

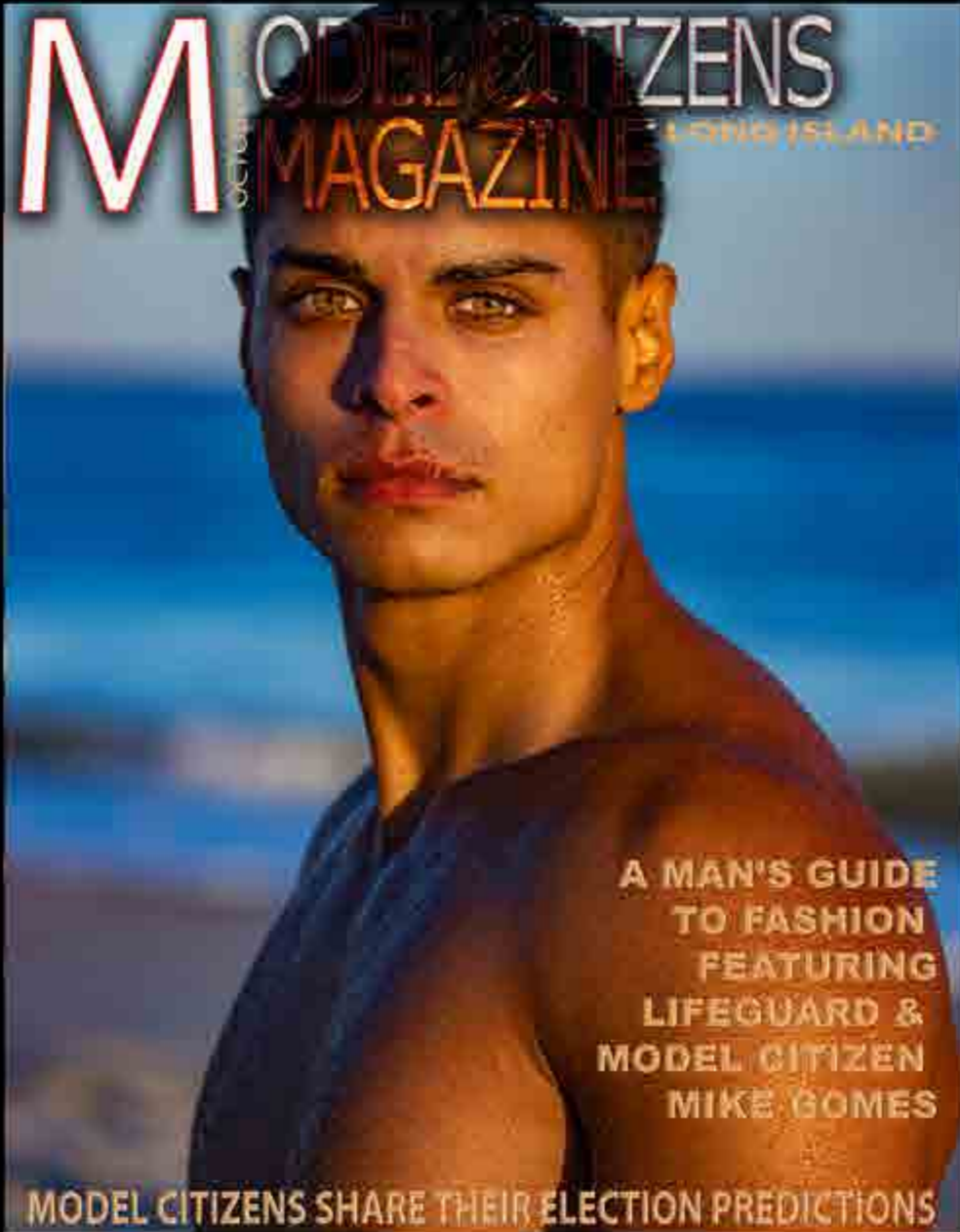


M OCTOBER 2014 **MODEL CITIZENS**
MAGAZINE LONG ISLAND

**A MAN'S GUIDE
TO FASHION
FEATURING
LIFEGUARD &
MODEL CITIZEN
MIKE GOMES**

MODEL CITIZENS SHARE THEIR ELECTION PREDICTIONS

A MAN'S GUIDE TO FASHION OCTOBER 2020



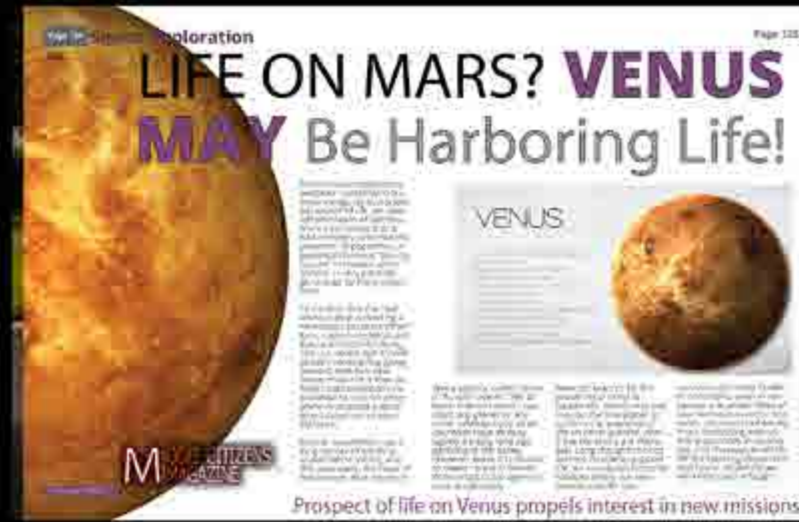
COVER MODEL MIKE GOMES

The great strength that comes with great pain or loss is truly remarkable. The power of living in gratitude, and making paying it forward a way of life, a spiritual revelation. With Model Citizens Magazine we are grateful for the honor of telling so many model citizens stories and capturing them with world class fine art creativity. We are even more proud of those amazing model citizens who are featured in our monthly nominated model citizens. In this issue we look at life on Venus, the 2020 Presidential elections, and of course men's fashion featuring lifeguard and now fashion model Mike Gomes. Former county executive Steve Levy shares his thoughts on Solutions to America's programs as per his new book with the title. Sal Ferro ways in on the election as does Rhonda Klich and Robert Zabbia.

FEATURED

CONTENT

M OCTOBER 2020 **MODEL CITIZENS MAGAZINE** LONG ISLAND



John: Congratulations Steve on being nominated for Model Citizens Magazine. You are a former County Executive, an attorney and now an author. I understand that you have a new book.

Steve: I do and I'm very excited about it. It's called, "Solutions to America's Problems", with the subtext being; "A Politically Incorrect Conservatives Take on How to Maintain America's Greatness".

It's going to be in the non-fiction section of bookstores and also available on Amazon. You can go to my website stevelevy.info for more information

John: Tell us more about what this book is about, because you've been out of politics for a while now. For those readers who don't know you were the former County Executive of Suffolk County, as far as I ever knew you did a wonderful job. Can you give me more details about the book, what do you think is going wrong

and what do you think is going right, and how do you think we should fix it? Give us your insight.

Steve: The point of the book was to put something out there that differentiates itself from the typical book that is yelling at the other side and basically restating what the problems are. We know what the problems are.

John: What are the problems?

Steve: I delineate about fifteen or sixteen different chapters dealing with everything from climate change to our electoral process to the Supreme Court, which is very timely. This was written prior to the Ginsberg passing.

John: I think everyone knew she was on her way out. She had such an amazing life.

Steve Levy

THE SOLUTION TO AMERICA'S PROBLEMS

Steve: Right, right, and now that leaves all kinds of controversies. I also talk about foreign policy and how to deal with the Middle East crisis, which I wrote about prior to these latest peace proposals.

John: Or political stunts, whatever you want to call them.

Steve: Yes, depending on your perspective. The point of my book is to tackle those problems. First what are the reasons for the problems, and then what are the specific solutions. So, let's look at an example, like the high cost of college, which everyone complains about.

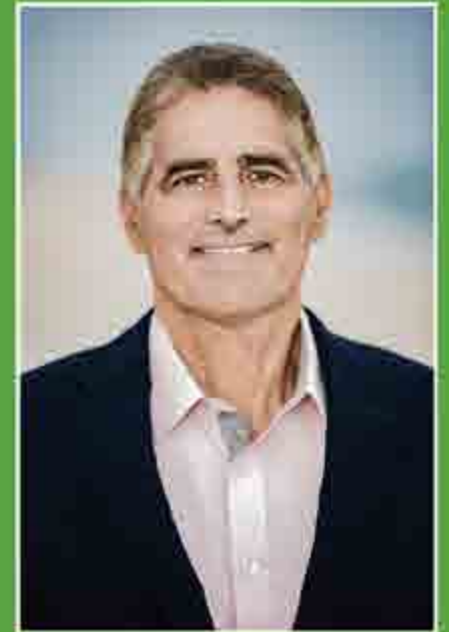
John: Yes, it's crazy

Steve: Has anybody looked to see what are the driving factors behind the high cost of college? When you look at it, you find it's really been student loans. The availability of student loans, but you don't want to end them, however they've been so liberally handed out like candy.

John: My daughter is going to Notre Dame Law, so I know.

STEVE LEVY BIO

Steve Levy is a graduate of Sachem High School, Stony Brook University (Magna Cum Laude) and St. John's University Law School. In 1985 Levy was elected to the Suffolk County Legislature at age 26 - the beginning of a 15-year tenure as a member of that body. During this time he served as Chairman of the Ways and Means Committee and as a Deputy Presiding Officer. He left the Suffolk Legislature after 2000 when he was elected a member of the New York State Assembly. In November 2003, Mr. Levy was elected as Suffolk County's seventh County Executive. In 2007, he was re-elected with a record 96% of the vote. Today, Steve Levy is the Executive Director of the Center for Cost Effective Government where he, along with other qualified individuals focus on bringing an end to burdensome state and federal mandates. Steve Levy also brings his insightful point of views as a commentator on various television programs such as those on Fox as well as in his written articles and on the radio. As the President and Founder of Common Sense Strategies, Steve Levy helps government and private businesses cut their operating costs in a manner that can enhance efficiency utilizing proven techniques.



JOHN DOWLING INTERVIEWS

Steve Levy

A Politically Incorrect Conservative's Take
on Maintaining America's Greatness

Steve: There you go! Yes, \$60,000 a year. Why is it so expensive? It has eclipsed the rate of inflation by leaps and bounds over the last 30 years. Well, when administrators realized that there was more money available to the student and their families, they realized they could raise their tuition from \$20,000 to \$30,000, then \$30,000 to \$40,000. Then they can say they will charge you \$60,000 annual tuition but give you \$20,000 off so you're left paying \$40,000, but you feel like they just did you a favor.

That's what the book is about. It's really identifying the problems and what to do about it.

So here's a solution, a college or university takes federally backed loans, and they love that by the way, because the administrators think they are not on the hook if a student takes a \$60,000 loan or \$150,000 loan and ends

up being a parking lot attendant. It's no skin off their nose, but if you no longer can take those loans unless you cap your tuition, now you have a whole different ball game.

John: I love it. It makes perfect sense.

Steve: That's one example identifying what the problem is and coming up with a realistic solution for it. In the book I talk about four other reasons why college has gone up so much, this is just one of them.

John: Then people get frustrated because you can come up with the solution and then what's going to happen now? What lobbyist is going to pump money in and get behind that because they want to see education and teachers benefit from it? Then the other side are the colleges who don't want to have that. Now they hire lobbyists and start threatening people.

It becomes not about who's right or wrong, but who can win and line their pockets. How do we deal with lobbyists and greed?

Steve: One of the subjects I discuss in the book is that there are a number of things that stymie us from making the advances that we need to make, even when we know what the solutions are. One of them is the disproportionate impact of special interest, another is identity politics and political correctness.

John: Talk to us about identity politics, for the Layperson who may not know what that is.

Steve: Identity politics is where every problem is framed around race, who you are, not what kind of person you are, but what group are you born into and that now defines you.

John: That is the actual racism that is coming out of the political agenda.

Steve: There is now a new racism that is developing, ironically, on the concept of trying to fight racism. They are developing a new type of racism so now in schools, our kids are being taught there are two groups, you are either part of the exploitive class or the exploited class. Which are you? It's terrible because you have a lot of minority children who are being told that they are not good enough, not smart enough and the "man" and the "system" are going to hold you down.

John: The white man in particular, and as a white man I find that to be offensive. I work every day of my life.

Steve: It is in a sense because of your white privilege, right?

John: I worked every day of my life and got nothing handed to me because I am white or for any other reason.

Steve: On the other hand, now you have these young white kids who are being told they are bad because they're born into the class. They may not think they are racist, but they are told they are. There are books that actually say this and teach this garbage.

John: It's like massive brainwashing on the national level.

Steve: The underlying factor is that there is truth to the fact that there has been institutional racism in America. People have been held down because of policy.



TRUMP OR BIDEN

THE SOLUTION TO AMERICA'S PROBLEMS

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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, LongIslandJournal.com is your source of information for a closer look at the industry as a whole.

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

Real Estate Professional and Co-publisher Rhonda Klich and Publisher of Model Citizens Magazine John Dowling Jr. team up to 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, LongIslandJournal.com is the bible of the Long Island Real Estate market.

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



Northport New York

Northport Village on Long Island's Gold Coast is a historic fishing village all grown up. From local entrepreneurs to world renowned 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 downtown 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.



Huntington New York

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 downtown 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 go to perform in NYC make a second stop on Long Island in Huntington.



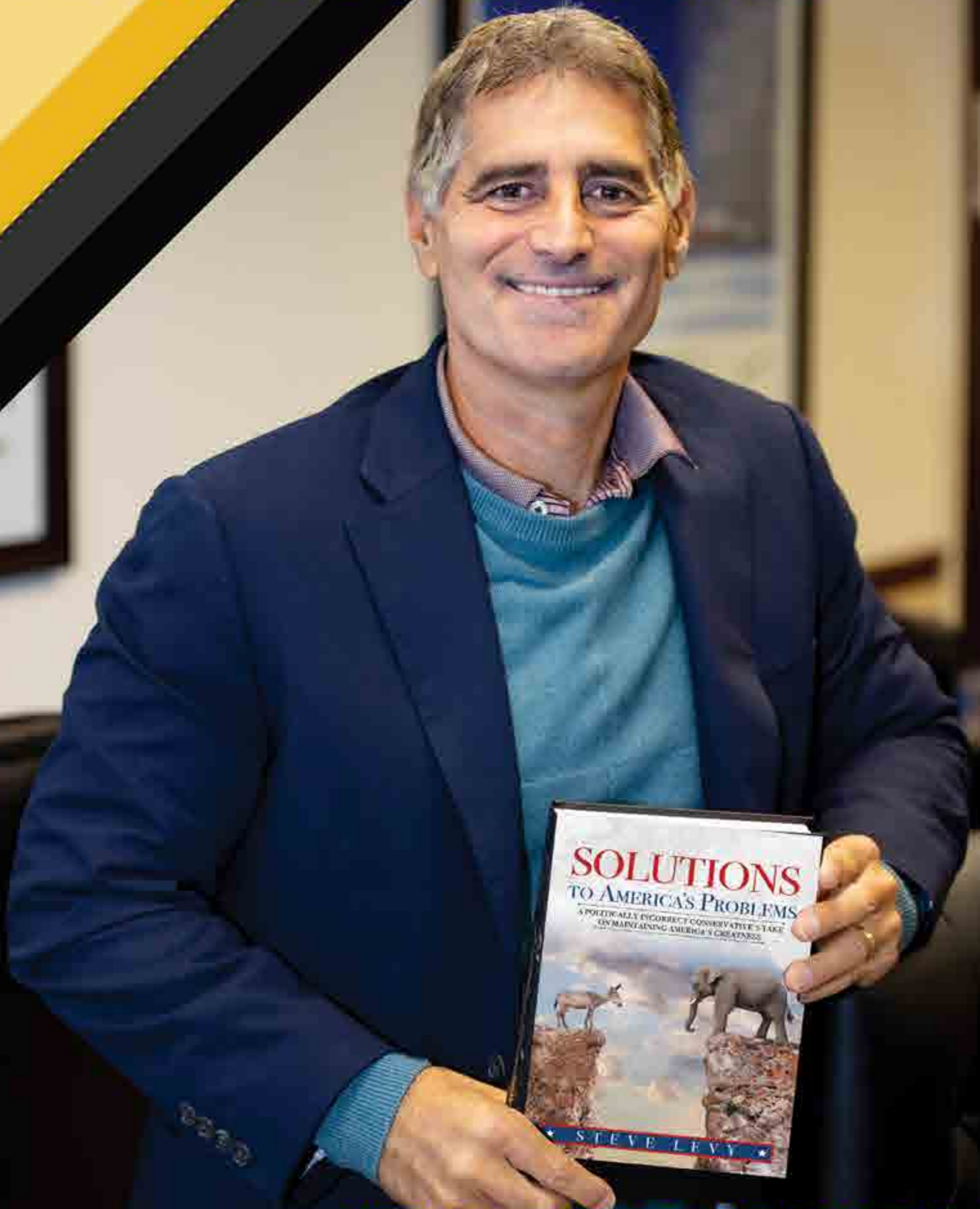
Centerport New York

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 teams to create one of the most sort after Gold Coast towns in the country to raise a family.

January 1, 2020

Steve Levy

BIDEN OR TRUMP? WHO IS THE BEST CANDIDATE TO LEAD OUR COUNTRY?



STEVE LEVY SOLUTIONS TO AMERICA'S PROBLEMS

John: There are bad cops, racist cops and racist policies in society.

Steve: There is racial profiling and there are bad cops and there is police brutality, people have been held down because of racist policies. But to say that America is a racist nation and that we should teach our kids that the purpose and founding of America was to embolden slavery, that's a lie. That's not true. This is what I attack in the book, because you're hurting the people, you're trying to help by not being honest about what the problems are and what the solutions are.

John: That's what I love about you, you really work across party lines. You are always more about what's right and wrong, good and bad and what's good for all of us. What's the endgame for you? You reached a great level in your political career, you work for an amazing law firm, you have your own business that is going well, your book is coming out. Is it all to help America or is to earn a few extra dollars?

Steve: I'm sure I'm not going to make any money on this.

John: No one really makes money on books, I know I made a few bucks and get residuals but it was more about the message than the money.

Steve: It's all a vanity trip. It's cathartic right? You just have to get it out. I love doing it. I'm a big networker and that's been at a standstill since COVID, so I used that time to write the book.

John: I know I saw you all the time at events I was donating time to.

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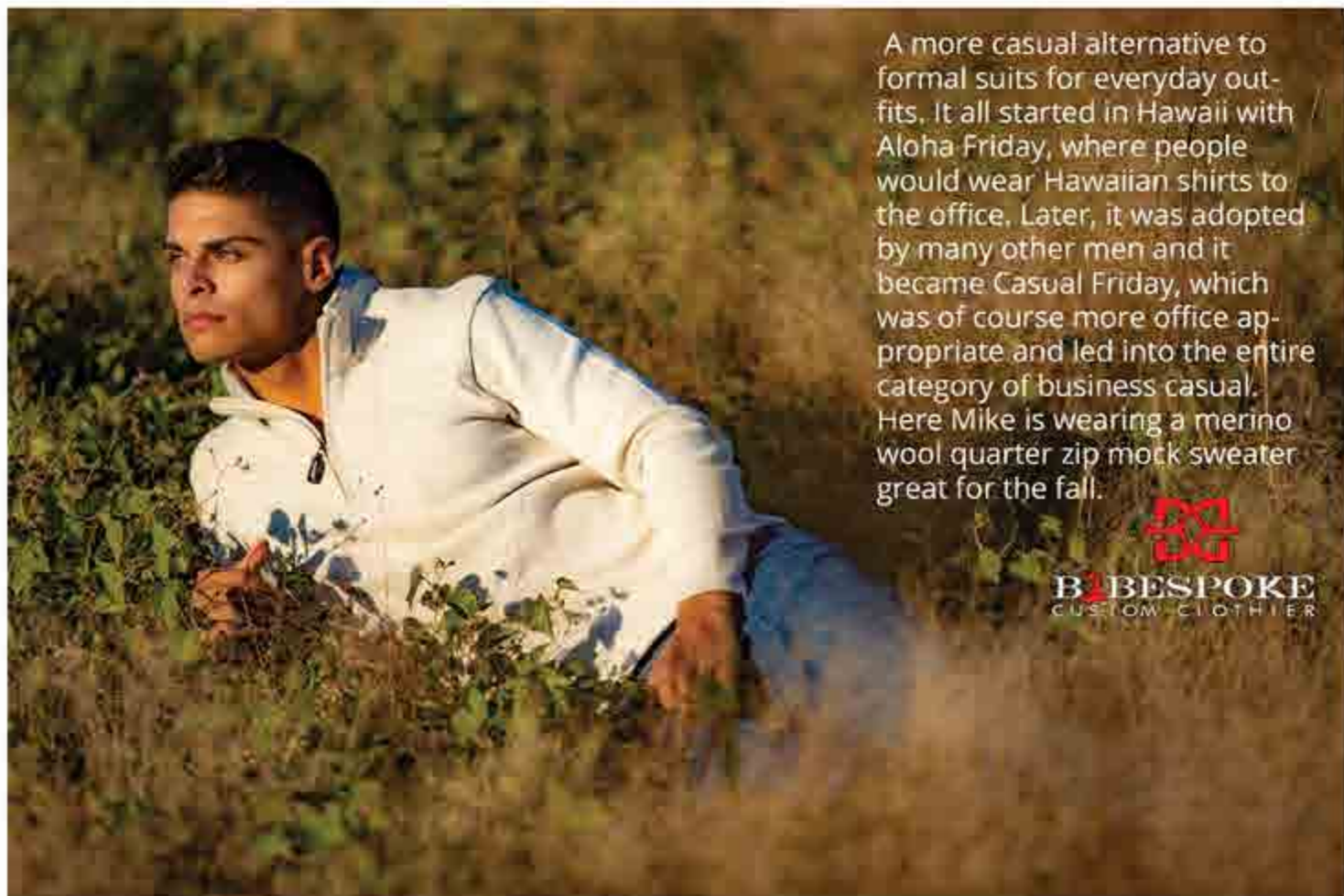
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MIKE GOMES FROM MODEL CITIZEN, TO FASHION MODEL

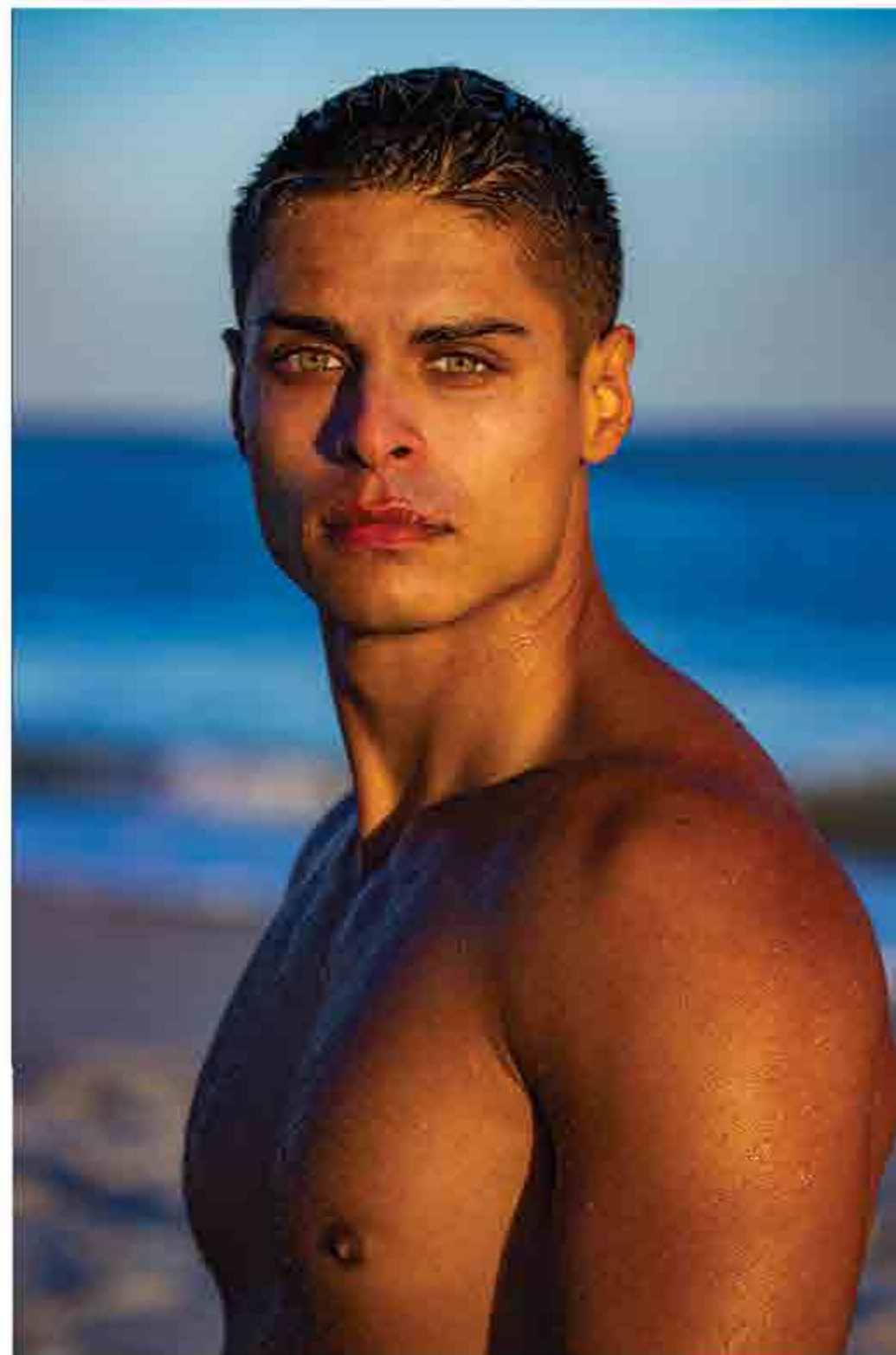


A more casual alternative to formal suits for everyday outfits. It all started in Hawaii with Aloha Friday, where people would wear Hawaiian shirts to the office. Later, it was adopted by many other men and it became Casual Friday, which was of course more office appropriate and led into the entire category of business casual. Here Mike is wearing a merino wool quarter zip mock sweater great for the fall.



I first hopped on the stand three summers ago, the lifeguard stand that is, unaware and nervous of when I would have to make my first save. I had spent the previous two weeks receiving the proper training and obtaining the certifications necessary to become a lifeguard.

Despite all the hours of testing, countless laps and many rescues I made throughout my weeks of training, why was I still nervous when I went up on the stand for the first time?



A Man's Guide To Fashion



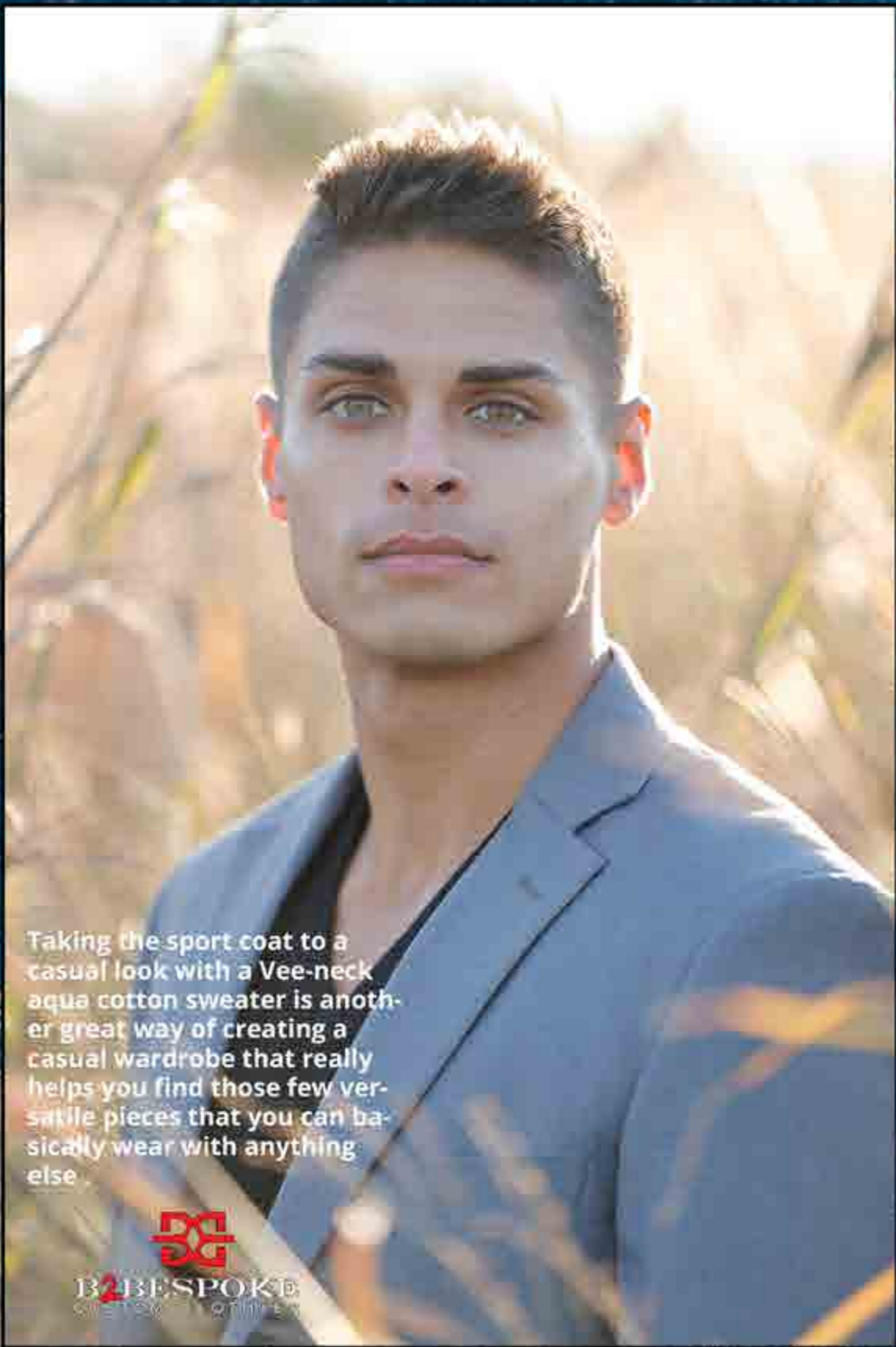
The last two words of that question are the most important, first time. No matter what anyone strives to be or achieve, doing something for the first time is always scary. Whether it be riding a bike, the first day at a new job (in my case) or going on a roller coaster, doing something new for the first time is bound to make anybody nervous.



MIKE GOMES

FROM MODEL CITIZEN TO FASHION MODEL

M OCTOBER 2020 **MODEL CITIZENS**
MAGAZINE LONG ISLAND



Taking the sport coat to a casual look with a Vee-neck aqua cotton sweater is another great way of creating a casual wardrobe that really helps you find those few versatile pieces that you can basically wear with anything else



As I sat on the life-guard stand in my expensive bathing suit, with my sunglasses over my face and my red whistle in my mouth, I'm sure I looked calm, cool and collected on the outside. However, on the inside, I was a nervous wreck. I mean sure, I had done drills and made practice saves over and over again for the past 14 days, but if ever and whenever the time actually came, could I do my job?



The look of your swim trunk matters, but the length is the most important. For most guys, the sweet spot of where your swimsuit should hit is about two inches above your knee. This is the most flattering length a guy can wear. Here lifeguard Mike Gomes is sporting an American Flag Classic swimsuit in honor of the election year.

A Man's Guide To Fashion

FROM MODEL CITIZEN TO FASHION MODEL

Lifeguard and Model Citizen Mike Gomes takes a leap of faith to start his modeling career during Covid.

One of the benefits about being a lifeguard is that I have the stand to myself. Since I sit about eight feet above ground level, I'm not really bothered. I have time to gather my thoughts as I keep a safe watch over those in the water. While I was sitting on the stand, those three words continued to pop into my head, do your job...do your job...do your job.



Mike is wearing a pair of comfortable Alberto Jeans from Germany, paired with a classic grey sport jacket with a black V-neck sweater and custom top sider sneaker from B2BESPOKE.

As I repeated those words in my mind, my nervousness began to transform into confidence.

I began to realize that I wasn't hired for any ordinary 9-5 job. My manager didn't take a quick glance at a resume and hand me the job. I spent weeks pushing my body both physically and mentally proving that I was perfectly qualified to be a



For more formal business attire nothing beats a well tailored navy blue suit with a classic contrasting tie and french cuff shirt. In this photo Mike is wearing a super 120 fabric Italian made suit by B2BESPOKE.

MODEL CITIZEN



Sometimes you just have to stop in the middle of an interview and wipe the mosquitos from your leg no matter what you do to the camera and the shot. No longer is it the air conditioned studio or amazing restaurant as the set for interviews but parks and beaches. Even outside Model Citizens Offices.

In this case our socially distant makeshift studio was completely closed, iconic, Long Island Amusement Park, Adventureland. Yes Model Citizen Kershel Anthony brought his This is my Swag Foundation members to Adventureland for Model Citizens Magazine to produce his TV commercial and promotional photos for his upcoming event there. This socially disetant event will be much different than others.



KERSHEL ANTHONY

Here Mike is wearing an olive green herringbone wool and alpaca overcoat with a down detachable windbreaker. Mike is also sporting Teleria Zed beige jeans from Italy and brown suede boot by Lloyd. Great for both casual and formal settings.



As fall transitions to winter, keep super warm with this down winter parka jacket by UBR in classic navy blue. This jacket is fully storm protected from both heavy rain and snow.



B2BESPOKE CUSTOM CLOTHIER

lifeguard and that I deserved to be the one up on the stand. The time began to pass by much faster than it did before; I was now confident knowing that the patrons could put their trust in me. I was not going to treat this job the way most people treat their own jobs, half-heartedly. I was a lifeguard for a reason; I was going to give the patrons my dedicated attention because they deserve to feel safe. Not only was my goal to be a great lifeguard but my goal was to be the best at what I do.

MODEL CITIZEN MIKE GOMES FROM LIFEGUARD TO FASHION MODEL

B2BESPOKE CUSTOM CLOTHIER

M OCTOBER 2020 **MODEL CITIZENS**
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Mike is wearing a new blue multicheck hybrid sport jacket with a detachable windbreaker. This new European design blends the classic sport coat with extra protection from the elements. The value here is that you can still look formal but keep warm. To the left we have a luxury Nile Crocodile belt and a unique shoe. This is a super unique wingtip shoe that combines different leathers and suede.



A Man's Guide To Fashion

I mentioned earlier that the day in the lifeguard stand was just over three years ago. When I told myself I was going to be the best, I wasn't just talking about lifeguarding; I was talking about my life. That's how I believe I've lived my life these past three years, striving to be the best, looking to make the most of every opportunity that falls into my path.

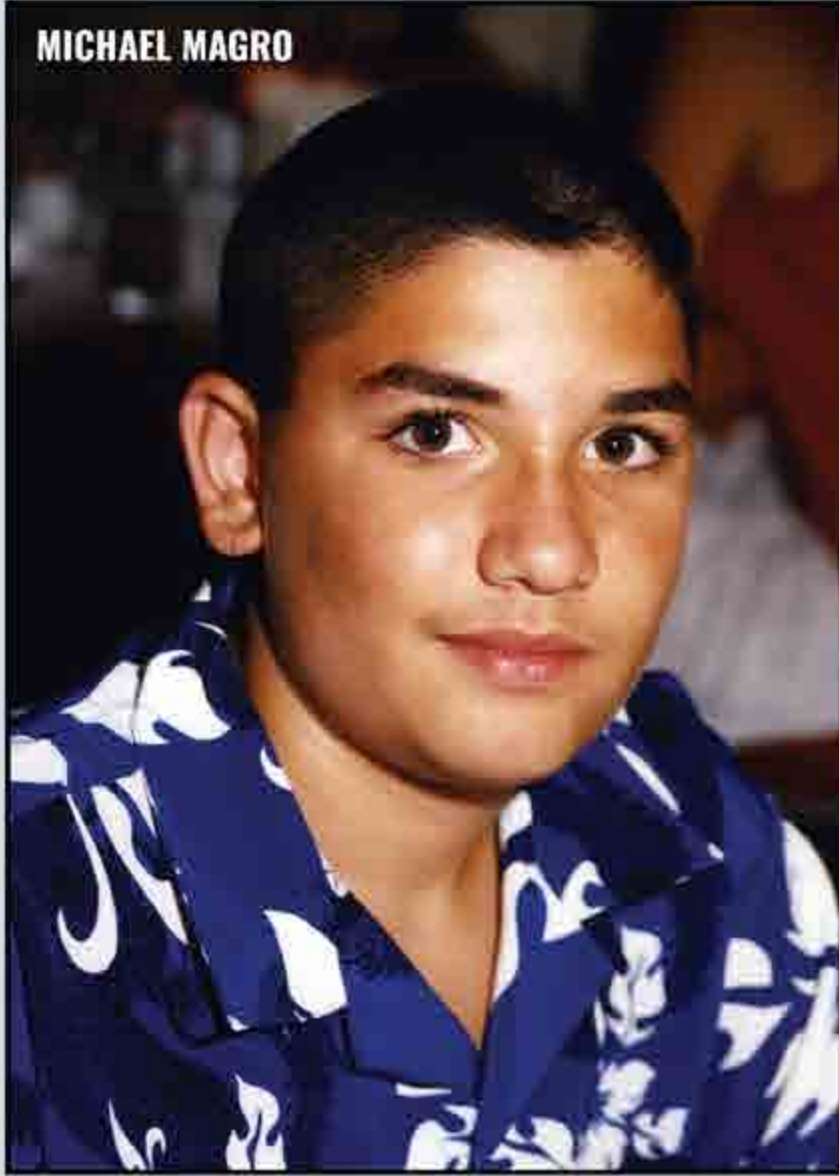
This past year I graduated from Maritime College in the Bronx, NY with a degree in Marine Transportation and received my U.S. Coast Guard Third Mate's License. After spending close to 200 days at sea and spending years honing my skills in navigation and seamanship, I was finally qualified to sail as a licensed officer aboard any vessel. Unfortunately, the coronavirus had different plans for my career.

Model Citizen Mike Gomes From Lifeguard to Fashion Model



MICHAEL MAGRO FOUNDATION

MICHAEL MAGRO



So Michael's journey was very different from Mark's. As difficult as Mark's Journey was, through radiation and chemotherapy, Michael really had a very difficult time. His pulmonary system was really damaged through all of this, so Michael was actually diagnosed on June 8th of 2004, and he passed away on July 30th of 2004.

John: I am with Terrie Magro, who is the founder of the Michael Magro Foundation. Terrie you've been nominated as a Model Citizen for all you do for charity and families across Long Island, congratulations.

Terrie: Thank you so much John, it's an honor to be nominated and I'm very appreciative for this opportunity.

John: Can you tell us about Michael?

Terrie: Michael was my oldest son. He was born in 1990 and his brother Mark was 28 months later. So my two boys had a great relationship, they did everything together. At times they had some typical fighting, but they had a great life together.

In 2004, Mark was diagnosed with Hodgkin's Lymphoma and was going through cancer treatment at the Cancer Center for Kids at NYU Winthrop Hospital. He was just about completing his chemotherapy treatment and ready to start radiation when Michael, as I dub it, out of the clear blue sky, started feeling weak and



B2BESPOKE CUSTOM CLOTHIER

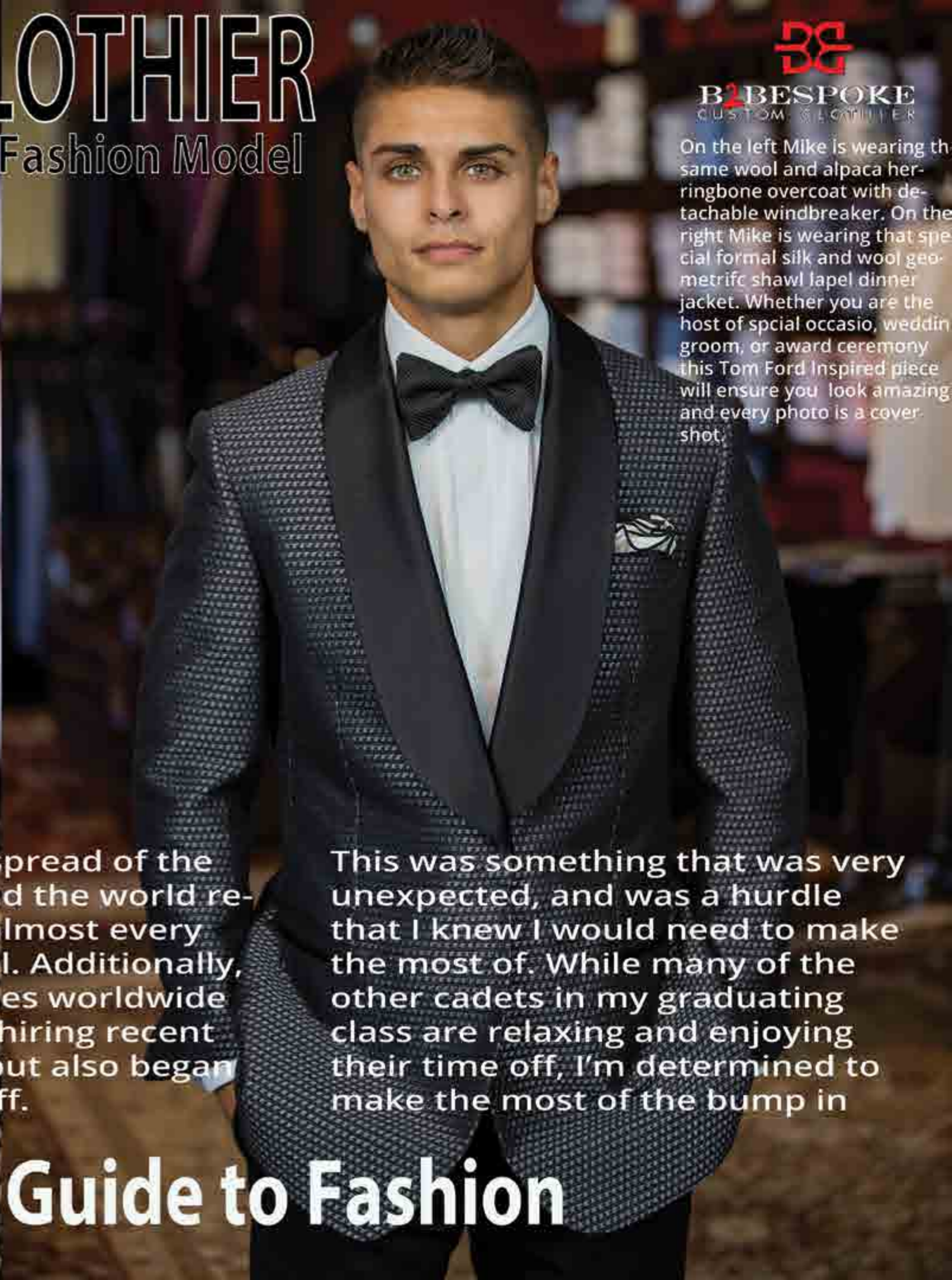
Model Citizen Mike Gomes From Lifeguard to Fashion Model



B2BESPOKE
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On the left Mike is wearing the same wool and alpaca herringbone overcoat with detachable windbreaker. On the right Mike is wearing that special formal silk and wool geometric shawl lapel dinner jacket. Whether you are the host of special occasion, wedding groom, or award ceremony this Tom Ford Inspired piece will ensure you look amazing and every photo is a cover shot.

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Due to the rapid spread of the virus, ports around the world restricted entry to almost every U.S. flagged vessel. Additionally, shipping companies worldwide not only stopped hiring recent cadet graduates but also began laying mariners off.

This was something that was very unexpected, and was a hurdle that I knew I would need to make the most of. While many of the other cadets in my graduating class are relaxing and enjoying their time off, I'm determined to make the most of the bump in

A man's Guide to Fashion

MODEL CITIZENS
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LONG ISLAND

What will the New Supreme

MODEL CITIZENS
MAGAZINE LONG ISLAND
OCTOBER 2020

Court look like with another conservative "Republican Justice"?

On September 18th, Supreme Court justice Ruth Bader Ginsburg passed away at the age of 87. Ginsburg served as an associate justice for 27 years; she was nominated by President Bill Clinton in 1993. At the time she was brought into the Supreme Court, she was viewed as a moderate, and later became more left-sided over time. President Clinton's biggest reason for bringing Ginsburg in was to increase the diversity in the Supreme Court. Prior to her nomination, only one of the eight justices on the Supreme Court was a female. Clinton believed the addition of another female justice would be a good change, and a change that the country needed.

Prior to Ginsburg's passing, the Supreme Court sat six men and three women (including Ginsburg). Of the nine justices on the Court, five of the justices identified as Republicans, including Chief Justice John Roberts, while the other four identified as Democrats. Interestingly, all three female justices in the court happened to fall on the left side. Now that Ruth Bader Ginsburg has passed, the Supreme Court currently leans much more to the conservative side. President Trump recently nominated conservative federal appeals court judge, Amy Coney Barrett, to replace the late Ginsburg. Trump called it a "very proud moment", stating Barrett was a woman of "towering intellect". With Barrett's nomination, the Supreme Court will sit six Republican justices, and only three Democrats, if she's confirmed by the Senate.

When it comes to making a ruling in the Supreme Court, every case is determined by the majority vote. If all nine justices happened to be members of the Republican party, every ruling made by the Supreme Court would almost always favor the right, and vice versa. In order to remain fair when making decisions, the Supreme Court should seat five justices from one party and four from another. In the 2020 Supreme Court case *Espinoza v. Montana*, the Montana Legislature established a program that grants tax credits to those who donate to organizations that award scholarships for private school tuition.

However, the Montana Department of Revenue established a rule which prohibited families from using the scholarships at religious schools. Three mothers who were prohibited from using their scholarship funds at a Christian School because of the rule sued the Department in the state court. When this case was brought up to the Supreme Court, the Court ruled in favor of the mothers (5-4), stating it was unconstitutional discrimination based on religion, and that the policy violates the First Amendment and its protection to practice religion freely.

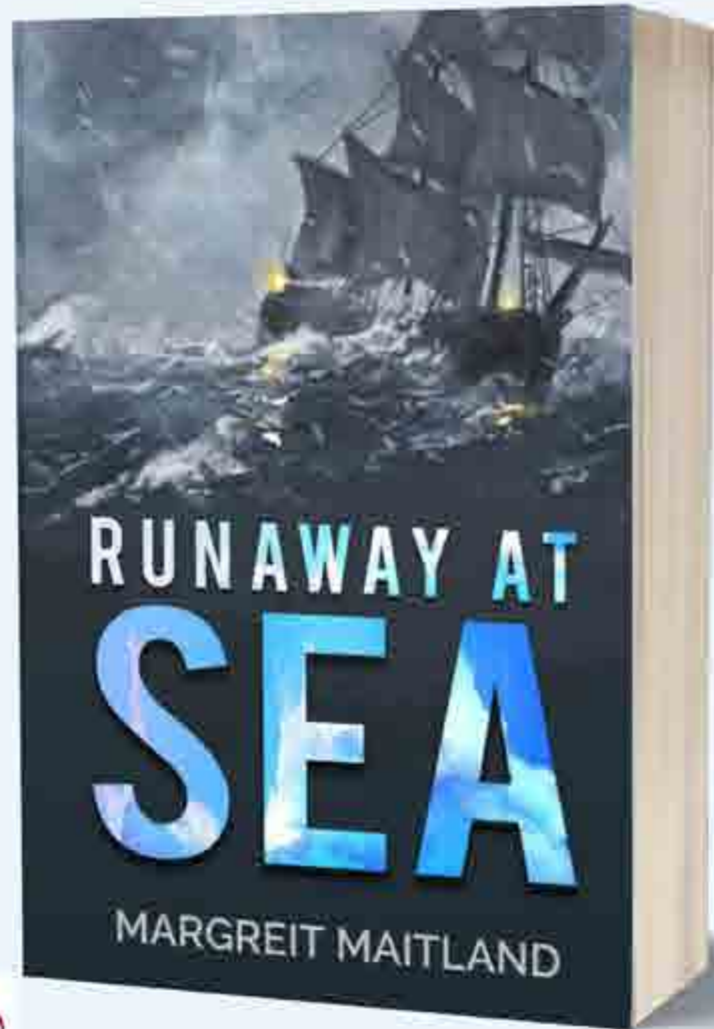
All four associate Republican justices voted in favor of the mothers, stating it was religious discrimination. Not surprisingly, all four Democratic justices, Justice Breyer along with the three females in the court, voted in dissent. Chief Justice Roberts made the final decision, ultimately siding with Justices Thomas, Alito, Kavanaugh and Gorsuch, deeming it unconstitutional. Since there were four associate judges in each political party in this case, the ultimate decision was left to the Chief Justice, and it can't get any fairer than that. If the Court was lopsided, favoring the left much more than the right or vice versa, rulings on important cases would be extremely biased.

When it comes to making rulings on decisions such as religious practices, abortions, immigration and our military, most Democrats and Republicans have completely different views. If the Supreme Court were to be heavily one sided (7-2, 8-1, etc.), almost every case outcome would be determined before it was even brought up to the Supreme Court. That's why it's best to keep the Supreme Court on an even keel and maintain a high level of fairness.



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ROBERT ZABBIA

Model Citizen

Presidential Debate September 2020 Who Won and Why?



I was holding off on writing this until the debate last night, hoping that a clearer picture would emerge. After watching it, I decided to digest what I watched, and wait and see what the reactions would be. So, the good news is that whoever your candidate of choice was going into last night, he won. I went into it with an open mind, wanting to be objective. Coming out of the debate, I was baffled, and felt that there was no winner. Neither candidate won, and neither did the undecided voters.

The way I see it, our country is divided into three groups. There is the die-hard Democrats, the die-hard Republicans, and then the undecided or swing voters. Since the Bush/Gore election, our country has become increasingly polarized. It really began with Clinton and the impeachment and both sides sticking to their guns, but the contested election is what got us to where we are today.



Going into the debate, I made a comment that if Biden fumbles his way through the debate, this is all over. The swing voters will be uncomfortable with a President who has questionable stamina and the ability to think on his feet. If you use the fact that Joe Biden didn't completely stumble, then he came out ahead. Like the experienced politician that he is, Biden didn't answer the questions that he didn't want to, and instead spoke directly to the audience.

Trump was Trump. He was direct, disregarded the moderator, and went after Joe Biden directly. In some cases, he was debating both the moderator and his opponent, and never showed a sweat. He relied on his record, avoided answering a few of the questions that he didn't want to address, and was in full on attack mode. Some polls show that this was a good tactic with some audiences. So as far as the debate goes, I think Joe pacified those who were worried about his mental state and solidified his base that may have been wavering. Trump scored points with the Trump crowd, and his followers were going after the bias that they felt that the moderator had against him.



MODEL CITIZENS
MAGAZINE
OCTOBER 2020

ROBERT ZABBIA Model Citizen

Unfortunately, I don't think this one debate swayed many people to change anything as far as the outcome of the election goes. Many hate Trump and will vote for anyone but him. But I do feel that Trump has the momentum. In a down economy and with us coming out of a pandemic (being very optimistic here), Biden should have maintained his double-digit lead that he had coming out of the Convention.

When you look at all of the public support, and the way the electoral college works, I feel that Trump is going to pull off the same type of win as last time. He will win a clear majority of the Electoral College but lose the popular vote again. There is no energy in the Democratic Party right now. It is all about bashing Trump. I can't tell you how many sales I have made, just because I showed the prospects what a great product or service I offered, and my competition just compared themselves to me or my company.



The Democrats took a hard left turn, and unless Biden can show them that he is really in charge, and that even though he originally signed off on the Green New Deal, and the Bernie Sanders economic platform, I think people will get in that voting booth, hold their nose, and re-elect Trump. There are two different Trump

supporters out there. The ones waving the flags, think he is the greatest President of all time (that would be Ronald Reagan in modern times at least) and making it clearly known that they are a Trump supporter. But there is a silent Trump voter out there. The ones who are the union workers, and are conservative,

police loving patriots who can't back what is going on in these Democratically run states. They are quiet about their support, because it isn't popular in their workplace or neighborhoods. There are others who are afraid to show support. They see cars with Trump flags get vandalized, and they don't want their neighbors to



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CONY ISLAND

RON FELDMAN DDS

How to Care for your teeth like a pro

MODEL CITIZENS
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My touch of OCD decided to make a guest appearance as I pulled up to my office, closed my door, and locked it. I skipped my typical list of things that I usually ask myself each time I enter my practice, and then I found myself asking my inner dentist a question.... Did I remember to bring my smartphone? Of course, I did! I am OCD and super organized.

A few moments later while working with a patient of several decades, I realized that even after forty years of practicing dentistry, I forgot, or neglected to do something. I never really taught him about prevention. In fact, as OCD as I am about teeth and most everything in general, I never really taught him the details about prevention at all.

10 minutes a day!

If you want to keep your teeth then keep them healthy and make sure to include your gums in your daily maintenance routine. You need your teeth for your entire life and keeping the bacteria off of them while you do not destroy all the bacteria in your mouth is key. Bacteria is both your teeth's enemy and your mouths friend.

MODEL CITIZENS MAGAZINE HEALTH AND FITNESS

Sure we have a practice that is conservative and has an emphasis on prevention. But after only a few questions I realized that he did not know much about the objective of most of the preventative procedures we had discussed over the years. After polling a few more patients it became apparent that many people don't understand what the objectives are with preventative maintenance. Not just my own patients but most everyone. So let's get right into the meat, or if you're a vegetarian, the zucchini of the matter.

Generally speaking, the goal of most preventative maintenance is to remove the bacteria off of your teeth. Personally, I think most advertisements confuse the average consumer about what you are supposed to be accomplishing with preventative maintenance. You don't want to kill the bacteria in your mouth with mouthwashes that contain huge amounts of alcohol or bacteria-killing ingredients. You just don't want the bacteria to stay on your teeth, in between your teeth, or anywhere on your teeth where they can cause plaque. If you kill the bacteria in your mouth you affect digestion, your immune system, and according to studies, you cut down on oxygen formation in your bloodstream. You don't need to be a science wizard to know that is not good for your health at all.

Of course, we all need to at times freshen our breath, but if you want to freshen your breath without slaying tons of bacteria chew on an oregano leaf, or a basil leaf. Then rinse with water, and spit it out. You can also use a mint leaf. You can grow these wonderful breath fresheners inside all year round. Even if you don't own a green thumb.

Even if you eat infrequently or even starve yourself, bacteria will form on your teeth. When bacteria is left on your teeth it will eventually cause cavities and even bone loss. The bone loss is accompanied by gum swelling and very often foul breath. The most important area to remove the bacteria from is obviously in between your teeth and below your gums.





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JOHN JOSEPH DOWLING JR.



**CHAPTERS
OF
LOVE**

*Chasing
Sunrise*

Love knows no boundaries in time and space. It is eternal and everlasting, existing in unique chapters, forever embedded in your heart.

B2BESPOKE CUSTOM CLOTHIER



B2BESPOKE
CUSTOM CLOTHIER

the variety in a mans wardrobe allows him to create different looks that appeal to different audiences. Whether you are a model or fashionista, variety is the key to any mans wardrobe. Mike is showing a semi-formal look with a charcoal colored sport coat, an olive colored custom made B2BESPOKE shirt and Ballin ultra stretch khakis. Two the left are headshots that show how with variety in your wardrobe you create a look for every occasion.



in the road and tackle every obstacle that comes my way. Just because I'm struggling to find a job, it does not give me an excuse to stop striving to become the best version of myself.

For as long as I can remember, people of all ages have told me that I should pursue modeling. Every time someone would tell me, I would either blush in complete embarrassment or shrug my shoulders with a faint smile and think nothing of it.

I would always tell them I had no time, which technically was true; I did play sports throughout my entire childhood from grade school to high school, as well as lacrosse in all four years of college. While I was a busy kid and my free time was certainly limited, I was just making excuses not to pursue modeling. Why? Because I was scared. Scared of being rejected. Scared of not being good enough.

A mans's Guide to Fashion
Model Citizen

MIKE GOMES

MODEL CITIZENS
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FROM LIFE GUARD & MODEL CITIZEN TO FASHION MODEL

and presented with what seemed like the flu. This was at the end of May, and by June 8th he was diagnosed with Leukemia. It was actually ALL, which is the acronym for the type of Leukemia he had. It was a T-cell, a very aggressive cell and his age was against him. He was about 13 ½ at that time, and Mark was 11 when he was initially diagnosed.

So Michael's journey was very different from Marks. As difficult as Mark's journey was, through radiation and chemotherapy, Michael really had a very difficult time. His pulmonary system was really damaged through all of this, so Michael was actually diagnosed on June 8th of 2004, and he passed away on July 30th of 2004.

John: That's a tragedy, I'm so sorry.

Terrie: It was a whirlwind to say the least. People thought I was losing my mind because I started to talk about Michael and cancer treatment, and they were telling me, no you mean Mark, and I said no, unfortunately I mean Michael.

Michael was a lot sicker than Mark, but their journeys were just horrific. Cancer treatments do a lot of good. There are so many survivors, and survival rates have gone up.

John: But it's torture right?

Terrie: Yes, it is torture. For anyone going through that journey, and let me tell you that it is torture watching it.

John: My father, who was an Iron Man. He ran 100-mile races and 50-mile races in sub-zero weather. On his first day of chemotherapy, he told me that he knew he was never leaving the hospital. He was just going through it for my mother and my sisters, but he knew. I can only imagine what it is like when children are going through it, like your boys.

Terrie: Similar to your dad, Michael really felt that he was not coming out of it. He just kept saying, "I don't think this is working" and we were trying to be so positive. I have a clinical background as a registered nurse, so he kept saying Mom...

John: You are an angel. Nurses are God's angels on earth. I would not be here without nurses. I spent over two months in St. Francis.

Terrie: That was where I started my career, at St. Francis. A fabulous place.

Model Citizen **TERRIE MAGRO**

How to care for your teeth like a pro

MODEL CITIZENS
OCTOBER 2020
MAGAZINE

Caring for your teeth like a pro

Most people own at least one "Super Toothbrush" that claims to have a gazillion bristles and is superior to anything on the market. There are so many kinds of toothbrushes that change so often, you would need to be a full-time scientist with a team of Mythbusters to choose between them. There are so many other weapons in the fight against dental disease that the market is flooded with them. So what do you really need to remove the bacteria from between and way under the gum tissue? Well, all you need is a great technique and the right implement for bacteria destruction for your mouth.

What I recommend to my patients is what I use for myself. Here's my short list:

1. stim-u-dents
2. floss
3. Oral B electric toothbrush with interproximal head and extra soft head
4. Water Pik, Aquarius model.

Some time after this story is published I will be working with Model Citizens Magazine to produce how to videos for more detailed instructions,

however, for now here are some highlights to work with.

I use my stimudents and floss in the shower. It is so much easier to floss in the shower. The water on the floss helps you to hold it better, and the floss goes between your teeth much easier. The wet stimudents go between your teeth easier and more comfortably. With both the stimudents and the floss, you want to stay against the tooth you are cleaning. Go between the gum and the tooth to get down below the gum. With your floss, wrap it around your middle fingers about three times, leaving about three inches between your middle fingers. When you are delivering your floss below the gum, make a "C" shape around the tooth you are cleaning, so the floss will go further below the gum. I'm sure this is hard to visualize. Imagine that you wrapping a rope halfway around a tree. That is your "C" shape.

Then use the electric Oral B with the interproximal head. Use this head only in between your teeth with light pressure. Then use the regular soft head with moderate pressure following the shape of the tooth.

Teeth are not flat. They are rounded as they meet their neighbor. Follow those contours. And with light pressure, feel the brush cleaning under the gums. Don't press too hard. You can cause recession of the gums and bone and create cuts into the root surface of your teeth.

Change the heads every 8 weeks. When you change the head, you will feel the cleaning power of the new toothbrush head, even with less pressure.

I usually go eat breakfast at this point, and then use my water pik after breakfast. Use warm water, in the basin, with nothing added to the water. Additives like mouthwash or peroxide can destroy the antimicrobial properties of the water pik's water lines.

When you finish with your water pik, now is the time for some herb leaves. I recommend no toothpaste in the beginning. If you can make your breath nice smelling without toothpaste, you did a good job. (most likely). You can add toothpaste, but don't let the toothpaste fool you into thinking you did a great performance with your technique.

I like the wooden stimudents because the wood will mold to the irregularities of the tooth anatomy better than plastic. I like thin lightly waxed floss because it gets between your teeth easier. It is easier to pull the floss between your teeth from an angle, rather than push straight down in between the teeth.

There are so many great toothbrushes on the market. I chose what I think the majority of people could perform best with. The sonic toothbrushes can do a great job. I feel that they are technique sensitive. You must use a light touch and take two to three minutes. That is about the amount of time I recommend with all toothbrushes. Not to be silly, but brushing is like a zen experience. You want to feel the toothbrush engaging all aspects of the tooth and below the gum. I'm being serious. It's like anything. The more you are focused and connected to what you are doing, the better your outcome. Believe it or not, I actually feel that a handheld soft bristle toothbrush is the best. But not in the hands of most people. Especially those who are in a rush.

If you are using a handheld toothbrush, do the following. Run it under hot water to soften the bristles. Then deliberately push the bristles under the gum. Now start a very tight circular movement, keeping the bristles under the gum. Imagine that you are cleaning under the cuticle of your fingernails. Don't move the bristles in and out of the gum. Stay underneath the gum tissue and slowly move onto the next tooth.

There are also many quality waterpiks. Try them if you wish. I found what works for me and I try to make it easier for my patients by recommending a brand. What is important is to use the water pik on the highest, or next to the highest setting. Keep the tip of the water pik right against the tooth where the gum meets the tooth. You should keep the tip in between the teeth for three seconds. The whole water pik experience should take about one and one-half minutes. The entire routine should take under ten minutes.

I want everyone to know that my recommendations are not making a negative statement on the plethora of products that are out there.

And I know there are also many varying professional opinions. I am only sharing what has worked well for me and my patients over many years. If any of the information I have shared is helpful, then I'm very grateful I have been of some assistance. So, remember to remove the bacteria that are forming all over your teeth.

Especially in between and below the gum. The bacteria are the reason for cavities and bone loss. For the most part, cavities and periodontal disease are 100% preventable.

It's all about having the right technique with each instrument and taking the time to perform these measures. And I just heard someone ask. "Can I do different things at different times of the day?" Yes! The bacteria take about 24 hours to form on the teeth. After 24 hours it might become difficult to remove the hardened bacteria. Perform the tasks within 24 hours, and you should be fine.



MODEL CITIZEN MIKE GOMES



B2 BESPOKE
CUSTOM CLOTHIER

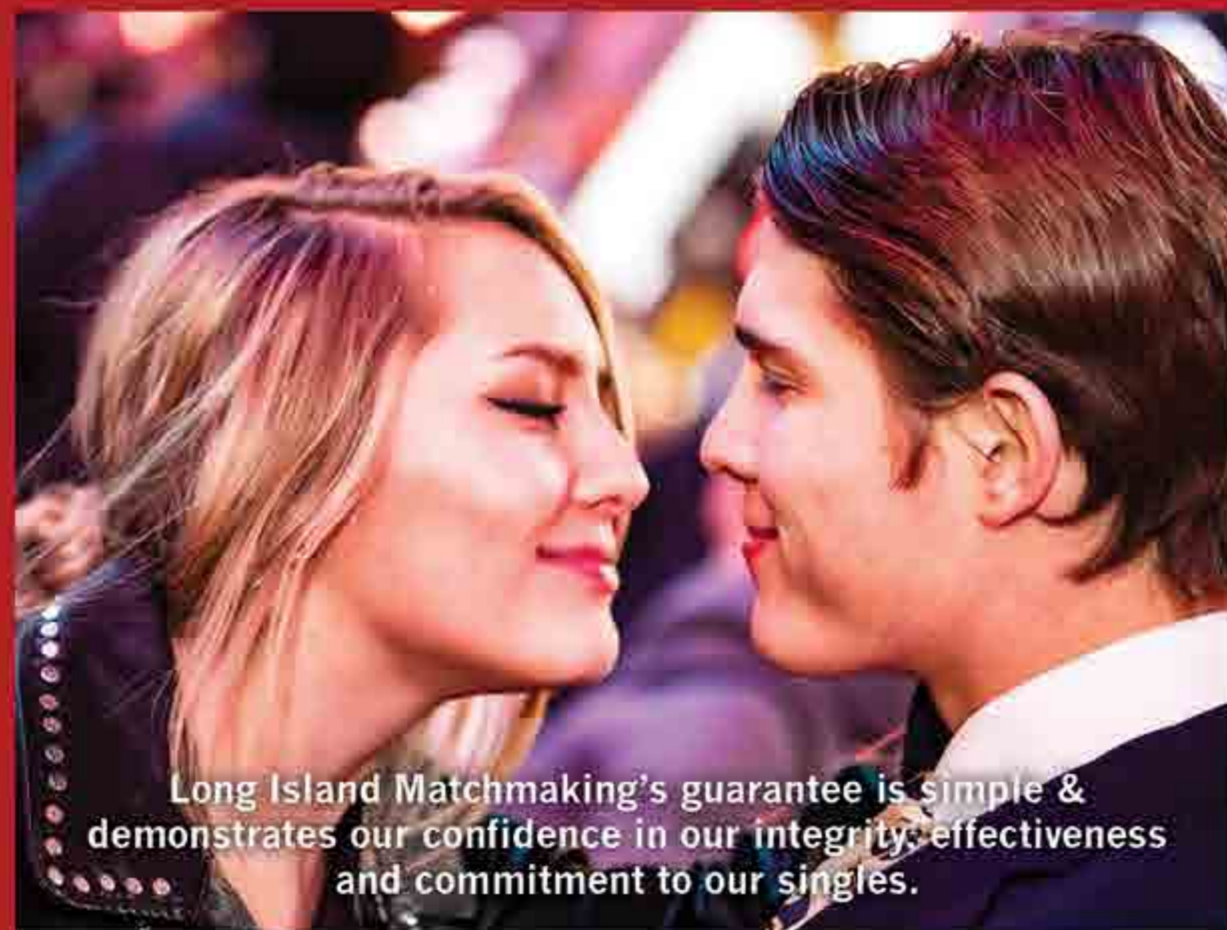
Bow ties are one of the most popular and fashionable accessories now. Inspire by formal attire the bow tie can be worn with suits, tuxedos, dinner jackets and even every day as an alternative to long ties.

A man's Guide to Fashion

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POLITICALLY NEUTRAL ANALYSIS & THE NEW NORMAL

It's the beginning of October and we are only weeks away from the 2020 presidential elections, but it is hard for me as a leader in the community to voice my opinion about our two candidates without confrontation. These days as soon as you voice a political opinion about anything, even from a politically neutral standpoint, you are attacked by the "opposing party". Not even the "opposing opinion" just an attack by anyone who supports the "other candidate".

Even so, I do have the right to have my own voice and my own opinions. But, to share them with the outside public really only subjects me to ridicule and attack.

So now when anyone asked me what my opinion is on a political issue or even who I am voting for in both local and national political campaigns, I simply withdraw from the conversation or change the topic. While my nomination as a model citizen and continuous contributions as a columnist to Model Citizens Magazine has given me a voice, it has also subjected me to ridicule, just like with my radio show, The Diversity Project.

So all in all, staying on the safe side in a polarized political world, or being "Politically Neutral" as Model Citizens Magazine

publisher John Dowling Jr. likes to put it, is a safe place to reside.

While it is somewhat heart-breaking to admit that, I do have friends and business colleagues on both sides of the political divide. As a politically polarized society, there is a new cold war in the making, and I am not referring to the one between the US and China which has been brewing for decades now, I am referring to the cold war that exists now right here in America between the far left and the far right politically.

To most anyone regardless of political affiliation or how moderate or liberal you are, we all recognize that as a country we are on two extremes of the spectrum. You are either ultra-conservative or a socialist.




RHONDA KLCH



The New Supreme Court

M OCTOBER 2020 **MODEL CITIZENS**
MAGAZINE LONG ISLAND



Anyone who has worked with data knows that sorting through and validating 75 million to 85 million of anything is a daunting process. Now we complicate that process by adding a deadly disease to the risk factors in getting that data sorted properly. Remember counting votes just like sorting data is a mostly manual process. We have already seen what happens in political races locally how long it takes to count votes and validate them, now try that on a national basis and I think we have a problem

that is going to be nearly insurmountable with the upcoming elections. Assuming for a moment I am correct with this prediction than the presidential election may actually be contested by either party. If Trump wins than the Biden camp is going to debate the results, but more likely if the polls are accurate and Biden wins, then the Trump camp is going to debate the results. From my understanding of the law and our constitution tells me that at some point the supreme court

is going to come into play. And if I am also correct in my predictions, that also means that whomever appoints the supreme court justice to replace Justice Ruth Bader Ginsburg may very well be looking for an upper hand in the rulings the supreme court will need to make shortly. If you simply look at that fact, most would say no one should have the right to replace this particular justice until after the elections. Otherwise all you have to do is put a justice in that

in place that agrees to vote in your favor and you run the country for the next four years. Especially if the mail in voting is close and delayed. I do not think that anyone would debate the fact that this year with COVID-19 that our elections process is already in jeopardy and outdated, never mind the added challenge of counting votes and verifying votes with covid in the room. Every ballot is going to have to be counted and recounted and their will be debates about everything.

I still can not imagine how most American's can not see that this is exactly what will happen given the polls showing POTUS catching up and the race becoming much closer than anyone could have predicted. In my book maybe we should hope that one political party or the other has a landslide win this time around. Maybe it is better to actually try something that ends the debate and the feud that is going on. I know if our votes do not do that, our next supreme court justice will.

WILL THE 2020 ELECTION BE DETERMINED BY THE NEW SUPREME COURT

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OCTOBER 2014
HAWAII

This month, as we begin the Fall season, I am reflecting upon my relationships, specifically the friendships I have built over my lifetime and certainly those I have been lucky enough to form in the last year or so. When we are young, our peers help us learn how to play, how to behave in groups and most importantly, little by little, how to be trustworthy and how to trust others. Trust is an essential and defining element of any relationship. Without it, there is not much substance, not for me anyway. I can chuckle a little as I write this because for some reason, when I think of my early years and adolescence and the concept of trust, there seems to be a lot of memories of boys throwing sand at me in the sandbox, pushing me into pools or chasing me down a rocky beach. I'm sure I am not the only one with these recollections of childhood. Tell me, were you the pusher or the pushee?

All fun and games aside, let's get back to the subject at hand. Why do I feel that friendships are an integral part of my ever-evolving self? Because I have learned so much from them throughout my lifetime, especially from those mistakes and missteps as a young and maturing human. Perhaps there was a time that I threw the sand? Of course, I have plenty of moments I wish I could reframe or redo. But really, I shouldn't, right? Because all those moments have helped me become a better person, friend, partner and most important of all, a better mother.

I find as I spend time on social media and in the digital world that there is such a mix of messaging. We humans have a gift to be kind and wonderful to each other, or in quite a contrast, to be cruel and unforgiving. But we all have a choice, don't we? We can allow that negativity, like a pollution of the soul, to penetrate our

FALL IN FRIENDSHIP
BOOO!

Exclusively for Model Citizens

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PRESIDENTIAL DEBATE

WHO WON THE FIRST PRESIDENTIAL DEBATE OF 2020?

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If you watched the first presidential debate I am sure you would agree that this was not very presidential. In fact I would think that most of us would say it was a rude and unprofessional brawl. Childish name calling by both candidates and dodging the facts while interrupting the moderator and each other. While former VP Biden maintained some form of courtesy President Trump came out swinging and as many athletes would say "he was all in and fought the battle on the field".

Trying to actually make heads or tails of the actual information that was shared during the debate, it does not seem as if we learned anything new about either candidate. Nor did anything much in their individual plans and forward courses of action change from what they both have shared previously. However, there are a few items that we are left with still wondering what the truth is. For instance, Biden keeps saying that the millions of dollars



paid to his son and the legitimacy of that was debunked. I do not see where it was debunked at all. In fact to me it actually seems that his son was paid by foreign interests specifically to win the political support of Joe Biden. I would love to see a hearing on that before the election, I believe that most American's would have liked to have seen the actual evidence and see why he was paid with no previous experience at all.

That being said it seems as if no one really believes that politicians in the US are examples of the most ethical and moral people in our society anymore but the most devious who are supported by special interests, not what is best for the US at all. But what is best for those that support them. As many would say, just follow the money and you will see who these politicians are actually working for.

PRESIDENTIAL DEBATE

MODEL CITIZENS
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OCTOBER 2020
LONG ISLAND

★ WHO WON THE FIRST PRESIDENTIAL DEBATE OF 2020? ★

I am hearing from many of our Model Citizens - that given a choice, they would not want to vote for either candidate. Many believe that the republican party as a whole is taking the US in the correct direction, even while saying that they do not like president Trump and the man that he is. In fact I think we have all seen president Trump say himself that people just do not seem to like him.

Whether you like president Trump or not, I do not think that any of us could argue that he is taking on issues one at a time and making progress. Yes there are issues. Yes not everything is working, but he is addressing the issues. He is far from perfect, in fact model citizens who are neutral, democrats, republicans, and independents all agree that he is quite imperfect. They mostly agree that his style is aggressive and can be off-putting, but he is doing what he promised to do when he was elected, put America and American's first and the rest of the world next. But this is about who won the debate not a character referendum on POTUS, or is it?

No matter what the poles may say or what anyone says, there is no doubt in my mind and most of the model citizens minds that both candidates made valid points. While Joe Biden says he would re-join the Paris Agreement, Trump made a very valid point. Why should we join the Paris agreement when countries like India, China, and Russia are not being held to the same standards as the US, hurting our economy?

That is an extremely valid point. I did not hear a response from VP Joe Biden at all to that extremely valid concern. Of course we want back in, we just want every country especially China and India to have to play by the same rules. Further, VP Joe Biden does not have much of any support from the law enforcement community, why? Why does president Trump have the support of the Military and the law enforcement community? Is POTUS catering to those communities or is it that the democrats are simply allowing the anarchy to continue in order to help support their own agenda?

Then we have the economy, from what we hear from the Republican party and from what the stats show, we have had a booming economy during the Trump administration until Covid hit.

POTUS did shut down the economy to save lives very early on. He did try to keep the country going as long as he could, and then did approve stimulus plans, and setup hospitals to treat every potentially sick American all over the country in record time. It almost seems like the Democratic party and the Democrats in general want to screw up the economy by limiting commerce just to undermine what POTUS is doing, and to stall the economy and the recovery until after the election. It just seems as if the gloves are off.

We did not have a debate we witnessed an argument between two candidates with a moderator who simply was not a powerful enough moderator to moderate. I would think that no matter what you think of POTUS, you have to agree that if you were attacked as much

as Trump, you would come out swinging as well.

When Trump's taxes were again brought up, I can not say anyone would disagree. Trump claims that he did everything by the tax code, and he paid as little taxes as possible. I do not know anyone who would want to pay more taxes than they had to. Now I do not even begin to claim to understand our Tax code, in fact I do believe it is a mess. I still do not know what ever happened to the flat tax, that sure seems like the easiest and best solution. But again this is about the debate and who won.

I do believe that while POTUS was rude and did not follow the rules, that he won. Unfortunately that does not mean we the people have won. Our founding fathers warned us what would happen if we ever found ourselves in a two party political system, that everything would be a fight.

Nothing would get done, and the party in power would be a "temporary dictatorship" forcibly getting their agenda pushed through and disregarding almost everything the opposing party put forward.

That is exactly what seems to be happening now. Our system is as outdated and "dysfunctional" as ever. Why do we have a system where we have to vote for a party and a president and then support every policy they have? I do not think anyone wants Roe versus Wade changed, and at the same tie have to accept other Republican Agendas. And at the same time there are those that want to see Roe Versus Wade changed but they do not want to abandon the Paris Agreement. Again we are in a Cold War within our own country and debates or not, we have to have more ethical and professional candidates who follow rules, common courtesy, and morality.

B2BESPOKE CUSTOM CLOTHIER

MODEL CITIZENS
OCTOBER 2020
MAGAZINE
LONG ISLAND

When it comes to modeling, height plays a big factor. Most professional male models fall into the 6 feet to 6'3 range. Even men who stand at 5'11 are considered to be short, and here I am, a mere 5 foot 10 inches with dreams of being the next big thing but am too scared to even pursue my dreams because of my size. I began to let my height, something out of my control, keep me from pursuing something I so desperately wanted to be.

A few months ago I began to reflect, and I realized that living my life afraid of rejection was only going to make me wonder, wonder what could have been. Because I was afraid of being turned down, afraid of failing, I thought the best answer would be to turn my shoulder on one of my biggest dreams. Giving up on my dream was not being the best version of myself. I was accepting failure before I even began. That's not the person I was raised to be, and that's certainly not the person I am.

Here again we are showing the hybrid sport coat /windbreaker blazer paired with a Ingram Italian made neat pattern shirt and floral Edward Armah pocket square. Alberto raw denim bi-stretch jeans are extremely comfortable for any size man. The cognac colored captoe boot with wite rubber bottom by Lloyd is a new design on the classic workboot.

A mans's Guide to Fashion

Model Citizen Mike Gomes From Lifegaurd to Fashion Model



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B2BESPOKE CUSTOM CLOTHIER



B2BESPOKE
CUSTOM CLOTHIER

With winter around the corner we all need to prepare for the elements. We added a touch of color to UBR's navy blue down parka with a red plaid silk and wool scarf and tan Teleria Zed jeans. On this page, Mike is wearing a classic blue jean by Alberto along with an espresso colored graphic tee. Classic graphic tee's and jeans are great for those "Indian Summer Days" where the temps are more moderate.



Since the future of my maritime career is undetermined, these past few months I have been aggressively pursuing modeling. My mindset about becoming a male model has changed drastically from scared to determined. I'm now that same kid in the lifeguard stand three years ago ready to be the best he can be. Although I don't know how far I'll make it in the male modeling industry, one thing I do know is that I'm going to strive to be the best I can be, and make the most out of my journey.

Model Citizen Mike Comes From Lifeguard to Fashion Model

M OCTOBER 2020 **MODEL CITIZENS**
MAGAZINE LONG ISLAND

POLITICALLY NEUTRAL ANALYSIS & THE NEW NORMAL



There is no more middle of the road liberal republicans or conservative democrats. We are in a political world where you are either with us on our entire political agenda, or you are the enemy, with them, the opposing party.

We all should really stop and take hold of the fact that in this election cycle yet another seat in the Supreme Court is up for grabs, and it will determine just how far left or right our country goes for decades in the judiciary. The same polarization that is occurring in our society, with our politicians, and with us all, is also now expected to be represented in the Supreme Court. As I am sure you will agree, even judicial choices are based on political affiliations. Again, this is a full-blown cold war between the two parties.

This election is the prelude to the book in your grandchildren's history lessons decades even centuries from now. This is a time in history when the librarians, teachers, historians will be teaching our great-grandchildren about the great demise of the American experiment or the incredible way under the threat of a once in a century pandemic we negotiated and reflected upon every issue with our children and grandchildren in mind.

Will greed rule our world or will the generosity of others pave the way for a better way of life, and opportunity for all?

We all know that in a capitalist system that survival of the fittest rules the world, as does hard work and perseverance. Our choices now will determine the direction of the US for the next four years, and since the issues, we are now tackling represent some of the most challenging issues to keep the status quo or make a change that is going to affect the entire destination we take our country and economy in, they are substantial issues. We all know what they are so no need for me to reflect on them here. But we will find out who we are as a society, who we are as people, as neighbors, and as a national community.

As we have read in previous stories in Model Citizens Magazine, we will be judged by future generations not by how powerful we are, but how well we take care of our elders and children, the quality of our national healthcare, education systems, and the safety net we provide to each other. Quite as importantly how much that costs, versus how much we are all willing to pay for that safety net and the value of services provided to those who have issues surviving in our current system. While I already know who I will vote for, there are many that are still uncertain and I can understand why!

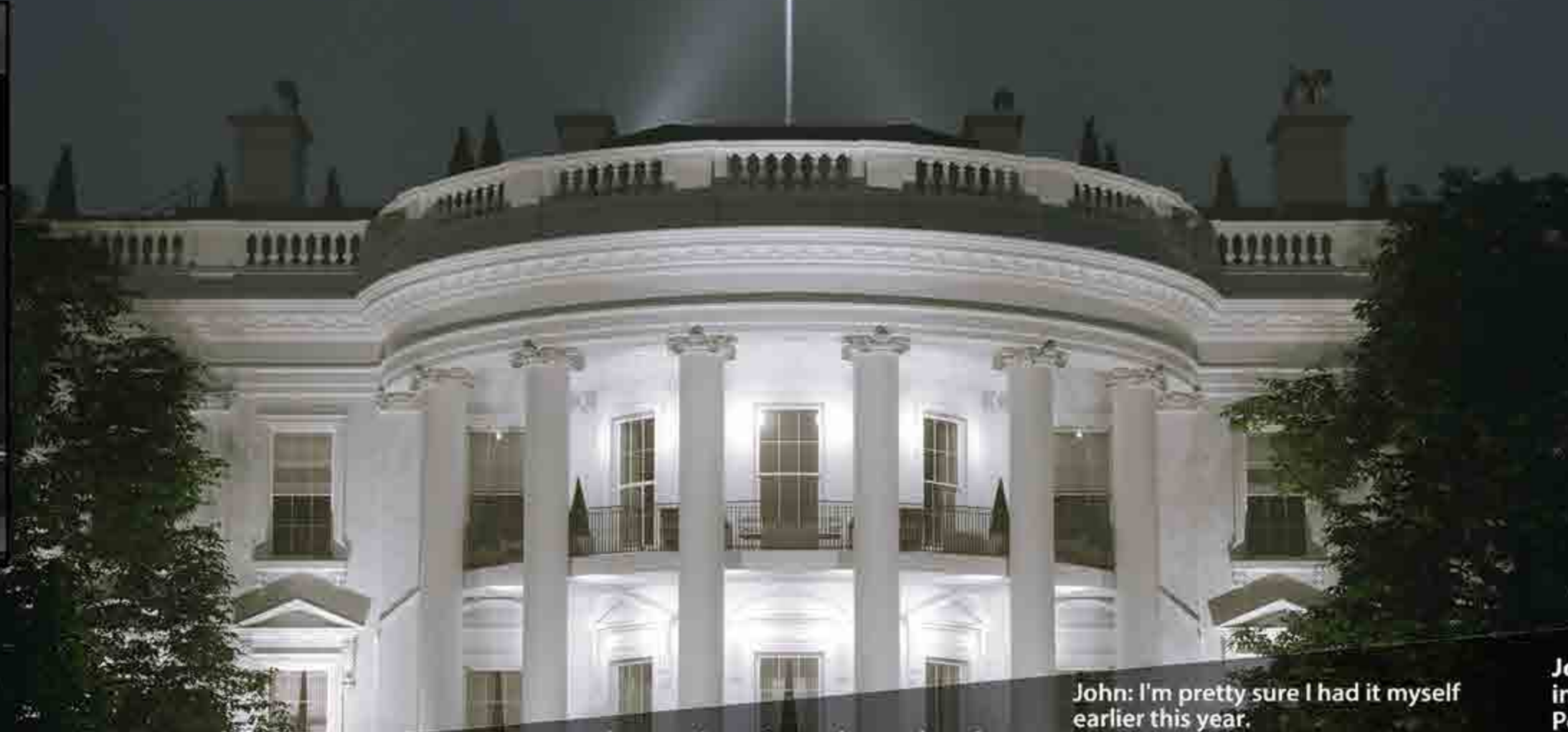
First off we can look at the first presidential debate. If you could even call it a debate. The entire so-called debate made a mockery out of presidential debates. Almost looking like something you would see with Alec Baldwin playing Trump on Saturday night live, not an actual professionally conducted debate. It was more of something you would see in an elementary school playground with two children fighting over the ball. It is heartbreaking that neither party could give the respected and allotted time of 2 minutes to each other. It is two minutes - will listen and rebut, when it is your turn! It was painful to watch the limitless interjections and the back talking.

TRUMP OR BIDEN?

M OCTOBER 2020 **MODEL CITIZENS**
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TRUMP VS BIDEN

JOHN DOWLING INTERVIEWS ALURE HOME IMPROVEMENTS CEO SAL FERRO



John: I am chatting with Sal Ferro so that we can get his thoughts on the breaking news that we're getting out of the White House, President Trump and his wife First Lady, Melania Trump, have both contracted the Coronavirus. Sal, what do you think about this news and how do you think it's going to affect the upcoming election?

Sal: Well first and foremost, I would certainly like to say that I hope the two of them recover fully. We don't wish any harm on anybody. I think our country should be hoping that are President and his family are safe and get through this.

As far as the election, I think you can look at it in two ways; some people will sympathize with Trump and

then you're going to have a lot of people who will just wish him ill. Unfortunately, you already are seeing this online. It's just going to further put a divide between the far-left and far-right and the conspiracy theorists and all that other stuff. It's simply that somebody got COVID. Many people that I know have contracted COVID and they didn't mean to get it.

John: I'm pretty sure I had it myself earlier this year.

Sal: Right, you didn't get it on purpose. COVID is a reality and how severe it is up to interpretation. According to scientists, it is a serious issue. Right now our President needs to quarantine and the people who do support Trump will support him even more now and people who hate Trump will continue to hate him.

John: I understand. If he becomes incapacitated then Vice President Pence would take over his responsibilities, right?

Sal: Yes, the Vice President is there in the event that our President cannot perform his duties.

John: What if they both were incapacitated or both died?

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2020 PRESIDENTIAL ELECTION

LIFE BEHIND THE LENSE



Life behind the lense is a blessing. I still can not believe where my art and photojournalism has brought me. From New Years Eve front and center main stage Times Square NYC to exotic European cities like Paris and Venice. My love for people has always lead me to play tribute to the human

figure especially the female figure. I can remember every instant from every photo, from my entire life. Its amaing to me how many portraits and people I have met on my creative journey. Now having the honor to share model citizens stories in Model Citizen Magazine



simply humbles me even more. I have literally met the most incredible human spirits that lead our socety and our community though philanthropy, love, and unconditional giving. I hope you enjoy seeing what life behind a lense looks like as this is where I have spent most of my life.



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TRUMP VS BIDEN

JOHN DOWLING INTERVIEWS ALURE HOME IMPROVEMENTS CEO SAL FERRO



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John: The other day we had a little chat about the Presidential Debate. I know you wanted to weigh in on that. What did you think of the debate?

Sal: I think that the country lost. I think it was a display of two immature school kids. I don't think that we in this country should allow our leaders to get to that point, and we should hold them accountable.

John: Isn't that what the moderator Chris Wallace was supposed to do?

Sal: I think we lost out because we didn't have a moderator who was fairly moderating. He was there with an agenda, and his agenda was, it's well-known he's not a Trump fan, and reacted that way in the debate. As a moderator, he should have controlled it and kept his hand on the confrontational approach and focused more on debating the facts and debating opinions.

I want to know what Biden will do with A, B, or C, and I want to know what Trump will do with A, B, or C. The interrupting and name-calling and all that stuff took away from what could have been a very good debate, giving us the ability to understand their ideology and their positions. I don't think the United States got that or the public got that, and I think Chris Wallace is a big part of that.

John: What do we do about politicians who stray from the honorable and ethical process of debating like gentlemen? Do you think the voting process will stop this because it seems to be going on in a lot of political races these days?

Sal: We're going to find this out on election day. What we should do is hold our leaders accountable. I think we've got to get the media out of politics. Chris Wallace is part of the media, and all we keep seeing the media taking positions and pushing their agenda. Whether it's right or left, whatever it may be,

and they just need to get the hell out. We need to have neutrality. It's all about facts and all about opinions and positions. I think that will help considerably. As far as the politicians who act like bullies and conduct themselves like this, we should throw them out. I think they both acted so much that way although I do feel that Chris Wallace had an agenda and he seemed to lean towards Biden, and it took a lot away from that debate.

John: On another note, we are weeks away from the actual election, and we've had elections in the past, some in New York, that were conducted with a lot of mail-in voting and they were a mess. Do you think President Trump has a legitimate concern about mail-in ballots?

Sal: I think mail-in voting is far easier to manipulate and for years it was a small part of the process, but the Democratic party is pushing mail-in voting as a way to increase their base. I know that if people are able to get out and go to restaurants and be out doing things, I don't really see any reason for

I may be a registered republican, but I have voted for many democrats because I believe in the them to be voting by mail. I've had people say that they are just going to mail it in, and I ask if they go to a store or work every day, then they can and should get up and go vote in person. Whether it's Republican or Democrat or Independent you should vote in person. I think you should have to sign off and show identification. In the case of people that can't go because they feel intimidated to vote, well then they shouldn't vote. I'm not sure how you feel about it, but...

John: I think it's a joke that our administration believes it would be able to handle the volume of mail-in votes if we can't even handle that in small elections. The results could take months. If we can't handle the small ones, how are we going to have a national election with so much potential for fraud? People's subjective opinions when it comes to trashing votes will be a huge factor. I think it's going to be a catastrophe. I agree with President Trump on this issue.

Sal: The next in line would be the Speaker of the House, right now that would be Nancy Pelosi.

John: There are a lot of people who are Democrats who are not for Nancy Pelosi. They feel she is not qualified to lead the country. What do you think of Nancy Pelosi taking over in a worst-case scenario?

Sal: I don't think we're going to get to that point. I think number one, the country can still be run with somebody that has COVID. I don't think there's a possibility that both he and Pence will become incapacitated. I think it's just a very remote chance, it's not even worth discussing.

2020 PRESIDENTIAL ELECTION



Kershel Anthony has rented out the giant theater in the parking lot behind the park for a once in a lifetime event. That's right the entire ginour-mouse parking lot that has the huge dance stage across from the entrance to the park! Kershel and his This Is My Swag foundation members are going to socially dance theseselves into the future with music, and entertainment, and hundreds of children dancing safely together. Saturday October 17th from 9am till noon be parpared for fun!

KERSHEL ANTHONY

THIS IS MY SWAG
FOUNDATION



The Ghosts Of Halloween Past



+



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Steve Levy JOHN DOWLING INTERVIEWS



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SOLUTIONS TO AMERICA'S PROBLEMS

Steve: But now it's dead, nobody's been out in months. So, I thought I am going to go to the beach and write this book. I basically compiled a lot of my previously published provocative and controversial articles that were published in the Washington Times, The Examiner and the New York Post, I'm a regular contributor at Fox and Newsmax, and put it all together.

John: Now I'm going to reel you in for Model Citizen Magazine too.

Steve: That would be the cherry on top. I decide to put it together, organize it and write around my perspective as to what the problems are and what the solutions are. What I like about the book is that it's not chronological or sequential, you don't have to start at page one and go all the way through, you can pick a chapter.

John: So it's not a memoir?

Steve: not a memoir at all, it's not about my life.

John: I was wondering how much of your life is in there.

Steve: Actually my first book, "Bias in the Media", had a section with a background on my life, how I got to that point of my career, but this one is all about problems and solutions, so that anyone from Maine to Alaska can read it, democrat or republican, and can identify with it.

John: Do you think it will help?

Steve: I hope so. The point of it is to get the attention of decision-makers, it is gratifying that I wrote an op-ed that was published about a month ago and it was about how I think Attorney General Barr should do something about these riots and violence in our cities. The state prosecutors and the state mayors are not doing anything about it.

They're sitting on their hands and people are getting murdered. If they won't do it, I think Barr is responsible to do something about it. My idea was to go after Antifa with the RICO statute in the same way we went after the MS13, the mafia and the KKK, with the RICO statute. Three weeks later there's an announcement that they're going to do just that. Do I think that they necessarily read my letter? I don't know.

John: But it is an opinion of many people like us.

Steve: That's right, if I write something and somebody else picks up on it and writes about it, sooner or later maybe change for the better will happen.

John: The brave writers.

Steve: Right. Some are concerned about the "cancel culture", I am not. That's the beauty of being independent and on my own, I say whatever the

hell I want and if you don't like it, that's your business.

John: They have no recourse.

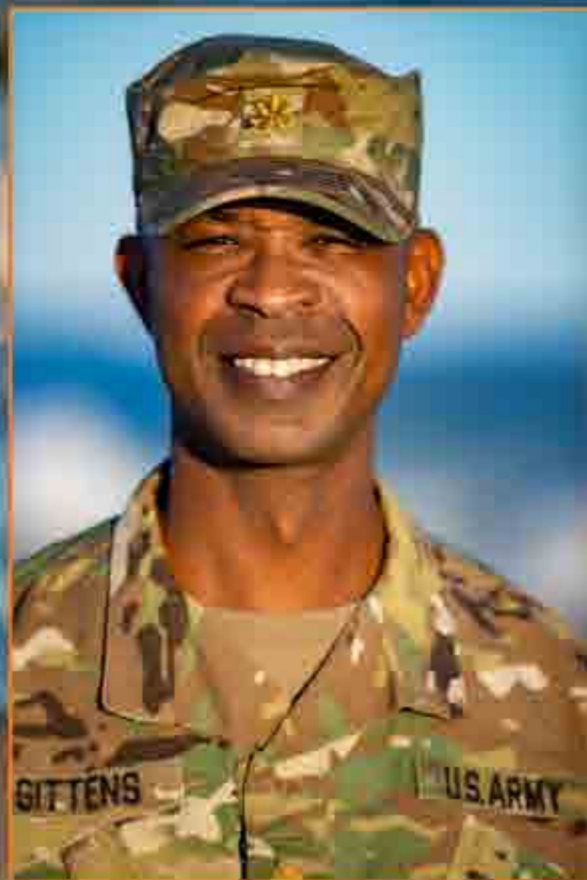
Steve: Even when I was an elected official, I had that mindset, if you don't like it, vote against me. I was not politically correct and ironically that's why I think I got to the popularity I did. I was polling around 75% - 80% when I was County Executive, and it's because I didn't take the easy way out. I didn't ask what the New York Times editorial board wants me to say. No, I put forth what I believe and let the chips fall where they may. It's not Democrat or Republican, it is common sense.

John: Politically neutral, which I am also.

Steve: I am right of center. I started off as a progressive guy, I discuss in my first book that I grew up as a Democrat, my father was a democrat, very, very liberal in

Model Citizen Gregory Gittens

John: Greg, you've been nominated as a Model Citizen for the October issue of Model Citizen Magazine because of your service to our country and our community, and because of the way you have battled cancer and survived, twice. For our readers could you first please share a little bit about what you have been through with your health and what your status is now?



Greg: Currently, I'm in remission from cancer. In 2013, I was diagnosed with stage 3 Hodgkin's Lymphoma and immediately had to go into aggressive chemotherapy treatments for six months every 3-weeks having chemo sessions. I've made it through that.

John: What is it like to be on chemo, for someone who has never gone through it?

Greg: First I'd like to say I had a really good doctor, Dr. Gostanian of Medical Oncology, I must give her a lot of credit. She did warn me about my first chemo treatment brutal and would only get worse over time. It's cumulative, a lot of people don't know that.

John: A lot of people do not know anything about it. Is it a chemical or a pill?

Greg: It's a chemical.

John: Wow.

Greg: That's why you need to be closely monitored for your heart and lungs issues, there can be scarring of the lungs and other side effects. What it does is it kills cancer, obviously, but it brings you close to death.

Major Gregory Gittens United States Army Reserve.

John: Is it like I've heard where they bring you to the brink of death, so that they kill off all of the cancer cells they can, but it is still killing you slower than cancer?

Greg: You can't stay on for too long, it actually does a lot of damage to your body, but it's killing cancer at the same time. So it's a good thing, but also a bad thing. A lot of people come

out of it with a lot of side-effects that they must live with for the rest of their lives. Before I say anything else, I have to say I come from a family of seven. I had a single mother and I give her a lot of credit. She's a very tough woman. I think that's where I get my toughness from and my sense of tomorrow will be better, I get that from her.

John: She must be a woman of great faith.

Greg: That's right. I grew up in the Roman Catholic Church. She's very religious and instilled that in all her kids, so we take that wherever we go. I did six months of chemo, went into remission and I was doing pretty well until 2017. I went for my routine PET scan and there was a little lymph node in

my armpit that popped back up and showed some activity. So, they wanted to go in and take it out which meant I had to go into surgery, which was a bit of a debacle, but they got it out. It was tested and unfortunately came back as Hodgkin's Lymphoma. But because I had already had aggressive chemo, they had to find another way of treating me. This was at stage one, so it wasn't as bad, but you cannot treat it the same way because your body just won't react well. So, the alternative was to do a stem cell transplant which is what replaced the bone marrow.

John: So, they take the stem cells they culture them and put them back in.

Greg: It's like a laundry system. They take your stem cells, run it through a machine. This is done prior, and then you have to be hospitalized because it's really bad. During that portion of treatment, they actually blast your body again with different chemicals, but it's intense.

John: Like radiation.

Greg: It's not radiation. It's a chemical. It destroys your immune system. You essentially become a baby again. So, anything like the common flu could be very bad because your body can't defend itself.

Destina Way

Robert and Fred Model Citizens

John: I'm here with entrepreneurs Robert Yeganeh and his business partner for Destina Way, Fred Levy. Thank you, guys, for talking with me. You have some amazing things happening that our readers want to know about. But first, can you tell us what brought you guys together?

Robert: I've known Fred for a number of years, close to 40 years, and for all those years, he has been one of my closest friends. He was one of the first people I met in the shoe business and I've been doing business with him ever since.

Fred comes from a background of great shoe making with a wealth of retail and wholesale experience. About four or five years ago he took a back-seat position in the shoe business, as I did too. I went into real estate and he went into retirement. Now he is playing golf and having lunch and dinners, dating and all that stuff that he didn't do because he was working very hard for all those years.

When I had this idea for Destina Way, I couldn't think of anybody better than Fred. At first, he rejected me. I called him four times and he said he didn't want to have anything to do with the shoe business. He said he had packed it in, all his skeletons were in the closet and the door is locked. I insisted that he hear me out because I knew that Destina Way was a good idea. Even though I was also out of the shoe business, I knew there was great potential. After some effort, he finally let me tell him my vision behind Destina Way. His response was that it gave him purpose and reason to get back into the shoe business because it really, although it's a small group, it helps this group solve a long-time problem, a dilemma, that nobody had a solution for previously.

John: Tell us what is that problem, what is the group and what is the dilemma?

Fred: What we are talking about, what our mission is, is to provide transgender women with the opportunity to find beautiful women shoes in their sizes. The problem is that they cannot now find shoes that properly fit their feet. There are not a lot of women's shoes that are made in large sizes or wide sizes. It so happens that my background, and the background of some of my customers, has been in the large and wide women's shoe market. I was used to developing and designing products to fit that market, so it wasn't a big jump to this concept of transgender sizes.

John: It seems like you two are perfect for this.

Fred: Well, one of my issues was when I tried these shoes on in China for a fit test and model them in China to work on them, I found there were no women in China who had sizes similar to women with bigger and wider feet.



So, I used to get a guy from my factory who would come in and be my shoe model. This is what put the idea in my head that this could be a solution to a problem in the transwomen world.

It so happens that our original mission and what we are trying to create subsequently turned into solving a problem for all women with big and wide feet. What we want to do is provide these women with beautiful fashionable women's shoes that are of high-quality. That's our mission and what the idea has evolved to at this point.

John: So, all the women who have larger and wider feet are having issues finding quality shoes. I've heard before that gender fluid women essentially have nowhere to turn to. Now, you are designing products specifically for them.

Fred: Yes, precisely.

John: When are you guys going to officially launch? Because I know this is something you've been working on and it's an exciting prospect to know that two entrepreneurs are going up against these gigantic manufacturers. Are you concerned about the competition? Because I know that you guys have fought against or competed against these companies in the past, but are you concerned at this moment in time?

Robert: You know, there's always competition. We found the angle to do something

MIKE GOMES

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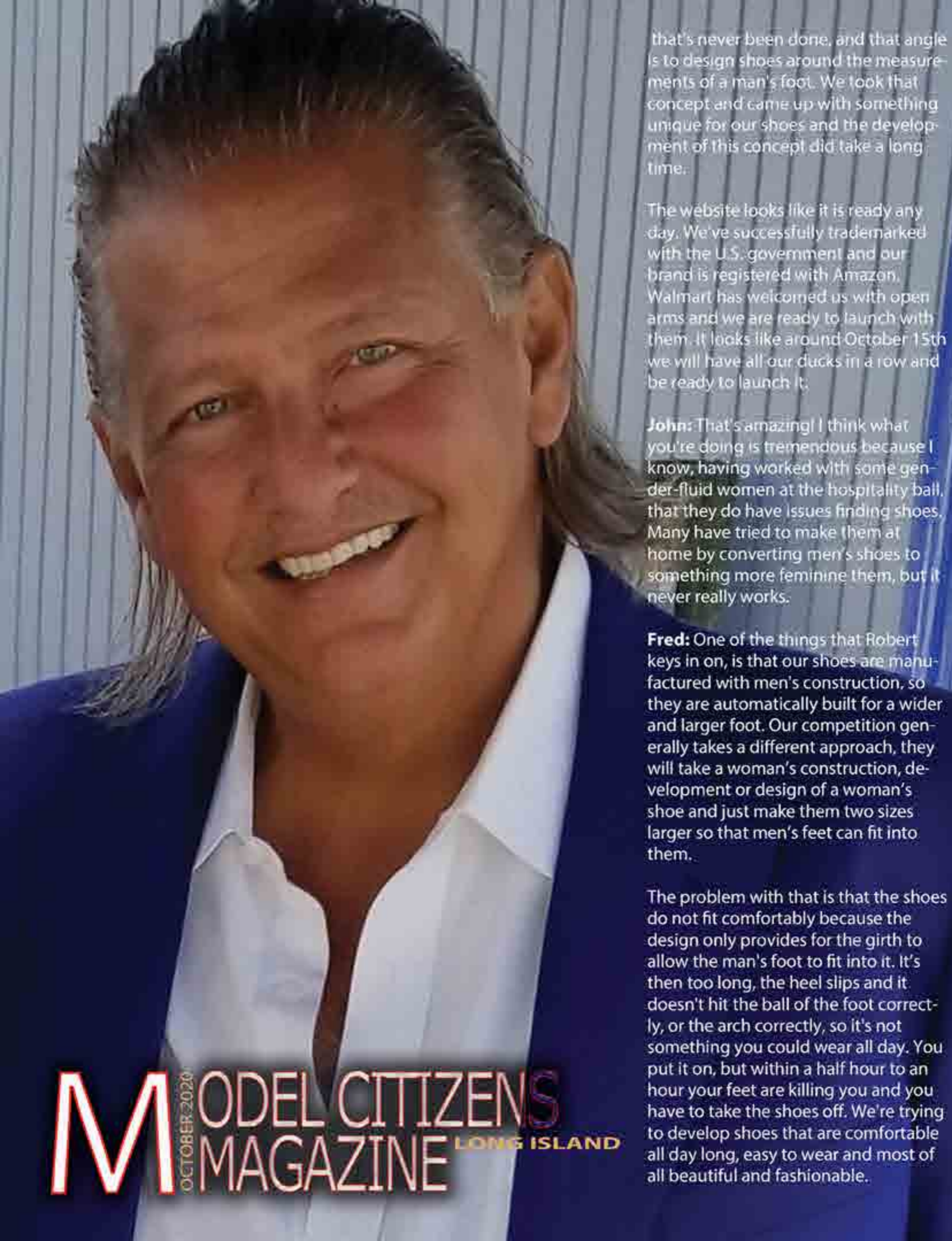


B2BESPOKE
CUSTOM CLOTHIER

After a long day of lifeguarding Mike likes to keep it comfortable and ultra casual. Here Mike is sporting a cafe colored graphic tank to (showing off the guns) with a classic linen draw string short. Whether you are a lifeguard or Hampton's socialite this is a sporty youthful look great for those beach volleyball tournaments.

While I believe it's extremely important to be the best in what I do, I think it's just as important to love what I do. As a lifeguard, I'm confident in my abilities and know that the patrons are safe when I'm on the stand. The safety of the people is our number one priority, which is something I greatly respect and appreciate. Additionally, I've also begun to appreciate the relationships I've developed with them.

FROM MODEL CITIZEN TO FASHION MODEL



that's never been done, and that angle is to design shoes around the measurements of a man's foot. We took that concept and came up with something unique for our shoes and the development of this concept did take a long time.

The website looks like it is ready any day. We've successfully trademarked with the U.S. government and our brand is registered with Amazon. Walmart has welcomed us with open arms and we are ready to launch with them. It looks like around October 15th we will have all our ducks in a row and be ready to launch it.

John: That's amazing! I think what you're doing is tremendous because I know, having worked with some gender-fluid women at the hospitality ball, that they do have issues finding shoes. Many have tried to make them at home by converting men's shoes to something more feminine them, but it never really works.

Fred: One of the things that Robert keys in on, is that our shoes are manufactured with men's construction, so they are automatically built for a wider and larger foot. Our competition generally takes a different approach, they will take a woman's construction, development or design of a woman's shoe and just make them two sizes larger so that men's feet can fit into them.

The problem with that is that the shoes do not fit comfortably because the design only provides for the girth to allow the man's foot to fit into it. It's then too long, the heel slips and it doesn't hit the ball of the foot correctly, or the arch correctly, so it's not something you could wear all day. You put it on, but within a half hour to an hour your feet are killing you and you have to take the shoes off. We're trying to develop shoes that are comfortable all day long, easy to wear and most of all beautiful and fashionable.

DESTINA WAY

ROBERT AND FRED

TWO ICONS IN THE SHOE INDUSTRY DESIGN AN ALL NEW BRAND FOR GENDER FLUID WOMEN WITH LARGE FEET.

John: And where can people find your shoes and order them?

Robert: Right now, they're on Amazon. I can also provide the link to the Amazon store. We aren't going to sell to brick and mortar stores, or wholesale. We're trying to build the brand to become a lifestyle brand for our followers because they also have other needs.

John: Now you both have significant history in the shoe business. For our readers, Robert, why don't you share a little bit about you and your history?

Robert: Sure. I come from the world of working extremely hard in flea markets. I always had that niche of being that kid that sold leather shoes in the flea market. This is going back like 35 years ago, because everything in the flea market was seen as easy, or it was seen as a bargain hunting place. Then I was there selling leather shoes and it was a big deal. So, I developed that business for about seventeen years and branded it as "Love My Shoes".

I was one of the very first vendors that actually had a self-service shoe style. I had the sample sizes out and below it I had all the sizes. I had nice wide aisles, the way DSW has it now, but I thought of it in 1996. I built that business to be a very successful brand, with seven stores that did somewhere north of \$9 million a year. I was also the fifth shoe website in the world, way before

Amazon, before Steve Madden, before Zappos. I launched my website in 1999 and it put me on the map with a brand that was very junior and very easy to shop. I had everything from the brand, at about \$100, to the knockoff of the brand which I discounted about 30% to \$29.99.

John: How about you Fred? What is your background?

Fred: My background is different than Robert's. I started my career in finance and banking, eventually ending up in my family business. At the time it was growing rapidly with retail, wholesale and importing. We needed somebody who could take the organization in an appropriate direction of the business. What I found out, after a short time, while doing some long-term planning and thinking about the future of that business, was that I had a knack for shoe design and development. My partner at the time was going to China and that seemed to be the plan for shoes in the future. I was involved in cleaning up and for continuing the development of our product in Europe, namely Italy and Spain. I then got involved with some factories in South America, Chile and Brazil. There was no shoe making 101 that I took in college. It was all learning on the job, in the factory while making the shoes. Again, I found I had a knack for that and the shoes that I developed in these factories were tremendously successful.



I don't think I can guess the number of pairs we may have sold in 40 years of doing business.

What we realized was that the shoes from South America did better than our shoes from China. I was then assigned the task of developing shoes out of China as well, and that was successful. So, my background is different from Robert's. Our business had retail stores, chains of retail stores, which were big customers of our imported brand, Pazzo. We were successful at selling them all over the country. It's different from Robert's background, but it's the same time it is synergistic. Robert has tremendous marketing and promotion expertise, as well as knowledge and understanding of shoes, he's got an amazingly great eye for shoes. Whereas my background comes from design and development and knowing how to build shoes for a specific part of the market. Put us together and I think we're a dynamite duo.

TRUMP VS BIDEN M

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LONG ISLAND

JOHN DOWLING INTERVIEWS ALURE HOME IMPROVEMENTS CEO SAL FERRO

In New York, I read about a survey recently which showed almost 300 people a day leaving, even more in the metropolitan areas. MORE THAN 300 people a day leave New York than who come to New York. Politicians need to wake up and realize they are taxing us out of business, and out of New York.

Sal: I agree with the ideology. I try not to take a Trump position or a Biden position when it comes to looking at politics. For me and looking at the issues, from almost a journalistic standpoint, even though I'm not a journalist.

John: An independent journalistic stand point.

Sal: I've always stood for the fact that voting is a privilege, and it's something you should take seriously in this country. It is our opportunity to be counted and your vote is you making a statement with your opinion. This is what we were founded on, and we can't abuse voting or abuse that privilege or manipulate it, either way, Republican or Democrat. I wonder what is it that is going to help change things, and I think it will change if we get to a point one day when we elect an independent to the White House.

John: I know our founding fathers were terrified of a two-party system, where each time one party is in power it would be like a dictatorship, passing through anything they want which would stymie anything from the other party. It almost seems like we are starting to approach that point with a two-party system. If you're Republican in power, you get everything done while you're in power and you do it any way you have to do it, by executive order or otherwise, and it is the same for the Democratic party. It's a very scary prospect right now.

Sal: I think the founding fathers were right, and the two-party system is just too much control. Look at New York State, we have either one party or the other. Now it's all one, just the Democrats in the State Assembly and the Governor's Office. The last time that happened we ended up with the MTA tax then we went back to Republicans in the Senate. I think most people would say having a Republican Senate and a Democratic Assembly, and then a more independent Governor would be the best way to serve the people of New York State. Instead, right now, we have all the Democrats controlling everything. John Now, a lot of Republicans are saying, in regard to any additional stimulus, "look at New York" and say that the state was a mess financially before the pandemic, and we're not going to bail you out

because your policies and taxes and other programs put you in this predicament. What are your feelings on these statements?

I think they're 100% correct. It's something I'm very passionate about. New York has been a financial mess for a long time. Long Island gives far more to New York than anywhere else and we never get it back. Now COVID comes around and puts us in a worse position. We won't even enact laws that would put us in a better position, to do things to improve our financial positions. We do not even change laws that will save us money all because of politics. For instance, we have a law scaffolding law in New York that makes the insurance rates in New York state for my company and for those similar to mine, cost ten times as much as other states. We are the only state that has an absolute liability to the contractor, builder, or developer for any fall-related accident. Absolute liability! This puts the financial burden on the builder, not who is negligent for the fall accident. We've been trying to get them to put in comparative negligence which would allow builders, contractors or developers to have a defense, to be able to say in an incident that they had the right safety equipment and did the right thing.

Now I am just giving you one example because of the amount of money it would save builders if

reasonable legislation and laws were passed. In New Jersey, industry pros pay significantly less than we do for insurance. This doesn't just affect the building contractor and developers, it affects all infrastructure projects. For the school authority, roads, building authority, even the Mario Cuomo Bridge. All major infrastructure projects are saddled with huge insurance rates. There was just a study I read about recently that showed that New York State would save a ton of money if they would take on this issue, but it won't because of special interests.

I look at New York State and I think we are so over-regulated. We are so tough on businesses. You could say we are anti-business. The one thing that will help New York State is business. Allowing businesses to expand and create jobs will increase tax revenues. You cannot keep raising taxes. You cannot keep raising real estate taxes which are the highest in the nation. Our utility rates are the highest. People who live in the city pay a city tax on top of state and federal taxes. There has to be a point where something gives. I know there's a thought that we just keep taxing the wealthy, but you know what? The wealthy are leaving New York.

John: And the young people. The young people don't want to stay here and get taxed to death for the rest of their lives.

Sal: On top of that, with the new crime bill, not a single politician ever spoke with district attorneys or law enforcement when they enacted this. This is basically a get out of jail free card for anyone incarcerated! How is that serving the public good?

John: It truly is a get out-of-jail-free crime bill.

Sal: Then as people leave and the debt ads up what do the New York politicians do? They want to blame the federal government for everything. How do you do that? I think we need to look within ourselves and see what really needs to change and what needs to be done. We need elected officials who are independent-minded, whether you are a Republican or a Democrat, I don't care what you are, I care what you can bring to the process. We have some really good elected officials on Long Island. Senator Kaminsky, who leads our Long Island delegation is an independent thinker. He's a strong guy, he's open-minded, he gets it.

John: Now, what about your election predictions. You answered this the last time we spoke, is there anything that changes regarding who you think is going to win?

Sal: It's a tough one. I think it's one of the toughest races to call in a long time at this point. I'm just not sure, I'm really not. You've got so many people who want the demise of Trump and they want a change. Then there are so many people that are incredibly happy with Trump and what he brings to the table. The far-right and the far-left. It's the independent voters this time who are really making the decision, and I think it's just too early to tell.

John: Sal, as always thank you for your opinions. I look forward to seeing what happens in November and hearing from you again.

SAL FERRO

2020 PRESIDENTIAL ELECTION

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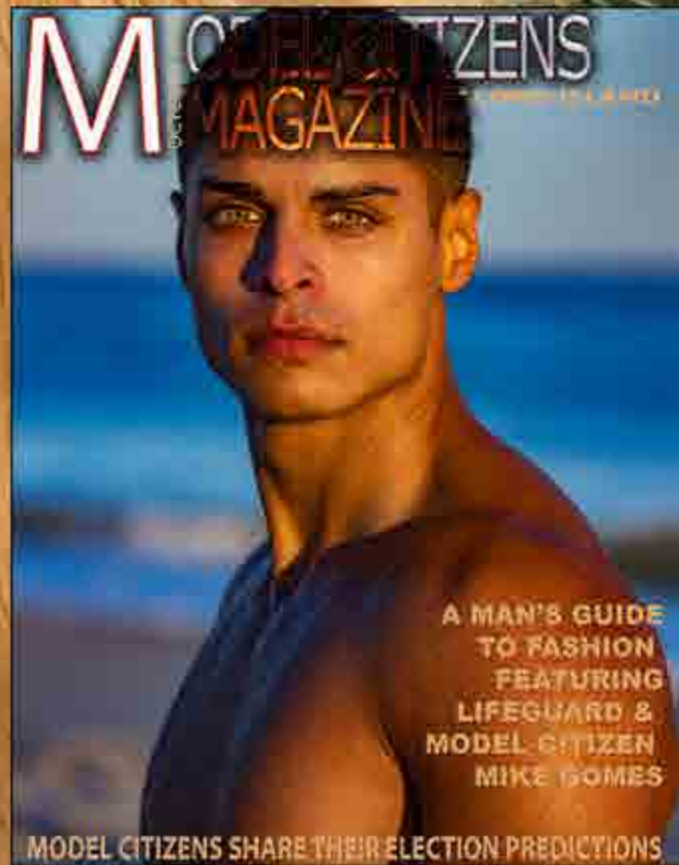
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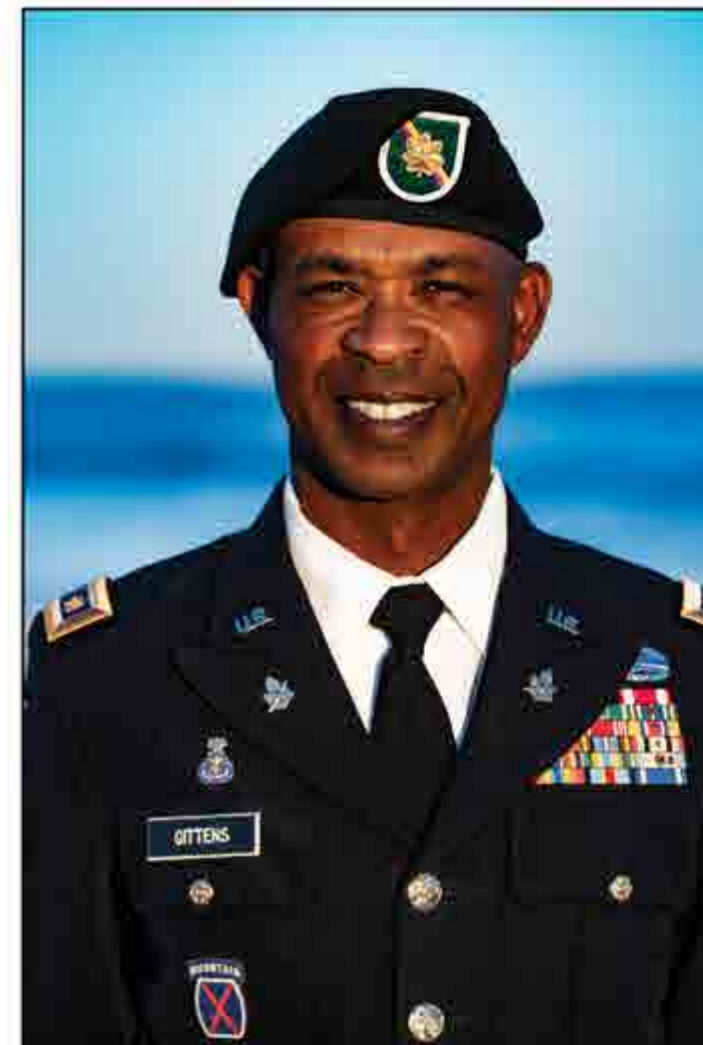
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PEOPLE TEND NOT TO HEAR ANYTHING BUT CANCER WHEN THE DOCTOR SAYS THAT TO YOU. I UNDERSTAND WHY PEOPLE SHUT DOWN BECAUSE IT'S TERRIFYING



I entered the military in 1994 as a private. I'm in my 26th year of military service. I initially joined for money for college.

John: A lot of people who come from lower-income families, when I was growing up we were struggling. The military was an option for a lot of my friends who couldn't afford college.

Greg: I have military in my family, but I'm the only person who converted over and became an officer. I originally went in intending to pay for college and by my third or fourth day, I realized this was something I loved. I realized it was an opportunity to prove myself, to challenge myself. I was challenging myself daily and I was succeeding, of course with some failures here and there.

John: Everyone goes up the ladder and then falls back down a little bit.

Greg: Exactly. I want to mention that I had really good leadership. I served overseas a couple of times in Germany, I served in Bosnia during the war there.

John: That must have been something.

John: Right, anything can get you, yeast, mold, anything.

Greg: Absolutely, so I was in a hospital room for 30 days.

John: Like a bubble?

Greg: Pretty much. Friends were coming to see me, but they would have to suit up. That was the first two weeks and during the last two 2 weeks, they put the stem cells back and we hoped that it bonded back again. Of course, there are also a lot of other steroids and other medication involved.

John: To rebuild.

Greg: Yes, and you cannot leave the hospital until you are on a certain trajectory. So I actually beat that by three days. I'm pretty proud of that.

John: That's very cool

Greg: Yes, I was ready to go home. That was 2017, and just right before you gave me this call two weeks ago, I had my 6 months, well with COVID it was actually 8 months and I'm clean.

John: Amen.

Greg: Hopefully I stay that way.

John: It's a new chapter of life. That's amazing. What advice would you give anybody who's going into a situation where they have to go through chemo, or they have to go through the treatments? What is the best advice you can give them to survive?

Greg: We just mentioned it before, but I think a lot of times I've heard this when I first got diagnosed, people tend not to hear anything but cancer when the doctor says that to you.

I am a little bit different, maybe it is my military background, but I'm a problem solver, so I think about the next step. But then retrospectively, I looked at the situation and I understand why people shut down because...

John: Because it's terrifying

Greg: It is terrifying. I always tell people to take it one day at a time and have hope. Gather your strong friends and family around you that will only lift you up. If you do that, you can get through anything.

John: That's beautiful. Amen. You mentioned the military when we were shooting yesterday. You had on your blues. Tell our readers and how you serve our country.

Greg: On the military side my name is Major Gregory Gittens United States Army Reserve. I served four years of active duty with the 10th Mountain Division.

MODEL CITIZEN

MODEL CITIZENS
MAGAZINE
OCTOBER 2020

Judge, Attorney, Philanthropist, Alan Schwartz

Photo: Alex M. Wolff

John: I am here with Alan Schwartz who is a Model Citizen from the September issue and is now a contributing columnist for Model Citizen Magazine. How are you, my friend?

Alan: I'm good, how are you John?

John: I'm great, thank you. So today I'd like to ask you about Halloween. This year I think everybody knows that Halloween is going to be much different than ever before. I think also that there are some things that our readers and your fans should know about Halloween to do with some legalities. Would you share with our audience please what they should be doing or not doing?

Alan: As you are aware, I'm a long-time criminal defense attorney as well as a Village Judge and, as such, we spend a lot of time dealing with criminal offenses and quasi-criminal offenses. We are continuing to be concerned about the uptick of inappropriate behavior in the community. This could be partially fueled by the pandemic, and partially by the fact that people, in general, at this point, just seem to be very angry, whether it's about the election results, Black Lives Matter, Blue Lives Matter, or a variety of different things like the protests and so forth. What really concerns us is that people are

getting even angrier when they can't do the things they always look forward to doing. As an example, our domestic violence practice is going through the roof, because a lot of people seem to have discovered that, as much as they love their spouses and children, they can't stand being locked up in the house with them for lengthy periods of time. I think this is going to be a big issue come Halloween when the kids really can't safely go trick-or-treating. It would be nice to think that may change since Halloween is still a few weeks away,

but I don't think so, certainly not to the point where it's going to be safe to have children going door to door, touching things and not wearing appropriate masks, just decorative masks. We are particularly concerned about young people, not so much the small children, but the teenagers who, shall we say, like to be mischievous, to begin with, and get themselves into trouble. I think it is a good idea for us to go over some of the conduct that could put these kids in a situation where they would need a criminal defense attorney, such as myself. Perhaps by being educated, they

they will be smart, make good decisions, and not do some of the things that may get them into trouble with the law. As you know, our mantra is that we represent good kids, from good families, who do something stupid. Unfortunately, we expect to see a lot of this come Halloween this year.

John: People seem to be bored and maybe even going a little stir crazy. An excuse to get out, and let off some steam is something I think a lot of teens are going to be looking for, like you said, but it could lead to some bad things happening.

Alan: Absolutely, John. We both know the things you and I got away with, when we were kids. Even in those rare instances where the police got involved, the worse that would happen absent something really serious, is that they would take you home and tell your parents what you did.

John: Oh, for sure we used to toilet paper houses, we threw eggs at our rivals.

Alan: And then there were the kids who would go out on

scavenger hunts, like collecting street signs and compete to see who could collect the most?

John: There were all kinds of crazy things going on.

Alan: If kids did those things today, they would find themselves charged with petty larceny or even grand larceny.

John: Back then, if you egged somebody's house and you got caught, you had to go back and clean it or fix it. You had to wash it down with a hose and pick everything up. These days it seems that there has been an uptick in what people are willing to do to blow off steam. They think it's okay, but in the end, you hear about them getting arrested.

Alan: Absolutely, John.

John: So, what do you suggest for teenage kids? What should parents do to try to moderate all this?

Photo: Alex M. Wolff

THE HALLOWEEN THAT ALMOST WASN'T



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As I see the same faces repeatedly over the years, I've developed connections and strong relationships that I would have never pictured initially. That's why I don't see lifeguarding as a job, I see it as a blessing. It's an opportunity to develop relationships and build lasting bonds with new people every day.

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GOMES Model Citizen

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What will the New Supreme

Court look like with another conservative "Republican Justice"?



Barrett's nomination raises President Trump's Supreme Court nominees from two to three. Trump had already nominated Supreme Court justices in Neil Gorsuch and Brett Kavanaugh early in his term, which were two quality additions to the Supreme Court. Barrett was highly considered by Trump in 2018 to replace Justice Anthony Kennedy, however; Trump nominated Brett Kavanaugh over Amy Barrett. Even though she was passed over, Barrett was expected by many to be Trump's next nomination if the opportunity ever presented itself again.

He later stated that "Ginsburg's dying wish was that she not be replaced until a new president is installed". The left believes that Republicans want to ignore Ginsburg's last wishes, just so they can have a representative of their own in the Supreme Court.

The news of Amy Barrett's nomination into the Supreme Court will definitely create some sparks between the two parties over the next few weeks. Republicans hope to have her confirmed before the election date in November, while Democrats are hoping for the exact opposite.

Democrats claimed there shouldn't be a confirmation in an election year. This isn't much of a surprise, in fact; Republicans argued the same thing in previous years when there was a Democratic president in office. Neither party wants a justice to be nominated by a president from the opposing party, because chances are the President will nominate someone with similar political views as his.

Many democrats are disgusted with Barrett's nomination. Specifically, Chuck Schumer of the U.S. Senate, claiming Trump's decision to nominate Barrett was just a rush "to fill Justice Ginsburg's seat less than 40 days before a presidential election".



Model Citizen & 2 Time Survivor

Greg: I always tell people that's the point in my life that I think my mentality from a boy to a man changed. It's the first time I saw how cruel humans can be.

John: The worst of humanity

Greg: The worst of humanity, yes.

John: That was a cruel situation.

Greg: When I was in Bosnia, we went to Sarajevo and when I saw the destruction...

John: Of everything.

Greg: Everything! This was a community of people that lived together at one point. Somehow, some way or the other, it just happened that they turned on each other.

John: They were brainwashed.

Greg: You would have one house blown out and the house right next to it was pristine. It's only because they were of different religious factions.



MODEL CITIZENS MAGAZINE

John: It's horrible.

Greg: I had the opportunity to visit an orphanage and saw some kids with legs missing and arms missing.

John: Really, the worst of humanity.

Greg: Princess Diana was there August of '97 when I was there and I missed her by like a day. She visited the same orphanage with the UN that we did.

John: Let's fast forward a little bit.

Greg: Alright, so fast forward now, I came off active duty 1998 and went back to college at Adelphi University.

John: Great, for what major?

Greg: I did Business Administration and then went back for my MBA. Then after I did a deployment in Iraq my goal was to get...

John: Wait a minute... a deployment in Iraq?

Greg: Yes, I did a deployment in Iraq.



John: During all the craziness were you ok?

Greg: No, this is before this is before cancer.

John: No, I mean during the war?

Greg: Yes, I spent June 2008 to July 2009 in Iraq in a place called Camp Addar

John: Brave.

Greg: You have to take the good with the bad.

John: Did you have any PTSD or stress syndrome when you came back or

Greg: Well that's another thing, after coming home I then became a Company Commander and I think that deployment helped me in taking care of soldiers for one of the units at Fort Totten. Then about two years after that, I transferred to 353d Civil Affairs Command at Staten Island. I later became the Company Commander. I found that command is really what I love, not because you're in charge, but because you get the opportunity to take care of other people.

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With being part of State Farm over the last 14 years, it has always been my philosophy to go the extra mile and put my customers first. Whether its a free quote on any of our insurance products we're here 24/7! I also provide small business owners on Long Island with needs ranging from business insurance, worker's comp and commercial auto insurance. While my agency is based in Rocky Point, I travel all over Long Island and the boroughs of New York to meet with my customers at their convenience, as all of my customers are treated as family. The mission of myself and my staff is to help our customers achieve their goals and mitigate the obstacles that threaten them by providing every customer with insurance and financial answers. We promise to always greet you with a handshake and a smile as the first step in exceptional service, professionalism, and respect.

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NO DEAL ON ANY REAL STIMULUS PACKAGE FOR RESTAURANTS WHY?

How many restaurants have we lost, and how many more will go under?

It's no secret that restaurants are having a hard time. While the first stimulus package helped, and now the street and outside dining has helped keep many of them afloat, it appears that a good number of them are going under and there will be more to follow soon enough.

First off a very large part of society is just outright nervous or afraid to go out at all never mind to "somer-sault laden COVID-19 restaurants". I know the few times I have gone out to eat, I always sit outside. When I can not sit outside, I check a few things first before entering. I always make sure that the restaurant is nearly empty. If it is full or has a larger capacity crowd even within COVID-19 limits, I just walk away. That makes me think that others are doing the same.

Almost every event from charity events to weddings are re-scheduled for 2021 or even cancelled permanently. Holiday parties are limited and

revenues. When is the last time you received an invite to a holiday party this year or even a cocktail party? If you have, did you go? Would you go now?

Caterers and event planners are trying to reinvent themselves as home food delivery options and doing anything they can to microsize their operations to account for the smaller boutique size gatherings that are taking place. Even changing their business models completely to provide gourmet home meal delivery services to masses.

So with all of these challenges clearly faced by the hospitality industry as a whole, and the limitations on commerce forced upon them, where is the second round of stimulus checks and allowances to support them? I think most of us know that both political parties are positioning themselves to be the "hero's" after the election. Then of course they are going to release more

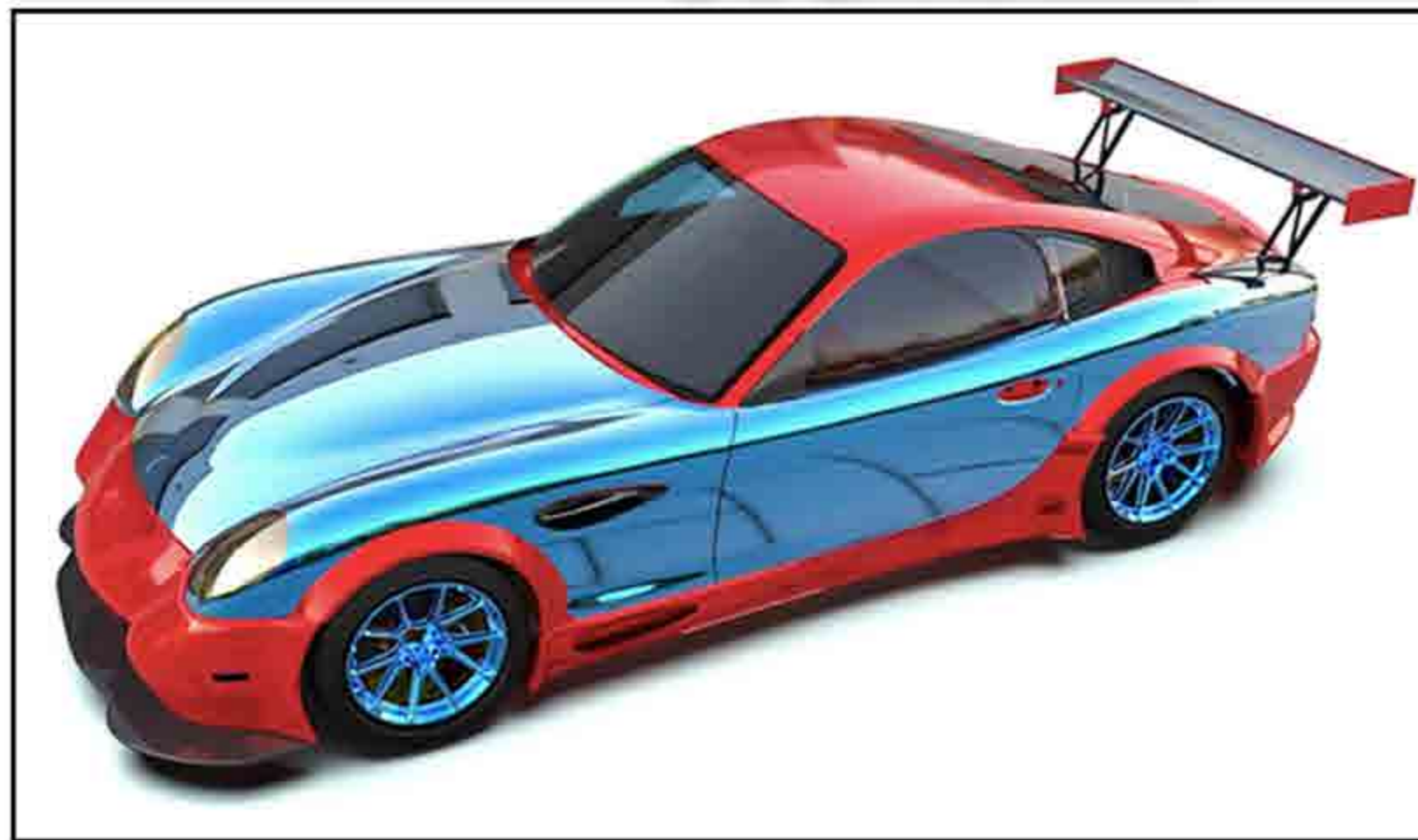
Stimulus checks etc. But for now politicians hope to win political leverage by stalling the stimulus to benefit their own positions in the 2020 elections. To me it just seems unfair that an entire industry should be extinguished because of political positioning and using the entire situation to gain leverage on the restaurateurs who are struggling to stay afloat.



there is just no way that restaurants are not feeling the pain. Just like with retail establishments, restaurants count on the holiday season for a good portion of their annual

As I drive to socially safe shoots and interviews I can see so many vacancies and for rent signs where restaurants have been for decades.





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Those who read my columns know that I often write about rare earth metals and how important it is to start diversifying from the China "monopoly" on these resources. Just like those rare earth metals The US and the World needs to tighten up alternative resources and Galaxy is on the forefront of those efforts. Learn more at GalaxyMagnesium.com





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The Ghosts of Halloween Past



GREGGORY GITTENS

M OCTOBER 2020 **MODEL CITIZENS**
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I've always been fortunate that I've always had good friends and good leadership.

John: So I'm going to interject here because you asked me previously who nominated you, and I said I would tell you later. Well, I nominated you.

Greg: You did!

John: I asked around wondering, who you are. He's so great in front of the camera and he gets thousands of likes from the pictures I take, and I wondered what he actually does. Then I saw the mention of military somewhere and then I said, that's what he does. I never tell people when I'm out shooting but now the cats out of the bag. I was taking notes on who's doing what and who's really doing the right thing. Who is really a Model Citizen and not just who wants to be in a magazine?

Greg: Well that's why you caught me off-guard when you first got in touch. I think I mentioned this to you before that I'm an introvert. I'm out-going because I'm a social person because I understand that you need to be social, but at the end of the day I recharge at home, so I don't usually want to talk about my work.

John: That's why I asked people what you did because you were so quiet. You seem to be always part of the party, but I can never get much out of you.

Greg: Exactly, I don't really like talking about myself that's one of the reasons why nobody ever really knew.

John: Who you are and what you did and what you have been through.

Greg: I have some close friends of course, who know me.

John: We have some of the same friends.

Greg: Yes, but I'm talking about the people I've known for 20 years.

John: People you grew up with.

Greg: Exactly, that have known me, and may be in the group too, but know they know what I do and who I really am.

John: Which is a beautiful person. You're truly a Model Citizen.

Greg: I am also a bit of an entrepreneur.

John: That's right! Tell me a little bit about that your business.

Greg: Besides being in the Army Reserve, I'm also a DOD employee. I have a staff of 19 with offices in Staten Island and three in New Jersey and we service over 1,900 soldiers on the Human Resource side for all their personnel and finance needs. I have a really great staff. One of my fortes is that I am really good at HR. I think it's a little bit of a lost art.

John: Yes and no. During COVID, it's a little bit crazy.

Greg: Kids today, they don't really know how to interview for a job.

John: There's a lot of artificial intelligence. If you don't meet the criteria, you're out. You get rejected by the computer.

Greg: Yes, there's too much screening going on. So that is what I do on the work side, but I am also a landlord.

Greg: At first I owned a laundromat in West Islip. That was always a dream of mine. I did it for about six or seven years.



Major Gregory Gittens United States Army Reserve.

FREE & FAIR Elections

Free and fair presidential elections with covid just seems like an impossible task with all of the data that needs to be collected manually, sorted, and then validated. With the presidential election only weeks away and COVID proving to be as resilient as predicted, how are mail in votes of this volume going to be counted? We are estimating between seventy five million to ninety million mail in votes. Forget about the postal issues, and just think about what it takes to manually count that many votes!

I am totally an optimist as life has already proven to be a "very positive" experience. But, no matter how I try to resolve this effort, I just do not see it happening the way a Democracy would want it to happen. I still can not wrap my head around how in a COVID world we are going to pull this off.

The country is so polarized to begin with that you can lose a friend you had for a lifetime over a conflicting political opinion, never mind if a vote counts or shouldn't!

I mean if you want to start the grand debate of all time, disagree with what votes should count and which ones shouldn't. Now multiply that scenario tens of millions of times. If Biden wins I guarantee you that we will hear these concerns

not just being thrown at us from every channel and airway in the US, but eventually we will be hearing the same arguments in the Supreme Court.

It would be as if everyone in the country will have to prove they are a citizen, prove they registered to vote, prove they mailed in the vote that was received, validate they are not a Felon, and that they did not vote more than once.

The "honor system" just is not going to work here. We are already hearing it long before the actual election so what makes us think it just won't grow!

So when election day comes around shortly and the entire country is watching the stats just like we watch the Oscar's or the Superbowl, with baited breath, we will not know for months. Months just like "impeachment process" do not take days, weeks, months, but sometimes years. So my fellow model citizens and future model citizens, note to self: CHAOS AWAITS US on election day and for months afterwards. Unless of course the vote is so one sided and the largest "sweep" of the presidential election in history, and then, even then, we still have to count and validate with a pandemic- COVID19 still looming large over our country. Let's all hope for cooperation and everyone playing by the rules for the sake of our children, and our Democracy. Winning is not everything. Remember "A Beautiful Mind" it is not what is best for the Alpha it is what is best for the group and the Alpha.



Before becoming President Donald Trump and Melia attend a news conference at Jones Beach

How With Covid19?

MIKE GOMES



B2BESPOKE
CUSTOM CLOTHIER

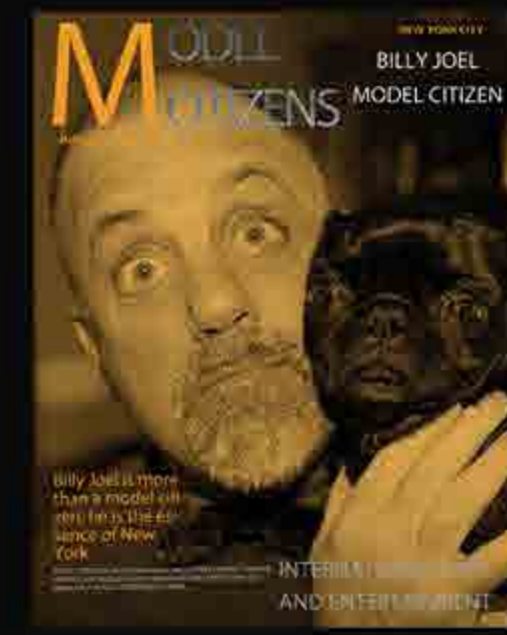
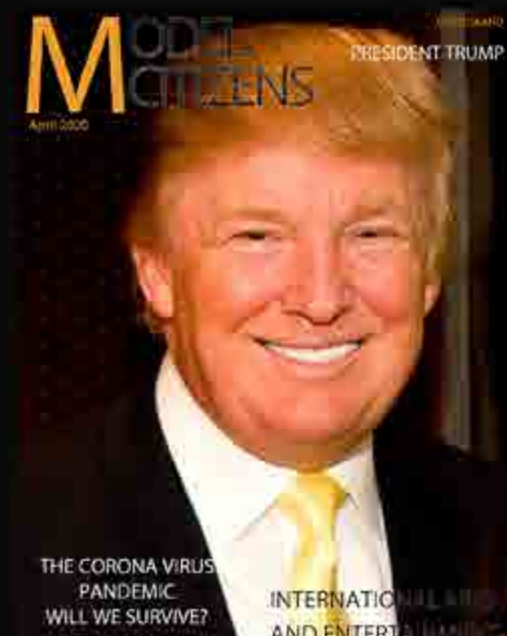
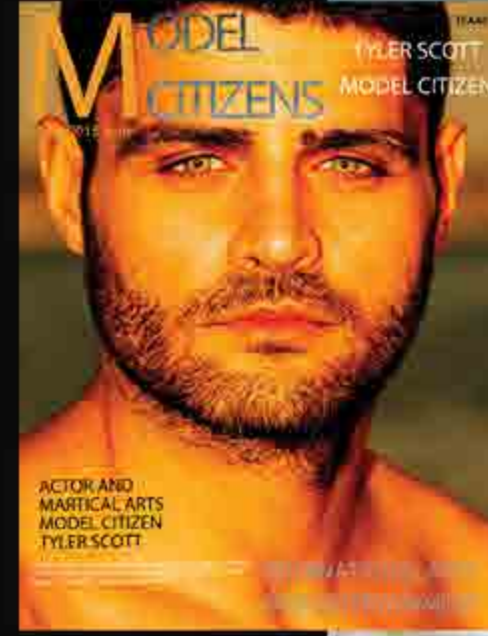
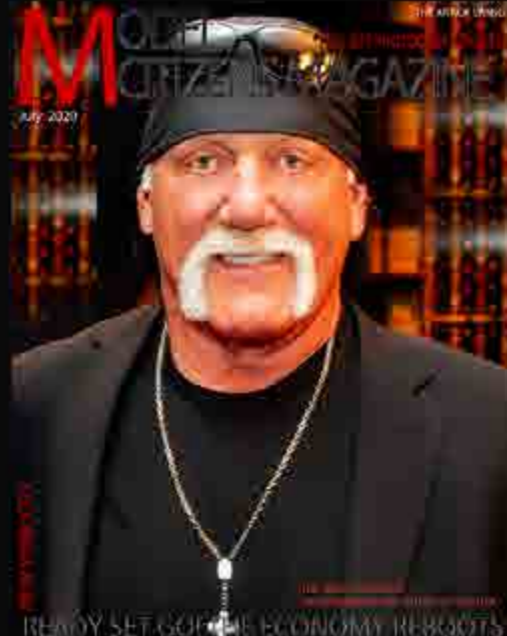
Here Mike is wearing a hand loomed silk and cashmere scarf made by Frank Jedda a NYC designer and stylist. These are one of a kind exclusive pieces that are always an amazing compliment to any wardrobe. Used primarily for the colder months, the cashmere provides luxurious feel while the silk shows off the unique details of the pattern. On the right Mike and Mark Macaluso (partner of B2BESPOKE boutique) share a photo after a long day of shooting.

Modeling is not about the money, it's about creating a memorable journey for myself and for those I work with. Even though my modeling journey is young, it's been nothing shy of amazing and I hope to continue this journey for a long time.



MODEL CITIZENS
OCTOBER 2020 MAGAZINE LONG ISLAND

FROM MODEL CITIZEN TO FASHION MODEL



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LIFE ON MARS? VENUS MAY Be Harboring Life!

Earth's nearest planetary neighbor, suddenly looks more intriguing as a potential source of life. An international team of astronomers announced that it had remotely detected the presence of phosphine, a potential chemical "bio-signature" in Venus's atmosphere — very possibly generated by living organisms.

To confirm this the next obvious step is sending a new probe to take a closer look, something NASA and Russia will both be doing. The U.S. space agency was already considering going forward with two new Venus missions, either or both could potentially be modified to look for phosphine or attempt a more direct detection of alien lifeforms.

Russia, meanwhile, has a long history of sending spacecraft to Venus, and this past week, the head of Roscosmos, that country's

VENUS

Mass: 4,867,320,000,000,000 billion kg
(0.815 x Earth)
Equatorial Diameter: 12,104 km
Polar Diameter: 12,104 km
Equatorial Circumference: 38,025 km
Known Moons: none
Notable Moons: none
Orbit Distance: 108,200,475 km (0.73 AU)
Orbit Period: 224.70 Earth days
Surface Temperature: 462 °C
First Record: 17th century BC
Recorded By: Babylonian astronomers



space agency, called Venus a "Russian planet." We all know that no country can claim any planet or any other celestial body as all countries have already signed a treaty long ago agreeing to the same. However, leave it to Russia to shake up the Universe. While most space agencies have traditionally

believed Mars to be the planet most likely to harbor life, Venus very well may be the first planet to confirm the existence of life on other planets, even if the life forms are microbial. Long thought too hot and too hostile to support life, we now know from the habitats below our own oceans that life can

survive in the most hostile of conditions, even in volcanoes and under miles of rock formations within the earth. Life could not be any more interesting with so many advances in technology and the ways in which we are learning about time and space. Hopefully we will know soon enough!

GREGORY GITTENS

Model Citizen

Greg: At first I owned a laundromat in West Islip. That was always a dream of mine. I did it for about six or seven years.

John: Laundromats are very profitable business.

Greg: Yes, they're very profitable.

John: My former brother-in-law was a Senior VP with Coinmack. Do you remember them?

Greg: Those guys ran the show

John: He collected all the money.

John: So what's next for you? What's the dream?

Greg: I'm going to be 50 next year and I'm going to give the military another four years of service. My goal is to retire 54, and that will line up with my civilian job as well. I'm also a type A personality where I don't think retirement is really for me. So I probably will go into business for myself, or do something for others, some kind of community service.

John: Yes, I know. I have volunteered for over a hundred charities. I've done it since I was nineteen. I always carried on the tradition of believing that doing well for others will always come back to you through Karma.

John: I've never stopped. You know I'm lucky to be alive myself, and I truly think the reason I'm here is that God knows that I am doing for others. I have been doing Hospitality Ball for 10 years, I've been on that committee and shooting it every year. Pink Tie, Equity First Foundation, Leukemia Lymphoma Society, every single time I get asked, as I know they're legit, I'm in.

Greg: You know, we all go through that. We go back and forth. I think if there's any takeaway here...

John: I think there's a lot to take away from your interview.



Greg: The battle is never over. I have a quick story, in 2013 I just finished my chemo in July and I look like shit. I look like death doornail, but the year prior I was very sick. It took them about four months to figure out that I actually had Hodgkin's Lymphoma because I had something Pleurisy.

John: I don't even know what that is.

Greg: Pleurisy is when inflammation in your body gets so high that it attacks the spongy tissue in your lungs. Then your lungs don't expand anymore. So you start to get stifled from the inside. They would pump me with ibuprofen and a whole bunch of other medications which would bring down the inflammation. The bottom line is I am a runner, I was always a good runner.

TWO TIME CANCER SURVIVOR AND MODEL CITIZEN

M OCTOBER 2020 **MODEL CITIZENS**
MAGAZINE LONG ISLAND

If you have already decided to become a model, you probably already have interest in fashion, clothes, or photography. You have clothes from specific brands in your wardrobe and know your style well. Still, it needs improvement. Clearly define what type of an Instagram model you would like to be. Some of them promote traditional high fashion clothes, the others tend to be more "underground" but no less popular. Your personal style will define the brands with that you will collaborate in the future.

MODEL CITIZEN

MODEL CITIZENS
MAGAZINE
LONG ISLAND
OCTOBER 2020

Judge, Attorney, Philanthropist, Alan Schwartz

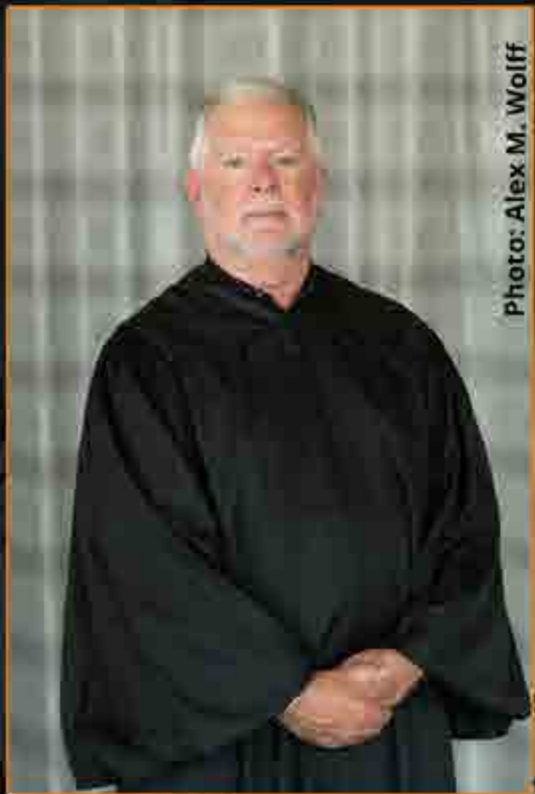


Photo: Alex M. Wolff

Alan: I think this year people may not want the kids ringing their doorbells or even standing on their doorsteps. I know years ago they said the best thing you could do is take the kids to the mall and let them roam around with adult supervision, so they weren't going house-to-house. That may not work this year either, because most people are concerned about going into malls. Hopefully, by the end of October, most of the malls will have much better air filtration systems, so that may be one solution. Another possibility is supervised home gatherings, where the parents can set the rules, and enforce them for everyone's safety.

But let's talk about some of the trouble that the older kids can get themselves into, which can result in the involvement of law enforcement, like criminal

mischief, assault when they get into fights with each other, menacing or threatening other people, harassment or disorderly conduct. Hopefully no one starts a fire, and ends up getting charged with arson. Another concern is trespassing on other people's property or, even forcibly taking something from somebody else, in which case we are dealing with robbery.

I remember the mischief we knew as kids, when someone thought it would be funny to remove decorative statues from someone's lawn, move them someplace else. Today, it doesn't take much to go from petty larceny to grand larceny, especially with things being as expensive as they are. I think it's really going to be critical that whether the kids are young or teenagers, parents are going to have to sit down and have a talk with their children, and explain that

this may be the year that conduct like this is not going to be tolerated, because a lot of people are operating already anxious and angry, with hair-trigger tempers. We've seen this in our criminal practice, and even in our residential real estate practice, where people are routine negotiation is becoming difficult everyone is so short on patience.

John: People do have a short fuse these days. They might have let some kids get away with something in years past, but now there is a mindset of wanting everyone to stay off the property. But kids will come on anyway and ring the doorbell twenty times, then maybe even harass you because you didn't put a bag of candy out or something.

Alan: Very true, John.

John: How do you suggest a parent handle all this with their teenager or college age kids?

Alan: As I said, I think sitting down and having a heart-to-heart with them, especially with the older kids, about what's going to be acceptable or not. It would be a wonderful thing if the malls would do something so the younger kids could be walking around in a controlled environment, assuming the parents are comfortable going inside to begin with. They're going to have to deal with kids in costumes who want to wear decorative masks that won't work well with the masks we've all learned to use on a regular basis during the pandemic. It's going to take a lot of supervision and explanation for the kids to realize and understand what's going on. As you said earlier, this may be the Halloween that almost wasn't.

John: I don't think malls are going to let kids in to trick or treat, I really don't, even a month from now. I also think that you're going to see a lot of people who typically celebrate Halloween and put out candy in neighborhoods, just keeping their door closed because they're afraid of getting COVID. What do you do if you are a homeowner and you are concerned about the children in the neighborhood coming for trick or treating, and you really don't want to expose yourself? How do you let those children or teenagers know that this is not the year to come to my house?

Alan: One solution some people have tried is to put candy outside with some sort of a sign that says, "only take one and save the rest for everyone else". This way, people don't have to open their doors and be confronted over and over again.

We've tried that personally in my house, but the problem has been that when some of the older kids come without their parents, they don't just take one, but instead they take whatever is left in the bowl. We generally put out what we anticipate is an appropriate amount for the kids in the neighborhood, and if the kids go through it too quickly, then it's time to turn off the lights call it a day.

John: That's funny. It's like hiding.

Alan: Of course, there's a risk that you're going to end up with vandalism at the hands of disgruntled trick-or-treaters.

THE HALLOWEEN THAT ALMOST WASN'T

POLITICALLY NEUTRAL ANALYSIS & THE NEW NORMAL



It is just as painful not to have been able to hear the responses from each candidate - even more irritating when each candidate decided to give a response not in reference to the question at all. I have total sympathy for the people who are undecided but I will say that I have more respect for someone that follows the rules - it goes back to the law and order of our country - pretty ironic. The one that wants to support defunding the police at least attempted to adhere to the rules. Now if only the rest of our society could do that. The debate has not changed my mind on whom I will vote but it was an embarrassing situation for our country.

Next up is the voice of our media, social media, moms on media and more. It is here where the message continues to get distorted. For every post, a new view, new thought, and new twist of the "he said" drama. It breaks my heart how a simple thought or action is spun, like a good old game of telephone, everything can be turned upside down. "I plan to reduce our tax burden" is turned into multiple variations of increased taxes, decreased services, increased health cost, to a wait and see strategy. We live in the most amazing place on Earth - America!

Winning is supposed to be about the majority of the people you wish to serve to agree with your opinion and voting towards those goals, not about winning so you can push an agenda down your constituents' throats. We do live in the land of the FREE and home of the BRAVE but at what cost to our society is winning elections coming with?

I am watching political TV commercials about our local races and the same is true. It's always about winning not about the issues, with advertising and reporting on politics. I believe that running on facts - validated facts and plans that create tangible results is what should matter most. If you are an incumbent it should be about the candidate's performance while in office, not about their life history. With new candidates, it should be about tested ideas, better implementation, and thinking out of the box sometimes, but no matter what, about the plan and your ability and our trust in implementing the same. These days it seems that all you need to do is wait and eventually many political races simply turn into a smear campaign. Just wait, even if you have a perfect reputation, the opposing party will find some way to make you look evil. Why do the elections need to be run

on smear campaigns and not on policy or expectations? For instance, there is a candidate running in my district and not one TV commercial or advertisement states what she will do to improve or "correct" what is happening here - instead of an entire smear campaign on the opponent. I am not interested in the drama - just what your plan is and why it is important for me to further investigate your campaign and details.

Is it just me? I must ask, am I the only person highly offended by what is happening with the riots, destruction of property, and lack of order? This is not about red or blue but right and wrong. Where are these people migrating from? I have yet to meet someone who agrees with what we are watching. I looked for a single voice that can explain why this radical behavior is tolerated, so far I could not find one. These are our streets.

And our communities and societies that made us who we are, why do we want to deface them, disrespect the people that govern them, and ruin the opportunities for our business communities that help support us? What did the nail salon, pizza makers and shoe store proprietors do to deserve this act of injustice? And most importantly why are these acts of terrorism acceptable and not

punishable? What lesson are we teaching?

I am very concerned about the idea of defunding our police. I believe there may be additional strategic ways to handle certain circumstances but it is not the job of a social worker to run into violent crime in motion. I agree that as a society most people have a lot more stress and anxiety and that the need for professional help in the form of therapy and medication should assist in the solution, however, not at the first phase of action, it should be part of a recovery plan - not the plan.

BLM? Well, let's be more specific, ALL LIVES MATTER! Our history of social injustices is just that- history. I do not want to apologize for what I did not participate in but I do hold empathy in my heart for all of those who have been mistreated, regardless of color or race, we are all human and deserve equal respect and opportunities. I do believe that racism still exists but depending on where you live, it goes both ways - I am not white privileged because I was born this way, I am privileged because I worked hard for what I have.

COVID-19 is a global tragedy, lives lost - families destroyed. If a vaccine is available, now or after the election, when it comes out I will not get it. I do not believe that it should be mandatory. I do not believe in injecting anything foreign into my body unless it is medically necessary. I have not been a victim of COVID and perhaps if I



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On the Tracks By John Joseph Dowling Jr.

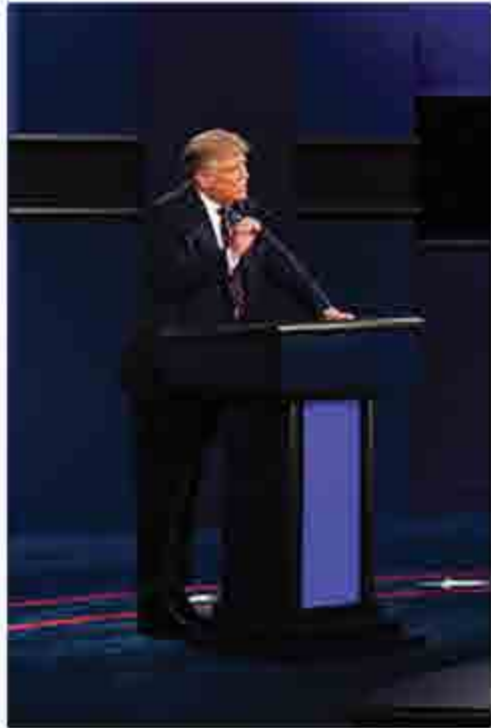
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ROBERT ZABBIA



know because they don't want to be unjustly labeled as racist or a NAZI.

In order to overcome this, Biden needs to show the middle that went for Trump in the last election that he isn't beholden to the left wing of his party. The anti-police movement has rattled the middle, and when I speak to lifelong Democrats who voted for Hillary, many confide that they can't vote for Biden. Many police officers have been lifelong Democrats and are switching parties. The police unions usually split evenly between parties, and I am not aware of one that is voting for Biden.

Biden also needs to show the manufacturing base that he won't go too far back to the Obama years with regulations. I believe that the economy took off when Trump became President because of these changes. He took the shackles off of the businesses, and they were able to compete with imports for the first time in a generation.

Manufacturing has boomed over the past three years, and the workers wouldn't want to go back to jobs being shipped back overseas. The past two administrations let it happen and shrugged their shoulders, blaming low wages.

Trump needs to be stronger in showing he isn't going to condone violence from the right-wing organizations, like he condemns ANTIFA.

He claims to not know who the Proud Boys are (to be honest, I never heard of them until the incident in Kenosha) But he needs to disavow violence of any kind, from both sides of the aisle. I wish he would also get a filter on his Twitter account. Somebody please take away his phone for the next few years.

Both sides need to stop with the partisan bickering and come up with a better solution for our education system. I picked my house based on the school district that I wanted to have my kids grow up in and learn.

There are too many of our citizens who are stuck in the worst school systems without an option to get out. Charter schools have been doing amazing work, but the teachers unions are doing everything to stop them. That is fine, they want to look out for the interest of their members. But they need to offer an alternative to keeping these kids locked into failing schools.

Teachers are the most giving people, and I know they could come together and offer better solutions than the politicians will.

This country has gone off the rails when it comes to politics. So much hate is spewed just because of your political affiliation. I blame our leaders and the media for this. Trump, Pelosi and Schumer need to stop with the back and forth. They are all wrong in their talking points pointing to the other side. Look at the history of Ronald Reagan and Tip O'Neil. They couldn't be more opposite as far as politics were concerned but found a middle

ground to kick off one of the most successful 8 years of our country's history.

This election can go either way, and I'm sure that there are people on both sides that think it is lock for their camp. I just hope we can get through this and start healing. I think the only way that will happen is if there is a decisive win for either side. If this is another contested election, it will take a much longer time for us to come together as a country again.

The last thing we need is for these riots, burning and looting to continue. The citizens who have the most challenges in this country are the ones who pay the most for this behavior. Businesses are fleeing these districts, and going to safer climates, which means less jobs, and tax revenue for these communities to use to recover.



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Presidential Debate September 2020 Who Won and Why?

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POLITICALLY NEUTRAL ANALYSIS & THE NEW NORMAL

was my view would be different. I believe that the virus, the spread of the virus and the future vaccine is not a voting point for me. I believe that both parties have been equally affected by the tragedy. I believe that medical technology will present itself as soon as it is safe. I look forward to a future where I can go out and greet someone and see a smile on their face, not blinded by a mask covering. I follow orders and wear a mask when asked or required - if it makes someone else feel safe, just do it and stop offending people.



RHONDA KLCH



We all are upset, all affected and together we will all get through it.

POTUS and FLOTUS have COVID - I do not wish anyone to be sick, whether COVID or any disease. I think we have lost our way in society when people can publicly wish them harm. COVID is not about politics, it is about being a human. When people are barking about them being sick it is disgusting, when Chris Cuomo had COVID did we wish him bad?

No, as a society we wanted to monitor his symptoms and outcomes and we all hoped that he would recover as soon as possible. POTUS and FLOTUS getting COVID just shows that anyone, in any condition, young or old, fit or unfit is susceptible. There is nobody that wishes this upon themselves, we do the best we can to protect our bodies. However, as a society, I know that we will come out of COVID stronger than we all went into it. COVID has wounded our lives, but to shut down our economy

again is what will actually be the death of us.

We certainly are not back to business as usual, and I must admit I do not know what that looks or feels like anymore. I can only say that I am looking forward to the next chapter. I have had so many of my own personal experiences, some good and bad, in 2020.

This is a year for the books for many - I know that I have learned a lot about myself and others. I have watched some step up and be leaders and others fall apart. In the end, it is OK - we are strong and we will bounce back. The business community is slowly starting to walk out their front doors and begin to network. I have even been invited to participate in multiple outdoor events as a group. In the end, I know it has been an extremely tough year. If any of the readers know of a family in financial distress, created because of COVID or other reasons (death, disability, illness, loss of a job) please let them know, I am here to help.

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LONG ISLAND PORTFOLIO

Artists have been having a hard time with covid: museums are closed, galleries are closed concert halls are closed even bars with entertainment can't sell tickets and control the crowd on a Thursday night. Long Island Portfolio magazine is here to provide an effective self-promotion vehicle for artists of any type to promote themselves and their art.

Our premier issue can be viewed online in November at www.longislandportfolio.com. Two of our, actually three, of our featured artists are Long Island based or from Long Island and will be featured the cover and several inside pages. The cover artist lives in Huntington. Robyn Bellospirito (the dictation wrote this as Robin bella burrito but I think I got it right here) is a lifelong multi-talented artist. Robyn discusses the collaboration between artists as part of our cover story.

Massapequa-based artist, internationally renowned Steven Calapai, has galleries in Las Vegas in Miami but he produces art every day right here on Long Island. Currently living in the city and having lived all over the country and in France, jazz guitar great Tony DeCaprio talks to us about his new venture which is an online music school just for

jazz. There are a lot of people teaching music but not necessarily the fundamentals of jazz or focused only on jazz. Many of his peers will be joining him and you can learn more about the school in our premier issue.

Long Island portfolio is trying to capture arts of all kinds. We have some topical poetry by wordsmith Edward Katz and we'll see some tasty food from chef Mike Novello of La Novela in East Meadow. I was lucky enough to sample that perfect tasting in his restaurant one night. Hopefully, when you see the food you'll understand that it tastes even better than it looks.

Featured artists come from many areas between Montauk in Manhattan but the artists themselves are only a portion of the group we hope to serve. We've already mentioned painters, dancers, musicians, chefs, and the poet but we're also interested in supporting the places and people that support them. Each issue, we are hoping to have nominations for featured artists and places that support the arts that range from museums to restaurants, where the chefs provide not only delicious food but beautiful food worthy of a fancy print hanging on your wall.

For more information or to submit your portfolio for consideration please visit LongIslandPortfolio.com



Photograph: Alex M. Wolff

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MAJOR GREGORY GITTENS



MODEL CITIZENS MAGAZINE OCTOBER 2020

JOHN: MY FATHER WAS THE PRESIDENT OF THE LONG ISLAND ROAD RUNNERS CLUB IN EISENHOWER PARK. WE RAN THE LONG ISLAND MARATHON TOGETHER. I WAS RUNNING TOO UNTIL I GOT SICK.

GREG: I DID A HALF MARATHON IN IRAQ IN THE DESERT.

JOHN: NICE, VERY COOL.

GREG: IT WAS 135 DEGREES.

JOHN: YOU ARE CRAZY LIKE MY FATHER; GOD BLESS HIS SOUL.

Greg: I actually used to run the Army 10 Miler in DC and in 2012 I was scheduled to be there but the pleurisy was so bad I had to give my seat to someone else. I was so mad at myself that after chemo I went back to the doctor and told her that I would love to train and run this race in October 2013. She said it was impossible, because of my heart and my body was atrophied. She said I couldn't do it. I went back to her four times, she finally said she would give me a checkup and I would have to sign a disclosure, but if I wanted to run it I could, because she realized it was a mental thing. I went after chemo in late July, I trained for about two months, and ran the Army 10 miler. It was not my best time.

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OCTOBER 2020 MAGAZINE LONG ISLAND

Survivor & Model Citizen



John: Who cares?

Greg: I had a little old lady who ran by me but I finished, but I was in so much pain in my legs, from the chemo.

John: You know the Valley Stream 50 miler? My father ran that on chemo in Sub-Zero degree weather. I couldn't believe it. He never told anybody he was sick until he knew it was time to say goodbye, and then everybody else found out.

Greg: He kept it to himself

John: People like you and my father, I could never do that. I have walked from California to Florida, but I walk slowly like a snail, ten feet at a time. I do not think I would have it in me to battle cancer.

Greg: I'm a little bit nervous because people don't really know much about my life.

John: You have an amazing story truly worth telling and I'm honored for the opportunity to tell it. I would love to hear more about you in the future and congratulations on a very well deserved nomination!

Greg: Thank you for the nomination. I am again truly honored.



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daily lives, or we can rise up and above all that. This is the most valuable addition to my psyche in the last year. Recognizing the importance of surrounding myself with people who lift me up and encourage my success both personally and professionally. I'm not sure I can explain why it seemed to take me so long to make this a focus, but I can say that this new epiphany has been like having a wave of optimism wash over my life. It has been wonderful in the most positive of ways. I feel like I can take on the world, and I have the amazing and talented family and friends in my life to thank for that.

A word of caution. Don't confuse this euphoric description of mine with having a network of "yes" people who only smile and nod and tell me everything I do is perfect. No, no, no! My most treasured friends, those I've known since my early school years, college, motherhood and those I have met recently, do not do that at all. In fact, I count on my friends to be honest, to feel the safety in our relationship to tell me something like, "hey you may want to rethink this".

Or perhaps they suggest a different approach or flat out tell me I'm wrong about something. Thankfully, sometimes, it may just be about a glass of wine and a good long chat.

I can honestly say I cannot imagine my life, and surviving all the trials and tribulations, without my friends. I adore and cherish them with all my heart. Oh, I am such a lucky soul.

Having said all that, I can also mention that friendships can be deep and meaningful even when you don't agree about big issues. Respectfully disagreeing is something our nation has lost the ability to do, especially in recent years. Our current climate of division in ideology and erosion of basic norms and honor, even among thieves, seems to have left our discourse. I often wonder if we all need to go back to kindergarten. I don't mean that as an insult, because I am referring to all of us, including myself. Don't you remember that is where we learned some basic decorum, manners, and "I care" rules?

Passion is such a loaded emotion isn't it? I am a passionate woman. Anyone who knows me well is likely laughing as they read this because they know that to be absolutely true.

The overflow of passion we all feel about our ideology and the issues of the day that are important to us is apparent if you log in to social media every day. My wish for our nation, keeping in concert with my newfound epiphany and the wave of optimism in my life, only involves a few steps. First, let's all take a breath before exploding. Once we do that, we should count to ten. Next, we should try to empathize with a viewpoint that is not our own. It is kind of like a timeout and reminds me of how I handled a demanding child who was having a temper tantrum.

Assuming we've accomplished our three steps, it's time to talk it out, understanding that at the end of that conversation we may still disagree. We may still feel strong emotions about our viewpoints, but we might be a little closer to a productive dialog.

This is what we need. We need to be able to hear something we don't agree with and be okay with it. We need to stop putting ourselves in opinion bubbles, because I think, deep down, we all know that any extreme position, on the right or left, is not the way to govern.

I think the answer lies in a balanced approach that brings us to a consensus. Much like my friends who don't yess me to death, no one extreme position should be "yessed" to death. We will not get everything we want. However, we can recapture our national humanity and spirit. We can get back to truth, facts, science, and a sensible approach to solving problems. Perhaps I am overly optimistic, but I will always believe it to be possible.



MARGREIT MCINNIS

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

**MODEL
CITIZEN**

ALAN SCHWARTZ THE HALLOWEEN THAT ALMOST WASN'T



Photo: Alex M. Wolff

but today, everyone should be aware that many homes have surveillance equipment and security cameras, in many cases in something as simple as a doorbell, not to mention all of the people out there with their cell phones recording everything. Kids who are doing things that they may have gotten away with years past may now find themselves being filmed, with the results turned over to local law enforcement, and all of the unpleasantness that could follow.

John: I think kids these days have these satchels of eggs with them and, if there's no candy at the door, suddenly you have eggs on your windows.

Alan: Well, throwing eggs at houses or cards can create real damage, which could lead to real problems with the local police departments. Again, with everything else going on today, people have short tempers and everyone is on edge, there's no easy solution.

John: Would you let your young kids go out trick or treating this year? I'm thinking you can get COVID from a candy wrapper, so there's a risk.

Alan: Personally I would not, but fortunately my son is way beyond that time of his life. With the very real risk of infection, I don't think that the benefit of the fun that the kids will have this year offsets that risk. I think about it from an adult point of view, if I've learned nothing else from

COVID, I've learned to be extremely tolerant of other people's comfort levels. My friends range from those who still haven't left the house to those who returned to indoor dining at restaurants, as soon as they were permitted to open their doors again.

As you know, John, my wife and I often eat out seven nights a week, so this really hit our lifestyle hard. While we're still going out regularly, we have still yet to return to indoor dining, and strictly stick to outdoors. Our philosophy is that the problem with indoor dining is that even with appropriate social distancing, that you are breathing recirculated air. Of course, some restaurants have started installing very sophisticated air filtration systems, and the weather is getting cold so, even with outdoor heaters, things may have to change.

I would say that with children, it's not worth the risk for them to be around all these other children or adults to trick-or-treat as though it's business as usual. These risks are simply too high, and I just don't think that trick-or-treating is that important that it's necessary.

John: How about the teenagers and college students who want to go to these costume parties?

Alan: It's the same problem, John, and probably even worse. Just today, Plainview and Northport High Schools both had to shut down. The biggest problem we're seeing now with COVID is with students in high school and, even more so, on the college level. The kids go back to school, they are not careful and then the school shuts down. While studies show that our brains don't fully mature until the age of twenty-five or so, and I don't think kids are intentionally acting recklessly, many feel they are invulnerable and end up suffering the consequences.

John: I don't think they are either.

Alan: When we were teenagers, we didn't think about our mortality. The bottom-line was we really felt as though we would live forever, and there really wasn't a risk.

John: But in this day and age, it's the difference between life and death!

Alan: Correct.

John: I want to thank you very much for sharing your wisdom on the do's and don'ts for the community and clueing us in on what we have to be careful of and watch for this Halloween. I know a lot of parents are readers and are your fans so of course, we'll take that information to heart.

Alan: So, now do you want that funny Halloween story?

John: Absolutely.

Alan: Some years ago, my wife and I were invited to a very upscale Halloween party with a bunch of lawyers, judges, and people we work with professionally on a regular basis. I'm not really a costume type of person, so I decided if I had to go, I was going to be comfortable. Riva and I are active motorcyclists, but most of these people were unaware of this. So, we put on our best leathers, doo wraps and motorcycle shirts and boots and walked through the door, ready to ride. People were just floored, and several were left speechless. When we were complimented on how realistic our "costumes" looked, our response was a simple, "costume"?

John: Very funny. I saw those photos, they were great.

Alan: We had a great time with it, and we were comfortable all night to boot.

MODEL CITIZEN AND LIFE GAURD MIKE GOMES

MODEL CITIZENS
MAGAZINE

For more formal occasions that are Hamptons business related that take place on the water, again the classic blue suit never disappoints. Blue works well with the dunes and the water as well as most any high profile event. A softer version of the black suit and touch more relatable on the beach, your look can be slightly changed by your tie and the color of your shirt. White shirts are more formal where pink or blue is toned down a bit.



B2 BESPOKE
CUSTOM CLOTHIER

Sadly, there are a great deal of kids who give up on their dreams too quickly. I mean, I was almost one of them. Although I haven't made it big in the modeling industry, I'm determined to work hard to accomplish my dreams. My height is just a statistic; it does not define me or my future. This journey won't be an easy one, but it will be a memorable one. I only have one life, so I'm definitely going to make the most of it.

Model Citizen Mike Gomes From Lifeguard to Fashion Model



MODEL CITIZENS
MAGAZINE
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John: Yes, it is. So you were trying to stay positive for Michael.

Terrie: I would say to Michael, we have to be positive, we have to have positive energy and he tried to stay as positive as he could until that last week. That is when I had to tell him that, because he was having too much trouble breathing, we had to put him on a ventilator. His response was that he knew.

I know in his heart, he knew that this was not going to be a successful outcome for him. Mark was finishing up his chemotherapy and radiation and had his last radiation treatment the day after Michael was put on the ventilator. It was a torturous few months. The worst part was Michael's passing and Mark being there as the cancer survivor. He was the younger brother and for him it was like, "what just happened? I just lost my brother. How did this happen? I survived and he didn't".

So there was a lot of psycho-social, a lot of emotional feelings going back and forth between the family. At one point I would say, what am I praying for? What am I looking for? What outcome is going to be best for Michael? At that point, that's really where your focus is.

John: Now you've taken all of this pain and you've used that

to do tremendous things. Can you share please with everybody about the Michael Magro Foundation?

Terrie: As we were going through this journey, we certainly learned a lot about how much families struggle financially. We were in a situation where our insurance was good, we didn't have as much of a difficult time financially, but I watched all these families saying that they couldn't pay for their car or...

John: I nearly went bankrupt because of my own health issues. I had to sell my house, liquidate my 401k, I couldn't work for years. I don't have any complaints on my end. I'm here and really, I'm not supposed to be. I have a long future ahead of me and I'm starting over myself, but I have watched as families go bankrupt over health issues.

Terrie: That's what I was seeing and it's astounding to me how this system could really just rob you of everything you have. When any parent would sell their left arm if they had to in order to save their child's life. I totally understood that. When Mike passed away, Paul, Mark and I decided we were going to start a foundation in Michael's honor and memory that will help families. So my whole focus with the mission of the Michael Magro Foundation is to help people with their financial needs to pay

bills so that it can make a difference. If we can make them smile for one moment. If we can tell them things like their car insurance has been paid for the next six months by the foundation, then that is what we're all about.

I work with the social workers from all different hospitals. We get requests throughout Long Island, the borough's and Tri-State area. Now it's getting bigger, and with COVID hitting, we're hearing from a lot of people from all over the United States. It's just mind-boggling. The money that we raise goes directly to help the families. We get gift cards to help put gas in their cars, food on their table. Anything. It's an all volunteer board as well.

John: How can people help?

Terrie: They can help by really just spreading the word about what we do. As a small Foundation, we have raised about \$2.6 million since we started as a 501c3 organization.

John: That's amazing.

Terrie: It's important for people to know that we all work full-time. I just retired from NYU Winthrop at the end of June. We all work full-time, so it's a big task. Nobody is paid. There's not a lot of rent or overhead that we have. So well over 90 cents on the dollar that is going directly to the foundation and the families.

John: That's really amazing, all this work that you do, and that all your volunteers do.

Terrie: We are lean-and-mean, as I like to say. I definitely want that message out because the money that you're donating is going right to the families.

John: Which is not like many of the charitable foundations. I have pulled back some of my own volunteerism because of that. I agree with you. I've heard you work hard to keep expenses low so that everything goes to the families. Again, I want to congratulate you again on your very well deserved nomination as a Model Citizen. We're going to share your story with everyone and hopefully get the word out there. We hope to hear more from you in the future.

Terrie: Thank you very much.

THE MICHAEL MAGGRO FOUNDATION MODEL CITIZEN TERRIE MAGGRO

MODEL CITIZEN STEVE LEVY

many ways. I believed the government was there to help people, but when I got in, I started to see that the way to help people is not necessarily spending more money. I saw people's taxes going through the roof, the middle-class getting strangled by taxes and seeing all this money coming into our coffers and being wasted on this garbage and I thought let me rethink this.

John: When you have entire communities on welfare, there is something wrong.

Steve: That is a big chapter of my book, how to break the welfare cycle. It is actually white liberals from the 60s and the policies that they developed that are trapping minorities and families in poverty for generations. Here's a perfect example, I have a friend who owns a business and who hired somebody off of welfare. He wanted to give them a raise, but the next day the owner got a call from that person's social worker telling him he cannot give the raise.

John: Because now they're going to lose their welfare.

Steve: Yes, they're going to lose their benefits. So, what happens here is that there is a short-term gain by holding on to the benefit, but then in the long-term, that person is trapped in poverty. They are never going to go get out. So, I came up with ways to change that. To allow people to get more money without losing the benefits so you don't disincentivize people to work. That's what we do in this nation. If someone has another child, they get more money. If a husband or the father of the children live apart, they get more money. Who did this? White liberals in the 60s and the 70s. They doomed a generation to poverty. We can get them out, but you have to have the guts to change the system that traps people in it.

One more point on that, some people say that racism is doing it and it did have a lot to do with it

early on, and still to an extent, but how do you explain the fact that immigrants from Nigeria and Africa come over to this country and out-earn African-Americans and also earn as much as white people do?

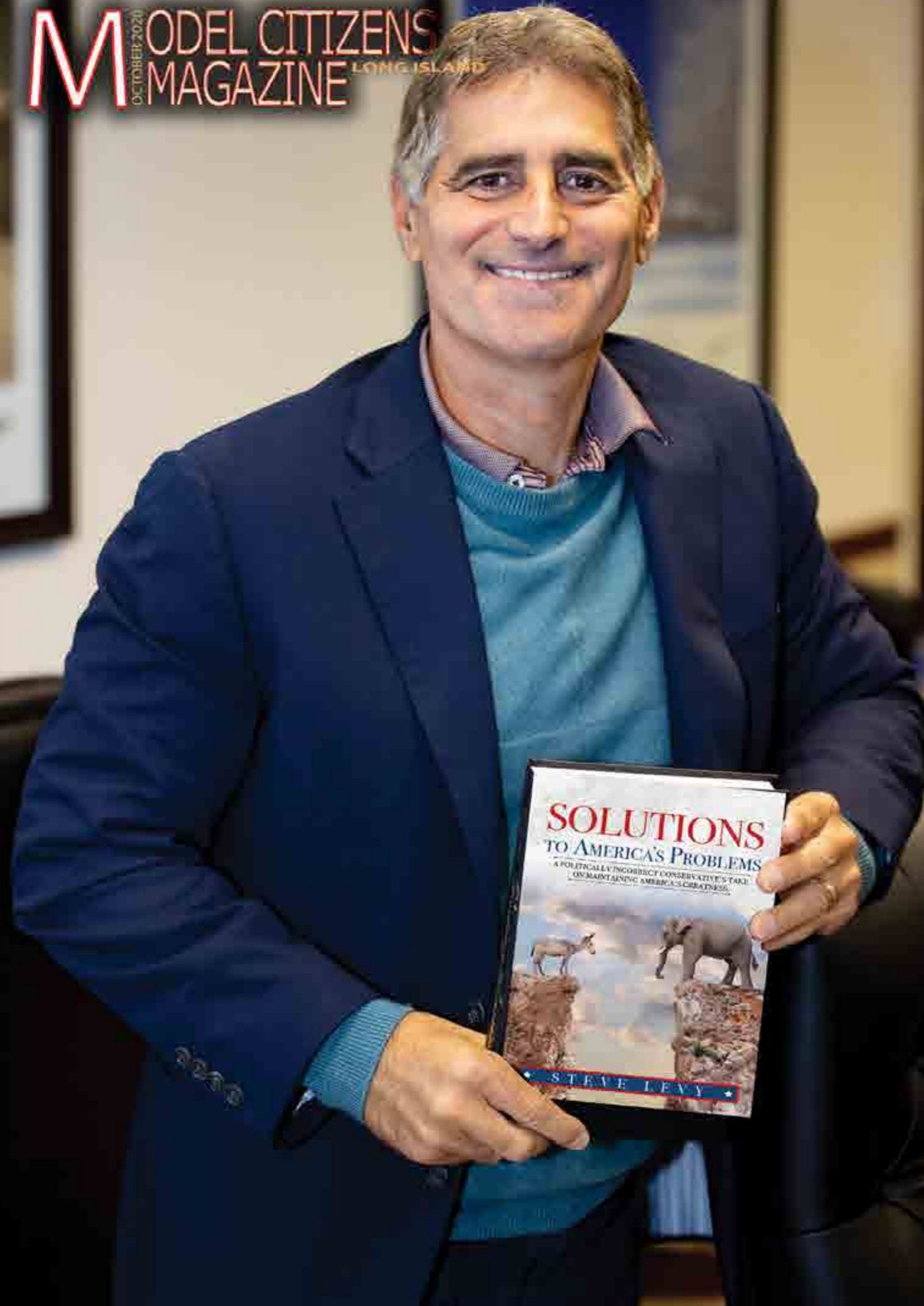
John: Or more.

Steve: How is that happening in such a racist society? I'll tell you, it's because they weren't born into a welfare system. That's the point I make in my book, so that people can read this and get a different perspective. It's not just spending more money, that doesn't solve the problem. It hasn't worked for 40 years.

John: I know. Some people talk about basic universal income.

Steve: It's funny that you should mention that, it's in my book.

John: I wrote about this last month that the stimulus program is universal basic income.



Steve: It's actually one of the first articles and one of my first chapters. How ironic is it that as a conservative, I can favor increasing the minimum wage and increasing wages for lower-income people and possibly implementing a universal income? But only with this caveat, it must also be coupled with the dismantling of the welfare system.

John: Amen to that. I believe that's the right way to go.

Steve: I quote from a book called "Pour No More", by Peter Cove. He was an architect of Bill Clinton welfare reform package. He started off as a big-time liberal, trying to help people with the welfare system and then he realized it was trapping them and he thought that trashing the system and giving people the money directly was better. Then they would be able to get a job and not be penalized by losing their direct money.

John: The infrastructure for welfare costs so much more. It's so ridiculous.

Steve: Exactly, and here's the question; how do you get the money to do all that? If you dismantle the welfare system, you actually have more money and, here's the biggest reason why it could work, because everything you make over and above the basic amount you receive from the government, you keep. There are no benefits to

to lose, so now you have incentive to work and not stay home on the couch. Unless we understand the underpinnings of the problem, we're never going to get out of it.

John: It's only going to get worse, so I'm with you on the universal income. One more question, we have an election coming up and There's a lot of he said she said. There's constant investigations and accusations and some of them are relatively ridiculous, especially with the amount of media coverage. What are your thoughts on this upcoming election? I don't know, I wouldn't vote for either Biden or Trump. Who do you think is going to win?

Steve: I think probably Biden. I know there is a silent majority and a lot of people won't admit in polls, just like in Brexit and just like in 2016, they didn't want the backlash for voting for Trump. I think there will be that underlying current, but last time Trump got very lucky. All the stars and moons aligned. Remember a woman named Jill Stein who ran on the Green Party, she really won the election for Trump.

John: I thought the FBI won the election for Trump when they threw Hillary Clinton under the bus right before the election. I was like they just handed the election over

Steve: I don't think that was it. I think it was more Trump's position on trade and immigration that helped him win in those key states that Hillary ignored. The irony here is that in 2016, there was a kind of a realignment of voters where it used to be Democrats had been the party of the working class, the white working class.

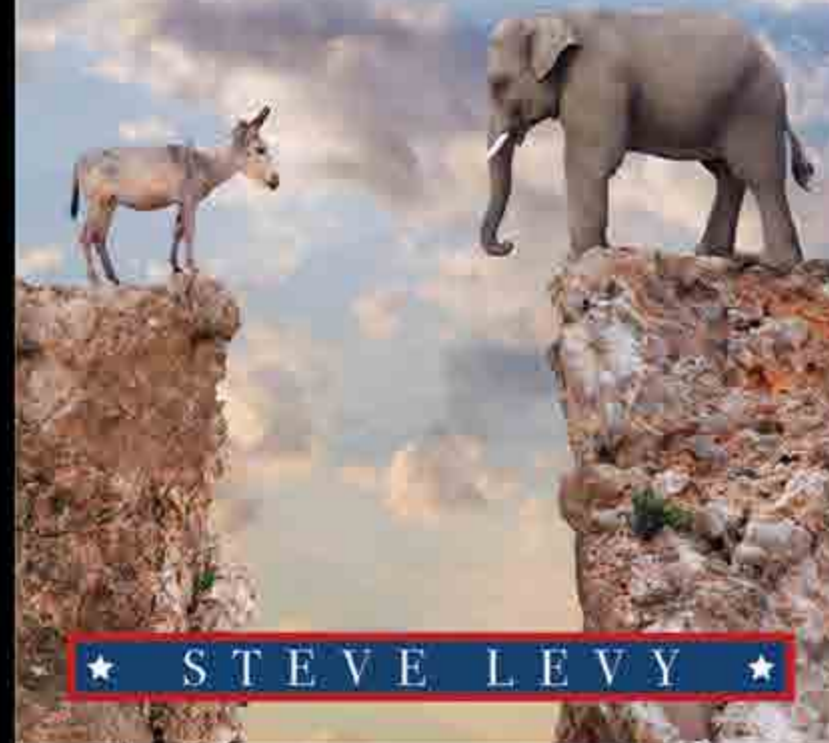
John: Yes, the middle-class.

Steve: Yes, and the Republicans were the Wall Street crowd. Now, Wall Street is totally behind the Democrats, ironically and it was Donald Trump who said to the people in the rust belt, who had your jobs shipped to China, that he got it and Hillary was ignoring them. It's amazing how that turned around. He was lucky to win because Jill Stein pulled enough votes in. She got 1% in Michigan and Wisconsin, but those votes for Stein were enough to shift it Donald Trump. He only won Pennsylvania, Wisconsin and Michigan by 80,000 votes combined. If you shift those votes, he loses. Hillary won 3 million more votes nationally, so the odds of Trump repeating that are very slim because the Democrats get it now. They're not going to make that same mistake to ignore those areas. Anything can happen but...

John: Some people say he's going to jail after this because of the rape charges and all those other problems.

SOLUTIONS TO AMERICA'S PROBLEMS

A POLITICALLY INCORRECT CONSERVATIVE'S TAKE ON MAINTAINING AMERICA'S GREATNESS



A COMMON SENSE PATHWAY TO RESOLVING THE PROBLEMS AMERICA FACES WITH:

- INCOME INEQUALITY
- EDUCATIONAL DISPARITIES AND UNDERPERFORMANCE
- CLIMATE CHANGE
- OUR COLD WAR AGAINST CHINA
- DISABILITY ABUSE
- OUR ELECTORAL PROCESS
- MAINTAINING OUR FREEDOM OF SPEECH
- HEALTH CARE CRISIS
- HIGH COLLEGE COSTS
- UNEMPLOYMENT, WELFARE AND UNIVERSAL INCOME
- ILLEGAL IMMIGRATION
- THE MIDDLE EAST CONFLICT
- NATO'S FUTURE
- THE PENSION TIMEBOMB
- THE SUPREME COURT
- UNCONTROLLED SPENDING
- MUNICIPAL UNIONS AND HIGHER TAXES



Steve Levy, former New York assemblyman, Suffolk County executive, and candidate for governor, is a distinguished political pundit and regular contributor for Fox News and Newsmax.

Levy's commentary has been published in media outlets such as: the Washington Times, Washington Examiner, New York Post, Albany Times Union, Long Island Business News, and City & State Magazine. He hosted "The Steve Levy Radio Show" on Long Island News Radio, and is a frequent guest on high profile television and radio outlets.

Few on the political scene possess Levy's diverse background. He's been both a legislator and executive, and served on both the state and local levels - as both a Democrat and Republican.

Levy published *Bias in the Media*, an analysis of his own experience, after switching parties, with the media's leftward slant. He was also a contributing author of *The Recovering Politician*.

Levy is currently Executive Director of the Center for Cost Effective Government, a fiscally conservative think tank. He is also President of Common Sense Strategies, a political consulting firm, and "Of Counsel" of the law firm, Caspolo Middleton & McCormick.



Steve: That can go both ways. I think there was a coup attempt after he won.

John: It was obvious to most of us.

Steve: I'm talking about the higher ups within the "Deep State". When you read some of the real documentation, what they had and they admitted that with Peter Stoyck, there was no there, there. Yet they pursued this matter for two years which threw the country into turmoil. With all that said, let me give you my perspective as to who I am politically. I did not vote for Donald Trump.

You're asking me for my prognostication, I'm the wrong guy because I predicted Hillary was going to win last time. I was telling all my friends, and I've been a Republican since 2010, that Donald Trump was the only one who couldn't beat Hillary Clinton and that we were crazy to nominate him. I couldn't understand how anybody supports Trump. He's mean, he's nasty, he's uncouth, he's impulsive and has no political core and you're supporting this guy? These are smart people, but they said they wanted to blow up the system.

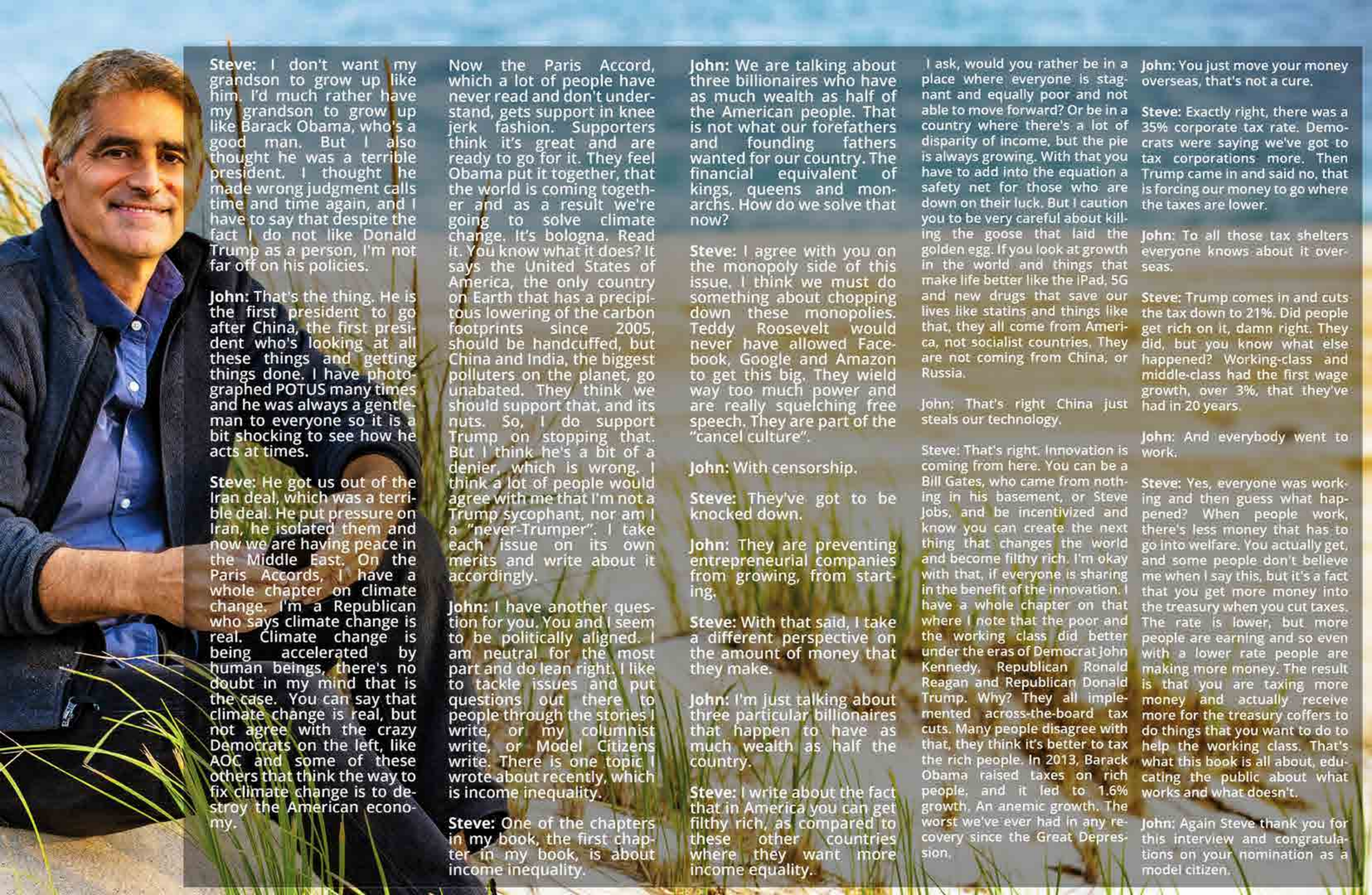
John: So, we can start over.

Steve: That's what they said, not literally, but they want to dismantle it.

John: A lot of women can't stand him.

Steve: Exactly, and I thought you're picking the wrong guy, but in actuality he was the one guy who could win because he had the right issues. Immigration and jobs and trade, and he followed through on them, but with that said I still don't like the man.

John: I don't think anybody likes him.



Steve: I don't want my grandson to grow up like him. I'd much rather have my grandson to grow up like Barack Obama, who's a good man. But I also thought he was a terrible president. I thought he made wrong judgment calls time and time again, and I have to say that despite the fact I do not like Donald Trump as a person, I'm not far off on his policies.

John: That's the thing. He is the first president to go after China, the first president who's looking at all these things and getting things done. I have photographed POTUS many times and he was always a gentleman to everyone so it is a bit shocking to see how he acts at times.

Steve: He got us out of the Iran deal, which was a terrible deal. He put pressure on Iran, he isolated them and now we are having peace in the Middle East. On the Paris Accords, I have a whole chapter on climate change. I'm a Republican who says climate change is real. Climate change is being accelerated by human beings, there's no doubt in my mind that is the case. You can say that climate change is real, but not agree with the crazy Democrats on the left, like AOC and some of these others that think the way to fix climate change is to destroy the American economy.

Now the Paris Accord, which a lot of people have never read and don't understand, gets support in knee jerk fashion. Supporters think it's great and are ready to go for it. They feel Obama put it together, that the world is coming together and as a result we're going to solve climate change. It's bologna. Read it. You know what it does? It says the United States of America, the only country on Earth that has a precipitous lowering of the carbon footprints since 2005, should be handcuffed, but China and India, the biggest polluters on the planet, go unabated. They think we should support that, and it's nuts. So, I do support Trump on stopping that. But I think he's a bit of a denier, which is wrong. I think a lot of people would agree with me that I'm not a Trump sycophant, nor am I a "never-Trumper". I take each issue on its own merits and write about it accordingly.

John: I have another question for you. You and I seem to be politically aligned. I am neutral for the most part and do lean right. I like to tackle issues and put questions out there to people through the stories I write, or my columnist write, or Model Citizens write. There is one topic I wrote about recently, which is income inequality.

Steve: One of the chapters in my book, the first chapter in my book, is about income inequality.

John: We are talking about three billionaires who have as much wealth as half of the American people. That is not what our forefathers and founding fathers wanted for our country. The financial equivalent of kings, queens and monarchs. How do we solve that now?

Steve: I agree with you on the monopoly side of this issue. I think we must do something about chopping down these monopolies. Teddy Roosevelt would never have allowed Facebook, Google and Amazon to get this big. They wield way too much power and are really squelching free speech. They are part of the "cancel culture".

John: With censorship.

Steve: They've got to be knocked down.

John: They are preventing entrepreneurial companies from growing, from starting.

Steve: With that said, I take a different perspective on the amount of money that they make.

John: I'm just talking about three particular billionaires that happen to have as much wealth as half the country.

Steve: I write about the fact that in America you can get filthy rich, as compared to these other countries where they want more income equality.

I ask, would you rather be in a place where everyone is stagnant and equally poor and not able to move forward? Or be in a country where there's a lot of disparity of income, but the pie is always growing. With that you have to add into the equation a safety net for those who are down on their luck. But I caution you to be very careful about killing the goose that laid the golden egg. If you look at growth in the world and things that make life better like the iPad, 5G and new drugs that save our lives like statins and things like that, they all come from America, not socialist countries. They are not coming from China, or Russia.

John: That's right China just steals our technology.

Steve: That's right. Innovation is coming from here. You can be a Bill Gates, who came from nothing in his basement, or Steve Jobs, and be incentivized and know you can create the next thing that changes the world and become filthy rich. I'm okay with that, if everyone is sharing in the benefit of the innovation. I have a whole chapter on that where I note that the poor and the working class did better under the eras of Democrat John Kennedy, Republican Ronald Reagan and Republican Donald Trump. Why? They all implemented across-the-board tax cuts. Many people disagree with that, they think it's better to tax the rich people. In 2013, Barack Obama raised taxes on rich people, and it led to 1.6% growth. An anemic growth. The worst we've ever had in any recovery since the Great Depression.

John: You just move your money overseas, that's not a cure.

Steve: Exactly right, there was a 35% corporate tax rate. Democrats were saying we've got to tax corporations more. Then Trump came in and said no, that is forcing our money to go where the taxes are lower.

John: To all those tax shelters everyone knows about it overseas.

Steve: Trump comes in and cuts the tax down to 21%. Did people get rich on it, damn right. They did, but you know what else happened? Working-class and middle-class had the first wage growth, over 3%, that they've had in 20 years.

John: And everybody went to work.

Steve: Yes, everyone was working and then guess what happened? When people work, there's less money that has to go into welfare. You actually get, and some people don't believe me when I say this, but it's a fact that you get more money into the treasury when you cut taxes. The rate is lower, but more people are earning and so even with a lower rate people are making more money. The result is that you are taxing more money and actually receive more for the treasury coffers to do things that you want to do to help the working class. That's what this book is all about, educating the public about what works and what doesn't.

John: Again Steve thank you for this interview and congratulations on your nomination as a model citizen.