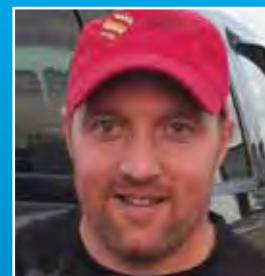


THE POST-STAR 2040 UNDER



Celebrate Tomorrow's Leaders!



**An awards luncheon honoring the recipients will be held
Wednesday, September 25, 2013 at 12:00pm
at the Great Escape Lodge.
Reservations required. See inside for details.**

This publication is an advertising supplement to

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Welcome to our celebration of



Welcome to our celebration of The Post-Star's annual 20 Under 40!

We would like to thank our judges, Adam Gray and Paul Wersten, for their time and commitment to this event.

The diverse group of nominees this year was overwhelming. You can't just focus on one aspect of a person like education, professional track or commitment to community – it is a blend of all of these that really make all of the nominees seem worthy. Please take time to read about each of our honorees. You will find an impressive group of individuals that are not only successful in their respective careers but they are leaders in our community. They find time each and every day to give back for what they have been given.

If you would like to help us celebrate the achievements of these fine individuals please consider attending the awards luncheon on Wednesday, September 25, 2013 at The Great Escape Lodge. There are a limited number of tickets remaining and the reservation deadline is Tuesday, September 17th. Advance reservations are required and you can look below for the reservation form and details. Or, to register online, you can log on to poststar.com/20under40.

Rick Emanuel

Publisher

Celebrate Tomorrow's Leaders!



- Whitney E. Bascue, NBT Bank
- Alissa Bevivino, Harrison Avenue Elementary & Downtown Charm
- A.J. Bodden, Townsquare Lifestyle Events
- Toby Dawes, Mannix Marketing
- Jared Dinsmore, Delphia Consulting
- Melissa Gaetano, Glens Falls Hospital
- Kevin Giambrone, Contech Engineered Solutions
- Neil S. Hafner, Garvey Volkswagen Kia
- Andrea Harrington, Glens Falls National & Trust Co.
- Andrea Jacobs-Merlow, Roaring Brook Ranch
- Mary Rose Kana, Community Advocate
- Kristina LaFreniere, Glens Falls Hospital
- Tom Lyons, The Glen at Hiland Meadows
- Patrick Mellon, Bay Ridge Volunteer Fire Co.
- Marc Monahan, NBT Bank
- Todd Monahan, Peter Young Housing, Industry & Treatment
- Rachel Seeber, Revitalize Aquadetox Spa
- Bryan Steele, O'Leary Chiropractic
- Brenna Uline, The TEARS Foundation – NY Chapter
- Nancy Underwood, Parsons Child & Family Center

Reserve your seat at the 2013 20 Under 40 Awards Luncheon and meet the Honorees!

An awards luncheon honoring the recipients will be held Wednesday, September 25th at 12pm at the Great Escape Lodge.

Reservations required.

Please reserve:

____ Tables(s) for 10 @ \$280 / table = \$ _____

____ Seat(s) @ \$30 / seat = \$ _____

Enclosed is my ☐ check payable to **The Post-Star** for \$ _____

Please attach a list of the name(s) of each guest and their entree' selection of Chicken, Beef or Vegetarian

Attending to recognize Honoree: _____

Please respond by Wednesday, September 17, 2013. Space is limited, first come first served basis, respond promptly.

Mail to: **The Post-Star**, attn.: 20 Under 40, 76 Lawrence and Cooper Streets,
PO Box 2157, Glens Falls, NY 12801

To make an online reservation using a credit card, please go to poststar.com/20under40

All nominations were screened and judged by Rick Emanuel, Adam Gray and Paul Wersten. Nominees were chosen based on their dedication and success in their vocation, being a role model in their profession, demonstration of leadership in their business/ community and active community involvement and volunteer participation.

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James Watson said in making the nomination for Whitney Bascue, she has demonstrated professionalism, civic participation and leadership.

As assistant branch manager/bank officer, Bascue has been involved in different programs at work, including leading an introductory customer service class that teaches basic sales skills, customer service skills and product knowledge. She is a board member of the Adirondack Regional Chamber of Commerce Young Professional Group.

Bascue also has been active with the Tri-County United Way Capital Campaign and Allocations Committees and gives of her time to Big Brothers/Big Sisters of the Southern Adirondacks. "Whitney has demonstrated that she is upward-bound within her profession and ...she demonstrates a standard of excellence within the community," Watson said.

Name: Whitney E. Bascue

Age: 32

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

Present Job Title: Assistant Branch Manager

Company: NBT Bank, N.A (Glens Falls Regional Office)

Years at your present employer: 6

Brief Resume: Assistant Branch Manager, TD Bank, 2003-2007 Floating Teller, Troy Savings Bank, 2000-2003

Spouse: Wedding date set for December 2013!

Pets: Boston Terrier, SHEA...named after Shea Stadium...GO METS!

College/Degrees: Bachelor of Arts (B.A.), Communications, Television & Radio Production, Minor-Speech Communication
1999-2003 Activities and Societies: 2002-IC Study Abroad Program-Los Angeles, CA- Intern, CBS Television Studios Whitehall Jr/Sr High School, Class of 1999

Where do you call your "hometown" growing up: Whitehall, NY

Community Involvement: Tri County United Way Capital Campaign Committee Tri County United Way Allocation Investment Committee I am a participant in the annual BBBSSADK Bowl-a-thon and JDRF Walk to Cure. I have also been involved with the ARCC YPO for the past 5 years.

What was your first paying job and how long were you there:
My first paying job was working for my father at the Whitehall Recreation Center. Needless to say he was the toughest boss I ever had! I lasted for one summer. :)

What is the most unique thing that nobody knows about you:
I might be the only woman on earth that does not enjoy Bon Jovi.

Why the Capital District/Glens Falls Region: I took a road trip across the country when I was 20 and after visiting several different states I realized how beautiful our area really is. I love the change of seasons and my family is close so this is the place for me!

What is your proudest professional accomplishment: Actually, becoming a 20 under 40 Honoree is a very proud accomplishment. I am so happy to represent the company I work for in such a positive way.

Describe yourself in ten words or less: I am an eternal optimist.

To what or whom do you attribute your success: My parents are the true inspiration for my strong work ethic. They are great role models and their support and guidance have helped me become the person I am today.

What inspires/motivates you: My customers inspire and motivate me everyday. Everyone has some sort of financial need at each stage of their life and I strive to help them in any way I can.

Who is your mentor: My boss Deborah Prendergast has acted as my mentor for many years. She has shared much advice, insight and knowledge to help me grow in this business. I am so thankful to have met and learned from her.

Who is the business person you admire most:
I have the pleasure and great opportunity to work for Dan Burke (Regional President of NBT Bank). He is a great leader and his strong ties and appreciation of the community he lives/works in is very admirable.

What is your favorite thing to do locally: I love working out at CORE of Glens Falls but during the summer months I like to get outside to run, walk and bike as much as possible.

What is the best advice that you ever received: Take every opportunity to learn as much as you can in the workplace. Knowledge is power and can only help your future. The more you know the more marketable you are.

What is the best advice you can give: I would tell anyone in a management or supervisory position to delegate and teach your staff as much as you can. If you are irreplaceable you can never be promoted. When the time comes for you to move up you will have done your job preparing your staff.

What do you do to relax: Pinterest and Wine.

Favorite Movie: Anything directed by Nancy Meyers.

Favorite Restaurant: 132 Glen Bistro

Favorite Vacation Destination: A tie between Maui and Santorini, Greece

Favorite Stress-Buster: RPM at CORE of GLENS FALLS

Favorite Musician/Music: Anything playing on "The Spectrum" on Sirius Radio.

Most Recent "Splurge": A great photographer for my wedding.

If you could be any popular superhero, who would it be: Batman... he has a pretty good day job for backup in case the superhero thing never worked out.

Dream Job: Interior Designer

Most Prized Possession: My fiancé asked my family to help him pick out my engagement ring. It was great surprise that involved the most important



Whitney E. Bascue

Assistant Branch Manager, NBT Bank

Age: 32

people in my life making me feel very loved.

Favorite TV Show: Duck Dynasty

Favorite Book: Young House Love, an Interior Design Book

Favorite Quote: "A woman should be two things....classy and fabulous!" Coco Chanel. Favorite Book: "Every Move You Make" by M. William Phelps

Favorite Quote: "Be careful whose advise you buy, but, be patient with those who supply it" – Mary Schmich, and "Chance favors the prepared mind" – Louis Pasteur.

**Congratulations to Whitney Bascue
and all 20 Under 40 honorees.**



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Alissa Bevivino

Teacher at Harrison Avenue Elementary I
Co-owner of Downtown Charm

Age: 28

Jean-Monique Demers credited Alissa Bevivino with having a positive impact on her life and helping out of her "tomboy stage" after the two were matched up with Big Brothers/Big Sisters.

Bevivino tutors students and has also volunteered to clean up after Hurricane Sandy left many people homeless last year.

"Alissa will most certainly be among the leaders of tomorrow for being active in the community, intelligent, dedicated, caring and hardworking. She has made quite the difference in the lives of the people she knows," Demers said. Derek Keays called Bevivino a "passionate" teacher who takes part in many fundraisers in the district. Meanwhile, she runs a business in downtown Glens Falls and is active with the Adirondack Regional Chamber of Commerce. At Christmas she adopts needy families.

"Alissa, at her young age, has accomplished and volunteered for more stuff in and around this community than most anyone I know," Keays said. "She leads by example each and every day."

Name: Alissa Bevivino

Age: 28

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

Present Job Title: Teacher and Co-Owner of Downtown Charm

Company: South Glens Falls Central School District

Years at your present employer: 6

Brief Resume: 2006-Present: Tutor in grades K-6
2008-Present: Fifth-grade teacher in the South Glens Falls School District
2011-Present: Co-Owner of Downtown Charm in Glens Falls

Spouse: Derek Keays

Pets: 2 Dachshunds - Beau and Bella; 2 Cats - Crosby and Hollie

College/Degrees: Childhood and Special Education from The College of Saint Rose

Where do you call your "hometown" growing up: South Glens Falls

Community Involvement: Down Syndrome Awareness Day Committee Member -Student Council Advisor, Character Education Committee, After-School Enrichment, and Grant Writing at Harrison Avenue Elementary -Volunteer at Big Brothers, Big Sisters for 6 years -Adopt-a-Family Christmas Project -Social Media Consultant Volunteer for various non-profit organizations such as Green Halloween (Out of Baltimore, MD)

What was your first paying job and how long were you there: Babysitter for the neighborhood kids.

What is the most unique thing that nobody knows about you: Anyone who has visited Downtown Charm probably knows this by now, but I have a special love for all things old, vintage, and rustic. I'm always on the lookout for flea markets and thrift stores, and I definitely brake for furniture on the side of the road.

Why the Capital District/Glens Falls Region: My family moved to South Glens Falls from the Utica area when I was in third grade. Although I do miss Utica's Italian food, I've always loved the way this small community is tucked in between Saratoga and Lake George. There's always something to do or see! As a student, I felt the most admiration for my community when I was involved in the South High Marathon Dance. As an adult working at Downtown Charm, I've met so many people in Glens Falls who have a passion for our area and for supporting local businesses. It is a truly unique place!

What is your proudest professional accomplishment: As a teacher, I'm lucky enough to feel proud everyday when I greet my students. Every time a child gets excited about learning or sticks with something until they understand it, I'm reminded of why I love this job. My students amaze me every single day, and that's the best professional accomplishment there is.

Describe yourself in ten words or less: I'm passionate, excited, and I have a love for learning.

To what or whom do you attribute your success: My supportive friends and family. They are my biggest fans every single day. There's always

one or two members who serve as model for everything you do. My 90 year old Grammy is the most wonderful person I have ever met, and I think everyone should have the chance to meet her. She has taught me about values, caring for others, and best of all, Italian cooking. She's the type of person who gets her happiness from seeing the joy in others, and that's the type of person I strive to be.

What inspires/motivates you: My nephew, Nicholas. Nick is the happiest, most loving, and most resilient kid I've ever met. Nicholas has Down Syndrome and has overcome so many medical challenges in his life, including two recent hip surgeries. After his second surgery, Nick was giving the thumbs up sign and mustering up the best smile he could. His positive outlook on life and his ability to smile through it all motivates me to give everything the best I can give.

Who is your mentor: My mentors are my sisters. I call them for advice on everything from painting and cooking to important life decisions. This includes Jeannie, my little sister from Big Brothers, Big Sisters. She's only 14, but she is wise beyond her years!

Who is the business person you admire most: My Dad is a great business person. He is admirable because he is honest and relatable. In a power and money-driven business world, my Dad sticks to his values first. He treats everyone like family, and puts his all into everything. He makes you his first priority, and his motives are always unselfish.

What is your favorite thing to do locally: I love to walk around downtown Glens Falls on a Saturday morning! I grab a coffee and a bite to eat, grab a new book at the library, walk around, and stop by the Farmer's Market.

What is the best advice that you ever received: The best advice I ever received was from a fellow teacher. She told me to have faith that each unexpected change in life was going to lead to something better, even if it didn't feel that way at first. When faced with adversity, we should make the choice to view it as an opportunity for growth.

What is the best advice you can give: Keep motivated, stay determined, and don't be afraid try something new! Courage is putting yourself out there, taking risks, and trying something even when it scares you. Never let the fear of failure stop you from giving something your all. Be bold and be different. Turn your dreams into plans!

What do you do to relax: My family has a camp in Schroon Lake. To relax, I like to read a book or listen to music in the park by the lake. It's just far enough away that I can forget about my to do list for a little while.

Favorite Movie: I Am Sam

Favorite Restaurant: Cooper's Cave

Favorite Vacation Destination: Cape Cod

Favorite Stress-Buster: RPM Class at Core

Favorite Musician/Music: Dave Matthews Band

Most Recent "Splurge": Tickets to Farm Aid at SPAC

If you could be any popular superhero, who would it be: Flash

Dream Job: Teaching and writing social media content for a non-profit

Most Prized Possession: My grandmother's recipes

Favorite TV Show: Friends

Favorite Book: Daring Greatly

Favorite Quote: "The willingness to show up changes us, it makes us a little bit braver each time." -Brene Brown

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In nominating AJ Bodden for the 20 Under 40 award, Jess Updyke commented that he exhibits “passion and persistence.” “He has the passion, vision, integrity, creativity, compassion, persistent determination and the most infectious enthusiasm of anyone I have ever met,” Updyke said.

Bodden is the co-founder of Saratoga Festivals, now known as Townsquare Lifestyle Events, LLC, and was the driving force behind Saratoga Brewfest and Oktoberfest NY. In two years the company added four new local events and one in Syracuse.

Late last year Bodden and his partner joined Townsquare Media as part of their live events team and supervise events in more than 50 markets across the nation.

Bodden has received several business and community recognition awards. He gives of his time at his alma mater, Union college, as a member of the Saratoga County Chamber of Commerce and as ambassador at the Saratoga Convention and Tourism Bureau. In addition he raised more than \$60,000 in ten weeks for the Leukemia and Lymphoma Society.

“(Bodden’s) many contributions extend to this community and beyond and are a perfect illustration of the type of person who I think deserves and should be celebrated for this award,” Updyke said.

Name: A.J. Bodden

Age: 32

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

Present Job Title: Managing Director

Company: Townsquare Media- Lifestyle Events Division

Years at your present employer: 1

Brief Resume: Started Saratoga Festivals in 2009 running large scale events in the Capital Region and beyond. From 2009 to 2012 grew the business to include 9 events locally and in the Syracuse market. Saratoga Festivals was acquired by Townsquare Media of Greenwich, CT in December 2012 thus becoming Townsquare Lifestyle Events. I now oversee festivals and events in over 50 markets throughout the country including the events started under Saratoga Festivals in the Capital Region. Prior to working for Townsquare Media, in addition to running Saratoga Festivals, I worked for Peak Organic Brewing Company of Portland, ME as a Regional Sales Manager.

Spouse: Deirdre Bodden

Pets: Ellie my beloved English Cream Golden Retriever

College/Degrees: Union College- B.A. History St. Lawrence University- M.A. Education

Where do you call your “hometown” growing up: Scotia, NY

Community Involvement: Leukemia and Lymphoma Society: • 2013 LLS Man of the Year: Responsible for raising over \$60,000 in ten weeks for LLS • 2013 Taste of Compassion Honorary Committee member and event sponsor • 2013 newly elected member of the LLS Board of Trustees Union College Alumni Association: • Class Officer Union College Fighting Dutchmen Grid-iron Club: • Board Member Saratoga County Chamber of Commerce: Member Saratoga Convention and Tourism Bureau: • Hometown Ambassador

What was your first paying job and how long were you there: Pizza Shop in Scotia- 2 years age 15-17

What is the most unique thing that nobody knows about you: I am a rock star when I am in the car alone.

Why the Capital District/Glens Falls Region: This area boasts such a diverse set of activities it has been impossible to leave. We love Saratoga

Springs especially which is why we live here but also enjoy visiting neighboring areas like Glens Falls and Lake George. There is no shortage of fun things to do both indoors and out and in all seasons. It all comes down to the fact that the Capital Region provides everything my family and I need to enjoy a wonderful quality of life while keeping us in close proximity to the places we love.

What is your proudest professional accomplishment: Without question the starting of Saratoga Festivals and growing it into a company that attracted the attention of the third largest radio company in the country and, as a result, being acquired.

Describe yourself in ten words or less: Passionate, caring, motivated, creative, complicated, loving, fun, entrepreneurial, determined, gregarious

To what or whom do you attribute your success: Family-no question. My family has always been supportive and motivating of everything I have done.

What inspires/motivates you: My belief in determining my own success. My parents raised me to set the highest standards for myself and to hold myself accountable for achieving them. This is how I operate today. I firmly believe that as individuals we have only ourselves to blame for not achieving the success we seek in life.

Who is your mentor: I am fortunate to have had many different people who have helped me land where I am today. Most of them are in my family which makes it extra special.

Who is the business person you admire most: I find myself admiring and being inspired by all sorts of professionals. Especially “small” entrepreneurs, I have an immense amount of respect for those following their dream and building their own business.

What is your favorite thing to do locally: Spend time enjoying the many outdoor activities our area offers with my wife and dog.

What is the best advice that you ever received: When I was a sophomore in high school I was acting up in gym class causing a disruption and my football coach pulled me into his office. He told me, “You’re a natural leader and people will always follow you. It is up to you where you lead them. You’re smart enough to know what the right direction is but you need to be strong enough to lead them there.” That was a pivotal moment in my life and I will never forget it. I try to keep it in mind as much as possible.

What is the best advice you can give: Professionally: Determine your own success; do NOT wait for someone else to do it for you because it will never happen personally: NEVER forget where you come from or where you want to go.

What do you do to relax: Spend time with my family is what I do most but I recently took up cycling and really enjoy that too.

Favorite Movie: Anchorman

Favorite Restaurant: Too many to pick one- I eat out too much

Favorite Vacation Destination: Martha’s Vineyard

Favorite Stress-Buster: Walking my dog



A.J. Bodden

**Managing Director of Townsquare Media
– Lifestyle Events Division**

Age: 32

Favorite Musician/Music: My brother

Most Recent “Splurge”: New bike

If you could be any popular superhero, who would it be: Superman

Dream Job: This one

Most Prized Possession: My dog Ellie although I hate to think of her as a possession

Favorite TV Show: Giants Football

Favorite Book: I don’t have one which is really embarrassing.

Favorite Quote: “Remember your failings” Nana BJ (maternal grand mother and legend)

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Toby W. Dawes

Senior Web Applications Developer at Mannix Marketing, Inc.

Age: 39

In naming Toby Dawes for the 20 Under 40 award, Sara Mannix called him the go-to person and leader among his peers at Mannix Marketing. She commented that he was not only an accomplished programmer but that his helpful, friendly manner makes him an outstanding employee.

"He is smart, passionate about his craft, embraces change and new technology and genuinely cares about every single person he meets," Mannix said.

Dawes' community involvement is evident at Vantage Pointe Church in Queensbury, where he has been active as a parenting leader, servant leader, contributor and volunteer of community projects. He gives of his time to the Easter Eggstravaganza and Trunk or Treat children's event.

"His technological expertise, passion for growth, compassionate

and selfless service to his community and his willingness to sacrifice for others place him high on my list to become a leader of tomorrow," said nominator Dean Brown.

Dawes has also reached out to those who live with and have survived cancer since his own daughter, now six, dealt with it when she was 18 months old. His parents also were going through their own life-threatening cancers at the same time. He is passionate about participation in cancer charities and has raised several thousand dollars for Relay for Life.

"As the years pass, I anticipate Toby will ... have increasing influence within the Glens Falls region. Every one of his qualities...are those of a future leader, respect for whom increases with greater experience and maturity," said nominator Noel Dawes.

Name: Toby Dawes

Age: 39

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

Present Job Title: Senior Web Application Developer

Company: Mannix Marketing, Inc.

Years at your present employer: 9

Brief Resume: Started developing websites in 1996 while working as a Bellman at a four diamond hotel in Virginia Beach, VA. After moving to the Glens Falls Region in 2000, I returned to school in 2002.

Spouse and/or children: Married to JoAnn since 2001; Charlotte is 6, Lucinda is 3

Pets: Oliver Cromwell, Australian / German Shepherd mix; Gibraltar and Megellan, cats

College/Degrees: ITT Technical Institute, Albany -- 2004 Associate in Occupational Studies, Information Technology / Web Development

Where do you call your "hometown" growing up: My father was a career officer in the British Army so have lived in 9 different countries including West Germany, Gibraltar, Northern Ireland, Scotland, Canada, Belgium. My teen years were spent between Watford, just northwest of London and Buena Vista, CO where I volunteered at a Christian Family Retreat Center.

Community Involvement: I am the New Media and Communications Coordinator at Vantage Pointe Church in Queensbury. This is a new church that was launched in July of 2011 with a strong emphasis on families and introducing people to Jesus Christ in the Glens Falls Region.

What was your first paying job and how long were you there: Assistant Cook in Training at a Jewish Country Club in North London. I was there for about 2 hours when I dropped a knife, instinctively reached out to catch it and ended up in the hospital. I was off work for the rest of the week, and then quit for a better paying job that I'd been waiting to hear back from.

What is the most unique thing that nobody knows about you: I'm pretty transparent so I cannot think of something that at least a few people

don't know about me.

Why the Capital District/Glens Falls Region: My wife spent her teens in the area and is a 1995 graduate of Hadley-Luzerne High School.

What is your proudest professional accomplishment: So far, 2013 The Post-Star 20 Under 40

Describe yourself in ten words or less: Father, husband, brother, son, friend, mentor, servant, believer and follower.

To what or whom do you attribute your success: Much of where I am today is because of retired Marine Lt. Col. Tom Hemingway for whom I worked at OCF Spring Canyon in Buena Vista, CO. I was 16, out of school, in need of direction and his biblical teachings for life and work gave me much of the focus to get me to where I am today.

What inspires/motivates you: My six year old cancer survivor. She has been through so much at such a young age. She is now 4 years cancer free.

Who is your mentor: Retired Marine Lt. Col. Tom Hemingway was my mentor in my late teens. Today there are numerous professionals I follow in my field, but I also attempt to be more like Jesus too in both personal and business as the teachings apply to both.

Who is the business person you admire most: My grandfather, Kenneth Goodwin. He rose from a draughtman to be a partner in a successful company.

What is your favorite thing to do locally: Going to Phantoms games at the Civic Center.

What is the best advice that you ever received: "There are two ways to do something, do it right or do it over. You will soon get tired of doing it over." -- Peter Johnson, OCF Spring Canyon

What is the best advice you can give: Be true in what you do, strong in what you give and patient in what you share. Listen as you expect to be listened to, and care about others.

What do you do to relax: Spend time with my kids, and when that doesn't work I like to watch Formula One motor-racing.

Favorite Movie: Apollo 13

Favorite Restaurant: Red Robin

Favorite Vacation Destination: United Kingdom

Favorite Stress-Buster: Watching a science or technology documentary

Favorite Musician/Music: Lincoln Brewster

Most Recent "Splurge": New TV for the family room

If you could be any popular superhero, who would it be: Never really been into superheroes, but wouldn't mind being Sherlock Holmes.

Dream Job: Motor-racing driver

Most Prized Possession: Our house

Favorite TV Show: Downton Abbey

Favorite Book: The Hunt for Red October

Favorite Quote: "In matters of style, swim with the current; in matters of principle, stand like a rock." - Thomas Jefferson

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Jared Dinsmore has been characterized as a dedicated and active member of the Wilton community. He is a consultant who provides solutions in HR technology, web design and development and has used his skills in a variety of ways.

He was involved with a Leadership Saratoga program through the Saratoga Chamber of Commerce, in which his group received an award for their efforts; and the capital campaign for the Saratoga Regional YMCA. He is a co-founder of the Wilton Food Pantry and helped the organization attain official 501 C 3 status. He has volunteered hundreds of hours in creating a website that includes an online food inventory system, volunteer shift calendar and financial accounting management.

Dinsmore is also the vice president of the Wilton Youth baseball league and a member of Citizens for Wilton.

"His record of volunteer work speaks volumes. Jared Dinsmore is the very definition of a leader of tomorrow," said nominator Jeremy Davis.

Name: Jared Dinsmore

Age: 36

City, village or town you currently reside in: Wilton

Present Job Title: Sr. Technology Consultant

Company: Delphia Consulting

Years at your present employer: 7

Brief Resume: Jared is an award winning website designer/developer for Delphia Consulting, national web design firm based in Columbus, Ohio. Jared is deeply involved in all aspects of website projects including the design of information architectures and web pages layouts, front & back-end development, end user training, and project management. Outside of work Jared is the VP of Wilton Youth Baseball and coaches baseball and softball. In 2010 he Co-founded the Wilton Food Pantry. Prior to that Jared served on the Board of Directors for the Regional YMCA of Saratoga, Jared is a Leadership Saratoga alum.

Spouse and/or children: Kate Maynard (spouse) Skylar Dinsmore (daughter age 11) Ethan Dinsmore (son age 9)

Pets: Two cats, Lucy and Grey

College/Degrees: B.S Business Administration, Management Information Systems, Management from SUNY Albany

Where do you call your "hometown" growing up: Syracuse, NY

Community Involvement: Wilton Youth Baseball Vice President Wilton Youth Baseball & Softball Coach Co-Founder Wilton Food Pantry / Former President Former Board Member of Saratoga Regional YMCA 2009 Leadership Saratoga Graduate

What was your first paying job and how long were you there:

Bus Boy at the Holiday Inn when I was 15yrs old (1 yr) First professional job was as a Business Analyst with Boehringer Ingelheim Pharmaceuticals (1yr)

What is the most unique thing that nobody knows about you:

I'm secretly a good bowler

Why the Capital District/Glens Falls Region:

All 4 season of weather, no congestion/traffic, reasonable cost of living, great schools.

What is your proudest professional accomplishment:

The website we designed winning best CPA website for firms with \$10-424.9 million in revenue

Describe yourself in ten words or less: Unable to sit still for very long

To what or whom do you attribute your success:

Being surrounded by and working with great people

What inspires/motivates you: My children and being a role model for them

Who is your mentor: Joe Rotella

Who is the business person you admire most: Joe Rotella

What is your favorite thing to do locally:

Coach baseball

What is the best advice that you ever received:

Suppress your initial reaction

What is the best advice you can give: Stay true to yourself

What do you do to relax: Find the next thing to do

Favorite Movie: Finding Nemo

Favorite Restaurant: One Caroline

Favorite Vacation Destination: Long Lake

Favorite Stress-Buster: Shooting Hops

Favorite Musician/Music: Radiohead

Most Recent "Splurge": Weekend Trip to Finger Lakes Wine Trail



Photo by Tracey Bayce Photography

Jared Dinsmore

*Senior Technology Consultant,
Delphia Consulting, LLC*

Age: 36

If you could be any popular superhero, who would it be:
The Riddler

Dream Job: Entrepreneur

Most Prized Possession: Don't Have One

Favorite TV Show: Person of Interest

Favorite Book: Moneyball

Favorite Quote: I aim for the fairway and hit the tree, I am for the tree and I hit the tree

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Melissa Gaetano

Program coordinator at Glens Falls Hospital

Age: 27

In her role as program coordinator for the Creating Healthy Places to Live Work and Play initiative, Melissa Gaetano works to improve community health and well being. Most recently she spearheaded the Good Move initiative to encourage healthy lifestyle changes in individuals and families in the community, workplace and school. She is also training to become a certified lifestyle coach for diabetes prevention.

According to her nominator, Paul Scimeca, Gaetano's involvement with Creating Healthy Places to Live Work and Play has led to establishing almost 60 new policy and environmental changes in 20 communities in Warren and Washington Counties. She has promoted walking, biking and traffic safety; established eight new community gardens and increased public access to school facilities for recreation.

In the community, Gaetano has received numerous awards recognizing her academic and professional accomplishments. She has a personal training certification and a massage therapy license.

"Melissa has a strong vision for the role of community health ...and works tirelessly to advance that vision beyond her daily activities and responsibilities," Scimeca said. "She is an innovator...and serves as a role model for professional success."

Name: Melissa Gaetano

Age: 27

City, village or town you currently reside in: Queensbury

Present Job Title: Program Coordinator

Company: Glens Falls Hospital

Years at your present employer: 3

Brief Resume: Experience • Glens Falls Hospital, Health Promotion Center – Glens Falls, NY - January 2011- Present - Program Coordinator *Managed two NYS Department of Health grants focused on promoting healthy communities through policy and environmental change • Department of Parks, Recreation and Trees – New Haven, CT - April 2010 – January 2011 - Community Recreation Program Coordinator * Developed, implemented and evaluated twelve open-school recreation programs in under-served neighborhoods • Butler Hospital – Providence, RI - January 2009 – January 2010 - Research Assistant *Assisted Brown Medical School researchers on a National Cancer Institute grant-funded smoking cessation study in a methadone maintained population

Spouse: Andrew Gaetano

Pets: Dog, Valentine (Val), setter mix

College/Degrees: Master of Science - Southern Connecticut State University - Recreation Administration, Community Development Bachelor of Science - Ithaca College - Exercise Science

Where do you call your "hometown" growing up: Narragansett, Rhode Island

Community Involvement: I coordinate the "Creating Healthy Places to Live, Work & Play" (CHP2LWP) program for Glens Falls Hospital. I have the opportunity to work with local communities to revitalize parks, build community gardens, open up school resources for community use and make our streets safer and more comfortable for walking and biking.

What was your first paying job and how long were you there: When I was 13 I started working at Rita's Bakery (now called the Sweet Spot) in my hometown of Narragansett, Rhode Island. I worked there every summer for 6 years.

What is the most unique thing that nobody knows about you: I have always wanted to run an inn or a bed and breakfast.

Why the Capital District/Glens Falls Region: My husband is origi-

nally from the Capital Region. I fell in love with the parks and cute local shops in Glens Falls after driving through the city on the way back from a day of hiking in the ADK. When Glens Falls Hospital offered me a job, the decision was made. Now, after living here for almost 3 years, I can't imagine living anywhere else. I love all the outdoor recreation, the proximity to Saratoga and Lake George, and that I can walk or bike to almost everything.

What is your proudest professional accomplishment: My proudest professional accomplishment was a park revitalization project that was completed last year at Sagamore Park. It was the result of a true partnership between the City of Glens Falls, Cornell Cooperative Extension, local businesses and, most importantly, the neighborhood. The GFH program I work for supplied some grant funding and a little encouragement and the community did the rest. If you haven't been to the new "zen" garden and community vegetable garden at Sagamore Park, go check it out! I believe the neighborhood is still making improvements to this park and could probably use more help, too.

Describe yourself in ten words or less: Diplomatic, friendly, outdoorsy, even-tempered

To what or whom do you attribute your success: My parents. They always told me to never be afraid to try new things - even if you feel like you have no idea what you're doing just pretend that you do and eventually you'll learn.

What inspires/motivates you: My family.

Who is your mentor: I'm not sure I have one single mentor.

Who is the business person you admire most: I've always admired small business owners. My father ran a house painting company started by my grandfather. And now my husband is opening his own physical therapy and wellness practice – Capital Area Physical Therapy and Wellness in Malta. Both my father and my husband based their business on trust and quality. Small businesses are truly the backbone of a community.

What is your favorite thing to do locally: I love to take my dog to the trails in Cole's Woods.

What is the best advice that you ever received: Never take your health for granted.

What is the best advice you can give: A bad day always seems better after a walk and something good to eat.

What do you do to relax: Read and garden

Favorite Movie: I'm not a big movie person. I usually fall asleep!

Favorite Restaurant: Mews Tavern in Wakefield, Rhode Island

Favorite Vacation Destination: Vermont

Favorite Stress-Buster: Walking or running

Favorite Musician/Music: James Taylor

Most Recent "Splurge": A trip to California this past June for our honeymoon

Most Prized Possession: Family photos

Favorite TV Show: Seinfeld

Favorite Book: Anything by Wally Lamb or Tana French

Favorite Quote: "Life is really simple, but we insist on making it complicated"

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Congratulations to Glens Falls Hospital's **Melissa Gaetano**, Health Promotion Center, and **Kristina LaFreniere**, Snuggery, honored in this year's Post-Star 20 Under 40 awards.

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Glens Falls Hospital



Giambrone has spent 17 years as a professional engineer designing bridges in New York and New England but it is his devotion as a volunteer firefighter and Cub Scout leader that seven nominators felt set him apart to receive the 20 Under 40 award.

Friends, neighbors and family members commented on Giambrone's leadership skills and his desire to positively influence young people, his responsible fiscal management as treasurer of the Bay Ridge Volunteer Fire Department and his pride in leading 45 young boys to become productive members of society. He gives fully to every activity in which he participates, nominators said.

"Kevin is a professional but is also involved with his family and community. He cares about the environment and wants his children to enjoy a better world than he was brought up in," said Anthony Metivier. "While he may not be a face in the corporate world, it doesn't diminish everything he has accomplished in his professional as well as private life and more fathers should be more like Kevin."

Name: Kevin James Giambrone

Age: 39

City, village or town you currently reside in: Queensbury

Present Job Title: Structural Engineer

Company: Contech Engineered Solutions LLC

Years at your present employer: 12

Brief Resume: HNTB Boston 1996 - 2001 Structural Engineer on Big Dig, including Zakim Bridge and Storrow Driver Bridge 2001 - Present - Contech Engineered Solutions LLC, Queensbury, NY Structural Engineer for all bridge projects in New York and New England

Spouse and children: Jessica - Wife, Nicholas Age 9, Christopher Age 5

College/Degrees: 1996 Bachelor of Science Clarkson University - Civil Engineering 2001 Master of Science Northeastern University - Structural Engineering 2007 MBA - University of Albany - professional engineer in New York and Massachusetts

Where do you call your "hometown" growing up: Stony Point, NY

Community Involvement: Firefighter - Bay Ridge Volunteer Fire Company, Queensbury NY Cubscout Pack Leader - Pack 17, Queensbury, NY Treasurer - Bay Ridge Volunteer Fire Company Eagle Scout

What was your first paying job and how long were you there: HNTB Boston - Worked on the Big Dig for 6 years.

What is the most unique thing that nobody knows about you: Most people would be shocked to know just how introverted I really am.

Why the Capital District/Glens Falls Region: I love the Adirondacks. The more places I visit around the world, the more I love the Adirondacks. I became a 46er in 2000 and soon moved from Boston to be closer to the region.

What is your proudest professional accomplishment: Being part

of the design team for the Leonard P. Zakim/Bunker Hill Bridge in Boston, a world renowned landmark structure. I grew up driving over "My Grandfather's Bridge" - aka Tappan Zee Bridge. I hope my grandkids say the same about me when driving in Boston.

Describe yourself in ten words or less: Efficient

To what or whom do you attribute your success: The Boy Scouts of America. I became an Eagle Scout in 1992. This is one of the finest organizations in America that prepares you for life. I often think about what I learned in the Scouts and I am proud to be able to give back to this organization by being the Cub Scout Leader for Pack 17

What inspires/motivates you: Being an American. This is the greatest country on the planet, with plenty of opportunity and innovative spirit. I am so grateful to live in America and feel it is my duty to give back to my Country by doing the best I can at everything I do. I am very fortunate to be able to help my fellow citizens every day by being a member of the Bay Ridge Volunteer Fire Company.

Who is your mentor: Any of our Founding Fathers give me some guidance as to what is right and wrong.

Who is the business person you admire most: Elon Musk - He has a tremendous vision and innovative spirit

What is your favorite thing to do locally: Play Ice Hockey with my family and friends on my backyard ice rink.

What is the best advice that you ever received: "Be Prepared" - Boy Scouts of America

What is the best advice you can give: Do your best. I tell my boys this every single day. If you try and fail, I will be more proud of you than not trying at all.

What do you do to relax: Anything with my wife and two sons makes me very relaxed - doesn't matter what we do.

Favorite Movie: K2

Favorite Restaurant: Inn at Thorn Hill - Jackson, NH

Favorite Vacation Destination: Disney World

Favorite Stress-Buster: Listening to loud music while driving through the Adirondacks in a Topless/Doorless Jeep

Favorite Musician/Music: Anything Karaoke with my friends

Most Recent "Splurge": Spending 30 days at Disney World last year



Kevin James Giambrone
Structural Engineer at Contech Engineered Solutions
Age: 39

If you could be any popular superhero, who would it be: Dr. Quantum

Dream Job: I have it - Structural Engineer designing Bridges. I've wanted to do that all my life.

Most Prized Possession: My Wedding Ring

Favorite TV Show: King of Queens

Favorite Book: Mountaineering - Freedom of the Hills

Favorite Quote: "The most powerful force in the Universe is Compound Interest" - Albert Einstein

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Neil S. Hafner
Sales Consultant, Garvey VW Kia
Age: 35

Neil Hafner has been consistently one of Garvey's top producers, according to nominator Colleen Cox. In addition he is a volunteer emergency medical technician and co-founder of the charity ride, "Bikers for Boobies," that benefits the Making Strides Against Breast Cancer organization.

Name: Neil S. Hafner
Age: 35

City, village or town you currently reside in: Glens Falls
Present Job Title: Sales Consultant
Company: Garvey VW KIA
Years at your present employer: 2
Brief Resume: Fort Edward Rescue Squad member since 1999 Firefighter LPN degree President of Americas Guardians Public Safety MC putting on a charity benefit for Breast Cancer for the past 3 years Former Corrections Officer CPR/AED Instructor since 2000
Children: 10 year old daughter
Pets: Dog, Black Lab, MOOSE
College/Degrees: EMT, LPN Firefighter CPR/AED Instructor
Where do you call your "hometown" growing up: Hudson Falls New York
Community Involvement: Firefighter, EMT, President of Americas Guardians Public Safety MC putting on a charity ride in August to benefit Breast Cancer research
What was your first paying job and how long were you there: At Fort Hudson Nursing Home - over 4 years total

What is the most unique thing that nobody knows about you: I am an avid motorcycle enthusiast and participate in many different charitable events
Why the Capital District/Glens Falls Region: Grew up in Hudson Falls, have strong roots in the community and a longstanding public service in the community I belong too
What is your proudest professional accomplishment: Being able to help people in their time of need, whatever that may be
Describe yourself in ten words or less: Hard working, determined, goal oriented, caring
To what or whom do you attribute your success: Determination and hard work

What inspires/motivates you: My daughter, girlfriend and my girlfriend's children
Who is your mentor: I have had many throughout my life but none as influential as my late Grandmother
Who is the business person you admire most: Warren Buffett
What is your favorite thing to do locally: Ride motorcycles with friends
What is the best advice that you ever received: Nothing worth having will be given to you. Work for it and you will appreciate it more
What is the best advice you can give: Never give up on your dreams
What do you do to relax: Ride motorcycles, relax with friends on the porch with an occasional cigar
Favorite Movie: BACKDRAFT
Favorite Restaurant: Gourmet Cafe
Favorite Vacation Destination: Atlantic City
Favorite Stress-Buster: Forgetting the world on the motorcycle
Favorite Musician/Music: Many different genres
Most Recent "Splurge": Family vacation to Atlantic City
If you could be any popular superhero, who would it be: Batman
Dream Job: Business/Bar owner on a Caribbean beach
Most Prized Possession: 2011 Kawasaki Vulcan
Favorite TV Show: Sons of Anarchy
Favorite Book: Anything by John Grisham
Favorite Quote: Yes it's fast, no you can't ride it

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Andrea Harrington focuses her energies on improving the lives of children in the community. Following the death of her son, she became a supporter of the March of Dimes and walks on the family team, "In Memory of Jared." She also hosts independently-organized fundraisers for the cause.

Harrington is an organizational leader for the Salem Shamrocks 4-H Club and treasurer for the Salem youth football cheerleading league. She has also been head cheerleading coach.

She is in the internal auditing department at Glens Falls National Bank & Trust Co.

In making Harrington's nomination, Melissa LaFiura said she believes in giving back to the community and inspiring young people to become leaders.

"She looks to the future both in her community involvement and in her career with an eye toward continuous improvement," LaFiura said. "She is resilient and leads by example."

Name: Andrea Harrington

Age: 34

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

Present Job Title: Audit Associate

Company: Glens Falls National Bank and Trust Company

Years at your present employer: 3

Brief Resume: After College I went directly into public accounting and spent almost 11 years at Curtis, Murphy & Jeffreys (CMJ), working my way up to Audit Supervisor. I realized tax season wasn't for me as my priority needed to be my family, and in 2010 I became a Credit Analyst in the commercial loan department at Glens Falls National Bank and in January of this year I transferred to the audit department.

Spouse and/or children: Jeremy, Husband & Proud mom of Jared (3/28/03-1/13/04), Alyce and Joshua

Pets: Cat, Joey

College/Degrees: Graduated from Siena College 1999 BA in Accounting

Where do you call your "hometown" growing up: Hudson Falls

Community Involvement: March of Dimes - Captain of Team In Memory of Jared and 2013 Ambassador Mom for the Adirondack Walk. 4-H Organizational Leader for Salem Shamrocks 4-H Club Salem Youth Football and Cheerleading - Treasurer and Cheering Coach

What was your first paying job and how long were you there: The Great Escape - I worked there for two summers during high school

What is the most unique thing that nobody knows about you: I married my husband at the age of 20. I would never let my daughter get married that young, but would not change it for anything.

Why the Capital District/Glens Falls Region: My whole family lives in this area, both my family and my husbands.

What is your proudest professional accomplishment: My proudest accomplishment is in the amount of money our March of Dimes team In Memory of Jared raised this year. For 2013, we raised over \$10,000 for a cause that is very near and dear to my heart. Both Alyce and Joshua were also premature.

Describe yourself in ten words or less: Dependable, Dedicated, Motivated, Control freak

To what or whom do you attribute your success: My mom. She has always been a rock for me and my sisters. Growing up she stayed home with us during the day and worked at night. When we were in high school she went back to school to start her own career. I hope to provide as good an example for my kids as she did for us.

What inspires/motivates you: My children! After losing Jared, I realize how truly lucky we are to have them.

Who is your mentor: While in public accounting the answer to this would have been Bill Jeffreys. Now the role is split between a lot of different people

Who is the business person you admire most: I admire all full time working mothers, and the professional juggling act that comes along with it.

What is your favorite thing to do locally: The Washington County Fair! I plan my vacation around this each year, and the kids have now started loving it as much as I do.

What is the best advice that you ever received: Anything worth doing is worth doing right

What is the best advice you can give: Life's a dance you learn as you go, sometimes you lead sometimes you follow- don't worry about what you don't know, life's a dance you learn as you go. - John Michael Montgomery

What do you do to relax: Relax?

Favorite Movie: The Blind Side

Favorite Restaurant: Salem Tavern

Favorite Vacation Destination: Hampton Beach, NH

Favorite Stress-Buster: Zumba!

Favorite Musician/Music: Everything from Country to Hip Hop.

Most Recent "Splurge": A Turtle Frappe



Andrea Harrington

Audit Associate at
Glens Falls National Bank & Trust Co.

Age: 34

If you could be any popular superhero, who would it be: Super Woman

Dream Job: This changes day to day; but I think if I was going to do it over again I would be a nurse.

Most Prized Possession: My Jared necklace

Favorite TV Show: Grey's Anatomy

Favorite Book: anything by Jodi Picoult

Favorite Quote: A person's a person no matter how small - Dr. Seuss

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Andrea Jacobs-Merlow

*French teacher at Greenwich Central School
Event Planner & Charity Organizer at Roaring
Brook Ranch*

Age: 38

Andrea Jacobs Merlow has been described as having boundless energy from morning to night and is always available to help somebody.

She has earned two master's degrees; planned charity events; chaired Annik for Autism, a non-profit organization; served as secretary for the Lake George Arts Project; organized study abroad opportunities for her students and has been the spokesperson for To Love a Child, which sponsors orphanages in Haiti and Zimbabwe.

"She is a great role model for the young and old," Craig Merlow said in nominating her. "We need her to represent society to promote positive changes and positive growth in our community. We need more fresh ideas like hers and more of her energy."

The world needs more people like her to be so dependable, responsible, energetic, dedicated and giving both in her community and afar," added nominator Mike Dubb.

Name: Andrea Jacobs-Merlow

Age: 38

City, village or town you currently reside in: Kingsbury

Present Job Title: French Teacher/ Event Planner/ Charity Organizer

Company: Greenwich Central School District/ Roaring Brook Ranch

Years at your present employer: 6 at Greenwich Jr/Sr High, 26 at Roaring Brook Ranch

Brief Resume: French Teacher for 20 years with Spanish as a second subject taught. I have worked for the Lake George Arts Project on a volunteer basis for 20 years and have organized Soup 'r' Bands for Autism for 5 years. I have also chaired fundraisers for the Double H Hole in the Woods, Voices from the Heart and To Love a Child for Haitian orphanages and schools

Spouse and/or children?: Husband: Craig Merlow; Step-daughter: Kaylee Merlow, 20

Pets: Rubric: German Shepard/ Husky mix/ Sophie, Eiffel and Tartuffe: cats

College/Degrees: MAT in French Education MA in Caribbean Politics

Where do you call your "hometown" growing up: Lake George, thanks to Roaring Brook Ranch

Community Involvement: Secretary and event planner for the Lake George Arts Project, Translator and Fundraiser planner for To Love a Child for Haiti, Mission trips to Haiti, French Teacher in Greenwich, Chair of Annik for Autism

What was your first paying job and how long were you there: Restaurant service at Roaring Brook Ranch, 26 years and still counting

What is the most unique thing that nobody knows about you: Having a degree in Caribbean Politics. My favorite song to sing is the Star Spangled Banner for community events.

Why the Capital District/Glens Falls Region: One of the most beautiful places in the world with a promising future

What is your proudest professional accomplishment: I started "Soup 'r' Bands" for Autism awareness 5 years ago and the attendance has increased each year from 550 to 860. It is very successful and keeps getting larger. Also, spending time in Haiti helping Orphanages and expecting mothers who were stricken by the 2010 earthquake and continued severe poverty. Teaching French for 20 years and counting is a great accomplishment.

Describe yourself in ten words or less: Caring, Hard-working, energetic, thoughtful, thorough, amiable, courteous, respectful.

To what or whom do you attribute your success: My grandfather and his desire to help, care for and accommodate others

What inspires/motivates you: My students motivate me in my daily career

Who is your mentor: George Greene and Jeff Garry; managers at Roaring Brook Ranch. They gave me my first job and believed in me since.

Who is the business person you admire most:

Mr. Michael Dubb: CEO at Beechwood Homes; for his dedication to his community and generosity to charity. He has taken time out of his busy schedule to help so many in need and to assist me with my charities.

What is your favorite thing to do locally: Boating on Lake George and checking out the local music scene. Also love to sing the Anthem for community events.

What is the best advice that you ever received: Work hard and don't procrastinate

What is the best advice you can give: The same that I received: work hard and don't procrastinate. Make every moment count. Also be courteous, respectful, and charitable. It takes very little effort to lend a hand and a smile to those in need. Do it every day!

What do you do to relax: I attend fitness classes and boat on Lake George.

Favorite Movie: Watership Down

Favorite Restaurant: Sperry's in Saratoga

Favorite Vacation Destination: France

Favorite Stress-Buster: Bike hard through the hills!!

Favorite Musician/Music: Billy Joel

Most Recent "Splurge": Dinner at Sperry's

If you could be any popular superhero, who would it be: Wonder Woman

Dream Job: International Relations between the US/France

Most Prized Possession: My boat; it helps me take time out to appreciate the region in which I live and helps to keep my ideas fresh

Favorite TV Show: The NFL games

Favorite Book: A Time to Kill

Favorite Quote: Be the change you wish to see in the world... Gandhi

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Mary Rose Kana describes herself as “an individual with many doors to open,” according to the Clynes family.

Kana graduated with high honors in the culinary program through Saratoga BOCES. She has been active in her community through Aim High, an informational panel at Barnes & Noble bookstore, a mailing assistant at for the Juvenile Diabetes Association and as one of the builders of the playground at Broad Street School.

In her community, Kana has participated in “9 on the Rise,” a photography project that highlighted the talents of individuals with Down Syndrome, acted with the Adirondack Theater and Production group and volunteered at a golf tournament that benefited CWI.

Kana is a visitor at Wesley Nursing Home in Saratoga and has spent several years at the Double Equine Ranch caring for mistreated horses. She has her black belt in karate.

She has met with New York State Senator Betty Little to discuss funding and programs for disabled people and hopes to become a public speaker for the rights of disabled persons.

Name: Mary Rose Kana

Age: 28

City, village or town you currently reside in: Queensbury

Present Job Title: Food Preparation/Salad Bar

Company: Golden Corral

Years at your present employer: 2

Brief Resume: I have enjoyed community activities for many years. Dancing, karate and yoga are among those I have enjoyed the most. Public speaking is a favorite pastime and I have used every opportunity to speak out for the rights of the disabled to be included and respected in all ways. I have volunteered in many places; always showing that a person with a disability can do anything anyone else can if she is given the chance.

Pets: Former cat owner, Annabelle

College/Degrees: Glens Falls High School, BOCES School to Work Program

Where do you call your “hometown” growing up: Glens Falls

Community Involvement: Public speaking, Adirondack Productions and Theater, CWI Pathways, caring for animals

What was your first paying job and how long were you there: McDonalds - 3 years

What is the most unique thing that nobody knows about you: I am a good cook, I can sing in Spanish and I create choreography for jazz, Latin and tap dancing. I am also a poet and a writer.

Why the Capital District/Glens Falls Region: It is safe and secure. There are restaurants to go to, movies, an amusement park and shopping.

What is your proudest professional accomplishment: Receiving this award because friends and family helped me through all the years.

Describe yourself in ten words or less: Caring, smart, loyal, honest, trustworthy, a leader, a good friend to others.

To what or whom do you attribute your success: My sister Catherine and my mother.

What inspires/motivates you: Friends and family

Who is your mentor: My mother

Who is the business person you admire most: Bill Taylor, the manager at the Golden Corral

What is your favorite thing to do locally: I love to go on the bike paths.

What is the best advice that you ever received: To be open and speak up for myself.

What is the best advice you can give: I helped a peer conquer her fear.

What do you do to relax: I listen to music, read and relax by the fire in the wintertime.

Favorite Movie: Beauty and the Beast

Favorite Restaurant: The Glen Bistro

Favorite Vacation Destination: Puerto Rico and Ireland

Favorite Stress-Buster: Listen to music

Favorite Musician/Music: Country

Most Recent “Splurge”: New I Home for I Pod



Mary Rose Kana

Food Preparer at the Golden Corral restaurant

Age: 28

If you could be any popular superhero, who would it be: Adele

Dream Job: A sports coach

Most Prized Possession: My award winning smile

Favorite TV Show: ABC Family

Favorite Book: The Clique

Favorite Quote: Always be yourself

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Kristina LaFreniere

Registered Nurse Manager at Glens Falls Hospital

Age: 38

Kristina LaFreniere is described as one of the “angels” at Glens Falls Hospital. The nurse in The Snuggery’s birthing unit is a patient care coordinator who manages and assigns nursing staff, deals with complaints from staff and patients and tries to find solutions. The single mother of two teaches a lactation class at the hospital and mentors student nurses from SUNY Adirondack and North Country Community College. She has recently been accepted into Empire State’s RNIBSN program.

“From the moment I met Krissy as a new nurse I knew she would go far in her career,” said nominator Kathleen Murphy. “I still don’t feel that I’ve even scratched the tip of why she should be one of The

Post-Star’s 20 Under 40 selections. She is continuing her own education so as to better herself, for the betterment of Glens Falls Hospital and all the mothers and babies we bring into this world.”

Name: Kristina LaFreniere

Age: 38

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

Present Job Title: Assistant Nurse Manager

Company: Glens Falls Hospital

Years at your present employer: 17

Brief Resume: I started at GFH in 1996 on a med-surg floor. After 14 months I moved to The Snuggery and in May 2012 became the Assistant Nurse Manager.

Children: I have two children.

Pets: We have a pug, fat cat, and a Beta fish.

College/Degrees: Maria College. Associates degree and currently studying at Empire State toward my BSN.

Where do you call your “hometown” growing up: Ballston Spa

Community Involvement: I am active in teaching breast feeding classes to new parents.

What was your first paying job and how long were you there: Pizza shop and I worked there for 5 years

What is the most unique thing that nobody knows about you: I collect lamps

Why the Capital District/Glens Falls Region: Home town feeling

What is your proudest professional accomplishment: My certification in inpatient Obstetrics

Describe yourself in ten words or less: I am committed, caring, and professional nurse who enjoys her children tremendously.

To what or whom do you attribute your success: My parents are who

I credit whole heartedly for my success.

What inspires/motivates you: Moments when I feel I meant something to a family

Who is your mentor: I work with amazing nurses that have worked for over 30-40 years. I learn from them everyday.

Who is the business person you admire most: Oprah Winfrey

What is your favorite thing to do locally: Fish and camp

What is the best advice that you ever received: Take it one step at a time.

What is the best advice you can give: Nursing is about human kindness and the patients can sense and feel if your heart isn’t in it. Nursing is a career to take seriously.

What do you do to relax: I love movies, outside, and my children (family) time

Favorite Movie: Wizard of Oz

Favorite Restaurant: Red Lobster

Favorite Vacation Destination: Hawaii

Favorite Stress-Buster: Just being home

Favorite Musician/Music: Bret Michaels

Most Recent “Splurge”: Vacation

If you could be any popular superhero, who would it be: Spiderman

Dream Job: OB nurse

Most Prized Possession: My children

Favorite TV Show: Days of our Lives

Favorite Book: I’ll love you always

Favorite Quote: Lord have Mercy

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Congratulations to Glens Falls Hospital’s **Melissa Gaetano**, Health Promotion Center, and **Kristina LaFreniere**, Snuggery, honored in this year’s Post-Star 20 Under 40 awards.

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Glens Falls Hospital



Tom Lyons has seen all aspects of the nursing home business from the bottom up, starting as a bus driver, progressing to enriched housing director and now executive director.

In the community, Lyons is a member of the Glens Falls Rotary Club and on the board of directors at United Way and Hudson Headwaters Health Network.

Nominator Tammy Heckenberg commented on his leadership and compassion in all that he does.

"We are fortunate indeed to have him as our leader!" she said. "Keep your eye on him! I can't even imagine what great things he will do in the future!"

Name: Tom Lyons

Age: 38

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

Present Job Title: Executive Director

Company: The Glen at Hiland Meadows

Years at your present employer: 2

Brief Resume: The Glen at Hiland Meadows Senior Living Community; Executive Director, October 2011 to present Glen Eddy Senior Living Community; Assistant Administrator, October 2006 to October 2011 Beechwood Senior Living Community, Director; October 2003 to October 2006 Marjorie Doyle Rockwell Center; Project Associate, March 2002 to October 2003 The Glen at Hiland Meadows Senior Living Community; Senior Living Specialist, January 2001 to March 2002 Eddy DayBreak Adult Day Services; Program Manager, September 1999 to December 2000 Marjorie Doyle Rockwell Center; Coordinator of Programs, July 1998 to August 1999 Marjorie Doyle Rockwell Center; Driver / Program Assistant, September 1997 to June 1999

Spouse: Briana Lyons

Pets: Yellow Lab mix Rescue, Murphy

College/Degrees: Hartwick College, BA Psychology; Sage Graduate School, Master of Business Administration

Where do you call your "hometown" growing up: Latham, NY

Community Involvement: Board Member, Hudson Headwaters Health Network Board Member, Tri-County United Way Member of Glens Falls Rotary

What was your first paying job and how long were you there: Times Union Paperboy, 3 years

What is the most unique thing that nobody knows about you: I know how to weld.

Why the Capital District/Glens Falls Region: My wife and I moved to the area due to the wonderful opportunity to work at The Glen at Hiland

Meadows. The overall experience and quality of life the region has to offer I feel, is second to none. The lifestyle, sense of community, and people make this a place that is easy to fall in love with.

What is your proudest professional accomplishment: Being one part of a great team of individuals who cared for our residents in their greatest time of need at The Glen at Hiland Meadows.

Describe yourself in ten words or less: Kind, compassionate, positive, and trustworthy.

To what or whom do you attribute your success: I've been surrounded by and have learned from many wonderful professionals over the years. Most importantly, I have a wonderful immediate and extended family who has influenced and supported me. My Grandparents, my Mother and Father, Brother and my Wife have seen me through it all.

What inspires/motivates you: I am inspired by positive people who are interested in doing positive things. I simply enjoy the challenge of making things better. Specifically, I enjoy being in a position to ensure a high quality of life for our senior population.

Who is your mentor: There's two - my Mom and Dad.

Who is the business person you admire most: Stephen Covey

What is your favorite thing to do locally: Several ties for first. But recently, my wife and I have discovered the "Take a Bite" program on Wednesdays in downtown Glens Falls. Homerun. That and spending time in Lake George.

What is the best advice that you ever received: "Be nice" - My Mom
"Pay attention" - My Dad

What is the best advice you can give: "Be nice and pay attention".

What do you do to relax: Go for a drive with my wife, hang around with the dog, or just listen to a ball game on the radio.

Favorite Movie: Anything with Tom Hanks

Favorite Restaurant: The Log Jam

Favorite Vacation Destination: York Beach, Maine

Favorite Stress-Buster: Going to a Mets game.

Favorite Musician/Music: Mumford and Sons / Dave Mathews/ Pearl Jam

Most Recent "Splurge": Martha's



Tom Lyons

Executive Director at The Glen at Hiland Meadows

Age: 38

If you could be any popular superhero, who would it be: Batman

Dream Job: I'm in it.

Most Prized Possession: My wedding band.

Favorite TV Show: MLB Channel

Favorite Book: The Little Engine That Could

Favorite Quote: "Well done is better than well said." Benjamin Franklin

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Patrick Mellon

Chief of Bay Ridge Volunteer Fire Co., Inc. / Paramedic for Town of Colonie EMS Dept.

Age: 39

In making a recommendation for firefighter and paramedic Patrick Mellon, nominator Kevin Giambrone said he is always on call for a "tough and thankless job," who deals with paperwork, equipment repair and personnel issues.

"Pat really cares about his community and his fellow firefighters. I really can't think of any greater quality of leadership than leading a group of firemen on a 3 a.m. call after a 24-hour shift as a paramedic. Leadership is in his blood!" Giambrone said.

Name: Patrick Mellon

Age: 39

City, village or town you currently reside in: Queensbury

Present Job Title: Paramedic

Company: Town of Colonie EMS Dept

Years at your present employer: 12

Brief Resume: I have worked in EMS since 1993. Empire Ambulance 1993 -2006 was the Glens Falls Division Manager. Hired by The Town of Colonie EMS Dept in 2001 and currently work as a Paramedic and Flight Paramedic. 2013 appointed 1st Deputy EMS Coordinator for Warren County

Spouse and children: Wife, Rose - Married 1996
Sons: Patrick Jr (15 y/o), and twin sons Jack and Charlie (12 y/o)

School: High school Lake George Jr/Sr. HS Class of 1992, College through ACC; NYS Paramedic Certification 1996 – Present

Where do you call your "hometown" growing up: Queensbury

Community Involvement: Joined Bay Ridge Vol. Fire Co. in 1990 following in my Brother (Chip Mellon), Father (Chuck Mellon), late Uncle (Bill Mellon)

and my late Grandfather's (Floyd Martindale Sr.) footsteps who were also members and Past Chiefs of the department. My grandfather was a charter member of Bay Ridge. I'm currently the Fire Chief of Bay Ridge and have been since January 2008; Member of Lake George EMS since 1993; Coached Little League Baseball with the Lake George Youth Commission

What was your first paying job and how long were you there: My first job was at Kentucky Fried Chicken in 1988. Was there for 1 summer

What is the most unique thing that nobody knows about you: That's a tough one, I'm really pretty basic.

Why the Capital District/Glens Falls Region: I love the Adirondacks and everything they have to offer.

What is your proudest professional accomplishment: Last year saving a child who was in cardiac arrest and knowing that he is living a normal life with his family.

Describe yourself in ten words or less: Professional, caring and down to Earth

To what or whom do you attribute your success: My wife and family

What inspires/motivates you: People that need assistance and knowing I have the ability to help them.

Who is your mentor: My father, Charles Mellon Sr.

Who is the business person you admire most: My late grandfather, Floyd Martindale Sr. He taught the ability to save and always knew the most efficient ways to get things done.

What is your favorite thing to do locally: Play Baseball with my boys

What is the best advice that you ever received: Treat others with the respect that you wish to receive.

What is the best advice you can give: Life is too short; live everyday to its fullest. You just never know what's around the corner it only takes a second for your life to be changed forever

What do you do to relax: Spend as much time with my family as I can

Favorite Movie: The Departed

Favorite Restaurant: The Steakhouse in Wells, Maine

Favorite Vacation Destination: Wells, Maine

Favorite Stress-Buster: Spending time with my wife and kids

Favorite Musician/Music: Journey

Most Recent "Splurge": Bought a Smoker

If you could be any popular superhero, who would it be: Superman (I'd like the ability to fly)

Dream Job: To be the owner of my favorite football team the San Francisco 49ers

Most Prized Possession: My Family

Favorite TV Show: Cheers

Favorite Book: To Kill a Mockingbird

Favorite Quote: Historic Quote "Give me liberty or give me death" Patrick Henry

Movie Quote: "Go ahead make my day" Dirty Harry Callahan

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Marc was recognized in 2012 for being a top branch manager. He is a Chamber of Commerce ambassador, a member of the Glens Falls Rotary, and a board member for Habitat for Humanity and the Glens Falls Hospital Guild. He graduated from a leadership class through the Chamber of Commerce.

"Marc takes great pride in the work he does in banking and the community," said nominator Desiree Monahan. "He is always willing to help out more in an organization."

Name: Marc Monahan

Age: 32

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

Present Job Title: Branch Manager AVP

Company: NBT Bank

Years at your present employer: 3 years 8 months

Brief Resume: Career in Banking for the last 11 years.
7+ years with Keybank and the past 4 years with NBT Bank.

Spouse and children: Spouse Desiree, Son Evan (21months)

Pets: Cooper, black Lab

College/Degrees: Bachelor's degree from SUNY Oswego

Where do you call your "hometown" growing up: Hudson Falls

Community Involvement: Glens Falls Rotary,
Glens Falls Hospital Guild, Habitat for Humanity,
Leadership Adirondack Alumni Association, Warren County EDC,
Glens Falls BNI.

What was your first paying job and how long were you there:
Hudson Falls Recreation Department and Kingswood Golf Course

What is the most unique thing that nobody knows about you:
I am color blind.

Why the Capital District/Glens Falls Region: Glens Falls Region is
where I want to live and raise my kids.

What is your proudest professional accomplishment: 2012 Branch

Manager of the Year Recipient

Describe yourself in ten words or less: Honest
good person who likes to spend time with friends and
family.

**To what or whom do you attribute your
success:** My parents for teaching me to respect others
and to work hard to achieve success.

What inspires/motivates you: Being well re-
spected among my peers and customers.

Who is your mentor: Dan Burke

Who is the business person you admire most:
Grandfather, Richard Monahan

What is your favorite thing to do locally: Golf

**What is the best advice that you ever re-
ceived:** Work smarter not harder.

What is the best advice you can give:
Try and learn from your experiences good or bad
and use them to help make yourself a better person.

What do you do to relax: Golf

Favorite Movie: Old School

Favorite Restaurant: Log Jam

Favorite Vacation Destination: Aruba

Favorite Stress-Buster: Sleep

Favorite Musician/Music: Variety

Most Recent "Splurge": Vacation

If you could be any popular superhero, who would it be:
Batman

Dream Job: Own a golf course

Most Prized Possession: Family

Favorite TV Show: Seinfeld



Marc Monahan

Branch Manager AVP at NBT Bank

Age: 32

Favorite Book: Who's your Caddie?

Favorite Quote: "You miss a hundred percent of the shots you don't take"
- Wayne Gretzky

**Congratulations to Marc Monahan
and all 20 Under 40 honorees.**



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Todd Monahan

Program Director of Peter Young Housing, Industry & Treatment

Age: 33

Todd worked his way up to director of a halfway house in Glens Falls, beginning as a line counselor, and is able to work effectively with people who suffer from addiction. He has designed a young adult program for alcohol and drug abusers and gives back to his community.

Nominator Kellee Strong describes him as "very hard working" and someone who "will go far."

"Todd is able to run the halfway house to have a sympathetic ear but to also hold (his clients) accountable and keep the community safe," Strong said.

Name: Todd Monahan

Age: 33

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

Present Job Title: Program Director

Company: Peter Young Housing, Industry, & Treatment

Years at your present employer: 3 years

Brief Resume: I started off in the field working for Conifer Park as an outpatient counselor focusing on relapse prevention and anger management specifically with adolescents. I also started up a Hot Air Balloon Business in Glens Falls in 2007. I went to the Council for Prevention for Washington and Warren County where I facilitated the only Adolescent Adventure/Counseling Program allowing troubled youth to work on becoming a better person through self esteem activities in the wilderness. In 2010; I started overseeing the Halfway House for Father young in the Glens Falls Region.

Spouse: Christina Monahan

Pets: Two Dogs, MinPins - Micah & Miles

College/Degrees: Bachelors in Psychology - Oswego University Masters in Community Counseling - St. Joseph's

Where do you call your "hometown" growing up: Countryside of Hudson Falls - out near Hadlock.

Community Involvement: To help facilitate non taxpayers become taxpayers within our community. Donation of 20 Hot Air Balloon Rides in our local community

What was your first paying job and how long were you there: 1st paying job was at the Fort William Henry where I was for 9 years; working my way up from a bus person at breakfast to a restaurant manager at the Lookout Cafe.

What is the most unique thing that nobody knows about you: That my wife, brother and I own the 2nd largest Hot Air Balloon Shape company in the world! We get to fly all around the country including Canada, Mexico, New Zealand, and next year in Australia.

Why the Capital District/Glens Falls Region: I love mix between the country side and small rural towns which are close by!

What is your proudest professional accomplishment: To be able to run such programs at such an early age; it has allowed me to become a better person earlier in life!

Describe yourself in ten words or less: Humble, honest, proud, hard worker, confident and helpful

To what or whom do you attribute your success: My parents - Father taught me to always be confident in myself and out work the guy next to you. Mother taught me to be mindful and to care for others

What inspires/motivates you: To live everyday and have no regrets! To want to improve everyday finding more productive ways to live while sharing that with others giving it away!

Who is your mentor: In the Field; John Hanley - always forced me to look at situations from a different angle. In Life; Larry Bird - always worked hard even at the expense of himself.

Who is the business person you admire most: No one person in particular - The business guy who can be successful while continuing to be true to themselves.

What is your favorite thing to do locally: Sitting outside listening to live music relaxing at a local restaurant.

What is the best advice that you ever received: Help out the next guy because you never know who is going to be there for you when you need help!

What is the best advice you can give: Give back; those who help out receive help in return.

What do you do to relax: Hang out with wife and friends over dinner

Favorite Movie: Good Will Hunting

Favorite Restaurant: Davidson's Brothers

Favorite Vacation Destination: Cruise - anywhere warm

Favorite Stress-Buster: Take a hot air balloon ride

Favorite Musician/Music: Just Nate - Nathan Stengrevics

Most Recent "Splurge": Bought a hot air balloon

If you could be any popular superhero, who would it be: Spider Man

Dream Job: Flying Hot Air Balloons

Most Prized Possession: F350

Favorite TV Show: Criminal Minds

Favorite Book: Family First

Favorite Quote: No one is out to get me personally; everyone is trying to get their needs met!

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Rachel Seeber was known for many years as an advocate for crime victims in the Warren County District Attorney's office and the U.S. Attorney's Office. She has earned numerous honors for her work. Seeber is active with the Adirondack Regional Chamber of Commerce, the Festival of Trees gala of the Prospect Center, and was president of the Warren Washington CARE (Child Advocacy Research Education) Center. She collects donations for Victims' Rights Week activities and coordinated the annual New York State Memorial Brick Walkway Dedication Ceremony in Albany. Seeber now owns her own spa, using a holistic approach to helping clients with allergies, colds and minor ailments while teaching criminal justice courses as an adjunct professor at SUNY Delhi. She has also been endorsed by the Warren County Republican Committee as a candidate for Warren County Supervisor at Large. "Rachel is already a standout in our community. She continues to strive to improve herself. She is always learning, always asking questions and always looking for a way she can be involved," said nominator William Valenza. "I am confident that Rachel will continue to be the type of person that we are all happy we can call a friend."

Name: Rachel Seeber

Age: 37

City, village or town you currently reside in: Queensbury

Present Job Title: Business Owner/Adjunct College Professor

Company: Revitalize Aquadetox Spa/SUNY Delhi

Years at your present employer: 2

Brief Resume: Revitalize Aquadetox Spa, Glens Falls, Owner, NY, August 2011-present ~ Adjunct College Professor, SUNY DELHI, August 2012-present ~ US Attorney's Office Northern District of New York, Albany, NY, Victim Witness Unit, Victim Witness Unit Program Manager, September 2004- April 2012 ~ Warren County District Attorney's Office, Lake George, New York, Victim Assistance Program, Senior Crime Victim Specialist, August 1999-August 2004

Spouse and children: Kevin W. Conine, Spouse Dylan A. Seeber, son (16) Kevin J. Conine, stepson (26) Eric D. Conine, stepson (23)

Pets: Grace, Old English Sheepdog

College/Degrees: Master of Criminal Justice, Boston University Bachelor of Science, Psychology, SUNY Utica/Rome Certificate in Communication, Cornell University

Where do you call your "hometown" growing up: Lowville, NY

Community Involvement: I am a member of the First Presbyterian Church of Glens Falls and of the Elks BPOE Lodge #81. I have also served on the Board and as President of the Warren-Washington Child Advocacy Resource Education Center (CARE). In addition, as a small business owner, I hold various events and fundraisers as much as possible for local community organizations.

What was your first paying job and how long were you there:

An ice-cream shop for the summer- I can scoop a really impressive ice cream cone!

What is the most unique thing that nobody knows about you: As a teenager, I would show horses in local county fairs and while I always had trouble winning a blue ribbon, I certainly enjoyed the challenge.

Why the Capital District/Glens Falls Region: My Father grew up on Grant Ave. in Glens Falls. Years later when starting my family, he introduced me to Warren County. I fell in love with the Adirondacks and moved to Queensbury that summer.

What is your proudest professional accomplishment: While work-

ing as the Victim Witness Unit Program Manager for the United States Attorney's Office for the Northern District of New York, I was selected as a member of the National Crisis Response Team. As one of eight team members across the Country, I responded to cases of mass casualties to assist crime victims.

Describe yourself in ten words or less: Hard-working, creative, driven, passionate, generous, thoughtful, honest, caring & compassionate.

To what or whom do you attribute your success: My Dad, Dr. Ken Seeber ~ I have always admired his willpower and strong work ethic.

What inspires/motivates you: As a candidate for Warren County Supervisor at Large for the Town of Queensbury, I am motivated by the conversations that I have with clients, friends, family and residents in Queensbury. I am determined to provide a strong voice for their concerns as I advocate for them at a local level.

Who is your mentor: Kate Hogan, Warren County District Attorney ~ I started working for Kate when I was 24 as a Crime Victim Specialist. Right from the start, Kate believed in my ability to advocate for crime victims and their families when they needed help most. Kate provided an environment where great emphasis was placed on teamwork and to this day, I am a firm believer there is no "I" in team.

Who is the business person you admire most: Pamela Cameron, Owner of Desire Hair Design, Glens Falls ~ Pamela is an incredibly talented artist and will leave her clients feeling and looking like a million bucks. My admiration for Pamela is strengthened by her belief in everyone-she truly can see the positive in each person and in each situation.

What is your favorite thing to do locally: We live in such a great area- with the Adirondacks as our backyard playground- I choose "staycations" as often as possible and just enjoy all Warren County has to offer.

What is the best advice that you ever received: In 2010, the following advice changed my life: "Don't wait until you are faced with a life-threatening illness to enjoy life" ~ enjoy life now!

What is the best advice you can give: Making a big life change is pretty scary...you know what is even scarier? Regret.

What do you do to relax: To relax- simply spending time with my family, especially my son.

Favorite Movie: Annie

Favorite Restaurant: The Blue Moose Tavern & Restaurant in Queensbury- home to the world's best crab cakes!!

Favorite Vacation Destination: It's a toss up between the Outer Banks, NC and Fort Lauderdale, FL

Favorite Stress-Buster: A luxury hour-long pedicure at Revitalize Aquadetox Spa and having my hair blown-out straight at Desire Hair Design... combined-stress almost melts away!

Favorite Musician/Music: Kenny Rogers

Most Recent "Splurge": My Bucket List - Each August I check off a destination from my bucket list that I have always wanted to visit.

If you could be any popular superhero, who would it be: Wonder



Rachel Seeber

*Owner of Revitalize Aquadetox Spa /
Adjunct professor at SUNY Delhi*

Age: 37

Woman, of course!

Dream Job: International College Professor - preferably on any Caribbean Island

Most Prized Possession: My engagement ring and wedding band ~ I am reminded every moment of every day what an incredible husband I have. He supports me in every aspect of my life and because of him, I am a better person.

Favorite TV Show: Modern Family

Favorite Book: Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson by Mitch Albom

Favorite Quote: "Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, totally worn out and screaming "Woohoo, what a ride!"

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Bryan Steele, DC
Chiropractor at O'Leary Chiropractic
Age: 29

In making Bryan Steele's nomination for the 20 Under 40 award, nominator Michael O'Leary said he gives speeches and seminars to different groups emphasizing the importance of maintaining good health practices.

In addition, Steele is involved in his community with the Glens Falls Kiwanis, Hudson Falls Board of Education, American Red Cross Blood Drive, the Adirondack Chamber of Commerce and the Adirondack Young Professionals Organization.

"Dr. Steele's personal and professional character will allow him to be a moral and ethical compass for not only his peers, but also the community and its youth," O'Leary said.

Name: Bryan Steele

Age: 29

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

Present Job Title: Chiropractor

Company: O'Leary Chiropractic, PLLC

Years at your present employer: 5

Brief Resume: Licensed and certified Doctor of Chiropractic in the state of NY since 2008.
Certified by the National Board of Chiropractic examiners for NY in 2008
Certified by the National Board of Chiropractic examiners in Physiotherapy for NY in 2008
Chiropractic rotation at the Canandaigua VA center in Canandaigua, NY.
Chiropractic rotation at the Monroe Community Hospital in Rochester, NY
Chiropractic rotation at St. Joe's neighborhood center (free clinic for the under privileged) in Rochester, NY
Member of American Chiropractic Association and New York Chiropractic Association

College/Degrees: BS in Exercise Science, Ithaca College '05 Doctorate in Chiropractic, New York Chiropractic College '08

Where do you call your "hometown"

growing up: Hudson Falls, NY

Community Involvement: Hudson Falls Board of Education member
Glens Falls Kiwanis Club Member Annual Red Cross Blood drive sponsor

What was your first paying job and how long were you there: My first paying job was on my Grandfather's farm where unloaded and stacked hay bails. I did that for approx. 3 years

Why the Capital District/Glens Falls Region: This was the area I grew up in, had family and friends in, and had a lot to offer professionally and personally.

What is your proudest professional accomplishment:
This award!

Describe yourself in ten words or less: Hardworking, caring, and motivated.

To what or whom do you attribute your success: My parents, friends and family who supported me throughout school and starting off my professional career

What inspires/motivates you: I'm motivated by others professional people in the community who have done things the right way, treated people with respect, gone the extra mile to help and are now considered experts in their fields because of these efforts.

Who is your mentor: I don't have a specific mentor. I get advice from family/friends who may have experienced similar situations.

Who is the business person you admire most: I admire those who are innovators, people who found new and better ways to do things that make our lives easier.

What is your favorite thing to do locally: play softball

What is the best advice that you ever received: Have patience

What is the best advice you can give: Be determined

What do you do to relax: Listen to music

Favorite Movie: Dumb and Dumber

Favorite Restaurant: El Mexicano

Favorite Vacation Destination: Any place with a beach

Favorite Stress-Buster: Exercise

Favorite Musician/Music: David Nail

Most Recent "Splurge": Concert tickets

If you could be any popular superhero, who would it be: Superman

Dream Job: Chiropractor

Most Prized Possession: My house

Favorite TV Show: Big Bang theory

Congratulations to Bryan Steele, DC
from O'LEARY CHIROPRACTIC



Brenna Uline was nominated for her work with establishing the New York chapter of the TEARS Foundation, an organization that provides financial help to parents with burial expenses for their infants. She also serves her Stillwater community through the Lions Club. "Brenna is extremely driven. She constantly takes on more tasks and rises to the occasion whenever there is a need," said nominator Stormy Mull.

Name: Brenna Uline

Age: 29

City, village or town you currently reside in: Stillwater

Present Job Title: Administrative Assistant / Committee Chair

Company: SEI Design Group / NY TEARS Foundation

Years at your present employer: 3

Brief Resume: BA - Physics

SEI Design Group Committee Chair - NY TEARS Foundation

Lions Public Relations and Information Chairperson - 20Y2 District

College/Degrees: BA - Physics, Massachusetts College of Liberal Arts

Where do you call your "hometown" growing up: Ballston Spa, NY

Community Involvement: Ballston Spa Lions Club TEARS Foundation

What was your first paying job and how long were you there:

Busser at Great Bay Restaurant at 14, eventually waitress, 10 years total

What is the most unique thing that nobody knows about you:

I taught myself to knit.

Why the Capital District/Glens Falls Region: This is where I grew up and I cannot imagine living anywhere else. The people here are kind, grounded, hard working people.

What is your proudest professional accomplishment: Being hired and given a chance at SEI Design Group despite having no experience in the industry.

Describe yourself in ten words or less: Driven, compassionate, and confident!

To what or whom do you attribute your success: Any success I have is a direct result of family, mainly my mom and dad. Through their own sacrifices and hard work they encouraged all of us to pursue a good life and receive an education.

What inspires/motivates you: The stillbirth of my son is constant motivation for me. While I was lucky enough to have a strong support group of friends and family, knowing how lucky I am to have that and the knowledge that others don't, motivates me.

Who is your mentor: Sarah Slack, the founder of TEARS Foundation. Although she lives in Washington, she is always available to answer questions and guide me in my efforts to make the NY Chapter stronger.

Who is the business person you admire most: Stephen Klempa, he taught me so much and was respected by all that worked with him.

What is your favorite thing to do locally: I love enjoying the restaurants and shops in Ballston Spa. There are so many different stores and delicious foods!

What is the best advice that you ever received: No matter what you are doing in life, always do your best.

What is the best advice you can give: Be kind to others because in doing so you always have a deeper appreciation for the things in your own life that are good.

What do you do to relax: If I ever had time to relax...reading, traveling and hiking.

Favorite Movie: Full Metal Jacket

Favorite Restaurant: Great Bay Seafood Restaurant

Favorite Vacation Destination: Key West, Florida

Favorite Stress-Buster: Peanut Butter Oreos and Movies

Favorite Musician/Music:

Skid Row

Most Recent "Splurge": New pair of heels, like I need anymore!

If you could be any popular superhero, who would it be: Wolverine

Dream Job: Nurse



Brenna Uline

Committee chair for the TEARS Foundation, New York chapter! Administrative Assistant at SEI Design Group

Age: 29

Most Prized Possession: Box of family photos

Favorite TV Show: Criminal Minds

Favorite Book: Jude the Obscure

Favorite Quote: "Never look down on anyone unless you are helping them up."

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Nancy Underwood

Individualized Care Coordinator at Parsons Child and Family Center

Age: 35

Nancy Underwood has spent her career in human services, focusing on serving the underprivileged. Nominator Rachel Seeber said Underwood "goes above and beyond the call of duty to zealously advocate" for her clients.

In the community, Underwood is a member of the Elks Club and serves on the board of directors and the fundraising committee for Habitat for Humanity. She is also running for a position on the Glens Falls Common Council.

"Nancy is not only a leader for tomorrow she has proven herself as a leader today. Both in her personal life and professional life she inspires those around her to strive to their very best. Her enthusiasm and unwavering dedication to our community is infectious," said

nominator Courtney Smith.

Name: Nancy Underwood

Age: 35

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

Present Job Title: Individualized Care Coordinator, HCBSW

Company: Parsons Child and Family Center

Years at your present employer: Almost 4 years.

Brief Resume: I graduated from Glens Falls High School in 1996 and went to Green Mountain College, a small college in Poultney, Vermont. It was there in this small college setting that we were encouraged to give, look beyond ourselves and recognize our place in the larger world. I worked with Mejiro Gakuen and Green Mountain College during my college summers and after, in the Action English language immersion program. After graduating with my Undergraduate degree in Education with concentrations in Sociology, Psychology and Spanish, I worked as a Special Educator at Fair Haven Union High School in Vermont. After taking time off to travel I returned to Fair Haven and taught Spanish to grades 7 and 8 as well as English as a Second Language. Following the birth of my son, I took a position with Eckerd Youth Alternatives, in Benson Vermont as a Classroom Teacher for students placed in the wilderness based residential program. I was accepted into and began my Masters program, with the Woodruff Institute for School Leaders at Castleton State while employed with Eckerd. I was then fortunate to be able to accept a full time administrator position while in the last year of my program. After returning to Glens Falls, I began work with Parsons Child and Family Center as the Individualized Care Coordinator for Warren County clients who are enrolled in the Home and Community Based Services Waiver program.

Spouse and children: Phillip Underwood, husband; Colin - 15 y/o step-son
Ethan- 8 y/o son

Pets: Bayley- Golden Retriever Joey- Great Pyrenees Mtn dog mix

College/Degrees: Castleton State College Master of Arts (MA), Educational Leadership and Administration 2006 – 2008 Green Mountain College Bachelor of Science (BS), Elementary Education 1996 – 2000

Where do you call your "hometown" growing up: Hometown USA, Glens Falls, NY

Community Involvement: I currently serve on the Board of Directors for our local Habitat for Humanity chapter, I am a member of the Glens Falls BPOE #81 and I have worked over the past year with Capital District Youth Rugby to bring Rookie Rugby to our area, running clinics throughout last Fall and again this Fall. Also, I am running for the open, Ward 1 Common Council seat for the City of Glens Falls.

What was your first paying job and how long were you there: I provided childcare for family members during the summers growing up, starting at 13 years old.

What is the most unique thing that nobody knows about you: My right foot is a full size larger than my left...

Why the Capital District/Glens Falls Region: Having grown up in this community and now raising my family here, I have a vested interest in this area.

What is your proudest professional accomplishment: Every day I get to witness the commitment and care of a broad group of providers and community members with whom I work. My proudest professional accomplishment is being able to say I am a member of their team.

Describe yourself in ten words or less: Mother, wife, loyal friend, compassionate and driven, community member.

To what or whom do you attribute your success: I would not be the person I am today without the support and encouragement of my parents and family. They have been both my biggest cheerleaders as well as those who challenge me to be the best person I can be. They have role modeled throughout my life what it means to be a compassionate and hard working person.

What inspires/motivates you: I am motivated to role model for my children as my parents and family do for me. I am inspired by people who actively engage in positivity and selflessness.

Who is your mentor: My father, Anthony Girard.

Who is the business person you admire most: My husband, Phillip Underwood.

What is your favorite thing to do locally: Get together with friends and families eat a nice meal and explore what the area has to offer.

What is the best advice that you ever received: Live on purpose.

What is the best advice you can give: Do or do not, there is no try.
-Yoda

What do you do to relax: Spend time with my loved ones.

Favorite Movie: Any 007 film

Favorite Restaurant: Cirelli's Osteria

Favorite Vacation Destination: Aruba

Favorite Stress-Buster: working out

Favorite Musician/Music: Rage Against the Machine to Mumford and Sons

Most Recent "Splurge": Personal Training at Spartan Fitness

If you could be any popular superhero, who would it be: Storm

Dream Job: Travel writer

Most Prized Possession: My health

Favorite TV Show: Criminal Minds

Favorite Book: Born on a Blue Day by Daniel Tammet

Favorite Quote: "...I am the master of my fate. I am the captain of my soul" from Invictus by William Ernest Henley



Congratulations to Chief Pat Mellon and Firefighter Kevin Giambrone

for being selected as recipients of the ***Post Star's 20 Under 40.*** Your friends at Bay Ridge are very proud of your hard work and accomplishments.

Bay Ridge Volunteer Fire Co., Inc.
Serving Queensbury since 1949



TEEN excellence

Help
The Post-Star
select
local teens
who demonstrate
excellence

This is your opportunity to nominate a teen
who meets the following criteria:

- Leadership development
- Positive impact on the community
- Individual growth
- Significant level of innovation
- Involvement in extracurricular activities

Look for details in The Post-Star and on poststar.com/teens
starting in October 2013!

We will focus our selection on assessment criteria that goes beyond academics and athletics, for nominees who live and attend school in Saratoga, Warren, Washington, Hamilton & Essex Counties and are between the ages of 13 and 19, on January 1, 2014.

Nominators must be non-relations, over the age of 18. Nominations must be received by December 18, 2013 and will be judged by a committee. Selected honorees will be featured in a *Post-Star* commemorative special section and recognized at a reception in March 2014

THE
POST★STAR
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Here's to the crazy ones,

the misfits, the rebels, the troublemakers, the round pegs in the square holes. The ones who see things differently, they're not fond of rules. You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things. They push the human race forward, and while some may see them as the crazy ones, we see genius. Because the ones who are crazy enough to think that they can change the world, are the ones who do.

— Steve Jobs

{ *Congratulations* }
TO THE 2013 AWARD HONOREES! }

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