

Cheers to 25 years!

CNY **BUSINESS**
JOURNAL

40 Under
Forty

25th Anniversary

PRESENTED BY

M&T Bank

2022 COMMEMORATIVE EDITION

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FROM THE DIRECTOR

“If your actions inspire others to dream more, do more & become more, you are a leader.”

- John Quincy Adams

This year, we are thrilled to be back in person celebrating 25 years of recognizing leaders in our community. After a two-year hiatus of being virtual, it is so exciting to see everyone in person and celebrate this milestone anniversary.

When you read through the bios of each honoree, it is hard to believe that some of them are not much older than this event. The Central New York community is fortunate to have companies sponsor, nominate, and support 40 under Forty for all these years. Thank you.

Congratulations to this year's 40 under Forty honorees. You have joined a highly coveted, unique group of individuals who have received this award just like you. With the first class recognized in 1998, there are now more than 1,000 alumni in our community. You are in good company to make the world a better place.

On behalf of the Central New York Business Journal, BizEventz, and presenting sponsor M&T Bank, we are proud of you for doing the work that you do.

Cheers to 25 Years!



Jill Allen,
Director,
BizEventz

2022 JUDGES



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Cumulus Media



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THIS YEAR'S HONOREES



JANA BARNELLO



RYAN BLEHAR



DAEQUAN CARR



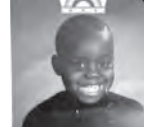
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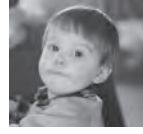
JALYYN CLIFFORD



JEFFREY DEVENNIE



TYRONE DIXON



CHRISTOPHER DORAN



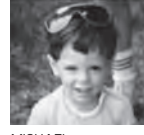
HEATHER DRAKE BIANCHI



JOHANNA DUFFY



GABRIELLE EURE



MICHAEL FRISINA



LIZ GARDNER



SIDNEY GERMINO



KATE HANLON



ALEXANDER HARRIS



LAUREN IANUZI



CORY LADUKE



MARY LANGAN



JESSICA LISI



TOM MANZO



ADDISON MULLER



NATASHA NEWBURY



ALEX NITKA



EDIN OMEROVIC



ANDY ORR



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KARA RUDY



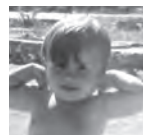
ASHLEA SCHAD



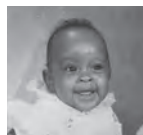
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ZACKARY SINGER



ROBERT SMITH



IRIS ST. MERAN



NATHANIEL STEVENS



MICHAEL TYSKO



AMBER VANDER PLOEG



SARA WEILER



MORGAN WHITE



ABBEY WOODCOCK

M&T BANK PRESENTING SPONSOR MESSAGE

With the challenges we've faced over the past couple of years, we have learned a lot about ourselves, our communities and the importance of leadership. When confronted by crisis, we have seen the incredible impact that great leadership can have when our leaders step up, stand tall and pave the way forward.

The 2022 40 Under Forty exemplify this type of leadership. They put in the work necessary, always going above and beyond, to drive positive change here in our community.

Even during these most challenging of times, their leadership and relentless hard work are making our region stronger and more resilient. I'm proud to congratulate them for the impact they've made and for earning this recognition.

At M&T Bank, our team is driven to make a difference in people's lives. We strive to understand what's important to our customers, our communities and our colleagues, and we empower them with the support, resources and tools they need to reach their full potential.

Now especially, it can be incredibly difficult to juggle everything and find balance with our responsibilities at work, at home and in our communities. For over a year, we have focused on implementing work-from-home business models and flexible work schedules to adapt to the fluid challenge we have at hand. We have responded to this ongoing health crisis, by listening to the needs of employees and by leading with empathy and without judgement.

As we rebuild our communities and rise to the challenges ahead, I'll continue to look to the Central New York Business Journal's 40 Under Forty for inspiration on how to best serve, lead and find balance, and I encourage others to join me in following their example.



Steve Gorczynski
CNY Regional President

M&T Bank

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JANA BARNELLO | 36
ASSISTANT NEWS DIRECTOR
CNY Central

Jana is an award-winning journalist with 15 years of experience currently working at CNY Central as assistant news director. She is a graduate of Solvay High School and Syracuse University's S.I. Newhouse School of Public Communications. She has reported and anchored at news stations in Albany, Georgia; Chattanooga, Tennessee; and Portland, Maine. Since moving back home to Syracuse in 2018, Jana has helped lead a team of 60 talented journalists at NBC3, CBS5 and CW6. In addition to growing CNY Central's digital footprint in Syracuse and Central New York, Jana guides and oversees daily news coverage.

One word that describes you best: Determined

Hobbies: Building Lego sets and self-taught ukulele player.

Fun fact about yourself: I am a Guinness Book of World Records holder. In college, during a semester abroad in London I was part of the world's largest "coconut orchestra." It was organized as part of a St. George's Day celebration in Trafalgar Square by the cast of Monty Python's "Spamalot." I and 5,876 people clapped together coconuts to tune of "Always Look on the Bright Side of Life." Then they showed "Monty Python and the Holy Grail" on huge projectors in the square.

Volunteer activities: Salvation Army Advisory Board

What is your motto for life? "One thing at a time" — It's something my late grandmother used to say to me when I was overwhelmed or stressed. I use it now as a mantra to slow down and take life as it comes.



RYAN BLEHAR | 39
VP, HUMAN RESOURCES
Nascentia Health

Ryan has over 10 years' experience overseeing projects in the not-for-profit sector and is an expert in Human Resources Information Systems (HRIS) and recruitment/retention. He is currently employed as VP of human resources at Nascentia Health where he's worked the past 10 years. He also serves on the Liam M. Kinne Foundation board of directors and is involved with many fundraising endeavors for his foundation. Ryan is a husband and father of 6 boys (ranging in age from 13 to 2). Although he's not very good, Ryan loves to golf in his spare time, and also spend time with his family (camping, hiking, and target shooting). While Ryan doesn't play any instruments, he is a lover of music and attends as many concerts and live music events as possible. The Blehar family has one dog named Guinness and around 25 chickens. A serious personal goal of his is to re-learn the piano and/or guitar over the next 12 months.

One word that describes you best: Easy-going

Hobbies: Golf, camping, concerts

Fun fact about yourself: I didn't start golfing until I was 28, and my first year I had a hole-in-one on a 195-yard par 3 (this got me hooked!).

Volunteer activities: The Liam M. Kinne Foundation

What is your motto for life? From one of my favorite songs, "Raise a Glass" by moe: "May you never grow old and never get caught and never desire what others have got, may you get what you want and get what you need, may we never get what we deserve."

What series or podcast are you enjoying? The Pat McAfee Show is one of my all-time favorites.



DAEQUAN CARR | 28
CHIEF OPERATING OFFICER
Quickline Capital

Daequan is COO of Quickline Capital. Before working with Quickline, Daequan was a U.S. Marine based in South Carolina. Daequan is married and has two boys, ages 9 and 3. While serving in the Marine Corps, Daequan was meritoriously promoted to the ranks of Lance Corporal and Corporal. He was also awarded the Navy and Marine Corps Achievement Medal. Before becoming the COO of Quickline, Carr held the role of senior VP of loan origination, where he held the company's record for most loans closed in a month. From November to June, Daequan runs a youth basketball league for kids ages 5 to 15. Now, Carr is working on owning multiple investment properties and spending more time with his family.

One word that describes you best: Adaptable

Hobbies: Basketball & movies

Fun fact about yourself: I'm currently working on traveling to every NBA arena to watch a game — I'm up to five arenas so far.

Volunteer activities: I volunteer at the East Fayette Boys and Girls club where I run a youth basketball league for boys and girls ages 5-15.

What is your motto for life? "A journey of a thousand miles begins with a single step"

What series or podcast are you enjoying? Secret To Success podcast



Congratulations
Gabrielle Eure

2022 Honoree

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40 under **Forty**



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JOSEPH CHEVRETTE II | 31

VP OF INFORMATION SECURITY & TECHNOLOGY
Nascentia Health

Joe found his niche in technology while in high school as a member of the school's "Tech Squad." He attended SUNY Polytechnic Institute and earned a bachelor's degree in business administration while working full time as an auto mechanic and part time as an IT contractor. After graduating, he started an IT-consulting company and began working part time as an adjunct instructor at USC The Business College while working toward his master's degree in Technology Management. Today, Chevette is Nascentia's VP of information security and technology. He joined Nascentia in 2017, where he immediately got to work implementing the IT infrastructure for the firm's new headquarters. He quickly rose to IT Director and then to Vice President. He developed or participated in all of Nascentia's IT and cybersecurity policies, procedures, and plans, including a revolutionary security-awareness program that has helped harden the company against threats and data breaches.

One word that describes you best: Innovative

Hobbies: Sports, automotive mechanics, homebrewing beer

Fun fact about yourself: I learned how to play and build/design guitars from YouTube. Now I have over a dozen custom guitars.

Volunteer activities: Youth football and baseball coach

What is your motto for life? "Just because it's never been done before doesn't make it wrong."

One food you would never eat: Mayonnaise



JALYN CLIFFORD | 34

DIRECTOR OF HUMAN RESOURCES
Syracuse Housing Authority

Jalyn has more than 10 years of professional experience and is director of human resources for the Syracuse Housing Authority (SHA), a position she has held for the past five years. Clifford plays an integral role in daily operations management and oversees all aspects of the human-resources function for more than 150 employees. Outside of her position at SHA, Jalyn has a strong connection and desire to give back to her community. She is currently serving as the board secretary and board development chair for Vera House, Inc., board secretary for the Upstate Minority Economic Alliance, vice chair of the Leadership Council of the Women's Fund of Central New York, and advisory council member of the CNY Community Foundation's Black Equity & Excellence Fund. Jalyn is married and enjoys spending quality time with friends and family in her free time.

One word that describes you best: Driven

Hobbies: Volunteerism, yoga, and spending time with family.

Fun fact about yourself: I don't have a middle name.

What series or podcast are you enjoying? Podcast Ear Hustle or Tenfold More Wicked

One food you would never eat: Olives



JEFFREY DEVENNIE | 39

DIRECTOR OF BUSINESS DEVELOPMENT
STS Trailer & Truck Equipment

Jeff graduated from Cicero-North Syracuse High School and went on to pursue a business economics degree at SUNY Cortland. He began his career in the transportation industry at Stadium International Trucks. While at Stadium, he held roles of general manger, sales manager, and new and used truck sales manager. This spring, Devennie began work with STS Trailer and Truck Equipment as director of business development. In 2010, Jeff married his wife and since then has welcomed a daughter and a son. In his free time, Jeff enjoys traveling with his family.

One word that describes you best: Passionate

Hobbies: Travel, spending time with family, exercise

Fun fact about yourself: Finished as runner up in the 2011 USA Rugby National Championships with the Syracuse Chargers RFC

Volunteer activities: Coach Lysander Youth Hockey Association, board member & coach NAYSA Soccer

What series or podcast are you enjoying? Alone

Best place traveled and why? Ireland. I enjoyed both the natural and cultural experiences there.

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COMPLIANCE MANAGER

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VP, Human Resources



Joe Chevrette

VP, Information Security & Technology

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TYRONE DIXON | 34

DIRECTOR OF DIVERSITY, EQUITY AND INCLUSION
Elmcrest Children's Center

In his role at Elmcrest Children's Center, Tyrone's responsibilities include managing projects, working collaboratively with the organizational talent and development team, handling training logistics, and leading the Diversity, Equity, and Inclusion Committee. Dixon is also founder of Aroze Through Concrete Consulting, a consulting business located in Syracuse, which assists clients with emotional regulation and effective tools for communicating within relationships. Working as a nationally certified relationship coach, Tyrone is passionate about helping others develop positive relationships and emotional stability in their lives. Dixon is also a certified coach in emotional intelligence, mediation, and financial education. He has hosted several workshops at the South Side Innovation Center, South Side Communication Center, the Dunbar Center, Alfred University, as well as North Central State College. He holds a bachelor's degree in business administration. Tyrone lives in Syracuse with his wife, and two beautiful daughters.

One word that describes you best: Passionate

Hobbies: I host a Podcast called "The Quality of Love" podcast. I also enjoy spending time with my wife and two daughters.

Fun fact about yourself: I enjoy being silly with my daughters.

Volunteer activities: Volunteer at United Way of CNY, OptionZero, and YWCA

What is your motto for life? "Expect greatness. Anything less won't suffice."



CHRIS DORAN | 38

CO-OWNER

**Stone Hammer Homes/
Stone Hammer Constructors**

Chris grew up in Central New York, and attended Le Moyne College, where he earned a degree in finance. He loves lacrosse and was fortunate enough to play at Le Moyne and win two national championships. Doran has been in the construction industry his entire professional career, working in both the residential and commercial sectors. His passion for construction led Chris to partner with his brother Jeremy and start both Stone Hammer Homes, a custom home building company, and Stone Hammer Constructors, a commercial construction company. Together, they continue to grow both companies. Chris currently resides in Camillus with his wife and two children.

One word that describes you best: Ambitious

Hobbies: Skiing, lacrosse

Fun fact about yourself: I once ate the entire frittata at Mother's Cupboard

Volunteer activities: I run the Camillus youth wrestling program

Best place traveled and why? Hawaii. Everything is gorgeous there.

One food you would never eat: Kale



HEATHER DRAKE BIANCHI | 36

FOUNDER AND CEO

Drakos Clinical Laboratories/ CineMedics

A Syracuse native, Heather is founder and CEO of CineMedics and Drakos Clinical Laboratories. CineMedics is an interdisciplinary company that created a new system to provide medical care and testing on major movie sets at the start of the pandemic. Heather has since expanded the services that her team offers to include Drakos Clinical Laboratories, which provides on-site rapid COVID testing, secure health screening, and concierge medical testing to corporations, events, and individuals. Before founding her companies, Heather spent 16 years working in critical-care medicine, both in the U.S. and internationally. Heather began as an urban-based paramedic in a high-volume system. She has served as a paramedic for National Geographic, Remote Medical International, and the Ocean Classroom Foundation. Heather has taught at Syracuse University, Upstate Medical University, the Rochester Institute of Technology (RIT), and local EMS agencies. Heather earned her master's degree in molecular DNA analysis - biomedical forensic science, master's degree in human anatomy and physiology from Northeast College of Health Sciences, and her bachelor's degree in biomedical sciences from RIT.

One word that describes you best: Adventurous

Hobbies: Outdoor sports (hiking, skiing, swimming)

Fun fact about yourself: Licensed merchant mariner for 16 years

Volunteer activities: Heather has assisted in search-and-rescue efforts for Hurricanes Katrina, Irene, and Sandy. Having seen firsthand the barriers that underserved populations face when trying to access health care, she has also committed the next phase of her business to using her mobile technology to bridge that gap for veterans, rural populations, low-income individuals, the sex-worker industry, and the LGBTQ+ community in Central New York.

Best place traveled and why? Mediterranean Sea. She was captaining the boat at the time, and it made her feel strong and free.

What is your motto for life? "What matters most is how well you walk through the fire"—Charles Bukowski



Fust Charles Chambers is proud to recognize our Partner, Robert S. Smith, CPA as a 2022 40 Under Forty honoree. Congratulations!

Fust Charles Chambers

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JOHANNA DUFFY | 39

SENIOR MANAGING ENVIRONMENTAL SCIENTIST
Barton & Loguidice, D.P.C.

Originally from the Berkshire foothills of Connecticut, Johanna is an environmental scientist and manager of the Ecology Sub-group at Barton & Loguidice in Syracuse. Johanna's work focuses on blending development and the built environment with resource preservation and environmental appreciation. Johanna has been doing engineering and environmental consulting for 18 years and is lucky to be surrounded by a supportive work family and to be leading a fantastic group of biologists. Johanna has a bachelor's degree in wildlife management from SUNY Cobleskill and earned a master's in wetland and water resources from SUNY ESF, while working full-time.

One word that describes you best: Driven

Hobbies: Genealogical research, gardening, travel, and trip planning

Fun fact about yourself: I am only 5'1" but spent my two years of eligibility running track & field in college as a hurdler and sprinter.

Volunteer activities: New York State Wetlands Forum; New York State Chapter of The Wildlife Society; The Wildlife Society and Society of Wetland Scientists; B&L Mentoring Program; SUNY ESF; United Way; American Heart Association Heart Walk; Samaritan Center; KCH PTO; Baltimore Woods Nature Center

What is your motto for life? Life is what you make it. Keep dancing and never stagnate.

Best place traveled and why? Galapagos Islands — because of the volcanic activity, geographic isolation, and endemic wildlife. It is such a diverse and wonderful place.



GABRIELLE EURE | 27

SENIOR DESIGNER
C&S Companies

Gabrielle obtained her bachelor's degree in architectural studies from Hobart and William Smith Colleges. She is a conscientious and driven professional with a passion for architectural design, specifically revitalization, historical preservation, and urban planning. A senior architectural designer at C&S Companies in the Architecture + Interior Design Group, she has also worked within C&S's Construction Management Group as a construction field engineer. Eure is founder of GE Design Creative, an avenue to express her love of art and design in her community. She is a proud member and active volunteer of The Promise Land Church and adores her puppy. In her free time, she enjoys traveling, spending time with family/friends, and can be found paying it forward by giving back to her community in diverse ways.

One word that describes you best: Conscientious

Hobbies: Painting, planting, exploring local shops & eateries

Fun fact about yourself: Played basketball for a summer season traveling overseas in Costa Rica

Volunteer activities: Volunteers at many organizations throughout Syracuse. Currently serves on the board of directors for the CNY American Institute of Architects, audio visual director (The Promise Land Church), and assistant basketball coach (SUNY Oswego).

What is your motto for life? "My mission in life is not merely to survive but to thrive and to do so with some passion, some compassion, some humor, and some style." — Maya Angelou

Best place traveled and why? Costa Rica — the most beautiful untouched place, closest I've felt to God



MICHAEL FRISINA | 39

ARCHITECT & DESIGN TECHNOLOGY MANAGER
Ashley McGraw Architects

Michael has been an architectural professional since 2009. He is also a husband, father, musician, photographer and videographer. His experience in architecture ranges from higher education to K-12, to residential single- and multi-family housing, to commercial and mixed-use facilities. Frisina has worked with new construction, renovations, historical preservation, interiors, deep-energy retrofits, and many various construction types. He cares deeply about sustainability and strives to be on the frontier of sustainable creativity. Michael also believes in giving back to his community. He has served as a volunteer on the board of directors for the CNY American Institute of Architects and is currently on the board of directors for CNY Habitat for Humanity. In his free time, he is a musician and producer, coaches his daughter's lacrosse team, and produces video content for individuals and companies.

One word that describes you best: Determined

Hobbies: Writing, recording, and performing music; videography; coaching lacrosse

Fun fact about yourself: Can play any song on guitar by hearing it (can't read music)

Volunteer activities: Serves on the board of directors of Habitat for Humanity

Best place traveled and why? Italy. It's idyllic and full of history everywhere you look.

One food you would never eat: Olives



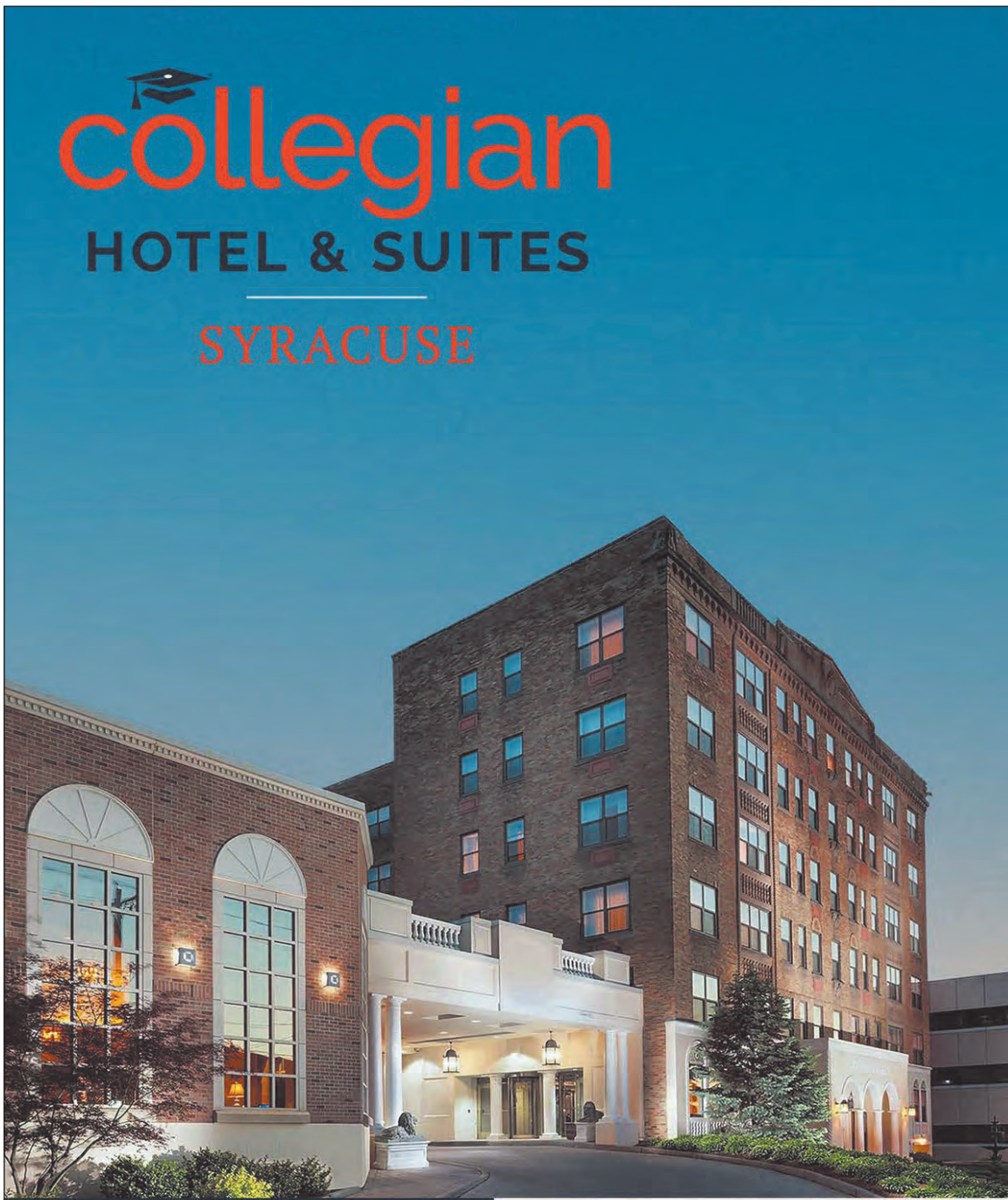
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LIZ GARDNER | 39

TAX PARTNER

Grossman St. Amour CPAs

Liz is a CPA at Grossman St. Amour, where her main practice is providing proactive tax advisory services for her clients. She helps with the firm's outreach to local colleges and enjoys being available to offer guidance and encouragement to young professionals navigating and entering the workforce. Liz is a native of Central New York and a graduate of Le Moyne College. She enjoys trying out new recipes to share with friends and family, embarrassing her kids, and undertaking crafty projects. When she has any down time, she likes reading sci-fi novels. Liz, her husband, and their two daughters are self-proclaimed "Lake People". They spend as much time as possible boating, swimming, tubing, and having fun together at their camp on Cross Lake.

One word that describes you best: Creative

Hobbies: Gardening, painting, cooking

Fun fact about yourself: I can water ski.

Volunteer activities: Finance board of Symphoria and coaching youth soccer

Best place traveled and why? Hawaii. I loved the vibe there and the "Aloha Spirit"

One food you would never eat: Snails

Thank You



Tammy Palmer

Emcee

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SIDNEY GERMINIO | 39

DIRECTOR OF FAMILY SERVICES

The Salvation Army Syracuse Area Services

Sidney is a licensed marriage and family therapist and an AAMFT-approved supervisor in New York state, where she lives with her husband and two children. Sidney began her career working with juvenile-justice-involved youth and has extensive experience supporting families who interface with juvenile justice, child welfare, and behavioral-health systems. As an administrator and clinician, she has been a part of implementing pilot programs and research projects developed to target gang violence, child abuse/neglect prevention, and increased use of kinship foster care. Sidney has spent over a decade at the Salvation Army and as director of family services, has had the privilege to learn from staff and community members and integrate these lessons into program development and innovation. This innovation has allowed her to expand her team by more than 50 percent and generate much-needed unrestricted income. In her free time, she is fun and energetic. Sidney loves kids and enjoys spending time outdoors with her family and friends.

One word that describes you best: Intense

Hobbies: Running, dance, rollerblading

Fun fact about yourself: I was a competitive figure skater as a child.

Volunteer activities: Everything Salvation Army, dog rescue, fostering bully breeds

What is your motto for life? "Stay the course"

Best place traveled and why? Aruba, because of the sun, sand, great food, and island vibe



KATIE HANLON | 36

COMMUNITY ENGAGEMENT MANAGER

United Way of Central New York

Katie is a native Central New Yorker. After attending boarding school at Emma Willard School in Troy, she graduated from St. Lawrence University, majoring in psychology and fine arts. Katie has been in the nonprofit world for more than 10 years and has a passion for making an impact in the local community. Through her work at United Way of Central New York, she is able to connect with people throughout the Central New York Community every day and loves exploring new ways to engage with individuals, companies, and other nonprofit organizations. Katie is also a member of the Leadership Greater Syracuse class of 2022. She resides in Jamesville with her husband, children, and pets.

One word that describes you best: Intense

Hobbies: Reading, yoga, being outside

Fun fact about yourself: I have an uncanny ability to remember song lyrics and movie quotes

Volunteer activities: Through my work at United Way of Central New York as the community engagement manager, I'm fortunate to connect individuals and companies with volunteer opportunities and am often able to participate myself, including volunteering at Samaritan Center and planning a community-wide Day of Caring with hundreds of volunteers.

What is your motto for life? Choose kindness, seek happiness.

Best place traveled and why? Iceland. The country is incredibly beautiful, and the natural landscape is unlike anything you can find in the United States.



ALEXANDER HARRIS, MD | 35

OPHTHALMOLOGIST AND PRESIDENT

Slocum-Dickson Medical Group

Alexander grew up in upstate New York. A board-certified ophthalmologist, he began his Slocum-Dickson career by working alongside his father, Dr. Alan Harris, who provided eye care to Slocum-Dickson Medical Group patients for nearly 30 years. Alex serves as a board member of the Griffiss Surgery Center in Rome and has served as a member of the Slocum-Dickson Medical Group board of managers for the past three years. In 2022, Alex was elected as the group president. He completed his residency in ophthalmology at SUNY Upstate University Hospital in Syracuse, where he was chief resident.

One word that describes you best: Logical

Hobbies: Spending time with my wife and daughters. Working out every morning gives me a fresh perspective and a clear mind. Piano and guitar.

Fun fact about yourself: I have wanted to be an ophthalmologist since I was a kid. I'm a second-generation Slocum-Dickson doctor. My dad was an ophthalmologist with the Slocum-Dickson Group for 30 years. When I was about 5 years old, he showed me how to do cataract surgery, using a table napkin. That got me hooked and I wanted to be an ophthalmologist and perform eye surgery.

Volunteer activities: Treadmill challenger for Utica America's Heart Run and Walk. Resident teacher, team ophthalmologist for the Utica Comets.

One food you would never eat: Nothing, I will try anything once.

WITH KATIE, WE DO MORE.



Congratulations, Katie Hanlon - 40 Under 40 honoree and Community Engagement Manager at United Way of Central New York. Your hard work, dedication and positive attitude are an inspiration to us all.

UNITED, WE DO MORE.™



Congratulations to our colleague,
ALEX J. NITKA, CPA
for receiving the "40 under Forty" Award.

It's with great pride that we commend you for your outstanding accomplishments in the workplace, and your contributions to our community. Your professionalism and dedication are an inspiration to us.

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LAUREN IANUZI | 35

DIRECTOR OF SOCIAL MEDIA

Pinckney Hugo Group

Lauren has been with Pinckney Hugo Group, a full-service marketing-communications agency in Syracuse, for 5 ½ years and is responsible for developing and executing social-media strategies for agency clients, planning influencer campaigns, managing content creation, and overseeing audience engagement on client social-media pages. She was born and raised in Fabius and received her bachelor's degree in communication from St. John Fisher University in Rochester.

One word that describes you best: Creative

Hobbies: Going to concerts and hunting for vintage treasures

What is your "go to" song, the one that gets you on the dance floor or singing in the shower? "Yeah!" by Usher ft. Lil Jon & Ludacris

Fun fact about yourself: I've been to well over 100 concerts — my first one being Backstreet Boys when I was 11 years old.

Volunteer activities: Women's Fund of Central New York Leadership Council & Secretary, St. John Fisher University Media & Communication Advisory Board, Samaritan Center, CNY Diaper Bank, CNY Ronald McDonald House, We Rise Above the Streets Recovery Outreach

What is your motto for life? "Just be yourself. There is no one better." — Taylor Swift

What series or podcast are you enjoying? The Morning Toast



CORY LADUKE | 30

ASSOCIATE REAL ESTATE BROKER

JF Real Estate

After graduating from St. John Fisher University, Cory began his career in commercial real estate. His passion for entrepreneurship, construction, design, and negotiating led him to this field. He loves helping local businesses navigate complex real-estate transactions. Also, Cory enjoys how his work helps spur local development and investment into the community he loves. He facilitates both leases and sales for his clients throughout upstate New York and beyond. His long-term aspirations are to develop property in and around the Syracuse area. Volunteering and helping the community thrive are also important to Cory.

One word that describes you best: Tenacious

Hobbies: Golf, travel, walking my dog

Fun fact about yourself: I have been told that I do good impersonations

Volunteer activities: CenterState CEO Ambassadors Committee, Central Association for the Blind & Visually Impaired, Young Professionals Committee for the Society of Industrial and Office Realtors, Keynote Speaker Selection Committee for the Society of Industrial and Office Realtors

What is your motto for life? Do it all.

Best place traveled and why? Monterey California is the most beautiful place in the world.



MARY LANGAN | 37

ATTORNEY

Porter Law Group

Mary graduated from Fayetteville-Manlius High School and went on to earn her bachelor's degree from the University at Buffalo, and her law degree from Albany Law School of Union University. Mary began her career at a prominent mid-size law firm in New York City where she developed her litigation skills. Mary moved back to Syracuse and served as an assistant U.S. attorney at the U.S. Attorney's Office for the Northern District of New York. Mary joined the law firm Porter Law Group as a partner in 2020. Her practice focuses on cases involving medical malpractice, wrongful death, and severe personal-injury matters. She is honored to receive this prestigious award and congratulates all her fellow honorees on this accomplishment.

One word that describes you best: Enthusiastic

Hobbies: Boating (I own a classic 1971 Boston Whaler); cooking for friends and family; home décor & DIY (I live in an 1873 farmhouse).

Fun fact about yourself: I used to be a snowboarding instructor.

Volunteer activities: Advisor to the board of directors for the Thousand Island Park Library; Volunteer for Honor Flight Syracuse.

What is your motto for life? "When the going gets tough, the tough get going."

What series or podcast are you enjoying? On Purpose with Jay Shetty



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JESSICA LISI | 25

DIRECTOR OF MARKETING AND COMMUNICATIONS

FOCUS Greater Syracuse

Jessica has worked to facilitate community engagement and promote civic education throughout Onondaga County. She received a bachelor's in history with a certification in adolescent education from SUNY Geneseo, and she recently graduated from the University of Amsterdam with a master's degree in history, American Studies. Jessica lived in the Netherlands while obtaining her degree, also working at the International Student Network, helping international students integrate into Dutch culture. Jessica is passionate about numerous social causes and hopes to make our community a better and more equitable place to live through citizen-led policy.

One word that describes you best: Adventurous

Hobbies: Art, theater, traveling

Fun fact about yourself: I have visited 29 countries, most with just a backpack.

Volunteer activities: Syracuse Shakespeare in the Park; Open Hand Theater; Safe Zone Trained and much more

What is your motto for life? Life happens wherever you are, whether you make it or not. "Life is a daring adventure or nothing at all."—Helen Keller

Best place traveled and why? Iceland. I took a solo trip there, rented a car, and hiked all around the Golden Circle. The nature in Iceland is incredible



TOM MANZO | 36

VP OF OPERATIONS

IPD Engineering

Tom has always been interested in how things are put together and how they work. Starting from a young age, he worked with his dad on house projects and spent many hours building with LEGOS with his brother over the years. Tom graduated from Clarkson University as a mechanical engineer and immediately went into consulting engineering as a mechanical designer. Tom has since earned his professional-engineering license and an MBA degree from SUNY Oswego. Tom is celebrating his 10th anniversary at IPD Engineering, where he currently has a dual role as VP of operations and senior project manager. He is proud of the local projects that he works on, which have a positive impact in the Central New York community. Manzo enjoys sharing his knowledge with others, whether it is coaching swimming or soccer, mentoring co-workers, or just building LEGOS with his sons.

One word that describes you best: Dedicated

Hobbies: Hiking, traveling, being with friends/family

Fun fact about yourself: My wife and I are working on completing the 46 high peaks in the Adirondacks. We have 11 peaks remaining and hope to have them completed in 2023.

Volunteer activities: Baldwinsville Youth Soccer Association coach, Downtown YMCA board member

Best place traveled and why? Montenegro: the Bay of Kotor is an amazing place that I would love to get back to someday.

What series or podcast are you enjoying? Podcast: The Tony Kornheiser Show – I've been a longtime fan of Tony's show. I find it a perfect mix of conversation and humor and listen to it while running.



ADDISON MULLER | 27

SUPERVISOR, HEALTHCARE CONSULTING

Freed Maxick CPAs

Addison is a driven woman who enjoys serving her community. She was born in Austin, Texas and raised in the Catskill Mountains of upstate New York. In her senior year of high school, she took a criminal justice class and discovered forensic accounting. It was then Addison decided she would be an accountant and fight white-collar crime. She attended Hartwick College studying business and accounting. In 2016, she began her accounting career as an auditor at Fust Charles Chambers. She earned her CPA in 2021. Addison began working at Freed Maxick in 2021 in the healthcare consulting department. She enjoys organizing networking events and serving as a mentor to young accountants. Addison continues to develop her professional and personal style as a proud member of the Syracuse community.

Phrase that describes you best: Servant-leader

Hobbies: Cooking new meals, hiking, reading

Fun fact about yourself: I spent the summer of 2014 working at the largest youth summer camp in the world, Philmont Scout Ranch — teaching archery and the Native American history of the Apache.

Volunteer activities: Web-chat monitor with Vera House, president of the Central New York Chapter of the Accounting and Finance Women's Alliance, mentor to others in the accounting and finance industries.

Best place traveled and why? Granada, Spain. Granada has Spanish and northern African influence in its food, architecture, and culture.

What series or podcast are you enjoying? I am currently listening to a podcast called Fiasco. The podcast follows the stories of major political events in U.S. history.

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NATASHA NEWBURY | 39

ACCOUNTING & AUDIT MANAGER

Dermody, Burke & Brown

Natasha has been with Dermody, Burke & Brown for more than 14 years and specializes in financial institutions, single- and multi-employer plans, manufacturers, and nonprofits. Natasha received a bachelor's degree from SUNY Oswego. She is actively involved with various boards and committees to promote the accounting profession and business community. Natasha is a board member, treasurer, finance and budget committee member of the Upstate Minority Economic Alliance (UMEA), which is the only minority and new American Chamber of Commerce in upstate New York.

One word that describes you best: Conscientious

Hobbies: Hiking, biking, coloring

Fun fact about yourself: I'm a twin

Volunteer activities: Natasha serves through the New York State Society of Certified Public Accountants and focuses on promoting diversity in the accounting profession. The committee works to encourage high-school students to pursue higher education in business and accounting, introduce them to role models and teach them skills they can carry into the future. She enjoys working with youth and speaking at schools and to groups.

What is your motto for life? All things work for the good for those that love God.



ALEX NITKA | 39

TAX PARTNER

Dannible & McKee, LLP

Alex has more than 13 years of experience in all areas of income taxation. He specializes in individual and corporate-tax planning, financial planning, multi-state transaction, research and development, New York State income-tax credits, and ownership transition issues. He is a member of the American Institute of Certified Public Accountants (AICPA) and the New York State Society of Certified Public Accountants (NYSSCPA). Alex lives in Syracuse with his wife and daughter. He enjoys trying different restaurants or having a nice evening at home watching "Jeopardy."

One word that describes you best: Optimist

Hobbies: Golf, reading, spending time with family, and watching sports on TV.

Fun fact about yourself: I am left-handed

Volunteer activities: I serve as the co-treasurer for Make-A-Wish of Central New York. The organization serves 15 counties locally with a mission to create life-changing wishes for children with critical illnesses.

What series or podcast are you enjoying? "Law and Order" and "VEEP"

One food you would never eat: Lox



EDIN OMEROVIC | 34

OWNER

OTS XPRESS, LLC

Edin and his family immigrated to the United States in August 2000. Surviving the genocide of Muslims in Bosnia, Edin was given the opportunity to start a new life in Central New York, which he has been calling home for the past 22 years. He has a bachelor's in criminology, and an MPA. Upon completion of the MPA, Edin decided to start his own business within the transportation and logistics industry. With the tremendous support from his family and his continues dedication, Omerovic today owns OTS Xpress, LLC which he established in 2017. Currently owning six trucks, OTS Xpress has had the opportunity to be a supporter of several organizations within the community. With plans and goals to continue expanding his business, Omerovic hopes to continue providing support to the community.

One word that describes you best: Determined

Hobbies: Reading, hiking, and traveling

Fun fact about yourself: I came to the U.S. as a refugee

Volunteer activities: North Side Learning Center, Islamic Center of Bosniaks in Syracuse (Bosnian Community), Bosnian Youth of North America, The Federation of Balkan American Associations, The Islamic Circle of North America (ICNA), Food Bank

What is your motto for life? "What can be done today, don't leave for tomorrow."


One food you would never eat: Pork



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**ANDY ORR** | 39

PARTNER, DESIGNER

The Lab Creative

In between project management and trying to flatten the brim of the business-development hat, Andy works with client partners on all things visual design, illustration, and content development. Raised in the North Country, SUNY-school educated, and scarred by years of working in an IT department, Andy has a passion for creating lasting visual identities for purpose-driven brands.

One word that describes you best: Mobile

Hobbies: Trail running, hiking, skateboarding

Volunteer activities: It's About Childhood and Family, Inc.; AIGA Upstate New York Chapter; The Lab Creative Giveback – Selecting a nonprofit organization to receive creative services; Syracuse University's emerging designers at Newhouse; provided volunteer brand, design, and creative support for the *Buy Local Bash* for the last five years.

Best place traveled and why? Boston. The city is the perfect mix of history, innovative new businesses, dining, seasons, and architecture. It feels like a big city and a small village at the same time.

What series or podcast are you enjoying? Stuff You Should Know, Eat Local New York, The Bunt, The Daily. Series: "The Bear." That's the latest addiction. "Curb Your Enthusiasm" is his all-time favorite.

One food you would never eat: Pickles

**LINDSAY PLANTHOLT** | 34

ASSOCIATE ATTORNEY

Ferrara Fiorenza PC

Lindsay was born and raised in Central New York. She attended Hamilton College and moved to Washington, D.C. following graduation. She earned her J.D. at Boston College Law School before returning to Syracuse. As a school law attorney with Ferrara Fiorenza PC, she works primarily with public-school district and BOCES clients in a variety of areas including statutory and regulatory compliance, policy development, data privacy and security, and labor and employment. She has presented on a broad range of education-law issues for clients as well as the New York State Council of School Superintendents and the Monroe County School Boards Association. She is passionate about serving her community by supporting public-school education. In her free time, Lindsay enjoys spending time with her husband and son, getting lost in a good book, and learning to golf.

One word that describes you best: Persistent

Hobbies: Horseback riding, reading

Fun fact about yourself: I met my husband playing in a flag-football league on the National Mall in Washington, D.C.

Volunteer activities: Walk to End Alzheimer's; parent volunteer for daycare events; American Red Cross blood donor.

Best place traveled and why? Rome, Italy. Incredible food and so many layers of history.

One food you would never eat: Olives

**CASSONDRAS RASMUSSEN** | 30

DISTRIBUTION PLANNER III

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Cassandra a manager at a rapidly growing engineering firm, specializing in utility work at a time where pending utility work is at an all-time high. She is a volunteer EMT at her local fire department and was a top 10 responder two years in a row. Cassandra was running emergency calls up to 8 months pregnant. She says she is looking forward to renovating her family's newly acquired farmhouse and intends to start a small hobby farm. Cassandra says she leads a very busy life. She is a wife and mom to a curious, energetic toddler, as well as a dog that is as hyper at five as he was as a puppy.

One word that describes you best: Vivacious

Hobbies: Hiking, furniture refinishing

What is your "go to" song, the one that gets you on the dance floor or singing in the shower? "I Believe in a Thing Called Love" — The Darkness

Fun fact about yourself: I did a week-long trip to survey species in the Mammoth Cave system.

Volunteer activities: Bridgeport Volunteer Fire Department – EMT

Best place traveled and why? New Zealand. It has breathtaking mountain views.

One food you would never eat: Escargot

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KARA RUDY | 39

FOUNDER + CMO

MarketDesign Consulting

Kara is a wife, mother, mentor, and business owner. After serving in tech-leadership roles for nearly 15 years, Kara transitioned into business entrepreneurship serving IT companies across the globe. In her downtime, you can find Kara spending time with her husband and three small children cheering on the Syracuse Orange.

One word that describes you best: Driven

Hobbies: Golfing, hanging out with family at Syracuse sporting events, concerts/ live music

Fun fact about yourself: I have a freckle in my eye.

Volunteer activities: Business mentor; church cantor, youth and middle-school coach. Additionally, MarketDesign is a purpose-driven company committed to championing the cure for cancer. We support this mission through regular contributions of time and donations to the American Cancer Society, Making Strides Breast Cancer Research, and Golisano Children's Hospital.

What is your motto for life? The will of God will never take you where the grace of God will not protect you.

Best place traveled and why? Walt Disney World. Nobody does it like Disney.

What podcasts are you enjoying? The Rachel Hollis podcast, At the Table with Patrick Lencioni, and A Bit of Optimism with Simon Sinek



ASHLEA SCHAD | 32

ASSISTANT VP FOR ADVANCEMENT

Utica University

Ashlea was recently promoted to Assistant VP for advancement at Utica University from her prior role as director of development. She is a frontline fundraiser and oversees alumni relations, annual and leadership giving, donor relations and stewardship, and student engagement. Prior to Utica University, Ashlea was the director of development and alumni relations at Bishop Grimes. She launched the first-ever comprehensive \$1 million campaign and established meaningful relationships with alumni. Securing the largest gifts in the school's history, she created robust advancement programming and diversification of revenue streams. Ashlea is a graduate of Cazenovia College with a bachelor's degree in elementary education and earned an MBA from the Madden School of Business at Le Moyne College.

One word that describes you best: Ambitious

Hobbies: Reading, gardening, traveling & watching "The Office" on repeat

Fun fact about yourself: I have climbed Diamond Head (Lē'ahi), a volcano on the Hawaiian island of O'ahu.

Volunteer activities: I almost listed volunteering as a hobby. I love it. I am currently on the Vera House board and the Rome College Foundation board. I am a member of NYS Women, Inc., and the Associate of Fundraising Professionals CNY chapter. I am active on the Utica University DEI Collaborative and have volunteered for events such as Pioneer Pitch In, the Boilermaker race water stations, and more.

What is your motto for life? "You miss 100% of the shots you don't take" — Wayne Gretzky

Best place traveled and why? Aruba because of the consistently beautiful weather and pristine beaches.



LAIZA SEMIDEY | 32

SYRACUSE SURGE WORKFORCE MANAGER

CenterState CEO

Laiza is a dynamic, forward thinking, and innovative leader in the City of Syracuse. She is the Syracuse Surge Workforce Manager at CenterState CEO, where she leads the work of diversifying the tech industry by creating pathways that train, attract, retain, and advance women and people of color while at the same time, helping employers build a strong workforce. Laiza has a passion for developing strategic partnerships with employers, community organizations, and educational institutions that lead to inclusive and equitable workforce strategies where everyone thrives. Her why, passion, and drive come from being a mom to a loving, intelligent, and funny 8-year-old boy.

One word that describes you best: Limitless

Hobbies: Photography and golfing

Fun fact about yourself: I was born and raised in Puerto Rico and moved to Orlando, Florida, when I was 9 years old and only knew one word in English: "Hi."

Volunteer activities: Upstate Minority Economic Alliance, Blueprint 15, and Friends of the Central Library, where she utilizes her marketing, entrepreneurship, and relationship-building skills to advance the work of these organizations.

What series or podcast are you enjoying? "The Umbrella Academy"

One food you would never eat: Frog legs

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**ZACKARY SINGER** | 36

COMPLIANCE MANAGER

Empower Federal Credit Union

Zack grew up in Port Byron. He attended Syracuse University and graduated from the Martin J. Whitman School of Management as a dual major in accounting and finance. For most of his career, Zack has worked in public accounting, primarily focused on internal audit and compliance reviews for financial institutions. For the past three-plus years, he has held the role of compliance manager at Empower Federal Credit Union in Syracuse. In this position, Zack has helped evolve the compliance department to better serve his internal clients and more effectively track and report on compliance risks via risk assessments and ERM reporting. Zack lives with his wife, where they are expecting their first child this fall. Zack enjoys giving back to the community.

One word that describes you best: Reliable

Hobbies: Football: coaching and playing and also being an avid Pittsburgh Steelers fan; golf, and Dungeons & Dragons

Fun fact about yourself: My wife and I got married in Las Vegas it turned out absolutely perfect. I wouldn't have changed a thing about it.

Volunteer activities: Offensive line/defensive line coach for Port Byron varsity football team; treasurer for the Auburn Pride semi-pro football organization; board governor for the Central New York Chapter of the Institute of Internal Auditors: Nominating Committee, Specialty Centers Committee

What is your motto for life? "Do what you say you're going to do, when you say you're going to do it; otherwise, clean up the mess."

Best place traveled and why? Maui, Hawaii. Beautiful place, amazing food, great adventures

**ROBERT SMITH** | 39

PARTNER

Fust Charles Chambers LLP

Since graduating with his bachelor's degree in accounting from SUNY Oswego, Robert has spent the last 16 years with Fust Charles Chambers LLP. He was named audit partner in January 2022. Building client relationships and mentoring the younger staff are the most enjoyable aspects of Robert's career. He says he is inspired daily by his wife and son. In his free time, Robert likes to golf, cook, and spend time with his family.

One word that describes you best: Flexible

Hobbies: Golfing, cooking

Fun fact about yourself: I am willing to try any hot sauce.

Volunteer activities: Treasurer of the New York State Golf Association, and Seward House; board member of the Syracuse YMCA Senior Living; former board member and treasurer for Tomatofest of CNY; coached football for 5 years as a volunteer at Auburn High School.

Best place traveled and why? Bar Harbor, Maine. It's the birthplace of my grandfather and I still have extended family in the area. It offers pink rocks, pointy trees, mountains, the ocean, and plenty of hiking trails. No trip there is ever long enough.

One food you would never eat: None, I'm willing to try anything at least once. That being said, I'm not a fan of pickled herring.

**IRIS ST. MERAN** | 38

NEWS REPORTER

NewsChannel 9 WSYR

Originally from Boston, Massachusetts, Iris has created a special connection with Central New York, which she now calls home. Iris is an award-winning journalist, mentor, and community advocate. She remains committed to amplifying voices in the community that often go unheard. She is currently a news reporter at NewsChannel 9, WSYR-TV. Prior to that, she worked at Spectrum News Syracuse as the midday and Spectrum News Live anchor. Iris has served as a mentor to students in the Syracuse community and school district. Iris is a huge fan of her hometown sports teams, especially the New England Patriots. When she's not cheering on her favorite teams from Syracuse or Boston, Iris enjoys attending Zumba classes, co-hosting her podcast "The Ladies' Room," and exploring Central New York's many parks with her husband and rescue dogs Brady and Mr. T.

One word that describes you best: Compassionate

Hobbies: Zumba, swimming

Fun fact about yourself: I want to visit all 50 states. I've visited 26 so far.

Volunteer activities: Board member of the YMCA of CNY, and The Gifford Foundation

What is your motto for life? "Just because you feel fear doesn't mean you can't do it. Do it afraid" —Joyce Meyer

What series or podcast are you enjoying? I'm currently watching "The Morning Show" on Apple TV

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NATHANIEL STEVENS | 35

DEPUTY DIRECTOR

Onondaga County Office of Economic Development

Nathaniel (Nate) is a native of Syracuse and a graduate of Bishop Ludden High School. After earning his bachelor's degree in economics from SUNY Geneseo, he earned his MPA from the Maxwell School at Syracuse University. Nate has worked for Onondaga County since 2010. He began his career with the county as a budget analyst in the Division of Management and Budget. Following this, Nate was named administrative director at Onondaga County Parks. Currently, Stevens serves as deputy director for the Onondaga County Office of Economic Development. He is also the treasurer for the Onondaga County Industrial Development Agency and works closely with the executive director to attract transformative projects to the county, prepare sites for development and help local businesses grow. Nate is excited to be a part of the future of CNY and all its growth potential.

One word that describes you best: Positive

Hobbies: Golf, soccer, skiing

Fun fact about yourself: I am commissioner of a 10-team fantasy football league and was the most recent league champion.

Volunteer activities: Executive board member of the Boy Scouts of America, Longhouse Council

Best place traveled and why? Anfield Stadium in Liverpool, England — the home of Liverpool Football Club.

What series or podcast are you enjoying? The History of Rome (podcast) by Mike Duncan



MICHAEL TYSZKO | 34

ASSOCIATE

Bousquet Holstein PLLC

Michael is a Syracuse native. He earned his bachelor's degree in music education from the University of Michigan, where he was a Stamps Scholar. He went on to graduate from Syracuse University College of Law, where he served as editor-in-chief of the Syracuse Law Review. Mike practices in Bousquet Holstein's business and tax practice groups, where he focuses on economic-development incentives, including brownfield and other tax credits, in addition to a broad range of business matters including cybersecurity and data privacy.

One word that describes you best: Thoughtful

Hobbies: Music (drums and percussion), golf

Fun fact about yourself: In college, I was a member of the University of Michigan marching band, where I performed for audiences of more than 105,000 people at Michigan football games.

Volunteer activities: Volunteer Lawyers Project of Central New York, Inc.; Redhouse Arts Center; Central New York Jazz Arts Foundation, Inc. board of directors; Syracuse University College of Law.



AMBER VANDER PLOEG | 37

CHIEF PROGRAM OFFICER

Rescue Mission Alliance of Syracuse

Amber has been the chief program officer at the Rescue Mission since 2018, where she oversees shelter, housing, and food services for 9,000 individuals each year in Syracuse, Auburn, and Binghamton. Prior to joining the leadership team at the Rescue Mission, Amber began her career at Vera House as the Alternatives Program coordinator, where she worked directly with survivors of domestic abuse and supported the organization's mission. Amber now dedicates her time to addressing homeless and housing vulnerability in Central New York through her role at the Rescue Mission, and as an advisory board member of the Housing and Homeless Coalition of Central New York (HHC).

One word that describes you best: Empathetic

Hobbies: Exploring the world one adventure at a time, bike riding on various trails in the Syracuse area and Finger Lakes, cooking new recipes from different cultures

Fun fact about yourself: I've been cage diving with great white sharks

Volunteer activities: Amber works closely with Syracuse University to mentor and provide real-world experience for future social workers through internships at the Rescue Mission. She also sits on the advisory board for the Homeless Coalition of CNY, where she works with other organizations and community members to address homelessness and housing vulnerability in the local area.

Best place traveled and why? Easter Island because of its remoteness and Moai statues that are over a 1,000 years old. I am fascinated by the history of the island and the archeological monuments.

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SARA WEILER | 35

ANALYST

United States Bankruptcy Court

Sara is a native of the Syracuse area and loves living in Central New York. She is a graduate of SUNY Oswego and currently works for the United States Courts as an analyst. She is an energetic and analytical employee with extensive experience in public speaking, performing arts, event coordination, and senior-level office management. As performing is Sara's passion, she has created, produced, and performed with numerous local companies in starring and supporting roles, leading to multiple Syracuse Area Live Theatre awards and nominations. She is a recipient of the Jewish Federation of Central New York's "Six Under 36" award. Sara enjoys reading, yoga, coffee shops, movies/shows, and being near the ocean. She loves spending time with her family, friends, and colleagues. Sara is especially grateful for her father, two sisters, and niece and nephew.

One word that describes you best: Passionate

Hobbies: Theatre, singing, reading

Fun fact about yourself: I'm related to Marie Antoinette

Volunteer activities: Syracuse High School Theatre Awards; theatre producer and performer, and facilitator of charity partnerships with local performing arts companies and nonprofit organizations

What is your motto for life? "It's not having what you want, it's wanting what you've got."

Best place traveled and why? Paris and London with my sister. It had always been a dream trip for us.



MORGAN WHITE | 31

TALENT INITIATIVES & SPECIAL PROJECTS COORDINATOR

Greater Binghamton Chamber of Commerce

Morgan began her professional career at a long-term care facility and spent 14 years working to improve the quality of life for older adults. Though she received her bachelor's degree in English Literature with a minor in history, she most enjoyed helping her community and she continued working for older adults. She worked as an advocate for residents as a certified long-term care ombudsman program coordinator. Morgan loves helping young professionals grow in their careers. She is honored to assist in initiating diversity, equity, and inclusion programming in the Greater Binghamton business community to help the diverse talent in the area obtain equitable opportunities and inclusive work environments.

One word that describes you best: Easygoing

Hobbies: Reading, traveling, birding

Fun fact about yourself: I love traveling and have been to 44 of the 50 states.

Volunteer activities: Walk to End Alzheimer's team captain, president of Volunteer Administrators of the Southern Tier

What is your motto for life? "A person's a person, no matter how small." I take this quote to heart in all aspects of life to mean treat people with kindness and respect, no matter how different.

Best place traveled and why? The best place I traveled to was Ireland as I had the incredible experience of living with a local family for a week. There was so much I learned about their history and culture in such a short period of time.



ABBEY WOODCOCK | 37

OWNER

Callee1945 Cheese Shop

Abbey's dairy career started at 4 years old when her dad discovered she had hidden slices of cheese under her bed. Although she doesn't usually store cheese under her bed anymore, she is still passionate about great food. Abbey has lived in Oneida for most of her life and is obsessed with fostering and growing the incredible community. After working in digital marketing for over a decade, she opened her cheese shop right in downtown Oneida as an homage to her grandfather, a dairy farmer who taught her the importance of community, hard work, and enthusiasm for life. She put her marketing skills to use volunteering for multiple civic organizations including the United Way of Madison County, the Greater Oneida Chamber of Commerce, and the Downtown Oneida Revitalization Initiative. She also volunteers and supports local events, organizations, and sponsors an Oneida Little League team. Abbey is a mom of two teenagers.

One word that describes you best: Enthusiastic

Hobbies: Golf, writing, eating delicious food

Fun fact about yourself: I am a certified chainsaw instructor

Volunteer activities: United Way of Madison County, Greater Oneida Chamber of Commerce, Downtown Oneida Revitalization Committee

What is your motto for life? "Everyone you meet is doing the best they can with the resources they have available in that moment."

Best place traveled and why? Ireland. I went with my kids with no itinerary or plan. We traveled the countryside for three weeks, met new friends, had incredible food, and saw some beautiful places.

BizEventz

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2023 EVENTS

 <p>NONPROFIT AWARDS</p> <p>MARCH 2023</p>	 <p>MOHAWK VALLEY GEAR AWARDS</p> <p>GROWTH, ENERGY, AND REVITALIZE</p> <p>SPRING 2023</p>	 <p>BEST PLACES TO WORK</p> <p>SEPTEMBER 2023</p>
 <p>EXCELLENCE IN HEALTHCARE</p> <p>OCTOBER 2023</p>	 <p>40 Under Forty</p> <p>NOVEMBER 2023</p>	 <p>FAMILY BUSINESS AWARDS</p> <p>DECEMBER 2023</p>

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