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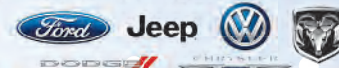


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CONGRATULATIONS

Bethanie Lawrence, Executive Director
at the World Awareness Children's Museum
for being chosen this year!

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World Awareness
**CHILDREN'S
MUSEUM**



THE POST-STAR 20 UNDER 40

We are proud to announce our 2022 Post Star 20 under 40 honorees. The selected honorees exemplify the hard work and commitment that it takes to be successful. They were selected based on many attributes and are some of the best that our community has to offer.

Thank you to our sponsors, Nemer Motor Group, Hudson Headwaters Health Network, and SUNY Adirondack, for their generous contribution to make these awards possible this year.

We had a total of 80 nominations in 2022. Each of the nominees had a strong background and it was a challenge to narrow this list down to just 20 honorees. Thank you to Robert Nemer, Pam Fisher and Mindy Wilson for serving as judges this year.

For 2022 we will be holding our annual 20 under 40 awards luncheon at SUNY Adirondack on Wednesday, September 28th at 12pm. We have a limited number of tickets available. The reservation deadline is Monday, September 19th. Tickets must be purchased in advance. You can order tickets by visiting poststar.com/contests.

Michelle Rice
President & Director of Local Sales & Marketing
The Post-Star

TABLE OF CONTENT

Alexandra Barbieri , 37, Hudson Headwaters Health Network	4
Maggie Carden , 37, Glens Falls Hospital	6
Matt Colucci , 35, Springbrook Hollow Farm Distillery & Premier Plus Travel and Tours	6
Erin Gryniak , 35, National Grid	7
Ryan Holderman* , 38, The Gym 518 *Reader's Choice	7
Adam Horowitz , 39, Glens Falls National Bank & Trust Company	8
Holly Irion , 35, SUNY Adirondack	10
Michael Iturrino , 36, Ticonderoga Central School District	10
Bethanie Lawrence , 32, World Awareness Children's Museum	11
Shawn Lescault , 36, Saratoga County District Attorney's Office	11
Ashley Livingston , 34, Hope and Healing Recovery Center	12
Megh McCane-Howard , 37, ERBESSD Instruments Technologies, Inc.	12
Angela Mead , 39, Gallo Realty ADK	13
Bill Moon , 35, Big Brothers Big Sisters of the Southern Adirondacks	14
Janet Pratt , 39, Warren County DSS	14
Matthew Secor , 35, Matt Secor Brazilian Jiu-Jitsu	15
Evan Sullivan , 33, SUNY Adirondack	16
Alyson White , 37, Courtyard Marriot LG	16
Tyler Whitney , 30, Southern Adirondack Independent Living	17
Sarah Wright , 39, Adirondack Health Institute	17

ALEXANDRA
BARBIERI

Age: 37

Partner/Children: My child is a 4 legged-Golden Retriever/ Yellow Lab Mix, named Willow. She's 4 years old.

City, village or town you currently reside in: Downtown Glens Falls

Employer: Hudson Headwaters Health Network



small steps and others totally dive into a new routine. I love food, and I want them to love food too.

Why do you think this region is a good place to live and work?

I absolutely love where I live. I didn't know that Lake George and the Adirondack Park were so special until I went away to college (which my parents told me multiple times). Since then, I've moved to other places in New York and managed to find my way back here. I love Glens Falls because its small, safe and I have no problem walking anywhere to get good food, meet with my friends and family, or venture out of town to go for a morning trail run or even better, a sunset hike. As a Registered Dietitian I have various opportunities for my career in the area. Before Hudson Headwaters, I worked in long term care at The Pines of Glens Falls Center for Nursing and Rehabilitation. I don't plan to leave the network, but between Glens Falls Hospital, multiple long term care facilities, outpatient and plenty of community health networks that surround us, the pos-

sibilities will always be promising for me or others like me in the medical field. SUNY Adirondack has a great nursing program to steer people in that direction.

What one person has influenced you the most? Why?

My influences were my parents. I can't pick between them. My mother gave me my work ethic, and anyone will agree that it is strong. I remain independent and motivated. She carried two jobs for years while raising my sisters and I. I continue to have 2 jobs myself because this ties into how my father raised me. He made me want to travel, enjoy good food, and I have high standards for myself. I work hard to meet those standards.

What is your biggest goal in life?

I was taught not to take my health for granted. Being healthy is physical, mental, emotional, spiritual and intellectual. I work toward that goal in some sense daily.

What do you do to relieve stress? How does it help?

I need to be active. If not, my stress will be noticeable in my daily life. Willow and I stay active on some scale every day. Either walking downtown or running with her in the morning and after work. In the beginning it was for her to be a good puppy, but this became contagious for me. I was a runner in high school, but didn't really stick with it until I got my dog. Trail running for me specifically is more enjoyable as we can do that together. On a hot day, I try to paddleboard or be on the water anywhere. I also want to mention that my stress is completely gone when snowshoeing in the winter on a blue bird day with fresh powder. But I don't want to wish the warmer weather away just yet.

If you could change to any other profession, what would it be and why?

I would want to be fitness instructor. It just looks really fun.

What quote do you live by?

"It isn't what we say or think that defines us, but what we do." -Jane Austen.

Current job title/responsibilities:

I'm a Registered Dietitian with Hudson Headwaters. I've worked with them for nearly 2 years but am closing in on being a Registered Dietitian for 10 years. I provide nutrition counseling to patients to help develop healthy eating habits and educate them on their diagnosis treatment plan.

What is the best aspect of your job? Why?

I love working as an outpatient Registered Dietitian because I get to follow my patients through their journey. I enjoy educating on what an appropriate diet is and showing the patient it really can be easy to eat healthy. I promote whole foods, and encourage the patient to venture outside their comfort zone. When they do, it's great to see if they like new recipes or a snack that they added to their weekly menu. People are so different. Some take



Providing primary care to the
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Congratulations to Alex Barbieri, registered dietitian,
and all of this year's 20 Under 40 award honorees

 HUDSON
HEADWATERS
HEALTH NETWORK

A photograph of the Glens Falls Hospital building, featuring a modern glass and brick facade. The building is partially obscured by green tree branches in the upper left corner. The text "Glens Falls Hospital" is visible on the brick section of the building.

Congratulations!



**On behalf of Glens Falls Hospital,
congratulations to our very own
Maggie Carden and all of the
other 20 Under 40 honorees.**



ALBANY MED Health System

GLENS FALLS HOSPITAL

MAGGIE
CARDEN

Age: 37
Partner/Children: Husband - Jason Carden
City, village or town you currently reside in: Glens Falls
Employer: Glens Falls Hospital



Current job title/responsibilities:
I am a Registered Nurse Manager providing oversight over Glens Falls Hospital’s inpatient oncology, telemetry and neuroscience units. I work hard to ensure nursing staff have available resources to provide quality patient care. I mentor, guide, coach, and advocate for nurses and nursing partners to achieve success.

What is the best aspect of your job? Why?
I get to foster the growth of nurses and watch them excel in their pro-

fession. As a nurse leader at Glens Falls Hospital, I can work to improve the care experience for those in my own community. I enjoy that I can work every day to make a positive impact on others, and provide comfort to patients and their families when they are ill. I must also mention that I am very fortunate to work some amazing individuals every day!

Where did you go to school?
Argyle Central School, SUNY Adirondack, and Chamberlain University

Why do you think this region is a good place to live and work?
I enjoy living in an area that values everyone as an individual, not just another number in the rat race of life. Working in this community, and in healthcare has afforded me the opportunity to give back to those that I see as friends, family, and neighbors.

What one person has influenced you the most? Why?

I am very fortunate to have many great influences in my life; however the biggest influence in my life would be my late father, Howard Gillis. He taught me the value of hard work, to treat others with respect, and not to take anything for granted. My dad taught me at a young age that I have to work for what I want, and that the world is mine for the taking, all I need to do is put my mind to it. I will be forever grateful for all he has taught me, and look forward to continuing to put the wisdom he has instilled in me to good use.

What is your biggest goal in life?
My biggest goal in life is to continue to make a positive impact on my profession and in my community.

What do you do to relieve stress? How does it help?
I relieve stress by loading up my three rescue dogs and making a trek to the dog park. Nothing reduces stress like seeing a field full of pups living their best life.

What are your three favorite movies?
Billy Madison, Forrest Gump, and A Star is Born

What piece of literature has influenced you? Why?
I read A Child Called “It” as a young girl, and it was the first book that really opened my eyes to the circumstances in which others are put in. This was my first glimpse into the difference between nature vs. nurture.

If you could change to any other profession, what would it be and why?
I am not sure I could see myself in any other profession, however I would thoroughly enjoy running an animal shelter much later on in my retirement.

What quote do you live by?
“Even a small star shines in the darkness” - Danish Proverb

MATT
COLUCCI

Age: 35
Partner/Children: Lexi Colucci- wife, Vienna Colucci-daughter ten weeks old
City, village or town you currently reside in: Queensbury
Employer: Owner for all of my businesses



Current job title/responsibilities:
Springbrook Hollow Farm Distillery-partner and the General Manager. I oversee all aspects of the company. Premier plus travel and tours- limousine Company located in Glens Falls. Partners with my mother Dawn Biddiscombe. My mother Dawn oversees the operation. I help her in running the operations. I also own a 5 unit commercial Building in Greenfield Center. I own two commercial buildings in Glens Falls. One of the commercial build-

ings is a 5 unit rental building. The other commercial building is where Glens Falls pediatrics was for 40 years. We have renovated the 5,500 square foot building into offices, Airbnb, and apartment units. We are also currently building a 6,000 square foot building with a 2,000 square foot basement right on busy

route 149 for Springbrook Hollow Farm Distilleries new location!

What is the best aspect of your job? Why?
Seeing every day how much your blood sweat and tears start to pay off. Working for yourself is extremely demanding and around

the clock work. However it can also be very fulfilling and rewarding as well especially as you see your businesses grow and start to prosper.

Where did you go to school?
I went to high school at Queensbury. I graduated from Plattsburgh with a bachelor’s degree in criminal justice.

Why do you think this region is a good place to live and work?
The tourist influx in the summer is extremely beneficial to many businesses in the area. I also love how much this area has to offer. We live right in the middle of Saratoga and Lake George which are two power houses.

What one person has influenced you the most? Why?
I’m not sure if it has been one person in particular. But growing up with my twin brother and being raised by a single mother we didn’t have as much as some of my friends. This definitely taught me if I wanted to have really nice things I’m going to have to work for them.

What is your biggest goal in life?
To be financially free and be able to spend time with my kids as they grow up and get into sports.

What do you do to relieve stress? How does it help?
Take my boat out on Lake George. I’ve always loved being around water.

What are your three favorite movies?
Dumb and Dumber, Happy Gilmore, and Tin Cup

What piece of literature has influenced you? Why?
Any books on business

If you could change to any other profession, what would it be and why?
A Boat Captain sailing Yachts in the Caribbean

What quote do you live by?

And in the end, it’s not the years in your life that count. It’s the life in your years

ERIN
GRYNIAK

Age: 35
Partner/Children: none
City, village or town you currently reside in: Queensbury
Employer: National Grid



Current job title/responsibilities:

I am a Lead Stakeholder Specialist in the Stakeholder Management department at National Grid. In this role, I plan, manage, and execute public outreach for dozens of complex gas and electric projects around New York State. My projects range from constructing new high-voltage electric lines to support the State’s clean energy initiatives to installing new equipment to inspect gas mains per federal regulations. Every day is different and it’s a very exciting time to be involved in the energy industry.

What is the best aspect of your job? Why?

The best aspect of my job is working with customers. At National Grid, we strive to be a customer-centric organization where our customers feel valued. I enjoy cultivating connections with the public

and being a friendly face especially during construction season.

Where did you go to school?

I went to SUNY Geneseo for my B.A. in Communication and am currently pursuing my M.S. in the Business of Energy at Clarkson University.

Why do you think this region is a good place to live and work?

I think this region is a great place to live and work because of the vast amount of activities to do. From boating on Lake George to skiing at West Mountain, there’s something for everyone.

What one person has influenced you the most? Why?

My mother has been the most influential person to me because of her hardworking nature and shining personality. Even during the hardest times, working 2-3 jobs, going back to college to get her degree, and raising me as a single mom, she has never given up. She has always taught me to work hard to pursue my dreams and goals.

What is your biggest goal in life?

My biggest goal in life is to have a family of my own.

What do you do to relieve stress? How does it help?

I absolutely love live music and enjoy attending country music con-

certs. The lights, the energy and the overall atmosphere make all my worries go away.

What are your three favorite movies?

13 Hours, Napoleon Dynamite, The Princess Bride

What piece of literature has influenced you? Why?

The Secret by Rhonda Byrne has had a lasting impact on my life. The whole premise is to focus on the law of attraction in your daily life to achieve your goals and dreams.

If you could change to any other profession, what would it be and why?

If I could change to any other profession, I would be an elementary school teacher. I adore children and enjoy teaching so I think it would be a great fit.

What quote do you live by?

“You don’t have to see the whole staircase, just take the first step.” - Martin Luther King Jr.

RYAN
HOLDERMAN

Age: 38
Partner/Children: Ashlyn Holderman - wife Tito - dog #1 Stoli - dog #2 Goose - dog #3
City, village or town you currently reside in: Queensbury
Employer: Self Employed - Owner of THE GYM
Current job title/responsibilities: Owner of THE GYM Head Trainer



What is the best aspect of your job? Why?

What I appreciate most about my job is that I can be a part of the best hour of someone’s day where they can leave all their stress and responsibilities at home to better themselves. Watching the overall personal growth first hand is something I am extremely grateful for.

Why do you think this region is a good place to live and work?

After living in New York City for a number of years, I realized that home is always home. Our region is such a great place because our location connects so many different types of people from each walk of life and offers so many activities to maintain a healthy lifestyle. The thing that I believe separates our

community from many others is how giving we are. Our community is so quick to rally around local charities, families in need and other great causes.

What one person has influenced you the most? Why?

I would like to thank my parents for their positive impact. They instilled a tough, persistent work ethic, taught me to be compassionate to others, promoted failure and the ability to pick yourself back up. Without their recipe of tough love mixed with endless amounts of parental endearment, I would not be the person I am today and for that, I am forever grateful!

What is your biggest goal in life?

My biggest goal in life is to be the best version of me each and every day I am alive. I have learned over the years that is the only thing I can control; my thoughts, my actions, my reactions, my emotions. I will continue to push myself to new physical extremes in hopes to inspire others to unlock new potential and build better versions of them-

selves as well.

What do you do to relieve stress? How does it help?

Anyone that really knows me understands that I do not really stress. Years ago, I was fortunate enough for someone to teach me a life lesson based around stress. I was asked, “If you knew you were going to die tomorrow, would you stress about the things you stress about today?” That quote has stuck with me. Daily, I listen to some form of personal development reading or a positive podcast in order to keep me focused on things I can control and remaining optimistic.

What piece of literature has influenced you? Why?

The first piece of literature that has influenced me was the book, THE SECRET by Rhonda Byrne. “Thoughts Become Things” The message was super powerful for me and unlike anything I had even been taught. “If you think it, you can achieve it,” has been a mantra I have adapted from this book and preached to our gym community over the years. There

is no goal, no run, no workout, no career shift etc that you cannot conquer if you truly want it bad enough!

If you could change to any other profession, what would it be and why?

I think I have the best of all worlds. Growing up I knew I always wanted to own my own business having entrepreneurial parents. But like most young adults involved in sports, coaching was also a passion of mine. The thought of keeping me “in the game” was something that infectiously kept me interested. Going to school to become a P.E. teacher excited me but the task of staying focused in school for that long seemed impossible at that early of an age. Personal Training bridged that gap for me. It allowed me to create my own schedule, coach not just athletes but adults as well, and develop other passions throughout the process. If I had to change professions, I would still love to find something where I could help and service others like at hospital or a school counselor. Dr. Holderman..... hahahaha

ADAM M.
HOROWITZ

Age: 39

Partner/Children: Katie Bates

City, village or town you currently reside in: Chestertown

Employer: Glens Falls National Bank and Trust Company

Current job title/responsibilities: Assistant Vice President and Investment Officer for client relationships within the Wealth Management Division, evaluating, designing, and overseeing all aspects of portfolio construction including manager selection for individual and corporate retirement plans, personal trusts, investment management accounts, foundations, not-for-profit relationships and volunteer members of emergency service organizations. I am also the co-manager of our proprietary mutual fund.



What is the best aspect of your job? Why? The best aspect is the relationships. It is a pleasure serving our customers and shareholders. I also enjoy delving into the uncertainties of global capital markets. Change is a constant. Dealing with change on a daily basis is part and parcel in dealing with the market.

Why do you think this region is a

good place to live and work? What impresses me most about living in the region is the interconnectedness of the people who live here. Friendliness abounds, and as a new transplant to this region I have felt welcome from the time I moved here. There are also many incredible outdoor activities within the region. I enjoy skiing and snowshoeing in the winter and hiking, running and rowing in the warmer months. Saratoga Springs, Glens Falls, Lake George and the surrounding area also have a very fascinating cultural and natural history.

What one person has influenced you the most? Why? My grandfather, Abraham Horowitz, was the most kind, selfless and hardworking person I have ever known. Growing up, he filled my life with books, music and TV shows that shaped my life and contributed greatly to becoming the person I am today. I would be remiss if I didn't mention my parents for many of the same reasons, and all of the

Chiefs and Officers of emergency service organizations. I have no greater respect and admiration than for the people who lead a team that is willing to put their own lives on hold to try to help strangers in the midst of their greatest pain.

What is your biggest goal in life? Ultimately, I want to be able to look back on a life well-lived. My fulfillment in life is not linked to money, fame, or status - as alluring as they might be. It is directly connected to the ability to be useful, to do work in service to others.

What do you do to relieve stress? How does it help? Long distance running has always been my outlet to relieve stress, boost energy, and increase mental clarity. I never run with music. It's just me and my thoughts. When I run, I can let my mind wander, process a challenging situation, or completely check out.

What piece of literature has influenced you? Why?

Most recently, Firefighter Zen by Hersch Wilson. This book acts as a long metaphor teaching that we need to recognize the reality of the world (chaos and suffering) and to train ourselves to be able to know how to respond appropriately and effectively in crisis. It is a guide on training body and mind in challenging conditions in order to be better prepared to act with compassion.

If you could change to any other profession, what would it be and why? I've been brewing beer since I was in college. The joy of brewing it comes from sharing it with friends. I think it could be great to share my love of delicious ales with the community on a much larger scale by monetizing my hobby.

What quote do you live by? "The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well!" - Leo Rosten

Congrats

ADAM HOROWITZ

2022 Post-Star 20 Under 40 honoree.

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**EVAN P.
SULLIVAN, PHD**

Instructor of History at
SUNY Adirondack

Board of Trustees
Chapman Historical Museum

Writer
Nursing Clio



**HOLLY
IRION, LMHC**

Assistant Professor of
Counseling at
SUNY Adirondack

Board Member
Warren County
Community Services
Board



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SUNYACC.EDU #greatfuturesstarthere



Congratulations to all the award winners!

HOLLY
IRION

Age: 35
Partner/Children: Shane Donaldson (husband), Sophia (step-daughter), Jack (step-son), Jane (daughter)
City, village or town you currently reside in: Queensbury, NY
Employer: SUNY Adirondack and self-employed (small private practice)



at SUNY Adirondack to plan and collaborate on student-centered events. This past year we hosted our second annual Out of the Darkness Campus Walk for suicide awareness and prevention; we had over one hundred students and community members attend and we raised over twelve thousand dollars for the American Foundation for Suicide Prevention.

Why do you think this region is a good place to live and work?

This region has so much to offer! Aside from the beautiful scenery and the multitude of things to do outdoors, my family particularly enjoys our local community events, like Take-a-Bite and the Food Truck Corral. It is so common to run into coworkers, neighbors and friends at these events, which helps to create a close-knit, small town vibe.

What one person has influenced you the most? Why?

Undoubtedly, my mother has influenced me the most. I could list off a million ways she has shaped, supported and inspired me from a

young age, and I would probably still feel like I wasn't doing her justice. In my adult life I find that I really admire how she has mastered a beautiful balance of professional, personal and creative pursuits. She has influenced me to attempt to find this balance in my own life.

What is your biggest goal in life?

On a personal level my biggest goal is to raise my daughter to be a strong, compassionate, and empowered woman. I want her to grow up feeling like the world is filled with possibilities and that she has my unwavering support. Professionally, my biggest goal is to look back on my career when I retire and feel like I've made a significant impact on my community.

What do you do to relieve stress? How does it help?

I have learned that my best stress reliever is to plan some alone time. Whether this is closing my office door during my lunch break or going for a quick walk with my dog around the neighborhood, I found that, for me, solitude is really reju-

venating.
What piece of literature has influenced you? Why?

I would say my most re-read book is 'The Handmaid's Tale' by Margaret Atwood. Dystopian novels are very popular and fun to read, but the feminist themes throughout this novel feel increasingly relevant. I hope to find time to watch the series soon.

If you could change to any other profession, what would it be and why?

I honestly cannot imagine enjoying anything else as much as my current profession, but I am finding that my love for local history and architecture keeps growing. A job with a local historical society or something in historical preservation could be interesting.

What quote do you live by?

"Once you are Real you can't be ugly, except to people who don't understand." -The Velveteen Rabbit, by Margery Williams Bianco.

MICHAEL
ITURRINO

Age: 36
Partner/Children: Jennee Iturrino- Wife, Matthew Iturrino (age 5)- Son, Sarah Iturrino (age 2)- Daughter
City, village or town you currently reside in: Ticonderoga
Employer: Ticonderoga Central School District



Every day, I have the incredible opportunity to work with some of the most amazing young people in the world. Music is a field where, in order to have a meaning full experience, you need to be comfortable with yourself, surroundings and the people you are interacting with. I get to help young people experience these through music, create meaningful relationships and hopefully help provide a skill set that they can enjoy and share with others for the rest of their lives.

Where did you go to school?

I went to High School at Mt. Sinai HS on Long Island, and received my bachelors and masters degrees from SUNY Potsdam Crane School of Music

Why do you think this region is a good place to live and work?

The North Country is not only a naturally beautiful place, but is filled with some amazing people. Ticonderoga is a very supportive, tight knit community that really does a fantastic job at rallying around its school and children. It's a great

place to raise a family.
What one person has influenced you the most? Why?

My predecessor, Nelson Shapiro, championed music education in this community for almost 4 decades. His teaching and support in my career have helped me understand the importance of creating meaningful relationships in music.

What is your biggest goal in life?

I hope to leave this place a little better than I found it. I hope to help students understand the power of music, and provide ways they can use it daily throughout their lives. Wither to communicate, entertain, or heal, the universal language that is music is something they can take with them and share forever.

What do you do to relieve stress? How does it help?

I am an active performer, and I play with several ensembles and bands. When I am not playing, I love spending time with my family, traveling, watching baseball, biking, and going on walks with my dog

and family.
What are your three favorite movies?

I am a Star Wars nut; the original trilogy will always have a special place in my heart.

What piece of literature has influenced you? Why?

Bennett Reimer's "A Philosophy of Music Education" changed the way I see education and music. The connection between emotion, music and education is felt throughout this work.

If you could change to any other profession, what would it be and why?

I love what I do and am grateful to be able to do it. But, I think it would be pretty cool to work in a recording studio as a sound engineer or session musician.

What quote do you live by?

"Music expresses that which cannot be said and on which it is impossible to be silent." ~ Victor Hugo

Current job title/responsibilities:

As a mental health counselor, my primary role (both at SUNY Adirondack and in my private practice) is to provide care to people who are struggling mentally and emotionally. At the college I counsel students, as well as run psychoeducational workshops and groups, teach Freshman Seminar and Human Sexuality, serve on several college

committees, and I am the faculty advisor to Student Senate. In my private practice, I serve mostly children and families.

What is the best aspect of your job? Why?

Aside from being able to connect with so many different people through my counseling practice, I really enjoy the freedom I have

Current job title/responsibilities:

I am the director of instrumental and vocal music at Ticonderoga High School, where I teach all of the high school music classes. I am also the president of the Essex County School Music Association, and Vice President of We Are Instrumental, a non-profit organization whose mission is to improve accessibility to musical education for children in Northern NY by providing well-

working instruments and dynamic enrichment opportunities, and supporting the sustainability of our efforts through relevant professional development training for teachers of the region.

What is the best aspect of your job? Why?

BETHANIE LAWRENCE

Age: 32

Partner/Children: Patrick Lawrence (husband) Hank & Whiskey (dogs)

City, village or town you currently reside in: Hudson Falls

Employer: World Awareness Children's Museum

Current job title/responsibilities:

Executive Director

What is the best aspect of your job? Why?

My favorite aspect of my job is creating company culture. We have a great staff team made up of hard-working, creative, and passionate people, and we have very little turnover. I've been able to create a company culture that I would want to be part of: one that is healthy,



supportive, and balanced.

Where did you go to school?

University of South Carolina

Why do you think this region is a

good place to live and work?

I love living in this region because the Adirondacks are beautiful and the arts are thriving.

What one person has influenced you the most? Why?

I have been influenced by many people throughout my life. I often reflect on my former supervisors and bosses - they have influenced me the most. They have shown me what to do and what not to do as a boss, and I try to internalize and live out the best parts of their management styles.

What is your biggest goal in life?

My biggest goal is to make a positive impact on people's lives.

What do you do to relieve stress? How does it help?

To relieve stress, I take a walk with my two dogs, Hank and Whiskey. They like to stop and stiff everything, so it reminds me to breathe deeply, take time outdoors, and to enjoy and explore nature.

What are your three favorite

movies?

My three favorite movies are: 1. Legally Blonde 2. A League of Their Own 3. Little Women (2019)

What piece of literature has influenced you? Why?

Pachinko by Min Jin Lee. This book follows a family whose story spans generations. It shows women's strength and determination through incredible adversity.

If you could change to any other profession, what would it be and why?

If I could change to any other profession, I would want to see what it's like being a music supervisor for TV and movies. I've always been aware of the magic the right piece of music can have on an audience.

What quote do you live by?

"You never know what someone is going through. Be kind. Always."

SHAWN LESCAULT

Age: 36

Partner/Children: Tracy Lescault Tucker, 8 Jack, 5 Henry, 3

City, village or town you currently reside in: Wilton

Employer: Saratoga County District Attorney's Office

Current job title/responsibilities:

Bureau Chief, Vehicular Crimes Unit. Responsible for overseeing the investigation and prosecution of all felony and misdemeanor level alcohol/drug-related vehicular crimes, including vehicular assaults and vehicular homicides in Saratoga County.

What is the best aspect of your job? Why?

As a prosecutor, it's our job to represent the people of the State of



New York in criminal cases. This is a public trust which I and the rest of my colleagues at the District Attorney's Office take very seriously. Our ultimate goal is not to get a "win" or a conviction but to see that justice is done in every case. To that end, we work tirelessly to prevent dangerous people from harming others and we provide some degree of comfort to those who have been harmed by acts of violence. One of the greatest benefits of being a

prosecutor is that we get to work with many different types of people, including judges, court staff, law enforcement, and victims and witnesses from all walks of life.

Why do you think this region is a good place to live and work?

This region was a wonderful place to grow up, and an even better place to live and raise a family today. There are many activities just minutes away, and most importantly, there is a general sense of community, and interest in seeing the area continue to thrive. I feel very fortunate that I can work in the community I live in, give back to my community, and allow my children to experience all this area has to offer. Thanks to the combined efforts of local government leadership and partner organizations, this area continues to be one of the safest, and offers welcoming neighborhoods with low property and sales taxes, supports local business and encourages continuous investment back into our communities.

What one person has influenced you the most? Why?

It has never been just one person who had the greatest impact upon my life. Honestly, I have been extremely fortunate to have had the exact people I've needed for each stage of my life. I'm eternally grateful to all of the influential family, friends, teachers and mentors who have supported me along the way. However, without a doubt one of the most consistent influences in my life is my wife. She is my number one supporter, my life partner, and a true role model for how I try to live my life each and every day.

What piece of literature has influenced you? Why?

I am not sure I can say there is one book or piece of literature that has influenced me more than any other. I read a lot as part of my job, and a lot for fun. In general, I take something away from most any book, article or case I read.

If you could change to any other profession, what would it be and why?

I can't imagine doing anything else. But it would have to be career in law

enforcement or the military. I have so much respect for the men and women who answer the call to protect and serve, and put their safety and well-being on the line every day for other people.

What quote do you live by?

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat." Theodore Roosevelt

ASHLEY
LIVINGSTON

Age: 34
Partner/Children: Husband: Andrew Lafountain; Furbabies: Princess, Juliet, and Roscoe
City, village or town you currently reside in: Glens Falls
Employer: Hope & Healing



Hudson Falls
Why do you think this region is a good place to live and work?
We have wonderful community events regularly. It has a home-town vibe while not being boring. Lots of little shops and restaurants

downtown.
What one person has influenced you the most? Why?
I have two. My Aunt Bonnie she taught me what unconditional love is, to always stand up for what I believe, and to advocate for myself and for others. My mom taught me unconditional love also, how to be strong and not care what others think of me. I would not be where I am today if not for the love and guidance of these 2 women.
What is your biggest goal in life?
To open an animal shelter where I can foster animals for individuals who are experiencing homelessness, entering treatment, or in the hospital.
What do you do to relieve stress? How does it help?
I meditate or walk my dogs. Meditating helps me to reset my brain, and refocus. Walking my dogs also helps me reset and refocus. Both activities help me let go which helps to alleviate the negative physical symptoms associated with stress.
What are your three favorite movies?
Dirty Dancing, Why did I get Married, What about Bob
What piece of literature has influenced you? Why?
Night by Elie Wiesel I seen how someone can endure a horrible experience yet with resilience can persevere and go on to not only survive but thrive.
If you could change to any other profession, what would it be and why?
I am in the process of going back to college to obtain a BS in Community and Human Services to then go on to get my MSW in advanced integrated practice. I am doing this because I would like to eventually become a policy analyst or more public policy work.
What quote do you live by?
Acceptance is the answer to all my problems today.

MEGH
McCANE-HOWARD

Age: 37
Partner/Children: Husband Michael Howard/Stepdaughter Angela Weinberger, Daughters Macen and Lucy
City, village or town you currently reside in: South Glens Falls
Employer: Erbesd Instruments



a lasting legacy for our daughters as well as a positive impact on our community. I come from a very entrepreneurial family and being respected as a valued business partner by our team is very fulfilling. Knowing our daughters are watching me as a professional as well as a wife and mother pushes

me to live up to my potential.
Where did you go to school?
I am a South High graduate. I earned my Associates Degree from Hudson Valley Community College. I am currently completing my Bachelor's Degree at Penn State.
Why do you think this region is a good place to live and work?
There is nothing we can't offer in the Adirondacks! We have great small communities, amazing restaurants, stellar schools, unlimited possibilities for growth and a sense of small-town friendliness. Being able to enjoy all four seasons in a beautiful place like the Adirondacks while still being only a few hours from the bustle of New York City or the shores of Hampton Beach create a perfect pocket to raise our children and grow our business.
What one person has influenced you the most? Why?
My first instinct is to name my mother or father as the biggest influence on my life, but my final answer is actually my sister, Kate Johnston. Both of my parents have passed away, and my sister has filled that role for many years now, instilling and guiding me the way they taught her to. She is an entrepreneur, mother and giving member of our community. I strive to be the businesswoman she is, and hope my daughters turn out just like us!
What is your biggest goal in life?
The only thing that matters to me, as most mothers would probably agree, is to make my daughters proud. I'd also like to master Chef Gordon Ramsey's Beef Wellington recipe.
What do you do to relieve stress? How does it help?
After a long or stressful day, I love to cook. The immersive experience of creating something that tastes, smells and looks delicious taps into my creative side and tunes out the distractions of the world outside my kitchen walls.
What are your three favorite movies?

Goodfellas, Being the Ricardos and Hocus Pocus
What piece of literature has influenced you? Why?
As cliché as it may seem, The Bible. I was raised by a mom who instilled in us a very strong sense of faith and that has gotten me through some of the most difficult decisions, hardest moments, and greatest joys.
If you could change to any other profession, what would it be and why?
I would likely be a teacher if I had to choose a different profession. I know it is often a thankless job, but some of the kindest women I know are teachers. I believe it's a profession that brings out the best in people, both inside and outside the classroom.
What quote do you live by?
"He who sends the storm, steers the vessel," Thomas Adams. It serves as a reminder to me that there is always a lesson, a plan or a change that is meant to be.

Current job title/responsibilities:
I serve as the Chief Marketing Officer and Human Resource Director. This fills my plate with both creative outlets and relationship management that ensure the growth of our company.
What is the best aspect of your job? Why?
The best aspect of my job is working alongside my husband to create

ANGELA
MEAD

Age: 39
Partner/Children: Eric Kon-
azewski, 3 yr old son William
Knox Konazewski
**City, village or town you cur-
rently reside in:** Brant Lake
Employer: Broker/Owner of
Gallo Realty ADK Inc.



dacks are hands down one of the best places to live & work. The wil-
derness, wildlife, lakes and moun-
tains have everything one needs to
sooth the soul (while being able to
make a living at the same time)!

**What one person has influenced
you the most? Why?**

My Mom - Cindy Mead. She was
the former Broker/Owner who I
purchased Gallo Realty from. I
worked with her for 18 years and
she's taught me to be strong, inde-
pendent, and honest and that hard
work always pays off. She raised
four kids by herself and was always
so resourceful and resilient. She's
always encouraged being barefoot
and if you fall to make it part of the
dance.

What is your biggest goal in life?

My biggest goal in life is to raise
my son to be a respectable, kind &
adventurous young man. .

**What do you do to relieve stress?
How does it help?**

Bourbon; on the rocks.

**What are your three favorite
movies?**

I recently enjoyed "Where the
Crawdads sing" at the original
Strand Theater in Schroon Lake. I
love a movie that can live up to the
book! Truthfully, it's rare I make
it through a movie without falling
asleep.

**What piece of literature has in-
fluenced you? Why?**

The Midnight Library - a novel
about all the choices that go into a
life well lived. Learning to appreci-
ate the importance of the little
things in life.

**If you could change to any other
profession, what would it be and
why?**

If I wasn't a Realtor I'd be a hang
glide instructor in Brazil or a ship-
wreck diver in Sri Lanka.

What quote do you live by?

"The future belongs to those who
believe in the beauty of their
dreams" ~ Eleanor Roosevelt

**Current job title/responsibili-
ties:**

Oversee daily operations of two of-
fices; Schroon Lake & Chestertown,
managing 15 agents, and making
home ownership & second home
ownership a reality.

**What is the best aspect of your
job? Why?**

The best part about being a Real-
tor is being a MATCHMAKER. I love
introducing people to homes until
they fall in love with one. Then I'm

the wedding planner!

Where did you go to school?

Siena College - class of 2004

Why do you think this region is a
good place to live and work?

After considerable travel both
domestic and abroad, the Adiron-

CONGRATULATIONS
ANGIE MEAD!

From, Your Team At Gallo Realty



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BILL
MOON

Age: 35
Partner/Children: Wife = Bethany Moon Children = Jason and Colby Moon
City, village or town you currently reside in: Fort Ann
Employer: Big Brothers Big Sisters of the Southern Adirondacks



Current job title/responsibilities:

Chief Executive Officer - Responsible for setting the strategic direction for the agency and building and supporting the team to advance the agency for the betterment of the children and families that we serve.

What is the best aspect of your job? Why?

Hands down it is the team I have the pleasure of working with. I get

to work with the most dedicated and talented staff, volunteers, and supporters to help create opportunities for kids and remove obstacles for families on their paths to success.

Where did you go to school?
Queensbury High School, SUNY Adirondack, University of North Carolina Wilmington, and Western Carolina University

Why do you think this region is a good place to live and work?

Our Community is a wonderful place to live, learn and recreate. My wife and I wanted to come back to NY to raise our children in our hometown. The sense of community support and willingness to support our neighbors is the type of environment I want all of our children to experience growing up.

What one person has influenced you the most? Why?

I honestly cannot pick one single individual I have been the benefactor of many great mentors throughout my life. To name a handful...my parents who fought to provide me with opportunities; Mrs. Bureau a Queensbury school business teacher who showed me the value of meeting kids where they were at; a small group of friends who showed me family can be by choice as well as biology. My wife and children who keep me focused on what's important in life.

What is your biggest goal in life?

To raise my boys to become strong and compassionate young men with an understanding of community.

What do you do to relieve stress? How does it help?

Our family loves to be on the boat in Lake George or camping. I find it slows everything down when you lose cell service and are forced to unplug and be present.

What are your three favorite

movies?
Braveheart Gladiator Rounders
What piece of literature has influenced you? Why?

Man's Search for Meaning by Viktor Frankl So much of life and our interactions are based on perspective. Viktor Frankl illustrates how we can't always control everything that happens to us but how we cognitively frame events has tremendous influence on what we get out of those experiences.

If you could change to any other profession, what would it be and why?

Entrepreneur I enjoy helping to create opportunity. Our business owners and entrepreneurs do this every day for our community in both the people they employ and the communities they support.

What quote do you live by?
Our children deserve the best in us so that they can become better than us.

JANET
PRATT

Age: 39
Partner/Children: Michael Pratt- husband Amy Pratt- daughter, age 4
City, village or town you currently reside in: Gansevoort, NY
Employer: Warren County DSS



Current job title/responsibilities:

I am a Senior Caseworker in Preventive Services. I directly supervise caseworkers who work in the Preventive Services field of Child Welfare, alongside Child Protective Services and Foster Care. These caseworkers work hard with families who are often in crisis and need assistance with many different things. They are the unsung heroes in our community, helping many families every year with very little

recognition.

What is the best aspect of your job? Why?

I've been in the field of Child Welfare for well over ten years. The best aspect of my job is being able to share the knowledge I learned in working with families with the caseworkers who are doing the front line work now. I get a lot of fulfillment from helping families, and making sure children are protected and safe. I also enjoy celebrating the victories, even if they are small.

Where did you go to school?
Hudson Falls

Why do you think this region is a good place to live and work?

I love to wake up and see the mountains on the horizon, but be a short drive away from the ocean or a major city. I love the community we live in, my lovely neighborhood, and the many things there are to do in the area during every season. Working for Warren County has opened my eyes to the need there is in the area for services for family and children, and I feel lucky to be able to give back to the community.

What one person has influenced you the most? Why?

I don't think I can narrow it down to one person who has had the most influence over my life, but I can tell you who influences me today, and that would be my daughter, Amy. Everything I've learned up until this moment goes into teaching her how to be a kind, loving person. She challenges me daily, loves unconditionally, and has a personality like

no other. She has made me a better person in so many ways.

What is your biggest goal in life?

My biggest goal in life is to live it as best I can with the time I've been given. I was diagnosed with Stage 3A breast cancer in 2019, and didn't know for sure I would even make it to 40. That experience taught me not to take a single day for granted, and to be happy with the time you have. Three years later, I am cancer free, have a great job, and a wonderful support system that has been there through it all.

What do you do to relieve stress? How does it help?

I practice a lot of self-care. I do a lot of things with my husband and daughter as a family, and spend a lot of time with extended family. I love to read, and watch all the shows. I also love music and belong to a local handbell group. Being able to be with the ones you love, and do things you love to do makes stress not so bad.

What are your three favorite

movies?
I like television better than movies, so my favorite shows are: Schitt's Creek Ted Lasso Somebody Feed Phil

What piece of literature has influenced you? Why?

I recently read The Book of Longings by Sue Monk Kidd. It is a wonderful novel about strong women. It just goes to show that the struggles women endured during the time of the book still continue to this day, but that through it all- women are strong people.

If you could change to any other profession, what would it be and why?

I would love to be a travel journalist- where I get to go experience different parts of the world, and then write about them.

What quote do you live by?
"Fight for the things you care about. But do it in a way that will lead others to join you." -Ruth Bader Ginsburg

MATTHEW SECOR

Age: 35

Partner/Children: Wife: Jean
32 Sons: Ian 6 and Weston 4

City, village or town you currently reside in: South Glens Falls

Employer: Matt Secor Brazilian Jiu-Jitsu

Current job title/responsibilities:

Owner of MSBJJ, Certified police officer Warren County Sheriff's Department (Head Defensive Tactics instructor), Department of criminal Justice services (DCJS) Cadre for the Defensive tactics instructor program for the whole state of New York Effective fitness combatives (EFC) One of the main Cadre for our nationwide Defensive tactics program

What is the best aspect of your



job? Why?

The Jiu-Jitsu academy The students

Our main goal is to try and make everyone the best version of themselves We go by a simple mantra "1% better every day" we work on Progressive Forward movement Confidence is a huge part of success Police It has to be to give officers the right tools to keep everyone safe and themselves safe in every Scenario Being a part of the whole states defensive tactics instructor program has been amazing Also being a Warren county sheriff and helping the Community my family lives in is very important to me

Where did you go to school?

South Glens Falls school district

Why do you think this region is a good place to live and work?

We live in such an amazing area, the Adirondacks alone are some of the world's most beautiful mountains especially in the fall For work I was born and raised in South Glens Falls so helping this community is very special to me because it is where I was forged from

What one person has influenced you the most? Why?

There are so many but if I had to pick one it would be my wife Without my wife nothing I have done would be possible she is the heart of our family and my boys and I are so very lucky to have her

What is your biggest goal in life?

To be happy Happiness is all a perspective everyone's is different but in all to be happy and healthy are the most important goals for me

What do you do to relieve stress? How does it help?

Easy question Jiu-Jitsu You just do not only teaches you how to defend yourself but teach you how to troubleshoot and make the right decisions under pressure and also build confidence A confident community is a strong community

What are your three favorite movies?

Forrest Gump, Shawshank redemption, The Secret

What piece of literature has in-

fluenced you? Why?

How to Win friends and influence people by Dale Carnegie The heart of a Champion by Bob Richards The outliers by Malcolm Gladwell

If you could change to any other profession, what would it be and why?

This is hard but probably a medical doctor Medicine is in my family my sister is an MD So MD because they help so many people Emergency MD front lines

What quote do you live by?

"The real definition of hell dying and meeting the person who could've been" This quote ultimately comes down to one word and that's regret. Regret is a funny thing because we don't see it till it's too late



Thank You

I'm honored to have been nominated
as one of the 20 under 40 Honorees!
- Matt Secor



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EVAN SULLIVAN

Age: 32
Partner/Children: Alex Sullivan, Spouse Grayson Sullivan, Son
City, village or town you currently reside in: Queensbury
Employer: SUNY Adirondack, Instructor of History



changed so much since I was in High School (I won't say when that was!). It is really nice to see how much it has grown, and how much there is to do around here while still having a small-town vibe. I like that I can live and work close to family and friends, and that I know the communities that some of my students come from.

What one person has influenced you the most? Why?

My PhD adviser Rick Fogarty at SUNY Albany. He was my first contact in the history department there when I transferred. I remember sitting in his undergraduate class called "War and Society" and thinking how amazing it was to be able to study that topic in detail. He was essentially my adviser from when I started at SUNY Albany in 2011, through my BA and MA, and until I graduated with my PhD in 2020. Though I learned a lot from all of my professors at SUNY Adirondack and SUNY Albany, Rick has made the biggest impact on my career trajectory.

improve my content as well as the methods I use to help students think critically, write well, and become the most responsibly educated citizens they can be. I also really enjoy seeing them succeed over the course of the semester, and even after they have gone on to do other things.

Why do you think this region is a good place to live and work?

Glens Falls/Queensbury has

What is your biggest goal in life?

I want to publish a book. But in a non-professional sense, I want to live a life of purpose, compassion, and gratitude with my family.

What do you do to relieve stress? How does it help?

I love to cook. Nothing relieves stress like putting on some good music, and either cooking a nice dinner or baking a homemade loaf of warm, crusty French bread.

What piece of literature has influenced you? Why?

Jean-Yves Le Naour's 2002 book *The Living Unknown Soldier: A Story of Grief and the Great War*. The book is just breathtakingly captivating in a way that draws you in from the moment you start reading. It explores the real life of a French soldier from World War I whose combat trauma leaves him with amnesia - no memory of who he is. The true story explores the desperate efforts and legal battles among French widows, mothers, and fathers to try to claim the wounded soldier as their hus-

band or son in an attempt to prove to themselves that their loved one who had been reported as either dead or missing in action had not, in fact, died. It inspired me to research and write an article about a similar topic, titled "America's Living Unknown Soldiers," which appeared in the international history journal *First World War Studies*.

If you could change to any other profession, what would it be and why?

I know this might be an insufficient answer, but perhaps something to do with research or archival work. It is similar in that I would be able to work with documents, and I might still be able to produce scholarship and teach people.

What quote do you live by?

Two quotes I have enjoyed recently. The first comes from Deepak Chopra: "The most important thing you could be doing is whatever you're doing right now." I cannot recall who said the second one: "Knowledge is power, and power should always be used for good."

Current job title/responsibilities:

Instructor of History I teach primarily modern and early modern Europe and the world, as well as modern US history.

What is the best aspect of your job? Why?

I really enjoy connecting with students. I learn so much from my in-class interactions with them, and enjoy seeing them around campus. Teaching history at the college level challenges me to continuously try to

ALYSON WHITE

Age: 37
Partner/Children: Two awesome kitties - Lucius and Luna
City, village or town you currently reside in: Saratoga Springs
Employer: Courtyard Lake George



Penn State University

Why do you think this region is a good place to live and work?

Originally from the NYC Metro area, during covid I was needing a change of scenery and away from the city life. I had the opportunity

to relocate up here temporarily and ended up loving it! I love the fresh air, the mix of mountain, lake, and city life, and I don't have to fight for a parking spot anymore

What one person has influenced you the most? Why?

My Mom and Dad - I can't pick between the two. They worked their entire lives to make sure my sister and I had the best private school educations, plenty of material things, and a lot at the expense of themselves. There was never a shortage of love, and they really are the two most amazing people in my life. They gave me my sense of integrity, work ethic, and drive to always do better today than I did yesterday.

What is your biggest goal in life?

To travel as much as possible. One of my idols is Anthony Bourdain, and he inspired me to take in as much of the world as I can.

What do you do to relieve stress? How does it help?

I really enjoy cosmetics and skin-

care. I am completely a novice and self-taught, but I enjoy taking the time to do a form of artistry. I also enjoy learning about the chemical formulations of cosmetics.

What are your three favorite movies?

Anchorman Love, Actually. Any and All Harry Potter Movies

What piece of literature has influenced you? Why?

My grandfather bought me the entire set of Anne of Green Gables when I was in grade school, and I cherish those volumes to this day. I still pick them up and re read them from time to time.

If you could change to any other profession, what would it be and why?

A travel writer for a publication - please pay me to travel!

What quote do you live by?

Nothing in the world was ever accomplished without passion.

Current job title/responsibilities:

General Manager of entire hotel operations and financials

What is the best aspect of your job? Why?

Being able to interact with so many people - from guests to employees, - all with different stories and backgrounds. No day is the same, and it is never boring!

Where did you go to school?

TYLER WHITNEY

Age: 31

Partner/Children: Heather Whitney - Wife, Hunter Charpentier - Step-son

City, village or town you currently reside in: Fort Ann

Employer: Southern Adirondack Independent Living (SAIL)

Current job title/responsibilities:

Deputy Executive Director - Southern Adirondack Independent Living is a nonprofit that assists community members to live more independently in the community. SAIL currently operates 13 grant programs that are awarded by the federal and state governments. As the Deputy Executive Director, I am responsible for general oversight of the agency including all programs and staff. In addition, I am responsible for all agency reporting at both state and



federal levels.

What is the best aspect of your job? Why?

The best aspect of my position at SAIL, is being able to empower both our staff and the community members that we serve. In my role, I have the opportunity to work

closely with all of our staff, helping them grow in their respective roles and helping them recognize each of their own potential. SAIL helps people live more independently, and each and every day, I am able to see lives changed.

Where did you go to school?

SUNY Adirondack and SUNY Albany

Why do you think this region is a good place to live and work?

There is no place quite like the greater Adirondack region. Much too often, our backyard is overlooked and taken for granted, however, having the opportunity to serve a region as far south as Schoharie and as far north as Canada - I have the opportunity to work alongside with all different people from all walks of life and for that - I am grateful.

What one person has influenced you the most? Why?

The person who has influenced me the most in my life is my father. My dad has spent his entire life, showing me what true work ethic looks

like, and how to not only be the best employee, but to go above and beyond as a person. From a young age - I knew that in order to be successful in my career, kindness and compassion matters. I would be remised to not say that while my dad has influenced my work ethic, my mom is the reason I care so deeply about those around me and my passion for helping others.

What is your biggest goal in life?

My biggest goal in life is to change people's lives for the better. I have devoted my career to working with disadvantaged populations and I am grateful that I am afforded the opportunity to this every day.

What do you do to relieve stress? How does it help?

When I have free time, you will almost always find me spending time with my wife, Heather and stepson, Hunter. We enjoy spending time outside, often watching Hunter play baseball all over the region. You may also find us at the dog park with our two black labs, Miley and Maggie. Family is truly the most

natural stress reliever that there is.

What are your three favorite movies?

The Hustle, The Sandlot, Old School

What piece of literature has influenced you? Why?

"The Four Agreements" written by Don Miguel Ruiz is the most influential literature I have read. I am often reminding myself, both personally and professionally of the four agreements and I attribute much of my mindset on life to this book.

If you could change to any other profession, what would it be and why?

If I could be in any other profession - I would want to explore the world of foster care. My wife and I are certified foster parents and have had many young ones stay in our home during periods of transition.

What quote do you live by?

"Do things for people not because of who they are or what they do in return, but because of who you are." -Harold S. Kushner"

SARAH R. WRIGHT

Age: 39

Partner/Children: Husband - John Wright Children - Caroline (11), Claire (9) and Charlie (6)

City, village or town you currently reside in: Queensbury

Employer: Adirondack Health Institute (AHI)

Current job title/responsibilities:

Chief Financial Officer

What is the best aspect of your job? Why?

Every day is different! I oversee finance, contracting and human resources but also work closely with program operations and regional partners so I get to work with a lot of different people supporting AHI's mission in a variety of different ways.



Where did you go to school?

Hartford Central School, Siena College

Why do you think this region is a

good place to live and work?

We live in one of the most beautiful places in the country with access to NYC and Boston within just a few hours. I have met so many people

personally and professionally that are passionate about keeping our community in good health and an attractive place to live - and that's a great thing to be part of!

What one person has influenced you the most? Why?

There have been many throughout the years (friends, colleagues, superiors, family members), but I'd have to say my parents, Jim and Debbie Morris. They have always supported me and pushed me to do my best while teaching me to have an appreciation for hard work and to give back to your community.

What is your biggest goal in life?

To never stop learning and to provide experiences to my children that set them up for success and instill in them an appreciation for living life to the fullest.

What do you do to relieve stress? How does it help?

I enjoy running, working out, and recently took up golf. I'm not sure that last part actually relieves stress but I enjoy getting out and

spending time with my with friends and family.

What are your three favorite movies?

National Lampoons Christmas Vacation, 50 First Dates, Billy Madison

What piece of literature has influenced you? Why?

My favorite book is actually one I developed an appreciation for after having kids. Shel Silverstein's "The Giving Tree". It's a good reflection of life - there is always something you can give, value those around you, and try to slow down and enjoy things in the moment.

If you could change to any other profession, what would it be and why?

Maybe something to do with design or architecture - I've always enjoyed being creative

What quote do you live by?

"Whether you think you can, or you think you can't - you're right" - Henry Ford



CONGRATULATIONS TYLER WHITNEY!



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