



## Long Island Woman

*Long Island Woman* provides a quality award-winning editorial environment with an attractive design that is smart, entertaining, and informative. It is recognized for its high-profile celebrity cover stories, and its extensive monthly calendar, "Happenings," is the only monthly calendar that caters to the varied interests of Long Island women and features the most extensive listing of support groups on Long Island.

*Long Island Woman* has won numerous awards every year for its quality editorial content from the prestigious Press Club of Long Island.

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## MEET THIS LONG ISLAND WOMAN

Lisa Michelle Kucharz



*How long have you lived on Long Island?*

My family moved to Valley Stream when I was 3, and I moved to Jericho in 2005. I've lived on Long Island most of my life, other than my college years at Binghamton University, about four years in New York City, and six years in Israel.

*What are some of your favorite Long Island memories?*

Growing up here in the '70s and '80s had a lot of advantages, especially being able to walk to your friends' homes, which were always welcoming and fun. I particularly enjoyed long summer days at Point Lookout Beach; Hot Skates and Roller Castle; afternoon trips to Friendly's; sledding at Suicide Hill; family barbecues; and being one of only two girls to play little league baseball.

*Tell me about your work and volunteer work.*

For the past six years, I've been director of Marketing Communications at UJA-Federation of New York. In 2007, I became a certified coach and founded Ace The Race, LLC ([acetherace.com](http://acetherace.com)) to help professionals move forward in their careers by overcoming obstacles and matching their strengths to their best opportunities. Last year, I was invited to be a volunteer life coach for The Empowerment Society of the United States, which assists women returning from overseas active duty with the transition back to civilian life. This fall, I'm chairing *How To Thrive In Today's World – An Afternoon With New York's Top Coaches*. More information can be found at [licoachingalliance.org](http://licoachingalliance.org).

*Why did you decide to start a blog?*

I'm turning the big 4-0 this January and wanted to share my thoughts about what I'm going through and, at the same time, hear about other people's experiences and advice. I decided it was time to launch my first blog, *Countdown to 40* at <http://countdown-to-40.blogspot.com>. The response has far surpassed any of my expectations!

By Debbi Honorof