

THE POST-STAR

2040

UNDER

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advertising supplement to

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Welcome to our
celebration of

THE POST-STAR
2040
UNDER

We are proud to introduce our 2020 Post-Star 20 under 40 honorees. As we continue to navigate an uncertain world with COVID-19 impacting all aspects of our lives, announcing these honorees affirms that our region is in good hands for the future. Our entire area benefits every day from the commitment and involvement of these community members. As you read about each honoree I hope you will get a sense of who they are, the people that influence them, and their goals.

Thanks to all of you who took the time to nominate an outstanding 20 under 40 candidate. These nominations really highlight the young leadership that is so active and involved in our communities.

I would like to thank Pam Fisher, Tom Lyons, Kevin Porpora and Mindy Wilson for their commitment to this event. Reading over the nominations is inspiring, but narrowing down to only 20 honorees is very difficult.

Please join us as we celebrate the achievements of these very talented 2020 Post-Star 20 Under 40 honorees. Due to the COVID-19 pandemic, we will be unable to host an awards luncheon this year but look forward to having a formal event in the future.

Brian J. Corcoran
Lead Regional Finance Director, Lee Enterprises Inc.

Congrats

Heather Ashline and Lisa Carpenter
2020 Post-Star 20 Under 40 honorees.

Glens Falls National
Bank and Trust Company

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Heather Ashline

Age: 38
Partner/Children: Spouse: Jason Shline, Children: Jason Ashline II, Alec Ashline
City, village or town you currently reside in: Whitehall
Employer: Glens Falls National Bank & Trust Company



Current job title/responsibilities: Wealth Management Operations Team Lead. I manage our operations team of six employees. I oversee the processing of all

transactions going in and out of the division. I collaborate with our vendors regularly regarding system issues and updates. I assist with management and compliance re-

porting. I compile documentation for multiple annual audits. I request system access for the division and annually review all users for job appropriateness. I have also served as project manager for several division projects.

What is the best aspect of your job? Why?
The people. We have a great team and I am honored to be able to work with them every day.

Where did you go to school?
Whitehall Jr./Sr. High School - Ad-irondack Community College

Why do you think this region is a good place to live and work?
There is a strong sense of community. Everyone supports each other and lends a helping hand when they can.

What one person has influenced you the most? Why?
My parents. They are the reason I am who I am. They instilled the importance of being responsible, dependable, respectful and hard working. They showed me what being a parent means and the sacrifices that we make for our children. I was well prepared to go into the world on my own but they were still always there when I needed them. I only hope that my boys can say the same.

What is your biggest goal in life?
To live a long, happy and healthy life.

What do you do to relieve stress? How does it help?
Walk. There is something about the fresh air that just clears my mind.

What are your three favorite movies?
Mamma Mia!, 27 Dresses, Couples Retreat

What piece of literature has influenced you? Why?
I couldn't pick just one but my favorite thing about reading is being taken to a different time and/or place. I think that is what has fueled my love of traveling. I hope to be able to do more of that I the near future.

If you could change to any other profession, what would it be and why?
I love to bake. I have been told several times that I should open a bakery. It makes me very happy to see people enjoying my food.

What quote do you live by?
Everything happens for a reason.

Lisa Carpenter

Age: 31
Partner/Children: Blaine Carpenter - husband, Finley John - son, Cora Hazel - daughter
City, village or town you currently reside in: Fort Edward
Employer: Glens Falls National Bank and Trust Company



Current job title/responsibilities: Assistant Vice President, Loan Services Manager: Assists the Loan Services Department Senior Manager with reports. Assists the Loan Services Department Senior Manager with special projects. Cooperates with, participates in, and supports the adherence to all internal policies, procedures, and practices in support of risk management and overall safety and soundness. Coordinates specific work tasks with other personnel within the unit or department as well as with other units and departments in order to ensure the smooth and efficient flow of information. Complies with established operating policies and

procedures in order to integrate goals and activities. Responds to inquiries relating to particular area, or to requests from other bank personnel, customers, etc., within given time frames and within established policy. Maintains appropriate records and provides assigned reports. Most recently I have been working with an internal task force to analyze workflow processes company wide. This small group focuses on each area within the company to fully understand current processes and make suggestions and changes to help create efficiencies to better serve our customers.

What is the best aspect of your job? Why?

The best part of my job is being given the flexibility to make a difference. I feel that I am given freedom, support and encouragement to voice my thoughts, take action and try something new. I am constantly thinking of ways to create efficiencies and looking for products that can help us accomplish this. I strive to create a better process and better experience for our employees and our customers.

Where did you go to school?
Fort Edward - High School; SUNY Plattsburgh - College

Why do you think this region is a good place to live and work?
This area is in a renaissance period. I love working in Glens Falls and living in this area. The growth, change and rebirth of this city has flowed into the other towns in our area. We are seeing businesses taking root all over the place, people are starting to become more involved in the local history and investing in this area. There are banners of area high school seniors and veterans hanging all throughout Fort Edward and Hudson Falls. I love to see the pride that the communities have. This is something that this entire region is focusing on and it is one of the best reasons to live and work here.

What one person has influenced you the most? Why?
My mother has been my biggest in-

fluence in life. She has always been a hard worker and done everything she can to provide for our family. She is the most selfless person I have ever met. She is always putting herself last. Everything that I am today is in large part to her. She has shown me grace, she has shown me unconditional love and also keeps me in check. Thank you, Mom!

What is your biggest goal in life?
My biggest goal in life is to make my family proud. I want to be the best example for my children. I want them to know that hard work pays off and that they can achieve anything, even if it isn't exactly what they initially set out to do.

What do you do to relieve stress? How does it help?
Most recently, I've gotten into some light gardening. It has been a really nice way to step away from the craziness of the moment and redirect our focus. It is so fun to see the kids light up when a strawberry suddenly appears, or watch then pull a cucumber and take a big bite. This helps in so many ways. The first is that I feel like I really can provide in the most basic way for our family. The other is that it gets us outside and gives a chance to learn new things as a family. We also recently got a projector so we watch a lot of movies outside. This is so much fun and our 3 year old gets so excited about it. This is something that is

going to be a big part of unwinding for our family for many years ahead of us.

What are your three favorite movies?
Bull Durham, Pride and Prejudice, La La Land

What piece of literature has influenced you? Why?
Wild - Cheryl Strayed This is the ultimate story of doing something that you really have no business doing, but doing it anyway. It isn't just the physical nature of what Cheryl did, but really the mental and emotional aspect of the journey. I think we all have those moments or periods in our lives when we question ourselves along the way. It's important for me to remember that it's just as much, if not more, about the journey than the destination.

If you could change to any other profession, what would it be and why?
Music director for movies. I would love to be able to be the person that controls the emotion of a scene based on the music that is in it. It has always been something that interests me.

What quote do you live by?
"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."
- Maya Angelou

Jeffery
Bean, Jr.

Age: 39
Partner/Children: Jennifer Bean-wife,
Gracie Bean-daughter
**City, village or town you currently re-
side in:** Queensbury
Employer: Beans country store



Current job title/responsibilities:
Owner

What is the best aspect of your job? Why?
Being my own boss and being able to provide a living for my family and that allows my employees to do the same

Where did you go to school?
Queensbury

Why do you think this region is a good place to live and work?
Because if you work hard the opportunities are there for you to attain and to be honest this area is beautiful

What one person has influenced you the most? Why?
I actually have two, my parents....they both showed me what a hard work ethic is

What is your biggest goal in life?
To live comfortably, and to raise my daughter with my wife to show her what it's like to have goals and achieve them

What do you do to relieve stress? How does it help?
I coach and watch my daughter in her sporting events

What are your three favorite movies?
The Bronx is Burning, Wolf of Wall Street

If you could change to any other profession, what would it be and why?
I'd own a marina.....the water is where I find the most peace

What quote do you live by?
Tomorrow is never promised.....live today



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menu

Congratulations

Jeff Bean
for his recognition as
a Post Star 20
Under 40 Recipient.

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Kayla Carlozzi

Age: 31

Partner/Children: Oakley (furchild-dog)

City, village or town you currently reside in: Brant Lake

Employer: Family YMCA of the Glens Falls Area



Current job title/responsibilities: Campaign & Events Director

What is the best aspect of your job? Why?

The best aspect of my job is getting to share the amazing stories of the lives that are touched through our financial assistance program at the Family YMCA of the Glens Falls Area. In Brant Lake we have another branch, YMCA Adirondack Center, which serves the children in the community with endless opportunities. The best program in my

opinion, is our No More Learning Gap Summer Literacy Program which is provided free of charge to the participants. This six week camp like experience gives children from North Warren Central School the opportunity to enhance their reading, social and emotional skills. It is so heartwarming to be a part of an organization that does so much for the community I live in.

Where did you go to school?

North Warren Central School & SUNY Potsdam

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

The Adirondacks are such an incredible and beautiful place to live because of their never ending opportunities to enjoy the outdoors. For the last 18 years I have been a part time ski instructor at Gore Mountain; to be able to enjoy the most incredible views while teaching people of all ages how to ski or how to improve their skiing is so fulfilling. I purchased a home in Brant Lake over four years ago knowing that this was exactly where I wanted to live my life and where I could enjoy all of my favorite activities such as skiing, water skiing, hiking, camping, hunting, snowshoeing, snowmobiling and boating.

What one person has influenced you the most? Why?

Over the last several years of working with the YMCA I have come to know and adore Sylvia Smith. Her dedication, generosity and creativity are so admirable. Sylvia has a great connection to her town through serving on the Town of Horicons Board as well as the Historical Society, she is also the Vice President for the YMCA's board.

She is involved in many aspects of a community that she clearly loves and wants to see flourish. Sylvia is a problem solver and creative thinker, for all these reasons and so many more she has by far influenced me in many ways.

What is your biggest goal in life?

All I could ask for out of life is to be happy with what I am doing and where I am.

What piece of literature has influenced you? Why?

Educated by Tara Westover is a memoir about a girl who grew up in a home that was completely isolated from society, where the family was always preparing for doomsdays and did not believe in modern medicine or education. Tara brings you step by step through her life in her eyes, she describes how she overcame her adversities, found her thirst for knowledge in history and where this passion takes her. This book is influential in so many ways, by far the biggest take away was realizing all that I have been given in life and how much I take small things for advantage.

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

If could change professions, I would run a home for abused women/families where their pets are welcomed. This home would give these women and children the opportunity to have a space to live while starting a new chapter in life without having to worry about where their pet would go. The thought of having to leave an animal behind in an abusive relationship is terrifying to me for the animal and the person having to leave the animal behind. I feel that the connection people have with their animals is something that is special, therapeutic, calming and gives a feeling of being "home" even when they are not.

What quote do you live by?

"Life is not about the amount of breaths you take, but the amount of times life takes your breath away" George Carlin (Though I do not know how you want to give credit because as much as I research online no one is absolutely positive who's quote it actually is)

Katy Cook

Age: 31

Partner/Children: None

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

Employer: Adirondack Health Institute



Current job title/responsibilities:

Job Title: Telehealth Project Manager Responsibilities: My role is to oversee the development of telehealth (a.k.a. virtual care) programs or service lines in health care facilities in the North Country region. I have been with AHI for almost four years and have helped develop and launch over 35 telehealth programs across a nine county region. My day to day involved assisting clinicians and program directors in the details of developing a telehealth program for their organization which can include anything from selecting the right hardware and software to carefully reviewing state and federal

legislation and reimbursement policies. Job Title #2: CF-L1 Trainer at Lake George CrossFit Responsibilities: Leading group classes through programmed workouts and ensuring proper and safe technique for all members. I also manage our social media accounts and blogs.

What is the best aspect of your job? Why?

I feel very fortunate that both of my jobs involving helping people. I always felt a calling to want to help and serve others and I get to do this every single day. Through my work in telehealth with AHI, I get to work with some brilliant clinicians and

health care leadership in our region to guide them in developing telehealth programs that will provide their patients better access to health care and services that they otherwise may not have sought out due to transportation, child care, mobility, or other issues. Knowing in some small way that I am making access to health care just a bit easier is the best part of my day. With coaching CrossFit, it is incredibly rewarding to help people discover their potential to move functionally and live a healthier and more pain free life. Our community is strong and filled with many amazing members who show up every week to work out and become better versions of themselves. Being a part of that process and seeing some of the transformations our members have made over the years is a great thing to witness!

Where did you go to school?

SUNY Plattsburgh and Utica College

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

I have been a resident of Glens Falls and Queensbury for over a decade, and hail from a tiny town up north called Minerva. I have always loved this area because the people are so

friendly and welcoming. It truly is a community that supports its own, you do not find that everywhere you go. There is so much to do socially, so many great restaurants and breweries to support, so many events to attend, and many local businesses to shop from. I couldn't imagine living anywhere else.

What is your biggest goal in life?

My biggest goal in life is to someday (in the next 5-10 years, as cliché as this sounds) is to be the CEO. I know this is broad, but I have always envisioned myself higher up in health care leadership and I work hard every day to prove I am capable and competent enough to handle a role like that.

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

CrossFit! I have been attending Lake George CrossFit since late 2012 and it has been the single best decision I have ever made. It is more than just a workout, it is a community of like-minded individuals with similar goals and mindsets who push one another to succeed whether in that hour of the day at class, or in life as a whole.

What piece of literature has influenced you? Why?

I recently wrapped up "Fortitude: American Resilience in the Era of Outrage" by Dan Crenshaw. This was a fantastic book and contained many principles throughout which one should live their life by. These include developing mental toughness, refusing to let less than ideal circumstances dictate your life and mindset, and treating your fellow humans with respect and grace.

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

I have always wanted to go back to school to become a nurse. Nurses, and health care clinicians in general, are true heroes. My desire to serve others would certainly be met/achieved by taking a few years to go through nursing school, while still remaining in the health care field that I have grown my career in.

What quote do you live by?

"Tough times don't last, but tough people do." I remember my Father saying this to me when I was a teenager and I always remember this quote when life hands me a tough situation to handle.

Natalia Carusone

Age: 39

Partner/Children: I am married to Jason Carusone and we have two daughters, Tessa (9) and Keira (7).

City, village or town you currently reside in: Queensbury

Employer: Saratoga Springs City School District



Current job title/responsibilities:

I am a Teacher of English as a New Language at Maple Avenue Middle School. I teach English as a New Language and co-teach Integrated English Language Arts classes. I am a co-advisor of the International Club and a co-facilitator of a regional professional learning community of ENL teachers.

What is the best aspect of your job? Why?

When I work with students who are learning English as a new language I get to participate in their growth

first hand. I often work with the same students for 2 to 3 years and it is exceptionally rewarding to see them learn how to communicate in a new language and how to express their thoughts and feelings. Many of them come from different educational and cultural backgrounds and they must learn to navigate their life in a new setting. I have seen great compassion for young English language learners from both classmates and adults. This has helped them to become more confident in their English and become a part of our school and community.

Where did you go to school?

Krasnoyarsk Pedagogical University and Walden University

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

This region is an amazing place to live and work since it offers unlimited opportunities to enjoy nature while providing so many choices for cultural experiences. My family and I enjoy hiking, kayaking and spending time outdoors as well as visiting local museums and theaters. One museum that is especially close to my heart is The World Awareness Children's Museum which has several pieces of Art from my home town of Zheleznogorsk, Russia.

What one person has influenced you the most? Why?

My English and French teacher, Ms. Ksenia Kogan, has had a huge impact on my life. She introduced me to the beauty of foreign languages and taught me the value of a strong work ethic. I have wonderful memories of reading The Prince and the Pauper in a foreign language with a dictionary on my lap and trying to figure out every detail of the book. Ms. Kogan pushed me and encouraged me to find the answers without giving it away. With her guidance I learned patience, perseverance and the joy of solving the mystery of text. My time spent with

Ms. Kogan helped me decide to be a teacher and I hope to share similar experiences with my students.

What is your biggest goal in life?

I aspire to help the children in our community, as well as my own children, to become a part of a kind and happy generation. Working with diverse students and volunteering at the World Awareness Children's Museum allows me to share my cultural experiences and encourage children and adults to learn about each others differences and similarities. I try to teach acceptance and kindness to my daughters, the kids at school and the children I encounter at the museum.

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

I love spending time with my family and watching my daughters learning to sew, bake or garden helps me to slow down and experience life through their eyes. I enjoy creating the memories for all of us even though it can mean a lot of clean up afterwards!

What are your three favorite movies?

Once, Arrival, Mary Poppins

What piece of literature has influenced you? Why?

One of my favorite books is "The

History of the World in 10 1/2 Chapters" by Julian Barnes. I first read the book in college and I continue to reread parts of it periodically. It is a compilation of stories and perspectives on the most essential questions of humanity. The book continues to evoke my emotions, at times it makes me smile and sometimes it brings tears to my eyes. This book is captivating in its ability to connect different narrators and create a whole picture of the world with its best and its worst. The book reminds you to be aware of and understand that there are many different perspectives.

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 interpreter. I enjoy the translation from one language to another and interpreting the non-verbal and other cultural aspects of communication. I have done some interpreting and I really enjoy helping people from different backgrounds and countries communicate!

What quote do you live by?

"When given the choice between being right or being kind, choose kind." R.J. Palacio

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Congratulations, Natalia Carusone!

Saratoga Springs School District
&
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World Awareness
**CHILDREN'S
MUSEUM**



89 Warren Street
Glens Falls, NY, 12801
518.793.2773
WorldChildrensMuseum.org

Kevin Dougrey

Age: 34

Partner/Children: Not married but in a relationship

City, village or town you currently reside in: Queensbury

Employer: Hudson Headwaters Health Network



Current job title/responsibilities: Chief of Medical Staff Operations I oversee the administrative, regulatory and fiscal planning activities related to the medical staff comprised of close to 200 healthcare providers at Hudson Headwaters. Additionally, I manage the organization's palliative care program, nursing home medical services and Homeward Bound Program, offering in-home care for those unable to travel.

What is the best aspect of your job? Why? I firmly believe that health care is a right. I am fortunate enough to play a role in providing quality health care, and access to that care, for everyone in our communities. Hudson Headwaters is often on the forefront of innovation with the goal to offer a sustainable and

community-focused health system through comprehensive primary care and diverse partnerships. This involves taking calculated risks to offer new initiatives and technologies to our patients and staff. There is no better feeling than when our plans come together and we are able to see positive outcomes in the community. I also get to travel through some of the most beautiful counties in the state.

Where did you go to school? Saint Leo University

Why do you think this region is a good place to live and work? I believe that it is the things that we do not choose, that makes us who we are. It is our towns, neighborhoods and families that help shape the people that we become. It is important to grow and evolve as people but it also very important to take pride in the communities that help shape us. Not a week passes where I do not see everyday citizens taking pride in their communities by helping their loved ones, neighbors and the beautiful natural environment that surrounds them.

This region has some of the most proud, respectful and community driven people that I have encountered. It is this sense of community that inspires me to help others.

What one person has influenced you the most? Why? I'd prefer to say both my parents but since I cannot choose one over the other it is John Sawyer, MD, former CMO at Hudson Headwaters. Dr. Sawyer taught me how to lead through both strength and kindness. He did this with an unwavering desire to be fair to all people.

What is your biggest goal in life? To never stop learning.

What do you do to relieve stress? How does it help? I enjoy being outside in the fresh air with my hound dog, Otis. The fresh air in our region is therapeutic and no matter what, Otis is always happy to see me.

What are your three favorite movies? Back to the Future, Vanilla Sky, The Big Lebowski

What piece of literature has influenced you? Why? The Sun Also Rises by Ernest Hemingway The novel expresses the idea that one generation fades into another, and the sun will continue to rise, while each generation passes on. This serves as a reminder that no matter how bad one day or one singular problem may seem that the sun will continue to rise and that the tides will continue to change. It helps me focus on my problems by putting one foot in front of the other.

If you could change to any other profession, what would it be and why? I'd be a college professor. I'd be able to teach and learn from others every day.

What quote do you live by? "Let us not despair but act. Let us not seek the Republican answer or the Democratic answer but the right answer. Let us not seek to fix the blame for the past - let us accept our own responsibility for the future." John F Kennedy



Congratulations Kevin Dougrey and all of the 20 under 40 honorees!

Kevin Dougrey, VP of Medical Staff Operations



HUDSON
HEADWATERS

HEALTH NETWORK

Kelly Stephen Eustis

Age: 32

Partner/Children: Jack, 9-year-old son

City, village or town you currently reside in: Argyle

Employer: Greater Greenwich Chamber of Commerce



Current job title/responsibilities: Managing Director - Responsible for providing leadership, fiscal and personnel management, planning, membership development, reporting and coordination of all administrative operations, programming and activities of the Chamber.

What is the best aspect of your job? Why? Helping small businesses! Connecting with the business community, seeing their concerns, and assisting in growing their enterprise through marketing and collaboration.

Where did you go to school?

Graduated from Argyle Central School (2005); attended SUNY Potsdam (2005-2007)

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

Our region has a "small town" feel that I believe encourages each other to work together. There are shared struggles and success. Upstate New York has had its ups and downs. We live and work in a resilient region. Between natural beauty and our community spirit, it is a great place to be. There is still a sense of freedom that is not present in other parts of the state and country.

What one person has influenced you the most? Why?

My Uncle Michael Booth is someone that has become an influence on my life, especially in the last year. He was a small business owner and leader in the community. Just after I joined the Chamber he was sick and passed away far too early from cancer during that month. It

was motivation to help and be a resource for others. Shortly after I began working at another non-profit, Hope & Healing Recovery Community and Recovery Center, to help those in addiction recovery in which I use my personal experience. Uncle Mike is in mine and many others' thoughts.

What is your biggest goal in life?

To be successful in order to give my son the best life possible and leave a legacy of helping others.

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

I enjoy cooking. There is something about making other people feel good through food. It also gives me something else to focus on with a non-stop brain.

What are your three favorite movies?

Goodfellas, Forrest Gump, and Braveheart

What piece of literature has influenced you? Why?

The Great Gatsby by F. Scott

Fitzgerald is my all-time favorite novel. Gatsby, a self-made man, who beholds the glamour of the 1920s, but in unhappiness sees demise -- almost reminiscent of Fitzgerald's life itself. There is something tragic and personal, yet uplifting, in its message.

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

I want to be many things! Being a history teacher is a top one. I love history, especially being from a region that has such a rich past, and believe young people need to know how our country was founded, lessons learned, and the sacrifices people made to make our country what it is today.

What quote do you live by?

"My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose - somehow we win out." - President Ronald Reagan

Congratulations!

Kelly Stephen Eustis

Managing Director

on his recognition as a  honoree!



"Our mission is to support, promote, and attract business for the advancement of our community"

(518) 692-7979
info@greenwichchamber.org
6 Academy Street, Greenwich, NY 12834



Edward Fitzgerald

Age: 39
Partner/Children: Cate and children Emily (9) and Matthew (6)
City, village or town you currently reside in: Glens Falls
Employer: McPhillips, Fitzgerald & Cul-lum LLP



What is the best aspect of your job? Why?
The satisfaction of helping people navigate challenging legal matters.

Where did you go to school?
University of Maine; Albany Law School

Why do you think this region is a good place to live and work?
This region has community in the neighborhoods, the schools and among the businesses, something no longer found in many places. Beyond the immediate area are many gems including the Adirondacks and Saratoga. Even further you can be to Montreal, NYC or Boston in a matter of hours. Few places in the country have all of these opportunities.

What one person has influenced you the most? Why?
My father. He has been a great role model and mentor.

What is your biggest goal in life?
To raise well rounded children and be a good

husband and father, and respected in my professional community.

What do you do to relieve stress? How does it help?
Evaluate what is worth stressing about. Exercise; outdoor activities of hiking and skiing; spend time with my family.

What are your three favorite movies?
James Bond, Hunt for the Red October, Elf

What piece of literature has influenced you? Why?
I enjoy history, especially reading biographies of historical figures, as you learn about the times, the person and how they dealt with challenges in their lives.

If you could change to any other profession, what would it be and why?
If I could be paid to travel the world, I would be a travel guide.

What quote do you live by?
Service Above Self

Maura Forcier

Age: 32
Partner/Children: Michael Forcier (husband) Vivian Forcier (daughter)
City, village or town you currently reside in: Queensbury, NY
Employer: Owner of MinkyMink Clothing Boutique



Why do you think this region is a good place to live and work?
I love that we are a short drive to the Adirondacks and then close to NYC. Our community is very tight knit and a lot of people in our region love to support local businesses. When my shop was closed due to Covid-19, I definitely felt the love from my customers who chose to shop with me and supported me during a difficult time.

What one person has influenced you the most? Why?
Both my parents have been huge influences in my life. They have always been incredibly supportive of me and I have learned a lot about hard work and dedication from them. My Dad is a retired Surgeon and my Mom ran his medical practice. I grew up watching the two of them work extremely hard and it's definitely shaped me into the person that I am today.

What is your biggest goal in life?
My biggest goal career wise is to eventually expand and open another MinkyMink location. On a personal level, my biggest goal is to raise happy, healthy children with my husband.

What do you do to relieve stress? How does it help?
If I'm feeling super stressed, I always feel better after exercising. I'll go for a quick run

or go on a walk. Our street has a huge hill, so I'll walk that and get my heart rate up. I also like to talk to people when I'm stressed. I need to say things out loud to get a handle on situations. I'm a fan of writing my feelings down too. I've kept journals for most of my life and it's so funny to read them and get a blast from the past. I'll text my friend's photos of my entries from junior high. It's hilarious and embarrassing at the same time.

What are your three favorite movies?
A league of their own, The Devil Wears Prada & anything that my brother Colin Bannon has helped make. He's in the Film Industry.

What piece of literature has influenced you? Why?
The Alchemist by: Paulo Coelho. It's a short read, but has a very powerful message about finding your destiny.

If you could change to any other profession, what would it be and why?
I have a journalism degree, so I've always enjoyed writing. I also love listening to podcasts; so if I could marry the two and work for a podcast that would be right up my alley! If I could do research, conduct interviews and have people tell me their stories that would be absolutely amazing.

What quote do you live by?
Don't sweat the small stuff.

Current job title/responsibilities:
I am the owner of MinkyMink, a clothing store in Glens Falls. I do it all! As a small business owner, I wear many hats. I pick out our merchandise, manage employees, I create and manage content for our social media platforms, manage financials and more. There is always something for me to do!

What is the best aspect of your job? Why?
There are lots of great things about owning MinkyMink. I love going on the buying trips with my Sister and seeing the latest trends. I also am grateful that I have flexibility with

my job. My daughter is 9 months old and I am able to stay home with her part of the week and then work at the store too. I am able to have a healthy work/life balance.

Where did you go to school?
Saint Michael's College in Colchester, VT

Katie Jilek

Age: 39

City, village or town you currently reside in: Salem

Employer: Agricultural Stewardship Association

Current job title/responsibilities:

Communications and Outreach Manager

What is the best aspect of your job? Why?

I love that my job is diverse with activities. One day I can be visiting a farm and the next day planning an event. I love that I get to help families tell their stories and share their love of the land and animals they care for.



Where did you go to school?

St. Lawrence University for my BS and Springfield College for my MS

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

I lived and worked elsewhere and travelled a fair amount. I love this region because of the people. There are friendly, warm and generous people around every corner. I especially love our small town atmosphere where people genuinely care about one another and go out of their way to show it. While we might be far from a major city, there is never a shortage of cultural, artistic and food related activities to do.

What one person has influenced you the most? Why?

My middle school science teacher, Sue Sanford. She taught me to love science and nature.

What is your biggest goal in life?

To be happy and kind.

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

I love to drive golf balls when I'm stressed. I'm terrible at it, but there is great relaxation in being outside and whacking the heck out of a tiny ball.

What are your three favorite movies?

The Power of One, Breakfast at Tiffany's, The Lion King

What piece of literature has influenced you? Why?

Find Me Unafraid by Jessica Posner and Kennedy Odede I have always been fascinated by Africa and this book is about how collaboration and bravery allowed a young couple to transform not only their lives, but the lives of an entire community.

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

I'd be a doctor or a nurse.

What quote do you live by?

Be the type of person you want to meet.

Jennifer Hill Kraft

Age: 38

Partner/Children: Raymond (Husband)

City, village or town you currently reside in: Queensbury

Employer: Lake George Regional Chamber of Commerce & CVB

Current job title/responsibilities:

Title: Taste NY Market Manager at the Adirondacks Welcome Center Taste NY is the official eat-local, drink-local program for New York State. As the Market Manager at the Adirondacks Welcome Center, I oversee the local operation that promotes regional agricultural products and agri-tourism in the Adirondacks and represents the Lake George Regional Chamber of Commerce & CVB, NYS Department of Agriculture and Markets, and Empire State Development/I LOVE NY at the Welcome Center. Taste NY at the Adirondacks Welcome Center features 70+ local producers of food, beverages, and gifts.



What is the best aspect of your job? Why?

The best aspect of my job is the opportunity to promote local businesses and support the farm-to-fork movement. I am able to work creatively and collaboratively in the process.

Where did you go to school?

Skidmore College, SUNY Adirondack, Queensbury High School. I also spent two years at the University of the Arts in Philadelphia

prior to making the switch from an arts major to business major.

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

This region is perfect for foodies, artists, and nature lovers. It's known as the original vacation, but for all that live here it can easily be a "staycation" every day. You can get from the office (or home office, covid-era) to vacation mode within minutes, even on a Tuesday.

What one person has influenced you the most? Why?

There are so many people who have been an inspiration and had an impact on my work ethic - my parents, aunts, uncles, grandparents, professional mentors, and my fellow Glens Falls volunteer-aholics, but I don't think I could say one person has influenced me "the most". I have taken big lessons from all of them.

What is your biggest goal in life?

To be happy and have as many experiences as I can in life. I have a list. (p.s. That's a joke for anyone that knows me - I have a list for everything.)

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

The perfect way for me to de-stress is a day on Lake George or a weekend at the Jersey Shore. I can also spend hours in a hammock or by a campfire.

What are your three favorite movies?

The Dark Crystal, Rocky Horror Picture Show, Labyrinth

What piece of literature has influenced you? Why?

This one is easy. Alice's Adventures in Wonderland and Through the Looking Glass by Lewis Carroll. I have a pretty intense Alice obsession, complete with a book collection that includes rare editions as well as unusual spin-offs like Alice in Quantumland.

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

If I had a career in a completely different field, I could imagine working in set production on Broadway. Stage crew, stage managing, and set construction for school plays and community theater were the best memories from high school. I remember wanting to go to Bristol Old Vic but decided instead on University of the Arts after receiving a Promising Artist Scholarship. Life took a different turn and I never finished the art degree, but I still have a love for fine crafts and live theater.

What quote do you live by?

"I know who I was when I got up this morning, but I think I must have been changed several times since then." - Alice (Lewis Carroll, Alice's Adventures in Wonderland, Chapter 5) "Why, sometimes I have believed as many as six impossible things before breakfast." - the Queen (Lewis Carroll, Through the Looking Glass, Chapter 5)

Kimberly Feeney London

Age: 39

Partner/Children: Kevin London - spouse. Oscar, Maceo, Charlie - children

City, village or town you currently reside in: Saratoga Springs

Employer: SUNY Adirondack, self-employed, Farmhouse Food



with my colleagues at the college and with start-up entrepreneurs in our community. In my own business, I love working with local and seasonal food especially in the school district to provide healthier food to the area's children and I also enjoy supporting food access and education at Pitney Meadows Community Farm.

Where did you go to school?

Cornell University, Master's Tufts University

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

This region is a good place to work because you have engaged citizens making a difference and wonderful natural beauty in this area. I appreciate all the farmers and food producers in our region, and I feel grateful I can be a part of the fantastic agricultural community. You'll find me and my family, hiking, biking, playing golf at Top of the World and exploring in our region.

What one person has influenced you the most? Why?

My parents. My mom has always believed in me and showed me how to be a great mother and my dad instilled in me the entrepreneurial mindset from a young age. I hated asking him for help with homework when I was younger because the conversation would inevitably become about leveraging a popcorn

cart business when all I wanted to do was get help with long division. He is a skilled and successful business owner who taught me how to evaluate opportunities. Both of my parents taught me the values of hard work, being generous and taking risks. My husband and children influence me daily as well, especially about taking time to live in the present.

What is your biggest goal in life?

One of my biggest goals is to lead a healthy and productive life and help those around me, especially my family also accomplish this goal. One area where I hope to continue working is on the importance and education of basic life skills including the preparation and value of healthy food and nutrition. I also hope to instill in my children and my students the value of personal finance and how like physical health, financial health is crucial to leading a happy and successful life. These items are often overlooked but maybe with the uncertain times we now live in, we can see a resurgence in the importance of these skills.

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

I run to relieve stress. If it is on trails, the better but if I can do it as part of my morning routine, I feel grounded for the rest of the day.

It helps because I can be outside and feel energized and know that I made time for myself.

What are your three favorite movies?

Tombstone, Dirty Dancing, The Deer Hunter

What piece of literature has influenced you? Why?

Mindset: The New Psychology of Success by Carol Dweck. It is how I hope to live myself and also how I teach and parent, that the mindset we adopt has a profound impact on how we learn and how we can be successful. Intelligence and talent are not static. If we embrace a growth mindset or if I can help cultivate one in my students or my children- that they can always improve-then they can take on more challenges and be willing to grow.

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

I would work in international agriculture development. I would enjoy working abroad and helping with economic empowerment. This was my original goal in college so maybe one day!

What quote do you live by?

"Authentic happiness derives from raising the bar for yourself, not rating yourself against others."-- Martin Seligman

Current job title/responsibilities:

I teach in the business division at SUNY Adirondack, teaching mainly economics, personal finance and agricultural business courses. I also help guide the Agricultural Business Program at SUNY Adirondack and work with business entrepreneurs in the community with Start-Up ADK, in conjunction with the college's Office of Business Central, Warren County LDC and Washington County LDC. Farmhouse Food—I work at the intersection of food and agriculture by planning events,

advocacy and consulting work and making connections between farmers and chefs.

What is the best aspect of your job? Why?

I love teaching about current events in personal finance and economics. There is a lot going on today that affects young people like the unemployment rate, interest rates and economic policy and it is great to make it relevant to the students. I also enjoy working with area farmers and food producers to showcase thriving businesses. I like to work

CONGRATULATIONS, JENNIFER!

As the Taste NY Market Manager at the Adirondacks Welcome Center, Jennifer Kraft plays an integral role in our organization.

We are grateful for her diligence and dedication, which helps promote New York State-based producers!

Thank you, Jennifer! We are thrilled to see you recognized!



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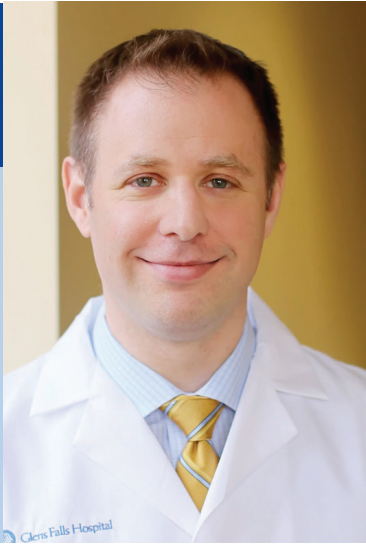
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Dr. Christopher Mason

Age: 38
Partner/Children: Wife Christin, Son Christopher (Age 4), Son Nicholas (Age 2)
City, village or town you currently reside in: Saratoga Springs, NY
Employer: Glens Falls Hospital



What is the best aspect of your job? Why?
I love bringing a sense of hope to patients and their families during difficult times. I really enjoy making people feel better and improving their quality of life.

Where did you go to school?
University at Buffalo, Drexel College of Medicine, New York College of Osteopathic Medicine

Why do you think this region is a good place to live and work?
The people are wonderful! The landscape is beautiful, and there are outdoor activities all year round. City life and country life are right next door to each other. There is really something for everyone!

What one person has influenced you the most? Why?
My high school math teacher Mr. Van Brink. I was taking AP Calculus in 12th grade during the last two periods of the day. I watched most of my friends leave the building,

and I had to stay for an hour and a half doing complex math. I decided after the first month that I didn't want to stay in the class and approached him with a drop slip. He laughed and asked me what I planned to do with myself after I graduated. I quipped that I wasn't sure, but I planned to study science in college. He said I needed to learn this math and that this class was important for me in the future. He thought I was better than the decision I was making. It was the first time I felt a teacher really believed in me, and it inspired me to not only stay in the class but excel at mathematics.

What is your biggest goal in life?
My professional goal is to provide patients with cutting edge cancer care and to connect with them on a personal level. Personally, I want to be a great father to my children and watch them grow up in this amazing community.

What do you do to relieve stress? How does it help?
I enjoy mountain biking, hiking, and skiing. I have always felt that being outdoors relieves whatever stress life brings.

What are your three favorite movies?
Goodfellas, Back to the Future, Shawshank Redemption

What piece of literature has influenced you? Why?
The Great Gatsby by F. Scott Fitzgerald. I felt this book showed me that having material items will not fulfill people's inner happiness.

If you could change to any other profession, what would it be and why?
Forest ranger because I love being outdoors and in the woods!

What quote do you live by?
"Live as if you were to die tomorrow. Learn as if you were to live forever."
-Ghandi

Current job title/responsibilities: Hematology/Oncology Attending physician, CR Wood Cancer Center -care for patients with cancer and blood disorders President-Elect, Glens Falls Hospital Medical Staff -will serve as a liaison between the medical staff and hospital administration Trustee, Glens Falls Hospital Foundation Board -raise money to meet the hospital's continuing needs Cancer Liaison Physician, GFH Cancer committee -monitor cancer statistics and outcomes



THE POST-STAR
2040
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Congratulations Dr. Christopher Mason

Congratulations to Dr. Christopher Mason of the C.R. Wood Cancer Center and the rest of the 20 under 40 honorees of 2020.

Thank you for your commitment to our community.



**C.R. Wood
Cancer Center**
at GLENS FALLS HOSPITAL

Emily Murphy

Age: 28

Partner/Children: 6-year-old pitbull, Murray!

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

Employer: Charles R. Wood Theater



Current job title/responsibilities:

Executive Director. As Executive Director I oversee the entire operations of the organization, from creating the budget, staffing and upholding our mission to programming and scheduling programming, executing contracts and marketing the theater and events. Because we're such a small team, I sometimes run the box office, the light and sound boards, fill the paper towel dispensers - whatever needs to be done to make sure the show goes on and goes on without a hitch!

What is the best aspect of your job? Why?

After a show, when I stand in the lobby to wish folks a goodnight and watch them leave with smiles on their faces or be deep in conversation about what they just saw. Even when it's nearing 11pm and I'm itching to go home - hearing the

laughter continue into the lobby or watching proud families wait eagerly for their dancer or performer to come out grinning ear to ear always makes whatever happened earlier that day worth it.

Where did you go to school?

Hudson Falls High School, SUNY Adirondack & University at Albany for undergrad, Castleton University for Graduate School

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

I love the true feeling of community that Glens Falls has. We joke in the box office that we have our database of names memorized, but we truly just have some incredible supporters that keep coming back and feel like friends. Things as small as asking about my dog when picking up their tickets at will call, to things as big as sending us cards and notes of encouragement and support while

we've been closed. Plus, I always know I can count on my neighbors when I need something. I've gone to the Bullpen on St. Patrick's day needing a corkscrew and been given one even though they were slammed, borrowed tables from Downtown Social when I needed to create an outdoor feel in our lobby, can always look to the Queensbury to provide hospitality for our talent, pharmacy to provide a bar for comedy shows, Minky Mink to hold our packages when we're closed, Spot Coffee to fuel me for the day! - the list goes on and is truly endless. I can't walk to the bank across the street to make a deposit without seeing someone I know from the theater, and I LOVE that!

What one person has influenced you the most? Why?

Definitely my Mom. She works so hard but always remains humble and kind. As a nurse, she is constantly supporting and giving to loved ones and strangers alike. She has always encouraged me to follow my dreams, set goals and help me get there. She set the framework for the kind of woman I want to become and how to become her, and I am forever grateful for the enormous support, encouragement and love she has provided me.

What is your biggest goal in life?

To write a book. Though I'm only 28, my life took some twists and turns to end up where I am now and a lot of it is pretty comical. I love to write and have had a few different blogs, but always get bored of it or

completely forget it exists. I would love to really commit to sitting down and writing out my stories while I still remember them! Even if no one ever reads it and it's just a document on my laptop, I would love to accomplish that.

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

For my quarantine birthday in May, I bought myself an iPad and Apple pencil and self-taught myself on the app Procreate. I find it so relaxing to create art with a medium that has so many possibilities - including erasing rather than getting frustrated and punting a canvas into the garbage. My nightly routine became watching something mindless on Netflix and doodling. I also go to therapy biweekly to learn to cope with the, well, copious amount of stress in life. I think it's important for anyone to be in tune with and care for their mental health, especially those dealing with a great deal of personal and professional stress. I find it to be monumental in helping me keep my head on straight and be better at managing stress, in turn being better at my job. Lastly, I love some garbage reality TV. Coming home and escaping into the drama of Dance Moms or The Bachelor really distracts from the drama of my own world.

What are your three favorite movies?

Interestingly, another thing I do to relieve stress is watch true crime documentaries! I much prefer documentaries or a series to movies, but

picking three feature films, I'd say in no particular order - 10 Things I Hate About You, Mean Girls, The Dark Knight.

What piece of literature has influenced you? Why?

"Oh, the Places You'll Go!" by Dr. Seuss. It may seem silly, but it taught me at a very young age to create my own path on the way to my dreams and that I could do anything I set my mind to. It taught me about making good decisions, and decisions that would lead me down the right path. I received a copy from my Mom on my 25th birthday, the day I graduated with my Master's Degree and had just started this position, and I still hear those rhymes in the back of my head!

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

I would love to be an investigative journalist. I have always loved to write, and love research. Once I start to learn about something, regardless of the context, I become obsessed with consuming as much information about it as possible. Though I often look like that meme with post it notes, red string and a cork board, I love piecing together stories and trying to make sense of it. I think I would really enjoy doing deep dives on a variety of topics and regurgitating that information in a cohesive way rather than forcing my friends to listen to my latest obsession.

What quote do you live by?

"In all chaos there is a cosmos, in all disorder a secret order" - Carl Jung

**CONGRATULATIONS,
EMILY MURPHY!**
FROM ALL OF US AT THE WOOD THEATER!

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Kassia May

Age: 39

Partner/Children: Elliana O'Loughlin, 4.5 years old, Kinsley O'Loughlin, 2.5 years old

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

Employer: Kassia's Play Dates, LLC



Current job title/responsibilities:

I am the owner at Kassia's Play Dates, LLC. KPD is an hourly, drop in babysitting service and indoor play center located in Queensbury. I am responsible for the overall, day-to-day operations of the center including hiring and training staff, ordering supplies and equipment, accounting, marketing and advertising, creating social media content, and community involvement. I am a hands on owner every day; I schedule reservations for families, care for the children, play, ensure the safety of those in our care and playing at the center, clean and sanitize, pro-

vide what children need during their time with us (diaper changes, snacks, drinks, potty training), and make sure both parents and children have the best experience possible.

What is the best aspect of your job? Why?

The smiles and the laughter! Oh my Goodness, we missed the sound of belly laughs for the four months we were closed due to COVID-19. The friendships that have formed over the past three years with the babies, toddlers, and older children are just awesome! Parents are grateful for the ability to go shopping, go to an

appointment, exercise, or even go out on a date knowing their children are in good hands. We believe that all parents and children deserve safe and quality child care, whether it is full time or just for a couple of hours at a time. The smiles they see on their children's faces when they return to pick them up reinforces that their children were in good hands and had fun! One of the rewards of this job is when a grandparent tells me they would not be able to continue to raise their grandchild(ren) if it were not for Kassia's Playdates. They are so grateful for the respite they are able to take when dropping the little ones off to play.

Where did you go to school?

Maine Endwell High School, Bachelor of Psychology Degree from SUNY Plattsburgh, Queensbury Campus

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

This region is a good place to live and work because since I moved to the area in 1999 there has always been a great feeling of acceptance and close knit community. I moved here from Endwell, NY during the middle of my senior year of high school. Maybe not ideal for some, but it was a good fit

for me. It was not easy coming into a new school and new town so close to graduating, but everyone from faculty, staff, students, coworkers, neighbors, etc. made it as comfortable as possible. To confuse the situation more, I was attending classes at Glens Falls High School in the morning and attended Queensbury High School for one class in the afternoon. I finished my school day working in Queensbury Kindergarten classrooms as an Aide through the BOCES program.

What one person has influenced you the most? Why?

I have crossed paths with many influential people who have helped shape me into the person I am today, but the consistent influence has been the children and parents that I have worked with. I started babysitting when I was 14 years old and have worked with children in many different capacities - day care centers, elementary and middle schools, nannying, one-on-one aide with children with special needs, after-school programs, summer camps, victims of child abuse, and now at Kassia's Play Dates, LLC. Each of those experiences has been a unique and vital stepping stone that led me to opening my center. The

children and families I have come in contact with have influenced me to follow my dream of owning a business and providing good quality childcare for families.

What is your biggest goal in life?

My biggest goal in life is to raise my children (and those at KPD) to be good people and to never settle! I strive every day to teach and model how to be kind, accepting, empathetic, strong, confident, honest, and independent to my little girls. My dream is for them to grow up to be beautiful inside and out.

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

I would love to be an entertainer- a singer, dancer, play an instrument in a band, be an actress, or comedian... something along those lines. Sadly, I was not blessed with any of these talents and know that it is a hard industry to break into, but I enjoy all of them and they make me happy. I would love to be able to make others happy by entertaining them.

What quote do you live by?

"We are not human beings, we are human becoming" ~John Addison

Zac Perry-Lapoint

Age: 32

Partner/Children: Ryan Perry-LaPoint - married six years - together 12. Do our adorable cats count as children?

City, village or town you currently reside in: Moreau

Employer: The Moreau Community Center



Current job title/responsibilities:

I am the Director of Marketing and Outreach. My responsibilities include but are not limited to: assisting with client services referrals; operation of the Emergency Food Pantry; maintenance of Center social media platforms, website, newsletter production, and branding; fundraising oversight; community and inter-

agency communications designed to better address community needs; and a million other little things that come up when operating in the public service and non-profit worlds.

What is the best aspect of your job? Why?

Building the relationships with other area organizations and entities that allow us to work collectively toward empowerment and growth for the marginalized and under-resourced in our region. I truly believe that it is through creating strong relationships and programming that we will be able to meet the needs of all the

people in our area who suffer and struggle, but don't know yet how to find the help navigating that. When our team is able to help someone move their life into a healthier, safer, more secure place, I know that we're doing our part to build strong communities.

Where did you go to school?

Fort Edward HS (06), SUNY Adk, AA (08), Southern New Hampshire University, BA English & Creative Writing (14), Southern New Hampshire University, MFA Fiction Writing(18))

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

Aside from the astounding natural beauty and inspiration, I think this region is one that is filled with genuinely compassionate people. Despite our differences, most of us are able to come to the table ready to find ways to work together for mutually beneficial community well-being. We are poised to become leaders in multiple industries that I believe will bring continued growth and success for the people who make the region what it is.

What one person has influenced you the most? Why?

My paternal grandmother, Marilyn LaPoint. She was a woman of deep and abiding love. Family mattered above all, and despite her having 11 children who then had some three dozen if their own, we each had our own special and unique relationship with her. She cultivated in me a love of caregiving, of books and reading, and is the source of my drive and determination.

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

I'd like to say that I do yoga, but that hasn't become a regular practice yet. I meditate and pray, and focus a lot on breath and work exercises I've learned in therapy - it is imperative that we work to end the stigma surrounding mental health and treatment options. You'll also find me outside in the yard with a book and sun hat when I need to relieve stress. All of these allow me to calm and re-center. Once there I am more easily able to address the point of concern and stress and find useful ways to navigate it, and hopefully glean some

new understanding through it.

What are your three favorite movies?

Under the Tuscan Sun, Eat, Pray, Love, It's a Wonderful Life

What piece of literature has influenced you? Why?

John Irving's "The Cider House Rules." First, it was my first non-school-assigned Irving read and it made fall in love with his ability to tell stories. I became an avid reader of his work afterward, hoping to someday share my abilities to inspire dialogue that has the power to affect change as well as he done. It also has a great trilogy of messages that I carry with me always: you are worthy of love and obligated to love others; you must make your life of use and purpose however you can in whatever circumstance you find yourself; it is imperative that you be true to yourself and seek your calling.

What quote do you live by?

"I know that you cannot live on hope alone, but without it, life is not worth living. And You... And You... And You... Gotta give em hope." -Harvey Milk

Jessica Pino-Goodspeed

Age: 35

Partner/Children: My husband is Tim Goodspeed, Jr. and I have two daughters, Isabel and Adelina.

City, village or town you currently reside in: Gansevoort

Employer: Hunger Solutions New York & Underwood Park CrossFit



Current job title/responsibilities:

For 8 years, I have worked as a Child Nutrition Program Specialist at Hunger Solutions New York - a statewide nonprofit dedicated to alleviating hunger. In my role, I wear many hats. I work to increase awareness of child hunger in New York, promote programs to improve access to healthy meals in K-12 schools, analyze school meal policy to provide technical assistance to schools, and advocate for policy at the local, state, and federal level to safeguard children from

hunger. For 3 years, I have coached at Underwood Park CrossFit in Fort Edward. I coach group classes, help with marketing and sales, and most recently work one-on-one with nutrition clients to improve their health and well-being through nutrition.

What is the best aspect of your job? Why?

I pursued social work because I knew I wanted to help people. The profession of social work is inherently based in improving the overall well-being of individuals and communities. At both of my jobs, I am to help people who are struggling with some aspect of

their lives, but in very different ways. My anti-hunger work has allowed me to work on a macro-level for systemic change to improve the lives of children. I've led a campaign to help pass state legislation to improve student access to school breakfast - a proven method to safeguard children from hunger. I also work statewide to help school districts to provide free school breakfast and lunch to all students - another tactic to ensure kids have the food they need to grow and learn. While my work allows me to reach many communities, what I cherish most are stories I hear from schools about the impact these programs have on their students, families, and communities. My favorite part of my role at Underwood Park CrossFit (UPCF) is the connection and community. The community at UPCF is unlike any other. Being surrounded by people who are also working to become the best versions of themselves - body, mind, and spirit - is so powerful.

Where did you go to school?

I graduated from Fort Edward High School. I went on to receive my B.A. in Sociology and Spanish at Hartwick College. I later attended the University at Albany for my Masters in Social

Work.

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

We really live in the most beautiful area. I have lived here my whole life and I am still in awe of its majesty. Through my work, I've found an amazing circle of people who have lifted me up, served as mentors, and challenged me to look inward to continue to strive to become the best version of myself. This community has made me proud to be from this area and excited to raise my children here.

What one person has influenced you the most? Why?

I can't pick just one. But I will pick a unit - my parents. While growing up, my parents always talked about politics, religion, social justice, liberation theology, and serving those who are facing injustice. All the topics many prefer not to discuss were always front and center. I always knew I wanted to be in a helping profession because of their dedication to others.

What is your biggest goal in life?

That my husband and daughters can visit, explore, and meet all of my dad's family in Peru. I was so fortunate to visit many times throughout my life. I can't wait to share the experience

with them too.

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

I love to lift weights to relieve stress. There is literally a body of research that shows resistance training (i.e. strength training, weight training) can help keep stress and anxiety at bay. I also find weight lifting empowering and really fun!

What piece of literature has influenced you? Why?

The two pieces of literature that have most influenced my life are: 1. Savage Inequalities by Jonathan Kozol 2. This Bridge Called My Back: Writings of Radical Women of Color Both of these books marked a turning point in my life both professionally and personally. Kozol's book helped me discover my passion to fight for social justice and challenge structural inequalities. This Bridge is an anthology that really made me feel wholly seen for the first time where my identity was no longer forced into one category.

What quote do you live by?

"When we speak we are afraid our words will not be heard or welcomed. But when we are silent, we are still afraid. So it is better to speak." - Audre Lorde

Amy Ryan

Age: 39

Partner/Children: James and two girls, Zoe - 9 and Teagan - 7

City, village or town you currently reside in: Saratoga Springs (originally from Glens Falls)

Employer: The Schwartz Heslin Group



Current job title/responsibilities:

I am the Senior Vice President of the Environmental, Social, Governance (ESG) practice at The Schwartz Heslin Group, a business and investment advisory firm located in the Capitol Region. I am responsible for the overall development, strategy and go to market approach on how SHG delivers its Environmental, Social, and Governance business advisory services to Clientele. This is completed by fusing best business management practices

and operational excellence policies that include fundamental ESG issues into an operational framework, no matter the size of the business, municipality, or non-profit. Implementing these policies and principles can help increase the overall profitability and productivity and are developed specifically to fit the operational needs of our Clientele. In addition, I support a variety of projects that require specific ESG expertise that range from content creation (EH&S training) to

regulatory compliance advisory services (EHS, Facilities Management) to project management (International).

What is the best aspect of your job? Why?

One of the best aspects of my job it incorporates aspects that are very important to me which is a local economy that prioritizes the environment and community. Having grown up in Glens Falls and related to many family members that have worked locally within business and industry and having personally worked as an environmental field geologist earlier in my career, each lesson learned has helped me become a better champion for their cause and can have good, honest conversations from the boiler room to the board room.

Where did you go to school?

High School - Glens Falls High School, Associates - Adirondack Community College (now SUNY Adirondack), Bachelors of Science - University at Albany, Masters - Harvard University

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

This Region is truly beautiful and unique. Having had the opportunity to work across the country and manage many international projects, it's true no region truly exists like the Saratoga/Glens Falls/Lake George Region. There are some very lovely places across the country that may emanate some of the good qualities of this area, but what makes this place such a gem is the friendliness, natural beauty, and grit, we work hard.

What one person has influenced you the most? Why?

One of the reasons why I had fallen in love with industry was when I accompanied by father to Sandy Hill on "Take Your Daughter to Work Day". I was in 4th grade and unfortunately had to wear a dress. However, soon, my dad handed me my first hard hat (I now have many) and I witnessed my first foundry pour. The absolute awe I felt when I saw that hot, molten metal being poured into its form, the precision of the handlers expertly handling its ladle, immediately, I fell in love with industry, the people who work there, and how to keep them and

their environment safe.

What is your biggest goal in life?

One of my biggest professional goals would be to host a TED Talk, it would be such an amazing way to tell the story of how I came to do this profession and why and I have many personal goals that hopefully, with a bit of elbow grease, will be fulfilled. Such as finishing a short book or recording a song.

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

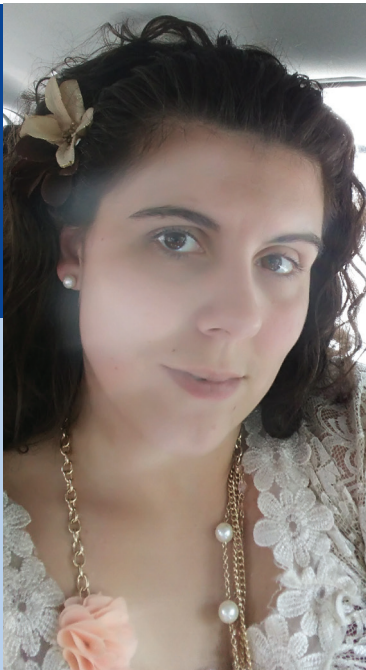
Growing up as a musician, music has a deep influence on me and how I process stress. My creating different stations on Pandora that help deal with certain types of stress (work deadline, parenting, and family) it helps me relax. I am also a big believer of being active and doing something you love. I love the Adirondacks and how the forest makes me feel calm.

What quote do you live by?

"My mother told me to be a lady. And for her, that meant be your own person, be independent" Ruth Bader Ginsburg

Ginger Record

Age: 37
Partner/Children: Husband, Matthew Record II
Children; Christian VanGuilder and Braylyn Record
City, village or town you currently reside in: Queensbury
Employer: Lifeplan CCO NY



Current job title/responsibilities:
Care manager, I assist members

diagnosed with developmental disabilities navigate their community and develop a plan based of their

goals and abilities to live successful and meaningful lives.

What is the best aspect of your job? Why?
I truly enjoy assisting members and their families in planning out their goals as I myself have children with disabilities. I enjoy being able to assist families to provide them with opportunities for their children they may have not known about and to assist the family as well.

Where did you go to school?
South Glens Falls High School, SUNY Adirondack

Why do you think this region is a good place to live and work?
I have always loved the Adirondacks and Queensbury School has been amazing with my children. We enjoy hiking, swimming and being close to family.

What one person has influenced you the most? Why?
Norma and Andre Quintois. I couldn't choose just one of them. Growing up these two where my daycare provider as a child, foster parents as a pre-teen and family for life. They were always just a phone call away and always there to lend a hand.

What is your biggest goal in life?
My biggest goal in life is to become a foster parent.

What do you do to relieve stress? How does it help?
I jog to relieve stress. In the warmer months I jog outside but in the winter I am usually running the YMCA indoor track while my children are practicing with the YMCA Glens Falls Gators swim team. I also enjoy crafting and scrap booking.

What are your three favorite movies?
Labyrinth from my childhood Hook really almost all Disney classics

What piece of literature has influenced you? Why?
To Kill a Mockingbird has always been my favorite book since high school. This book

If you could change to any other profession, what would it be and why?
I honestly love my job and I had many I did not overly enjoy over the years. I hope to work with Lifeplan CCO NY until retirement.

What quote do you live by?
Live, love, laugh. I love to live life to the fullest. I love with all I have. There is not a day that goes by that my husband, children or sister do not make me laugh.

Congratulations to Ginger Record on her nomination as one of the Post Star's 20 under 40!

Our Mission

Empowering people with intellectual and developmental disabilities and their families to live happy, healthy and meaningful lives.

Our Vision

A community where people with intellectual and developmental disabilities live lives of choice, inclusion and participation.



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