 2020 WOMAN OF THE YEAR

MODEL CITIZEN JENNIFER VARTANOV



John: So, some people might view your service as a commodity these days - and, as such, they are looking for the cheapest viable option. Given the competitive nature of your industry, what do you say to those who are just looking for the lowest possible price-point?

Jennifer: It's hard to compete, but when you take a company like Square, it's a huge conglomerate. They have no phone number to call, there is no sales rep to call, it presents challenges for customer service. We are people-oriented, so problems with servicing customers real time do not exist in our company. Clients call us, we respond immediately. Most of the larger processors only communicate through automated telephone systems or through an online help. We are here live for our clients and we are all trained experts, everyone has the right answer the first time, real time, and with a staff that speaks clearly and concisely to any concern day or night.

John: That's certainly something that I know a little about - I use square, it's where I make my living. While it's so simple to set up, as soon as you have an issue, you send an email - sometimes, you never even hear back from them. This impacts my business as a business owner myself. I am constantly surprised by new rules, limits, changes, and most of them just mean I am getting less and doing more myself.

MODEL CITIZENS
MAGAZINE LONG ISLAND

Celebrating the Art of Entertaining since 1919

Long Island's OHEKA CASTLE



Weddings & Celebrations • Guestrooms & Suites • OHK Bar & Restaurant

On the Gold Coast of Long Island
between New York City and the Hamptons

135 West Gate Drive • Huntington • New York 11743 • 631-659-1400

www.oheka.com



OHEKA CASTLE
Hotel & Estate
New York

LLS MAN OF THE YEAR JESSE GIORDANO

Jesse: Well, here's what I would to make sure I communicate. Dr. Weinblatt and that experience inspired me, but there are several people along the way who gave me opportunities. Like Mrs. Salat in high school who helped me be involved with community events to fulfill that and meet that and that is when I did my first cancer walk. My first job was at Citibank, they were involved in the Leukemia and Lymphoma Society and it gave me the opportunity to start fundraising and learn how to build a team when I had my first job. Many people approached me over the years to do other events and I did decline the nomination for Man of the Year twice before. But then I got the opportunity to share my story at another LLS event a few years ago.

A friend had introduced me to the executive director, Sarah Lipsky and I shared my story and I just got hooked. I was the chair of the campaign for all of Long Island and we were on track to have our best year in fundraising ever for the Long Island region. We were going to be one of the best in the country and then Covid hit. After that, we went from about 23 or 24 candidates for Man of the Year to just 10. I wondered how I would be able to make the biggest impact and then decided to run myself. With Covid, the prediction was that fundraising would drop by 50%. We knew that research was being put on hold because of funding shortages. I thought to myself "how do we raise money right now?"

Others said it could not be done but I said "we're going to figure it out." Then I built a really big team and set out to raise one dollar at a time and go by volume rather than worry about big contributions. For three weeks I built a team of 100 people to raise the money. We did it all by zoom, letters and emails.

What I would like to highlight is that people showed up at various points in my life to give me a chance. If those people did not show up for me, I would never have been able to do it because I was too scared. I always wanted to, but I did not know how. Thankfully, many people stuck their necks out to give me a chance to experience what it's like to go beyond the fear and make a meaningful impact. In philanthropy, you may be successful on your own, but the people who raise big dollars like Asaf German, they do it through a team.

John: I was part of that effort. I photographed at every event he did.

Jesse: So I followed what successful people have done in the past. I built a team and made sure they had all they needed to be successful. There were people that raised \$500 with me who never did that before. My mom raised money for my team, and even though she had never done it before, she broke \$5000. It made her 2020. She could not believe she raised that much.

I said no to previous nominations because I did not believe I could do it. But when people stick their necks out, they give others an opportunity to try and that is essential. Those who provide opportunities to others and teach them and mentor them and say 'I have your back' are the most important people that philanthropy has. I got to where I am today because of people like Dr. Weinblatt, Mrs. Salat, Citibank and countless others who approached me over the years and gave me a chance. If they didn't, I would not have had the most moving and fulfilling moments in my life.

John: Why was it the most fulfilling moment and experience of your life? What motivated you?

Jesse: I would say having childhood cancer. What Dr. Weinblatt did for me, and the countless people who showed up for me, to give me the opportunity to heal my own wounds from childhood and to participate. I was responsible and accountable for this most recent campaign in 2020 and I worked very hard with an incredible committee of people who committed to volunteer to make this an exceptional year for Long Island in 2020.

John: That is a very intense reason. During Covid, there was such an extreme need, even more so than any other time.

From Great Adversity to paying it forward as a way of life

Humans have taken advantage of canines' superior sense of smell for decades. Dogs' noses bear 300 million scent receptors, compared with humans' 5 million. That enables them to detect tiny concentrations of odour that people can't. Sniffer dogs are already a familiar sight in airports, where they detect firearms, explosives and drugs. Scientists have also trained dogs to detect some cancers and malaria, but the animals are not routinely used for this purpose. Researchers don't know for sure what the dogs are smelling, but many suspect that these illnesses cause the human body to let off a distinct pattern of volatile organic compounds (VOCs). These molecules readily evaporate to create scent that dogs can pick up. Previous work with non-COVID viruses has suggested that viral infections might also cause the body to do this.

Many sniffer-dog scientists turned their attention to COVID-19 early in the pandemic. They have trained their canines to smell samples, most often of sweat, in sterile containers, and to sit or paw the floor when they detect signs of infection. Trials at airports in the United Arab Emirates, Finland and Lebanon are using dogs to detect COVID-19 in sweat samples from passengers; these are then checked against conventional tests. According to data presented at the K9 meeting, dogs in Finland and Lebanon have identified cases days before conventional tests picked up the virus, suggesting that they can spot infection before symptoms start.

A photograph of a dog swimming in a pool at sunset. The dog is in the middle ground, swimming towards the left. The water is a deep blue, and the sky is a mix of orange and blue. In the background, there are several white buoys on a line. The overall scene is peaceful and scenic.

MUST LOVE DOGS

TEENS & COVID CHALLENGES

- Go for a walk or a run outside, either by themselves or as a family. Remind them of the social distancing rules and to stay 6 feet away from others.
- Read a book or visit the library online where there are thousands of e-books, audiobooks, and musical recordings. Research new hobbies or skills to learn.
- Do video workouts. Many can be found online, and some park districts are offering access to virtual exercise classes, too.
- Watch movies or TV shows together as a family or virtually with friends.
- Create a photo and video blog of life during the COVID-19 outbreak. Or, start a family journal where each family member can take turns describing the day's happenings.



MODEL CITIZENS MAGAZINE



One of my biggest problems is saying no when an organization needs help and my team is always there to back me up so I can be there. A strong work ethic is another quality that I look for. Having people who are just going to get the job done just doesn't cut it. We must be here when the customers need us. During Sandy, we worked extra long hours reaching out to customers and help them through the claims process. During COVID, we kept the office open, but split the team up so we could be socially distant, yet accessible to customers who needed us. People who just clock in and out won't have the drive to do that. Most of all, there must be chemistry. I'm blessed to have a team of people who enjoy being together and help each other out. We have parties for birthdays, always offering to help each other, and truly feel like a family. If one person has personal issues to deal with, the rest of us will pitch in to help out. My team often comes to me when a client is in need and offers to bring them something when they are quarantined because of COVID or go to their house when they have a fire to make sure that they are ok. These are things you just can't teach.

Model Citizen Robert Zabbia and his DREAM TEAM

MY DREAM TEAM



MODEL CITIZENS
MAGAZINE LONG ISLAND

MODEL CITIZEN

JENNIFER VARTANOV

Jennifer: Yes, we have heard that thousands of times and that is why we are growing at the speed that we are. That's not what customers need. Customers need real time answers, correctly the first time, and solutions so they can get back to making money rather than trying to find ways to collect it. With our offerings, our clients speak with a real person, and we solve the issue. Whether we can troubleshoot something in five minutes and fix their system, or it is a longer-term circumstance that needs to be addressed, we are there to help... and that goes a long way with clients. We do what we need to do, get the job done quickly effectively, and are here for our clients, which is why our business is growing from referrals and word of mouth.

John: So let's switch gears for a moment and talk about your philanthropic efforts and community advocacy. I've been told that you are very active in our local community, helping others and speaking up for people who need help.



COMPLETE HEMP™

Conscious Products for Conscious People

Setting New Standards



Enhance Radiance

A conscious upgrade for your beauty regimen

Feel Relief

When you need fast, effective, long-lasting results

Create Harmony

The highest quality Cannabis Sativa hemp extracts for you



Collagen Booster Serum with CBD
4 oz (113.4 ml) e-ops

Helps to reduce the appearance of wrinkles, fine lines, sun spots, and age spots

- Available in:
 - Full Spectrum 300mg
 - THC FREE 300mg



Face & Eye Moisturizer Cream with CBD
4 g (0.14 oz) e-ops

Great for reducing the appearance of age spots, wrinkles, dark circles, puffiness, and hyperpigmentation

- Available in:
 - Full Spectrum 300mg
 - THC FREE 300mg



Pain Relief Cream with CBD
4 oz (113.4 ml) e-ops

Topical Remedy for Temporary Relief of Arthritis, Sore, Muscle & Nerve Pain

- Available in:
 - Full Spectrum 300mg
 - Full Spectrum 500mg
 - THC FREE 250mg
 - THC FREE 500mg



Rash, Itch & Burn Ointment with CBD
4 oz (113.4 ml) e-ops

The temporary relief of Eczema, Psoriasis, Dermatitis, sunburn, bug bites and irritated skin

- Available in:
 - Full Spectrum 300mg
 - THC FREE 300mg



Organic Hemp Extract Tinctures
Cannabis Sativa plant extract

Each of our tinctures has only two ingredients! Our Full Spectrum hemp extract has organic hemp seed oil and our whole plant CBD tincture has organic, fractionated coconut oil (MCT)

- Available in:
 - Full Spectrum 300mg
 - Full Spectrum 500mg
 - Full Spectrum 800mg
 - THC FREE 300mg



Scan the QR Code for an interactive experience.

To do our part in providing economic relief for those suffering hardship from Covid-19 we are offering 50% off. Use coupon code **HELP50** at checkout at completehemp.com

SHARING LONG ISLAND'S STORIES, ONE FAMILY, ONE HOME, AND ONE COMMUNITY AT A TIME



THE LONG ISLAND JOURNAL

FEB-MARCH 2021

POLITICALLY NEUTRAL

HUSTLE TWENTYFOURSEVEN

Perform with a Star

SUNDAY NIGHT Live

HUSBAND 4 HIRE

LongIslandDiscover.com



DEVELOPER & ENDURANCE ATHLETE SCOTT BURMAN

THE LONG ISLAND JOURNAL FEBRUARY ISSUE

LONG ISLAND'S GOLD COAST NEIGHBORHOODS

MODEL CITIZEN JENNIFER VARTANOV



Jennifer: Yes, I pride myself on my philanthropy and community advocacy. As a mother of three myself, I love supporting any charity that supports children. It just feels good to help those who truly need it the most. It could be at any charity that brings a smile to the face of a child who needs help.

especially now, and it's gratifying to help others. Through my body of work in the Toys for Tots on Long Island, an organization in which I am a Vice Chair, I feel like I am helping to afford children a second chance at that smile around the holidays. And, even though I have my hands in a lot of different things, my business, my home life, my children, etc.,

A photograph of two women smiling. The woman on the left has long, wavy brown hair and is wearing a white blouse with a blue floral pattern. The woman on the right has long, straight dark hair and is wearing a light blue ribbed tank top. They are both looking towards the camera.

MODEL CITIZEN JENNIFER VARTANOV

I always find time to give to those who need it most. It could be at any charity that brings a smile to the face of a child who needs help, especially now, and it's gratifying to help others. Through my body of work in the Toys for Tots on Long Island, an organization in which I am a Vice Chair, I feel like I am helping to afford children a second chance at that smile around the holidays. And, even though I have my hands in a lot of different things, my business, my home life, my children, etc., I always find time to give to those who need it most. I enjoy carving out time for paying it forward to others, especially local charities and again those that support children like Toys for Tots.

M NOVEMBER 2021 **MODEL CITIZENS**
MAGAZINE LONG ISLAND

From Great Adversity to paying it forward as a way of life

LLS MAN OF THE YEAR JESSE GIORDANO

Jesse: Well, here's what I would like to make sure I communicate. Dr. Weinblatt and that experience inspired me, but there are several people along the way who gave me opportunities. Like Mrs. Salat in high school who helped me be involved with community events to fulfill that and meet that and that is when I did my first cancer walk. My first job was at Citibank, they were involved in the Leukemia and Lymphoma Society and it gave me the opportunity to start fundraising and learn how to build a team when I had my first job. Many people approached me over the years to do other events and I did decline the nomination for Man of the Year twice before. But then I got the opportunity to share my story at another LLS event a few years ago. A friend had introduced me to the executive director, Sarah Lipsky and I shared my story and I just got hooked. I was the chair of the campaign for all of Long Island and we were on track to have our best year in fundraising ever for the Long Island region. We were going to be one of the best in the country and then Covid hit. After that, we went from about 23 or 24 candidates for Man of the Year to just 10. I wondered how I would be able to make the biggest impact and then decided to run myself. With Covid, the prediction was that fundraising would drop by 50%. We knew that research was being put on hold because of funding shortages. I thought to myself "how do we raise money right now?" Others said it could not be done but I said "we're going to figure it out." Then I built a really big team and set out to raise one dollar at a time and go by volume rather than worry about big contributions. For three weeks I built a team of 100 people to raise the money. We did it all by zoom, letters and emails.

What I would like to highlight is that people showed up at various points in my life to give me a chance. If those people did not show up for me, I would never have been able to do it because I was too scared. I always wanted to, but I did not know how. Thankfully, many people stuck their necks out to give me a chance to experience what it's like to go beyond the fear and make a meaningful impact. In philanthropy, you may be successful on your own, but the people who raise big dollars like Asaf German, they do it through a team.

John: I was part of that effort. I photographed Asaf at every event he did.

Jesse: So I followed what successful people have done in the past. I built a team and made sure they had all they needed to be successful. There were people that raised \$500 with me who never did that before. My mom raised money for my team, and even though she had never done it before, she broke \$5000. It made her 2020. She could not believe she raised that much.

I said no to previous nominations because I did not believe I could do it. But when people stick their necks out, they give others an opportunity to try and that is essential. Those who provide opportunities to others and teach them and mentor them and say 'I have your back' are the most important people that philanthropy has. I got to where I am today because of people like Dr. Weinblatt, Mrs. Salat, Citibank and countless others who approached me over the years and gave me a chance. If they didn't, I would not have had the most moving and fulfilling moments in my life.

MODEL CITIZENS
MAGAZINE

MEDIA KIT (310)497-3203

MODEL **MEDIA** KIT
MODEL **CITIZENS**



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 Model Citizens the series interviews along with video clips, and behind the scenes stories and photographs. Model Citizens Magazine has many special 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 is distributed via viral email, ModelCitizensMagazine.com, social media by all of our fans and model citizens, and low resolution versions via texting.



For Advertising
 Call: (310) 497- 3203
 ADMIN@MODELCITIZENSMAGAZINE.COM

John: I recently found out that one of the credit reporting agencies is reporting me as dead, seriously.

Rhonda: Well, I have heard of that happening before.

John: I have been hacked a few times so I'm getting calls from people I've never even heard of and so I understand what you mean by hiccup. Just to clarify, sometimes entrepreneurs are so busy working that they do not have the time to pursue these little administrative things and fix them.

Rhonda: Many people as they are growing their businesses and becoming successful, have a team of people working on their behalf. It is common to see their personal business and their professional business having two vastly different scenarios.

John: Entrepreneurs have their heads in their business all the time and they don't pay attention to their personal finances, right?

Rhonda: Correct

John: I know you often work with people in real estate because you own several properties and so I'd like to ask you a question. I recently spoke to a client whose husband had a stroke and it devastated them financially for years. But now they are buying a new house and are back on their feet. Although he has not recovered fully and is on disability, they are concerned about mortgage companies giving them a fair rate because of this hiccup. Is this something they need to be worried about?

MUST LOVE DOGS



The dogs screened 1,680 passengers and found 158 COVID-19 cases that were confirmed by PCR tests. The animals correctly identified negative results with 100% accuracy, and correctly detected 92% of positive cases, according to unpublished results. "This is very accurate, feasible, cheap and reproducible," says Sarkis, who has been approached about using the dogs in schools, banks and prisons, and is working with a shopping mall to offer COVID-19 testing using the animals.

Most canine coronavirus infections are sub-clinical and produce few clinical signs in dogs. Occasionally an infection may cause more severe symptoms, particularly in young puppies. The most typical sign associated with canine coronavirus is diarrhea, typically sudden in onset, which may be accompanied by lethargy and decreased appetite. The stool is loose, with a fetid odor and orange tint. It may contain blood or mucus.

If you have been diagnosed with COVID-19, public health officials recommend you restrict contact with pets and other animals as a precaution. Keep your cat indoors if possible, to prevent them from interacting with other animals or people. If possible, have another member of your household care for your pet while you are sick. Walk dogs on a leash, maintaining at least 6 feet (2 meters) from other people and animals, and avoid dog parks or trails.

If you must provide care for your pet yourself, follow the recommendations published by the Centers for Disease Control and Prevention:

wash your hands thoroughly with soap and water for 20 seconds before and after any interaction with your pets; after coughing, sneezing, blowing your nose, or touching your face.

avoid close contact with your pet (snuggling, kissing, or sleeping with your pet) and do not share food or sleep with your pet in your bed.

Wear a mask—even a cloth mask—to help decrease droplet spread.
clean and disinfect frequently touched surfaces.

If you are not ill with COVID-19, you may interact with your pet as you normally would, and follow CDC's basic guidelines:

As a precaution, do not allow your pets to interact with animals or people outside the household.

Keep cats indoors when possible.
walk dogs on a leash, maintaining at least 6 feet (2 meters) from other people and pets.

Avoid gathering at parks or other public places with other people and pets.

Adhere to local regulations regarding park and trail closures.

A large, fluffy brown dog, possibly a Weimaraner, stands in a field of dry grass and autumn leaves. The dog is looking towards the camera with its mouth slightly open. The background is a blurred landscape with more autumn foliage.

MUST LOVE DOGS

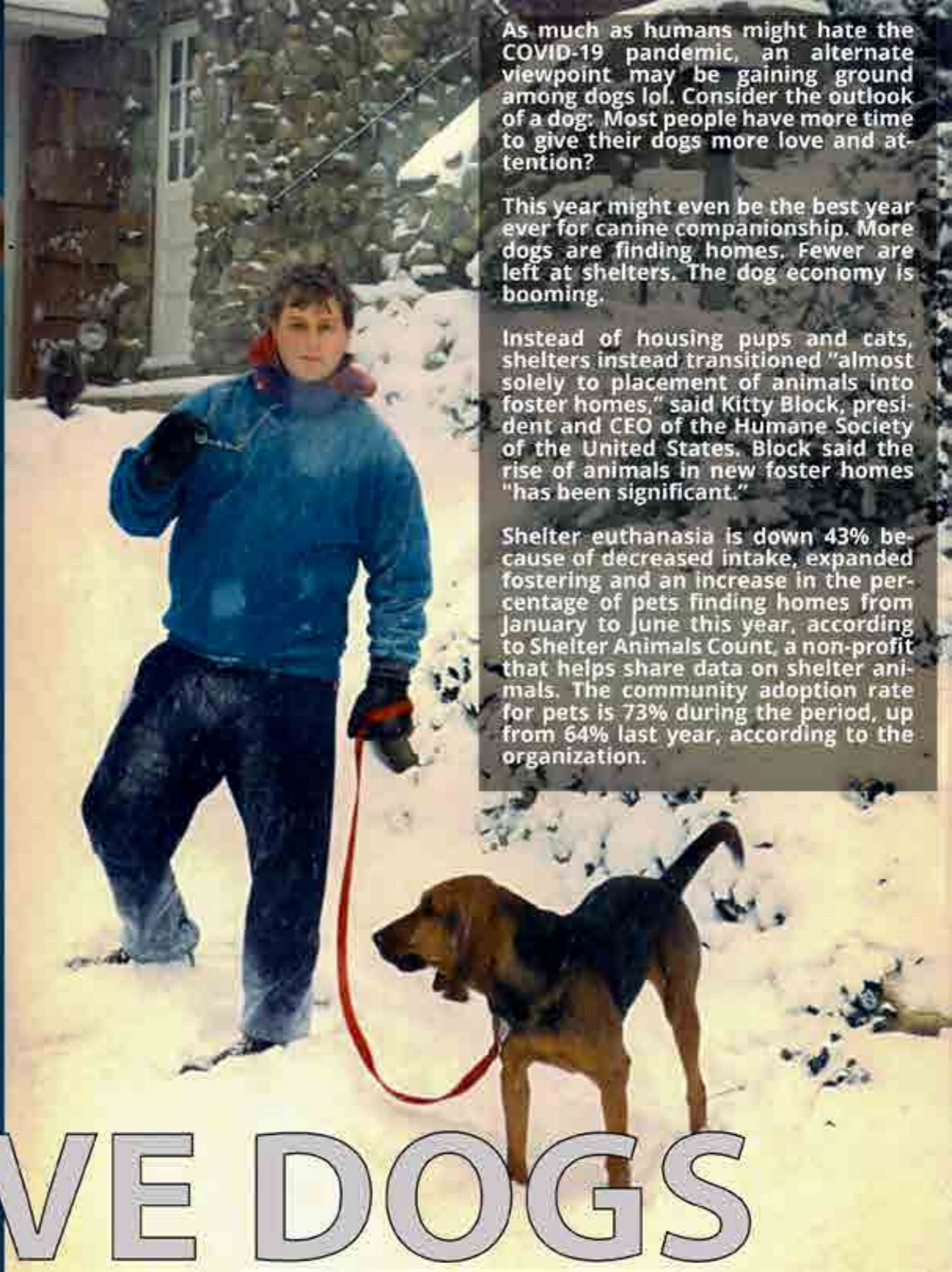
TEENS & COVID CHALLENGES



M FEBRUARY-MARCH 2021 **MODEL CITIZENS**
MAGAZINE LONG ISLAND



Tanya is a model citizen and teen who lives in Jericho along with her family. During our photo shoot at her home, her mom joined us as well as model citizen Maya Frank. Maya nominated Tanya as a model citizen and based on her attitude and energy it was not hard to see at all that Tanya lives and breathes the model citizen life. Thank you Tanya for modeling for this story on Covid and how teens can meet the challenges with the support of thier families. Live in Gratitude. Pay it Forward. Cherish your Chapters of Love.



As much as humans might hate the COVID-19 pandemic, an alternate viewpoint may be gaining ground among dogs lol. Consider the outlook of a dog: Most people have more time to give their dogs more love and attention?

This year might even be the best year ever for canine companionship. More dogs are finding homes. Fewer are left at shelters. The dog economy is booming.

Instead of housing pups and cats, shelters instead transitioned "almost solely to placement of animals into foster homes," said Kitty Block, president and CEO of the Humane Society of the United States. Block said the rise of animals in new foster homes "has been significant."

Shelter euthanasia is down 43% because of decreased intake, expanded fostering and an increase in the percentage of pets finding homes from January to June this year, according to Shelter Animals Count, a non-profit that helps share data on shelter animals. The community adoption rate for pets is 73% during the period, up from 64% last year, according to the organization.

MUST LOVE DOGS

MODEL CITIZENS MAGAZINE 2020 SURVIVOR OF THE YEAR

I assure you that receiving the award for Model Citizens Magazine Survivor of the year is no award anyone hopes to receive. The award is given in honor of my father John Joseph Dowling Sr. a.k.a. Jack Dowling who lost his life due to cancer about 20 years ago, decades before his time. Dad had myofibrosis and at the time lived fifteen years with this cancer, the longest I believe anyone survived with that cancer at the time.

Dad was tough and anyone that knew my father also knew that his courage was only surpassed by his compassion and love for others. Dad like myself or me like my father, we both have big hearts.

Dad even on his worst day was more courageous and giving than most on their best days. Rescuing dogs, cats, any animal really... even the most recent tiny bird that may have fallen from their nest. Dad was always rescuing something, or someone.

So know that the Survivor award being named after my father is not only a big deal for myself, but whomever receives that award, should know that it is a true honor to be recognized by such a philanthropic and giving individual, in his memory. The award however is not given specifically for what a person gives, but how a person fights and does so in a way that demonstrates great bravery and courage.

Christina had confided in me long before she shared with most people that she was going in for another round of major surgeries to remove cancerous growths. We won't go into detail but this type of surgery is very painful and the recovery time a bit longer than others.

I made myself available to Christina 24/7 by text and phone (something I offer to anyone who is battling as I know what it is like to battle for your life) and despite the struggle Christina just kept going.

I am truly honored to be Christina's friend and I am truly honored to award Christina the first ever Jack Dowling Hero Award.

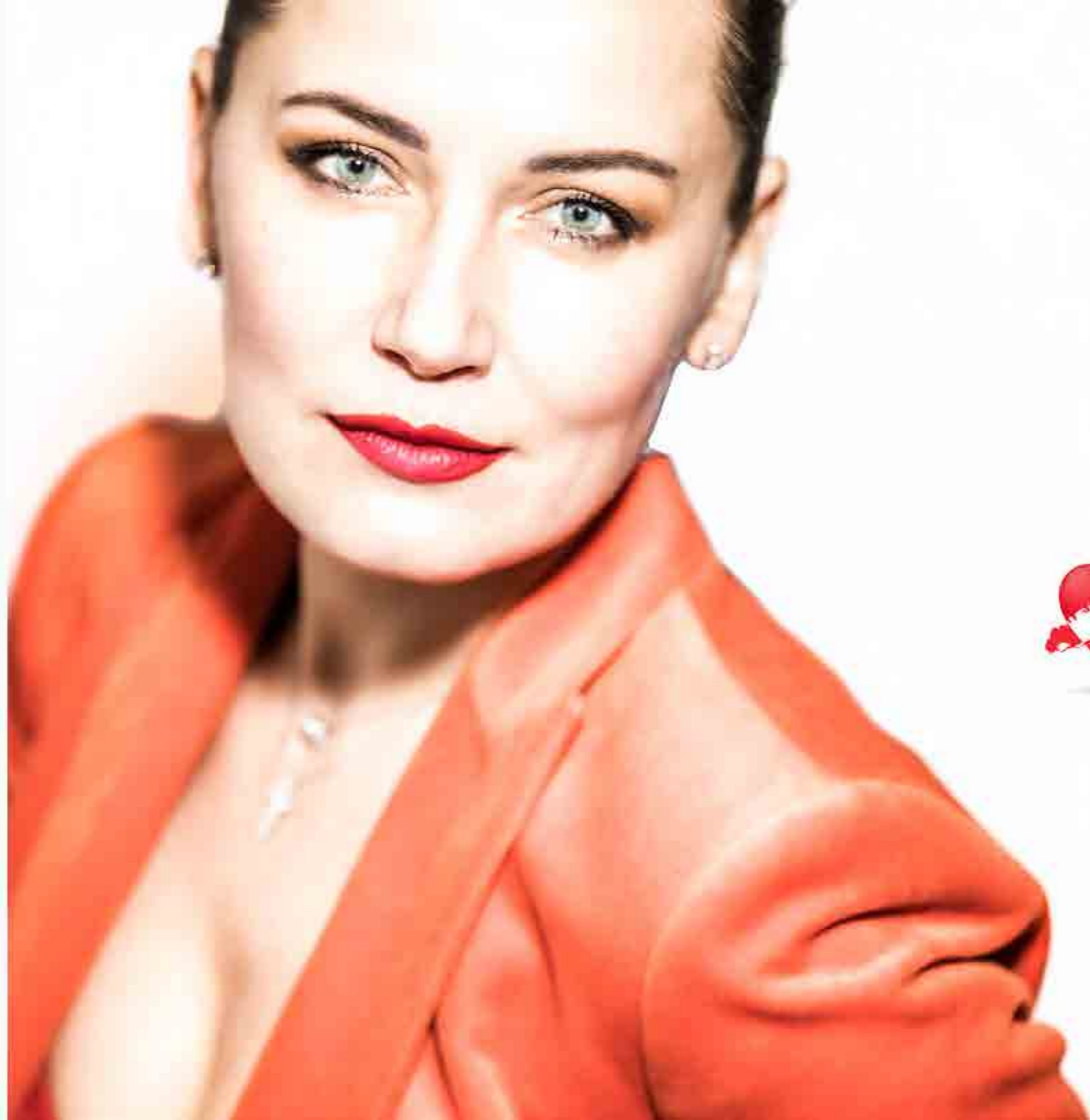
Please join me in acknowledging Christina's courageous battle and the first ever recipient of the Jack Dowling Hero Award.

As always live in gratitude, pay it forward, and Cherish your Chapters of Love.



MODEL CITIZEN
CHRISTINA
LENTINI 2020
SURVIVOR OF
THE YEAR

MODEL CITIZENS
MAGAZINE FEBRUARY-MARCH 2021 LONG ISLAND



**Long Island
Singles.com**

MODEL CITIZENS MAGAZINE 2020 WOMAN OF THE YEAR

Rhonda: To start with, lenders cannot discriminate, and somebody would not get a different rate because they are a stroke victim or are on permanent disability.

John: They were hit with hundreds of thousands of dollars of co-pays and other medical bills that they are still trying to fix in this instance.

Rhonda: In order for them to even get a mortgage we would need to look at the liabilities and determine if those debts will prevent a client from getting a mortgage. We have to develop a strategy and figure out what is the best solution to move forward. Is the best option to pay off all the outstanding debt instead of making a down payment on a new home? Or is it better to potentially file bankruptcy and then have a fresh start and save the money that you would have given to your creditors as a down payment? There are so many ways of approaching a scenario like this. If they were a client of ours, we would be looking at all the different verticals possible to create success. We are looking at their long and short-term goals to figure out what the best strategy is.

**RHONDA KLCH
MODEL CITIZENS
MAGAZINE
WOMAN OF THE
YEAR 2020**

John: One could almost say you are a management consulting company focusing on finances and helping get these clients organized and hiccups fixed.

Rhonda: Yes, that's right. We look at it as being their quarterback, not necessarily the entity for everything the client needs, but through our relationships we are very confident in being able to design an appropriate course of action. Just as somebody would go to the gym and hire a personal trainer, Champion Professional Partners is there to make sure that we are implementing everything for our clients, not just giving them a plan in writing, but also continuing the relationship over time.

John: Thank you for sharing that and I am very honored to share your story and stories over the last year. Just so you know the vote for Model Citizen Woman of the Year was pretty much unanimous for you.

Rhonda: I very much appreciate that. I do try to be a good person.

John: You are a good person who makes a positive impact on our communities and it's a pleasure to see everything that you are doing and continue to do to help others.

M FEBRUARY/MARCH 2021 **MODEL CITIZENS
MAGAZINE** LONG ISLAND

MODEL CITIZEN JENNIFER VARTANOV



MODEL CITIZENS
MAGAZINE LONG ISLAND

John: Tell me more about Toys for Tots.

Jennifer: The Toys for Tots really brings supporting children to a whole new level. The United States Marines, community leaders, and officials are amazing. We have a tremendous passion doing everything we possibly can to help others put their best foot forward. It's so fulfilling and I encourage each and every person to get involved and give back. Helping others is the most meaningful of life's work.

John: So let's talk about family for a little bit - how long have you been married? Where did you meet? When did you know you fell in love? You seem like the perfect couple, would love if you shared a little more about your personal story.

Jennifer: My husband and I have been married eighteen years. We got married young and -- funny enough -- met playing Blackjack at the Taj Mahal, back when there was a Taj Mahal. He sat down at the table where I was playing and we struck up a conversation - we figured out that we had a few things in common and decided to exchange phone numbers. He was living in Brooklyn at the time, I was still on Long Island, so while there was a bit of a commute - we hit it off right away. Three kids and two dogs later... I really consider myself so lucky to have someone like him in my life.

He is a wonderful partner and has taught me so much. He pushes me to be the best I can be - whether it is at the business, personally, and always shares family time with us despite how unbelievably busy we are at work. He encourages me to follow my passion, and understands when I need time away to pursue my goals with Toys for Tots or the Concerned Jericho Parents. He is a support structure that I am so lucky to have in my life.

John: Jennifer, thank you for sharing your story, Congratulations, again, on being nominated as a Model Citizen. We look forward to sharing more of your story in the future.

Jennifer: Thank you John, I am truly honored to have been nominated and I too look forward to sharing more of our story in future issues.

From a dog's point of view, the longer this kind of attention lasts, the better.

At the same time, the pandemic poses risks for dogs, too. Pet parents sick with COVID-19 have had to surrender dogs and cats at shelters, according to anecdotal reports received by the Humane Society.

The Humane Society also said it expects "a significant spike in surrenders as eviction and foreclosure protections expire and pet owners struggle to find affordable pet-inclusive housing." And this is no joke, what are the millions of Americans going to do, and what are the millions of dogs who are surrendered because of evictions going to do?

Believe it or not when people are facing life changing crisis themselves, they act much differently. They will try to keep their dog as long as they can, not realizing that dogs get freaked out when such huge changes come and people are having issues feeding themselves never mind their dogs!

MUST LOVE DOGS

REMODELING MADE EASY

DESIGN WITH DISTANCE & CONTACTLESS MEASURING

**VIRTUAL
APPOINTMENTS**



WITH ALURE'S "DESIGN WITH DISTANCE" & "CONTACTLESS MEASURING" SOLUTIONS, YOU CAN VIRTUALLY DESIGN YOUR NEW KITCHEN, BATH, SIDING OR ROOFALL WHILE DISTANCING COMFORTABLY AND SAFELY FROM YOUR HOME

www.alure.com

Now more than ever, the Alure family knows how important your home is. It's where you raise your family, celebrate milestones, make memories, and look to the future. Bring our experience home!!



Sal Ferro President/CEO

WE GO TO EXTREMES TO BUILD YOUR DREAMS®

1999 Hempstead Tpke, East Meadow, NY
CALL TO SCHEDULE A FREE VIRTUAL CONSULTATION
877-44-ALURE

Licensed by Consumer Affairs: Nassau H1825710000, Suffolk 5284-H.

KITCHENS ■ BATHROOMS ■ WINDOWS ■ SIDING ■ ROOFING ■ BASEMENTS ■ SUNROOMS ■ DORMERS ■ EXTENSIONS

the business is the mantra of let's get back to normal together. Let's encourage people in our communities to get vaccinated against COVID-19. Even better, a meaningful portion of the proceeds are going to charity.

John: Beautiful! So obviously this project has more than a financial meaning to you. Why did you start it? What motivated you to get involved with this movement?

Orit: So there are two things that motivate me. Number one is to move forward, to get back to normal and spread the word, get everybody educated, and encourage everyone to get vaccinated as soon as they can.

John: There's a lot of uncertainty, many people are under the belief that they don't work and some people are under the impression that they could get sick later. Still others are under the belief they could get sick now from it, while others don't think it's going to be effective against mutations. So there's a lot of street talk that I think is very negative, and not actually accurate, but it's causing a lot of people to second guess whether they get that vaccination.

Orit: Yes, it's true. Over 30% of Americans say they won't get the COVID vaccine. Currently, about 10% of Americans have been vaccinated. It's a good start, but we have such a long way to go. There's a lot of misinformation out there. There's a lot of skepticism out there. What we want to do is debunk some of those myths and create a social platform on Facebook, Instagram, and on Twitter, where there are tons of resources you can find about the vaccines, whichever one, whether it's Johnson & Johnson, Pfizer or Moderna. But be a real resource where anyone can visit to learn more about it.

There are over 520,000 people who have died from COVID. This is by far the most of any developed nation in the world and the worst pandemic this country has faced in over 100 years. You know, if we don't continue to wear masks, if we don't get vaccinated, the death toll is going to 600,000. We have the opportunity now. It's a new year, a new President, and a real opportunity to come together, spread the word and encourage one another, to get educated and get vaccinated. That is what wearing my clothing line should do - spread this message.

That's just that's the one angle. And the second angle is there are so many communities that have been really hard hit because of the pandemic. And many people have lost their primary sources of income. Children who are not going to school in-person are taking virtual classes. Many don't even have laptops so they are not learning a thing. What I strive to do is help these communities, by donating a portion of the proceeds from the clothing line to the GO Campaign, which is a charity that helps children and families all around the world. And what GO Campaign does is it helps provide meals, essential school supplies, masks, hand sanitizers and much more for children and families who are in need, all around the world.

John: How can people support this cause?

Orit: Go online and search www.IgotVaxxed.com or go on Instagram or Facebook and search for IGV_Apparel and then you'll find all the information - especially some of the work we're doing to help end COVID-19 with various community groups. Wear the clothes with your family, post a picture, lead by example, and have fun doing it!



MODEL CITIZEN ORIT HODARKOVSKY



In 2002 I was photographing Tiger Woods when I nominated Tiger as a model citizen. We did not have much time together as he was of course focusing on winning the competition. However, I did get him for his ten minute interview. Don't ask me how as it was truly something Tiger did personally, both take these photographs and do the interview. But even in those ten minutes I felt it was a true blessing getting to know such an accomplished athlete, right

after he just won the most prestigious golf event ever to be held on Long Island. While I do not know if I will ever get to speak with Tiger again or ever see him play golf again after this most recent car accident, I do know that I will pray for this man as he has truly given his life to the sport and has shown us all time and time again that he is a true model citizen despite being human. Let's hope he gets better after this latest car accident. It can not be easy trying to extend his golf career after so many injuries.



MODEL CITIZENS MAGAZINE WHERE ARE THEY NOW FEATURING TIGER WOODS

LLS MAN OF THE YEAR JESSE GIORDANO

I heard an interesting comment the other day from Jordan Peterson who wrote a book called "Twelve Rules for Life".

John: I think I noticed that you had posted something about this quote recently.

Jesse: Yes, I did. One of his rules is about authenticity, and being honest with yourself. He cautions not to make too many concrete goals for the future. His point is that it is nearly impossible to know what you are going to want in 20 years. People need to be prepared for anything to change. I think it is fascinating because we are given rules of thumb for what we are supposed to do with financial planning, but if we get too concrete then we box ourselves into what the future is going to look like without bringing in flexibility. It is important to have a target, but we need to remain flexible enough to adjust along the way.

When people are raising children and running a business and taking care of their careers, their community, and spending time with family, with all these important aspects of life it is often overlooked to set aside time for ourselves. If we do not check in with somebody to help us stay on track it's easy to let things fall through the cracks. A financial planner can manage an investment portfolio and create financial plan for you. But the best Financial Planners go beyond by asking thought-provoking questions to help each client identify where they really want to get to. We help our clients stay focused on a destination and course-correct when necessary. It is important to make sure clients take all the actions needed to move in the right direction. Planning is more than just investing in an account. The more complex someone's life becomes, the more challenging it is to fulfill goals. That is what we see with our clients. Many people come to us after life gets too complicated to handle on their own and they need our expertise to make sense of it all and take the best actions for them to reach their goals. This is what we create together.



John: Why was it the most fulfilling moment and experience of your life? What motivated you?

Jesse: I would say having childhood cancer. What Dr. Weinblatt did for me, and the countless people who showed up for me, to give me the opportunity to heal my own wounds from childhood and to participate. I was responsible and accountable for this most recent campaign in 2020 and I worked very hard with an incredible committee of people who committed to volunteer to make this an exceptional year for Long Island Sound.

John: That is a very intense reason. During Covid, there was such an extreme need, even more so than any other time.

Jesse: Yes, suddenly patients could not get to the hospital and were forced to delay treatment. Doctors are incredible heroes. The physicians I know who are Oncologists were going into hospitals to take care of patients, putting themselves at risk. They were saying 'the hell with it! Let's just do it anyway!' I was moved by that. It was unreal to hear about these amazing research projects that save lives but were being put on hold.

The brilliant young minds at work at these research facilities and agencies were potentially leaving to go elsewhere because they weren't getting paid.

John: Charitable donations dropped everywhere across the country. What you did is really a miracle as far as I'm concerned.

Jesse: Thank you. You are right, fundraising was expected to drop 50% nationwide. I said to my team that we are building this together and we are going to turn this around for the entire organization. I wasn't sure how, but I knew we were going to do it. They are going to hear it and we are going to inspire people across the country.

John: I'd really like to talk about you as a person for a moment. A little bit about you and your career. You are a financial advisor and run a substantial company called Opal Wealth Advisors. Can you share with our readers what it is that you do? It seems like you take a very professional and analytical approach, but with a human factor as well. You seem to have an exceptionally good team and I know you're growing and looking for new people, aren't you?

Jesse: Yes, we are looking to expand. We just reviewed our numbers today and are up over 20% in the last 12 months as an organization.

We are looking for quality advisors who can help us to continue to fulfill our mission which is to help people achieve meaningful goals using one of their most important resources, their personal finances. We believe that money itself is not the end game. It's what they hope the money will provide for them that is the true motivator.

People lead busy lives and finding time to make sense of all the noise and stay on track is difficult. We want goals to drive the planning, not the dollars. We call it The Opal Way, which is our unique approach to helping people build roadmaps to achieve their most meaningful goals. We are with them every step of the way as they encounter obstacles and need to strategize how to overcome those roadblocks.

John: When I was young, I heard about stockbrokers and people who were financial advisors and then those who invest on their own. Then you saw a trend where people went back to professionals because they needed the expertise. I feel as

though those who worked with experts seem to accumulate more wealth than people who do not. Why do you think that is?

Jesse: Investing is an important part of financial planning, but it's not the entire part of the process. I make sure that clients can answer questions like what do I need to do now to be able to live the retirement lifestyle that I want? How should I position my retirement portfolio and 401(k)? What should I do with my cash in my account? Should I refinance my mortgage and what kind of insurance do I need, term or permanent? Should I take this extra job and am I making enough, saving enough?



MODEL CITIZENS MAGAZINE.COM

LIVE IN GRATITUDE. PAY IT FORWARD. CHERISH YOUR CHAPTERS OF LOVE.

MODEL CITIZENS MAGAZINE

MY DREAM TEAM

People come first in every business. Companies who focus on profit first will often forget this and hurt the people in the process. If you take care of your people, they will take care of everything else. It is crucial to make sure that they understand the objectives and goals of the business. This helps you as a leader if everyone is reaching for the common goals, so you can work on the big picture.



MODEL CITIZENS
MAGAZINE LONG ISLAND

Model Citizen Robert Zabbia and his DREAM TEAM

For Pet owners who are struggling or worse losing their homes, the cruel fact of life is that owning a dog means it costs money. Especially if your dog is sick or you are running low on vet budgets. In many cases if you can't hand over a bunch of cash immediately, you often have no way to get your pet the medical care they need. Even in the worst emergencies.

Like most animal lovers, I think you can't put price tags on the lives of our beloved four-legged friends. Unfortunately, that's exactly what being a poor pet owner forces you to do. If your pet has ever eaten something they shouldn't (and whose pet hasn't?) consider yourself lucky if it didn't cost you a fortune. The average cost of "foreign body ingestion", a common pet emergency, is often more than \$1,500.

The American Veterinary Medical Association suggests that financially challenged pet owners talk to their veterinarian about payment plans or deferred payments, look into low-cost clinics, and check for charities that might be able to help.

I've heard plenty of comments along the lines of: "If you're poor, you shouldn't get a pet." One person in a local Facebook group - in a discussion where someone was asking about affordable vet services in the area - chimed in with his opinion that if you cannot dedicate at least \$1,000 a year for vet care, you shouldn't get a pet. Pets are yet another thing that are used by people as an excuse to poor-shame, essentially telling indigent people that they aren't worthy of the companionship of a loving pet.

The harsh reality is, veterinary care is a business, and just like any other business, its clients must provide that revenue. But even pet owners who have the best-laid plans initially - perhaps even with a dedicated savings account for vet expenses - can run into unplanned circumstances. They can lose their jobs, experience a sudden medical crisis or any other traumatic situation affecting their ability to afford vet care.

MUST LOVE DOGS



EVOLUTION — MedSpa —



Introducing Camille Morrison BS, RN, an expert Aesthetic Injector. Experienced and certified, she will customize treatments for any age, male or female.

With over twenty years in the aesthetic field, she uses the latest techniques in Botox and Filler Injections, producing immediate results. Camille specializes in cheeks, lips, fine lines/wrinkle prevention, and correction. Famous for the "Long Island Liquid Facelift" procedure! Inquire today. Offering complimentary consultations.



New Customers Receive \$50 OFF First Filler!

Evolution MedSpa

283 Commack Rd, Suite 315, Commack, NY 11725

631-499-5700

evolutionmedspall.com/botox-and-fillers/

*\$50 off is only applicable on first filler. Results may vary. Offer Expires 5/31/2021

MUST LOVE DOGS



Despite your intuition of course you love your dog and do not want to give him(her) up. But as many vets will tell you, payment for services very often now needs to be paid up front, plus any necessary treatment, which can be hundreds or thousands of dollars.

If this happens you have alternatives. Some Humane Society locations and other pet organizations offer "wellness clinics" providing free or low-cost vaccinations, spay/neuter assistance and other routine services, but these are available only in certain areas and generally don't cover extensive procedures or emergency care.

But those options aside, why do so few veterinarians offer sliding scales to pet owners in need? Why don't the many well-funded animal-friendly organizations establish a source of funds to help indigent pet owners cover their animals' medical costs?

Without more available resources to help desperate pet owners, given the current state of the economy, more animals will be suffering and dying, needlessly. Reach out to a friend, remember people will help you. They will lend you the coin or adopt your pet while you get things back together. Don't give up, just reach out and you will be surprised by your family and friends. They will help when it comes to your pet. If you have few choices, do a "Dog share" and you will be surprised as to how many people are willing to share a dog, especially now.

MODEL CITIZENS
MAGAZINE