

THE POST-STAR 2040 UNDER

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WELCOME to our CELEBRATION of

THE POST-STAR
2040
UNDER

We are proud to announce our 2021 Post Star 20 under 40 honorees. The last year has been marked by challenges caused by the pandemic and we extend our appreciation to all who have worked hard to keep their businesses moving forward during these difficult times. 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 Hudson Headwaters, the title sponsor, and Glens Falls Hospital, the awards sponsor, for helping to make these awards possible this year.

We had over 80 nominations in 2021. 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 Michael Bittel and Mindy Wilson for serving as judges this year. While only the top 20 will be showcased in this special publication we will be featuring all of the nominees over the next few weeks in the Post Star.

For 2021 we will be holding our annual 20 under 40 Awards Luncheon at SUNY Adirondack on Wednesday, September 22 starting at 12:00pm. We have a limited number of tickets available and we are subject to COVID 19 safety protocols. The reservation deadline is Thursday, September 16, 2021. Tickets must be purchased in advance. You can order tickets by visiting poststar.com/contests.

Ben Rogers,
President & Director of Local Sales
The Post-Star

Matthew Barton

Age: 39

Partner/Children: Christine, Chloe (10) Piper (8) Brooks (3)

City, village or town you currently reside in: Wilton

Employer:
JUST Goods, Inc. (JUST Water)



Current job title/responsibilities:
Vice President, Operations and Engineering Oversee strategy, production, engineering, product development, sustainability, and fa-

cilities for international operations organization.

What is the best aspect of your job? Why?
Getting to work with passionate

people. People who are committed to working towards a better future for their children.

Where did you go to school?
South Glens Falls High School, Rochester Institute of Technology

Why do you think this region is a good place to live and work?
We have proximity to 3 major city centers, the Adirondack Mountains, Lake George, Saratoga, and all four seasons. There is no better place to live in the world.

What one person has influenced you the most? Why?
My wife, Christine Hogan Barton. She tempers my uber-analytical tendencies and has helped me understand that balancing utility with design and aesthetics is the key to

balance in life.

What is your biggest goal in life?
To set up my children for success, and be able to work towards leaving this world a better place for them.

What do you do to relieve stress? How does it help?
Walking, hiking, Lake George, and the race track

What are your three favorite movies?

Shawshank Redemption, Caddyshack, Good Will Hunting

What piece of literature has influenced you? Why?
Antifragile - Nassim Nicholas Taleb
Thinking Fast and Slow - Daniel Kahneman
Tortilla Flat, Cannery Row, or anything - John Steinbeck

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

Something involving construction or fabrication

What quote do you live by?

I have many quotes that inspire me. One that often inspires contemplation is my high school yearbook quote. Considering it was chosen when I was 17, it surprises me that I still find it relevant. It's a Yogi Berra quote (perhaps apocryphal)... "If you come to a fork in the road, take it." It likely had a much different meaning back then, but for me remains relevant as a call to action. Today it means action, decisiveness, ambition, and confidence...when a tough decision confronts you, take it.

Jessica R. Botelho

Age: 31

Partner/Children: My husband is Benjamin Botelho; no children, yet! We have four cats (Zoey, Beast, Alice and Ruth) and Ben would adopt every stray that passes through our yard if I let him!

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

Employer: Self; Harris-Pero & Botelho, PLLC



Being able to comfort a person in their time of need and reassure them that I've got their back has been incredibly rewarding.

Where did you go to school?

Grade School: Westmoreland, NY; Undergrad: SUNY Albany; Law School: Albany Law

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

The spirit of the community. I love that small businesses can thrive here because of community support. Neighbors help each other. There are so many community events that are family friendly and affordable. This is also, in my opinion, one of the most beautiful regions in the state. We are fortunate to be so close to the Adirondack Park and Ben and I spend a LOT of time there.

What one person has influenced you the most? Why?

My mom, hands down. She showed me what selflessness looks like every day growing up. One of my fondest memories is leaving the grocery store with my mom once when I

was around 14 years old. We were parked next to an elderly couple who appeared to be having some car trouble. Of course, my mom volunteered her services (having little to no mechanical experience), to try to help this couple, including getting under the vehicle to check things out. I don't recall the outcome but I'll never forget the act. She has served as a caregiver to her grandparents and parents for all of my life and taught me very early on that we take care of the people we love.

What is your biggest goal in life?

Being a partner in my own law firm focusing in the areas of law that are important to me was a big goal that I achieved in 2020. Moving forward, my biggest professional goal is to continue to grow my firm so that we can help more people in our community. My biggest personal goal is to continue to grow roots in the Glens Falls community and become more involved with local organizations needing support.

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

I get outside. Ben and I spend most

of our free time on our bikes or backpacking through the Adirondacks. I find a deep breath outdoors to be the best cure when I'm feeling overwhelmed or worn out.

What are your three favorite movies?

The Sandlot; Still Alice; Newsies

What piece of literature has influenced you? Why?

Glennon Doyle's Untamed. I've focused a lot on self-growth over the last few years and this memoir taught me to create boundaries and to honor my feelings, whether they are positive or negative.

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

I've never been able to answer this question and maybe it is because I am truly passionate about this work and I feel that I am really good at it. Any other profession would be something very similar like a geriatric care manager or working with Hospice.

What quote do you live by?

Whatever will be, will be.

Current job title/responsibilities:

Owner/Partner of law firm focusing in estate, elder and business law. We help people plan and prepare for life transitions, such as the birth of a child, death of a loved one, planning for a long term care need, or setting up a new business. I manage the office with my law partner,

Megan Harris-Pero and we have two wonderful support staff, Casey and Annie.

What is the best aspect of your job? Why?

I get to help people every single day, and often times I'm helping someone through a very challenging and emotionally tolling experience.

Congratulations to Jess and all honorees!

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Leah Breeyear

Age: 30
Partner/Children: Tony Breeyear
City, village or town you currently reside in: Fort Edward
Employer: Planned Parenthood of Greater New York



Current job title/responsibilities: Community Educator: I am tasked with delivering and presenting comprehensive sexual education topics throughout the area. I cover Region 2 North, specifically Warren, Washington, and Saratoga Counties. I occasionally provide workshops for the Southern Regions if need be. I've had experience educating youth in Nassau County and adults in Orange County, but I do specialize in Rural Health. Under the CPEP grant, or the Community Participation Engagement Program through NYS, I help collect a narrative as well as the data for the annual summary report each year. In addition to reporting and providing education, I engage the community through volunteer

efforts. Starting in September for the Fall semester, I will be welcomed on SUNY Adirondacks' campus as an adjunct professor. I will be teaching a generalized Health Course at the Wilton Branch two days a week.

What is the best aspect of your job? Why? I enjoy connecting with people. I am fortunate enough to be in a community-facing role, where I can listen and assist when and where needed. I enjoy being the trusted person who can talk about difficult topics in regards to sexual health. Whether that discussion involves bodies, feelings, relationships, or societal norms. I am here to help folks feel more informed, make safer choices, and to

have healthier outcomes.

Where did you go to school? SUNY Plattsburgh

Why do you think this region is a good place to live and work? I was raised in the Clifton Park area, but the North Country has my heart. I adore the downtown area of Glens Falls. The shops, breweries, eateries, and ever expanding outdoor activities. The food, festivals, and entertainment alone would attract anyone. The local energy of each small town is unmatched! I have never met people more supportive or willing to 'jump in' or help their neighbors. Please, let's not forget the breath taking sunset views and rolling hills of Washington County. We are truly situated in the most perfect location. We are close to our friends in the Canadian North, the Finger Lakes, the Capital District, Berkshires, Catskills, and a short day-trip away from NYC.

What one person has influenced you the most? Why? This is a tough-y. I have had so many influences in my life. Of course you have your family. Mine, who have been loudly, yes LOUDLY, cheering me on from the start. Parents and siblings have a huge impact on our lives. For me, my family is always wishing me the best. Giving me ad-

vice and allowing me to grow into the person I am today. You have your lovers and partners. People that choose to stand by your side because they want to, not necessarily because they have too. Folks that put you down and those who have taught you lessons. Personally, I believe that everyone has the chance to be influential. There are folks that embody resiliency. There are people who set goals and crush them. Folks who are humble and those who challenge themselves. We can continue to be influenced by people and continue to grow. I don't think it's fair to pick one person!

What is your biggest goal in life? I have a bucket list of activities and goals about a mile long. Ask any of my friends. Local and International Travel is an obvious one, but I have always wanted a Glens Falls sushi roll or cocktail named after me.

What do you do to relieve stress? How does it help? I ride my bicycle. I try to complete 100+ miles each month. We all know that riding bikes is great for our physical health, but I believe it improves mental health as well. "...The link between exercise and improved mental health is not new, many studies over the years have made

the connection the two. But as the body of research grows, it becomes clear that regular exercise - especially physical activity outdoors - should not simply be a supplementary method to improve our mood, but a key part of any strategy to combat depression, anxiety, and the general stress of daily life...." <https://momentummag.com/mental-health-benefits-of-cycling/>

What are your three favorite movies? I'm into science fiction, period pieces, and reality tv. I am definitely more interested in series and tv shows. If I could politely change the question to tv series, I would choose: Breaking Bad, The 100, Dead to me, and Bridgerton. Also, For Reality shows: I like the Bachelor/Bachelorette franchise, Too Hot to Handle, Are You The One? and The Circle.

If you could change to any other profession, what would it be and why? I'd hands down be a Game Show Host. It looks so fun!

What quote do you live by? YOLO is pretty cliché, but anything along the lines of being present, Life is short, do it, or "go for it" quotes are always encouraged.

Drew Cappabianca

Age: 36
Partner/Children: Sarah Cappabianca/ Eben McGee-Bierman (18), Alyis McGee Bierman (17), Isaac Cappabianca (7)
City, village or town you currently reside in: Glens Falls
Employer: Self / The Sports Page



Current job title/responsibilities: I own and operate my business The Hub; a bike shop, cafe, and bar. I do everything from pouring drinks, to making food, to servicing bicycles, in addition to all the administrative tasks required in owning a busi-

ness.

What is the best aspect of your job? Why? The customer interactions. I've been working with the public my whole working life, and we have the best customers I've ever worked

with at The Hub. Some become real friends, but invariably they become part of your life and vice versa. You grow with them. It's incredible- it's a wealth that can't be measured.

Where did you go to school? Glens Falls High School, Siena College

Why do you think this region is a good place to live and work? Warren County has it all... Glens Falls serves as the arts/cultural district, Queensbury has all the chain/box stuff you need for modern life, and the rest of the county has all the recreational opportunities you could want: skiing, hiking, biking, camping, rock/ice climbing, paddling, sailing, and all the powerboat sports.

What one person has influenced you the most? Why? Outside of obvious family members, it's most likely the guy who nomi-

nated me: Mike Seidel. He gave me my first job at 12 (mowing his lawn), taught me the value of reviewing your work and doing a good job, and a plethora of other advice and general life guidance.

What is your biggest goal in life? To leave the world in at least a little better place than I found it.

What do you do to relieve stress? How does it help? Riding bikes (road, mountain, and gravel) helps to keep it at bay by being a distraction and getting all the "good chemicals" in your body flowing, but nothing gets me to unwind like going to see my favorite band: Phish. It's the only time I've truly let go of everything and just live in the moment.

What are your three favorite movies? UHF, Better Off Dead, and Dirty Work

What piece of literature has influenced you? Why? Kurt Vonnegut's collection of work. There's one consistent message: the world and the people in it can be terrible and cruel, but you always have to do what's good and right, regardless of how terrible of a situation you might be in.

If you could change to any other profession, what would it be and why? I don't really have a single profession... I'm a bike mechanic, bartender, cook, event promoter, trail builder, accountant, marketer, etc... What's great about my line of work is that the possibilities are endless; we can adapt and evolve as we need or want to, without ever needing to "switch".

What quote do you live by? "Anything worth doing is worth doing right"

Holly DeKleine

Age: 38

Partner/Children:
Chris Purdue

City, village or town you currently reside in:
Queensbury

Employer: nePROMO



Current job title/responsibilities:
Sales Representative- New business development & maintaining relationships with existing accounts.

What is the best aspect of your job? Why?
Helping businesses find and use branded promotional products to grow and promote their business or event.

Where did you go to school?
Warrensburg Central School, Adirondack Community College & SUNY Plattsburgh

Why do you think this region is a good place to live and work?
The region is beautiful and there are many things to do. I love all the community events in this area from the Adirondack Balloon Festival,

Taste of the North Country, Warrensburg’s World’s Largest Garage Sale, Take a Bite and many others

What one person has influenced you the most? Why?
I would have to say my parents (Annemarie & Ken DeKleine). They taught me good manners, to accept responsibilities, determination, consideration, love & kindness

What is your biggest goal in life?
Maintain a healthy work-life balance

What do you do to relieve stress? How does it help?
Zumba or Dancing. Dancing and listening to music helps me relieve stress and it is also a fun way to exercise.

What are your three favorite movies?
I love holiday movies Hocus Pocus, Christmas Vacation & Die Hard are just a few.

What piece of literature has influenced you? Why?
Literature has not influenced me the way people do.

If you could change to any other profession, what would it be and why?
I wouldn’t want to change to any other profession. I love being in sales, I enjoy helping people find products that fit their needs.

What quote do you live by?
If you do what you love, you’ll never work a day in your life

Michael Dreher

Age: 25

Partner/Children:
Isla McGlauflin-Dreher (Wife)

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

Employer:
Regeneron Pharmaceuticals



but I would always choose to live in the Saratoga region given the option because of the great people, cool places, and fun things to do.

What one person has influenced you the most? Why?
This is a tough question to pick only one person because I truly believe it takes a village. However, without a doubt one of the most constant influences in my life is my wife, Isla. 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 is your biggest goal in life?
My goal is to leave a legacy behind for the people who come after me. When I was a Boy Scout we often talked about developing a path for others, and in college my fraternity taught us to build bridges for the young men who would follow our footsteps on their own journey. Today, I strive to give others the opportunities to make their own path and build their own bridges while working hard to do the same.

What do you do to relieve stress? How does it help?
I recently joined Orange Theory fitness in Clifton Park and have enjoyed working out there with a great community of people and coaches. I also relieve stress by spending time exploring new hobbies and taking trips with my family and friends.

What are your three favorite movies?
My all time favorites include Shawshank Redemption, Inception, and any film in the Lord of the Rings series.

What piece of literature has influenced you? Why?
In college I took a literature class focused on the theme of Grit and the subject, novels, and class discussion really resonated with me. We read Life of Pi, True Grit, and The Road during that course and each story influenced me by serving as a reminder that we control whether we live our lives with Grit, which is a passion and persever-

ance for long-term goals. I use this is a reminder not to lose sight of my vision for my life.

If you could change to any other profession, what would it be and why?
I often battle with the division between my professional and volunteer time because I truly love being a volunteer firefighter/EMT and have thought about a career in emergency services. If I were to change to any other profession I would have to switch to another field that still allows me to help others.

What quote do you live by?
I have always loved the Mahatma Gandhi quote “Be the change you wish to see in the world.” It reminds me not to fall victim to the bystander effect and to make a conscious effort to take action. It is easy to stand by and declare that something needs to change. It is much more difficult to step up and commit to being the one to put in the work and get it done.

Current job title/responsibilities:
Associate Business Intelligence and Data Analyst

What is the best aspect of your job? Why?
The best aspect of my job is providing meaningful insights into our manufacturing process so that we can create better and safer medications more effectively. Developing lifesaving medications for patients who really need them is the driving force for many employees including myself.

Where did you go to school?
Lake George High School and High Point University

Why do you think this region is a good place to live and work?
I love working at a big company like Regeneron and am happy to commute 30-40 minutes to the office,

Sean Driscoll

Age: 31

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

Employer: Adirondack Thunder



Current job title/responsibilities:

As Director of Ticket Sales and Services, I am in charge of managing accounts for the Adirondack Thunder's season ticket holders. I sell and provide customer service throughout the year. On game days I am at multiple places during the game. Typically starting my day by 9am and leaving the arena around 10pm.

What is the best aspect of your job? Why?

It's a cliché to say "It's fun working in sports". In fact, we are a small business, active in the community, whose mission is to bring enjoyment to thousands of people during three seasons. This includes introducing

Gunnar to school classrooms and at area non-profits. The best aspect of my job is meeting the public and getting to know everyone. We have a wide demographic of fans and in my opinion, they are the most passionate in all of sports.

Where did you go to school?

Glens Falls High School - 2008 / SUNY ADK - 2011 / Newbury College - 2013

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

Glens Falls and this region has so much to offer. We are smack in the middle of two of the best vacation destinations in the United States (Lake George and Saratoga). Families

can find fun opportunities during each of the four seasons. Downtown Glens Falls and Warren County is the place to be! If you want to get away for a weekend, we are about four hours from New York City, Boston, Canada, Niagara Falls and many other destinations.

What one person has influenced you the most? Why?

My dad has been my role model since I was born. He has been in my life every step of the way and influenced how I carry myself. He is the most caring person and has shown me what it takes to be a good person and kind to all. He got me involved in sports at a young age and that remains something we share a bond with to this day. He has shown me how rewarding volunteering is and what impact you can have on a community. (My mom has also been my role model when it comes to my work ethic).

What is your biggest goal in life?

My parents taught me at a young age to work hard, be a good person and enjoy life. My biggest goal is to follow these three principles. I look forward to going to work and improve each

day. I try to be a role model to friends and kids that I have coached.

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

I enjoy hiking and kayaking in the region. Nothing really can beat a beautiful day in the Adirondacks. The views are some of the best in the world. I typically stay within an hour from Glens Falls but have always enjoyed trying new places. I play on an adult soccer team throughout the year. We have a great group of men and women who hang out after games and on weekends.

What are your three favorite movies?

Remember the Titans, The Town, The Dark Knight (Batman)

What piece of literature has influenced you? Why?

One of the first books my dad read to me was "The Giving Tree" by Shel Silverstein. While it is a short children's book it truly has a powerful message.

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

I have always enjoyed coaching soc-

cer. Recently watching the Olympics and during the World Cup, I was reminded how much I would love to coach at the highest level. I have been a volunteer coach for 15 years, coaching from boys and girls from U8 to U17, at the club level with Northern United and at both Hudson Falls and Glens Falls High Schools. It has been an amazing experience and I have met great athletes and coaches along the way. Coaching a professional team or international team would be a dream come true.

What quote do you live by?

"To me, there are three things we all should do every day. We should do this every day of our lives. Number one is laugh. You should laugh every day. Number two is think. You should spend some time in thought. Number three is, you should have your emotions moved to tears, could be happiness or joy. But think about it: If you laugh, you think, and you cry, that's a full day. That's a heck of a day. You do that seven days a week, you're going to have something special." - Jim Valvano



Brittney Fields-Morrison

Age: 31

Partner/Children: Spouse: Derek Morrison

City, village or town you currently reside in: Troy, NY

Employer: RBC Wealth Management



Current job title/responsibilities:

Financial Advisor Assess the financial picture of individuals and families to help guide the decision making process around insurance, investments, and legacy planning.

What is the best aspect of your job? Why?

As an introverted extrovert, I truly get the best of both worlds. Some days, I am in my office spending my time creatively, analyzing spreadsheets and financial documents and

other are spent out in the community and with clients.

Where did you go to school?

Schuylerville JSHS, SUNY Adirondack and bachelors from SUNY Albany

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

We live in one of the most beautiful areas in the state of New York with easy accessibility to Boston and NYC. From a recreational standpoint, there really isn't much more you

could ask. Glens Falls in particular is such a pleasure to work in because it has the feeling of a small town with the infrastructure and talent of a larger city.

What one person has influenced you the most? Why?

This is a tough question for me. I truly believe that every person you come across has something for you to take away. If I had to choose though, I would say my paternal grandmother. My grandmother worked into my teenage years, well after my grandfather retired. My general understanding through a child's eyes was that she was 10 years younger than my grandfather and spent many years in the home caring for their children. In order to ensure her financial independence she continued to work. To add a little perspective, my grandfather was born in 1925 (it would be rude of me to give my grandmother's birth year but a little math might get you in the neighborhood). This is not a common practice today, let alone when my grandmother was living it. Even to have a career and go to col-

lege was not the norm. Those childhood observations single-handedly influenced my fierce independence and maybe even my career path.

What is your biggest goal in life?

Aside from being happy and contributing to the happiness of those around me, my biggest goal is to help spread financial literacy. There are so many barriers to entry when discussing finances and I hope to break some of that down for future generations.

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

Stress relief comes in many forms for me. Exercise, reading, biking, and therapy are my go-to lineup. Life is messy and my job can be heavy at times. It is important to me that I maintain the right headspace for my family, friends and clients. Each of the activities outlined either provides a way to get outside and out of my own head or to work directly on myself.

What are your three favorite movies?

Truthfully I don't watch a lot of mov-

ies or TV, but I did come up with one; The Sound of Music.

What piece of literature has influenced you? Why?

Harry Potter is by far the most influential piece of literature in my life. Not because of the story but because it sparked my interest in reading all together. My maternal grandmother gave me the first book when I was 10 years old and now I read at least 100 books a year.

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

I would be a librarian or a therapist. Librarian is simple, I like to read. Therapist is because I feel as strongly about financial literacy as I do about mental health. I truly believe that therapy is for everyone at every stage of life and we, as a society, haven't put enough emphasis on how important therapy is for mental wellbeing.

What quote do you live by?

"Freedom lies in being bold." - Robert Frost



CONGRATULATIONS to Brittney Fields-Morrison

And to All This Year's Honorees!

ADK Wealth Management

Brittney Fields-Morrison

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Brittney.fields-morrison@rbc.com



Wealth
Management

Norabelle Greenberger

Age: 34

Partner/Children: Husband: Russell Barnhart 2-Year-Old Daughter: Rae Greenhart

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

Employer: The Chazen Companies



proposed project will impact the environment.

What is the best aspect of your job? Why?

Making a difference in the upstate communities that we work with by winning them grant funding, preparing plans, and implementing projects. Having grown up in the region, it is great to see the local reinvestment and the impact my work can have.

Where did you go to school?

Smith Collage (BA Architecture & French); Columbia University (MS Urban Planning)

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

Glens Falls is a great place to work and call home. It is a small tight-knit community that still offers much of what I enjoyed living in larger cities - a short, bikeable commute to work, restaurants, the farmers market, parks, museums, and music - with the added bonus

of comparatively affordable home prices and easy access to lakes, trails, and more!

What one person has influenced you the most? Why?

I don't know if there is one person that has influenced me the most. I try to learn from everyone I meet!

What is your biggest goal in life?

I'm someone who tends to try to find the best in whatever situation I am in. I hope to continue to feel proud of the work I am doing, to continue to learn and discover new places and things, to be healthy and happy, and to have a healthy and happy family.

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

To relieve stress, I try to get out for morning runs, maximize my time outside, and minimize my coffee intake.

What are your three favorite movies?

Everything Is Illuminated, Marie An-

toinette, and Reality Bites

What piece of literature has influenced you? Why?

Jonathan Safran Foer is one of my favorite authors. His book "Extremely Loud and Incredibly Close" would probably be the novel that influenced me the most, as it was my introduction to his writing. In terms of non-fiction, there are several books that lead me to my work in planning, including "Bowling Alone," "Sunset Towns," and "The Color of Law." All three show the influence the built environment has on society.

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

Maybe a travel guide writer? I love to travel, discover new places, and make lists of the best places to return to.

What quote do you live by?

"Choose to be optimistic, it feels better." - Dalai Lama

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Kevin Hall

Age: 36
Partner/Children:
Sarah - Wife/George - Son
City, village or town you currently reside in:
Glens Falls
Employer: Hallwear



Current job title/responsibilities:
Owner/Operator

What is the best aspect of your job? Why?
Connecting with the community. I've always been a huge sports fan and I'm invested in this area so I enjoy talking to coaches, teachers, business people and any other customer that works with us.

Where did you go to school?
Glens Falls High School & Binghamton University

Why do you think this region is a good place to live and work?
People care for each other for the most part. It's a good place to raise a child.

What one person has influenced

you the most? Why?
My father, he started Hallwear 25 years ago and built it up from the ground.

What is your biggest goal in life?
To provide my family with the best possible life.

What do you do to relieve stress? How does it help?
I play with my dog Charlie. I know everyone thinks their dog is the best dog but he's truly the best most loyal dog a person could ask for. His unconditional love always reminds me that everything is OK no matter what I'm stressed about

What are your three favorite movies?
I'm such a huge movie fan I don't

think I could stop at three
What piece of literature has influenced you? Why?
Too many to choose from, really any story that deals with triumphing over adversity.
If you could change to any other profession, what would it be and why?
Teacher. I coach football and track and I find that I enjoy not just the sports aspect of it but the interaction with the athletes and I think that teaching would be similar but possibly even more rewarding.
What quote do you live by?
What Man Is A Man Who Does Not Make The World Better?



Congratulations
TO
KEVIN HALL
and all of the
honorees for the
20 under 40 awards!

We also congratulate the
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Cheers to another 25 years!

Kate Herlihy Schwenker

Age: 38

Partner/Children: Husband - Eric Schwenker Children - Will (9), Andrew (7), and Alex (2) Schwenker

City, village or town you currently reside in: Queensbury

Employer: Whiteman Osterman & Hanna LLP



Current job title/ responsibilities:

Partner - Government Relations

What is the best aspect of your job? Why?

I love that every day presents a new challenge, and that the landscape is always changing. There is so much strategy involved in representing clients on legislative and regulatory issues in New York - you have to understand the substance and politics of the issue, and be able to craft language and supporting documents that accurately convey a client's position. My job allows me to work with great colleagues and to impact public policy and practice law at the same time.

Where did you go to school?
Amherst College and Fordham University School of Law

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 more wonderful place to live and raise my family today. There are so many activities

just minutes away, whether skiing, hiking, golf, boating, etc. And most importantly, there is such a sense of community, and interest in seeing the area continue to thrive. I feel very fortunate that I can work in a field I enjoy, contribute to my community, and allow my children to experience everything the area has to offer.

What one person has influenced you the most? Why?

It is impossible to pick just one person, but my parents, Anne and Kevin, are at the top of the list! They have modeled for me how to always strive for excellence, work hard, be involved in the community, and be a loving and supportive spouse and parent.

What is your biggest goal in life?

To raise three happy and healthy boys who appreciate all this great area has to offer.

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

I enjoy running, biking, and playing golf with my family, and generally staying active!

What are your three favorite movies?

The Thomas Crown Affair, National Lampoon's Christmas Vacation, Wedding Crashers

What piece of literature has influenced you? Why?

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

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

I would be a history professor. I was an American Studies major in college, and have always loved early American History. It would be very rewarding to spend the time to become a true expert in, and then teach about, our nation's formative years.

What quote do you live by?

"There are no secrets to success. It is the result of preparation, hard work and learning from failure."
— Colin Powell

A special congratulations to **Katherine Herlihy Schwenker, Esq.**, chair of the Glens Falls Hospital Foundation Board of Trustees, for receiving The Post Star 20 under 40 Award!

Congratulations to all the honorees!



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Anthony LoFranco

Age: 39

Partner/Children:

Briana LoFranco, Joseph LoFranco, James LoFranco

City, village or town you currently reside in:

Saratoga Springs / Stillwater, NY

Employer:

Empire State Tile, LLC



Current job title/responsibilities:

Owner - Oversee all aspects of the company.

What is the best aspect of your job? Why?

I enjoy working with customers and

making sure the job is done to their expectations. Its always fascinating to look at the beginning sketches and drawings of a project and then being able to walk through at the end and see it all come together.

Where did you go to school?

Harrison High School in Harrison, NY

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

I like living in Saratoga County because it's a small enough community to develop strong business relationships and friends, yet it's large enough to enjoy the country, lakes and beautiful views as well as visiting downtown for a taste of city life.

What one person has influenced you the most? Why?

Tony Marchio from D&M Tile. He

taught me the business when I first entered the tile setting industry. I respect him so much, he used to work alongside his guys, and he was never above any job. He has a great work ethic and is one of the hardest working guys I have ever met.

What is your biggest goal in life?

My biggest goal in life is to prepare my two boys, Joseph & James to succeed in life and be happy.

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

I earned my private pilot license in 2018, I owned my own plane for a little bit. I try to rent now as much as I can. I really love being able to fly out of Saratoga Airport and go wherever my heart desires.

What are your three favorite movies?

Blood Sport, all the Rocky movies, The Blind Side

What piece of literature has influenced you? Why?

I enjoy "how to" books. I read about things that are useful. One time I read a book on plumbing and used my skills to renovate a two-family home in Schenectady. I also read a lot about aviation.

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 a private pilot instructor. I would like to teach others how to fly.

What quote do you live by?

Work hard, play hard.

Letizia Mastrantoni

Age: 35

Partner/Children:

Partner-Joe, Daughter-Grace

City, village or town you currently reside in:

Glens Falls

Employer:

Events To a T



Current job title/responsibilities:

Owner of Events To a T Planning and facilitating weddings and events of all sizes and designs for clients in the Adirondack/capital region and beyond

What is the best aspect of your job? Why?

It allows me to be creative, help others and is rarely boring

Where did you go to school?

The College of Saint Rose

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

The Lake George/Glens Falls region provides residents with a true sense of community. There is a strong backbone of locally owned, operated and supported businesses. There is a hospitality climate like no

other always looking to the future and striving to create unique experiences locals and tourists alike. From outdoor adventures to vibrant theatre and culinary offerings this region truly has something for everyone.

What one person has influenced you the most? Why?

This answer most certainly has to be both my Mother and Father. From childhood they moved to the United States from Italy not knowing the language. After graduating high school and getting married they maintained their family businesses and eventually ventured to open their own businesses. Being raised in a family business environment requires many sacrifices and teaches you many lessons others don't often learn. From my Dad I've learned the importance of hard work and family loyalty. My Mom has this wonderful way of not letting the things people say or do

bother her. I guess you could say she maintains her composure well and rolls with it. This is something I truly admire and am still working on.

What is your biggest goal in life?

To raise my daughter to be a kind, smart, hardworking, decent human.

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

Go to Mean max for trivia and maybe sing some karaoke after! Taking time with friends and escaping the rigor of work always includes laughter. How can you be stressed when you're having fun with good friends?

What are your three favorite movies?

Forrest Gump, Miss Congeniality, Meet the Parents

What piece of literature has influenced you? Why?

I'm more drawn to poetry than novels so I would have to say anything

by Robert Frost. More specifically, Stopping by Woods on a Snowy Evening. The imagery in the poem is beautiful and toward the end when it reads "for I have promises to keep and miles to go before I sleep". I've interpreted that to mean -obviously the importance of keeping your promises but that I have so much left to do and accomplish in my lifetime.

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

I am actually a certified teacher. Masters degree and all. I miss working with students and would likely be teaching if I weren't presented with alternate life experiences that led me to event planning and owning my own business.

What quote do you live by?

"If you're the smartest person in the room, you're in the wrong room"

Zack Moore

Age: 40

Partner/Children: Kristy Moore, Zachary Thomas Moore, Jackson Alexander Moore, Sophia Linda Moore

City, village or town you currently reside in: Queensbury

Employer: L&M Associates



people that I get to work closely with every day.

Where did you go to school?
Glens Falls High School, Rutgers University

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

I thank God every day that my father moved here. I have lifelong friends from elementary school. We used to walk to school and ride our bikes in these neighborhoods, go swimming together wherever we could, spend weeknights at West Mountain. When the time came to raise our families, we moved back here and are able to watch our children do the same things, and in some cases join them. The quality of life and variety of experiences to be had within just a five to forty minute drive in any direction is incredible.

What one person has influenced you the most? Why?

So many people but if I have to pick one it has to be my Dad. He's a very complex man but at the end of the

day he loves his family and his community. When he loves something, such as our place in Schroon Lake, he really wants to share it. His enthusiasm is contagious. And he also wants to grow to give. If the company does better than we have more resources to help the community and in the larger world outside. My father maintains a "servant's heart" for all things. He has definitely influenced me in a variety of ways.

What is your biggest goal in life?
To be happy. And for my family and friends to be happy as well.

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

Spend time with my family, which doesn't sound much like a stress reliever when your kids are between 7 and 13. But I love playing with the kids, going to Schroon Lake with them. It keeps it all in perspective. There is nothing more relaxing than a "dock swim" as the kids call it.

What are your three favorite movies?

Good Will Hunting, Hook, Wedding

Crashers

What piece of literature has influenced you? Why?

Remembering the Good Times by Richard Peck. I think I had to read it in 7th grade or so. It dealt with a lot of issues that I believe kids still deal with today. More recently it was Resurrecting Retail by Doug Stephens.

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

Underwater Welder. I would say teacher because I love children but that's an oversimplification of the amazing job educators do. So, underwater welder.

What quote do you live by?

Plan your dive and dive your plan. It's a saying from the diving world (I don't dive though) but I try to apply it to our work. However in my personal life its one day at a time, without Kristy I wouldn't know what shoes I am wearing. It's quite the juxtaposition.



Congratulations
ZACK MOORE

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Charles A. Perkins

Age: 37

Partner/Children: Wife: Caitlin Connor Perkins Daughters: Kahlea Siena Perkins, Savannah Marjorie Perkins

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

Employer: Chuck Wagon's Tax Preparation



Current job title/responsibilities: Sole proprietor. Prepare individual and business income tax returns.

What is the best aspect of your job? Why? The ability to teach clients how the

tax law applies to their situation

Where did you go to school?

High School: Whitehall Central School. College: Siena College

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

It is not crowded like being in a metropolitan city. This area thrives on family owned businesses which people love to support.

What one person has influenced you the most? Why?

David P. Samson, former President of the Montreal Expos/Florida Marlins. Even though we have not met face-to-face I have been able to speak to him privately and he has given me some business and even some personal advice too. He seems to find the time to answer almost all of my questions and has

even shared them on his national podcast (Nothing Personal with David Samson) because they can relate to situations that other people in business may be finding themselves in the same situation. David, I can't thank you enough. I'm going to take what I learned and see how far I can go with my future.

What is your biggest goal in life?

To be able to support my family no matter what can happen.

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

Clean... mostly the house. It helps because it clears my head of what was bothering me.

What are your three favorite movies?

Not in any order: a) Shawshank

Redemption b) Rounders c) Rules of Engagement

What piece of literature has influenced you? Why?

The Present by Spencer Johnson. It helps you focus on what will make you happy and successful in your work and in your personal life.

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

Working for a sports organization being the GM. I love sports and I like to be in control (for the most part, LOL).

What quote do you live by?

I owe you one, Dad.

Tesha Marie Perry

Age: 36

Partner/Children: Fiancé - Michael Mihaly Step-Daughter - Lauren Mihaly Dog - Callei

City, village or town you currently reside in: Queensbury

Employer: Glens Falls National Bank & Trust Company



Current job title/responsibilities: Residential Mortgage Originator - It's my responsibility to assist clients with their mortgage transaction; whether they're purchasing a

new home, refinancing their existing home or constructing a new home!

What is the best aspect of your job? Why?

The best aspect of my job is assisting clients with a product they truly need. The mortgage process is extremely emotional and very intimate; it's my privilege to assist with something so important in life.

Where did you go to school?

Bolton Central School

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

This region is an incredible place to live and work because we are very community focused and are always providing ways to assist those in need. It's also tremendously gorgeous here; the 4 seasons offer a very diverse life style.

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 ex-

tremely fortunate to have been provided the exact people I've needed for each stage of my life. I'm eternally grateful to all of the influential friends, teachers, mentors and boss's who have had such a tremendous impact on my life. I'm so thankful they have assisted in molding me into the woman I am today.

What is your biggest goal in life?

My biggest goal in life is to reach and support as many struggling women as possible. If this life is possible for me, I want to show them, it's possible for them, too.

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

My favorite way to decompress is to practice YOGA! Honestly, my life has been changed by my hot yoga practice; I am in my purest place on my mat.

What are your three favorite movies?

The Holiday, Dirty Dancing, The Notebook

What piece of literature has influenced you? Why?

The Bible. It's fascinating to be provided what I need from this book when I need it!

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

It's always been a dream of mine to be a foster care social worker. It would be rewarding and fulfilling to be an anchor for struggling children in our community.

What quote do you live by?

We rise by lifting others.

Jessica Pound

Age: 33
Partner/Children: Husband- Jesse Children- Oliver & Emelia
City, village or town you currently reside in: Queensbury
Employer: Glens Falls National Bank & Trust Company



Current job title/responsibilities:
AVP/Retail Lending Manager Manage direct/home equity lending

What is the best aspect of your job? Why?

The best aspect of my job is working together with my team to assure a positive lending experience for our customers. I also enjoy coaching and mentoring my team to assist in growing their careers.

Where did you go to school?
CCC & PSU

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

Coming from a small town, living and working in Queensbury gives me the same sense of community and ability to grow strong relationships.

What one person has influenced you the most? Why?

In all aspects of my life, my mom has always been that person. My determination, hard work, and desire to serve my community are all attributed to her.

What is your biggest goal in life?

My biggest goal in life is to be the best mother I can, for my children and to lead by example in everything I do.

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

Spending time with my family and close friends is the best way to relieve any stress. A trip to the beach works too!

What are your three favorite movies?

Forrest Gump, Beaty and the Beast and anything Julia Roberts.

What piece of literature has influenced you? Why?

Little Women will always come to mind when asked this question. This is a book I can read over and over and enjoy the diversity of the characters, personalities and determination of young women.

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

I would be a pastry chef, I have always enjoyed baking and making special cakes for friends and family.

What quote do you live by?

You must do the things you think you cannot do- Eleanor Roosevelt.

Congrats

TESHA PERRY and JESSICA POUND
2021 Post-Star 20 Under 40 honorees.

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Jacob Ringer

Age: 39

Partner/Children: Fiance, Alexis Flewelling and daughter Catherine Ringer and I can't leave out my four legged friend, Tig

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

Employer: Plumbers & Steamfitters Local 773



Current job title/responsibilities:

By day, I am a Foreman for a reputable signatory contractor for Local Union 773. My responsibilities include engaging with customers to find solutions to satisfy/fix their needs, and to get projects completed on time and under budget. By night, I am the Training Coordinator for Plumbers & Steamfitters Local Union 773, where I oversee the training programs for our New York State Registered Plumber/Steamfitter and HVAC Mechanic Apprenticeships at

both our Glens Falls and Plattsburgh facilities. This entails creating program schedules, assigning Instructors to teach our Apprenticeship classes, monitoring and assisting when necessary in the evenings when classes are in session, and reporting to and working alongside our Journeymen and Apprentice Training Committee on a monthly basis. In addition, I oversee all other aspects of training for our Journeyman members including scheduling and setting up continuing education

classes, and necessary refresher courses, etc. I also attend local and state career fairs and visit with minority organizations to promote our Apprenticeship training programs.

What is the best aspect of your job? Why?

Without question, the best aspect of my job is seeing an Apprentice member go through their time in our Apprenticeship program, which is a period of 5 years, and seeing them graduate at the end of their program to a Journeyman Brother or Sister, knowing full well that if they choose, they have been prepped for a life-long, rewarding career.

Where did you go to school?

Hudson Falls Central School District, SUNY Adirondack and Plumbers & Steamfitters Local 773 Apprenticeship Training School

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

I love living in this region mostly because of the change in seasons and all the Adirondacks have to offer. It is also a nice area to work because for the most part we are rural and

do not have the big city feel.

What one person has influenced you the most? Why?

In my life, my mom has undoubtedly influenced me the most. She was a single parent who worked hard every day to provide for my four siblings and me. She taught us the meaning and value of working hard and the importance of caring for others. It was my mom who taught me that if you wanted something in life, you have to work for it because nobody is going to hand it to you. If this meant learning something new or having to step outside of your comfort zone, so be it. It was her examples of this that have got me to where I am today.

What is your biggest goal in life?

My biggest goal in life is to see my daughter, Catherine grow up, have a successful career and a family of her own.

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

When I have downtime, aside from spending time with my family, I love snowmobiling, riding my motorcycle

and camping. These activities allow me the opportunity to decompress and enjoy life.

What are your three favorite movies?

The Shawshank Redemption, The Goonies, Elf

What piece of literature has influenced you? Why?

To be quite honest, I am influenced most by comic books and joke books as laughing is what I enjoy most. Everyone needs to laugh in life!

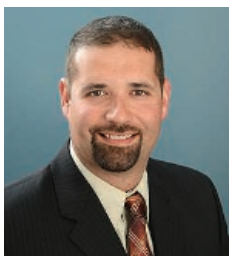
If you could change to any other profession, what would it be and why?

While I enjoy what I do for a living, if my life had been different, I would have loved to become an airline pilot, which would have allowed me the opportunity to see more of the world.

What quote do you live by?

"Hope is a good thing, maybe the best of things, and no good thing every dies." Andy Dufresne (Tim Robbins)

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Jake, you exemplify dedication, commitment, and hard work. It is not only apparent at Plumbers & Steamfitters Local 773, but it is also known by many organizations within the local community.

Your Union Brothers and Sisters are excited for you on your well-deserved recognition. We know that you will continue to strive for success and for the betterment of all.

CONGRATULATIONS!

Local 773 would also like to congratulate all of the honorees this year.

FROM THE OFFICERS, MEMBERS & STAFF OF PLUMBERS & STEAMFITTERS LOCAL 773

MICHAEL JARVIS, BUSINESS MANAGER/FINANCIAL SECRETARY-TREASURER

BRIAN KILL, BUSINESS AGENT

ADAM ROUND, PRESIDENT

DANIEL MONROE SR., VICE-PRESIDENT

LOCAL 773 JOURNEYMEN & APPRENTICE TRAINING COMMITTEE



Greg Seeley

Age: 37
Partner/Children:
Samantha Seeley-Spouse
Emily Seeley-Daughter
City, village or town you currently reside in:
Warrensburg
Employer:
Warren County Sheriff's Office



Current job title/responsibilities:
Patrol Officer. Patrol the community and handle 911 emergencies. Interact with the community in a positive way.

What is the best aspect of your job? Why?
Everyday is something new. I get to help people in their worst of times and I attempt to make a bad situation better for them.

Where did you go to school?
Warrensburg Central School

Why do you think this region is a good place to live and work?
This is an incredible area to work. The areas that I patrol are close knit and many people go above and beyond to help other people and it's amazing to see.

What one person has influenced you the most? Why?
I would have to say my mother. She was a 4th grade teacher in Warrensburg. I learned from her to treat everyone the same no matter where they come from.

What is your biggest goal in life?
My biggest goal in life is being the best I can for my family. I have a beautiful wife and an amazing daughter. I want to make sure I am there for them

What do you do to relieve stress? How does it help?
I love working on stuff around my house. Yard work helps me relax.

What are your three favorite movies?
All of the Jason Bourne movies,

The Departed, End of Watch

What piece of literature has influenced you? Why?
Nothing really comes to mind

If you could change to any other profession, what would it be and why?
Firefighter/Paramedic. This has always been in my blood. I was an EMT for 16 years and I am currently a volunteer firefighter for the Warrensburg Fire Company. It runs in the same line with Law Enforcement. I enjoy helping people in their worst of times and trying to make it better.

What quote do you live by?
If you give me respect I will give you the same.



Dan Snyder

Age: 34

Partner/Children:
Morgan Snyder (wife)
Cora Snyder (daughter)

City, village or town you
currently reside in:
Diamond Point

Employer:
Snyder's Drywall Inc.



Current job title/responsibilities:
President Oversee day to day operations Sales and Estimates Quality assurance

What is the best aspect of your job? Why?
Being a family business It's great to be able to work with my brother

Adam and my parents on a daily basis. There are not many families that have the opportunity to see each other every day, so I am grateful in that regard.

Where did you go to school?
Queensbury High School

Why do you think this region is a good place to live and work?
I feel like we live in one of the last regions that can still operate on a handshake, we have people and companies that are very trustworthy and true to their word.

What one person has influenced you the most? Why?
My Dad, Scott Snyder His work ethic is 2nd to none, and he has taught my brother and me that if you want to achieve something the only way to do it is to work your way there

one step at a time. There are no shortcuts.
What is your biggest goal in life?
My biggest goal in life is to be the best dad I can be for my daughter.

What do you do to relieve stress? How does it help?
The best way to relieve stress is a night out in Bolton landing having a few cocktails, listening to live music and eating with friends and family.

What are your three favorite movies?
Con Air, Miracle, Bad Boys

What piece of literature has influenced you? Why?
Playing with Fire It's an autobiography about Theo Fleury a professional hockey player, he explains how he had to overcome addiction and a troubled youth to become a

Stanley cup champion as well as an Olympic gold medalist. This book showed me that if you continue to grind through your problems, there will be a light at the end of the tunnel
If you could change to any other profession, what would it be and why?
It would have to be law enforcement, or military. I have so much respect for the men and women that put their safety and well-being on the line every day for other people, and I would like to think that if it was not for Snyder's Drywall I would have done something along those lines.
What quote do you live by?
"If you're going to do the job don't do it half-assed" Gene Black

Snyder's Drywall would like to congratulate Dan Snyder



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Dan, you have worked hard since day one following in your father's footsteps. Your hard work and determination have helped Snyder's Drywall grow into the great company it is today. Congratulations on all your achievements and we wish you continued success. We love you and are so proud of you!

Mom, Dad, Adam, and the entire Snyder's Drywall Family

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BUT DONE WAGON'S WAY.**

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